



CTC
EAGLES

CTC's accessible education supports student success and employability.

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Tailfin Tailgate

CTC will host Friday Night Flights on Friday, June 23 from 5-9 p.m. at the CTC Aviation Science airplane hangar at Skylark Field. All employees are invited to the tailfin tailgate and ribbon cutting ceremony featuring the unveiling of four new planes (two Piper Archers and two Piper Arrows) added to the fleet of training airplanes along with a Frasca Level 5 flight simulator. The Piper Arrow airplanes are single-engine (200 horsepower), four seat aircraft with G500 flight displays and dual Garmin 650 gps equipment that will be used in the Commercial Flight Course. The Archer planes are also single-engine (180 horsepower), four-seat aircraft that will function as the Instrument Rating – Airplane trainers with G1000NXi avionics. During Friday Night Flights, attendees will have the opportunity to take to the skies in one of the new planes for \$25 per ride. To attend, RSVP at <http://bit.ly/FLYCTC> by June 16. For more information, call Brian Sunshine at ext. 3007.

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Presenters needed

In preparation of the Service Excellence Conference scheduled for September 22 and 29, the conference committee is in need of in-house presenters. If you have skills or information to share with your co-workers that would help them grow professionally, please fill out and submit the [Presenter Submission Form](#). The committee will review your form and contact you to arrange additional meetings.

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IT alert

IT announced several IT services will be moved to a new storage area network (SAN) starting at 6 p.m. tomorrow, June 6. At that time, Colleague, email and many IT services will be briefly unavailable. Estimated completion time is 8 p.m. that same evening.

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Facilities updates

The Sid M. Weiser Vocational Skills Center (Bldg. 118) will be closed Monday, June 12 through Sunday, June 18 for electrical improvements. The building will be without power, air conditioning or lighting. Classes and labs will be relocated to other buildings on campus. The closure will impact all offices and classrooms including department offices, print shop, developmental studies, VA, etc. **The print shop will have limited emergency printing capabilities during this period. Please submit all printing requests to JoAnn Maxon in the print shop this week to ensure printing needs are met.**

Trenching and construction work begins today, June 5, on the installation of a new infrastructure system on the west side of both the Administration building (Bldg. 108) and the Academic building (Bldg. 104). This impacts the adjacent sidewalks of both buildings. The ADA pathway from Lot I (Bldg. 108 parking lot) to Bldg. 104, including mall access, will be closed during the construction. Alternative ADA parking is available in lot F2 between the Morton Hall Dormitory (Bldg. 120) and Student Services (Bldg. 119). Alternative routes will be in place to keep students, faculty, staff and visitors safe. Also, please be aware of construction barriers and general construction noise during this phase of the improvement project.

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ERS enrollment rates available

The ERS annual open enrollment period for the new plan year 2017-18 is July 9 – July 22. Coverages elected during this period will begin September 1, 2017. ERS gives employees the chance to add insurance, change insurance coverage or cancel insurance without a qualifying event. If you want to add optional life, short-term or long-term disability insurance, dependent life or if you just want to increase the amount of optional life insurance, you must be approved by the insurance company. Annual enrollment is the time to apply for any optional coverage. New insurance rates will be announced in June once ERS has updated rate information for Plan Year 2017-18.

The new fiscal year 2018 rates are now available on the ERS website. The employee can visit www.ers.state.tx.us, click the “Employees” tab, click on “Rates” and then click on “Plan Year 2018 Rates” on the upper right hand side of the page. The rates for Scott & White Health Plan will remain the same for FY 2018. However, the rates for Health Select of Texas (soon to be administered by Blue Cross and Blue Shield of Texas) will increase approximately two percent. The State of Texas Dental Choice Plan will increase approximately three percent while the rates for HumanaDental DHMO and the State of Texas Dental Discount Plan will remain the same. Additionally, the State of Texas Vision plan rates will remain the

same and other optional coverages such as Optional term life insurance rates will remain the same based on their prospective age groups. The current rates for dependent life, long-term disability and AD&D coverage will remain the same. Finally, short-term disability rates will be lowered to 26 cents per \$100 of the employee's monthly salary versus the previous 30 cents per \$100 monthly salary. For more information on rates, please visit the ERS website provided above.

If you do nothing during the annual open enrollment, the coverage you have this year will roll into the new plan year starting September, including Texflex. The Health Select of Texas participants will be automatically transitioned to Blue Cross and Blue Shield of Texas effective September 1, 2017.

ERS will soon send out statements showing what coverage you have this year and what is available to you for the new year. Requests for the new rates and questions about coverage should be directed to Employee Benefits at ext. 1307 or the corresponding provider of coverage.

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Welcome Back Bash

The Student Engagement and Strategies Committee will host the Welcome Back Bash and Resource Fair for the fall semester on 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 has recently been emailed for those who would like to participate. Questions can be directed to Wendy Martel at ext. 1450.

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Summer semester

Today is the first day of the summer semester. Registration continues through June 8 for classroom courses at the Central and Fort Hood campuses; through June 14 for Saturday classes starting June 10; through June 22 for online classes starting June 26; and through July 10 for summer II classroom courses.

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Volleyball

Intramural Sports will host a one-day, four-on-four co-ed volleyball tournament on Saturday, June 17. Matches start at 9 a.m. Entry fee is \$100 per team. The entry deadline is June 12 and the tournament is limited to 10 teams. To enter, sign up at the CTC gym (Bldg. 151). For more information, call ext. 1495.

Saturday Start

CTC will host Saturday Start next Saturday, June 17 to introduce recent high school graduates to options in higher education. The free event will be from 8 a.m. – 3 p.m. in the Anderson Campus Center (Bldg. 156). During Saturday Start, attendees can meet representatives from various academic departments to learn about the many available courses and programs, meet academic advisers to plan their degree plan and transfer credit options, complete the admissions process, discuss financial aid and obtain information on registering for fall semester classes. Attendees and also explore career and program options including short-term certificates to prepare for in-demand jobs. A parent session will also be held to inform parents about CTC student service offerings, financial aid options, academics and campus policies.

Mark your calendar

June 13: Small Business Entrepreneurs Forum; campus library; 2-3 p.m.

June 16: EMT/Paramedic completion ceremony; Anderson Campus Center; 3 – 4:30 p.m.

June 17: Four-on-Four Co-ed Volleyball Tournament; CTC Gym; 9 a.m.

June 17: Saturday Start; Anderson Campus Center (Bldg. 156); 8 a.m. – 3 p.m.

June 23: Friday Night Flights; CTC airport hangar at Skylark Field; 5 – 9 p.m.

June 24: CTC Police Academy graduation ceremony; Anderson Campus Center (Bldg. 156); 11 a.m.

Health tip

Physical activity and exercise are major contributors to a healthy lifestyle. People are made to use their bodies, and disuse leads to unhealthy living which may manifest itself in obesity, weakness, lack of endurance and overall poor health that may foster disease development.

Regular exercise can prevent and reverse age-related decreases in muscle mass and strength, improve balance, flexibility and endurance. It can also decrease the risk of falls in the elderly. Regular exercise can help prevent coronary heart disease, stroke, diabetes, obesity and high blood pressure. Regular, weight-bearing exercise can also help prevent osteoporosis by building bone strength.

Regular exercise can help chronic arthritis sufferers improve their capacity to perform daily activities such as driving, climbing stairs and opening jars.

Regular exercise can help increase self-esteem and self-confidence, decrease stress and anxiety, enhance mood and improve general mental health.

Regular exercise can help control weight gain and, in some people, cause loss of fat.

Thirty minutes of modest exercise (walking is okay) at least three to five days a week is recommended, but the greatest health benefits come from exercising most

days of the week.

Exercise can be broken up into smaller 10-minute sessions. Start slowly and progress gradually to avoid injury or excessive soreness or fatigue. Over time, build up to 30 to 60 minutes of moderate to vigorous exercise every day.

People are never too old to start exercising. Even frail, elderly individuals (70-90 years of age) can improve their strength and balance with exercise.

Almost any type of exercise (resistance, water aerobics, walking, swimming, weights, yoga and many others) is helpful for everybody.

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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:

June 5: **Chi Fit**; M/W through June 21; 11:30 a.m. – 12:30 p.m.; \$35

June 5: **Project Management Professional Certification Prep Program**; M/W through July 10; 6-10 p.m.; \$849

June 5: **Adobe Photoshop**; Mondays through June 19; 5:30 – 8:30 p.m.; \$89

June 6: **Kung Fu for Fitness**; Tuesdays through July 18; 3-4 p.m.; \$29

June 6: **Zumba**; T/TH through June 29; 6-7 p.m.; \$39

June 6: **Beginning Crocheting**; T/TH through June 22; 6-8 p.m.; \$49

June 6: **Airbrushing Basics**; T/TH through June 15; 6-8 p.m.; \$45

June 9: **Introduction to Dietary Supplements**; Fridays through June 30; 5-6 p.m.; \$25

June 10: **Get to Know Your iPad**; 12 – 2 p.m.; \$19

June 10: **Credit Reporting: The Missing Link to Rising Scores**; Saturdays June 10 and June 24; 10 a.m. – 12 p.m.; \$25

June 10: **Texas License to Carry**; 9 a.m. – 3:30 p.m.; \$75

June 12: **Introduction to Excel**; M/W through June 14; 6 – 7:30 p.m.; \$29

June 12: **Water Boot Camp**; M/W through July 10; 6-7 p.m.; \$35

June 14: **Belly/Oriental Dance**; M/W through July 12; 6-7 p.m.; \$39

June 14: **Tribal Belly Dance**; M/W through July 12; 7:15 – 8:15 p.m.; \$39

June 15: **Container Gardens**; 6-8 p.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.

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Employee Training Schedule

June 6: **Webinar – Telephone Skills for Admin and Front Desk Professionals**; 2-3 p.m.; Bldg. 155, Room C139

June 9: **EEO/SHP Initial Training**; 8 – 11:30 a.m.; Bldg. 155, Room C139

June 13: **Mura Web Training**; 8-10 a.m.; Bldg. 155, Room C137

June 16: **EEO/SHP Two-Year Review**; 8 – 11:30 a.m.; Bldg. 155, Room C139

Unless otherwise noted, register for training by calling ext. 1333 or 1381.

Mayborn Science Theater

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. – “Rusty Rocket’s Last Blast” and story-time activities with the book “The Little Prince”

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

4 p.m. – “Space Park 360: Infinity”

The Saturday evening lineup features:

7 p.m. – “In Search of Our Cosmic Origins”

8 p.m. – “Oceans in Space”

9 p.m. – “Solar Quest” and “DARK”

Laser Friday is June 30 and features:

7 p.m. – “Space Laser”

8 p.m. – Laser Country”

9 p.m. – “Laser Zeppelin”

10 p.m. – Pink Floyd: “Through the Prism”

Warren’s Star Tour is this Saturday, June 24 at 7 p.m.

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