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Bell Tower Bulletin

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Generations of Valentine's

Valentine's Day is a very special holiday for me as it is a day of love-not just love for your significant other-but for your friends and family. Growing up, my mom and dad would give my siblings and I some sort of gift and eventually, we in turn began to give gifts to those that we loved. These gifts, however, were not expensive but *thoughtful* trinkets or acts that showed our appreciation for each other. This Valentine's Day, I wondered how others celebrate their special day as well:

Chris and I have been married for 17 years and have been a couple for 20.

With three kids, any date night is a bonus. When Valentine's Day comes around we absolutely plan to go out together. Since he travels so much for work it might be on the 12th, 13th or 15th. But we take time to be together.

The kids will get cards from Grandparents and we all celebrate on some level with friends (card exchange at school and so on).__

Valentine's Day evokes childhood memories, among them sitting at my parents' kitchen table, selecting the perfect valentine for each of my elementary school classmates. But one special memory comes to mind as Valentine's Day nears

each year – the day many years ago that I discovered, in a box in my parents' basement, a valentine card that my father had made during his youth. Though the details of the valentine itself have faded over the years, I remember well the feelings that washed over me that day as I opened the card made of construction paper and beheld a colorful, intricately-folded, multi-dimensional paper airplane. I remember wondering if the painstakingly-made card was a valentine never given? Was it a valentine from my father to my mother, saved for the memories that they held for her? I will never know. But that day my father became more than just my dad. It was the day I discovered a man – artistic, talented, loving, gentle and playful – a man different from the quiet, stoic, introverted person I knew. While looking at the valentine, I remember wondering what life opportunities he may have sacrificed to serve his country and raise his family. Could he have been an artist? Could he have been an engineer? Could he have been a teacher instead of a factory worker? I don't believe that I ever really knew him but I know that after this discovery I never viewed him the same way again. Each Valentine's Day brings this special memory of a

man that I loved, a man who probably sacrificed his life's dreams to ensure that I could pursue mine, a man I am proud to call my father.__

I love Valentine's Day! It is a time that my boyfriend and I share our warmth and joys of our relationship. Ron and I have been together for seven years and have had the pleasure of knowing each other since I was twelve and he sixteen.

For Valentine's Day, Ron sends me flowers, cards and trinkets and even goes to BA Sweetie to get my favorite candies. The cards that he sends me express his love and the other card is always humorous. I always give him a chocolate rose as well as two cards and a trinket of my love. __

One year my husband purchased my birthstone ring, a dozen red roses, two cards and a black, giant stuffed gorilla holding a red heart in his right hand that read, "I Love You!" He had placed red, pink and white silk rose petals on the floor leading from the front door all the way to our bedroom and up onto the bed. The giant gorilla was sitting in the middle of our bed and in his left hand he held a silver heart-shaped box that contained my ring.

What it means to me...

By Harrilyn Arnold

As a *forty-something* African-American female, Black History Month is monumental in itself because it is such an accomplishment for our culture to be acknowledged as there was a time when African-Americans were not even considered to be human beings!

African-Americans have made tremendous contributions to America and to the world with inventions of machinery, advancements in medicine, aviation, education, sports, entertainment – every facet of life. Upon reading a compiled list of African-American inventions many years ago as a young lady, I have felt honored to be African-American because the evidence of my culture's desires, dreams, hard work, dedication, and faith are deeply heartfelt as well as respected.

Throughout my childhood and as an adult, my life has been enriched by the encouragement and guidance I received from my grandparents, parents, teachers, pastors, neighbors and friends. My grandparents and parents were my first true role models. I have also been heavily influenced by high profile individuals such as our current president Barack Obama, Dr. Martin Luther King, Jr., Malcolm X, Thurgood Marshall, Maya Angelou, Dr. Bill Cosby—just to name a few. As a child, I grew up listening to my grandparents' personal accounts of their childhood where they remembered picking cotton, living during the Jim Crow Era and the Great Depression of 1930s, and attended school in a one-room school house for their education. My mother and father, also often spoke of their humble beginnings as children as well.

I believe that I am extremely blessed (not lucky), to be rich in a culture embellished with a wide host of family, friends, neighbors, and community members who have persevered through the endless obstacles that have been the plight of all African-Americans. No matter how difficult the struggles, many held true to their faith and believed that their efforts and accomplishments in life would not be in vain; believing that they can make a difference for the advancement of themselves, their families, their communities, the African-American culture and humanity.

Although Black History Month is celebrated during the month of February, I observe African-American culture 365 days a year. I did not have to experience or suffer many of the horrible atrocities my great, great grandparents and grandparents and many other African-Americans endured, and perhaps died for, but I respect the fact that there were others before me who sacrificed so much to enable all African-Americans the opportunities we have today.



Honoring Inspirations

"Bringing the gifts that my ancestors gave, I am the dream and the hope of the slave. I rise. I rise. I rise." -Maya Angelou

"Hate is too great a burden to bear. It injures the hater more than it injures the hated." -Coretta Scott King

"I have learned over the years that when one's mind is made up, this diminishes fear." -Rosa Parks

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." -Martin Luther King, Jr.

"The battles that count aren't the ones for gold medals. The struggles within yourself--the invisible, inevitable battles inside all of us--that's where it's at." -Jesse Owens

"I am where I am because of the bridges that I crossed. Sojourner Truth was a bridge. Harriet Tubman was a bridge. Ida B. Wells was a bridge. Madame C. J. Walker was a bridge. Fannie Lou Hamer was a bridge." -Oprah Winfrey

"I have observed this in my experience of slavery, that whenever my condition was improved, instead of increasing my contentment; it only increased my desire to be free, and set me thinking of plans to gain my freedom." -Frederick Douglass

"The cost of liberty is less than the price of repression." -W.E.B. Du Bois

"We should emphasize not Negro History, but the Negro in history. What we need is not a history of selected races or nations, but the history of the world void of national bias, race hate, and religious prejudice." -Carter Woodson

"The past is a ghost, the future a dream. All we ever have is now." -Bill Cosby

"Do not call for black power or green power. Call for brain power." -Barbara Jordan

"For I am my mother's daughter, and the drums of Africa still beat in my heart." -Mary McLeod Bethune

"God gives nothing to those who keep their arms crossed." -African Proverb

"Freedom is never given; it is won." -A. Philip Randolph

"Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed." -Booker T. Washington

Making History Today

from www.biography.com

- Hattie McDaniel, the first African American to win an Academy Award, becomes the 29th honoree in the U.S. Postal Service's Black Heritage commemorative stamp series.
- Warren Moon becomes the first black quarterback inducted into the National Football League Hall of Fame.
- Shani Davis, who captured the men's 1,000-meter speed skating race in Turin, Italy, becomes the first African American to win an individual gold medal at the Winter Olympics.
- Billy Dee Williams, stage and screen icon, receives the NAACP's Lifetime Achievement Award.
- Three 6 Mafia wins an Oscar for Best Original Song for "It's Hard Out Here for a Pimp"; from the film *Hustle & Flow*. It's the first African-American hip-hop group to win an Academy Award for Best Song.
- Malcolm X and Dr. Betty Shabazz Memorial and Education Center opens in Harlem's historic Audubon Ballroom.
- Stephanie Wilson, a 39-year-old Boston native and Harvard graduate, is the second black woman in space.
- The Tuskegee Airmen, the United States Air Force's first black aviators, become an official component of the classroom curriculum of the Officers Training School.
- Keith Ellison becomes the country's first Muslim congressman. Ellison is also Minnesota's first nonwhite representative in Washington.
- Deval Patrick is elected as Massachusetts' first African American governor.



- The Martin Luther King, Jr. Memorial, located on the National Mall in Washington, D.C., breaks ground.
- B. B. King and John "Buck" O'Neil, Major League Baseball's first African American coach, receive the Presidential Medal of Freedom.
- Magic Johnson launches I Stand with Magic: Campaign to End Black AIDS with a mission to help reduce new HIV infections in the black community by 50 percent over five years.
- Oprah Winfrey announces she is expanding her media reach into prime-time with reality TV shows "Oprah Winfrey's The Big Give" and "Your Money or Your Life".
- John Coltrane is posthumously awarded a Pulitzer Prize Special Citation for his "masterful improvisation, supreme musicianship and iconic centrality to the history of jazz."
- Major League baseball's Barry Bonds breaks Hank Aaron's home run record of 755 during a game against the Washington Nationals.
- Venus and Serena Williams win the Olympic gold medal in Beijing for women doubles in tennis.
- Lieutenant Governor David Paterson becomes the first African-American governor of New York and the first legally blind governor of any U.S. state.
- California Democrat Karen Bass becomes the first African-American woman elected as Speaker of a state House of Representatives.
- Tiger Woods wins his third U.S. Open Golf Championship, becoming the first person to win a PGA tournament on the same course seven times, as well as the first person to win two tournaments at the same golf course in the same season.
- Venus Williams wins her fifth Wimbledon singles title and wins the Wimbledon doubles title with her sister, Serena.
- Cullen Jones becomes the second African-American to win an Olympic gold medal in swimming as part of the U.S. swim team. He also swam a leg in the world record breaking 4x100m Freestyle Relay.
- Actor, director and screenwriter, Tyler Perry, becomes the first African-American to own a major film and television studio. The more than 200,000 square-foot production complex is located in Atlanta, Georgia.
- Senator Barack Obama becomes the first African-American president of the United States of America. In turn, his wife Michelle Obama is the first African-American first lady.
- Tony Dungy becomes the first African-American football coach to win the Super Bowl when his team, the Indianapolis Colts, defeats the Chicago Bears.
- Forest Whitaker is awarded an Academy Award for Best Actor in "The Last King Of Scotland" and Jennifer Hudson is award an Academy Award for Best Supporting Actress in "Dreamgirls".
- Barrington A. Irving, Jr. becomes the first black pilot to fly solo around the world.
- Congress awards the Congressional Gold Medal to 350 Tuskegee Airmen and their widows recognizing their honorable service in World War II.
- Ornette Coleman is awarded a Pulitzer Prize in music for his musical composition "Sound Grammar".



Click on the picture to see President Obama's Proclamation of National African American History Month 2011

History of Valentine's Day

By Joyce Stevenson

The history of Valentine's Day is shrouded in mystery, clouded by differing versions of old legends. The holiday's roots are in the ancient Roman festival of Lupercalia, a fertility celebration observed annually on February 15. Pope Gelasius changed this pagan festival to a Christian feast day in the year 496, declaring February 14 to be St. Valentine's Day. It is not even certain which St. Valentine this early pope intended to honor. There were at least three early Christian saints by that name. Surprisingly, all three Valentines were said to have been martyred on February 14.

The most commonly believed version is that the St. Valentine of the holiday was a priest who fell out of favor with the Roman emperor, Claudius II. According to legend, Claudius II had prohibited marriage for young men, claiming that bachelors made better soldiers. Valentine continued to secretly perform marriage ceremonies but was caught and put to death for his disobedience.

Another version is that Valentine, imprisoned by Claudius, fell in love with the daughter of his jailer. Before his execution, he sent a letter to the jailer's daughter signed "from your valentine."

Still another story surrounding St. Valentine is one that might be more plausible—that he was a martyr put to death for refusing to renounce his Christian religion.

It wasn't until the 14th century that this Christian feast day became associated with love. It was Chaucer who first linked St. Valentine's Day with romance by composing a poem in honor of the engagement between England's Richard II and Anne of Bohemia. "For this was on St. Valentine's Day, When every fowl cometh there to choose his mate."

Over the centuries, the holiday

evolved and by the 18th century, giving gifts and exchanging hand-made cards on Valentine's Day had become common in England and eventually spread to the American colonies. The tradition of Valentine's cards did not become widespread in the United States, however, until the 1850's when Esther Howland, a native of Worcester, MA, began mass-producing them.

Today, the holiday is a booming commercial enterprise with 25% of all cards sent each year being Valentines. Valentine's Day ranks second only to Christmas in the number of greeting cards sent.

Whatever the true origin of Valentine's Day may be, this much is sure....February 14 has been the day to celebrate love for a very long time....Happy Valentine's Day!

Valentine's Day Chuckles

(scoured from the Web - by Paul Modic)

What do farmers give their wives on Valentine's Day?

Hogs and kisses!

What would you get if you crossed Odie with the God of love?

A stupid cupid!

What did the French chef give his wife for Valentine's Day?

A hug and a quiche!

Why did the pig give his girlfriend a box of candy?

It was Valenswine's Day!

Do skunks celebrate Valentine's Day?
Sure, they're very scent-imental!

What did the paper clip say to the magnet?

"I find you very attractive."

What did the caveman give his wife on Valentine's Day?

Ughs and kisses!

What did one pickle say to the other?

"You mean a great dill to me."

What did the bat say to his girlfriend?

"You're fun to hang around with."

What do squirrels give for Valentine's Day?

Forget-me-nuts.

What did the boy octopus say to the girl octopus?

"Can I hold your hand, hand, hand, hand, hand, hand, hand, hand?"

What did the valentine card say to the stamp?

"Stick with me and we'll go places!"

What is a vampire's sweetheart called?

His ghoul-friend.

Why did the banana go out with the prune?

Because it couldn't get a date.

If your aunt ran off to get married, what would you call her?

Ant-elope.

Movies to see with your sweetie

Barb Armstrong

What can be cozier than sharing a glass of wine and a romantic movie together on Valentine's Day? There seem to be an abundance of movies to choose from these days, be it romance or romantic comedy. Some of my favorites are listed below. I'm sure you have one or two that you like as well.

You've Got Mail (who can resist Meg Ryan and Tom Hanks)

Ghost (love the pottery wheel scene)

Gone with the Wind (a classic)

Pride and Prejudice

Lady and the Tramp (who can resist the scene at Tony's)

The Notebook

The Wedding Singer

50 First Dates (silly but romantic)

The Runaway Bride

Waiting to Exhale

Bridget Jones's Diary (hilariously romantic with Renee Zellweger)

The Curious Case of Benjamin Button

The Bridges of Madison County (what is it about forbidden love?)

When Harry Met Sally (another Meg Ryan movie)

Mississippi Masala (who can resist Denzel Washington)

Sleepless in Seattle (ditto about Meg Ryan and Tom Hanks)

Mamma Mia!

My Big Fat Greek Wedding

Titanic



Recipes

Saucy Crockpot Beef

By Diane Nott

6 servings. 10 minutes to prepare

Serve this rick and delicious savory beef with a creamy sauce over hot mashed potatoes or hot cooked rice or noodles. I used Campbell soups. It came out so good. Even the leftovers can be used for soup and other meals. Good on a cold chilly day.

Ingredients:

2 lbs (or more) beef stew meat
2 (10oz cans condensed tomato soup
10 oz can condenses cheddery cheese soup

Directions:

Place meat in crock pot and then pour the soups over the meat and mix well to combine. Cover slow cooker and cook 8 to 10 hours, until meat is tender. Stir well and serve over hot cooked rice or noodles.

Triple Chocolate Cookies

by Barb Armstrong

1 stick of butter, softened
2 large eggs
1 large egg yolk
1 cup light brown sugar, packed
2 tsp. vanilla extract
2 squares of unsweetened baking chocolate
1 1/4 cups flour
1 tsp. baking powder
1/2 tsp. salt
1/2 tsp baking soda
1/4 tsp. ground cloves
6 ounces semisweet chocolate chips
6 ounces white chocolate chips

Beat the butter, eggs, egg yolk, brown sugar, and vanilla extract together until creamy. Melt the unsweetened baking

chocolate in the microwave until it is softened. Add the melted baking chocolate to the butter mixture and beat until thoroughly mixed.

Combine the flour, baking powder, salt, baking soda, and ground cloves. Add the flour mixture to the butter mixture until it is a loose dough. Stir in the chocolate and white chocolate chips. Cover the bowl with plastic wrap and refrigerate for 2 hours.

Preheat the oven to 350 degrees.

Line a baking sheet with parchment paper. Form dough into balls, about 2 inches each, and put on the prepared baking sheets, leaving room between the cookies. Bake until outside is crackly, but the center is still moist - about 10 to 13 minutes. Cool on a rack.

Makes about 4 dozen.

Last minute person?

Forgot to pick up a Valentine's Day gift? No worries-it's not too late to have a perfect Valentine's Day! Below are some thoughtful gift ideas that will make your Valentine's Day memorable and will not break the bank:

Cook his/her favorite dinner

Make a card (include shared memories/jokes for a personal touch)

Rent his/her favorite movie

Make a CD of songs that remind you of him/her

Frame a shared favorite picture/memory

Make a photo book

Create a mini scavenger hunt

Have a game night

Create a coupon book of things you will do for him/her

October Employee of the Month

Ryan Martin is a custodial worker for the Physical Plant Operations Department and a member of Staff Council Group 8, employees providing support services for maintenance and operation of physical plant and grounds.

Ryan goes above and beyond his duties for members of the campus community. As the LIA in the Stocker Center



Ryan Martin

Arts Department, he is subject to sometimes odd requests, but always finds a solution. If he doesn't have the right tool for a job, Ryan will find one and make it work, often in a creative way. He is always willing to help with fixing broken equipment or replacing parts, and accomplishes all of this with a pleasant manner. Ryan is happy to help, without hesitation or complaint, responding to re-

quests in a positive "can-do" way.

During the recent election season, Ryan had the creativity to take lawn signs on Issue 17 and place them on the sides of his utility cart! He is definitely dedicated to LCCC and it shows through his hard work and support!

Congratulations, Ryan, on being selected as the October 2010 Employee of the Month!

November Employee of the Month

Cheryl Miltner is the Administrative Assistant in the department of International Initiatives and a member of Group 5, employees providing support services for the academic divisions.

Cheryl demonstrates a very high level of commitment and caring in all aspects of her life at LCCC. Cheryl is very welcoming and friendly and is seen as the international student "mom" of the International office. Cheryl treats the international students as her own children, helping them deal with all kinds of problems. Not only does she patiently answer a multitude of questions from the students, she also works many extra

hours to assist the faculty and staff in this office.

In addition to her office responsibilities, Cheryl drives the students to various events to enable them to experience many activities that Americans enjoy. The students do not have a good transportation system, so they rely on Cheryl for rides when they want to participate in extra activities. In recent months, she has enabled them to experience such events as the Cleveland Air Show and classical music at Severance Hall. Cheryl graciously of-

fered her home to an international student when a host family backed out only a couple of days before the student arrived in August.

Even after spending a lot of time outside of college hours with the international students, Cheryl still finds time to volunteer for campus activities and make a difference by serving on various LCCC committees.

Congratulations, Cheryl, for being selected as the November Employee of the Month!



Cheryl Miltner

December Employee of the Month

Andrea Horning is a Staff Associate in the Department of Marketing and Outreach Initiatives and a member of Group 4, employees providing support for administrative services.

Andrea is a highly dedicated and involved employee on the campus of LCCC. She provides a tremendous amount of direct support, not only to the marketing office, but to the Office of the President and to the Citizens for LCCC.

This past year her number one priority was to support the efforts of the Citizens Group for Issue 17. She participated day and night in the numerous presentations being made to community groups, making sure

that LCCC's messages were heard consistently, professionally, and with great sensitivity. Andrea willingly travelled all over the county and worked all hours of the day with one goal in mind. Her hard work and commitment highly contributed to the successful passing of Issue 17.


Andrea understands the expectations of quality and always strives to exceed them. As Dr. Church made his way across the county to speak to hundreds of groups, Andrea made sure all of his technology needs were met, and working. Important presentations were loaded, current, in order, handouts provided, and feedback brought back from the field for further consideration.

Andrea continues to grow in her role at LCCC and has benefitted greatly from her experiences. She is an active participant in many campus and marketing efforts and has served as Vice President of Staff Council. She does not shirk from responsibility and always does a quality, professional job.

Congratulations, Andrea, for being selected as the December Employee of the Month!

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.

We're on the web!

 February is also American Heart Month. Click on the red heart to learn more.

President's Day

By Ken Collins

Monday, February 21 is a federally observed holiday called President's Day or Washington's Birthday, depending on where you are from. I wondered what the origin of President's Day was, so I set out to do a little digging. Our first President, George Washington, was born on February 22, 1732. This, however, has been disputed depending on what style calendar you look at. On his birthday in 1796, which happened to be Washington's last year as President, the President's Day holiday was created. It was not until 100 years after his birthday (1832) though, that Americans began to observe it as a holiday.

Then on February 12, 1809, Abraham Lincoln was born. A year after his assassination, some states (not the federal government) began to observe

Lincoln's birthday as a holiday.

Finally, in 1971, President Richard Nixon combined Washington and Lincoln's birthdays into President's Day. It would be celebrated on the third Monday in February, regardless of which day it fell on. President's Day is now viewed as a holiday that pays tribute to both Washington and Lincoln's birthday, as well as all those who have served as president.



LCCC Staff Council Members

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President

Sandy Crobar (Group 9)

Vice President

Ann Loepp

Secretary (Group 4)

Sandra Daniels

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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

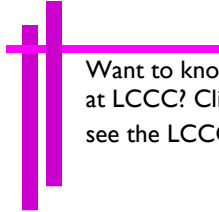
Group #14 At large— Fran McCaffrey

Group #15 At large— Liz Garcia

Group #16 Part time— Julie Ford

Group #17 Part time— Tracey Maxwell

Group #18 Part time— Amanda Haney

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

