

# The CCMemo

COUNTY COLLEGE OF MORRIS  
Volume 2010 / 123

Employee Newsletter  
July 9, 2010

## Upcoming Events

### Verizon 5K

July 15

County College of Morris will once again have a team at the Verizon Wireless Corporate Classic 5K at Headquarters Plaza Pioneer Park on Speedwell Avenue in Morristown. This year's race will take place at 7:30 p.m., Thursday, July 15. This is a fun event open to everyone including serious runners, not-so-serious runners and walkers. To register for the CCM team, go to [www.verizonwirelessclassic.com/](http://www.verizonwirelessclassic.com/) and follow the registration links to "Company Team - Individual Pay."

### Painting Shows

Artist: Jane Biron

#### "Vacation"

Through September 4, Headquarters Plaza

#### "New Works"

Through September 4, Willow River Gallery

#### "Now and Then"

July 16 through August 7, Delaware Valley Arts Alliance

For more information, e-mail [jbiron@ccm.edu](mailto:jbiron@ccm.edu) or call ext. 5043.

### Save the Date - September 20 CCM Scholarship Golf Outing

View complete information at (<http://www.ccm.edu/newsEvents/eventDetails.aspx?Channel=/Channels/Sitewide&WorkflowItemID=900feddd-91ae-47c8-8d5b-3229f4be9e83>).

## Windows 7

### *Coming Soon to a Computer Near You!*

The college has begun the migration to Windows 7. Information Systems (IS) is now in the process of upgrading classroom and lab computers, and will notify you when it will be upgrading the computers in your area.

Although for most users Windows 7 will not seem very different from Windows XP, IS will be offering an introduction to Windows 7 to familiarize you with some of the new features Windows 7 has to offer.

This introduction will be an hour-long session during which some of the new features of Windows 7 will be demonstrated. After the session ends, you will have the opportunity to go to the Center for Teaching Excellence to test drive Windows 7 for yourself.

Scheduled dates and times are:

July 14 - 10 and 11 a.m., Room A-132

July 15 - 2 p.m., Room A-132

No appointment is needed. If you have any questions, call the Help Desk on ext. 5600.

## Writing Center

The Writing Center is open to all students for Day II. It provides individual and small group instruction in all facets of the writing process: grammar, sentence structure, punctuation, outline development, thesis statement, research methods, proper integration of source material, standard documentation and effective prose models.

Please find both the Day II schedule and the access directions at [http://www3.ccm.edu/pdf/CTE\\_Schedule.pdf](http://www3.ccm.edu/pdf/CTE_Schedule.pdf). These services are free, so share this information with CCM students. In addition, the center is staffed by our own full-time professors!

## Interesting Websites

Are you an athlete or a casual jogger/walker? Ever want to know more about the mechanics of your foot? Want to join the barefoot running movement? Then check out this website: Running Barefoot <http://www.barefootrunning.fas.harvard.edu/>

How and why do humans run comfortably without modern running shoes? This is a good question, and it is a question that is under investigation by the talented folks at the Skeletal Biology Lab at Harvard University. The collaborators here include Daniel E. Lieberman, Madhusudhan Venkadesan, Adam I. Daoud and William A. Werbel. Much of their research looks into the world of foot strikes. Specifically, this refers to the area where the foot lands when running in bare feet (or minimal footwear) as compared to when using modern running shoes. First-time visitors should check out the "Why consider foot strike" section, which also contains a video and an annotated explanation of this research. Moving on, the "Foot Strikes & Running Shoes" area provides some information on how modern running shoes tend to create a heel strike among most runners. The "Biomechanics & Videos" area offers some information on why different foot strikes matter along with some helpful instructional videos. The site is rounded out by the "Running Barefoot & Training Tips" area. Here visitors can learn about some basic training tips and the potential disadvantages of running without footwear.

*Courtesy of our Reference Librarian*

## Changes to Grading Process

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In anticipation of implementation of the college's 2010-2014 Strategic Goal to improve efficiencies in college operations, the Division of Academic Affairs and the Division of Student Development & Enrollment Management have agreed to reassign those processes involving grades. To that end, effective July 1, 2010, all processes associated with grading of all credit, non-credit, and Community & Professional courses will be managed through the Office of Records & Registration. This will include posting of midterm and final grades as assigned by faculty members, posting of approved withdrawals, processing grade changes as authorized by faculty members, and responding to inquiries associated with student grades. Faculty members will receive a more detailed correspondence about the grade submission process within the next few weeks. However, from this point forward, questions about grading should be directed to the Office of Records & Registration.

## "First Year Information" New Student Orientation Program

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### Student Assistance Is Needed!

The Office of Campus Life is looking to recruit students to assist at the "First Year Information" New Student Orientation Program in August. We are looking for past and current students who would be willing to share their college experience with our new students through a panel and informal interaction during the program. Interested students would be paid from 9 a.m. until 1 p.m. on any of the following days: August 3, 4, 10, 12, 16, 18, 24 and/or 25.

If you are aware of any interested students, please have them contact the Office of Campus Life at 973-328-5225.

## Test Center Relocation

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The Test Center has relocated from the first floor of DeMare Hall to the second floor of the LRC in LRC 218 (the old periodical room). The staff of the Test Center has also been relocated to the second floor of the LRC. All center phone numbers remain the same. Share this information with students.

## Swap and Shop

**For Sale:** Used VHS video movies and popular author paperback fiction novels \$1 each. Call or email Barbara for a complete title list of each. 973-328-5059 or [bcapsouras@ccm.edu](mailto:bcapsouras@ccm.edu).

**Vacation Rental:** Lake George. Swim in crystal clear waters on sand; clean; no mud or weeds or steep rocks. Private community of professionals with largest waterfront; flat grassy access and no steep drop-offs. 3BR, dining deck and an all weather porch, (partial view of the lake) modern kitchen and bath. Par three 9 hole golf course and tennis courts on premises, very relaxed, walk to. No through traffic or busy commercial roads. ESPN, DVD, VCR, CD, DW, MICROWAVE Near fabulous islands ! Canoeing, sailing, boating, kayaking, hiking (light or steep), tennis, golf. Dock space may be available from local dock owners. House by week - \$975 to single families or small adult groups. Call Lora Johnson at 973-267-7379.

**For Sale:** 1960 Pontiac Ventura, 4 door hardtop. Original owner. 52,000 miles, white with red interior. \$4,000. Email [gfaro@ccm.edu](mailto:gfaro@ccm.edu) or call ext. 5129.

**For Sale:** Teak wood framed futon with natural muslin covering. Opens up to double bed. Excellent condition. \$110. Email [enelson@ccm.edu](mailto:enelson@ccm.edu).

**House For Sale:** 3 Bd, 2 full bath Ranch style - Byram Twp. in north side of Cranberry Lake area, (20 minutes from CCM), nestled back in Allamuchy State Forest on a small cul-de-sac, no traffic. Very new, 5 yr. old construction under 10 yr. Home Warranty, large yard, 4 lots in 1, ¾ acre with woods surrounding, very private, circle driveway. Move-in condition, bright and sunny double hung windows, eat-in kitchen with oak cabinets, large center island, patio doors to deck. Side by side frig with water/ice access, smooth electric stove, dishwasher. All appliances, incl. furnace, 5 yrs old. Huge basement partially finished. Reduced: \$294,500. Address: 4 Spruce Trail, Andover, NJ. See photos on Craig's List, or GSMLS.com #2778472 Contact: [home4sprucetrail@yahoo.com](mailto:home4sprucetrail@yahoo.com). Phone#: 973-879-1060.

**For Sale:** 2006 Honda Accord, 5 speed, 4 cyl. charcoal grey, 51, 000 miles, excellent condition. \$11,500. Call 973-347-7470.