



CTC
EAGLES

CTC's accessible education supports student success and employability.

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Chili Cook-off

The winners of the Chancellor's Chili Cook-off are:
 Showmanship – The Wrecking Crew; Industrial Technology
 Chancellor's Choice – Chili Chili Bang Bang; Student Life
 People's Choice – Chili Chili Bang Bang
 Best Tasting First Place – Red Hot Chili Peppers; Bookstore
 Best Tasting Second Place – Chili Chili Bang Bang
 Best Tasting Third Place – The Wrecking Crew

Photos from the event are on facebook at

https://business.facebook.com/pg/CentralTexasCollege/photos/?tab=album&album_id=101552

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Fitness Challenge results

The winners of the 2018 Employee Fitness Challenge were announced during last Friday's chili. Winning a trophy and a paid day off were:

Maintenance Award: Brent Royster, who lost an additional 34.2 pounds since last year's weigh-in.
 Winning Team: Sisters of Sassy Pants – Johnelle Douglas, Dawn Gilseth, Ashley Manry; 30 pounds
 Most Weight Lost (Female): Cheryl Jones; 31.8 pounds
 Most Weight Lost (Male): Steve Sulzer; 11.6 pounds
 Most Inches Lost (Female): Dawn Gilseth; 14.25 inches
 Most Inches Lost (Male): Michael Burnett; 6.75 inches

This year, 103 employees registered to participate and 85 completed the challenge. Total pounds

among all employees completing the challenge was 408.8 pounds and total inches lost was 34.

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Top Colleges list

In addition to being named to the list of top online schools for non-traditional students, CTC was among the best online colleges on the Top Colleges List 2018-19 assessed by OnlineColleges.com. CTC was rated as the 13th best online college among all schools in Texas and the eighth best community college in the country. OnlineColleges.com collected data on more than 2,500 accredited colleges and universities from the U.S. Department of Education's National Center for Education Statistics and ranked them based on a variety of factors including affordability, student services and the availability of online programs. All schools were scored on a 10-point scale for each of these factors. Individual data point scores were multiplied by their respective weights, and the scores were added together for a maximum possible score of 10 points. CTC received an overall rating of 91.01 which was the highest rating achieved by any online college in Texas as the top 12 schools were all four-year universities.

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Xerox warning from Reprographics

CTC is currently having problems with vendors calling employees for Xerox orders, shipping to employees' homes and then trying to bill the college for the expense. Any employees who use Xerox and order supplies for the Xerox copiers are warned **not to order** any supplies over the phone. Xerox will never call to place an order for supplies, we have to call them. All toner and waste bottles are included in the price of the machines. Every machine has the Xerox 800 number and the serial number of the machine in the manual on all machines. Printing has the staples for all the machines, call ext. 1156 if you need staples in your building. Again, do not order Xerox supplies over the phone if you receive a call from someone claiming to be a Xerox rep or vendor.

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Facilities update

Facilities Management recently announced upcoming projects on campus:

Starting today, parking lots F1 and F2: System Services (Bldg. 111), Student Services (Bldg. 112), Hall (Bldg. 120) and Records Storage/Police Department (Bldg. 137) will be closed for the installation of new lighting. The shutdown is necessary to install new parking lot lighting, pedestals, conduit and wiring.

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Fine Arts

Tonight, Fine Arts will host its spring semester Guest Artist Performance featuring classical pianist Young Cho. The concert is at 7:30 p.m. in the Anderson Campus Center (Bldg. 156). Tickets are \$5 and proceeds benefit the department's music scholarship fund.

On Thursday, May 3, the drama department will present "You're Invited" a 10-minute student-drama at 7:30 p.m. in the Fine Arts Auditorium (Bldg. 112). The play, intended for mature audiences, is a situation between parents at a toddler's birthday party after one of the toddlers has an accident. Tickets are \$5 at the door.

The Student Art Show exhibit continues through May 3 in the Fine Arts building (Bldg. 112). The exhibit features more than 100 student works in a variety of media such as paintings, drawings, digital photography, ceramics, jewelry/art metals, mixed media, assemblage and sculpture. It is free and open to the public.

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Culinary Arts

Culinary Arts will host its version of "Iron Chef" on Thursday, May 3 from 11 a.m. – 2 p.m. in the culinary arts area of the Student Center (Bldg. 106). Students will be competing by creating an appetizer, entrée and dessert incorporating a secret ingredient in all three courses. The prepared dishes will be available for sampling after judging.

On May 8, the cake decorating class will offer its final exam cakes for tasting and judging. The cakes will be on display in the culinary arts hall of the Student Center starting at 1:30 p.m. Tasting and voting will begin at 1:45 p.m. Prizes will be awarded for "best tasting," "best in show" and "people's choice."

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Knitting

The CTC Knitting Club is sponsoring a class to teach you how to knit. The class is tomorrow, Tuesday, May 2 from 11 a.m. - 1 p.m. in room 106 of the campus library. Learn some knitting basics and get started on a small project. You can drop in for a few minutes or stay for the entire time. Beginners are welcome. All supplies will be provided.

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Kinesiology events

The deadline to enter the CTC Golden Eagle Classic Tennis Tournament is Wednesday, May 2. The tournament is scheduled for May 4-5. The entry fee is \$20 to play one event or \$25 to play in two events. Each event offers beginning, intermediate and advanced levels. The entry form is available at the link below online at

<http://www.ctcd.edu/academics/instructional-departments/kinesiology/golden-eagle-tennis-classic-entry-form/>

The spring semester Eagle Trot 5K Run/Walk is this Friday starting at 9 a.m. T-shirts will be awarded to the first 15 male and female runners and walkers who complete the 3.1-mile course. Register at the link below. Participants should report to the gym at 8:30 a.m. on race day.

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Massages

The Continuing Education department's Licensed Massage Therapy program is offering massages from Wednesday through Saturday until May 10. Massages will be conducted in the massage classroom in the CTC Clear Creek building (Bldg. 136). The cost is \$35 per 60-minute Swedish massage and \$50 per 90-minute Swedish massage. Payment must be made at the time of the appointment. Schedule an appointment online at <https://www.massagebook.com> or via the program's Facebook link.

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Donations needed

CTC's Phi Theta Kappa honor society and Rotaract Club are hosting a donation drive to benefit the In Crisis Center and homeless shelter in downtown Killeen. Donations of new undergarments and clothing items are needed in all sizes for men, women and children. Items to be collected include new bras, socks, new underwear, shampoo/conditioner/body wash and deodorant/toothbrushes/toothpaste. Other items can be accepted. Collection boxes are set up in the following locations: campus library, Chemistry Science Building (Bldg. 121), Science Center (Bldg. 150), Mayborn Science Theater (Bldg. 152), Student Life (Bldg. 106) and Student Services (Bldg. 119). There are also two drop-off boxes at the Fort Belknap campus. For more information, email sigmaiota.ptk@gmail.com. Donations will be accepted through Friday, May 4.

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Webinars

In an effort to help staff and faculty assist students better, Student Services has begun a series of monthly webinars. The recorded versions are available online at <http://www.ctcfacstaff.ctcd.edu/staff/student-services-tools/student-services-webex-sessions/>. Sessions to date include Disability Services, using degree audit to replace paper degree plans and retrieve for students. To be notified of upcoming webinars, please contact Karen Dewees at Karen.dewees@ctcd.edu.

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News briefs

<http://www.ctcd.edu/news-events/texas-campus-news/ctc-named-to-list-of-best-online-schools/>

<http://www.ctcd.edu/news-events/texas-campus-news/fine-arts-welcomes-classical-pianist-choir-artist-performance/>

<https://www.ctcd.edu/news-events/texas-campus-news/ctc-summer-registration-opens-monday>

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Mark your calendar

April 30: Guest Artist Performance: 7:30 p.m.; Anderson Campus Center (Bldg. 156)
May 3: "Iron Chef" culinary arts competition; 11 a.m. – 2 p.m.; Student Center (Bldg. 106)
May 3: Fine Arts presents "You're Invited;" 7:30 p.m.; Fine Arts Auditorium (Bldg. 112)
May 4: Eagle Trot 5K Run/Walk; 9 a.m.; CTC gym (Bldg. 151)
May 4-5 Golden Eagle Classic Tennis Tournament; 6 p.m.; CTC tennis courts
May 8: Graduation orientation; 10 – 1 a.m.; Anderson Campus Center (Bldg. 156)
May 8: Culinary Arts Cake Judging; 1:230 – 2 p.m.; Student Center (Bldg. 106)
May 9: Graduation orientation; 3-4 p.m.; Anderson Campus Center (Bldg. 156)
May 10: Phlebotomy Graduation Ceremony; 1-2 p.m.; Mayborn Science Theater
May 11: Nursing (ADN) Pinning Ceremony; 2 p.m.; Anderson Campus Center
May 11: Spring Graduation Ceremony; 6:30 p.m.; Bell County Expo Center

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Employee Training

May 1: Webinar – “Staying Positive When Bad Things Happen at Work;” 2-3 p.m.; Bldg. 155, Room C137

May 3: Basic Life Support/CPR/AED for Healthcare Providers; 8 a.m., - 12 p.m.; Bldg. 155, Room C137

May 8: Mura Web Training; 8-10 a.m.; Bldg. 155, Room C137

May 11: EEO/SHP Initial Training; 8 – 11:30 a.m.; Bldg. 155, Room C139

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

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Continuing Education classes

Some of the upcoming classes include:

April 30: Chi Fit; M/W through May 16; 9-10 a.m.; \$35

April 30: Project Management Certification; M/W through June 4; 6-10 p.m.; \$849

May 1: Dog and Cat First Aid; 9 a.m. – 2 p.m.; \$49

May 1: From Fluff to Stuff; T/TH through May 10; 6-8 p.m.; \$39

May 2: Barre (fitness); Wednesdays through May 23; 9-10 a.m.; \$25

May 4: Water Spin; Fridays through May 25; 5:30 – 6:30 p.m.; \$25

May 4: Take Charge of Your Life; 8:30 a.m. – 12 p.m. and 1-4 p.m.; \$55

May 5: Water Fitness; Saturdays through June 2; 9:30 – 10:30 a.m.; \$25

May 5: Geocoaching; 9 a.m. – 1 p.m.; \$29

May 9: Basic Spanish; Wednesdays through May 23; 6-8 p.m.; \$35

May 12: German College Level Examination Program (CLEP) Preparation;
10 a.m. - 2 p.m.; \$35

May 12: Summer Kebab Bash (cooking); 11 a.m. – 4 p.m.; \$55

May 14: Belly/Oriental Dance; M/W through June 11; 6-7 p.m.; \$39

May 14: Tribal Belly Dance; M/W through June 11; 7:15 – 8:15 p.m.; \$39

May 18: Heartsaver AED with First Aid; 8:30 a.m. – 4:30 p.m.; \$59

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

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Health tip

Daily exercise is a great way to stay healthy and when combined with a healthy diet, a workout is even more effective. Learning how to make your diet work for you will improve both how you feel and how you look as you get more out of your workouts.

If you prefer working out in the morning, a healthy breakfast before working out can provide more energy, leading to a more effective workout. A light breakfast of whole-grain cereal or whole-grain bread with low-fat milk an hour before a workout can provide the added boost the body needs. Fruit, including a few apple slices can also do the trick. Just try to avoid working out on an empty stomach and give yourself enough time between eating and working out for the added energy boost to take effect. A small meal of easily digested complex carbohydrates 30-60 minutes prior to working out is generally the best way to go. You can work out after a large meal, but you'll need to give yourself more time between eating and exercising (at least two hours).

If you prefer to work out after work, eat a light, healthy snack, ideally an hour before your workout.

blood sugar level won't be too low.

Eating after exercise is also important. Refuel with a meal of complex carbohydrates and protein for energy, rebuild muscle and promote muscle growth. Fluids are also an important part of your diet. Water is the best source of hydration replacing lost fluids during exercise.

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Mayborn Science Theater

This week's weekday matinee is "Dinosaur Passage to Pangaea" Show time is Wednesday, May 24, 2:00 p.m.

The Saturday matinee schedule is:

11 a.m. – "Molecularium: Riding Snowflakes"

12 p.m. – "Kaluoka'hina: The Enchanted Reef"

1 p.m. – "One World, One Sky: Big Bird's Adventure"

2 p.m. – "Rusty Rocket's Last Blast"

3 p.m. – "Astronaut"

4 p.m. – "Pandas: The Journey Home"

The Saturday evening lineup features:

7 p.m. – "Space School: Astronaut Training Underwater"

8 p.m. – "Super Volcanoes"

9 p.m. – "Dark"

Laser Friday is Friday, May 25:

7 p.m. – "Space Laser"

8 p.m. – "Laseropolis"

9 p.m. – "Laser Zeppelin"

Warren's Star Tour is Saturday, May 26 at 7 p.m.

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

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