

# The CCMemo

Volume 07-05

January 31, 2007

## Calendar Listings

**Planetarium: Shapes in the Sky 18**  
Saturday, February 10, at 11am ,  
1 pm, and 3 pm. These shows are  
especially for children ages 3 to 7,  
with fun for every age!

## Chair Massages offered Thursday

Health Services will offer chair massages from 11 a.m. - 3 p.m. tomorrow, Thursday, February 1 in the Health Services Office. Massages are \$1 per minute. Call ext. 5160 to schedule an appointment.



## HR offers some relaxing advice

### Vacation Carryover Limits

June 30, the end of the fiscal year, is fast approaching. Take a look at your vacation balances and remember, you can only carry over a specific number of hours. Check your contract or benefit guide for complete details.

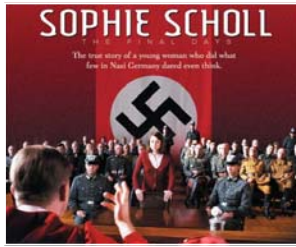
### Physicians and psychotherapists say vacation is as important as sleep

Just as lack of sleep impedes your ability to think clearly and act decisively, lack of playtime keeps you from taking in information effectively and seeing the totality of a situation. Lack of sleep and play both have a negative impact on your reflex time, general resilience and ability to ward off infection. Recreation deprivation also makes you cranky, and often more than a little critical of the people in your organization who do have the good sense to take care of themselves.

### You're hurting more than yourself

The bitter irony is that the vacation-deprived usually think they're doing everybody a favor by continuing to work themselves to the brink of exhaustion. But the reality is that they're hurting everyone, including their co-workers, their organizations, their families and themselves. Work addiction is an insidious thing. Like other addictions, you usually have to bottom out before you can summon the courage to change. So start making your plans now to get away and recharge your batteries!

(Article from Monster.com)



## Spring 2007 International Film Series

March 23

*Sophie Scholl – The Final Days*

**“Powerful, straightforward, utterly without pretense and very, very moving.”** Rex Reed, *NY Observer*

The true story of Germany's most famous anti-Nazi heroine is brought to life in this drama, which received an Academy Award nomination for Best Foreign Language Film of 2005. Julie Jentsch stars as Sophie Scholl in a luminous performance as the young coed-turned-fearless activist. Armed with long-buried historical records of her incarceration, director Marc Rothemund expertly re-creates the last six days of Sophie Scholl's life. This is a heart-stopping journey from arrest to interrogation, trial and sentence.

*Sophie Scholl-The Final Days* received three Lolas (German Oscars) including the Audience Award and Best Actress Award to Jentsch for her brilliant characterization of the title role. The film also won two Silver Bears for Best Director and Best Actress at the 2005 Berlin International Film Festival. Germany; 2005; 117 Minutes; Not Rated; In German.

## Graduation preparations underway at CCM

County College of Morris has three graduations per year: August, January and May. However, only one commencement ceremony is held in May, typically on the last Thursday in the month. Students who graduate in the prior January and August cycles will be invited to participate in the May ceremony.

Graduation applications are available from the Office of Records & Registration or the Bursar's Office. All students are required to apply and pay a non-refundable graduation fee of \$30 even if they choose not to attend the ceremony.

- **Students must apply to graduate by the posted deadline:**
  - **May** graduates - apply by **February 1**
  - **August** graduates - apply by **June 1**
  - **January** graduates - apply by **October 1**

To be eligible for a degree or academic program certificate, students must:

- Earn a cumulative point average of 2.00 and [complete the general and prescribed curriculum course work](#) for their major.
- Complete at least 30 credits at County College of Morris. Certificate students must complete at least 15 credits at County College of Morris.
- Complete at least one half of their major at County College of Morris.
- Students pursuing a career certificate (less than 30 credits) should not apply for graduation. Simply contact the appropriate academic department for information regarding completion of the certificate.

## Swap and Shop

**For Sale:** Congoleum patio chairs. Outdoor weaved blue and white fabric. Originally \$150, asking \$15 each. I have 10 of them. Call Mirna (973) 729-9139 or X5792.

**For Sale:** Full size, custom, corner entertainment unit. Upper half of the unit has a TV opening for a 32" TV, plus a covered shelf for a DVD player and an open shelf. Lower portion of unit has two large shelves and a drawer for CDs and DVD's. This part of the unit is covered by doors. Unit is made from ash wood and stained in a warm honey finish. \$500. Call Lynne at 973-989-6996 for further information or to view the unit.

**For Sale:** Volkswagon Passat Wagan GLS, 2002, reflex silver, 42,300 miles, \$12,500 or best offer, black leather interior, sunroof, power and keyless, one owner, excellent condition. Call ext. 5369 for more information.

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

## Reminders...

- **Campus Tours** have been scheduled for the spring. If you have any friends or family that are interested in attending CCM, please let them know about the college's upcoming campus tours. See below for the dates. They should call 973-328-5107 for a reservation. It would be helpful if they selected an alternative date since tour groups are limited. All tours begin at the Admissions office on Thursdays at 3 p.m. and last about one hour.

March: 8, 22, 29	May: 3, 10, 17, 24, 31
April: 5, 12, 19, 26	June: 14
- The **Performing Arts Department** will present "Aida," with music by Elton John and lyrics by Tim Rice. Performances are April 18, 19, and 20 at 7 p.m. A matinee performance will be held at 2 p.m. on Saturday, April 21. Tickets are \$12 for general admission and \$7 for students and those ages 18 and under. For more information, call 973-328-5427.
- CCM will hold another **Adult Open House** on Thursday, March 1 from 5 – 7:30 p.m. If you have family, friends or neighbors who may be interested in attending CCM, please encourage them to come to the Open House. For more information, go to <http://www.ccm.edu/pdf/AdultOpenHouse.pdf>
- Representatives from **ING, a NJ State Division of Pensions** approved vendor, will present a seminar on February 1, on Financial Life Planning – How will you live in retirement? For additional information, open the attached PDF file (<http://www.ccm.edu/pdf/ING 2-1-07.pdf>) or call Karyn Norberg at ext. 5035 or e-mail at [knorerg@ccm.edu](mailto:knorerg@ccm.edu). If interested in attending, RSVP directly to Mala Emera by phone at 973-326-5613 or by e-mail: [Mala.Emera@us.ing.com](mailto:Mala.Emera@us.ing.com). Light refreshments will be available.
- **Planetarium: Shapes in the Sky 18** - This is part of the Planetarium's series of programs dedicated especially for children ages 3 to 7, with fun for every age! For thousands of years, all over the world, people have imagined shapes among the stars; we'll learn about many of these shapes and hear the stories behind them. Performances will be held on Saturday, February 10, at 11am, 1 pm, and 3pm. Call the box office at 973- 328- 5076 to make a reservation as shows tend to sell out.

# 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>)

## February 5 - 9, 2007

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>SCC Cafeteria</b>					
AuBon Pain Soup	Potato Leek	Corn Chowder	Minestrone	Split Pea	Clam Chowder
Baja Flats	Red Bean & Sausage	Beef Barley	Chicken Noodle	Vegetable	
Mamma Leone's	Hot Roast Beef Sandwich	Chicken Parmesan Sandwich	Homemade Meatloaf	Chicken Platter	Chef's Choice
Panini Fresca	Many Cheese Pizza	Veggie Pie	Meat Lovers	Cheddar Pizza	Assorted Pizzas
<b>B Café</b>	B.L.T.	Salami and Provolone	Tuna Melt	Grilled Veggie	Turkey & Swiss Melt
B Café Grill	Chicken Sandwich	Grilled Ham & Cheese	Hot Beef Sandwich	Meatloaf Sandwich	
AuBon Pain Soup	Same as SCC Cafeteria				