



The Bell Tower Bulletin

What Color Are You?

By Krista O'Neill

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BELL TOWER STAFF

Editor

Diane Nott

Production

Carol Broadfoot

Peggy Nesbit

Photography

Paul Modic

Distribution

Cheryl Miltner

Communication

Committee:

Barb Armstrong

Ken Collins, ex off.

Sandra Daniels

Richard Pasky

Bell Tower Bulletin

CC010

extension - 7768

belltower@lorainccc.edu

One of the highlights of Staff Council's "Fall Break" leadership training exercises was the PACE™ Palette workshop facilitated with enthusiasm and humor by Annette McIver and Candy Townsend, both Project Coordinators with HRD SkillsMAX Center here at LCCC. The PACE Palette color test is a personality assessment tool that helps you to identify yourself among 4 colors that represent traits related to your personality, similar to other personality assessments such as the Myers-Brigg Type Indicator (MBTI)..

The PACE™ Palette equips participants with everything they need to improve their communication skills, both professionally and personally. One of the great insights gained was how differently each group sees the world and as such, they communicate differently. This could apply to your colleague, your boss, or even your spouse and gives you great insight and empathy for others.

The four colors on the PACE™ are Yellow, Blue, Green and Red and each represents a personality type Yellow represents Responsibility. Yellows value rules, tradition and authority and are very detailed oriented and hard workers. They are loyal, dependable, punctual and trustworthy.

Blue represents Harmony. Blues are "people people" and see the possibilities in others and themselves. They are devoted friends, love to talk and have lots of sensitivity to the thoughts and feelings of others. They excel at motivating people.

Green represents Curiosity. Greens want to know all there is to know about everything. They love puzzles, problems and finding solutions. They are nonconforming and independent and tend to appear calm, cool and collected most of the time.

Red represents Adventure. Reds like to be free to do things their own way and are more concerned with the present than the future. They are naturally competitive, witty and charming and aren't much for rules. They love a challenge and it has to be fun.



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Time was spent in our color groups discussing not only our joys and values but also our stressors and irritants. It was almost as if a light bulb went off for many of us as we learned about ourselves and others. It's always fun sharing the quirks and idiosyncrasies of our personalities with not only like minded friends across campus but also those with very different personalities than your own. It was great fun. Many thanks to Annette and Candy for such a worthwhile program.

From the President's Desk:

Well, September and October are turning out to be very busy months for our campus. With everyone moved or preparing to move these months will fly by. The Staff Council and *Bell Tower Bulletin* office which was formerly located in College Center 010K will be moved to the old Library.

Speaking of *The Bell Tower Bulletin* I would like to formally congratulate Barb Armstrong and Lisa Elliott who have been selected as the new co-editors for *The Bell Tower Bulletin*. Their first issue will come out in November. I would like to thank Diane Nott for her many years of service serving as the editor of the BTB. Her dedication to this volunteer activity is very much appreciated.

Fall Break week was a great success I thought. Staff Council Executive Committee was able to get some excellent feedback and have a better understanding of what issues staff see as the most important.

Next on our agenda is the Family Fest Pie Walk. With all the changes going on throughout campus SCEC has decided to put a little twist in the cake walk this year and will be giving out Mama Jo's pies instead of cakes to winners. If you are in the neighborhood be sure to stop by and try to win one.

Thank you,
Ken

The FBI by Maneera Hitchens

Today I went to a wonderful information session. Staff Council has been bringing in speakers this week (with lunch included) and when I heard that Diane Camera (who is Dina Ferrer's sister) was going to be one of the speakers, and knowing her to be an inspiring and insightful individual, I decided to go. Because after listening to the news everyday, hearing about the country's increasing economic woes and watching the Presidential election get uglier and uglier, I needed something refreshing. I needed something uplifting. She didn't let me down.

The seminar was on "**F**orming **B**est **I**mpressions" and it was based mostly on word associations. She had two other ladies accompanying her and all three are known as the FBI (*Forming Best Impressions*). It didn't take long to see that this was going to be about being "positive". She told us the difference between being a good listener and just taking in audible information (taking it in one ear and letting it go out the other). She said, being a good listener is being able to take in the information and process it. She spoke about being positive, having organizational skills, of being persistent, of being honest, of being sincere and of having confidence. She also talked about how sometimes even using euphemisms, terms meant to gloss over unpleasantness, can come off too direct, harsh, or offensive. She said we often use these terms to describe a situation, using them as crutches, instead of just using our knowledge of the English language to say what we mean.

Mrs. Camera said that when a situation is affecting us adversely, we should give it twenty four hours and then let it go. She and the "FBI" did an enactment of leading and following which showed that if you can't follow, you can't lead. One of her parting statements was about Warren Buffett (billionaire philanthropist). She said that someone asked him what the best investment for the future would be and Mr. Buffett said, "to pick the right partner."



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Dear Reader:

Mystery Series: The First **By Peggy Nesbit**

Who wrote the first mystery series? Can you guess? Who was the first writer to use the same detective in a series of stories to solve a number of different crimes?

I bet you're thinking of Arthur Conan Doyle or Agatha Christie, but you're wrong on both counts. (Sherlock Holmes first appeared in print in 1887 and Hercule Poirot in 1920.) No, the first writer of a mystery series is best known for his macabre short stories and a poem about a raven that kept repeating "Nevermore." That's right—Edgar Allan Poe.

Poe wrote three short stories featuring a Frenchman named C. Auguste Dupin who solved the crimes in "The Murders in the Rue Morgue" (1841), "The Mystery of Marie Rogêt" (1842) and "The Purloined Letter" (1844). Dupin was the first to have a narrator to tell his story just as Doyle used Watson to tell Holmes' story. There were other similarities between the two characters but there were probably few who noticed that in the 40-plus years between the publications and the ocean that separated the authors.

But "The Murders in the Rue Morgue" is now considered the first detective fiction story. I know this because many moons ago when I first started work at the college, I took an English class taught by Sue Luck called Detective Fiction. The first stories we read were Poe's and it was a wonderful introduction to a genre that I hadn't really read widely.

Since October 5-11 is Mystery Series Week, I thought I'd mention Poe. Most mysteries these days are series, following the same detective or detectives through a variety of crimes and mysteries. And mysteries come in all sorts of shapes, forms and mixed genres. There are historical mystery series, futuristic mystery series, horror mystery series, romantic mystery series besides your cozies, police procedurals, hard-boiled, medical examiner, etc., etc.

So, if you ever have the chance to check out Mr. Poe's "tales of ratiocination" as he called them, I'd certainly recommend them. And then we'll see if you can figure out "whodunit." I couldn't!



Quick Movie Reviews **by Barb Armstrong**

Bangkok Dangerous: This movie was an action-packed story with one of my favorite actors in the lead role. Nicholas Cage plays Joe, a hard-nosed assassin who softens just enough to become dangerous to himself. While in Bangkok, he hires a local boy, Kong (Shahkrit Yamnarm), to run errands for him. Cage decides train him to become an assassin and takes him along on some of his hits in the city. At the same time, Cage falls in love with a local girl, Fon (Charlie Yeung), who happens to be deaf. Communication is limited between the two of them, but the audience knows that they are falling in love. This proves to be bad news for Cage, because his job does not permit any personal relationships. There are some exciting chase scenes in the movie, including one unusual one involving a motorcycle on a boardwalk, and a boat on a canal.

Note: Although this was an interesting movie, it was quite violent. The violence is quick, though, which cuts down on the time the average movie-goer has to register the act.

Computer Tips **By Diane Nott**

Alt + Tab

Let's say you have about four different programs running on your PC all at the same time. For instance, maybe you have your e-mail up and running, a Web browser window open, a Word document ready for review and your music player playing your favorite song. With all of that going on, have you ever wondered if there was a quick way to pull each of those programs up as you need them, without the rest of them getting in your way? For example, maybe you're working on your Word document, but you want to bring your music player up to change songs. So, how can you do that quickly and painlessly?

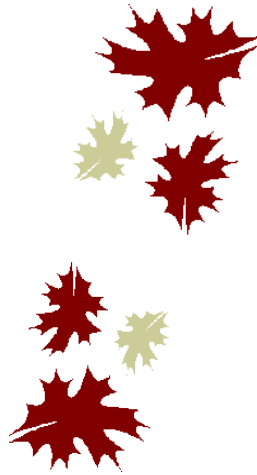
Well, all you have to do is press Alt + Tab together one time. Once you do that, it will bring up a little box that has all of your open programs listed. Then while continuing to hold the Alt key down, just press the Tab key to scroll your way across the programs. Highlight the one you want and then release the Alt key to pull that program up. Want to change programs again? Just repeat the process as many times as you need. It's so simple and it also helps you to keep track of everything you have running on your PC at one time. Pretty cool, huh? Give it a try today!

Source: worldstart.com

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Staff Participants of Staff Council's First Annual Fall Break



Photos by
Saundra Daniels



Congrats to
SC Pres. Ken Collins
& his fiancée, Lindsay, on
their upcoming wedding!

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Construction Stress by Barb Armstrong

As departments relocate, either temporarily or permanently, excess stress is abundant here on campus. It would be helpful if we could shut down the campus for a few days, move everyone, and then open again. But realistically, this is not possible. Students expect services, classes, food, and reasonably happy employees.

There aren't too many comforting words that I can write to reduce the stress we are all undergoing. Some of the minor problems caused by stress are headache, sleep disturbances, upset stomach, irritability, and low morale. Evidence suggests that workplace stress plays an important role in several types of ongoing health problems, such as heart disease, high blood pressure, and controlling your diabetes.

So what can we all do to help each other get through this time of "construction stress?" I guess we can all complain to each other like we have been doing. This won't change anything, but at least this helps people to realize that **everyone** is going through the same thing. Other ways to reduce the stress of all this chaos is to get away from it for a while. Go **out** to lunch; take a walk on campus; visit the fitness center; find a quiet corner to sit and read for a short time; better yet, take a personal day. You can also participate in some of the "Live Smart" programs. Exercise is proven to reduce stress. If the college offers a stress management course, take it!

Eventually we will all look back on this and probably have a good chuckle recalling the horrors of moving and construction. Right now, though, we need to all hang in there and do the best we can to stay positive!

*The remains of the old
Connections Center in
the CC Building.*
photo-Modic



Cool Websites

Do you know of a cool website that you think others might find interesting or helpful? Send them to pnesbit@lorainccc.edu and I'll list them here in *The Bell Tower Bulletin* for everyone to check out. Here are two that were recently sent in.

www.freerice.com Patty Mack sent this website to us and it's really very cool. It's a vocabulary game that lets you accumulate 20 grains of rice for every definition you get right. The rice goes to the United Nations World Food Program. I checked with www.snopes.com (the urban legends website) and they verified that this is an actual site that does do what it says. The Bookstore staff found out about it sometime over the summer and we had contests to see who could donate the most. It was a lot of fun and for a good cause—just do it on your lunch hour!

www.thebreastcancersite.com Adrienne Aguilar sent this website to me because she knew that I had lost my sister to breast cancer 10 years ago and I have seen it a couple years before but at some point lost the bookmark. I'm glad to have it back. Snopes also verifies this site as true. You go to the site and click on the button and it will add to the total of clicks needed to fund a free mammogram. And October is Breast Cancer Awareness Month!

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So, You Want to Sew By Peggy Nesbit

This fall was the first time Diane Papp, Arts and Humanities' very own Costume Designer/Shop Supervisor offered two non-credit classes on costume/sewing. Based on her presentation series, "**The Importance of Being Costumed**", one was called "**Setting the Stage: Beginning Sewing for the Home**" and the other was "**Getting Into Character: Halloween Costumes**". Both classes were offered for two hours consecutively on Saturday mornings for 8 weeks.

I signed up for both classes even though I first was handed a needle when I was six, got my own sewing basket at 8, learned to use a sewing machine at 10 or 11, and was given my own machine as a college graduation present. But I hadn't really used my machine in years and knew that I needed a refresher course. And I knew that anyone like Diane who made her living sewing would know all kinds of little tricks that would keep me from cussing my machine out and throwing whatever I was making across the room. (Been there, did that—repeatedly!)

Before class began, Diane sent the seven of us a supply list and sent us out with instructions to prepare our sewing kit. I found I have the bulk of the items already, perhaps not exactly what she was recommending but close enough to work. I already had good scissors that are only ever used on material, a tape measure, black thread, white thread, pin cushion and pins, needles, seam ripper, fabric marking pens, sewing gauge. I even had unbleached muslin (cotton cloth) from making quilts. I dug through my bins and took along a bunch of other stuff, found the instruction book to my sewing machine and the extra pieces to it like sewing feet and bobbins and felt pretty confident.

Diane's plan was to teach us how to "become one" with our machine. Many sewing machines are digital now and can do everything but walk the dog but she showed us that you can do a lot with just a straight stitch and a zigzag which is really good because that's all my machine does. It's a 1981 Kenmore that I thought was great then because you could remove the section in front of the sewing plate and sew around a cuff without going into contortions.

In the class, we began with experimenting with various stitches and the machine's settings, moved onto corners, seam allowances and finishes, and then made our first

project. The project was a pillow. First was the pillow form out of muslin, any size we wanted, stuffed and hand sewn closed. There was the pillow cover of fashion fabric (patterned) with a zipper. I've never found zippers to be a big challenge (I think buttonholes are!) but others were scared to death of them. Diane walked us through a zipper and we all managed to get our pillows down with only a few ripped out seams. (And, yes, I ripped seams too! Saturday mornings are not always my most functional times!)

Our next project has been curtains which are really straight forward once you understand the folding and measuring part. The most important lessons Diane taught us were to pin everything, to iron everything before and after you sew it, and that you don't need to go out and spend a lot of money on a pattern to make something nice for yourself. The last I knew, because I've been fiddling around making things on my own off and on for a long time. I suppose, come to think of it, I've used my sewing machine more than I thought over the years but still I'd like to use it more and I think this class will give me the push I need to keep it out and ready to use. And making some things can be a lot cheaper than buying them any more.

[For the costume class, I have been making a Celtic costume of a long floor-length red and black plaid skirt, plaid shawl, and tam. I will eventually be making a old-fashioned gathered sleeve blouse and a laced up vest as well. It's quite a project!]

The classes will be offered again spring semester with the addition of two other classes: **Costume Construction for the Stage-Advanced Sewing Techniques and Costume Concept & Color Techniques- Paint & Dye Techniques**. Look for it in the LCCC Spring Non-Credit offering.

A GREEN FYI

The mail room saw 8,550,000 sheets of paper pass through the college for fiscal year 2007-2008. That's 1711 cases of paper! This year we are at 2,095,000 sheets (419 cases) as of September 30, 2008. Last year at this time we had 409 cases of paper. We are on our way to beat last year's record - something we should not be proud of!

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The Recipe File



Smothered Chicken

Submitted by Lisa Hearn

4 boneless skinless chicken breasts
¾ c. Italian dressing
3-4 T. soy sauce
1-2 T. BBQ sauce
¾ c. mixed shredded cheese (mozzarella, parmesan, cheddar, Colby)
1 T. onion, chopped
½ tomato, diced
1/8-1/4 t. cilantro
2 T. bacon bits

Marinate chicken breasts in Italian and soy sauce for four hours or overnight. Drain and bake for 15 minutes at 350 degrees. Remove from oven and lightly brush chicken with BBQ sauce. Top with mixed cheese and the other ingredients and bake for another 30 minutes.

S'More Brownies

Submitted by Peggy Nesbit

Crust:

6 T. unsalted butter, melted
1 ½ c. graham cracker crumbs
2 T. sugar
pinch fine salt

Brownie:

8 T. (1 stick) unsalted butter, melted
4 oz. unsweetened chocolate, chopped
1 c. brown sugar, packed
¾ c. sugar
1 ½ t. vanilla extract
½ t. salt
4 large cold eggs
1 c. all-purpose flour

Topping:

4 c. large marshmallows (I used most of a bag of mini-marshmallows)

Position rack in lower third of oven and preheat to 325 degrees. Line 8x8" pan with foil so it hangs over an inch

on each end and grease or spray foil. Mix cracker crumbs, salt, sugar, and melted butter together. Press crumb mixture into the bottom of the pan and bake until golden brown, about 20 minutes.

Place chopped chocolate and sliced stick of butter into medium microwave safe bowl and microwave at 75% power for about 2 minutes, then stir until smooth. (Or use a double boiler to melt chocolate and butter together.) Stir in sugars, vanilla and salt then add eggs and beat vigorously to a thick and glossy batter. Add the flour and stir until just combined. Pour batter over baked crust. Bake until crust is crispy and toothpick comes out of center mostly clean with a few crumbs, 40-45 minutes.

Take out pan and adjust the rack to within 6 inches of broiler and preheat broiler on low. Layer marshmallows across the top and toast under broiler until golden. (Watch CLOSELY!) Cool on rack, gently remove from pan using the aluminum foil and carefully separate off the marshmallows. Cut into 12 pieces. (NOTE: I wouldn't toast marshmallow top until right before serving or you'll have a heck of a time cutting through them, or rewarm them for better results.)

Recycle Your Paper

Don't forget to visit the **ABITIBI** container. It is located behind the Receiving Department on campus. You can recycle ALL kinds of paper, magazines, and junk mail, with the exception of telephone books. The proceeds from this ongoing collection go to Women's Link to help fund their programs.

Correction to the September issue of the Bell Tower Bulletin

In the September issue of the Bell Tower Bulletin, the pictures of the student/staff baseball game were erroneously reported as being taken by Diane Nott. In actuality, they were taken by Robert Gaddis.

THE 15TH ANNUAL LORAIN COUNTY COMMUNITY COLLEGE FAMILYFEST

Join the
Fun!

On the campus of Lorain County Community College
1005 North Abbe Road, Elyria, Ohio

SATURDAY, OCTOBER 18, 2008 NOON TO 6 P.M.

Food, Fun, Artfest, Kids' Activities
Check out LCCC and its University Partnership
during this all day open house!

ENTERTAINMENT BY



Hue
People
and

Ed Boas and
his Drum Circle

SCHOLAR SALUTE

With
FOX 8 TV's



"That's Life"
Producer
and LCCC/UP Grad
Rachel Stephens

OTHER ACTIVITIES

- Pony Rides
- Health Screenings
- Gamers Fest
(You could win a
video game system)
- Martial Arts
Demonstration
- Artfest
- Cake (Pie) Walk
- Kids' Discovery Tent
- Kids' Trick or Treat
at 2 p.m.
- Plus Much More!

PLUS YOU CAN VISIT

the new Barbara & Mike Bass
Library/Community Resource
Center at LCCC in a
public open house.

*Demonstrations,
Tours,
Kids Activities*

This new library also
includes the **North Branch** of the
Elyria Public Library.



Free Admission to Festival.

Want More Info? Call (440) 366-4109

or visit



Lorain County
Community College

www.lorainccc.edu/familyfest



The University
Partnership