

The STAFFULTY

A Newsletter for Jamestown Community College Staff & Faculty

NO MORE "NEXT YEAR I'LL": MAKING NEW YEAR'S RESOLUTIONS STICK

Special points of interest:

- Focus on The Teaching/Learning Center
- Tom Filsinger—Creativity in Motion
- JCC Foundation Honors Louis Magnano

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Come on, we've all done it. After the typical holiday season of over-indulgence, we look in the mirror and tell ourselves, "This year's going to be different!" We then vow to begin eating healthier and less often, exercise more, and to stay at least 100 feet away from the nearest Tim Horton's. Depending on where they're feeling the most guilt, other people promise themselves to get their finances under control, write that will, start a savings plan, or organize their closets and garages. The problem for most of us is that the zeal to make those great changes stick is short-lived. After about two weeks into those changes, "stuff" happens, and we fall back into our old habits for yet another year.

So how do we break this cycle? The good news is that it's really simple! The bad news is that "simple" does not necessarily

mean easy. The often quoted Albert E.N. Gray reportedly once said, "The only difference between successful people and unsuccessful people is that successful people have formed the habit of doing things that unsuccessful people don't like to do." Okay, not exactly rocket science but reasonable enough. For those of you who are GENUINELY committed to going the extra mile this year, here are five steps for giving your 2007 resolutions a fighting chance.

1. Identify what's really important to you. Rather than haphazardly committing to a list of random resolutions, start by writ-

ing a list of your top five values. Do your values include family and financial security? What about professional success, an education, or community involvement? How about your health? Your list should be unique to you and not based on what you think others would want you to do. Writing down your values makes it much easier to develop a list of goals that will help you get into closer alignment with those goals or values.

2. Write down your goals in clear, measurable terms. If your goal is to lose weight, pick a target. My goal (again) is to reach my ideal weight of 180 lbs. If you want to spend more time with your family, identify the specific kinds of activities you'll make more time for. Rather than just "start a savings plan," start with a goal to save "X" amount of



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Birthdays

Catherine Iannello	1
Liz Yager	4
Tammy Hudson	4
Cindy Pascatore	5
Diane Hopkins	6
Denise Burbey	6
John Foster	7
Marianne Connell	8
Claire Card	8
Rachel Phillips	10
Bill Lasher	10
Allan Whitmore	12
Deidra Hansen	12
Ron Turak	13
Christina Smith	14
Bill Hall	15
Kathy Fox	15
Mary Rose Chasler	16
Bill McAdoo	17
Kevin Singer	21
Mike Marvin	22
Mary Jermann	22
Dave Johnson	23
Larry Straight	25
Jill Lilley	29
Chuck Barnes	30
Pat Tackentien	31

December



Employment Anniversaries

Larry	Straight	26
Debra	Baire	19
Sharon	Bergstrom	18
Tim	Sotir	18
Kim	Nalbone	16
Judy	Atkins	15
Jim	Colby	14
Ed	Cole	14
Scott	Welka	14
Lisa	Yohon	8
Marjorie	Litteer	6
Wendy	Present	6
Charlene	Johnson	6
Paulette	Giomento	6
Theresa	Baginski	5
Carol	Bremmer	1

Spotlight on New Employees

JCC Technology Tip

By Bill Penfold

One of the best buys in technology available today is the flash drives. Smaller than a Bic lighter, a flash drive is sometimes known as thumb or USB drives. These are the techno giants of data storage, as a flash drive can hold an extraordinary amount of data. Two gigabyte models are available for under \$40 that will hold the equivalent of almost 700 floppy disks. Newer flash drives have encrypted partitions that allow you to transport sensitive data without worry of loss or theft.



Michelle Buhite
Temporary
Director of
Collaborative
Learning
Jamestown
Campus



Dawn English
Part-Time
Custodial
Worker
Jamestown
Campus



Melissa Stormer
Part-time
Student
Services
Assistant
Jamestown
Campus



Rose Torres-Carvella
Temporary
Follow-Up
Specialist
College-wide

FOCUS ON: THE TEACHING/LEARNING CENTER

By Sarah Becker

Our Mission Statement: *The T/LC will support faculty in their efforts to improve student learning, to enhance teaching, and to develop professionally.* □

The college is proud of the high regard students have for the faculty here at JCC. One reason for this regard is the quality of instruction by both full- and part-time instructors. The Teaching/ Learning Centers (T/LCs), located on both the Jamestown and Olean campuses, were created to promote this quality teaching by fostering growth and innovation in instruction. Although the Teaching/Learning Centers on the two campuses are organized in different ways, they offer similar services related to their mission of enhancing classroom teaching and learning. Some of the opportunities offered by the T/LC include:

⇒ **Grants:** Mini-grants available for teaching innovations (for projects that go above and beyond what is routinely expected of classroom instructors). These grants are available to both full- and part-time faculty. The guidelines for Teaching Learning Exchange (TLE) grants can be found on the common drive under Teaching/Learning Center on the T/LC ANGEL site, which all faculty can access.

⇒ **JCC Talks** (Faculty Idea Exchange/Faculty Forum): Faculty meet during the semester to discuss policies (lateness, attendance, class-



Sarah Becker, director of the Jamestown Campus TLC.

room behavior, academic integrity, etc.), assessment strategies, best uses of technology, writing across the curriculum, fairness, diversity, classroom research, and other topics of concern. If you have a topic that you would like us to consider for a future JCC Talks, please contact the T/LC director on your campus.

⇒ **Library Resources:** Both campuses have access to a library collection of current resources on higher education and teaching, including Jossey-Bass publications, *Online Classroom*, *The Teaching Professor*, *Syllabus*, *THE Journal*, and *About Campus*. We also receive an electronic publication of NISOD's *Innovation Abstracts*, that are sent every couple weeks via e-mail to all faculty. For more information on this specific publication, visit www.nisod.org.

⇒ **Professional Development:** Each semester the T/LCs plan faculty development opportunities to meet the needs of the faculty. These events include planning of faculty development days, ANGEL training, brown bag sessions, and other special events/opportunities such as the scenarios based training that we currently offer. Also, if there is a conference you would like to attend that has a focus on teaching and learning, the T/LC may be able to help cover some of your expenses. See the TLE grant guidelines for more information. Please watch your e-mail for conferences and other development opportunities in the upcoming semester.

⇒ **ApPLE Honor:** Along with President DeCinque, the T/LCs are proud to sponsor the Applauding Participation in the Learning Environment honor, that will be given out each fall faculty development day. The purpose of this event is to thank those faculty members who have gone beyond their job duties to improve teaching and learning in their classroom in some way (for example, completion of another degree/certificate beyond what is required, presentation at a conference on teaching and learning, successfully completing a TLE grant on something new and innovative in your classroom...). If you have done something innovative and/or scholarly, please let your assistant dean know.

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JCC Professional Development News

Karen Mahon of the Campus Children's Center attended the National Association for the Education of Young Children conference in Atlanta, Georgia, November 8-11. The Service Association staff development fund assisted in the funding of this professional development opportunity.

Theresa Voltmann co-presented with Jennifer Schlick of the Jamestown Audubon Society, "Lessons

from Nature - Integrating The Natural World Into Children's Play" at the Child Care Professional Mini-Conference held at Cornell Cooperative Extension on November 4, 2006.

Debra Eck, Jamestown Campus adjunct instructor, just completed her Master of Arts in visual culture through Northumbria University in New Castle, England.

Kelly Whitver, nursing instructor on the Jamestown Campus, and 11 JCC sophomore nursing students assisted with the Community Diabetes Showcase held recently. Good job to all involved!

Brian Bogey, an adjunct music instructor, presented a recital on the newly refurbished and improved 3,776 pipe organ of First Lutheran Church, on November 19.

No More "Next Year I'll": Making New Year's Resolutions That Stick (continued)

dollars by the end of the year or each month. The point is to be sure you write down exactly what you're aiming for, so you can lock onto that number in your mind. Think it, then ink it!

3. Create a plan of action. No matter how pumped up you are when you first write down a goal, it's easy to get sidetracked by everyday emergencies and shifts in priority, so prepare ahead of time for these obstacles. If you know that your goals are likely to face time challenges, have a Plan B in place with alternate times to work on. If you know that business travel has nudged you out of your exercise routine in the past, plan how you might work out even when you're on the road. Most of us already know the myriad of reasons why we haven't kept our resolutions in the past and what will likely hamper our future efforts. With this knowledge in hand, create a road

map around these obstacles before you even begin your journey.

4. Review your goals daily. As the old saying goes, "Out of sight, out of mind." Never is that phrase more true than when applied to New Year's resolutions! My suggestion is to write a portable version of your goals that can be reviewed several times each day. Index cards are great because they are small, durable, cheap, and they even come in colors. You should review your list first thing in the morning, before you get out of your car at the office, during breaks, at lunch, and before you go to bed; at each time, review your goals for a few seconds and imagine how great it will feel to achieve them. Afterward, you can simply slip them back in your pocket and continue on with your day. If you look at your goals often enough, it becomes a matter of "when," not

"if," you'll get them done.

5. Be your own cheerleader. Nobody is perfect. On those rare occasions when you get off track and end up wandering into the drive-through lane at McDonalds, resist the temptation to beat yourself up. Instead of getting frustrated and saying, "I knew this wasn't going to last," dust yourself off and proclaim, "Hey, that's not like me anymore. Next time, I'll do better." Pull into a parking spot, sink your teeth into that Big Mac, and don't feel ashamed. Well you did already pay for it!



FOCUS ON: THE TEACHING/LEARNING CENTER (CONTINUED)



Cattaraugus County T/LC Members: Deb Simpson, Eileen Brittain, and Mary Jermann.

⇒ **New Faculty Orientation:**

It seems that each year for the past several years, we have been blessed with new faculty. In an effort to make their transition to JCC smooth and to assist them in their success, the TLCs organize a yearlong orientation for all new faculty. Each month new faculty meet with various people to cover topics from HRPST to the Faculty Association, student services to distance learning opportunities. The topics are determined based upon the needs of the cohort, so each year the topics change.

⇒ **Technology Support:**

T/LCs will arrange workshops on technology issues (please contact us and let us know specific requests), advertise conferences related to technology, including the CIT conference that is offered each year, and respond to faculty requests for assistance with integrating technology in classroom instruction.

Some specifics on the T/LCs:

The **Cattaraugus County Campus T/LC** membership includes: **Dale Yerbe, Dan Rabb, Mary Jermann, Deb Simpson, and Eileen Brittain,**

director. They meet approximately once a month to review TLE grants, plan development opportunities, and facilitate JCC Talk Faculty Forum sessions. The center is located on the first floor of the library, where faculty can access books and videos dealing with teaching/learning theory and practice, use an up-to-date computer with a variety of software, such as Impatica, and experiment with an iPod to see if it could be applicable to their teaching. They also sponsor periodic faculty lunch-time discussions on various topics.

The **Jamestown Campus T/LC's** membership includes: **Heather Panczykowski, Amber Kautzman, Tammy Smith, Denise Burbey, Bill Penfold, Connie Pilato, Denis Kingsley-Joy, Robin Middleton and Sarah Becker,** director. They meet monthly for planning purposes and to review TLE submissions. Currently, the Jamestown T/LC is working on the final touches to their physical space, which is located in Bill Penfold's old office in the Hultquist Library. That space will serve as a location where faculty will have access to some handy items that they might use for a

course, such as a laminator, a binding machine, and an electronic labeler. This space will also be used for training and using some very high tech computer programs. More specifics on those next semester. Look for their grand opening, coming soon!

Membership: All faculty are welcome to join the T/LC committee. In fact, we are always looking for new members. If you would like to be a part of the T/LC or if you'd like to assist with certain projects, please contact the director on your campus.

Who to contact: Sarah Becker (ext. 2255), director of the Jamestown T/LC, including North County and Warren, and **Eileen Brittain** (ext. 7552), director of the Cattaraugus County Campus T/LC, welcome your questions and concerns, and look forward to working with you.

Check out the T/LC ANGEL group. Simply log on to your ANGEL account, scroll down to Community Groups and click on the Teaching Learning Center. If you cannot find it, contact Sarah Becker.

Tom Filsinger—Creativity in Motion

By Susan Bronstein

In addition to his job as **associate professor of psychology**, **Tom Filsinger** is the owner of the long-running independent game company Filsinger Games and the creator of “Champions of the Galaxy” and “Legends of Wrestling.”

Tom created the game just for the fun of it while he was in high school. In 1984, he proposed a wrestling game to the World Wrestling Federation only to be rejected in favor of a Milton Bradley game. This rejection inadvertently led to the creation and success of “Champions of the Galaxy,” a sci-fi wrestling dice-and-card game that can be played alone or with two or more friends, and which features hundreds of characters from the future or professional wrestling. “Champions of the Galaxy” was first released in 1986, and over 30 expansions have followed since then. Because of this, Tom has been able to collaborate with some exceptionally talented artists. The most prolific *Champions of the Galaxy* artist is Brian Michael Bendis, one of the biggest names in the comic book field. Filsinger Games also released another card game featuring real-life wrestling stars called “Legends of Wrestling” in 2000.

So why create a game using professional wrestlers? Why not? “It was obvious to me they belonged in a game. Professional wrestling is like a fantasy with superhuman warriors battling each other in the ring. The next logical step was to turn them into superheroes and I did that,” Tom relates.



Marvel Comics legend Stan Lee with Tom Filsinger.

“The prototypical hero in my game is Star Warrior, a combination of Luke Skywalker and Hulk Hogan. The top heel is Thantos, a Doctor Doom-type villain. Then there’s the rebellious loner, Wolf, who could kick Stone Cold Steve Austin’s butt any day of the week. I know I’d be pulling for him.” Through international magazine ads, gaming conventions, and more recently in retail stores, Filsinger Games is helping make the city of Jamestown synonymous with fun games and body slams.

Tom further expanded his horizons in 2003 when he created and released “Countdown to Our Wedding Day,” the first calendar in a new line of “Countdown to the Big Day” products. “When I was engaged to my wife Leslie (in 1988) I created a makeshift countdown calendar on a notepad. Every day on the calendar there were lines like ‘39 days till our wedding day’ and I drew a cartoon and funny wedding situation. Leslie enjoyed tearing off the pages each day and said to me, ‘You should market this idea.’ Naturally I thought she was just

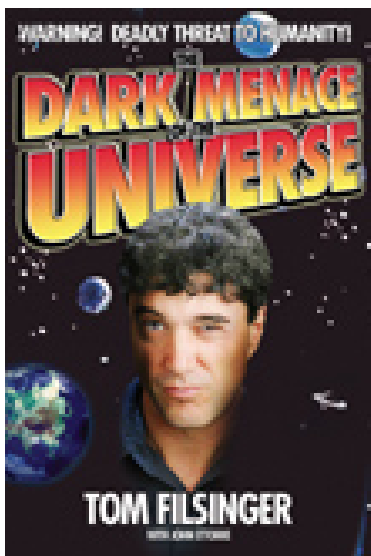
being thoughtful and romantic and ten years later I actually realized she may be right. I released “Countdown to Our Wedding Day” in 2003 and I’ll be releasing “Countdown to Baby’s Due Date” in 2007. Each calendar features a 100-day countdown to celebrate the big day, including a cartoon and friendly reminder. With any luck these calendars will be sold in gift shops, Hallmark stores, bookstores and other locations. My goal is to release an unending series of countdown calendars including possible titles like “Countdown to Prom” and “Countdown to Moving Day.” Some people have suggested that we release “Countdown to Our Divorce,” but we’ll wait on that one!” The calendar debuted at Atlanta’s Mart in January 2003 and is currently sold at gift shops throughout the U.S. The highly anticipated “Countdown to Baby’s Due Date” calendar is scheduled for release in 2007 and will be written by Thomas Andrews, an obstetrician in Jamestown.

Tom’s creative energy didn’t stop with games or calendars. In July 2005, Tom wrote a book titled *The Dark Menace of the Universe*. It was released at the annual Filsinger Games convention called GalactiCon, which is held in Jamestown. The book is an autobiography and a treatise on creativity. “It wound up becoming a book that encourages creative people, especially young people, to take chances and try to market their ideas,” says Tom. “Many people have been inspired by this theme be-

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Tom Filsinger—Creativity in Motion *(continued)*

cause many creative people see themselves as ‘dark menaces,’ in other words people who are misunderstood by others because they are more right-brain than left-brain in their thinking.” In the book Tom describes a “dark menace” as someone who dares to be an individual in today’s world where pressures to conform are both subtle and all pervasive. So what does someone need to do to become a “dark menace”? Tom outlines the following nine rules: 1. Break all rules. 2. Know thyself. 3. Be an actor. 4. Be creative. 5. Embrace uncertainty. 6. Create your own territory. 7. Avoid people with negative energy. 8. Accept the fact that you won’t fit in anywhere. 9. It is not your goal to be a dark menace. Tom adds that “...simply being yourself is the hardest thing a person can ever do in our society because there are no barometers for actually measuring whether you are being yourself or not. How can you tell? It’s uncharted territory and a person needs a strong inner compass.”



He also discusses the idea of Stomp Psychology. Tom says “Stomp Psychology is my expression for the way in which most people respond to innovative and creative ideas. Their first impulse is to ‘stomp’ on these ideas and to bury the people who espouse them.” He adds, “Innovators and creators are a threat to most social systems because they are always imagining and espousing alternatives to the way things are. Hence they will arouse anger and frustration in people around them. Whether it’s at school or work, creative people may be ostracized and attacked by people around them.” The book, available at amazon.com, has one of the highest ratings by its reviewers.

Tom’s accomplishments as a creator have not gone unnoticed. He has been featured in magazines such as *Entrepreneur* and highlighted among the 50 Most Interesting People by *Cleveland Magazine*. He has also been interviewed on television and radio shows both nationally and internationally, and makes guest appearances at comic book, game, and wrestling conventions.

Last spring, Tom was approached by Marvel Comics legend Stan Lee to write and publish a series of books. Lee is the creator of cultural icons Spiderman and X-Men. Their first effort will be a book of political satire which is due to be released in 2007. They are also working on a book on topics in psychology such as creativity, self-actualization, and personal growth. This book would relate stories about Stan’s creative life and accomplish-

ments as they relate to Abraham Maslow’s theory of self-actualization and Erik Erikson’s developmental stages of personal growth. Tom says, “I couldn’t be any more excited about these projects. It was an ultimate honor. I mean, here’s the guy who got me interested in comic books and science fiction in the first place. Marvel Comics changed my life as a kid. And now, years later, here comes Stan Lee asking me to work with him on a pet project of his and I’ll be *his* editor and publisher. It feels like a ‘Twilight Zone’ episode.” Lee has worked with Tom and remained a supporter of Filsinger Games and the Countdown series. Lee wrote the introduction to *The GWF Files: The Second Edition* and a rave review of Tom’s book.

So what’s next for Tom on his creative journey? Tom looks forward to the release of a computer application for his games which are due out in 2007. He has a talented staff working on this project; he credits these fantastic and dedicated people for moving the project forward. “That’s more than enough projects for me to be working on at the moment,” says Tom. “I’m lucky to work with a creative team that can carry the workload as I continue to focus on my teaching responsibilities. In the distant future I would like to write some children’s books and perhaps a book of philosophy. Hey, after all I’m Greek.”

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***The JCC Promise:
Jamestown Community
College is committed to
connecting you to your
goals by providing
challenging educational
experiences in a caring
environment.***

JCC Foundation Honors Louis Magnano

By Jill Ballard

The JCC Foundation honored Louis Magnano and the Olean Family YMCA on November 16.

Magnano received the John D. Hamilton Award for his outstanding leadership and philanthropy at JCC. He has been a strong advocate for the establishment of the JCC Cattaraugus County Campus and a major donor to the campus' capital campaign. In addition, his company, Park Centre Development, assumed the lead role as the principal site developer for the new campus.



Greg DeCinque, Louis Magnano, and JCC trustee Jim Snyder.

The Olean Family YMCA received the college's first Community Partner Award. For over 25 years, the YMCA and JCC have been partners in providing ath-

letic and physical education opportunities. In 2004, the YMCA and JCC combined forces to create a state-of-the-art facility that could be shared by the two agencies for the enjoyment and betterment of the entire community. In particular, this collaboration has provided JCC students, staff, and faculty the opportunity to access the facility for athletics, intramurals, physical education classes, and recreation.

A total of 150 community leaders and dignitaries gathered at the Premier Banquet Center in Olean for the event.