

SPRING 2014 FLEX DAY
Wednesday, January 29th

8:00 AM – 8:30 AM	Coffee & Pastries (Donated by the MPC Foundation) Sam Karas Room		
8:30 AM – 10:00 AM	Presidents' Addresses LF 103 <ul style="list-style-type: none"> • Alfred Hochstaedter, Academic Senate President • Mark Clements, MPCTA President • Loran Walsh, MPCEA President • Maury Vasquez, Student Trustee • Beccie Michael, Foundation Executive Director • Dr. Walt Tribley, Superintendent/President 		
10:15 AM – 10:30 AM	BREAK		
10:30 AM – 11:30 AM	Keynote Guest Speaker <i>Sponsored by Equal Employment Opportunity Advisory Committee (EEOAC)</i> LF 103 Please welcome Chet McDoniel as he candidly and humorously addresses the issues of interacting with individuals with disabilities and shares his strategies for maintaining emotional wellness in the face of tremendous obstacles.		
LUNCH OPTIONS	Join us in the Caroline Page Garden area for a special lunch prepared by "Mundos Café". Brown Baggers also welcomed! Reserve your lunch by noon on Friday, 1/17/14 Please submit your order form & check to your DOM/Shawn Anderson/Leslie Procive/ Joanne Hagerty/Sandy Nee. See order form for sandwich options. <i>Cost is \$7pp, make check payable to Heather Craig</i>	"Free Massages" <i>Massage Therapy Program Students</i> Sam Karas Room A sign-up sheet will be available at the front of LF 103 on the morning of Flex Day for Wednesday & Thursday.	
	Sarlo Grant & Garrison Fund Presentations LF 101 Sarlo Grant (Gary Quinonez) "New Technologies in 3-Dimensional Arts": The world of Art and Design is experiencing a radical change in the way objects are conceived and built due to a proliferation of exotic machines and technologies once considered too expensive. Garrison Fund (Ana Garcia-Garcia) "Seismic Surveys in the Elkhorn Slough": Understanding Underwater Geology and Correlating Indirect Information with Coring Samples Obtained in Field Trips.	"Accreditation 101" <i>SLO/Accreditation Committee</i> PS 106 MPC is heading into a yearlong project of self-evaluation for its next accreditation visit in 2016. The majority of this effort will occur in the 2014-2015 academic year. What's the plan? How will this happen? Come to this breakout session to find out.	"Top Ten Tips for Staying Healthy during Stressful Times" <i>Laura Loop & Kim Fujii</i> LF 102 Got stress? Too much is too heavy to carry, and can result in illness. Most of us know this, but taking action to improve overall health, to become more resilient, is much easier said than done! This workshop visits the principles of staying as healthy as possible by providing concrete tips consistent with U.S. Preventive Services Task Force recommendations for adults. Start the new year right with a focus on a healthier you!
2:15 PM – 4:15 PM	Program Reflections - All Divisions and Departments (Locations on back page) Link to Spring 2014 Program Reflections form: Spring Program Reflections 2014 form Please forward copies to Leslie Procive, Office of VP of Academic Affairs or Sigrid Klein, Office of VP of Student Services		
4:30 PM – 5:30 PM	Zumba – A minimum of 10 people need to signup, or the session will be cancelled. <i>Kim Fujii</i> DA 101 Recharge your body and mind with a fun workout fusing Latin rhythms and easy-to-follow moves. Please wear athletic shoes, be prepared to sweat, and bring water.		

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PROGRAM REFLECTION LOCATIONS
2:15 PM - 4:15 PM

DIVISION	LOCATION	CONTACT
Academic Affairs, Marina Ed Center & PSTC	BMC 206	Celine Pinet
Fiscal Services	LTC 233, Sam Karas Room	Rosemary Barrios
Administrative Services, Facilities & Security	BMC 107	Suzanne Ammons/VP Admin Svcs
Business Technology	BMC 204	Leandro Castillo
Child Development Center	CDC Conference Room	Cathy Nyznyk
Creative Arts	MU 102	John Anderson
Humanities: SPCH, COMM, PHIL & HUMA World Language ENGL ENSL	HU 205 HU 112 HU 101 HU 201	Diane Boynton
Information Systems, Media Services & Print Shop	IS Meeting Room	Michael Midkiff
Library	LTC 216	Deborah Ruiz
Life Sciences: HUMS, FACS, NUTR, INTD, HOSP, DRAF & FASH AUTO BIOL, ANAT, PHYS, HLTH, & MATE MEDA DNTL	FC 106 AT 103 LS 101 LS 206 LS 202	Heather Faust
Nursing	Nursing Conference Room	Laura Loop
Physical Education	PE 105	Lyndon Schutzler
Physical Sciences: ASTR/ENGR/PHYS CHEM Earth Sciences MATH	PS 107 PS 207 PS 106 PS 104	Elizabeth Bishop
President's Office, Human Resources & MPC Foundation	Administration Large Conference	Dr. Walt Tribley
Social Sciences	SS 102	Tom Logan
Student Services	LF 101	Marty Johnson/Larry Walker