



The Bell Tower Bulletin

Fibromyalgia Awareness Day

By Peggy Nesbit

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May 12 has been designated Fibromyalgia Awareness Day this year. For those of you who may have never heard of this, fibromyalgia (FMS) is a chronic pain illness characterized by widespread musculoskeletal aches, pain, and stiffness as well as soft tissue tenderness, fatigue and sleep disturbances. The Arthritis Foundation recognizes this as a disease and estimates that between 5-7% of the US population has FMS, with a higher percentage of women of all ages having the disease.

There are currently no lab tests to verify FMS but doctors can use patient histories and physical exams to determine a diagnosis. Beside a history of widespread pain in the four quadrants of the body over a period of at least three months, sufferers often have debilitating fatigue, non-restorative sleep, and short-term memory problems commonly called "fibrofog." They may also have irritable bowel or bladder syndromes, headaches and migraines, TMJ dysfunction, skin and eye sensitivities, and a host of other problems.

During the physical exam, the doctor will touch 18 different "tender points" at the neck, shoulders, elbows, hips, and knees. A diagnosis is confirmed if there is pain present in at least 11 of the 18 points. It is important that a doctor also examine the sufferer for other diseases, including things like thyroid problems, arthritis, and lupus. And it is possible for someone to have FMS on top of these other diseases. There is currently no known cause for FMS.

Treatment for FMS varies from patient to patient since each is liable to exhibit a different assortment of symptoms. At the moment the best option for treatment is to treat the symptoms. Pain management is essential with various types of pain medications as well as muscle relaxants being prescribed. Some antidepressants can help with sleep management (as well as with the emotional effects of having a chronic disease.) Paradoxically exercise can help with some of the sleep and pain issues and psychological support along with alternative therapies like physical therapy, massage, acupuncture, biofeedback, yoga, and a host of others.

I was diagnosed with FMS in the early 1990s and have written about my experiences before in the Bell Tower Bulletin. I have most of the symptoms and can now add osteoarthritis to the mix. As with any chronic disease, life can seem like a continual struggle with some days being better than others and one of the hardest issues with FMS is that the sufferer doesn't usually look sick.

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If you know someone who is suffering with this harsh illness, I urge you to look into ways you can support them as well as ongoing medical research on the disease. An excellent website is www.fmaware.org which belongs to the National Fibromyalgia Association, one of the sponsors of the Awareness Day. If any of this sounds familiar to you, I'd urge you to discuss FMS with your doctor. While there is no cure, there is at least some relief available... and you know you're not crazy and you're not alone.

Check out these other helpful websites:

American Fibromyalgia Syndrome Assoc. Inc., American Pain Society, Arthritis Foundation, Fibromyalgia Patient Support Center, FM-CFS, Focus on Fibromyalgia, M.E. Society of America, National Fibromyalgia Partnership, National Fibromyalgia Research Association, Restless Legs Syndrome Foundation, The TMJ Association

CERT - A Way to Help

By Richard Pasky

I recently took a non-credit class at LCCC to qualify for the Community Emergency Response Team, aka CERT. It was created by the Los Angeles Fire Department in 1985 to assist the professional first responders like firemen and police during all types of emergency situations, both natural disasters like earthquakes, and man-made ones including fires and terrorist acts. In 2003 President Bush asked Americans to volunteer their time for their country, and CERT became a prime government program to enable people to help in an organized activity, now under the aegis of the Homeland Security Department. Communities all over the country have now adopted the training model and methods first developed by the LAFD.

Our 20 student class met from 6-10pm one night a week for 5 weeks. The course objectives were to describe possible hazards, outline the functions of CERT members, and train us in several important skills. Once trained, a CERT member should be able to put out small fires, treat

minor injuries, perform light search and rescue, and help relieve survivor stress. It was emphasized that in a large scale disaster, there may be a long period, even days, when neighborhoods are without the professional first responder fire and police personnel. That is the prime time that CERT members are expected to cover their own neighborhood and surrounding areas until expert help arrives and takes charge.

We were briefed by several professionals, including fire captains from Elyria and Avon, a Homeland Security administrator, and the Lorain County Emergency Management Director. We learned there are 8 major disaster types we could possibly experience here. It happens that Lorain county ranks in the top three in Ohio for tornados over the last 80 years and has the most haz-mat shipments moving through here via the turnpike and railroads of *anywhere in the US*. So there is the need for sufficient people to volunteer their help to our county. We simply must recognize that *anything* can happen here.

Medical triage and treatment were taught by the local fire officers. We learned the steps in working on life-threatening conditions for victims: opening the airway, controlling excess bleeding, treating shock. The mantra repeated to us was "to do the most good for the most people"; knowing that time is crucial and our actions must be effective.

We also spent time learning how to "crib", techniques for leveraging and moving large objects trapping people in rubble. A sample gas shutoff and fuse box was reviewed so that we could eliminate hazards from those systems. Also taught was the proper way to search a room where fire and smoke are obscuring sight. Finally, we learned the proper way to use fire extinguishers, putting out diesel fuel fires outside the Campus Center building. We got a tour of the county's mobile disaster coordination center, one of only 8 currently in Ohio, and happily know our local vehicle is of maximum capability and size, and is even used in neighboring counties, but it resides right here in Elyria.

The class was a fascinating, informative glimpse into the systems and people who protect us, but there is always a need for volunteers to become part of CERT. Once a member, you receive a backpack with a CERT hardhat, goggles, small tools, gas shutoff wrench, green day-glo safety vest, gloves, flashlight, and first aid kit. I consider the \$20 class fee a bargain for what I learned and I hope to continue with more training on CPR and First Aid. I recommend it to anyone with a desire to be involved in their community.



Lorain County Mobile Disaster Coordination Center

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Dear Reader:

By Peggy Nesbit

Graduation Gifts

I have a dear friend whose son is graduating from high school this June and I've been contemplating graduation gifts. Now my traditional graduation gift for any high school graduate who may be going onto college is a nice hardcover dictionary. Someone gave me one many many moons ago when I graduated from high school (so long ago that the high school I graduated from no longer exists—well, it does but it's a middle school now...)

But I've been reconsidering that as a choice, thanks to the internet. Besides having access to spell check in almost all computer programs now, internet users have access to a veritable cornucopia of dictionaries for free. I have two bookmarked on both my home computer and work computer: <http://www.m-w.com/dictionary.htm> and <http://www.bartleby.com/61/> which is the American Heritage Dictionary. You can also find all sorts of foreign language dictionaries as well as etymological dictionaries (the ones that give you the history of a word.) Some are better than others and

as I tell someone who is trying to decide between the paper variety of dictionaries—choose a word and look it up in the assorted dictionaries to see which entry makes the most sense to you or meets your needs. Some people want the history of a word (like me!) and some want synonyms or antonyms or variant phonetic spellings, etc.

So, if a hardcover dictionary is passé in this internet-run world, what kinds of “book” gifts could a college-bound graduate need?

My suggestion would be to see if the graduate's college of choice offers bookstore gift certificates. We all know that the price of textbooks is over the moon and with the price of tuition, room and board, and just living expenses going crazy high too, helping the soon-to-be college student with his or her textbooks is a great way to go.

A lot of college and university bookstores have online ecommerce sites you can visit and, even if you can't

actually purchase anything online, the store will typically have a webpage with phone numbers to call for help. Some stores offer gift cards and others the old-fashioned paper certificates. Our bookstore has gift certificates good for use in the store, at Stocker Center events, or for tuition. Some schools have campus cards and it may be possible that you can contribute to the card as well. Go to the chosen school's website and look for the bookstore webpage.

And, if all else fails, I suppose you could at least phone in an order for a college sweatshirt!

Luckily I know that Danny is coming to LCCC and so he can expect a card with a gift certificate big enough to pay for at least one of his textbooks! Hopefully, I won't have to take a loan out to get the certificate! Hard to say though...

QUICK VIDEO REVIEWS

by Barb Armstrong

Man of the Year: If you are as tired of the antics of politicians as I am, this movie will hit home. Comedian Tom Dobbs (Robin Williams) pokes fun at the shenanigans in Washington, D.C. and is encouraged by his adoring fans to run for President of the United States. To everyone's amazement, including his own, he wins! Just as he is prepared to take the job seriously, Eleanor Green (Laura Linney), an employee of the company who makes the voting machines used in the election, discovers a glitch in the system. Hum?!! Sound suspiciously familiar? This is a delightfully simple film that makes light of some very serious national issues, but falls a little short on the answers to some of the questions that the movie poses.

Rocky Balboa: Okay! I was really not too thrilled with the first five Rocky movies, but boredom took over one night and I rented this one. To my surprise, it wasn't that bad. An older, milder Rocky (Sylvester Stallone) now owns a restaurant in Philadelphia. But retirement isn't enough for him. Still grieving the death of his wife Adrian, he constantly revisits old haunts which keeps his memory of her alive. In addition, he is struggling to maintain a relationship with his grown-up son Robert Jr. (Milo Ventimiglia). Challenged by a young and upcoming fighter Mason 'The Line' Dixon (Antonio Tarver), he finds himself accepting the fight of a lifetime. He prepares for the match (*Rocky music played here*) and faces his opponent with amazing vigor for a retired boxer. I won't ruin the ending for you.

Hint: Rent this one if you liked the other Rocky movies or are curious.



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Question of the Month By Diane Nott

The weather is finally turning nice. What games do like to play in your backyard or lawn?

Cornhole! (bean bag game). I am terrible at it, but we always end up laughing hysterically!

-Mandie Nelson, Connections

Croquet.

-Teresa Cassidy

I enjoy Jarts, aka Lawn Darts. Please don't tell anyone from the Health Insurance Review and Wellness Committee. ;)

- Mike Substelny, Distance Learning

Bocce Ball and Volleyball

-Cindy Kushner, Marketing

Jarts and Frisbee

-Diane Nott, IS&S

Whatever my children want to play right now. Picking flowers, riding tricycle and bicycle, digging for dinosaur bones, and outdoor tea parties are real big right now.

-Ted Myers, Arts and Humanities

My maiden name is Fortunato, so Bocce, of course!

-Celeste Baker, Accounting

I like chasing squirrels off the birdfeeder. They're a big nuisance. They knock all the bird feed to the ground.

-Michael Pogachar, Spitzer Conference Center

I enjoy the homemade Bago (or Cornhole) game my best pal gave me for my 60th birthday last summer.

-Richard Pasky, Science and Math

I have three favorites-Bocce Ball, Croquet, and Badminton that I love to play in the yard.

-Lynne Mendlik, Academic Support

We do a lot of Frisbee play and that's really about it (we also play Frisbee golf at "official" Frisbee golf courses like the one in Norwalk, but that's way bigger than anyone's backyard). When I had a bigger yard I used to hit plastic practice golf balls, but those days are over.

-Keith E. Washburn, Library & Learning Resources

Baseball, soccer and kickball with the kids. Also, Volleyball. I love putting the net up and having some family and friends over to play.

-Carrie Hering, Business Division

I've always enjoyed a fun game of frisbee with my family and our dogs.

-Christina Neidert, Campus Services

Computer Tips By Diane Nott

Keyboard Blues

Are you having trouble getting the keys on your keyboard to do what they're actually supposed to do? Perhaps they work some days, but the rest of the time, you just can't get them to do anything. Well, if this sounds familiar, you either have a big or a small keyboard problem. Come along with me as I go over both scenarios. I'm here to help you get rid of your keyboard blues!

First, a keyboard problem is usually caused by one of two things: a bad keyboard or a bad motherboard. The first thing to check is if the keyboard is actually good or not. To do so, find a working keyboard (maybe you have another one lying around your house or maybe you could borrow one from a friend). Unplug your troublesome keyboard and plug the good one in to your PS/2 port and then reboot the computer. If the other keyboard works, you'll know you have a bad keyboard and you should probably just go buy a new one. That may not be what you wanted to hear, but hey, it's better than having a busted PS/2 port!

Now, if the second keyboard did not work, you more than likely have a bad port. Unfortunately, the PS/2 port is part of the motherboard, so you will need to replace your whole motherboard. That may seem like too much hassle or it may be too costly, so if that's the case, you may want to consider getting a keyboard that works via a USB port - that is, if you have USB port on your computer (which most do). For the time being at least, it might be a better solution to buy a new keyboard than to pay for a new motherboard. The choice is yours, but at least you now know the cause of your non-functioning keyboard. Either way, I hope you're back to keyboard bliss soon!

Source: worldstart.com

HOORAY FOR LCCC NIGHT-SHIFT EMPLOYEES!

Since May 9th is National Night Shift Workers Day, the Bell Tower Bulletin would like to take the time to give credit to those at LCCC who work the second shift. There are many full and part-time employees who are here long after most of us go home at 4 or 4:30 p.m. They keep the night oil burning bright. Currently there are 100 plus people who are here and at St. Joe's at night. This number includes adjunct and full-time faculty who teach night classes, Physical Plant, IS&S and ITMS, divisional staff assistants, Bookstore, Library, Connections, Financial Services, University Partnership staff, Advisors, Campus Security, and anyone else that we might have left out of this article. Kudos to you!!

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The Recipe File



submitted by Peggy Nesbit

Best Cheesecake

- 1 $\frac{3}{4}$ cups of graham cracker crumbs
- $\frac{1}{3}$ cup margarine or butter, melted
- 1 $\frac{1}{4}$ cups of sugar divided
- 3-8 oz. packages of cream cheese
- 2 tsp. vanilla
- 3 eggs
- 1 cup sour cream
- 1-21 oz. can of cherry pie filling (optional)

Preheat oven to 350 degrees if using a silver spring form pan or 325 degrees if using a dark spring form pan.

Mix graham cracker crumbs, margarine, and $\frac{1}{4}$ cup of sugar. Press firmly onto the bottom and 2 $\frac{1}{2}$ inches up the side of the pan; set aside.

Beat cream cheese, remaining sugar, and vanilla in large bowl with electric mixer on high speed until well blended.

Add eggs, one at a time, mixing on low speed after each addition until just blended. Add sour cream. Pour into crust.

Bake for 60 to 70 minutes or until center is almost set. Turn off. Leaving the door slightly ajar, leave cheesecake in oven 1 hour. Remove from oven; cool completely.

Refrigerate four hours or overnight. Remove side of pan; top with pie filling. Store leftovers in the refrigerator.

Rosa Marina Salad

- $\frac{1}{2}$ 16-oz. box Rosa Marina pasta (orzo works just as well)
- 1 20-oz. can crushed pineapple, drained with juice reserved
- $\frac{1}{2}$ cup sugar
- 2 tablespoons flour
- $\frac{1}{4}$ teaspoon salt
- 1 egg, beaten
- 1 11-oz. can mandarin oranges, drained
- $\frac{1}{2}$ jar red maraschino cherries, drained
- 1 cup mini marshmallows
- 1 medium container non-dairy whipped topping

Cook pasta and drain. Place 1 cup of pineapple juice (add mandarin orange juice if needed) in a sauce pan. Add sugar, flour, salt, and egg and cook until thick. Cool pudding mixture. Add pineapple, oranges, cherries, pudding, and marshmallows to cooled pasta. Refrigerate overnight. Add whipped topping when ready to serve. (Recipe can be doubled.)

Lego Olympiad Takes Over LCCC

By Richard Pasky

Over 500 area students in grades K through 12 invaded the LCCC field house for the 17th annual Lego Olympiad on Friday April 20. The Student Society of Manufacturing Engineers was the main sponsor of the event, with major support from the Nordson Corporation and other firms. Many volunteers from the LCCC faculty and staff are involved in every aspect of the event, which is great fun to witness as well. Each year there is a theme which is kept under wraps until the morning of the event when students and their advisors arrive in the school busses before 8a.m. This year, students were challenged to create a *household appliance of the future*. In 2006 when I was able to help as a judge, the theme was *mass transportation of the future*.

Student entrants are divided into classes based on their age - elementary, middle school, and high school. Teams are limited to six students from each school, often with matching t-shirts, adding to the colorful atmosphere. They may enter the themed competition, open competition, or computer controlled competition.

Students in theme or open are limited to 2 hours of planning and assembly, which must include a written presentation to judges as well as a completed structure. Scoring by judges includes point categories for creativity, teamwork, neatness, and functionality. Trophies are awarded to top scorers, and many added prizes of free pizza, movie tickets and other goodies are contributed by the sponsors, all making a very festive field trip for the students.

A real crowd pleaser is the computer-controlled contest, which this year was the hill climb, featuring a reverse ski hill testing the "pony" power of the Lego vehicles. The 2006 challenge was a maze which forced vehicles to bounce off wooden walls and try other routes through the maze without any operator input. Referees for the computer controlled events wear zebra-striped shirts just like major sports events, and there is always a cheering crowd around that part of the gym when the Lego vehicles are competing. Many trophies are awarded for each age group and category, and the enthusiastic master of ceremonies Mike Substelny of Distance Learning keeps the excitement high with his prompting and encouragement to the kids. The many volunteers from LCCC faculty and staff should be proud of this very popular event.

If you have the time to sneak out of the office for an hour to visit this special event next year, playing hooky is well worth the risk. You will come away with a good feeling about the abilities of our children to make their world a better place. (See page 8 for pictures.)

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LECC Staff Council Hosts 2007 Spring Break

***Staff Council
puts on
another great
Spring Break!***



***Great food,
fun games,
costume
contests,
and line
dancing
too!***



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Get ready for your very own road trip!



Can't wait until next year!

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Lego Olympiad takes over
LCCC Fieldhouse

