Employee of the Month
Martin Alonzo
Plumber

Facilities is proud to announce Martin Alonzo as our February Employee of the Month. Martin has worked for Facilities for three years. He began as a facilities maintenance employee and worked in this position for a year. He was then hired as a plumber in the plumbing shop and has been working there for two years.

Before coming to Facilities, Martin worked at Miller’s in Hyrum, ATK in the laminating devices area and at a Roy Correctional Facility.

Martin was born in Mexico, but moved to California with his family when he was three years old and remained there until 2003 when he came to Logan. Martin has one brother and two sisters who all live in Logan as well as his mother. His father passed away in 2003. Martin has two sons, 9 and 2 years old.

Martin enjoys traveling and has been fortunate enough to travel to Oregon, Washington, Texas and Arizona. He likes to hike, sightsee and do photography in his spare time. He has just recently built a computer and enjoys working on it.

Martin expresses his gratitude to his co-workers and past supervisors for all the help he has been given and says that he has learned so much from them.

Congratulations Martin, we are proud to have you with us.

Be our (heart-healthy) Valentine:
Save your life, your money, your love

Your heart gets a double dose of attention in February. For centuries, the world has equated this month with Valentine’s Day. If you’re lucky enough to have a spouse, partner or significant other, your first dose of attention comes in the form of love or a declaration thereof.

In the last 35 years, your heart has been the center of attention during American Heart Month. While love is important, it can last much longer if a healthy heart keeps you alive. A fatal heart attack, which often gives no advance warning, will instantly end that enjoyment.

If you are an otherwise healthy person in your 20s, 30s or older, you may not give your heart much thought, but you should. Heart disease can change your life and your work. In fact, it could become a factor in your everyday life. When one person gets heart disease, it affects everyone in the organization. Productivity is reduced, health insurance rates for the individual and fellow workers could rise, and you could have a great deal of out-of-pocket expense.
No matter what your age or present health status, know what you can and should do to protect yourself from heart disease. After all, it’s Heart Month, time for that second dose of attention.

Moneywise

401(k)s are looking better

Check your investments and you’ll find a surprise. When the stock market average went over 10,000, your 401(k) could be worth more than it was two years ago when the market was at an all-time high. At Vanguard Center for Retirement Research, a late 2009 look at Vanguard’s 3.5 million 401(k) and other retirement savings accounts found that 60% of balances were either about the same as in 2007 or they were higher than they were two years ago.

How much your account has grown depends on whether you continued to invest and how diversified your portfolio is. The study showed that some accounts were still down by 10 percent, but that was still an improvement over what the value was in previous months.

Decide whether to pay income taxes by credit card

If you don’t have the money to pay your income taxes by the due date, you have three choices:

1. You can pay late for a monthly fee of 1% of the balance due per month, $10 on a $1,000 tax. (Be sure to file on time even if you can’t pay.)
2. You can set up a payment plan with the IRS for a one-time fee of up to $105.
3. Or you can pay by credit card. If you think you can soon pay off the charged taxes, there may be advantages. You have more time to pay the bill without filling out extra forms. You could earn rewards, but check with the card company to see if tax payments qualify for a reward. There are disadvantages. Unless you have a low-interest deal, you could pay a lot of interest before the credit card charge is paid. There are costs. The IRS charges a convenience fee of 2.49% of your bill. If you owe $1,000, the fee will be about $25. A new, large charge on your credit card could affect your credit score, especially if the tax charge puts you over 50% on your card limit.

Even if you own a house now!

Close on a house by July 1 and get a big tax credit

The first-time home buyer tax credit of up to $8,000 is still in place. The extension of time by Congress also includes a new credit of up to $6,500 for certain repeat home buyers. The first-time buyer credit is essentially the same as the original credit, which expired in November. The buyer can’t have owned a home for three years, and a home can’t be bought from a parent, grandparent, child or grandchild.

Buyers can claim the credit on either 2008 or 2009 tax returns. If they don’t owe enough tax to qualify for the $8,000 credit, they will receive a check from Internal Revenue for the amount between what they owe and $8,000 or for $8,000 if all taxes are already paid.

New provisions

- For purchases made after November 6, 2009, no credit is available for any home costing more than $800,000.
- Taxpayers who lived in their homes for five consecutive years or more can qualify for a tax credit of 10% of the purchase price, or a maximum of $6,500. The new home doesn’t have to cost more than the old one.
- Income limits for buyers are more generous. For single filers, the credit phases out between $125,000 and $145,000 of modified adjusted gross income. For married couples, the range is $225,000 to $245,000.
- Buyers must be 18 or older and can’t be a dependent on someone else’s tax return. And buyers must show proof of purchase to qualify for the credit.
- The credit must be for purchase of a principle residence. It can be a house, condo, semi-attached townhouse, or (if it has eating, sleeping and toilet facilities) a boat, motor home or trailer.
- Members of the military have an extra year to use these credits. Visit federalhousingtaxcredit.com for more information.
**Speaking of Safety**

**Blow to the head requires medical attention**

Sometimes a bump on the head that doesn't cause loss of consciousness may not seem like a serious matter. Even if a person isn't "knocked out," however, a traumatic brain injury (TBI) may have occurred. Last year, the death of an actress, who walked away from a skiing accident, brought the risks of head injury into the public eye. She died the following day.

A TBI causes blood vessels in the brain to bleed or burst. Symptoms do not begin immediately and may not appear for several hours. They include headache, nausea, double vision, speech difficulties, confusion, and difficulty with walking and balance.

If you have an accident that involves head impact and you experience even minor symptoms, go to a hospital to be evaluated. Doctors at Johns Hopkins say this is especially crucial if you are taking blood thinners, which increase the risk of bleeding.

**Stay connected in a disaster**

When a hurricane, flood or fire strike your area, one of your first concerns will be staying connected to the outside world. Always have one corded phone at home because cordless models won't work if the power goes out. Buy a backup battery for your cell phone. Know how to text and make sure family members know how, especially older relatives. Pick an out-of-town contact where family members can check in if you are separated.

**Health in the News**

**New breast-cancer screening advice**

The new mammogram guidelines by the U.S. Preventive Services Task Force were recently published in the Annals of Internal Medicine. The controversial guidelines were both hailed as reasonable and derided as an example of health care rationing. The recommendations include:

- For women in their 40s, routine mammograms are not necessary. They are not saying there isn’t a benefit to screening women in their 40s, but they are saying the benefit is small. The review weighed the benefits of screening compared with the harms of false positives, such as anxiety, unnecessary additional tests and biopsies, which are expensive and time-consuming, according to the task force.
- Women age 50 to 74 years old do not need to undergo mammograms more often than every other year.
- There is insufficient evidence to conclude the benefit or harm of mammograms for women age 75 and older. The recommendations only apply to women without a family risk of breast cancer and those who don’t have genetic mutations known to be associated with breast cancer, such as the presence of BRCA1 or BRCA2 genes.

- Doctors need not teach women how to examine their breasts for signs of cancer because of a lack of evidence that it is of any benefit.

Scientists agree that, in spite of many false positives, mammograms reduce cancer deaths in women ages 39 to 59 by about 15%. At this time, the American Cancer Society and the American Medical Association recommend annual mammograms for women starting at age 40. Most health insurance companies and The Centers for Medicare and Medicaid have no plans to change their coverage, but that might not be the case for private insurance companies. The guidelines influence both public and private insurance over time.

**Yes, DASH to avoid kidney stones**

If you've ever had the searing pain of a kidney stone, you are probably familiar with a lot of dietary advice on how to avoid one. Now researchers say forget all that. New studies show that the DASH diet (Dietary Approaches to Stop Hypertension) is a better simpler plan. Studies by Brigham and Women's Hospital and others analyzed data on about 240,000 men and women for 14 to
it takes to burn them off, and what choices you could have made instead. A 175-pound person would have to do 48 minutes of moderate exercise to burn the 271 calories from a 2 oz. Snickers bar, but only 13 minutes for the 71 calories in an apple. For a 12 oz. root beer, it would be 27 minutes as opposed to none at all for a glass of sparkling water. To burn 274 calories from a cup of ice cream, you would have to exercise for 42 minutes, as opposed to 9 minutes for the 53 calories in a cup of strawberries. Comparing a glazed doughnut with a slice of whole-grain toast with jam, the exercise times are 42 minutes and 22 minutes respectively.

Whole wheat white bread
For adults and children who don’t like wheat bread, the Whole Grains Council says the "new white" whole-wheat products are a good choice. The main difference is the color gene. Make sure the first listed ingredient is whole wheat.

What it takes to burn off calories from food choices
One way to judge the number of calories in foods and drinks is to consider the amount of exercise it takes to burn them off, and what choices you could have made instead.

A 175-pound person would have to do 48 minutes of moderate exercise to burn the 271 calories from a 2 oz. Snickers bar, but only 13 minutes for the 71 calories in an apple. For a 12 oz. root beer, it would be 27 minutes as opposed to none at all for a glass of sparkling water. To burn 274 calories from a cup of ice cream, you would have to exercise for 42 minutes, as opposed to 9 minutes for the 53 calories in a cup of strawberries. Comparing a glazed doughnut with a slice of whole-grain toast with jam, the exercise times are 42 minutes and 22 minutes respectively.

Groundhog Day: Check Phil's weather prediction!

On February 2, Punxsutawney Phil, Pennsylvania’s groundhog extraordinaire, will again stick his head out of his den. The nation awaits his verdict. Groundhog Day is said to have its origins in ancient weather lore where the prognosticator was often a badger or a sacred bear. In the United States, its origin is said to come from a Pennsylvania German custom. If Phil, peeking from his burrow, fails to see his shadow, winter will soon be over. If the sun happens to be shining and Phil sees his shadow, winter will continue for six more weeks. The first trek to meet with Phil began in 1887. He has been emerging from his burrow in Pennsylvania ever since, always eager to greet his public. Phil is private in many ways, but a few rumors have circulated about him.

- He gets his longevity from drinking the "elixir of life" of which he takes one sip every summer during the Groundhog Picnic. This gives him seven more years of life.
- It is said he is named after King Philip, a famous Native American leader. In his more plebeian days, he was called Br'er Groundhog.
- He speaks only in Groundhogese, which luckily is a language understood by the President of the Inner Circle. The Inner Circle provides for Phil during the year, rather like a court provides for its king.

The city of Punxsutawney offers several days of celebration for those who gather from around the world to hear Phil’s proclamation. The city offers food, music, carriage rides, magicians, crafts and games.
Observing George Washington’s birthday, February 22, Abraham Lincoln’s birthday, February 12, and honoring all U.S. past presidents

George Washington:
The man who refused to be king

We celebrate the birthday of George Washington on February 22. He was a surveyor and a soldier. A man of action during the Revolution and thereafter, Washington’s decisions and wisdom helped to create a new nation: The United States of America. From 1775, when the Continental Congress appointed him military commander of continental forces, he was the leader of the colonial struggle. He transformed an underfunded militia into a force that outwitted and defeated the greatest military power in the world.

Washington led the Constitutional Convention and brought credibility to the new constitution. As the country’s first president, he guarded the powers of the office. Thomas Jefferson said, “His integrity is pure, his justice the most inflexible I have known, no motives of interest or consanguinity, or friendship or hatred being able to bias his decisions.”

After the war, as was common in the 18th century, it was suggested that America should establish a monarchy and that Washington should be king. With the constitution and the war for freedom fresh in his mind, Washington immediately rejected the offer and demanded that it never be made again.

Lincoln:
The great emancipator

After Abraham Lincoln was elected President in 1860, seven slave states left the Union. Four more joined them when hostilities began between the North and South. Lincoln vowed to preserve the Union even if it meant war. It did, and a civil war then engulfed the nation as he enforced the laws of the United States. The war lasted more than four years with a staggering loss of American lives.

In 1863, with the war in progress, Lincoln issued the Emancipation Proclamation. It freed slaves. At the same time, he urged black males to join the Union forces. By the end of the war, nearly 200,000 African Americans had fought for the Union. He referred to them as being indispensable in the Union victory. Lincoln considered his presidential role to be unique in times of crisis. He was convinced that within the branches of government, the presidency was empowered not only to uphold the Constitution, but also to preserve, protect and defend it.

In pursuing victory, no President had ever exerted so much executive authority. In 1864, as an example of his limited personal ambitions, Lincoln refused to call off national elections, even if he might lose. He was solidly reelected.

Abraham Lincoln was killed by an assassin’s bullet less than a week after the war ended. He left the nation a more perfect union.
Buffalo Wings Recipe
2 lbs chicken wings (about 12 wings)
3 Tbsp butter, melted
4 Tbsp bottled hot pepper sauce (like Crystal or Frank’s Original)
1 Tbsp paprika
1/2 teaspoon salt
1/2 teaspoon cayenne pepper
1/4 teaspoon black pepper
Celery sticks (optional)
Blue cheese dip
1/2 cup sour cream
1/2 cup grated blue cheese
1/2 cup mayonnaise
1 Tbsp white wine vinegar or white wine
1 clove garlic, minced

METHOD
Wings
1. Cut off wing tips (discard or reserve for other use such as making stock). Cut wings at the joint. Put chicken wing pieces in a plastic bag. Set aside.
2. Create a marinade by stirring together the melted butter, hot pepper sauce, paprika, salt, cayenne pepper and black pepper. Pour all but 2 tablespoons of the marinade over the chicken pieces in the plastic bag. (Reserve marinade for coating after the pieces come out of the oven.) Seal bag and let marinate at room temperature for half an hour. When marinating is finished, drain marinade and discard bag.
3. Place wing pieces on the rack of a broiler pan. Broil 4 to 5 inches from the heat for about 10 minutes on each side, until chicken is tender and no longer pink. Remove from oven and baste with reserved marinade.

Blue cheese dip
Combine dip ingredients - sour cream, mayonnaise, blue cheese, vinegar, and garlic - in a blender or food processor. Blend or pulse until smooth. Cover and chill up to a week.

Serve with Blue Cheese Dip and celery sticks. Makes approximately 24 pieces (about 12 appetizer servings).

Seven Layer Taco Dip
1 (1 ounce) package taco seasoning mix
1 (16 ounce) can refried beans
1 (8 ounce) package cream cheese, softened
1 (16 ounce) container sour cream
1 (16 ounce) jar salsa
1 large tomato, chopped
1 green bell pepper, chopped
1 bunch chopped green onions
1 small head iceberg lettuce, shredded
2 (6 ounce) can sliced black olives, drained
2 cups shredded Cheddar cheese

In a medium bowl, blend the taco seasoning mix and refried beans. Spread the mixture onto a large serving platter. Mix the sour cream and cream cheese in a medium bowl. Spread over the refried beans. Top the layers with salsa. Place a layer of tomato, green bell pepper, green onions and lettuce over the salsa, and top with Cheddar cheese. Garnish with black olives.

Not Yo Mama’s Banana Pudding
2 bags Pepperidge Farm Chessman cookies
6 to 8 bananas, sliced
2 cups milk
1 (5oz) box instant French vanilla pudding
1 (8 oz) package cream cheese, softened
1 (14 oz) can sweetened condensed milk
1 (12 oz) container frozen whipped topping thawed

Line the bottom of a 9x13x2 dish with 1 bag of cookies and layer bananas on top. In a bowl, combine the milk and pudding mix and blend well using a handheld electric mixer. Using another bowl, combine the cream cheese and condensed milk together and mix until smooth. Fold the whipped topping into the cream cheese mixture. Add the cream cheese mixture to the pudding mixture and stir until well blended. Pour the mixture over the cookies and bananas and cover with the remaining cookies. Refrigerate until ready to serve.
How to stay positive in life, particularly in difficult times

A negative outlook can set in whether it’s caused by a stressful event, a job situation or by too much routine, which may mean few events of any kind.

Dr. Daniel Wagner of Trinity University in San Antonio has found through his studies that trying to get rid of a negative thought only makes you think about it more. Instead, you should direct your thoughts elsewhere. He recommends asking yourself a question that sets your mind in a new direction. For example, ask: "How can I make myself stronger and better able to deal with this?" Or ask, "What is my goal?" Wagner says when you decide on the question, keep asking it. Ponder it. Wonder about it. Let it run through your mind whenever you find yourself worrying.

It will change your thoughts. Other recommendations include:

• Appreciate. Focus on something you are grateful for or that you like.
• Visualize. Create the experience you want to have in your mind.
• Be in the present. Don’t spend time reliving the past. Acknowledge the present moment and its opportunities.
• Get healthier. Avoid eating junk food. Eat regular meals and exercise, both of which will give you a more positive outlook.
• Associate with positive thinking, happy people. Their influence can rub off on you.
• Find something to laugh about. It could be a joke, a TV show, a movie, or talking to a funny person. Laughing can change your outlook.
• Stay away from negative people, those who criticize you, your ideas and everyone else.

You can’t always control events in your life but you can control what you choose to think and feel about them. You can look at things positively or otherwise. You decide.

Thoughts for the Month

What lies behind us and what lies before us are tiny matters compared to what lies within us.

Ralph Waldo Emerson, poet essayist

Believe that problems do have answers, that they can be overcome, and that we can solve them.

Norman Vincent Peale

Obstacles don’t have to stop you. If you run into a wall, don’t turn around and give up. Figure out how to climb it, go through it, or work around it.

Michael Jordan
Happy Birthday!
to these Facilities Employees!

Thank you!
for your service at USU!

Doug Dawes      Feb 01
Francis Wallace  Feb 01
Janet Hillyard   Feb 03
Clark Hunsaker   Feb 03
Craig Johnson    Feb 05
Jason Tomlinson  Feb 08
Neil Owen        Feb 09
Neil Murray      Feb 10
Mark Hunting     Feb 13
Paul Beutler     Feb 14
Wade Perkins     Feb 14
Martin Alonzo    Feb 15
Todd Reid        Feb 16
Sarah Spillman   Feb 17
Cindy Yeates     Feb 18
Nancy Christensen Feb 20
Clint Dirks      Feb 21
Sonia Mattson    Feb 21
Stephanie Forester Feb 23
Dallin Koecher   Feb 23
Tom Stoddard     Feb 28

Stan Hall        25 years
Larry McCormick  16 years
Larry Earl       14 years
Tom Graham       12 years
Dirk Oppermann   03 years

The Image Newsletter is printed on post-consumer recycled paper.

Image Newsletter Staff
Karen Hoffman - Staff Writer • 797.3128
Megan Hemmert - Graphic Design