Employee of the Month
Ted Johnson
Plumber 2

Ted has worked for Facilities for 11 years. He began as a Facilities maintenance worker and was promoted to Coordinator 1. He then was hired as a plumber a few years ago and works in our plumbing shop.

Born in Smithfield, Ted moved to Richmond 21 years ago and resides there today with his wife Gaylene and 3 children (Kory-19 years old, Kendall - 16 years old and Kayla – 12 years old). Ted is a Cache Valley native and claims that he is a home body. He doesn't have a desire to travel anywhere and is content and happy to be here in this beautiful area.

Ted’s hobbies include hunting, camping and snowmobiling with his family. He said that he truly enjoys working in the plumbing shop and his co-workers.

Congratulations Ted, we are so happy to have you as our January employee of the month.

Happy New Year!

Resolutions have checkered history but can still work

It all started a long time ago, actually 2,162 years ago if historians are correct. In 153 B.C., the first month of the year was named for a mythical king of early Rome named Janus. With two faces, Janus could look back on past events and forward into the future. He became the symbol for New Year’s resolutions.

Many Romans asked for forgiveness from their enemies, decided how to improve themselves, and exchanged gifts just before the New Year began.

Modern New Year’s resolutions have a reputation for being forgotten or discarded within days or weeks of the holiday. If done seriously, however, starting the New Year with a legitimate plan can be successful. Here’s how to do it.

1. Take responsibility for the change so your motivation will be sustained.
2. Be realistic. Habits and behaviors that are changed gradually have a greater chance of success.
3. Redefine physical discomfort.

Psychologist Pauline Wallin, editor of *The Pennsylvania Psychologist*, says the physical discomfort of not smoking can be redefined as cleansing your body. Discomfort from not overeating can be a sign that your body has to go to fat reserves for energy.

4. Make it non-negotiable. Exercise at the same time every day.

Whatever your plan, practice it every day. No one will be perfect at making difficult changes, but if you falter, learn from your mistake and move on. There will never be a perfect time to make changes, so do it now.
Who thinks manners are important?

It's all about how you treat others

More than 80 years have passed since Emily Post wrote her first book on etiquette. In 1922, people thought everyone was rude. That attitude is more in the spotlight today, according to Peggy Post, director of the Emily Post Institute. Post reminds us that manners are not mainly about which fork to use. They are about how we treat each other.

In the workplace, manners begin with simple words like please, thank you and good morning. During hurried times and difficult times, manners are about maintaining an attitude of respect for others, regardless of what their jobs may be. When fellow workers feel they are valued, they work better and cooperate more fully. Good manners grease the wheels of an operation.

Credit Unions & community banks

While the biggest banks are suffering from subprime mortgage fallout, community banks and credit unions haven’t had big losses. They never made risky loans.

Credit unions are different from other financial institutions because they are not for-profit cooperatives. They are owned by the members and often operated by volunteer boards. One financial analyst interviewed on Fox Business says the shareholders and board members in credit unions know their own money is at risk when they make a loan, so they are more conservative.

The capital in credit unions is at an all-time high, according to the Credit Unions National Association, Inc., in Madison, Wis. It’s a safety cushion that protects them against loss and that allows them to continue in spite of recessions or turbulent financial markets.

They are known for share accounts, which may pay a little more interest than bank savings accounts, and for their auto loans, which may cost a little less. Most also offer mortgages.

The lifeline of credit union funds is particularly important now because big banks have tightened their lending standards and may only make loans to people with the highest credit scores.

Some credit unions can refinance subprime mortgages, and offer banking products no longer available from other lenders, including a five-year adjustable-rate mortgage.

• One reason: They don’t pay dividends to shareholders. The money is reinvested in loans to meet the needs of their members.

The American Bankers Association encourages consumers trying to consolidate debt or refinance mortgages to contact community banks. While they are typically conservative, according to The Wall Street Journal, they have plenty of money to lend.

Money troubles? Deal with creditors yourself

It sounds easy. Debt resolution companies offer to get creditors to settle for far less than you owe. All you have to do is give them a couple of thousand dollars up front and make a reasonable monthly payment after that. But this is what could happen:

• They make no payments on credit cards and other loans for several months, if ever. Your credit card and loan balances explode with late-payment and interest charges.

• You could be plagued with calls from creditors and collection agencies. You could be sued and your wages could be garnished.

• Your credit score plunges. Even if they manage to make a settlement for less money than you owe on an account, the arrangement makes your credit score fall even more.

• By the time you realize they have not kept their promises, you could owe thousands of dollars more than when you signed on to the plan, and they still have your up-front money.

• If you take them to court, you discover that the debt resolution company has no assets. There is no way to recover any of the money you have paid them.

Some non-profit companies do help, but a recent IRS investigation shows that many are not non-profit at all. They send their profits to an associated for profit debt resolution company.
When circumstances have put you into a difficult financial situation, you are far better off to contact creditors personally and try to make a payment schedule you can afford.

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**Save your heart and your spine**

### How to shovel snow safely and efficiently

A heavy snow is beautiful to see as it coats the trees and the ground. Snow on the sidewalk and driveway makes you think twice about its beauty. Here’s how to handle it.

**Get ready:** Don’t eat a big meal, smoke or drink coffee or liquor before you go out. Drink water to prevent dehydration. Do some stretches to warm up your muscles.

**Dress in layers:** You’ll be able to remove a layer if you start to sweat.

**Have two snow shovels:** Use a regular snow shovel for pushing snow and one with a smaller blade to pick up packed snow. One big shovel of wet snow can weigh as much as 25 pounds.

**Don’t wait until it’s over:** If a big snow is forecast, take your regular snow shovel and push it off your sidewalk whenever a couple of inches collect.

**Get a grip:** Hold your hands at least 12 inches apart on the shovel handle to increase leverage and reduce strain on your body.

**Watch your back:** The Academy of Orthopedic Surgeons says if you must lift snow, squat with your legs apart, knees bent and back straight. Do not bend at the waist.

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**Here's a refresher course: Driving in snow**

**Before you start:** Clear the snow and ice off your whole car, (not just the windows) so you have an unobstructed view of the road. Don’t forget to clean the headlights. Carry a cell phone, shovel, sand or kitty litter, snacks and water in case you get stuck.

After a big snow, don’t leave until the snow plows and sanding trucks have done their work. For a frozen door lock, heat the end of the key with a match. Turn your lights on when you leave.

**On the road:** Drive slowly and leave three times the amount of space you normally allow between your car and the one ahead. Don’t use cruise control. To stop, brake gently. If your wheels start to lock up, ease off the brake.

**In a skid:** If your rear wheels skid, stop accelerating and steer in the direction you want the front wheels to go. Apply anti-lock brakes with steady pressure. If you have standard brakes, pump them gently.

**What if you get stuck?** It can happen in your yard, in front of a house, or anywhere you happen to slide off the road for even a few feet. When it does, don’t spin your wheels.

- Turn the wheels from side to side to push away the snow. Use a light touch to ease your car out. If that doesn’t work, use a shovel to clear the snow from the wheels and underside of the car and put sand under the wheels. Try gently rocking the vehicle back and forth.

- Don’t gun the engine repeatedly, or you could ruin the transmission. If none of this works, dial up a tow truck. Have a snack and a drink of water. Call your boss to say you’ll be late, then just relax and wait for help.

**Walk away:** Scoop small amounts of snow and walk to where you want to put it. Hold the shovel of snow close to your body and don’t twist when you dump it.

**Pace yourself:** Take frequent breaks and gently stretch your back and legs. It helps to have two people shoveling a big snow so each one can rest.

**Should you be shoveling at all?** Anyone who has had a heart attack or who has heart problems shouldn’t shovel without a doctor’s permission.

**Do you need a snowblower?** Used correctly, it puts much less strain on your back and your heart.
Is Your Footprint too large?

by Michael Yates

How Can I reduce energy consumption?
Circle 2 to 3 of the items below that you could do this week to limit your energy use.

1. Reduce, reuse, and recycle. One example is to print and copy on both sides of office paper; then recycle it! Paper represents more than 70% of office waist.

2. Here are some things you can do around the house!
   • Replace incandescent light bulbs with compact fluorescent light bulbs. They use 60% less energy. This simple switch will prevent the release of about 300 lbs. of carbon dioxide a year.
   • Install a programmable thermostat – programmable thermostats will automatically lower the heat or air conditioning at night and raise them again in the morning. They can significantly cut the amount of energy you use and save you around $100 a year on your energy bills.
   • Move your thermostat down 2° in the winter and up 2° in summer. Almost half of the energy we use in our homes goes to heating and cooling. You could save about 2,000 lbs. of carbon dioxide a year with this simple adjustment.
   • Clean or replace filters on your furnace and air conditioner. Cleaning a dirty air filter can save 350 lbs. of carbon dioxide a year.

Health in the News:

To perk up your memory: Take a walk and eat a fish

Though they are some distance from each other in your body, your heart and your brain are linked. Doctors at the American Heart Association say that when the brain is fueled by plenty of oxygen-rich blood, it works much better and can even reduce age-related tissue damage. Brain tissue is vital for memory and cognitive function. To keep your blood pumping and your brain functioning at its best, take a brisk walk every day or get some other exercise, whether it’s in the gym or around the block.

What you eat also affects how well you remember someone’s name or what you were thinking about before you were interrupted. Omega-3s found in fish and fish oil promote healthy brain functioning. They contain DHA and EPA that are both vital to proper functioning of the brain. If you don’t eat fish regularly, a supplement is advised. And fish oil can make you look better too. It gives skin a more vibrant look by enhancing the production of collagen and elastin. Fish oil lowers the risk of heart disease by increasing HDL, the good cholesterol, and it increases serotonin production, a hormone that tends to make people happy. It also reduces inflammatory pain from arthritis and reduces or eliminates dry eye syndrome. So take a walk and eat a fish. Don’t forget.

Oatmeal with raisins: a convenient, sweet dish for a cold winter day

Would you like to protect your heart, fight cancer, boost your bones and have a sweet treat for breakfast? A toaster pastry won’t do it, but a dish that’s almost as convenient will. Try oatmeal and raisins.

You might be too busy to cook, but placing equal amounts of regular oatmeal and water (2/3 cup) in the microwave, adding a handful of raisins and cooking for a minute and 20 seconds will bring you a great breakfast. It has a chewy, sweet, nut-like flavor. Raisins are called “nature’s candy,” but you can also add fake sugar to sweeten even more without adding calories.

Use regular oatmeal instead of instant. The difference in microwave time is only a few seconds, and you get more of these health benefits:
   • Insoluble fiber and phytochemicals that are cancer fighters.
   • Oatmeal has soluble fiber that reduces bad cholesterol without lowering the good kind.
   • People who eat oatmeal are less likely to develop heart disease. They think better and don’t get hungry before lunch. And oats are good sources of many other vitamins and nutrients.
   • Raisins have high antioxidant activity that prevents cell damage. They are one of the best sources of boron, which is vital to bone health.
   • Raisins are a fruit that can lower your risk of macular degeneration. You add milk, of course, a rich source of calcium and vitamin D.

Improve bone density

Since you could live to age 90, it pays to preserve or increase the strength of your bones. Weight-
bearing activities stimulate bone to react by increasing bone density. They include walking, running, push-ups, weight lifting, and anything done while on your feet.

Some research, say doctors at Duke University, shows that gardening and doing yard work once a week is better than walking or jogging if you already have osteoporosis.

Staying Well

Don't forget to wash

It's the cold and flu season. That can make you think twice about going to places where you will come in contact with a lot of people as you would at the mall or in a crowded cafe. Some of those people will be contagious. In those circumstances and at work, your best protection is hand washing. Anything you touch could carry the flu virus, but it does wash off.

Take vitamin D with food

Doctors at the University Hospital Zurich and elsewhere emphasize that it is important to take vitamin D supplements of 800 to 1000 IU. The benefits of vitamin D continue to be found, especially as an addition to calcium for strong bones. Vitamin D is fat soluble. It will not be absorbed unless there is some fat consumed at the same time. If taking it without food, at least drink a glass of milk with it.

Higher fiber diet can improve breathing

The National Institute of Environmental Health Sciences studied middle-aged people with chronic obstructive pulmonary disease (COPD). Those who had the highest daily fiber intake had better lung function than those with the lowest fiber intake. Recommended intake: 30 to 38 grams for men, 21 to 25 grams for women.

Fan protects against SIDS

A study reported in the Archives of Pediatrics & Adolescent Medicine shows that babies who slept in a room with a fan running were 72% less likely to die of sudden infant death syndrome (SIDS). By improving air circulation infants are less likely to breathe exhaled carbon dioxide. The gas fills the gap between a baby's face and the mattress.

Always put babies to sleep on their backs, and never smoke near a baby. Keep stuffed toys, loose bedding and soft bumpers out of the crib. Give the baby a pacifier. The handle keeps the baby's face from becoming pressed against the mattress.

And last but not least: Don't eat yellow snow!
Recipes from the ladies lunch

Chicken Broccoli Casserole – Judith Clark
20 oz. pkg. frozen broccoli
3 C cooked chicken, sliced
2 cans Cream of Chicken soup
½ C Mayonnaise or salad dressing
1 tsp. lemon juice
½ C shredded sharp American cheese
½ C cracker crumbs
Cook broccoli to tender, drain. Place in ungreased 11x7 baking dish. Top with chicken. Combine soup, mayo, lemon juice and pour over top. Sprinkle with cracker crumbs and cheese. Bake at 350 degrees for 25-30 minutes.

Tortilla & Black Bean Pie – Nancy Christensen
4 flour tortillas (10 inch)
1 Tbsp canola oil
1 large onion, diced
1 jalapeño chile, minced (remove seeds and ribs for less heat)
2 garlic cloves
½ tsp ground cumin
Coarse salt and fresh ground pepper
2 cans (15 oz each) black beans, drained and rinsed
12 oz. beer or 1 ½ C water
1 pkg (10 oz) frozen corn
4 scallions, thinly sliced, plus more for garnish
2 ½ C shredded Cheddar cheese (8oz)
Preheat oven to 400°. Using a paring knife, trim the tortillas to fit a 9” springform pan, using the bottom of the pan as a guide. Set aside.
Heat the oil in a skillet over medium heat. Add the onion, jalapeño, garlic, and cumin; season with salt and pepper. Cook, stirring occasionally, until the onion is softened.
Add the beans and beer or water to skillet, and bring to boil. Reduce heat to medium; simmer until liquid has almost evaporated. Stir corn and scallions, and remove from heat. Season with salt and pepper.
Fit trimmed tortilla in bottom of springform pan; layer with one quarter of beans and ½ C cheese. Repeat three times, using 1 C cheese on the top layer. Bake until hot and the cheese is melted, 20-25 min. Unmold the pie; sprinkle with scallions. Slice into wedges’ and serve immediately.

Banana-Cream Cheesecake – Katie Hogan
1 pkg. white cake mix, divided
2 bananas
4 eggs, divided
2 pkg. (8oz each) cream cheese, softened
3 Tbsp oil
2 Tbsp lemon juice
2/3 C packed brown sugar, divided
1 ½ C milk
1 ½ C thawed Cool Whip Whipped topping
Heat oven to 300°F. Reserve 1 Cup dry cake mix. Mix remaining cake mix with 1 egg, oil and 1/3 cup sugar with mixer. (Mixture will be crumbly). Press onto bottom and 1” up sides of greased 13x9” baking pan; top with bananas.
Beat cream cheese and remaining sugar with mixer. Add reserved cake mix, remaining eggs and lemon juice; beat 1 min. blend in milk. (Batter will be very thin). Pour into crust.
Bake 45 to 50 min. or until center is almost set. Cool. Refrigerate 4 hours. Top with Cool Whip. Refrigerate leftovers.

Slow Cooker Enchiladas – Sheila Lukenbill
1# lean ground beef
1 can Cream of Mushroom soup
10 (6 inch) corn tortillas, quartered
1 can Cream of Chicken soup
1 (1 oz) pkg. taco seasoning mix
4 C Shredded Mexican cheese blend
1 ¼ C water
1 (12 oz) jar chunky salsa
Brown ground beef. Add taco seasoning and water; simmer for 15 min. over low heat.
In a medium bowl, stir together salsa, soups. Mix in most of the cheese, reserving ⅔ C. Place a layer of tortillas covering the bottom of a slow cooker. Scoop a layer of the ground beef over that, and then spoon a layer of the cheese mixture. Repeat the layers until you run out of stuff, ending with a layer of tortillas on top. Top with remaining cheese. Cover and cook on High for 45 minutes for 1 hour.
Sydney Peterson from Pres. Albrecht’s office sent this memo:

Howard, thank you so much for all your help with commencement on Saturday. It was a pretty amazing morning to say the least. I do appreciate all the help as we went from Plan A to Plan B, C etc. and then finally back to Plan A. Please thank Larry as well (I don’t have an e-mail address for him) and any others that you work with. You were all incredible and my thanks to you all.

Mark Peterson (Principal of Edith Bowen) sent this e-mail:

Dear Darrell,

Please pass our appreciation on to your staff for their work this afternoon. We, as a faculty and staff, were so pleased to come out of the school at the end of the day and find all of the walks bladed clean. Our daily car pool work with parents and children was much easier than it might have been without your crew’s timely efforts.
Happy Birthday!
to these Facilities Employees!

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Thank you!
for your service at USU!

Ned Forrester            34 years
Lynette Spackman         30 years
Chet Smith               29 years
Nephi Rogers             23 years
Mike Law                 22 years
Scott Nydegger           19 years
Jeff Craw                17 years
Chad Henager             15 years
Karen Hoffman            15 years
Randy Jones              14 years
Jonathon Thompson        13 years
Kim Thurston             13 years
Calvin Moser             08 years
Jalene Hunt              06 years
Curtis Larsen            05 years
Sheila Lukenbill         05 years
Tyler Rampton            05 years
Rob Reeder               05 years
Kevin Blair              04 years
Martin Alonzo            02 years
Dallin Law               01 year
Cody Williams            01 year
Justin Williams          01 year

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