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# Week of May 12, 2014

*The official employee newsletter of CSI since 1998*

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## Dr. Cindy Bond Receives 1st Twin Falls Leadercast Award



Dr. Cindy Bond began her career at the College of Southern Idaho (CSI) as director of the Idaho Small Business Development Center (ISBCD) in 1990. She accepted the role of chair of the Business Department in 1998 as she continued to co-direct the ISBDC. She completed her Ph.D. from U. of I. in Education in 2005 and advanced to the position of instructional dean in 2006.

As the chair of the Business Department she successfully integrated academic and technical faculty, increased enrollment and retention and fostered strong relationships with business programs at the U. of I. and BSU. As instructional dean she has planned and conducted a first adjunct/part-time employee training for over 250 participants, developed an Enrollment Management Plan and helped create the first written New Student Orientation.

Dr. Bond's community leadership includes acting as past Chair for the Twin Falls Urban Renewal Agency, the Twin Falls Chamber of Commerce Board of Directors, and of the Chamber Finance Committee, as well as member or executive member of over 15 other local organizations. It was for both her leadership on campus and in our community that Cindy was recognized at the Leadercast.

## Herrett Center Holds Ancient Weapon Presentation/Workshop

Although Hernan Cortez and his Spanish conquistadors ended up conquering the Aztecs and other civilizations of the New World in the 16th Century, it wasn't without quite a fight from the natives. One of the unusual and fearsome weapons they faced was the atlatl, an ingenious tool that allowed the natives to hurl small arrows more than 90 miles per hour

ingenious tool that allowed the natives to hurl small arrows more than 30 miles per hour.

The Herrett Center for Arts and Science will hold a two-hour presentation followed by a four-hour workshop Friday and Saturday, May 23 and 24 to teach participants what the atlatl is and how to make their own, using locally-gathered materials. The workshop will finish with a contest among the participants to see who is most skilled with the ancient weapon.

The cost for the class is \$50 and students must pre-register. For more information or to sign up, please call the Herrett Center front desk at 732-6655.

Doug Maughan  
College of Southern Idaho  
Public Relations Director

## Plants That Make Allergy Sufferers Miserable, All In One Chart

Huff Post Healthy Living



About 35 million Americans suffer from hay fever, or pollen allergy, making it one of the most common allergies in the U.S. If you count yourself among their ranks (and doctors say this spring could be especially bad for those who do), the sight of blooming trees might not fill you with quite as much joy after a long winter as it does for others. But don't despair -- you can limit your exposure to plants that give you itchy, watery eyes by finding out what your allergic to and avoiding those plants (in your own garden, at least). An allergist can perform a test -- either via a skin prick or by taking blood -- to determine what specific allergies you might

have. Though there's no such thing as a completely allergy-free garden, since pollen will travel wherever the wind takes it, by knowing what you're allergic to and cutting down on exposure, you can save a whole lot of tissues.

[Find the chart online>>](#)

## Nina Hollifield Also Retires this Spring

Assistant professor in registered nursing instructor Nina Hollifield retires this spring after 22 years at the college. We congratulate Nina and wish her long life and good health as she begins this new journey. Thank you for your many years of dedicated teaching.

## STAR Program Earns Idaho Press Club Award

The Idaho STAR Motorcycle Safety Program received the first place in the Public

Relations-Brand Management category from the Idaho Press Club for its 2013 email marketing campaign.

The Idaho Press Club, a statewide association of journalists and public relations professionals, honors the best in journalism and public relations in Idaho each year.

"Idaho STAR's outreach program goes beyond what we teach in our courses," said Maria Ortega, Communications Manager for Idaho STAR. "Outreach is a very strong component of the program; we continually encourage motorcycle safety and continued learning, which are the two main goals of the campaign recognized by the Idaho Press Club."

The Idaho STAR Program reaches out to thousands of drivers and motorcycle riders each year. In addition to its eight courses and a strong online presence offering rider resources

year. In addition to its eight courses and a strong online presence offering many resources and information, STAR now offer its graduates a new way to connect with the program via its email marketing campaign.

Maria Ortega  
Idaho STAR Communications Manager

## Twin Falls Highland Games Sees New World Record Set

May 06, 2014 2:00 pm • By Tetona Dunlap



Twin Falls was the location of a new world record May 3 at the fifth annual Highland Games and Diversity Faire at the College of Southern Idaho.

Lee Fugal of Utah broke the Scottish Highland Games world record in the senior master category (age 50 and older) when he threw a 16 pound sheaf bag 28-feet and 9-inches. Joseph Lemoine, the event

organizer and advisor for the Highland Culture Club, said the Scottish Masters Athletics International's website already shows the updated record and he recently received an email confirming the record.

The sheaf toss uses a hay fork to toss a 16 to 20 pound sheaf, or burlap bag full of twine, for height. The highest toss wins.

The previous record was 28-feet and 6-inches.

"It's actually a pretty big deal in the Scottish Games world. That record was held for 10 years. There is a pretty substantial senior group. It doesn't happen very often," Lemoine said. "I usually attend 15 Scottish Highland games a year in the west and they go on all over the world. If you have a record that lasts 10 years, that's saying something."

Prior to the games in Twin Falls, Fugal had hit that same height, but it didn't count.

[Find the complete article online>>](#)

## GED/HSE Certificates to go to 150 CSI Students

Approximately 150 students are expected to line up in caps and gowns to receive their GED® or HSE certificates at 7 p.m. Saturday, May 17 in the College of Southern Idaho Gymnasium.

This year's keynote speaker will be CSI board member and former CSI Physical Education and Over 60 and Getting Fit instructor, Jan Mittleider. Special music will be provided by Glenn Spencer, Jack VanBuren and Milton Barrus, and members of the Canyon Ridge Drum Corp. Student speakers will be Teresa Estrada and Joss Grandeau selected from this year's graduates with Charles Smart as the special GED® alumnus speaker.

The College of Southern Idaho will again offer a three credit scholarship worth \$330 toward graduates' future tuition and fees at CSI for the Summer 2014 or Fall 2014 semester. The scholarship is available to this year's GED® graduates who participate in the graduation ceremony. The public is welcome to attend. A public reception with free refreshments will be held immediately after the program in the CSI Student Union.

For more information, please contact the GED® office at 732-6534.

Doug Maughan

College of Southern Idaho  
Public Relations Director

### EAP Webinar “Who’s Watching the Kids?” is May 20 in TAB 258

Home alone? When the kids outgrow childcare, what do you do? With cell phone in hand, many tweens feel safe to stay at home alone. Learn the signs for readiness, general laws around self-care, and other options for care as children grow and become more independent.

Bring your lunch and a coworker, spouse or friend. We start at noon in TAB 258.

The eNotes is a weekly newsletter containing news and events both on campus and in the community of general interest to CSI employees. Submit your news within the body of an e-mail message (NO FLIERS please) to [eNotes@csi.edu](mailto:eNotes@csi.edu) and enter the word “eNotes” in the subject line. You must include your complete name, job title and contact information. Respond to the eNotes by calling Human Resources at 732-6269 or by e-mail to [hr@csi.edu](mailto:hr@csi.edu).

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