

# The CCMemo

COUNTY COLLEGE OF MORRIS  
Volume 2009 / 88

Employee Newsletter  
September 18, 2009

## Upcoming Events

### Schrier & Gee Photo Exhibit

Until October 23

#### Reception - Meet the Photographers

September 18

5 - 7 p.m., Art Gallery of the Masten Library

### 2009 CCM Golf Classic

September 21

For more information go to [www.ccm.edu](http://www.ccm.edu) under Upcoming Events.

### Workplace Harassment/ Discrimination Training

#### Staff Presentations

September 23

9:30 a.m. - 12 p.m., Dragonetti Auditorium

### Welcome Reception

September 24

2 - 3:30 p.m., LRC Reading Room

Join in welcoming Mark Tolleson, the LRC's Associate Director.

### Foreign Film Series

#### "Slumdog Millionaire"

September 25

7:30 p.m., Dragonetti Auditorium

Admission: \$7 Tickets available at box office

### Employee Recognition Dinner

September 26

6:30 p.m., Student Community Center

### Morris March for Military Families

September 27

8 a.m. - 12 p.m., CCM Campus

For more information visit [www.LiveUnitedMorris.org](http://www.LiveUnitedMorris.org) or call 973-539-3882 or 973-993-1160.

## Shaolin Warriors "The Kung FU Masters of China"

County College of Morris will host the appearance of Shaolin Warriors: The Kung FU Masters of China at 7:30 p.m. on October 8 in the Dragonetti Auditorium. Tickets are \$25 for general admission; \$20 for CCM students, children under 12 and seniors 62 and over.

Contact the Campus Life Office at ext. 5076.



Join us to experience one of the most unique

shows touring the theatre circuit today! In a fully choreographed theatrical production, direct from China, the world renowned Shaolin Warriors bring



the remarkable skill, stunning movement and spectacular imagery of Kung Fu to stages throughout the world.

Performed by disciples of the Shaolin schools, known for their disciplined martial-arts prowess. These Kung Fu masters have trained from a very young age in mental and physical disciplines, which allow them to perform feats one thought only possible in the movies. The production features many forms of Shaolin Kung Fu as well as a look at the daily life of the warriors and their Zen philosophy.

## College Survival 101: Making a Successful Transition to CCM

"A College Hour Series for Students"

1st of Four

September 21

11:30 a.m. - 12:30 p.m., SCC 221

Dr. Ronnie Kopp Wiener, Counselor, is presenting a series of conversations to provide students with insight and knowledge of mental health issues that will make their lives better.

Students who would prefer to discuss any of these topics individually may make an appointment with a Counselor at ext. 5140.

## '09 Regional College Fair

October 4

12 - 3 p.m., HPE and SCC

## Fall '09 Job Fair

October 6

9:30 a.m. - 12:30 p.m., SCC, Davidson Rooms

Employers representatives will be on campus to hire CCM students for a variety of jobs. Visit [www.ccm.edu/studentlife/careerservices](http://www.ccm.edu/studentlife/careerservices) for a list of attending employers.

## Flu and Pneumonia Shots

October 6

8 - 10 a.m., LRC Reading Room

Administered by the Randolph Health Dept. The seasonal flu shot is \$15. The pneumonia shot is \$25. Participants should download the registration form at <http://www.ccm.edu/studentLife/CampusServices/healthservices/HealthAlerts.aspx> and return it to Health Services in room C222 by October 1.

## Friendly Reminders

- Lord & Taylor will host a non-profit organization benefit bash and CCM's Foundation is participating. An exclusive day filled with special savings at Rockaway Town-square Mall beginning at 9 a.m. until the store closes on Oct. 6. To purchase tickets, and for more information, contact Colleen at ext. 5054.
- Career Week - November 16 to 20. If you decide to plan a department event or class activity for Career Week, contact Denise Schmidt on ext. 5245.

## How to Keep Yourself and Others Healthy

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As we enter flu season, just remember that prevention is key to staying healthy.

Practice good hand hygiene by washing your hands with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners also are effective.

Practice respiratory etiquette by covering your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands. Avoid touching your eyes, nose, or mouth; germs are spread this way.

Know the signs and symptoms of the flu. A fever is a temperature taken with a thermometer that is equal to or greater than 100 degrees Fahrenheit or 38 degrees Celsius. Look for possible signs of fever: if the person feels very warm, has a flushed appearance, or is sweating or shivering.

Stay home if you have flu or flu-like illness for at least 24 hours after you no longer have a fever (100 degrees Fahrenheit or 38 degrees Celsius) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen). Don't go to class or work.

Talk with your health care providers about whether you should be vaccinated for seasonal flu. Also if you are at higher risk for flu complications from 2009 H1N1 flu, you should consider getting the H1N1 vaccine when it becomes available. People at higher risk for 2009 H1N1 flu complications include pregnant women and people with chronic medical conditions (such as asthma, heart disease, or diabetes). For more information about priority groups for vaccination, visit [www.cdc.gov/h1n1flu/vaccination/acip.htm](http://www.cdc.gov/h1n1flu/vaccination/acip.htm).

## Chair Massages

Chair Massages are offered in the Health Services Office, Cohen Hall, Room B222 on Wednesday's from 12 noon to 3 p.m. (more time slots may be available). To schedule an appointment contact Health Services at ext. 5160.

## Interesting Websites

This website, maintained by SLATE (<http://www.slate.com/id/2147070/>) visually represents how news articles are related to each other. It's more news than most of us want to know about but definitely fascinating to see the relationships. [http://slatest.slate.com/features/news\\_dots/default.htm](http://slatest.slate.com/features/news_dots/default.htm)

## Swap and Shop

**For Sale:** 1997 Mitsubishi Mirage, Red, 128,000 miles, 5 speed, 32 mph, timing belt changed at 97K., good condition, \$2200 or best offer. Call 973-713-8455.

**For Sale:** 1994 Honda Accord, White, 99,000 miles, Automatic, 30 mpg, very clean. \$2400 or best offer. Call 973-713-8455

**For Sale:** 2 DMB tickets for Sunday night, September 20 at the Susquehanna Bank Center in Camden, NJ. The tickets are in section 203, Row L in the upper pavilion. Face value for each ticket is \$75, \$150 for both or best offer. Contact Jessica at ext. 5096 or by email at [jchambers@ccm.edu](mailto:jchambers@ccm.edu).

**For Sale:** 2 Bedroom mobile home in over 55 community in Evergreen Village in Upper Mt. Bethel Twp., PA Boasts new roof, new flooring, new window treatments, freshly painted interior and deck, sunroom and shed. Breathtaking views. Pool, clubhouse, lake, tennis courts. \$41,000. Contact Denise Paraschos at Teel Realty at 570-897-7325 ext. 12 or go to [www.teelrealty.com/node/1](http://www.teelrealty.com/node/1) and click on listing #339066 for more information, photo and map.

**For Sale:** GE Profile Arctica Refrigerator: Working, 22.7 cubic feet, side-by-side, stainless steel. Retail \$2899, asking price \$1500 (or best offer). Call Michelle at 862-207-8331 or email [maltieri@ccm.edu](mailto:maltieri@ccm.edu).

**For Sale:** 2 Tickets to Michael McDonald and Boz Scaggs, Saturday, September 19, 8 p.m., Beacon Theater (Broadway & 74th Street) NYC, LOGE / Row D / Seats 5 & 7, \$228.05. Marilyn Olivo, [molivo@daypitney.com](mailto:molivo@daypitney.com) -or- 973-714-3010.

**For Sale:** Jets tickets available 8 seats together, Sec. 316 Row 31 Seats 13-20. Will sell in lots of 2 tickets/game - face value \$75/ticket. (Patriots game sold) Also available parking passes for each game \$40/pass/game. Call Charlie day 973-835-8480 or evening 973-835-4949.

**For Rent:** 2 Bedroom apt. in Randolph. Newly renovated 1st floor unit. \$1,100/mo. & \$150/occupant for utilities. Private entr. Call 973-945-9090.

**For Rent:** Apartment over garage in private home in Dover (5 min. from CCM). One bedroom, living room, sitting area, eat-in kitchen, deck, private entrance--\$900 all utilities included. 973-610-5554.

**For Rent:** Room in private house in Randolph, 5 minutes from CCM. Large furnished bedroom with walk-in closet. Includes shared full bath with double sinks, kitchen privileges and use of washer/dryer. \$575/month. Call Shirley at 973-895-4139.

**For Rent:** Room in Randolph, 5 min. from CCM. Shared full bath, kitchen privileges and internet access. \$450/month. Call Olga at 201-230-8515.

**For Sale:** Gazell Edge. \$40, sells new for \$100,. Good condition. Call ext. 5133 or e-mail [jwallace@ccm.edu](mailto:jwallace@ccm.edu).