Atlantic Cape Review

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PTK Chapter Brings Home the Gold

By Madison Russ
Staff Writer

Atlantic Cape Community College’s Alpha Delta Mu, a chapter of Phi Theta Kappa, had much to buzz about after winning big at the annual regional convention. Phi Theta Kappa is the honor society for two year colleges. Representatives from ACCC’s Alpha Delta Mu chapter attended the Middle States Regional Convention (MSRC) from February 12-14. The MSRC, in addition to recognizing chapters for their outstanding achievement, provided educational forums and speeches from three motivational keynote speakers: Jon Dorenbos of the Philadelphia Eagles, Wes Moore (Phi Theta Kappa Alumni), and Dave Tibers, a former boxer. All three speakers covered a range of inspirational topics to influence the lives of the representatives.

Alpha Delta Mu’s proficiencies over the previous semester were recognized in several awards. Some members who took home distinguishing awards were: Raquel Richardson, who won the Hall of Honor Member Award; treasurer Dorothy Doyne, who was awarded the Hall of Honor Chapter Officer Award; advisor Carolyn Coulter, who won the Paragon Award for New Advisors. President Nicole Schoenstein won both the Hall of Honor President Award and was one of four to win the Distinguished Chapter President Award. Competition for this award stemmed from New Jersey, Pennsylvania, New York, Delaware and the Maryland area. “It felt great to be recognized,” Nicole said. “I’m so dedicated to Phi Theta Kappa, so to be

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The Editor’s Corner

By Anne Kemp
Editor-in-Chief

The glow of fireworks has faded from the skies over Vancouver, but the lessons learned from our Olympians are as solid as ice on the luge.

For two weeks I witnessed victory and defeat rival for position on British Columbia’s wintry slopes and icy rinks. Night after night, like a Tibetan ritual, I’d sit wincing and weeping—as if it were me wiping the ground with my back.

I watched with amazement as their feats of fervor unfolded a vital truth. Olympians are obsessed with winning. They’ll do anything to come in first. They’ll compete on busted bones, bruised brains, and broken hearts. They’ll follow death’s trail for a glimpse of shining glory.

Have you ever wondered what drives these heroic heralds to punish their bodies for a small piece of metal? Is it the pure infatuation with their sport, or is it the promise of immortality on a cereal box?

Whatever their reason, one fact is certain. Determination is the key that unlocks the treasure chest containing their prize.

Lindsey Vonn sliced through knee pain and shin splints to win gold. Canada’s Joannie Rochette skated her way to a medal on the rink of grief.

A protracted injury and poor qualifying time weren’t enough to keep Seth Wescott from the center podium. In the first third of his snowboard run, Seth was being eulogized by commentators, but in the last third true grit resurrected his chances—a comeback that grabbed the gold.

Before the race, he had given his grandfather’s WWII service flag to press agent to hold for him. “I’m gonna need this in four runs,” he said to her.

We’re in the “last third” of our run here at Atlantic Cape and it’s true, we’re getting tired. But we each have an “event” that we’re championing and a “podium” where we wish to stand.

These tales of triumph are fuel for a victor’s fire and we have a decision to make. We can choose determination or we can choose defeat. Which do you choose?

History has demonstrated that the most notable winners usually encountered heartbreaking obstacles before they triumphed. They won because they refused to become discouraged by their defeats.

~ B. C. Forbes

Winning is not a sometime thing. You don’t win once in a while, you don’t do things right once in a while, you do them right all the time. Winning is a habit. Unfortunately, so is losing.

~ Vince Lombardi
PTK Brings Home Gold

recognized for the hard work that goes into our events felt really good.”
Nico’s wins didn’t stop there; she was also elected to serve on the Mid-
dle States Regional Level as the “New Jersey State President.” Nico’s new
position will require her to speak at several other PTK events. She’ll be
representing Phi Theta Kappa and the Middle State Regions as she en-
courages other chapters to increase their activity and progressiveness.
Alpha Delta Mu’s leap from a two
star chapter to a five star chapter
was recognized at the convention
as well. The chapter making this
three star advancement in merely
one semester was no small feat.
“We receive one Pinnacle every time
we increase membership by 5% with
25% being the limit. We increased
membership by 10%, so we received
two Pinnacles,” Nico explained.
“Our chapter was also awarded ‘The
Northern Star Award,’ which is con-
sidered the “sixth star,” for their par-
ticipation in the 2009-2010 Middle
States Regional Honors in Action Pro-
gram Common Roots,” she added.

Alpha Delta Mu’s dedication to
maintaining a successful and active
chapter was recognized with the no-
table, “Milestone Award.” This par-
ticular award recognizes the most
improvement in a chapter over the
period of one year and is a prestigious
honor. Winning the award is scored
off of three entries that include
scholarship, leadership and service.
“It’s funny,” Nico said, “because
after we won the award, people from
other chapters started approaching
us saying they didn’t even know who
we were until then—and they were so
pleased that we had accomplished so
much in such a short period of time.”
Alpha Delta Mu is well deserv-
ing of these prestigious awards. Its
members have put act’s academic
in the spotlight and continue to
take gigantic strides in its success.
Alpha Delta Mu will receive a plaque
in recognition of their accomplish-
ments, as well as 750 dollars in
funding to attend the International
Convention in Orlando, FL where
they are expected to gain further
recognition for all their successes.

Happy Birthday Pisces!
February 20 - March 20

Creativity comes natural to you and
others may seek you out for inspira-
tion on upcoming projects. You tend
to be generous to a fault so don’t let
everyone walk all over your good will.
As a romantic, it’s hard to keep your
hand out of the cookie jar but stay
away from work related relationships.
This month, you’ll be happiest put-
ting your compassionate side to work-
Try to get involved in a cause that taps
into your altruistic side - like helping
out with Haiti relief, volunteering
or getting involved in your campus.
Don’t get discouraged if your criti-
cized for being too farfetched or
seeming impractical - the world
needs big dreams like yours!

Famous Pisces: Johnny Cash, Dr.
Suess, Bruce Willis, Kurt Cobain,
Drew Barrymore, Shaquille O’Neal,
& Eva Longoria.

Aquarius - Focus all of your en-
ergy on one project at a time.
You tend to aim too far and wide
which just leads to a huge mess.

Capricorn - Being grouchy will
leave you friendless in the upcom-
ing months; get out and socialize or
you’ll be taking summer courses.

Aries - Your stubbornness will get
you far in your romantic relation-
ship. Your partner will cave to your
relentless nagging and give you
exactly what you want. Congrats!

What’s Your Horoscope ???
By Madison Russ
Staff Writer

PTK ANNOUNCEMENT: BLOOD DRIVE

ACCC, along with the assistance of the Phi Theta
Kappa and Culinary clubs, will be hosting a blood drive at
the Mays Landing campus from 10:00 AM – 4:00 PM on
Tuesday, March 23. To learn more and to schedule an
appointment please contact
Nicole Schoenstien at 609-204-8625 or
schedule one online at http://accc.eventbrite.com/

The entire process takes approximately 45 – 60 min-
utes. It is advisable drink plenty of fluids (preferably wa-
ter) and eat something before you donate. You will also
need to bring a photo ID.

Appointments are strongly preferred. Make one today!

~ Nicole Schoenstien, Phi Theta Kappa President

(Continued from page 1)
LETTERS FROM AMERICA
By Volha Autukhovich
Staff Writer

Imagine you’re on vacation overseas and because you like the country so much, you make the decision to stay. You already possess a four-year degree from your homeland, but not all of the credits are accepted here in the States, so you have to start over. This scenario is a reality for staff writer Volha Autukhovich, who came to America from Belarus. The Atlantic Cape Review invited Volha to share her letters from America as part of a series to enlighten our readers on some of the challenges facing our international students. – Editor

Hello dear friend!!!!

I’m so sorry that I have not written for a long time: school, work, and home, drive me nuts.

In our last correspondence we were discussing the topic about our majors and I am very glad that you’ve decided on this concern. I’m very proud of you. To be an actress is a huge opportunity to realize your dreams, and talent, and to make a career of them. The main thing is not to be afraid, and no matter what others say, you should go for it. Don’t forget; (remember) I am on your side.

You know, for me, it was very hard to decide: What major should I choose? It is tough, especially right now because I live in a different country, with another language, people, culture, traditions, and rules.

All my life I wanted to be a teacher; since childhood I was playing with my little toys, and I was trying to teach them Math and Literature. For my board I used my mom’s wardrobe. I took a piece of chalk and wrote all examples, explanations, and assignments! I imagined that I was a teacher and my toys were the pupils. I went in college and finished four years of a teaching major, then my life made a turn, and now I live in America.

Personally for me, to be a teacher in America is a huge responsibility. I am so afraid and ashamed of my accent, my grammar, my spelling and vocabulary. I cannot imagine how children will react, or if their parents may look at me with dissatisfaction and disrespect. I am not saying that just to say it, I have the experience of working with Native Americans, not with kids though, with grown up people, who looked at me as I am an alien, from a different planet. Not all of them of course, thank God, react the same way. Most of them are very generous and kind people.

Not only were my customers not too patient with my accent, but also my coworkers made fun of me: “In a good way, of course,” they would say, not paying attention that I was hurt by their jokes. It took me years to earn respect at my work. Honestly, only God knew what I had to go through. So many times I’ve closed my eyes to the misconceptions, unfairness, and disrespect. So many times, I just wanted to quit.

I will never forget that, and that will be a part of my experience in this country. I am here by myself; nobody will take care of me. I realized one thing—that my job was a great experience in my life, and it taught me a lesson: those circumstances made me suffer, but at the other hand they made me stronger, and I honestly appreciate it with all my heart. I’ve learned a lesson. You should not be afraid of anything; you should just go and get it.

Overall, I have made a decision, that I should not quit my dream, and no matter what, I have to finish my major. I can imagine how tough it will be, but I think I should try it.

Best Regards,
Volha

International Students Corner

Atlantic Cape Community College is the academic home to 80 international students holding F1 visas. An F1 visa is issued to international students who are attending an academic program or English Language Program at a U.S. college or university.

“These students represent 26 countries around the world,” according to Kristin Fletcher, Admissions Senior Manager International Student DSO.

“We also have students attending Atlantic Cape in other immigration statuses, as U.S. permanent residents or citizens, from many more countries than that,” added Kristin in an email sent to the Atlantic Cape Review.

OPTIONAL PRACTICAL TRAINING FOR GRADUATING SENIORS

Optional Practical Training (OPT) is work authorization of up to 12 months that is designed to provide F-1 international students with opportunities for employment in their fields of study before or after graduation.

Students who will complete their degree program this May or during the summer are reminded to see their international student advisor in March for information on how to apply for post-completion OPT.

This is a wonderful opportunity for students to gain valuable work experience in their field of study.

IMPORTANT REMINDERS

To maintain your visa status, international students must enroll full-time [12 credits minimum] every spring and fall semester (summer is optional).

International students may not enroll in more than one online course when registered for 12 credits and no more than two online courses when registered for 15 credits.

If you plan to travel outside the U.S., your passport and visa stamp must be valid at least six months beyond the date on which you plan to re-enter the U.S.A. You must also have your international student advisor sign your I-20 prior to your departure.
“Lest We Forget”

By Brian Jacobs
Staff Writer

“Students were so interested, they could not keep their eyes off of him,” said Student Development Counselor Tammy DeFranco. “He engaged students with in-depth descriptions and stories about how slaves came here, and how we as people have progressed in helping others.”

Joe Ragsdale, owner of the Lest We Forget Traveling Slavery Museum in Philadelphia, Pennsylvania spoke to Students and Faculty of Atlantic Cape Community College on Tuesday, February 16. In his presentation titled, “Lest We Forget,” he gave the audience a visual of what it was like to serve as a slave.

His museum holds artifacts such as shackles that were used to link slaves together on slave ships, along with keys to them as well. The museum also held various torture devices, used on slaves in the past.

Sitting down with students and staff, he discussed topics of equality and discrimination, and how the people have the capability to band together as one. Today, the differences that once haunted an entire race are no longer a burden. Those differences lead to death, destruction, and mass chaos throughout the country.

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**Ingredients**

- 1/4 c. (1/2 stick) butter, softened
- 4 oz. cream cheese, softened
- 1 tsp. vanilla extract
- 1 box (16 oz.) confectioners’ sugar
- 1 bag (7 oz.) or (2 1/2 c.) flaked coconut
- Ground cinnamon

Cream together the butter and cream cheese in a large bowl. Beat in the vanilla and confectioners’ sugar, then mix in the coconut. Roll mixture between hands to form walnut-sized balls. Roll balls in cinnamon and refrigerate until firm.

Yields 30-36 balls.

*** Use good quality, regular cream cheese.

Recipe provided by Mary Jane Smith, Program Assistant/Admissions of Atlantic Cape Culinary Department

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*Attention Artists!*

Get your music played on WaccRadio.org  Send your demo or promotional CD’s to:
Wacc Radio . 5100 Black Horse Pike . Mays Landing, NJ 08330
contact@waccradio.org
Now, here at “Out of Bounds,” we don’t do mainstream stories. But his recent so called press conference has compelled me to say something about it. Yes, I’m talking about Tiger Woods and the multiple media blitzes that are covering his fractured marriage, career and life.

When the story first broke in November, I thought, as everyone did, that he had gotten into an accident and his wife saved him. But, in the following weeks, more and more things came out and blah, blah, blah, we’re where we are now.

After the “press conference,” (which can’t even be called that because Tiger had only the members of the media there that were his friends), ESPN proceeded to run constant repeats of it, making me even sicker of the whole Tiger Wood fiasco.

Look, let me first say, infidelity within any relationship is wrong—no matter who you are. Secondly, if you do commit said infidelity, you shouldn’t have to apologize to anyone except the person you were unfaithful to. I understand Tiger’s need to have this “press conference.” If I lost all the sponsors he has, I’d apologize to anyone just to rehab my image. I just think some people have a tremendous amount of audacity to say he owes them an apology. My first question is “why?” Why does a man, who you have absolutely no connection to, owe you an apology?

The people I hear saying that he owes them one are people, in my view, who have no lives and try hard to live vicariously through his celebrity. Some say Tiger owes them an apology because their children, and children all over the world, look up to him and he let them down. You are absolutely right—he did let those children, teens and any younger person who sees him as role model, down but he also provided a great example for them—he’s shown them how to handle adversity and take responsibility for your actions. The kids that use Tiger’s foundation aren’t going to stop using the foundation’s resources that make the road to their future brighter.

I’m done with the whole Tiger Woods scandal, because, frankly, I feel like golf has never welcomed people of color. When Tiger came along and dominated the sport, I feel like the media, golf and some people in general were wishing, hoping and waiting for him to make a mistake. When it happened, those said people jumped at the chance to vilify him. I’m not making Tiger out to be the victim, because he isn’t. The only victims are his wife, Elin, and his two children, but I do feel he was in an environment that encouraged his behavior.

Like I said, golf has never welcomed people of color, so maybe his impulse was that of, “Let me fall in with the crowd so I don’t make waves.” I can equate this to how high school kids behave. The teenagers who are ostracized aren’t the ones who conform, but the ones who standout—Just something to think about when you think about Tiger Woods, his family, and their plight.

CONGRATULATIONS !!!!

Congratulations to Justina Mishkovsky, Atlantic Cape’s basketball and softball player who was named Woman of the Year by the New Jersey Association of Intercollegiate Athletics for Women. Way to go, Justina!
To read more about Justina’s award visit: http://www.atlantic.edu/about/news/article.php?article=887

Star Shines Amidst Dismal Season

Keith Feeney
Staff Writer

To say that the Men’s Basketball team at Atlantic Cape Community College had a bad year is putting it lightly. The men’s team had many things going against them during the build up to the season, like the loss of talent from last year for one.

Secondly, having to hold practices on a half court gym at the beginning of the season didn’t help. Thirdly, they started the season playing the first 11 of their 12 games on the road. But through it all, Kevin Davis found a way to shine. Davis averaged 29 points, 7 rebounds, 2 assists, 2 steals and 2 blocks per game over the Buccaneers’ 20 game season. When asked about the expectations of the season, Davis had this to say.

“I expected us to be good and be better than the history of men’s basketball here at Atlantic Cape. I felt we had a good blend of talent with Tyler Morganweck, Keith Feeney and Austin Parker among others. And with the experience of Anthony Ciallella, I felt we had a chance to win the conference.”

Through the preseason, the Buccaneers practiced hard. Everyone’s expectations, including my own, were high. But, during practice before the first game of the season at Middlesex Community College, the stars started to show that they were not aligned for the team. Austin Parker, the team’s starting point guard, sprained his ankle and sat out the first three games of the season.

Then during the second game of the year against Brookdale Community College, Anthony Ciallella, the team’s veteran presence, suffered a similar ankle injury. He too missed a significant amount of time. So early into the season, Davis was leaned on heavily.
It took a couple of games to for me to realize that I was going to be relied upon heavily to make plays for this team. I never intended to be the second leading scorer in the nation, but I knew I was going to be a key piece," Davis stated in our interview. When the light turned on, it was Davis who flicked the switch, and made it really hard for teams to deal with him defensively. Bucks County Community College experienced firsthand how hard a cover Davis can be when he exploded for a school record of 55 points, 10 rebounds, 6 assists, 3 steals, and 2 blocks.

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Kevin Davis, a 6'3" - 180 lbs. guard from Smithville, N.J., scored 90 points over two games for Atlantic Cape Community College.

Snowboard Fun 101: There’s Still Time

By Samantha Marino
Contributing Writer

If you’re among those who are tired of looking at all of this snow, there’s a way to make the best of it! Shovel yourself out, grab some friends, load up your iPod with killer playlists and take a road trip to go snowboarding! You’ll feel like a kid again and actually enjoy being around all of this “white stuff.” The season is far from over (ending in late-March, early April) and there is still time for you to take my advice: take a break from all of your responsibilities and have fun while we’re all still young! To help get you on the slopes faster, I’ve made a list of all the hottest – or coldest – local mountains in our area.

First up is Jack Frost/Big Boulder in Blakeslee, PA (2 hours 40 minutes). It has two mountains for your shred- ding pleasure. There are 36 trails and it has the most terrain parks in PA. JFBB was the first commercial ski resort in Pennsylvania and knows how to go big! TransWorld Snowboarding magazine rated Big Boulders Park one of the top five on the US East Coast and Canada.

Second on the list is Camelback Mountain in Tannersville, PA (2 hours 43 minutes). With 34 trails and 6 parks, it is a great time no matter how much experience you have. This mountain is one of the best for twilight riding with an awesome night life.

Blue Mountain in Palmerton, PA (2 hours 20 minutes) just expanded their biggest terrain park this year raising the ante to five parks total. It has 34 trails, the highest vertical drop in PA at 1,028 feet and the region’s only six person chair lift. This mountain is great for beginners!

Only three hours away is Mountain Creek in Vernon. Alright, Jersey girls, you now have an excuse to be single! Tuesday nights are deemed “Ladies Night.” You get half the mountain to yourself to test out your tricks without feeling embarrassed or shy about any guys watching! There’s a very young vibe here, and with 38 trails and five parks, you’re definitely going to want to check out this hot spot!

Lastly is Snow Mountain in Scranton, PA which is three hours in the opposite direction. Every Wednesday night is College Night. This mountain also has five parks, 25 trails and an amazing night life. If you’re just starting out, this is the place to go! So, put down your Wii, load up your board, and I’ll see you on the slopes.

Source: Clip Art

LOSE SOMETHING ????
To report Lost & Found items, call 343-5010, Mays Landing Campus; 343-4841, Atlantic City; and 463-4774, ext.4100, Cape May County Campus.
Director Peter Jackson’s adaptation of Alice Seybold’s bestselling book, “The Lovely Bones,” is disappointing to long-standing fans of this literary piece of art. “The Lovely Bones,” which centers on Susie Salmon’s death, lost its mystical luster of the afterlife and rawness of human grief under Jackson’s direction.

In the novel, Susie is a young girl who is murdered by a neighbor and goes to the “in between.” From the “in between,” Susie watches her family fall apart surrounding her unsolved murder and their journey through coping with the despair of losing a child.

Jackson, (who is famous for directing ‘Lord of the Rings’), cripples the original storyline with his fanfare for special effects. Although Jackson is undoubtedly the master of fine detail, his overzealous scenes of “in between” along with monotonous handling of special effects, Jackson turned Seybold’s excellent work into a mediocre film.

Audiences may be excited to see their favorite characters spring to life with Jackson’s talented cast including Mark Walberg, Rachel Weiss, Saoirse Ronan and Stanley Tucci. They may even be pleased to see the cast successfully executing their characters—meticulously enough to salvage what remaining dialogue the movie has. Overall, Jackson’s work falls short of the true story once the viewer realizes that all important points of the story are pushed aside for drawn-out flair.

Not only this, but there is undesirable suspension between the central characters, which creates the imitation of a poor crime thriller. Seybold’s novel is a delicate piece of literary work that is over-embellished by Jackson, causing it to lose its fine, interwoven themes. In using psychedelic sequences of the “in between” along with monotonous handling of special effects, Jackson turned Seybold’s excellent work into a mediocre film.

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Grunge Lives: The Return of Alice in Chains

By Ryan Sheehy
Staff Writer

The 90’s Grunge scene was characterized by its distorted guitar riffs, flannel shirts, shredded denim, and bad hygiene. Unfortunately drug abuse played a part in defining this music genre as well.

When Alice in Chains’ front man, Layne Staley, died of a drug overdose in 2002, it seemed to doom the future of the band and mark the death of Grunge. Unexpectedly, after a 14-year hiatus, AIC has re-emerged with a new lead singer and album titled, Black Gives Way to Blue.

William DuVall takes Staley’s place as lead singer bearing an eerie vocal resemblance to him. I was convinced that AIC would never be the same after the loss of Staley and I was right.

They aren’t the same, but rather a new band just as good as the old one. DuVall’s vocals harmonize with lead guitarist, Jerry Cantrell’s, like a buzzing locust and the heat of a summer day.

The tunes we Grunge fans love so much about pain, suffering, and alienation are back on the band’s latest LP. Be careful playing “Last of My Kind” and “A Looking in View” in the presence of the elderly as they may be left trembling from the sheer volume and power of these songs.

That doesn’t mean Grammy or your parents can’t rock out too. There are plenty of soft songs on the album, as well, including “Your Decision” and the title song, “Black Gives Way to Blue,” which is dedicated to Staley.

Alice in Chains has come as close to perfect as a band could after losing such a vital part of their group and a 14 year break. They’ve satisfied fans reaching number 5 on the Billboard charts and receiving a 2010 Grammy nomination for their single “Check My Brain.”

AIC has pumped fresh blood into Grunge’s dead heart with this album. What more could they or their fans ask for?

Food at Careme’s is prepared and served by student-chefs from the Academy of Culinary Arts, under the supervision of Academy faculty. The light four-course dinner includes soup, salad, choice of entree and choice of dessert. Entrees include a vegetable. Menu for the dinner show, call 609-343-4907 or e-mail simmons@atlantic.edu. Please indicate choice for the dinner show, call 609-343-4907 or e-mail simmons@atlantic.edu. Please indicate choice for the dinner show.

The House of Blues in Atlantic City was the venue for Saves the Day, New Found Glory, Fireworks and Hellogoodbye on Friday, February 19. These particular bands have been performing across the country.

The night seemed to be an enjoyable one, minus the inevitable fights that occur at these types of events. Tables were set up along the side of the stage so fans could purchase merchandise from their favorite bands. Everyone in attendance seemed to enjoy themselves, making it a memorable night for all.

What’s Next at The House of Blues???

03/03/10 - House of pain
03/20/10 - Ace Frehley
03/27/10 - Off The Hook Comedy Tour
03/28/10 - H.O.B. Gospel Brunch

Food at Careme’s is prepared and served by student-chefs from the Academy of Culinary Arts, under the supervision of Academy faculty. The light four-course dinner includes soup, salad, choice of entree and choice of dessert. Entrees include a vegetable. Menu for the upcoming concert is usually available about three weeks before the event.

Dinner starts at 6:30 p.m., and the show begins at 8:15 p.m. Tickets are $35. To purchase tickets for the dinner show, call 609-343-4907 or e-mail simmons@atlantic.edu. Please indicate choice of entrée and dessert and if you wish to be seated with friends. Maximum table size is six seats.

Upcoming 2010 Performances
* Matt Portella - March 25
* Anais Mitchell - April 22

Source: http://www.atlantic.edu/aca/ cafeSeries.htm
Horoscope (from page 3)

Scorpio - With the Spring Semester wrapping up, you want to party! This spring, stay away from parties with art majors. They have sharpies, and yes, they will draw on you.

Libra - Stay away from tanning beds spring break to avoid finishing the semester looking like a lobster.

Leo - For this spring, stay away from any sports or romantic affairs. We all saw what happened to Tiger Woods.... wait until summer.

Taurus - Be careful what you post on your Facebook this spring. Close to everyone’s mom is joining Facebook and will see what you’ve done.

Cancer - You’ll be crushing on someone extra special this spring. Just don’t let them find out how much you stalk them on Facebook and Twitter!

Virgo - Try to resist frowning upon other’s actions. This will just make you the ‘Grandma’ of your friends.

Sagittarius - Don’t get jealous over your friend’s successes. Just sabotage it and enjoy the spotlight again.

Gemini - Gemini represents the “twins.” Tap into your alter ego by joining a theatre club. Just try not to steal everyone’s parts, okay?

K Building Gets Jazzed

In January, while most of us were winter breaking, the Art Club was busy jazzing up the lobby in the K building in front of K-136.

From January 11 through January 14, the Art Club sanded, prepped, and painted the walls using t-shirts, feathers and brushes.

The club painted splotches of colors on the wall, and then used t-shirts to blot the paint. They blended it all together using feathers to make the veins in the marble, and softening brushes to rid the design of any hard lines. Why’d they do it? “Because our advisor thought it would be cool,” said Amanda Guilig, the SGA representative for the Art Club.

The next time you’re walking through K building, take an extra minute to appreciate the hard work done by the Art Club. Students who participated in the K building makeover: Michelle Mauro, Bill Dimeo, Anne Schlapp, Genevieve Hershey, Kristin Watson with help from art teachers Rita Michlenko, and Lydia Lehr.

“THROUGH THE EYES OF A WOMAN”

IS THERE A WOMAN IN YOUR LIFE WHOSE EYES YOU HAVE BEEN SEEN THROUGH AS SOMEONE THAT CAN REACH THEIR HIGHEST POTENTIAL, REACH THEIR GOALS, HAS HAD THEIR SUPPORT, AND UNCONDITIONAL LOVE? THEN HONOR THEM TODAY WITH THEIR NAME ON OUR BOARD.

FOR MORE INFORMATION, PLEASE CONTACT Tammy DeFranco, Counselor at (609)463-6823 or tadefran@atlantic.edu

Textbook Travels: Jet Lag vs. Lolly Gag

Amazing- my Business Communication textbook traveled more than 11,798 miles in TWO DAYS! Now, that’s some serious jet lag!

The cost of travel by airmail from Kuala Lumpur, MY to Egg Harbor Township, USA? ~$4.99. Thanks, UPS International! You rock! Meanwhile, I’m still waiting for my AP Style textbook, that I ordered eight weeks ago. It’s coming from Pennsylvania. Did the horse get lost?
ATTENTION VETERANS

The Library of Congress wants to hear and preserve your story through the:

Veterans History Project

VHP is a government sponsored effort to collect video and audio recordings of personal histories and testimonials of American war veterans

The Project collects first-hand accounts of U.S. Veterans from the following wars:

* World War I (1914-1920)
* World War II (1939-1946)
* Korean War (1950-1953)
* Vietnam War (1961-1975)
* Persian Gulf War (1990-1995)
* Afghanistan and Iraq conflicts (2001-present)

In addition, those U.S. citizens who were actively involved in supporting war efforts (such as war industry workers, USD workers, flight instructors, medical volunteers, etc.) are also invited to share their valuable stories.

To be interviewed or to volunteer as an interviewer contact: ATLANTIC HERITAGE CENTER
(609) 927-5218
EMAIL: AHCINFO@comcast.net

Source: http://www.loc.gov/vets/

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www.house.gov
www.senate.gov
www.njleg.state.nj.us

Need to Vent? Let Your Voice Be Heard
Your elected officials want your input

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www.whitehouse.gov
www.house.gov
www.senate.gov
www.njleg.state.nj.us

Source: http://www.pressofatlanticcity.com/opinion/your_lawmakers/

“If you have been voting for politicians who promise to give you goodies at someone else’s expense, then you have no right to complain when they take your money and give it to someone else, including themselves ’ ”

~ Thomas Sowell quotes (American Writer and Economist, b.1930)

Source: http://www.loc.gov/vets/
Atlantic Cape Review Celebrates
Women’s History Month
March 2010

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<td>Actor Sarah Jessica Parker b. 1965.</td>
<td>US army nurse Elsie S Ott, 1st woman to receive air medal. 1943</td>
<td>Singer Mariah Carey b. 1970</td>
<td>Astrid Lindgren sprains ankle &amp; begins writing Pippi Longstocking 1944.</td>
<td>Ohio makes it illegal for women to work more than 10 hours a day. 1852.</td>
<td>Amelia Earhart is 1st woman to fly solo across the Atlantic. 1932</td>
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<td>Fashion Designer Liz Claiborne. b. 1929</td>
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