Employee of the Month
Scott Hampton
LOAM

Facilities is proud to announce Scott Hampton as the June Employee of the month. He works in the LOAM shop and specifically is responsible for the irrigation around Old Main including the quad and also runs the Business pump house.

Before coming to USU, Scott worked for various agricultural businesses’ dealing in parts specifically for farm tractors.

Scott was born and raised in Preston, Idaho. After he married his sweetheart, Linda, they settled down in Franklin Idaho. Scott has been married for 21 years and has 3 children. His 18 year old daughter will be attending USU this fall. He also has a daughter who is 16 years old and is a sophomore attending Preston High School. His 13 year old son is the youngest in the family. So as you can see Scott is very busy raising teenagers. We wish you luck Scott.

Scott says he has two bad habits for hobbies: a 1984 Corvette and a 1978 Nova which keeps him plenty busy restoring them both. In his spare time he enjoys camping and fishing.

Scott would like to express his appreciation for the great people he works with in the LOAM shop as well as throughout Facilities. He has enjoyed his 11 years here and looks forward to many more. Congratulations Scott, we are proud of you.

Flag Day etiquette

On June 14th, you will see a great number of American flags displayed on homes throughout the country. It’s especially important now and should always be. The flag should be displayed with the stars at the top, except when it is hung upside down as a distress signal. The flag should never touch anything beneath it.

Saying the Pledge

If you are at an event where the flag is not displayed but the national anthem is played, all present should face toward the music.

When the flag is displayed, all present should face the flag and salute, private citizens with their right hand on their hearts and military people with the conventional salute.

For recent citizens and newcomers to America, this is the pledge:

I pledge allegiance to the Flag of the United States of America and to the Republic for which it stands, one Nation, under God, with liberty and justice for all.
Being Good to Ourselves

By Lloyd Johnson from the Customer Focus Team

How do our customers benefit when we are good to ourselves? We’ve always heard the adage, “a smile is always returned”, so how do we keep positive and keep a smile even if things aren’t going the way we want? Sometimes we just have to back off for a moment, ask for help, or get another opinion. It never helps to get angry or frustrated to the point you are ready to scream or throw something. Go get a drink of water, check on another job, just remove yourself from the frustration, then come back and refocus on the task.

I think one of the best things that will really help us to take better care of ourselves, is the new USU Wellness/Exercise program that we have implemented here in Facilities. By getting healthier we benefit a lot from different things including our customers. I for one know from experience, when we are more in control of our physical body, our emotional outlook also improves. We are better able to do our work without fatigue, and as we get in shape, we are less susceptible to back strains and other common work related injuries. Our emotional physique improves as we feel better about ourselves. When we are happy it carries into our work and our customers reap the benefits. We encourage you to become involved and work at many levels of self improvement, because just like a smile, it will come back to you.

Moneywise

Watch for tax rebate scams

When you are expecting a tax rebate from the government’s economic stimulus plan, criminals may be eager to take it away from you with email scams. They ask you to click on a fake IRS link and give your Social Security number and banking information. Remember, the IRS is not sending emails about refunds. Access the IRS Website only through www.irs.gov, not by clicking on an attachment in any email. Other criminals call on the telephone. They say your money will come sooner if you give them your banking information so the money can be sent by direct deposit. The IRS never does this.

Safety

by Justus Swensen

A Primer on Summer Safety

Experts say there’s a lot people can do to minimize the risks of health problems related to summertime activities. So before you pack your swimsuit or hit the hiking trail this year, brush up on these summer hazards.

Sunburn

Everyone is at risk for skin cancer, but especially people with light skin color, light hair or eye color, a family history of skin cancer, chronic sun exposure, a history of sunburns early in life, or freckles, according to the American Cancer Society. Rays from artificial sources of light such as tanning booths also increase the risk of skin cancer.

What you can do: Remember to limit sun exposure, wear protective clothing, and use sunscreen. Sunscreen should be applied 30 minutes before going outdoors and reapplied at least every two hours. Use water-resistant sunscreen with a sun protection factor (SPF) of 15 or higher.

According to the American Academy of Dermatology (AAD), along with regularly using sunscreen, it’s smart to wear wide-brimmed hats and seek shade under a beach umbrella or a tree. Sunscreens alone may not always protect you. And don’t forget sunglasses, which protect the sensitive skin around the eyes and may reduce the long-term risk of developing cataracts.

If you do get sunburned, don’t put ice or butter on it. Use a cold compress, and if you don't have that, a pack of frozen vegetables will work. Mild and moderate cases may be helped by topical corticosteroids such as hydrocortisone. Be on the lookout for moles that change color or size, bleed, or have an irregular, spreading edge—all potential signs of skin cancer.

Bites from mosquitoes and ticks

Ticks are usually harmless. The biggest disease threat from tick bites
is Lyme disease, which is caused by the bacterium Borrelia burgdorferi. The bacteria are transmitted to humans by the black-legged deer tick, which is about the size of a pinhead and usually lives on deer.

Another insect-borne illness, West Nile virus, is transmitted by infected mosquitoes and usually produces mild symptoms in healthy people. But the illness can be serious for older people and those with compromised immune systems. The symptoms are flu-like and can include fever, headache, body aches, and skin rash.

**What you can do:** If you’re spending time in tall grass or woody areas, use insect repellent with DEET to ward off mosquitoes and ticks. But insect repellent should not be used on babies, and repellent used on children should contain no more than 10% DEET. Check yourself and your children for ticks before bedtime. If you find a tick, remove it with tweezers, drop it in a plastic bag and throw it away. You don’t have to save the tick to show it to doctors. The CDS recommends cleansing the area of the tick bite with antiseptic. Early removal is important because a tick generally has to be on the skin for 36 hours or more to transmit Lyme disease.

**Bee Stings**

Most reactions to bees are mild, but severe allergic reactions lead to between 40 and 50 deaths each year. An allergic reaction can occur even if a person has been stung before with no complications.

**What you can do:** To keep bees away, wear light-colored clothing and avoid scented soaps and perfumes. Don’t leave food, drinks, and garbage out uncovered. Treat a bee sting by scraping the stinger away in a side-to-side motion with a credit card or fingernail, and then washing the area with soap and water. Pulling the stinger or using tweezers may push more venom into the skin. For any bug bite or sting, ice or a cold compress and OTC pain-relieving creams or oral medications can help.

**Heat Illness**

During heat illness, the body’s cooling system shuts down. Body temperature goes up, which inhibits the ability to sweat. Mild symptoms of heat exhaustion include thirst, fatigue, and cramps in the legs or abdomen. Left untreated, heat exhaustion can progress to heat stroke. Serious heat-related symptoms include dizziness, headaches, nausea, rapid heartbeat, vomiting, decreased alertness, and a temperature as high as 105 F or more. In severe cases, the liver, kidneys, and brain may be damaged. About 400 people die each year from heat exposure, according to the CDC.

The risk of heat illness goes up during exertion and sports and with certain health conditions such as diabetes, obesity, and heart disease. Alcohol use also increases the risk. People ages 65 and older and young children are especially vulnerable to heat illness. Heat stroke in children can occur within minutes, even if a car window is opened slightly.

**What you can do:** Reduce strenuous activities or do them during early mornings and evenings when it’s cooler. If you’re outside for long stretches of time, carry a water bottle, drink fluids regularly, and don’t push your limits. People who play sports should wear light, loose-fitting clothes and drink water or sports drinks before, during, and after activity. If you see someone experiencing heat illness, have the person lie down in a cool place and elevate the legs. Use water, wet towels, and fanning to help cool the person down until emergency help comes.

**BURNS FROM FIREWORKS AND GRILLS**

**What you can do:** Stick with public firework displays handled by professionals. Children should always be closely supervised when food is being cooked indoors or outdoors. Be aware that gas leaks, blocked tubes, and overfilled propane tanks cause most grill fires and explosions. Teach children to cover their faces, stop, drop, and roll if their clothes catch fire.

Generally, minor burns smaller than a person’s palm can be treated at home. But burns bigger than that, and burns on the hands, feet, face, genitals, and major joints usually require emergency treatment. For a minor injury, run cool water over it and cover it with a clean, dry cloth. Don’t apply ice, which can worsen a burn. Don’t apply petroleum jelly or butter, which can hold heat in the tissue. Consult your family doctor if a minor burn does not heal in a couple of days or if there are signs of infection, such as redness and swelling.

**Foodborne Illness**

Summer is prime time for weddings, picnics, graduation parties, and family cookouts. And feeding the large groups involved can make food safety especially challenging. Typical signs of foodborne illness include nausea,
vomiting, cramps, and diarrhea. In serious cases, high fever, bloody stool, and prolonged vomiting may occur. Young children, pregnant women, older people, and those with compromised immune systems are hit hardest.

Bacteria, whether in food or in the air, grow faster in warmer weather. Don’t just worry about the potato salad or egg dishes, says Marlene Clark, a registered dietician at Cedars-Sinai Medical center. “You have to be careful with any food, including melons and lettuce,” she says.

**What you can do:** It seems so basic, but not everyone does it. Wash hands well and often with soap and water, especially after using the bathroom and before cooking or eating. Also wash surfaces when cooking, keep raw food separate from cooked food, marinate in the refrigerator, cook food thoroughly, and refrigerate or freeze food promptly. The FDA suggests never leaving food out for more than one hour when the temperature is above 90 F.

Facilities Weight Loss Challenge

*By Amber Whitby*

After several orientation meetings held in the HPER building, and a tour of the employee wellness center, the Facilities Weight Loss Challenge began on May 12. Headed by Justus Swensen, Safety Coordinator, there are two parts to this challenge. Both challenges will last for twelve weeks. The first challenge is an individual challenge where points are accumulated for behaviors contributing to a healthy lifestyle. One point is accumulated each time a participant engages in each of the following: exercising for thirty minutes, drinking 64 ounces of water, eating 5-9 servings of fruits & veggies, and reading leisurely for 15 minutes daily. Participants turn in their points every two weeks. Forms are provided, and by the end of the challenge the participants who have earned at least 75% of the points will earn a reward.

The second option is a team challenge where teams ranging from 4-6 people will work together to loose weight as a team. There will be biweekly weigh-ins taking place on the large scale in the Receiving Dock where the team weighs in together. The team to loose the greatest percentage of body weight wins this challenge. There are 75 participants in the team challenge consisting of 17 teams. Soon we will know how many are involved in the individual challenge. The data will be accumulated and tracked as the challenge progresses.

USU Wellness is proud to be a part of this challenge and welcomes any questions or comments. If you are looking for motivational health messages, dietetic counseling, or personal training, please contact us! Free fitness assessments are available to employees and their spouses. We encourage your feedback. Let us know how we can help you meet your wellness goals.

Caroline Shugart
Healthy BBQ & Grilling Recipes:

Grilled Salmon
Ingredients:
1 ½ pounds salmon fillets  1/3 C soy sauce
Lemon pepper to taste  1/3 C brown sugar
Garlic powder to taste  1/3 C water
Salt to taste  ¼ C Vegetable oil

Directions:
1. Season salmon fillets with lemon pepper, garlic powder, and salt
2. In a small bowl, stir together soy sauce, brown sugar, water, and vegetable oil until sugar is dissolved. Place fish in a large resealable plastic bag with the soy sauce mixture, seal, and turn to coat. Refrigerate for at least 2 hours.
3. Preheat grill for medium heat.
4. Lightly oil grill grate. Place salmon on the preheated grill, and discard marinade. Cook salmon for 6 to 8 minutes per side, or until the fish flakes easily with a fork.

Italian-Style Grilled Corn on the Cob
4 ears fresh sweet corn, in husks
1 tablespoon fresh parsley
3 to 4 tablespoons olive oil or melted butter
¼ C grated Parmesan cheese
Salt and Pepper

Soak corn in cold water for 30 minutes; drain. Meanwhile combine oil, oregano, and parsley; set aside. Pull back husks on each ear of corn, leaving husks attached at base. Remove corn silk. Brush corn with seasoned oil. Fold husks back around corn; tie at top with string or strip of corn husk. Place corn in center of cooking grate. Grill 12-14 minutes, turning once halfway through grilling time. Carefully remove husks. Sprinkle corn with cheese; season with salt & pepper to taste.

Chicken Wrap Ups
Ingredients
1.3 (10 .75 -oz each) chicken broth  ¾ tsp ground cumin
2/3 cup lime juice  ¾ tsp ground red pepper
1 ¼ tsp onion powder  2 lb boneless, skinless chicken breasts
1 ¼ tsp garlic powder  8 whole wheat or corn tortillas

Directions
Place chicken broth, lime juice, onion powder, garlic powder, cumin and red pepper in 20cup glass measure and stir to combine.
Pour into self-closing plastic bag or glass or stainless steel dish.
Add chicken and toss or turn to coat.
Cover if using dish and refrigerate at least 30 minutes.
Preheat broiler or grill.
Remove chicken from marinade and discard marinade. Place chicken on lightly greased broiler pan or grill and cook 5-6 minutes or until chicken is no longer pink in center.
Warm tortillas. Cut chicken into strips and serve on tortillas. Serve with sliced vegetables and a fresh fruit salad.
Nutrition Info Per Serving
Calories 286 Carbohydrate 24g Protein 32g Fat 6g (19% fat calories) Cholesterol 68mg Sodium 579mg

Answers to 20th Century Literature
1-c, Ullysses; 2-d, Clive Custeller; 3-c, Tom Robbins; 4-a, Peyton Place; 5-b, Lawrence Durrell; 6-d, Ann Beattie; 7-c, Watching: 8-d, 9-a, Partick O'Brian; 10-d, Mickey Spillane;
plants. Watching things grow is part of the fun of gardening.

Jim Whitehead sent this note of thanks:
“We appreciate the flowers and thoughtfulness. Thank you very much.”

Geoff Miller sent an e-mail for the Image:
“I would like to give a special pat on the back and say thank you to the plumbers. On May 5, 2008 I received 22, 100lb. bags of sand delivered to the HPER to refill the small pool filter. I called David Miller to ask the plumbers for help in bringing the bags of sand down into the pool machine room. David and most of the plumbers showed up in about 5 minutes. Thank you guys, you really saved our backs.”

Facilities received a thank you card from Linda Ebersole from the Children’s House:
“Thank you Facilities for all you do for the Children’s House! A special thanks to Pat Pyatt and Bret Leckie who reattached plastic construction barrier fencing last Thursday April 17, 2008. Thanks for your patience and understanding.”

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Dear Rob, Justin, Tammy and USU Event Staff,

Keith and I just want to thank all of you for working with us for our Utah Dance Fest Competition at the Spectrum. The Spectrum is such an outstanding facility. We receive compliments every year on what a great place it is, the comfortable seating, the clean dressing rooms, the large, clean floor, the quality lights and sound system...we feel very lucky to be able to use such a quality facility to draw people from all over three states to our Little valley.

You have been great to work with us Justin, and we also appreciated Tammy and her staff so much— they were so willing and helpful throughout the weekend. We know it was long and sometimes crazy for them. We are already looking forward to Utah Dance Fest 2009. Once again, thank you all for everything— You are great!

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The Brian Andersen Memorial Scholarship Applications are now available. See Karen in FAC 106 to get one.

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Trivia Teaser
20th Century Literature

1. Which James Joyce novel details a day in the life of Leopold Bloom? a-Portrait of an Artist as an Old Man, b-Finnegans Wake, c-Ulysses, d-Pale Fire.


3. Another Roadside Attraction and Even Cowgirls Get the Blues are novels from which American writer? a-F. Scott Fitzgerald, b-William S. Burroughs, c-Tom Robbins, d-Kurt Vonnegut Jr.

4. What novel eclipsed Gone With the Wind in 1958 to become the top-selling novel of all time? a-Peyton Place, b-The Wonderful Wizard of Oz, c-Alice in Wonderland, d-The Hobbit.

5. Which author wrote a series of novels in the 1950s known as the Alexandria quartet? a-Richard Matheson, b-Lawrence Durrell, c-Patricia Highsmith, d-Gore Vidal.

6. Who wrote about the Woodstock generation in the novels Chilly Scenes of Winter and Falling in Place? a-Truman Capote, b-J.D. Salinger, c-Mike Royko, d-Ann Beattie.

7. What was the only graphic novel on Time magazine's list of the 100 best novels since 1923, published in November 2005? a-Maus, b-From Hell, c-Watchmen, d-The Sandman.

8. Which British writer drew on her childhood in colonial India for novels such as Black Narcissus and The River? a-Eleanor Marx, b-Virginia Woolf, c-Amy Levy, d-Rumer Godden.


Thank You Breakfast
Happy Birthday!
to these Facilities Employees!

Judith Clark       June 02
Devar Clegg        June 04
Jorge Estrada     June 04
Lynn Jaggi         June 04
Curtis Christensen June 10
Sheryl Barfus      June 12
Ben Berrett        June 12
Jimmie Grutzmacher June 13
Maria Guadarrama   June 14
Erik Ashcroft      June 17
Steve Pierson      June 21
Ned Forrester      June 24
Phil Bankhead      June 25
Tammi Godfrey      June 28
Danny Harris       June 28
Mark Peplinski     June 28
Kristi Olsen       June 29

Devar Clegg        33 years
Kim Cronquist      32 years
John Hillyard      32 years
Boyd Crookston     30 years
Tracy Nielsen      25 years
David Dickey       22 years
Mike Jones          22 years
Tammy Beutler       19 years
Mark Holt           15 years
Jocelyn Casey       14 years
Reid Olsen          14 years
Duane Bentz         13 years
Kelly Donaldson     07 years
Brett McAllister    07 years
Lorin Mortensen     07 years
Carl Dabb           05 years
Ron Davis           05 years
Veloy Hansen        05 years
Sheri Murray        05 years
Ken Weeks           05 years
Ed Ortiz            04 years
Paul Pierson        04 years
Justus Swensen      04 years
Connie Earl         03 years
Jorge Estrada       03 years
Daniel Herrero      03 years
Marianella Herrero   03 years
Dennis Hunter       03 years
Travis Larsen       03 years
JR Smith             03 years
Staci Eason          02 years
Ben Harris            02 years
Matt Rogers           01 year

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