On Wednesday, October 20, 2010, Boise State University will honor Classified employees who have attained 5, 10, 15, 20, 25, 30 and 35 years of service at the University. The 2010 Classified Employee Recognition Luncheon will be held in the Simplot Ballroom/Student Union Building. Doors will open at 11:30 am and the program will begin at noon. Luncheon entrée choices are: Chicken Florentine with Lemon Cream Sauce or Classic Lasagna. Cost is $10 paid in advance. Please pay by check, payable to Boise State University, and mail to Carol Bugni, Human Resource Services, MS 1265. **Honoree lunches are complimentary.** Please RSVP by 5:00 pm, Tuesday, October 12. RSVP to Carol Bugni, 426-1576 or cbugni@boisestate.edu. We apologize, but we will be unable to seat folks who do not RSVP.

### NCPERS OPEN ENROLLMENT

Boise State University employees, enrolled in PERSI as their retirement plan, may enroll in a voluntary supplemental life insurance plan through NCPERS. Open Enrollment for NCPERS will continue through November 30, 2010. The enrollment form must be received in Human Resource Services, MS 1265, no later than Tuesday, November 30. For more information or enrollment forms, please contact Molly George at 426-2898 or Nancy Regent at 426-4450.

### TIAA-CREF

Boise State’s TIAA-CREF representative, David Penrose, will be on campus Tuesday, October 5, from 8 am – 5 pm in the Boyington Room/Student Union Building, and on October 6, from 8 am – 5 pm in the Chief Joseph/Student Union Building, and on Thursday, October 7, from 8 am-2 pm in the Boyington Room. You can schedule an appointment with David by calling TIAA-CREF at 1-800-732-8353 between 8:00 am - 4:00 pm. If you have any questions, please call Human Resource Services at 426-2898.

### WADDELL & REED

Waddell & Reed, one of our 403(b) retirement vendors, invites you to the **Lunch-N-Learn Workshop: Global Rebalancing.** This workshop will focus on planning, tax management and investment issues. The workshop will be held on Thursday, October 14 from 12 to 1 pm in the Simplot B Room located in the Student Union Building. Please call or e-mail Lindsey Halvorson at 947-9000 or lhalvorson@wradvisors.com for reservations (seating limited to 25). Lunch will be provided.

Human Resource Services is pleased to announce our Fall 2010 Learning and Development calendar. For a complete listing and descriptions, visit: [http://cedar.boisestate.edu/hrs/workshops/register.asp](http://cedar.boisestate.edu/hrs/workshops/register.asp). Register online at: [http://cedar.boisestate.edu/hrs/workshops/login.asp](http://cedar.boisestate.edu/hrs/workshops/login.asp) or e-mail HREmployeeLandD@boisestate.edu.

### Microsoft Excel Basic

- **When:** 8 a.m.- noon September 23
- **Where:** Academic Technologies (SMITC Room 209)
- **Cost:** $70
- **Instructor:** Andy Lanning

### Designing Effective Surveys

- **When:** 11 a.m.-noon September 22
- **Where:** Academic Technologies (SMITC Room 210)
- **Presenter:** Marcia Belcheir, Institutional Analysis, Assessment and Reporting

### Purchasing 101

- **When:** 1:30 - 2:30 p.m. - September 28
- **Where:** Academic Technologies (SMITC Room 210)
- **Presenter:** Greg Kunde, Purchasing

### Peace from Frustration

- **When:** 11:00 a.m. - Noon September 29
- **Where:** Academic Technologies (SMITC Room 210)
- **Presenter:** Ben Swanson, PhD, Counselor

### Time and Labor

- **When:** 2-3 p.m. September 29
- **Where:** Academic Technologies (SMITC Room 210)
- **Presenter:** Denise Ooley, Payroll

### Healthy Meeting Walk and Talk

- **When:** Noon - 1:00 p.m. September 30
- **Where:** In front of Norco Building
- **Presenter:** Jodi Brawley, Health Educator, University Health Services
Information Security for Faculty and Researchers

When: 1:00 - 2:00 p.m. September 30
Where: Academic Technologies (SMITC) 210
Presenter: Bob Henry, Information Security Officer

If you have any questions regarding the above workshops, please call Angie Zirschky at 426-2936.

VACANCIES

Boise State University is a State agency and must hire Classified positions through the Division of Human Resources (DHR). Current vacancies at Boise State are listed below. For more information regarding state job openings, see the Division of Human Resources website at: http://dhr.idaho.gov/.

You must currently work for the State of Idaho as a permanent employee eligible to transfer or your name must be within the top 25 listed on the appropriate Division of Human Resources register to apply for the positions listed below. Job announcements are current and updated on our website located at: http://hrs.boisestate.edu/joblistings/classified/.

Call Jordy LePiane at 426-1536 for additional information regarding Classified positions.

OPPORTUNITIES OPEN TO ALL APPLICANTS

Announcements Currently Open on the State Web Site

- Building Facility Specialist – Student Union
- Customer Service Representative 1 – University Health Services
- Financial Technician – Student Life/ Finance
- Parking Specialist – Parking & Transportation

OPEN TO

Classified State of Idaho Employees Until Filled (Including BSU)

- Custodian – University Housing
- Custodian Leadworker - Facilities, Operations & Maintenance
- Event Technical Coordinator – Student Union
- Landscape Technician – Facilities, Operations & Maintenance

Profession Staff and Faculty Positions


Boise State University prohibits discrimination in educational and employment opportunities, services, and benefits on the basis of race, national origin, color, creed, religion, sex, age, disability, veteran status, or sexual orientation. The University also affirms its commitment to providing equal opportunities and equal access to University facilities. For additional information, contact the Office of Equal Employment Opportunity and Affirmative Action at (208) 426-1979. For inquiries specifically related to sex discrimination and/or Title IX of the Education Amendments of 1972, please visit our website at http://www.boisestate.edu/generalcounsel/titleix.shtml or call Kendra Smith, Title IX Coordinator, at (208) 426-4407.
Visit: http://rec.boisestate.edu/ and check out Campus Recreation’s homepage for a complete calendar and list of events.

Facebook

Twitter
Follow us on Twitter at: http://twitter.com/BoiseStateRec

Toilet Bowl

Street Smart Cycling
Designed for both recreational cyclists and commuters, each workshop will cover bicycle traffic laws, lane positioning, and emergency maneuvers so that you can ride confidently with traffic. Choose either September 20 or 27, 7–9pm in the Rec Center Classroom. For details or to register, call 426-1131 or click http://rec.boisestate.edu/fitness/training/groupTraining.cfm

Group Training
Try our Group Training! It includes a fitness assessment, full program design, plus a weekly 60-minute group training session with a trainer. Cost is only $99 for students and $119 for other members. The program runs once a week from Sept 27–Nov 17. Choose either Tuesdays at 5:30pm or Wednesdays at 12pm. For details or to register, call 426-1131 or click http://rec.boisestate.edu/fitness/instruction/8Week.cfm.

Hulls Gulch Evening Hike
Evening sunset hikes in the Boise foothills are a great chance for people to learn about the 100+ miles of trails in the local area. This program will explore the foot-traffic only section of the Hulls Gulch trail system. The trip date is September 28, with a registration deadline of September 26. Cost is $20. For details or to register, call 426-1131 or click http://rec.boisestate.edu/outdoor/adventure/programs.cfm.

Jump Creek Falls Day Hike
This scenic hike meanders through the Jump Creek canyon and over a series of falls hidden beneath the riparian forest canopy. The beauty of the desert is all around with natural springs, waterfalls, cliff swallows, and hawks. The trip date is October 2, with a registration deadline of September 26. Cost is $25. For details or to register, call 426-1131 or click http://rec.boisestate.edu/outdoor/adventure/programs.cfm.

Volleyball League

Advanced Climbing Techniques
Balance & efficiency of movement: edging, flagging, lay backs, mantles, matching, smearing, stemming, and more. Class is October 4 from 6–8pm. Cost is $10. For details or to register, call 426-1131 or click http://rec.boisestate.edu/outdoor/climbing/skills.cfm.

Full Moon Night Hike
Join us as we explore the foothills under a full moon. We will hike up into the to check stars and admire some constellations you can't see from the city. The trip date is October 5, with a registration deadline of October 3. Cost is $15. For details or to register, call 426-1131 or click http://rec.boisestate.edu/outdoor/adv-288.

Snake River Rafting and Caving
Are you ready for an action-packed weekend beginning with whitewater rafting on the Bliss section of the Snake River and finishing up with an awesome day of cave exploration through Smith's Crack? The trip dates are October 8–10, with a registration deadline of October 3. Cost is $70. For details or to register, call 426-1131 or click http://rec.boisestate.edu/outdoor/adventure/programs.cfm.

Free Women’s Self-Defense Workshop
Keep yourself safe with a self-defense class sponsored by Campus Recreation and the Boise Police Department. Choose either Tuesday, October 5 or Wednesday, October 27. Both classes are 5:30–7pm. For details or to register, call 426-1131 or click http://rec.boisestate.edu/fitness/workshops/

Pilates
Pilates is Mondays from 5:30–6:30pm from October 11–December 10 as part of the Instructional Fitness Program. Cost is $49 for Members and $69 for Non-members. Registration Deadline is October 7. For details or to register, call 426-1131 or click http://rec.boisestate.edu/fitness/instruction/8Week.cfm.

Boot Camp
This intense drill-based class is sure to make you sweat and get your heart pumping. Participants can work at their own levels, so whether you are a seasonal athlete or just getting into fitness, you're sure to be challenged. If you are looking for a way to reach a new level, to learn functional exercises, to get motivated, or to push yourself harder, this class is for you! Class is held outside until it's too chilly! Choose either once a week or twice a week. Boot Camp is 6:30–7:30am from October 11-December 10 as part of the Instructional Fitness Program. Cost for once a week (Tuesday OR Thursday) is $49 for Members and $69 for Non-members. Cost for twice a week (Tuesday AND Thursday) is $89 for Members and $125 for Non-members. Registration Deadline is October 7. For details or to register, call 426-1131 or click http://rec.boisestate.edu/fitness/instruction/8Week.cfm.

Downhill Ski Conditioning
This course is designed to prepare you to participate safely and efficiently in your winter sports pursuits. Each day will focus on exercises aimed at injury prevention through increased strength and flexibility, enhanced joint stabilization, and improved neuromuscular control. Downhill Ski Conditioning is Thursdays from 5:30–6:30pm from October 11–December 10 as part of the Instructional Fitness Program. Cost is $49 for Members and $69 for Non-members. Cost for twice a week (Tuesday AND Thursday) is $89 for Members and $125 for Non-members. Registration Deadline is October 7. For details or to register, call 426-1131 or click http://rec.boisestate.edu/fitness/instruction/8Week.cfm.

Health for Every Body
Interested in learning more about total health, nutrition, and fitness? In this classroom-style course you will learn a variety of skills to help achieve your health and fitness goals. We will cover topics including nutrition, personal fitness, the importance of adequate sleep, stress management, and skills for balancing an active lifestyle. Health for Every Body is Thursdays from 12:15–1pm from October 11–December 10 as part of the Instructional Fitness Program. Cost is $39 for Members and $59 for Non-members. Registration Deadline is October 7. For details or to register, call 426-1131 or click http://rec.boisestate.edu/fitness/instruction/8Week.cfm.
Freedom from Smoking
Want to quit smoking? Freedom from Smoking, researched and developed by the American Lung Association, is the gold standard for smoking cessation programs. Learn valuable tools about how to quit, receive information about Nicotine Replacement Therapy and other quitting aids and get the support needed to quit smoking once and for all.

Instructor: Lauren Thomas, BS
When: Mondays, September 20 – October 18, 4:30-6:00pm
Where: UHS Multipurpose Room 117, Norco Building
Fee: $10
Registration: Registration required, log onto healthservices.boisestate.edu/calendar to register.

Employee Walking Rally
The Walking Rally is a competition that emphasizes physical activity, teamwork and fun. Create a team with your fellow employees (teams can be 3-5 people). Teams will be given a list of clues of locations around the Boise State University campus. Each team must have a digital camera to take pictures of the locations on the list. Team members will also be given a pedometer to record the number of steps taken during the rally. The team to find the most locations within the hour wins a prize. The individual with the most steps during the rally also will win a prize!

When: Thursday, September 23, 12:00-1:00pm
Where: Norco Building
Registration: Registration required, log onto healthservices.boisestate.edu/calendar to register.

Stress Management
College and stress can go hand-in-hand. Learn how to recognize stress and ways to manage it. Instruction will include guided imagery and breathing techniques.

Instructors: Jodi Brawley, MS, CHES and Jennifer Summers, BS
When: Tuesdays, September 28 – October 12, 12:00-1:00pm
Where: UHS Multipurpose Room 114, Norco Building
Fee: $10
Registration: Registration required, log onto healthservices.boisestate.edu/calendar to register.

Saint Alphonsus Mobile Mammogram
This on-the-job-site service allows quick and convenient access to mammography, one of the best means for early detection of breast cancer.

When: Wednesday, September 29, 9:00am-3:00pm
Where: Norco Building Parking Lot
Fee: Billed to most insurances, subject to deductible. For questions about your individual coverage, please contact your insurance provider.

Registration: Call 367-8787 for an appointment.

Nutrition Q&A
Drop in nutritional advice is available by qualified staff. This is a great opportunity for you to ask questions, and learn more about healthy eating.

When: Wednesdays, 4:30pm-5:30pm (excluding summer, holidays and university closings)
Where: Student Recreation Center
Registration: Drop-in, no registration necessary.