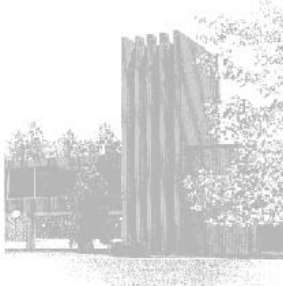




# Bell Tower Bulletin

Issue 137

October 2010



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## BTB Welcomes New Editors

### Sara Naugle

Department:

ITMS

Title:

Interactive/Master Control Operator

Educational Background:

Received an Associate of Arts degree here at LCCC and a Bachelor of Science degree in Visual Communication Technology from Bowling Green State University

Favorite Quote:

“Ending a sentence with a preposition is something up with which I will not put.”  
(an appropriate editor’s quote)

### Jen Johnson

Department:

Early College High School

Title:

College Transition Advisor

Educational Background:

Earned Associate of Arts Degree as a PSEO student through LCCC and a Bachelor of Arts in Public Relations and Communications from

Baldwin-Wallace College; currently pursuing a Master of Education in Adult Learning and Development from Cleveland State University

Favorite Quote:

“In a sea of cheerios, sometimes it’s okay to be a fruit loop.”



## From the President’s Desk

Greetings everyone, As you probably noticed, the leaves are changing and the temperatures are dropping. I think we all know what is around the corner. The Executive Staff Council has been working very hard to support the levy and see to it that it will pass in November. We also had our Annual Pie Walk at Family Fest this year which has been quite successful. I am not sure how the eating of pies relates to the Live Smart program on campus, but I think well all deserve a “cheat day.”

On October 29, five members of

the Executive Staff Council will be attending the fall O.S.C.H.E. (Ohio Staff Councils of Higher Education) meeting hosted by Wright State University. Topics for discussion include O.P.E.R.S. elections, possible changes in the state government and how it will affect employees of community colleges and universities. We also want to host open sessions to receive feedback of what is going on around campus that maybe the Executive Staff Council can assist with. If anyone has items for Executive Staff Council to review, feel to contact me or

Sandy Crobar anytime.

I also want to welcome Jenifer and Sara aboard as the new editors of the Bell Tower Bulletin. They have a lot of energy and creativity that I think everyone will experience over the next year. Lastly, I want to thank Lisa Elliott for her service as the Bell Tower Editor over the previous two years. Good luck Lisa with your new endeavor.

Have a great fall season.

Ken  
President



## A Penny A Day\*

By: Peggy Nesbit

When I volunteered to write something about National Breast Cancer Awareness Month, I expected to do a little online research and write up a brief history of the breast cancer awareness movement and maybe mention how the disease has touched my life. But the more I thought about it and the more I did research on the various breast cancer research, the more I wanted to tell about my sister, Jane, and the breast cancer she died of 12 years ago.

Jane was my older sister, valedictorian of her high school class, an electrical engineer, a wife and mother of two. In the late fall of 1994, she noticed something odd. Her right breast was swollen, red, and hot to the touch and sort of lumpish but with no obvious lump. She went to her doctor who sent her to a surgeon who did a biopsy. She was diagnosed with inflammatory ductile carcinoma.

The oncologist told her it was a very rare and aggressive kind of breast cancer. He told her that her team of doctors would do everything they could but life expectancy was 18 months.

*Eighteen months!!*

Once I found out, I went looking for anything I could find on this disease. What made it so horrible? What made it different from the other types of breast cancer? How did she get it? There is no breast cancer in our immediate family, or any other type of cancer for that matter.

The only mention of any type of inflammatory breast cancer (IBC) was a single line that said it was very rare and always fatal.

Before the doctors even thought of surgery, they began chemotherapy on my sister. In March 1995, she had a mastectomy and then more chemotherapy and radiation, then more chemotherapy. The following summer, she had an experimental procedure at Ireland Cancer Center where her own bone marrow was extracted, treated with chemotherapy to basically sterilize it and (hopefully) clean out any cancer cells, while she was given killer doses of chemotherapy that forced her into isolation. The bone marrow was then re-injected into her pelvis in hopes of jump-starting her body's defenses.

But nothing worked. In July of 1998, she began to have problems with her eyesight but refused to admit how bad it was getting because her husband, Bob, had planned a family trip to visit his parents in Myrtle Beach.. While there, it became clear she had lost her sight and Bob drove her straight home to Ohio.

The doctors first thought the cancer had spread to her brain and began irradiating her head (she lost all her hair again, poor thing!) but it soon became clear that it was in her liver and she was having small strokes. She fell into a semi-coma, her heart strong, but unable to eat and unaware of the people around her. Finally, after six weeks, her

doctor with tears in his eyes agreed to send her to the Hospice of the Western Reserve in Euclid and she died there after only five hours.

She lived almost four years. She died six weeks before her 40<sup>th</sup> birthday.

\*\*\*\*

I'm not telling you all this to make you cry, though maybe you are. I still cry all the time.

No, I wanted to tell you all this because it is really important to know that even though IBC only affects 1-5% of women a year, it has different symptoms than the more prevalent types of breast cancers. There is usually no lump to be found. The skin of the breast will sometimes look like the dimpled skin of an orange, be warm to the touch, red and swollen.

The symptoms can mirror mastitis and cellulitis. It is very aggressive and spreads quickly which is why it is so important to be diagnosed as soon as possible.

\*I bet my sister a penny a day for the rest of her life that she couldn't climb a tree in our front yard when she was about 12 years old. She, of course, climbed the tree. For some strange reason, when she died, this odd factoid of our shared childhood came back to haunt me and I used it in the eulogy I read at her funeral mass. I can't remember how much money I owed her but I figured it out and donated it to Breast Cancer research. I just wish I still needed to owe her pennies.

*"He told her that her team of doctors would do everything they could but life expectancy was 18 months."*

For more information, click on the pictures below:



INFLAMMATORY  
BREAST CANCER

# United Way Day of Caring

By: Rita Pullen

This year LCCC took on six projects at five United Way agencies. Our 'crew' consisted of staff, faculty and students, including some of our International students. It was a beautiful sunny day and we really enjoyed being outside at the Blessing House, meeting the staff members at each agency and sharing a lot of laughs.

At Oberlin Early Childhood Center, volunteers assisted in the sorting through donated children's clothing, toys and baby gear for a fall fundraiser. At Blessing House, volunteers sorted clothing, making sure that they have enough for each size and have it ready to go on the shelves when the cold weather sets in. Volunteers also painted both the barn and a small shed that is next to the barn. The group also stained a new handicap ramp leading out the back door of the

house. At the Second Harvest Food Bank, volunteers helped inspect donated food and items for quality. LCCC also held a donation drive for Neighborhood House's Help Me Grow Program materials were delivered September 10. Basket supplies included new items for the newborn and a few special gifts for the new Mom. Volunteers included Joyce Stevenson, Harrilyn Arnold, Rosemary Schestag, Rita Pullen, Safina Joseph, Cynthia Hudson, Yhosila Deew, Krista

O'Neil, Manaf Zaheer, Chelly Gonzales, Hamdy Ahmed, Laurie Grimes, Mohamed Mahmoud, Craig Peneff, Kathy Lathwell, Jeff Walmsley, Kelly McGee, Cynthia Hudson, Krista O'Neil, Chelly Gonzalez, Laurie Grimes, Ayman Meckael, Syed Sabihuddin, Michelle McGhee, Cheryl Miltner, Kelly McGee, Anita Schultz, Laura Nash, Beth Plas, Pat Vukmer, Stacie Thompson and Ann Allegrito. A *BIG thank you* to all who made this day a success!

To see pictures from the Day of Caring, click on the picture below.



LIVE UNITED



For more Information on United Way, click on the picture above.

## Purple Ribbon Week

By: Brenda Owens

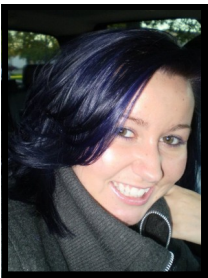
What is "Purple Ribbon Week" and what is the significance of high school students participating in such an event – like the students of Lorain County Early College High School (ECHS)? Purple Ribbon Week is a week of remembrance, prevention-education, and community awareness about Domestic Violence and the negative impact it has on everyone – individually and collectively. The concept of a week-long event was first conceived by Meg McIntyre who is a Domestic Violence Expert

and manager of Genesis House, Lorain County's ONLY Domestic Violence shelter that offers a 24-hour crisis hotline, temporary shelter, crisis counseling, hospital support services, legal advocacy, therapy groups, and community education. ECHS has the fortune of having two exceptional LCCC college instructors from the HPER department, Lisa Augustine and Deanna Jenkins, teaching HLED 156 "Health and Wellness" to the freshmen students in the ECHS program. Both instructors have embraced this teaching opportunity by providing their students with

interesting, relevant, realistic and hands on topics and education about relationship violence that may help save them – or someone they know – in the future. Purple Ribbon Week kicked off at ECHS starting Monday October 18 and concluded on Friday, October 22. ECHS sold purple ribbons, sugar cookies and collected donations during the week to benefit Genesis House. **Thanks to the campus community**, students were able to raise a little over \$400.00 for Genesis House. Students also held a memorial service to honor the memory of all past, present and future victims of Domestic Violence.



Click on the purple ribbon to learn more about Genesis House.



ECHS students met their goal to get their advisor, Jen Johnson to dye her hair purple.

To the right: Students release balloons to honor the memory of victims of domestic violence.

Below: Students also dyed their hair purple in support of domestic violence.



# 2010 U.S. Military Mailing Dates

The holiday season is right around the corner and we want to remind friends and families to mail early to ensure delivery of holiday cards and packages by December 25 to APO/FPO/DPO destination addresses. As a reminder, all mail addressed to overseas military/diplomatic Post Offices are subject to certain conditions or restrictions regarding content, preparation and handling. Our troops look forward to receiving your letters and packages. That's why it's important to make sure your mail gets there, to the right person, in the right place. Restrictions by individual APO/FPO/DPO ZIP Code can be found in each [Postal Bulletin](#) in the Pull-Out Information section. Go to [pe.usps.com](http://pe.usps.com) and click *Postal Bulletins* in the blue navigation bar.

The Department of Defense has issued the following guidelines for addressing your mail to military and civilian personnel deployed in Operation Iraqi Freedom:

- **Use the service member's full name.** The Department of Defense cancelled the Any Service Member program so mail must be addressed to someone specific.
- **Include the unit and APO/FPO** (Air/Army Post Office or Fleet Post Office) address with the nine-digit ZIP Code™ (if one is assigned). [Click-N-Ship®](#) customers should be advised that the Postal Service and the Military will continue to add and update valid APO/FPO addresses for your online labels.
- **Include a return address.**
- **For packages, print on one side only** with the recipient's address in the lower right portion or print a postage-paid label online with [Click-N-Ship®](#). (Please note that ZIP Codes 093XX and 964XX are

Mail Addressed To	Express Mail Military Service (EMMS) <sup>1</sup>	First-Class Mail® Letters and Cards	Priority Mail®	Parcel Airlift Mail (PAL)	Space Available Mail (SAM) <sup>3</sup>	Parcel Post®
<b>APO/FPO/DPO AE ZIPs 090-092</b>	Dec-18	Dec-10	Dec-10	Dec-3	Nov-26	Nov-12
<b>APO/FPO/DPO AE ZIP 093</b>	N/A	Dec-4	Dec-4	Dec-1	Nov-20	Nov-12
<b>APO/FPO/DPO AE ZIPs 094-098</b>	Dec-18	Dec-10	Dec-10	Dec-3	Nov-26	Nov-12
<b>APO/FPO/DPO AA ZIP 340</b>	Dec-18	Dec-10	Dec-10	Dec-3	Nov-26	Nov-12
<b>APO/FPO/DPO AP ZIPs 962-966</b>	Dec-18	Dec-10	Dec-10	Dec-3	Nov-26	Nov-12

<sup>1</sup> EMMS is available to selected military and diplomatic Post Offices. Check with your local Post Office to determine if this service is available to an APO/FPO/DPO address. <sup>2</sup> PAL is a service that provides air transportation for parcels on a space-available basis. It is available for Parcel Post items not exceeding 30 pounds in weight and 60 inches in length and girth combined. The applicable PAL fee must be paid in addition to the regular surface price of postage for each addressed piece sent by PAL service. <sup>3</sup> SAM parcels are paid at Parcel Post prices with maximum weight and size limits of 15 pounds and 60 inches in length and girth combined. SAM parcels are first transported domestically by surface and then to overseas destinations by air on a space-available basis.

currently unavailable for electronic labels. We apologize for the inconvenience.)

home or office at a time and place convenient for you. To schedule Package Pickup and for other pickup options and availability,

- **Order special military packaging to support our troops and save postage.**

A quick, easy, and convenient way for you to ship Priority Mail packages to military personnel serving overseas. The **Priority Mail APO/FPO Flat Rate Box** features predetermined rates regardless of weight (domestically) or destination, similar to our other Flat Rate products.

Some key benefits:

- Only \$12.50 when used to send to APO/FPO addresses; **\$2.00 less than our domestic pricing.**
- Box features the "America Supports You" logo and APO/FPO addressing block.
- Commercial Base prices are available for postage paid through Click-N-Ship service at [usps.com](http://usps.com), authorized PC Postage vendors, and other authorized postage payment methods. The APO/FPO price is \$11.95.
- The U.S. Postal Service offers free Package Pickup from your

## Packaging Tips

There are certain factors to consider when sending packages to our troops overseas. To make sure package contents arrive in good shape, take these into consideration.

**Extreme Temperatures:** Desert temperatures typically exceed 100 degrees.

**The Box:** Select a strong box with room for cushioning. On recycled boxes, cover all previous labels and markings with a heavy black marker or adhesive labels.

**Cushioning:** Place the cushioning all around your items. Close and shake the box to see whether you have enough cushioning. Add more newspaper, styrofoam, cushioning material if you hear items shifting.

**Batteries:** Battery powered items will sometimes get turned on during shipment. Remove and wrap the batteries separately.

**Sealing:** Tape the opening of the box and reinforce all seams with 2 inch wide tape. Use clear or brown packaging tape, reinforced packing tape or paper tape. Do not use cord, string or twine.

**Include a card describing the contents:** Improperly wrapped packages can fall apart during shipment. Including a card inside, listing the sender's and recipient's addresses plus a description of the contents, helps in collecting the items

## Ask HR

**Q:** *I've been an employee at LCCC for more than 15 years. I received a policy manual a long time ago. How can I access LCCC's policies today?*

**A:** "The LCCC's policies and procedures can be found on the CampusNet Page on our Intranet. You can click on the link and a list of all policies and procedures for those policies will appear. Scroll through the list to find the specific policy/procedure you are looking for. Of course if you cannot find what you are looking for or you need additional clarification, please do not hesitate to call or stop by the Human Resources office (now located in the Multi-purpose Center) and one of the HR Team members will be happy to assist you."

If you would like to ASK HR a question, e-mail at [bell.tower@lorainccc.edu](mailto:bell.tower@lorainccc.edu)!



The LCCC HR Staff

## Leftover Halloween Pumpkins?

By: Barb Armstrong  
Once Halloween has come and gone, what can you do with that carved-out pumpkin – providing it is not rotten?

You can make pumpkin puree! Fresh pureed pumpkin has a lighter texture, brighter taste, and a more vibrant color than canned pumpkin. Draining it is what gives it the thicker consistency. Here is a recipe that I got from Marilu Suszko, author of *Inviting the Planet to Dinner*.

### Pumpkin Puree

Yield will vary  
One pumpkin (about 4 pounds)

Preheat the oven to 400 degrees F. Place the pumpkin on a sturdy flat surface. Using a large and sharp knife, cut the pumpkin in half vertically, from the stem end to the blossom end. You may have to perform this by cutting down one side and then the other. Place the halves, cut side down on a baking tray. Pour a little water on the tray, cover the pumpkin with aluminum foil and bake until the pumpkin is soft and the shell slightly collapses. The time will vary depending on the size of the pumpkin, but it could take up to an hour.

Remove and let sit until cool enough to handle. Discard any liquid that has accumulated. Scoop out the pulp and blend, in batches, into a puree. Line a large sieve or colander with several layers of cheesecloth or large paper coffee filters and place over a large bowl. Cover the surface of the puree with plastic wrap. Place it in the refrigerator and let it drain overnight. Pack in freezer containers or plastic bags in one-pound increments and freeze for up to a year.

*"Fresh pureed pumpkin has a lighter texture, brighter taste, and a more vibrant color than canned pumpkin."*



## Halloween Safety Tips

By: Jackie Simcik

Everyone wants to enjoy themselves and be safe on Oct 31<sup>st</sup>. Using some basic safety tips and common sense can ensure you get the most out of the Halloween season. Below is a list of things you can do to stay safe:

- Never go into a stranger's house or ring their doorbell unless your parents are with you.
- Be careful when crossing the street, and always look both ways first.
- Vandalism is never cool! Throwing eggs at cars and houses is not cool. Someone has to clean it up and it could be you, if you get caught.
- Fasten reflective tape to costumes and bags to help drivers see you.
- Hold a flashlight while outside to help you see and others see you.
- Always watch your drink at a party! Make sure you pour your own refreshments, and never leave your drink unattended.
- Have a cell phone handy! In case you get separated from friends or need a parent to pick you up, don't forget to bring your cell along.
- Clarify transportation issues with friends and parents in advance.

Pick and choose from these tips as they apply to you, your friends, and family. It's important to consider ways to remain safe, happy and healthy living in our constantly-changing modern world. Enjoy the holiday!

We're on the Web!

[Bell Tower Bulletin](#)

### So What Do You Think?

*We'd like to hear from you. Let us know how you like or NOT like articles, features, etc. Send us your e-mails at [bell.tower@lorainccc.edu](mailto:bell.tower@lorainccc.edu).*



**Lorain County  
Community College**

## August Employee of the Month

By: Joyce Stevenson



Eddie Henson is an Outreach Service Specialist and a member of Staff Council

Group 11, Professional and Technical Employees, Technical Specialty Oriented.

Eddie is one employee who gives his all to the mission and vision of the College. Eddie provides advisement to all of the Marketing/Outreach Initiatives that include ICE at EMH, EGCC at the four Career Technical Centers, Medina, FGH, and the Out-

reach Centers in Brunswick and Wellington. He provides outstanding advising and counseling to potential LCCC students for various programs all the while working successfully with multiple organizations.

Eddie consistently goes above and beyond the call of duty to give applicants and interested students his undivided attention. Working tirelessly, he logged many long hours, drove many miles, and coordinated with many different departments to get programs filled for Fall Semester. He is able to assist the outreach program coordinators and provides a wealth of knowledge and resources.

Eddie treats all students with respect

and dignity, giving the utmost care to each applicant. He is tireless in his quest to give every student an equal opportunity to advance themselves within our programs. He eagerly participates in all meetings and activities that will enable him to better understand the workings of the various programs and what the students are experiencing.

We are very fortunate to have him on the LCCC Team, he really makes a difference! Congratulations, Eddie, for being selected as the August 2010 Employee of the Month!

## LCCC Staff Council Members

Group #1	Shawna Giovannazzo
Group #2	Ken Collins
Group #3	Joyce Stevenson
Group #4	Ann Loepp
Group #5	Beth Plas
Group #6	Sheryl Mariner
Group #7	Clayton Nelson
Group #8	Mike Mielcarek
Group #9	Sandy Crobar
Group #10	Cyndi McCabe
Group #11	Carrie Delaney
Group #12	Gina Maxwell
Group #13 At-large	Chris Strobbe
Group #14 At-large	Fran McCaffrey
Group #15 At-large	Liz Garcia
Group #16 Part-time	Julie Ford
Group #17 Part-time	Tracey Maxwell
Group #18 Part-time	Amanda Haney

Kenneth Collins (Group 2)  
President  
Sandy Crobar (Group 9)  
Vice President  
Ann Loepp  
Secretary (Group 4)  
Saundra Daniels  
Ex-Officio

Want to know the upcoming events at LCCC? Click on the link below to see the LCCC calendar!

