



CTC
EAGLES

CTC's accessible education supports student success and employability.

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Eagle Connections

All employees are invited to the next Eagle Connections, "What Will the 86th Texas Legislature Mean for CTC," on Friday, March 29 from 9 – 10:30 a.m. in the Anderson Campus Center (Bldg. 156). Rudy Sandoval, director - Government and Community Relations, will provide an overview of potential legislative action and how it might impact CTC. He will also present an overview of the Texas legislative process, outline the bills he is tracking at the state level and explain his role in advocating on behalf of CTC for funding and policy initiatives.

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Benefits update

Employee Benefits announced dates for upcoming TIAA counseling sessions. Participants of the Qualified and Supplemental Pension Plans can get answers to questions regarding retirement, savings, investment and other related topics. Sessions will be scheduled in increments between 8:30 a.m. – 4:30 p.m. on the following dates:

- Monday, April 1
- Tuesday, April 2
- Monday, May 13
- Tuesday, May 14
- Monday, June 17
- Tuesday, June 18

All counseling sessions will be held at Human Resources (Bldg. 155), room C118.

Register online at www.tiaa.org/schedulenow or call toll-free 800-732-8353, Monday – Friday, 8 a.m. to 8 p.m. EST.

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Condolences

CTC expresses its sincerest condolences at the loss of two employees recently. Laurie Swan, clerk III – Outgoing Transcripts department, passed away March 4. Services were held in Paxton, Illinois last week.

Retiree Elizabeth (Beth) Cheatham, who worked in the Office Technology department, passed away Saturday, March 9. Burial is tomorrow, March 19 at 9 a.m. at the Central Texas State Veterans Cemetery in Killeen.

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Veterans Benefits Expo

The CTC VetSuccess Center on Campus and Veterans Services department will host a Veterans' Benefits Expo tomorrow Tuesday, March 19 in the Anderson Campus Center (Bldg. 156). The expo will be an outlet for military veterans and family members to meet representatives from numerous organizations and obtain information on how to make the best use of veterans' benefits. It is free and open to the public from 10 a.m. to 2 p.m. Nearly 30 organizations serving military veterans will be on hand to provide information on education benefits, health care services, disability compensation and employment services, home and land loans, counseling services, legal services and more.

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Fashion show

The CTC Foundation will host its 11th annual Spring Fashion Show and Luncheon on Friday, April 5 at the Killeen Civic and Conference Center. Doors open at 11:30 a.m. and lunch will be served promptly at 12 p.m. The fashion show will immediately follow the meal. Attendees will be treated to a viewing of the latest in spring and summer fashions provided by Christy's of Salado, Susan Marie's in Salado, Dillard's and Cavender's.

Tickets for the fashion show and lunch are \$50 per person or \$500 for a reserved table of eight. Premier Table seating by the runway is available for a \$1,000 sponsorship. Tickets can be purchased online at <http://bit.ly/2019CTCFashion>.

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Nursing pass rate – 100 percent

The CTC Department of Nursing and Allied Health recently announced recent

graduates of the Associate Degree in Nursing (ADN) program achieved a 100 percent rate on the Texas Board of Nursing National Certification Licensing Exam (NCLEX) for registered nurses. All 35 students who completed the program this past December passed the state licensing exam and are now qualified to work as registered nurses.

The pass rates for the 2018 classes exceeded the state and national averages. The average pass rate in the state of Texas for 2018 was 91.62 percent and the national average was 88.56 percent. Last year, CTC's combined pass rate for both the May and December ADN graduates was 95.52 percent.

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Facilities update

Temporary fencing has been set up between System Services (Bldg. 111) and Student Services (Bldg. 119) for asphalt work in parking lot F1. Access to parking lot F1, Student Services, the campus police and Student Services is still available, but traffic circulation along the east side of the building and parking lot F1 may still be impacted. In order to expedite this project, the driveway between Bldg. 111 and Bldg. 119 will be closed for a few more weeks.

The parking lot (E-2) adjacent to the Fine Arts (Bldg. 112), Telecommunications (Bldg. 109), Computer Science (Bldg. 121), the Power Plant (Bldg. 107) and the Anderson Campus Center (Bldg. 156) is now closed for infrastructure work. Contractors have put up temporary fencing around the perimeter of the parking lot which will also restrict access along the sidewalk between parking lot E-2 and Buildings 109, 112 and 121. Openings in the fence to the parking lot are for construction crews and contractors only so they can move equipment in and out. Fence openings do not mean the parking lot is open for use for pedestrian traffic. The parking lot will remain closed until the start of the fall 2019 semester.

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Sweet Retreat

The Sweet Retreat Bakery hosted by students in the Culinary Arts program is open Tuesday/Thursday from 8 – 10:30 a.m. in the culinary arts area of the Student Center (Bldg. 106). A new [menu](#) will be offered each week.

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Patio Cafe

The next Patio Café Cuisine Nights Dining Experience is this Friday, March 29 and features a Cajun/Creole cuisine. Dinner, which will be prepared by students in the American Regional Cuisine class, will be served from 6 – 7:30 p.m. in the Southwest Dining Room of the Student Center (Bldg. 106). Reservations are required and can be made by calling ext. 1515. The menu will be posted online the week of the dinner.

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Eagle Life

The latest edition of Eagle Life is available on YouTube at https://www.youtube.com/watch?v=0_nUwJ7nPkw

Also, the CTC Foundation Center for African-American Studies and Research's Black History Month lecture series featuring Dr. Greg Kimathi Carr's presentation, "When Can We Not Speak of African-American History Month," is also available online at

<https://www.youtube.com/watch?v=p6tW1yGsumw>

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Volunteers needed

The CTC Foundation Golf Tournament committee is looking for volunteers for this year's event. Individuals are needed who can help serve on the event committee, prepare for the event and/or work the event. If interested, contact Wendy Martel at WMartel@ctcd.edu.

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Golf tournament

The 27th annual CTC Foundation Golf Tournament fundraiser is Friday, April 26 at the Hills of Cove golf course in Copperas Cove. The four-person scramble will tee off at 9 a.m. Entry fee is \$75 per person or \$300 per team. The fee includes golf cart, green fee, tournament fee, two drinks on course and lunch. The entry deadline is April 12. Register online at

<http://bit.ly/2019GolfSponsor> or call the CTC Foundation at ext. 1662.

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Net Impact update

CTC Net Impact will host a free one-day workshop to help aspiring entrepreneurs start a business. Empower USA is this Saturday, March 23 and features guest speaker Tracey Casey-Arnold of Whatever It Takes Consulting. The workshop is designed to teach individuals how to start their own business without any collateral and get into the mindset of an entrepreneur. Other topics include the five basic principles to creating a business concept, understanding financial statements, budgeting, the power of networking, establishing your market and understanding the difference between a sole proprietorship and LLC.

Empower USA will be held upstairs in CTC's Anderson Campus Center, room 214,

from 9 a.m. to 5 p.m. Check-in is at 8:15 a.m. To reserve a seat, contact CTC Net Impact at 254-526-1788.

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Reminders

Faculty members are asked to remind students the CTC Foundation scholarship application is available online now through 11:59 p.m. on March 31. The application and list of available scholarships can be found at ctcd.academicworks.com. Along with the Foundation scholarships, students can view external scholarship opportunities and access them through the link provided on the Blackbaud Award Management system (formerly known as Academic Works).

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News briefs

<http://www.ctcd.edu/news-events/texas-campus-news/ctc-to-host-veterans-benefits-expo/>

<http://www.ctcd.edu/news-events/texas-campus-news/ctc-nursing-students-ace-licensing-exam/>

<http://www.ctcd.edu/news-events/texas-campus-news/ctc-foundation-to-host-annual-fashion-show-on-april-5/>

<http://www.ctcd.edu/news-events/texas-campus-news/culinary-students-put-the-icing-on-cake-competition/>

<http://www.ctcd.edu/news-events/texas-campus-news/ctc-named-a-top-military-friendly-school/>

<https://www.ctcd.edu/news-events/texas-campus-news/vasbinder-named-nursing-faculty-daisy-award-winner/>

<https://www.ctcd.edu/news-events/texas-campus-news/ctc-foundation-accepting-online-scholarship-applications/>

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Mark your calendar

March 19: VetSuccess Center Veterans' Benefits Expo; 10 a.m. – 2 p.m.; Anderson Campus Center (Bldg. 156)

March 23: CTC Net Impact's Empower USA; 9 a.m. – 1 p.m.; Anderson Campus Center

March 27: CTC Net Impact's Racial Equity: Just Like You; 10 a.m. – 1 p.m.; Starlight Conference Room; Mayborn Science Theater (Bldg. 152)

March 28: Lunchtime Concert in the Gazebo; 12:30 – 1:15 p.m.

March 29: Student Nurse Association Fundraiser at Freddy's; 5-8 p.m.; Freddy's on Clear Creek

March 29: Patio Café Dining Experience; 6 – 7:30 p.m.; Student Center (Bldg. 106)

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Employee Training

March 22: Initial Safety Training; 8 – 11:30 a.m.; Bldg. 155, Room C139

March 27: Using OneNote; 8 – 10:30 a.m.; Bldg. 155, Room C137

March 29: Eagle Connections: "What Will the 86th Texas Legislature Mean for CTC;" 9 – 10:30 a.m.; Bldg. 156, Rooms 214-215

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

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Continuing Education classes

Some of the upcoming classes include:

March 18: Piloxing; M/W through April 10; 5:30 – 6:15 p.m.; \$29

March 18: Introduction to Oriental and Tribal-style Belly Dance; M/W through April 10; 6-7 p.m.; \$39

March 18: Tribal Belly Dance; M/W through April 10; 7:15 – 8:15 p.m.; \$39

March 18: American Sign Language: Intermediate; M/W through April 3; 6-8 p.m.; \$55

March 19: Zumba; T/TH through April 11; 7:15 – 8:15 p.m.; \$39

March 19: POUND; T/TH through April 11; 4:45 – 5:15 p.m.; \$25

March 19: STRONG by Zumba; T/TH through April 11; 6-7 p.m.; \$39

March 19: Introduction to the Nonprofit Sector; T/TH through April 25; 7 – 8:30 p.m.; \$99

March 19: Cloud Computing Architecture; T/TH through May 7; 6-8 p.m.; \$199

March 19: Basic Internet; T/TH through March 28; 6:30 – 8:30 p.m. \$49

March 21: Group Beginning Piano; Thursdays through April 25; 6:15 – 7:15 p.m.; \$89

March 22: Core Strength and Conditioning; Fridays through April 26; 11:45 a.m. – 12:45 p.m.; \$35

March 22: Introduction to Photoshop for Photographers; Fridays through April 5; 6-9 p.m.; \$89

March 23: A Fresh Chop (cooking); 11 a.m. – 4 p.m.; \$55

March 23: Healthy Partners; Saturdays through April 13; 9 a.m. – 12 p.m.; \$69

March 23: CPR for Healthcare Providers; 8 a.m. – 12 p.m.; \$60

March 23: Senior Yoga (50-plus); Saturdays through April 13; 10:45 – 11:45 a.m.; \$29

March 23: Every Body Yoga; Saturdays through April 13; 9:30 – 10:30 a.m.; \$29

March 26: Write, Publish, Launch; Tuesdays through April 16; 5:30 – 8:30 p.m.; \$109

March 27: The Write Way; Wednesdays through April 17; 5:30 – 8 p.m.; \$75

March 29: Aqua Spin with Kat; Fridays through April 19; 5:30 – 6:30 p.m.; \$25

March 29: Aqua Strength Training with Kat; Fridays through April 19; 6:30 – 7:30 p.m.; \$25

March 30: Water Fitness Training with Kat; Saturdays through April 20; 9:30 – 10:30 p.m.; \$25

March 30: Healing Through Reflexology; 2-5 p.m.; \$25

The spring 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 for online classes at www.ctcd.edu/ce.

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Health tip

A snack before you work out helps give you energy and stamina to go the distance. But eating a snack after you work out is even more important. You need to make sure to feed your body to help repair muscle tissues and replenish glycogen (energy levels). Some of the best snacks to fuel your body post workout along with eight-12 ounces of water are:

Protein shake with a banana: you want ample protein combined with a carbohydrate (complex or “good” carb). A protein shake made from whey protein, water and half a banana is a great choice since your body quickly turns it into energy. Recommended serving size: two scoops of whey protein powder combined with water and one-half a banana, 250 calories.

Peanut butter and banana on rice cakes: if you're craving something more substantial after a workout, a healthy peanut butter and banana sandwich will fit the bill. Instead of bread, smooth your peanut butter on two brown rice cakes for extra fiber (without empty carbs). And while you may usually avoid bananas because they're too full of sugar, eating one after a workout is just fine as it will replenish your energy quickly.

Recommended serving size: one-half banana, one tablespoon peanut butter and two brown rice cakes, 215 calories.

Hummus and pita: another great carb/protein combo is hummus and a whole wheat pita. Hummus, a dip made from pureed chickpeas, gives you both carbs and protein. Coupled with the slow-release energy from the whole wheat pita, it makes for a snack that'll keep you fueled for hours. Recommended serving size: a quarter cup hummus with one whole wheat pita, 275 calories.

Yogurt and fresh berries: protein makes sense after a workout since it contains amino acids that help build muscle. Low-fat yogurt can pack nearly 15 grams of protein. Add some berries for carbohydrate-driven energy. Recommended serving size: one eight-ounce container of plain, low-fat yogurt with a one-half cup berries, 180 calories.

Tuna on whole wheat: research shows carbs and protein together have a better response to post-workout recovery. Tuna drizzled with a little lemon juice and olive oil spread over a slice of whole wheat bread is an ideal protein/carb mini-meal. Recommended serving size: four ounces water-packed tuna and one slice whole wheat bread, 220 calories.

Turkey and cheese with apple slices: if you're not in the mood for a sandwich, skip the bread and eat the fillings on their own. Spread a soft-cheese wedge over two or three slices of lean deli turkey, then roll up for a quick, high-protein, eat-on-the-go snack. Add a sliced apple for some energy-boosting (and glycogen-replenishing) carbs. Recommended serving size: four ounces deli turkey, one soft cheese wedge and one apple, 240 calories.

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Mayborn Science Theater

This week's weekday matinee is "Natural Selection" Show time is Wednesday, March 20 at 3:30 p.m.

The weekend show schedule is as follows:

The Saturday matinee schedule is:

11 a.m. – "One World, One Sky: Big Bird's Adventure"

12 p.m. – "Legends of the Night Sky: Perseus and Andromeda" and "Legends of the Night Sky: Orion"

1 p.m. – "Flying Monsters"

2 p.m. – "We Are Astronomers"

3 p.m. – "Astronaut"

4 p.m. – "The Hot and Energetic Universe"

The Saturday evening lineup features:

7 p.m. – "Pandas: The Journey Home"

8 p.m. – "Tales of the Maya Skies"

9 p.m. – "Laser Metallica" laser light show

Laser Friday is Friday, March 29:

7 p.m. – "Laser Pop"

8 p.m. – "Laser Guitar Hero"

9 p.m. – "Laser Green Day"

Warren's Star Tour is Saturday, March 30 at 7 p.m.

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

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