



CTC
EAGLES

CTC's accessible education supports student success and employability.

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New Student Orientation

Student Life and Activities will host a new student orientation on Friday, August 4 from 8 – 11:30 a.m. in the Anderson Campus Center (Bldg. 156). Any department wishing to participate in the break-out session to introduce students to their services can reserve a table by contacting Tandra Honey at ext. 1577. The break-out session is scheduled from 9:40 – 10:10 a.m.

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IT advisory

There have been some issues with printing purchase orders using Colleague UI 5.3.

To avoid these issues and delays in processing, please follow the tips below when creating a requisition:

You must always enter a 'Unit of Issue' when completing your requisition.

Do not use the 'return/enter button' after entering information. Doing this will cause an unintended error in the field you are attempting to fill in.

It is important you manually input all information. Using the copy/paste function will also cause an error in the field you are attempting to fill in.

If you need further assistance, please contact the IT Help Desk at ext. 3103 or email help.desk@ctcd.edu.

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Requisition training

A limited number of seats are still available for the requisition training hosted by the Purchasing department this Wednesday, July 26. The training is in the Nursing Center computer lab (Bldg. 155, room A136) from 8:30 – 11:30 a.m. and includes how to initiate requisitions, using and locating correct vendor addresses, proper verbiage for the printed comments, comments, pre-payments, issue check and description sections. It also covers the requisition status, approval status and payment information of requisitions. To sign up for the class, email cpurchasing@ctcd.edu. For more information, contact Martina Peña at ext. 1203.

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EMT drill

Risk Management and the EMT/Paramedic program will conduct a simulated mass casualty incident drill next Tuesday, August 1 from 8:30 a.m. - 12:50 p.m. in the Nursing Center (Bldg. 155), room A201. The activity is to better prepare students on how to handle large scale disasters they may face once they are certified EMT/paramedics. During the drill, the upstairs foyer will have an area roped off for the drill. Please do not disturb the drill activities or be alarmed by the simulated injuries.

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Facilities update

Facilities Management announced boring and trenching will occur this week, July 24-28, around the Academic building (Bldg. 104) and the Morton Hall student housing facility (Bldg. 120). The Administration building (Bldg. 108) will be without power this Friday, July 28. Parking lot F2 will be partially closed and may require alternate parking for some. Also, there may be construction noise during digging of tunnel for new telecommunication line. Installation of concrete tunnels near the Administration building continues through August 9. Work is occurring on the west side of both the Administration building (Bldg. 108) and the Academic East and West (Bldg. 104) buildings and is impacting the adjacent sidewalks. On Saturday, July 29, demolition of the ADA sidewalk along Bldg. 104 will begin. Grounds will add a sign for an alternate route to use while the ADA sidewalk is unavailable. Please be aware of the construction barriers and general construction noise during this phase of the improvement project. For information and updates on campus construction plans, log onto <http://www.ctcfacstaff.ctcd.edu/faculty-staff/facilities-management/facility-projects/>.

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Fun run

The GeekFest 5k Fun Run is scheduled for Saturday, August 19 starting at 7:30 a.m. at the CTC gym. Registration is \$25 until August 10 and includes race packet with t-shirt and goody bag. Late registration is August 11-19 for \$30 (t-shirt not guaranteed). Dressing up in costume or geeky outfit is encouraged. Register at

<http://bit.ly/Geekfest5k>. The 5K entry fee is separate from GeekFest wristband entry charges.

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Campus carry

Campus police and Risk Management will hold several presentations on Campus Carry (Senate Bill 11) in the Anderson Campus Center (Bldg. 156). Campus police will discuss Senate Bill 11 and CTC's campus carry policy which was recently adopted by the Board of Trustees. Anyone interested only needs to attend one of the presentations. The next sessions are Monday, August 7 from 9-10 a.m. and 1-2 p.m.

The information covered in the campus carry presentations will also be included in each New Employee Orientation training class. Questions should be directed to campus police at ext. 1427.

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GeekFest

Advance discounted wristbands for GeekFest 2017 are on sale now. The following discounted prices are available now through August 17.

VIP Pass: includes three-day wristband, event t-shirt, lanyard and badge, reserved seating at events and early access to some programs - \$50

Three-day Wristband: admission to all events/programs for all three days -\$20; \$30 at the door

One-day Wristband (Saturday): admission Saturday only to all events/programs - \$15; \$20 at the door

One-day Wristband (Friday or Sunday): admission Friday or Sunday to all events/programs - \$10; \$12 at the door

For more information, visit <http://www.geekfest.ctcd.edu/>.

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Volunteers

Volunteers are needed for GeekFest. Volunteers must be at least 18 years old.

Anyone volunteering for four hours will get a one-day wrist band. Those who volunteer for eight hours will get a three-day wrist band and a GeekFest t-shirt.

Anyone interested can contact Tandra Honey at ext. 1577 for more information and for dates and times of volunteer orientation.

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Welcome Bash

All academic and student services departments are asked to consider participating in the fall semester Welcome Bash and Resource Fair. Hosted by the Student

Engagement and Strategies Committee, the event will be August 30 in the campus mall area between the Student Center (Bldg. 106) and the library. Participants are asked to be prepared for the outdoor conditions – warm temperatures and wind – by using a canopy to sit under, sunscreen and plenty of water. This year's bash will feature a "Beach Party" theme and all vendors are encouraged to have an activity to engage students such as interactive games for prizes. Decorate your space if you like and encourage the students to stop and see you. Carnival-style games are very popular and attract a lot of attention. A registration link was emailed for participation. Questions can be directed to Wendy Martel at ext. 1450.

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Mark your calendar

August 4: New Student Orientation; 8 – 11:30 a.m.; Anderson Campus Center (Bldg. 156)

August 7: Campus Carry presentation; 9-10 a.m. and again from 1-2 p.m.; Anderson Campus Center

August 11: Vocational Nursing Program pinning ceremony; 3-4 p.m.; Anderson Campus Center

August 18-20: GeekFest; 6-10 p.m. Friday; 10 a.m. – 10 p.m. Saturday; 12-6 p.m. Sunday; Anderson Campus Center (Bldg. 156), Student Center (Bldg. 106) and Mayborn Science Theater (Bldg. 152)

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Continuing Education classes

Register for Continuing Education classes or pick up a class schedule at Bldg. 136 or by calling ext. 1586. Register online for online classes. Some of the immediate upcoming classes include:

July 24: Chi Fit; M/W through August 9; 11:30 a.m. – 12:30 p.m.; \$35

July 25: Kung Fu for Fitness; Tuesdays through August 29; 2-3 p.m.; \$29

July 28: Everyday Cards; 9 a.m. – 12 p.m.; \$25

July 28: Water Spin; Fridays through August 18; 5:30 – 6:30 p.m.; \$25

July 29: Let's Save the Planet; 9-11 a.m.; \$19

July 29: Upcycling: Turning Trash to Treasure; 1-4 p.m.; \$25

July 29: Microsoft Office 2010 Basics; Saturdays through August 12; 12-2 p.m.; \$35

July 29: Texas License to Carry; 9 a.m. – 3:30 p.m.; \$75

August 1: Beginning Knitting and Crocheting; T/TH through August 17; 6-8 p.m.; \$49

August 3: Zumba; T/TH through August 22; 6-7 p.m.; \$39

August 5: Introduction to Beekeeping; Saturdays through August 19; 1-3 p.m.; \$35

August 5: Credit Reporting: The Missing Link to Rising Scores; Saturday, Aug. 5 and Aug. 19; 10 a.m. – 12 p.m.; \$25

August 5: Water Fitness Training; Saturdays through August 26; 9:30 – 10:30 a.m.; \$25

Registration for College for Kids classes is now open. Call ext. 1586 or register online at www.ctcd.edu/ce. The summer [catalog](#) is now available. Visit www.ctcd.edu/ce or call ext. 1586.

Employee Training Schedule

July 27: **Initial Safety Training**; 8 – 11:30 a.m.; Bldg. 155, Room C139

August 1: **Webinar: How to Get More Energy and Less Stress**; 2-3 p.m.; Bldg. 155, Room C139

August 3: **New Employee Orientation**; 8 – 11:30 a.m.; Bldg. 155, Room C139

Unless otherwise noted, register for training by calling ext. 1333 or 1381. The monthly training calendar is online [here](#).

Health tip

Lack of time is a major reason why many people forego healthy eating. Fast food is readily available and it's cheap, filling and it's just too tempting. While eating fast food is never as healthy as a well-planned, balanced diet, if you must eat fast food, you can easily take steps to improve the quality of your nutrition when on the run.

1. Watch portion sizes. Your craving will likely be satisfied after you have finished a small order of fries, and you'll save more than 100 calories when compared with a larger or super-sized order. The same holds true for sandwiches. Order the regular version or even a kid's meal for yourself.
2. Seek out deli-style fast food chains where you can order a sub or sandwich on whole wheat (whole grain preferred) bread or a wrap - a lower-fat and lower-calorie option than fried food. Avoid the unnecessary calories by eliminating cheese from the sandwich. Opt for mustard over mayonnaise and avoiding high-fat dressings.
3. Many fast food chains now offer healthy sides in place of the ubiquitous French fries. Take the healthy option.
4. Always order a side salad when eating at traditional fast-food outlets. You will be less likely to fill up on only the unhealthy items, and the salad will provide some fiber and vitamins to balance an otherwise unhealthy meal. Also, choose a low-fat dressing for the salad and avoid the creamy, rich high-fat dressings like Ranch.
5. Remember chicken isn't always a healthy choice. Many fast food chains offer fried breaded chicken sandwiches on white bread that are actually richer in fat and calories than a burger. Grilled chicken is a better option.
6. Make it a habit to eat a piece of fruit, a bowl of cereal or some low-fat yogurt before you set out to run errands. Regular eating can help you feel full and avoid temptation.
7. Stock your car with bottled water and healthy snacks. Have a small snack before the cravings hit, and you're less likely to pull into that drive-through fast food outlet.
8. Consider a supermarket for your fast food break. You can pick up pre-cut and washed fresh fruit or vegetables, yogurt or low-fat cheese. Many supermarkets also offer sushi or other healthy prepared items.
9. Hold the mayo. A tablespoon of regular mayonnaise has almost 100 calories!
10. Don't add a sugary, calorie-rich drink to an already unhealthy meal. Water is available everywhere and is good for you. Drinking a large glass of water with your meal will help you feel fuller sooner and longer.

Mayborn Science Theater

Weekday matinees schedule is:

Tuesday, July 25

10:30 a.m. – “Tales of the Maya Skies”

11:30 a.m. – “Room on the Broom”

12:30 p.m. – “Space Laser” laser light show

Wednesday, July 26

10:30 a.m. – “Earthquake: Evidence of a Restless Planet”

11:30 a.m. – “Dinosaur Passage to Pangaea”

12:30 p.m. – “Kaluoka’hina: The Enchanted Reef”

Thursday July 27

10:30 a.m. – “In My Backyard”

11:30 a.m. – “Super Volcanoes”

12:30 p.m. – “Oceans in Space”

The Saturday matinee schedule is:

11 a.m. – “In My Backyard”

12 p.m. – “Laser Guitar Hero” laser light show

1 p.m. – “Dinosaur Passage to Pangaea”

2 p.m. – “This is Our Sky”

3 p.m. – “Earthquake: Evidence of a Restless Planet”

4 p.m. – “Losing the Dark” and “Cosmic Castaways”

The Saturday evening lineup features:

7 p.m. – “IBEX: The Search for the Edge of the Solar System”

8 p.m. – “Oceans in Space”

9 p.m. – “D-Day: Normandy 1944”

Laser Friday is this Friday, July 28 and features:

7 p.m. – “Laser Guitar Hero”

8 p.m. – “Laser U2”

9 p.m. – “Laser Metallica”

10 p.m. – Pink Floyd: “The Wall”

Warren’s Star Tour is this Saturday, July 29 at 7 p.m.

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