Employee of the Month
Ryan Schmidt
Facilities Maintenance

Facilities is proud to announce Ryan Schmidt as the Employee of the Month for January 2011. Ryan has worked for Facilities for eight years as part of the Facilities Maintenance group. The main area he covers during the winter months is snow removal. In the spring and summer months he works on special projects, such as refinishing the Spectrum floor. Ryan is most accommodating and will do whatever is asked of him.

Ryan was born and raised in Blackfoot, Idaho and is the middle of six children. He graduated from Blackfoot High School and attended Idaho State University for two years before coming to USU to finish his degree. He also served a mission for the Church of Jesus Christ of Latter-day Saints in Sao Paulo, Brazil.

Ryan earned his Bachelor's degree in flight technology, with a dual minor in Management and Portuguese. Ryan's passion has always been flying. In between working for Facilities, Ryan also works for the USU Aviation department and is a certified flight instructor. He has had the opportunity to fly to many places with his students, including San Bernardino, CA, Cedar City, St George, and West Yellowstone… just to mention a few. His goal is to one day work for a major airline.

Ryan loves to snowboard, enjoys all outdoor sports, as well as going to USU basketball games. In his spare time he loves to keep busy playing ultimate Frisbee, board games or watching movies which make him think. Congratulations on this well deserved award, Ryan. We are so happy to have you with us!

Happy New Year to all

As we move into 2011, we take this opportunity to thank all of you for your good work and contributions in 2010. Though it was not an easy year for business in general, your help has been our most critical asset during this time. As we survey our plans for 2011, you are the most important factor in our future success. We look forward to this New Year with optimism and predict a positive outcome for the organization and its individuals. Happy New Year to You and Yours!
Stay safe: Watch for these dangers in the office

You might already know that if you open the top three drawers of a four drawer file cabinet, the whole thing could topple down on you. The office may seem like a quiet, safe place, but any number of injuries can be sustained there. **Falls:** slips, trips and falls are the most common accidents, according to OSHA. Slips are caused by liquid spilled on the floor or rain and snow brought in from the outside. Trips are caused by anything left in an aisle or extending into it. Both slips and trips can result in a fall. **In a hallway:** watch where you are going so you don’t run into someone. Don’t dial your cell phone or read a report. Don’t run. When you get to the stairs, use the handrail. **Back injuries:** they can happen when one person lifts a heavy piece of equipment or a carton of supplies. Always get help to move heavy stuff. To lift a moderately heavy object by yourself, squat, hold the item securely then straighten your legs as you rise. **Electrical shocks:** office equipment can cause serious shock and burn injuries if not properly used.

Always follow the manufacturer’s instructions. Never remove the third prong from the three prong plug of any piece of equipment. If you must temporarily run an extension cord across a walkway, tape it down. Overloading electrical outlets and extension cords can result in a fire. **Renovations:** when a building is undergoing construction, alterations or renovations, keep your distance from the project. Fire departments say this cannot be stressed enough. **Get an escort:** if you occasionally work late at night in a large building and find yourself alone, call security and ask to be escorted through the building and to your car.

 Speaking of Safety:

Janitorial, custodial workers face a number of hazards

Janitors, custodians and housekeepers face a variety of tasks and hazards. Here’s some advice from the State of California on how to avoid injuries:

- Wear slip-resistant shoes, long sleeves, long pants and work gloves.
- When using chemicals to clean surfaces, read the manufacturer’s advice on how to mix them. Stay in well-ventilated areas. Wash hands before smoking or eating and between tasks.
- You may be involved in heavy lifting, material handling, and repetitive motions. To avoid back strain, stretch before, during and after work. Take short breaks throughout the day and rotate your tasks. Know how to lift properly.
- Hand trucks, rolling buckets and housekeeping carts should be kept in good condition with easy-rolling wheels. Keep the load in front of you and push it, leaning in the direction you are going. Pulling can lead to strains. Watch for people, obstacles, slopes and drop-offs.
- Do floor maintenance when fewer people are around. Always place caution signs for wet floors and spills.
- Mopping and sweeping are repetitive motions. Avoid a tight grip and use proper posture.
- Never reach into a garbage can or garbage bag. It may contain broken glass, blood or body fluids. Never pack it down with your feet.
- If you spot a hazard, place a warning sign there and report it immediately.
**Insurance:**

Do you need an 'umbrella'?

A person who accidentally injures another, or damages his/her property, could be sued for hundreds of thousands of dollars, maybe millions of dollars. Having an "umbrella" insurance policy could keep them from losing their homes, investments, life's savings and future income. The term umbrella is used because it covers liability claims from all policies underneath it, such as auto and homeowner policies. The question is: Do you need an umbrella? Recent stories in the *New York Times* show how an umbrella policy would work. Say you crash into a Mercedes with a highly paid executive at the wheel. He is injured so badly, he cannot return to work. A jury awards him millions of dollars, and you have to pay it. The court takes your savings, your home, all other assets, and requires you to pay part of your salary for decades. People who have an umbrella policy would be covered for the damages. It protects their net worth over and above what other insurance does. And it pays legal costs for defending yourself against a lawsuit. For people who have any sort of assets, like a home with a large amount of equity, umbrella insurance can be a key part of financial protection. But not many people carry it. State Farm, the biggest home insurer in the country, says only about 12 percent of its policy holders buy umbrella coverage. State Farm charges about $160 a year for a million dollars in coverage.

**Check with HR**

The beginning of a new year is a good time to consider what changes may have occurred in your life since last New Year's Day. Check with Human Resources to see if information on these facts and others should be updated: Change of address or telephone number. The addition or deletion of dependents from tax and hospitalization information. The telephone number of the person to be called in case of an emergency. Changes of beneficiaries that should be made on your life insurance.

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**Chronic asthma:**

New procedure is first non-drug treatment

About 22 million Americans suffer from asthma, an inflammation of the airways in the lungs that causes coughing, wheezing and shortness of breath. Doctors at the Cleveland Clinic say chronic asthma often causes thickening and twitching of the smooth muscle lining the airways. Irritants can cause the airways to almost close down.

A new procedure called bronchial thermoplasty uses radiofrequency waves to shrink the muscle, a new approach to treating asthma symptoms. It's a very promising technology for those who have been taking all available medications and whose symptoms are still not completely controlled. In the procedure, a bronchoscope with a thermoplasty device inside is inserted into the patient's mouth or nose as far as possible down each airway.

Electrodes on the tip are then heated with radiofrequency energy, shrinking the muscle and creating a larger opening in the airway. The effect appears to be permanent, though patients have only been followed for four years. National Jewish Health in Denver, which specializes in respiratory diseases, is one of about 30 medical centers in the United States currently offering bronchial thermoplasty. Unfortunately, because the operation is so new, most insurers don't cover it yet. The total cost ranges from $12,000 to $18,000. Patients must be at least 18 years old. Because there are no nerves inside the airways, the treatment is not painful. Patients can go home a few hours after the procedure. The throat can be a little sore from putting the tube down, and there is a lot of mucus to cough up, which is why the procedure is divided into three treatments.

Those treated with the device had a 32 percent reduction in asthma attacks, an 84 percent reduction in emergency room visits, and a 66 percent reduction in lost work days or school days due to asthma.
Low-tech tests help doctors diagnose complex diseases, predict risks

Sometimes common objects can be used by doctors to give preliminary information about a variety of conditions. They cost almost nothing, while CT scans and MRIs are expensive.

• The tape measure: A waist size over 40 inches for men and 35 inches for women indicates a higher risk for diabetes. It is also helpful as a test for sleep apnea, cholesterol, and blood pressure to quickly screen a patient's risks.

• The bathroom scale: A weight gain of just few pounds is a signal that heart failure patients are retaining fluid and at risk for hospital admission. Doctors and nurses ask heart-failure patients to weigh themselves every day.

• The paper clip: A bent paper clip can be used instead of calipers to assess nerve impairment in patients with carpal tunnel syndrome. A patient should be able to feel both ends of the paper clip when they are pressed into a finger. It is less expensive than using calipers for the two-point discrimination test.

• A handshake: At no cost, a firm handshake can help assure that a patient is healthy enough to make it through heart surgery. A weak grip can warn of possible complications. Surgeons also judge frailty by how easy it is for a patient to get out of a chair or get up on a table for an exam.

• A stop watch: Testing how long it takes an elderly heart-surgery candidate to walk 15 feet helps predict surgical risk. The gait speed test is a validated measure of frailty in elderly people and a predictor of physical and cognitive health. It should take no longer than six seconds to cross the finish line.

You can lose weight without going hungry: Here's how to do it

To achieve a healthy weight, and maintain it for the rest of your life, don’t think about losing weight fast. Do it slowly and steadily. You won’t have to make intricate calculations about how many calories you should eat, then write down the value of every morsel you consume. And you won’t have to buy a diet book that calls for recipe ingredients you’ve never heard of. Instead, reduce calories by making better food and drink choices. Drinks: Rather than drinking a latte with 500 calories, have a cup of black coffee. Instead of drinking sugary soda pop, choose diet pop or water. Planning: Plan your meals and snacks for a week. Make a shopping list that includes low-fat meat, fish, chicken, vegetables, fruits and whole grain bread. Snacks: If you want to snack on chips, nuts, crackers or candy, put the amount you intend to eat in a bowl. Stash the bag away so you won’t eat more without thinking about it. Prepare foods wisely: Broil or bake your chicken, fish and red meats. Frying adds calories. Battering and deep frying can double the number of calories. Skip the butter when you make mashed potatoes. You won’t notice it’s missing after you add low-fat gravy. Salads: Use fat-free or low-fat salad dressing. Two tablespoons of blue cheese dressing have 150 calories. You might use three or four tablespoons, depending on the size of the salad. What to eat: three meals: breakfast, lunch and dinner, plus an evening snack. Studies show that people who eat breakfast will eat less the rest of the day. Include protein, like cheese or an egg, fruit, and whole grain bread. Drink a glass of water before each meal. How much to eat: at home and at restaurants eat a reasonable portion of food. Relax and take your time. If you eat fast, you’ll eat more. You may not want to do all of these things, but doing some of them will result in weight loss.
Protect yourself from drug-resistant infections

Drug-resistant staph infections (including MRSA) are declining in hospitals, but MRSA and other infectious agents are still out there. The trick is to keep them from spreading to others and to protect you from people and objects that might carry infection. A staph infection can show up as an abscess, boil or furuncle (a boil that involves a hair follicle and nearby skin). It may be red, swollen and painful. If the infection moves into the bloodstream, doctors at Duke Medicine say it can cause low blood pressure, chills or fever. Basic hygiene is still the most important part of protection:

• Wash hands frequently. Do it before eating, before and after using the bathroom, after contact with animals, after social outings and shopping, and when returning home from work.
• Because excessive antibiotic use can give an advantage to drug-resistant bacteria, take antibiotics only when necessary. When prescribed, take the correct and whole dose and finish the entire prescription.
• Don’t share personal items, such as towels, clothing, combs or razors.
• Cover any wound with a dry, sterile bandage.
• Avoid contact with other people’s bandages or wounds.
• If you have a sore or break in the skin, wash and dry clothes, towels and bed linens on the high-heat settings.

Staying Well – Personalities & Heart Disease

Type-A personalities and Type-D’s may be almost the opposites of each other, but they carry similar heart risks. Type-A people are very competitive, impatient, sometimes hostile, and often are perfectionists. They focus on external rewards such as power and status. They are more likely than the laid-back Type-B’s to have heart problems. Now comes the Type-D personality (D stands for depressed). They have a negative outlook on life, are stressed, and tend to hide their true feelings. Studies at Harvard and elsewhere show that Type-D’s are more likely to have a heart attack or stroke than other types. If you recognize yourself, even partially, in either of these categories, an attempt to move away from the super-competitive category, or negative and depressed area, could have big health benefits.

Fruit & Vegetable Consumption

Americans still aren’t eating enough vegetables and fruits, according to the Centers for Disease Control and Prevention. Their Healthy People 2011 goals call for 75 percent of Americans to eat at least two daily fruit servings and 50 percent to eat three or more vegetables per day. But only a third of Americans are eating enough fruit, and about half are eating three vegetables a day. A 2009 CDC study shows orange juice to be the most popular fruit item, and potatoes are the most popular vegetable, but many of those potatoes are eaten as French-fries.

Cell Phone Volume Too High?

New evidence suggests that cell phones are jeopardizing our hearing. Mobile phone users tested over a year’s time showed some damage to the cochlea, the organ deep within the ear that turns sound waves into nerve impulses sent to the brain. It’s not clear whether the damage increases over time, but researchers are suggesting the mobile phone users turn down the volume, especially when they walk and talk at the same time.
Martin Luther King Jr.

January 16 ushers in the birthday of Dr. Martin Luther King Jr., bringing a plethora of celebrations, both national and local. Many universities and cities have yearly tributes.

The Office of Multicultural Affairs at the University of North Carolina in Greensboro (UNCG) offers a Martin Luther King Service Award, which will be presented on Tuesday, January 18. The award is bestowed upon someone in the UNCG community who has made outstanding contributions in the area of social justice. 2011 will mark the 25th award that has been presented. The speaker for this year’s award ceremony will be Dr. Terrence J. Roberts, a member of the Little Rock Nine, a group of nine students to first attend a desegregated high school. Dr. Roberts is the CEO of a consulting firm focusing on fair and equitable practices and is a recipient of the Congressional Gold Medal. Speakers in the past included Julian Bond, and the Reverend Al Sharpton.

A Dr. Martin Luther King, Jr. Holiday Celebration will come to life for the 30th consecutive year as a Raleigh/Wake County, North Carolina, event. The celebration boasts of wholesome, family-oriented, multi-racial events. It is dedicated to reflecting on the past while seeking hope and promise for the future. The 31st Annual Martin Luther King Triangle Interfaith Prayer Breakfast in Durham, Raleigh, will be held on January 17th. The celebration continues into April when the 11th Annual Martin Luther King Civil Rights Heritage Tour will commence. The tour by bus will visit Atlanta, Georgia (including Martin Luther King Center where his body is interred), Tuskegee, Montgomery and Birmingham, Alabama and Memphis, Tennessee retracing the steps of Dr. King and other civil rights heroes. May we never forget those who bravely went before!

To perk up your memory:
Take a walk and eat a fish

Though they are some distance from each other in your body, your heart and your brain are linked. Doctors at the American Heart Association say that when the brain is fueled by plenty of oxygen-rich blood, it works much better and can even reduce age-related tissue damage. Brain tissue is vital for memory and cognitive function. To keep your blood pumping and your brain functioning at its best, take a brisk walk every day or get some other exercise, whether it’s in the gym or around the block. What you eat also affects how well you remember someone’s name or what you were thinking about before you were interrupted. Omega-3s found in fish and fish oil promote healthy brain functioning. They contain DHA and EPA that are both vital to proper functioning of the brain. If you don’t eat fish regularly, a supplement is advised. And fish oil can make you look better too. It gives skin a more vibrant look by enhancing the production of collagen and elastin. Fish oil lowers the risk of heart disease by increasing HDL, the good cholesterol, and it increases serotonin production, a hormone that tends to make people happy. It also reduces inflammatory pain from arthritis and reduces or eliminates dry eye syndrome. So take a walk and eat a fish. Don’t forget.
Colossal Caramel Apple Trifle
Sheila Lukenbill

1 pkg (18 ¾ oz) yellow cake mix
6 Cups Cold Milk
3 pkg instant Vanilla Pudding mix (3.4 oz)
1 tsp apple pie spice
1 jar (12 ¾ oz) caramel ice cream topping
1 ½ Cups chopped pecans, toasted
2 cans (21 oz each) apple pie filling
2 cartons (16 oz each) frozen whipped topping, thawed

Prepare and bake cake according to package directions, using two greased 9 inch round pans. Cool for 10 minutes before removing to cool completely. In large bowl, whisk milk, pudding mixes and apple pie spice for 2 minutes. Let stand for 2 minutes until soft-set.

Cut one cake layer if necessary to fit evenly into an 8 quart punch bowl. Poke holes in the cake with long wooden skewer; gradually pour a third of the caramel topping over cake. Sprinkle with ½ cup pecans and spread with half the pudding mixture. Spoon one can of apple pie filling over pudding; spread with one carton of whipped topping. Top with remaining cake and repeat layers. Drizzle with remaining caramel topping and sprinkle with remaining pecans. Refrigerate until serving. Yield: 42 servings. (3/4 cup each)

Chicken Broccoli Casserole
Judith Clark

20 oz. Pkg. Frozen Broccoli
(you can use fresh broccoli if you like)
3 cups Cooked Chicken, sliced
2 cans Cream of Chicken Soup
½ cup Mayonnaise or Salad Dressing
1 teaspoon Lemon Juice
½ cup Shredded Sharp American Cheese
½ cup Cracker Crumbs

(Ingredients can vary depending on how many you are feeding)

Cook broccoli to tender, drain. Place in ungreased 11 x 7” baking dish. Top with chicken. Combine soup, mayo, lemon juice and pour over top. Sprinkle with cracker crumbs and cheese. Bake at 350 degrees for 25-30 minutes.

Knucklehead Dip
Pauline Allen

2 - 8oz Cream Cheese
1 - 16 oz Sour Cream
1 small can chilis
Sliced Olives
Place all ingredients in crock-pot. Heat. Stir often.

Brown together:
1 lb sausage
1 white onion, chopped
1 green bell pepper, chopped

Add the browned mixture to the crock-pot. Heat through, stirring often, until completely incorporated. Serve with tortilla chips.
Happy Birthday!
to these Facilities Employees!

Thank you!
for your service at USU!

Jed Waldron     Jan 02
Gordon Collins  Jan 05
Dorothy Davis   Jan 05
Raymond Pitcher Jan 05
Kirk Lukenbill  Jan 07
Dirk Oppermann  Jan 07
Brent Bair      Jan 08
Mark Ostergar   Jan 11
Kevin Maughan   Jan 13
Kelly Donaldson Jan 15
Dale Elwood     Jan 17
Juan Sandoval   Jan 18
Dana Palmer     Jan 20
Matthew Hunting Jan 21
Denise Berntson Jan 22
Jared Jorgensen Jan 24
Reid Olsen      Jan 26
Quin Whitaker   Jan 29
Tom Graham      Jan 30
Jordy Guth      Jan 30
Barbara Pwasnik Jan 30

Chet Smith      31 Years
Nephi Rogers    25 Years
Michael Law     24 Years
Scott Nydegger  21 Years
Jeff Craw       19 Years
Chad Henager    17 Years
Russ Moore      15 Years
Jonathan Thompson 15 Years
Kim Thurston    15 Years
Calvin Moser    10 Years
Jalene Hunt     8 Years
Curtis Larsen   7 Years
Sheila Lukenbill 7 Years
Tyler Rampton   7 Years
Rob Reeder      7 Years
Kevin Blair     6 Years
Martin Alonzo   4 Years
Dallin Law      3 Years
Cody Williams   3 Years
Justin Williams 3 Years
Todd Pearce     1 Year

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