

# eNotes CSI

## Employee Newsletter

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## Week of October 27, 2014

*The official employee newsletter of CSI since 1998*

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### 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

### Idaho STAR Office Has Moved

Please update your telephone directory to note the Idaho STAR office moved as of Friday, Oct. 24.

New address: 3500 W Chinden Blvd., Boise ID 83714

### CSI "Waist Watchers" is coming November 6



An aggregate report from our CSI Fall Health Screenings, where numbers and percentages only were noted, shows that for a large portion of our employees, sugar is our enemy. Of the 404 employees that participated, 30% are overweight and 42% are obese. Fasting blood glucose was high for 11% and super high for 5%. Of those with known diabetes, 33% still had glucose levels that are too high. A most telling measurement shows that 55% of the women tested had a waistline over 35 inches and 40% of the men measured over 40 inches.

According to the Centers for Disease Control and Prevention, consuming excess amounts of high-sugar foods can drastically increase your likelihood of gaining weight around your waist. Research has shown that waistline measurements are a good indicator of diabetes risk and is generally more accurate than a BMI reading. One reason for this is that high BMI values can result from people with higher muscle mass, which is not associated with increased diabetes risk. Another reason is that fat deposited around the waist has been shown to increase diabetes risk more significantly than fat deposited at other parts of the body, such as around the hips. Belly fat is also associated with other chronic diseases such as heart disease, high blood pressure and stroke, according to the American Heart Association.

To help us all trim our tummies, the CSI Employee Wellbeing Program and Jaime Tigue are teaming for another round of pre-holiday weight management sessions, focusing on our waists. Classes being Thursday at noon on November 6 and continue through the 18th of December. We will be in TAB 248 each day except for Thursday, November 20, when we will be in Rm. 247. Come learn about weight management, good nutrition, reading food labels, secret stashes of sugar in our foods, journaling, exercising, and much more. Bring a coworker or spouse and your lunch, if you like. If Thursdays are not a good day for you and/or we gather enough interest, we can expand to another day and time. Just let us know!

Reply to either [Judy Heatwole](#) at x6269 or [Jaime Tigue](#) at x6479 with your questions and to let us know you're interested. You'll be surprised how much knowledge you will GAIN and how much weight and inches you can LOSE!

### Reveal Mission: Exhibit tells Cancer Survivors' Stories

Maggie O'Mara, KTVB – as shared by Jim Ingmire, Student Program Board

BOISE -- Photographer Chad Estes is on a mission to provide a revealing look at women who have battled breast cancer. By combining powerful and beautiful images with women's stories, he provides an intimate and emotional glimpse into survivors' experiences.

#### SHARING SURVIVORS' STORIES

The Reveal Mission is an unforgettable art gallery located on the 2nd floor of the Boise State Student Union Building.

"Breast cancer is one of those things, there's shame that can be attached to it," said Estes, who collaborated with survivors and their families for the project. "How can we gently pull back the shame and allow people to reveal their scars, their hurts, their emotions of what they've gone through so they can experience healing and that's why we

call it the Reveal Mission."

"The whole thing for these participants is to take some control back of their lives and be able to share their story in a way that's freeing and healing to them."

17 women, brave enough to open up, take photos, and share their journeys of loss and triumph participated in the project.

One of the women lost her battle this year at the age of 40.

"Trenna was in our first art show a couple of years ago," said Estes. "She had recently finished all of her treatment, had reconstruction she had this great tattoo put on her shoulders of these angel's wings and her warrior ribbon. She lived a very full wonderful life, but we did lose her this August."

[Find complete article, see photos online>>](#)

### Brown Bag: How to Grade Papers

Wednesday, October 29  
12:00-12:50  
Desert Cafe'

Guest Speakers: Jim Irons & Ken Bingham.

Please come even if you've never come before. We are going to learn how to give students feedback on their papers without becoming editors over and over.

Evin Fox, Ph.D.  
Professor

### Spooktacular Sale at Herrett Center ends Friday



20% off items over \$5.00, (Meade products excluded)

Come "treat" yourself at the Herrett Center gift shop during our annual Halloween sale! Don't miss out on this opportunity to get a jump start on your holiday 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

### Halloween Safety Tips

*Walk Safely*

- Cross the street at corners, using traffic signals and crosswalks.

- Look left, right and left again when crossing and keep looking as you cross.
- Put electronic devices down and keep heads up and walk, don't run, across the street.
- Teach children to make eye contact with drivers before crossing in front of them.
- Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible. Children should walk on direct routes with the fewest street crossings.
- Watch for cars that are turning or backing up. Teach children to never dart out into the street or cross between parked cars.

#### Trick or Treat With an Adult

- Children under the age of 12 should not be alone at night without adult supervision. If kids are mature enough to be out without supervision, remind them to stick to familiar areas that are well lit and trick-or-treat in groups.

#### Keep Costumes both Creative and Safe

- Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors.
- Choose face paint and makeup whenever possible instead of masks, which can obstruct a child's vision.
- Have kids carry glow sticks or flashlights to help them see and be seen by drivers.
- When selecting a costume, make sure it is the right size to prevent trips and falls.

#### Drive Extra Safely on Halloween

- Slow down and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.
- Take extra time to look for kids at intersections, on medians and on curbs.
- Enter and exit driveways and alleys slowly and carefully.
- Eliminate any distractions inside your car so you can concentrate on the road and your surroundings.
- Drive slowly, anticipate heavy pedestrian traffic and turn your headlights on earlier in the day to spot children from greater distances.

Jim Ellington  
Public Safety Director

### Important FACTS about Ebola

## Facts *about* Ebola in the U.S.

You can't get Ebola through air



You can't get Ebola through water



You can't get Ebola through food



You can only get Ebola from:

- Touching the blood or body fluids of a person who is sick with or has died from Ebola.
- Touching contaminated objects, like needles.
- Touching infected animals, their blood or other body fluids, or their meat.

**Ebola poses no significant risk to the United States.**



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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