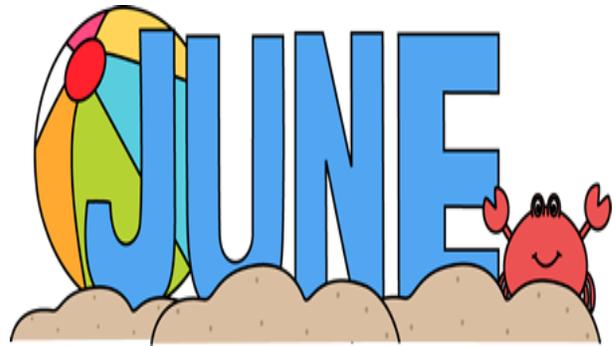
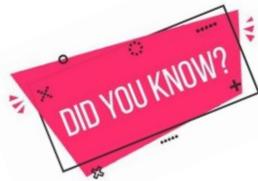


HRS  
NEWSLETTER  
June 2021



**Upcoming Celebration Days:**

<b>Father's Day</b>	<b>June 20, 2021</b>
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June is the month with the longest daylight hours of the year in the Northern Hemisphere, and conversely, June has the shortest daylight hours of the year in the Southern Hemisphere.

**LC State Staff Cornhole Tournament and Summer Concert Series**

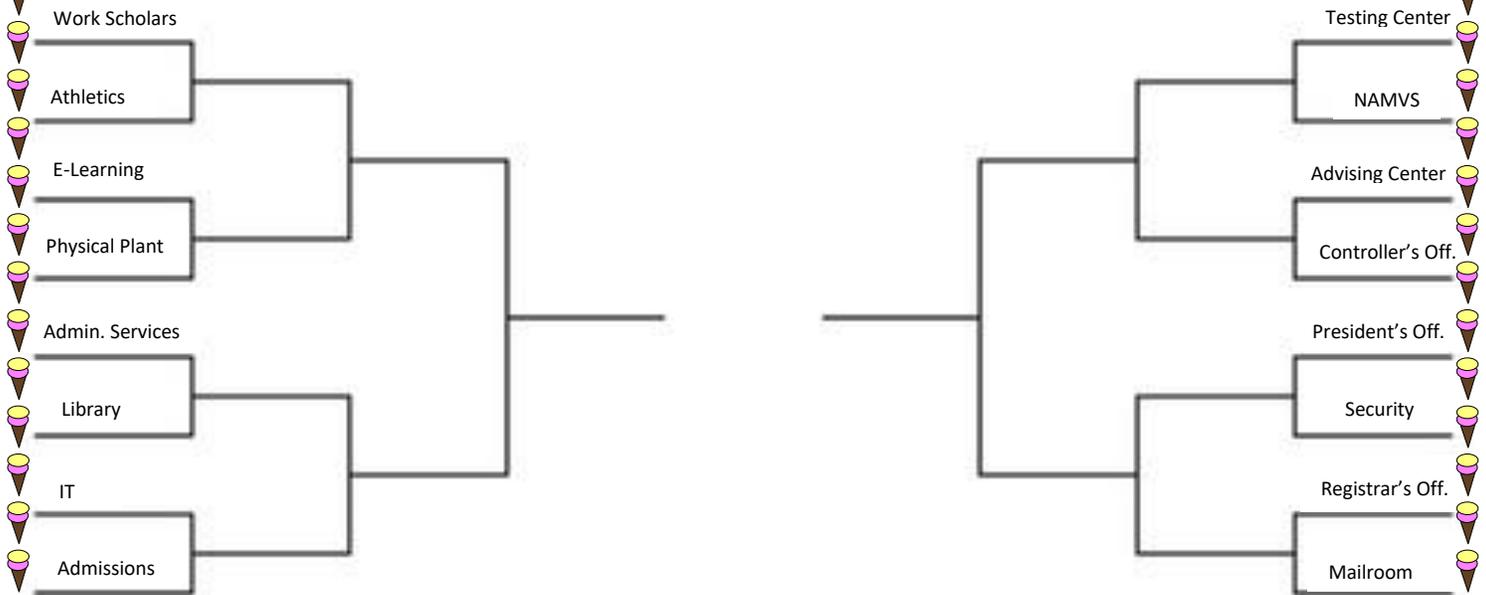


Join us on the Gazebo lawn every other Wednesday through Summer for some fun! Our first round of the Cornhole Tournament will begin 6/9/21!

NO.85855	Summer Concert and Cornhole Tournament	Gazebo Lawn	Admit One
<b>DAN FALLER</b>			6/9/2021 11:30 am - 1:00 pm
			

NO.85855	Summer Concert and Cornhole Tournament	Gazebo Lawn	Admit One
<b>MARCOS DOMINGUEZ</b>			6/23/2021 11:30 am - 1:00 pm
			

# Cornhole Bracket:



## Check out June's list of Wellness and PDT opportunities and the June Kindness Calendar!



Check out the [PDT](#) and [Wellness](#) websites to register for this month's Warrior Wellness and Professional Development events! We are always adding new workshops, events, etc.!



**We are looking for PDT and Wellness ideas. Please email [akgreco@lcsc.edu](mailto:akgreco@lcsc.edu) if you would like to teach a course, or know of someone who would!**

# HEALTH *matters*

HEALTHMATTERS.IDAHO.GOV

S	M	T	W	T	F	S
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

- 6/9 'YOU AT YOUR BEST' LUNCH AND LEARN\*
- 6/10 'STRESS LESS' LUNCH AND LEARN\*
- 6/12 FAMILY HEALTH AND FITNESS DAY
- 6/17 'DESKERISE 101' LUNCH AND LEARN\*

\*Virtual lunch and learn offered online. Learn more at [healthmatters.idaho.gov/classes-presentations/](https://healthmatters.idaho.gov/classes-presentations/)

**“SUMMER HAS A FLAVOR LIKE NO OTHER. ALWAYS FRESH AND SIMMERED IN SUNSHINE”**

— OPRAH WINFREY

### SUMMER FOOD SAFETY

These three simple tips for summer food safety apply all year round! However they are especially important to keep in mind during the summer months when warmer temperatures cause foodborne germs to flourish.

- **Use a thermometer:** A thermometer is the number one way to ensure that foods are cooked to the correct temperature to destroy germs that can cause food poisoning. The color of a food, like the inside of a hamburger, is not a reliable way to check that it has been cooked to the proper temperature (160 °F for ground meats and 165 °F for poultry).
- **Keep 'em Separated:** raw foods and cooked foods, that is! To prevent cross-contamination, keep raw meat, poultry, and seafood separate from other foods in your refrigerator. Always use clean plates and utensils when serving foods once they're cooked.
- **Avoid the Danger Zone:** Most bacteria grow rapidly between 40 °F and 140 °F...this is known as the "Danger Zone." If left in the Danger Zone, bacteria in food can reach dangerous levels. Avoid the Danger Zone by keeping hot foods hot and cold foods cold. Never let perishable foods sit out for more than two hours. In hot weather (above 90 °F), food should NEVER sit out for more than one hour.

Source: 4 Steps to Food Safety, FoodSafety.gov

# JUNE 2021

## EQUITY & INCLUSIVENESS

BE SOMEBODY WHO MAKES EVERYBODY FEEL LIKE A SOMEBODY. —BRAD MONTAGUE

When individuals feel supported and safe to be 100% who they are, it benefits both the individual and the organization.

So often as individuals, many humans shrink and hide themselves in order to conform with the environment around. They blend in as a way of fitting in, only to lose themselves and their ability to thrive.

Organizations that commit to creating an equitable and inclusive culture not only help support the people within, but also encourage a better world for all of the people outside.

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
30	31	SAY SOMETHING NICE DAY 1 Include someone new in your meeting and ask for their thoughts. Compliment their contribution!	LEAVE THE OFFICE EARLY DAY 2 Create opportunities for growth for BIPOC and LGBTQ+ people in your company.	3 Ask questions of someone you don't agree with and really listen with an open mind.	HUG YOUR CAT DAY 4 Hug your cat!	NATIONAL DONUT DAY 5 Eat out at a new, local restaurant that serves food from a different country.																																																																																																		
DRIVE-IN MOVIE DAY 6 Find a drive-in movie theater and watch a movie about another culture if they are showing one.	7 Hire leaders who reflect the diversity of our world.	BEST FRIENDS DAY 8 Call your best friend and tell them how much you appreciate them.	9 Adopt, don't shop.	10 If you're able, organize a potluck with dishes from around the world. Include recipes for everyone!	11 Ask a colleague to share something about themselves that people don't already know.	12 Donate to a charity that focuses on diversity, equity, and inclusion.																																																																																																		
13 Get to know a new neighbor this weekend.	14 Find a penpal from another country and start a new friendship!	15 Prepare kits for unhoused people including toiletries and snacks.	16 Sign up for a webinar or class on how to create a more inclusive workplace.	EAT YOUR VEGETABLES DAY 17 Seek out the opinions of those who aren't normally included in meetings.	INTERNATIONAL PICNIC DAY 18 Pick a random place on Google Earth and host a virtual picnic in that spot with your team.	19 Learn a new language.																																																																																																		
WORLD JUGGLING DAY 20 Plan a trip to another country and research the culture before you go.	21 Send a note of appreciation to a colleague.	22 Offer to help someone who is struggling.	23 Be open to new points of view and ways of thinking.	24 Look up one of your favorite words and see how it translates in another language.	25 Give people grace. Know that their experiences, stories, and histories are very different from your own.	TAKE YOUR DOG TO WORK DAY 26 Be open to new experiences outside your comfort zone.																																																																																																		
27 Learn about the history of the town or city you live in.	28 Support diverse people in local, state and national government elections.	29 Look for the good in people. Everyone has at least one positive quality!	METEOR WATCH DAY 30 Share something about your family history with someone at work.	<p>MAY</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> </table> <p>JULY</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> </table>			S	M	T	W	Th	F	S	25	26	27	28	29	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	S	M	T	W	Th	F	S	27	28	29	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7
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# LC State New Employees – May 2021

**Cindy  
Breckenridge**

Administrative  
Assistant

Residence Life

**Krista  
Baker**

Apprenticeship  
Specialist

Workforce  
Training

**CJ  
Johnson**

Men's Assistant  
Basketball Coach and  
Fitness Center  
Manager

Athletics

**Carlee  
Rhodes  
Ashley  
Bull**

Administrative  
Assistant

Registrar's Office

**Courtney  
Stifanick  
Brooke  
Hallman**

Advisor

The Advising  
Center

Administrative  
Assistant

Workforce  
Training

Budget Analyst

Budget Office



**May 2021**  
**W.O.W Award**  
**Winner:**

*Gerri Seale*



Gerri is endlessly generous with her time and expertise. Half the time one of us in the department drops the ball or missed a detail, Gerri will just take care of it without mentioning it at all. She is always willing to answer questions for the 10th time.

Thanks, Gerri!



Day	Name
1	Kevin Reynolds
1	William Silvestri
2	Amy Canfield
2	Cheyenne Gaspar
2	Collyn Harris
3	Teri Rust
4	Vikki Swift-Raymond
7	Justene Garner
8	Martin Gibbs
9	Anne White
9	Calab Johnson
10	Deborah Goodwin
10	Jill Groseclose
10	William Harman
11	Denise Key
11	Ila Duff
11	Rachel Peasley
12	Joseph Canas
14	Emily Johnsen
15	Austin Johnson
15	Guarina Grullon
15	Sandra Boyd
16	Kristina Keener
16	Loralee Ohrtman
17	Kari Mackey
18	Brooke Henze
18	Makenzie Hollingsworth
22	Ella Keatts
23	Burma Hutchinson
23	Rodney Schmidt
25	Traci Story
26	Laura Earles
26	Matthew Johnston
28	Jennifer James