Employee of the Month
Sheila Lukenbill
FM Manager

Facilities has selected Sheila Lukenbill as the May Employee of the Month. Sheila is a Facilities Maintenance (FM) Manager and has been at Facilities for 5 years. She supervises 40 fulltime employees which includes maintenance over 20 buildings (Old Main, Alumni House, Eccles Science Learning Center, Widtsoe, Maesar, Publishing House, Family Life, Family Life West, Library, Fine Arts, Fine Arts Visual, Fine Arts Sculpture, University Reserve, Performance Hall, Lyric Theater, HPER, Vet Science, Fieldhouse, Military Science, Art Barn and the Ticket Booth). Sheila worked as a Housing Coordinator for four years before coming to Facilities.

Sheila is a full blood Hopi Indian. Her grandmother, who is a traditionalist of the 1st Mesa, lives in Walpi, Arizona where they practice the traditionalist way of living. This involves not using electricity or any other modern conveniences. Sheila has one brother who lives in northern Arizona, a sister in the Phoenix area and a sister in Lawrence, Kansas. Her mother is a retired nurse who also lives in Arizona.

Reading, working on her sociology degree at USU and gardening are things that keep Sheila busy after work. She claims that she is an urban farmer. She is working on sustainable farming and grows Hopi corn, squash and tea. She also has five chickens (Tina, Rosie, Babs, Nancy and Lemoñadi). She likes organic food and tries to support local farms with her food purchases. Sheila was able to visit Mesa Verde recently to see the Anasazi ruins which are located near Durango, Colorado. Since she is a member of the Hopi Indian Tribe, she received preferential treatment at the ruins and was able to go into the ceremony rooms that other visitors are not privy to. Congratulations Sheila, you are a great employee.

Safety Article – by Justus Swensen

Eliminating the cause of incidents and injuries is a big part of our safety program. Are you aware of what causes incidents and injuries in your area of responsibility? Many people don’t think about this unless they are personally involved in an incident or injury. Safety awareness should be developed before an incident occurs, preventing it from happening. This is why it’s so important to build your safety awareness and why we introduced the Risk Reduction Activity into the safety incentive program.

Simply stated, if you take away the cause of injuries, you can eliminate injuries. Encouraging safe behaviors and eliminating unsafe working conditions is the best way to prevent injuries. That is precisely what the Risk Reduction Activity is taking aim at. The Risk Reduction Activity is an exercise in reducing risk of incidents and injuries to the employees who work in your area of responsibility.

During the 1st quarter of this
calendar year, crews decided on a specific risk to eliminate. Solutions to reduce or eliminate the hazard were decided upon and then implemented. Here is a short list of what some of the areas focused on:

<table>
<thead>
<tr>
<th>Electrical</th>
<th>New procedure for changing lights above spectrum floor</th>
<th>Finishes</th>
<th>Organize the clean-up room</th>
</tr>
</thead>
<tbody>
<tr>
<td>HVAC, NFS</td>
<td>Power and extension cords</td>
<td>Locks:</td>
<td>Replace and secure outside HPER swimming pool doors</td>
</tr>
<tr>
<td>Plumbers:</td>
<td>Organized storage shed</td>
<td>Structures</td>
<td>Build material storage shelves</td>
</tr>
<tr>
<td>High Voltage</td>
<td>Portable eye-wash stations</td>
<td>LOAM</td>
<td>Emphasis on warm-up and stretch before snow removal</td>
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<tr>
<td>Resource Recovery</td>
<td>New fire escape route</td>
<td>Motor Pool</td>
<td>Remove ice build up near fuel pump islands</td>
</tr>
<tr>
<td>Event Mngt.</td>
<td>Moving heavy equipment</td>
<td>BNR</td>
<td>Emphasis on warm-up and stretch before snow removal</td>
</tr>
<tr>
<td>ENG</td>
<td>Bolting wheels to the detail barrel</td>
<td>Quad</td>
<td>Roof access in the Bus. Bldg.</td>
</tr>
<tr>
<td>SDL</td>
<td>Driving safety</td>
<td>Events</td>
<td>Mixing chemicals</td>
</tr>
<tr>
<td>Lib</td>
<td>Scissor lift training</td>
<td>FAC, HPER, Main</td>
<td>High pressure cleaning machine</td>
</tr>
</tbody>
</table>

### Moneywise:

**What to expect this year, next year, the stimulus package and you:**

The $787 billion stimulus package, signed by President Barack Obama, includes tax benefits and spending increases that will directly benefit many Americans.

**Reduction in income tax:** The IRS is updating withholding tables to incorporate the Making Work Pay tax credit of $400 for singles and $800 for couples. When employers receive the new tables, the changes will be made.

**First time homebuyer tax credit:** Singles with income of up to $75,000 and couples earning up to $150,000 who buy their first home (or who haven’t owned a home in the last three years) can claim a tax credit of up to $8,000, or $4,000 for singles, which does not have to be paid back. The home must be bought between January 1 and December 1 (not December 31) of 2009. This is an "above the line" tax credit, which means you don’t have to itemize taxes to get it.

**New car tax credit in 2009:** Individual taxpayers who earn up to $125,000 in 2009 ($250,000 for couples) will be able to deduct state taxes, local sales taxes and excise taxes paid for the purchase of any new car, light truck, recreational vehicle or motorcycle priced at up to $49,500. This is also an "above the line" tax credit.

**New car tax credit in 2010 and 2011:** Taxpayers can claim a tax credit of up to $2,500 for the purchase of a plug-in hybrid until manufacturers sell more than 200,000 of them. The credit starts at $417.

**One-time check for Social Security, Supplemental Security Income, railroad retirement benefits and veterans disability compensation:** $250 checks are scheduled to be mailed in June 2009.

**For the unemployed**

**Unemployment benefits:** Beginning on March 2, unemployment benefits increased by $25. For 2009, the stimulus plan exempts the first $2,400 of unemployment benefits from federal
income taxes.

**Job training funds:** The stimulus increases money states get for job training. To find a local job training program, visit www.servicelocator.org.

**COBRA assistance:** Those who lost jobs between September 1, 2008 and February 17, 2009 will have government assistance to pay for 65 percent of COBRA healthcare coverage.

**Food stamps:** Beginning in April, qualified recipients will get an additional $20 to $24 in stamps each month.

**Education**

**Pell Grants:** The recovery bill increases the maximum Pell Grant, funds for low-income undergraduates and certain post-graduate college students, by $500 for two years starting July 1. Maximum grant for 2009 will be $5,350. It will be $5,500 in 2010.

**Higher education tax credit:** The new $2,500 annual tax credit can be claimed on tax returns filed in 2010 and 2011.

**529 plans and computer expense:** Money withdrawn from a 529 college savings plan is taxable if not used for a qualifying expense. Under the stimulus plan, computer-related expenses are allowable.

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**Safeguard your information**

- Scammers want your CVV number

Here’s how thieves try to get that secret three-digit number on the back of your credit card. (American Express has a four-digit number.) The callers have already obtained your credit card number somehow. Then they call claiming that your card was flagged by security because of an unusual purchase. When you deny making the purchase, a very official-sounding voice assures you that a credit will appear on your next statement. At this point, the caller asks you to provide the three-digit number on the back of the card to show that it is in your possession. Or, they may give you a fake telephone number to call, where you will be asked to give the number. Once they have it, they can charge anything in any amount up to your credit limit from any vendor and they will not be questioned.

No matter how official a caller sounds, never give out the CVV (Card Verification Value) number. Some card companies call it the DVV2 or DVD2. American Express calls it the CID.

A credit card company will never ask you for it.

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**Health in the News**

**These summer insects can be dangerous**

There are good bees all around the country. European honey bees pollinate flowers and crops and are generally beneficial creatures. Gardeners often invite them into their yards by adding nectar-rich plants to their landscapes. But another type of bee could be a killer.

**Africanized honey bees:** If you live in Florida, some dangerous characters may be moving into your neighborhood. Their stings could be fatal. When you know these killer bees may be in your area, have an escape route planned in case they attack. Go indoors or to a car. The Florida Department of Agriculture cautions against attempting to remove any bee colony yourself. Call an exterminator.

**Fire ants:** They are also found in the South. If they have been recognized in your area, be careful not to disturb their nesting sites. Wear protective boots where fire ants are suspected. To get rid of them, spread bait products that the ants carry back to their nests.

**Ticks carrying Lyme disease:** These pests are more common in colder climes. If they are suspected in your area, use pesticides and repellents. Spray repellents on your boots and clothing. People who have been in the woods should inspect themselves, their clothing and their pets for ticks.

**West Nile virus-carrying mosquitoes:** The Illinois Department of public health says you should remember the "Five Ds" of mosquito avoidance.

* Dusk until dawn. Limit time spent outdoors from dusk to dawn when mosquitoes are most active.
* Drain any standing water where mosquitoes could lay eggs.
* Dress appropriately. Wear long pants and long-sleeved shirts when you’re in mosquito country.
* Doors and barriers. Install screens on windows and doors to keep mosquitoes from entering.
* DEET. Apply an insect repellent containing DEET if you will be outdoors for very long.

Rocky Mountain spotted fever: It’s another disease carried by mosquitoes in some parts of the country.

Develop emotional vitality for work success and good health

Some modern writers and business authorities have their own theories about what will make a person successful. One says it takes 10,000 hours of practice. Another says people can’t very well do it unless your parents gave outstanding opportunities to learn. These ideas have merit, but they don’t touch on one quality that would have to be present, not only in the examples, but for success at almost any job. Harvard professors call it "emotional vitality." It means having mental and physical energy plus positive wellbeing and the ability to manage emotions. To put it more simply, being able to look at the glass half full gives people energy that keeps them engaged with the world and engaged in their work.

Emotional energy makes them feel good more often than not. Those who have it don’t think that life is hard all the time. And when bad things happen, they can say it’s not going to be forever and good things will happen again.

Daniel Goleman’s book, Emotional Intelligence, brought legitimacy to the concept that emotional content is at the core of every business deal, no matter how rational the players believe they are being. Business consultant Fred Kiel, writing in Business Week, tells of talking with a hot dog server at a Costco lunch counter. The server said he had several jobs there since leaving his job as a high school teacher. Costco is well-known for treating its people well, but this man was also an excellent example of emotional vitality and forward thinking. He said he was paid well. Plus, he knew that sooner or later he would be given a better job—one with more responsibility -- and that was exciting to him. He was engaged, positive, and going somewhere.

Food Health

The truth about slicing, peeling, chopping, cooking

People often think that eating raw foods, straight from Mother Nature, is best. That’s not always the case. Take tomatoes. Cooking them brings out the lycopene; a carotenoid that many doctors believe has cancer-fighting properties. You get more lycopene from spaghetti sauce than from raw tomatoes. Similarly, cooking carrots raises the level of beta carotene your body can absorb from them. You get more beta carotene from cooked carrots than from crunchy ones on the vegetable try.

Peeling: Nutrition is full of tradeoffs. When you peel an apple or a potato, you throw away much of its dietary fiber and nutritional value. On the other hand, if you leave the skins on, you have to be careful to wash away the pesticide residues. Apples and potatoes are among the foods highest in pesticide residues, according to tests by the Environmental Working Group.

Slicing and chopping: Finely chopping vegetables increases their loss of vitamin C in cooking. Chopping or slicing garlic, however, and letting it stand 10 or 15 minutes before cooking, activates more of its sulfur-based compounds. They include allin, which is associated with arterial health and cancer prevention, say researchers at Penn State.

Cooking: When it comes to vegetables such as broccoli, boiling and steaming causes significant losses in vitamin C. (B vitamins are also sensitive to heat.) Microwaving and pressure cooking allow broccoli to retain 90 percent of its vitamin C. Cooking fish doesn’t hurt the omega-3s and protein that makes it a smart food choice. Cooking fish is best, say nutritionists at Tufts University. It destroys harmful bacteria and parasites that could be in the fish.
Gardening/Lawn Tips

Turfgrass adds beauty to most landscapes, helps cool the environment, and gives people a place to play, sit and walk barefoot. Maintaining a lawn properly helps keep it beautiful for years to come, and reduces the likelihood of problems. A few simple practices can make lawn care easier and more satisfying.

Recipes for the Month

Onion Burger Melt – by Wade Nield

1 lb ground beef
2 Tbl Worcestershire sauce
2 garlic cloves
½ C chopped onions
Salt & Pepper
4 tsp Olive Oil
1 Tbl Olive Oil
Swiss Cheese (enough for 4 burgers)
French bread (sliced ¾” thick)

In a large skillet cook onion in the 4 tsp. hot oil over medium heat about 10 min. or until golden brown; stir occasionally. Stir in salt and ½ tsp pepper. Cover and keep warm in small Tupperware. Meanwhile, in a large bowl combine beef, Worcestershire sauce, ½ tsp. pepper and garlic. Divide into eight equal portions. Shape each portion into a 4 inch diameter patty. Place ¼ of the cheese on each four of the patties. Top with remaining patties, pressing down lightly and sealing edges well (so cheese ends up in between the hamburger). Grill patties directly over medium heat for 14-18 min. or until done, turning once halfway through grilling.

In a large skillet heat 1-2 Tbl oil. Dip bread slices in pan and flip to other side. Cook until brown then flip back over and cook other side until brown. Place hamburger patty on bread slices and top with onions, lettuce, tomatoes, etc. Place another slice of French bread on top.

Guacamole Dip – by Wade Nield

1 Avocado
½ Tbl Lime Juice
¼-½ tsp salt (to taste)
1 tsp chopped cilantro (optional)
Chopped small Roma tomato (optional)

Mash up avocados with fork or in a food processor. Mix everything else in.

Pre-emergent Herbicide

Control annual weeds. Apply a pre-emergent herbicide to problem areas. Examples of turf pre-emergent herbicides include Halt, Barricade, Galleria, etc. Pre-emergent’s are often combined with a fertilizer.

Check Sprinklers

Check all sprinkler heads to make sure they are giving accurate coverage and functioning properly. Most sprinkler heads should overlap each other (head to head coverage).

Watering

Water long enough for water to penetrate six to eight inches deep. Water deeply and infrequently, applying the amount specified in the calendar. Allow turf and soil to dry between watering.

Fertilizer

Greens up the lawn. Apply a lawn fertilizer that is high in nitrogen (21-0-0, 21-3-6, 20-2-4, 34-0-0, etc.) at a rate of ½ pound of actual nitrogen per 1,000 square feet. This equals about 5 pounds of 21-0-0 or an equivalent fertilizer, or 3 pounds of 34-0-0 or an equivalent fertilizer/1,000 square feet.

Mowing Height

Setting the lawn mower to cut turfgrass taller promotes a stronger root system, and encourages thicker growth which can help eliminate some weed problems.

Aeration

Aerate the lawn using a core aerator. Remove a minimum of a 4-inch plug, and leave them on the lawn to disintegrate, if possible. Aeration improves the penetration of water, herbicide and fertilizer, and helps reduce compaction and thatch.

Broadleaf Herbicide
Control perennial broadleaf weeds (dandelions, morning glory, knotweed, chickweed, oxalis, black medic, etc.). Examples of broadleaf weed killers include Weed-B-Gon, Trimec, Lawn Week Killer, Dandelion Killer, 2,4-D, Confront, Turflon Ester, etc.

### Calendar

<table>
<thead>
<tr>
<th>Minimum Care</th>
<th>Optimum Care</th>
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</thead>
<tbody>
<tr>
<td>April 1</td>
<td>April 1</td>
</tr>
<tr>
<td><em>Apply a pre-emergent to control annual weeds</em></td>
<td><em>Apply a pre-emergent to control annual weeds</em></td>
</tr>
<tr>
<td><em>Apply ½ to 1 ½ inches water per week</em></td>
<td><em>Aerate the lawn with a core aerator</em></td>
</tr>
<tr>
<td><em>Set the mower to cut the lawn 2 to 2 ½ inches tall</em></td>
<td><em>Apply 1 to 1 ½ inches of water/week. Measure the sprinkler system output to make sure</em></td>
</tr>
<tr>
<td><em>Check the sprinklers for accurate coverage and proper function.</em></td>
<td><em>Check the sprinkler heads for accurate coverage and proper function.</em></td>
</tr>
<tr>
<td><em>Set the mower to cut the lawn 2 to 2 ½ inches high</em></td>
<td></td>
</tr>
<tr>
<td>May 1</td>
<td>May 1</td>
</tr>
<tr>
<td><em>Apply a broadleaf herbicide to control perennial weeds.</em></td>
<td><em>Apply a broadleaf herbicide to control perennial weeds.</em></td>
</tr>
<tr>
<td><em>Apply a high nitrogen fertilizer. A slow release product is best.</em></td>
<td></td>
</tr>
<tr>
<td>June 1</td>
<td>June 1</td>
</tr>
<tr>
<td><em>Re-apply a pre-emergent to control annual weeds</em></td>
<td><em>Re-apply a pre-emergent to control annual weeds</em></td>
</tr>
<tr>
<td>July 1</td>
<td>July 1</td>
</tr>
<tr>
<td><em>Apply 2 to 2 ½ inches of water/week.</em></td>
<td><em>Apply 2 to 2 ½ inches water/week</em></td>
</tr>
<tr>
<td>*Set the mower higher to cut the lawn 2 ½ to 3 inches tall. *</td>
<td><em>Set the mower higher to cut the lawn to 2 ½ to 3 inches tall</em></td>
</tr>
<tr>
<td>September 1</td>
<td>September 1</td>
</tr>
<tr>
<td><em>Apply 1 to 1 ½ inches of water/week</em></td>
<td><em>Apply 1 to 1 ½ inches of water/week</em></td>
</tr>
<tr>
<td><em>Aerate using a core aerator and leave on lawn</em></td>
<td><em>Set the mower to cut the lawn 2 to 2 ½ inches tall</em></td>
</tr>
<tr>
<td><em>Continue to mow the lawn 2 to 2 ½ inches tall</em></td>
<td><em>Aerate the lawn with a core aerator, then over-seed to introduce new grass seed and help thicken the lawn, as needed</em></td>
</tr>
<tr>
<td><em>Apply a high nitrogen fertilizer (slow release Products are best). This is the most important fertilizer application of the year.</em></td>
<td><em>Apply a slow-release, high nitrogen fertilizer. This is the most important fertilizer application of the year.</em></td>
</tr>
<tr>
<td>October 15</td>
<td>October 15</td>
</tr>
<tr>
<td><em>Lower the height of the mower and cut the Lawn 1 ½ inches to 2 inches tall.</em></td>
<td><em>Lower the height of the mower to cut the lawn 1 ½ to 2 inches tall</em></td>
</tr>
<tr>
<td><em>Drain the irrigation lines.</em></td>
<td><em>Winterize the sprinkler system by draining the lines and blowing out the system, one station at a time.</em></td>
</tr>
</tbody>
</table>
November 1
*Apply 1 pound of nitrogen/1,000 sq.ft using Ammonium sulfate (21-0-0) or urea (46-0-0) before rain or snow, if possible

November 1
*Apply 1 pound of nitrogen/1,000 sq.ft using ammonium sulfate (21-0-0) or urea (46-0-0) before rain or snow, if possible.

Lawn Aaetering

Spring time is a great time to get out and work on our lawns. Core aeration is an ideal way to get our lawns looking nice. It improves compacted soils, water penetration, air circulation, thatch and growth of the lawn. It also takes care of most molds that may grow on the lawn in early spring. Make sure that the soil is moist so the tines of the aeration will penetrate deeper. A four inch soil depth is just about right. Core aerating will leave small plugs on your lawn. Most people will want to clean the plugs up, but it is best to leave them so it will break down and go back into the soil. Leaving the plugs intact on the lawn helps level out bumpy areas and puts nutrients and aggregate materials back into the soil. Aerating can also be done at other times of the year; spring and fall are the best times because temperatures are cooler. By following these guidelines you are on your way to having a healthy lawn.

Ben Berrett and Dave Paterson received this memo from the Extension and Agriculture and ASTE Departments: On behalf of the COA Sculpture Committee, Bruce and I would like to express our sincere thanks to Facilities and everyone involved that so willingly helped to make the installation of the Memorial Sculpture possible. Many individuals in Facilities went above and beyond to do all that they could to have this happen by the scheduled date of March 18. Working with Dave and the fabricators on the timetable for installation was a pleasure. The support from all of you did not go unnoticed. With this project having the magnitude that it did, working with Facilities ensured that the whole process was a success.

Sincerely,
Miriam Cajal, Asst. to the VP for Extension and Agriculture
Bruce Miller, Department Head, ASTE

Eileen Campbell received this letter from Chad E Downs, USU School of TEAL: For nearly eight years I have had the opportunity of teaching elementary education classes at various Regional Campuses. The majority of my trips to these assignments were taken in a University Motor Pool vehicle. It is my understanding that you have administrative responsibilities over the Motor Pool. During these years I have been treated superbly and efficiently by your Motor Pool staff (Wes, Tammy and Kim). Every vehicle I ever used was always clean and in excellent mechanical condition. These employees deserve a thank you and note of appreciation for their hard work and commitment. They always met me with a smile and a helpful attitude. In a previous life I had administrative responsibilities over public school bussing, and I know firsthand that keeping a fleet of vehicles operational, clean and on schedule is no mean task.

Roger Coulombe from the ADVS department telephoned to say: “I would like to compliment Ned and Randy on the excellent work they are doing in the Animal Science bldg. Their workmanship was excellent and they have great attitudes. Thanks guys!”

Clair Marler sent a thank you card thanking Facilities for the beautiful plant that was sent at the passing of his father.

Tom Graham is proud to announce that his son Ian was an A-Pin recipient from the College of HASS in a ceremony held in the Morgan Theater on April 3rd. The A-pin is one of the oldest awards at USU, initiated in 1910. It acknowledges and rewards students who achieve a straight A grade point average for 2 consecutive semesters in which they hold 15 credit hours. The pin features the primary icon of USU (Old Main Tower) and reads, “USU Scholarship,” denoting the highest in scholarly achievement. Ian was one of ten recipients. He is a History major with an emphasis in Classical and Medieval Studies. Congratulations Ian!
Happy Birthday!
to these Facilities Employees!

Zac Cook     May 02
Howard Bee    May 03
Chris Jensen  May 03
Matt Rogers   May 07
John Danielson May 11
Beverly Karren May 11
Larry McCormick May 14
Ron Davis     May 16
Steve Jenkins  May 16
Larry Earl    May 18
Marianella Herrero May 21
Chad Henager  May 22
Dave Petersen May 23
Jalene Hunt   May 25
Dallin Law    May 25
Jose Martinez May 25
Kendall Jaussi May 26
Lynette Spackman May 27
Julie Stockdale May 27
Pat Pyatt      May 28
Staci Eason   May 29
Ed Buist      May 31

Thank you!
for your service at USU!

Doug Profaizer  30 years
Paul Beutler    27 years
Ron Auger       15 years
Ben Berrett     15 years
Steve Pierson   14 years
Cindy Yeates    13 years
Craig Miller    10 years
Kristi Olsen    09 years
Barbara Powasnik 06 years
Juan Sandoval   06 years
Vilma Valle     06 years
Brent Bair      05 years
Andy Miller     05 years
Shane Thain     05 years
Shoko Downs    04 years
Kellen Tarbet   04 years
Colby Goodliffe 02 years
Zac Cook        01 year
Kendall Jaussi  01 year

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