

# The CCMemo

Volume 07 - 01

January 3, 2007

## Happy New Year!

### Calendar Listings

**Planetarium, Stardate 2007.** Sat., January 13. 1 and 3 p.m. We will look at recent space exploration and things we've discovered, as well as look at some of the missions coming up soon!

### New Year's Resolution time

It is that time of the year again to think about healthy eating!

Weight Watchers has contacted Health Services to see if there is an interest in an on-campus program. They have a leader available for us on Tuesday's at noon. She can start as soon as we're ready. The standard price for a 12-week series is \$156 (comes to \$13 per week). In January, they're offering a special promotion - 17 weeks for \$186 (comes to \$10.94 per week). A partial payment option is available. Members submit 3 checks, each for \$62, and Weight Watchers will deposit one check each month. Weight Watchers will need 20 members for this option."

Please call Health Services at ext. 5160 if you are interested.

### 2007 W.B. Mason catalogs are available

Please enter your request for the current 2007 catalog in the *Printed Comments* section of your next W.B. Mason order. Use the following example when entering your catalog request:

- "Please enclose (#) 2007 W.B. Mason catalogs with this order."
- Remember to specify the exact quantity, your name, and your exact office location.

Call Sharon Short on ext. 5054 if you have any questions.

## **CCM begins new semester as a smoke-free campus**

As of January 1, County College of Morris became a smoke-free campus. Smoking is banned in all campus buildings and anywhere on campus grounds. Smoking is only permitted in vehicles not owned by the college.

President Edward J. Yaw believes this policy follows a natural progression. The college banned smoking in all buildings in 1991, permitting students and employees to smoke anywhere outdoors. In December 2003, the college went one step further and established designated smoking areas on campus grounds. The decision also adheres to the state policy enacted in April 2006 and signed by then Acting Governor Richard Codey which banned smoking in most indoor public buildings. That ban went into effect on April 15, 2006 making New Jersey the 11<sup>th</sup> state in the nation to prohibit smoking in public buildings.

The notion of becoming a smoke free campus was debated for the first half of 2006 among those in CCM's Student Government Association and College Council, an internal committee that makes policy recommendations. Finally, a proposal to become a completely smoke-free campus was recommended to President Yaw and the CCM Board of Trustees passed the resolution in May of 2006.

Since that time, CCM's Office of Health Services and the Office of Human Resources have implemented a number of programs to help students and employees kick the habit. The college now offers a 1-credit Smoking Cessation course to help students and employees break their dependence on tobacco. It covers the history of tobacco use, tobacco companies and advertising, personal and public health hazards and the medical costs of tobacco. They will also learn how to manage stress, control their weight and break long-established habits without the use of tobacco.

Over the fall 2006 semester, the college distributed materials around campus on a variety of ways to quit smoking, including methods such as the patch and hypnotherapy. Human Resources also held three information sessions on tips to cut down, coping with change in the work environment and methods available to help them quit. In addition, signs have been posted throughout the campus reminding everyone that January 1 marks the beginning of a smoke-free campus environment.

Smoking fines for students are \$25 for the first offense, \$50 for the second offense and \$75 for the third offense. Fines must be paid within 10 days of the date it was issued. If an appeal is filed and upheld, the fine will be refunded.

Although fines will be enforced, CCM's Director of Health Services said the college would rather focus on the supportive rather than punitive measure to help people quit. Students issued a fine will also be directed to the Health Office and Counseling Services for support.

## Swap and Shop

**For Sale:** Excellent condition, used, Igloo Animal Shelter, (insulated for use in all weather conditions) for 75lb. dog (medium to large). Has been cleaned and washed. \$30. Call Sue at ext. 5420.

**For Sale:** 2002 VW Passat Wagon, silver, excellent condition, automatic transmission, leather, sunroof. 42,000 miles. \$12,000. Call 908-979-9545 or e-mail at [ccross@ccm.edu](mailto:ccross@ccm.edu).

**For Sale:** Kenmore dishwasher, like new, used only a handful of times. White, ultra wash. \$100. Call Mirna at ext. 5792 or at 973-729-9139.

**For Sale:** Living room pieces: beige leather love seat and sofa, 3 glass top, brass frame tables; sofa table, end table and cocktail table, \$800 for everything. Call after 6:00 p.m. at 973-246-9177.

## Reminders...

- The college's Board of Trustees have made changes to the **Travel and Reimbursement Policy**. The complete policy can be found on Spider at <http://www.ccm.edu/spider/department.asp?thisDept=Policies%20and%20Procedures>, procedures 3.08 thru 3.11. Accounting is in the process of printing and distributing new Travel Authorization/Cash Advance forms to every department. Until received, please continue to use the old form. For further information, call Linda Pepe at ext. 5111 or e-mail at [lpepe@ccm.edu](mailto:lpepe@ccm.edu).
- Effective January 1, the IRS standard **mileage rate** will be 48.5 cents per mile.
- Send all **AV requests** to [AVDEPT@ccm.edu](mailto:AVDEPT@ccm.edu), NOT directly to Richard Watt's mailbox.

# **C A F E T E R I A M E N U**

Also on Spider at (<http://www.ccm.edu/spider/pdf/Weekly%20Menu.pdf>)

## **January 8 - 12, 2007 (Hours of Operation: 8 am - 2 pm)**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Au Bon Pain Soup</b>	Chicken Florentine	Baked Potato	Chicken Noodle	Italian Wedding	Clam Chowder
<b>Baja Flats</b>	Build-a-Burger	Poached Salmon	Chicken Parmesan	Roast Tenderloin	Chef's Choice
<b>Mamma Leone's</b>	3-Cheese Pizza	Meat Lovers	Assorted Pies	Veggie Pie	Assorted Pies
<b>Panini Fresca</b>	Hot Combo	Ham and Cheese	"Your Way" Panini	Turkey Melt	Tuna Melt