

FRESH FROM THE JAR

LRC NEWSLETTER



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Relay For Life Activities

Peggy Bane, Secretary, Dean Learning Resources Center and Distance Education

The month of March is typically known as Daffodil Days. As the first flower of spring, the daffodil represents hope and renewal. To the American Cancer Society, the daffodil symbolizes the hope we all share for a future where cancer no longer threatens those we love. Daffodil Days is one of the American Cancer Society's oldest and most beloved fund-raising programs that provides hope to everyone touched by cancer by offering daffodils to donors in appreciation of their contributions. For more than 30 years, Daffodil Days has enabled people of all ages to join the Society's fight against cancer by raising funds to support groundbreaking cancer research, provide up-to-date cancer information and education, advocate for public health policies that benefit the community, and provide services that improve the quality of life for patients and their families.

Your support of the American Cancer Society's Daffodil Days helps give life and hope to millions of Americans facing cancer.

Our lifesaving mission is only possible because of caring people like you.

The PCC Relay for Life team will have small potted plants with upcoming daffodils for sale in the Student Union, "E" Building each Tuesday during the month, starting on March 6, 2007. These potted plants will sell for \$2.00 and can be replanted in your yard or flower bed.

March is National Colorectal Cancer Awareness Month, an important event considering that a nationwide survey shows that more than two-thirds of men have not consulted a doctor about their risk of developing colon cancer, and nearly half are not at all concerned about developing colon cancer - the nation's second most deadly cancer. During this time, Wyeth, the maker of new Caltrate[®] Colon Health[™] is teaming up with the Men's Health Network on a national education campaign called "Talk About It." The goal is to encourage men to confront the risks and appropriate preventative steps related to colon cancer.

It is estimated that 90 million Americans are at risk for developing colon cancer, and that risk increases for those over age 50. Another alarming statistic shows that 75 percent of all colon cancer cases occur in people showing no known predisposing factors. During March, the "Talk About It" campaign will provide information and promotion of colon health through www.colonhealth.com. Consumers can access colon cancer facts, risk reduction tips, and also sign up for free educational brochures and product samples. We will be recognizing one of PCC's faculty who is a colon-cancer survivor during this month.

Additionally, PCC Relay for Life will raffle off a "Racing Basket" filled with goodies from the local race-tracks, including tickets, T-shirts, caps, etc.

Also, during the month of April, we should have the PCC Relay for Life cookbooks available for sale. The cookbook is filled with mouth-watering recipes shared by PCC employees.

Many of the recipes denote *In Honor of...* or *In Memory of...* As soon as these cookbooks arrive, the PCC Relay for Life team will notify everyone and will start selling these cookbooks.

We will also be raffling off a one-of-a-kind doll named *Hope* to support the PCC Relay for Life team. She is now on display in Building A and will be raffled off before the end of the Spring semester. *Hope* will be displayed on both campuses and in different departments on campus so everyone can get the opportunity to see this lovely doll.

Lastly, the PCC Relay for Life team will sponsor a BBQ chicken meal on Thursday, April 26th to raise additional funds. The meal will consist of BBQ chicken, roll, baked beans, coleslaw or potato salad, dessert, and soft drink or bottled water. The price will be \$6.00 per plate. So, please mark your calendar for this event.

From Angela Vaughn—Distance Education Staff Assistant

Beginning in March, Distance Education will offer a new service for online faculty and students enrolled in online courses—a technical helpdesk that will be available 24 hours a day, seven days a week, 365 days a year.

In cooperation with Presidium Learning, Inc., online students and faculty can receive three types of assistance with Blackboard:

- Knowledge Base – a self-service website that will provide an interactive repository of useful documentation including "how-to" tutorials, product downloads, and "best practices" tailored specifically to the needs of PCC's online students and faculty
- Real-time Chat – a direct, chat-based messaging link to a certified customer care representative
- Toll-free Number – access to a toll-free number with phone support

The Helpdesk is a valuable addition to PCC's Distance Education program! Look for more information in the near future!

March is Women's History Month—National Women's Hall of Fame, Inc.

The National Women's Hall of Fame is an exhibition and research center in Seneca Falls, N.Y. The center was opened to the public in 1979 and is located near the site of the first Women's Rights Convention, convened in 1848 by Elizabeth Cady Stanton and Lucretia Coffin Mott.

Below is a selected list of persons elected to the National Women's Hall of Fame, Inc.

Bella Abzug (Civil Rights)	Louisa May Alcott (Literature)	Marian Anderson (Music)	Mary McLeod Bethune (Education)	Nellie Bly (Journalism)
Gwendolyn Brooks (Poetry)	Annie Jump Cannon (Astronomy)	Jacqueline Cochran (Aviation)	Bessie Coleman (Aviation)	Emily Dickinson (Poetry)
Marjory Stoneman Douglas (Environment)	Mary Baker Eddy (Religion)	Geraldine Ferraro (Politics)	Angelina Grimke (Social Reform)	Helen Hayes (Theater)
Beatrice A. Hicks (Engineering)	Zora Neale Hurston (Anthropology; Literature)	Bishop Leontine Kelly (Religion)	Wilma Mankiller (Native American Rights)	Sandra Day O'Connor (Law; Government)
Georgia O'Keeffe (Painting)	Edith Nourse Rogers (Politics)	Wilma Rudolph (Sports)	Bessie Smith (Music)	Gloria Steinem (Social Progress)
Harriet Beecher Stowe (Literature; Social Reform)	Brigadier General Wilma Vaught (Military)	Edith Wharton (Literature)	Chien-Shiung Wu (Physics)	Gloria Yerkovich (Child Welfare)

April is National Poetry Month

National Poetry Month was established by the Academy of American Poets in 1996 as a month long national celebration of poetry. Its mission is to increase the public's awareness of the art of poetry, to living poets, to our poetic heritage, and to poetry books and magazines. To learn more about poets and poems, **visit the Gordon P. Allen LRC or the Caswell LRC to check out books on poets; to use American Poetry, African-American Poetry, or English Poetry databases; or to browse the Web for poets or poetry.** Enjoy some of the world's famous poets and poems below:

Wish for a Young Wife

My lizard, my lively writher,
May you limbs never writher,
May the eyes in you face
Survive the green ice
Of envy's mean gaze;
May you live out your life
Without hate, without grief,
And your hair ever blaze,
In the sun, in the sun,
When I am undone,
When I am no one.

Theodore Roethke (1908-1963)

Metaphors

I'm a riddle in nine syllables,
An elephant, a ponderous house,
A melon strolling on two tendrils,
O red fruit, ivory, fine timbers!
This loaf's big with its yeasty rising.
Money's new-minted in this fat purse.
I'm a means, a stage, a cow in calf.
I've eaten a bag of green apples,
Boarded the train there's no getting off.

Sylvia Plath (1932-1963)

Dreams

Hold fast to dreams
For if dreams die
Life is a broken-winged bird
That cannot fly.

Hold fast to dreams
For when dreams go
Life is a barren field
Frozen with snow

Langston Hughes (1902-1967)

Tell Me

Tell me, dear beauty of the dusk,
When purple ribbons bind the hill,
Do dreams your secret wish fulfill,
Do prayers, like kernels from the husk
Come from your lips? Tell me if when
The mountains loom at night, giant shades
Of softer shadow, swift like blades
Of grass seeds come to flower. Then
Tell me if the night winds bend
Them towards me, if the Shenandoah
As it ripples past your shore,
Catches the soul of what you send.

Jean Toomer (1894-1967)

Bequest

You left me, sweet, two legacies, —
A legacy of love
A Heavenly Father would content,
Had He the offer of;

You left me boundaries of pain
Capacious as the sea,
Between eternity and time,
Your consciousness and me.

Emily Dickinson (1830-1886)

Women in Dutch Painting

The afternoon sun is on their faces.
they are calm, not stupid,
pregnant, not bovine.
I know women like that
and not just in paintings—
an aunt who did not answer her husband back
not because she was plain
and Anna who writes poems
and hopes her avocado stones
will sprout in the kitchen.
Her voice is oatmeal and honey.

Eunice de Souza (1940-)