Employee of the Month

Sonia Mattson
Facilities Maintenance

Facilities is proud to announce Sonia Mattson as our October Employee of the Month. Sonia has worked for Facilities for 14 ½ years and is currently a Facilities Maintenance Coordinator. She is responsible for the SDL complex as well as ASTE, Research Greenhouse, DHIA, Skaggs Lab, and the ADVS Teaching Facility buildings.

Sonia was born in Minnesota, but moved to Oregon with her family when she was a senior in high school. She has also lived in California and now resides in Logan, UT. She has 3 brothers and 2 sisters and learned to hunt and fish while growing up. Sonia has 5 daughters, a son-in-law and a beautiful granddaughter. She claims that she lived at Logan High while her girls were involved in track, volleyball, rugby, basketball, softball, water polo, soccer, as well as choirs, orchestra, band and stage. Wow, that’s enough to make a person dizzy just reading all of this. Needless to say, Sonia was very involved in her children’s lives and she said that she enjoyed every minute of it. Three of her daughters now live in California. She has two weddings coming up next summer.

Sonia’s hobbies include outdoor photography, baking and hand quilting. She has entered baking contents and put her quilts in quilt shows and has won several awards in both. Sonia says she enjoys going to all sorts of sporting events with Curtis. It’s a good thing because she loves watching pretty much all sports.

Sonia travels to California for her vacations to visit her children and sightsee. She loves to go to Disneyland and museums. Sonia is a busy woman and we congratulate her on becoming Facilities’ employee of the month.

Safety Article
- by Justus Swensen

Good Housekeeping Practices

It is important for employees to realize that good housekeeping is a safety requirement. In order for employees to keep an orderly and safe job site, they need to know how to indentify and eliminate housekeeping hazards. Here are some Housekeeping Tips:

1. OSHA Makes Good Housekeeping a Workplace Safety Requirement

OSHA regulations have such housekeeping requirements as:
  • Keeping workplaces “clean and orderly and in a sanitary condition to the extent that the nature of the work allows”
  • Maintaining floors “so far as practicable, in a dry condition”
  • Keeping floors, working places, and passageways “free from protruding nails, splinters, loose boards, and unnecessary holes and openings”

2. Keep Work Areas Neat, Organized, and Safe
  • Don’t leave tools, materials,
boxes, cords, cables or air hoses on the floor.
• Report loose floor boards, holes, or other floor problems that could cause tripping.
• Clean up all spills immediately; they are slipping hazards.
• Stack materials carefully, so they don’t fall over or block access to sprinklers.
• Have a place to keep all tools and materials, and put them there whenever you’re not using them.
• Keep all drawers closed when they’re not in use.
• Avoid keeping food and beverages in the work area.

3. Take Responsibility for Identifying and Eliminating Hazards

Every employee has a personal responsibility to:
• Keep their own work area neat, clean, and safe
• Put tools and materials away in their assigned places when they’re not being used
• Report anything that’s broken or not working properly so it can be fixed

Speaking of Safety

Red-light running: The epidemic that is preventable

Trauma center doctors say that of all the injuries they see, those caused by red-light running are the worst. The serious injuries and the high fatality rate are partly caused by speed as drivers try to get through the intersection quickly. Where their victim’s car is struck is also a factor. The crashes are usually side impact, sometimes cutting cars in two or pulverizing their midsections. The Insurance Institute for Highway Safety says fatalities from red-light running have increased in recent years but deaths from other types of traffic crashes have decreased at the same time. Families of the nearly 250,000 people injured or killed in 2006 by red-light runners have been appalled by the fact that penalties for the offenders often were just small fines and/or community service even when a fatality was involved. After the death of 17-year-old Jennifer Hinds, the man who killed her was fined $105 for running a light. Her shocked parents teamed with others whose families were similarly affected to form the Red Means Stop Coalition in Arizona, according to the Ladies Home Journal. In the decade since her death, the coalition has succeeded in passing and twice strengthening "Jennifer’s Law." Arizona now charges red-light runners who injure or kill someone with fines up to $1,000; they must do community service, will lose their driver’s license, may spend time in jail, and may be required to pay restitution of up to $10,000 to the family. Other states are updating their laws to make red-light running a more serious offense and creating more serious penalties for those who injure or kill. More than 300 communities are using photo enforcement. It makes a photo of the car and its license plate to identify the driver. In Dallas, red-light running has dropped by 49 percent where cameras were installed in 2007.

Adjust head restraints so they protect your neck

Properly adjusting the head restraints in your vehicle will help to protect you from whiplash injury during a rear collision. The Insurance Institute for Highway Safety recommends:
• The head restraint should be even with the top of your head or at least level with your ears.
• Even as manufacturers improved head restraints in recent years, many drivers don’t reap the benefits. In one study, only one-third of restraints were in the proper position, which may give only 48 percent of the designed protection.
• There should be just a little space between your head and the head restraint, preferably less than four inches.

Theft in gym parking lots

Be forewarned. Thieves are targeting health club and walkway parking lots to steal credit cards from parked cars. They know people who are exercising don’t want to carry wallets with them. Sometimes, crooks steal just one credit card so you don’t realize you’ve been robbed. Then they run to the nearest electronics store and charge up thousands of dollars worth of merchandise they can sell.

"Wait, someone just sent me a hex message."
Cars and Cardboard Helping USU Go Green

-by Kevin Phillips

What does a row of brand-spanking new sedans that average 48 miles per gallon and a stack of recycled cardboard have in common? They are both key elements in Utah State University’s new emphasis on sustainability that is foremost on everyone’s mind as of late in light of the current energy crunch and trouble in the U.S. and World financial markets. Finding a way to reduce the amount of energy and fuel required to carry out USU’s education and research mission can sometimes be a challenge. At the same time, however, the same challenge can become an opportunity according to Kevin Phillips who manages both the University’s recycling program and fleet of nearly 700 vehicles.

“Of course, sustainability encompasses much more than just reducing solid waste and buying more efficient vehicles,” says Phillips. “There is a broad-based effort currently underway to look at all aspects of sustainability that includes everything from academic offerings to a heating plant that co-generates electricity at the same time it provides heat and cooling for the campus.”

Recently USU brought on-line its first ever web page that is solely dedicated to items, issues and events related to sustainability (http://sustainability.usu.edu). Phillips is delighted to be a part of that effort as are many other staff, students, administrators and faculty. Nat Frazer, Dean of the College of Natural Resources, chairs the campus-wide Sustainability Council whose charge is to look at every aspect of the way USU carries out business with an eye toward finding a more efficient and less carbon dependent way of getting things done.

Phillips is a part of that committee and chairs subcommittees that specifically focus on the areas of transportation and recycling which is his specialty. According to Phillips, “We are constantly looking for ways to use less and conserve more no matter what particular issue we are dealing with.” In the case of vehicles, USU has begun the transition to the highly popular hybrid vehicles as a way to increase the efficiency of the University fleet. Recently the University received 5 of 8 new hybrid sedans ordered this year that adds to the half dozen or so already in use by various departments. Three of the new sedans will go into the central rental fleet and will be available for use by all campus departments who may be hedging somewhat on making the plunge to hybrid technology. Phillips hopes that departments who rent the hybrid cars will put their fears behind them and eventually upgrade their own vehicles.

“There is definitely a price factor to consider when buying a hybrid vehicle because they generally run $4-5 thousand more than a comparable vehicle but in the not-so-long run I feel that investment will be returned with today’s fuel prices,” says Phillips. He is confident that plug-in technology is just around the corner and will increase the current range of 40-50 miles per gallon to 80-100. In fact, Phillips speculates that it may come as soon as the 2010 or 2011 models. “Who knows for sure, but in the meantime we replace our fleet with the latest and most efficient technology that is out there.”

The other hat Phillips wears at USU is manager of Resource Recovery who manages the solid waste, recycling and surplus programs at the University. USU has had a pro-active recycling program in place and functioning for the past 15 years. Currently USU recycles around 25 percent of its solid waste stream and the program by in large is self-supporting and employs around 15 students who are paid to carry out the daily tasks involved. “It is a win-win for everyone,” says Phillips, “we reduce the impact we would otherwise have on the environment and at the same time save around $35,000 in waste disposal fees if the same material were hauled to the landfill.” Currently USU recycles around 700 tons a year from USU’s waste stream and sells the recycled products to pay the expenses of the program. “From day one the program needed to grow but at the same time it had to pay its way and it has done both,” reports Phillips. Plans are to continue to grow the program and involve more faculty, staff and students in the process. Each year USU competes in the national “Recycle mania” competition which is sponsored by the EPA and involves a large number of campuses around the country.

“I think it is evident to everyone who woke up today that we have to find a new and better way to do the same thing we were doing yesterday,” concludes Phillips. “Same old, same old isn’t going to cut it anymore. We just have to keep trying and with every little effort whether it is driving a new 100 mpg car, or simply turning off the light switch, will all add up
in the end to begin the process of much needed change. For his part, Phillips
certainly wants USU to be at the leading edge of that wave.

October is an important month for yard and garden

*Insulate vulnerable pipes before freezing time*

When you are away on your Thanksgiving or Christmas trip, frozen water pipes could be a disaster. If they break in your basement, they could ruin furniture and appliances. If they break in a ceiling, they could cause a ceiling or wall to collapse. Even if you’re at home when it happens, it will be inconvenient and expensive. With the water turned off, you’ll be waiting for emergency plumbing repairs and might have to pay for over-time or double time to get them. Homes in warmer climates, where pipes are not insulated, are at risk when there’s an unusual drop in temperature. Be sure to insulate the most susceptible pipes. Those most likely to freeze are on outside walls, in crawl spaces and in the attic. Disconnect outdoor hoses. If you are going out of town, set the thermostat no lower than 55 degrees (12 Celsius) and keep doors under sinks open to allow heat to get to the pipes. Spring is fun because perennials and bulbs are sprouting. And you are eager to get out and plant a garden. Summer is nice because you harvest vegetables and enjoy the flowers. Autumn, well, it’s the poor relation when it comes to outdoor enthusiasm. But October is a particularly important time because that’s when you set the stage for next year’s bounty.

*What to do now*

Dig and store tender summer- and fall-flowering bulbs like dahlias. Plant spring-blooming bulbs such as tulips and daffodils. Bring tender container or tropical plants inside. Put them in the garage, in a heated shed or indoors. Till the garden or turn the soil with a garden fork to expose underground pests to cold temperatures. Help the roses. Remove foliage around the base of the plant to prevent diseases. Cut away branches that show signs of decay or insect infestation. Spray roses and soil beneath with a fungicide. Put down a layer of mulch. Trim perennials to about four inches from the ground. Keep some ornamental grasses and perennials with seed heads to provide winter food for birds.

*What to do later*

Reduce soil dryness and erosion in the garden by covering it with mulch or leaves. Do it after the first hard frost so critters don’t decide to nest in it. Avoid extensive pruning of trees and shrubs before winter.

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**Employee news and tidbits**

**New United States Citizens**

September 10, 2008 was a very special day for two Facilities employees. Stanley Kane, Director of Operations, and Vilma Valle, FM employee, both became US citizens. Stanley is from Ireland and moved to America 25 years ago. Vilma came to the United States from El Salvador. They both worked hard to achieve this great opportunity and as American’s we welcome them and are proud of them. **CONGRATULATIONS!**
Fishing in Alaska

Ed Buist from the structures shop was privileged to go to Alaska salmon and halibut fishing on August 25-31, 2008. He went with his 2nd father and 4 others to Ketchikan, Alaska and stayed at the King Lodge. While there they caught 550 pounds of fish, with ½ in halibut and the other ½ salmon. Two of the halibut were 150 pounds each. The halibut were caught 90 miles off shore, but they caught the salmon close to shore. They fished for 5 days and by the end of the trip, each person had caught over 80 pounds of fish. Way to go Ed!

Moneywise

Use your converter box coupon right now

If you have an older television in your home and it receives its signal through an antenna, it will go dark in February unless you install a converter box. The government’s $1.5 million coupon program can help. About 8.5 million people have requested coupons, two per household. They offer a $40 discount toward the purchase of a converter box. Call (888) DTV-2009 for coupons. Some who have received the coupons are having a difficult time finding the boxes at retailers. They should be available at stores such as Best Buy, RadioShack and Wal-Mart. Coupons expire within 90 days, so it’s important to use them immediately. Of coupons that recently expired, only 42 percent were redeemed.

October is Crime Prevention Month

This is the month where you can expect to see a frightening character or two at your door. It’s Halloween time after all. But more care is required than at other times. Whether you live in a house or an apartment, you should have a way to see who is at the door, a window or a wide-angle viewer. Think carefully before opening the door to a stranger, especially if you are alone in the house. Children should not be allowed to open the door. Always have a stranger slip an ID under the door before you open it. Never hide a key anywhere outside. Thieves and intruders are good at finding them. Leave a key with a trusted neighbor or friend to be used in an emergency. Your key should just hold keys, no form of identification. The ring should be two-part so you can separate the ignition key from house keys when the car is parked or serviced. Your garage door opener should be taken with you, always at night. Otherwise, if the car is stolen, the thief has a key to your house. In an apartment complex, don’t go to the laundry room alone at night. If you must go, have someone go with you.
Recipes for the Month:

**Spiced Pumpkin Muffins**

- 2 C flour
- 1/8 tsp ground cloves
- ¾ C firmly packed brown sugar
- dash ground nutmeg
- 2 tsp baking powder
- 1 C canned pumpkin
- ¼ tsp baking soda
- 1/3 C (5 1/3 tbs) butter, melted & cooled
- ½ tsp salt
- 2 large eggs room temp
- 1 tsp ground cinnamon
- ¼ C milk room temp
- ¼ tsp ground ginger
- 2 tsp vanilla extract

Stir together the flour, brown sugar, baking powder, baking soda, salt, cinnamon, ginger, cloves, and nutmeg in a large bowl. In another bowl, stir together the pumpkin, butter, eggs, milk, and vanilla until blended. Make a well in the center of the dry ingredients. Add the liquid ingredients and stir just to combine. Spoon mixture into prepared muffin cups (2/3 full). Bake in 400 degree oven for 15-20 minutes in lined baking tins.

**Crock Pot Apple Glazed Roast Pork**

- 4 pounds pork loin roast
- 6 each apples
- ¼ C apple juice
- 3 Tbs brown sugar
- 1 tsp ground ginger

Rub roast with salt and pepper. Brown pork roast under broiler to remove excess fat; drain well. Core and quarter apples. Place apple quarters in bottom of crockpot. Place roast on top of apples. Combine apple juice, brown sugar, and ginger. Spoon over top surface of roast, moistening well. Cover and cook on low 10-12 hours, until done.

**Nachos**

- 1 can refried beans
- ½ C sliced black olives
- 1 can green chilies
- 1 tsp lemon juice
- 2 C Monterey jack cheese
- 1 C sour cream
- 2 C cheddar cheese (Velveeta best)
- tortilla or nacho chips
- ¼ C taco sauce

Brown ground beef, add onion and cook until tender. Drain fat, add salt and pepper to taste. Spread refried beans in a 10”x13” baking dish. Top with meat. Place green chilies on top. Mix cheeses together and sprinkle on top. Drizzle taco sauce over evenly and bake uncovered 20-25 min. @ 400 degrees. Remove from oven. Mix black olives with lemon juice and spread them on top. Cover with sour cream and serve with chips.

**3-step Double layer Pumpkin Cheesecake**

- 2-8oz pkgs cream cheese, softened
- ½ tsp cinnamon
- ½ C sugar
- dash cloves
- ½ tsp vanilla
- dash nutmeg
- 2 eggs
- 1 graham pie crust
- ½ C canned pumpkin

Mix cream cheese, sugar and vanilla with mixer on medium until well blended. Add eggs; mix until blended. Remove 1 cup batter; stir in pumpkin and spices. Pour into crust. Top with the reserved pumpkin batter. Bake @ 350 degrees, for 40 min. or until center is almost set. Cool. Refrigerate 3 hours or overnight. Garnish with cool whip.
Customer Service received this e-mail from the Family Consumer & Human Dev. dept.

Trish: I have made several requests for Facilities recently. Getting the window to close was taken care of by the painters who were still completing their work. In every instance, Facilities have responded in a timely manner, were very professional and efficient in their efforts, and went above and beyond what was asked in making certain the immediate task requested was addressed in a superior manner. Thanks for your follow up. For this reason, I would indicate superior service in every instance. Thanks to you as well. Sincerely, Bonnie Hoth
Happy Birthday!
to these Facilities Employees!

Thank you!
for your service at USU!

Rick Morriss Oct 01
David Reimer Oct 02
Clint Hovey Oct 03
Kim Cronquist Oct 04
Duane Bentz Oct 08
Rod Bee Oct 09
Gordon Chase Oct 10
Dart Friedli Oct 11
Paulette Halverson Oct 12
Jim McCune Oct 12
Justin Williams Oct 16
Robert Hearn Oct 16
Eileen Campbell Oct 19
Mark Holt Oct 19
Ray Jensen Oct 22
John Risk Oct 24
Kris Merrill Oct 26
Nick Anderson Oct 28
Susana Ontiveros Oct 28
Jeff Chesley Oct 29

Brad Burr 29 years
Bob Housley 25 years
Judith Clark 21 years
Jim Huppi 18 years
Stanley Kane 16 years
David Reimer 16 years
Eric Hale 15 years
Eileen Campbell 14 years
Claine Baird 13 years
Brian Daines 12 years
Jerry Petterborg 11 years
Bob Riding 11 years
Greg Hunsaker 08 years
Steve Jenkins 08 years
Denise Berntson 06 years
Lucille Byington 06 years
Karl Weeks 06 years
Steve Jenkins 06 years
Dana Palmer 06 years
Dan Richins 04 years
John Jolley 02 years
Mark Ostergar 02 years

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