

Connection - Instructor And Staff Resources

Looking for something to do this spring. The Community College of Baltimore County has just the ticket.

- **One-Day Trip** – Spend a day wandering around the Big Apple. CCBC Continuing Education is sponsoring a one day trip to New York City on April 5th from 7:00 a.m. – 9:30 p.m. You'll be dropped off in the theater district and have the whole day to explore. The \$55 fee includes coach bus, breakfast, snack, gratuities and escort.
- **Two Day Trip – *The Wine, the Glass, the Geology*** – Join CCBC for a fun-filled two day trip to the Finger Lakes, NY on May 3-4. The trip will include tours of several wineries as well as a tour of the Corning Glass factory. The cost of \$330 for double-occupancy includes accommodations at the Radisson Hotel Corning on Saturday night.
- **Four Day Trip – *History of Salem Trials and the Crime of Witchcraft*** – Join historian guide and author **Jim McCallister** for a tour of Salem, MA.

Some of the sites the group will visit are the excavation site of the **Reverend Samuel Parris House, Nathaniel Ingersoll's Ordinary, the Sarah Osborne House, the Joseph Putnam House, the Samuel Holten House, the Bridget Bishop House, the Wadsworth Cemetery, the site of the original Salem Village Meeting House, the Salem Witchcraft Victim's Memorial, the Salem Witch Museum, site of the Salem Courthouse, site of the Meetinghouse of First Church, the Burying Point Cemetery, the Path to Gallows Hill and Gallows Hill, St. Peter's Church, the Salem Witch Trial Memorial, the Jonathan Corwin House, and the House of Seven Gables.**

The trip will be May 18 – 21 and costs \$800 per person double occupancy and includes 3 nights hotel accommodations, baggage handling (1 bag per person), 3 hot buffet breakfasts, 2 lunches, 1 dinner, all tours/admissions, historian guide service, gratuities, and escort.

For more information about these and all the other travel opportunities offered by CCBC Continuing Education visit www.ccbcmd.edu/travelstudies. Or you can call **410-780-6717**.

Spring Break Schedule

The Community
College of Baltimore
County and all its off
campus sites will be
closed from

March 21-28, 2008

For Spring Break

If you are unsure as
to your individual



class schedule ,
please contact your
coordinator to
confirm your
schedule.

You don't look 50? CCBC is celebrating 50 years of operation.

It's been 50 years since the Essex and Catonsville campuses opened their doors to Baltimore County residents. A gala celebration is planned for **April 26** at **Martin's Valley Mansion** with the theme, "**Dancing with the Stars.**"

Tickets are available now at the employee discounted price of \$125. All proceeds will benefit student scholarships and programs at CCBC. For more information about tickets or sponsorship, please call 410-285-9970. Visit <http://www.ccbcmd.edu/anniversary/index.html> for more information.



CCBC is dedicated to ensuring the safety of its students, faculty and staff.

Violence on campus has become an all too often headline which may have both students and faculty members rethinking their college plans. However, according to the US Department of Labor, a college instructor, is the safest profession in the US.

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In the last newsletter, it was announced that the campus alert system would soon

be implemented. The system is now in place and has been designed to notify staff, employees and students of campus closings due to the weather or other emergency situations.

The system allows participants to choose which campuses they wished to be notified about and how they would like to be notified: phone, e-mail or both. Follow the link to sign up for this new service. [campus alert](#)

In addition, all on campus office and classroom computers, viewing monitors and public workstations are configured to broadcast instant emergency alerts. The IT staff is also working on installing an emergency **Panic Button** in all classrooms and public spaces as part of the standard SmartCart technology.

CCBC has also upgraded all external call boxes on all campuses and is preparing to add a system that will turn the call box into a PA system to announce emergency alerts. In the near future, there will be add electronic signboards at the Dundalk and Catonsville campuses to warn people from even entering the campus when an emergency occurs. CCBC administration is committed to keeping its campuses safe.

If you teach at an off-site campus, check with the site coordinator to find out emergency procedures at individual locations.

CEED instructors often have a huge impact of on the lives their students.

In fact, sometimes taking a class through continuing education can be life changing. Just as in the case of Anke Kelly.

Ms. Kelly is an employee in the finance department of CCBC Dundalk. She is a creative person who has always enjoyed taking continuing education classes. From stained-glass to portrait sketching, CCBC's Continuing Education classes continued to provide an outlet for her creative talents, but when she started with glass fusing, something clicked. She loved the craft and found her talents translated into jewelry making.

Starting in May '07, she began making jewelry and decided it would be fun to start making special pieces for family and friends. She bought a kiln and decided that if she wasn't having fun, she could always sell it. But that's not what happened.

Kelly's first show was at CCBC Essex. People who saw her work liked it and she realized she had a business. Then she put ads in Niche magazine, a publication used by dealers and boutiques to find merchandise. Now, she has offers from individuals who want to hold shows for her in their homes.

But her big show will take place when she premieres her jewelry at the Women's Expo held at CCBC Catonsville March 8 and 9. Kelly has paid for a booth and is anxious to see how her jewelry is received by EXPO visitors.

She is grateful to her CEED instructors, Jackie Orsini and Elizabeth O'Hara, for their patience, their dedication and their willingness to share their knowledge with their students.

Think Spring. Cure the winter blues and get in shape for Spring with tips from CEED instructor Suzanne Maddy

Although there is snow on the ground, some people are beginning to think ahead to Spring. According to Suzanne Maddy, ACE certified personal trainer and senior fitness instructor, this is the perfect time to get it shape.

She said it's important to start of the week by making a commitment. "Make a date with yourself. Decide on the number of times you're going to work out and stick to it."

She also recommends getting some small hand weights and doing 10 repetitions of four difference exercises while watching television. The routine may only take five minutes and can be done every day. "By starting off with something small, you'll feel better about moving on to the next step."

Finally, for people who are just starting off, she recommends small weights and multiple repetitions to reduce the risk of getting hurt.

