

e-notebook

The who, what, when, where @ OCC



Week of November 28, 2011 Read current and back editions at <http://www.ocean.edu/news/enotebook.htm>



BREAKING NEWS

NJ Anti-Bullying Law Presentation

On Thursday, **December 8** at 6:30 p.m., ***Sticks and Stones*** will be presented at Mancini Hall, Ocean County Library - Toms River Branch.

This film takes a look at the issues facing young people related to Internet bullying, harassment, peer pressure, conflict, hate speech, and suicide. Audience discussion to follow. Hosted by Tom Mongelli, Shore News Bureau Chief (WOBM). Sponsored by OCC's Office of Multicultural Services, Ocean County Human Relations Commission, Ocean County Prosecutor's Office, Ocean County Library, and Jersey Shore PFLAG.

Registration Required: <http://theoceancountylibrary.org/>.



Charitable Donations

Your contribution to the **Ocean County Public Employee Charitable Campaign** enables the United Way of Ocean County to provide outstanding service to our community. If you need a donation form or a list of organizations, call Dottie LaPosa, ext. 2077. Fill out the form, select a charity, and return in a Blue Confidential envelope to Dottie LaPosa, President's Office, or Jan Kirsten, College Relations. **Note:** Regular payroll deductions will be taken over 24 pay periods. On the donor form, under "Method of Giving/Easy Payroll Deduction," indicate the amount you wish deducted each week, 24 in the "number of pay periods" space, and that total (\$ amt. X 24) in the "Total Pledge" box. **Remember:** Previously submitted forms expire at the end of each campaign, so you must complete a new form each year. **Deadline:** OCC's Campaign is taking place **now through December 20.**



Be Part of the Faculty & Staff Variety/Talent Show!

Don't delay ... just a few spots remain! Sign-up for the **Faculty & Staff Variety-Talent Show** on Friday, **March 30** at 7:00 p.m. Are you a dancer, ventriloquist, magician, unicyclist, comedian, juggler, impersonator, acoustic musician (piano, guitar, saxophone, violin, etc.), singer (soloist, duo, trio, quartet), dramatic or poetry reader, etc? There are no judges, just a chance to show your stuff! To participate, email your name and talent (acts must be two to four minutes maximum length) to the Variety-Talent Show Committee Chair, Cheryl Rundle Borowski, papbcrb@comcast.net no later than **January 31.**

CAMPUS BRIEFS



History Club Activity

Tuesday, **December 6**, 2:00 p.m., Room 203, Bartlett Hall, **War at the Shore: Ocean County in the American Revolution**. Info: Richard Trimble, ext. 2206 or rtrimble@ocean.edu.



Wanted: Tasty Holiday Recipes & Family Traditions

Share your favorite Christmas, Hanukkah, Kwanzaa, or New Year's recipes, traditions, or memories! To be included in the **Sparkling Holiday Edition** of e-notebook, email submissions by **12/9** to RoseAnn D'Urso, rdurso@ocean.edu. (Editor reserves the right to edit as needed.)



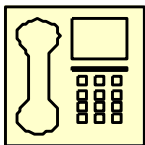
Great Gift Ideas!

The **Bookstore** has a beautiful selection of Christmas, Hanukkah, and Kwanzaa gifts ... plus, baby and kids clothes, including Christmas baby!! Don't leave your gift shopping to the last minute! Finish your shopping early. Employee appreciation month, **November 28 to December 22**, faculty and staff will receive **25% plus 10% off** their purchase of gifts and clothing! Employee ID is required at the time of purchase.



Commingled/Single-Stream Recycling at OCC

Blue/Green recycling containers accept paper, bottles, aluminum, glass, plastic, aerosol cans, newspaper, magazines, catalogues, soft-cover books, junk mail, envelopes, paper, cardboard, boxboard, etc. Dispose of other items as follows: ink, toner, laser cartridges (Office Services); books (Bookstore); and fluorescent bulbs, chemicals, ballasts, batteries, oil, antifreeze, electronic waste, paints, solvents, tires, hazardous, and medical waste (Facilities work order). Info: Jule Raichle, ext. 2441.



New Extensions for Call Queuing

Please use the following extensions to transfer students (only) to Cashiers (ext. 7300), Financial Aid (ext. 7303), and Registration (ext. 7301). Continue to use existing extensions to contact these offices yourself or to transfer a co-worker.



Weekly Cafeteria Menus

Weekly menu specials are posted at <http://www.ocean.edu/cruiser.htm>, just click on **OCC Cafeteria Weekly Menu**. Food services can be reached at ext. 2255 or foodservice@ocean.edu. Enjoy!



Board Clips

Current and back editions of Board Clips are posted on the web and can be accessed by clicking http://www.ocean.edu/news/Board_Clips.htm.



TRIPPING WITH CPE

All Ages Can Enjoy Unique Bus Excursions

Children under 18 must be accompanied by a parent/guardian. Cost includes bus/lavatory, lunch/dinner as noted, trip leader, tour, and gratuity. Seating is limited. Info: Continuing Education, ext. 404.

TOUR	DAY	DATE	COST
Longwood Gardens Holiday & Yule Tide Buffet	Tues	December 06	\$139



WHAT'S HAPPENING!?

Student Life Activities – Info: ext. 348

BUS TRIPS	DAY	DATE	DEPARTURE	COST
Nutcracker at Lincoln Center	Saturday	December 03	4:00 p.m.	\$35-\$45
Radio City Christmas Show	Saturday	December 10	1:00 p.m.	\$70-\$80

ATTRACTION	TICKETS	INFO / RESTRICTIONS	COST
Marquee Cinema	Discount	any day, movie out 14 days	\$8.00
Regal Cinema	Super Saver	any day, any movie	\$7.50
AMC Cinema	Gold	any day, any movie	\$7.50
AMC Cinema	Silver	any day, movie out 10 days	\$6.00

DONATIONS NEEDED

- 1) Circle K is holding an **Animal Food & Supply Drive** for local auxiliary animal shelters. Drop Off: Instructional Building Stairwells.
- 2) PTK is holding a **Toy Collection** for its annual Breakfast with Santa event. Drop Off: College Center Lobby and Instructional Building Stairwells.



Arts & Community Center Theater – Box Office: ext. 500

SERIES	SHOW	TIME	DAY	DATE	COST
OCC Concert Band	It's Beginning To Sound	2:00 p.m.	Sat	Dec 03	\$10 - \$20
	A Lot Like Christmas	8:00 p.m.	Sat	Dec 03	\$10 - \$20
Young People	The Nutcracker	1:00 p.m.	Sun	Dec 04	\$12
	A Christmas Carol	1:00 p.m.	Sat	Dec 17	\$12
MidWeek Jazz	Ivory & Gold	8:00 p.m.	Wed	Dec 14	\$18 - \$15
	The Midiri Brothers	8:00 p.m.	Wed	Jan 11	\$18 - \$15



Planetarium

Adults	\$10 Regular Show	\$14 Laser Show
Seniors (60+)	\$ 8 Regular Show	\$12 Laser Show
OCC Rewards Card	\$ 8 Regular Show	\$12 Laser Show
Children (12 & under)	\$ 7 Regular Show	\$10 Laser Show
OCC Students with ID	\$ 7 Regular Show	\$10 Laser Show
Pajama Night	\$ 8 all seats	

The Planetarium is CLOSED on Christmas Eve, Christmas Day, New Year's Eve, & New Year's Day

WINTER SHOWS – SPECIAL EVENTS	DATE	DAY	TIME
The Stars from My Backyard	Now thru Dec 30	Sat /Sun	11:30 a.m.
	Dec 26 to Dec 30	Mon-Fri	11:30 a.m.
Wonders of the Holiday Sky	Dec 2 to Dec 30	Fri	7:00 p.m.
		Sat /Sun	1:00 p.m.
	Dec 26 to Dec 30	Mon-Fri	1:00 p.m.
Season of Light	Dec 2 to Dec 30	Fri	8:15 p.m.
		Sat /Sun	2:30 p.m.
		Sat	8:15 p.m.
	Dec 26 to Dec 30	Mon-Fri	2:30 p.m.
Laser Holiday	Dec 2 to Dec 30	Sat	7:00 p.m.
	Dec 26 to Dec 30	Mon-Fri	4:00 p.m.
Pajama Night: Storytelling	December 10	Sat	6:00 p.m.
Laser X: The Alternative eXperience	December 30	Friday	9:30 p.m.

ROVING PHOTOGRAPHER (Scott Bruinooge)

Salute to Veterans

Friday, November 11, 2011



Colonel John Wood
Air Base Wing Commander
McGuire-Dix-Lakehurst



John DiRocco, Security Shift Sgt
Ron Bogota, Physical Plant – Ret
Bob Arvelo, Bldg Eng Inspector



Dr. Jon H. Larson
OCC President



HOUSEKEEPING ITEMS

Recipes, Cleaning Tips, & More

Send recipes, fun ideas, or cleaning tips to rdurso@ocean.edu.

Can I Eat This?

You're cleaning out your refrigerator or cupboard and the following question crosses your mind ... "Is this still good?" You've probably heard of the saying "When in doubt throw it out!" Well, in my family, there was another saying ... "Just cut the bad part off!" Personally, I tend to go with throwing it out. But the question remains ... how long can you safely keep food ... and still eat it?

Did you know that with the exception of specific products, such as infant formula and certain baby food, the federal government doesn't require labeling! And here I thought they were supposed to keep us safe? Guess not.

With no federal guidelines, that means any other food labeling is voluntary. To make things more confusing (*or scary*), when items are labeled, there isn't a universal labeling system. Oh, and don't forget ... some states require certain (*but not all*) foods to be dated ... and other states don't. That's comforting.

So what's a hungry hoarder (*I mean food collector*) to do? How do you figure out if something is still safe to eat? Well ... for those items that are dated, you'll have a pretty good idea if it's still safe to eat (*maybe*). For example, what's the difference between "Use By," "Sell By," "Pull By," "Best By," "Best If Used By," "Expiration Date," and "Packed Date"? Let's take a look at each label.

Manufacturers stamp "Use By" dates on packages as a guideline for peak quality, but that doesn't mean the food isn't safe to eat after that date. It also means that "Use By" dates protect the manufacturer from liability (*not the consumer*) – once the food has passed the "Use By" date, the manufacturer is no longer responsible to replace a product that's gone bad. *It probably also protects them from lawsuits if someone gets sick!*

Other common food labels are "Sell By" or "Pull By" dates ... however, they have no uniformity. These labels tell the grocer the last day the item may be offered for sale and when the grocer needs to take the item off the shelf ... however, these dates have nothing to do with how long the item can be safely stored at home ... or eaten. So, *buyer beware!*

Another date is "Best By" or "Best If Used By." This is an estimate of how long the quality should stand up over time and has nothing to do with safety. *Good grief.*

"Expiration Dates" indicate when a product should be used by. After the expiration date, caution should be used when deciding whether or not the product is still safe. *Hmmm.*

“Pack Dates” tell when food was packaged but give no indication of how long it will be good. *Who cares ... other than the manufacturer?*

So now that we’ve discovered that food labeling doesn’t really tell us how long it is safe to eat our food, I think it’s appropriate to point out that these dates usually refer to products that have *never been opened*. For example, if you buy a carton of milk on April 1 and the carton says “Sell By” or “Use By” May 1, that doesn’t mean that the milk will be fresh for that long once it’s been opened. Milk only stays fresh in the refrigerator for approximately 5-7 days after it’s opened. So, if you purchased the milk on April 1, opened it on April 2, it will only be fresh until April 7-9. So those of you who look at the date to tell if something is still OK to eat ... *watch out!!*

But the question still remains, how do you figure out if something is safe to eat? Common sense dictates that if it smells bad, feels slimy, the color has changed, or it tastes “weird” ... when in doubt ... throw it out.

The following tables, from <http://www.demesne.info/Home-Maintenance/Pantry.htm> (<http://www.demesne.info/>), offer simple guidelines to the life expectancy of several different foods. Once past the life expectancy, items such as cake or quick bread mixes may not rise and fats may develop rancid flavors. However, many food items are still safe to eat past the expiration dates ... so long as the packaging remains unopened.

Baking Ingredients

Type of Food

	Unopened	Opened
Baking Powder	6 months	3 months
Baking Soda	2 years	6 months
Cake Mixes or Quick Bread	15 months	Use-By-Date
Cocoa and Cocoa Mixes	Indefinitely	1 year
Cornmeal	12 months	Refrigerate 1 year
Cornstarch	18 months	18 months
Flour (White)	1 year	6-8 months
Flour (Whole Wheat)	1 month	Refrigerate 6-8 months
Frosting (Canned)	10 months	Refrigerate 1 week
Frosting Mixes	12 months	3 months
Gelatin (Unflavored)	3 years	Resealed 4 months
Gelatin (Flavored)	18 months	Resealed 4 months
Molasses	1 year	6 months
Sugar: Brown or Granulated White	Forever	Forever
Sugar: Confectioners	18 months	18 months
Sugar Substitutes	2 years	2 years
Vanilla	5 years	1 year
Yeast (Dry Packets)	Use-by date	Refrigerate

Condiments

Type of Food

	Unopened	Opened
Barbeque Sauce	12 months	1 month (Refrigerate 4 months)
Catsup	1 year	1 month (Refrigerate 6 months)
Chili Sauce	1 year	1 month (Refrigerate 6 months)
Chopped Garlic	18 months	Refrigerate until Use-By-Date
Chutney	1 year	Refrigerate 1-2 months
Cocktail Sauce	1 year	1 month (Refrigerate 6 months)
Horseradish	1 year	Refrigerate 3-4 months
Gravy Mix (Dry)	2 years	Use entire packet
Gravy Mix (Wet)	2-5 years	Refrigerate 1 month
Herbs (Dried)	1-2 years	1 year
Honey	1 year	1 year
Jam, Jelly, Marmalade	1 year	Refrigerate 6 months
Maple Syrup	1 year	Refrigerate 1 year
Mayonnaise	2-3 months	Refrigerate 3 months
Mustard	1 year	1-2 months (Refrigerate 1 year)
Olives	12-18 months	Refrigerate 2 weeks
Pickles	1 year	Refrigerate 2-3 months
Relish	1 year	6 months
Salad Dressings	1 year	Refrigerate 3 months
Salsa	1 year	1 month
Salt	Forever	Forever
Worcestershire Sauce	1 year	1 year

Cooking Ingredients

Type of Food

	Unopened	Opened
Bread Crumbs	6 months	6 months
Dried Mushrooms	6 months	3 months
Oil (Olive or Vegetable)	6 months	4-7 months
Oil Sprays	2 years	1 year
Spices (Whole)	2-4 years if vacuum sealed	1 year
Spices (Ground)	1 year	6 months
Sun Dried Tomatoes	9-12 months	6 months
Vinegar	5 years	3 years

Packaged Goods

Type of Food

	Unopened	Opened
Cookies (Packaged)	2 months	1 month
Crackers	8 months	1 month
Diet Powder Mixes	6 months	3 months
Nuts (Jars or Cans)	1 year	3 weeks
Shortening, Solid (ie. Crisco)	8 months	3-5 months
Soda (Bottles)	3-5 months	Refrigerate 2-3 days
Soda (Cans)	9-12 months	N/A
Soup Mix	12 months	Use entire amount

Food Staples

Type of Food	Unopened	Opened
Bread (Store in Bread Box at Room Temperature)	1-2 weeks	1 week
Canned Goods (low acid/sugar) Soups, Pasta, Peas, Potatoes, Spinach	2+ years	Refrigerate 3-4 days
Canned Goods (high acid/sugar) Juice, Fruit, Pickles	2+ years	Refrigerate 5-7 days
Cereal (Ready-to-Eat)	6-12 months	3 months
Cereal (Cook-Before-Eat)	6-12 months	6-12 months
Chocolate	12-24 months	1 year
Chocolate Syrup	2 years	Refrigerate 6 months
Coffee (Whole Beans/Bulk Bin)	2-4 wks airtight container	3-4 mo Vacuum Pack/Freeze
Coffee (Ground, In Can)	2 years	Refrigerate 2 weeks
Coffee (Instant)	1 year	Refrigerate 2-3 months
Coffee Creamer, Powder	6 months	6 months
Dried Beans	1 year	1 year
Lentils (Dried)	1 year	1 year
Pasta (Dried w/out Eggs)	2 years	1 year
Pasta (Egg Noodles)	2 years	1-2 months
Peanut Butter	9 months	3 months
Peas (Dried Split)	1 year	1 year
Popcorn (Kernels in Jar)	2 years	1 year
Popcorn (Microwavable Bags)	1 year	1-2 days Popped
Potato Chips	2 months	1-2 weeks
Potatoes (Instant)	6-12 months	6-12 months
Pudding Mix	1 year	3-4 months
Rice (White)	1-2 years	1 year
Rice (Brown)	1 year	6 months
Rice (Flavored Mixes)	6 months	Use entire amount
Rice (Cream Flavored Mixes)	1 year	Use entire amount

Miscellaneous

Type of Food	Unopened	Opened
Baby Food	2 months	Refrigerate 1-2 days
Candy	1 year	N/A
Dried Fruits	6 months	Refrigerate 6 months
Evaporated Milk (Canned)	1 year	Refrigerate 4-5 days
Juice Boxes	6 months	Refrigerate 8-12 days
Marshmallows	2-4 months	1 month
Tapioca	1 year	1 year
Tea Bags	Freshest before 18 months	Freshest before 1 year
Tea (Loose)	2 years	1 year
Tea (Instant)	3 years	1 year
Toaster Pastries (Fruit Filled)	6 months	1 week
Toaster Pastries (Non-Fruit Filled)	9 months	1-2 weeks



YOU CAN QUOTE ME

“Some people are making such thorough plans for rainy days that they aren't enjoying today's sunshine.” William Feather, publisher & author

Published by the Office of College Relations
RoseAnn D'Urso, Manager of Promotional Programming
Email submissions to rdurso@ocean.edu