

eNotes CSI

Employee Newsletter

[eNotes](#) | [Archives](#) | [HR Home](#) | [Contact Us](#)

Past Issues

July 28, 2014
 July 21, 2014
 July 14, 2014
 July 07, 2014
 June 30, 2014

Related Links

CSI Calendar
 Community Calendar
 Discounts Idaho State
 EAP Websites (2)
 Ed2Go Classes
 Ergonomic Stretches
 Faculty/ Staff Dev
 Fit & Well Idaho
 ISBDC Trainings
 ITC Classes
 MV Health Calendar
 My CSI Benefits
 Student Health 101
 Student Rec Center
 Sustainability Council
 Wellness@CSI

Week of August 4, 2014

The official employee newsletter of CSI since 1998

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Table of Contents

["McCash for Kids" Raises Money for School Supplies](#)
[Herrett Center Hosts Annual Creepy Crawly Day](#)
[Effective Teacher Workshop](#)
[Dynamic Earth: Exploring Earth's Climate Engine](#)
[This Week's FUN Wellbeing Events](#)
[Five Ways to Benefit from Walking](#)
[CSI Foundation Hosts 2nd Annual Welcome Back Bash](#)

McCash for Kids Raises Money for School Supplies



The annual McCash for Kids event, which raises money to help hundreds of local school children receive backpacks and school supplies, is this Wednesday, Aug. 6 at any Twin Falls or Buhl McDonalds. This event is sponsored by KEZJ, 98.3 the Snake, 1310 KLIX, South Central Community Action, Smiles 4 Kids Dentistry, Filer Mutual, Glanbia Foods, Magic Valley Vision, Swire Coca-Cola, and McDonalds. Have dinner at any McDonald's this Wednesday evening and McDonalds will donate 25-percent of the proceeds to South Central Community Action to purchase backpacks and school supplies for local kids.

Doug Maughan
 College of Southern Idaho
 Public Relations Director

Herrett Center Hosts Annual Creepy Crawly Day

The Herrett Center for Arts and Science and friends will host their annual Creepy Crawly Day from 1 to 5 p.m. Saturday, Aug. 9 at the Herrett Center.

Herrett reptile specialist Nick Peterson says the event IS an opportunity to educate the public about reptiles and other exotic pets. In addition to the snakes and iguanas from the Herrett Center, Peterson expects tarantulas and three different species of cockroaches.

The event is free and open to the public and will be held in the Rick Allen Room of the

Herrett Center. The Herrett Center for Arts and Science is located on the north side of the College of Southern Idaho campus on North College Road.

Doug Maughan
College of Southern Idaho
Public Relations Director

Effective Teacher Workshop

By Tracey Meyerhoeffer and Evin Fox

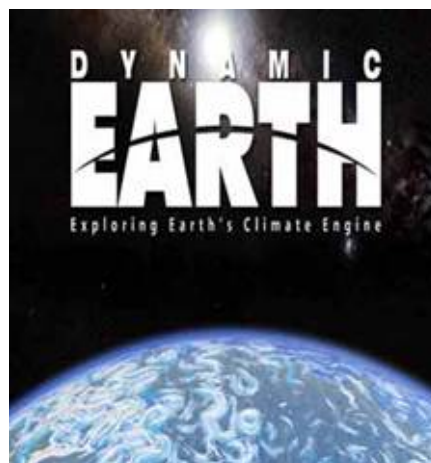
Please reserve Thursday, August 14 and Friday, August 15 (9:00am – 4:00pm) for this activity. The workshop will take place in the Hepworth Building, room 179. Lunch will be provided as well as one credit hour of instruction that will provide documentation that you have participated in this educational methodologies training (an important criteria for several agencies to which we are accountable). Please respond to Administrative Assistant Shonna Parsons (sparsons@csi.edu; 732-6281) with confirmation of attending so that we can plan accordingly.

If you have attended this workshop in the past, the instructors assure me that it will be different and even more beneficial the second time. You are encouraged to repeat the experience, but are not necessarily expected to do so. This year the topical outline is as follows:

- Characteristics of an Effective Teacher
- Characteristics of Adult Learners
- Instructional Cycle
- Instructional Strategies
- Classroom Management (Behavior and Environment)
- Professionalism
- Feedback/Assessment (Summative and Formative)
- Outcomes Assessment
- Technical Skills Assessment
- Instructional Technology

Evin Fox, Ph.D.
Professor

Dynamic Earth: Exploring Earth's Climate Engine



Why does Earth offer such an exciting range of mostly habitable climate conditions when its sister planet Venus is a hellish nightmare? 'Dynamic Earth: Exploring Earth's Climate Engine' has the amazing answer to this and other questions as it joins the summer lineup of nine programs now playing at the Faulkner Planetarium.

Planetarium manager Rick Greenawald says, "This show will challenge audiences to look at the big picture of our planet. When we debate global climate change, many people cite local or regional temperatures and weather trends on a very short time scale of weeks or months.

Actually, the entire planet is interconnected, and not always in the most obvious ways. Life does affect the Earth's climate. I think people will be truly amazed by this program."

Each showing of 'Dynamic Earth' will be followed by a live sky tour presented on the planetarium dome by the show presenter, which will include tips on where to look for planets, constellations, and other celestial objects visible to the unaided eye.

The show will run at 2:30 p.m. Tuesdays through Saturdays as well as at 7 p.m. Tuesday and Saturday evenings beginning Aug. 5. Admission is \$6 for adults, \$5 for seniors, and \$4 for students with valid student ID. Children under 2 will be admitted free.

Other shows at the Faulkner Planetarium in August are: Back to the Moon for Good; Flight of the Butterflies; Cosmic Colors: An Adventure Along the Spectrum; Solar Quest; Earth, Moon, and Sun; One World, One Sky: Big Bird's Adventure; Perfect Little Planet; and Pink Floyd: The Wall. For more information about show times and other attractions at the Herrett Center for Arts and Science, please call 732-6655 or visit www.csi.edu/herrett.

Doug Maughan
College of Southern Idaho
Public Relations Director

This Week's FUN Wellbeing Events



TUESDAY – 9 a.m. **T'ai Chi** with Moose in the SUB

Belly Dancing has been postponed and may be rescheduled for sometime during fall semester

THURSDAY – 9 a.m. **T'ai Chi** with Moose in the SUB

Judy Heatwole, Coordinator
CSI Employee Wellbeing

Five Ways to Benefit from Walking

BPA Health – Our EAP Provider – 6/2014

If you are experiencing low spirits, some exercise may be the last thing you want to do. However, keeping physically active is known to boost your mood. This is why many doctors recommend exercise as part of a treatment regimen for mild to moderate depression. Even when feeling low, a walk is manageable. It offers just as many benefits to your mental wellbeing as more strenuous forms of exercise. Here are 5 reasons why taking a walk has a positive impact on your mood.

Your body releases feel-good chemicals

When you go for a walk, your body releases chemical messengers that boost your mood. These beneficial chemicals include endorphins, serotonin, and dopamine, all of which promote feelings of wellbeing. At the same time, your body reduces production of stress hormones, helping you relax.

You benefit from green exercise

Although walking in a built-up area can have a positive influence on the way you feel, greater benefits are seen when you exercise in a more natural environment. Research published in the journal *Environmental Science and Technology* showed that this so-called "green exercise" benefits mood after as little as five minutes. The researchers found that the most benefit was gained when exercise was close to water, suggesting that a walk around a lake or along a river may be particularly helpful to lift your mood.

You produce vitamin D

People living at higher latitudes are more prone to depression, which may relate to reduced vitamin D production. Making the most of opportunities to boost your vitamin D levels is therefore beneficial if you suffer from low mood. A daily walk of just ten or fifteen minutes is an easy way to reap this benefit.

You feel more alert and have more energy

Depression is often accompanied by feeling mentally and physically sluggish, but research by the University of Texas showed that a thirty minute walk enhances alertness, energy levels, and wellbeing. Boosting these feelings enhances motivation, making it easier to participate in everyday activities and comply with recommended treatments for depression.

You sleep better

If you struggle with sleep, this may be a cause or consequence of low mood. However, research published in the journal *Sleep* indicates that taking at least a 30 minute walk each morning can improve sleep. A morning walk may therefore be a beneficial way to manage depressive symptoms.

CSI Foundation Hosts 2nd Annual Welcome Back Bash

The CSI Foundation is hosting the 2nd Annual Welcome Back Bash Monday August 18, 2014 at 5:00pm at the Turf Club. (Even though we know some employees didn't leave). It is a social gathering for ALL CSI Employees and Retirees to celebrate the start of another school year. So grab your spouse or your co-worker, or BOTH, and come on by for food, music and great company. Please RSVP (so we have enough food) as soon as you can.



Tamara Harmon
The College of Southern Idaho Foundation, Inc.

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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