

The HR Connection



August 1, 2014
Volume 3, Issue 6



HR News

EMPLOYEE OF THE MONTH WINNER

AUGUST Theme: **Positive Attitude**

And the winner is.....



Chonette Bouldin
Projects Officer III, Special
Office of Secondary Education

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Chonette Bouldin works for the Office of Secondary Education as a Projects Officer III, she is often the go to person for some reality checking. Chonette offers her words of wisdom and never fails to ask how she can help.

Chonette has a fantastic work ethic and makes everyone feel supported. She comes in on time every day, and even when the work load is overwhelming, her attitude is, "that's okay we'll get it done" one step at a time.

Chonette maintains an even keel throughout the day, week and through her calm and confident nature encourages cooperation through thought, word and deed. She is the perfect example of someone who can assert herself when necessary. She holds and protects confidence which instills trust.

Chonette has a "can do" attitude and no matter how confusing and how much is put on her plate she just works it down, she is patient. Chonette is willing to ask for assistance when she needs it and wants to be knowledgeable of all the areas and constituents we serve.

Chonette's dedication and willingness to go above and beyond in performing her responsibilities provide an example for all of the agency's employees and that makes Chonette the Mississippi Department of Education's Employee of the Month!!! Congratulations!

Chonette provides constant services to a large bureau including the Associate Superintendent and Bureau and Division Directors. She is eager to assist and also engage others when projects and materials need to be gathered. Her personality is congenial and she makes everyone feel special.

Chonette works her hours and beyond those to support her colleagues, she often works late and is always at her duty station on time if not earlier. She is privileged to many conversations and has knowledge of the wide range of areas that impact our Bureau; as such

As EOM, Chonette Bouldin will receive:
Recognition Certificate
Recognition in Monthly HR Newsletter
Introduction to the Board of Education
Reserved EOM parking space

Congratulations!

"Inspiration usually comes during work, rather than before it."

- Madeleine L' Engle



MDE's Employee of the Month Program

Each month, the Department of Human Resources recognizes an outstanding employee who excels in a particular area (the month's theme) as the *MDE's Employee of the Month*.

Winners are selected by a broadly representative, interdivisional committee which bases its decisions on specified criteria which vary from month to month depending on the theme. The theme for September is:

➤ *Excellent Teamwork*

The Employee of the Month receives:

- Recognition Certificate
- Recognition in monthly HR newsletter
- Introduction to the Board of Education
- Reserved parking space

All nominees must:

1. Be employed with the MDE for at least one year.
2. Have no disciplinary actions within the last twelve (12) months.
3. Must be employees in good standing who are especially outstanding in the current month's theme.
4. Not have won an Employee of the Month award in the past twelve (12) months.
5. Division Directors, Staff Officer, Office

Directors, Bureau Directors, and Deputy Superintendents are not eligible as nominees for EOM.

Employees may be nominated by Division Directors, Staff Officers, Office Directors, Bureau Managers, Bureau Directors, and Deputy Superintendents, or colleagues. Self-nominations are not accepted.

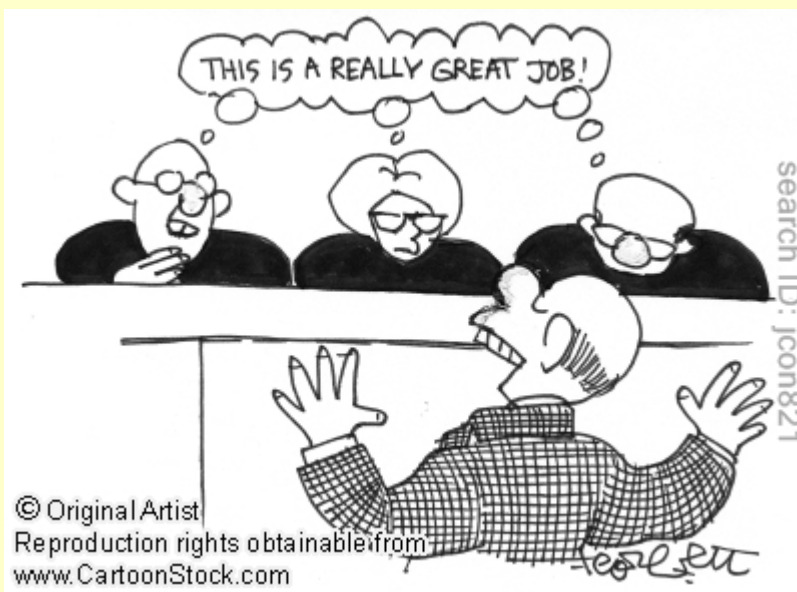
To nominate an employee for this month's theme, please obtain a nomination form from the Office of Human Resources and follow the instructions provided. The form describes this month's criteria and the nomination process in detail. **THE DEADLINE IS August 15, 2014!!!!**

Thank you for participating and helping to recognize our hard-working, dedicated employees!

*Mississippi Department of Education
Office of Human Resources*

"I make the most of all that comes and the least of all that goes."

— Sara Teasdale



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If you would like to submit a departmental and/or employee announcement for the September Newsletter, (i.e.: Birthdays, Birth Announcements, Engagements, Weddings, Graduations, etc...) please contact the Office of Human Resources no later than August 15th!



Chicken Fajitas

Total Time: 1 hour

Servings: 6

Ingredients

- 1 cup packed cilantro leaves, plus extra for serving
- 1/4 cup lime juice, about 2 limes
- 1/4 cup low-sodium chicken broth
- 3 scallions, cut into 1-inch pieces
- 2 cloves garlic
- 1 jalapeno, seeded if desired
- 1 tablespoon honey
- Kosher salt
- 1 1/2-pounds boneless skinless chicken breasts
- 1 red onion, sliced into 1/2-inch thick rounds
- 2 orange and/or yellow bell peppers, quartered, seeds removed
- 1 ripe avocado, halved, seeded and peeled
- 1 1/2 teaspoons olive oil
- 1/8 teaspoon ground cumin
- 1/8 teaspoon ground coriander
- 1/4 cup fat-free Greek Yogurt
- 12 corn tortillas

Directions

Put the cilantro, lime juice, broth, scallions, garlic, jalapeno, honey, and salt in a blender, puree until smooth. Reserve 2 tablespoons; do not wash out the blender. Put chicken breasts in a medium bowl and the peppers and onions in another. Divide the remaining cilantro puree evenly between the chicken and the peppers and onions. Toss well to coat the chicken and vegetables and let stand, at room temperature, for 30 minutes.

Add the avocado, 1/2 cup water, and the reserved 2 tablespoons cilantro sauce to the blender. Puree until smooth and season with salt. Set aside.

Heat the oil in a small skillet set over medium heat until hot. Add the cumin and coriander and continue to cook until fragrant, about 30 seconds to 1 minute. Pour the spices over the yogurt and set aside for the flavors to blend. Stir before serving.

Preheat a grill for medium-high/direct heat cooking. Oil the grill grates. Grill the chicken and vegetables, turning, until the vegetables are tender and the chicken reaches an internal temperature of 160 degrees F, about 5 to 8 minutes for the vegetables and 12 to 15 minutes for the chicken. Let chicken rest 5 minutes. Place the tortillas on the grill until just warmed through, about 30 seconds.

To assemble the fajitas: slice the onions and peppers into thin strips and then slice the chicken. Place some peppers, onions, chicken and cilantro in a tortilla topped with the spiced yogurt and the avocado sauce.



Radiance Fruit Salad

Prep Time: 15 Minutes

Serves: 6 (1 cup)

Ingredients

Salad:

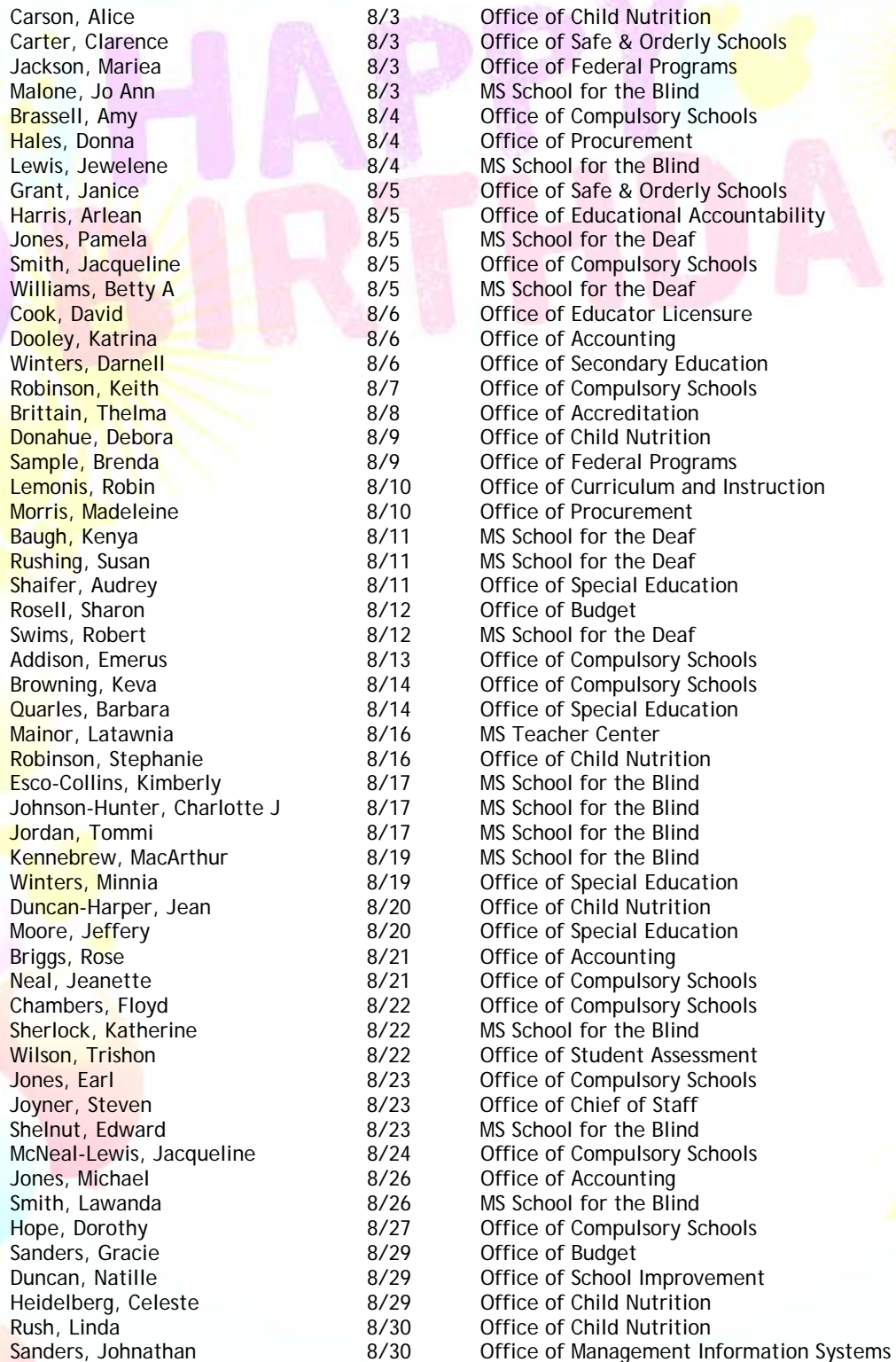
- 1/3 cantaloupe, cut into 3/4-inch chunks (about 2 cups)
- 1 (16 ounce) container strawberries, quartered (about 3 cups)
- 5 medium kiwis, peeled and cut into 3/4-inch chunks (about 2 1/2 cups)

Dressing:

- 3 tablespoons honey
- 3 tablespoons fresh lime juice
- 1 teaspoon lime zest
- 3 tablespoons finely chopped fresh mint leaves

Directions

Place all of the fruit into a large bowl. In a small bowl, whisk the honey, lime juice, zest, and mint. Right before serving, pour the dressing over the fruit and toss gently to combine.



Carson, Alice	8/3	Office of Child Nutrition
Carter, Clarence	8/3	Office of Safe & Orderly Schools
Jackson, Mariea	8/3	Office of Federal Programs
Malone, Jo Ann	8/3	MS School for the Blind
Brassell, Amy	8/4	Office of Compulsory Schools
Hales, Donna	8/4	Office of Procurement
Lewis, Jewelene	8/4	MS School for the Blind
Grant, Janice	8/5	Office of Safe & Orderly Schools
Harris, Arlean	8/5	Office of Educational Accountability
Jones, Pamela	8/5	MS School for the Deaf
Smith, Jacqueline	8/5	Office of Compulsory Schools
Williams, Betty A	8/5	MS School for the Deaf
Cook, David	8/6	Office of Educator Licensure
Dooley, Katrina	8/6	Office of Accounting
Winters, Darnell	8/6	Office of Secondary Education
Robinson, Keith	8/7	Office of Compulsory Schools
Brittain, Thelma	8/8	Office of Accreditation
Donahue, Debora	8/9	Office of Child Nutrition
Sample, Brenda	8/9	Office of Federal Programs
Lemonis, Robin	8/10	Office of Curriculum and Instruction
Morris, Madeleine	8/10	Office of Procurement
Baugh, Kenya	8/11	MS School for the Deaf
Rushing, Susan	8/11	MS School for the Deaf
Shaifer, Audrey	8/11	Office of Special Education
Rosell, Sharon	8/12	Office of Budget
Swims, Robert	8/12	MS School for the Deaf
Addison, Emerus	8/13	Office of Compulsory Schools
Browning, Keva	8/14	Office of Compulsory Schools
Quarles, Barbara	8/14	Office of Special Education
Mainor, Latawnia	8/16	MS Teacher Center
Robinson, Stephanie	8/16	Office of Child Nutrition
Esco-Collins, Kimberly	8/17	MS School for the Blind
Johnson-Hunter, Charlotte J	8/17	MS School for the Blind
Jordan, Tommi	8/17	MS School for the Blind
Kennebrew, MacArthur	8/19	MS School for the Blind
Winters, Minnia	8/19	Office of Special Education
Duncan-Harper, Jean	8/20	Office of Child Nutrition
Moore, Jeffery	8/20	Office of Special Education
Briggs, Rose	8/21	Office of Accounting
Neal, Jeanette	8/21	Office of Compulsory Schools
Chambers, Floyd	8/22	Office of Compulsory Schools
Sherlock, Katherine	8/22	MS School for the Blind
Wilson, Trishon	8/22	Office of Student Assessment
Jones, Earl	8/23	Office of Compulsory Schools
Joyner, Steven	8/23	Office of Chief of Staff
Shelnut, Edward	8/23	MS School for the Blind
McNeal-Lewis, Jacqueline	8/24	Office of Compulsory Schools
Jones, Michael	8/26	Office of Accounting
Smith, Lawanda	8/26	MS School for the Blind
Hope, Dorothy	8/27	Office of Compulsory Schools
Sanders, Gracie	8/29	Office of Budget
Duncan, Natille	8/29	Office of School Improvement
Heidelberg, Celeste	8/29	Office of Child Nutrition
Rush, Linda	8/30	Office of Child Nutrition
Sanders, Johnathan	8/30	Office of Management Information Systems



Eat for Your Lifestyle

Are you spending a large portion of your days sitting or being inactive? Many of us are. If you have a sedentary lifestyle, your healthiest option is to gradually increase your activity level and work yourself out of that sedentary way of living and working. The American Heart Association recommends at least 150 minutes of moderate physical activity every week. If you are able to exercise, you just need to get started. Walking for a few minutes every day is a good goal. Walk at your own pace, and try to go a little farther and a little faster every week.

If more activity is not possible for you, your best option is to modify your diet to keep your weight under control. The National Institutes of Health recommends a daily intake of 1,800 - 2,000 calories for sedentary women age 19-30 and 2,400-2,600 calories for sedentary men age 19-30. These numbers are estimates and they will not work for everyone.

Eating fewer calories than the recommended guidelines can help you maintain or even lose weight. Here are some suggestions for reducing your daily intake of calories:

- Choose foods lower in calories and fat
- Eat a variety of fruits and vegetables
- Choose low-fat dairy products, such as yogurt, milk and cheese
- Include whole-grains in your diet, such as brown rice, whole-wheat breads and pastas.
- Eat lean, low-fat protein, including skinless chicken and turkey, lean cuts of pork, fish and shellfish, beans, legumes and tofu
- Avoid sugary beverages, such as fruit juices, soda, sweet tea and sports drinks
- Drink lots of water - 9 cups per day for women and 13 cups per day for men
- Eat smaller portions, but eat more frequently to keep your metabolism burning calories and your blood sugar normal.

If your sedentary lifestyle has created a situation in which you have reached an unhealthy weight, please consult your doctor about options to achieve a healthier weight.

Information for this article came from the Summer 2014 St Dominic's Newsletter and is provided by the Office of Healthy Schools.

AUGUST 2014

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24	25	26	27	28	29	30
31						

"It is good to act as if. It is even better to grow to the point where it is no longer an act."

— Charles Caleb Colton