

PRESIDENT'S REPORT

SEPTEMBER 2026



President's Message

September 2026

As Atlantic Cape Community College begins the Fall 2026 semester, I am pleased to present this month's President's Report. The start of a new academic year provides an important opportunity to reflect on our progress, recognize the work of our College community, and remain focused on the opportunities ahead.

Over the past several weeks, Atlantic Cape has demonstrated meaningful momentum across the institution. Our work continues to center on student success and engagement while expanding our presence throughout Atlantic and Cape May counties. From welcoming new and returning students, to strengthening recruitment efforts, supporting student well-being, and connecting learners with opportunities beyond the classroom, our collective efforts are focused on creating clear and accessible pathways to achievement.

This month also reflects the increasingly important role Atlantic Cape plays as a regional partner. Our relationships with employers, healthcare organizations, community-based organizations, governmental partners, educational institutions, and civic leaders continue to expand the College's ability to respond to the needs of our communities. Just as importantly, we are continuing to invest in the student experience and in the people who make Atlantic Cape possible. Our new employee welcome initiatives, leadership roundtables, campus engagement activities, athletics, cultural programming, and student support efforts contribute to a College environment where people can connect, feel a sense of belonging, and understand their role in our shared mission.

I am particularly encouraged by the breadth of activity represented in this report. The accomplishments highlighted here are not isolated events; together, they reflect an institution that is increasingly intentional about how we serve students, engage our communities, develop our workforce, and position Atlantic Cape for the future. As we move further into the academic year, we will build upon this momentum with intentionality, urgency, accountability, and a continued commitment to excellence. We must remain attentive to what our students and communities are telling us, use data and evidence to inform our decisions, and ensure that our resources and efforts are aligned with the outcomes we seek to achieve.

Sincerely,

Jason Abreu, Ed.D.
President

Student Success and Student Engagement

Graduation, Scholarships, and Student Support Services

Atlantic Cape certified 158 Summer 2026 graduates, including Early College graduates, while certifying an additional 104 Professional Series students. More than \$32,000 in scholarships and emergency assistance was awarded, and Student Support Services welcomed new students through its annual orientation program.



Campus Engagement and Student Well-Being

Student Affairs delivered extensive welcome-back programming, mental health initiatives, cultural celebrations, and engagement opportunities to approximately 400 students that strengthened belonging, wellness, and student success.

Enrollment Growth and Community Outreach

Recruitment and Enrollment Outreach

Atlantic Cape's Recruitment Team maintained a strong presence throughout the region, engaging prospective students and families through campus visits, high school events, community programs, and information sessions with over 45 potential students identified. Key outreach activities included:

- Participated in **Tabling Tuesday** at the One-Stop Career Center, connecting workforce participants with academic and career training opportunities.
- Hosted multiple **campus tours** for prospective students and families, including an Early College-specific tour and general admissions tours.
- Attended the Youth Resource Fair at the Atlantic City Boys & Girls Club, providing information on enrollment pathways and student support services.
- Participated in numerous **high school Back-to-School Nights**, including Lower Cape May Regional High School, Buena Regional High School, Egg Harbor Township High School, and Cape May County Technical School.
- Represented Atlantic Cape at regional **college fairs**, including events at Wildwood Catholic Academy and St. Augustine Preparatory School.
- Hosted a **Radiologic Technology Information Session**, highlighting career opportunities and program pathways in healthcare.

- Participated in the Atlantic County Utilities Authority Wellness Fair, expanding awareness of Atlantic Cape's academic programs and community resources

These efforts strengthened the College's visibility throughout Atlantic and Cape May counties, expanded connections with prospective students, and supported enrollment and educational access goals.

New Student Orientation

Atlantic Cape welcomed new and returning students through orientation programs designed to support a successful transition to college and connect students with campus resources. The Student Support Services (SSS) Program hosted its [Annual Orientation](#), welcoming 21 students and introducing them to academic support services, advising resources, and opportunities for involvement. Dr. Jason Abreu addressed participants, encouraging them to remain engaged and take advantage of the support available throughout their academic journey.

In addition, the Cape May County Campus hosted a [New Student Orientation](#) as part of its welcome-back programming, helping students prepare for the Fall 2026 semester and connect with the Atlantic Cape community.

Expanding Community Connections

Community Outreach engaged residents through resource fairs, cultural festivals, homeownership workshops, food distributions, and back-to-school initiatives, extending Atlantic Cape's impact throughout the region.

Police Academy K9 Graduation

On September 10, Atlantic Cape hosted the [graduation ceremony](#) for 15 canine-handler teams who completed training through the Atlantic County Police Training Center's John "Sonny" Burke Police K-9 Academy. Dr. Jason Abreu delivered celebratory remarks recognizing the graduates' dedication and accomplishments. The program, which attracts participants from across the country, including as far away as Arizona, highlights Atlantic Cape's role in supporting specialized public safety training and strengthening workforce development partnerships beyond New Jersey.

Regional Leadership and Civic Engagement

On September 16, Dr. Natalie Devonish, Vice President of Student Affairs and Enrollment Management, participated in high-profile regional initiatives including the Atlantic City Housing Accelerator, advancing conversations around housing and economic development.

Dr. Devonish participated in the opening panel, “Framing the Challenge and Opportunity,” alongside leaders from Atlantic City’s community and economic development organizations. The discussion focused on housing rehabilitation needs, developer engagement strategies, affordable homeownership opportunities for low- and moderate-income residents, and collaborative approaches to advancing housing rehabilitation efforts across Atlantic City.

Trustee Spotlight

Trustee Monica Kyle

Trustee Monica Kyle was recently featured in *Mainland Living* magazine's cover story, *Flour Power: Meet the Kyle Family*. The article highlighted Kyle's dedication to community service, her professional leadership, and her commitment to Atlantic Cape's mission. Kyle shared her appreciation for serving on the Board, noting the College's important role in creating opportunities and meeting students where they are on their educational journeys. The feature also highlighted the Kyle family's strong tradition of civic engagement and support for community organizations throughout the region.

Employee Engagement

New Employee Welcome Breakfast



Atlantic Cape Community College welcomed newly hired faculty and staff during a New Employee Welcome Breakfast hosted by Dr. Jason Abreu on August 28. The event provided an opportunity for new employees to connect with College leadership, learn more about Atlantic Cape's mission, and begin building relationships across the institution. The initiative reinforced the College's commitment to fostering a culture of belonging, collaboration, and shared purpose while emphasizing the important role every employee plays in supporting student success and advancing the College's mission.

President's Leadership Roundtable

Atlantic Cape convened leadership roundtables for the Worthington Atlantic City Campus and Cape May County Campus to explore each campus's future role in advancing student success, workforce development, enrollment growth, and community impact. Facilitated by Dr. Jason Abreu, the discussions examined five-year trends, campus strengths and challenges, academic and workforce opportunities, student engagement priorities, and community partnerships.

The conversations will inform strategic opportunity frameworks that help guide future investments, programming, and initiatives to ensure both campuses remain responsive to the evolving needs of students, employers, and the communities they serve.

Athletics and Student Life

Building Community Through Athletics



ACCC Athletics officially launched the Fall 2026 season, with Buccaneer student-athletes competing in Men's Soccer, Women's Soccer, Women's Volleyball, Cross Country, Archery, and Esports. These programs continue to enhance student engagement, leadership development, and campus pride while providing opportunities for students to compete at a high level and represent the College throughout the region. The Athletics

Department also hosted its annual Women's Volleyball High School Showcase, welcoming 109 student-athletes from 10 high schools across Atlantic and Cape May counties. The event provided local athletes with an opportunity to showcase their talents while serving as an important recruitment pipeline for Atlantic Cape Athletics. Below are the standings as of 9/17.

Women's Volleyball record

- 1-1 in region
- 2-2 overall
- Standing: 6th

Men's Soccer record

- 2-4 Region
- 2-4 overall
- Standing: 10th

Women's Soccer record

- 0-0 Region
- 1-0 overall
- Standing: 5th

Welcoming Students Back to Campus

Atlantic Cape welcomed students for the Fall 2026 semester through a variety of engagement and support initiatives designed to foster connection, belonging, and academic success. Activities included **Campus Coffee Breaks**, **Ready, Set, Semester, Resupply for Success**, Welcome Back celebrations, and the [Student Government Association Welcome Back Barbecue](#), which connected students with clubs, College departments, and community resources.



The College also promoted student well-being and inclusion through the [IMALIVE Mental Health Fair](#), **Hispanic Heritage Month** celebrations, and the **You Matter Wall** mental health awareness campaign. Together, these programs helped create a welcoming environment while encouraging student engagement, wellness, and campus involvement at the start of the academic year.

A.I. Workforce Development Opportunity

Atlantic Cape Community College, in partnership with the New Jersey Community College Consortium for Workforce and Economic Development, was awarded \$4,000 to participate in the [New Jersey AI Ready Sprinternships Initiative](#). The pilot program will provide up to five students with paid, three-week experiential learning opportunities working on employer-sponsored artificial intelligence projects. The initiative, led by Michele Togashi, Assistant Professor of Business Information and Aviation, expands access to applied AI experiences, strengthens employer partnerships, and helps prepare students for careers in emerging technology fields.

Inlet Community Development Initiatives

Neighborhood Revitalization and Community Impact

Through its partnership with the Inlet Community Development Corporation (CDC), Atlantic Cape continued to support neighborhood revitalization, community engagement, and quality-of-life initiatives throughout Atlantic City's Inlet neighborhood. Key accomplishments during the reporting period included:

- Participated in monthly code enforcement and neighborhood assessment walks with the Casino Reinvestment Development Authority to identify community improvement opportunities.
- Supported community beautification efforts through participation in the Fisherman's Park Adirondack Chair Unveiling.
- Sponsored the Pennsylvania Avenue Back-to-School Bash, including a \$1,000 contribution toward school supplies for local students and families.
- Hosted a Summer Send-Off Cruise from Gardner's Basin, bringing residents together and promoting community connection.
- Sponsored the "Make It Make Cents" financial literacy program, providing residents with practical budgeting and financial management skills.
- Served as a sponsor and community partner for the 48 Blocks Festival, engaging residents while promoting Atlantic Cape's educational and workforce development opportunities.



These initiatives strengthened community partnerships, supported resident well-being, and reinforced Atlantic Cape's commitment to serving as a catalyst for neighborhood development and civic engagement in Atlantic City.

Cape May County Campus Highlights

Community Impact and Lifelong Learning

The Cape May County Campus continued to serve as a hub for community engagement, lifelong learning, and public discourse through partnerships with local organizations, educational programs, and regional events. Campus representatives participated in numerous civic, nonprofit, and cultural initiatives throughout the reporting period, strengthening Atlantic Cape's visibility and impact across Cape May County.

Activities included:

- Hosting a [TEDxCapeMay Salon](#) presentation featuring Michael Pellegrino's discussion, *Mental CPR: The Power of the Pause*, which attracted a large audience and explored resilience, mental wellness, and strategies for responding constructively to personal trauma and adversity.
- Participating in the Back-to-School BBQ Coalition for Safe Communities in Wildwood.
- Supporting the Cape May County Department of Aging Senior Art Show and Awards Reception.
- Participating in regional events including the Whitesboro Reunion Festival, *La Fiesta Hispana*, Chamber of Commerce meetings, nonprofit consortium gatherings, and community health initiatives.

These activities advanced Atlantic Cape's commitment to community enrichment, personal development, and lifelong learning while reinforcing the Cape May County Campus as a regional center for educational and civic engagement.

Summary

Atlantic Cape demonstrated significant accomplishments in student success, scholarship support, recruitment, community outreach, athletics, and neighborhood revitalization while strengthening its role as a regional resource for education, workforce development, and community engagement.

President in Action

Date	Event	Engagement
8/19/2026	NJ Pathway Program-Probation Meeting with Former BOT Member Judge Sandson	Connection
8/19/2026	Introduction meeting with the CRDA	Connection
8/19/2026	Atlantic City Council Meeting	Remarks
8/19/2026	Atlantic Cape Adjunct Faculty Welcome Back Event	Speaker
8/20/2026	Atlantic Cape's Cape May County Campus New Student Orientation	Remarks
8/20/2026	Cape May County Chamber Membership Meeting and Legislative Update with Congressman Van Drew, Senator Testa, Assemblyman Simonsen, and Assemblyman McClellan	Attendance
8/20/2026	TEDx Cape May "Salon" presentation "Vital Signs - Mental CPR: The Power of Pause" with Michael Pellegrino	Remarks
8/21/2026	Atlantic Cape Student Support Services Orientation	Speaker
8/24/2026	Meeting with Dr. Lovell Pugh-Bassett, President of Camden County College	Connection
8/24/2026	SOAR Church Unity in the Community Backpack Event at CMC Park	Participation & Endorsement
8/25/2026	Cape May County Commissioners Meeting	Remarks
8/26/2026	Meeting with South Jersey Transportation Authority (SJTA) Stephen Dougherty and Tim Kroll	Connection
8/26/2026	Meeting/Tour with Tracey Triniwell, CEO of the Atlantic City Boys and Girls Club	Connection
8/27/2026	Atlantic Cape Faculty in-service	Remarks
8/28/2026	Atlantic Cape New Employee Welcome Breakfast	Speaker
8/28/2026	Meeting with Rutgers Camden Interim Chancellor, Dennis Shields	Connection
9/1/2026	Councilman/Vice President Kaleem Shabazz Third Ward Community Barbecue with ACPD	Connection
9/1/2026	Atlantic County Commissioners Meeting	Remarks

Date	Event	Engagement
9/2/2026	Meeting with Robert Previti, Former Board Member	Connection
9/2/2026	2027 Funding Opportunities – Bacharach & Hollander Memorial Foundation	Endorsement
9/3/2026	Meeting with Dennis Levinson, Atlantic County Executive	Connection
9/3/2026	Meeting/Tour with Fran Kuhn Atlantic County Workforce Development Board	Connection
9/4/2026	President's Meeting with the New Jersey Council of County Colleges (NJCCC) – Middlesex College	Participation
9/9/2026	NJ TRANSIT South Jersey Transit Market Study Virtual Public Meeting	Participation
9/10/2026	Atlantic Cape Welcome Back Bash: Club Recruitment Fair	Attendance
9/10/2026	Police Academy K9 Graduation	Remarks
9/10/2026	Atlantic Cape's Greenhouse reopening ribbon cutting	Remarks
9/10/2026	Pleasantville Community Block Party	Attendance
9/11/2026	Atlantic Cape 9/11 Remembrance Ceremony	Speaker
9/11/2026	Justice Impacted Job & Resource Fair – Rowan College of South Jersey	Participation
9/12/2026	Cape May Point Arts and Science Center's Da Vinci Gala	Attendance
9/14/2026	Meeting with Atlantic Cape Alumni veterans	Connection
9/14/2026	Worthington Atlantic City Campus Leadership Roundtable Meeting	Facilitator
9/14/2026	New Jersey Council of County Colleges (NJCCC) Meeting – Middlesex College	Participation
9/15/2026	Atlantic Cape's Hispanic Heritage Flag Raising	Attendance
9/15/2026	Atlantic City Community Fund Reception – Hard Rock Hotel & Casino Atlantic City	Attendance
9/16/2026	Cape May County Chamber September Meeting with Senator Testa, Assemblyman McClellan, & Assemblyman Simonsen	Attendance
9/17/2026	Meeting with the Atlantic Cape Foundation Board of Trustees	Connection
9/17/2026	Coalition for a Safer Community Board Meeting	Participation

Date	Event	Engagement
9/18/2026	Cape May County Technical High School tour with Jamie Moscony, Superintendent	Connection
9/18/2026	Cape May County Campus Leadership Roundtable Meeting	Facilitator
9/18/2026	Hispanic Heritage Celebration - Hammonton	Attendance
9/19/2026	HAAC Atlantic City Latino Festival	Attendance
9/19/2026	48 Blocks Festival – Atlantic City Arts Foundation	Attendance
9/21/2026	Introduction Meeting with Jim Rutala, President of the Atlantic Cape Foundation Board of Trustees	Connection
9/21/2026	Meeting with Atlantic County Commissioner, Vice Chairman Andrew Parker	Connection
9/22/2026	Atlantic County Workforce Development Board Meeting	Participation
9/22/2026	Atlantic County Institute of Technology Tour & Intro Meeting with Dr. Phil Guenther	Connection

MEDIA PACKET

August 18, 2026

Jayed Sourov values Princeton transfer scholars experience

Atlantic Cape Community College



PRINCETON, NJ – Growing up in a rural community, Atlantic Cape Community College rising sophomore and business major Jayed Sourov knew he always wanted to help people.

Today, thanks to his experiences as a first-year student at Atlantic Cape and his time this summer studying with the Princeton University Transfer Scholars Initiative (TSI) Program, Sourov remains committed to his goal and dream of creating a better future for students just like himself.

Born in 2003, Sourov never envisioned that a world of possibilities would open for him. Those from the rural community where he was raised who have managed to receive an education left home for neighboring big cities and greater opportunities. When Sourov moved to Egg Harbor Township, he was unsure if he should immediately search for a job or enroll in college to continue his studies. He chose the latter and it has changed everything in his life for the better.

From the outset of his studies at Atlantic Cape during the fall 2025 semester, Sourov decided to take an active on-campus role in the college's Student Government Association. As club coordinator, he was in charge of overseeing all other student clubs and their activities across the campus. With his can-do attitude, work ethic and enthusiasm, Sourov was able to land a role as a work-study intern in the

college's Marketing and College Relations department. Then, in acknowledgment of his academic successes during his freshman year, Sourov was nominated by Atlantic Cape Professor of English Rich Russell for this summer's Princeton University TSI Program.

Now in its fourth year of existence in 2026, the TSI is a summer program for community college students on the university's Princeton campus. In collaboration with 11 New Jersey community college partners, Princeton this year hosted a cohort of 50 students from across the state between June 28 and August 14. Part of the TSI mission is to support high-achieving community college students who are interested in transferring to selective four-year schools.

This summer marked the second year that Atlantic Cape has participated in the TSI Program. In 2025, four Atlantic Cape students — Kenya Cruz Antonio, Jade Phomsouvanh, Amanda Sanchez and Roman Segov — took part in the program.

Sourov and his TSI classmates were enrolled in an eight-week, three-credit, on-campus Qualitative Writing (WRI 100) Princeton course along with a noncredit Transfer Success course. During this time, students had the opportunity to engage with other Princeton faculty, students and summer programs, while having access to campus resources comparable to Princeton undergraduates.

"When I got the invitation that I was accepted into the TSI program, I was super happy to know that I am one of those students who actually can go to Princeton, take a Princeton accredited class and receive a Princeton transcript," said Sourov during a recent interview with Atlantic Cape's Marketing and College Relations team. "When I first came here to Princeton, my thought actually expanded, because the TSI not only focuses on your writing, but it also gives you an idea about which college or university may be a good fit for you. They guide you through the whole transfer process."

Sourov's Qualitative Writing class taught him how to compose an argumentative paper, how to form a thesis and consider motives. He also learned how to do humanities and social science writing.

"It's an argumentative class, so we had to present three assignments based on our argumentative writing. One is a five-page assignment on an object from the Princeton exhibition of the Revolutionary War. The second one was a 10-page case study on anything that's related to Princeton while the third assignment was on our academic major and what kind of research that could be done in that major," said Sourov.

Initially, he found the assignment process to be quite overwhelming. He doubted his ability and questioned his place in the TSI before realizing that he and the rest of his cohort classmates were all experiencing similar challenges.

"Before starting the TSI, I thought, I'm going to knock it out. I'm a 4.0 student, so it's going to be nothing for me. I would just make a claim, provide easy evidence and everything would be fine, but here at Princeton, I had to prove why it's good, why my claim provides evidence and I had to provide the evidence against my claim," admitted Sourov. "The course work here builds your mindset towards asking questions, such as why is it there? why you're doing this? If I write a sentence in an essay, my professor asks me why did you write it so? What's the purpose of it?"

During his time in the TSI program, Sourov learned that conducting research is the lifeblood of an intense Princeton education. The campus' 10 libraries offer students access to source material, historical documents and scholarly works.

"As an Ivy League school, Princeton is very focused on extensive research. The Firestone Library is one of the best places, I think, for a student to conduct research and visit because it has special collections from all over the world. Anything you want to know about or are really genuinely interested in, they will help you to find it," said Sourov. "As a member of the TSI, we're treated as a Princeton student, so we can go into these special libraries. Students also get help in their text labs and writing assistants from stating your argument to how to outline your essays."

His second class was a noncredit Transfer Success course that acts as a workshop where students talk about their transfer goals with representatives from various universities, such as Rutgers, Northwestern, Yale, MIT and many more.

Sourov and his 49 other TSI classmates leaned on one another for advice and to learn from each other's experiences. The TSI program divided the cohort into four seminar-style classes, each with nearly a dozen students to promote a more personal and intensive learning environment complete with group discussions in and out of the classroom.

Upon completion of the TSI, Sourov received a Princeton University transcript, which will give these students the prestige of an Ivy League education to add to their list of academic achievements.

As he prepares to begin his second year at Atlantic Cape on August 31, Sourov, who is the incoming Student Government Association president for the 2026-27 academic year, states that his TSI experience has given him a burst of intellectual stimulation and new confidence.

"The TSI has given me the confidence that I can achieve something that I had never thought possible."

Considering himself fortunate for this opportunity, Sourov believes that education should be for everyone; that no matter if someone is burdened by society, family, or any pressures they're feeling, education should be a necessity.

"Everybody should have the right to an education. You shouldn't need to decide whether to pursue education or just work for family."

Sourov hopes to one day create a program for students, just like himself, who want to prove they are worthy of the opportunity to succeed.

"The one thing that I've learned is that if you work hard, you will get opportunities. If you work on yourself, you will get those opportunities and it will allow you to help other people."

Watch the full video from Sourov's interview on YouTube at <https://youtube.com/shorts/SzFmmLV3qdE?si=acGEZXDszVliKvU0>.

For more information on the Princeton University Transfer Scholars Initiative Program, please visit tsi-ebcao.princeton.edu/.

To register for the upcoming Atlantic Cape fall semester, please visit atlanticcape.edu/register.

Topline Impact:

- 1,512 Estimated views
- 218,500 Potential reach
- \$2,022.80 Estimated media value

https://pressofatlanticcity.com/news/community/article_c4a304fa-e9ee-5aca-8354-6f2706c6d792.html

<https://shorelocalnews.com/atlantic-cape-student-gains-princeton-experience-through-transfer-scholars-initiative/>



August 24, 2026

Cape May TEDx talk shares tools for coping with trauma

Atlantic Cape Community College



CAPE MAY COURT HOUSE – Catch, pause and reframe. These three simple words, only four syllables in sum, constitute the stabilizing foundation of Michael Pellegrino's life today. A former 25-year law enforcement officer in Ewing, NJ, Pellegrino also spent two years in the Mercer County prosecutor's office prior to retiring from the profession.

Today, as a business entrepreneur and strategist, Pellegrino speaks to members of the military, business leaders, individuals and organizations all across the globe about his years of experience, his traumas and adversities to help build stronger minds and allow those affected by the weight of their burdens and personal demons to live a more meaningful and resilient life.

Pellegrino brought his motivational discussion, *Mental CPR: The Power of the Pause*, to a nearly full lecture hall at Atlantic Cape Community College's Cape May County campus on August 20 as part of this academic year's TEDxCapeMay Salon discussion series titled "Vital Signs."

"The heaviest things we carry are not in our hands, they're in our heads. The grudge from 10 years ago; the conversation that didn't go the way we wanted it to; the what ifs that continuously play on at 2 a.m. And unlike the bags I just carried onto this stage, I can't just set them down and walk away," began Pellegrino. "But, tonight, I want to give you a tool and it's called mental CPR."

Pellegrino bravely discussed the emotional, life-altering moments that indelibly left him with psychological scars that will forever be etched into his collective being and how those memories have served as a catalyst for his work today in seeking to help others.

"I spent more than 25 years answering some of the toughest calls. As a police officer, people didn't call on their best days. They called when somebody died, when families were falling apart, when addiction took over and when fear was louder than hope. I was a sounding board for a lot of people, who were experiencing the worst days of their lives," said Pellegrino. "I wasn't simply responding to emergencies; I was helping people solve problems, listening and learning. Watching what helped and what didn't."

But trauma at work wasn't the only hurdle to mold Pellegrino into the man that he is today. Personal traumas have shaped him and hardened his resolve to dedicate his life toward becoming a student of the experts.

"Along the way, I experienced my own traumas. Within just a couple of weeks' time, I experienced several deaths on the job. The loss of my wife's job because they downsized her department and the loss of our unborn child on Thanksgiving evening. That trauma became my greatest teacher and it made me become obsessed with one question, 'why do some people thrive and other people break under pressure?'" said Pellegrino.

There's a moment which occurs in our everyday lives — from a road rage incident, a negative telephone call, a rude or unprofessional email or simply a stranger giving you the evil eye for no reason — that tests our emotions. At that moment, our first reaction is to lash out in anger, seeking retribution. Pellegrino refers to this moment in time as our panic voice, but there's an alternative.

"It's quieter, slower, and honestly, it's usually a lot smarter. It's the voice that says 'give me a second, let's think about this.' Let's call this your wise voice. Unfortunately, the panic voice usually always talks first. It's just how we're built. It's not your fault," assured Pellegrino. "Here's the good news, and honestly, this is the whole talk in one sentence. You can train your wise voice to catch up every time through mental CPR with simple steps: catch, pause and reframe."

Catch is catching yourself by noticing the moment and the action you are about to undertake. It's stopping, thinking and adjusting your tactics before it's too late. The pause is giving yourself a few extra seconds before you respond, to let your wise voice actually get a chance to talk. The pause does not fix the problem, but it gives a calmer and clearer point of view a chance to actually catch up. Lastly, reframing is having the choice of how to respond.

Pellegrino admits that he is constantly striving to be the best version of himself that he can possibly be. He does so because he lives what he preaches to others.

“When you change your mind, you can change your life.”

Atlantic Cape’s Cape May County campus will host its next TEDxCapeMay Salon talk on Thursday, September 17, 5:30 p.m. featuring Dr. Monica Amadio’s discussion Choose What Matters. Tickets are available for \$10 at tedxcapemay.com/salon-events-2026. On Sunday, October 4, five speakers — Nicole Nuttall (Love is a Plan), Ryan Abbott (The Inventors), Chester Elton (What Will People Say...), Kathryn Landis (Why the Decisions...) and Dr. Stephen Trzeciak (The Hope Effect) will present their respective discussions from 1–4 p.m. at the Cape May County campus as well.

https://pressofatlanticcity.com/life-entertainment/community/article_5d4b610d-8823-585c-8173-3094fd9c9317.html

<https://shorelocalnews.com/cape-may-tedx-talk-provides-valuable-advice-on-how-to-react-positively-to-personal-trauma-and-adversity/>

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August 27, 2026

Atlantic Cape programs help students build a foundation for college success

Atlantic Cape Community College's Educational Opportunity Fund (EOF) and Student Support Services (SSS) programs are designed to offer students personalized support, and the free resources and tools necessary to help make their higher education experience a positive one.

New and returning students attended the EOF Summer Institute on July 29-30 and the SSS Program Student Orientation on August 21 at the College's Mays Landing campus to learn firsthand about how the two programs may assist them during their academic journey at Atlantic Cape.

"The EOF Summer Institute is an important part of helping our incoming students make a successful transition into college. It gives them the opportunity to build relationships with other students and staff, understand the expectations of college life, and develop practical skills such as time management, career planning, and professional communication before the semester begins. Our goal is not only to prepare students academically, but to help them feel confident, connected, and ready to succeed," said EOF First-Year Experience Assistant Taherrah McQueen, who was joined during the summer institute by EOF Office Coordinator Henry Guzman-Flores and numerous other College employees.

Returning to school after a 23-year hiatus, 46-year-old Mays Landing resident, East Orange native and information technology major Howard Arnold is determined to forge meaningful relationships and take advantage of the resources available to him.

"I thought (attending today) would be a great opportunity not only for support, but to meet people and build relationships. The first time I was in school, I didn't really build great relationships, I just focused on school, but this time around, I want to do it differently. I want to build relationships, meet people, be involved and I feel like EOF can do that for me," said Arnold, who is currently a substitute teacher.

Atlantic City resident and human services major Larissa Gonzalez attended the EOF event for one important reason, tuition funding.

"I really need the help right now, but I actually really enjoyed the summer institute. I met a couple of friends that I've kept in touch with and we've grown a little bond," said Gonzalez.

Atlantic City resident and health science major Tonesia Rolle hopes that the support offered by EOF may help her achieve her goal of one day becoming a radiologic technician.

"I am hoping that I get an opportunity to get help from the resources that the EOF provides. Knowing that they can help with transferring to a four-year college, I can actually use that when I choose to decide to transfer," said Rolle.

The EOF Program was created to assist culturally diverse, financially eligible students who exhibit the potential to be successful in college in the attainment of their educational goals. The EOF is one of the nation's most comprehensive and successful state-supported efforts to provide access to higher education for economically and educationally disadvantaged students.

The EOF assists those who are capable and motivated, but lack adequate preparation for college study. Helping students succeed and graduate, the EOF supports a wide array of campus-based outreach and support services.

The SSS Program Orientation introduced the program's staff, benefits, activities and student responsibilities to nearly two dozen students in attendance. Atlantic Cape President Dr. Jason Abreu provided welcome remarks. An Icebreaker activity, team building project and a campus-wide scavenger hunt allowed the students to get to know one another and work together towards a common goal.

SSS Director Rashawn Martin reinforced to the students that they are not alone and that, yes, you truly belong at Atlantic Cape.

"We're a whole team. We're not just a program, we are a family. Each and every one of you have the same goal here at Atlantic Cape, to earn your degree. It's easier to steer and move a ship when you have other people helping you than doing it yourself," said Martin, who was joined by SSS Counselors Lynette Ingram and Emanuel Neil. "You belong here. This is a family. You're going to set the foundation for a great start to this semester."

Galloway resident, Dominican Republic native and health science major Abisag Gomez was intrigued by the wealth of free resources that SSS provides for students.

"These resources are going to be really beneficial for me moving forward. One of the resources is the tutoring. I didn't know that a lot of people use tutoring. I'm not the best at math, but I'm a very shy person, so I feel like tutoring would be the best thing I should do to break out of my shell and get out of my comfort zone," said Gomez. "The second resource would be visiting the different campuses because I'm interested in transferring to Rowan to do the sonography program."

Mays Landing resident and fine arts/psychology major Aryanna Rosa decided to return to Atlantic Cape after a short break. She attended the orientation to become reacquainted with the College's resources as she works towards earning her degree and possibly transferring to a four-year school.

"I'm thinking about transferring and continuing with psychology. I'm not sure where yet, but I would like to potentially pursue something like art therapy or art education. Art therapy is like traditional talk therapy and integrating art into it. It's another avenue to express your thoughts or feelings that you might not be able to use words for. It's like a healing technique, almost sort of like using art as a mental health kind of a healing," said Rosa.

SSS is a federally-funded program that celebrates, empowers and uplifts eligible students through trips, programs and workshops. It provides personalized support and additional free resources to eligible

students. These services help students excel in the classroom and earn their degree or certificate. It also helps students succeed after graduation by offering personal career advising and transfer planning.

Visit atlanticcape.edu/ssc for more information on the Student Support Services Program. Visit atlanticcape.edu/student-resources/eof for more information on the Educational Opportunity Fund Program.

View a photo gallery of the SSC Program Orientation on Flickr [here](#). View a photo gallery of the EOF Summer Institute on Flickr [here](#).

<https://shorelocalnews.com/atlantic-cape-programs-help-students-build-a-foundation-for-college-success/>

https://pressofatlanticcity.com/news/community/article_44b09563-a671-5b6d-807e-9f1ff1cb8389.html

Topline Impact:

- 1,512 Estimated views
- 218,500 Potential reach
- \$2,022.80 Estimated media value



THE PRESS OF ATLANTIC CITY

August 28, 2026

New student orientation welcomes freshmen to Atlantic Cape



Atlantic Cape Community College

CAPE MAY COURT HOUSE – Atlantic Cape Community College held its Annual New Student Orientation (NSO) at each of its three campuses in mid-August as it hosted nearly 500 students and guests at the Mays Landing campus on August 13, at the Charles D. Worthington Atlantic City campus on August 18 and at the Cape May County campus on August 20.

Each year hundreds of incoming students attend NSO to become familiar with the college's surroundings, meet staff and faculty members, and get to know fellow classmates. Each student has his or her own story and reason for attending Atlantic Cape, whether for a specific academic program; its close proximity to home; its affordability, accessibility and flexibility; or one of the 10 athletics programs.

Several students discussed their motivations for enrolling at the college this year.

After being homeschooled for her entire scholastic life, Cape May Court House resident and human services major Serenity Taylor was comfortable choosing Atlantic Cape to start her higher education journey.

“Since I’ve been homeschooled, I didn’t want to start college and just go away to a completely new place and start in a classroom for the first time. I decided to start here at Atlantic Cape, so I can get used to being in the classroom and being at school. Everyone has been really nice so far,” said Taylor, who would like to earn her bachelor’s and master’s degrees in social work so she may become a children’s therapist.

Egg Harbor Township resident and computer hardware engineering major Riccardo Ordonez chose Atlantic Cape because of its proximity to his home and current job.

“Going to Atlantic Cape allows me to work comfortably and go to school too, so I have that little dynamic and obviously I’m at home so I can be with family still,” said Ordonez, who works for his family’s company and would like to transfer to a college that specializes in hardware engineering.

Alina Gvozdeva is an international student majoring in radiology who has been a resident of Wildwood Crest for seven years. She will be attending the college’s Cape May County campus, a short drive from her nearby home.

“I think everybody here is friendly and very helpful. I’m excited to start studying here at Atlantic Cape. After I graduate, I want to find a job in a hospital somewhere around this area,” said Gvozdeva.

At the Mays Landing campus NSO, the keynote session featured nationally–recognized speakers Jeff Dess and Lenny A. Williams of Trill or Not Trill for an engaging and motivational discussion that challenged the students to show up authentically, stand out with purpose, and remain solid through their college journey and beyond.

At the Atlantic City and Cape May County campuses, Les Squair Jr., founder, Never Quit & Associates LLC, delivered the keynote address. There he discussed practical strategies for navigating the transition to college, maintaining mental and emotional well-being, managing stress, developing healthy coping skills, and balancing the new responsibilities and challenges of college life.

The students also attended sessions on how to succeed during their first year of college; a panel discussion featuring current students and alumni on navigating their first year at Atlantic Cape; understanding financial aid; Center for Accessibility services; understanding Blackboard; how to properly manage their time; and getting involved in student life while on campus. For the parents who were in attendance, Dean of Students Stacey Zacharoff and College Registrar Kayla Scannell presented on how they may support their student’s journey at Atlantic Cape.

Cape May Court House resident, Cape May Technical High School graduate and psychology major Kiley Dicola made the easy decision of attending Atlantic Cape because of the really good things she heard about the college from classmates, friends and family.

“After I graduate, I plan on going to a university to keep studying psychology.”

For Alek D’Onofrio, a Rio Grande resident and general studies major, familiarity with Atlantic Cape is what made his decision to enroll an easy one. Several family members have attended the college as well.

“It’s close to home too and I wanted to at least do my first two years of college here before I go to a four-year college. My dream has been to get my four-year degree or a master’s degree in theology through the Order of Saint Dominic,” said D’Onofrio.

Classes at the Mays Landing and Atlantic City campuses begin on Monday, August 31 while the Cape May County campus’ 13–week semester begins Monday, September 21. There is still time to register for the first and second eight–week fall sessions, which begin on August 31 and October 26, respectively. For more information or to register for classes today, visit atlanticcape.edu/register.

https://pressofatlanticcity.com/news/community/article_62390e4c-1174-50c7-a610-4bab648674a1.html

Topline Impact:

- 1,100 Estimated views
- 151,200 Potential reach
- \$1,400 Estimated media value

August 28, 2026

Atlantic Cape men's soccer counting on depth in 2026

Atlantic Cape Community College



MAYS LANDING — The Atlantic Cape Community College Buccaneers men's soccer team has started its 2026 National Junior College Athletic Association (NJCAA) Region 19 season Tuesday with a completely overhauled roster filled with freshman student-athletes, and depth up and down the field.

Head Coach Luis Paz is proud of the progress that the program made in its fourth year in 2025, despite finishing with a 3-12-1 record. Competing against talented Region 19 squads, three of which are ranked in the top-10 nationally, gives his Buccaneers a worthwhile challenge to tackle moving forward.

"Last season was our most competitive season to date. I felt it was a step in the right direction. We were able to recruit 18 players in one season, which was the most we had recruited until this season," said Paz.

In 2026, the Buccaneers are returning one student–athlete to the team, sophomore center–back and Egg Harbor Township resident Jancarlos Bados, who was named a 2025 NJCAA Region 19 Division III Second Team All-Region honoree.

Paz is counting on Bados to once again anchor the team’s back line of defense as the Buccaneers strive to build upon their momentum from last year.

“I am very excited for this season because we really focused on not only recruiting good players, but who are also good students who come to us with good high school GPAs. This year we even recruited some out–of–state players to boost our squad and give the team more exposure,” said Paz, who is joined this year by assistant coaches Chase Spencer and Mason Somers.

With a roster full of potential, freshman student–athlete and Cedar Creek High School graduate Jarion Gomez, who took a gap year in 2025 to enlist in the military, had tremendous interest from other colleges. Now a year older and wiser, Paz is convinced that Gomez may become one of the team’s best players in 2026.

Keeping the ball out of their net falls to the hands and athleticism of freshman goalkeeper Emil Draka. Paz feels that Draka may be this team’s missing piece, thus being the difference between a win or a loss.

Depth within the team’s starting 11 players gives Paz the ability to create a healthy competition for playing time amongst his student–athletes. He also hopes to instill a winning mindset that will give his team the confidence to close out games in the second half, while also remaining cognizant of their bodies as the season wears on.

“A lot of times players do not stay mindful of their bodies and towards the end of the season injuries start to happen and can deplete our roster’s depth,” said Paz, who believes his Buccaneers have what it takes to fight for a playoff spot while also building a foundation for years to come.

https://pressofatlanticcity.com/sports/community/article_8384c9c6-c2ad-54aa-80f7-07f6536f9203.html

Topline Impact:

- 1,100 Estimated views
- 151,200 Potential reach
- \$1,400 Estimated media value



August 30, 2026

He's Helped Lead Colleges in Big Cities. Now He's Taking on South Jersey.

By: Surina Venkat



It's never a good feeling to get called to the principal's office, especially when you're close to graduation.

So, when a voice over the PA system of Miami Senior High School asked for Jason Abreu during his senior year, he felt nervous. That fear transformed into confusion when he arrived at the principal's office and was met by a representative of a nearby college.

The man told Abreu that he'd been offered admission to his institution based on his high school transcripts and offered his enthusiastic congratulations. Abreu's flat response back probably startled him: "OK, great. I'm not going."

Though he had little idea at the time, Abreu would eventually get his own college degree and begin a career in higher education. He went on to hold leadership positions at colleges in his hometown of Miami and in Fort Worth, Texas.

Now he's risen to the seat of power at Atlantic Cape Community College, which serves students across South Jersey - including at its campus in Cape May Court House.

The institution officially welcomed Abreu as its 10th president on July 1, during a ceremony that brought together Atlantic Cape's board of trustees, faculty, staff and students on the Mays Landing campus.

In this position, Abreu is leading a college facing unique challenges in a region far away, both geographically and culturally, from the major cities he previously worked in.

But he said that despite these differences, his job as a professional in higher education remains the same.

“My responsibility is to create the conditions for students to be successful,” he said. “That means that if you’re recruiting a student, that they’re going to be successful when they come in.”

‘I got to go back and fix this system’

Being able to promise success to anyone who enrolls in college from the moment of recruitment is a tenet Abreu feels strongly about - partly because of how difficult his own journey to a degree was.

At age 14 he joined an on-the-job training program at his high school, which allowed him to attend classes while working full time as an after-school care leader to support his family.

Abreu’s household was full of people: his great-grandmother, his grandparents, his mother, all of whom had immigrated from Cuba, and himself and his two older brothers. Making ends meet was a greater priority than college, which was what led him to reject the recruiter’s offer.

When he eventually did decide to pursue a degree, he enrolled at Florida International University, a public university in Miami about 22 miles away from his house.

He continued working full time while taking classes for a degree in education studies. It took him 10 years to graduate, and his program hit him with a curveball near the end of it: They told he needed to do an unpaid student internship in order to graduate.

Abreu couldn’t afford to do that. After a painstaking decade toward the degree he wanted, he was forced to switch his major to interdisciplinary studies in order to walk across the graduation stage and have something to show for all his hard work.

“At that point in my life, I said I got to go back and fix this system,” he said.

He went on to earn a master of science and doctorate from Nova Southeastern University, a private research university in South Florida.

His career as an educator and higher education leader began at Miami Dade College, an institution with more than 100,000 students. He taught English to a class of newly arrived immigrants at 6 a.m. for over two and a half years.

“It was the best job perhaps that I ever had, because these individuals were extremely motivated, and their motivation is what really led me in my career pathway,” he said.

He served as a director of veterans services, admissions and registration while at Miami Dade before taking on a role in student affairs at Tarrant County College, a community college serving more than 50,000 students in Fort Worth.

“Then through my leadership journey, I get a phone call one day that Atlantic Cape Community College is looking for a president,” Abreu said.

‘The beauty of having a problem’

Atlantic Cape has three campuses that serve approximately 6,000 students, including its campuses in Mays Landing and Cape May Court House as well as in Atlantic City.

The college decided to operate a campus in Cape May County after years of requests and advocacy from area residents and from this newspaper's former editor, Joe Zelnik, all of whom wanted to bring a community college to the county.

But Atlantic Cape's campus in Cape May Court House has struggled since its opening in 2005. Though the campus has expanded its degree programs, certifications and community partnerships in the past two decades, enrollment has declined in the past several years.

The Cape May campus also deals with issues that have plagued Atlantic Cape for years, including low student retention and graduation rates.

According to the Institute of Education Sciences, only 23 percent of Atlantic Cape's full-time matriculated students in its 2019 cohort graduated within the normal timeframe of completing their program, and only 13 percent transferred to other colleges — numbers much lower than at comparable institutions.

A significant number of students also enter Atlantic Cape without foundational knowledge in reading and math, leading to high numbers of students enrolling in remedial classes. In fall 2024, more than 18 percent of the college's students enrolled in a degree or certification program were taking remedial coursework.

Abreu did not shy away from addressing the issues that the college was facing.

“The beauty of having a problem is that you know about the problem, right?” he said. “We would be in a lot worse of a situation if there was a problem that we would not be recognizing.”

‘Enrollment is going to be a huge conversation’

Abreu views Atlantic Cape as facing two problems, which community colleges across the nation have also been grappling with: struggles with enrollment and increased skepticism about the value of higher education.

“Enrollment is going to be a huge conversation,” he said.

He said that outreach initiatives and partnerships will remain a part of Atlantic Cape's efforts to boost enrollment and community connection with the college's Cape May campus.

He stressed that getting K-12 educators more involved with the college would be a priority of his administration, including by bringing them to the Cape May campus.

He also discussed how Atlantic Cape could assist K-12 educators in addressing the area's reading proficiency crisis - allowing the college to intervene before remedial classes become necessary.

“How can the college work with parents to give them the tools and resources that they need when reading levels are down, and that happens across the nation?” Abreu asked.

One resource could be offering the Cape May campus' library to teachers and students, he said, and even hosting reading or tutoring groups.

He also wants to make the connection between income and higher education clearer to students entering Atlantic Cape in order to improve retention and transfer rates.

"One of the things that I'm changing at some of the campuses is that within every classroom, if the subject is being taught, what is the wage that you can earn by completing this subject or this credential?" he said.

'Turning the wheel pretty quickly'

Abreu wants to start "turning the wheel pretty quickly" on initiatives to boost student enrollment and change narratives about the value of higher education.

He's meeting with local school and government leaders to get started on understanding how Atlantic Cape can serve the Cape May County community - which he acknowledged has different needs than the communities served at the college's Mays Landing and Atlantic City campuses.

"It's very important that all of that is personalized in the communities that we serve," he said.

Abreu is using these conversations to help him develop Atlantic Cape's next strategic plan. The current one, which largely focuses on boosting student success and community engagement, will end in 2027.

He and his team will continue to prioritize those goals as they finish executing this plan and developing the next one, alongside Atlantic Cape's board of trustees. He will also lead the college through its reaccreditation process next year.

In the meantime, however, he's been visiting Atlantic Cape students across Cape May County at their homes, to better understand the college's incoming class.

"I've met individuals who have aspirations to be cheesecake makers," he said. "I've met a mom who has two kids and is coming back to college because her two kids are inspiring her to become an elementary educator. I've met individuals who are returning after 22 years being away from college."

He listened as they discussed the challenges they faced between balancing college coursework with their work and home lives and getting transportation to campus.

Much of what he heard was similar to the struggles he faced as a college student trying to get his undergraduate degree in Florida.

It reaffirmed what he sees as his core mission, across the various institutions he's served: ensuring students both understand and have everything they need to enter college and exit with everything they wanted to get from it.

"It does not matter how many students come in through the door," he said. "It matters how many come in through the door and finish."

<https://www.capemaycountyherald.com/news/hes-led-colleges-in-major-cities-now-hes-taking-on-south-jersey-43f64cf2>

Topline Impact:

- N/A Estimated views
- 24,300 Potential reach
- \$224.70 Estimated media value

September 2, 2026

New Jersey AI Ready Sprinternships give Atlantic Cape students paid AI experience

Atlantic Cape Community College

NEW JERSEY AI READY SPRINTERNSHIPS



MAYS LANDING – Atlantic Cape Community College, in collaboration with the New Jersey Community College Consortium for Workforce and Economic Development, was recently awarded \$4,000 to support its participation in the New Jersey AI Ready Sprinternships Initiative.

The Sprinternships Initiative, developed in partnership with Break Through Tech, will provide up to five Atlantic Cape students with a three-week, paid experiential learning internship opportunity involving employer-sponsored artificial intelligence projects.

This pilot program is intended to expand equitable access to applied AI experiences while strengthening connections between colleges and employers and informing the future expansion of the Sprinternships model.

"These students will be able to work with a local company, gain experience and work as a team. These five students will learn how to work as a team, then work on a project that they have to make sure to finish. They will also get paid, so I think it's a very good initial opportunity for them, especially if a lot of

them have never had experience working," said Assistant Professor of Business Information Systems & Aviation Studies Michele Togashi.

Atlantic Cape will host a Sprinternship information session on Thursday, September 10, at 12:30 p.m. in Room C3. Current students who have completed at least one credit-bearing computer science, data science or related course are eligible to apply. This is an opportunity for students who are majoring, or plan on majoring, in computing, information technology, network engineering, data science or another related discipline. The deadline to apply is Sunday, September 27.

If selected for the Sprinternship Initiative, the students will work from December 28 through January 15 during the college's winter break.

Registration is now open for all eligible interested students at breakthroughtech.tfaforms.net/f/breakthroughtech-program-interest-v5. For more information, please contact Michele Togashi at mtogashi@atlanticcape.edu.

https://pressofatlanticcity.com/news/community/article_5521b15d-0be6-5df5-8585-745df2cb1995.html

<https://breakingac.com/education/award-will-give-atlantic-cape-students-real-experience-in-artificial-intelligence/>

<https://downbeach.com/news/education/award-will-give-atlantic-cape-students-real-experience-in-artificial-intelligence/>

<https://shorelocalnews.com/new-jersey-ai-ready-sprinternships-offer-atlantic-cape-atudents-paid-experiential-learning-opportunity/>

Topline Impact:

- 1,512 Estimated views
- 177,200 Potential reach
- \$1,640.90 Estimated media value
- Numbers do not include Breaking AC and Downbeach, which were unavailable



September 4, 2026

Experience guides Atlantic Cape women's volleyball in 2026

Atlantic Cape Community College



MAYS LANDING – The Atlantic Cape Community College Buccaneers women's volleyball team enters the 2026 season seeking a return to playoff contention in the National Junior College Athletic Association's (NJCAA) Region 19 Division III after a disappointing 2025 campaign.

Head Coach Karla Maisto, who is entering her fifth season at the helm alongside assistant coach Josh Conception, is optimistic about the potential upside that this year's squad possesses.

"We're excited for this season because, despite lacking size again, we have a ton of ball control. Because of this we are now able to effectively run more complicated drills in practice, plus our hitters have started to become more disciplined on their swings," said Maisto, who conceded that ball control, on-

court hustle, strong serving and a tight-knit bond within the team will be critical towards overcoming their lack of height.

With five returning sophomores, it will be important that the experiences gained from last year's rough season are remedied. Laying a solid foundation for the four incoming freshmen student-athletes is a critical building block for the future.

Leading the way in 2026 will be middle hitter Rainelle Blocker, a two-sport student-athlete from Clayton, NJ, who also excelled in basketball last year, earning Garden State Athletic Conference (GSAC) Player of the Year, All-GSAC First Team and All-Region 19 First Team as well as a NJCAA All-American honorable mention recipient.

Blocker is being counted by Maisto to be the team's strongest blocker and hitter while relying on her heavily for offense.

"Rainelle is just an incredible athlete, who has picked up on every nuance of volleyball very quickly. Her hitting and blocking form are amazing, she just needs to be more consistent in her timing. If she had started playing in high school, she would absolutely be able to compete at the Division I level by now. She amazes everyone on a daily basis and we're so happy to have her back for another year," said Maisto.

Outside hitter Yamiliz Flores, a Hammonton, NJ, resident whom Maisto claims has a fantastic set of hands, will be called upon to assist Blocker in generating offense for the team.

Middle hitter Chloe Kruse, also from Hammonton, NJ, is ready and willing to step into whatever position the team needs to fill this year.

Another resident of Hammonton, NJ, opposite hitter Nicole Moyano's versatility will make her an asset at any position in the front row. Libero and defensive specialist Yanitza Visciglia of Egg Harbor City will be pressed into split duty this year between libero and defensive specialist.

The Buccaneers freshman foursome of student-athletes will be counted on to anchor the core of the team's future while learning the ropes in year one.

Outside hitter Angelina Previti of Mays Landing, NJ, will aid Blocker in being the Bucs' other go-to hitter. Previti demonstrates a great ability to save balls, and is willing and able to change her approach, which has led to an improvement in her game, according to Maisto.

Opposite hitter Charlotte DeLeon of Folsom, NJ, has the potential to be a top hitter on the squad and Maisto is expecting good things from her in 2026 as she gains more experience.

Setter Gianna Lee of Egg Harbor City, NJ, brings positional experience from her high school playing career. Maisto envisions Lee setting all around the court this year, from back row and front row.

Libero and outside hitter Genesis Lopez of Pleasantville, NJ, is expected to split her time between the two positions with Visciglia. Maisto is open to the possibility of having Lopez hitting in the front row with her ability to put some pace on the ball in the direction she wants.

Coupled with making a return to the NJCAA's Region 19 playoffs in 2026, Maisto has designs of seeing her student-athletes become better all-around players on the court and students in the classroom.

“We are really hoping to emphasize that each of our student-athletes strive to be elite in every position on the court as well as inside the classroom,” said Maisto.

The Buccaneers begin the 2026 season on Saturday, September 5, 1 p.m. at the County College of Morris. The Buccaneers will open the home portion of its schedule on Monday, September 14, 6 p.m. when they host Salem Community College at Jonathan Pitney Gymnasium on the Mays Landing campus.

Visit atlanticcape.edu/womensvolleyball to view the team roster, coaches, game schedule and results.

https://pressofatlanticcity.com/sports/community/article_3115182a-a475-59bb-b65b-91ae4bfa04c9.html

Topline Impact:

- 1,100 Estimated views
- 158,100 Potential reach
- \$1,500 Estimated media value



September 7, 2026

It's Time for Atlantic Cape's Court House Campus to Become Our College

The campus needs to be deeply rooted in Cape May County and responsive to the county's particular needs.

Community colleges are unique in American higher education. Their defining word is "community." Unlike research universities, whose mission includes advancing knowledge, or residential four-year colleges, which focus largely on educating and developing young adults, community colleges have a broader responsibility. They must understand the people and economy they serve and respond to their needs.

A community college provides affordable access to higher education and a pathway to four-year degrees. But it also provides technical certifications, professional licenses and applied degrees. It can help young people begin their careers, give working adults a second chance at education and provide the workforce training local employers need. Its mission is upward mobility for the community it serves.

A 59% decline in credit hours tells us something is not working.

That was the promise when Cape May County finally gained a physical community college campus.

The struggle took more than a decade. An independent college for Cape May County was considered too great a reach, so a compromise was reached. Atlantic Cape Community College was created in 1999, and programs began almost immediately in Cape May County. The Court House campus opened with great enthusiasm on Aug. 24, 2005.

The county's freeholders marked the occasion with an advertisement in the Herald declaring, "Our journey that began nearly 10 years ago is now complete."

It wasn't.

The journey was never about constructing a building. It was about creating an institution that would become an important part of the life of Cape May County.

The numbers tell us we have not yet reached that destination. Cape May County students took 36,808 credit hours at Atlantic Cape in 2010. By 2025, that number had fallen to 15,086, a decline of 59%. Nearly half of those course enrollments are now online.

At times, the Court House campus can seem eerily quiet.

Some of the decline reflects challenges facing community colleges across the country. But there are community colleges that are succeeding, and they have some things in common. They align programs with the needs of their communities. They develop strong workforce partnerships. They provide support for both recent high school graduates and returning adult students. They create pathways from short-term credentials to degrees and make their campuses valuable centers of community life.

That is the opportunity now before Dr. Jason Abreu, who became Atlantic Cape's president on July 1. He is the college's 10th president and its fourth since the creation of Atlantic Cape in 1999.

We should give Abreu the opportunity to define his vision and lead. But we should also recognize that time matters.

The Court House campus needs to become more than a branch of a larger institution headquartered in Mays Landing. It needs to be deeply rooted in Cape May County and responsive to the county's particular needs.

That includes confronting the educational deficiencies that leave too many local students taking on debt while sitting in remedial courses learning what high school should have taught them. It means strengthening relationships with our high schools. It means creating programs that lead directly to jobs and careers in the county.

And it means making higher education accessible and relevant not only to young people but to the thousands of adults who may want to change careers, improve their skills or continue their education.

In an interview with the Herald, Abreu said he understands these challenges. He wants to open opportunities for more county residents, improve student success, work with high schools on preparation and make Atlantic Cape a central player in workforce development.

We applaud those goals.

But the responsibility does not belong to the college alone. Our county commissioners have a role to play as well. If the "mission accomplished" declaration of 2005 is ever to have real meaning, the county must help create the vision and partnerships necessary to make the Court House campus a vital institution.

We ask Abreu to understand our impatience, but also our willingness to help. Cape May County needs a plan, perhaps one developed through conversations among educators, employers, county leaders and residents.

The journey is not complete.

Our sleeves are rolled up. We are ready to help.

<https://www.capemaycountyherald.com/opinion/ro-de9b7f38>



September 15, 2026

Women of wonder 2026 honorees and event details announced



2026

**WOMEN OF WONDER
CELEBRATION**

NOVEMBER 12, 2026

Atlantic Cape Community College

CAPE MAY COURT HOUSE – The Atlantic Cape Community College Foundation and the Cape May County Women's Commission are excited to announce the three 2026 Women of Wonder award recipients, who will be recognized at this year's annual fundraising event on Thursday, November 12, 11:30 a.m. at The Flanders Hotel in Ocean City.

The Women of Wonder Award honors Cape May County women for their outstanding and selfless dedication to helping others reach their full potential, while making positive contributions within Cape May County and beyond.

2026 Women of Wonder award recipients:

Katherine C. Madden, chief of police, North Wildwood Police Department. Chief Madden serves as chief of police for the North Wildwood Police Department and is the first woman in the department's history to hold the position. She began her career with the department as a Special Law Enforcement Officer

Class II in 2006. She went on to serve as a police officer, detective, sergeant, lieutenant, and captain, along with numerous specialized assignments. Chief Madden is active in numerous organizations, including the Cape May County Chiefs of Police Association, NJ Women in Law Enforcement, the FBI National Academy Associates, and the Mid-Atlantic Association of Women in Law Enforcement, where she served as past conference chairperson. She also serves as boys director for Cape Express Soccer Club. Through her career and community involvement, Chief Madden continues to make a lasting difference by inspiring others and strengthening the community she serves.

Stephanie A. Thomas, executive administrator/CFO, Sunshine Dentistry. Thomas has been a resident of Cape May County for more than 25 years. A summa cum laude graduate of Spelman College with degrees in computer science and mathematics, she began her career as a computer software engineer with IBM, working across several states and serving on the 1996 Summer Olympics Technical Support Team in Atlanta. For the past 25 years, she has served as executive administrator and CFO of Sunshine Dentistry, her husband's dental practice, which has a strong history of community involvement. Through her professional career, educational leadership, and extensive community service, Stephanie Thomas has demonstrated a lasting commitment to strengthening her community and creating opportunities for others. She and her husband, Eric, are the proud parents of three children, and Stephanie enjoys teaching fitness classes, including aerobics, Spin, and yoga, in her free time.

Ronnie Town, external affairs manager, Atlantic City Electric. Town has dedicated more than 42 years to Atlantic City Electric, serving as a trusted external affairs leader for Cape May and Cumberland counties. Throughout her career, she has worked closely with local officials, agencies, and communities, particularly during storms and emergency response, while helping address important municipal and customer needs. A University of Delaware graduate and Leadership New Jersey alumna, Ronnie has brought a strong public-service perspective to both her professional career and volunteer leadership. She has been deeply involved in community service, serving with organizations including the Cape May County Child Placement Review Board, American Red Cross Southern Shore Chapter, Cape May County and Ocean City Regional Chambers of Commerce, Rotary, and United Way of Cape May County.

Learn about these incredible Women of Wonder award honorees at atlanticcape.edu/wow.

Tickets, sponsorship and advertising

Individual tickets to the event are available for \$50 and a table of 10 may be reserved for \$450. There are also a variety of sponsorship and advertising opportunities available as well. Visit atlanticcape.edu/wow to purchase tickets or donate today.

Last year's luncheon fundraiser raised \$17,575, with proceeds going toward the Women of Wonder Scholarship Endowment Fund. The endowment was established in 2021, but event proceeds have been producing scholarships for Atlantic Cape students since 2011.

Learn more today by visiting the Atlantic Cape Community College Foundation at atlanticcape.edu/foundation and the Cape May County Women's Commission at capemaycountynj.gov/womens-Commission.

For more information about this year's Women of Wonder event, contact Chris Mularz at foundation@atlanticcape.edu or (609) 463-3651.

https://pressofatlanticcity.com/news/community/article_c256a299-8885-5a66-a0a6-d86d3d3726c2.html

Topline Impact:

- 1,100 Estimated views
- 158,100 Potential reach
- \$1,500 Estimated media value

Atlantic Cape Community College



MAYS LANDING – Our lives today are dictated by society’s fast-paced busyness, making mental health awareness an important consideration that everyone needs to remain aware and vigilant of. Coping with stress and anxiety can exact an emotional toll. It is important to recognize these signs and know that there are solutions to reducing these complications.

To bring students and the free resources available to them together all in one location, Atlantic Cape Community College hosted the IMALIVE Mental Health Fair on September 8 in the Student Center lobby on the Mays Landing campus. The event coincided with 988 Day, a program that originally began as the National Hope Line Network 1 800 Suicide (now 988).

"Today's event is to show students that they're not alone, that we can de-stigmatize mental health awareness, and that mental health services are available at the college level every day that they're here," said Jessica Gustafson, mental health/basic needs specialist, Center for Student Success. "We also have a psychiatrist that will come to campus on an as-needed basis for our students free of charge. Plus, our four academic counselors are also able to help with counseling as well."

Atlantic Cape maintains free mental health services for its students through its partnership with Uwill, which offers free immediate access to teletherapy, a direct crisis connection, and wellness program through an easy-to-use online platform and crisis hotline.

Gustafson, despite the proliferation of mental health awareness among today's younger population, admits that there is still a stigma attached to admitting that help, particularly in regards to suicide, is needed.

"I feel that more of the student population is opening up more to the idea of asking us for help. They are reaching out to us sooner rather than later. We try to be at every event to let our students know that we're here for them no matter what when it comes to their mental health," said Gustafson.

Alberto Sentiago, a resident of Hammonton who is entering his third semester in the College's Nursing Program, acknowledged that the Mental Health Fair is an important conduit for students today.

"Mental health is something that we see every day, but it's really hidden. Sometimes people can hide it better than others and you see signs, you try to ignore them, but it's something that's very important that's increasingly out of control. So, this event is good for people to be aware of what's going on," said Sentiago, who is working towards becoming either an ICU or emergency room nurse.

While he agrees that today's younger generation is more aware and open to discussing their personal battles with mental health, Sentiago concedes that the stigma of appearing weak for some is still an impediment.

"I think the stigma is not knowing what kind of help you need. It's still a big taboo, like men don't cry, men don't do this, so they tend to hide more and self-inflict because they believe that you're not supposed to get help and you're not supposed to talk about your feelings," said Sentiago. "But, with more awareness and openness, I hope that it's getting better than it was because that's why you see that men are at higher risk of suicide or self-inflicted harm than women."

Jade Jordan, a native of Montclair, NJ now living in Atlantic City and a sophomore General Studies major, is encouraged that events such as the Mental Health Fair will give students the proverbial green light to feeling comfortable letting it all out, sharing and reaching out for help.

"Mental health services are so important today. I feel like it's prevalent because so many people deal with unsettlement in their minds, mental issues, emotional issues, spiritual issues, and a lot of them bottle things up," said Jordan, who plans to transition into social work at a four-year college or university after graduation.

The goal of 988 Day, held annually on September 8, is to regularly raise awareness about the 988 Suicide & Crisis Lifeline, which provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States and its territories. The 988

Lifeline is comprised of a national network of over 200 local crisis centers, combining local care and resources with national standards and best practices.

https://pressofatlanticcity.com/news/community/article_e550d51b-a3fc-5cf9-baf4-7540f3ee7cdc.html

Topline Impact:

- 1,100 Estimated views
- 158,100 Potential reach
- \$1,500 Estimated media value

THE PRESS OF ATLANTIC CITY

September 17, 2026

Atlantic Cape women's cross-country targets Region 19 success

Atlantic Cape Community College



MAYS LANDING – The Atlantic Cape Community College Buccaneers women's cross-country program, led by Head Coach Shane Ritchie, commences the 2026 season, its third as a member of the National Junior College Athletic Association (NJCAA) Region 19 Division III, with high expectations.

This year's squad features two freshman student-athletes — Cape May resident Hannah Souder and Buena resident Julia Dimitriou — who come to Atlantic Cape with prior high school cross-country running experience. The Buccaneers' first race of the season will come at Stockton University's Osprey Open on September 19 in Galloway, New Jersey.

“We have added an extra runner from last year. We are looking to build off the success from last year where we had a top 25 finish in the national championship. We're looking to replicate that success, hopefully go back to the national championship and to perform very well again in Region 19,” said Ritchie.

Last year's Buccaneer cross-country student-athlete Alexandra Ramirez finished 24th out of 80 Division III runners at the 2025 NJCAA Women's Cross-Country Championships in Iowa. Ramirez, who is an assistant coach with Ritchie this year, also placed fourth at the NJCAA Region 19 Championships.

For this year's two student-athlete runners, cross-country at Atlantic Cape is more than pounding the pavement and navigating winding trails.

Souder, a Studio Arts major who graduated from Lower Cape May Regional High School in June, was a three-time Cape Atlantic League All-Star during her four years running cross-country. She also ran winter and spring track as well. Souder is currently taking her classes at the college's Cape May County campus in Cape May Court House and simply enjoys the fun of running.

“I've always loved the outcomes and I've always made friends along the way. Like at every meet, we would always meet new people and it would just be awesome. I just feel like it creates so many bonds and it makes you feel better. No matter what you're doing, you should always run, especially cross country,” said Souder, who has hopes of one day becoming an art therapist.

Souder said one of the reasons why she chose to attend Atlantic Cape was because she was impressed with how nice everyone was on campus.

“I wanted to start somewhere where there's not as much pressure like at a four-year college or university, which can be so expensive.”

Dimitriou, an NJSTARS General Studies major who graduated from Buena Regional High School in June, has been running cross-country since middle school.

“I love cross country because it's a sport that nobody wants to do. I feel like the people who do cross country do it because they actually enjoy it. I like being with those people because they are so nice and the coaches are always nice, plus I have always had great teammates,” said Dimitriou. “After you finish running, it gives you such a happy feeling, where even if it's hard, you feel energized and glad you did it.”

Dimitriou is also interested in art therapy and would like to attend the Savannah College of Art and Design in Georgia in two years.

For now, though, Souder and Dimitriou are content continuing their cross-country careers at Atlantic Cape and living by the motto that “our fun is everyone else's punishment!”

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THE PRESS OF ATLANTIC CITY

September 17, 2026

Atlantic Cape celebrates Hispanic Heritage Month through October 15

Atlantic Cape Community College



MAYS LANDING – Members of Atlantic Cape Community College’s Student Engagement, Student Government Association (SGA) and Los Latinos Unidos (LLU) student club gathered in the Quad on the Mays Landing campus on September 15 to celebrate the beginning of Hispanic Heritage Month with an official flag raising ceremony. The Charles D. Worthington Atlantic City campus also hosted an official flag raising ceremony as well that day.

Under bright blue sunny skies on a late-summer afternoon, faculty, staff and students reflected on the unifying message that every human being — regardless of their nationality, religion, language, sexual orientation, culture, politics and more — is special, unique and belongs here at Atlantic Cape.

“Even though we're from different places, having different stories, different cultures, many differences, we are all standing here today and we're all one. We're all standing here to celebrate today, and that makes us united and a community,” said SGA President Jayed Sourov. “When we talk about Hispanic Heritage Month, we can talk about history, but history is not only found in books. History is alive; it's Spanish spoken around the dinner table; it's grandmothers sharing recipes; and family traditions being passed down through the generations to the next.”

Los Latinos Unidos President Abisag Gomez Ferraras reflected on the challenges that many families, who came to America to build a better life for themselves and their children, faced.

“Many of us came from families who sacrificed everything for the opportunity to build something better. Our parents and grandparents crossed borders, learned new languages, worked long hours and faced challenges, and they did it because they believed their children could have better opportunities that they didn't have. This is why Hispanic Heritage Month means so much to me,” said Gomez Ferraras. “It is not just about celebrating where we come from, it is about remembering the people who came before us, honoring the sacrifices they made, and recognizing what we are capable of becoming because of those sacrifices.”

Gomez Ferraras wants the LLU to be recognized as a club where students feel that they are always welcome by other members who strive to use their education and voices to uplift one another.

“I hope Los Latinos Unidos (LLU) can be a place where students feel seen, a place where students feel represented, a place where we can celebrate our culture, but also talk about the challenges our community faces. But, most importantly, be a place where we remind each other our background,” said Gomez Ferraras. “Your story is your strength. Those who came before us gave us a foundation and now it is our responsibility to build something upon it. Let us continue to be proud of where we come from, proud of who we are, and proud of what we're going to accomplish together.”

Hispanic Heritage Month events

Throughout Hispanic Heritage Month, which runs through October 15, Atlantic Cape will host several events that recognize this month-long celebration's rich history and culture:

- Cape May County campus: Pioneers of Change: Shaping the Future Together – Hispanic Heritage Awareness, September 15–October 15 | First Floor Lobby. Throughout the month, students can learn about influential figures in Hispanic heritage, discover delicious recipes, enjoy giveaways and share their favorite Hispanic heritage traditions.
- Cape May County campus: Empanadas for Hispanic Heritage Month, October 6 | 11:30 a.m. – 1:30 p.m. | First Floor Lobby. Students can enjoy a free empanada and beverage while celebrating one of the many traditions of Hispanic culture.
- Worthington Atlantic City campus: Taco Tuesday & Latin Dance Event, October 13 | 11:00 a.m. – 2:00 p.m. | Cafeteria.

Library resources and Hispanic Heritage Guide

The Atlantic Cape Libraries are also celebrating Hispanic Heritage Month with resources designed to help students, faculty and staff learn more about Hispanic history, culture, literature and contributions.

All three campus libraries will feature Hispanic Heritage Month displays throughout the month, highlighting books, authors, historical figures, cultural traditions and other resources that celebrate Hispanic and Latino communities. The college community is invited to visit their campus library, explore the displays and discover something new.

The libraries' Hispanic Heritage Guide also provides a collection of resources for exploring Hispanic heritage, including:

- Books, eBooks and media featuring Hispanic and Latino authors, artists, histories and perspectives.
- Articles and research resources for learning more about Hispanic heritage and culture.
- History resources highlighting Hispanic and Latino experiences and contributions.
- Internet resources featuring reliable websites and additional opportunities for exploration.
- 2026 Hispanic Heritage Month events and resources available through the libraries.

Whether you are looking for a book to read, a research resource, a podcast to listen to or simply an opportunity to learn something new, you are encouraged to explore the libraries' Hispanic heritage resources throughout the month.

About National Hispanic Heritage Month

National Hispanic Heritage Month celebrates and recognizes Hispanic American contributions to the United States' society and culture. It was designated in 1968 when Congress passed Pub. L. 90-498 authorizing and requesting the president to issue an annual proclamation of National Hispanic Heritage during mid-September. The first to do so was President Lyndon B. Johnson when he issued Proclamation 3869 on September 17, 1968.

September 15 marks the anniversary of independence for the Latin American countries of Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua, and Mexico, which celebrates its independence on September 16.

https://pressofatlanticcity.com/news/community/article_11dbafcc-0974-5615-85dc-6635e2e1443b.html

<https://shorelocalnews.com/atlantic-cape-marks-hispanic-heritage-month-with-flag-raising-ceremonies/>

<https://breakingac.com/education/accc-celebrates-start-of-hispanic-heritage-month/>

(no analytics available for Breaking AC story)

Topline Impact:

- 1,153 Estimated views
- 184,100 Potential reach
- \$1,740.90 Estimated media value



September 17, 2026

Renovated greenhouse becomes safe butterfly habitat

Atlantic Cape Community College



MAYS LANDING – Their life cycle begins in the minutest of terms. Hanging precipitously from the undersides of a leaf for protection and no larger than the width of a pin, the butterfly undergoes four stages of development while on its path toward emerging as a wonderfully colorful, avian specimen.

Numerous butterfly species today face steep declining numbers due to widespread use of harmful pesticides, habitat loss from overdevelopment and deforestation, and climate change. The impacts are being felt here in Southern New Jersey as well along a key migratory path across the peninsula of Cape May.

After Assistant Professor of Biology Dr. Christopher Carbone introduced the idea of creating an indigenous butterfly habitat, Atlantic Cape Community College Director of Science Labs Dr. Terri-Lynn

Hamby decided to do her part to help the local butterfly population by repurposing the vacant Thomas E. Brown Greenhouse on the college's Mays Landing campus into a full-time butterfly reserve.

The greenhouse, formerly utilized by the college's Academy of Culinary Arts to grow herbs and vegetables, was renovated throughout the summer months. Countless hours were spent rehabilitating the greenhouse, restoring potted plant benches, and creating an inviting space for learning and exploration. A dedicated team that included facilities employees Jack Taggart, Tom DiPietro and Lewis Miller, as well as Darla Crompton, Anthony Burgos, Kyre Monroe, Cecilia Yang, and Tracy Nti Amankwah made this dream a reality.

The finished product, designed as a welcoming destination where students can relax, study, engage with nature, and experience hands-on environmental learning, was officially unveiled during a ribbon-cutting ceremony on September 10 before more than 50 faculty, staff, students and members of the community. Hamby envisions the habitat being used by employees, students and the general public for outreach, engagement and educational purposes to learn more about the butterfly's life cycle.

Inside, visitors may witness the four stages of creation in real time. Numerous eggs are affixed to the four varieties of milkweed and additional native plants installed to attract and support the local butterfly species. The caterpillars, or larvae, in various stages of growth traverse the greenhouse's floors and branches as they move from one plant to another in search of tasty leaves from which they quickly blossom to full size.

The magical stage of forming a chrysalis, where the caterpillar transforms into an adult butterfly, typically takes between eight and 14 days, though warmer temperatures may allow the metamorphosis to happen quicker. Some of the greenhouse's butterflies came to be in as little as four days.

"We currently have monarchs, cabbage white, common buckeye, and painted lady butterflies in the habitat. All of the butterflies that we have, and will have, in the greenhouse are indigenous to our area," said Hamby, who stated that she has a permit from the State of New Jersey to collect all of the butterflies, except the painted lady, for the habitat.

The greenhouse's atmosphere has been conducive toward creating optimal conditions for safe monarch butterfly growth.

"We've actually done so well with the monarchs that we're going to start releasing them back out into the environment. They are a threatened species, so we want to help the population. We'll continue to plant milkweed and other plants to encourage more butterflies to the area," said Hamby.

To create a welcoming habitat for native pollinators, four varieties of milkweed were planted both inside and outside the greenhouse. In all, nearly 30 native flowering plants were carefully selected to attract and support local butterfly species. Locally harvested bamboo was collected and installed as a natural border fence, enhancing both the beauty and sustainability of the space.

The Butterfly Habitat celebrates New Jersey's official state butterfly, the Black Swallowtail (*Papilio polyxenes*), which was designated as the state butterfly in 2015 to symbolize New Jersey's ecological diversity and natural heritage. To truly immortalize the Black Swallowtail, Hamby had a vision of creating an interactive butterfly mural outside on the wall of the greenhouse. She reached out to local artist and conservationist Delaney Cluff to help design the mural.

“Terri-Lynn (Hamby) was looking for an artist to help design a mural as a way to engage students in the community, spread awareness and advocate for native pollinator species like butterflies. After a bunch of meetings and creating some designs, we eventually landed on the design of a black swallowtail butterfly since it’s the official State of New Jersey butterfly and a native species to our area,” said Cluff, a resident of Cape May who graduated from Lower Cape May Regional High School.

During the evening, a projector was used to display the butterfly design. From there it was carefully sketched on to an exterior wall at Simon Lake Hall (A Building) adjacent to the greenhouse. It was painted in official Atlantic Cape colors to be representative of the college. Joining Cluff in the nearly 30-day painting process were Cristina Lopez, a current Atlantic Cape nursing student and Mays Landing resident, and former Science Lab employee Alyssa Vitiello.

The mural painting process began by applying a special weather shield primer on the brick exterior. The artists admitted that the uneven brick surface made for slow going, requiring numerous touch-ups, but in the end the finished product, thanks to a hardy outdoor paint and a generous coat of sealant, will keep the mural safe for up to 10 years.

“Once we all got together this wasn't work, it was so much fun. This was a passion project for all of us because we're all very serious about conserving the environment and bringing awareness. Delaney was the brains behind the design. She came in with everything set up, we (Cristina and Alyssa) just followed her lead and brought it all to life,” said Lopez.

The Butterfly Habitat is currently open to visitors on Tuesdays from 8–9 a.m. and Thursdays from 5:30–6:30 p.m. This project was made possible through the generous support of the William J. Spangler Beautification Committee, whose funding provided materials for the furniture, potting benches, mural and new educational signage.

The rebirth of the Thomas E. Brown Greenhouse reflects Atlantic Cape's ongoing commitment to environmental stewardship, experiential learning, and creating inspiring spaces where education and nature flourish together.

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https://pressofatlanticcity.com/news/community/article_e1bb1714-0318-5c7d-8543-02334388d03e.html

<https://patch.com/new-jersey/galloway/atlantic-cape-debuts-butterfly-habitat-campus-greenhouse>

https://patch.com/new-jersey/berkeley-nj/s/kr51n/atlantic-cape-debuts-butterfly-habitat-at-campus-greenhouse?utm_term=article-slot-1&utm_source=newsletter-daily&utm_medium=email&utm_campaign=newsletter&user_email=f72f5020b111a39b69ca808eb14de

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<https://shorelocalnews.com/renovated-greenhouse-now-home-to-butterfly-habitat-created-to-give-endangered-species-safe-space-to-thrive/>

Topline Impact:

- 1,817 Estimated views
- 8.88 million Potential reach
- \$82,240.90 Estimated media value



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Flour Power: Meet the Kyle Family

WHAT'S INSIDE:
The Glory of Gardens
A Barber's Best Cut
Mainland's Young Alums

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Cover photo by Shaun Reilly Photography

Flour Power: Meet the Kyle Family



There is an adage that the heart of every home is the kitchen. That certainly rings true in the Northfield home Monica and Howard Kyle share with their two daughters, Abby and Emily, and their dachshund, Ginger.

Monica and Howard met through mutual friends. Their first meeting did not come together as planned, but the following day the two decided to meet at Borders Book Store for coffee. They hit it off from the start. They talked for hours, decided to extend their date from coffee to dinner, and have been together ever since. That was 24 years ago. The couple will celebrate their 18th wedding anniversary

next month. Monica and Howard joke that their enjoyment of food-eating it, making it, trying new restaurants and new dishes was likely a big part of their long conversation on that first date. And it still is. The two are members of the Epicurean Society of South Jersey and enjoy gathering with friends for different tastes around the region.

THE BEST RECIPES BEGIN AT HOME

Monica is of Polish heritage, and pierogies and golabki were common foods growing up. Her mother lives in Dorothy and still makes delicious pierogies for the family. But Monica found her happy place in the kitchen baking. Although her penchant for



Howard's adult children, Katie and Kenny, and grandchildren Miles and Maddie, along with Howard, Abby, and Emily.



Monica's good luck sourdough for MRHS Marching Band competition weekend.



perfect sourdough has grown over the last few years, she has some tried-and-true recipes that she is proud of. "I make a red velvet cake using beets that is really good." She obviously works some magic in the batter because it does not taste like beets. Howard swears by his wife's carrot cake, saying it is really the only request he makes for his birthday, and that it is so good he looks forward to it all year.

Howard was born and raised in Atlantic County and can trace his family roots back generations. He is happy in the kitchen as well and does most of the family cooking. For Howard, whipping up a sumptuous dinner with fresh ingredients is something he enjoys. While a steak searing on the grill suits his taste, he is more likely to pluck herbs from his garden and pick up local produce to create the family meal-his favorite: pasta carbonara with fresh tomatoes. Emily was quick to crown it as his best dish. For her favorite dish, Monica said grilled cheese on sourdough is pretty much a perfect meal.

THE SWEET SCENT OF SOURDOUGH

Monica is the municipal clerk in Longport, and Howard is the president of the National Aviation Research and Technical Park in Egg Harbor Township. With all the colliding schedules of work, two daughters in high school, friends, and activities, the Kyles work to make family time happen. That time together, they often find themselves gravitating toward the kitchen. Howard said they make it a priority to have family dinners together, especially on the weekends. "It is important that we all take the time to enjoy each other's company around the table." Howard has two adult children, Katie and Kenny, and grandchildren Miles and Maddie. They visit often and make big family gatherings just that much more fun. Monica jokes that it could be the smell that draws them into the kitchen. The inviting scent is often sourdough baking in the oven.

A friend gave Monica a loaf of homemade sourdough, and it was so delicious, she decided to try her hand at it. After a tutorial and a great deal of encouragement from Chef Guy Duniga and Jackie Adelman, Monica was given a starter and really began baking sourdough in earnest. "There is something about taking this lump of dough and working it with your hands and creating this beautiful thing that makes sourdough so enjoyable to make and eat."

Sourdough is a process that needs time. There is a starter that is often shared that has to be kept at the right temperature. It has to be fed (with flour), and the excess poured off or used for something else. Monica normally relegates her sourdough baking to weekends when she has the time. But should she need a loaf for Saturday morning, she will take her starter to work on Thursday and have it in the fridge until 2 pm, so it will be the precise temperature she needs to start baking when she gets home. She said it takes her about four hours to make two loaves.

Her repertoire has expanded beyond loaves of sourdough. She now makes bagels, pizza dough, naan, and even chocolate chip cookies. And there is a lot of style and art that goes into Monica's sourdough. Scoring the loaf or creating a design will make bread a one-of-a-kind addition to the meal and almost too pretty to eat. Abby Kyle, a senior at Mainland, has a real flair for creativity and will do some of the scoring on the sourdough. Monica has starters in two different refrigerators, just in case there is a problem. She also has dehydrated starters. "I do hope that my daughters will enjoy making sourdough and I will be able to share my starters with them someday."

BEYOND THE KITCHEN WALLS

For all the sourdough she makes, Monica does not sell it; rather, she gives what her family is not going to use to friends. She said she has toyed with the idea of getting a cottage license and taking the required food certification



Monica back in her reporter days with veteran journalist Helen Thomas and Devon McLaughlin. (Photo by Tom Briglia)



Sisters Emily and Abby Kyle.

course to be able to sell her bread, but it is just not something she is ready for right now. She added that her girls would help with marketing and promoting her bread, and it could be a fun family project to share with the girls.

Treasure hunting is also something Abby and Emily enjoy with their mom. Scouring antique shops, Cobweb Corner, or Days of Old searching for bakelite bangles, or vintage records, old photos, or the perfect sourdough mixing bowl is a day of fun for the girls.

Outside of the kitchen, helping others and helping the community is a high priority for the Kyles. Howard is a proud Air Force veteran. He came home and went to college on the GI Bill, starting at Atlantic Cape and eventually earning his Master's Degree from Rutgers in public policy. He worked with economic development in Atlantic County for many years in the County Executive's office, starting with Charles Worthington, Richard Squires, and he was Denny Levinson's chief of staff before his position at NARTP. He was also on the CRDA for a decade and the Schultz-Hill Foundation for more than 20 years.

Monica began her college career in Ireland, spending her first year at the University in Cork. She completed her education at Stockton with a degree in literature. She was a reporter with The Current newspaper covering Downbeach when an opportunity to help launch a newsletter in Longport enticed her to move to Borough Hall. She did not plan on a career in local government but found her niche in working with the governing body and the residents. She

also serves on the Board of Trustees at Atlantic Cape Community College and is currently the treasurer. "I am humbled to serve on a board that is so pivotal to our community. Atlantic Cape opens doors of opportunity for so many by meeting them wherever they may be on their journey."

As a family, the Kyles support the food bank, participate in beach cleanups, and attend local veterans' events with American Legion Post 469, and currently cheer on the Mainland Marching Band, where Emily is in her second year playing the synthesizer.

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https://pressofatlanticcity.com/sports/community/article_966ff5d4-8485-50bf-9507-693c3d10b9a1.html

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