

eNotes CSI

Employee Newsletter

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Past Issues

September 15, 2014
 September 08, 2014
 August 18, 2014
 August 11, 2014
 August 04, 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 September 22, 2014

The official employee newsletter of CSI since 1998

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Table of Contents

"Meet you anytime you want, in our Italian Restaurant."
 12th Annual CSI Corn Maze Opens Friday, Oct. 3
 Brown Bag Series: Teaching with Technology
 Herrett Center Hosts Mask Making for Kids 8 - 11
 Brown Bag Events for Fall Semester
 LAST WEEK for CSI Health Screenings
 Triathlon & Dental Assisting Clubs Sponsor Miles of Smiles 5K
 Got Drugs? National Prescription Drug Take-Back Day, 9/27
 Bike, Board, Walk, or Run to Campus!
 Try the 500 Rule for Weight Loss
 Active Transportation Meeting is Tuesday 1 p.m. in Shields 201
 Stash Your Cash Smart Investing @ Your Library

"Meet you anytime you want, in our Italian Restaurant."



One of the best Italian dinners in town will be served by CSI Culinary Arts students at the 12th annual Italian Buffet from 5 to 8 p.m. Thursday, Oct. 2 in the College of Southern Idaho's Desert Café.

The event tests the skills of CSI's Culinary Arts and Hospitality students as they prepare and serve a buffet for the general public. The evening's menu includes: sweet and sour Sicilian braised chicken, mild Italian sausage with meatballs, eight-layer lasagna with Bolognese sauce, spaghetti, penne

Alfredo, ravioli, and an assortment of salads, breads, and desserts.

Tickets are \$16 for adults and \$8.50 for children, ages 5 – 12. Children under five can eat free. Space is limited in the Desert Café so it's advised that patrons buy their tickets in advance by calling Lauri Watkins in the CSI Trade and Industry office at 732-6300.

Doug Maughan
 Public Relations Director

12th Annual CSI Corn Maze Opens Friday, Oct. 3

The 12th annual CSI Corn Maze begins a full month of nightly operation Friday, Oct. 3. Students in the College of Southern Idaho's Horticulture Club oversee the project that begins with spring planting and continues through cultivation, design, cutting and management of the maze. The 11-acre field is located northwest of CSI's Health Science

building on North College Road. The maze will be open from 5 to 10 p.m. every night from Oct. 3 through Halloween night Friday, Oct. 31.

Club advisor and Horticulture professor Chance Munns says abundant precipitation made the corn grow thicker and taller this year. In addition to a precision-cut design in the field and CSI clubs who have managed the maze before, he says it'll be better than ever. Other CSI clubs managing the maze are Environmental Technology, Equine, and Livestock Judging.

Admission is \$3 per person except on theme nights. Children 5 and under are always admitted free. Special nights include: Family Night Oct. 3 – groups of four will be admitted for just \$5 and children will get a free glow stick; Military Night Oct. 10 – just \$1 admission with military ID, includes a free soft drink; Date Night on Oct. 17 - \$10 per couple, includes two cheeseburgers, two drinks, and two candy bars; Breast Cancer Awareness Nights on Oct. 24 and 25 – for everyone who wears pink, the CSI Horticulture Club will donate their admission price to the St. Luke's Magic Valley Foundation for the 900 Women Project; Fright Night Oct. 31 - \$5 admission to the haunted corn maze.

Refreshments sold at the warming fire by the maze entrance each evening include burgers, hot dogs, candy, hot chocolate, water, and soda. Clubs will also sell glow sticks and flashlights. Visitors are encouraged to bring their own flashlights and dress for the weather.

Doug Maughan
Public Relations Director

Brown Bag Series: Teaching with Technology

Many of us use Blackboard at CSI, and most of us have developed unique ways to deliver content to students using this tool. Please join us on Thursdays from 1:30-2:30 pm in Hepworth 143 (computer lab) as we launch the second Brown Bag series, "Teaching with Technology." Faculty from across campus are encouraged to join in and share how they are using Blackboard to augment student learning. Are you new to Blackboard? Come learn from others with more experience. Let's have fun!

Contact Robin Bagent for more information. rbagent@csi.edu

Robin Bagent
Director, Business Management & Entrepreneurship

Herrett Center Hosts Mask Making for Kids 8 - 11

The latest in the Herrett Center's 'Explore Herrett' series will be a mask-making workshop for kids from age 8 to 11 from 1:30 to 4 p.m. Saturday, Sept. 27.

Herrett Exhibits Manager Joey Heck will show kids some of the masks that have been made by cultures from around the world and then show how to make their own designs. The finished masks will be displayed at the Herrett Center until the end of October.

The cost to participate is just a \$3 supply fee, which is due at the time of registration. Class size is limited and registration will be discontinued when the class is at capacity. Please call the Herrett Center at 732-6655 for more information or register at the front desk.

Doug Maughan



Public Relations Director

Brown Bag Events for Fall Semester

Below is a copy of our topics for this fall.

Please attend the next brown bag event at the Desert Cafe.
 Wednesday, 9/24, 12:00-12:50
 Topic: "How to assess in non-traditional environments"

Evin Fox, Ph.D.
 Professor

| Date | Topic | Host | Location |
|-------|--|----------|----------|
| 9/3 | Syllabus Review | Evin Fox | Hep 176 |
| 9/10 | What does it mean to be a professional? | | Hep 176 |
| 9/17 | Teaching with Creativity | | Hep 176 |
| 9/24 | How to assess in non-traditional environments | | Cafe |
| 10/1 | Service Learning | | Cafe |
| 10/8 | Retention Issues and Strategies | | |
| 10/15 | Online Learning Tools | | |
| 10/22 | How to teach vocabulary and other memorizing facts | | |
| 10/29 | How to grade essays | | |
| 11/5 | Writing and using course learning outcomes | | |
| 11/12 | Classroom Management | | |
| 11/19 | How to teach the reluctant learner | | |
| 12/3 | Celebration | Evin Fox | |

LAST WEEK for CSI Health Screenings



Thursday, 7 - 9 a.m. and 2:30 - 4:30 in TAB 247
Friday, 7 - 9 a.m. in HSHS 139

Participating in this screening is FREE and is rewarded with a \$25 per month discount on health insurance effective October 2014 to July 2015.

Remember to fast for two (2) hours by having nothing to eat or drink but water. If you have diabetes, please just bring a copy of your latest Hgb A1C. Everyone is advised to take all medications as prescribed by your health care provider.

If you have visited your healthcare provider between May 1 and the end of September you may submit a verification form by the September 30 to also qualify for the \$25 monthly paycheck discount.

No appointment is necessary. Just drop in during one of the times listed above.

Please refer your questions to jheatwole@csi.edu or to x6269.

Judy Heatwole, Coordinator
 CSI Employee Wellbeing

Triathlon & Dental Assisting Clubs Sponsor Miles of Smiles 5K

The College of Southern Idaho's Triathlon and Dental Assisting clubs will host the Miles of Smiles 5K walk/run at 8 a.m. Saturday, Oct. 11 on the CSI campus.

Registration will begin at 7 a.m. at the bus stop between the Taylor and Fine Arts buildings and is \$10 per person. Each participant will receive a bag of oral care products and will be entered to win an electric toothbrush. Those with the fastest times will also receive prizes.

For more information, please contact CSI Dental Assisting instructor Tonya Bowcut at 732-6708 or tbowcut@csi.edu or Triathlon advisor Scott Rogers at 732-6488 or srogers@csi.edu

Doug Maughan
 Public Relations Director

Got Drugs? National Prescription Drug Take-Back Day, 9/27

Safely dispose of your unused or expired medications.

- [Drug Free Idaho](#)
- [Find other locations in Idaho](#)
- [Download a flyer](#)

Bike, Board, Walk, or Run to Campus!

Burn Calories, not fuel!



Active Transportation Week
Oct. 6th – Oct. 10th
 7:45 am – 12:00 noon each day

Check in at the main campus entrance bus stop between 7:45 and 12:00 noon for treats and an opportunity to win great prizes!

Sponsored by the CSI Longboarders' Club and the CSI Sustainability Council

Sarah Harris
Biology Department

Try the 500 Rule for Weight Loss

Lose 1 pound a week by cutting 500 calories a day this way:

- Burn 250 calories in extra activity, such as a 30-minute bike ride or cleaning chore.
- Consume 250 fewer calories, such as smaller portions and one less beverage or snack.

Design your exercise plan: Activities might include weights, walking, swimming, dancing, Pilates, basketball and extra chores. Target moderate to vigorous intensity most days of the week.

St. Luke's has supplied these handy guidelines for weight management and loss at each of their screenings this month. Check them out for more detailed information about your best weight and how to effectively lose weight and keep it off.

<http://wellness.csi.edu/stepstohealthyweight.pdf>

<http://wellness.csi.edu/stepstohealthyweighttable.pdf>

Active Transportation Meeting is Tuesday 1 p.m. in Shields 201

Biking or walking [boarding too!] may be the secret to a happier life

Margaret Badore (@mbadore), Living / Health



There are many anecdotes about the joys of trading in a car for a bike, and now researchers in England are backing this idea with data. A **study from the University of East Anglia** and the Centre for Diet and Activity Research finds that people who switch from commuting by car to biking or walking improved their overall well-being.

Researchers examined data from 18,000 commuters in Britain, collected by the British Household Panel Survey. They looked at mental health indicators such as feelings of worthlessness, sleepless nights, the ability to face problems and unhappiness. People who walk or cycle to work reported better concentration and lower levels of stress, compared to people who drive a car.

The study controlled for a number of factors that also impact well-being, like income, relationship changes and switching jobs.

The researchers also found that people who use public transportation like buses and trains also experience less stress than drivers. A longer drive to work was associated with a more negative physiological impact.

This isn't the first study to link bike commuting with happiness. Research based on data from the American Time Use Survey found that **biking had the most positive impact on mood** compared to other modes of transportation—although the study also found that the way we travel doesn't impact our mood as much as other daily activities.

The authors of the new study, which was published today in Preventive Medicine, hope their research will be considered in city planning and infrastructure choices.

Submitted by
Sarah Harris, Biology Dept.

Stash Your Cash Smart Investing @ Your Library

We thank Crystal Ayers for this notice:

The Magic Valley Libraries, which consist of Buhl, Burley, Gooding, Hailey, Hagerman, Jerome, Richfield, DeMary Memorial Public (Rupert), Sherburn Smith Memorial (Wendell), Shoshone, and Twin Falls present the Stash Your Cash financial literacy project aimed at improving access to friendly financial information for area residents..

Smart investing@yourlibrary® is a grant-funded program developed collaboratively by the American Library Association and the FINRA Investor Education Foundation. The program addresses the growing need for unbiased financial and investor education at the grassroots level. Since its launch in 2007, participating libraries and their community partners have helped people nationwide find the information they need to improve their financial decisions.

StashCash.org is available online.

Join us for the Stash Your Cash Financial Literacy Fairs:

*Free, Fun, and Family Focused – all ages welcome!
Light snacks available*

Wednesday, October 29, 5-8 pm

CSI Hailey campus: 1050 Fox Acres Road, Hailey

Thursday, October 30, 5-8 pm

CSI Burley campus: 1600 Parke Avenue, Burley

Thursday, November 6, 5-8 pm

CSI Gooding campus: 202 14th Avenue E., Gooding

Saturday, November 8, 1-4 pm

Herrett Center for Arts and Science,
315 Falls Avenue, Twin Falls

*Magic Valley libraries will host additional Stash Your Cash events
and activities between January and September 2015.*



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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