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Week of June 9, 2014

The official employee newsletter of CSI since 1998

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CSI Gears Up for New Guns on Campus Law

June 08, 2014 3:00 am • [By Julie Wootton - jwootton@magicvalley.com](#)

TWIN FALLS • Despite its strong opposition to allowing guns on campus, the College of Southern Idaho will comply with a controversial state law that takes effect July 1.

It allows retired law enforcement officers and enhanced concealed-carry permit holders to bring concealed guns onto college campuses.

Gov. C.L. "Butch" Otter signed the bill into law in March, despite opposition by all of Idaho's eight college and university presidents.

"I think a lot of people have deep concerns because we've seen tragic things happen (nationwide)," said CSI President Jeff Fox.

But, Fox said, he doesn't expect "a barrage of people coming to campus and causing problems. At the end of the day, we expect that those people who are qualified will be law-abiding citizens."

If you meet the requirements to bring a concealed firearm to CSI, you likely won't have to inform anyone, public safety director Jim Ellington said.

"We probably will not have the ability for people to let us know," he said, and requiring people to disclose that information could be viewed as an invasion of privacy.

But people carrying a concealed firearm should be able to show documentation, if asked by campus security, he said.

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

Welcome New HR Director Eric, bid Monty Farewell



Who: New HR director Eric Nielson & outgoing director Monty Arrossa

What: Meet & greet & celebrate

When: Wednesday, June 18 from 3:30 to 5 p.m.

Where: TAB 277

Please join the HR office in welcoming our new HR director Eric Nielson and bidding a fond farewell to Monty Arrossa after 11 years with the college. Cake, punch, fruit and nuts will be served. Your cards and gifts for Monty are welcome. Questions? Contact Lynn at x6271 or Judy at x6269.

Betty Slifer Retires, Sends Goodbye Note

After 39 years of teaching at CSI, I am joining the ranks of the retired. In 1975 Doc Taylor and Marv Glasscock hired me to teach in the Skills Department (which was in the Shields Building). After 11 years there, I moved to the English Dept. for 17 years. Then I returned full circle to the Skills Dept.

I have wonderful memories of so many colleagues and students. It has been my pleasure and privilege to be a part of the CSI team, and I am deeply grateful. With Jeff's leadership, I know that CSI will continue to be a college we all can be proud of.

Betty Slifer
Professor, Language Arts

Remembrance 5k Walk/Run

June 14, 2014
At the CSI Tower,
Center of Campus

Registration begins at 7:00am
Run/Walk begins at 8:00am
\$10 Donation /per person

Benefiting Kids Count Too, Inc.
(Local Kids Grief Program)

"Move to Remember, Remember to Move"
Come light a candle and remember the loved ones who have passed away and made an everlasting impression on your heart.

Non-Competitive 5k
Register the Day of Event

Contact Info:
Tiffany Eckles teckles@csi.edu or 731-1461
Tiffany Eckles (CSI PE Adjunct)

Mark Your Calendar: Upcoming EAP Webinars

Keeping Your Love Alive

June 17 at noon in TAB 258

Learn 10 relational essentials, how to cope with challenges and conflict, and how to

balance communication styles while keeping your relationship fresh in this 60-minute webinar.

You Make Me So Mad!

July 15 at noon in TAB 258

Rude service encounters. Road rage. Violence in the workplace. Why is everyone so angry? Learn about the causes of anger and how to manage it.

Getting involved with your Child's School

August 19 at noon in TAB 258

Along with the notebooks, pens, and a new backpack, your kids need parental involvement to succeed in school. Learn effective ways to be a part of your child's school experience.

These events are sponsored by the CSI Employee Wellbeing program. Bring your lunch and a friend or coworker. We will ask for RSVPs closer to these events just to make sure we have some interest before setting up all the equipment and tying up a room.

Judy Heatwole, Coordinator
CSI Employee Wellbeing

Table Talk: Boundaries



Table Talk is a new feature on **Health Matters**. The table topic changes monthly with thoughts and questions your family may discuss at the table, on the couch, in the car, or on a walk. It's a great way to connect and to learn what's going on in each other's lives.

June: Boundaries

Use the questions below for self-reflection or to start a discussion with your family.

What does it mean to set boundaries?

Thoughts: It's like a line you draw or a set of rules you follow that guide what you will say "yes" to and what you will say "no" to in a situation. When you hear someone say "they pushed me too far" it could mean that person was pushed beyond personal boundaries, beyond what was acceptable to that person in that situation.

What kinds of situations require boundaries?

Thoughts: That is totally up to you. Many people set boundaries regarding their personal ethics...just how much they will compromise in a situation. Others set boundaries in terms of physical, emotional, or personal space and how they will relate to or interact with other people. Some people set boundaries regarding their health...how much sugar they will eat, how often they will work out, what healthy foods they will or will not eat. It's all about knowing and acknowledging what is important to you in your life.

Why are boundaries important?

Thoughts: they help you make known to others what is important to you. Saying "yes" to everything in life can create stress and havoc. Saying "no" to everything can cause disappointment and regret. Setting boundaries can make you feel safe, improve your health, can help you decrease stress, and manage your time,

How do you let other people know your boundaries?

Thoughts: Sometimes a simple "no" or "yes" is enough said. Sometimes you need to tell the other person what your boundaries are. Being clear about your boundaries can improve communication in many situations.

Does it take courage to set boundaries?

Thoughts: Yes - for many reasons! It means you have to think about what is important to you...what you are willing to say no to and what you are willing to stand up for and defend. Sometimes setting a boundary can feel like you are offending the other person, or disagreeing with the other person. Setting boundaries *can* feel uncomfortable. Setting

boundaries can also feel exhilarating because you stood up for you - you took care of yourself and your needs.

Can you think of a situation at work, home, or school where someone clearly set a boundary? What did they say or do to set that boundary? Have you set any boundaries?

Join 'LIVE -OR- DYE CSI!' Team for Color Dash July 26th

This is a 5K - you can walk or run. Our fabulous wellness program is sponsoring the cost of T-shirts/tanks for those CSI employees who register for this event. Tereasa Bendele-Nichols created the awesome logo below and I am hoping to get a great CSI turnout. This Color Dash Benefits: Magic Valley Trail Enhancement & Snake River Canyon Rim trail system, there is **no** CSI affiliation.

- Packet Pick-Up: 6 AM
- Dash Start: 8 AM
- Starting location: Twin Falls Visitor Center

Register for this event at: https://www.eventbrite.com/e/the-color-dash-twin-falls-id-registration-10878869993?team_token=755569-18148.

Once you have registered for the event, please email dorr@csi.edu your t-shirt / tank size. (If you cannot attend but would like to buy a t-shirt, please ask for an order form.) All orders must be received by 4pm, July 11th.

The Magic Valley Trail Enhancement Committee, Idaho Central Credit Union and the Chamber are teaming up to hold the Canyon Rim Color Dash on July 26 at 8am. The Color Dash is the World's Brightest 5k! This non-competitive 5k run/walk is for all ages and abilities. You start the course fresh and clean and at each Kilometer you get a colorful shower of powder. Each Kilometer adds to your blank canvas until at the end of the Dash you look like a bag of skittles. The money raised from the Color Dash will help fund the renovation of Centennial Plaza to create better trail access and MavTEC's mission to enhance recreational trails in the Magic Valley.



Dawn Orr
Administrative Assistant

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 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.

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Phone: (208) 733-9554 - Toll free: 1-800-680-0274 (Idaho & Nevada)

E-mail: info@csi.edu - Comments and questions about this site: csiwebmaster@csi.edu

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