Employee of the Month
Colby Goodliffe
Civil Engineer, Projects and Engineering Support

Facilities is proud to congratulate Colby Goodliffe as the June Employee of the month. Colby has worked for Facilities for 2 years in the Projects and Engineering Support group as a civil engineer. Before coming to USU, he worked for WW Clyde Construction based in Springville, Utah. While working for them Colby was assigned to work in Moab and lived there for about a year.

Colby was raised in the Tremonton area and attended Bear River Elementary, Bear River Jr. High and Bear River High school. He claims that it was very easy to remember the names of his schools. Colby now resides in Logan with his wife Melanie and 3 sons (Hayden-4 ½ yrs. old, Austin-2 ½ yrs. old and Wyatt-10 months old). He has two brothers and one sister and is the youngest boy in the family.

Colby’s hobbies are anything outdoors (boating, hiking, camping, and skiing). He said that he loves spending time with Melanie and his boys. He also served an LDS mission in Argentina, South America from 1999-2001. Colby graduated from USU in 2006 with a BS in civil engineering. He is a great employee and we are happy to have him here with us.

Show your patriotism:
Fly the flag on June 14, Flag Day

This is the day to give “Old Glory” its due recognition. There are many ways to honor the American Flag. Sometimes it’s there for all to see on the lapel of a jacket, flying boldly in the front yard of a home, or being saluted as it blows in the wind from the flag pole of a building. The most important part of Flag Day could be the moment or two when we pause to remember those in history who fought so it could fly and those who are still fighting to keep it flying today. As always: I pledge allegiance to the Flag of the United States of America and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all.
Safety Article
by Justus Swensen

FUN IN THE SUN
Source: http://www.aap.org/advocacy/archives/tanning.htm

For Young Children:
• Apply sunscreen at least 30 minutes before going outside, and use sunscreen even on cloudy days. The SPF should be at least 15 and protect against UVA and UVB rays.

For Older Children:
• The first, and best, line of defense against the sun is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that block 99%-100% of ultraviolet rays), and cotton clothing with a tight weave.
• Stay in the shade whenever possible, and limit sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m.
• Reapply sunscreen every two hours, or after swimming or sweating.

HEAT STRESS IN EXERCISING CHILDREN
Source: http://www.aap.org/policy/re9845.html

• The intensity of activities that last 15 minutes or more should be reduced whenever high heat and humidity reach critical levels.
• Before prolonged physical activity, the child should be well-hydrated. During the activity, periodic drinking should be enforced, for example, each 20 minutes, 5 oz of cold tap water or a flavored sports drink for a child weighing 90 lbs, and 9 oz for an adolescent weighing 130 lbs, even if the child does not feel thirsty.
• Clothing should be light-colored and lightweight and limited to one layer of absorbent material to facilitate evaporation of sweat. Sweat-saturated shirts should be replaced by dry clothing.

POOL SAFETY
Source: http://www.aap.org/family/tippool.htm

• Keep rescue equipment (a shepherd’s hook - a long pole with a hook on the end - and life preserver) and a portable telephone near the pool. Choose a shepherd’s hook and other rescue equipment made of fiberglass or other materials that do not conduct electricity.
• Children may not be developmentally ready for swim lessons until after their fourth birthday. Swim programs for children under 4 should not be seen as a way to decrease the risk of drowning.
• Whenever infants or toddlers are in or around water, an adult should be within arm’s length, providing "touch supervision."

BUG SAFETY

• Combination sunscreen/insect repellent products should be avoided because sunscreen needs to be reapplied every two hours, but the insect repellent should not be reapplied.
• Insect repellents containing DEET are most effective against ticks, which can transmit Lyme disease, and mosquitoes, which can transmit West Nile Virus and other viruses.
• The current CDC and AAP recommendation for children over 2 months of age is to use 30% DEET. DEET should not be used on children under 2 months of age.
• For more information on DEET: http://www.aapnews.org/cgi/content/full/e200399v1

PLAYGROUND SAFETY
Source: http://www.aap.org/advocacy/archives/maytra.htm
Source: http://www.aap.org/family/playgrd.htm

• The playground should have safety-tested mats or loose-fill materials (shredded rubber, sand, wood chips, or bark) maintained to a depth of at least 9 inches. The protective surface should be installed at least 6 feet (more for swings and slides) in all directions from the equipment.
• Make sure children cannot reach any moving parts that might pinch or trap any body part.
• Never attach—or allow children to attach—ropes, jump ropes, leashes, or similar items to play equipment; children can strangle on these.

BICYCLE SAFETY
Source: http://www.aap.org/family/bicycle.htm
Source: http://www.aap.org/family/tbikmyth.htm

• Do not push your child to ride a 2-wheeled bike until he or she is ready, at about age 5 or 6. Consider the child’s coordination and desire to learn to ride. Stick with coaster (foot) brakes until your child is older and more experienced for hand brakes.
• Take your child with you when you shop for the bike, so that he or she can try it out. The value of a properly fitting bike far outweighs
the value of surprising your child with a new one.

- Your child needs to wear a helmet on every bike ride, no matter how short or how close to home. Many accidents happen in driveways, on sidewalks, and on bike paths, not just on streets. Children learn best by observing you. Whenever you ride, put on your helmet.

**SKATEBOARD, SCOOTER, IN-LINE SKATING AND HEELYS SAFETY**

Source: [http://www.aap.org/advocacy/archives/marskate.htm](http://www.aap.org/advocacy/archives/marskate.htm)

- Children should never ride skateboards or scooters in or near traffic.
- All skateboarders and scooter-riders should wear a helmet and other protective gear; wrist guards are particularly important.
- While in-line skating or wearing Heelys, be sure to wear appropriate protective equipment and only skate on designated paths or rinks and not on the street.

**LAWN MOWER SAFETY**

Source: [http://www.aap.org/family/tipplawn.htm](http://www.aap.org/family/tipplawn.htm)

- Try to use a mower with a control that stops the mower from moving forward if the handle is let go.
- Make sure that sturdy shoes (not sandals or sneakers) are worn while mowing.
- Prevent injuries from flying objects, such as stones or toys, by picking up objects from the lawn before mowing begins. Have anyone who uses a mower wear hearing and eye protection.

**FIREWORKS SAFETY**

Source: [http://www.aap.org/healthtopics/safety.cfm](http://www.aap.org/healthtopics/safety.cfm)

- Fireworks can result in severe burns, scars and disfigurement that can last a lifetime.
- Fireworks that are often thought to be safe, such as sparklers, can reach temperatures above 1000 degrees Fahrenheit, and can burn users and bystanders.
- Families should attend community fireworks displays run by professionals rather than using fireworks at home.

**BOATING SAFETY**

Source: [http://www.aap.org/family/tippslip.htm](http://www.aap.org/family/tippslip.htm)

- Children should wear life jackets at all times when on boats or near bodies of water.
- Make sure the life jacket is the right size for your child. The jacket should not be loose. It should always be worn as instructed with all straps belted.
- Adults should wear life jackets for their own protection, and to set a good example.

**OPEN WATER SWIMMING**

- Never swim alone. Even good swimmers need buddies!
- Make sure your child knows never to dive into water except when permitted by an adult who knows the depth of the water and who has checked for underwater objects.
- Never let your child swim in canals or any fast moving water.

**ALL-TERRAIN VEHICLES**

Source: [http://aappolicy.aappublications.org/cgi/content/full/pediatrics;105/6/1352](http://aappolicy.aappublications.org/cgi/content/full/pediatrics;105/6/1352)

- Don’t ride double. Passengers are frequently injured when riding ATV’s.
- All riders should wear helmets, eye protection and protective reflective clothing.
- ATVs lack the common safety equipment found on all cars and trucks that are designed for street use.

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**Health in the News**

**Prevent blood clots in the legs by moving around on long trips**

By this time, you probably know that you need to move your legs occasionally when you are on a long airplane flight. If you don’t, you risk getting blood clots in your legs, a condition known as deep vein thrombosis (DVT). It can happen to anyone, but is more likely to happen to anyone who normally has faster blood clotting. Other DVT risks include taking birth control pills, a family history of blood clots, and being very overweight. Long periods of continuous sitting encourage their formation, but long car rides or train rides can be just as hazardous as a long airline flight. Major surgery such as hip or knee replacement, surgery to the pelvic area, or trauma to the leg or pelvis area put you at a high risk for blood clots.
Aerobic activity can add 12 good years to your life

Taking a brisk walk or working in the garden can make you feel good now, but doing aerobic exercise every day could turn back the clock on aging by 12 years. According to a report in the *British Journal of Sports Medicine*, vigorous walking for an hour a day five days a week can increase your maximal oxygen intake by as much as 25% in just three months. For seniors, that could also mean years of independence. The University of Toronto reviewed 30 studies on the relationship between aerobic activity, aging and maximal oxygen intake, known as VO2max. Marathon runners have a rating of 80, while the average 40-year-old man with no endurance training might score 35 to 40. Women averaged 5 points lower. With age, VO2max declines about 5 points per decade. At 18 points for men and 15 for women, a person is likely to lose functional independence. Aerobic activity such as vigorous walking can slow or reverse the decline. The longer you keep at it, the greater the gains in turning back the loss. The intensity of the exercise can speed up gains in VO2max.

Problems with energy drinks

Most energy drinks contain tons of caffeine, sugar and herbal supplements such as taurine. It’s OK to drink one as long as it has about the same amount of caffeine as a couple cups of coffee and about the same amount of sugar as a can of soda. Many contain much higher amounts plus other substances. They can cause faster heartbeat, irritability, nervousness, nausea and sleep problems. Ingesting the massive amounts of caffeine in two or more energy drinks can trigger abnormal heart rhythms. If consumed along with alcohol, when you are dehydrated, or consumed quickly before a sporting event, they are dangerous. Fainting or a heart attack could occur, say doctors at the Mayo Clinic.

Moneywise

The rules of financial security are different now

Some of the time-tested advice on financial security has to be changed in the current economic times. Some tips from the editors of *Money* magazine:

* Judging risk is about making or missing financial goals. Buying stock when it’s a bargain or waiting for the upturn may not be best if you will need your money in the next decade. Scaling back on stocks might be better even if you miss the next upturn.
* Increase your available cash. Forget six months’ living expenses. Try to gather two to four years of living expenses in low-risk savings.
* Diversify investments the right way. Check funds you own or want to buy at Morningstar.com’s Instant X-Ray Tool. Buy a fund that invests up to 20 percent in emerging markets and the rest in developed countries. Then consider a high-yield fund and a broad U.S. bond fund and you will be well diversified.
* Borrow cautiously. Get a mortgage you can afford for the life of the loan and make a down payment of 20 percent.
* It’s still a good idea to buy a home. Have modest expectations for a home as a wealth builder. Owning gives you a hedge against rising housing costs and it results in a forced commitment to save. In the end, you own the house and no longer have to make payments.
* Forget early retirement. Delaying retirement by just one year could increase your annual retirement income by 9 percent, according to the Urban Institute. If you are forced to retire, find another job even if it doesn’t pay as much. Put off collecting Social Security benefits for as long as you can. If you can find a job with health benefits, it’s even better. The average health-care tab for an early retiree before he is eligible for Medicare is up to $8,500 a year, according to AARP.
Heat-related illness can be deadly: It could happen to you

Statistics for the 2000s aren't in yet, but in the previous decade, an average of 371 people per year died of heat related illnesses. People suffer heat exhaustion or heat stroke when their bodies can't cool themselves enough by sweating. Body temperatures can rise rapidly. A very high body temperature can cause brain damage, according to Centers for Disease Control and Prevention. In addition to heat, humidity is a factor, because sweat won't evaporate fast enough to allow the body to cool. At highest risk for heat-related illnesses are children up to age four and the elderly. Also at risk are the obese, people with a fever, and those who have dehydration, heart disease, sunburn, poor circulation, or drinking alcoholic beverages.

Heat exhaustion can lead to heatstroke if not treated

It causes extreme fatigue, muscle aches, nausea and fever. There may be rapid pulse, clammy skin and vomiting. Those with symptoms should move to a cooler place and drink lots of liquids. If not recovered within 30 minutes, they should go to the emergency room.

Heat stroke can be fatal

If treatment is delayed, the death rate is up to 80%. With treatment, only 10% die. Symptoms include body temperature that can reach up to 110°F, confusion, racing pulse, convulsions, and loss of consciousness.

Call an ambulance

While waiting for it, get the person out of the heat, cool him by fanning with a towel or newspaper, sprinkle him with water, and elevate the feet to direct blood back toward the head. If the person is conscious, offer fluids.

Prevention

If you will be working or exercising in a hot environment, the CDC says: Pace yourself. Start slowly and pick up the pace gradually. If your heart begins to pound and you are short of breath, stop all activity. Get into a cool area or at least into the shade. Rest, especially if you are light-headed or confused and feel faint. Drink liquids.

Lawn & Garden Tips

Grow some food

In June, it's too late to start planting seeds, but you can still have a garden that provides many servings of peas or beans for the rest of the year. Buy a few plants at the garden or home improvement store. Make the garden in a spot that has eight or more hours of sun each day. Dig a bed at least 12 inches deep and work in compost or organic matter. Or you could make a raised bed by creating 12-inch-high mounds. They will need an inch of water each week from rainfall or watering. Harvest crops as they come on, and continue to harvest regularly.

Vining Geraniums make a colorful groundcover or dramatic hanging basket

One of the best and most colorful plants for containers is the underused vining geranium (*P. peltatum*). It has waxy green leaves and flowers that tend to be looser than traditional zonal varieties. They are often used in the hanging baskets that decorate porches and patios. Their blossoms and leaves tumble over the sides, and they can create a showy display in any container. Most gardeners don’t realize that *P. peltatum* can be used as a groundcover or as a bright addition to an entry garden. They are not difficult to grow, but for instant color, buying from a garden shop is a better choice. They do well in full sun or part sun. Regular applications of a balanced liquid fertilizer will keep them blooming prolifically. They prefer good drainage, whether they are in the ground or in containers.

Symptoms can develop over several days or strike during a single burst of strenuous activity.

Pat on the Back

Ben Berrett received this letter from Dallin Phillips,

*I am retiring from USU in a few weeks and I just wanted to write all of facilities and thank them. I have a son with Down's syndrome that has worked at the HUB for the past 10 or 12 years. His name is Patrick Phillips. It has been a great experience for him. He has made lots of friends. I work just upstairs from him so I see him often during the day.*
Specifically why I wanted to write the great people in Facilities is because of all the groups on campus no one has been friendlier in a very sincere way than has your workers. We are always running on to Facilities employees on and off campus and so many of them know him by name, talk sports with him and are so friendly.

Please pass my thanks on to your whole crew.

Dallin J. Phillips, J.D., Office of Student Conduct

Joe Sorenson received this e-mail from Diane Green, CPD dept:

I want to take this opportunity to let you know what a great crew you have in Lloyd Johnson, Ray Pitcher, Tony Miller and John Thompson. They have been painting and carpeting in the CPD the last two months and it has been a pleasure to work with all of them. I messed up with one room and it was not cleaned out as I told them it would be but they were kind enough to take the matter into their own hands, clean it out and paint and carpet it without making a fuss about it. That is what I call very professional employees.

I would like to let you know how organized and resourceful Tony Miller has been with the scheduling of the rooms and times. Not only did we decide on a time with the folks that occupy the rooms, but he wrote it all out with dates and times of when the moving crew would be here and when the paint and carpet would be done and gave me a copy so that I could remind folks when their rooms were being done. I appreciated all that extra work and time that he put into it. There was a change in the schedule that was not in his power and John and Tony came over and explained the situation and verified it was going to be okay for us to change the schedule for a week.

I tell you I thought no one could replace Devar for planning, organizing and executing it all for the benefit of Facilities and the party involved, but Tony has every quality I admired in Devar. I sure don't want to leave John out of the picture either because he is just as qualified as Tony and together you have a great team. Treat them well. When Tony and John step up to the plate, you will always get a home run. I guess I should say that when John steps up to the tee it will always be a hole-in-one!!!
**Enchilada Casserole**  
– by Karen Hoffman

4 chicken breasts  
½ onion  
Cook chicken and onion together. Butter 9x13 pan.  
Crunch 1 bag Doritos and spread on bottom of pan, put shredded chicken on top of that.  
7 oz can of diced green chilies  
1 can cream of chicken soup  
1 can of cream of mushroom soup  
(or use sour-cream)  
1 can chicken broth  
1 can sliced olives.  
Mix all together and pour over chicken. Grate 1 lb cheese and spread on top. Bake at 300˚ for 45 min.

**Orange, Kiwifruit and Poppy Seed Salad**  
– by Brenda Rust

1 bunch romaine lettuce, torn into bite-size pieces  
(6 cups)  
2 kiwi fruit, peeled and cut into slices  
2 oranges, peeled and cut into sections  
½ medium red onion, thinly sliced  

**Poppy Seed Dressing:**  
½ C regular or reduced fat mayonnaise or salad dressing  
1/3 C sugar  
¼ C milk  
1 T. poppyseeds  

In a small bowl beat all dressing ingredients with wire whisk. In a large bowl, toss dressing and salad ingredients. Serve immediately. For our ladies luncheon I used strawberries (quartered), oranges, craisins, candied slivered almonds and red onion. I have also done it without the strawberries.

**Creamy Strawberry –Lemon Squares**  
– by Debra Parrish

1-1 ½ C finely crushed graham cracker (about 10)  
1 C sugar, divided  
6Tbs butter or margarine, melted  
2 pkg (8oz ea) cream cheese, softened  
3 C cold milk, divided  
2 pkg (3.4 oz ea) lemon flavor instant pudding  
1 tub (8 oz) Cool Whip Strawberry Whipped Topping, thawed  

Mix graham crumbs, ¼ C sugar and the butter until well blended. Press firmly into bottom of a 13x9 baking pan. Refrigerate until ready to use.  
Beat cream cheese, remaining ¼ C sugar and ¼ C of the milk in a medium bowl with wire whisk until well blended. Spread over crust.  
Pour remaining 2 ¾ C milk into large bowl. Add dry pudding mixes. Beat with wire whisk 2 min. or until well blended. Pour over cream cheese layer in pan. Let stand 5 min. or until thickened. Cover with whipped topping. Refrigerate 4 hours or overnight. Cut into 24 squares.
Happy Birthday!
to these Facilities Employees!

Judith Clark     Jun 02
Jorge Estrada     Jun 04
Lynn Jaggi     Jun 04
Curtis Christensen    Jun 10
Sheryl Barfus     Jun 12
Ben Berrett     Jun 12
Jimmie Grutzmacher    Jun 13
Maria Guadarrama    Jun 14
Levi Duffin     Jun 15
Erik Ashcroft     Jun 17
Steve Pierson     Jun 21
Phil Bankhead     Jun 25
Danny Harris     Jun 28
Mark Peplinski     Jun 28
Kristi Olsen     Jun 29

Thank you!
for your service at USU!

Kim Cronquist 33 years
John Hillyard 33 years
Boyd Crookston 31 years
Tracy Nielsen 26 years
Michael Jones 23 years
Tammy Beutler 20 years
Mark Holt 16 years
Jocelyn Casey 15 years
Sonia Mattson 15 years
Reid Olsen 15 years
Duane Bentz 14 years
Kelly Donaldson 08 years
Brett McAllister 08 years
Lorin Mortensen 08 years
Carl Dabb 06 years
Ron Davis 06 years
Veloy Hansen 06 years
Sheri Murray 06 years
Ken Weeks 06 years
Eduardo Ortiz 05 years
Paul Pierson 05 years
Justus Swensen 05 years
Connie Swensen 04 years
Jorge Earl 04 years
Jorge Estrada 04 years
Daniel Herrero 04 years
Marianella Herrero 04 years
Dennis Hunter 04 years
Travis Larsen 04 years
Staci Eason 03 years
Ben Harris 03 years
Matt Rogers 02 years

CONGRATULATIONS
TO DALLIN KOECHER
FOR RECEIVING
HIS BS IN PUBLIC
RELATIONS FROM
USU IN MAY 2009!

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