Employee of the Month
Tom Stoddard
Facilities Maintenance

Facilities is proud to announce Tom Stoddard as the October Employee of the Month. Tom began working for Facilities as a maintenance worker on the swing shift 6 years ago. He is now a team leader in his shop.

Tom grew up in Richmond, Utah on his family farm. He attended Cache Valley schools, graduating from Sky View High. After graduation he attended USU for 2 years and then enlisted in the Navy. He was stationed on 2 different ships (aircraft carrier and destroyer) as a radioman. He saw 17 different countries in the western Pacific, northern Atlantic, Caribbean and Mediterranean. He did 4 different cruises during the Vietnam War. After the war Tom came back to Cache Valley and began school again at USU. While attending school, he went to work in the upholstery business. He continued working in this field until he began his own upholstery business which he has had for 30 years. Tom graduated from USU in 1998 in Special Education. He taught for 7 years in the public school system (2 yrs in Utah and 5 years in Arizona). After leaving Arizona, Tom returned to private business in St. George. He then moved his business to Yelm, Washington for 4 years and then to Missouri for 2 years. He returned back to Cache Valley in 1999 and now resides in Richmond. Tom has had several different jobs over the years; construction, shoe repairman, mortgage officer and silversmith.

Tom has been married to Darlene for 33 years and they have 7 children and 15 grandchildren. He enjoys gardening, reading, music and loves to watch old “Mash” reruns. Tom has been on top of Victoria Peak in Hong Kong, the Empire State building in New York City and the Eiffel Tower in Paris, France. He claims that this is the best job he has ever had and enjoys everyone in Facilities. Congratulations Tom!

In 2009, Fire Prevention Week focuses on preventing burns

Hot foods are common causes of burns in children, according to the National Fire Protection Association, and adults are not exempt.

- Keep hot foods and liquids away from counter edges. Know where kids are before you carry a hot dish to the table.
- Keep pan handles pointed away from the floor to avoid spilling their hot contents on someone.

Scalds from hot bath water can cause burns or even death in a small child. Remember that children and older adults burn more easily.

- Set the water heater thermostat at 120 degrees rather than higher.
- Always test the water temperature with your wrist, elbow or back of your hand before bathing a child. Don’t depend on a tub’s water temperature indicator. Keep water...
Cooking is the leading cause of kitchen fires, often because a person leaves the room while food is being fried, grilled or broiled.

• Turn fast-cooking foods off when answering the door or telephone and when you have to go to another room for a time.

• When simmering, boiling, baking or roasting food, check it regularly. Don’t leave the house. Set a timer.

Smoke alarms can be life savers ... if they are working.

• Install one outside of each sleeping area. If you can, connect all alarms so they will go off at the same time. Test smoke alarms once a month and replace them every 10 years.

• Design a fire escape plan that has at least two ways out of every room. Practice the plan with your family.

• When the smoke alarm sounds, get out of the house and stay out. The heat is on!

• Use a fireplace screen to keep sparks inside. Have the chimney cleaned and the central heating system inspected.

• Turn portable space heaters off when you will go to bed or spend time in another room. Be sure there are no curtains, paper, furniture or other combustibles within three feet of the heater.

Safe use of a generator

The National Safety Council offers these suggestions when using a portable generator:

• Keep the generator outside and away from windows and vents. Never use one in a home, garage, crawl space or shed even with windows open.

• Consult and follow directions in the operator’s manual each time you power up the generator.

• Keep the generator out of moisture and puddles to avoid shock or electrocution.

• Use a battery-operated carbon monoxide detector at the spot in your home nearest to the generator.

• To prevent fire, let the generator cool for at least two minutes before you add gasoline. Use fresh gas.

• Never run your generator next to anything that could explode or catch fire.

• Don’t plug a generator directly into a wall outlet. Instead, have a licensed electrician install a power transfer switch. (Connecting the generator to a permanent wiring system back-feeds the power into your home. It’s a danger to you, neighbors and utility workers.)

• Follow the manufacturer’s maintenance guide to make sure your generator runs properly.
Healthy eating is better and could cost less

Nutritionists are delighted because Americans are spending more time in the kitchen. They are eating fewer high fat fast foods and buying fewer high-salt, prepared and processed foods in the supermarket. The biggest crossroad between healthy eating and food cost comes in the supermarket. Once there, people want to eat well but spend less. Fresh fruit and vegetables are part of the plan. Some cost more than you would like, but produce is a healthy bargain if it is all consumed. An estimated 40 percent to 50 percent of harvested food is wasted.

Americans tend to plan meals around meats, according to Environmental Nutrition. Though meat is expensive and high in saturated fat, you can eat less expensive cuts and get the same nutritional value. Eat small portions (the size of a pack of playing cards is advised) and freeze the rest. Make dishes like spaghetti without any meat.

Eat whole grains and feel stronger. A whole-grain sandwich with lunch keeps you satisfied for a long time. A box of regular oatmeal contains 20 servings (microwave half a cup with an equal amount of water for 75 seconds). It's a low-cost and high-energy breakfast.

To save more on food costs:
• Pack a lunch and take it to work.
• Shop less often and take a list.
• Buy more store brands.
• Stock up on yogurt, nuts and fruits for snacks instead of high-fat, high-salt, high-priced products.
• Bake a pot of beans. They are low-cost, delicious and healthful.

Never exercised? Starting late still pays big dividends

You’ve heard about it, read about it, and vowed to start ... some day. Now you might think it’s pointless, but experts at Tufts University say it’s never too late to start exercising. If you’re at mid life and your tennis shoes are just for show, you can still begin to get your body moving. Your condition will improve with every step along the way. Check with your doctor to see what type of activity is recommended for you.

With exercise, you will soon begin to feel stronger and you will improve your quality of life now and in years to come. Over two decades, Swedish scientists studied a group of people including those who were new to exercise and those who exercised regularly. At the five-year point, those who were sedentary at the beginning of the program had the highest mortality rates. After 10 years, however, people who began exercising at age 50 had a mortality risk as low as those who had exercised all their lives.

To lose weight, limit 'liquid calories'

Researchers at Johns Hopkins University studied the difference between a 100-calorie reduction in foods vs. a 100-calorie reduction in sweet drinks such as soda. Study subjects who reduced calories from sweet drinks lost more weight than those who reduced the same number of calories from food. Possibly because of metabolic differences, limiting "liquid calories" was more effective.

Follow directions when taking medicines with acetaminophen, like Tylenol, Nyquil

By the time he got home from work, old football injuries usually made his ankle or knee hurt. Taking Tylenol made the pain go away. He could relax, watch TV and have two or three beers. Sounds harmless enough, but after a few years, a doctor discovered he had significant liver damage. While neither the amount of acetaminophen he took nor the amount of beer he drank would cause liver damage, the combination did. Using acetaminophen in conjunction with beer or liquor increases the risk of liver failure by 33 percent.

Acetaminophen’s long-standing reputation for safety is lulling consumers into complacency. Many think nothing of taking more than the recommended dosage. Some have discovered, after liver problems were diagnosed, that other medications they took also contained a big dose of acetaminophen. These include the prescription drugs Vicodin and Percocet and 300 over-the-counter medications such as Nyquil and Excedrin. Most medications that are for cold and flu contain acetaminophen to treat fever and muscle pain. In many medicines, acetaminophen is called APAP.

Without realizing it, you could take a maximum dose of 4,000 mg a day. The FDA wants the maker of Tylenol to reduce maximum dosage to 2,000 mg per day from 4,000. The first symptoms of acetaminophen overdose feel like the flu and don’t set in for several days. By that time, it could be too late to save your
liver. Acetaminophen causes 450 deaths and 56,000 emergency room visits a year. Having a liver that is just damaged has consequences as well. A doctor can’t prescribe most high-cholesterol medications, for example. Note that Tylenol is very safe at recommended dosages.

**Flu shots in 2009 are more important than ever**

In July, the U.S. Food and Drug Administration approved the flu vaccine for the 2009-2010 season. It provides protection from the three strains of flu virus that are expected to circulate in the United States this year. No flu vaccine shortages are predicted.

Flu shots do not protect against A(H1N1) swine flu. Now is the time to get your annual flu shot. It is an important step for your personal health and public health in general. People who are protected won’t be spreading the virus to others.

Each year in the United States, an estimated 5 percent to 20 percent of the population is stricken with the flu. More than 200,000 people are hospitalized and about 36,000 people die. People over age 50, young children and people with chronic health problems are at higher risk for complications. They should always be vaccinated. All health care workers should certainly get a flu shot, but not all of them do. It’s always possible that the match between the vaccine is not optimal. If you do get the flu in spite of having a flu shot, it will be a mild case.

**The new A(H1N1) vaccine**

Physicians and health care professionals will be the first to receive the A(H1N1) swine flu vaccine, according to the National Vaccine Advisory Committee. By November or December, it is predicted that 600 million doses will be available to the public. The Committee expects swine flu to return to the United States this fall. It can cause pneumonia and respiratory failure.

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**Staying Well**

_The best times and best ways to wash up_
- Wash your hands before lunch, especially after a meeting or church service where everybody shakes hands.
- Wash after you use the bathroom, change a diaper, sneeze, cough or blow your nose.
- Do it after you ride on public transportation or go shopping.
- Sanitize or wash every couple of hours during cold and flu season. Germs stay on door handles, desks, pens and everything people touch.

_Here’s how to wash_
- Use soap and water if it’s available. Studies show it removes more viruses than alcohol-based hand rubs.
- Use enough soap to work up a lather. Lace your fingers together to cover all surfaces and rub the finger tips of each hand on the other hand. Wash for about 15 seconds or as long as it takes to sing “Row, Row, Row Your Boat.”
- Dry your hands on paper toweling if it’s available, rather than use a hand dryer.

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**Gardening Tips for October**

_Get rid of the fallen leaves with these tactics_
- Mow and mulch. If leaves aren’t too deep, mowing with a mulching lawn mower blade is a good choice. After you chop them up, it’s OK to leave them on the grass. Mulched leaves are good for grass, says Michigan State University. Deeper leaves in an area can be mulched by going over them a few times. You have to spread the mulch with a rake so it’s not too deep.
- Use a leaf blower. It will work very well on smaller lawns. For big yards, carry- or backpack-types are best used for blowing leaves out of flower beds and from around bushes.
- If you like to work the leaves and have a big yard, you could get

**Fish for your heart**

Studies published in the _European Heart Journal_ and elsewhere show that eating fatty fish just once a week lowers men’s risk of heart failure. Eating a small, 3-ounce serving each week resulted in reducing heart failure by 12 percent. Fish such as salmon, herring, mackerel, whitefish, lake trout and albacore tuna are rich in omega-3 fatty acids.
a 6-horsepower DR Power Equipment walk-behind leaf and lawn vacuum. Check one out at www.drpower.com.

• Many leaf catchers can be attached to riding lawn mowers.
• Rake your leaves. Occupational therapists recommend warming up and stretching before starting and taking shorter strokes so you don’t reach as far. The American Academy of Orthopedic Surgeons suggests wearing gloves to prevent blisters and bending at the knees rather than the waist. Avoid twisting motions while raking, which could injure your back, and take extra care when leaves are wet or slippery. Don’t do too much at one time. To bag leaves, rake the stack onto an old sheet or a tarp, then dump the stack into a leaf bag.

**Time to transplant daylilies, and hostas**

When you look at your yard or garden this fall, you probably see plants that should be separated or moved. We’re talking about daylilies that are choking each other so they won’t bloom as well next year. How about that expensive hosta, for example, that has grown so big it no longer fits where it is? If you separate it, you’ll have two plants next year instead of one overgrown specimen. Here’s how to do it.

• Pick a new site and prepare the soil.
• At dawn or dusk, dig some distance around the old plant so you won’t cut the roots, and lift it out of the ground. Cut off its foliage 1 inch above the base.
• To divide it, place it upright on its side and cut with a large knife or a spade. Plant both parts immediately.
• Pat soil around the plant leaving a ditch around it that creates a saucer to collect water. Water it for two weeks.

**Winterize now for a cozy December**

Here’s how to stay warm this winter and save on heating and repair costs.

**Outside:** Clean the gutters so ice dams don’t form and cause damage. Replace cracked caulk around roof vents and around the chimney. Install a chimney cap to keep critters and objects from dropping in. A cap will keep rainwater from dripping down into the fireplace. Put door sweeps on those that don’t connect with the threshold. Use caulk around windows and doors as needed or masonry sealer on brick. Rake away debris and weeds from the foundation and seal any cracks. Install a plastic cover on the crawlspace access door and seal some of the vents.

**In the garage:** Clear enough space to put your car inside on very cold nights. Check your snowblower and generator to be sure that they run. Buy a new snow shovel if you need one and have a bag of ice-melt on hand.

**In the crawlspace:** Wrap exposed pipes with premolded foam rubber sleeves or fiberglass insulation. If pipe freezing is a significant problem for you, wrap the pipes with heating tape. Be sure it is activated in cold weather. Check heat ducts for air leaks, whether they are in the crawlspace, attic or basement, so all the heat goes through the vents. Fix any breaks or gaps with metal-backed tape.

**In the attic:** If you can see the ceiling joists, add insulation. Don’t use paper-backed, which can cause moisture problems, say experts at MSN Real Estate.

**In the house:** Get the furnace checked and the central air conditioning unit winterized at the same time. Be sure the fireplace damper isn’t open unless you make a fire. Woodstoves should have glass doors that are closed when the stove is not in use. Install socket sealers over unused electrical outlets on outside walls, and reverse ceiling fans so they push warm air forward and force it to circulate.
Recipes for the Month

**Ladies Lunch Recipes**

**Calico Beans by Nancy Christensen**
1 onion, 1/2 lb hamburger, and 1/2 lb sliced bacon
Brown these together then add:
1 can pork and beans
3 cans of some other kind of bean (kidney, pinto, lima, black, etc.)
1/2 C ketchup
1/2 C sugar
1 tsp salt
1 tsp dry mustard
2 tsp vinegar
Put into a casserole dish and bake at 350˚ for an hour.

**Fruit Dip by Sheila Lukenbill**
1 small container whipping cream
1 8oz cream cheese
1 6oz container yogurt
1 C Powder Sugar
Blend and Mix until creamy.

**Fudge Stripe Fruit Salad by Janet Hillyard**
2 C buttermilk or milk
2 (3 oz) pkg. instant vanilla pudding
1 (12 oz) Cool whip
1 C crushed pineapple
1 C mandarin oranges
2 to 3 bananas
1 C seedless grapes
1 pkg. Fudge Stripe cookies
Mix in a bowl the buttermilk, pudding and Cool Whip. Drain the pineapple. Add all the fruit into the pudding mixture and mix. Take the package of cookies and crush them up. Just before serving the salad, add all but ½ C of the cookies. Mix together, then add the ½ cup of cookies on top of the salad as decoration.

**Ham & Cheese Stuffed Chicken Breasts**

1/4 C grated Swiss, Monterey Jack or part-skim mozzarella cheese
2 Tbl chopped ham
2 tsp Dijon mustard
Freshly ground pepper to taste
4 boneless, skinless chicken breast halves (1-1 ⅔ pounds total)
1 egg white
½ C plain dry breadcrumbs
2 tsp extra-virgin olive oil

**Recipe Directions**
Preheat oven to 400°F. Use a baking sheet with sides and lightly coat it with cooking spray.
1. Mix cheese, ham, mustard and pepper in a small bowl.
2. Cut a horizontal slit along the thin, long edge of a chicken breast half, nearly through to the opposite side. Open up the breast and place one-fourth of the filling in the center. Close the breast over the filling, pressing the edges firmly together to seal. Repeat with the remaining chicken breasts and filling.
3. Lightly beat egg white with a fork in a medium bowl. Place breadcrumbs in a shallow glass dish. Hold each chicken breast half together and dip in egg white, then dredge in breadcrumbs. (Discard leftovers.)
Heat oil in a large nonstick skillet over medium-high heat. Add chicken breasts; cook until browned on one side, about 2 minutes. Place the chicken, browned-side up, on the prepared baking sheet. Bake until the chicken is no longer pink in the center or until an instant-read thermometer registers 170°F, about 20 minutes.
“It's not that some people have willpower and some don't. It's that some people are ready to change while others are not.”

JAMES GORDON M.D.

_Dance ‘til dawn word search_

**Ballet**

**BELLY**

**BREAKDANCE**

**CHA CHA**

**CHARLESTON**

**CLOG**

**CONGA**

**CONTRA**

**FLAMENCO**

**FOLK**

**FRUG**

**GIGUE**

**HIP HOP**

**HULA**

**JAZZ**

**JIVE**

**LAMBADA**

**LIMBO**

**MAMBO**

**MINUET**

**MODERN**

**PAVANE**

**PIQUE**

**POLKA**

**POLONAISE**

**QUADRILLE**

**RAG**

**RHUMBA**

**SALSA**

**SAMBA**

**SHUFFLE**

**SQUARE**

**SWING**

**TANGO**

**TAP**

**WALTZ**

**WATUSI**
Happy Birthday!
to these Facilities Employees!

Thank you!
for your service at USU!

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

Brad Burr    30 years
Robert Housley    26 years
Judith Clark    22 years
James Huppi    19 years
Stanley Kane    17 years
David Reimer    17 years
Eric Hale    16 years
Eileen Campbell    15 years
Claine Baird    14 years
Brain Daines    13 years
Jerry Petterborg    12 years
Greg Hunsaker    09 years
Karl Weeks    09 years
Denise Berntson    07 years
Lucille Byington    07 years
Steve Jenkins    07 years
Dana Palmer    07 years
Dan Richins    05 years
Mark Ostergar    03 years

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