



May 12, 2023
Volume 2023/700

CCM EVENTS

Criminal Justice Day

May 15, 9 a.m. – 1 p.m.
Outside Near the LRC

College Council

May 15, 1 p.m.
Join Zoom Meeting: <https://ccm-edu.zoom.us/j/95580530550>
Or Dial: 646 876 9923
Meeting ID: 955 8053 0550
Passcode: 105789

Presentation of the Graduates

May 16, 9 a.m.
Outside SCC

Teen Arts

May 17, 9 a.m. – 3 p.m.
Campus Wide

Nurse Pinning Live-Stream

May 18, 6:30 p.m.

Commencement

May 25, 10 a.m.
Mennen Arena



Assemblywoman Dunn Offers New Exhibition of Students' Artwork

Visitors to Assemblywoman Aura Dunn’s Chester office can take in the beauty of Morris County as represented by six CCM Fine Arts students.

Once again, Dunn has opened her office to feature an exhibition of landscapes in pastels created by CCM students. This is the fifth time she is hosting an exhibition of works produced by students from Fine Arts Professor Todd Doney’s Drawing 2 class.

The exhibition features “Civil Twilight” by Sandra Rojas, “Golden Court” by Jazmin Gamboa, “Autumn Drive” by Bridget Perez, “Night Steam” by Emma Ramos, “Lonely Tree” by Maurice Tobias and “Branch” by Stevie Cukor of Morristown.

“We’re so happy to be continuing this partnership that provides the public with an opportunity to view the outstanding work of our Fine Arts students,” said Doney. “The students also take great pride in being able to exhibit their work. For many, this represents their first exhibition.”

The exhibition will run through October at Dunn’s office, 191 Main Street, Suite D, Chester. Office hours are 9 a.m. to 5 p.m. Monday through Friday.



[Public Safety Visitor's Registration Link](#)

[Pomptonian Online Ordering](#)



Austin Hamer, a First Aid Emergency Care student, recently put what he learned into action while involved in youth soccer tryouts when the director collapsed nearby from a heart attack. He immediately called 911 and raced across the field to get an AED so it could be administered and help save the director’s life. He said he knew exactly where the AED was because of the “AED Awareness Assignment” Instructor **William McHugh**, Health & Exercise Science, had his students do at the beginning of the semester.

During the Fall 2022 and Spring 2023 semesters, **Dr. Chung Wong**, Mathematics, led a group of over 40 CCM students in a national mathematics competition. As a member of the mid-Atlantic region, CCM finished 2nd in the Fall, 1st in the Spring, and 2nd overall in the region.



CCM in the News

“Out of this world: Possible meteorite at Hopewell Township house deemed safe, hazmat team says” – CCM’s Astronomer Kevin Conod appeared on News 12 New Jersey on Tuesday to talk about a meteorite that crashed through a home in Hopewell. You can watch it [here](#) by scrolling down to “Meteorite landing 'not completely unheard of' but is rare, expert says”:

The CCM Fashion Show



If you missed the “Time Travel – Fashion Through the Decades” fashion show last week, you can take a look at all the great and interesting designs here: <https://youtu.be/rTZ0AZN5WrE>.

The Sleep Out to Fight Homelessness

**ONE PURPOSE.
ONE NIGHT.
ONE COMMUNITY.**

On April 28, CCM held its first-ever Covenant House Sleep Out, sponsored by the Volunteer Club. The primary objective was to increase awareness and raise funds to support homeless youth.

“Our experience outside in the cold, wet rain was a poignant reminder of the daily challenges that homeless youth face,” said Logan DePaul, a CCM student. “As we huddled together in our makeshift shelters, our bodies shivering and our clothes soaked through, we were struck by the harsh reality of homelessness. The sound of the rain pounding against the pavement and the chill of the wind cutting through our clothing made it difficult to rest or find comfort, and we felt acutely aware of the fact that we were fortunate to have a warm bed and a roof over our heads most nights.”

As part of the night, the participants wrote down three personal items they each valued. They then crumpled and threw them away to symbolize the feeling of having their possessions stolen or destroyed.

“At this point, we were reminded of the loss and grief that comes with homelessness,” said DePaul. “We were forced to confront the fact that the young people we were supporting through our donations and advocacy had likely experienced far worse losses than we felt at that moment. But through it all, we held onto hope. We were united in our mission to help homeless youth and knew our efforts could make a real difference.”

He added, “As we reflect on our experience, we are reminded of the resilience and strength of the human spirit. We are grateful for the opportunity to come together as a community to support those in need. We urge you to donate to help these children and young adults build bigger and brighter futures and attain their full potential. In the end, people helping people is what matters most.”

You can make a donation here: www.sleepout.org/team/CCM.

Campus Construction Updates

Academic Complex Elevators and 3rd Floor Walkway
The underpinning operation is nearing completion and foundation forming, insulation and reinforcement for the elevator enclosure will start next. On May 11, the interior work began with the opening of walls and floor slabs to align and make

Derby Daze Gala

The CCM Foundation held a very successful Derby Daze gala, packed with lots of fun and entertainment, at Brooklake Country Club last week. You can view photos of the event here:

<https://flic.kr/s/aHBqjACXgu>.



What's at the Library

Get your news at the CCM Library! The library has print newspapers arriving daily and on display in its periodicals area next to the café. Visit to read The Daily Record, The Star-Ledger, The New York Times and The Wall Street Journal.



The library's online databases also contain an extensive collection of major national and international newspaper articles, as well as transcripts for various television and radio news. Call a librarian at ext. 5300 and get help with searching one of the following:

- Wall Street Journal (ProQuest)
- Onfile News (Gale)
- Newspaper Source Plus (EBSCO)
- Nexis Uni (Lexis Nexis)

Faculty Regalia

Faculty Regalia is available for pick up inside the Campus Store during regular business hours.

Business hours are Mondays and Thursdays from 8:30 a.m. to 6:30 p.m. and Tuesdays, Wednesdays and Fridays from 8:30 a.m. to 4:30 p.m.

If you would like to request office delivery, please fill out this form:

<https://bookstore.ccm.edu/faculty-regalia-office-delivery>

CCM All Access

CCM All Access has two new episodes.

The first features Gianluke DeFranco, a CCM student and President of the CCM chapter of the National Society for Leadership Success. You can watch that here: <https://youtu.be/ic-LfRxMVUs>.

The other is a conversation with Thomson Ling, Dean of the School of Liberal Arts. You can view that here: https://youtu.be/dNforZ_uzYw.

Employee Wellness Series Scheduled

The college's Employee Assistance Provider (EAP), New Directions, is coming to campus to host several wellness sessions related to employee wellness, mental health and well-being. Sessions are one hour unless noted otherwise. This is a great opportunity to meet representatives from New Directions and learn more about what our EAP has to offer.

Light refreshments will be served. RSVP requested for planning purposes. Email Rita Ragany-Bayer in

STUDENT SERVICES

The Library
[In-Person and Remote Service](#)

Online Tutoring Center
For more information, click [here](#).

HR CORNER

RETIREMENT CONSULTATIONS WITH NEW JERSEY STATE APPROVED VENDORS

Save for retirement –

Receive free, no-pressure retirement counseling sessions. Make your appointment today. You do not need to be a member to speak with the representatives.

AIG (formerly VALIC) representative MaryAnn Bradford is available for individual appointments. [Click here to schedule a virtual meeting or phone appointment](#)

Empower (formerly MassMutual/Hartford) representative Kenneth Quarnaccio is available for individual appointments, contact him at 848-248-4313 or by email at kquarnaccio@gittermanwealth.com.

Empower (formerly Prudential) representative Raymond Allocco is available for individual appointments for the ABP or the DCRP plans, contact him at 973-908-9619 or by email at Raymond.allocco@empower.com.

Equitable representative Marc Sheridan is available for individual appointments, contact him at 908-230-2042 or by email at Marc.Sheridan@equitable.com

MetLife/Brighthouse representative David Sharpe is available for individual appointments, contact him at 973-575-3254 or by email at dsharpe@financialguide.com.

TIAA representative Christian Hawkinson is available for virtual appointments: Click [here](#) to login and schedule a meeting with him or in-person appointments: www.tiaa.org/schedulenow.

Voya representative John Murray is available for individual appointments, contact him at 609-234-3369 or by email johnmurray@voyafa.com. www.tiaa.org/schedulenow. Or call the Individual Advisory Center at: 855-728-8422.

Voya Financial Services representative John Murray is available for individual appointments, contact him at 609-234-3369 or by email johnmurray@voyafa.com.

NOTICES FOR CCMEMO

Email material to Kathleen Brunet at kbrunet@ccm.edu.

Submissions must be received by 3 p.m. Wednesday.

Looking for past issues of the CCMemo? [Find them here](#).

final measurements for the steel columns. On the first floor, this will include a more aggressive opening of the floor slab to mark final locations for the column base plates and to prep for the extension of the existing footings.

The work in the rooms previously indicated will begin and it is expected that there will be periodic use of saws, concrete hammering and removal of debris from the areas. The third-floor openings for the walkways will follow the column preparation work. If there are any additional changes being requested for office or classroom locations, please go through your chair/dean or through your director/VP. Partial blocking of corridors, openings and any other circulation changes will be checked by the Fire Official and signage will be placed to ensure everyone's safety.

To keep informed of the construction progress throughout the summer, please check the CCMemo for regular updates. In early July, the college expects to have a more precise schedule for the crane operation.

We again thank the campus community for their assistance with preparing for the summer construction schedule. As communicated over the last few years, the completed project will provide much-needed accessibility (ADA) access to the third floors of Cohen, Sheffield and DeMare Halls with larger elevator cabs and a connection between the buildings' third floors. The third-floor connections will improve circulation and provide additional options for emergency egress. The old elevators and equipment rooms will be converted to fully ADA-compliant gender-neutral (all gender) single stall restrooms and additional building storage.

This project is funded through the college's Chapter 12 appropriation and was approved by Morris County.

Commencement Volunteers Needed

The college needs a few more staff and faculty volunteers for this year's commencement ceremony which takes place at the Mennen Arena at 10 a.m. on Thursday, May 25. Volunteers are expected to arrive at Mennen by 8 a.m. If you wish to volunteer, email knorberg@ccm.edu or rgrant@ccm.edu.

Faculty members are expected to don a cap and gown to be part of the commencement ceremony, but may also wish to assist at the candidate sign-in tables. This is a wonderful opportunity to speak with the students and congratulate them prior to the ceremony.

HR at Rragany-bayer@ccm.edu to reserve your spot.

Cultivating Happiness Within Yourself

Ever wonder how the principle of happiness works? Start believing that your happiness is more connected to you and your behaviors more than any other circumstances. Learn simple yet powerful tips and how to cultivate happiness within yourself.

Thursday, Thursday, May 18, 11 a.m. to noon
LRC Room 106

Languishing and Flourishing

If you've ever felt lackluster, disconnected or just blah, you may have experienced languishing. In this session, learn more about languishing, how to identify it and some techniques to pull yourself back towards thriving.

Tuesday, June 6, 11 a.m. to noon
LRC Room 106

Prioritizing Self

"You cannot pour from an empty cup." Many of us spend most of our time giving to family, friends and employers, making it easy to forget to take care of ourselves. In this session, learn about the importance of prioritizing and taking care of yourself so you can show up for those in your life.

Thursday, June 15, 11 a.m. to noon
LRC Room 106

Having a Healthy Relationship with Your Smartphone

It's no secret that we are surrounded by technology—and temptations to immerse ourselves in constant screen time are real. In this session, explore the role of smartphones in everyday life and discover strategies to have a healthy relationship with your smartphone and technology.

Tuesday, June 20, 11 to 11:33 a.m.
LRC Room 106

Finding Focus

Focus can be an elusive thing. Multitasking, procrastination and distractions make it difficult for us to send all our attention in one direction. The good news is that focus is a skill which can be developed. In this session, you will learn some tricks to overcome common focus barriers.

Thursday, June 29, 11 a.m. to noon.
LRC Room 106

SOCIAL MEDIA

Help us communicate all of the good things happening at CCM by liking, sharing or commenting on the college's social media posts and pages.

