

ATLANTIC CAPE COMMUNICATOR

Atlantic Cape Community College's Information Source

Nov. 21, 2008

NEWS YOU NEED TO KNOW

College to Close for Thanksgiving Break

The college will be closed for the Thanksgiving break, Thursday-Sunday, Nov. 27-30. Enjoy the holiday and, if you're traveling, have a safe trip!



PECC Needs Your Help: Only \$8,700 Pledged Toward \$15,950 Goal

So far ACCC employees have pledged \$8,700 to the Public Employees Charitable Campaign. This is slightly more than 50% of our goal. We are thankful for those pledges received, but additional pledges are now few and far between.

Next Thursday is Thanksgiving and we hope that everyone at ACCC will be gathering with family and friends to celebrate. However, there are many people in our communities, country and world who are experiencing economic difficulty and need assistance. Let's not forget them in this season of giving thanks. Please, if you haven't made a pledge and are able to do so, contribute to a charity of your choice to assist those who are in need. If you have any questions or have misplaced your pledge form, please call 4858 or e-mail brenner@atlantic.edu. Happy Thanksgiving to all.

Let's Go Nuts for the Community FoodBank



The Culinary Student Association is collecting jars of peanut butter for the Community FoodBank of New Jersey—Southern Branch. Collection boxes are available in the Division Office, A-building, the Mays Landing Campus bookstore, and Strudels at the ACA. Donations of any size and brand of peanut butter will be accepted through early December.

Donations are down for the food bank this season, and when beef and poultry are not available, clients turn to peanut butter for protein. For more information, contact Dining Room Educator **Suzanne Feye**, ext. 4942.

Art Club Has Lots of New Vendors for Dec. 2-4 Holiday Craft Fair

All are invited to support the ACCC Art Club's annual Holiday Fair, 9 a.m.-4 p.m., Tuesday-Thursday, Dec. 2-4, in J building. There are lots of new vendors with great holiday gifts coming this year with crafts, jewelry, candles, candy, gift baskets, holiday decorations and more. For more information, call **Lydia Lehr**, Club Advisor, ext. 5609, or e-mail llehr@atlantic.edu. Faculty members are asked to tell their students about the fair.

Black Student Alliance Collecting Old Cell Phones for Soldiers

ACCC's Black Student Alliance is collecting old cell phones for soldiers. Phones in any condition and with or without chargers are welcome. "Cell Phones for Soldiers" hopes to turn old



cell phones into more than 12 million minutes of prepaid calling cards for U.S. troops stationed overseas this year to call their families. Show your appreciation to those men and women who serve us well. Donate your old cell phone today! To donate or for more information, contact **Lynette Ingram**, Club Advisor, ext. 5097.

Rotaract Thanksgiving Food Drive Ends Today for Community FoodBank

ACCC's Rotaract Club Food Drive for the Thanksgiving Holiday to benefit the Community FoodBank of N.J.—Southern Branch, ends today. Please put non-perishable items in one of the red marked boxes to help the needy this holiday season. Demand is high and supply is low. Boxes are in the vending areas of A and H buildings, in front of the Student Life Center in J building and at CMCC.

Follett Bookstore Annual Faculty/Staff Appreciation Event Dec. 4

Mark your calendar for the ACCC Bookstore's Annual Faculty and Staff Appreciation Day, 1-4 p.m., Thursday, Dec. 4. The bookstore invites all ACCC employees to celebrate the partnership. The event will be held at the Mays Landing and Cape May County campuses. Light refreshments will be available and discounts and prizes will be offered. Mark your calendar!

METLIFE Retirement Planning Luncheons Set; Make Reservations Now

Keith Bermeo, Financial Services Representative for METLIFE, will conduct a retirement planning workshop Wednesday, Dec. 10. The workshop will be held at noon and again at 1 p.m. in J-207 on the Mays Landing Campus. Lunch will be provided. Contact Keith, (800) 492-3553, ext. 28036, or e-mail kbermeo@metlife.com to make an appointment. METLIFE is one of the vendors in the NJ Alternate Benefit Program (ABP) and the Additional Contributions Tax-Sheltered Program (ACTS).

TIAA-CREF Counseling Appointments Available Dec. 2; Make Appointment Now

TIAA-CREF Individual Consultant Benjamin Venturo has appointments available on the Mays Landing Campus on Tuesday, Dec. 2, room J-207. Call (800) 842-8412 to schedule an appointment or visit <https://ais2.tiaa-cref.org/cgi-bin/WebObjects.exe/ARS.woa/3/wo/gNW71JosC3nI29a5uGt1jTm8bOz/0.0.14.1> to schedule online.

Best Practices 'Call for Proposals' Due Nov. 28

The Call for Proposals for the 2009 Best Practices Conference just went out. The eighth annual event is scheduled for April 23 and 24 at Hudson County Community College. The form is available at www.njccc.org or [download the form here](#). The deadline to submit proposals is Friday, Nov. 28.

RNS Mobile Mammography Van Scheduled; Call in December for Appointment

Mark your calendar for Dec. 1. That's when the RNS Mobile Mammography Van will begin taking appointments for these visits:

- Worthington Atlantic City Campus, Tuesday, Jan. 27
- Mays Landing Campus, Tuesday, Feb. 10
- Cape May County Campus, Tuesday, Feb. 17

Appointments are available 10 a.m.-3:30 p.m. To schedule an appointment, call (800) 246-2404. Once

appointments are made, RNS will send a reminder with registration and history forms.

Studio Arts Workshops Exhibit and Sale Continues; Great Holiday Gifts Available

The ACCC Art Gallery is featuring artwork from participants in its Studio Arts Workshops program through Dec. 10 and there are some beautiful art pieces for sale for those holiday shoppers.

This exhibit marks the 23rd anniversary of the Studio Arts Workshops program. The workshops offer a variety of visual arts instruction to the community-at-large and the opportunity to work with a professional artist for a nominal fee. They have featured notable instructors such as Howard Watson, Homer Johnson and James Toogood. The exhibit, showcasing works by participants, primarily includes watercolors, pastels and drawings.

Faculty: Please Alert Your Students...It's Time to Apply for Scholarships

Faculty members are asked to let their students know that it's time to pick up a 2009 Scholarship Application Packet. Scholarship applications are available at Mays Landing, Atlantic City and Cape May County campuses, as well as the financial aid office, library, cafeteria and Mays Landing East or can be downloaded from the Web site: www.atlantic.edu/finaid/scholarships.htm.

Approximately \$160,000 in scholarship monies was awarded to 196 qualified students last year and even more money is available this year. Some scholarships are financial need-based, but many are strictly on merit. The deadline to apply is Feb. 13, but recommendations are needed and applicants must write an essay, so students are encouraged to get an early start.

Scholarship recipients are notified in April and honored at a May 18 ceremony.

ACCC Receives \$25,000 from TD Foundation for Youth Career Advancement

The TD Charitable Foundation donated \$25,000 to the ACCC Foundation on behalf of TD Bank to support a career training program for at-risk youth. The donation allows ACCC to train an additional eight youths ages 18-23 through its Youth Career Advancement Program.

YCAP has received national accolades from the U.S. Department of Labor for groundbreaking and successful training. It has been a productive partnership between ACCC, the Atlantic Cape May Workforce Investment Board and private employers who provide internships and clinical experiences. Its goal is to place unemployed and underemployed out-of-school young people in high-demand occupations in the health field or slot technology.

The donation will cover the training of one certified nurse aide, one office applications professional, one phlebotomy student, two home health aides, two electrocardiogram technicians and one slot technology student. It will also provide their textbooks and assistance for transportation and childcare.

The Youth Career Advancement Program has historically been funded solely through federal Workforce Investment Act appropriations. The students supported by the TD Charitable Foundation donation are low-income youths in Atlantic and Cape May counties who have a barrier to employment but don't meet the stringent WIA eligibility requirements of the original program.

ACCC has trained more than 100 area at-risk youths through YCAP since 2003.

HERE'S THE SCOOP

Deepest sympathy to **Nancy Hand**, Accounts Payable, on the passing of her dear mother, Estella Jane Mills, 84. She died as a result of an auto accident a few weeks ago when Nancy's car was broadsided by a suspected drunk driver. Nancy suffered five fractured ribs and a pinched nerve in her neck and is recovering at home. Her father was treated and released. Expressions can be sent to Nancy at 1112 12th Avenue, Dorothy, NJ 08317. Nancy sent this note: "To my ACCC family: My family and I want to thank you from our hearts for all your words of encouragement, gifts and cards. Your outpouring of love was overwhelming and so much appreciated at this difficult time. Please accept our thanks."

Excellent job to **Michelle Andrews**, Financial Aid and Veterans Affairs, for the Veterans Ceremony held on Nov. 11. More than 50 ACCCers attended the moving ceremony. The solos of the "Star Spangled Banner" and "America the Beautiful," performed by **Heather Peterson's** dad, Matt Huff, were wonderful. He has a beautiful voice. Now we see where she gets her talent!

Sandy Meischker, library, was surprised Nov. 10 with a retirement luncheon in Careme's. She sent this note, "I wish to thank everyone who attended my surprise retirement luncheon. I know many of you couldn't attend due to other commitments and you were greatly missed. I can't tell you how much it meant to me to have all of you there sharing it with me. I also want to thank everyone who helped organize and arrange such a wonderful surprise. I know how much effort was put into it. I must say, you really got me! I had no idea at all! Please know that all of you will be in my heart forever. I do intend to stop in for many visits. Much love and thanks, Sandy."



Tak Chung, left, and Grant Wilinski, right, show the Happy Retirement ribbon pinned on Sandy.

Lucy McGlynn, Special Needs Counselor, and her son, Jason, were the subjects of two Press of Atlantic City articles last week when their Atlantic City home was robbed for the 11th time in as many years. The first story explained Jason has cerebral palsy and thieves took his computer, his "lifeline to the world." The next day, a story ran describing the hundreds of phone calls and offers to help and replace Jason's computer. Lucy was overwhelmed with the compassion shown by her neighbors and others who reached out to them. Atlantic City architect Tom Sykes, of SOSH Architects, sent someone over to measure her windows and is replacing them with more secure ones, the article stated. "I've got to tell you, I was pretty despondent, but there's been such a wonderful outpouring. People have been so kind to us. I'm speechless," Lucy said.

Welcome back to **Al Ebinger**, ITS, who returned from medical leave for a back injury after months of physical therapy and rest. Good to see you, Al!

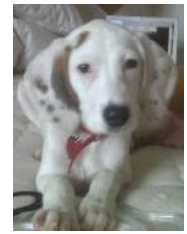
Congratulations to **Ed Perkins**, Maintenance Foreman, and his wife, Kimberly, on the birth of their daughter, Hailey Elizabeth Perkins, who arrived on Nov. 4 weighing 9 lbs., 9 oz. and measuring 21 inches. We hear that big sister, Brianna, is mommy's little helper and loving every minute. We're waiting for pictures!

SGA will hold a Karaoke Night, 5-8:30 p.m., Wednesday, Dec. 3, in cafeteria B on the Mays Landing Campus.

Two coat drives are coming soon...Rotaract and the Black Student Alliance. Please sort through your closets and donate your slightly used coats that you no longer wear or your children have outgrown.

Gloves, scarves and hats are needed too!

Brittany Williams, president's office, is looking for a home for a friend's 9-month-old puppy. Maybelline's owner took a new job that requires working very long hours and cannot devote the time she feels Maybelline deserves. She is current on her vaccines and spayed. She is such a pretty gal and has such great personality. Maybelline is playful and loves to give puppy kisses. She has lots of energy and is housebroken. Contact Brittany, ext. 4901, or the Animal Rescue in Old Bridge at 732-397-7580.



ACCC's Softball Club will hold bake sales on Tuesday, Nov. 25, and Tuesday, Dec. 2. ACCC's Baseball Club sells fresh Philadelphia Pretzel Factory soft pretzels in the Mays Landing Campus cafeteria, 10 a.m.-2 p.m. every Thursday. Cost is \$1 for one, \$1.50 for two. Please support ACCC's Baseball Team in this weekly fundraiser. First come, first served. If you can't get down to the cafeteria, call Coach **Tom Borucki**, ext. 5043, and someone will deliver during activity hour! Please support student clubs.

Happy birthday to **Darick Garrison**, Nov. 22; **JoAnne Barbieri**, Nov. 26; **Anthony Fierro**, Nov. 27; **Alice Rainey**, Nov. 28; **David Banholzer**, **Luis Montefusco**, **Augustine Nigro**, Nov. 29; **Lena McGowan**, Dec. 1; **Clark Kemp**, Dec. 2; **Josette Katz**, Dec. 3. Adjunct birthdays: **Lawrence Montgomery**, Nov. 23; **Trudi Gilfillian**, **Silvia Schottinger**, Dec. 2; **Christine Wilson**, Dec. 3.

NEWS FROM ACCC'S OTHER LOCATIONS

Greetings from the Charles D. Worthington Atlantic City Campus

by **Daymis Alicea**

The cool days and windy nights have set in and the beautiful (and slightly terrifying) rides home amidst swirling autumn leaves are a quick reminder that the holidays are nipping at our heels.

We have been busy at the City Campus. We've hosted Breast Cancer Awareness tables and a ghoulish Halloween party for the students.

We have geared up for Advisement Month and it is going well. Students have poured in to have their academics reviewed and a registration form drafted. This advance effort is always a great way to minimize waiting time during the actual days of registration starting Dec. 1.



Some staffers have become new parents with doggy adoptions! **Susan Lee** and **Linda Rodriguez** are the proud owners of a mixed cairn terrier and a Pomeranian puppy, respectively. There is still a beautiful 8-month-old long-legged Chihuahua named Lolita who sports pretty black and white fur looking for a home to call her own. Call **Danays Alvarado**, ext. 5623, for more information.

At left, Linda Rodriguez's son, Tyrell, and their adopted puppy, Sazon.



Susan Lee and Toby

Rutgers at ACCC visited our campus on Nov. 18 during the day hours and Nov. 19 to service our evening students. They generated quite a bit of interest amongst our students.

Susan Lee, Program Support Services, and her husband, Jeff, are proud of their children's recent accomplishments. Daughter, Stephanie, who received early acceptance to Frostburg University in western Maryland, is ranked 22 in her senior class at Oakcrest. She plans to enter a pre-med program and concentrate on either pediatrics or pulmonary. Her younger brother, Jeffrey Lee Jr., 12, recently passed his hunting exam, only missing two of 60 questions on the written portion and shooting two out of three clays during the field portion of the exam. He now has his junior hunting license and looks forward to

outings with his grandfather. Proud grandparents are retirees **Phil** and **Janet DeCicco**, Facilities.

The Cross-cultural Club of WACC is collecting gently used coats for their Winter Coat Drive. If you are interested in donating, please contact **Mike Kammer**, Club Advisor, ext. 4879.

The Digital Photography Club is always up and about photographing and video recording events at WACC. If you have an event, program or meeting that requires a photographer, contact **Wayne Cooper**, Club Advisor, ext. 4875.

The staff at WACC is collecting canned goods for the Community FoodBank, which is in dire need of food for the less fortunate for Thanksgiving.

The American Planning Association of New Jersey (APA-NJ) selected the Main Street Atlantic City (MSAC) Downtown Revitalization Plan for the Outstanding Comprehensive Plan Award of 2008. The award, accepted by MSAC Board and Karabashian Eddington Planning Group (KEPG) members, represents the recognition of a plan, program or process of unusually high merit. Attending the APA-NJ awards ceremony were from left: Susan Thompson, Casino Reinvestment Development Authority and former MSAC Board Member; Kruti Bhatia, KEPG; Seana Grady, former MSAC Board Member; Courtenay Mercer, American Institute of Certified Planners Past President; Binoy Panicker, KEPG and MSAC Board Member; Bobby Royal, MSAC Board President; Yvonne Doggett, MSAC Board Member; Melissa Hauck-Baker, KEPG; and Vivian Cheng, MSAC Board Member.



Greetings from the Cape May County Campus

by **Lisa Apel-Gendron**

Congratulations to new grandmom **Helen McCaffrey**, Senior Adjunct, on the birth of her grandson, Andrew Charles Woods, who arrived on election day weighing 8 lbs., 8 oz.

The holiday spirit is making an early appearance at CMCC. The Toys for Tots collection boxes are up, and very shortly, the 6abc/Boy Scouts holiday food drive donation boxes will be here as well. The employees of CMCC are collecting new, unwrapped toys for boys and girls, as well as non-perishable food items. We hope you can help us. For more information, contact **Denise O'Connor**, ext. 3976, or doconnor@atlantic.edu

Rutgers at ACCC hosts an open house at CMCC 4-7 p.m., Monday, Nov. 24, in the second floor lobby. For more information, call ext. 4995 or visit www.rutgersatacc.org

Customized training continues with more computer classes and workshops on banking law and compliance. We've hosted 11 different classes during the first two weeks of November. The employees receiving the training are banking and insurance professionals from Cape May and Atlantic counties.

CMCC employees who frequent the third floor merrily supported the Rotaract Club's fundraiser for Gilda's Club. Advised by **Mike Bolicki**, Social Science, the Rotaract Club conducted bake sales on campus during October. We had no problem supporting that fundraiser here. The brownies were gone before Mike finished putting them out! According to Mike, the bake sales raised more than \$250 for Gilda's Club, which provides support to cancer patients and their families.



Linda Hair, left, Faculty Support, and Deanne Gipple, Chemical Compliance, helped to prepare the collection jar for the Rotaract bake sale to support Gilda's Club.

The RNS mobile mammography van comes to CMCC, Tuesday, Feb. 17. Starting in December, employees and students may make their appointments by calling (800) 246-2404. Appointments are available 10 a.m.-3:30 p.m. Most insurance is accepted, and low cost

mammograms are available for uninsured women. For more information, contact **Sara Turner**, at sturner@atlantic.edu or ext. 5112.

Have a worry-free weekend!

CONTINUING EDUCATION NEWS

by **Sherwood Taylor**

On the Road Again: **Carol Drea** and **Sherwood Taylor** represented CCI and its many training programs at the Nov.17-20 Global Gaming Expo (G2E) in Las Vegas. G2E is considered the premier conference and expo for the emerging gaming industry.

Career Advancement Program: ACCC, in conjunction with the Atlantic Cape May Workforce Investment Board, will train eligible 18- to 21-year-olds looking for entry-level positions as certified nurse aides, patient care technicians, phlebotomy technicians, slot technicians and retail, sales and service associates. The training will be held in Atlantic and Cape May counties and is free. Please refer anyone who is interested to **Erica Hoskins**, ext. 5682.

Information Sessions: Continuing Education has expanded the offering of its information sessions on Career Training programs held at our Mays Landing East location (building T), room 103, every Thursday at 1 p.m. and the Cape May County Campus, every Thursday at 1 p.m., Room 103. Two additional locations were added: Worthington Atlantic City Campus, room 216A, the 1st and 3rd Thursday at 6 p.m., and the Institute for Service Excellence, Hamilton Mall, room 122, the 2nd and 4th Saturday at 1 p.m. Please encourage anyone interested in our programs to attend a session.

Weights and measures inspectors from the Ministry of Commerce, Consumer Affairs and Business Development in Barbados, spent two days at CCI in a Game Protection Seminar learning about protecting the integrity of the slot operations under their jurisdiction.

Carol Drea, far right, poses with Game Protection Seminar participants and Lt. Rick Lindsay of the N.J. State Police, left.



The non-credit level two ESL classes are working on a community service project to benefit Atlantic City Healthy Mothers/Healthy Babies which provides case management services including parenting and health education, developmental screening and follow-up to new moms and babies who live in the Atlantic City area. They operate a baby supply pantry to assist low-income moms with basic needs for their newborns. Supplies that are needed are diapers, wipes, bottles, layette items, baby shampoo and lotions, bibs and rattles. Drive runs through Dec. 5. Boxes, posters and flyers have all been made by the students. Boxes will be located in first and second floor lobbies at WACC, ISE and Mays Landing East. Please drop your donations in any of the boxes or send them via interoffice mail to **Barbara Kozek**, WACC room 252 or call her, ext. 4817 to arrange a pick up.

ACCOMPLISHMENTS

The Baking and Pastry Club at the Academy of Culinary Arts prepared 500 royal blue star-shaped cookies in honor of Our Lady Star of the Sea Regional School's 100th anniversary. The cookies were distributed at an anniversary event at Boardwalk Hall Nov. 15. Chef Educator **Tree McCann** is the Club Advisor.

Senior Adjunct **Helen McCaffrey** wrote an op-ed about the abuse that was heaped on the women candidates this campaign season and a plea that they and all women be treated with respect. "It was non-partisan but a lot of folks failed reading comprehension hence the 2,000 plus e-mails and two death threats

I received,” she said. “But I received a lot of positive ones as well.”

Carolyn Coulter, Assistant Professor of Social Science, was appointed to the Advisory Committee for the Communication Program at Montgomery County Community College in Blue Bell, Pa. The Advisory Committee focuses on workforce development, integration of new film courses and equipment, radio station licensing and internships with FeverPitch Productions. The film company is currently building a \$90 million dollar production facility near the campus and will recruit MCCC students for internships. Coulter is an alumna of the program and holds film production credits with the Greater Philadelphia Film Office, Digital Beatnik Productions and Scribe Video Center.

Kathy Corbalis, College Relations, will serve as a mentor to a Rowan University public relations graduate student this academic year. She attended the graduate mentor reception at Rowan Nov. 18 and met her “mentee.”

Jackie O’Neal, Senior Adjunct, English, interviewed her students about their reactions to the ascension of Barack Obama to the presidency for her news site: <http://onealmedianews.com>. The article, titled, “Atlantic Cape Community College Students Share Reactions to the Election of Barack Obama to the Presidency,” is at: <http://onealmedianews.com/article.cfm?articleID=18242>. It was picked up by Women’s Online Magazine: <http://www.womensonlinemagazine.com/article.cfm?articleID=2161>. O’Neal transitioned to a career in Public Relations after working as a journalist for several years. She is an expert in outreach efforts and speaks the language of the media to get her clients results. She holds an M.F.A. in Fiction and Poetry from Sarah Lawrence College. In addition, she has been a writing teacher for 20 years, and was a nominee for the Adjunct Excellence in Teaching Award.

ACCC IN THE NEWS

Mike & Diane of WAYV 95.1 morning show gave ACCC’s communication degree option a plug in a three-minute segment on their Nov. 11 radio show. They talked about the program, communication awards (which they emceed last year) and an interview they had with **Jeannine Davis**, a communication student in **Keith Forrest**’s class.

Senior Adjunct **Robert Holden**, History, presented at the Cape May County Library a work titled, “Poets of the Great War.” The lecture explored the horrors of World War I and looked at the horrific events through the poetry of English and American poets. He displayed news clips, an assortment of weapons used and antique history books.

A story on the Collegewide Book program appeared in the Cape May County Herald.

An Oct. 24 article in The Press of Atlantic City featured planned revisions for the NJ STARS Scholarship program.

ACA’s Culinary Career Day was featured on NBC News Channel 40.

FROM THE PRESIDENT’S OFFICE

Sturdy Savings Bank presented a scholarship check to Dr. Mora at CMCC.

Jerry Reeves, Executive Vice President and Chief Executive Officer of Sturdy Savings Bank of Cape May Court House, presented Dr. Mora with a \$1,000 scholarship check for ACCC students Nov. 3.



NJCCC released the figures of the increase in full time student enrollment in New Jersey’s 19 community colleges over the past year in the article, “NJ Community Colleges Experience Largest Jump in Full Time Enrollment.” NJCCC’s research found that full-time enrollment among community colleges grew from

80,955 last fall to 86,157 this year. NJCCC president Dr. Larry Nespoli attributes this increase to the NJ STARS scholarship program, tuition aid grants and state and federal financial aid programs. ACCC experienced a full time enrollment increase of 7.3 percent from last fall.

South Jersey Gas presents Dr. Mora with a \$28,000 check toward the School Counts program, providing scholarships for incoming high school students. Pictured left to right are Timothy Rundall, Director of Gas Supply, South Jersey Industries, ACCC Foundation Member; Stephen J. Bruner, Executive Director of Atlantic Cape May Workforce Investment Board; and Dr. Peter Mora.



The Arc of Atlantic County is requesting your help this holiday season to make the holidays bright for families of Arc clients. You can help make a difference by donating non-perishable food items, grocery store gift cards or gifts for the Holiday Partners Program. Donors will be matched with a needy family to assist during the holiday season. Another fun and inexpensive way to help is to volunteer your time to shop for gifts, wrapping gifts and delivering to families. Please contact Vanessa, ext. 5111, for more ways you can help.

Career Opportunity Development, Inc. is requesting donations of gifts for their program participants and their needy families. CODI provides jobs skills programs for persons with mental and physical disabilities. Items needed include craft sets, knitting sets, puzzles, men's and women's winter accessories and more. Donations may be delivered to CODI by Dec. 12. To arrange for your donation, contact Cathryn Flammer at (609) 965-6871.

The Eng's Corner

Tips on Home Heating

Here are a few ideas to save on heating bills this winter:

--OPEN YOUR SHADES before leaving for work in the morning and close them when you get home. The free sunlight will temper the house.

--TAKE DOWN THE CLOTHES LINE. Clothes dryer vent kits will warm and moisten your home by recovering some of the heat normally expelled to the outdoors.

--SWITCH THE BEDSHEETS. Change over to your flannel sheets and get out the winter clothes for lounging around watching TV.

--SPICE UP THE DINNER MENUS. It's time to forget the cold meals, lunches for the kids and cold drinks; instead head for the crock pot, stews, chili and hot chocolate drinks.

Your feedback on this column is welcome. E-mail hvn228@yahoo.com.

CALENDAR OF EVENTS

The calendar is updated regularly at <http://www.atlantic.edu/calendars/index.php>. Be sure to add your events. Go to www.atlantic.edu and at the top right, click on calendars. Scroll down and at the bottom left, select Add Event Form and submit your event!

Next CommuniCator Dec. 5

The next issue of the *Atlantic Cape CommuniCator* will be Friday, Dec. 5. Deadline is noon, Monday, Dec. 1. E-mail your submissions to mcgowan@atlantic.edu.