

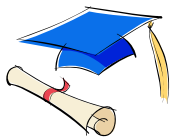


Quarterly Update

June, 2006

"Making Change Happen"

**STAFF GRADUATES**



*Essex County College proudly salutes its graduates.*

**Masters**

**Edmund Akwei**

**Business Administration**  
*University of Phoenix*

**Maria Alvarado**

**Administrative Science**  
*Fairleigh Dickinson University*

**Ysabel Bravo**

**Computer Science**  
*Montclair State University*

**Noreen Moore-Melnick**

**Counseling**  
*Montclair State University*

**Marva Rudder**

**Business Administration**  
*University of Phoenix*

**Victor Stolberg**

**Teachers**  
*Rutgers University and New Jersey  
Institute of Technology*

**Bachelors**

**Elizabeth Comissiong**

**Communications**  
*Kean University*

**ESSEX COUNTY COLLEGE**

**Associates**

**Tamu Baldwin**

**Office Systems Technology and  
Management**

**Brenda Kirkland**

**Office Systems Technology and  
Management**

**Adrienne Morse**

**Business Administration**

**Migdalia Santiago**

**Spanish Language**

**Upasana Sethi-Pagan**

**Criminal Justice**

**Certificate**

**Adrienne Morse**

**Office Assistant**

**Degree Candidates**

**Summer 2006**

**Musheerah Harris**

**Early Childhood Education**

**Donna Roach**

**Early Childhood Education**

## SUMMER SCHEDULE

Summer Closing: *June 26 – July 3*

We return to work on Wednesday, July 5, 2006, which begins our four (4) day work week ending on Friday, September 1, 2006. The normal five (5) day work schedule resumes on Tuesday, September 5, 2006.

### *Holidays*

*July 4 – Independence Day*

*September 4 – Labor Day*

### *Convocation*

*Monday – August 28, 2006*

*Mary Burch Theatre*

## BRING YOUR CHILD TO WORK DAY

The annual "Bring Your Child To Work Day" was marked at both the Main and West Essex campuses. There was a combined total of 80 boys and girls – 35 at the main campus and 25 at West Essex. The speakers/mentors for this year were: Lynn Wilson, ECC alumni and Biology Instructor; Judy Glina, Architecture Instructor; and Dr. Akil Khalfani, Director, Africana Institute. In addition, the young men and women got a rare glimpse and opportunity to experience first hand the preparation which takes place behind the scenes of a theatrical production in the Mary Burch Theatre. The mini demonstration was made possible through a group of outside consultants who were at the College for another program. They expertly walked the youngsters through a maze of ins and outs of

creating a successful production both with lighting and audio sounds.

The ECC mentors focused their discussion around the theme "Shaping the Future." They all strongly encouraged the youngsters to follow their dreams and not to let anyone set limits on those dreams and aspirations.

The remainder of the day was spent shadowing their parent/sponsor. The day ended with the awarding of certificates for their participation.

## ECC PROFESSIONAL DEVELOPMENT INSTITUTE

The final phase of the ECC Professional Development Training Institute was on *Microsoft Outlook*. The four part training session ended on June 1, 2006, where 48 of the 95 employees earmarked for the program have been trained. The main purpose for the *Outlook* training was to fine tune the organizational skills of employees, with regard to email messages, schedules, tasks, contacts and other information. CEU credits will be awarded to employees who have completed all six (6) series.

## ECC COMMUTERS

*High Gas Prices?  
Think public transportation!*



Did you know that NJ Transit is expanding the Newark City Subway? The Subway Extension will open this summer. This new service will give

## **ECC COMMUTERS (Continued):**

the general public more flexibility and mobility within the area.

If you are not a participant in ECC's Business Pass Program and you take public transportation frequently, why not consider taking advantage of our payroll deduction program? Employees can purchase NJ Transit bus and train tickets (monthly and single tickets) and PATH cards. Up to \$105.00 per month can be deducted from your paycheck before taxes toward the purchase of your pass/tickets. If you are interested in joining this program, visit the Human Resources Department.

## **NEW WAY TO SCORE CREDIT**



The three (3) major consumer credit bureaus (Equifax, Experian and Trans Union) have created a new credit scoring system designed to make it easier for financial institutions to evaluate loan applications and to give consumers a better way of measuring their financial situation.

This new system, known as *Vantage Score*, will provide a consistent score that is easy to understand. The ratings will range from 501 to 990. The groupings will have an academic scale from A through F. The best potential borrowers will be A and B and D and F will be the weakest. This new rating system should be available to lenders later this year.

## **WEIGHT WATCHERS PROGRAM**

The Weight Watchers On-Site Program has returned to ECC with a new leader, Peggy LoBue. The news of the return was eagerly greeted by employees who have been yearning for the support of their fellow "weight losers" to attain their desired weight loss. This new group has a combination of both new and returning members. The session which started in mid May will go through the end of July. A total of 20 employees have joined the program.

## **DEVELOP A WALKING PLAN**



### **Pick a Safe Route**

- *Avoid heavy traffic and deserted areas.*

### **Know Your Limits**

- *Don't stride too fast – you should be able to carry on a conversation while walking.*

### **Be Consistent**

- *Try to walk several times a week.*

### **Take Water Breaks**

- *This will help your body replace lost fluids and prevent dehydration.*

### **Keep an Exercise Record**

- *By recording the frequency and duration of your walks, you'll see your progress.*

### **Have a Back-Up Plan**

- *Don't let poor weather keep you from walking. Walk indoors at a shopping mall instead.*

## FOOD PREPARATION TIPS



*Eating Healthy!*

- Trim the fat from meat, and remove skin from poultry. Broil, bake or boil instead of frying.
- Use less sugar.
- Try fresh or canned (no syrup) fruits for dessert.
- Don't add salt during cooking or at the table. Try seasoning foods with herbs, lemon juice, etc.

## CUSTOMER SERVICE



*ECC...Every student/customer counts!*

**Listen to me**

- *Pay attention – hear what the student/customer has to say.*

**Give me correct information**

- *Never be afraid to say you have to research the matter before giving an answer.*

**When on the telephone**

- *Do not transfer the student/customer from person to person. Connect the student/customer with the right person the first time.*

**I expect courteous service**

- *Always be patient and polite.*

**I expect action**

- *Don't make the student/customer wait unnecessarily.*

## EMPLOYEE SUMMER ENTERTAINMENT DISCOUNTS



The Human Resources Department is pleased to announce the sale of tickets to:

Six Flags Great Adventure Theme Park & Wild Safari - \$32.00 (children under 3 are free)

- Season Pass - \$74.99
- Hurricane Harbor Water Park - \$23.00
- Season Pass - \$74.99
- Meal Voucher - \$8.00

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Dorney Park - \$26.50 (Children age 2 and younger are free)

- Children age 3 and older who are less than 48 inches in shoes - \$14.95
- Adults age 62 and over - \$14.95

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Mountain Creek Waterpark - \$16.99 (children under 3 are free)

- Meal Deal Tickets - \$6.99
- Free Parking

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2006 Hershey Park Hospitality Card

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Anheuser-Busch Adventure Parks Card

*Don't forget to dress appropriately for work during the summer months. Your appearance always leaves an impression upon others.*

**ENJOY YOUR SUMMER!**

