



The Middlesex County College annual holiday party included a food drive that collected 1500 pounds of food, which was donated to M.C.F.O.D.S. (Middlesex County Food Organization and Outreach Distribution Services). Members of the College community dropped off food as they entered the party. The Hospitality, Culinary Arts, and Dietetics Department also contributed a huge box of food. In addition, the Student Activities Department and the Blue Colt Bookstore organized food collection bins all over campus. At the party, from left, Roelof Baay, of Accounts Payable; Amanda Marocco, an MCC student who works at the Bookstore; Shannon Williams, Health, Physical Education and Dance Department; and Ode Hoppie, Student Activities.

Today's Table Salutes Civil Rights Heroes and Milestones

The new year is filled with milestone events and birthdays of key people involved in the Civil Rights Movement. To commemorate their accomplishments and legacy, MCC invites you to celebrate generations of African-Americans and how they transformed history. The spring 2013 semester of Today's Table will feature four programs about African-American food; three will include commentary by Fannie Gordon, director of the College's Educational Opportunity Fund. She will talk about the origin of African-American cooking as it relates to the evening's menu. A local chef will demonstrate how to prepare the meal and everyone will get a chance to taste it.

The program will be held in the Crabiell Hall culinary lab and include tastings of food prepared by the chef and a copy of the recipes.

You may register a la carte at \$30 for each class or choose any three for \$75. The savings are available to anyone who registers with payment for the three classes at the same time; this offer is not valid on the full-day Saturday classes or the wine appreciation program. Except for the full-day Saturday classes or where otherwise noted, classes meet from 6:30-9 p.m. or 9:30 p.m. For more information visit www.middlesexcc.edu/profcom; to register please call 732-906-2556. Menus are subject to change. Classes include:

Emancipation Proclamation

Breakfast Cake In celebration of the 150th anniversary of the signing of the Emancipation Proclamation, this class will show you how to prepare traditional African-American food such as chicken and dumplings, yam chips, okra, crackling cornbread and for dessert, pecan pralines and the mouthwatering Emancipation Proclamation Breakfast Cake. Learn to prepare them and hear about how African-American cooking developed from Dr. Gordon. Wednesday, February 6.

African-American Cooking: A Bit of Food and a Bit of History The African-American style of cooking

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When Lindsay Benko heard about another young girl who started her own nonprofit organization, she was inspired. The 12-year-old decided she wanted to start one too: a program to help homeless children. Her organization, called "Hope," was born. Now, with help from students in the EMPOWER (Empowering Mentoring Peers On Work and Education Readiness) program at the MCC New Brunswick Center, she is creating 50 bags for children served by Ejjiah's Promise, the soup kitchen. EMPOWER, a mentoring program for college-bound Latino youth from New Brunswick, has a community service component. She is also being helped by her mother, Celis Benko, a 2008 alumna of MCC. From left, Maria Dominguez, an EMPOWER participant and a student at New Brunswick Health Sciences Technology High School; Celis Benko; and Lindsay Benko.

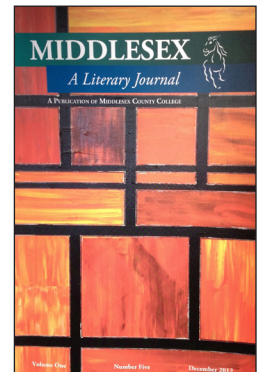
Middlesex: A Literary Journal Is Published

The fifth annual literary journal was recently published. The journal celebrates the creative work of faculty, staff and friends of the College. It is distributed to the College community and select libraries in the area, as well as anyone who would like to receive a copy. Please email Linda Friedman at lfriedman@middlesexcc.edu.

The book includes poetry from Dan Zimmerman, Emanuel di Pasquale, Frank Finale, Hank Kalet, O. Javier, Shirley Russack Wachtel, Stuart Greenhouse, Helena Swanicke, Daniel Weeks and Mathew Spano. It also contains fiction from Elisabeth di Pasquale, Rob Thorp, and Dr. Wachtel.

Photographs were contributed by Karen Hays, a play by Paige

L'Hommedieu, an essay by Alicia Basilici, Dr. Zimmerman and Dr. Spano. Dr. Zimmerman also published a review.



THIS MONTH AT MIDDLESEX

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Men's Basketball Helps Community

Members of the men's basketball team helped with the Annual Halloween Parade on Sunday, October 27 in North Plainfield. Those players were Magdy Assawi, Mehdi Benkabbou, Martin Mitchell, Josh Lee, Antwon Paterson and Abdul Bamba. They helped set-up the event and also were the official judges for the costume contest.

The entire team also assisted with the Annual Senior Citizen Holiday Party on Sunday, December 9 at the Dunellen Methodist Church.

Jordan Thomas Named Player of the Week

Jordan Thomas was a consistent force in games on December 4, 6 and 8, as the sophomore forward scored 17 points in each contest, while reaching a double-double in each game. She was named Region 19 Player of the Week for her efforts.

She pulled down a career-high 24 rebounds in the Colts' 75-64 win over Salem and followed that up with 17 points, 11 rebounds, and 17 points, 11 rebounds against Montgomery (W 54-43) and Brookdale (L 64-47), respectively.

Middlesex is now 7-4 overall and 5-2 in Region 19.

MCC Named Safe School

Middlesex County College is the second safest college or university in the state of New Jersey, according to a survey by StateUniversity.com, which ranks schools all over the United States on the basis of frequency and severity of crime.

Middlesex received a score of 95.69; the only New Jersey college with a better score was Brookdale Community College, with a score of 98.33.



When Hurricane Sandy knocked down about 40 trees on the campus, it created less shade, but also a learning opportunity. Workers cut several sections that will be used in biology classes. Students can study a cross-section of one of the trees to learn about its history and the history of the local environment. The science is called dendrochronology, the study of tree aging. "Trees are some of the oldest living organisms," said Parag Muley, chair of the Department of Natural Sciences at the College. "You can learn a lot by knowing how it grew." For example, examining the tree rings can give an idea of the quality of soil, prevalence of insects, fire, drought and the air quality throughout its life. From left: Biology Professor George Allen, Mr. Muley, and Donald R. Drost Jr., executive director of facilities management at the College.



Old friends and colleagues got together at a luncheon for College retirees in December. The lunch, cooked and served by students in the Hospitality, Culinary Arts, and Dietetics program, brought back 40 retired College faculty and staff. It was a great afternoon of catching up and reminiscing. Here, David Beyer chats with Irene Pearse.



Gabriela Rozalia (Jurick), the Physical Education Center coordinator, autographed copies of her new book, "I'm still Standing," during a signing at the Blue Colt Bookstore. The book is about overcoming incredibly difficult obstacles. She hopes that the book will inspire others facing challenges. Here, she is autographing a copy for MCC student Luis Nieves.

Today's Table: Cook Great Food

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merges the improvisational techniques that gave the nation jazz with the cooking methods and flavors of Africa. From okra and collard greens to southern fried chicken, black-eyed peas and sweet potato pie, African-American cooking is informed by its history and illustrates the richness and complexity of cultural traditions. Dr. Gordon will talk about the history as a chef prepares the meal. Wednesday, February 13.

Desserts: African-American Style From sweet potato and pecan pies to pound cake and fruit cobblers, cakes and pies are trademarks of the African-American table, church supper and holiday gift. Come hungry for food, come hungry for knowledge and come hungry for a good time. Dr. Gordon and a guest chef. Wednesday, February 20.

Soul Kitchen's Terrence Stewart "All are welcome at our table" The Jon Bon Jovi Soul Kitchen is a nonprofit community restaurant run by the Jon Bon Jovi Soul Foundation. Meet Soul Kitchen's Chef Terrence Stewart and enjoy a sampling of soul cooking featuring Hoppin' John Soup, and bread pudding. Tuesday, February 26.

Other classes include:

Chicken 101 Learn new ideas for cooking this versatile bird. Tuesday, January 15.

Cupcake Boot Camp Learn to make a variety of cupcakes. Tuesday, January 22.

Stop in the Name of Spud Try potatoes and potato-inspired dishes such as potato gnocchi, potatoes roesti, and duchess potatoes. Thursday, January 24.

The program continues through May. For a complete schedule visit www.middlesexcc.edu/profcom.



Carmen Oshiro received the 2012 Women in Business Contribution to the Community Award from Magic 98.3. She was nominated by Patrick Madama, MCC vice president for institutional advancement, for her support of the College, especially at the New Brunswick Center. As vice president at Magyar Bank, Ms. Oshiro is involved in many causes throughout the area.