

# eNotes CSI

## Employee Newsletter

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

### Past Issues

October 14, 2014  
 October 06, 2014  
 September 29, 2014  
 September 22, 2014  
 September 15, 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 October 20, 2014

*The official employee newsletter of CSI since 1998*

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### Table of Contents

Dance Students *Thriller* Performance is Thursday at 4 p.m.  
 See Partial Solar Eclipse at Herrett Center on Oct. 23  
 St. Luke's Community Health Fair is Saturday  
 Over 60/Getting Fit Class Hosts Carved Pumpkins for World Record  
 9th Annual Great Pumpkin 5K Walk/Run is Saturday, Oct. 25  
 Active Transportation Week Welcomes 219 Commuters  
 Webinar: Identifying Signs of Addiction in a Loved One  
 CSI Rodeo Teams Rank # 1 and #2 in Rocky Mt. Region  
 Ergonomic Workplace Assessments Now Available  
 October Health & Safety for your Kiddos  
 Reality Check: To Burn off A Soda, You'll have To Run 50 Minutes  
 Spooktacular Sale at the Herrett Center Gift Shop!  
 See Eric Church at Taco Bell Arena January 30

### Dance Students *Thriller* Performance is Thursday at 4 p.m.



Normally, when college students become zombies, it's the result of too many late nights with friends or studying for exams. Each Halloween for the past six years, CSI Dance instructor Julie Wright-Leggett has encouraged her students to become zombies and to look the part.

Eighteen CSI Dance program students have been studying how Michael Jackson's legendary *Thriller* performance was made and have been working for weeks to bring it to life again at 4 p.m. Thursday, Oct. 30 in CSI's Fine Arts Auditorium.

Not only do the students make their own outfits, they have to put some thought into how their character died. Their tattered clothing should tell, for instance, if they were a surfer who was eaten by a shark or a cyclist who collided with a car.

Wright-Leggett says Jackson was a big fan of Bob Fosse and that her students have been studying Fosse movement and style as they mimic the show. The 30-minute show will begin with CSI's other dance students as they perform jazz and contemporary routines. The *Thriller* routine will be followed with Halloween candy for all the kids at the show as well as a chance to take pictures with the performers.

Everyone is welcome. Admission is free of charge.

Doug Maughan  
 Public Relations Director

## See Partial Solar Eclipse at Herrett Center on Oct. 23

The Herrett Center's Centennial Observatory will be open, free of charge, for safe viewing of the sun during the partial solar eclipse the afternoon of Thursday, Oct. 23.

Doors will open at 2:30 and the eclipse will begin at 2:58 p.m. The eclipse will reach its maximum point at 4:20 p.m. when 49-percent of the sun's surface will be covered by the moon. The event will be over at 5:35 p.m.

The Herrett Center strongly cautions everyone wanting to see the eclipse – whether at the observatory or somewhere else - to not look directly at the sun as eye damage can occur even with brief glimpses. The Herrett Center is currently selling inexpensive but effective eclipse glasses for \$2 a pair that allow wearers to look at the sun and follow the progress of the eclipse.

Viewing of the eclipse will, of course, depend on the sky being clear enough for the sun to be visible.

Doug Maughan  
Public Relations Director

## St. Luke's Community Health Fair is Saturday

We thank Mark Sugden for sharing this announcement with us.



### Free Admission

Saturday, October 25th • 7am – 1pm  
Location: HSHS

### Free Educational Seminars:

9:00 am – “Love the Spine that Supports You”

Dr. Michael McEntire of St. Luke's Clinic –

Pain Medicine

10:00 am – “Making Sense of Medicare”  
Medicare Specialist from SelectHealth

### Services Offered:

Clinical Lab Work

Lipid and Glucose Profile, \$10

A1C (for known Diabetics), \$5

Glucose, \$2 Please fast for 12 hours prior to your blood draw (you may drink water).

Adult Pneumonia Vaccines, \$55

Adult T-Dap Vaccines, \$30

Adult Tetanus, \$25

Free Skin Cancer Screening

Free Gait and Balance Screenings

Free Vision Screenings

Free Hearing Screenings

Free Oral Cancer Screenings

Free Nitrate Testing for Well Water

Free Blood Pressure Checks and much more

**CSI Employees:** Remember that flu shots for you and your spouse are FREE at this event because they are roster-billed to our insurance provider SelectHealth for us.

For more information, email us at [healthfair@magicvalley.com](mailto:healthfair@magicvalley.com)

## Over 60/Getting Fit Class Hosts Carved Pumpkins for World Record

The College of Southern Idaho's Over 60 and Getting Fit class will host an attempt to set a world record for the most carved pumpkins in a single event on Saturday, Oct. 25.

The pumpkins will be lined up near the front entrance to the CSI campus, just off Falls Avenue. Pumpkins that are entered must have completely carved-out eyebrows, eyes, nose, and mouth in order to qualify. There is no entry fee and participants are welcome to enter as many pumpkins as they want. Each qualifying pumpkin will earn one raffle ticket. The grand prize is a car donated by Randy Hansen Automotive. Other prizes will include a Lil Tex Traeger Grill from Bish's RV.

Pumpkins can be dropped off between 6 a.m. and 1 p.m. Prize drawings will begin at 1:30. The drawing for the car and the world record announcement will be at 2 p.m. Winners must be present to claim their prizes. All participants will be allowed to take their pumpkins home after the judge decides if a world record has been broken.

Over 60 and Getting Fit program instructor Shelly Wright says 1302 pumpkins will break the current record. Other attractions at the event will include a Halloween carnival for all children between 11 a.m. and 2 p.m. at the CSI Gym and Rec Center, music, bounce houses, food vendors, and a mini train. Kalie Wright, the 2014 Miss America Pageant National Sweetheart, will also be at the event.

For more information, contact Shelly Wright at 732-6483 or at [swright@csi.edu](mailto:swright@csi.edu).

Doug Maughan  
Public Relations Director

## 9th Annual Great Pumpkin 5K Walk/Run is Saturday, Oct. 25



The College of Southern Idaho's Physical Education Department will sponsor its ninth annual Great Pumpkin Race and Youth Challenge on Saturday, Oct. 25. The 5K Run/Walk is open to all ages. It will involve walking or running on flat terrain, on both paved and fitness trail surfaces around the campus. Prizes will be awarded in each age group for runners and walkers with separate divisions for men and women. Registration for this event will begin at 9 a.m. on race day or you may register on [www.bluecirclesports.com](http://www.bluecirclesports.com) prior to race

day.

The Youth One Mile Challenge race begins at 10:15 a.m. and the 5K walk/run will start at 10:30 a.m. The entry fee for adults is \$25 prior to Oct. 17 or \$30 the day of the event. The fee for youth participants is \$10.

Both events will stage in between the CSI Softball Field parking lot and the CSI Desert Building. The CSI Culinary Arts Department will provide free chili and corn bread to all participants and their families following the races.

CSI student clubs are also holding a free Halloween carnival for kids in the community right after the races from 11:30 a.m. to 2 p.m. in the CSI Student Recreation Center. Kids of all ages are encouraged to come in costume and enjoy trick or treating and games. The nearby CSI Corn Maze on North College Road will also be open at the time of the event will be also be serving chili, hot dogs, coffee, and hot chocolate.

For more information, to register in person, or if you have a group of four or more, contact Jaime Tigue at 732-6479 or at [jtigue@csi.edu](mailto:jtigue@csi.edu).

Doug Maughan  
Public Relations Director

## Active Transportation Week Welcomes 219 Commuters

Thank you to everyone who was involved in making Active Transportation Week a success!

**Volunteers:** Nina Ramsey, Ann Keane, Jan Simpkin, Ben Lustig, Randy Smith, Matt Reynolds, Heidi Campbell, Jonathan Lord, Parker Twiss, Diego Recillos, John Twiss, Andrew Johnson, Kiana Chapman, Scott Rogers, Carol Vanhoozer, Stephanie Moore, Simon Halsell, Hernan Sanchez, Bill Ebener, Jeff Shelton, Christin Howard, Carrie Espasandin, Shelley McEuen, Sandra Bosteder.

**Promotion:** Tereasa Bendele-Nichols, Heidi Campbell, Chika Daggett, Doug Maughan

**Donations and Discounts:** Aramark (coffee, cups, creamer, sugar), Epic Ride Cyclery, Spoke and Wheel Bike Shop, Cycle Therapy, CSI Sustainability Council, CSI Longboarders' Club

**Bicyclists, Boarders, Walkers:** 43 people checked in each day for a total of 219 active commuters total. Collectively, they prevented 473 lbs. of CO2 from entering the atmosphere, did not use ~25 gal. of gasoline, and saved ~\$89. "Many small steps in the right direction..." If we 43 left our cars at home every day, over the course of the school year, we could each save (on average) \$65.00 and prevent the production of 346 lbs. of CO2. If these numbers seem low, consider that 90% of our participants commute less than 2 miles per day. There were a few hearty bicyclists who commute up to 14 miles a day!! Their CO2 emissions are considerably lower, their health and happiness considerably improved, and their wallets considerably fatter!

## Webinar: Identifying Signs of Addiction in a Loved One



There are key signs to consider if you think a loved one may have an addiction. This webinar will provide an overview to this complex situation and options to consider when looking for help.

This is a panel program offered by one of our Employee Assistance Programs. Join us at noon on Tuesday, October 21 in TAB 258.

RSVP to say you'll come so I know at least one person wants the program up and running for them. I will also send a link to handouts prior to the program to you. Contact me at [jheatwole@csi.edu](mailto:jheatwole@csi.edu)

or by calling 732-6269.

Judy Heatwole, Coordinator  
CSI Employee Wellbeing

## CSI Rodeo Teams Rank # 1 and #2 in Rocky Mt. Region

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.

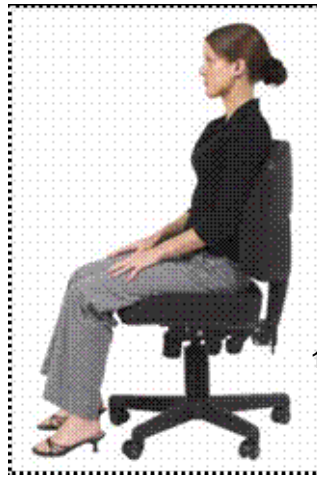
Doug Maughan  
Public Relations Director

## Ergonomic Workplace Assessments Now Available

Do you struggle with aches, pains or tingling and numbness while at your work station? We encourage you to take action before those symptoms become an injury or illness.

Two documents offered by St. Luke's can help you set up and access how your office and tools are working with

and for you.



[Information and Injury Prevention document](#)  
[Ergonomics worksite checklist](#)

If small interventions don't seem to resolve your issues the Employee Wellbeing Program can offer you a FREE ergonomic assessment. After you make your problems known to your supervisor:

1. Contact Judy Heatwole in the HR Office to schedule a worksite/ergonomic evaluation. Submit request to [jheatwole@csi.edu](mailto:jheatwole@csi.edu) with the following information: Name, Department, Extension, Position, Supervisor, Reason for request (i.e. issues you are having, etc.), any pertinent history (i.e. back injury/surgery, etc.), Location of worksite.
2. An order for a worksite evaluation will be placed with the Center for Physical Rehab (CPR) and they will contact you for an appointment to review your worksite, body mechanics, etc.
3. When the evaluation is complete please share the outcomes with your supervisor. Some of the recommendations may have already been put in place by the physical therapist, others may require ordering supplies. Your supervisor and the Employee Wellbeing Coordinator will assist you with following-through with any further suggested changes.

Judy Heatwole, Coordinator  
CSI Employee Wellbeing

## October Health and Safety for your Kiddos

Provided by HUB International, our CSI insurance brokerage.

### Dental Health for Children

Trick-or-treating for Halloween candy caps off the month of October for most children, but with the sugary holiday comes the potential for something much scarier than plastic lawn ghosts—cavities and dental bills.

Whether your children are consuming large quantities of sugary treats or not, maintaining dental hygiene is an important habit to teach children. The best time to instill good dental habits is when your child is still young.

[Click here](#) for tips on promoting good dental health to your children.

### Halloween Safety

Halloween is a scary time, but the fear should be all in fun. Help prevent a trick-or-treat tragedy by sticking to some basic safety guidelines when handing out treats to the neighborhood children.

- Stick to handing out individually wrapped candy and treats. Many parents are wary of home-baked or unwrapped items.
- Make sure treats that contain common allergens, such as peanuts, are clearly marked.
- Turn on your outdoor light both as a signal that you are handing out candy, as well as to prevent anyone from tripping and falling in the dark.

[Click here](#) for more Halloween safety tips.

### Family Fun for Fall

Enjoying autumn doesn't have to come with a steep price tag. Pull your children away from their schoolwork and take them along on a seasonal family adventure that won't break the budget. Here are some low- or no-cost autumn activities for you to do:

- Go apple-picking and then bake a pie together.
- Take a hayride and wander a corn maze.
- Pick pumpkins and then carve pumpkin lanterns.

[Click here](#) for more fall family fun ideas.

## Reality Check: To Burn off A Soda, You'll have To Run 50 Minutes

*We thank Randy Smith for sharing this NPR article with us.*



As a society, we don't pay much attention to nutrition information when we eat out.

A U.S. Department of Agriculture report estimates just 8 percent of Americans use nutritional information when deciding what to order.

But that could change soon.

As we've reported, the Affordable Care Act will require chain restaurants with 20 or more locations to post calorie information on menus or menu boards.

And what might make us pay attention? Well, researchers at Johns Hopkins Bloomberg School of Public Health have a theory.

Instead of just listing calories, why not also include how many miles of walking or minutes of running it would take to burn off the calories you order. This could help people put the calorie counts in context.

"People don't really understand what it means to say a typical soda has 250 calories," says Sara Bleich, an associate professor in the department of health Policy and management at Johns Hopkins.

"So, if we're going to put this information in restaurants," Bleich says, listing the miles of walking it would take to work it off "may be the more persuasive way."

Bleich and her team were interested to know how low-income tweens and teenagers would respond to this kind of messaging. So she and her colleagues posted calorie and "miles to walk" signs in corner stores in predominantly black neighborhoods in Baltimore.

Since sodas are a common purchase among teens, the signs focused on beverages, pointing out that a typical 20-ounce soda has 250 calories, which would take 5 miles of walking — or 50 minutes of running — for a 110-pound adolescent to burn off. (It would take a little less time for an adult with a higher body weight to use up the energy in one of those sodas.)

"We sat in these stores for hours and watched what kids were doing," Bleich says. And her team documented that among the roughly 35 percent of teens who noticed the signs, the calorie and walking information shaped their choices.

Before the miles-of-walking signs went up, the teens were purchasing about 203 calories' worth of sugary drinks. After the signs were installed, the number of sugary drink calories purchased dropped to 179. So not a huge drop, but a significant change.

Kids also started buying smaller-size drinks. Before the signs went up, more than half of teens were buying 16-ounce or larger servings. After the signs were installed, the purchases of large-size beverages dropped to 37 percent. The **findings** are published in the American Journal of Public Health.

Bleich says when she started the research project, she drove through the Baltimore neighborhoods where the study was to be carried out. These neighborhoods are "low-income, heavy drug use," Bleich says. "[There are] all sorts of social disadvantages." And she recalls thinking, "Who the heck is going to care how many calories are in the sodas that they're drinking?"

But, now that she's documented that the signs do make a difference, she says she's very encouraged.

"So to me, the message is: Among a population for whom health is probably not a primary concern, we're [seeing] a significant effect," Bleich says.

And, she says, her hunch is that if she carried out the same study among higher-income populations, "I think the effects would be even bigger."

**Spooktacular Sale at the Herrett Center Gift Shop!**



Friday, October 17th through Friday, October 31st  
20% off items over \$5.00, (some exclusions apply,  
including Meade products)

Come “treat” yourself at the Herrett Center gift shop during our annual Halloween sale! Get a head start on your Christmas shopping by browsing our great selection of educational toys, books, pottery, and one-of-a-kind décor items. We also have an assortment of affordable handmade jewelry as well as hand-turned wood gifts by Nick Peterson. We have “creepy crawly”, “glow-in-the-dark” and other Halloween themed items available as well as light-up items to help make trick-or-treating safe for your little ones.

Our hours are Tues. and Fri. 9:30 a.m. to 9:00 p.m., Wed. and Thurs. 9:30 a.m. to 4:30 p.m., Sat. 1:00 p.m. to 9:00 p.m. We are closed on Sunday and Monday.

Come in and see us!

Carolyn Browning  
Herrett Center Coordinator

### See Eric Church at Taco Bell Arena January 30

We have a HUGE announcement... ERIC CHURCH IS COMING TO BOISE!!! The show will be January 30, 2015. Please inform your employees to watch the EAP page for more information about presale and on sale dates.

<http://tacobellarena.com/2014/eap-current-rewards/>

Here is artwork if you would like to attach it to your websites. <http://tacobellarena.com/wp-content/uploads/2014/10/EC1920x1080withdate-1024x576.jpg>

Cheers,

Daniel Salamone  
Group Sales Coordinator  
Taco Bell Arena  
Boise State University

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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