Employee of the Month

Wade Nield
Systems Administrator

Wade has worked for Facilities as a Systems Administrator for 1 ½ years in the MIS department. Prior to coming to Facilities, Wade worked at Direct Financial Solutions as their PC tech and at the Herald Journal as their Officer Manager over customer service.

Wade was born and raised in Star Valley, Wyoming, but moved to Utah in 1999. He is the 2nd oldest in his family of six, with two brothers and one sister.

Hiking, fishing, camping and outdoor photography are some of Wade’s hobbies. Just recently one of his photographs was chosen as the photo of the week by KSL5 News. His picture is now in the running for photo of the month. Anyone that has seen Wade’s pictures would agree that they are very professional and beautiful. Wade has hiked in Southern Utah, and has begun a yearly tradition of hiking and backpacking in the Wind Rivers.

Wade received his BS degree in BIS from Utah State University in 2003. He enjoys working with his coworkers here in Facilities and is a great addition to our department. Congratulations Wade on becoming Facilities July Employee of the Month.

Why Independence Day is celebrated on July 4

Though the Fourth of July is a beloved date for Americans, some people claim that it’s not the real Independence Day. The first motion in the Continental Congress for independence was made on June 8. After lengthy debates, the Congress voted secretly for independence on July 2, 1776. The Congress reworked the Declaration of Independence until a little after 11 p.m., July 4, when the colonies voted for its adoption and released an unsigned copy to the printers. (New York abstained.) Later, Philadelphia celebrated the Declaration of Independence with public readings and bonfires on July 8. John Adams, the unofficial and tireless whip of the independence movement, wrote his wife Abigail on July 3: “The second day of July, 1776, will be the most memorable epoch in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be commemorated as the day of deliverance by solemn acts of devotion to God.
Almighty. It ought to be solemnized with pomp and parade, with shows, games, sports, guns, bells, bonfires, and illuminations...” The vote on July 2 was the decisive act, but July 4 is the date on the Declaration itself. Thomas Jefferson’s stirring prose, as edited by the Congress, was adopted by the vote of July 4.

It was the day Philadelphians heard the official news of their independence from England.

Liberty Bell rang out with joy on the Fourth of July!

"Proclaim liberty throughout all the land unto all the inhabitants thereof" is a partial inscription on the Liberty Bell. It was rung to announce the signing of the Declaration of Independence by the Continental Congress in 1776. The bell was originally cast in London in 1752. It was purchased for the Pennsylvania State House to commemorate the 50-year anniversary of William Penn’s 1701 Charter of Privileges, Pennsylvania’s original Constitution. The bell was hung in the tower of Independence Hall. During the fight for independence, British troops captured Philadelphia. For a short time, the bell was removed to Zion’s Reformed Church in Allentown, Pennsylvania. When the Civil War ended in 1865, the Liberty Bell became a symbol of unity and traveled across the country in an attempt to promote healing in the war-torn nation. There are various stories about when the crack in the bell appeared. The original bell cracked upon its first strike. It was then broken down and recast and is thought to have cracked again sometime before 1846. Another version says the bell cracked in September 1824 during the visit of the Marquis de Lafayette to Philadelphia, and another says it cracked while pealing for George Washington’s birthday on Feb. 22, 1832. One popular account tells of the cracking on July 8, 1835 during the funeral procession of Chief Justice of the United States Supreme Court, John Marshall. Today the Liberty Bell makes its home in the Liberty Bell Pavilion in Philadelphia, open to the public so that all may see and admire America’s symbol of hope and freedom.

ANNUAL FACILITIES GOLF TOURNAMENT

Date: July 31, 2008
Time: 3:00 pm shotgun start
Place: Logan River Golf Course

It’s a good time with good food catered by Iron Gate Grill, so gather your team and sign up. The sign up sheet is on the bulletin board west of the warehouse. You can also e-mail your teams to dave.miller@usu.edu and I’ll sign you up, so come and meet with some new people and have a good time.

Safety

Types of Personal Protective Equipment
The PPE regulation (also known as a standard) covers all private-sector workers in general industry that are exposed to hazardous processes, conditions, and toxic substances. Here is what OSHA requires for specific types of PPE.

EYE AND FACE PROTECTION
Goggles and face protection must be used when workers are at risk from flying particles, liquid chemicals, acids or caustic liquids, chemical gases or vapors. Workers must also be protected from radiation during welding, torching, soldering, and brazing, or other operations that emit light. Goggles and face protection must meet certain design criteria for safety.

HEAD PROTECTION
Hard hats must be worn where there is a danger of falling objects. Specialized hard hats are required to reduce electrical shock hazards. The OSHA standard contains a chart to aid in head gear selection.

FOOT PROTECTION
Safety shoes with impact protection are required in work areas where heavy objects or tools could be accidentally dropped on the feet. Safety shoes with compression protection must be worn where objects could roll over workers’
feet, and in operations involving skid trucks, hand trucks, dollies, etc. Safety shoes with puncture protection are required when working around nails, wire, tacks, scrap metal, and other objects that could pierce the feet.

**HAND PROTECTION**

Gloves are required to protect workers from cuts, scrapes, punctures, burns, chemical absorption, or temperature extremes. It is crucial that the type of glove being used is the right one for the job since incorrect gloves may provide no protection. This is a particular problem with chemical absorption where incorrect gloves may allow certain chemicals to reach your skin - and you may be unaware that it is happening. Charts that can assist in determining the right gloves for the job are available from glove manufacturers.

**HEARING PROTECTION**

Appropriate ear muffs or ear plugs must be made available as a last resort if it is not possible to make the workplace less noisy. This requirement is a small part of the Occupational Noise Exposure standard, which requires employers to ensure that workers are exposed to less than 90 decibels of noise over an 8-hour day. If noise levels reach 85 decibels over an 8-hour day, the employer must develop a hearing conservation program as outlined by the regulation. If no other method of eliminating or reducing the noise exposure is found, the employer must supply PPE.

**RESPIRATORS**

Appropriate respirators must be worn as a last resort, if it is not possible to ventilate the work area properly. Known as the Respirator Protection standard, this regulation requires that employers develop a written, comprehensive respiratory protection program for all workers who are required to use respirators on the job.

---

**QI TEAM (Quality Improvement)**

Team Chair: Sheila Lukenbill
Team Leads: Mike Arnett, Jim Whitehead, Harold Sharp, Wade Perkins

Sheila Lukenbill met with the Director's to give an update on the Quality Improvement (QI) Team. Following is an overview of what's been going on.

The QI Team was created two years ago. They work very hard to get the best product at the best price. They are very committed to the work they do and are very reliable.

Recently they’ve been in the process of replacing old, liquid soap dispensers with new foam ones. They use less water, are less messy, and use much less product. They are also in the process of getting a better paper towel product and dispenser.

The FM department has purchased two carpet extraction truck mount wands. They were $800.00 each. The production of cleaning carpets has doubled since purchasing these wands, not to mention reduced wrist fatigue over traditional wands. There is also improved water retrieval, which in turn means faster drying.

In the near future, they will be testing fifteen new floor waxes and finishes. They are focusing on using “green” finishes and strippers that have the least amount of carcinogens and toxic fumes.

---

**Health in the News**

Summertime and the livin’ is usually hot so if you work outdoors, remember to take the typical precautions against overheating. Though heat-related deaths and illnesses are preventable, there were 2,600 heat-related work injuries in one recent year, according to the Bureau of Labor Statistics.

Muggy or humid conditions add to discomfort. Excessively hot and dry conditions can create a more dangerous situation. The CDC recommends:

- Drink plenty of fluids regardless of your activity level. During heavy work in a hot environment or strenuous activity of any kind, drink two to four glasses of cool fluids each hour. Don’t drink alcohol, beverages with a high sugar content or very cold drinks.
• Replace salt and minerals lost through sweating by drinking a sports beverage. Discuss beverages with your doctor if you are on a low-salt diet.
• Wear appropriate clothing. At home, wear as little as possible. When going out, choose light-colored, loose fitting clothing. Wear a wide-brimmed hat and sunglasses with UVA and UVB protection.
• Use sunscreen. Sunburn affects the body’s ability to cool itself. It causes a loss of body fluids, skin damage and pain. Apply a product rated SPF 15 or higher 30 minutes before going out.
• Pace yourself. When working or playing sports in a hot environment, begin slowly and pick up the pace gradually. If your heart begins to pound and you begin gasping for breath, STOP all activity. Move to a cool area or at least into shade to rest, especially if you feel lightheaded or weak.
• Watch each other. When working in the heat, monitor the condition of coworkers and have them do the same for you. Be wary of confusion.
• Stay cool indoors. If you don’t have air conditioning, go to a place that does. Even a few hours in air conditioning can help you stay cooler when you go back into the heat.
• Don’t depend on a fan to cool yourself. When the temperature is in the high 90s, fans will not prevent heat-related illness. Cool showers could help you cool off.

Giving Good Feedback

By Ben Harris – Customer Focus Team

Giving and receiving feedback is part of our everyday work experience. We continually exchange feedback with our customers and coworkers. Gathering feedback tells us how we’re performing as individuals and as an organization and where to focus our improvements. Generally, it is much easier and more effective to give positive feedback that reinforces a job well done than negative feedback that addresses something that needs to be corrected. Keep these tips in mind when giving feedback:
• Feedback must be truthful and sincere, or the recipient won’t believe it.
• Feedback should focus specifically on an action or behavior and not on the person.
• People accept the feedback of those whom like personally or respect for their technical competence. Developing your expertise and goodwill with others will make them much more open to your suggestions.
• Although very frequent feedback can make one feel micromanaged, there is too little feedback in most organizations. Don’t just assume that your coworkers know they’re doing good work - tell them so.
• Feedback needs to be tailored to the recipient.
• Feedback should be given as soon as possible so the recipient can reflect on it while their work is fresh in their mind.
• Negative feedback usually puts the recipient on the defensive. Be careful to address only the specific behaviors that need correction.
• Negative feedback is easier to accept when it is accompanied by positive feedback. This makes the feedback seem more objective to the recipient.

Giving and receiving feedback can improve our performance and our confidence in our work as an organization. Let’s try to let those around us know how they’re doing, especially when they’re doing it well.

Moneywise

Best not to fiddle with your 401(k)

Though the stock market figures haven’t been that encouraging, don’t panic. A solid retirement account will be yours if you just stay calm. Here’s why. Your 401(k) investment is generally placed in diversified mutual funds that will moderate any temporary losses, say financial advisors writing in Newsweek. The stock market always rises over the long term so you will rack up significant gains in years to come. It will happen. In the meantime, look for opportunities that may be available in a slow economy. If you get a good deal on a house, it could be worth much more in a few years and could be worth twice as much in 10 years. You could shop for a cheaper mortgage or buy a good stock that is selling now for less than it is actually worth.
Wellness Challenges Moving Forward

By Amber Whitby

As the individual and team challenges continue, the results have been tabulated, and the winners thus far have been posted on the bulletin boards in Facilities and the Wellness Center. The team in the lead for the Biggest Loser Challenge is team number ten, having lost 33 pounds at the first weigh-in. Team ten consists of Dorothy Davis, Douglas Dawes, Michael George, Wade Nield, and Justus Swensen. The overall weight lost thus far by participants in the team competition is seventy one pounds! In the lead for the individual challenge for weeks one to two include Sonia Mattson, Skyler Moore, and Dorothy Davis. Congratulations to these winners and everyone participating in these challenges. Employee Wellness would like to remind all University employees to utilize the wellness center, fitness assessments, personal trainers, and the many other benefits available at no charge. Please feel free to take advantage of these benefits by contacting us.

CROSSWORD
(Summer Grills)

Across
1. Bikini parts
5. Highlands hillside
9. Anger
10. Beef cut
11. Creole vegetable
12. Its quarter says "Birthplace of Aviation Pioneers"
13. Coasts
15. Cincy player
16. Office need
22. "God's Little ___"
23. Garage occupant
24. At the home of
25. A huge amount
26. Use a keyboard
27. Stomachs, for short

Down
1. Warner ___
2. Autumn tool
3. Indian tourist city
4. Summer cocktail with vodka and fruit juices
5. Air a show
6. European coal area
7. In the thick of
8. Heroic poem
14. "___ the fields we go"
16. Agreement
17. Hurting
18. Get ready, for short
19. Humdinger
20. Big-ticket ___
21. Captives

The headline is a clue to the answer in the diagonal.
Healthy Recipes for the Month:

**July Fourth Potato Salad**
2 cups boiled red potatoes with skin left on
2 cups of boiled small white potatoes with skin left on
2 hardboiled eggs cut in small pieces
1 Tbl celery seed
1/2 cup blue cheese crumbles
3 Tbl light mayonnaise
1/2 cup natural yogurt
1 Tbl sugar
5 Tbl horseradish
6 Tbl chipotle mustard
1 Tbl white vinegar
1 tsp fresh ground pepper
½ tsp salt
½ C chives or bacon bits

**Berry Pie**
12 to 15 medium strawberries, sliced
3/4 cup raspberries
1/2 cup fat-free, sugar-free instant vanilla pudding made with fat-free milk
1 graham cracker pie crust
Light whipped topping
In a small bowl, mix together the strawberries and raspberries. Put pudding in pie crust followed by berry mixture and top with whipped topping. Serve immediately or place in the refrigerator until ready to serve.
Happy Birthday!
to these Facilities Employees!

Debra Parrish  July 05
Ricardo Sandoval  July 05
Greg Hunsaker  July 08
Sheri Murray  July 08
Tyler Rampton  July 08
Jeff Craw  July 10
Sharon Mayers  July 10
Mike Jones  July 11
Chris Schade  July 12
Kim Thurston  July 13
Bryan Bingham  July 14
Delora Delong  July 15
Glen Hudson  July 16
Boyd Crookston  July 17
Clair Marler  July 17
Curtis Leishman  July 18
Claire Baird  July 19
Terrel Murray  July 20
Rebecca Beutler  July 21
Joe Sorenson  July 21
John Jolley  July 22
Allyson Olsen  July 22
Roy Reeder  July 22
Scott Hampton  July 23
Bob Rich  July 23
Bob Riding  July 23
Wade Nield  July 24
Jeff Turley  July 24
Chris Olsen  July 25
Kevin Phillips  July 26
Kim Nielsen  July 31
Eduardo Ortiz  July 31

Thank you!
for your service at USU!

Scott Wilkinson  34 years
Gordon Chase  31 years
Steve Jardine  27 years
Kim Nielsen  26 years
Mike Yates  24 years
Jeff Chesley  22 years
Clair Marler  22 years
Lonny Jensen  21 years
Howard Bee  19 years
John Danielson  18 years
Randy Bone  14 years
Gordon Collins  14 years
Troy Johnson  14 years
Dave Miller  14 years
Carl Wildrick  14 years
Erik Ashcroft  13 years
Sheryl Barfus  12 years
Kirk Lukenbill  12 years
Scott Hampton  11 years
LeGrande Anderson  10 years
Wes Jensen  10 years
Nick Anderson  08 years
Bryan Bingham  08 years
Roy Reeder  08 years
Paul Wickham  08 years
Jordy Guth  07 years
Kevin Maughan  07 years
Janet Hillyard  05 years
Clark Hunsaker  03 years
Tony Miller  03 years
Ken Carrillo  02 years
Jason Tomlinson  02 years
Kent Hales, Property Specialist at USU sent this thank you: I just wanted to write and let you know how much we truly appreciate all of the efforts your staffs have provided to us over the past years. We especially want to recognize two individuals from each of our groups that have assisted us through the moving process we are just finishing up. Sharon Mayers and Mina Hill continue to provide superior work ethic and dedication to the cleanliness of the Jake Garn Facility. Through the moving process they were always right there when we needed them and continue to go above and beyond to assist in this very taxing process. Jed Waldron and Steve Jenkins made sure all of the rooms were ready on the days that people were scheduled to move. They have been very patient working with us when people have “adjusted the schedule to meet their timelines”. Their patience and cooperative attitudes have been invaluable. Thank you so much!

Laura Lake the Equipment manager sent this thank you to Facilities: I know that the word “Inventory” can strike fear and loathing into the hearts of many. I appreciate the time that was spent locating and showing me the equipment on your lists. I’m also grateful for the positive attitude of those that I worked with this year. Judith Clark was a great help in preparing for the inventory. She spent a lot of time and effort making sure that lists were updated and sent to responsible people and that I had all of the important contact information about those I need to meet with. Thanks again to everyone that helped make my job much easier.