Employee of the Month

Eric Hale
LOAM

Facilities is proud to announce Eric Hale as the December Employee of the Month. He works in the LOAM department and has been employed with Facilities for a total of 19 years (3 years part-time and 16 years fulltime). Eric attended USU while working part-time and received his BS degree in Plant Science. He presently is responsible for the grounds at Innovation Campus. Prior to this position Eric was USU’s arborist for 14 years and was in charge of maintaining all the trees throughout campus. He has a great love of trees and was named the Arborist of the Year for the State of Utah in 2006. During this time there were 222 species of trees on campus of which Eric personally planted 104.

Eric was born and raised in Grantsville, Utah and attended Grantsville High School. He is the oldest of 3 children and has one brother and one sister. He moved to Cache Valley in 1983 and now resides in Nibley with his family. Eric has been married to his wife Cholamany for 21 years. His wife was a Cambodian refugee and she came to the United States when she was 5 years old. Eric met her at USU and the rest is history. They have 3 children (2 sons and a daughter). Their children have beautiful names: Zen, Shem and Nia.

Eric loves to garden and go camping in the west desert of Nevada where he searches for pine nuts. He enjoys visiting Seattle, Washington with his brother where they visit arboretums and parks to look at trees. He is a member of USU’s Arboretum Committee and has great input as to what trees are best suited to plant here on our campus.

Eric said that he enjoys working with the employees in Facilities, especially those in the LOAM department. Congratulations Eric on this award. You are a great employee and asset to Facilities.

Merry Christmas to All

by Darrell Hart

Merry Christmas to all of you and your families; I hope that the holiday season is cheerful for each of you. Please take care, live the safety lessons learned at work, and return safely to begin a new year.

I just finished driving across the country with my wife and our dog. It is a very humbling experience as one recognizes how insignificant we are as we roll across the broad plains and into major cities with millions of people zooming around at breakneck speed. I return grateful that our lives here are more calm, less frenzied, and that we work for a great organization. Yes, we also have our challenges and they will be there for us to solve, but I am confident that by working together we will be successful. In the last few years, we have continued to experience budget reductions, but we have been able to give back vacant positions so no one lost their job as a result. Sure, we have fewer resources to accomplish
our tasks, but we have also found new ways that require less in a very scarce environment. We have already worked the budget numbers for FY 2011 which begins July 1, 2010 and once again we were able to satisfy the reductions with open positions. A Christmas message to let you know that your jobs are secure is perhaps not very holiday-like, but I sense that our families deserve to know where things stand in uncertain times. I continue to believe that we can solve these issues by working together and still provide the quality service that the campus has come to expect.

Please enjoy being together over the holidays and safely come back to us – the organization needs each of you.

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## Facilities Employees News

**SCOTT HAMPTON** was chosen as the Classified Employees (CEA) Employee of the 4th Quarter. He was given gifts by the CEA committee and praised by Joyce Albrecht. Congratulations Scott on this great honor and award.

**ED BUIST** from the Lock shop, was voted in as the Mayor of Mendon. Ed has lived in Mendon his entire life and has been involved in community activities for many years. He has run the softball program for 20 years and has served as the league and tournament director of the Mendon Softball Association.

Ed has loved the Mendon celebrations and wants to keep these traditions alive such as the softball tournament and how it is run, and how it coordinates with the fireworks, as well as the 24th of July and May Day celebrations. Ed said the reason he ran for Mayor is because he would like to keep the small town feel and to serve the town that he cares so deeply for. He said that a lot of people like to complain but they don’t want to step up and do something. He believes people should be doers of the work and not complainers. He hopes to accomplish community involvement in the city work that needs to be done. Ed said that it is time to worry about your neighbor and not just yourself. He hopes to incorporate this into many aspects with his role as mayor.

**BEN HARRIS** is now USU’s Arborist. He has put together a tree website listing all the species of trees throughout campus: [http://earth.gis.usu.edu/trees/](http://earth.gis.usu.edu/trees/). This link will take you to Ben’s Tree Inventory Website. By clicking anywhere on the USU campus map it will bring up information on each tree planted in that area. Ben spent a lot of time on this project and it is an excellent site for gaining more information on the beautiful trees that we have at USU. This project was funded through a Community Forestry Partnership Grant from the U.S. Forest Service in cooperation with the Utah Division of Forestry, Fire and State Lands. It is hosted by the Intermountain Region Digital Image Archive Center. Good work Ben.

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## Moneywise

7 steps to keep Christmas spending under control

One survey shows that 35 percent of consumers plan to spend less for Christmas gifts this year. The percentage is just a little higher than the 25 percent who reported last January that they spent too much. That percentage will probably decrease when consumers are surveyed in January 2010. The recession has been a wakeup call for everyone. Even extravagant spenders are planning to cut back and charge less to their credit cards.

Here’s how to do it:

1. Calculate exactly how much you can spend from current income plus whatever you saved ahead for gifts.
2. Make a list of everyone you absolutely have to buy for. Then whittle down the list.
3. If you have a family gathering where everyone buys for everyone else, suggest a gift exchange instead. Draw names so everyone only buys one gift.
4. Negotiate with relatives so only the kids get presents this year. But couples without children who buy for others’ kids should be gifted.
5. Once your list is finalized, decide how much of your calculated money
you will spend on each individual.
6. Shop with a list that includes
the amount to spend on each person.
Try not to exceed it.
7. Consider buying used vintage
books, sheet music, or bookends for
those who would appreciate them.

Speaking of Safety
Accident numbers grow, whether you're walking
or riding on ice and snow

Wintery driving conditions, keep
this keyword in mind: SLOW. It
means slower speed, slower
acceleration, slower steering and
slower braking. Slow means it will
take longer to get where you're
going, so be patient and leave with
time to spare.

A few things to remember
• Your headlights should be on.
• Four-wheel drive won't help you
stop any faster.
• Abrupt action while steering,
braking or accelerating could make
you lose control of the vehicle.
• Make your own driving decisions.
Cruise control can't see ahead or
judge the condition of the road.

Dealing with snowplows
• Never crowd a snowplow. The
front of the plow extends several
feet and may cross the centerline or
shoulder.
• Give plows plenty of room. They
turn and exit frequently. Stay back
about 15 car lengths.
• Snowplows can throw up a
cloud of snow. Never drive into a
snow cloud. There could be a plow
inside.
• If you are behind a plow, stay
there or use extreme caution when
passing.

Safer walking
• If you are forced to walk in the
street because there is deep snow on
the sidewalk, wear bright colors so
cars can easily see you.
• Wear shoes or boots that have
traction, or wear ice-traction slip-ons
over your shoes.
• Make your own driving decisions.
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judge the condition of the road.

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street because there is deep snow on
the sidewalk, wear bright colors so
cars can easily see you.
• Wear shoes or boots that have
traction, or wear ice-traction slip-ons
over your shoes.
• Pay attention to where you are
walking. Don't be on a cellphone.
• Avoid carrying things, especially
larger packages, which could throw
you off balance

Traditional Christmas Quotes

Our hearts grow tender with
childhood memories and love of
kindred, and we are better throughout
the year for having, in spirit, become a
child again at Christmas time.
LAURA INGALLS WILDER

May peace be your gift at Christmas
and your blessing all year through.
AUTHOR UNKNOWN

Happy, happy Christmas, that can
win us back to the delusions of our
childish days; that can recall to the
old the pleasures of his youth; that can
transport the sailor and the traveler,
thousands of miles away, back to his
own fireside and his quiet home.
CHARLES DICKENS IN 1836

For the spirit of Christmas fulfills the
greatest hunger of mankind.
LORING A. SCHULER

Christmas is forever, not for one day,
For loving, sharing, giving, are not to
put away. Like bells and tinsel in some
box upon a shelf. The good you do for
others is good you do yourself.
NORMAN WESLEY BROOKS
IN 1976

Nothing is sadder than to awake
Christmas morning and not be a
child.
ERMA BOMBE
10 ways to put safety at the top of your holiday list

If you consider winter heating, overloaded electrical circuits and flammable decorations, you’ll understand why December is prime time for home fires. Here are some old and new suggestions for a safe holiday season.

1. Look for the fire-resistant label on artificial trees and decorations.
2. Buy a natural tree that is really fresh. It should be very green and have needles that are hard to pull off. A twig shouldn’t break when it’s bent.
3. For outside decorations, buy only those made specifically for outdoors. Use heavy-duty extension cords and plug them into circuits that have a ground-fault interrupter.
4. Get a remote control to easily turn off lights before you retire or when it snows or rains.
5. Avoid cooking fires by staying in the kitchen when cooking on the stove top.
6. Put candles in heat resistant containers and place them where they can’t burn something or get knocked down.
7. Before lighting a fireplace or wood stove, clear the area of tree boughs, paper and other combustibles. Never burn gift wrappings in a fireplace. They could cause a flash fire.
8. Protect small children by keeping decorations out of their reach. Inspect toys for small parts that could cause choking, and keep scissors used for wrapping gifts away from children.
9. Be sure to lock doors and windows. Thieves think you have money and valuable gifts in your home. Put indoor and outdoor lights on a timer, and leave a radio or television on when you leave the house.
10. If cold weather makes you want to use an indoor heater of any kind, be sure it is positioned well away from curtains, trees and decorations.

Keeping Christmas
by Henry van Dyke (1852-1933)

It’s a good thing to observe Christmas Day. The mere marking of times and seasons, when we agree to stop work and make merry together, is a wise and wholesome custom. It helps one to feel the supremacy of the common life over the individual life. But there is a better thing than the observance of Christmas Day, and that is keeping Christmas.

Are you willing to forget what you have done for other people and remember what other people have done for you; to put your rights in the background, and your duties in the middle distance, and your chances to do a little more than your duty in the foreground?

Are you willing to see that your fellowmen are just as real as you are and try to look behind their faces to their hearts; to know that the only good reason for your existence is not what you are going to get out of life but what you are going to give to life; to close your book of complaints against the management of the universe, and look around you for a place where you can sow a few seeds of happiness? Are you willing to do these things even for a day? Then you can keep Christmas.

Are you willing to stoop down and consider the needs and desires of little children; to remember the weakness and loneliness of people who are growing old; to stop asking how much your friends love you and ask yourself whether you love them enough?
Health in the News
'Tis the season for 'holiday heart'

Whether you're strong or weak, young or not-so-young, your heart will get a workout over the holidays. The double-whammy of overeating and overdrinking can have serious consequences for anyone, whether it's just one overindulgence or a combination of the two. Doctors and emergency rooms all over the country expect to be treating cases of "holiday heart." In its mild form, it's an abnormal heart rhythm that can be caused by even moderate amounts of alcohol. Fortunately, the symptoms are harmless and subside as the alcohol leaves the body.

The second type of arrhythmia is serious atrial fibrillation. It can be caused by having four or more drinks for several days in a row. During AF, the two upper chambers of the heart quiver instead of beating in rhythm. It's especially dangerous if other heart disease is involved. A clot could form, which could migrate to the brain and cause a stroke.

Overeating can lead to serious heart problems, but during the holidays, overeating is common. One Mayo Clinic study found that within two hours of eating a huge meal, the risk of a heart attack increases fourfold. It pays to plan your eating and drinking over the holidays. Decide, for example, that you will only have a before-dinner drink and an after-dinner drink. If someone is pouring drinks, be sure they use one shot of alcohol, not two or more in every drink.

At a big dinner, eat more vegetables than meat, avoid fatty foods, and just eat part of the dessert. During the holidays, it pays to eat, drink and be wary.

Wartime Christmas miracles

With modern transportation, technology and food preparation, our troops in Iraq and Afghanistan will probably have a decent Christmas dinner. Maybe they can make a phone call to their families or a visit via computer. Though life-threatening dangers are around them, we pray they will be safe. Wartime Christmases bring stories that are sometimes called "Christmas miracles."

George Washington's victory on Christmas night 1776 was a miracle of strategy and courage. British and Hessian troops were settled into winter quarters at Trenton. For nine hours on Christmas Eve, the patriots and their cannons crossed an icy river in small boats. In a gale of sleet and snow, they then walked the nine miles to Trenton. At dawn, they captured 900 enemy soldiers, losing just two of their own. It was the turning point of the American Revolution.

Another wartime near-miracle occurred in World War I when English and German troops were dug into parallel trenches that stretched for thousands of miles. The space between them was sometimes a matter of yards. German soldiers began placing candles and scrappy decorated bushes atop their parapets, and gradually, some on both sides showed their heads. The singing of Christmas carols began, alternating from one side to the other. Then men on both sides ventured out. They exchanged souvenirs and traded. They toasted each other's health. Many cried. The truce ended on December 26. Officers saluted each other; then the war was on again.

During World War II, Bob Hope's Christmas specials were something of a miracle. He and his people flew to wherever the armed forces were fighting. They entertained and brought a touch of home and Christmas cheer. The Christmas specials were televised so people at home could see the show and the troops.
**Christmas recipes**

**Denver Omelet Pie**

6 eggs  
1/2 teaspoon onion powder  
1/2 teaspoon dried thyme  
1/2 teaspoon salt  
1/8 teaspoon pepper  
3 cups frozen shredded hash brown potatoes  
1 cup shredded Swiss cheese  
1/2 cup diced fully cooked ham  
1/2 cup chopped green pepper  
1 medium tomato, thinly sliced

In a large bowl, beat the eggs, onion powder, thyme, salt and pepper. Stir in the potatoes, cheese, ham and green pepper. Pour into a greased 9-in. pie plate. Bake at 350 degrees F for 40-45 minutes or until a knife inserted near the center comes out clean. Garnish with tomato slices.

**Butter Pecan Shortbread Cookies**

1 cup unsalted butter (don’t use margarine)  
1/2 cup light brown sugar  
2 cups flour  
1 cup ground pecans  
2 tsp vanilla  
pinch of salt

Preheat oven to 325 degrees F (160 degrees C). Line a cookie sheet with parchment paper. In a large bowl with an electric mixer or a food processor, beat together butter and brown sugar until creamy. Add flour, ground pecans, vanilla and salt and beat just until it forms a smooth dough. Wrap dough in plastic wrap and refrigerate for 30 minutes to 1 hour to allow it to firm up just enough to shape.

By hand, roll dough into 1-inch balls. Place them on the prepared cookie sheet and flatten very slightly (to about 1/2-inch thickness) with the bottom of a glass that has been dipped in flour to prevent the dough from sticking to the glass. (If you have a cookie stamp, you can use it to flatten the cookies instead of the glass.) Place in the oven and bake for 25 to 30 minutes or until set and very lightly browned on the bottom. Remove from pan and let cool on a rack.

**Honey and Orange Glazed Ham**

10 lb fully (or partially) cooked bone-in smoked ham  
Whole cloves, if desired  
1 cup brown sugar  
2/3 cup orange juice  
1/3 cup honey  
2 tbsp Dijon mustard  
2 tsp grated orange zest

Preheat the oven to 325 degrees F. If the ham has thick skin, slice off the top layer, leaving about 1/4-inch of fat on the meat. Place, fat-side-up on a rack in a roasting pan. With a sharp knife, score the fat in a criss-cross pattern and poke a whole clove into each square, if desired. Pour water into the roasting pan to 1/4-inch deep. (The water should not touch the ham -- if the rack is too low, just add enough water to cover the bottom of the pan.) Place in the oven and roast, uncovered, for 20 minutes per pound or approximately 3-1/2 hours.

While the ham is roasting, make the glaze. In a small saucepan, stir together the brown sugar, orange juice, honey, mustard and orange zest. Bring to a boil over medium heat and cook, stirring, for about 5 minutes. Remove from heat. About 45 minutes before the ham is finished roasting, brush with some of the glaze. Continue to baste with the glaze every 10 minutes until the ham is done. (A meat thermometer should read 135 degrees F when poked into the thickest part of the ham.) Remove from the oven and let rest for 10 minutes before slicing and serving.

**Peppermint Chocolate Candy**

1 cup Clover Valley Starlight Mints, crushed  
12 ounces semi sweet baking chocolate or white chocolate

Melt chocolate in saucepan over low heat. Line cookie sheet with wax paper. Spread half of the melted chocolate on the wax paper. Sprinkle the crushed peppermint candy onto the melted chocolate. Pour remaining melted chocolate over the top of the candy. Refrigerate until firm. Break into pieces and store at room temperature in a covered container.

**Festive Holiday Punch**

2 cups cold water  
3/4 cup sugar  
1/2 t ground cinnamon  
1 can (46 ounces) pineapple juice, chilled  
4 cups Clover Valley Cranberry Apple Juice, chilled  
4 cups Clover Valley Ginger Ale, chilled  
Orange slices for garnish, if desired

Stir together water, cinnamon and sugar in a saucepan and bring to a boil. Stir until sugar is dissolved. Remove syrup from heat and cool. Mix juices, syrup and ginger ale in your favorite punch bowl or large beverage pitcher and serve over ice. Garnish with orange slices if desired.
Dear Facilities,

I would like to commend the Facilities personnel in charge of us here at the UVDL. I work in the Molecular Diagnostics section which was previously off-limits to Facilities and because of such, had become a terrible mess. Mark, Jason, and Veloy have been a great help in mopping, vacuuming and most recently in cleaning out the light fixtures since our section has been under new management. The place looks great! Because the lights are clean we can now see the floors which are also now clean! Thank-you very much. All of the hard labor is much appreciated.

Sincerely,

Maria
Maria L. Hansen M.S.
Molecular Diagnostician
Utah Veterinary Diagnostic Laboratory

Linda,
Just wanted to send you a note to thank you and the crew that take such good care of our building. I know they have been short handed, but they continue to do an excellent job. Last night the carpet was cleaned in our break room and they look wonderful. Thanks for all you and you people do, we REALLY appreciate their efforts.

Debbie Oliver
Utah Veterinary Diagnostic Laboratory

The Tardy Bagpiper's story

As a bagpiper, I was asked to play at a graveside service for a man who had no family or friends. The funeral was to be held at a new cemetery in the countryside and this man would be the first to be laid to rest there. I became lost and finally arrived an hour late. I saw the backhoe and the crew who were eating lunch but the hearse was nowhere in sight. I assured the workers that this was the proper thing to do. They gathered around and I played out my heart and soul. They began to weep and I played like I'd never played before. As I went to my car, I overheard one of the workers say, "Man, I never seen nothin' like that before and I've been puttin' in septic tanks for 20 years."

Pat on the Back Thank You's

Thank you and the crew that take such good care of our building. I know they have been short handed, but they continue to do an excellent job. Last night the carpet was cleaned in our break room and they look wonderful. Thanks for all you and you people do, we REALLY appreciate their efforts.

Debbie Oliver
Utah Veterinary Diagnostic Laboratory

The lighter side

Gate to heaven

A minister dies and is in line at the Pearly Gates. Ahead of him is a guy in sunglasses, a loud shirt, and jeans. The guy says, "I'm Joseph O'Neill, taxi driver in Noo Yawk City." Saint Peter smiles and says, "Take this silken robe and golden staff and enter the Kingdom." Then the minister stands erect and booms out, "I am Michael Snow, pastor of Saint Mary's for the last 43 years." Saint Peter consults his list. He says, "Take this cotton robe and wooden staff and enter."

"Just a minute!" says the minister. "That man was a taxi-driver and he gets a silken robe and golden staff. How can this be?" Saint Peter says, "Up here, we work by results. While you preached, people slept; while he drove, people prayed."
Happy Birthday! 

to these Facilities Employees!

Thank you!

for your service at USU!

Shoko Downs   Dec 01
Ken Carrillo   Dec 04
Brenda Rust    Dec 08
Mike Arnett    Dec 09
Connie Earl    Dec 13
Ron Kaufman    Dec 14
Craig Miller   Dec 16
Martin Carrillo Dec 17
Steven Yeates  Dec 18
Rick Hepworth  Dec 24
Travis Larsen  Dec 24
Karl Weeks     Dec 26
Bob Housley    Dec 28
Lance Maughan  Dec 30
Brian Daines   Dec 31

Mont Jessop    32 years
Joe Sorenson   27 years
Linda Hudson   21 years
Jeff Turley    20 years
Mitch Schifman 16 years
John Gilden    14 years
Bob Edwards    12 years
Julie Hull     07 years
Cass Christensen 06 years
Adolfo Campos  03 years
Maria Guadarrama 03 years
Sarah Spillman 03 years

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