

e-notebook

The who, what, when, where @ OCC



Week of September 26, 2011 Read current and back editions at <http://www.ocean.edu/news/enotebook.htm>



BREAKING NEWS

Sovereign Bank on Campus

Receive up to \$100 for opening an account with **Sovereign Bank!** On **Friday, September 30**, from 10:00 a.m. to 2:00 p.m., representatives from Sovereign Bank will be outside Human Resources, first floor, Library, to provide information on banking services offered to OCC employees. Choose from two banking packages: Sovereign **Premier or Preferred** Partnership Banking, featuring interest-bearing checking; free checks; no fee to use other banks' ATMs in the U.S.; discounts on Home Equity, Auto, and Personal rates for Lines and Loans, if approved. This offer ends September 30. Info: Stop by Human Resources on September 30 or call 1-877-SOV-BANK or visit www.sovereignbank.com/cashbonus.

Financial Advice



On **Tuesday October 4** from 9:00 a.m. to 4:00 p.m., Christopher J. Carrozza from VALIC Financial Advisors, Inc. will be in Human Resources, first floor, Library, to meet with employees on an individual basis to discuss financial planning and/or Alternate Benefit Program pension accounts. Info: To schedule an appointment, call 1-800-892-5558, ext. 87325.

Family Fun Soccer Time



Bring the family and join the OCC men's and women's soccer teams for **Family Fun Soccer Time** on **Sunday, October 9** from 9:00 to 10:00 a.m. at Ocean County Stadium on the Main Campus. The whole family will enjoy a kick around on the new turf with the Vikings. Light refreshments will be served. Following, stay to enjoy an OCC soccer match. The women play against Lackawanna Junior College at 11:00 a.m. and the men play against Passaic at 1:00 p.m.

Bye-Bye



Ten parking spaces, facing the Gateway Building, will be eliminated from **Parking Lot #3** in order to extend piping from the Green Power Plant over to the Technology Building. The work area will be fenced off – please use caution when parking in Lot #3. Note: These spaces will not be returned to service.



Events & Workshops for Faculty, Staff, & Students

Career, Employment & Counseling Services, ground floor, Administration, has planned a semester filled with activities, events, and workshops! **Registration required. Unless noted, please call for room locations.** Info: ext. 2945 or www.ocean.edu/career.htm.

WORKSHOPS & ACTIVITIES

Walk with Eunice: Thursdays at 4:00 p.m., Campus Mall, bring your sneakers!

Meet the Staff: Thurs, **October 13**, 1:00 p.m., Conference Rooms A & B

Career & Counseling Expo: Tues, **November 8**, 10:00 a.m. - 2:00 p.m.; Solar Lounge

CAREER & EMPLOYMENT SERVICES (Please call for room locations.)

Career Planning: Tuesdays, 2:00 p.m.; Thursdays, 11:00 a.m.; First Tuesday, 3:45 p.m.

Job Search Workshop: Wed, **October 12**, **November 9**, **December 14**, 1:00 p.m.

Skills Identification for Resume Writing: Fri, **November 4**, 9:30 a.m.

Resume Writing: Fri, **November 11**, 9:30 a.m.

Interviewing: Fri, **November 18**, 9:30 a.m.

COUNSELING SERVICES (Unless noted, please call for room locations.)

The Truth about Suicide: Tues, **September 27**, 11:00 a.m. or 12:30 p.m. *Faculty & Staff only*

Thurs, **September 29**, 12:45 p.m.; Fri, **September 30**, 2:00 p.m.; Tues, **October 4**, 3:30 p.m.

All sessions held in Room 203, Bartlett Building.

Myers Briggs: Wed, **November 16**, 1:00 p.m.; or **October 19**, **November 16**, 6:00 p.m.

Transition & Resilience Workshop: Tues, **September 28**, 2:00 p.m.

Self Esteem Workshop: Tues, **October 11**, 2:00 p.m.

Mental Health Awareness Day: Thurs, **October 6**, 10:00 a.m. to 2:00 p.m., Solar Lounge

Safety Training for Students Video: Mon, **October 10**, 11:00 a.m. and 12:30 p.m.; Fri,

October 14, 12:30 p.m. and 2:00 p.m., Conference Rooms A & B

Stress Management Workshop: Tues, **November 15**, 6:00 p.m.

Healthy Around the Holidays: Tues, **December 6**, 6:00 p.m.

What's Bugging You?: Mondays, 1:00 - 2:00 p.m., Counseling Services, College Center

ADULTS BACK @ COLLEGE PARTICIPANTS (Please call for room locations.)

Time Management/Procrastination: Wed, **October 12**, 5:00 p.m. Light refreshments.

All You Need to Know about Transferring: Tues, **November 15**, 5:00 p.m.

Stress Management: Mon, **December 5**, 6:00 p.m.

DISPLACED Homemakers PROGRAM PARTICIPANTS (Please call for room locations.)

Computer Literacy: (DHP participants only) - sessions scheduled throughout the semester.

Say What You Mean & Mean What You Say: Mon, **October 17**, 11:00 a.m.

STUDENT SUPPORT SERVICES PROGRAM PARTICIPANTS

Procrastination: Wednesdays, 10:00 a.m., Room A309, Instructional

Take 20 & Breathe: Thursdays, 9:30 a.m., Room A309, Instructional

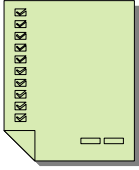
Special Focus Workshops: Wednesday, 2:00 p.m., Room A309, Instructional

October 5, Dealing with Anxiety; **October 12**, Selecting out Main Ideas & Important Information;

October 19, Test taking strategies; **October 26**, Concentration, self-discipline, & persistence;

November 2, Creating inner motivation; **November 9**, Relationships: How to nurture them;

November 16, Taming your Gremlin; **November 30**, Simply Breathing.



Facilities Request Form

As part of OCC's effort to digitize processes and save resources, Facilities, IT, and College Relations have worked together to create a paperless Request Form approval process. Using ImageNow (as with Accounts Payable), the process of inputting/approving request forms is streamlined, and permanent digital records will be created to eliminate the need for paper copies. This new process replaces the current manual approval process and is currently live. All training information and support sites are listed below. If there are any questions on how to log in or there are adjustments needed to the approval process, contact Ed Tafaro, ext. 2317.

Form: <http://phanes:8080/imagenowforms/fs?form=Facilities%20Request%20Form>

Support Site: http://prod.campuscruiser.com/cruiser/occ/it_resources/index.html

Directions: http://prod.campuscruiser.com/cruiser/occ/it_resources/handouts.html



Barnegat Bay Partnership News

The Barnegat Bay Blitz

On **Wednesday, October 19**, the **Barnegat Bay Blitz**, a watershed-wide clean up event will be held at various locations throughout the Barnegat Bay watershed. Coordinated by the NJ Department of Environmental Protection (DEP), in partnership with NJ Clean Communities, it is hoped that all 37 municipalities in the watershed will be represented at this event. This could become the State's largest one-day watershed clean-up in history! DEP staff is working as team captains in each municipality to coordinate site cleanups with local partners. Schools, volunteer groups, businesses, and retirees are encouraged to participate in the Blitz at a location near them. Municipalities and others interested in getting their organizations involved should go to <http://www.nj.gov/dep/barnegatbay/bbblitz.htm> and click on a town to get the appropriate DEP team captain contact information. To learn more about Governor Christie's Action Plan for Barnegat Bay, visit <http://www.nj.gov/dep/barnegatbay/>. If you have questions about the Action Plan, email DEPbarnegatbayinfo@dep.state.nj.us.



Barnegat Bay Program Citizen Representative Nominations

The Barnegat Bay Partnership Communication and Education Committee is accepting nominations for a **Citizen Representative/Alternate**. The Citizen Rep is appointed for a three-year term, is a voting member on the Policy Committee, and is involved with advocacy, outreach, and fundraising. **Nomination Guidelines:** Strong commitment to the environment, interpersonal and communication skills, integrity and ethical behavior, and a willingness to work with the community as a liaison to the BBP. Previous service and working knowledge of organizational management, group collaboration, marketing, fundraising, and development skills are highly desirable but not required. **Nomination Procedure:** Send a letter of interest including a brief biography with a résumé of pertinent activities to the Barnegat Bay Partnership, ATTN: Citizen Representative Nominating Committee, Ocean County College, P.O. Box 2001, Toms River, NJ 08754-2001 or via e-mail to mmdoyle@ocean.edu. **Nomination Deadline:** Friday, September 30. **Info:** 732.255.0472, ext. 5, or visit <http://bbp.ocean.edu/pages/1.asp>.



CAMPUS BRIEFS

Connecting with Office Services

For prompt service, use the following extensions for Office Services or Facilities. Calls will be quickly answered/returned Monday to Friday, 8:00 a.m. to 4:00 p.m. Staff member extensions may not be immediately answered / returned due to various staff responsibilities.

<u>Office Services</u>	<u>Extension</u>	<u>Facilities</u>	<u>Extension</u>
General Inquiries	ext. 414	Facilities Help Desk	ext. 2169
Staff	ext. 414	Non-emergency Work Orders	ext. 2169
Shipping & Receiving	ext. 474		



Employee Assistance Program

Hurricane Irene has been a traumatic event many employees/families including physical and emotional reactions. The onset of these intense reactions may begin immediately, or may take several weeks. And, although employees/families may feel significant distress; they are probably experiencing a normal reaction to an abnormal situation. Still, people sometimes feel a heightened need for support in the aftermath of a trauma. Human Resources would like to remind employees that the College provides an **Employee Assistance Program (EAP)**. This benefit is also available for family members and provides confidential counseling services during difficult times. Info: 1-800-300-0628.



CPE Staff Update

The **Department of Continuing and Professional Education** staff is located in the Arts & Community Center (Building #18) including Debbie Robinson, Director of Continuing Education and Grants; Kathy Caro, Nursing & Healthcare Administrator; Sandy Figner, Professional & Program Administrator; Betty Gannon, Community Programs Administrator; Wilma Galenko, CPE Technician; and Cathy Czarnecki, Administrative Assistant. Main Contact Number: ext. 409. CPE registrations are processed in **Registration & Records**, Administration Building, First Floor (Building #9). Main Phone Number: ext. 404. Administrative Assistants Brenda Russotti and Lorrie Stevenson are members of the Registration & Records staff. CPE course payments are made in the **Cashier's Office**, Administration Building, Second Floor (Building 39). Phone Number: ext. 324.



Weekly Cafeteria Menus

The Restaurant Group's weekly menu specials are posted online 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. Due to traffic/weather conditions, return times are subject to change. Seating is limited. Info: Continuing Education, ext. 404.

TOUR	DAY	DATE	COST
Amish Food & Farm Tour	Thurs	October 06	\$139
West Point Tour, Lunch at Hotel Thayer & Wine Tour	Tues	October 18	\$139
Overnight Escape to Lancaster	Wed/Thurs	November 2-3	\$369*
(*Note: Price shown is per person, double occupancy/other options are available)			
Bethlehem Experience & Elisabeth von Trapp Concert	Thurs	November 17	\$149
Longwood Gardens Holiday & Yule Tide Buffet	Tues	December 06	\$139
Brooklyn Lights & Cannolis	Thurs	December 15	\$145



INTERNATIONAL TRAVEL

Theatre in London Seminar: January 4-16, 2012

See 10-12 plays; take a backstage tour of the Royal National Theatre; enjoy free time for sightseeing, shopping, and museums; plus more!

Package includes: airfare, accommodations, full English breakfast daily, theatre tickets, sight-seeing tour, day trip to Stratford-Upon-Avon, most tips, taxes, transfers, OCC instruction, tuition, and fees. **Not included:**

lunch/dinner, personal expenses, cancellation insurance, and items not listed. **Cost:** \$3,600 per person, double occupancy. Out-of-county fee: \$96. Out-of-state fee: \$363. Single supplement: \$650. Cost is based on exchange rate at time of printing. Should the dollar/pound exchange become less favorable, participants may be billed accordingly. Community members participate on a non-credit basis. Students are enrolled for three credits; scholarships are available for OCC students. **Info:** Gary Shaffer, gshaffer@ocean.edu or ext. 2296, and Arthur Waldman, awaldman@ocean.edu or ext. 2108. **Registration Deadline:** October 5.



World of the Maya Seminar: January 8-18, 2012

With a Maya archaeologist guide, explore archaeological sites, Spanish colonial towns, traditional Maya villages/markets, meet a Maya shaman, swim in ancient Maya cenotes, take a boat trip through an important ecological reserve in the Yucatan, and stay at the white sandy beaches of

Playa del Carmen. Participants must be at least 18 years of age. Students are enrolled for three credits; scholarships are available for OCC students. Community members participate on a non-credit basis. **Package includes:** airfare, accommodations, 10 breakfasts/8 lunches/6 dinners, ground transportation in air conditioned vans, admission/guided tours, round trip shuttle between OCC/airport, most tips, taxes, instruction, tuition, and fees. **Not included:** personal expenses, tips, activities, meals, or services not listed. **Cost:** Ocean County residents \$2,623. Out-of-County: \$2,719. Out-of-State: \$2,986. Single supplement: \$420. **Info:** Christine Kitchin, ckitchin@ocean.edu or ext. 2421. **Registration Deadline:** October 31.



WHAT'S HAPPENING!?

Student Life Activities – Info: ext. 348

BUS TRIPS	DAY	DATE	DEPARTURE	COST
Amish Country	Saturday	October 8	8:00 a.m.	\$38-\$45
Bodies, The Exhibition	Saturday	October 15	9:00 a.m.	\$26-\$34
Metropolitan Museum of Art	Saturday	November 5	8:30 a.m.	\$18-\$25

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

ATTRACTION	TICKETS	INFO / RESTRICTIONS	COST
Great Adventure	Daily	Theme Park/Safari	\$30

ATTRACTION	TICKETS	INFO / RESTRICTIONS	COST
Casino Pier	Ride Books	10 Rides & Coupons	\$20



Arts & Community Center Theater

Box Office: ext. 500

SERIES	SHOW	TIME	DAY	DATE	COST
MidWeek Jazz	Kevin Dorn & The Big 72	8:00 p.m.	Wed	Oct 12	\$18 - \$15
	Guitarist Frank Vignola	8:00 p.m.	Wed	Nov 30	\$18 - \$15
	Ivory & Gold	8:00 p.m.	Wed	Dec 14	\$18 - \$15
	The Midiri Brothers	8:00 p.m.	Wed	Jan 11	\$18 - \$15
Young People	Jabberwocky	1:00 p.m.	Sun	Oct 16	\$12
	The Nutcracker	1:00 p.m.	Sun	Dec 04	\$12
	A Christmas Carol	1:00 p.m.	Sat	Dec 17	\$12
OCC Theatre Co	Book of Days	7:30 p.m.	Thurs	Oct 27	\$10 preview
		7:30 p.m.	Fri	Oct 28	\$22 - \$20 - \$10
		7:30 p.m.	Fri	Nov 04	\$22 - \$20 - \$10
		8:00 p.m.	Sat	Oct 29	\$22 - \$20 - \$10
		8:00 p.m.	Sat	Nov 05	\$22 - \$20 - \$10
		2:00 p.m.	Sun	Oct 30	\$22 - \$20 - \$10
OCC Concert Band	It's Beginning To "Sound"	2:00 p.m.	Sat	Dec 03	\$20 - \$17 - \$10
	A Lot Like Christmas	8:00 p.m.	Sat	Dec 03	\$20 - \$17 - \$10
Premier Performances	Alborada Spanish Dance	8:00 p.m.	Fri	Oct 21	\$28 - \$25



Planetarium

Show titles and schedules are subject to change. Check the Planetarium website (www.ocean.edu/planet.htm) for the latest show information. **Tickets (Regular Shows):** \$10 adults, \$8 seniors (60+) & OCC Rewards Card, \$7 children (12 & under) & OCC students (with ID). **Tickets (Pajama Night):** \$8 all seats. **Tickets (Laser Shows):** \$14 for adults, \$12 Seniors (60+), \$10 children (12 and under), and 4:00 p.m. matinee, \$10 all seats.

FALL SHOWS – SPECIAL EVENTS	DATE	DAY	TIME
Astronomy Club Meetings	October 14	Friday	7:00 p.m.
Kaluoka'hina: The Enchanted Reef	Now thru Nov 20 No show 9/30 & 10/28	Friday	7:00 p.m.
Dawn of the Space Age	Now thru Nov 20 <i>No show 9/30 & 10/28</i> Now thru Nov 20 Now thru Nov 20 <i>No show 10/1 & 10/29</i>	Friday Saturday Saturday	8:15 p.m. 1:00 p.m. 7:00 p.m.
Exploring the Fall Sky	Now thru Nov 20 Now thru Nov 20 <i>No show 10/1 & 10/29</i> Now thru Nov 20	Saturday Saturday Sunday	2:30 p.m. 8:15 p.m. 1:00 p.m.
Secret of the Cardboard Rocket	Now thru Nov 20 Now thru Nov 20	Saturday Sunday	11:30 a.m. 11:30 a.m.
Bad Astronomy: Myths & Misconceptions	Now thru Nov 20	Sunday	2:30 p.m.
Pajama Night (Halloween Theme)	October 22	Saturday	6:00 p.m. (5 p.m. crafts)
Pajama Night	November 19	Saturday	6:00 p.m.
Laser Show	September 30 October 1 October 28 October 29	Friday Saturday Friday Saturday	7:00 / 8:15 / 9:30 p.m. 4:00/7:00/8:15/9:30 p.m. 7:00 / 9:30 p.m. 7:00 / 9:30 p.m.
Fright Lights (Halloween Laser Show)	October 28 October 29 October 30	Friday Saturday Sunday	8:15 p.m. 4:00 / 8:15 p.m. 4:00 p.m.
Fall Star Watch	October 1	Saturday	7:30 to 10:30 p.m.
Observe the Moon Night	October 8	Saturday	TBA



YOU CAN QUOTE ME

“Be as simple as you can be; you will be astonished to see how uncomplicated and happy your life can become.” Paramahansa Yogananda, author



HOUSEKEEPING ITEMS

Recipes, Cleaning Tips, & More

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

Apple Pie



Ingredients:

Two 9-inch Pie Crusts

6 Apples – cored, peeled, and chopped

½ cup Water

2 Tbsp Lemon Juice

½ cup Sugar

2 Tbsp all-purpose Flour

1 ½ tsp Apple Pie Spice mix

Milk & Sugar to brush on top of pie

Method:

- 1) Place one Pie Crust in a 9” pie plate, allowing edges to hang over.
- 2) Combine Apples with Water and Lemon Juice; set aside.
- 3) In a large bowl, mix Sugar, Flour, and Apple Pie Spice.
- 4) Drain Apples and add to Sugar Mixture, stir to coat.
- 5) Spoon filling into pie crust.
- 6) Place second Crust on top of pie. Pinch edges together all around the pie. Cut vents in top of crust with a knife.
- 7) Lightly brush Crust with Milk and sprinkle with Sugar.
- 8) Bake at 375 degrees F between 30-60 minutes, until crust is golden. Baking time will vary with oven. If edges of Pie Crust start to brown before the center, put aluminum foil around edges to prevent burning.
- 9) Cool on a wire rack. Serves 6 to 8.

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