

# CE S News

## Communication, Education, Service



Volume 4, Issue 1

### President's Message

Well, the holidays are behind us. I hope everyone enjoyed them. I know I did.

The new year finds us planning our annual conference and the national conference for SERESSA. For those who don't know what this group is, there are several states that have an organization similar to Chi Epsilon Sigma. They are involved with professional development for support staff like we are. Some of us were able to attend the national meeting in Nashville this past November, and we really had a great time. The interaction with the other states, the sharing of ideas and the breakout sessions we had were great. Louisiana is hosting the conference this year and we are going to need everyone's help. As soon as we get some committees together, we will be letting everyone know so you can volunteer for one. Mary Baronet is the president of SERESSA this year, and we need to give her as much support as we can.

Our own annual conference planning is also

underway. Karen Istre and Diane Schneider have volunteered to be chairpersons of the planning committee. Please give them your full support also.

We are in the middle of our membership drive. Our theme is "Getting to Know Your Neighbor through Chi Epsilon Sigma". I have a flyer made up if you would like to post it in your area. Please encourage your co-workers who are not members to join. The cost is only \$10.00 for the year. We are going to be updating the web page to include more professional development opportunities (such as on-line classes, information about seminars, etc.).

As always, if you have any ideas for our annual conference or anything you would like to see posted on the web page, please feel free to let me know.

Until next time, God bless and take care.

**Jodi Davis**  
**President, Chi Epsilon Sigma**

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### Dates to Remember

<b>February</b>	CES Board Meeting, Date, Place, and Time TBA
<b>May 1–2</b>	Chi Epsilon Sigma Epsilon Chapter Annual Conference Rice Research Station, Crowley, LA

# Taco Stew

*This is a tasty stew for a cold winter day and is very easy to make!*

1 pound ground beef  
 1 medium onion, chopped  
 1 cup water  
 1 can tomato soup  
 1 can whole kernel corn, undrained  
 1 can pinto beans and chili sauce, undrained  
 1 can tomatoes with chilis, undrained  
 1 envelope taco seasoning mix  
 Coarsely crushed tortilla chips  
 Shredded Monterey Jack cheese



In a large saucepan, cook and stir ground beef and onion over medium heat till meat is browned. Drain off fat. Stir in soup, corn, beans, tomatoes, seasoning mix and water. Bring to a boil. Reduce heat. Simmer uncovered about 45 minutes. Serve with tortilla chips and cheese.

**Don't Forget to Mark Your Calendars!!!**

**Chi Epsilon Sigma Annual Conference  
 May 1-2, 2009  
 Rice Research Station, Crowley, LA**

## Let Me Introduce You!

Vonnie Jordan has been with the LSU AgCenter for six years. She is currently an Administrative Coordinator 4 in the North Central Region.

Vonnie has been married to Eric Jordan, Sr. since August 29, 1992. They have one son, Eric, Jr. who will be 15 in March and is itching to drive!

Volunteering her time to Susan G. Komen for the Cure is a great passion for Vonnie. She serves on the Northeast La. Affiliate Board. Vonnie is a breast cancer survivor herself. She also loves reading, sightseeing, traveling and watching her son participate in sports.

**These are a few of Vonnie's favorite things:**

**Favorite Color**—Pink

**Favorite Aroma**—Sandalwood

**Favorite Food**—Homemade spaghetti

**Favorite Music**—Rock 'n Roll,  
 but listens to everything

**Favorite Song**—"Always on My Mind"  
 By Willie Nelson

**Favorite TV Show**—Extreme Makeover,  
 Home Edition

**Favorite Movie**—Cinderella

Failing to do your updates could potentially put your computer out of commission! Recently, there has been a rash of malicious software infections that take advantage of systems that have not had updates applied. This has always been a potential problem; however, severe outbreaks are on the rise and are becoming increasingly more difficult to detect prior to infection and even more difficult to remove successfully and completely after infection. One way to greatly reduce your chances of becoming infected is to install all of your various software updates as soon as you are notified of their availability.

One such infection (that comes in various forms) is known as “Vundo”. This malicious software actually poses as security software and warns that your computer is infected with viruses and spyware. A common method of entry for this infection is through simply visiting an infected website and having an outdated version of JAVA on your computer (<http://en.wikipedia.org/wiki/Vundo>). If you think your system is infected, you should immediately disconnect your system from the network/internet (disable wireless adapter and/or unplug Ethernet cable) and notify your technical support staff. Under no circumstances should you click on or follow any directions within the fraudulent warnings of an infected computer.

So, please install your software updates as soon as you are notified of their availability. Failing to do so could put both your computer and other computers on your network at risk. The following link includes a video that emphasizes the importance of this point: <http://www.allbusiness.com/professional-scientific/computer-systems-design-related/3474081-1.html>.

**Davis Dautreuil III**  
**Regional Technical Support Specialist**  
**LSU AgCenter, Information Technology**

Mission Statement:

The purpose of this fraternity shall be to maintain the standards and ideas, uphold the morale, prestige and respect of the LSU AgCenter support staff; to develop an effective working relationship and spirit of fraternal fellowship among present and emeriti employees of the LSU AgCenter support staff; to encourage professionalism; and to recognize, share and reward professional excellence in job performance.

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## We're on the web!

[www.lsuagcenter.com/en/administration/about\\_us/professional\\_organizations/chi\\_epsilon\\_sigma/](http://www.lsuagcenter.com/en/administration/about_us/professional_organizations/chi_epsilon_sigma/)

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Identity theft may be something you've encountered and shared the harrowing affects with others. Maybe you've been lucky enough to never have gone through what can seem like a nightmare. In today's world, we are no longer able to toss the idea aside and say it'll never happen to me. Rather than being scared stiff, be proactive towards identity theft.

I'd like to offer some points to ponder where keeping your personal information safe is concerned.

- **Social Security Number.** This number is like gold to identity thieves. Keep it in a locked box unless applying for a job, enrolling your children in school, or other moments where personal documentation is required. Guard your driver's license well if your SSN appears on it. It's only been a few years that the Dept of Motor Vehicles stopped printing your SSN on your driver's license. If you wish to obtain an updated driver's license without your SSN printed on it, you can easily request a new one. This request carries the current full renewal fee of \$23.50 (cash only). Keep in mind that you can't get it updated if you renew through the mail.
- **Shoulder Surfing.** The customer right behind you in line might be listening and looking for your personal information. Instead of verbally giving information over the counter, write it down for the clerk/teller. Be sure to take that piece of paper home with you. Also, be aware of your cell phone conversations in public. You might be sharing personal information that you're not even aware.
- **Protect Your Information.** Crosscut shred any receipts you no longer want, especially those with credit card numbers on them. Before allowing any holiday guests or workers into your home, lock up documents with financial, credit or Social Security information on them. Most businesses now require that you state a password for you to obtain your account information. This of course is to verify that you are the person authorized to use that account. If your accounts don't have your password protection, add a password to all your credit card accounts, financial accounts and utility accounts to verify your identity. Also be aware of someone calling you and stating they are from your bank and offering you lower interest rates. Do not verify any information, not even your address or last 4 digits of your SSN. If you are interested in the offer, tell them you will call the bank back using the customer service number printed on YOUR bank statement. If they are legitimate employees of your bank, they will encourage you to carry out this plan.
- **Credit card skimming.** Credit card skimming occurs when a clerk slides your credit card through a second machine that scans the information from the magnetic strip and stores it until it can be downloaded onto a counterfeit card. Remember, "Out of sight, out of control." Keep your eyes on your card at all times. And if possible, always opt to scan the card yourself when making purchases. In the case of tanking up your car at a gas station that doesn't have a pay-at-the-pump option, instead of leaving your credit card with the clerk, you can opt to leave your driver's license but ONLY if your SSN doesn't appear on your license. Remember, that protecting your social security number is priority one when it comes to preventing identity theft.

- **Credit card receipts.** It is mandatory that businesses include only the last 5 digits on credit card receipts. If you find that the number is printed in full, always be sure to hand the signed receipt directly to the cashier or waitress. Trouble may find you if you leave a signed receipt with your full credit card number and expiration date sitting on a restaurant table unattended.
- **Purse snatching and pickpockets.** Minimize what you carry with you. Credit cards, debit cards, checkbooks and deposit slips are the easiest items for a thief to use. Unzipped purses, backpacks or open bags are invitations to pickpockets. Carry your purse with the clasp against your body. When loading groceries, load your purse and children FIRST before the groceries. A purse snatcher can easily walk by your cart in the store or in the parking lot. Ask yourself, “If something were stolen out of my shopping cart, what would be the hardest to replace?” Those are the things you’ll want to protect the most. When tanking up your car at a gas station, lock your doors even though you are standing right next to your car. A purse snatcher can sneak up and open the car door on the opposite side of the vehicle without you even noticing.
- **Online shopping.** Keep a printout of the webpage(s) describing the item you ordered, any e-mail messages and the agreement portion that shows the seller’s address, telephone and return policies should you have any problems. For online purposes, it is not necessary to provide a Social Security number. Make sure the company is on a secure server with “https” and a locked padlock.

Protect yourself and your family by being aware of the information you are sharing with others.



Penny Thibodeaux, Extension Agent  
LSU AgCenter  
Jeff Davis Parish

During our annual conference this year we pulled names with those attending for “Secret Pals”. This is a fun activity that started at last year’s conference. If it continues to work well, we will consider keeping this an annual event held during annual conference. Mollie Johnston graciously volunteered as chairman of the Secret Pal activity. Mollie has everyone’s name that pulled and also who you pulled. So if you lost your Secret Pal information, please contact Mollie.

Please remember your Secret Pal for birthdays, anniversaries, and holidays. This is a fun activity that will work if everyone remembers to send notes, cards, or small gifts to their Secret Pal. Mollie will be sending out reminder e-mails during the year to help us remember our Secret Pals.



## 2009 Membership Form

Chi Epsilon Sigma - Epsilon Chapter  
The National Support Staff Fraternity

Name/Address:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Title: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Office Phone # \_\_\_\_\_

Provide Name of Unit:

\_\_\_\_\_

Member Registration – New Member or Renewal **\$10.00**

**Make check payable to Chi Epsilon Sigma**

(Write on the back of your check "For Deposit Only")

**For more information contact:**

**Jodi Davis, President  
Chi Epsilon Sigma  
Management Operations  
(225) 578-8791**

**Return this form with your check  
payable to Chi Epsilon Sigma to:**

**Cheryl Duplechain  
121 Renewable Natural Resources  
Louisiana State University  
Baton Rouge, LA 70803  
(225) 578-4179**