



## Week of October 6, 2014

*The official employee newsletter of CSI since 1998*

For off-campus & retired employees: Subscribe to the eNotes [Listserv](#)

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### For your Calendar:

Coming October 21, dedication and grand opening of the Applied Technology and Innovation Center, 3 to 6 p.m., ATIC building

### Fran Tanner NW Regional Speech & Debate is Sept 26-27

The College of Southern Idaho hosted its annual Fran Tanner Northwest Regional Speech and Debate tournament over the weekend of Sept. 26-27. The Eagles hosted six other schools including Boise and Utah State Universities. The tournament is the first of the season in the Northwest for college forensics competitors to sharpen their skills before the major tournament season starts. The Eagles had three competitors walk away with Top Speaker awards from the weekend; Casey Shaffer, Matthew Lehman, and Emma-Leigh Smith all placed as Top Speakers in Novice and Open Debate respectively. CSI's next tournament is at Lewis-Clark College in Portland, Oregon in Oct.

Doug Maughan  
Public Relations Director

### CSI ad campaign

CSI has launched our newest ad campaign on local television channels. Our theme – Success Begins Here – will be seen and heard on all our ads this fiscal year. These ads will run through mid-October. We have selected several people whose successes started at CSI and will be producing those stories for print, broadcast, and online distribution. Some of you may know Mari Nelson (formerly Houser). Here are her short and long-form videos:

30 sec:

<https://www.youtube.com/watch?v=qsA8zrU9mjo>

3 minute:

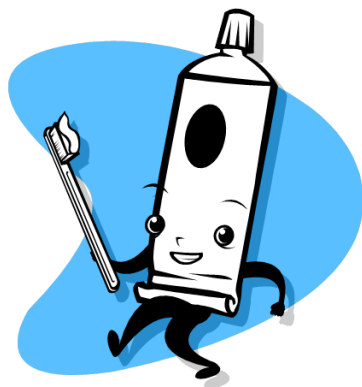
<https://www.youtube.com/watch?v=LVZZsAOfyD0>

Doug Maughan  
College of Southern Idaho  
Public Relations Director  
208-732-6262

## The New On-line MBA Program from Idaho State University

Heidi Wadsworth, Director of Graduate Studies from ISU, will be available for advising sessions on the CSI campus regarding the fully on-line MBA program on October 14th in Hepworth 144. Sessions will be thirty minutes in length and will run from 9:30 am through 4:00 pm. Please reply via email or contact the Twin Falls ISU office at 933-2300 or 736-2101 to arrange for an appointment.

## October is National Dental Hygiene Month



How about celebrating with Miles of Smiles 5K Walk / Run sponsored by the CSI Dental Assisting & Triathlon clubs!

**When:** October 11, 2014

**Where:** On CSI Campus – Twin Falls

**Time:** Registration 7:00 am Race begins 8:00 am

**How do I register?** Just come the day of the event

**How much is it?** \$10.00 per person

What's in it for me? Each participant receives a bag of oral hygiene items and is entered into a raffle for an electric toothbrush. Fastest times will also receive addition prizes.

Questions? Call Scott Rogers 732-6488 or Tonja Bowcut 732-6708

Tonja S. Bowcut, CDA  
Program Director - Dental Assisting

## Wellness-Related Community Ed Classes Discounted to Employees/Spouses

These classes are co-sponsored by the CSI Employee Wellbeing Committee to make them more affordable to you. See the reduced fees below and contact Ashley in the Community Ed office or register online.

### Introduction to Tai Chi – for CSI Employees

**T/TH Oct 14 - Dec 11 5:30 to 6:30pm**

Originally developed for self-defense, tai chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as *meditation in motion*, tai chi promotes serenity through gentle, flowing movements. Learn this self-paced system of gentle physical

exercise and stretching, where each posture flows into the next without pause, ensuring that your body is in constant motion. Motivated newcomers are welcome, but participants should consult their doctor if they have any concerns about taking this class. **Instructor:** Serge Azzolini **Fee:** \$30

### **Whole Foods – Naturally Sweet**

**T Nov 11 6 to 9pm**

American sugar consumption has skyrocketed since the industrial revolution began. What used to be considered white gold is now consumed at an enormous rate. We all know that “too much sugar is not good for us.” But the challenge of finding healthy desserts without sacrificing flavor is often near impossible. This class will discuss alternative sweeteners and give ideas of how to implement a lower-sugar diet into your life while still enjoying your foods. Hands-on cooking time is included. **Instructor:** Hagerman Natural Foods Staff **Fee:** \$20 for CSI Employees

### **Essential Oils: Medicine Cabinet Makeover**

**T Nov 11 6 to 8pm**

Join us as we learn the basics of Essential Oils for home use. Essential oils are nature's medicine; they are plant-based, highly-concentrated, and can be extremely therapeutic. Essential oils are easy to use, economical, and safe. Participants will learn more about the practical uses for essentials oils as healthy alternatives in the treatment of common ailments: bruises, scrapes, insect bites & stings, fevers and stomach aches, and more. **Instructor:** Sharon Johnson LMT, RMT **Fee:** Free for CSI Employees

Contact:  
Ashley Schultz  
CSI Community Education  
(208) 732-6441

## **Get your Flu Shots through St. Luke's on Campus this Year**



No need to file paperwork. **FREE** of charge to CSI Employees and spouses on the Select Health Plan!

### **Key Facts about Influenza (flu) and the flu vaccine.**

#### **What is Influenza (also called the flu)?**

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs.

#### **Signs and symptoms of flu:**

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches/ Headaches
- Fatigue (very tired)

#### **How flu spreads:**

Experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze, or talk.

#### **Who should get vaccinated this season?**

Everyone who is at least 6 months of age should get a flu vaccine this season.

#### **Who should not get vaccinated against the flu?**

- Influenza vaccine is not approved for children younger than 6 months of age.
- People who have had severe allergic reaction to influenza vaccine should generally not get vaccinated
- Some people should consult their physician first before getting a flu shot.. These include:

- People who have moderate to severe illness with or without a fever.
- People with a history of Guillain-Barre Syndrome.

Date	Time	Location
Wednesday October 8th	2:00 PM--4:30 PM	Canyon 110
Thursday October 16th	8:00 AM--11:00 AM	Taylor 247
Saturday October 25th	7:00 AM--1:00 PM	Community Health Fair HSHS Bldg

Judy Heatwole, Coordinator  
CSI Employee Wellbeing

## Congratulations, CSI Rodeo Teams!

As the fall season wraps up, **CSI Men are ranked #1 in the Rocky Mountain Region and the CSI Women are #2.**

- Baden Newman, Trasen Jones, and Cole Hatcher are #2, 3, and 4 in Men's All Around.
- Chuck Povey is #3 in Women's All Around.
- Wyatt Hurst, Rusty Wright, Cole Hatcher, Clayton Brum, Carson Hamiton, and Baden Newman are #1, 3, 4, 5, 6 and 9 in Saddle Bronc Riding.
- Dylon Baker and Baden Newman are #1 and 3 in Bareback.
- Trasen Jones and Ryan Kesl are #2 and 5 in Bull Riding. Dylon Baker, and Clayton Brum are #12 and 13 in Tie Down Roping.
- Trasen Jones, Ryan Kesl, and Baden Newman are #4, 4, and 6 in Steer Wrestling.
- Bailey Bartlome, Josh Dufurrena, Dylong Baker, Chuck Povey, and Cersten Branquinho are #2, 4, 7, 10, 12, and 14 in Team Roping Header.
- Cole Hatcher, Ryan Kesl, Preston Pirtle, Cassie Bahe, and Clayton Brum are #2, 4, 6, 12 and 15 in Team Roping Heeler.
- Jordan LaRoque and Sydney Porter are #1 and 8 in Barrel Racing.
- Chuck Povey, Cassie Bahe, and Bailey Bartlome are #3, 9, and 15 in Breakaway Roping.
- And Chuck Povey is #3 in Goat Tying.

The teams will prepare for the next competition in February.

Doug Maughan  
College of Southern Idaho  
Public Relations Director  
208-732-6262

## October Vitality Table of Contents

- What are your children drinking?
- A doggone good workout
- Make safety a priority for your child's playdate
- Breast Cancer: Not just a woman's issue
- Delays at the Doctor's office: Who's at fault?

- Tame connectivity for productivity
- And much more!

From the digest: Butter has slightly fewer calories than olive oil – 100 calories per tablespoon, compared with 120 in the oil. But the latter is still the healthier choice, advises the *University of California, Berkeley Wellness Letter*, because butter is high in saturated fat while olive oil is rich in monounsaturated fat.

Ask the front desk staff where copies to share are kept in your work area.

Sponsored by CSI Employee Wellbeing

## Brown Bag Topic Covers Retention Issues and Strategies



Brown Bag Event  
 Desert Café, Noon  
 Wednesday, October 8  
 Topic: Retention Issues and Strategies

Evin Fox, PhD  
 Professor of Education

## Pre-dawn total lunar eclipse



In the early morning hours of Wednesday, Oct. 8th, the full moon will pass into Earth’s shadow, producing the second total lunar eclipse visible in Idaho this year. Subtle shading of the moon’s upper left edge begins around 2:45 AM, with the most visible phases beginning at 3:14 AM, when a dark “bite” begins creeping across the moon, growing larger until the moon is completely within Earth’s umbral shadow (the start of totality) at 4:25 AM. Maximum eclipse is at 4:54, when the moon will appear dark red-orange. A bright sliver appearing along the moon’s upper limb at 5:24 signals the end of totality, with the last bit of dark shadow slipping off the lower limb at 6:35 AM.

The Centennial Observatory will be open from 2:15 AM to 7:30 AM Wednesday morning for telescope views of the eclipse and other targets, weather permitting. Admission is free. Please dress warmly!

Chris Anderson, Coordinator  
 Centennial Observatory

## Active Transportation Week at CSI is Here!!

The weather could not be better!

Oct. 6<sup>th</sup> – Oct. 10th

7:45 am – 12:00 noon each day

\*TREATS\*

*\*PRIZES\**

*\*GOOD HEALTH\**

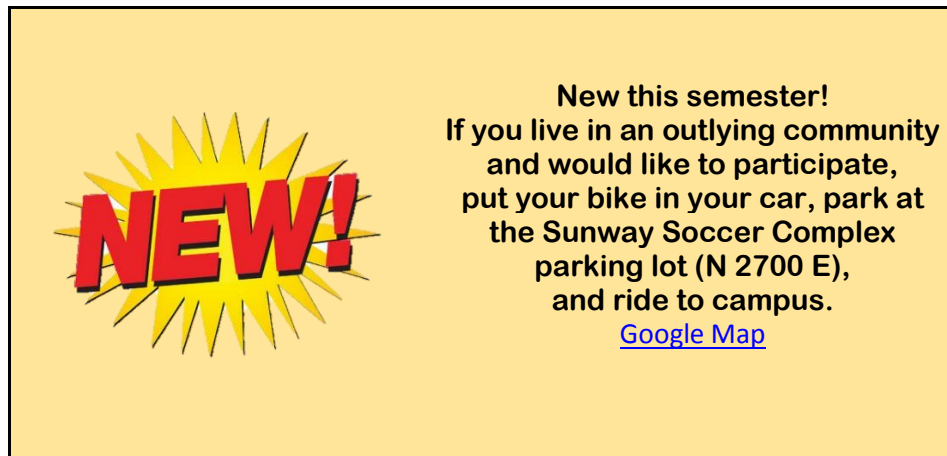
*\*MONEY IN YOUR POCKET\**

*\*GREAT PARKING SPACE!*

Leave your car at home!  
Bike, Board, Walk, or Run to Campus!

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 \*



**New this semester!**  
If you live in an outlying community  
and would like to participate,  
put your bike in your car, park at  
the Sunway Soccer Complex  
parking lot (N 2700 E),  
and ride to campus.  
[Google Map](#)

## Fall Fertilizer

**The Horticulture Club is selling fall application fertilizer again this year. For each bag purchased, \$5.00 goes toward student scholarships.**

The bags are 50 pounds, fertilizer analysis is 22-2-22 (NPK), coverage is 10,500 square feet or approximately 1 bag per ¼ acre. The cost is \$28.00 per bag.

To purchase, stop by the greenhouse Monday and Wednesdays between 1:00 and 3:00 or by appointment.

Contact Chance Munns at 6431 or [cmunns@csi.edu](mailto:cmunns@csi.edu)

## Exercise as a Prescription for Depression

LA Times Science Now

We all know that lacing up and breaking a sweat is good for our mood, and that exercise can feel like a lifeline when the stresses of life threaten to engulf us. But how a pounding workout helps lift us from the encroaching gloom was a mystery -- until now.

Using mice that were stressed to the point where depression would be a predictable response, researchers at Sweden's Karolinska Institute in Stockholm uncovered a cascade of biochemical events that begins with exercise and ends with mice that are unusually resilient in the face of stress.

Their findings, published Thursday in the journal *Cell*, not only illuminate the link between chronic stress and depression; they help explain how a known anti-depressive agent -- in this case exercise -- works to prevent or mitigate the debilitating mental condition. That's more than can be said for many antidepressant medications, which clearly help many with depression, but whose mechanism of action is not all that well understood.

The findings also point the way to a novel way to ward off depression in those under stress. Antidepressant medications seem to rely largely on changing brain chemistry, and they require the use of molecules that cross the barrier that protects the brain against most bloodborne toxins. But the Swedish researchers found that exercise's therapeutic effects begin in the muscles, and alter brain chemistry only indirectly.

Engaging in exercise is great. But finding a way to mimic exercise's antidepressant effect could also be of "great therapeutic value" to patients who are not helped by antidepressants or who find hard exercise difficult, the authors suggested.

## Your Wellbeing: October is Cancer Awareness Month


We dedicate the month of October to cancer awareness in all its various forms. Nationally, the month of October is known for breast cancer awareness, so you will see a great deal of information about getting mammograms annually for early detection and prevention. We will recognize breast cancer awareness by wearing PINK on Friday, October 24.

Wellbeing events during the month of October include:

- *Wear it Pink Day* is Friday, Oct. 24
- Get a flu shot on campus and at the Community Health Fair provided FREE by St. Luke's and SelectHealth
- Attend St. Luke's [Community Wellness Fair](#) on Oct 25, 7 a.m. - 1 p.m.
- "Great Pumpkin" 5k adult/1 mile youth walk/run is October 25

**Make Breast Health An  
Important Part Of Your Life**

*B*reast cancer is second only to skin cancer as the most frequently diagnosed cancer in American women. A woman's chance of surviving breast cancer is greatly improved with early detection and treatment. You owe it to your family, your friends, and to yourself to do all you can to stay informed and have screenings on time.



**The Best Protection  
Is Early Detection**

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 email message (no attached fliers please) to [eNotes@csi.edu](mailto:eNotes@csi.edu) and enter the word "eNotes" in the subject line. You must also include your complete name, job title and contact information. Respond to the eNotes by calling Human Resources at 732-6269 or by email to [hr@csi.edu](mailto:hr@csi.edu).