



# Staff CometConnection

*A monthly newsletter for Mayville State Staff  
Provided by MaSU Staff Senate*

## January 2021

### UPCOMING EVENTS:

**JANUARY 11**

Spring Semester Starts!

**JANUARY 18**

Martin Luther King Jr. Day  
| Campus CLOSED |



### ANNOUNCEMENTS

- We have an OPEN position on Staff Senate, if you are interested and would like to know more, please [email](#) us.
- We still have Comet Pride Buttons available at the Bookstore or Business Office!



*Welcome*

### TO THE MAYVILLE STATE FAMILY:

Robert Davis - Academic Technology Specialist



### WE SAY GOODBYE TO:

Alice Rice & Aubrey Madler

### JANUARY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 Katie Donica	4	5 Bonnie Enger Donovan Linder	6	7	8	9 Pam Eberle
10 Remi Herman	11	12 Sharon Bartlette	13	14	15 Lisa Rakowski Robyn Hanson	16
17 Tracy Juhnke Debi O'Brien Gary Stordahl	18	19	20	21 Angela Lande	22	23
24	25	26	27 Cora Hefta	28 Connie Kaldor	29	30
31 Kelly Gowan Ashley Williams						



Check out last month's  
"self-care" painting  
activity. For upcoming  
events, contact HR!



## 10 WAYS TO MAKE 2021 YOUR BEST YEAR

- 1 Review Your Past Year**  
To prepare for a successful new year, you must know your starting point. Take a moment to reflect on the past year to assess where you currently are in your life.
- 2 Show Your Appreciation**  
Take some time to appreciate your loved ones and those who have supported you with a token of appreciation. A handwritten thank-you letter can go a long way.
- 3 Set Big Goals**  
Set some BIG goals for the new year. These are your annual achievements, so aim high when setting these milestones. You may find it helpful to create goals by major categories.
- 4 Make A Vision Board**  
Bring out the artist in you by creating a vision board for next year. Not only are they beautiful, but vision boards also help manifest what you want into your life.
- 5 Plan Your Calendar**  
Create your events calendar for the new year. Write down important holidays, birthdays, and events that will take place in the new year so you can keep track of them.
- 6 Organize Using An Agenda**  
Accomplish more in the new year by using an agenda. Agendas are great tools for you to plan your days in advance so you can set goals, stay organized, and stick to a schedule.
- 7 Create A Reading List**  
Reading is one the best way to grow as a person. Set a realistic target such as to read 1 book a month. Use a reading log to keep track of the books you have read.
- 8 Set A New Morning Routine**  
How you start your mornings dictate how your day will be. When you start your day with positivity, you're more likely to attract positive outcomes throughout the day.
- 9 Commit To Eat Healthier**  
Try to incorporate more vegetables into your diet and replace processed foods with whole foods. Make eating healthy fun by trying out new recipes and sharing with your loved ones.
- 10 Monetize Your Passion**  
Make it your mission to turn that hobby of yours into a business. There's always a market for talented people and products. All it takes is the courage to take the first step!

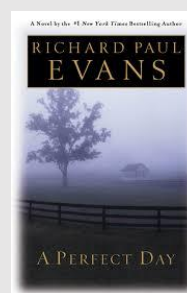
READ MORE @ MILLENNIAL-GRIND.COM

## Self-Care Corner

### Staff Book Recommendation:

A Perfect Day  
by

Richard Paul Evans



### Staff Podcast Recommendation:

The Rachel Hollis Podcast



## Comet Comforts

### Easy Crockpot Cream Cheese Chicken Chili

Submitted by Alyson Beckman



- |  |                                    |
|--|------------------------------------|
| 1 15- oz. can black beans              | 1 package ranch dressing mix       |
| 1 15.25- oz. can corn undrained        | 1 tsp. cumin                       |
| 1 10- oz. Can Rotel tomatoes undrained | 1 Tbsp. chili powder               |
| 2 chicken breasts                      | 1 tsp. onion powder                |
|  | 1 8- oz package light cream cheese |
1. Drain and rinse the black beans. Place chicken at the bottom of the crock pot, then pour out the whole can of corn (undrained), Rotel tomatoes, and black beans on top of chicken.
  2. Top with seasonings and ranch dressing mix. Stir together.
  3. Place cream cheese block on top.
  4. Cover with lid and cook on low for 6-8 hours.
  5. After the cooking time is over, take chicken breasts from crock pot and shred and add back to the chili. Stir together and enjoy!



We are looking for recommendations and/or submissions for our NEWEST sections- Self-Care Corner or Comet Comforts, [click here](#) to submit yours!

# Staff Strategies

## E-sports

Tuesday, January 26th @ 10 am  
Presented by Matthew Berglund

- E-sports overview
- Skills and experience of e-sports

Staff Strategies Trainings are brought to you by MSU Staff Senate

*All are welcome to participate in trainings*



Thank you for your nominations for December's Comet Kudos. Those nominated include:

Amy Fuglestad	Bambi Manthey
Jessica Amb	Kelsey Fitzner
Shelby Wesolowski	Michelle Bye
Kristina Rage	Craig Keating

Congratulations to December's winner, **Jessica Amb!**

As a friendly reminder, **staff** members can only win the award once per calendar year, however our calendar year has restarted. For the list of past winners, check out the [Comet Kudos page](#) on the Staff Senate website. To nominate a **staff** member that you feel should be recognized for December, use the following link: [Comet Kudos Nomination Form](#) *\*\*For Faculty nominations, please contact your Faculty Senate for recognition.*

Mayville State's Endowed  
Scholarships Application AVAILABLE for  
2021-2022!



DEADLINE FEBRUARY 15

**APPLY NOW!**

Visit <https://www.mayvillestate.edu/paying-school/financial-aid/types-financial-aid/scholarships/>





# Deck Your DESK



**THANK YOU TO ALL WHO PARTICIPATED!**  
CONGRATULATIONS TO OUR WINNER, **KAREN POVERUD**! DIDN'T SEE HER DESK? THERE WAS TOO MUCH FOR A PICTURE! CHECK OUT THE VIDEO OF HER DECKED OUT DESK [HERE](#) !



**TO MAYVILLE  
STATE'S ESSENTIAL  
WORKERS**



**THANK YOU!**

**FOR EVERYTHING YOU'VE DONE TO KEEP  
OUR CAMPUS RUNNING AND SAFE FOR  
STUDENTS, FACULTY, AND STAFF. WE  
APPRECIATE YOU!**