Employee of the Month
Ken Weeks
HVAC Tech

Facilities is proud to announce Ken Weeks as the February Employee of the Month. Ken has worked for Facilities for 5 ½ years in the HVAC shop as a Tech 3. Prior to coming to USU he worked as a technician for Wangsgaard Heating for 24 years. His father was an HVAC tech for 33 years also with Wangsgaard’s and Ken, Karl and their younger brother Jerry have followed in their fathers footsteps in their professions.

Ken has served on the Recommissioning Team for 2 years as well as the Customer Focus Team for 3 years. His duties on the Recommissioning Team were to go through a building to make sure the building is operating correctly. After analyzing the building he would then take care of any issues to make sure it was functioning properly. On the Customer Focus Team his responsibilities were to encourage employees to be more customer service oriented and to make sure customers were happy in every aspect with our job performance.

Born in Rigby, Idaho, Ken moved to Logan with his parents when he was 9 months old. He is the oldest of 8 children. He is married to Debara of 35 years and they have 4 children (2 daughters, and 2 sons) and 3 grandchildren. They have resided in Hyrum for 32 years.

Ken likes to hike, camp and be in the mountains. He enjoys scouting and is the scout master in his area. He says he is a workaholic. He works part-time for his younger brother Jerry at Four Seasons Heating and keeps very busy. Ken says that he really enjoys working at Facilities and trying to do a good job.

Ken is an excellent employee and we congratulate him on this award.

February 16, 2009

Presidents Day

Just as politics are sometimes confusing, so is the title Presidents Day. Until 1971, both President Washington and President Lincoln’s birthdays were federal holidays. That year, President Nixon proclaimed one federal holiday, Presidents Day, to be observed on the third Monday of February and honor all past United States presidents. Not all states agreed with this decision so some states still celebrate the birthdays of Washington and Lincoln. But the day is universally a bank holiday. Places such as Alexandria, Virginia go a step further and devote a good part of February to celebrating Washington’s birthday. Gadsby’s Tavern Museum in Alexandria has been offering Washington’s Birthnight Banquet and Ball for many years. According to Liz Williams, the assistant director of the museum, its Banquet and Ball in 2009 will be on Feb. 14. “We always have living history people from the 18th century, cocktails, a period inspired dinner plus English country dancing. And of course our guests of honor are George and Martha Washington.” Want to spend an entertaining evening celebrating Lincoln? Ford’s Theatre is staging a special grand re-opening in addition to honoring
the bicentennial of Lincoln’s birthday by offering a world premiere of *The Heavens are Hung in Black* by prize-winning playwright, James Still. The play, running from February 3-March 8, covers the five months between the death of Lincoln’s beloved son Willie and the president’s delivery of the Emancipation Proclamation.

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**Moneywise:**

*Savings: short-term thinking*

Researchers say you’ll save more over the long term if you plan your savings one month at a time. You will have saving in focus, say professors at Houston’s Rice University and at Old Dominion University in Norfolk, Virginia. Their study showed that people who plan their savings four months in advance are overly optimistic and end up saving less than those who plan for one month. For example, one-month planners said they would save $287 during the next month. They actually saved more. Four month planners aimed for $946 but actually saved $492 a month.

**Considering the halfway rule**

Wall Street strategists say that, historically, investors start discounting a slow economy about halfway through a recession. That makes stocks rise in value as the economy picks up steam. To use the rule for profitable buys, you have to determine when a recession started and calculate when it’s going to end. Many believe a recession began in December 2007 or January of 2008. In the 16 periods of economic contraction in the U.S. since 1919, the average length has been 13 months, according to the National Bureau of Economic Research. That would put the economy beyond the halfway point now, but this recession could last six months longer.

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**Safety:**

Asleep at the wheel? You might not realize you are drowsy

You say you don’t drive for long hours at a time and you’re rarely behind the wheel in the middle of the night. So falling sleep at the wheel can’t happen to you. Wrong. If you think about it, you’ll have to admit there have been times when you were drowsy while driving your car or truck. Though you didn’t realize it at the time, your brain was shutting down. You were becoming as impaired as if you were drunk, say doctors at the University of Minnesota. There are two sleepy periods in each 24 hours. The first is between midnight and 6 a.m. The second is from early to mid-afternoon. You might blame what you had for lunch for the sleepiness, but your biological clock is responsible. Quoted in *Readers Digest*, doctors at Washington State University’s Sleep and Performance Research Center say these signs indicate that you are too tired to drive.

- Continually yawning.
- You are irritable and uncomfortable.
- Your mind wanders and you have disconnected thoughts.
- You can’t remember driving the last few miles. Your driving becomes sloppy and you may hit rumble strips on the side of the road. Opening the windows, turning up the radio or stopping to stretch won’t keep you awake. The AAA Foundation for Traffic Safety recommends stopping for a caffeinated drink if you feel sleepy. Then, nap for 20 minutes while you wait for the caffeine to take effect.

To decrease your risk of drowsy driving, don’t skimp on sleep. Find other ways to save time.

*Sleepy drivers are responsible for 22 percent to 24 percent of all crashes.*

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**Getting a tattoo? Be careful where you put it**

A number of companies are specifying that their employees must cover up their tattoos. Cities and counties are doing the same, and anyone working in a school system has probably already received the edict. The popularity of tattoos has caused the rulings.

The editors of *Skin & Ink* magazine say neck and face tattoos used to appear only on heavily tattooed people who ran out of space. But a lot of young people are getting tattoos in very conspicuous places including their hands. They say it’s not a good idea because it’s hard for them to find work or to stay employed.
Health in the News

You may already be watching your vitamin D intake because it’s needed to help your body absorb calcium. The D and calcium together protect your bones. Now, many studies point to the fact that lack of this sun-derived nutrient is tied to increased heart disease risk. Reporting in Business Week, Dr. James O’Keefe says low vitamin D levels are associated with major heart-risk factors such as high blood pressure, diabetes, and stiffening of the left ventricle of the heart and its blood vessels. A low vitamin D level is also associated with increased inflammation, a big heart risk. According to O’Keefe, about half of all adults and 30 percent of children are vitamin D deficient. There are several ways to get more. Just ten minutes of sun exposure between the hours of 10 a.m. and 3 p.m. each day is enough for whites to reach the recommended level. People with darker skins need somewhat longer exposure. If you will have more than 15 to 30 minutes of sun exposure, be sure to wear sun block. Salmon and deepwater fish are rich in vitamin D. Milk is fortified, but you would need to drink 10 to 20 glasses of milk to get enough D, says O’Keefe. Dr. Robert Simpson, professor of pharmacology at the University of Michigan, whose group was the first to identify vitamin D receptors in heart cells, says vitamin D isn’t just another vitamin. It is a precursor to a hormone, that is a cardiovascular regulator. He recommends supplementation because you probably won’t get enough vitamin D from food.

NSAID cream works for knee pain

Researchers have found that rubbing anti-inflammatory (NSAID) cream on your painful knees is as effective as taking a pill and has fewer side effects. Studies reported in the journal Health Technologies Assessment show NSAID creams to have an equal effect. And those who used them had no side effects such as indigestion, increased blood pressure or asthma flare ups. Doctors do say, however, that people with more widespread pain would benefit more from a pain-relieving pill. A study of people age 40 to 75 by the Postgraduate Medical School in Prague, Czech Republic, showed that pain strips containing about 200 mg of ibuprofen were good pain relievers. Old-time medications may still work for your knee pain. Absorbine Jr claims to be America’s top-selling pain reliever since 1892. Sold at drug stores, the bottle has a sponge on top so it can be spread without getting any on your hands. It’s especially handy for relieving pain at night. Absorbine’s active ingredient is menthol. It puts deep heat on the knee to relieve pain. Some studies show that taking fish oil seems to prevent some joint pain.

Aspirin and bone health

If you have been wondering whether taking a baby aspirin every day is good for your heart, it probably is. Here’s another plus to taking one. According to PloS One, a journal from the Public Library of Science, many doctors have noticed that people on regular aspirin therapy tend to have stronger bones. More than one study supports this observation. In one study of mice, aspirin helped to rebuild bones in two ways. It promoted the growth of new bone cells and it prevented existing bone from being broken down and reabsorbed by the body. Scientists hope the findings will result in a new osteoporosis therapy.

Your heart is asking: What have you done for me lately?

The heart goes about its work without saying much. Though it might have a lot to complain about, it might not give you a clue until it quits. Don’t wait. If you haven’t done anything for your heart lately, this is a good time to start. February is American Heart Month. There are many things you can do without investing a lot of time or money. Consider these heart-pleasing steps:

• Check your number, your blood pressure reading, that is. If it’s too high, it can kill your heart over time. If it’s borderline, you can reduce it a few points by eating more fruits and vegetables, especially those with potassium or magnesium. Try bananas, baked potatoes and...
spinach. Blood pressure will decline if you relax for a half hour each day and get enough sleep.

• Get more fit. Aerobic fitness is a key predictor of longevity, say physiologists at the University of Virginia. Even if you don’t lose weight and do have other heart-risk factors, just taking a 25-minute walk three times a week increases fitness and helps your heart. If you’re a TV addict, do something during commercials like walking in place, getting up and down from the chair, or doing push-ups. It adds up.

• Lower your LDL, the bad cholesterol. You’ll do your heart a favor. With a high LDL level, it can be deposited as plaque in arteries, including those in the heart.

• Quit smoking. Everybody knows that it’s bad for the heart.

• Lose weight when you should. It will help keep diabetes away, a big heart disease risk factor. If you put more movement into your life, control your blood pressure and cholesterol and eat better, you’ll be doing a lot for your heart.

There are risk factors you can’t control. If you have any of these, the previous advice is even more important: Heredity (it runs in the family), you are African American, you are a man, or you are a woman over age 50.

**Women's poor sleep habits can lead to heart disease**

Doctors at Duke University questioned hundreds of men and women in detail about their sleep habits. They found a consistent association between poor sleep and heart disease risk factors. But only in women. Their poor sleep customs resulted in higher levels of fasting insulin, glucose, insulin resistance and overweight, all of which are risk factors for type II diabetes, which increases heart disease risk. Women who did not sleep enough or did not sleep well also had higher levels of other harmful substances in their bodies and higher rates of depression and stress. Insufficient sleep creates a form of stress in women that is an ideal condition for cardiac problems. Doctors think testosterone could be protective for men. They found that men reporting the most difficulty sleeping had the highest levels of testosterone, which is known to reduce levels of heart-damaging proteins. The researchers didn’t say for certain that getting enough restful sleep will prevent heart disease in women. They did say that the study results should prompt women to pay more attention to their sleep habits. Doctors at the sleep disorders center at Northwestern University say patients should be encouraged to sleep well just as they are encouraged to eat well and exercise. For women, it’s more than just beauty sleep that’s involved.

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**Staying Well**

**Over-the-counter canker sore treatment**

The common canker sore can be pretty painful. A new medicated oral disc is the first OTC product that can speed healing. Canker sores can be caused by stress, allergies, braces, or cold temperatures. Canker Melt discs contain licorice root extract and collagen. They heal the sores significantly faster than doing nothing. They consist of tiny adhesive discs that dissolve in two to six hours. You replace them until the sore is healed. Available at drug stores or at oralhealth.com for $16.

**The size of one serving**

The American Cancer Society says:

• 1 ounce meat is the size of a matchbox (eat 3 to 4 ounces)
• 3 ounces fish: size of a checkbook
• 2 tablespoons peanut butter: the size of a ping-pong ball
• 1 ounce cheese: the size of four dice
• 1/2 cup pasta: size of a tennis ball
• 1 apple or orange: size of a tennis ball
• 1 cup vegetables or fruit: size of a baseball
• 1 medium potato: size of a computer mouse
• 1/4 cup dried fruit: a small handful
Personal Development

It's learning, practice, not natural talent, that brings success

According to Geoff Colvin, senior editor at *Fortune*: "Talent is Overrated." In his new book by the same name, he says researchers see little evidence of talent in high-achieving individuals before they had intensive training. The findings show up in every kind of endeavor and in business people, artists, sports figures and others. The researchers don’t say talent doesn’t exist or help, but that practice and diligent work are more important to success. "Deliberate practice" designed to improve performance is the key. It includes continually stretching yourself just beyond your current capabilities. You have to identify the elements of your performance that need to be improved and work intensely on them and with repetition. That means using deep focus and concentration. For deliberate practice to be effective, do what is difficult and painful. Seek out what you are not good at. In the beginning, and sometimes long after, you should have a teacher to guide you, says Colvin. Anyone who thinks he’s outgrown the benefits of a teacher’s help should question that view. You need feedback. It may seem that the most important things you can do to improve in your work are not fun. But if the activities that lead to greatness were enjoyable, everyone would do them. There would be no way to distinguish the best from the rest. Bottom line: If you think you aren’t highly talented in an area, you can still become great by learning and practicing deliberately.

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Nines Sudoku

To solve a sudoku puzzle, you only need logic and patience. No math is required. Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number. Each column and row of the large grid must have only one instance of the numbers 1 through 9.

Here’s a tip for playing. We call the 3x3 squares "regions." With a highlighter, color in all the rows and columns in the large grid that have a 9 in them.

We chose 9 because there are several of them in the puzzle.

Now observe, in the bottom left region, what is the only possible location for the 9?

This technique is called scanning, and you usually do it with your eyes. The difficulty rating on this puzzle is easy.

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O-N-E Search

K E T O N E B E N O T N I
E N O M R O H D E B O N E
A N E M O N E N X I E D
D X A N G N O E T Y N N P
A W E M O L N H B H O O R
O X C T A O R T E Z B M O
P D A S R O E N G D D U P
H R L C N N O E O E E P O
O O Z E O Z N G N M R S N
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O U E E N O V O Y F R N B
Z V C E S S N O L K U E M
O A L I P E N E N O R P Q
N V E N O E M O S E K F K
E E N O B W A J K R O N E

ACETONE DOGGONE PHONE
ALONE LONE PRONE
ANEMONE ZONE PROPONE
ANYONE ENDZONE REDBONE
ATONE INTONE SCONE
BEGONE ISOTONE SOMEONE
BOONE JAWBONE SPUMONE
CALZONE KETONE THRONE
CLONE KRONER UNDONE
CRONE ONE
Valentines Day Recipes for the Month

**Simple Breakfast Casserole**

4 slices of bread, crusts trimmed
3 large eggs
18-ounce package of shredded sharp cheddar cheese or other favorite cheese
1 cup milk
1/2 teaspoon salt
1/2 teaspoon pepper
Optional ingredients can be bacon, peppers, onions, mushrooms, ham, sausage, tomatoes or bacon bits. Whisk eggs, milk, salt, pepper, and any other optional ingredients together in a large mixing bowl. Trim the bread of crusts. Pour the mixture into a large casserole dish. Float the bread on the liquid and cover it with the shredded cheese. Bake at 350 degrees until top of casserole starts to turn brown and mixture begins to firm. Serves four.

The casserole can be prepared ahead and reheated in the microwave. It is great the second or third day.

**Fruit & Feta Green Salad – Eileen Campbell**

8 C assorted greens
1/2 C feta cheese, crumbled
1 (11 oz) can mandarin organs, drained
1/2 C dried cranberries or cherries
1 small red onion chopped
1/2 C toasted pecans or almonds
Dressing: 4 Tbl raspberry wine vinegar
dash of Tabasco sauce
1/2 C vegetable oil
1/2 tsp salt
1/4 tsp pepper
4 Tbl sugar

Combine salad ingredients. Mix dressing & pour over salad just before serving.

**Chicken Parmesan/Chicken Breast**

1 (8 oz) can tomato sauce
1 tsp dried parsley flakes
1 tsp Italian seasoning
6 boneless skinless chicken breast halves
1/4 tsp garlic powder
1 egg beaten
1/2 C cornflake crumbs
2/3 C shredded mozzarella cheese
1/4 C grated Parmesan cheese

In a bowl, combine the crumbs, Parmesan cheese and parsley. Dip the chicken into egg, then roll in the crumb mixture. Place in a lightly greased shallow 3-qt. dish. Bake the chicken at 350° for 25-30 min. Turn the chicken over and let it finish baking 10-15 min. Simmer the sauce on the stove top. Sprinkle mozzarella over the hot chicken and spoon the sauce over it and on top of angel hair pasta. Sprinkle with a little parmesan and some parsley sprinkles.

**Almost as Good as Sex Valentines Cake**

1 pkg Yellow cake mix
1 can Sweetened condensed milk
10 oz Frozen strawberry halves; in syrup, thawed
19 oz Strawberry ice cream topping
8 oz Whipped topping
3/4 C salted peanuts

Prepare cake mix according to package instructions. Bake in 9x13" pan and cool. Poke holes in cake with the handle of a wooden spoon. Pour condensed milk evenly over cake and into holes. Combine thawed strawberries and ice cream topping syrup and mix well. Spoon evenly over cake and into holes. Spread whipped topping over the top. Chop peanuts and sprinkle on top of whipped topping. Chill thoroughly before serving.
Facilities received this thank you from Dave Peterson:

Thanks so much for the beautiful plant. It’s great to work for an organization that cares about the difficult times that we all experience as we lose a loved one.

Taci Watterson from the MIS Department sent this letter:

I wanted to drop you a note to tell you how impressed I am with the carpentry shop and supporting assistant.

A couple of weeks ago I mentioned to Craig Miller that we would need some scaffold to finish a project in the business building. Craig offered to have some brought over for me and told me who to contact in their office.

When I called last week I spoke with Lind Hudson and she was friendly, informative, efficient and all around great. She and Craig made arrangements to have it brought over.

We hadn’t anticipated getting the materials as early as we did and I ended up needing it last minute. I called on Friday around 3:45. Craig had left for the day, so Linda transferred me to Boyd Crookston. Boyd listened to my problem, asked questions, offered solutions and jumped right on the project even though it was late in the day over a Holiday weekend. By Saturday morning I had scaffold. Not only did he bring it over for us, but he had taken the time to set it up as well.

Not very often does someone go the extra mile at the last minute of the day like that. I’m sure he had other things he was doing, but he dropped them and made an effort to help out. Thank you so much for the great help. I really appreciate it!
### Happy Birthday!

**to these Facilities Employees!**

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<td>Stephanie Forster</td>
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<td>Dallin Koecher</td>
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<td>Tom Stoddard</td>
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### Thank you!

**for your service at USU!**

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