



CTC
EAGLES

CTC's accessible education supports student success and employability.

LINKS OF INTEREST:

- ✓ [Faculty/Staff Webpage](#)
- ✓ [Dining](#)
- ✓ [Web event Calendar](#)
- ✓ [Employee Training Calendar](#)
- ✓ [News and Events](#)
- ✓ [Faculty/Staff Information Guide](#)
- ✓ [Alumni](#)
- ✓ [Mayborn Science Theater](#)
- ✓ [KNCT](#)
- ✓ [Office Technology](#)
- ✓ [Library](#)

THIS WEEK'S STORIES

- Red Ribbon Week . . . [\(more\)](#)
- United Way . . . [\(more\)](#)
- Webinar . . . [\(more\)](#)
- Haunted House . . . [\(more\)](#)
- Poster contest . . . [\(more\)](#)
- Patio Café lunch . . . [\(more\)](#)
- Literary costume contest . . . [\(more\)](#)
- Facilities update . . . [\(more\)](#)
- HR update . . . [\(more\)](#)
- Patio Café dinner . . . [\(more\)](#)
- Guest artist performance . . . [\(more\)](#)
- Thanksgiving meal . . . [\(more\)](#)
- Christmas card list . . . [\(more\)](#)
- Industrial Technology open house . . . [\(more\)](#)
- Awards . . . [\(more\)](#)
- News briefs . . . [\(more\)](#)
- Mark your calendar . . . [\(more\)](#)
- Training Schedule . . . [\(more\)](#)
- Continuing Education . . . [\(more\)](#)
- Health tip . . . [\(more\)](#)
- Mayborn Science Theater . . . [\(more\)](#)

Red Ribbon Week

The Student and Employee Assistance Program invites all employees to take the pledge to be drug-free as CTC commemorates Red Ribbon Week this week. The event kicks off this morning with a Red Ribbon walk from the Mayborn Science Theater (Bldg. 152) to the Anderson Campus Center (Bldg. 156). Opening ceremonies will follow at 10 a.m. with guest speaker, Laura Cranfill of Mothers Against Drunk Driving. The week will be filled with activities to remind employees and students about the dangers of drug and alcohol use. These include guest speakers, information/resource tables and mini workshops regarding the dangers of chemical dependency, the ill-effects of alcohol, prescription drug abuse and the dangers of other illegal narcotics. All activities are free and open to the public. Support Red Ribbon Week by participating in each day's theme. Monday is "CTC is drug-free" and everyone is asked to wear red. Tuesday's theme is "The Power to be Drug-Free" which calls for super hero attire. "Too Bright for Drugs" is Wednesday's theme and those on campus should wear neon colors. The last day is "Spook out Drugs" and everyone can wear Halloween-themed attire.

[Top of](#)

[page](#)

Fair share

Be a "fair share" giver during the CTC United Way campaign. Donate just one hour

of pay per month by payroll deduction and help the more than 20 important agencies served by the United Way of the Greater Fort Hood Area provide essential services.

Donations can be made via payroll deduction (beginning January 2019), direct contribution (check or cash) or by donating annual leave time (fill out and attach annual leave donation form with pledge form). All pledge forms must be returned no later than December 12. If donating by cash or check, send the donation with the form to Michael Oliver at the business office in Bldg. 119. If donating leave or using payroll deduction, send the form to Payroll Services in Bldg. 155.

You can also direct your donation to a specific United Way agency or the non-profit agency of your choice, such as the CTC Foundation, by filling in the "Other Nonprofit Agency" with the name of the non-profit organization to receive your donation.

If you did not receive a pledge form or have questions, contact Debbi Austin at ext. 1384 or email daustin@ctcd.edu.

[Top of](#)

[page](#)

Webinar

Today is the last day to RSVP for the webinar hosted by Risk Management – Free Speech on Campus: Respond to Student Complaints and Address Unruly Interactions and Social Media Exchange Information. The webinar is Tuesday, October 30 from 1 – 2:30 p.m. in the Anderson Campus Center (Bldg. 156). The topics include learning how to keep up with controversies as they develop to address them before they gain momentum; being able to better monitor social media; training your faculty and staff to be more proactive; and being prepared to address issues head on in a reasonable and tactful way.

Attendees will also learn tools to de-escalate or manage these events in a way that will help protect your institution's integrity — avoid major headaches and potential lawsuits; best practices for initiating campus-wide dialogue with faculty, staff, administrators and students on the differences between protected and unprotected speech — apply lessons learned from recent incidents to proactively address and avoid negative publicity, disruptive exchanges and campus turmoil.

If interested in attending, RSVP today to Risk Management at ext. 1843 or email mary.mckee@ctcd.edu.

[Top of](#)

[page](#)

Haunted House/Fall Carnival

CTC will host its annual Haunted House and Fall Carnival this weekend, Friday and Saturday, October 26-27, from 6-11 p.m. both nights. The haunted house will be held outside the Mayborn Science Theater (Bldg. 152) while games and carnival activities will be inside the building. The event is open to the public both and offers activities for the entire family including games, costume contests and food.

A tour of the haunted house costs \$5 per person and the cost of the carnival games starts at 50 cents. Food costs will vary. There will also be a hayride around campus. Each of the rooms in the haunted house and carnival activities has been designed by the campus clubs and organizations. Tickets can be purchased at the door and 10 percent of all proceeds from the event will be donated to the CTC Foundation Scholarship Program. Other proceeds will help fund the campus clubs'

community service projects.

In addition to carnival games, the Mayborn Science Theater will also feature Halloween-themed shows both nights. The show schedule is listed below under the Mayborn Science Theater.

[Top of](#)

[page](#)

Poster contest

The students in the Graphics and Printing Technology department have designed Halloween-themed posters. Employees are encouraged to stop by the Anderson Campus Center this Wednesday, October 24 to vote for their favorite poster design. Posters will be displayed in front of the bookstore from 10:30 a.m. to 3 p.m.

[Top of](#)

[page](#)

Patio Café lunch

The Culinary Arts department's "Lunch Time Café" is open Tuesday/Thursday, October 23/25, in the Southwest Dining Room of the Student Center (Bldg. 106) from 11:30 a.m. – 1 p.m. This week's menu is a Floribbean [cuisine](#) prepared by dual credit high school students in the American Regional Cuisine class and internship students. Reservations are not required unless seating a large group. Call ext. 1515 for more information or to make a reservation.

[Top of](#)

[page](#)

Literary costume contest

The CTC library will host its second annual Literary Halloween Costume Contest next Wednesday, October 31 from 2-3 p.m. This year's theme is Best Stephen King Book Character. A panel of judges will determine the winner for best character from the 60s-70s, 80s-90s and 2000s-present. The winners from each category will be eligible to compete for a grand prize. Judging begins at 2 p.m. Prizes will be donated by the judges.

[Top of](#)

[page](#)

Facilities update

Later this month, parking lot E2, which serves the Computer Science building (Bldg. 121), the Frank Mayborn Telecommunications building (Bldg. 109), the Fine Arts building (Bldg. 112), the Anderson Campus Center (Bldg. 156) and the power plant (Bldg. 107) will be closed. Reserved and open parking will be available in parking lot R to the south of the Anderson Campus Center on either side of Academic Dr. The work is scheduled to be completed in summer 2019.

Phase Six of the renovations in the campus mall area is underway and involves the

remainder of the campus mall area from Eagle Hall (Bldg. 103) to Bell Tower Dr. by the Science Center (Bldg. 150) and the Technology Center/Mayborn Science Theater (Bldg. 152). Temporary fencing has been put up as new lighting structures, sidewalks, sod and other infrastructure improvements are being completed. The general walking area is restricted as two sidewalks are open – one from Bldg. 103 to Bldg. 101 and the other from Bldg. 156 to Bldg. 150. The covered walkway immediately in front of the library remains open in both directions (east and west).

Everything west of the Student Center (Bldg. 106) is now open.

[Top of](#)

[page](#)

Hiring freeze

Human Resources announced effective November 1, 2018, the Central Texas College District will not hire new full-time employees. New full-time employees must have a hire date no later than Wednesday, October 31, 2018. Part-time and contract positions are not subject to the hiring freeze. Any exceptions will require chancellor approval. The hiring freeze will be lifted on Thursday, January 3, 2019.

[Top of](#)

[page](#)

Patio Café

The next Patio Café Cuisine Nights Dining Experience is this Friday, October 26 and features a Cajun/Asian fusion [cuisine](#). Dinner will be served from 6 – 7:30 p.m. in the culinary arts area of the Student Center (Bldg. 106). Reservations are required and can be made by calling Debra Knudson at ext. 1515.

[Top of](#)

[page](#)

Guest Artist

The CTC Fine Arts department will hold its fall semester guest artist performance next Monday, October 29 at 7:30 p.m. in the Anderson Campus Center. Featured performer is pianist Evan Mitchell - a bold and versatile artist whose works include solo recitals, concerti, chamber music and performances as an orchestral keyboardist. His performances have spanned 10 countries and four continents and he is featured on the 2012 release "Piano de Pampa y Jungla: A Collection of Latin American Piano Music." Mitchell is a prizewinner in the World Piano Competition of Cincinnati. He has also captured first prize in the Kingsville International Young Performers Competition, Five Towns Competition and the PianoTexas International Festival Concerto Competition. Mitchell recently gave a recital at Merkin Concert Hall in New York City as a quarterfinalist in the Honens International Piano Competition. Tickets are \$5 at the door and all proceeds will benefit the CTC Fine Arts Concert Series Music Scholarship. A reception to honor the performer will follow the concert.

[Top of](#)

[page](#)

Thanksgiving meal

Tickets are now on sale for the 23rd annual CTC Thanksgiving Day Meal which is Tuesday, November 13 in the Anderson Campus Center (Bldg. 156) from 11 a.m. - 1:30 p.m. The menu, prepared by Great Western Dining Service, features Waldorf salad, Caesar salad, hand carved ham with a bourbon raisin sauce, roasted turkey with gravy, cornbread and focaccia bread stuffing, mashed potatoes, glazed sweet potatoes, French-fried green bean casserole, broccoli rice casserole, steamed peas with pearl onions, cranberry sauce, assorted rolls, bread pudding, pumpkin pie, apple pie, sweet potato pie, assorted cheese cakes, iced tea, coffee, water and sparkling fruit punch. Tickets can be purchased in the Anderson Campus Center cafeteria and snack bar for \$5 each. Tickets are free with every donation of six canned good food items.

[Top of](#)

[page](#)

Christmas card list

The Business, Community and Government Development department is compiling the list of recipients for the annual CTC Christmas card which is sent from the chancellor to elected officials, industry colleagues and community leaders. The department needs a count of the number of cards needed for each department. All deans/associate deans/department chairpersons and directors should submit the following information to Annette Hensley by November 15:

A list of individuals (and proper addresses) you feel may not be on the list that should be included to receive a card from the chancellor, including anyone that has replaced someone from last year.

A count (no names or addresses) of the number of other cards to be signed by you (deans, associate deans, directors, sites, etc.) for you to send. Once the chancellor's signature list is reviewed, the list will be returned to you and indicate whether they were added to or already on the chancellor's list along with cards and envelopes for you/your leadership to address and mail.

It is strongly recommended the recipient addresses be handwritten, and it is essential each card is signed. Please verify each address before sending to reduce the number of cards returned. As a reminder, the cost of purchasing, printing or mailing any other Christmas cards, internally or externally, is not an authorized departmental expense.

Questions can be directed to Annette Hensley at ext. 3374 or email Annette.hensley@ctcd.edu.

[Top of](#)

[page](#)

Open house

The Industrial Technology department will host an open house of the Career and Technology Education Center (Bldg. 118) this Saturday, October 27 from 8 a.m. – 3 p.m. Guided tours of the welding, automotive repair, building trades, graphics and printing, heating and air conditioning maintenance and diesel engine

maintenance labs will be conducted throughout the day. In addition to the tours and demonstrations, the CTC open house will feature outdoor activities including a car show in the parking lot adjacent to the building.

[Top of](#)

[page](#)

Employee awards

Human Resources is currently accepting nominees for the Department of the Year and Employee of the Year awards which will be announced during the service awards ceremony on Friday, December 14. In addition to the Department of the Year, six awards: one salaried and one hourly full-time employee in the following groups will be recognized:

- Continental, Europe, Fort Hood and Navy campuses
- Academic Central Campus employees
- Non-academic Central Campus employees

The objectives of the awards system are to:

1. Recognize full-time employees who have made year-long sustained contributions to the betterment of Central Texas College District.
2. Establish role models by indicating to all employee the characteristics we as an organization value.
3. Improve morale by providing both immediate (announcement in front of peers and presentation of cash award) and long-term (plaque) recognition to those really special employees who have been selected.
4. Recognize a department which best exemplifies the spirit of dedication and support which we would like to hold up as an example.

The criteria for selection will be the employee's/department's sustained contribution to the goals and objectives for the past year. This is not an award for a one-time act, but for continued contributions for the entire year. Nominations may be made by any supervisor and must be approved by the employee's supervisor.

All nomination forms are due by December 3 and must be sent to Narja Carter in the Human Resources Office (Bldg. 155). A committee of employees from different departments and locations will review the nominations and determine the winners. Questions can be directed to Carter at ext. 1492 or email Narja.carter@ctcd.edu.

[Top of](#)

[page](#)

News briefs

<https://www.ctcd.edu/news-events/texas-campus-news/ctc-to-showcase-industrial-technology-programs-and-classes-with-open-house/>

<https://www.ctcd.edu/news-events/texas-campus-news/ctc-celebrates-drug-free-red-ribbon-week/>

<https://www.ctcd.edu/news-events/texas-campus-news/ctc-haunted-house-fall-carnival-is-october-26-27/>

<https://www.ctcd.edu/news-events/texas-campus-news/registration-for-ctc-fort->

[hood-fall-ii-classes-open/](#)

<https://www.ctcd.edu/news-events/texas-campus-news/ctc-to-host-regional-flight-competition/>

<http://www.ctcd.edu/news-events/texas-campus-news/ctc-recognizes-first-class-to-complete-ctc-fort-hood-paramedic-program/>

<https://www.ctcd.edu/news-events/texas-campus-news/ctc-recognizes-first-class-to-complete-sap-training/>

<https://www.ctcd.edu/news-events/texas-campus-news/ctc-among-top-five-colleges-for-tuition-assistance-users/>

[Top of](#)

[page](#)

Mark your calendar

October 22-25: Red Ribbon Week; 9 a.m. – 3 p.m.; Anderson Campus Center
October 26: Patio Café Dinner; 6 – 7:30 p.m.; Student Center (Bldg. 106)
October 26-27: Haunted House/Fall Carnival; 6-11 p.m.; Mayborn Science Theater
October 27: Industrial Technology Open House and Car Show; 8 a.m. – 3 p.m.; Career and Technology Education Center (Bldg. 118)
October 27: Police Academy Graduation for BPOC 2018-Alpha; 11 a.m.; Anderson Campus Center (Bldg. 156)
October 29: Guest Artist Performance; 7:30 p.m.; Anderson Campus Center
October 29 – November 2: Region IV SAFECON Competition; CTC Aviation Science hangar; Skylark Field
October 29: Fine Arts Guest Artist Performance; 7:30 p.m.; Anderson Campus Center (Bldg. 156)
October 31: Music in the Gazebo lunchtime concert; 12:30 – 1:15 p.m.; Gazebo in the campus mall area
October 31: Literary Halloween Costume Contest; 2-3 p.m.; campus library

[Top of](#)

[page](#)

Employee Training

October 17: Advanced Excel; 8 a.m. – 12 p.m.; Bldg. 155, Room C137
October 19: EEO/SHP Two-Year Review; 8 – 11:30 a.m.; Bldg. 155, Room C139
October 24: Heartsaver CPR/AED; 8 – 11:30 a.m.; Bldg. 155, Room C139
October 26: Initial Safety Training; 8 – 11:30 a.m.; Bldg. 55, Room C139

To register for employee training classes, call ext. 1333.

[Top of](#)

[page](#)

Continuing Education classes

Some of the upcoming classes include:

October 27: Geocaching; 9 a.m. – 1 p.m.; \$29
October 29: Yoga; M/W through November 14; 8-9 a.m.; \$35
October 30: Intermediate Word; T/TH through November 8; 6:30 – 8:30 p.m.; \$49
November 1: Group Beginning Ukulele; Thursdays through December 13;
5:45 – 6:45 p.m.; \$85
November 2: Building and Construction: Dry Wall Repair; 8 a.m. – 12 p.m.; \$29
November 3: Digital Currency Trading; 9 a.m. – 12 p.m.; \$29

The fall schedule is now available [online](#). Register for Continuing Education classes or pick up a class schedule at Bldg. 136 or by calling ext. 1586. Register online for online classes at www.ctcd.edu/ce.

[Top of](#)

[page](#)

Health tip

Your workout doesn't start when you walk into the gym - it begins when you wake up in the morning and begin preparing for the day. Preparations start with eating the right things at the right times to increase your body's productivity at the gym. In addition to your usual nutritional goals, here are some tips to help power you through your workout.

Eat slow-digesting carbs before workouts - eating slow-digesting carbohydrates such as whole grains for breakfast and lunch will keep insulin levels lower, enable you to burn more fat during the day, provide more endurance and enable you to burn more fat during exercise compared to those who ate fast-digesting carbs such as white bread or plain bagels. Be sure all the meals you eat before your workout, including the one immediately before, include about 40g of slow-digesting carbs such as oatmeal, sweet potatoes, fruit, buckwheat or whole-wheat bread.

Avoid higher-fat meals for up to four hours before workouts - a recent study reported high-fat meals blunt the ability of nitric oxide to dilate blood vessels for up to four hours. That means less blood flow to muscles and less of a muscle pump. In the four hours before your workout, avoid eating large amounts of fats, such as the obvious fast-food fare and packaged foods.

Eat a green salad with your last whole-food meal before the gym - the same study also indicated consuming a small green salad with a high-fat meal prevented the adverse effects on blood vessel dilation, likely by enhancing nitric oxide. About two hours before you hit the gym, include a green salad with low-fat dressing with your meal.

[Top of](#)

[page](#)

Mayborn Science Theater

This week's weekday matinee is "Zula Patrol: Under the Weather." Show time is Wednesday, October 24 at 3:30 p.m.

The weekend show schedule is as follows:

The Saturday matinee schedule is:
11 a.m. – "Spookley the Square Pumpkin"

12 p.m. – “Kaluoka’hina: The Enchanted Reef”
1 p.m. – “Flying Monsters”
2 p.m. – “The Cowboy Astronomer”
3 p.m. – “Black Holes: The Other Side of Infinity”
4 p.m. – “Fright Light” laser light show

The Saturday evening lineup features:

7 p.m. – “Exoplanets: Worlds of Wonder”
8 p.m. – “Cosmic Castaways”
9 p.m. – “Space Park Infinity”

During the Haunted House/Fall Carnival, October 26-27, the evening show schedule is as follows:

Friday, October 26:

7 p.m. – “Spookley the Square Pumpkin”
8 p.m. – “Laser Halloween” laser light show
9 p.m. – “Laser Hallowscream” laser light show
10 p.m. – “Laser Hypnotica” laser light show

Saturday, October 27:

6 p.m. – “Room on the Broom”
7 p.m. – “Fright Light” laser light show
8 p.m. – “Laser X” laser light show
9 p.m. – “Laser Halloween” laser light show
10 p.m. – “Friday the 13th”

For complete show descriptions and other exciting news and specials, visit starsatnight.org.

[page](#)

[Top of](#)