

HRS
NEWSLETTER
October 2021

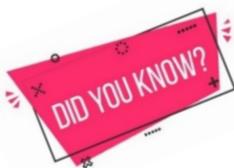


Upcoming Celebration Days:

Columbus Day

October 11, 2021

Please contact Payroll at 208-792-2204 for I-Time Coding Information



LC State's Expedition Hall was once a headquarters and barracks for naval aviators.



New Hire Paperwork Reminder:

Human Resources will not be accepting hard copies, or scanned copies, of new hire paperwork. This applies to both permanent employees and Irregular Help. Please have your Irregular Help employees use this link to fill out new hire paperwork:

<https://secure.rightsignature.com/templates/a0109089-95c2-420b-a7a6-29a7b059dd38/template-signer-link/2e85849ff3b3d79e452f0f34395de178>

Check out October's list of Wellness and PDT Opportunities

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.!



TURN IN YOUR UNUSED OR EXPIRED PRESCRIPTION
MEDICATIONS FOR SAFE DISPOSAL

PRESCRIPTION DRUG TAKE-BACK

WEDNESDAY, OCTOBER 20TH

10 A.M. - 2 P.M.

LC STATE LIBRARY PARKING LOT

- | ACCEPTED | NOT ACCEPTED |
|--------------------------|--------------|
| - Prescription Drugs | - Inhalers |
| - Over-the Counter Drugs | - Needles |
| - Pet Medications | - Liquids |
| - Vitamins/Supplements | - Syringes |

*** DO NOT REMOVE LABELS/DRUG INFORMATION. DO NOT CROSS OUT PERSONAL INFORMATION. NO REFUNDS WILL BE GIVEN. THERE IS NO COST TO PARTICIPATE. ***

For more information contact: LC State Counseling Center

(208) 792-2211 or counseling@lcsc.edu





SAVE THE DATE!

LC Employee Resource Fair

Come explore benefits that are offered to
LC employees!

OCTOBER 14TH • 12 PM - 3:30 PM
Athletic Center Mezzanine

- Health Screenings
- Flu and COVID-19 Booster Shots
- Snacks & Refreshments
- Door Prize Drawing & Giveaways!

For more information, contact HRS at 792-
2269 or email hr@lcsc.edu

OCTOBER 2021

HUMILITY

PRIDE IS CONCERNED WITH WHO IS RIGHT. HUMILITY IS CONCERNED WITH WHAT IS RIGHT. —EZRA TAFT BENSON

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																															
26	27	28	29	30	INTERNATIONAL COFFEE DAY 1 Treat someone to a cup of coffee today.	WORLD SMILE DAY 2 Smile at 5 people while you're out.																																																																																																															
CARD-MAKING DAY 3 Make a card for your best friend and send it to them.	TACO DAY 4 Listen to what others are saying and respond with kindness.	5 Remind yourself that no one is better than anyone else.	6 Be grateful for what you have. Try not to compare yourself to others.	7 Be open to hearing the other side of an argument.	8 Donate items you no longer need to a local charity.	CURIOS EVENTS DAY 9 Listen to advice from those trying to help you.																																																																																																															
10 Watch a TEDx talk on humility.	11 Admit mistakes and apologize when appropriate.	12 When an opportunity presents itself, help in a way only you can.	13 Keep an open mind about new ideas and experiences.	14 Be vulnerable with others and be empathetic.	15 Be aware of when your actions are helpful or hurtful.	DICTIONARY DAY 16 Look up a new word in the dictionary today and start using it!																																																																																																															
17 Volunteer at a local organization that helps those in need.	CHOCOLATE CUPCAKE DAY 18 Treat yourself to something you love today.	19 Allow yourself to be corrected when you are wrong.	20 Invite others into the conversation when ideas are being shared.	21 Remember that everyone is going through something you don't know about. Be kind.	22 Lend a hand when you see someone struggling.	23 Start listening to an uplifting podcast.																																																																																																															
24 Identify three of your strengths and find ways to share them with others.	25 Share your struggles with those you trust. Ask for support if you need it.	26 Remember that sometimes just listening to someone with an open heart is enough.	27 Don't allow yourself to be mistreated. Know that you are worth it.	28 Reach out to someone with whom you've had a disagreement. Try to reconnect in a positive way.	29 Consider adopting a pet.	30 Try something new and outside of your comfort zone.																																																																																																															
MAGIC DAY 31 Try showing someone a magic trick today!	1	2	3	<table border="1"> <thead> <tr> <th colspan="7">SEPTEMBER</th> <th colspan="7">NOVEMBER</th> </tr> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr> <td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td> <td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td> </tr> <tr> <td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td> <td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td> </tr> <tr> <td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td> <td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td> </tr> <tr> <td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td> <td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td> </tr> <tr> <td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td><td>2</td> <td>28</td><td>29</td><td>30</td><td>1</td><td>2</td><td>3</td><td>4</td> </tr> <tr> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> <td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td> </tr> </tbody> </table>		SEPTEMBER							NOVEMBER							S	M	T	W	Th	F	S	S	M	T	W	Th	F	S	29	30	31	1	2	3	4	31	1	2	3	4	5	6	5	6	7	8	9	10	11	7	8	9	10	11	12	13	12	13	14	15	16	17	18	14	15	16	17	18	19	20	19	20	21	22	23	24	25	21	22	23	24	25	26	27	26	27	28	29	30	1	2	28	29	30	1	2	3	4	3	4	5	6	7	8	9	5	6	7	8	9	10	11
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STATE EMPLOYEE WELLNESS PROGRAM

HEALTH matters

HEALTHMATTERS.IDAHO.GOV

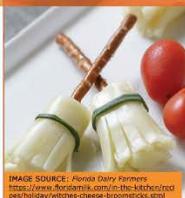
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- 10/05 'EASY ERGONOMICS' LUNCH AND LEARN*
- 10/15 GLOBAL HANDWASHING DAY
- 10/21 'EASY ERGONOMICS' LUNCH AND LEARN*
- 10/20-10/26 HEALTH MATTERS VIRTUAL 5K RUN/WALK

*Virtual lunch and learn offered online. Learn more at healthmatters.idaho.gov/classes-presentations/

"I'M SO GLAD I GET TO LIVE IN A WORLD WHERE THERE ARE OCTOBERS."

- ANNE OF GREEN GABLES BY LUCY MAUD MONTGOMERY



Witches Brooms

From: Florida Dairy Farmers / <https://www.floridamilk.com/in-the-kitchen/recipes/holiday/witches-cheese-broomsticks.html>

Skewer pretzel into 1/2 a stick of string cheese and gently shred end to resemble broom. Tie chive around the top portion of the broom where cheese meets pretzel stick.

IMAGE SOURCE: Florida Dairy Farmers <https://www.floridamilk.com/in-the-kitchen/recipes/holiday/witches-cheese-broomsticks.html>

Candy Corn Parfaits

From: University of Nebraska Lincoln Extension / <https://food.unl.edu/recipe/halloween-fruit-parfaits>

Layer pineapple tidbits in the bottom of a clear cup. Follow with a layer of mandarin oranges. Top with vanilla Greek yogurt and a piece of candy corn.



IMAGE SOURCE: University of Nebraska Extension <https://food.unl.edu/recipe/halloween-fruit-parfaits>



Monster Mash Cups

From: Avocados from Mexico / <https://avocadosfrommexico.com/recipe/appetizers-snacks/halloween-guacamole-cups/>

Gently mash fresh avocados and lime juice together to form a chunky mixture. Stir in finely chopped onion and salt. Spoon guacamole mixture into clear cups. Serve with fresh veggie sticks or baked tortilla chips.

IMAGE SOURCE: Avocados from Mexico <https://avocadosfrommexico.com/recipe/appetizers-snacks/halloween-guacamole-cups/>



LC State New Employees – September 2021

Dustin Guenthner

Public Safety

Security Coordinator

Doug Cruthirds

Workforce Training

Director

Emily Jerves

International Programs

Academic
Coordinator/Retention
Specialist

Vicki Cooper

Academic Affairs

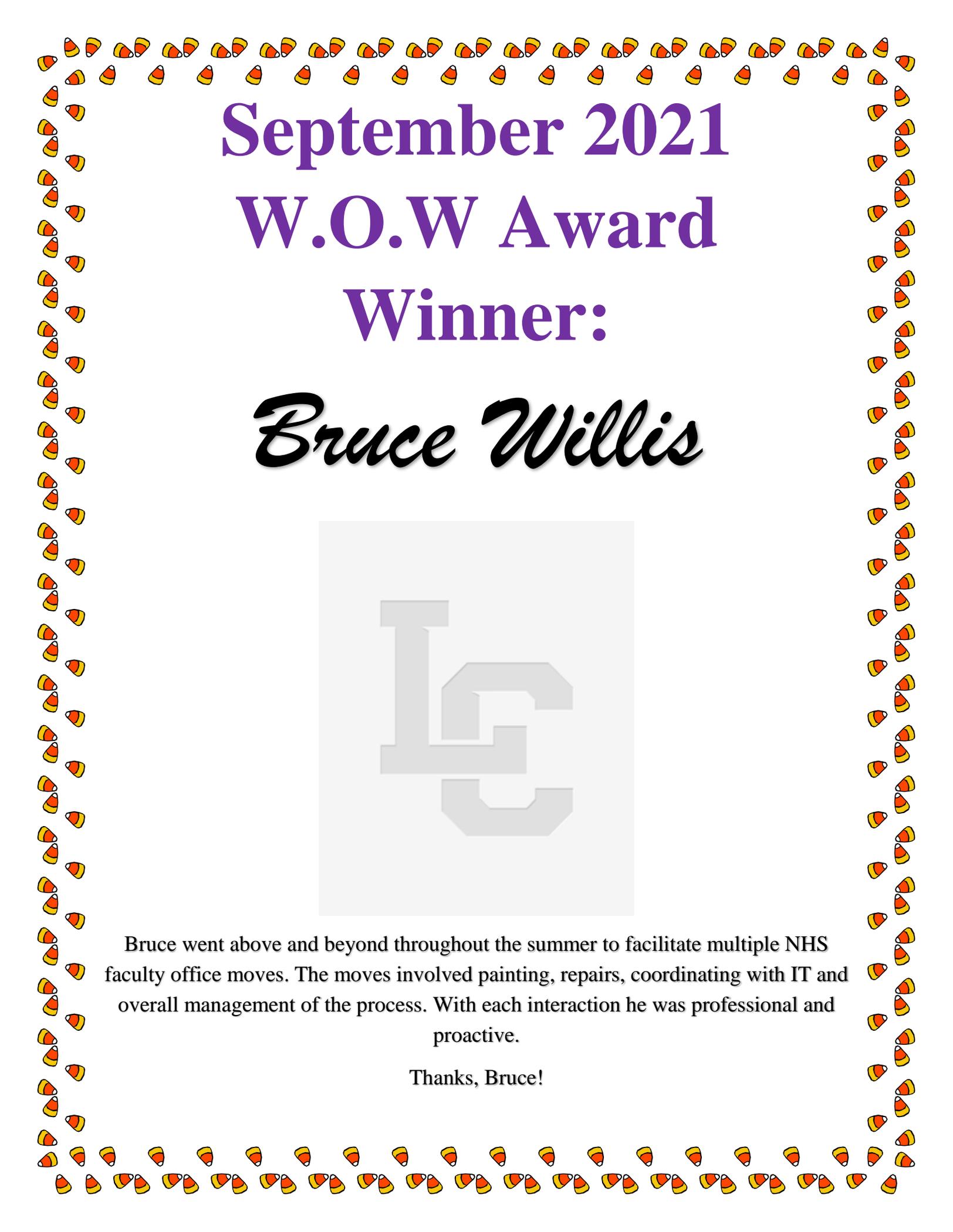
Administrative
Coordinator

Benjamin Gonzales

Landscape Technician

Physical Plant





September 2021 W.O.W Award Winner:

Bruce Willis



Bruce went above and beyond throughout the summer to facilitate multiple NHS faculty office moves. The moves involved painting, repairs, coordinating with IT and overall management of the process. With each interaction he was professional and proactive.

Thanks, Bruce!

October Birthdays



Day	Name
1	Heidee McMillin
2	Collin Fehr
2	Cynthia Pemberton
4	Deanna Bodden
4	Emery Knotts
5	Krista Baker
5	Tyrone White Temple
7	Taryn Cadez-Schmidt
11	Brian Kolstad
13	Benjamin Morton
13	Christopher Belcher
14	Paul Estrada
14	Teresa Carmack
15	Carlee Rhodes
15	Jeffrey Petersen
16	Alicia Robertson
17	Allen Balmer
17	Heath Fuller
17	Nicole Meyer
22	Robert McDonald
23	Alaina Porquis
23	Thomas Garrison
24	Eric Martin
26	John Lansing
27	Christine Deal
27	Leigh Latta
27	Shannon Martinez
31	Dawn Taylor