

Melissa S. Eder

From: J.R. Norman
Sent: Monday, October 14, 2013 5:25 PM
To: Craig B. Clifton; Heather L. Atchley; J.R. Norman; Janet L. Barton; Joy D. Brenneman; Connie A. de Jesus; Lynne A. Groom; Tricia McGuire; Trena J. Rider; Trent A. Oneal; Tony M. Tackitt; Heather L. Voran; Beau M. Waldrop; Jeff Wallick; brianfreas48@gmail.com; Eric L. Novak; Richie Garza
Subject: AC Zombie Challenge

Staff,

Listed below are the duty stations and medic events for our AC Zombie Challenge. Please let me know if you have any questions or concerns about your duties or station. Others can help fill in.

Medic Stations

- **Russell Hall Medic Station 1 Event:**
 - 10 Burbbies for one flag Craig Clifton/Jeff Wallick
 - 20 Burbbies for two flags
- **Dutton Hall Medic Station 2 Event:**
 - 20 Ski Jumps for one flag Connie DeJesus/Stefanie Carruth
 - 30 Ski Jumps for two flags
- **The Pit Medic Station 3 Event:**
 - 25 Jump Ropes for one flag Erick Novak/Tony Tackitt
 - 35 Jump Ropes for two flags
- **Warren Hall Medic Station 4 Event:**
 - 10 sit-ups / 10 push-ups for one flag Joy Brenneman/ Janet Barton/Beau Waldrop
 - 15 sit-ups / 15 push-ups for two flags

Activities

- **Carter Fitness Center Activity 1: (TRENT ONEAL)**
 - Volleyball (As a team, they must serve 5 volleyball serves across the net). Once 5 serves is complete, they can proceed
- **Between Russell Hall and Dutton Hall Activity 2: (TRICIA MCGUIRE)**
 - Soccer (As a team, they must kick and make 5 goals from a starting distance then proceed
- **Between Dutton Hall, Durrett Hall and the Engineering Hall:**
 - Open Run (team are in the open, no activity)
- **The Pit Activity 3: (RICHIE GARZA)**
 - Pac Man (As a team, they must run up and down 7 steps, 1 set of 3)
- **Home Stretch:**
 - Free for All (teams are on their own! No help! This is where teams got to make it home to base/finish line. Teams who finish with all of their flags on, WIN!!!

J.R. NORMAN
Intramural Specialist
Amarillo College

(806) 371-5382
Jnorman3@actx.edu

Melissa S. Eder

From: Lynne A. Groom
Sent: Wednesday, October 21, 2015 3:51 PM
To: DL-All AC Family
Subject: From the AC Wellness Committee

Calling all Amarillo College FAMILY.
Do you want to have some Halloween FUN?
Do you want to say YES to a good cause?
Are you thinking "WOW, I wish more people could see my costume"?

Good News! You can join the AC Wellness Committee for a



Friday, October 30th at 11:30 a.m., meet your fellow ghosts and goblins at Carter Fitness Center on the Washington Street Campus and participate in a 3K run/walk. Just \$5 per person and every penny of your entry fee goes to the AC Food Pantry.

How INNOVATIVE!

Won't you make plans to join us?

Friday, October 30

11:30 a.m.

Carter Fitness Center

\$5 donation to AC Food Pantry

3K run/walk

(it's only 1.8 miles)

Melissa S. Eder

From: Rita Wilson
Sent: Monday, October 17, 2016 12:43 PM
To: Stefanie M. Carruth; Craig B. Clifton; Lyndy Forrester
Subject: RE: AC Family Halloween Shenanigans

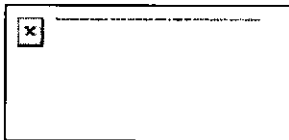
Looks great, Stef! Thank you.

rw

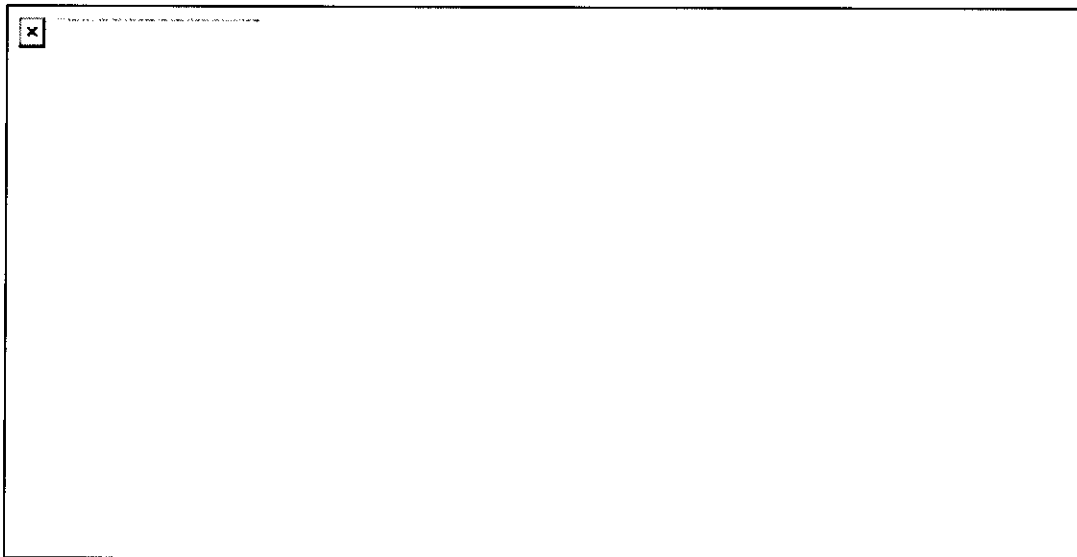
From: Stefanie M. Carruth
Sent: Monday, October 17, 2016 11:39 AM
To: Rita Wilson; Craig B. Clifton; Lyndy Forrester
Subject: AC Family Halloween Shenanigans

Okey dokey. Rita and Craig...your additions have been added. Is there anything else we're missing? The one thing I need is a link to the form with the payroll deduct option. Please let me know if there's anything else, or any language you think that should be changed. Thanks!

Subject: [Test] AC Family Halloween Shenanigans



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October 28th • Carter Fitness Center

Join the Wellness Committee for some AC Family Halloween Fun!

Lunch (noon)

Get your snack attack on track at our Gourmet Peanut Butter Jelly Bar

Costume Contest (Department Challenge)

Winning department will enjoy a FREE pizza party.

Prior to signup and payment below, please email contact@actx.edu to reserve your department's spot in this challenge.

1. Pick a theme for your department
2. Wear your costume on Oct. 28 from 9-10 a.m.
(judges will visit each participating department)
3. Show up to the Halloween Party Fun Run/Walk
(at least 1 person from your department must be present to win)

Costume Party Fun/Run Walk (1 p.m.)

The course is approximately 1.7 miles long...be sure to wear comfortable shoes.

Pumpkin Dessert Contest (2 p.m.)

Share with us your ghoulish delights.

Sign up [HERE](#) and select payroll deduction.

\$10 to Participate

Entry fee grants you access to all of the above.

Proceeds Benefit the AC Food Pantry.

Melissa S. Eder

From: Stefanie M. Carruth
Sent: Monday, October 17, 2016 2:48 PM
To: Lyndy Forrester; David L. Green; Kay E. Taylor
Cc: Rita Wilson; Craig B. Clifton
Subject: AC Family Halloween Shenanigans

Hello you awesome people! ☺ David/Kay—Lyndy may have already mentioned this to you...but can you please set up a registration form for us on your EOD branch like you did for the Miles for Meals competition. Y'all made an awesome form that would allow people to payroll deduct. Once the form is ready, if you can please send me the link...I'll add it in the email below.

Does anyone see anything else that should be included?



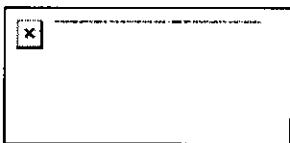
Stefanie Carruth

Graphic Art/Web Design Specialist
Amarillo College • College Relations
P.O. Box 447
Amarillo, TX 79178
Phone: (806) 345-5511
Fax: (806) 371-5375
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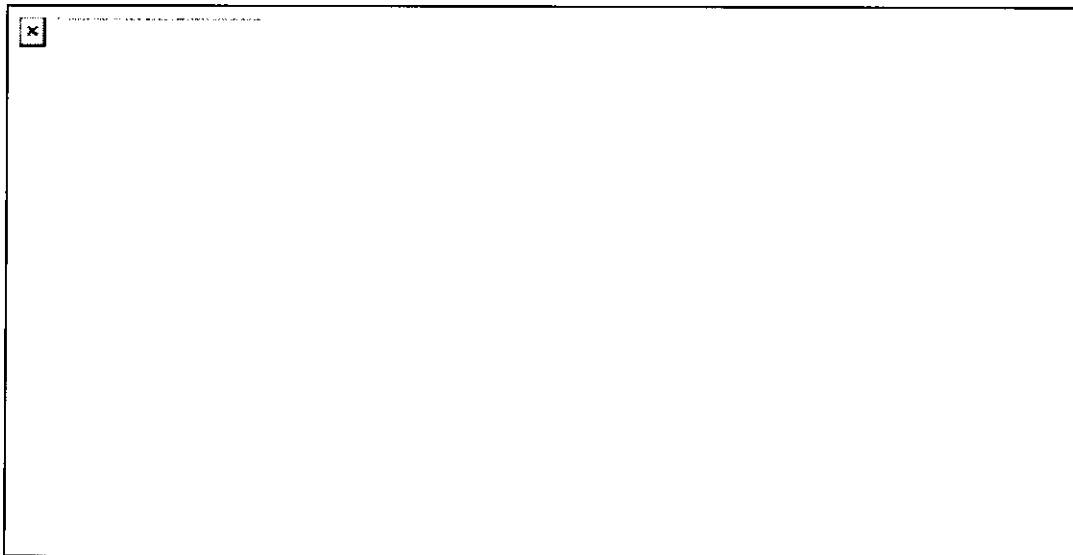


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From: Stefanie Carruth <smcarruth@actx.edu> on behalf of Stefanie Carruth <smcarruth@actx.edu>
Reply-To: "us12-8b23649ca9-8b761678f5@inbound.mailchimp.com" <us12-8b23649ca9-8b761678f5@inbound.mailchimp.com>
Date: Monday, October 17, 2016 at 2:41 PM
To: Stefanie Carruth <smcarruth@actx.edu>
Subject: [Test] AC Family Halloween Shenanigans



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Join the Wellness Committee for some AC Family Halloween Fun!

October 28th • Carter Fitness Center

\$10 to Participate

Entry fee grants you access to eat and participate in any of the items below.

Proceeds Benefit the AC Food Pantry.

Sign up [HERE](#) and select payroll deduction.

Lunch (noon)

Get your snack attack on track at our Gourmet Peanut Butter Jelly Bar.

Costume Contest (Department Challenge)

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The course is approximately 1.7 miles long...be sure to wear comfortable shoes.

Pumpkin Dessert Contest (2 p.m.)

Share with us your ghoulish delights.

Melissa S. Eder

From: Lyndy Forrester
Sent: Tuesday, October 18, 2016 8:39 AM
To: Stefanie M. Carruth; Craig B. Clifton; Rita Wilson
Cc: David L. Green; Kay E. Taylor
Subject: Re: AC Family Halloween Shenanigans

I think we need to add loud and proud that the entire event is only \$10 and can be payroll deducted and all proceeds will go to the Food Pantry.


Also add the time on the heading of the costume judging like the others so it's really clear.

I LOVE your work. Once we get the digital sign up form done, I'd say we are good to go.

Kay and David- can you guys review this for clarity?

From: "Stefanie M. Carruth" <smcarruth@actx.edu>
Date: Monday, October 17, 2016 at 3:03 PM
To: "Craig B. Clifton" <cbclifton@actx.edu>, Rita Wilson <rnwilson@actx.edu>, User <lforrester@actx.edu>
Subject: Re: AC Family Halloween Shenanigans

Good catch. I wasn't sure. I'll get that changed.


Amarillo College
Stefanie Carruth
Graphic Art/Web Design Specialist
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From: "Craig B. Clifton" <cbclifton@actx.edu>
Date: Monday, October 17, 2016 at 2:54 PM
To: Stefanie Carruth <smcarruth@actx.edu>, Rita Wilson <rnwilson@actx.edu>, Lyndy Forrester

<lforrester@actx.edu>

Subject: RE: AC Family Halloween Shenanigans

Stefanie,

Yes, one big correction. The event will be at the "square" area between Ware and CUB. Carter will be back-up in case of bad weather.

Craig Clifton

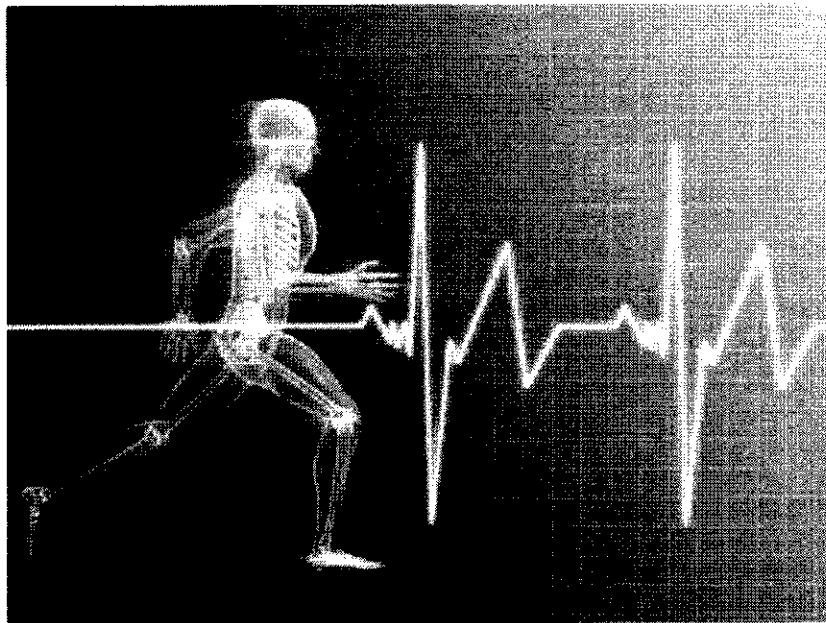
Sports and Exercise Sciences

Amarillo College

(806)371-5299

cbclifton@actx.edu

"Live Fitness Well!!!"



From: Stefanie M. Carruth

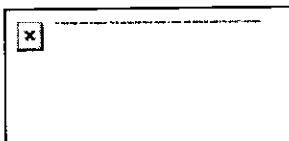
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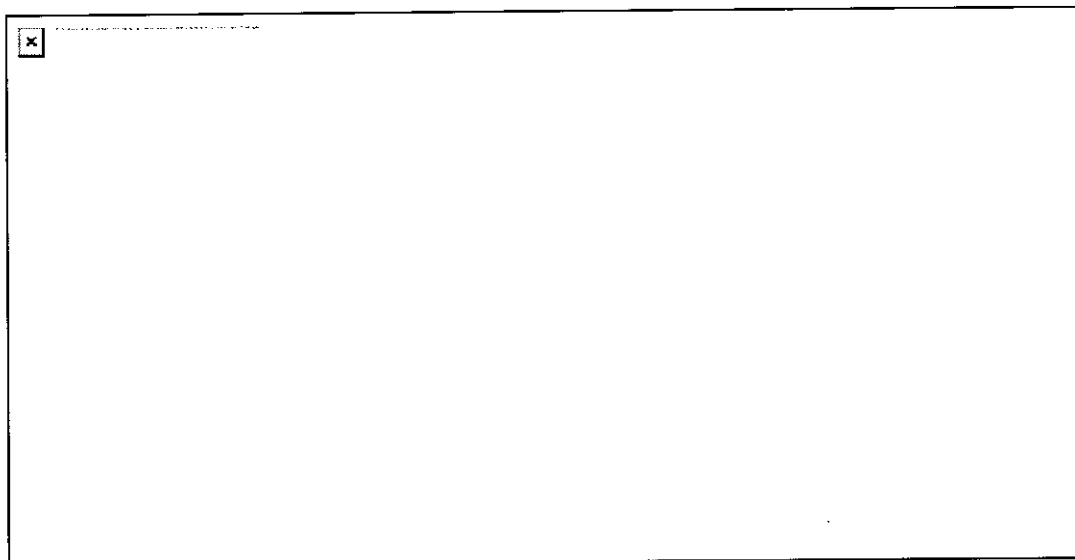
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Subject: [Test] AC Family Halloween Shenanigans



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From: David L. Green
Sent: Tuesday, October 18, 2016 8:45 AM
To: Lyndy Forrester; Stefanie M. Carruth; Craig B. Clifton; Rita Wilson
Cc: Kay E. Taylor
Subject: Re: AC Family Halloween Shenanigans

It looks great to me, and it looks like Kay is creating a signup form.

Of course I'll also promote it in the WIFFY Report. For that purpose, Stef, it would help me if you could send me some of the original graphics files you created.

Boo,

David



David Green
Director of Corporate Engagement
Amarillo College • EOD
P.O. Box 447
Amarillo, TX 79178
Phone: (806) 371-5254
dgreen@actx.edu

From: Lyndy Forrester <lforrester@actx.edu>
Date: Tuesday, October 18, 2016 at 8:39 AM
To: "Stefanie M. Carruth" <smcarruth@actx.edu>, "Craig B. Clifton" <cbclifton@actx.edu>, Rita Wilson <rnwilson@actx.edu>
Cc: "David L. Green" <d0352858@actx.edu>, "Kay E. Taylor" <ketaylor@actx.edu>
Subject: Re: AC Family Halloween Shenanigans

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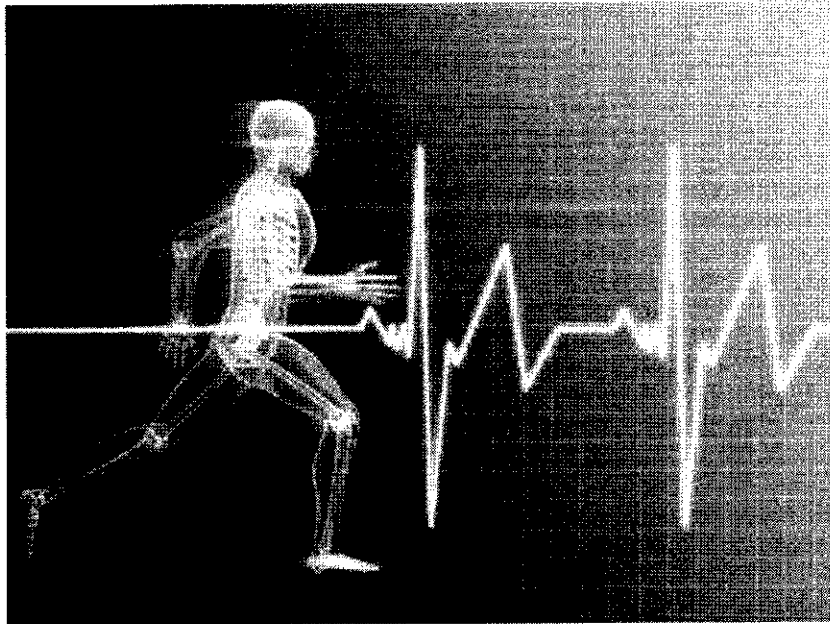
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Sports and Exercise Sciences
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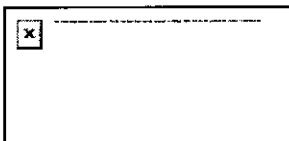
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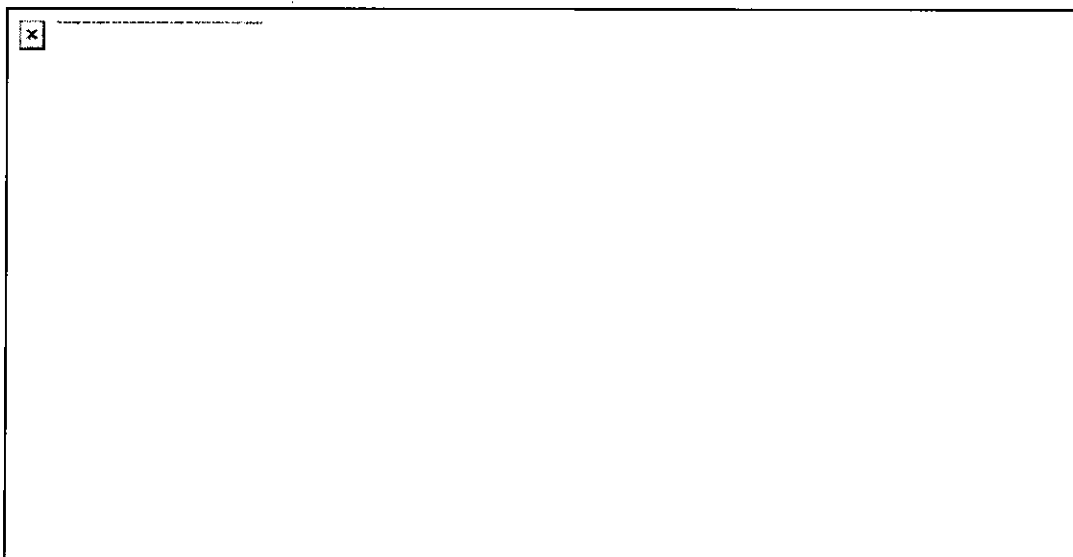
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From: Lyndy Forrester
Sent: Tuesday, October 18, 2016 12:32 PM
To: David L. Green; Stefanie M. Carruth; Craig B. Clifton; Rita Wilson
Cc: Kay E. Taylor
Subject: Re: AC Family Halloween Shenanigans

Wait! We need to list prizes for Pumpkin dessert contest.

Let's do \$50 for 1st place and \$25 for runner up.

From: "David L. Green" <d0352858@actx.edu>
Date: Tuesday, October 18, 2016 at 8:45 AM
To: User <lforrester@actx.edu>, "Stefanie M. Carruth" <smcarruth@actx.edu>, "Craig B. Clifton" <cbclifton@actx.edu>, Rita Wilson <rnwilson@actx.edu>
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Date: Monday, October 17, 2016 at 2:54 PM

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Subject: RE: AC Family Halloween Shenanigans

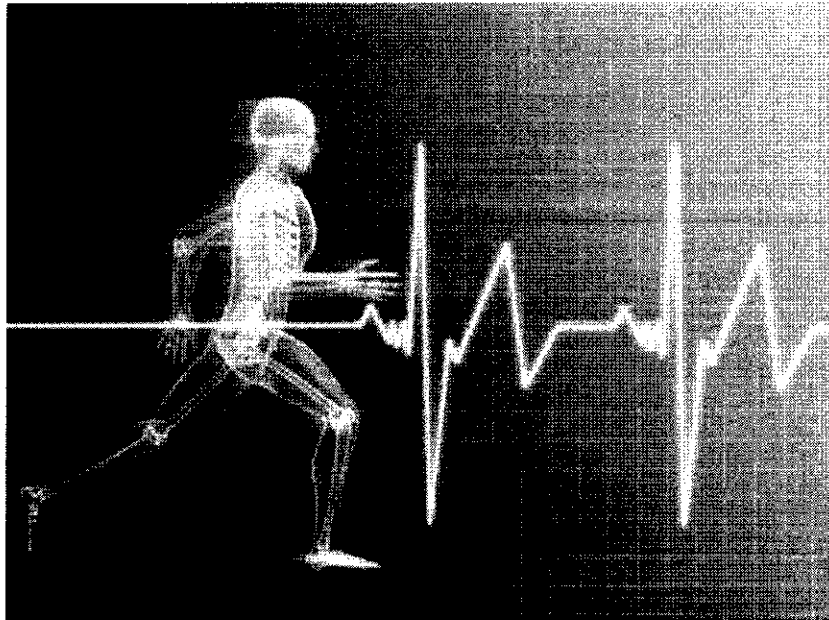
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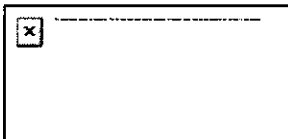
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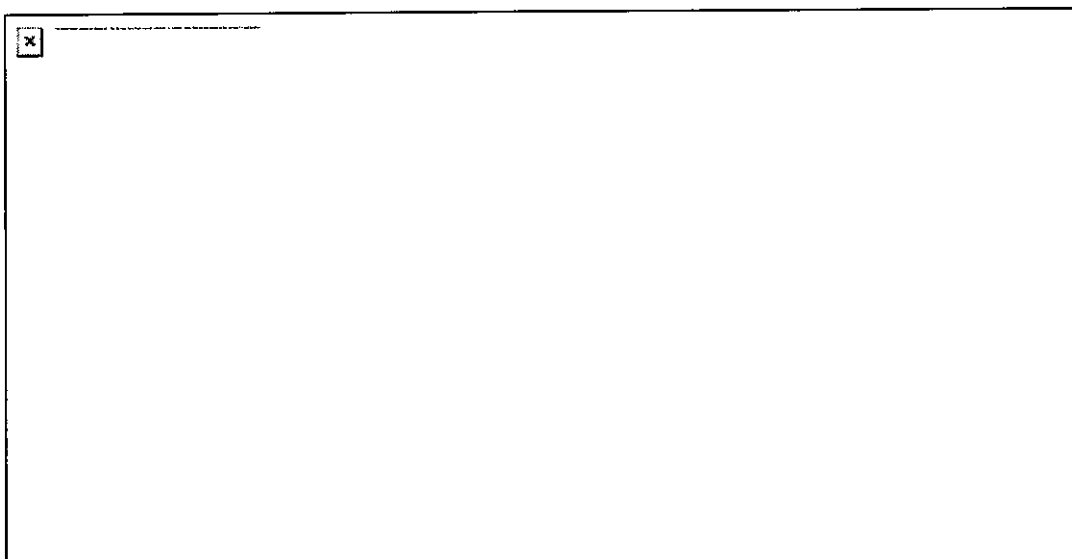
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Melissa S. Eder

From: Kay E. Taylor
Sent: Tuesday, October 18, 2016 2:58 PM
To: Lyndy Forrester; Stefanie M. Carruth; David L. Green; Craig B. Clifton; Rita Wilson
Subject: RE: AC Family Halloween Shenanigans

Lyndy said for someone on the Wellness to send the email with the link.

KT

From: Kay E. Taylor
Sent: Tuesday, October 18, 2016 2:27 PM
To: Lyndy Forrester <lforrester@actx.edu>; Stefanie M. Carruth <smcarruth@actx.edu>; David L. Green <d0352858@actx.edu>; Craig B. Clifton <cbclifton@actx.edu>; Rita Wilson <rnwilson@actx.edu>
Subject: RE: AC Family Halloween Shenanigans

Here is the link to the form - https://www.actx.edu/hr/signup/sheet_id/9

I spoke with David and he is updating the Wellness page on the HR EOD site to reflect this specific event.

Please look at the form with a critical eye and tell me if you want any changes.

KT

From: Lyndy Forrester
Sent: Tuesday, October 18, 2016 2:00 PM
To: Stefanie M. Carruth <smcarruth@actx.edu>; David L. Green <d0352858@actx.edu>; Craig B. Clifton <cbclifton@actx.edu>; Rita Wilson <rnwilson@actx.edu>
Cc: Kay E. Taylor <ketaylor@actx.edu>
Subject: Re: AC Family Halloween Shenanigans

I think we are good to go!

From: "Stefanie M. Carruth" <smcarruth@actx.edu>
Date: Tuesday, October 18, 2016 at 1:50 PM
To: User <lforrester@actx.edu>, "David L. Green" <d0352858@actx.edu>, "Craig B. Clifton" <cbclifton@actx.edu>, Rita Wilson <rnwilson@actx.edu>
Cc: "Kay E. Taylor" <ketaylor@actx.edu>
Subject: Re: AC Family Halloween Shenanigans

It's below the Date and Time...although, it says we'll relocate to the carter fitness center. I think that's where Craig was thinking we'd move to. Does this need to change?



Stefanie Carruth

Graphic Art/Web Design Specialist
Amarillo College • College Relations
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From: Lyndy Forrester <lforrester@actx.edu>
Date: Tuesday, October 18, 2016 at 1:40 PM
To: Stefanie Carruth <smcarruth@actx.edu>, "David L. Green" <d0352858@actx.edu>, "Craig B. Clifton" <cbclifton@actx.edu>, Rita Wilson <rnwilson@actx.edu>
Cc: "Kay E. Taylor" <ketaylor@actx.edu>
Subject: Re: AC Family Halloween Shenanigans

PERFECT! After we get the form, let's roll. Maybe add that in case of bad weather, we will email an alternate location for the events.

From: "Stefanie M. Carruth" <smcarruth@actx.edu>
Date: Tuesday, October 18, 2016 at 1:38 PM
To: User <lforrester@actx.edu>, "David L. Green" <d0352858@actx.edu>, "Craig B. Clifton" <cbclifton@actx.edu>, Rita Wilson <rnwilson@actx.edu>
Cc: "Kay E. Taylor" <ketaylor@actx.edu>
Subject: Re: AC Family Halloween Shenanigans

I like the sound of that! ☺ I'll add it.



Stefanie Carruth

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From: Lyndy Forrester <lforrester@actx.edu>

Date: Tuesday, October 18, 2016 at 12:31 PM

To: "David L. Green" <d0352858@actx.edu>, Stefanie Carruth <smcarruth@actx.edu>, "Craig B. Clifton" <cbclifton@actx.edu>, Rita Wilson <rnwilson@actx.edu>

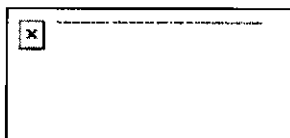
Cc: "Kay E. Taylor" <ketaylor@actx.edu>

Subject: Re: AC Family Halloween Shenanigans

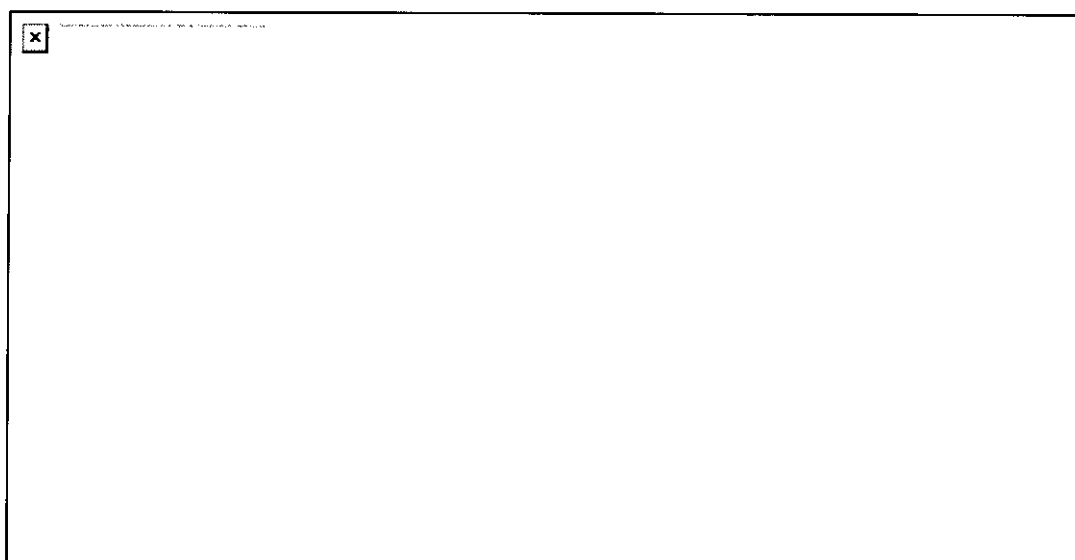
\$50 for 1st place and \$25 for runner up.

Melissa S. Eder

From: Org - ACWellness
Sent: Tuesday, October 18, 2016 3:38 PM
To: DL-All AC Family
Subject: AC Family Halloween Shenanigans



[View this email in your browser](#)



Join the Wellness Committee for some AC Family Halloween Fun!

October 28th • Oeschger Family Mall

(In case of inclement weather we will relocate to the Carter Fitness Center)

This entire event is ONLY \$10 to participate and can be payroll deducted. Proceeds benefit the AC Food Pantry.

Entry fee grants you access to eat and participate in any or all of the items below.

Sign up [HERE](#) and select payroll deduction.

Lunch (noon)

Get your snack attack on track at our Gourmet Peanut Butter Jelly Bar.

Costume Contest - Department Challenge (9-10 a.m.)

Winning department will enjoy a FREE pizza party.

Prior to sign up and payment below, please email contact@actx.edu to reserve your department's spot in this challenge.

1. Pick a theme for your department
2. Wear your costume on Oct. 28 from 9-10 a.m.
(judges will visit each participating department)
3. Show up to the Halloween Party Fun Run/Walk
(at least 1 person from your department must be present to win)

Costume Party Fun/Run Walk (1 p.m.)

The course is approximately 1.7 miles long. Be sure to wear comfortable shoes.

Pumpkin Dessert Contest (2 p.m.)

CASH PRIZES: 1st place \$50 • Runner-up \$25

Share with us your tasty pumpkin treats!