Employee of the Month

Gordon Collins
Warehouse

Facilities is proud to announce Gordon Collins as the June Employee of the Month. Gordon has worked for Facilities for 16 years and is the Materials Supervisor in the Warehouse. Gordon was born and raised in Roosevelt, Utah. He came to Logan to attend USU and graduated with a BS in Accounting.

While attending USU, Gordon met his lovely wife Julie. They married and now live in the sprawling metropolis of Hyrum, Utah with their 4 children. He has two sons and two daughters that range in ages from 16, 13, 10, and 6 years old.

Gordon enjoys fly fishing and has his favorite secret spots. He also likes to make some of his flies. Gordon has traveled to Hawaii several times to visit his sister who lives there. He also pheasant hunts in South Dakota each year and goose hunts in Cache Valley and Idaho.

Gordon wanted to express his enjoyment at working for Facilities and the great people that are here.

Congratulations Gordon on this well deserved award.

Father's Day, June 20, 2010

Long ago in Babylon There is a story told that a Father's Day card was traced back to the ruins of Babylon. A son called Elmesu carved his father a message on a clay card wishing him a long and healthy life. Down through the years, sons and daughters throughout the world have found different ways to honor and show love and respect to their fathers.

Several people have been credited with originating an official Father's Day in the United States but most agree Sonora Smart-Dodd contributed the most toward its acceptance. Dodd’s father, a civil war veteran, raised his six children alone after his wife died in childbirth.

President Nixon, in 1972, signed a presidential resolution establishing the national observance of Father’s Day. On June 20, we once again celebrate Father’s Day. This day can include all sorts of fathers: natural fathers, stepfathers, grandfathers, uncles and others who have acted as fathers.

Parenting is an act of love and all those who practice it can be honored. If your father or father figure is living, be sure to record the activities of the day by camera or camcorder. This allows future generations to trace their family. If your father is deceased, Father's Day is a good time to share memories of your relationship with him. In some traditions, a candle is lit in church in memory of the deceased. Some families light a candle in front of the parent’s picture at home.

It is said we give our children roots, wings and a shoulder to lean on. May all fathers be honored for being part of this process.
Annual Facilities Golf Tournament

**When:** Thursday, July 29, 2010  
**Where:** Logan River Golf Course  
**Time:** 3:30 pm shotgun start (Please try to arrive ½ hour early)  
**Cost:** $20.00 (This includes 18 holes of golf with a cart and dinner after catered by Norma Jean’s Bar-B-Que)

Get your foursome together for a fun round of golf. There is a signup sheet by the warehouse in Facilities, or you can e-mail the names on your team to: dave.miller@usu.edu. Come have a great time and meet new people.

Facilities  
Thank You  
Breakfast:
Health in the News

The core of strength, and why you should focus on it

Exercises that increase core strength are all the rage among everyone from top athletes to fitness buffs and people who just want their bodies to be strong. The Mayo Clinic recommends strengthening the muscles in your back, pelvis, hips and abdomen because they work together to maintain your balance and stability. No special equipment is needed because any exercise that uses the trunk without support counts as a core exercise. Abdominal crunches qualify. Push-ups count too, as do push-ups on your knees or standing against a wall. Want to tone your abs? Core exercises strengthen and tone abdominal muscles. To reduce belly fat, however, you need aerobic activity. With a strong core your help prevent lower back pain and muscle injuries. A strong core makes it easier to do everything from swinging a golf club to tying shoes. Core exercises don’t take much time, especially at first. Gradually work up to 10 to 15 repetitions of each exercise two or three times a week. 

Try these core exercises:
• The glute bridge: Lie on your back with arms at your sides and knees bent. Lift hips until knees, hips and shoulders are in a straight line. Hold for two or three seconds.
• Lateral pillar bridge: Lie on your side propped up on one elbow. Lift your hip to make a straight line from ankle to shoulder. Hold for 15 to 30 seconds.
• Plank with arm lift: Start in a push position. Without moving your torso, lift the left arm up and slightly to the left. Hold one or two seconds, then switch to the other arm.

Mid-life diet mistakes

If you are age 40 or beyond, check yourself for this dietary advice by UCLA Center for Human Nutrition.
• Don’t eat like you used to. Your calorie requirement is less so there’s not as much room for sweets and fats.
• Keep healthy snacks on hand. If all you have to choose from is ice cream or hot dogs, you’re in trouble. Choose fruits, vegetables and low-fat yogurt.
• Frozen vegetables are nutritious. Have a big variety of fruits, vegetables and frozen entrees on hand.
• Eat regular meals. If you skip one, you’ll eat much more at the next meal.
• Stay away from fad diets and create a healthy eating plan for life. Over time, you’ll lose weight and be healthier.

How what you eat affects your mood

Researchers have long wondered why people living in the lower Mediterranean countries don’t get depressed as often as people living in northern Europe. One thing they discovered: It isn’t the sunny days or a nice blue ocean to look at. It’s their diet. They studied more than 10,000 Spaniards who filled out a long food questionnaire. Then they checked for depression some years later. Those who consumed more olive oil and less fat, had a moderate intake of alcohol and dairy products, and ate a lot of beans, fruit, nuts, cereal, vegetables and fish were far less likely to be depressed. Doctors at Tufts University offer this happy-plate advice:
• Eat breakfast and have healthy snacks to avoid drops of blood sugar.
• Try complex carbohydrates, like whole grains, for increased feeling of calm.
• Protein can boost alertness.
• Folate is important. It is in fortified cereals, leafy vegetables, okra, asparagus, bananas, melons, beans, orange juice and tomato juice.
• Don’t overdo alcohol. It is a powerful depressant.
• Coffee is an antidepressant, but too much can give you the jitters.
• Skip the chocolate. It improves mood at first, but makes you feel even worse when its effect wears off.
Exercise links physical and mental health

The centuries-old wisdom that physical activity over a lifetime helps the body and mind are being proved again today. Exercise is not just for the young. At every age, it lowers the risk of diseases that become chronic in middle age and beyond. These include heart disease, various cancers, hypertension, osteoporosis, diabetes and Alzheimer’s disease.

Sunscreen: Here's the latest news and the conventional wisdom

It's important to get your vitamins and antioxidants, but generally, we think about food as the source of those nutrients. Now, new research shows that nutrients can be absorbed through the skin, too.

At the Coppertone Solar Research Center, they have discovered that products containing certain antioxidants, especially the vitamin E found in their 2010 line, can build up the skin’s natural defenses against sun damage. Their findings were presented at the annual meeting of the American Academy of Dermatology in Miami.

How about sunscreen pills?

Makers of so-called sun pills, which are sold on the Internet, do not claim the pills are a replacement for sunscreen lotions. Instead producers make various claims that their products soothe the skin in case of sunburn and improve the skin overall. The ingredients are said to come from tropical plants or French herbs. Like many herbal supplements, the price tag can be very high at more than $1 a pill and the efficacy of the pills is still a matter of debate.

Conventional wisdom

Here is the best advice on protecting yourself from painful sunburn in the short run and from cancer caused by sun damage in the long run:

- Use a sunscreen with at least an SPF 15 rating. It blocks 93 percent of UV radiation. SPF 30 blocks about 97%.
- Apply half an hour before you get into the sun. Reapply every two to three hours.
- Use enough. It takes about 1 1/4 fluid ounces to cover a body.
- Pay attention to special risk areas, such as the cheekbones, bridge of the nose, lower lip, tops of the ears, outside of the arms and top of the head if there is not much hair there. If you will be sitting down, be sure you have plenty of sunscreen on your thighs.

Safety

Safe at home? Well, sort of.

Home is usually the safest place you can be, but not always. It depends on what you are using. For example:

- **Lawn mower:** It’s the most dangerous tool you have. It can throw debris into your eyes or those of bystanders. It can cause serious injuries to hands and feet. Remove twigs, sticks and rocks before mowing. Keep children and others away. Wear safety glasses with side shields and wear sturdy shoes, not sandals. Use hearing protection.
- **Electric hedge trimmers:** Every year emergency rooms see many people with fingers mutilated or clipped off. Wear sturdy gloves and shoes while trimming. Wear long pants and don’t lean over too far or you could lose your balance and fall. Turn the trimmer off to clear it of debris.
- **Electric garage doors:** They have heavy springs on each side. If one loosens, it can hit your head or take off a finger. Always have garage doors serviced by a professional.
- **Poison ivy, oak and sumac:** Even brushing against one of these can cause a painful rash. If you, your clothing or your tools come in contact with them, wash the body area or the object immediately with soap and water, even beer or soda can help. Better yet, use rubbing alcohol.
- **Swimming pools:** Never dive headfirst into water if you are not sure of its depth. Have flotation devices available for swimmers who get into trouble. Never let unsupervised kids into the pool area.
Health care bill: Some of what it will do in 2010 through 2015

Because the health care bill is thousands of pages long, these are just the main features of various provisions.

In 2010 Business tax credits:
- Employers with no more than 25 employees and average wages of $40,000 will receive a tax credit of 35% if they pay half of employee health insurance costs.

Temporary reinsurance:
- A $5 billion program will be created for employers to provide health insurance for retirees over age 55 who are not eligible for Medicare.

Temporary high-risk insurance pool:
- A $5 billion pool will provide health coverage for pre-existing conditions.

Adult dependent children:
- Insurance companies have to provide coverage for dependent children up to age 26 on their parent's health insurance.

Insurance coverage limits:
- Insurers will be prohibited from placing lifetime limits on coverage and from rescinding coverage except in cases of fraud.

Medicare drug rebates:
- Medicare patients who face a gap in prescription coverage receive a one-time, $250 rebate to help pay for medicines.

Tanning salon tax:
- A 10% tax will be imposed on the cost of indoor tanning services.

Preventive services:
- Health insurance plans will be required to cover preventive services, such as immunizations for children and cancer screenings for women.

In 2011 Health Care Savings Accounts:
- The federal tax on individuals who spend money from health care savings accounts for ineligible medical expenses will be 20%. (In 2013 contributions to these accounts will be limited to $2,500 per year.)

Medicare "doughnut hole:
- " Drug companies will provide a 50% discount on brand name drugs for those who face a gap in coverage.

Primary care doctors and general surgeons:
- Will receive a 10% bonus payment under Medicare.

Long-term care:
- A voluntary program. After at least five years of contributions, enrollees will get $50 a day in cash to help pay for long-term care.

Insurance rebates:
- Health insurers will give rebates to enrollees who spend less than 85% of their premium dollars on health care.

New annual fee on drug makers:
- A total of $2.5 billion will be imposed on pharmaceutical manufacturers.

Community health centers:
- Receive $11 billion in additional funds to provide medical care for the poor.

In 2013 Annual fee on drug makers:
- Rises to $3 billion per year through 2016.

Itemized deductions allowed for uninsured medical expenses:
- Will rise to 10% of adjusted gross income.

In 2014 Individual mandate:
- Most Americans will be required to buy health insurance or pay fines of $95 per individual up to $285 per family or 1% of taxable household income.

Medicaid expansion:
- Eligibility for low-income Americans would increase to 133% of federal poverty, $29,327 for a family of four.

Health Insurance Exchanges:
- A state-based health care marketplace will be created where individuals and small businesses could comparison shop for insurance policies.

In 2015 Individual mandate:
- Penalties for not carrying health insurance rise to $325 per individual, $975 for families or 2% of taxable income.
Gardening Tips

Gardening Tips for June

- Conserve water by watering lawns only before 10:00am or after 6:00pm.
- Set out all warm season vegetable and annual flower seedlings or plant seeds now.
- Watch for slug and snail damage on plants and use prepared bait or other techniques to control the pests.
- Continue to apply mulch to garden and vegetable beds. The mulch will help to conserve water and improve soil texture as the mulch decomposes.
- Trim dead and dying leaves of spring flowering bulbs.
- Grasshopper damage will begin to show on tender young plants. If insecticides are used for control, make sure that directions are closely followed to prevent harm to bees and other beneficial insects.
- As summer temperatures climb, don’t over-fertilize cool season turf grasses. These grasses perform best during cooler weather, and applying fertilizer in mid summer heat does not benefit turf development.
- Control annual weeds before they mature to prevent them from setting and dispersing seed.

Personal Development

How to be a more patient person

- It’s not unusual to be stuck in traffic, in a line at the checkout counter, or waiting in the doctor’s office. Unless you have made a point of learning to be patient, you could become stressed, anxious, frustrated or angry. But your frenzy is useless. No one is born patient. It’s a quality that has to be developed because there is a lot of waiting in our lives. Its benefits are many. Being patient reduces stress levels and can make you a healthier person, and one who can deal with difficult situations with ease and poise. You will be better at decision-making. Patience allows you to assess situations, see the big picture and weigh the pros and cons. It makes you more understanding of the obstacles you have to overcome and more understanding of others. It’s the basis for better relationships with spouses, pals and bosses.

How to develop patience

- Make an effort for one day to take your time and think about everything you do. At the end of the day, think about how you made smarter decisions, got along better with others and got a better picture of what was going on.
- Slow down when the situation calls for it. If you tend to be in a rush and want everything done immediately, stop. Take a few deep breaths before you act or make a move. Getting impatient won’t make things move any faster and could have the opposite effect.
- Practice thinking before you speak. Pause and go over what you need to say. Try to avoid hurting or offending others.

Wisdom of the ages

The great danger for most of us is not setting our aim too high and falling short, but in setting our aim too low and achieving our mark. Michelangelo, Italian artist, sculpture

Patience is the companion of wisdom. St. Augustine, 354-430 A.D.

A man should take away not only unnecessary facts, but also unnecessary thoughts, for thus superfluous acts will not follow. Marcus Aurelius, Roman emperor, 121-180 A.D.

Half an hour of meditation is essential each day, except when you are busy. Then a full hour is needed. St. Francis de Sales, 1567-1622 A.D.

Modern wisdom

What we must decide is how we are valuable, not how valuable we are. Edward Z. Friedenberg, prof. at UC Davis

Be generous with your colleagues and your competitors. When people learn that they do well whenever they work with you, they will be more willing to come to you with opportunities. Michael Masterson, author and entrepreneur

There are no secrets to success. It is the result of preparation, hard work, and learning from failure. Colin Powell, Sec. of State, 2001 to 2005
**Summer Pasta Salad**

1 (16 oz) package medium pasta shells  
1 tomato  
1 red bell pepper  
1 bunch green onion  
4 celery ribs  
1 cucumber  
1 (8oz) can canned tuna  
1 tablespoon dried dill weed  
1 cup buttermilk ranch dressing  

Boil pasta shells until done, drain and place in large bowl to cool. Finely chop tomato, red bell pepper, peeled cucumber, green onion and celery and add to pasta in bowl. Drain tuna and flake into pasta. Add buttermilk ranch dressing and dill to pasta and toss well. Chill 30 minutes to 1 hour if possible before serving.

---

**Steak Marinade**

1 tablespoon olive oil  
1 garlic clove, minced  
1 tablespoon Worcestershire sauce  
1 tablespoon balsamic vinegar or white vinegar  
1 teaspoon yellow mustard  
1 tablespoon soy sauce  
pepper  

Mix all ingredients together and place steaks into freezer bag with marinade, preferably overnight. The original recipe used balsamic vinegar. Seems I never had that on hand so I just used white and listed that in the recipe, but balsamic is definitely better.

---

**Strawberry Pie**

1 pie crust, pre-baked  
1 pint ripe strawberry  
1 (3 ounce) package strawberry Jell-O gelatin dessert  
2 tablespoons cornstarch  
1 cup hot water  
1 cup cold water  
1/2 cup sugar  
whipped cream  

Pre-bake pie crust. Cool. Slice the strawberries into the pie crust. In a medium saucepan mix the package of jello with the cornstarch. Add the water and the sugar. Cook over medium heat until boiling. Stir occasionally. Pour the boiling mixture over the strawberries. Place the pie in the refrigerator. Chill for 3-4 hours until the jello glaze sets.

Serve with big dollops of whipped cream over the pie.

---

**Tuna Macaroni Salad**

2 cups uncooked macaroni noodles  
2 (6 ounce) cans tuna, drained (can use 3 cans)  
4-5 green onions, chopped or 1 onion, finely chopped  
1 small green bell pepper, seeded and chopped  
1 stalk celery, finely diced  
1 1/2 cups chopped sweet pickles (can use more or less, do not squeeze out any juice from the pickles)  
1 cup mayonnaise or salad dressing (I use half of each)  
1/2 cup sour cream  
2 tablespoons sweet pickle relish (optional or to taste)  
1 tablespoon garlic powder (yes 1 tablespoon or even 1-1/2 tablespoons!)  
1-2 tablespoon prepared yellow mustard  
1 teaspoon seasoning salt (or to taste, or use white salt)  
fresh ground black pepper (to taste)  
1/2 teaspoon paprika  
3-4 hard-boiled eggs (quartered) (optional)  

Cook macaroni in a large pot of boiling salted water until just tender; drain then rinse well under cold water; place in a bowl then toss with 1 tablespoon oil to prevent sticking. Add in tuna, onion, bell pepper, celery and sweet pickles; toss to combine. In a bowl mix together mayonnaise with sour cream, sweet relish (if using) garlic powder, yellow mustard (start with 1 tablespoon mustard) and seasoned salt; add to the macaroni mixture; mix well to combine. Season with black pepper to taste. Arrange the cooked egg wedges around the inside of the bowl, then dust the top of the salad and eggs lightly with paprika. Cover and chill at least 3 hours before serving (the longer chilling time the better!).
Happy Birthday!  

to these Facilities Employees!

Thank you!  

for your service at USU!

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  
Tammi Godfrey    Jun 28  
Mark Peplinski   Jun 28  
Krisit Olsen     Jun 29  

Kim Cronquist    34 years  
Boyd Crookston   32 years  
Tracy Nielsen    27 years  
Tammy Beutler    21 years  
Mark Holt        17 years  
Jocelyn Casey    16 years  
Sonia Mattson    16 years  
Reid Olsen       16 years  
Duane Bentz      15 years  
Kelly Donaldson  09 years  
Brett McAllister 09 years  
Lorin Mortensen  09 years  
Carl Dabb         07 years  
Ron Davis         07 years  
Veloy Hansen     07 years  
Sheri Murray     07 years  
Ken Weeks        07 years  
Eduardo Ortiz    06 years  
Paul Pierson     06 years  
Justus Swensen   06 years  
Connie Earl      05 years  
Jorge Estrada    05 years  
Daniel Herrero    05 years  
Marianella Herrero 05 years  
Dennis Hunter    05 years  
Travis Larsen    05 years  
Staci Eason      04 years  
Ben Harris       04 years  
Matt Rogers       03 years

The Image Newsletter is printed on post-consumer recycled paper.

Image Newsletter Staff
Karen Hoffman - Staff Writer • 797.3128  
Megan Hemmert - Graphic Design