

## Melissa S. Eder

---

**From:** Michelle K. Orcutt  
**Sent:** Monday, April 12, 2021 9:52 AM  
**To:** Craig B. Clifton  
**Subject:** RE: Wellness Committee Meeting Summary

For corn hole, since it is during lunchtime....should we encourage people to bring their lunch and lawn chairs and come watch? Just a thought, since the weather will be nice, and I will give people a reason to get outside, even if not participating in the actual game.

*M.Orcutt*

Associate Professor  
Speech Department  
Amarillo College  
806-371-5190

---

**From:** Craig B. Clifton <[cbclifton@actx.edu](mailto:cbclifton@actx.edu)>  
**Sent:** Thursday, April 8, 2021 11:09 AM  
**To:** Trent A. Oneal <[taoneal@actx.edu](mailto:taoneal@actx.edu)>; Annette Watts <[awatts@actx.edu](mailto:awatts@actx.edu)>; Mj Hammond <[mcoats@actx.edu](mailto:mcoats@actx.edu)>; Cindy Lanham <[cynthea.lanham@actx.edu](mailto:cynthea.lanham@actx.edu)>; Cheryl L. Jones <[cljones@actx.edu](mailto:cljones@actx.edu)>; Karen S. Brogdon <[ksbrogdon@actx.edu](mailto:ksbrogdon@actx.edu)>; Connie A. de Jesus <[cadejesus@actx.edu](mailto:cadejesus@actx.edu)>; Jeff Wallick <[j0079278@actx.edu](mailto:j0079278@actx.edu)>; Ernesto F. Olmos <[efolmos@actx.edu](mailto:efolmos@actx.edu)>; Shannon E. Cornell <[secornell@actx.edu](mailto:secornell@actx.edu)>; Fiona Denge <[f0538067@actx.edu](mailto:f0538067@actx.edu)>; Michelle K. Orcutt <[mkorcutt@actx.edu](mailto:mkorcutt@actx.edu)>; Margie Netherton <[mcwaguespack@actx.edu](mailto:mcwaguespack@actx.edu)>; Rochelle Fouts <[rlfouts@actx.edu](mailto:rlfouts@actx.edu)>; Tamara T. Clunis <[ttclunis@actx.edu](mailto:ttclunis@actx.edu)>  
**Subject:** RE: Wellness Committee Meeting Summary

See the attached draft/basic information for our "Rona Rally." MJ has a copy of this and will make it look presentable for an email to go out to AC employees. We can keep this email chain going among ourselves and you can email your additional ideas/comments to either me or the entire group.

*Craig*

---

**From:** Trent A. Oneal <[taoneal@actx.edu](mailto:taoneal@actx.edu)>  
**Sent:** Thursday, April 8, 2021 9:52 AM  
**To:** Craig B. Clifton <[cbclifton@actx.edu](mailto:cbclifton@actx.edu)>; Annette Watts <[awatts@actx.edu](mailto:awatts@actx.edu)>; Mj Hammond <[mcoats@actx.edu](mailto:mcoats@actx.edu)>  
**Cc:** Cindy Lanham <[cynthea.lanham@actx.edu](mailto:cynthea.lanham@actx.edu)>; Cheryl L. Jones <[cljones@actx.edu](mailto:cljones@actx.edu)>; Karen S. Brogdon <[ksbrogdon@actx.edu](mailto:ksbrogdon@actx.edu)>; Connie A. de Jesus <[cadejesus@actx.edu](mailto:cadejesus@actx.edu)>; Jeff Wallick <[j0079278@actx.edu](mailto:j0079278@actx.edu)>; Ernesto F. Olmos <[efolmos@actx.edu](mailto:efolmos@actx.edu)>; Shannon E. Cornell <[secornell@actx.edu](mailto:secornell@actx.edu)>; Fiona Denge <[f0538067@actx.edu](mailto:f0538067@actx.edu)>; Michelle K. Orcutt <[mkorcutt@actx.edu](mailto:mkorcutt@actx.edu)>; Margie Netherton <[mcwaguespack@actx.edu](mailto:mcwaguespack@actx.edu)>; Rochelle Fouts <[rlfouts@actx.edu](mailto:rlfouts@actx.edu)>; Tamara T. Clunis <[ttclunis@actx.edu](mailto:ttclunis@actx.edu)>  
**Subject:** RE: Wellness Committee Meeting Summary

I like the "No Mo Rona Rally"!

---

**From:** Craig B. Clifton  
**Sent:** Thursday, April 8, 2021 8:46 AM  
**To:** Annette Watts <[awatts@actx.edu](mailto:awatts@actx.edu)>; Mj Hammond <[mcoats@actx.edu](mailto:mcoats@actx.edu)>  
**Cc:** Trent A. Oneal <[taoneal@actx.edu](mailto:taoneal@actx.edu)>; Cindy Lanham <[cynthea.lanham@actx.edu](mailto:cynthea.lanham@actx.edu)>; Cheryl L. Jones <[cljones@actx.edu](mailto:cljones@actx.edu)>; Karen S. Brogdon <[ksbrogdon@actx.edu](mailto:ksbrogdon@actx.edu)>; Connie A. de Jesus <[cadejesus@actx.edu](mailto:cadejesus@actx.edu)>; Jeff Wallick <[j0079278@actx.edu](mailto:j0079278@actx.edu)>; Ernesto F. Olmos <[efolmos@actx.edu](mailto:efolmos@actx.edu)>; Shannon E. Cornell <[secornell@actx.edu](mailto:secornell@actx.edu)>; Fiona Denge <[f0538067@actx.edu](mailto:f0538067@actx.edu)>; Michelle K. Orcutt <[mkorcutt@actx.edu](mailto:mkorcutt@actx.edu)>; Margie Netherton <[mcwaguespack@actx.edu](mailto:mcwaguespack@actx.edu)>; Rochelle Fouts <[rlfouts@actx.edu](mailto:rlfouts@actx.edu)>; Tamara T. Clunis <[ttclunis@actx.edu](mailto:ttclunis@actx.edu)>  
**Subject:** RE: Wellness Committee Meeting Summary

Please indicate what name you like the best for our three part event by noon today. Below are the suggestions so far:

- a) The Rona Rally
- b) No Mo Rona Rally
- c) Crush Corona
- d) No Covid Allowed
- e) Tri-Sport challenge
- f) Move-it Move-it
- g) Get off your Covid Couch

---

**From:** Annette Watts <[awatts@actx.edu](mailto:awatts@actx.edu)>  
**Sent:** Tuesday, April 6, 2021 12:27 PM  
**To:** Mj Hammond <[mcoats@actx.edu](mailto:mcoats@actx.edu)>  
**Cc:** Trent A. Oneal <[taoneal@actx.edu](mailto:taoneal@actx.edu)>; Craig B. Clifton <[cbclifton@actx.edu](mailto:cbclifton@actx.edu)>; Cindy Lanham <[cynthea.lanham@actx.edu](mailto:cynthea.lanham@actx.edu)>; Cheryl L. Jones <[cljones@actx.edu](mailto:cljones@actx.edu)>; Karen S. Brogdon <[ksbrogdon@actx.edu](mailto:ksbrogdon@actx.edu)>; Connie A. de Jesus <[cadejesus@actx.edu](mailto:cadejesus@actx.edu)>; Jeff Wallick <[j0079278@actx.edu](mailto:j0079278@actx.edu)>; Ernesto F. Olmos <[efolmos@actx.edu](mailto:efolmos@actx.edu)>; Shannon E. Cornell <[secornell@actx.edu](mailto:secornell@actx.edu)>; Fiona Denge <[f0538067@actx.edu](mailto:f0538067@actx.edu)>; Michelle K. Orcutt <[mkorcutt@actx.edu](mailto:mkorcutt@actx.edu)>; Margie Netherton <[mcwaguespack@actx.edu](mailto:mcwaguespack@actx.edu)>; Rochelle Fouts <[rlfouts@actx.edu](mailto:rlfouts@actx.edu)>; Tamara T. Clunis <[ttclunis@actx.edu](mailto:ttclunis@actx.edu)>  
**Subject:** Re: Wellness Committee Meeting Summary

I like it!

Sent from my iPhone

On Apr 1, 2021, at 4:33 PM, Mj Hammond <[mcoats@actx.edu](mailto:mcoats@actx.edu)> wrote:

That's a keeper!

---

**From:** Trent A. Oneal  
**Sent:** Thursday, April 1, 2021 4:26 PM  
**To:** Craig B. Clifton <[cbclifton@actx.edu](mailto:cbclifton@actx.edu)>; Cindy Lanham <[cynthea.lanham@actx.edu](mailto:cynthea.lanham@actx.edu)>; Cheryl L. Jones <[cljones@actx.edu](mailto:cljones@actx.edu)>; Karen S. Brogdon <[ksbrogdon@actx.edu](mailto:ksbrogdon@actx.edu)>; Connie A. de Jesus <[cadejesus@actx.edu](mailto:cadejesus@actx.edu)>; Jeff Wallick <[j0079278@actx.edu](mailto:j0079278@actx.edu)>; Ernesto F. Olmos <[efolmos@actx.edu](mailto:efolmos@actx.edu)>; Shannon E. Cornell <[secornell@actx.edu](mailto:secornell@actx.edu)>; Fiona Denge <[f0538067@actx.edu](mailto:f0538067@actx.edu)>; Michelle K. Orcutt <[mkorcutt@actx.edu](mailto:mkorcutt@actx.edu)>; Annette Watts <[awatts@actx.edu](mailto:awatts@actx.edu)>; Margie Netherton <[mcwaguespack@actx.edu](mailto:mcwaguespack@actx.edu)>; Rochelle Fouts <[rlfouts@actx.edu](mailto:rlfouts@actx.edu)>; Tamara T. Clunis <[ttclunis@actx.edu](mailto:ttclunis@actx.edu)>; Mj Hammond <[mcoats@actx.edu](mailto:mcoats@actx.edu)>  
**Subject:** RE: Wellness Committee Meeting Summary

How about "The Rona Rally" as a name for the events?

---

**From:** Craig B. Clifton <[cbclifton@actx.edu](mailto:cbclifton@actx.edu)>

**Sent:** Thursday, April 1, 2021 3:23 PM

**To:** Cindy Lanham <[cynthia.lanham@actx.edu](mailto:cynthia.lanham@actx.edu)>; Cheryl L. Jones <[cljones@actx.edu](mailto:cljones@actx.edu)>; Trent A. Oneal <[taoneal@actx.edu](mailto:taoneal@actx.edu)>; Karen S. Brogdon <[ksbrogdon@actx.edu](mailto:ksbrogdon@actx.edu)>; Connie A. de Jesus <[cadejesus@actx.edu](mailto:cadejesus@actx.edu)>; Jeff Wallick <[j0079278@actx.edu](mailto:j0079278@actx.edu)>; Ernesto F. Olmos <[efolmos@actx.edu](mailto:efolmos@actx.edu)>; Shannon E. Cornell <[secornell@actx.edu](mailto:secornell@actx.edu)>; Fiona Denge <[f0538067@actx.edu](mailto:f0538067@actx.edu)>; Michelle K. Orcutt <[mkorcutt@actx.edu](mailto:mkorcutt@actx.edu)>; Annette Watts <[awatts@actx.edu](mailto:awatts@actx.edu)>; Margie Netherton <[mcwaguespack@actx.edu](mailto:mcwaguespack@actx.edu)>; Rochelle Fouts <[rlfouts@actx.edu](mailto:rlfouts@actx.edu)>; Tamara T. Clunis <[ttclunis@actx.edu](mailto:ttclunis@actx.edu)>; Craig B. Clifton <[cbclifton@actx.edu](mailto:cbclifton@actx.edu)>; Mj Hammond <[mcoats@actx.edu](mailto:mcoats@actx.edu)>

**Subject:** Wellness Committee Meeting Summary

Hello Wellness Committee,

Thanks for those who made it to the Zoom Meeting today. This email is a summary of our meeting just to keep everyone in the loop. Also, it is the start of an email chain to brainstorm a name and incentives for the events we will be doing.

In short, we decided to conduct three events during the last month remaining in the semester. The events we decided on are: 1) A walking event similar to Miles for Meals using the Strava App to monitor miles logged. 2) Pickle ball clinics to teach employees how to play, three weeks of Stack the Paddle leisure/league style play, and optional participation in a Pickle ball tournament in May. 3) One or more Cornhole event/events or ongoing leisure/league play. We will be putting out information on these events the week of April 12 and beginning the week of April 19.

Your input is requested on the following topics:

- 1) Incentives for these events
- 2) A name for our three activity event.

Current incentive ideas are:

- a) Cash/Gift Card prizes
- b) A day off for a winner (pending approval)
- c) Leave work an hour early (pending approval)
- d) Miles for meals traveling trophy
- e) Challenge your supervisor or co-worker for a prize
- f) Form teams
- g) Employee group challenges

Current event theme/names are:

- a) Crush Corona
- b) No Covid Allowed
- c) Tri-Sport challenge
- d) Move-it Move-it
- e) Get off your Covid Couch

Please send your incentive ideas and Theme/Name to "reply all" in this email chain. You will have opportunity to vote for your favorite ideas on Wednesday of next week.

***Craig Clifton***

Executive Director Community Enrichment and Wellness

Amarillo College

[cbclifton@actx.edu](mailto:cbclifton@actx.edu)

(806)358-9578



**Melissa S. Eder**

---

**From:** Mj Hammond  
**Sent:** Tuesday, April 13, 2021 1:45 PM  
**To:** DL-All AC Family  
**Subject:** 3 Ways to Play!



**Amarillo College®**

**Carter Fitness and Wellness**



**EVERYBODY PLAY!  
April 19 - May 7**

**Pickleball For All**

Two Pickleball Clinics will be offered **FREE** to all AC employees on **Tuesday April 20 and Wednesday April 21 from noon-1pm** at Carter Fitness Center. Taught by Pickleball expert Katie Little, you'll learn everything you need to know in one or both clinics.

Play "**Stack the Paddle**" from **April 19 through May 7** by joining the growing Pickleball community at the best indoor facility in Amarillo...you guessed it...Carter

Fitness Center! Play times are flexible but the most popular times are 11:30am – 3pm and 5:30pm – 7pm. Incentives and prizes will be given out.

**There's more!** In May, participate in the official **City Wide Pickleball Tournament** hosted by Carter Fitness Center. Participation is voluntary/optional. This will be a great opportunity to enjoy the full Pickleball experience. We'll have more information on the tournament at a later date.

### **Walking/Running Event**

Download the free STRAVA App (click "club" and search Amarillo College Wellness Club) and log your walking or running miles via the app. Participate as an individual and/or as a four person team. Anybody who logs an average of 5 miles per week will receive a RunAC t-shirt. The team that logs the most miles during the event will receive the coveted **Miles for Meals traveling trophy** and a special prize. The individual who logs the most miles will receive a special prize.

### **Cornhole Fun**

Get your 2-person team together for three days of friendly fun and competition.

Thursday April 22, 12noon – 1pm

Thursday April 29, 12noon – 1pm

Thursday May 6, 12noon – 1pm

Location will be announced closer to the event. Incentives and prizes will be given out.

For more information call Craig Clifton at 371-5299

---

### **Carter Fitness Center Hours**

M – TH 6:00 am – 8:00 pm

Friday--6:00 am – 6:00 pm

Saturday – 8:00 am – 5:00 pm

Sunday – Closed

Front Desk: (806) 345-5515

---