



# ATLANTIC CAPE COMMUNICATOR

## Atlantic Cape Community College's Information Source

Nov. 11, 2005

### NEWS YOU NEED TO KNOW

#### **College Closed for Thanksgiving; Next CommuniCator Nov. 23; Deadline Nov. 18**

The college will close for Thursday and Friday, Nov. 24 and 25, in observance of Thanksgiving. The next issue of the Atlantic Cape CommuniCator is Wednesday, Nov. 23. The deadline is Friday, Nov. 18. Please send submissions to [mcgowan@atlantic.edu](mailto:mcgowan@atlantic.edu).

#### **Share Your Thanksgiving Holiday with Instructors from Macao**

The college community is invited to share the Thanksgiving holiday with visitors from the Macao Tourism & Casino Career Centre. Eight instructors are attending CCI's Train the Trainer program and will be with us. Please consider taking two of the instructors into your home to share this American holiday. Your visitors need to be picked up and returned to their temporary home in Brigantine. Contact **Esther Gandica**, ext. 5651.

#### **Attend Veterans Ceremony Nov. 11**

ACCC employees are invited to attend a Veterans Day Ceremony, 12:15 p.m., Friday, Nov. 11, in Cafeteria B. Light refreshments will be provided.

#### **Author, Composer James McBride Nov. 15 Performance Sold Out**

Tickets are sold out for award-winning writer, composer and author of *The Color of Water*, James McBride, who will speak and perform at ACCC's Mays Landing Campus on Tuesday, Nov. 15. The free lecture and jazz performance begins at 7 p.m. in the Walter Edge Theater. Tickets must be presented at the door to be admitted to the theater. Those without tickets may view a live telecast in the college's cafeteria.

The event is presented in part by a grant from The Borgata Heart and Soul Foundation, the ACCC Foundation, the Board of Trustees Minority Affairs Committee, The College Book Project Committee and the Dean of Students' Office.

*The Color of Water* won the 1997 Anisfield-Wolf Book Award for Literary Excellence, was an ALA Notable Book of the Year, and spent more than two years on The New York Times bestseller list.

#### **Vendors Sought for Art Club's Holiday Craft Sale Dec. 6-8**

The ACCC Art Club is looking for vendors for its annual Holiday Craft Fair, Tuesday-Thursday, Dec. 6-8. Cost is \$10 per day or \$25 for all three days. The fair will run 9 a.m.-3:30 p.m. Contact **Lydia Lehr**, advisor, ext. 5607, or e-mail [llehr@atlantic.edu](mailto:llehr@atlantic.edu) for more information.

## **Jobs Needed for Work Study Students Paid through Financial Aid**

There are 500 students eligible for the work study program and not enough placements for them at the Mays Landing Campus or Worthington Atlantic City Center. The college community is asked to help in placing these students.

The U.S. Government provides funding through financial aid to pay student workers. Students are allowed to work up to 18 hours a week. If a student worker would be valuable in your office, please call **Tammy DeFranco**, work study coordinator, ext. 5274.

## **MEET THE NEW FACULTY**

**By Dr. Joseph Rossi**

*Throughout the semester, we've featured new full-time faculty in the Atlantic Cape CommuniCator.*

### **Kristi Neal Named Assistant Professor of English as a Second Language**



**Kristi Neal** joined ACCC this semester as assistant professor of English as a Second Language.

The Medford resident served a teaching practicum with Burlington County College, was a language and literacy instructor for Literacy Volunteers of America and taught reading and writing at Mount Laurel's Harrington Middle School.

*Kristi Neal*

She also served a teaching practicum with Kingston Elementary School of Cherry Hill and was a French language instructor at Camden County College.

Neal was a senior national accounts manager for Prentice Hall Publishing of Upper Saddle River, a sales representative for Delmar Thomson Learning of Albany and an international service representative with Thomson Consumer Electronics of Deptford.

She was training coordinator and sales rep for Cultural Heritage Alliance of Philadelphia.

Neal earned her master's degree in TESL from the College of New Jersey with a 4.0 grade point average. She also has a master's degree in French Language and Civilization from New York University in Paris. Her bachelor's degree in International Studies and French is from the University of Scranton.

She also performed undergraduate studies in French at Sorbonne of Paris.

In her community, Neal served as commissioner for the Medford Youth Athletic Association Basketball League.

### **Christina Miles Named Assistant Professor of Developmental Mathematics**



**Christina Miles** joined ACCC this semester as assistant professor of developmental mathematics.

The West Deptford resident served as basic skills math coordinator for Rowan University and was an adjunct instructor at Gloucester County College. She was a SAT, GRE, GMAT, and PRAXIS prep class instructor with Comex Systems Inc. of Mendham and a math tutor for Central Baptist Church of Woodbury.

*Christina Miles*

Miles was a teaching assistant with Stevens Institute of Technology in Hoboken. She earned her master's and bachelor's degrees in mathematics from Rowan and also attended graduate school at Stevens Institute.

## **PECC Nears Goal with \$14,439 Pledged**

Donations are still coming in for the Public Employees Charitable Campaign. All ACCC employees are encouraged to participate. Forms can be sent via interoffice mail to **Janet Brenner**, WACC, room 299. So far, donations have totaled \$14,439 toward our goal of \$15,000. Your generosity is appreciated.

Forty-five prizes were awarded on Oct. 31. Those who donated to the PECC were eligible for prizes including backpacks, canvas tote bags, Strudels gift certificates, lunch in Careme's, cafeteria coupons, sweatshirts, travel mugs and other items.

## **ACA Offers 9th Annual Nouveau Wine Tasting Celebration**

At one minute past midnight on the third Thursday of each November, more than one million cases of Beaujolais Nouveau, the newest wine from the Beaujolais region of France, begin a journey to all parts of the world. Wine enthusiasts can celebrate the release of several nouveau wines at 6:30 p.m., Friday, Nov. 18, at Careme's, the student-run restaurant of ACCC's Academy of Culinary Arts.

In conjunction with the local chapter of the Chaîne des Rôtisseurs, the Academy offers a limited number of tickets to this celebration where guests will be treated to authentic French country food and tantalizing desserts prepared and served by ACA students in the Academy's kitchens under the guidance of Chef Educator **Michael Huber**. Nouveau wines from several different producers will be available for tasting, and participants can vote for their favorites. All proceeds support student scholarships. The Chaîne will award scholarships to two students during the event.

The cost of the celebration is \$35 per person. To make a reservation, send a check payable to the ACCC Foundation to: Michael Craig, c/o The Washington Inn, P.O. Box 2324, Cape May, NJ 08204. For more information, contact Craig at (609) 884-5697.

## **ACA Prepares Pancake Breakfast Nov. 20 to Benefit NJ National Guard Families**

A Support the Troops Pancake Breakfast to benefit the families of soldiers serving in the New Jersey National Guard will be held 7 a.m.-1 p.m., Sunday, Nov. 20. The breakfast will be held at Oakcrest High School, 1824 Dr. Dennis Foreman Dr., Mays Landing. Proceeds will support The New Jersey National Guard Family Readiness Council, which provides assistance to families of soldiers who are placed in harm's way. The council estimates 40 percent of mobilized National Guardsmen earn significantly less while they are on active duty.

Chefs and students from ACCC's Academy of Culinary Arts will prepare and serve the food, which is donated by Tropicana Hotel Casino. The menu includes: pancakes, bacon, sausage, scrambled eggs and other assorted breakfast foods and beverages. Local high school bands and choral groups will provide entertainment, and AtlantiCare will provide childcare.

Tickets to the breakfast are \$5 for adults, \$3 for children under age 12, and free to military personnel with identification. Tickets will be available at the door or by calling (609) 345-4524.

## **Cape May County One Stop Career Center at CMCC Offers Assistance to All**

The Cape May County One Stop Career Center offers a variety of employment and training services to Atlantic and Cape May County residents. The One Stop has a new satellite office, in ACCC's new Cape May County Campus.

Faculty and staff are encouraged to make students aware of the center and its services. The center offers referrals to suitable full-time, part-time, year-round and seasonal job openings and provides information regarding federal, state, county and local government employment. Referrals for other One Stop services such as interviewing, self management and training opportunities, career counseling, labor

market information, resume writing, job search skills, senior community service employment programs (Workforce 55), and information on the WNJPIN Web site and America's Job Bank are also available. In addition, the center offers referrals to support services, such as TANF, food stamps, general assistance and Medicaid.

For more information on the One Stop Career Center, call (609) 729-0997 or visit [www.atlanticcapewib.info](http://www.atlanticcapewib.info).

### **'Distance Learning: Measuring What Matters' Teleconference Nov. 16**

If you didn't sign up for the Pedagogy 202 *Distance Learning: Measuring What Matters* teleconference, 2:30-4 p.m., Wednesday, Nov. 16, there's still time. The teleconference will be held in J-206 and will allow you to interact with experts who have explored the concerns of online testing and grading for years and have discovered proven strategies based on pedagogical theory and practice. For more information and to reserve your seat, please contact **Marge Battistelli**, ext. 4918.

### **Gala Raffle Tickets for Sale; Benefits Scholarships**

Gala raffle tickets are available for \$100. Cash prizes for the 50/50 raffle include \$22,500 for first prize; \$7,500 for second prize; and \$2,500 for third, fourth and fifth prizes based on all tickets being sold. Call **Jennifer Martucci**, ext. 5634, for tickets.

### **More Than \$180 Raised Through Halloween Donations for Kids College Scholarship**

More than \$180 was raised toward a scholarship for an underprivileged Kids College pupil next summer by those wearing costumes to work on Halloween. Those who came to work in a Halloween costume were asked to contribute a \$5 donation. Thanks to all who contributed.



*At left, Which witch is which? Student services got into the spirit of Halloween. Top row, from left, Pat Kelleher, Michelle Andrews, Kris Grech, Valerie Weller and Sue Weisgerber. Bottom row: Mary Jane Santilli, Karen Nightlinger, Linda DeSantis, Heather Peterson, Carmen Cabrera and Sandy Morris.*



*At left, Lynette Ingram, City Center, administers a lethal shot to Rhonda Petruzzi, while Alice Rainey spots the action. Below, a country western clad Kathy Fritz, library, poses with a student skeleton.*

### **HERE'S THE SCOOP**

Congratulations to Kevin and **Stacey Clapp**, college relations, on the birth of their twins, a boy and a girl, on Nov. 3. Joshua arrived at 6:26 p.m. weighing 6 lbs. Abigail arrived at 6:37 p.m. weighing 5 lbs. Mom, dad and babies are fine! Stacey is expected to return at the end of April.



Congratulations to **Aline Bennett**, student development, on the birth of her first grandson, Jahzzir Robert Lee, born to her daughter Turquoise Bennett on Oct. 18, weighing 6 lbs., 8 oz.

*Jahzzir Robert Lee*



Former ACCCer Sandy Warren was featured in AC Weekly recently in an article on her life with the late

Art Blakey, jazz legend. Sandy and the legendary jazz drummer and 2005 Grammy lifetime achievement award recipient shared a home in Northfield for many years. She is writing a book called *Art Blakey Cookin' and Jammin'*, which will include stories and recipes and a CD full of original Blakey tunes.



**Carmen Cabrera**, enrollment services, is proud that her daughter, LeiVani, won first place in her age group (10-12) for the scariest costume at the Mullica Township Halloween Parade.

*Pictured, at left, Carmen Cabrera's daughter, LeiVani, posing with a headstone in her Halloween costume.*

We regret to report the passing of Raul Rivera, beloved father of **Maria Torres**, a member of ACCC's board of trustees. Rivera passed on Oct. 30 at Shore Memorial. He was 86. Memorial contributions can be made to the Luis A. Molina Scholarship Fund - c/o Hispanic Alliance of Atlantic County, P.O. Box 7507, Atlantic City, NJ 08401. Expressions can be sent to Maria at 7355 Driftwood Lane, Mays Landing, NJ 08330.

Congratulations to **Dottie Dunayer**, grants compliance, on the birth of her grandson, Jarred Matthew. He joins a big sister and brother. Dottie is eager to fly to Florida to see the new addition to the family the week after Thanksgiving.

**Roze Nicholson**, security, thanks ACCCers who contributed to a "caring fund" on the loss of her beloved daughter, Fla'vaa Rae'chaun Nicholson. "I am overwhelmed with your generosity," Roze said. "Now that I'm raising my five grandchildren, I need to move to a larger home and this money will help me do that. Thank you all so much for the donations of money, clothing and the many cards and well wishes I received. Your caring comforted me during this difficult time," she said. ACCCers donated \$1,998 to Roze. Thanks to all who contributed.

Registrations are being accepted for the Caregiver Conference for those caring for persons with Alzheimer's or a related disorder to be held Thursday, Dec. 1, at ACCC's Cape May County Campus. The free event will begin with continental breakfast and registration at 8:30 a.m. Lunch is also included. Pre-registration is required by Nov. 23. For more information, call 1-800-272-3900 or 856-797-1212.

Happy birthday to: **John Kyere**, Nov. 11; **Mary Ann Ferrigno**, Nov. 12; **Phyllis Bagnell**, Nov. 13; **Gerald Spike Edwards**, **Christopher Vallese**, Nov. 16; **Danays Alvarado**, Nov. 17; **Regina Van Epps**, Nov. 19; **Ernest Sandoz**, Nov. 20; **Darick Garrison**, Nov. 22. Adjunct birthdays: **Robert Di Meo**, Nov. 16; **David Masters**, Nov. 19; **Lori McIntyre**, **Valerie Lonkart**, Nov. 20; **Jackie O'Neal**, Nov. 21; **Lawrence Montgomery**, Nov. 23.

## NEWS FROM ACCC'S OTHER LOCATIONS

### Greetings from Charles D. Worthington Atlantic City Center

By Daymis Alicia

So much happening, where to begin...On the business end of the house, we have some new CCI classes starting on Nov. 28: Intro to Casino Games and Blackjack. These are the last two CCI classes for the fall semester. Please refer interested students to Room 134, Administrative Services or call ext. 4848 and **Desiree Brewer**, CCI rep, will be happy to help!

Effective Communication Strategies sponsored by Atlantic City Convention & Visitors Authority, will be on Dec. 7, room 204. The instructor will be Nate Terrell of the Senior Associates from Rutgers School of Business.

Chi-Ching! The casino floor is buzzing! A new round of casino table games started on Nov. 7. The Casino floor is busy with four classes: Introduction to Gaming, Blackjack, Poker and Baccarat.

On Nov. 1, Team McAlister was happy to host a cross training session with Team Dolan to share their day-to-day activities here in administrative services. **Marlene Felicetti, Rhonda Petruzzi, Susan Lee and Desiree Brewer** were happy to share their “tricks of the trade” with Team Dolan! **Jean McAlister**



*Above, the results of the pumpkin decorating party. Below: Josie Chivalette helped hand out flowers for Breast Cancer Awareness.*

and **Josie Chivalette** concluded the day with an SIS training session. It was a very exciting and rewarding experience for all involved!

Student services hosted the annual pumpkin decorating party along with the mask-off contest on Oct. 25 in the student cafeteria. There was spooky music, bobbing for apples, and of course, pumpkin decorating! Students, staff and faculty enjoyed large candy bars and delicious red and green apples... wow, what a greeeeaat time!



A basket of flowers in the arms of **John Mohr**, director of student services? Yes, you might have noticed Mohr and **Daymis Alicea**, student services office, “Sharing the Care” for breast cancer Awareness. They presented each female student, faculty and staffer with a beautiful flower that carried the awareness message, “We care about our women; get checked regularly.” This event was carried out in honor of **Josie Chivalette’s** daughter, Tania. We keep her in our thoughts and send our happy hopes.

**Christina Cavage, Sue DePhilippis, Guillermo Laya, Michael Kammer and Kristi Neal**, all ESL faculty, headed to NJIT on Oct. 22 for the annual ESL in Higher Education Conference. They said that it was fabulous and they can’t wait to share all they learned. The ESL faculty also dined with the Atlantic Cape May ESL Teachers Consortium on Oct. 24. They exchanged ESL stories with the K-12 teachers of the two counties.



*ESL students from EHTHS enjoyed a program at ACCC’s Worthington Atlantic City Center.*

In other ESL news...on Nov. 4, the ESL Department hosted 50+ ESL students from Egg Harbor Township High School. Students were met with hot, freshly baked Philadelphia pretzels and Sunny D’s for a morning snack. The program included a brief overview of entering college, a close look at the ESL program and an excellent tour of classes, language lab and computer lab. The students thoroughly enjoyed the program and **Christina Cavage**, chair of ESL department, thanks **Michael Kammer, Mike Sargente, Elinor Mattern, Sue DePhilippis, Guillermo ‘Ernesto’ Laya, John Mohr, Daymis Alicea, Alice Rainey, Glenda Stogel** and student worker, **Alicia Davis!** Great job everyone!

Our semester community service project went well . . . we collected used eyeglasses for the Sight Night project through the Gift of Sight Foundation and the Lions Club International. We here in the city give with our hearts and there is still time to give – you can interoffice the glasses to **Daymis Alicea** or **Alice Rainey** in student services.



*Daymis Alicea as Mother Superior and Bobby Royal as a thief.*

Speaking of charity...we spooked our way onto campus on Halloween with our costumes...spending \$5 for the privilege of helping a needy kid attend “Kids College” in the future (yeah, I know, I still owe my fiver). There was a thief: **Bobby Royal**; a Goth Girl: **Alice Rainey**; a Psychiatric Doctor: **Lynette Ingram**; a new age Witch: **Desiree Brewer**; a Drill Sergeant from Hell: **Alicia**

**Davis**; a biker girl: **Elinor Mattern**; a **Darmesh Dave** wife: **Jean McAlister**; a Country Western Singer: **Louella Wilson**; and a Mother Superior: **Daymis Alicea**...all other party poopers were not invited to eat candy and string popcorn and were later scared to death by the rest of us.

**Jean McAlister** is pleased to report that **Kay Pandit**, conferencing, has come back to work for us after a long hiatus. Welcome back!

**Joanne Gleason**, Mays Landing Campus admissions, recently was spotted in the City and had this bit to say...“We promise that someone full time for Admissions is coming soon \*winks\* and whoever it is will be great!” Well, we wait with baited breath and are looking forward to meeting the new person.



Let me introduce you to **Ron Penza**, new staffer, corporate training and sales for **Carol Drea**. If you need him, he can be e-mailed at [rpenza@atlantic.edu](mailto:rpenza@atlantic.edu) or call ext. 4871 but he assures me that yard sales are not his forte.

*Ron Penza*

**Mike Wozniak** introduces **Judy Walden**, part-time accounts receivable clerk. She can be found mostly in the city but occasionally she hangs out in the Mays Landing Campus finance department.



**Brian Tindall**, part-time lab aid for CCI slot program, will work closely with **Tommy Giardina** for slot technician program. **Carol Drea**, **Angela Wang** and the rest of crew welcome him aboard!

*Judy Walden*

**Rhonda Petruzzi**, administrative services, was recently surprised by her loving hubby with a gorgeous bouquet of red roses...She was gushin' and blushin' and we were jealous but happy for her. She is also proud to say that the Oakcrest Ambassadors Marching Band, of which her daughter, Holly, is a member, has won a staggering 30 first place awards to date and will be competing at the Cavalcade of Bands championship on Nov. 13 in Hershey. They took best band overall in their most recent competition. WOW!

**Silvia Schottinger**, ESL adjunct, was invited by ACCC student **Alpa Patel** to visit and participate in the annual Hindu Festival of Navrati with her family at the Hindu Temple in Pomona. Silvia expressed her complete enjoyment of the event which was made even more special by the beautiful Hari she wore.

**Ann McClaskey**, administrative services, is excited to report that her daughter, the new **Yvonne Foster**, was recently married in a fall harvest-themed wedding that went off without a hitch. Pictures to follow.

**Lynette Ingram**, financial aid, received a touching letter from her son, Jerome, who is currently experiencing the joys of Army boot camp. She is so proud and assures us that he is doing well. Thanks for serving our country! Huah!



Our own poet, **Elinor Mattern**, ESL professor, is reading her beautiful poetry at the Cape May County Art League with fellow poet, Renee Ashley, on Nov. 12. There is also a reception and book signing.

*Elinor Mattern*

**John Mohr**, director of student services, unable to fly to Florida for a planned vacation due to Hurricane Wilma, instead went to see “Body Worlds,” the anatomical exhibit of real human bodies, currently on exhibit at the Franklin Institute of Philadelphia. Asked if it was worth the \$25 bucks for admission he uttered one word...awesome. Convinced, I hope to go soon--the exhibit runs through April.

**Marlene Felicetti**, administrative office, announces with relief that she and her hubby are finally able to go on vacation minus the kids and they are doing it in style on a 12-day Caribbean cruise. You go girl! She also informs me that her daughter, **Kris Schmid**, is receiving her ACA certificate in Baking and Pastry from the ACA. Great goin'!

The Cross-Cultural Club is sponsoring a NYC trip...it will be on a Tuesday and the cost will be \$45/person. They hope to be visiting the Rockefeller Center, the Empire State Building and other prominent New York City sites. More info will follow.

And if that's not enough, call me and we'll chat some more...there's always something happening in Atlantic City – where we are “Always Turned On.”

## **Greetings from the Cape May County Campus**

**by Lisa Apel-Gendron**

From McBride to Middle States, CMCC has much happening besides credit and non-credit classes!

Author James McBride will visit CMCC in person on Nov. 15. He has a 1 p.m. event at CMCC, and then he'll travel to main campus for the 7 p.m. event. At CMCC we'll use our tiered lecture hall, room 212, which seats 100, for this special event.

A quiet Saturday at CMCC was livened up Nov. 5 by an all-day customized training program for the Cape May County Division of Culture and Heritage. **Carol Drea** coordinated the training and **Pat Owens** taught the seminar. Thanks to **Roy Burnham** and **Tim Cliggett** for handling set up and making sure the chiller was running Saturday. And thanks to **Pat** for leaving the place better than she found it.

For our credit students planning to transfer, Steve Phillips, assistant director of admissions at Richard Stockton College, visited CMCC Nov. 9 and met with students in our lobby throughout the day. Steve never minded coming to Rio Grande, and he surely looks forward to returning to CMCC. Let's say he was just slightly impressed with our new campus!



The Information Commons team took Halloween dress-up seriously, and their costumes conveyed an academic message. **Susanne Sacchetti**, librarian, **Francine Stankiewicz** reading/writing tutor and adjunct instructor, **Noel Kurtz**, student worker, employed a Miss America theme to drive home their point. Attired in their finest evening gowns complete with tiaras and sashes, the ladies donned the titles of Miss-Informed, Miss-Spoken and Miss-Spelled. These ladies deserve an A for creativity!

*Left to right, Francine Stankiewicz, Noel Kurtz and Susanne Sacchetti got into the Halloween spirit.*



*Students and staff got into the autumn spirit at CMCC by competing in a pumpkin decorating contest. Di Alicea, right, and Matt Bailey (not pictured) of student services provided the pumpkins and the craft items. Students provided the creativity.*

Planning to attend the Cape May Film Festival later this month? If so, don't miss the documentary on the work of our late adjunct instructor **Gerald Lynch**. The documentary airs Nov. 19 at 2:30 p.m. at the Film Festival.

Imagine a young high school English teacher and his class of rambunctious teenagers at the nation's largest Catholic high school – Cardinal Dougherty in the Olney section of Philadelphia – 36 years ago. Imagine the surprise when he literally bumped into one of his former students at CMCC several days before our opening in late August. Now a retired school teacher, he lives in Cape May County and is teaching English as an adjunct instructor for us. His student, now a retired Philadelphia police officer, also lives in Cape May County and had just joined our facilities department. They are **Fran Rauscher** and **Tim Cliggett**, and they both “love working at CMCC.” And wow, can they tell some stories about life in a high school of 6,100 students during the '60s!

There's a trend at CMCC and it has to do with saving time and travel expense. We attend meetings and events via ITV. For instance, on Nov. 8 when Dr. Ryan from Middle States visited main campus, trustees from Cape May County met electronically with her at noon, faculty met electronically at 1 p.m., and students met electronically with her at 2 p.m. Pre-registration meetings conducted by **Heather Peterson** were simulcast to CMCC on Nov. 9. Faculty and counselors attend Collegiate Assembly via ITV, and many attend committee meetings the same way. The memorial service for **Martin Berdinis** was simulcast from the Mays Landing Campus, and on Veterans Day, Nov. 11, the 12:15 p.m. ceremony will be simulcast to CMCC in room 113 for the entire CMCC community.

Enjoy your weekend!

## ACCOMPLISHMENTS

ACA student **Jessica Fonash** won second place in the culinary student division of the Sickles Market Apple Pie Contest in Little Silver.

**Terry-Lynn Hamby**, assistant lab manager, earned her Bachelor of Arts degree from Thomas Edison State College.

Art works of **Cheryl Crews**, art adjunct, were on exhibit at the Avalon Museum and Historical Society last month.

**Chris Perillo**, business, gave a lecture on the Bill of Rights of the United States Constitution to an assembly of students at the Marlton Christian Academy. He presented his speech on behalf of the speakers bureau of the New Jersey Bar Foundation.

Student chefs from the ACA taught healthy eating habits to students from the Boys and Girls Club of Atlantic City at the Community Food Bank in Egg Harbor Township recently in commemoration of National Childhood Hunger Awareness Day.

**Elizabeth Readeau**, former nursing adjunct, was named corporate director of nursing for AtlantiCare Regional Medical Center.

**Mark Corbalis**, director, database administration, served on a panel for the South Jersey Cultural Alliance *Making Art Your Business* seminar for artists on Oct. 29. He spoke about the Web site the college developed for the art community under a N.J. State Council on the Arts grant.

**Mike Bolicki**, assistant professor, social science, applied to Rotary International to create an organizational charter at ACCC, called Rotaract. Rotaract is a community service organization sponsored by a local Rotary Club which requires students to complete at least one service project locally and one internationally every year. The club meets 12:30-1:30 p.m. on Tuesdays in room A115 on the Mays Landing Campus. Club costs are shared between student activities and the Rotary Club of Atlantic City and the Ocean City/Upper Township Rotary Club. Students are invited to become charter members of this

new club. Contact Bolicki, ext. 5032, or e-mail [mbolicki@atlantic.edu](mailto:mbolicki@atlantic.edu) for more information.

## ACCC IN THE NEWS

**Martin Berdinis**, senior adjunct who passed away from cancer, was featured in The Press of Atlantic City Legacies column on Oct. 22. The moving article, titled *Margate man taught self, others to face mortality*, described what a special person he was.

**Dr. Richard Perniciaro**, acting dean, administration, planning and research, was quoted about housing trends on KYW news radio on Nov. 2.

The big check presentation from the *Celebrate the Future* gala held at CMCC appeared in the Cape May Herald Times newspapers.

A photo and story of the Gerald Lynch bronze sculpture that was donated to the Cape May County Campus appeared in The Press of Atlantic City and the Cape May County Herald newspapers.

A story on the Cultural Studies option which will be offered at the Cape May County Campus beginning next fall, appeared in the Cape May County Herald newspapers.

A news release on the James McBride appearance appeared in The Press and local weekly newspapers.

The news release on the Beaujolais Nouveau release dinner in Careme's appeared in The Press and local weekly newspapers.

A news release on the noncredit courses offered this fall appeared in the Cape May County Herald newspapers.

A photo and story on the Restaurant Gala raising \$168,000 appeared Times Graphics weekly newspapers.

A news release announcing that gala raffle tickets are now for sale appeared in the Cape May County Herald newspapers.

The appointments of **Al Jou**, **Donna Marie McElroy**, **Melisa Rousseau** and **Walt Bernacki** as assistant professors and **Tak-Shun Chung** as library specialist appeared in the Community College Times.

A story on the NJ STARS scholarship providing more opportunities for student success appeared in The Press of Atlantic City. The law was recently changed to require students to maintain a 3.5 before the beginning of their next fall semester to continue in the scholarship program.

ACCC student **Jennifer Stella**, a hospitality major, was featured in The Press on Nov. 7. She created the Sandy Stella Foundation in honor of her deceased mother, who died of alcohol abuse and disordered eating. She created the foundation so "...someone can learn and not end up like my mom." So far she has raised more than \$7,000 for scholarships to the Elks Peer Leadership Conference.

The Press of Atlantic City ran a story on ACCC's dual admission program with area high schools.

## CALENDAR OF EVENTS

The calendar is updated regularly at [www.atlantic.edu/about/monthlycal.shtml](http://www.atlantic.edu/about/monthlycal.shtml).

Editor's note: The *Atlantic Cape CommuniCator* is available online at [www.atlantic.edu/~mcgowan/communicator/news.pdf](http://www.atlantic.edu/~mcgowan/communicator/news.pdf)

# HEALTH ISSUES

## Diabetes: What You Should Know

By Sara Ryan

November is American Diabetes Month. There are different types of Diabetes. The most common types of Diabetes are: Type 1, Type 2 and Gestational Diabetes.

**Type 1 Diabetes** usually happens to a person under the age of 30. The symptoms are very acute. The person is very sick. Scientists believe that Type 1 Diabetes is caused by a virus. With Type 1 Diabetes the pancreas no longer produces insulin which is needed to bring glucose to the cells. Persons with Type 1 Diabetes need to be on insulin injections for the rest of their lives.

**Type 2 Diabetes** usually happens to people over the age of 30. On a cellular level what happens with Type 2 Diabetes is that insulin is not able to unlock the cell so glucose can get in. There are not enough receptor sites on the cell wall. With Type 2 Diabetes a person usually starts out taking oral medicines. Unfortunately, after a while of taking oral medication, the person needs to take insulin by injection.

**Gestational Diabetes** happens to women who are pregnant. A hormone blocks the action of insulin. Ninety-eight percent of the time the women who develop Gestational Diabetes no longer have it after delivering the baby. However, this places them at greater risk for developing diabetes later in life.

A syndrome which is referred to as Syndrome X or pre-Diabetes is becoming more common. When your blood pressure goes up, your cholesterol goes up and you have central obesity...obesity in the middle... you are at greater risk of developing pre-diabetes. These signs should be a "RED FLAG" for your primary care physician. Your PCP should do a Hemoglobin A1 test which shows what your blood sugars have been for the previous three months. The normal range in our Western culture is four to six percent. It is interesting to note that the Swedes go by a lower percentage with this blood test.

**Signs and Symptoms for Type 2 Diabetes can be very subtle as we get older.** Some signs and symptoms are:

- Increased thirst
- Increased urination
- Blurred vision
- Increased weight gain
- Slow healing wounds

If you have a family history of diabetes, this does not mean you will develop diabetes. However, you will have a pre-disposition to it.

**Ways to prevent diabetes:**

- Eat six small meals / day
- Exercise: three days a week of aerobic exercises and two days a week of weight resistance exercises.

To access more information about diabetes go to [www.diabetes.org](http://www.diabetes.org) or contact the American Diabetes Association at (800) 232-3472.

*Sara T. Ryan, R.N., M.S.N. taught diabetes education for 10 years with public health. She can develop a personal meal plan for you. Call to schedule an appointment on the Mays Landing Campus, ext. 5112.*

--Kathy McGowan, editor