Employee of the Month
Trish Duffin
Customer Service

Facilities is proud to announce Trish Duffin as the May Employee of the Month. Trish works in the Customer Service area and has been with Facilities for 5 ½ years. Prior to coming to USU, Trish worked for Wal-Mart in the Accounting office.

Trish was born and raised in Evanston, Wyoming where she attended Evanston High School. After high school she ventured out of Evanston and moved to Lafayette, California where she was a nanny for 1 ½ years. While she was with this family she was privileged to go with them to England where she visited London, Windsor and Kent. She was able to go on a private tour of Windsor Castle and enjoyed many other beautiful areas in England.

Trish is married to Levi Duffin who also works for Facilities in the HVAC shop. They are so excited to be expecting their first child in November. She has two brothers and one sister. Her parents have since moved from Evanston and they now reside in Spanish Fork.

Sewing, reading, playing games and spending time with family are some of Trish’s hobbies. She is a fun person to be around and has a great laugh. Congratulations Trish, we are happy to have you with us.

Memorial Day

May 31 is a special day to honor those who gave their lives for our country and our freedom. Though it’s a holiday that honors all, for most of Americans the ceremonies are a highly personal experience. Casualties of Iraq and Afghanistan are fresh in our memories. The services at cemeteries give a public face to our appreciation of their sacrifices. On a national level, those at the Memorial Amphitheater at Arlington National Cemetery, in Virginia, are the most well-known.

Each year since 1920, more than 5,000 visitors have attended the 11 a.m. service. When the cornerstone of the amphitheater was laid, a box was sealed inside. Some of the articles it contained were a Bible, The Declaration of Independence, The U.S. Constitution, L’Enfant’s map design for the city of Washington, D.C., one of each U.S. coin and postage stamp used in 1915, a 1915 U.S. Flag and an autographed photo of President Woodrow Wilson.

The Memorial Display Room, located between the amphitheater and the Tomb of the Unknowns, holds tributes in honor of the four service
members interred at the tomb. Etched above the west entrance of the amphitheater is a quote from Horace’s Ode II: Dulce et decorum est pro patria mori (It is sweet and fitting to die for one’s country).

Congratulations to Staci Eason from the LOAM shop on the birth of her new baby daughter Abigail. She weighed in at 9 lbs 1oz and was 21” long.

Moneywise

Lowering the light bill

Consumers have been conscientious about buying energy efficient appliances and light bulbs, but according to the UK Energy Research Centre many are now actually using more energy.

Before energy efficient appliances and lights, consumers carefully turned off lights and limited electric use. However, after buying an energy-efficient dishwasher, they run it more often or when it’s not full. Studies also show that people who use energy-efficient lights lose 5% to 12% of expected utility bill savings by leaving lights on longer.

With energy-efficient heating and cooling, studies show consumers feel less guilty about setting the heat a degree or two higher in winter and or lower in summer. By doing these things, they actually defeat the purpose of saving energy.

Home worth less than the mortgage?

That will change

If they had to be sold today, almost a quarter of American homes would bring less than the amount of their mortgages. Some of these mortgage holders decide to walk away from their homes even if they can afford to make the payments. That is a mistake, especially if the homeowner plans to live in the home for several more years. Aside from legal problems and a credit rating that would keep them from buying a home or a new car, they lose money in the long run.

Consider a home bought for $500,000 in 2006 with a $50,000 down payment. Now the home is worth $375,000. If the owner walks away, the down payment and the principal payments are lost. Historically, housing prices rise over time by 6% a year, according to the National Association of Realtors.

Prices hit bottom in August of 2009. To walk away now would be almost like selling at the bottom of the market. But if housing continues to recover at a modest 5% a year, after six years, the owner would break even, according to Smart Money magazine. The $500,000 home would be worth $610,835 in 10 years and $1.3 million in 26 years when the mortgage is paid off.

Those who walk away now will also have to pay higher prices for a home by the time their credit rating allows them to buy again. In the meantime, renting a home will cost more with each succeeding year, while fixed-rate mortgage payments stay the same. The case for staying with a mortgage is better than presently underwater property owners think it is.
Motor trouble or Fender bender?

Stay in your car until help arrives

Standing on the highway by a disabled car can be a fatal mistake. In one case, two Indiana women were surveying the damage caused by a fender bender. A tow-truck driver didn’t notice them, and one of them was struck and killed. The other was seriously injured. A few days earlier, a woman was killed as she hastily crossed a highway on foot after her car broke down. At about the same time, in Virginia, a father and son were killed by a truck after they stopped to offer help to a stranded motorist.

State police and the American Automobile Association give this advice:

• Pull the vehicle off the road, activate emergency flashers and call for help. Stay in the car. If you have to get out, get away from the vehicle as quickly as you can.
• If you are on a middle lane of an Interstate, the AAA recommends activating emergency flashers. Georgia State Police recommend staying inside the car where you at least have some protection. AAA recommends getting out of the car to the side of the road, if it can be done safely.
• Never stand directly in front of or behind a vehicle in case it is struck by another car or truck. Each year, 16% of pedestrian fatalities occur on freeways, according to the National Highway Traffic Safety Administration. They don’t track how many of those victims got out of stranded vehicles.
• In any case, the worst thing you can do is to stand around outside the vehicle while waiting for help. Drivers approaching in a line of cars and trucks will not see you until it’s too late.

Health in the News

Save your own life

President’s Challenge targets all, from infrequent exercisers to ‘champions’

May is the month of the President’s Challenge. It’s a great opportunity to have fun and get fit, individually or with a group. Whether you are presently inactive, seldom exercise, or will be one of The President’s Champions, the challenge could put you on the road to fitness and strength.

The Active Lifestyle Program

If you are active less than 30 minutes a day, five days a week, this program is what you need to strengthen your heart, increase your endurance and give you a more positive outlook on life. The program helps you set goals that encourage fitness for a lifetime. You can choose from all kinds of activities. You’ll get a personal log to guide you on the way toward the Presidential Active Lifestyle Award. The program asks you to be active five days a week for six weeks.

Safety Corner

Facilities has worked 356 days* without a lost-time accident.
The best previous record was 395 days.
Do your part - help make a new record.

*As of April 21, 2010
0 Lost-Time Hours in 2010
Goal: 240 hrs in 2010

An employee was injured when he tripped and fell. Another employee’s shoulder was injured through repetitive motion.

Be careful out there.

The Presidential Champions Program

If you are already active for 30 minutes a day, five days a week, the Champions Program will test just how high you can raise your activity...
level. The guidelines are simple and you can choose from a number of activities. The Champions also get a personal activity log to help track their progress. There is a special segment for performance athletes and others who want to train at advanced levels. In either case, the goal is to see how many points you can earn by being active. You could earn the Bronze award or keep going for a Silver or Gold. You don’t need an invitation to join. Just go to www.thepresidentschallenge.org and sign up.

Don’t wait for a TIA:
Prevent a stroke with medication, healthier lifestyle

A TIA (transient ischemic attack) is an episode of stroke-like symptoms that disappear without noticeable injury. People often think that if they have not had a TIA, they won’t have a real stroke. Not true. A TIA precedes only one in eight strokes, according to researchers at the University of Western Ontario. Dr. Daniel Hackman, who led the study, says individuals should assess their risk for a future stroke by having their risk factors checked, including smoking, diabetes, cholesterol and blood pressure levels, and weight management, which is done with a primary care provider.

A TIA is a warning sign that a major stroke may occur. About 11% of those experiencing one have a stroke over the next three months, about 20% of these strokes are fatal and two-thirds are disabling. Symptoms of a TIA are the same as those for a major stroke: poor balance, slurred speech or a droopy face, one side of the body is weak or numb, vision is all or partially lost, and there may be a severe headache. Anyone with any of these symptoms should go to the emergency room immediately.

The risk of a disabling stroke after a TIA can be reduced when risk factors are managed with medications to thin blood, drugs that lower cholesterol and blood pressure, exercise, and a diet high in fruits, vegetables and whole grains, but low in salt and saturated fat. These steps are advisable for everyone.

People who never had a warning sign were more likely to have a major stroke than those who did. They were more likely to die at the hospital, more likely to have a heart attack while in the hospital, and less likely to be able to go home instead of to a nursing home.

Stay sharp with stronger muscles

Here’s a surprise, there’s a link between muscle strength and brain health. One study published in the Archives of Neurology, shows that muscle strength is actually linked with a lower risk of cognitive impairment. In older people, lack of strength is an early indicator of Alzheimer’s disease. That doesn’t prove that weak muscles cause Alzheimer’s, but it does support the idea that there is a real link between physical health and brain health. It also suggests that keeping strong is important at all ages.

Who needs a shingles vaccination?

Shingles results when the body reactivates the virus that causes chicken pox. Some people think they never had chicken pox, so they can’t get shingles. Doctors at the CDC say 99% of Americans over 40 have had chicken pox, or come into contact with it, even if didn’t produce symptoms. So it’s wise to be immunized against the virus. Shingles can be extremely painful. It travels through nerve paths, and the rash causes a burning sensation that some say feels like being shocked. A quarter of sufferers have pain that lasts for months.

The risk of developing shingles rises after age 50. The older the victim, the more severe the effect. Pneumonia, hearing problems, blindness and encephalitis can be complications. It pays to be immunized with Zostavax, say doctors at Johns Hopkins Medical Centers.

Doctor’s live-longer advice

- Exercise every day. Lift weights once a week and stretch every day.
- Get 15 minutes of sun every day to keep up your vitamin D levels.
- Eat uncooked whole foods to naturally rejuvenate your body.
- Sleep more than seven hours.
- Have purpose in your life. Love living it.
Gardening

Easy-to-grow herbs will enhance your favorite dishes

_Basil:_ This annual is the perfect companion for dishes that include tomatoes. Trim the stems, leaves and flowers to make the plant more productive.

_Chives:_ A perennial, it adds flavor to soups, fish and potatoes. Snip the entire stem if you remove a flower bud.

_Parsley:_ It grows for two years and adds flavor and color to fish and other dishes. Clip flower buds when they appear in the second year. Likes a sunny location, says Patricia Lanza, author of _Lasagna Gardening with Herbs._

_Rosemary:_ A perennial, but it doesn't like cold climes and may not appear there after the first year. Its stems add flavor to vinegar or olive oil. Leaves are great in lamb dishes and sauces. Don't overwater the plant.

_Sage:_ Used as a seasoning for meats, sauces, stuffings and soups. Hummingbirds like the plant's flowers.

_Thyme:_ A perennial herb, it is good for seasoning chowders and soups. It will grow in rock gardens.

How much garden can you handle?

Absolute beginners can take a tip from Cornell University's Department of Horticulture. New gardeners can skip the investment in tools, fencing, raised gardens and the like by starting this way:

- Dig up a 4-foot square in your lawn and sprinkle lettuce seeds on it. No fertilizer is needed because lettuce will grow any place grass grows. You won't have to pull weeds, because if you sprinkle enough seeds, weeds won't have a place to grow.

Your 4 x 4 garden will fill the family's salad bowl for about six weeks. The lettuce will be fresh and more nutritious than what you buy in the supermarket. In May, gardeners are eager to get started on the real thing. They want fresh air, exercise and the cash savings that come from growing their own produce. But how much can they save? According to Burpee Seed Company, a pack of green bean seeds will produce a $75 crop. The lowly potato will give back at least $5 for every $1 in seeds that you sow.

Six tomato plants can produce 12 to 15 tomatoes a day at their peak, enough for eating, cooking, and freezing for winter stews or spaghetti sauce. Six pepper plants will do almost the same thing. If you have the space, a few rows of sweet corn will produce more than you can use, but it's good eatin' when you cut the corn from the cob, bring it to a boil and freeze it for the winter.

Amateurs are excited about getting started. They love to see their new sprouts and developing vegetables. Unfortunately, when the hot summer sun comes their way, the faint of heart and weak of muscle may forget the whole thing and head for their air conditioned sun rooms. The moral of this story: Don't plant more garden than you can maintain.

Monthly Gardening Tips

Here are the perfect checklists for what you need to do each month as a Utah gardener! Print it out and keep it handy when you visit your local nursery for supplies.

- **JANUARY:** Plant an amaryllis to bloom during the winter months.
- **FEBRUARY:** It's time to start planning for spring and summer planting.
- **MARCH:** Start preparing your garden for planting.
- **APRIL:** Cool season vegetables can be planted now. Check with your local nursery to see what items can be put in safely planted.
- **MAY:** This is one of the busiest months for gardening. Besides your vegetable garden it’s time to plant trees, shrubs, and perennials from the nursery.
- **JUNE:** Learn how to conserve water and caring for your plants this month.
- **JULY:** Deal with pests and bad bugs in your garden.
- **AUGUST:** It’s time to deadhead spent blossoms on annuals and perennials.
- **SEPTEMBER:** This month, buy and plant trees, shrubs and perennials.
- **OCTOBER:** Begin preparing your garden for winter.
- **NOVEMBER:** Continue planting bulbs and preparing your sprinkler systems for winter.
- **DECEMBER:** Prepare to buy and take care of your Christmas tree.
Jalene Hunt from the Loam Shop sent this thank you note:

Thank you to everyone in Facilities and especially LOAM for their kindness concerning the passing of my father. It is difficult to console people who have lost an important figure in their life...Facilities employees were very compassionate and it was appreciated! More than money, cards, or flowers...the knowledge that friends support and care for me is paramount!

Brenda Rust from Design and Construction sent this card:

Thank you for the beautiful basket sent last week. I appreciated your thoughtfulness at the passing of my mother. Your warm wishes, prayers and kind words were a great comfort.

Staci Eason from LOAM sent this e-mail:

I wanted to thank everyone for sending the beautiful flowers when I had the baby. I really appreciate it.

Jan Urroz from the Water Lab sent this e-mail:

Wade Perkins, on behalf of the UWRL, I just wanted to say how nice our building is looking under the care of our new custodian, Brent Bair. Since he began working at the UWRL a short while ago, he has spruced up our entire building and has made it look nicer than I have seen it in years! And he continues to work hard to maintain the cleanliness. I just thought you should know what a fine job Brent has been doing, and how much we as occupants appreciate it.

Joyce Albrecht sent this e-mail:

Dear Colleagues,

It just doesn't seem enough to say thank you for all of your time and efforts in helping with the APLU Spouses' visit. It would not have been as successful without all of you and I cannot begin to thank you for all of your great ideas, hard work, and utmost graciousness that went into everything that you did and continue to do each and every day in your positions at USU. We definitely wowed them. They were enormously impressed with the people, programs and the beautiful setting of this great university that we all love and value. I think they were surprised at just how good we are and we can all take pride in that. I feel so fortunate to have the opportunity to work with such dedicated and caring colleagues.

The lighter side

Camping with Holmes and Watson

Sherlock Holmes and Doctor Watson were on a camping trip. They had gone to bed and were lying awake looking up at the sky. Holmes said:

"Watson, look up. What do you see?"

"I see thousands of stars," he said.

"And what does that mean to you?" Holmes continued.

"I suppose it means we will have another nice day tomorrow. What does it mean to you, Holmes?"

"To me, Watson, it means someone has stolen our tent."

Good advice ...

Remember, success is not measured by heights attained but by obstacles overcome. We're going to pass through many obstacles in our lives: good days, bad days. But the successful person will overcome those obstacles and constantly move forward.

Bruce Jenner, TV personality, 1976 Olympian
**Strawberry-Banana Angel Torte**
1 prepared angel food cake (8 to 10 ounces)
1/2 cup sour cream
1/4 cup sugar
1/4 cup pureed fresh strawberries
3/4 cup sliced ripe bananas
1/2 cup sliced fresh strawberries
1 cup heavy whipping cream, whipped
Halved fresh strawberries

Split cake horizontally into three layers; place bottom layer on a serving plate. In a large bowl, combine the sour cream, sugar and pureed strawberries; fold in bananas and sliced strawberries. Fold in whipped cream. Spread a third of the filling between each layer; spread remaining filling over top. Cover and refrigerate until serving. Garnish with halved strawberries. Yield: 8-10 servings.

**White Cheddar Scalloped Potatoes**
1 medium onion, finely chopped
1/4 cup butter, cubed
1/4 cup all-purpose flour
1 teaspoon dried parsley flakes
1 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon dried thyme
3 cups milk
1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted
1 cup (8 ounces) sour cream
8 cups thinly sliced peeled potatoes
3-1/2 cups cubed fully cooked ham
2 cups (8 ounces) shredded white cheddar cheese

In a large saucepan, sauté onion in butter until tender. Stir in the flour, parsley, salt, pepper and thyme until blended. Gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in the soup. Remove from the heat; stir in sour cream until blended.

In a large bowl, combine the potatoes and ham. In a greased 13-in. x 9-in. baking dish, layer half of the potato mixture, cheese and white sauce. Repeat layers. Cover and bake at 375° for 30 minutes. Uncover; bake 40-50 minutes longer or until potatoes are tender. Yield: 6-8 servings.

**Berry Tossed Salad**
1 package (10 ounces) ready-to-serve salad greens
1 cup sliced fresh strawberries
1 kiwifruit, peeled and sliced
1/4 cup chopped red onion
1/4 cup crumbled feta cheese
2 tablespoons slivered almonds

CREAMY RASPBERRY DRESSING:
1/2 cup mayonnaise
2 tablespoons plus 2 teaspoons sugar
1 tablespoon raspberry vinegar
1 tablespoon milk
2-1/2 teaspoons poppy seeds
2-1/2 teaspoons seedless raspberry jam

In a large salad bowl, combine the greens, strawberries, kiwi, onion, feta cheese and almonds. In a small bowl, whisk the dressing ingredients. Drizzle desired amount over salad and toss to coat. Serve immediately. Refrigerate any leftover dressing. Yield: 8 servings.
Happy Birthday!
to these Facilities Employees!

Thank you!
for your service at USU!

Zac Cook     May 02  Paul Beutler     28 years
Howard Bee    May 03  Ron Auger      16 years
Chris Jensen  May 03  Ben Berrett    16 years
Luke Bair     May 06  Steve Pierson  15 years
Matt Rogers   May 07  Cindy Yeates   14 years
John Danielson May 11  Kristi Olsen  10 years
Beverly Karren May 11  Barbara Powsnik 07 years
Larry McCormick May 14  Juan Sandoval 07 years
Ron Davis     May 16  Vilma Valle    07 years
Steve Jenkins  May 16  Brent Bair     06 years
Larry Earl    May 18  Andy Miller    06 years
Marianella Herrero May 21  Shane Thain 06 years
Chad Henager  May 22  Shoko Downs    05 years
Dave Petersen May 23  Kellen Tarbet  05 years
Glenn Dabb     May 24  Colby Goodliffe 03 years
Jalene Hunt   May 25  Zac Cook       02 years
Dallin Law    May 25  Kendall Jaussi 02 years
Jose Martinez  May 25
Kendall Jaussi May 26
Julie Stockdale May 27
Staci Eason   May 29
Ed Buist      May 31

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