<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>8:00 am - 8:30 am</td>
<td>Lean, Green, and Keen: Believing and Achieving It!</td>
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<td>University Center - Lone Star Ballroom A, B, &amp; C</td>
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<tr>
<td>8:30 am - 9:00 am</td>
<td>Continental Breakfast Welcome Remarks</td>
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<td>Other Locations Campus Building</td>
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<td>Corpus Christi Hall Room 224</td>
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<tr>
<td>9:00 am - 10:15 am</td>
<td>Beaches on the Move - Deidre Williams</td>
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<td>Water for the Texas Coastal Zone - Paul Montagna</td>
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<td>Canticle to the Cosmos - Veronica Guerra</td>
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<td>QPR Gatekeeper Training: Ask A Question, Save A Life - Carla Berkich &amp; Therese Sharpe</td>
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<td>Understanding Customer Service Values - Marshall Collins</td>
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<td>Touched by An Angel - The Art &amp; Science of Raising Monarch Butterflies in Your Back Yard - Thuy Fleming</td>
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<td>The three R’s: Reduce, Reuse, and then Recycle-on campus &amp; beyond - Jennifer Beseres Pollack</td>
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<td>Managing Generation ‘WHY?’ - Jill Evans-Silman</td>
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<td>Electronic Environment Resources - Denise Landry-Hyde Library</td>
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<td>Center Room 109</td>
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<td>Single Sign On 101 - Mary Canales</td>
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<td>10:15 am - 10:30 am</td>
<td>Morning Break</td>
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<td>10:30 am - 11:45 am</td>
<td>Conservation and You - Celeste Gallardo</td>
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<td>Risk Management &amp; Identity Theft: Are you in Compliance? - David Allen</td>
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<td>Human-Induced Impacts to Fisheries in the Gulf of Mexico - Greg Stunz</td>
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<td>Note: Space Reserved for afternoon workshop</td>
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<td>Team Building &amp; A Positive Attitude - Evon English</td>
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<td>Investments 101 Wells Fargo Bank</td>
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<td>What’s Happening with the Wellness Center - Jacque Hamilton &amp; Stephanie Arevalo</td>
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<td>Invasive Marine Species in the Gulf of Mexico - Thomas C. Shirley</td>
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<td>Beating to the Drums of the Soul - Lon Seiger &amp; Raul Prezas Glasscock Building - Game Room</td>
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<tr>
<td>12:00 pm - 1:30 pm</td>
<td>Luncheon with address: Kevin Bracy - Sponsored by Title V, Dr. Veronica Guerra</td>
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<td>(University Center - Lone Star Ballroom A, B, &amp; C)</td>
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<td>1:30 pm - 3:00 pm</td>
<td>How to Pick the Best of the Bunch - Kim Cabrera</td>
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<td>Safety Starts with “You” - Chief Gutierrez</td>
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<td>Can’t Live with it, Can’t Live without it - Michael Franke</td>
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<td>Dancing with the Stars! - Amir Hormozi</td>
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<td>Sleep (or the lack of it) &amp; the Effects on the Workplace - Jeffrey McDaniel</td>
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<td>Cataclysm and Creativity: Art in an Age of Uncertainty - Carey Rote</td>
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<td>Identify Theft: Are You (Your Assets) at Risk? - David Allen</td>
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<td>Managing Generation ‘WHY?’ - Jill Evans-Silman</td>
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<td>Managing Workplace Negativity - Mary Jane Hamilton</td>
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<td>ST 107</td>
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<td>3:15 pm - 3:30 pm</td>
<td>Afternoon Break</td>
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<td>3:30 pm - 4:45 pm</td>
<td>The Vehicle you Drive – Keeping it Lean, Green, and Running Clean - Ed Eliland</td>
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<td>Money Safety and Theft Protection - Wells Fargo Bank</td>
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<td>Environmental Health Awareness - Roy Coons</td>
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<td>Dancing with the Stars! - Amir Hormozi (Cont.)</td>
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<td>He Said, She Said: Communication across the Gender Gap - Jeffrey McDaniel</td>
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<td>Do I Need to Put up With a Students Inappropriate Behavior? - Eliot Chenaux, Carla Berkich, &amp; Theresa Sharpe</td>
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<td>Healthy Living - Marianne Grant</td>
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<td>Lean, Keen, and Serene - Julie Joffray &amp; Michelle Franks</td>
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Help Save Our Plant!

Reduce the use of disposable cups by bringing your own reusable mug.

Leaving the car at home might not be an option, driving a hybrid or a car that gets superior gas mileage is the way to go for both your pocket and the planet.

Replacing all the electric lights in your home with energy-saving compact florescent light bulbs is a very bright idea. The inexpensive bulbs use between 60% and 80% less energy than their incandescent counterparts.

Pens and Pencils, make a better impression, use long-life refillable pens.

Indoor plants can play a crucial role in your work environment. They are a natural air filter, absorbing airborne pollutants and computer radiation while replenishing oxygen levels.

Dry-Cleaning your clothes uses large amounts of chemical solvent tetrachloroethylene. A suspected carcinogen, can aggravate asthma and allergies. Look for a service with “clean & green” processes.

A computer will over a year use nearly 1,000 kilowatts of electricity, resulting in more than a ton of carbon emissions. By switching off your computer you cut electricity use to less than 250 kilowatts.

Choose organic produce, meats, and other products that are grown or raised without synthetic chemicals or genetically engineered products, antibiotics, sewage sludge, irradiation, or growth hormones.

Trees offer many benefits which include: Air Filtration- filters out particulate matter and absorbs harmful gases; Purifies Water—improves water quality by slowing and filtering rain water; and Cost Reduction- provides shade and shelter, reducing yearly heating and cooling costs by 2.1 billion dollars.

Calculate your footprint—for information on calculating your carbon footprint visit the website www.ghgprotocol.org.

Source: National Geographic Society

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Program Outline

8:00 a.m. - 8:45 a.m. 
Continental Breakfast Welcome and Program Overview
UC— Lone Star Ballroom

9:00 a.m. - 10:15 a.m. 
Session I 
BREAK

10:30 a.m. - 11:45 a.m. 
Session II 
Luncheon
12:00 p.m. - 1:30 p.m. 
UC— Lone Star Ballroom

Keynote Speaker
Mr. Kevin Bracy
“Change…the One Constant in Life”
1:30 p.m. - 3:00 p.m. 
Session III 
BREAK

3:15 p.m. - 4:45 p.m. 
Session IV

Special thanks to our Presenters, Event Assistants, and Co-Sponsor 
Dr. Veronica Guerra, Director, Title V Office.