

The CCMemo

Upcoming Events

Juvenile Diabetes 5K Walk

October 12
10 a.m.

The Juvenile Diabetes Research Foundation will conduct its annual "Walk to Cure Diabetes" on the CCM campus. Volunteers are needed from the campus community to join the members of the CCM Student Ambassador Club. Help is needed between 8:30 a.m. - 12 p.m. Reply by e-mail to bcapsouras@ccm.edu or call ext. 5059.

Registration information at: <http://walk.jdrf.org/index.cfm?fuseaction=walk.walk&eventID=4123&chapterid=4400>

Adult Open House

October 16
5 - 7 p.m., SCC, Davidson Rooms

Employee Appreciation & Recognition Dinner

October 18
6:30 p.m., Student Community Center

CTE Workshops

Word (switching to Office 2007)
October 17 - 12 p.m.
October 22 - 5:30 p.m.
October 30 - 2:30 p.m.

Excel (switching to Office 2007)

October 16 - 3 p.m.
To register contact ext. 5315.
All sessions will meet in Emeriti Hall, D-216

Making Strides Against Breast Cancer

October 19
Registration 8 - 10 a.m.; Walk Begins 10 a.m.

If you would like to join the CCM Team or be a supporting sponsor of the walk contact ext. 5173. The walk is a loop around Mack-Cali Business Campus in Parsippany. The CCM Team's goal is \$2,500 and 25 walkers. Over the past five years we have collected a little over \$14,000.

CCM to host Sustainability Symposium

Phi Theta Kappa students at CCM will sponsor a free "Sustainability Symposium" from 10 a.m. to 2:30 p.m., Monday, Oct. 13 in the Student Community Center, Davidson Room. The goal of the symposium is to educate and bring people with common beliefs together. The focus will be on: eating locally grown foods, the health benefits of eating organic foods and ways to solve the climate crisis.

From 10 to 11:15 a.m. a panel will discuss "The Business of Sustainability in Higher Education." The panelists will include John Cusack, Executive Director of New Jersey Higher Education Partnership for Sustainability and a representative from the Fairleigh Dickinson Institute for Sustainability Enterprise.

From 11:30 a.m. to 12:45 p.m., a panel will discuss "The Farm, Farmer's Market and Supermarkets." Panelists will include Paul Miller, Director of Sustainability Programs for the Morristown Partnership, Brant Shapiro, owner of The Health Shoppes and Leonard Pollara, Owner/Farmer of the Upper Meadows Organic Farm.

From 1 to 2:15 p.m., chef Judy Mancini will hold a "Gastronomy and Health Cooking Demonstration." For more information, call 973-328-5052.



Health Care Coverage

Open Enrollment

October 20

11 a.m. - 2:30 p.m., SCC 234 , Davidson A & B

This is the time to make changes to your health care coverage, to enroll or remove dependents from the dental plan and enroll in the Flexible Spending Account Plan for the 2009 calendar year. Vendors will be available in the SCC, Davidson Rooms A&B

United States Marine Band

October 21

11:30 a.m., SCC, Dragonetti Auditorium

You are invited to attend a special performance by the United States Marine Band. Admission is Free.

Technology and Beyond

October 24

10:30 a.m. - 1:30 p.m.

Morris County area high school faculty and their junior and senior students are invited to attend. For more information go to www.ccm.edu under News & Events.

Images from a Floating World

Photography by Fran Eber

Until October 24

Fran Eber is a recent graduate from CCM. Her new exhibit "Images from a Floating World" represents a departure from her traditional media. Within the framework of photography and Photoshop manipulation these digital files are transformed into images that look more like water color paintings than photography. More artwork can be found at www.franeber.com.

Bodies: The Exhibition -

a phenomenal look at the phenomenon we call the human body

October 26

11 a.m. - Leave CCM

5 p.m. - Arrive back at CCM

Sign up with cash or check for \$20 at the SCC Information Window. Price includes bus ride into NYC and show ticket for one person.

Blood Drive

October 30

LRC Reading Room

The Health Services will hold their fall semester blood drive in conjunction with the Blood Center of NJ. Contact ext. 5160 to register.

10/10/08

Pre-holiday cooking classes at CCM

County College of Morris has a number of new short-term cooking courses designed to impress family and friends at the holidays. Learn the art of Italian cuisine in a one-session class from 9 a.m. to noon on Saturday, Nov. 8. Participants will learn to make Italian classics including Caesar Salad and Chicken Francaise.

From 12:30 to 3:30 p.m., on Nov. 8, children from ages 9 to 13 can also learn to make homemade chicken tenders with dipping sauce, macaroni and three-cheese pie, double chocolate brownies and no-bake cookies.

On Nov. 21 from 6 to 9 p.m., parents and teens can collaborate to make honey roasted turkey breast with gravy, pear salad and other Thanksgiving recipes. Other classes this fall include a holiday cookie workshop (open to teens and adults), and a course on how to organize a festive holiday from appetizers to dessert.

For a list of all the short-term cooking classes open to the public at CCM, call ext. 5187 or go to the CCM website at www.ccm.edu and click on Non-Credit Programs.

Tasting fundraiser replaces campus cookbook

Blame it on Technology!

Internet and Food Network have become our new sources for recipes. In place of the campus cookbook, for our tasting pleasure, a special fundraiser culinary extravaganza will be held in the spring semester. We appreciate the support and enthusiasm we have received from everyone and hope that will continue into the spring. More information will follow.

Friendly reminders

- ◆ November 1 deadline for May Graduation.
- ◆ November 3 - 7, Academic Advisement Week.
- ◆ New SAT Guidelines for fall 2008 - Math 530; Verbal (Critical Reading) 540. As of the present time, CCM is not using the recently introduced “written” section of the SAT, therefore only two sections are used for interpretation.

Swap and shop

For Sale: Ortho Posture Premium Ultra Firm Twin Mattress Set (Box spring and mattress) in good condition. \$100 or best offer. Call Barbara on ext. 5059.

Wanted to Buy: Used car for new teenage driver. Dad wants it to be reliable. Mom wants it to be safe. Daughter wants it to be cute, cool, and cheap. If you'll be selling a car in the next couple of months that fits the above criteria then please contact pbernson@ccm.edu.

Wanted: Adjunct faculty needs 2 bedroom apartment, would like to move in by December. Contact Professor James Timbella at 201-245-5494.

For Sale: 2005 Honda Civic LX5 speed manual transmission. Excellent condition. \$12,900. <http://newjersey.craigslist.org/cto/845559966.html>. Call ext. 5306.

For Sale: 1998 Honda Civic (blue), good condition, 109,000 miles, automatic 4 door. Well kept, regular oil changes every 3000 miles. Great Gas Miles, 35 MPG. Good tires, brakes, runs fine, reliable transportation. No rust. Has some superficial bumper damage due to being backed into in parking lot. \$4,100. Call 973-598-1351. The car is on campus Mon., Wed., and Thurs. Usually parked in Parking Lot 8 near the front of the HPE building from 8:30 a.m. - 3 p.m. A picture of this car can also be viewed by going to www.ccm.edu/ccmemo/hondacivic.bmp.

For Sale: Series 10 white, right handed electric guitar, decorated with band stickers, and Peavey Audition 110 20 watt amp, \$100. Call 973-543-6787.

For Sale: 27.5" x 50.5" brown Ikea desk, \$25. Call 973-543-6787.

For Sale: 2003 Honda Odyssey EX-L, excellent condition, 91K, tow package, burgundy, grey leather, power sliding doors. \$10k or best offer, 908-868-7499.

*The CCMemo is published every Friday.
Deadline for items to be submitted is Wednesday p.m.
Please send items for submission to rsmith@ccm.edu. Thank you!*