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## Week of June 16, 2014

*The official employee newsletter of CSI since 1998*

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### 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.

### CSI Summer Camps Entertain Area Youth

BY C. COLT CRANE for the Times-News

This excerpt is from a guide to summer fun in Mini-Cassia.

The College of Southern Idaho also has started its College 4 Kids programs. The CSI Mini-Cassia Center is offering Beginning Golf for Kids, holiday-themed classes on Father's Day and Independence Day, and the annual Science Camp: G.A.M.E.S (Great Adventures in Math, Engineering and Science).

The Science Camp June 16-17 details the principles of math and science through hands-on demonstrations and games. It costs \$40.

"The Science Camp program is important because we want kids to get involved in science

at an early age,” said Ashley Schultz, of CSI Community Education. “We hope to encourage a lasting involvement in science.”

For gamers, a first-ever Minecraft Camp will be at the CSI campus in Twin Falls, allowing participants to explore and create worlds, solve problems and collaborate with others on in-game quests. The \$90 camp runs Aug. 5-7 and Aug.12-14. For more information on CSI summer programs, call 208-678-1400.

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

### Please RSVP to this Week's EAP Webinar

**Please RSVP** to this event so we have the room ready for you! Call Judy at x6269 or reply to [jheatwole@csi.edu](mailto:jheatwole@csi.edu).

#### 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.

Judy Heatwole, Coordinator  
CSI Employee Wellbeing

### Save \$\$\$: Purchase 90-Day Maintenance Meds at your Pharmacy



Retail90 allows you to purchase a 90-day supply of maintenance medications. To participate, ask your doctor to write your prescription for 90 days and fill it at any pharmacy that participates in the Retail90 program.

**Employees can check to see** if their prescriptions qualify for a 90 supply online at:

<http://selecthealth.org/i/Pages/Pharmacy-Plans.aspx>.

Under “Tools” open the “Prescription Drug Lists”.

Then select “Idaho RXSelect Formulary”.

Find and select your drug. This opens to another page where you can enter 90 in the “Selected Quantity” then click on “Apply”. A statement will show if your drug is NOT eligible, otherwise the retail cost your pharmacy bills Select Health is listed and includes the tier (\*see example below). Each drug is covered under a specific tier that corresponds with the co-payments below.

Tier 1 \$10 co-pay Generic  
Tier 2 \$25 co-pay Formulary Brands  
Tier 3 \$45 co-pay Non-Formulary Brands  
Tier 4 15%

#### Maintenance Drugs - 90 Day Supply

Tier 1 \$10 co-pay Generic  
Tier 2 \$25 co-pay Formulary Brands  
Tier 3 \$45 co-pay Non-Formulary Brands  
Tier 4 15%

Drug Lookup Results

This page provides information on a specific drug such as pricing, therapeutic alternatives, and related drug classes.



Idaho Related St Luke's - for St. Luke's Employees Only

Alternative Drug Options (Research another drug) Your Formulary is: IDAHO SELECT

Drug Name AMPHETAMINE SALTS 5 MG TABLET  
 Drug Class Narcolepsy Therapy Agents- Stimulant-Type.Sympathomimetic,Amphetamines  
 Selected Quantity 90 - Change Quantity Here 90   
 Maximum Days Supplied 30 (Retail) - 90 (Maintenance)

Attention: Prices are calculated based on QUANTITY. You may need to change the quantity in order to display the proper price. You may receive the greatest savings when ordering a 90-day supply using your maintenance benefit. Price fields do not reflect deductibles or benefit limitations. The copays are not reflective of the difference in cost should you choose a brand when a generic is available. For more information, please call Select-Health.

Please print this page and share the information with your Doctor. Please be aware that some of these therapeutic alternatives MAY NOT be appropriate for you. Also, dosages for the alternatives listed below may not be equivalent, varying from one drug to another.

Alternative Drug Options

Retail Pricing Maintenance Pricing

Special Requirements	Drug Name	Commonly Prescribed Quantity	Retail90 Cost	Allowed Amount	Product Status
GEN   QL	AMPHETAMINE SALTS 5 MG TABLET	90	Not Covered	Not Covered	Not Covered
GEN   QL	AMPHETAMINE SALTS 12.5 MG TAB	180	Not Covered	Not Covered	Not Covered
GEN   QL	AMPHETAMINE SALTS 15 MG TABLET	180	Not Covered	Not Covered	Not Covered
GEN   QL	AMPHETAMINE SALTS 7.5 MG TAB	180	Not Covered	Not Covered	Not Covered
GEN   QL	D-AMPHETAMINE ER 5 MG CAPSULE	90	Not Covered	Not Covered	Not Covered
GEN   QL	DEXTROAMPHETAMINE 5 MG TAB	180	\$297.83	\$288.83	Tier 1
GEN   QL	ZENZED 10 MG TABLET	90	\$172.52	\$163.52	Tier 1
QL	DEXTROAMPHETAMINE 10 MG TAB	180	\$321.05	\$323.05	Tier 1
GEN   QL	D-AMPHETAMINE ER 10 MG CAPSULE	180	Not Covered	Not Covered	Not Covered

Kim Fultz  
 HR Payroll Manager

Summer Wellness Fun Events Continue with Tai Chi

We continue our summer FUN events this week with more Tai Chi on Tuesday and Thursday at 9 a.m. We will meet in the SUB downstairs area until further notice. At least 12 people have come to join the fun the first week and we hope to grow from there. Bring a coworker and find us tomorrow just outside the Matrix

Judy Heatwole, Coordinator  
 CSI Employee Wellbeing

Fit & Well Idaho Twin Falls Family Day



Bring the whole family for a great day of activities for everyone!

Twin Falls City Park  
 Saturday, June 21, from 10 a.m. to 2 p.m.

- Activities and games for the kids
- Wellness information
- Nutrition and exercise sessions
- Bounce house and rock wall
- Healthy food and snacks
- FREE family fun!

20 Eye-inspired Quotes from Iconic VISIONaries

In case you missed these great quotes in the current VSP (our vision care provider) newsletter, here they are. Enjoy!

Check out these 20 eye-inspired quotes for a fresh perspective on those peepers!

1. "An eye for an eye only ends up making the whole world blind." – **Gandhi**
2. "The beauty of a woman must be seen from in her eyes, because that is the doorway to her heart, the place where love resides." – **Audrey Hepburn**
3. "Keep your eyes on the stars, and your feet on the ground." – **Theodore Roosevelt**
4. "We live in a wonderful world that is full of beauty, charm and adventure. There is no end to the adventures that we can have if only we seek them with our eyes open." – **Jawaharlal Nehru**
5. "The real voyage of discovery consists not in seeking new landscapes, but in having new eyes." – **Marcel Proust**
6. "Love is blind; friendship closes its eyes." – **Friedrich Nietzsche**
7. "Could a greater miracle take place than for us to look through each other's eyes for an instant?" – **Henry David Thoreau**
8. "Stuff your eyes with wonder, live as if you'd drop dead in ten seconds. See the world. It's more fantastic than any dream made or paid for in factories." – **Ray Bradbury**
9. "No one can lie, no one can hide anything, when he looks directly into someone's eyes." – **Paulo Coelho**
10. "Beauty is how you feel inside, and it reflects in your eyes. It is not something physical." – **Sophia Loren**
11. "The face is the mirror of the mind, and eyes without speaking confess the secrets of the heart." – **St. Jerome**
12. "Where words are restrained, the eyes often talk a great deal." – **Samuel Richardson**
13. "Language is a more recent technology. Your body language, your eyes, your energy will come through to your audience before you even start speaking." – **Peter Guber**
14. "The sky is the daily bread of the eyes." – **Ralph Waldo Emerson**
15. "Sometimes you can't see yourself clearly until you see yourself through the eyes of others." – **Ellen DeGeneres**
16. "The world is the true classroom. The most rewarding and important type of learning is through experience, seeing something with our own eyes." – **Jack Hanna**
17. "It is necessary to keep one's compass in one's eyes and not in the hand, for the hands execute, but the eye judges." – **Michelangelo**
18. "Leaders keep their eyes on the horizon, not just the bottom line." – **Warren G. Bennis**
19. "The greatest magnifying glasses in the world are a man's own eyes when they look upon his own person." – **Alexander Pope**
20. "Behind every great man is a woman rolling her eyes." – **Jim Carrey**

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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