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# Week of May 27, 2014

*The official employee newsletter of CSI since 1998*

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## 2013/14 CSI Foundation Announces Faculty Excellence Awards

It is my honor and my privilege to announce the 2012-2013 CSI Foundation's Faculty Excellence Awards. These faculty members were nominated by the students and each will receive a plaque, medal, a \$1,000 gift from the CSI Foundation, and will also receive the opportunity to attend a professional development activity. The CSI Foundation and the students at the College of Southern Idaho proudly salute this year's recipients.

The 2013-2014 CSI Foundation Professional/Technical Faculty Excellence Award is proudly presented to Dr. RoseAnna Holliday



RoseAnna believes that the most important element for an amazing classroom experience is her students. She feels honored by their presence in her classroom and on-line. She augments her students' classroom experiences with real-life/real-time stories from her 20 year history in the world of nutrition and in the classroom. She also tackles tough topics such as organ donation and introduces her students to organ recipients and organ donor families.

She is a collaborative colleague and volunteers her time to make a difference. She organized the creation of a tree for St. Luke's Festival of Trees that provided warm gloves and hats to area children. She is leading a major collaborative project that would result in disaster training.

But above all else, she is a teacher. One student wrote that "She has always made me feel like I am her only student, when she has many more students than just me. She always welcomes questions and answers them thoroughly. She makes sure you understand the material before moving forward." RoseAnna wants her students to understand the "Your College Education will impact your lives in ways you could never

imagine.” The Foundation is proud to honor Dr. Holliday for the positive impact that she has had on the students at the College of Southern Idaho. Please join me in a round of applause.

The 2013-2014 CSI Foundation Academic/Transfer Faculty Excellence Award is proudly presented to Professor Clark Draney.



their potential.

Clark is in his 10th year of teaching at the College of Southern Idaho and he loves coming to work every single day. He loves teaching. He loves seeing students become learners and he loves watching students fall in love with language, and literature and ideas. His teaching aims to help students become active, critical problem-solvers, with clear ideas about how they may continue to learn and grow as they move from the courses that he teaches to other areas in their lives. He continually strives to keep his courses challenging and relevant and has been instrumental in creating new classes to help those students who need just one more hand up as they reach

He is a collaborative colleague and, along with the other members of his department, makes sure that his students have real-life experiences at conferences. He chairs the Academic Technology Committee at CSI and is an active volunteer in the Boy Scouts of America.

Teaching is a life-long endeavor for Clark. Clark rewrote his teaching philosophy a few years ago. One of the tenants of his philosophy is that he teaches because he was well taught. Thank you, Clark, for passing that wisdom on to our students. Please join me in honoring Professor Clark Draney.

Debra J. Wilson, Executive Director  
The College of Southern Idaho Foundation, Inc.

### Faulkner Planetarium Opens New Double Feature

The Faulkner Planetarium will open a new double feature program starting Wednesday, May 28. ‘Cosmic Colors: An Adventure Along the Spectrum’ and ‘Solar Quest’ will run on Wednesday afternoons at 1:30 p.m. until Labor Day.

‘Cosmic Colors’ explores the nature of light, how we perceive it, and unique uses of some of the wavelengths of the electromagnetic spectrum. Colors come to life with their own personalities to tell the audience about themselves. ‘Solar Quest’ looks at what it means to be living with a star, specifically the Sun. This short format program examines some of the characteristics of the Sun and how we keep an eye on it watching for potentially dangerous outbursts. NASA’s Solar Dynamics Observatory, SDO, is featured as one of the latest tools solar scientists use to help gain a better understanding of our star.

After the double feature program, guests can go up to the Centennial Observatory for some free solar viewing through safely filtered telescopes. The observatory’s summer solar viewing sessions take place every Wednesday between 1:30 and 3:30 p.m., weather permitting, between Memorial Day and Labor Day.

Planetarium manager Rick Greenawald says, “This pairing of shows gives audiences a way to explore color, light, and many aspects of how we perceive light. Our lone natural source of light comes from the Sun and the two shows complement each other nicely giving the audience different perspectives of the Sun’s effect on us; from life giving light and heat to potentially dangerous high energy outbursts.” Greenawald also noted that on clear days the audience will get a quick preview of what they can expect to see up in the observatory through a live image feed of the Sun imported into the planetarium from the observatory.

Admission prices to planetarium shows are \$6 for adults, \$5 for seniors, and \$4 for students, including CSI students with a valid student ID; children under age 2 are admitted free. The summer solar observing sessions in the observatory are free.

The Faulkner Planetarium is located in the Herrett Center for Arts and Science on the College of Southern Idaho campus in Twin Falls, ID. For more information visit the Herrett Center's web page at <http://herrett.csi.edu> or call (208) 732-6655.

Doug Maughan  
Public Relations Director

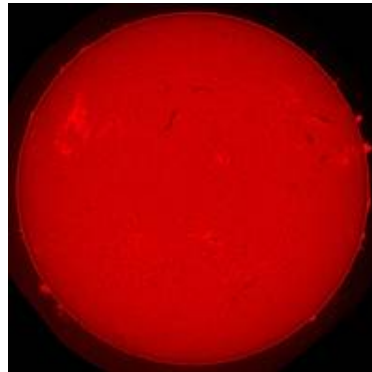
### CSI Swing Band Seeks New Members

Gene Conley, Director of the CSI Swing Band, reports that they performed a successful concert on May 2, 2014, with the theme being "A Tribute to Duke Ellington". The band is currently looking to replace a couple of graduating student members and to expand. We are looking for one trumpet player, a bass player (standup or electric OK) and possibly one tenor sax player and one baritone sax player (depending on word I receive from the current musicians in those two spots as whether or not their schedules will permit them to continue in the Fall). Applicants should have a good grasp of music fundamentals and sight reading. The band plays one concert each semester, and also hires out to campus and outside groups (yes, we get paid for those), such as the annual CSI Black and Gold Ball. Rehearsals are weekly from 5:00-6:30PM Wednesdays in Fine Arts 164 (Band Room). For more information, and to schedule an appointment and an audition, please contact Gene Conley in Fine Arts 80, or call 731-5865.

Gene Conley  
CSI Music Department; Pep Band Arrangements

### Upcoming Centennial Observatory events

#### Summer Solar Sessions



With Memorial Day behind us, summer has arrived (unofficially), and the observatory's Summer Solar Sessions have resumed. From now until Labor Day, every Wednesday afternoon from 1:30 to 3:30 PM, we set up solar telescopes for safe, close-up views of the sun's surface and lower atmosphere, including sunspots, prominences, active regions, and more. If you've never seen hot gas arching thousands of miles off the sun's surface with your own eye, don't pass this opportunity by. Solar activity is beginning to wane from its latest peak of activity, so after 2014 it will be years before it has this much to offer again. Also, the 24" computer-controlled Norman Herrett telescope can find bright stars and planets (including Venus), even in broad daylight. Best of all, admission is free.

#### Hagerman Fossil Beds Star Party

In cooperation with Hagerman Fossil Beds National Monument and the Magic Valley Astronomical Society, the Centennial Observatory is proud to present the inaugural Hagerman Fossil Beds Star Party on Saturday, May 31st. The Visitors' Center in Hagerman opens at 7:30 PM for solar viewing and hands-on activities. A night sky orientation program will be offered at 9:00 PM, after which we'll all head up to the telescopes at the Oregon Trail Overlook. Jupiter, Mars, Saturn, the moon, and a variety of deep sky targets will be in view, including objects so far away that their light began its journey earthward when the Hagerman Horse still grazed the grasslands of Pleistocene Idaho. Outdoor events are weather permitting, and admission to all events is free.

Chris Anderson, Coordinator  
Centennial Observatory

### PERSI Hosts Workshop for Soon-to-be Retirees

“Retirement’s a Beach” is a six-hour workshop intended to help those within five (5) to ten (10) years of retirement from a PERSI employer. Currently, there are openings in the Jerome workshop on July 16, 2014. The workshop is from 9:00AM – 4:00PM (there will be a one-hour break for lunch). Would you please advise your employees of this workshop, in the event they would like to attend.

Members must pre-register for the workshops and can do so by registering on line at the PERSI Web Site: [www.persi.idaho.gov/html/workshops.htm](http://www.persi.idaho.gov/html/workshops.htm).

About three/fourths of the way down that page, click on Workshops, select the one you want, and the registration process begins.

Lisa Mabe  
PERSI Retirement Specialist  
Telephone: (208) 236-6225 or 1-800-451-8228, extension 101  
[lisa.mabe@persi.idaho.gov](mailto:lisa.mabe@persi.idaho.gov)

### Faulkner Planetarium Goes “Back to the Moon for Good”



Why did America launch astronauts to the moon in the 1960s and '70s and then never go back? Did we learn everything there was to know there or get bored with it? A new program that debuts at the Faulkner Planetarium Tuesday, May 27, 'Back to the Moon for Good,' shows why the moon is still a worthy quest.

Narrated by actor Tim Allen, the program examines mankind’s exploration of the Earth’s constant companion. The show begins with a look back to the heyday of lunar exploration, including the United

States’ Apollo missions to the Moon, and then explains why we should go back and the challenges faced in doing so. The Google Lunar X-PRIZE competition, the largest incentivized prize in history at \$30 million, takes center stage as 30 private teams from across the globe compete to be the first to land a probe on the surface of the Moon, travel 500 meters across the lunar surface, and transmit proof in the form of video and data. The first team to accomplish this goal by the end of 2015 will claim the \$30 million prize.

Planetarium manager Rick Greenawald says, “The Moon is once again becoming a hot topic in space exploration. What is often thought of as a desolate and boring place that we know all about is much more than that perception; it’s a destination where science can be done and it has a wealth of natural resources.” Greenawald says the presentation will start with a Faulkner presenter introducing the Moon to the audience and examining some of what the Apollo missions found there, the reasons we stopped going, and why we need to go back.

“Back to the Moon for Good” will run at 2:30 p.m. Tuesdays through Saturdays and at 7 p.m. Tuesdays and Saturdays beginning Tuesday, May 27. Admission prices are \$6 adults, \$5 seniors, and \$4 for students, including CSI students with a valid student ID; children under age 2 are admitted free.

The Faulkner Planetarium is located in the Herrett Center for Arts and Science on the College of Southern Idaho campus in Twin Falls, ID. For more information visit the Herrett Center’s web page at <http://herrett.csi.edu> or call (208) 732-6655.

Doug Maughan  
Public Relations Director

## May is Mental Health Month, So Let's Not Make Our Day Harder!

Here is a cool video on YouTube about "How to make our Day Harder."

Dr. Mike also has a great video on stress management.

<http://www.youtube.com/watch?v=whPuRLiI4c0>

Carrie Nutsch, LPN, CST  
Assistant Professor, Surgical First Assisting

## Depression Symptoms & Warning Signs



### How to Recognize Depression Symptoms and Get Effective Help

The normal ups and downs of life mean that everyone feels sad or has "the blues" from time to time. But if emptiness and despair have taken hold of your life and won't go away, you may have depression.

Depression makes it tough to function and enjoy life like you once did. Just getting through the day can be overwhelming. But no matter how hopeless you feel, you can get better. Understanding the

signs, symptoms, causes, and treatment of depression is the first step to overcoming the problem.

### What is depression?

#### You can help yourself feel better!

- **Dealing with Depression:** Self-Help & Coping Tips to Overcome Depression
- **Helping a Depressed Person:** How to Reach Out and Help Someone While Taking Care of Yourself

Sadness or downswings in mood are normal reactions to life's struggles, setbacks, and disappointments. Many people use the word "depression" to explain these kinds of feelings, but depression is much more than just sadness.

Some people describe depression as "living in a black hole" or having a feeling of impending doom. However, some depressed people don't feel sad at all—they may feel lifeless, empty, and apathetic, or men in particular may even feel angry, aggressive, and restless.

Whatever the symptoms, depression is different from normal sadness in that it engulfs your day-to-day life, interfering with your ability to work, study, eat, sleep, and have fun. The feelings of helplessness, hopelessness, and worthlessness are intense and unrelenting, with little, if any, relief.

### Are you depressed?

If you identify with several of the following signs and symptoms, and they just won't go away, you may be suffering from clinical depression:

- You can't sleep or you sleep too much
- You can't concentrate or find that previously easy tasks are now difficult
- You feel hopeless and helpless
- You can't control your negative thoughts, no matter how much you try
- You have lost your appetite or you can't stop eating
- You are much more irritable, short-tempered, or aggressive than usual
- You're consuming more alcohol than normal or engaging in other reckless behavior
- You have thoughts that life is not worth living (seek help *immediately* if this is the case)

Judy Heatwole, Coordinator  
CSI Employee Wellbeing

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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