Employee of the Month
Sharon Mayers
Facilities Maintenance

Facilities congratulates Sharon Mayers as our December Employee of the Month. Sharon has worked for Facilities for 5 years as a facilities maintenance employee. She works in the SDL cluster.

Before coming to USU, Sharon worked for Bourns Integrated Technologies for 19 ½ years until they relocated the business to Mexico and other countries. She said that she really enjoys her work at Facilities, especially her co-workers.

Sharon was born and raised in Grants Pass, Oregon. She and her husband John married and lived there until they decided to move their 4 boys to Wellsville, Utah. They were looking for a better place to raise their children and they found it here in Cache Valley. They had 2 more boys while here in Utah that made it a total of 6 sons and 0 daughters. They have been blessed with 4 daughter-in-laws, and 11 grandchildren (6 grandsons and 5 granddaughters). Sharon was married to John for 43 years before he passed away 3 months ago of cancer. She said she is so blessed to have all of her children and grandchildren living here in the valley.

Sharon keeps busy attending grandchildren's sporting and dancing events. She loves to travel and visit family and especially enjoys horseback riding.

Facilities is proud of Sharon and her work ethic. She is an excellent employee and we are proud to announce her as our December Employee of the Month.

Happy New Year

* We made it! The old year, for better or worse, is gone for good.
* The New Year has begun with fresh promise.
* Here’s our chance to start again, to do it right this time, to have another shot at success ... at glory ... at just accomplishing what we resolve to.
* It’s time to shed that baggage from the year long gone and celebrate what can be in the untouched days to come.

* Happy New Year.
Did you know that fewer than 10% of people who set New Years’ Resolutions actually achieve them? How can you ensure YOUR success? Try using the Top 10 Tips below:

1. Write Them Down. It’s a fact: writing down your goals gives you a higher chance of success.

2. Commit. Move beyond the land of “good ideas” to the land of true “commitment”. Make the decision that you will show up for your goals. Perhaps you can do a ritual or ceremony to symbolize your commitment.

3. Tell people. Let your biggest fans in on your new commitments and goals for the year.

4. Get Accountability. Even better than just letting others in on your “secret” dreams and goals, get some accountability. Meet for lunch once a month with a group that will ask you, “So, how’s it going with your goal? Hire a Coach. Talk to your best friend or partner. Get some support!


6. Do a Goal Check-In. Before you decide on what you’ll take on for the year, make certain you can answer, “Yes!” to the following questions: “Am I the primary reason for setting this goal (vs. your mom, boyfriend, wife, boss, society)? Do I feel alive and energized by this goal? Is this goal in line with my life purpose or mission?”

7. Get Real! If you’re contemplating putting a goal down that you always put down and never achieve, take a second look. How will this goal end DIFFERENTLY this year? Is this goal something you need to let go of? What purpose is it serving you each year? What is the good enough reason to truly commit?

8. Focus With Reminders. Once you’ve got your goals and plan in place, figure out ways to remind yourself. Post your goals on your bathroom mirror or in your car. Put reminders in your palm pilot or cell phone. Figure out what works for you.

9. Believe and Visualize. Do you know the story about the group of basketball players who spent one hour visualizing making baskets, while another group actually practiced? The visualizing player had a better season! So visualize yourself on New Years Eve 2009 with all your goals achieved. What would that look like? How would it feel? Visualize once a day and see the difference it can make in your life.

10. Make the Change. The time required for change is only as long as it takes you to decide that you really want to make the change.

Trivia Teaser Through the Nose

1. What Shakespeare play contains the lines “That which we call a rose, by any other name, would smell as sweet”? a-“Romeo and Juliet,” b-“Macbeth,” c-“Caesar and Cleopatra,” d-“The Merchant of Venice.”

2. Robert Duvall has a memorable line in the movie “Apocalypse Now,” saying “I love the smell of napalm in the morning.” According to Duvall, it smelled like what? a-Freedom, b-Victory, c-Spring, d-Cinnamon.

3. “Smells Like Teen Spirit” was a hit for what grunge rock band? a-Soundgarden, b-Pearl Jam, c-Nirvana, d-Bowling for Soup.

4. What evergreen tree produces a cream-colored fruit that has a pungent smell which has been compared to Limburger cheese? a-Tamarind, b-Persimmon, c-Durian, d-Ugli.

5. Prep schooler Chris O’Donnell finds work “babysitting” what blind actor in the movie “Scent of a Woman”? a-Jerry Lewis, b-Al Pacino, c-Robin Williams, d-Pierce Brosnan.

6. Who provided the voice of Stinky Pete the prospector in “Toy Story 2”? a-Tim Allen, b-Robin Williams, c-Kelsey Grammer, d-Gilbert Gottfried.


8. The Chinese name of what port city means “fragrant harbor”? a-Singapore, b-Hong Kong, c-Shanghai, d-Inchon.

9. The ozone layer is said to smell faintly of which flowers? a-Violets, b-Mums, c-Geraniums, d-Lilacs.

10. Which of the characters on “Friends” wrote a popular song called “Smelly Cat”? a-Rachel, b-Ross, c-Chandler, d-Phoebe.
Customer feedback
By David Miller – Customer Focus Team

When we look for feedback from our customers, we always look for positive feedback. That's all fine and good, but if all we get is good feedback then we get a little complacent. We need to have a good combination of positive and negative feedback so we know what we need to improve on.

Every action that has any visibility with our customers is a communication that has some amount of influence over their opinions of you. Keep in mind that the feedback the customer gives about Facilities can have a positive or negative effect. Our customers talk about their experiences, and their words can travel fast and far in the well-connected university world.

It is more important than ever to examine every form of feedback that our customers give about Facilities and see that we are making the proper impressions. Customer loyalty goes hand in hand with their feedback. If they are pleased with our work and service then they are more apt to give good feedback. It makes us feel good when we receive positive feedback from the customer. So as you go through your work day, be mindful there are people that are watching you. We all represent Facilities and Utah State University so always try to make a good impression.

Stay Safe at the Wheel

The first rule of driving is safety. Whether driving for Facilities or for yourself, never take chances that may prove to be unsafe. And if there are passengers in your vehicle, don’t forget, you are responsible for their lives as well as your own. Stay calm and alert while you are at the wheel. If you become sleepy or don’t feel well while driving, pull over and stop at the first available chance.

Courtesy while driving is another name for safe behavior. In addition to having a respect for others on the road, obey the speed limit and all other laws. Allow plenty of distance between your car and other vehicles and always signal your intentions at the appropriate moments. If a tailgater tries to force you to speed up, slow down and let that vehicle pass. Most importantly, remember: alcohol and driving do not mix. Neither do drugs and driving—including medication that may make you sleepy. If you are in an intoxicated condition or even in an emotional state that will affect your judgment—such as extreme anger—never, never, never get in on the driver’s side of the car.

While driving in a normal state, however, there are still hazards that may be difficult to negotiate.
Here are a few fairly common emergency situations and how you can handle them:

- If your brakes should fail when you try to use them, stay calm. Pump the pedal; this may restore the brake. If it does not, you can use the parking brake, but don’t jam it too hard because on a curve this can cause a spin. You can also try downshifting to slow the car. If all else fails and the situation is extreme, sideswipe a curb, guard rail or some other stationary object, rather than hitting another car head on.
- A collision with an oncoming vehicle is one of the most dangerous types of accidents you can have. Your best chances of survival are in dodging to the right. Even if you will hit something along the road or another car going your way you are more likely to survive than in a head-on crash.
- Blowouts are a pretty common type of vehicular accident. If a front tire should blowout, the car will pull to the side that the blowout is on. Try to steer against the pull. Don’t put on the brake. Instead, hang on to the wheel and try to stay in your lane. Slow down a little at a time and pull off the road.
- If you are forced off the road into deep water, escape through the window as quickly as possible. If power windows have short circuited and you are stuck inside, try the door. Keep pushing against water pressure until water begins to fill the compartment and the pressure equalizes. The door will then be easier to open.
- Everyone has stories about going into a skid, particularly in nasty weather. In this situation, never put your foot on the brake. Instead, take your foot off the gas and turn the wheel into the skid. This should help you regain control. Be ready, however, for the car to skid in the opposite direction. Again, turn the wheel into the skid and to straighten the car.

GOSSIP AND SOCRATES, THE GREAT PHILOSOPHER

One day the great philosopher came upon an acquaintance who ran up to him excitedly and said, “Socrates, do you know what I just heard about one of your students?”

“Wait a moment,” Socrates replied. “Before you tell me I’d like you to pass a little test. It’s called the Test of Three.

“The first test is Truth. Are you sure that what you will say is true?”

“Oh no,” the man said, “actually I just heard about it.”

“All right,” said Socrates. “So you don’t really know if it’s true. Now let’s try the second test, the test of Goodness. Is what you are about to tell me about my student something good?”

“No, on the contrary…”

“So,” Socrates interrupted, “you want to tell me something bad about him even though you’re not certain it’s true! The man shrugged, a little embarrassed. Socrates continued. “You may still pass though, because there is a third test, the filter of Usefulness. Is what you want to tell me about my student going to be useful to me?”

“Well it… no, not really…”

“Well,” concluded Socrates, “If what you want to tell me is neither True nor Good nor even Useful, why tell it to me at all?”

The man was defeated and ashamed.

This is the reason Socrates was held in such high esteem.

It also explains why he never found out what Plato was up to.

Moneywise

Save a Buck on Groceries:

Don’t be in such a hurry when going to the supermarket. Check this advice:

- Before heading out, check advertising circulars carefully. Just because it’s advertised doesn’t mean it’s a good buy.
- Shop without kids so you can think.
- Don’t shop when you are hungry. Eat first to avoid impulse buying.
- Take a list and don’t buy anything else unless it’s a food basic or a true bargain.
- If you see an aisle-end display of a product you want, check the price against prices on the shelf. Shelf prices may be lower, say the editors of ShopSmart.
- Buy the whole melon, vegetable, or cheese block. Prepackaged, cut-up selections cost much more.
- Try the store brands. You'll probably save money without sacrificing quality.
- Shop with cash if you tend to overspend. Stay within your budget by taking just a few dollars more than what you estimate your purchases will cost.

Speaking of Safety

Check tires, don’t overload:

Nine percent of passenger cars in the U.S. have at least one bald tire, according to the National Highway Safety Administration, and 27 percent are being driven
with one or more substantially under-inflated tires.

Having adequately maintained tires can keep you driving safely and improve your gas mileage. Check your tire pressure, tread, and alignment frequently.

A blowout could cause a fatal accident as one did recently on I-69 in Indiana. It caused the driver of an overloaded van to lose control and crash, killing five people and injuring others.

Using gas-powered equipment:

Each year, more than 400,000 people are treated in emergency rooms for injuries from outdoor equipment. Before starting your snow blower or other gas-powered machines, check that safety devices are in place and function properly. Handle gasoline with care.

Never fill a gas tank while the engine is running. Wipe up spills, and store fuel in an approved container away from the house. Never smoke while using gasoline.

How to shovel snow safely:

The first question is: Why shovel at all? You could “Wovel” instead. The Wovel has a 3-foot high wheel. Push the device like a baby buggy, and it will clear the snow off your driveway or walk. It costs $120 at wovel.com.

If you want to shovel the snow, here’s how to do it safely if you are a generally healthy young or middle-aged person.

- Warm up by stretching your arms, legs, and back before you begin.
- Go slow and take plenty of breaks so you won’t become exhausted.
- Lift the shovel-full of snow with your legs by bending at your knees.
- Turn your whole body to face where you want to throw the snow and step in that direction. Don’t twist your back.
- Use a smaller shovel. If the snow is deep, just pick up a few inches at a time.
- If it’s not too deep, push the snow with your shovel instead of lifting it.

Health in the News

For better health, put more fiber in your diet:

New studies show that fiber benefits more than the digestive tract. It prevents weight gain, and it reduces blood pressure and type 2 diabetes risk. The best advice: eat whole grains, fruits, vegetables, and beans every day.

The Institute of Medicine recommends eating 14 grams of fiber for every 1000 calories we consume, typically about 20 to 35 grams a day.

Heavy salt use may increase the risk of ulcers:

Here’s another reason to limit salt in your diet. A new report given at the recent meeting of the American Society for Microbiology in Toronto indicates that diets high in salt content may increase risk of gastric and duodenal ulcers.

Researchers at the Uniformed Services University of the Health Sciences in Bethesda, Md., discovered that high salt concentrations in the stomach can trigger a genetic tendency for the ulcer-causing H. pylori bacteria that causes it to become aggressive.

Many Americans, including half of those over the age of 60, are infected with H. pylori. But only a small percentage of these people develop ulcers.

Previous research has shown that there is an association between the bacteria and dietary patterns. The study authors conclude that this is especially true for diets that include a lot of salt.

It is widely known that consuming a high level of salt creates a risk for high blood pressure, a serious condition that must be treated throughout life after diagnosis.
Employee Fitness Club

Do you need someone to help motivate you to exercise? Do you want to work out with a friend? Do you want a little personal training time? Would you like to train for an upcoming event like a 5-K Fun Walk/Run? Do you want to train for the Campus Recreation / Be Well! Triathlon (300 yard swim, 4 mile bike, 2 mile swim) on Saturday, April 19th? Maybe you just want to workout on some weight lifting equipment and cardio equipment on a consistent basis... Come train with us!

Join the employee fitness club and we will help you meet your fitness goals. Workouts will be varied and flexible. You are going to love the HPER graduate instructors. All fitness levels are welcome.

Meet in The Wellness Center, HPER 109.
Next class: January 15-April 24, Tu &Th 5-6 pm
USU Employees & their Spouses: Free
Class limited to 30
Register at Campus Rec. Service Desk in the HPER building (M-Th 9-4)

Pat on the Back & Thank You's

Lucy Byington sent this card to Facilities:  A world of thanks to you! Thank you for the phone calls, visits and beautiful flowers. You made my day and it was very much appreciated.

Clark and Peggy Hunsaker sent a card of thanks, “Thank you so much for the beautiful plant”.

HOMEFRONT SANTA - A group of seventh graders meet with airmen of the 146th Airlift Wing. The class from St. Therese School in Alhambra, Calif., collected over 700 toys for children of servicemembers as part of “Homefront Santa,” a holiday program run by Homefront America. Courtesy Photo by Homefront America
Recipe

Bran Muffins by Allyson Olsen

Makes 24 muffins
Combine and set aside the following to cool for 10 minutes:
1 C. Unprocessed Wheat Bran (Bob’s Red Mill at Albertson’s)
1 C. Boiling Water
2 ½ C Flour
2 ½ tsp Baking Soda
½ C Margarine

Method
Sift together flour, baking soda and salt. Set aside. Cream margarine and sugar together in large mixing bowl until light and fluffy; using electric mixer at medium speed. Add eggs, one at a time, beating well after each addition. Stir cooled bran mixture into creamed mixture. Mix in buttermilk. Add dry ingredients and mix well. Add Bran Flakes and mix well. Stir in raisins by hand. Transfert mixture to Tupperware container and chill. When ready to bake, pre-heat oven to 375°. Grease muffin tins well with Crisco and also spray with PAM. Use ice cream scoop to portion batter into tins. Bake for 20-25 minutes or until golden brown.

Recipe

Hot Chocolate by Allyson Olsen

1 4lb. box of Powdered Milk
1 32 oz. Can Nestle Quik
1 16 oz. Jar Coffee Mate
3 C Powdered Sugar

Method
Mix all dry ingredients together and store in an air tight container. Add approximately one-third of a cup to ½ cup of the mixture to mug. Add 8 oz of boiling water; stir and enjoy!

Recipe

Beef Stew by Allyson Olsen

Serves 4 – 6
2 TBSP Vegetable Oil
2 Pounds Stew Meat – cut into 1” cubes
Salt and Pepper
½ C Flour
2 C Chopped Onion
1 Stalk Celery - Chopped
2 Cloves Chopped Garlic
4 C Beef Stock
2 Large Potatoes – cut into 1” cubes
4 Carrots – peeled and cut into 1” pieces
2 Bay Leaves

Method
In a large skillet, over medium heat, add the vegetable oil. Season the beef with salt and pepper. Toss the beef with the flour. When the oil is hot, add the meat and cook until the meat is browned, about 6 to 8 minutes, stirring occasionally. Add the onions, celery and garlic and continue to cook until the vegetables are wilted and golden, about six minutes. Season the mixture with salt and pepper. Deglaze the pan with the stock, scraping the browned particles away from the pan. Add the potatoes, bay leaves and carrots. Bring the liquid to a boil and reduce to a simmer, cover and cook for 1 1/2 to 2 hours or until the meat is very tender. Stirring occasionally. Re-season with more salt and pepper if necessary. Remove bay leaves.

Dumplings
1 C Flour
2 tsp Baking Powder
½ tsp salt
2 TBSP Butter
Milk – just enough to stick together
Drop in spoonfuls onto stew. Steam with lid on for ten minutes or until done.
Happy Birthday!

to these Facilities Employees!

Jason Torgerson       Jan 02
Jed Waldron           Jan 02
Lucille Byington      Jan 05
Gordon Collins        Jan 05
Dorothy Davis         Jan 05
Ray Pitcher           Jan 05
Kirk Lukenbill        Jan 07
Dirk Oppermann        Jan 07
Brent Bair            Jan 08
Mark Ostergar         Jan 11
Chris Evans           Jan 12
Kevin Maughan         Jan 13
Kelly Donaldson       Jan 15
Dale Elwood           Jan 17
Juan Sandoval         Jan 18
Harold Sharp          Jan 19
Dana Palmer           Jan 20
Denise Berntson       Jan 22
Jared Jorgensen       Jan 24
Reid Olsen            Jan 26
Quin Whitaker         Jan 29
Tom Graham            Jan 30
Jordy Guth            Jan 30
Barbara Powasnik      Jan 30

Ned Forrester         33 years
Lynette Spackman      29 years
Chet Smith            28 years
Nephi Rogers          22 years
Mike Law              21 years
Scott Nydegger        18 years
Jeff Craw             16 years
Chad Henager          14 years
Karen Hoffman         14 years
Randy Jones           13 years
Kim Thurston          12 years
Calvin Moser          7 years
Jalene Hunt           5 years
Curtis Larsen         4 years
Sheila Lukenbill      4 years
Tyler Rampton         4 years
Rob Reeder            4 years
Kevin Blair           3 years
Daniel Francom        2 years
Martin Alonzo         1 year

Happy Birthday!
to these Facilities Employees!

Thank you!
for your service at USU!

Answer to 'Through the Nose'
1. a, Romeo and Juliet
2. b, Victory
3. c, Nirvana
4. c, Durian
5. b, Al Pacino
6. c, Kelsey Grammer
7. b, John Lithgow
8. b, Hong Kong
9. c, Geraniums
10. d, Phoebe