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UPFRONT

The Psychology of Happiness

By Dick Gotti Faculty mentor, Northeast Center



Dick Gotti

large income is the best recipe for happiness I ever heard of," declares Miss Crawford in Jane Austen's *Mansfield Park*. We might be tempted to agree, although we realize that our dream of winning the lottery won't bring true happiness. Once our basic needs are met, studies show, money won't bring happiness. Neither will the fleeting pleasures of Godiva chocolates or a soothing foot massage. If we take a look around, at the problems in the world, we might be persuaded by Tennessee Williams that "happiness is insensitivity," or by Woody Allen's lament, "Life is full of misery, loneliness and suffering, and it's all over much too soon." But genuine happiness is about life satisfaction and an enduring sense of well-being. And there are good reasons to court it: Research shows we live longer, healthier, richer lives when we're truly happy.

The search for happiness is one of the oldest searches of all. In nearly every culture people see happiness, whatever its source, as a primary goal. While poverty obstructs happiness, some of the poorer countries of the world report life satisfaction levels higher than some wealthier nations. Although happiness isn't easy to define, we know when we feel it. And now we can actually see it. With PET scans and MRIs, researchers can watch the brain's left frontal lobe light up when we report positive feelings.

Aristotle tackled the meaning of happiness. He found it was the motivating force and end goal of life, not a state of mind or fleeting pleasure, but something we worked toward all our lives. How? By living the virtuous life, he said, doing good deeds and valuing relationships, contemplating and reasoning, and enjoying some material goods. This kind of full, balanced living produced what he called eudaimonia, a sense of well-being. Recent twin studies have led to some surprising information. Our genes seem to play a role in our individual capacities for happiness. We come into the world equipped with a set range for happiness. Like the house thermostat, environmental changes can temporarily alter the setting. A job loss or the rush of new romance can lower or raise our happiness levels, but eventually the thermostat settles. Even after a major accident and physical trauma, people later report a level of happiness similar to what they felt before the accident. There are exceptions, of course. A whole series of bad events, or certain severe and long-lasting ones, can alter our perspective.

Genes don't determine destiny, and there's always the interplay with the environment. We can maximize our inherent capacities. According to researchers like Martin Seligman, a leader in the new positive psychology movement, which focuses not on what is wrong with people but on what is healthy, we can't control what life brings us, but we can take control of how we live. In *Authentic Happiness* he maintains that by understanding our "signature strengths" and using them as daily tools we can indeed be happier. If we practice these strengths, such as love of learning, generosity, humor and forgiveness, we foster positive emotions that move us into the upper ranges of our set levels. This also brings us closer to living out the six nearly universal virtues: wisdom, courage, love, justice, temperance and transcendence.

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Makin' Music!

Lois Powell '87 Enjoys Chantels Revival

ho would have thought that one of the most acclaimed "girl groups" of the 1950s got their start singing Gregorian Chant in their Catholic church choir?

And, who would have thought that, 40 years later, three of these "girls" would reunite and be able to pack the house at the Apollo Theater and Radio City Music Hall?

And who would have thought that original member Lois Powell '87 could be found hanging out at an Empire State College All College Conference in support of one of her fellow alumni (who was a featured speaker) and in support of her own alma mater?

Powell, née, Lois Harris, is one of the original members of The Chantels, singing first soprano in what the web site

MALIT

The Chantels: (I-r) Arleen, Lois, Renee, Sonia and Jackie

history-of-rock.com says "is viewed by many to have been the best of the girl groups."

Dressed in prom dresses and poofy crinolines, and predating, by nearly a decade, the slinkier Supremes, The Chantels were the first female R & B vocal group to gain nationwide success.

Of course, any number of pop and R & B singers got their start singing in church, but these girls, ages 12 to 16 at the start of their career, were classically trained singers, whose heavenly harmonies soared, for a brief golden period, to the top of the pop charts. In their Catholic church choir, the girls honed their skills singing Gregorian Chant and liturgical music in both Latin and English. "We all went to the same elementary school, we were all in the choir in that elementary school, and we started to experiment with other kinds of singing," recalls Powell. "Eventually we started to play around with music we heard on the radio."

The girls would sing at every opportunity – "we would sing on the corner, sing in trains and train stations. We would break into song anywhere, pretty much," Powell, who is now a psychiatric nurse, recalled. "We moved on to local school talent shows. People always wanted to know who we were, and if we were sisters. There were five of us – one

of the girls was my best friend – but we used to tell everyone that we were sisters."

And there was that sound. Powell recalls how people would comment that the girls sounded "unique" and "angelic." One day, the group was in the city, where they used to like to go and hang out backstage at local rock and roll shows. The Valentines, a popular male vocal group of the day, had just performed at the Paramount Theater, "and they were on break and were walking down the street." As they passed, one of the girls asked for an autograph, and they all ended up giving an impromptu performance (something from church)

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Happiness

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The Dalai Lama points out in *The Art of Happiness* that it's important to see how our negative emotions affect our lives and the lives of others. He advocates trying to overcome them and to develop positive emotions, attitudes and feelings, like compassion for ourselves and others. He says that religious practice is of value, including the faith and hope that accompany it, but "basic spirituality" – goodness, kindness, compassion and caring – can be practiced by all, regardless of religion. Even suffering can join us to other human beings. Certainly this was evident after the events of 9/11.

Positive emotions and thinking are so important because they help us to adapt to situations and focus on what's right or what's working, to be less defensive and more tolerant. They help us cope with stress and promote physical health, openness to new ideas and creativity. According to psychologist Barbara Fredrickson, positive emotions are equivalent to putting money in the bank, because they help to build the kind of reserves we can draw on. For instance, feeling joyful helps us to play, interest leads us to explore, contentment makes us savor experience and love enables us to do all of these with people we care about. Positive emotions direct us forward, helping us to act in flexible and creative ways that foster a sense of wellbeing. When we're happy, a "win-win" attitude prevails in our work and play.

Happiness isn't the absence of problems, and we can't be happy all the time. But if we try to live an ethical life, practice deep compassion and connect to something beyond our individual selves, we nourish the kind of well-being that might even tempt Miss Crawford of *Mansfield Park*. \Box

Faculty Mentor Dick Gotti explores the concept of happiness in his study groups for Empire State College's Northeast Center.



The proverb says, "Laughter is good medicine." Tena Garas seems convinced that's more than just a wise saying – it's true.

Working at Play

Tena Garas '90 Embraces Humor

ena Garas likes to tell a fish story. It's about a fish market that chose to use humor in its day-to-day business, and saw business prosper. Today, Garas, a humor consultant, uses a fish as an emblem of her philosophy.

It all began in 1990, with two life-changing events. First, she graduated from Empire State College with a bachelor's degree. Next, she attended a five-day workshop by the Humor Project, based in Saratoga Springs. "I came away from that so excited about the benefits of humor and laughter that I put together my own program," she says.

At the time, Garas, a registered nurse, had been working for Heritage Center, one of the largest nonprofit social services agencies in Erie County, for 15 years.

In the last two decades, Heritage Center's residential programs have grown from five to 22, and its 800-900 employees work to provide a range of services for the developmentally disabled, from day programs and workshops, to school programs, to residential care for people ranging in age from elementary school to senior citizens.

Garas had started as a nurse health trainer in the workshop area. When the company decided to eliminate that position, her supervisors gave Garas the option of managing a 12-bed residential unit in lieu of being laid off, but she was told that she must have a bachelor's degree in addition to her R.N.

After earning her Bachelor of Science degree in community health, and working two years in the 12-bed home, Garas was offered her current position as a nursing supervisor, overseeing five nurses and a dietician. As part of her job, Garas does "a lot of staff training" she says, and deals daily with the high-stress situations that arise from working with this specialized population. Her fascination with humor blossomed after that workshop by the Humor Project. She was also struck by a book by Norman Cousins, a former *Saturday Review* editor, whose *Anatomy of an Illness as Perceived by the Patient* (W.W. Norton Co., 1979) chronicled his recovery from serious illness when he checked himself out of a hospital and into a hotel to watch a steady diet of Marx Brothers movies, Three Stooges and Candid Camera reruns. He found that the more belly laughs he got, the quicker he healed, and became convinced of the power of positive attitudes and laughter in fighting disease.

Garas, who also holds an M.S. in creative studies, started her own humor journey by giving a workshop to her staff. "I did a little practice on my own nursing group; it was very informal," she explains.

Shortly after, she landed her first paid presentation at the South East Community Workshop on Humor in the Workplace, in which she outlined what has become the scaffolding of her presentation: "10 Steps to a Happier and Healthier Life."

Garas estimates that, to date, she has presented "300 to 400 times, on the local, state and international level."

"When I started, I basically read my presentation," she admits. But now that she has become a humor pro, her style is very relaxed. Although she does some audience participation, "I am very conscious about putting people on the spot." What she does do is show cartoons in abundance, and "tell a few funny stories. I start every presentation by saying, 'I am not a standup comic,'" Garas explains, adding that she never fails

to get a laugh when she's tells the story of how her daughter, then 10, reacted to the news that her mom was going to be a humor consultant.

"But Mom, you're not that funny!"

"It's kind of ironic, because I have just told them that I am not a standup comic, but I never fail to get a laugh from that!"

Garas also has her participants identify what is stressful in their work lives, prepare positive strategies and inject some humor in their everyday tasks.

"Basically, I talk about how to take a negative situation and turn it into a positive by being silly."

Understandably, as a nurse, Garas is interested in more than silliness. She is convinced that humor, is, as Cousins claimed, good for the body as well as the soul. She points to studies that show that blood pressure can be reduced, muscles relaxed and the cardio-vascular system improved, by a good belly laugh, or as Cousins has put it – laughter is "inner jogging."

The years she has been doing her program "have been the healthiest years of my life," Garas affirms. "I believe it has strengthened my immune system to implement humor in my everyday responsibilities in the office. I think it's helped me to do my job better. I tell everyone that I have the best nurses in the world, so I am very blessed. We have a really awesome team, and we all have a lot of fun."

Destined to Play Ball

Bob Watson Covers All the Bases in Major League Baseball By Hope Ferguson

At the age of 10, Bob Watson '99 knew that he was going to play in the big leagues. It all started on the day the seven-year-old Bob noticed a Little League try-out in progress, and asked his grandmother if he could try out for the team before going home.

Watson, who was the first black general manager in Major League history, and is noted in the Baseball Hall of Fame for being the player who scored the millionth run in baseball, is now vice president for on-field operations for Major League Baseball.

After his parents divorced, Watson was raised by his grandparents in the gritty core of South Central Los Angeles, bordering on Watts. About 40 blocks south of his grandparents lived an aunt whose home was directly across the street from a municipal park. That was where the young Bob Watson spotted the Little League try out.

"Don't get your hopes up, because you don't live here," his grandmother warned. Not only did Watson end up making the cut, but using his aunt's address, he was able to officially sign on with the team. When his grandparents later moved to the area, settling one block away from the park, young Bob was really able to make his mark. At age 12, the 6-foot tall, 195-pound Watson was simultaneously playing for three different Little League teams, making quick uniform changes in the back seat of his aunt's roomy 1938 Plymouth.

The Baseball Factory

"South Central Los Angeles was a baseball factory in those days," Watson recalls in a phone interview from Houston several weeks before spring training.



Today Watson continues to be a hard hitter.

He attended Fremont High School, which has the distinction of having graduated numerous players who later ended up in the big leagues. Watson attributes this in part to good facilities and coaching and to the fact that many young African-American men viewed sports as a way to stay out of trouble. "But that wasn't the real story," he explains.

That would be Chet Brewer, a former Negro League pitcher and Pittsburgh Pirates scout, whose rookie team was a virtual farm team for the big leagues. "Some people say he was as good as Satchel Paige," Watson says. "Everyone within a four- to five-mile radius of South Park wanted to play with his team, because it turned out real all-stars of Major League proportions."

Watson was the catcher. Among the other players who went on to renown were Roy White (who later played for the Yankees) on second base; Leon McFadden at shortstop; Reggie Smith, the third basemen; center fielder Paul Blair and right fielder Willie Crawford. Doc Ellis, who played for the Pirates in the World Series, was the pitcher. The one nonblack player, Dennis Gilbert, went on to become one of the biggest agents in Major League Baseball. In later years, younger boys, among them Eddie Murray and Darryl Strawberry, used to watch from the sidelines - not yet old enough to play, said Watson, but desperately wanting to.

Watson graduated from high school in 1964, and signed his first pro contract that winter, before the spring draft in 1965. Playing in the minor leagues in the south in the 1960s ("That's a whole 'nother story," Watson comments) he was called up to the majors to serve as a catcher/first baseman/outfielder with the Houston Astros (then called the Colt 45s), where, according to astrosdaily.com, he didn't get to play much at first.

Then, in 1970, Joe Pepitone was traded to the Astros just before the June 15 trading deadline, "and I knew I was probably going to be traded," he says. Sitting on the runway before takeoff for a game in Philadelphia, Pepitone, who was facing some personal family-related legal issues, was taken off the plane in handcuffs. The manager informed Watson that until Pepitone returned, he was now the first baseman. "I went to the park three days before the game, and sure enough, his bag wasn't unpacked."

(continued on next page)

The team went on to play a series in Atlanta from Friday to Sunday, including a double-header. In three days, he had 12 hits, four home runs and 14 RBIs.

Things were revving up in his personal life as well; returning home to Houston, his wife, who was nine months pregnant, met him at the door saying it was time to go to the hospital.

The next week, Watson hit another three home runs, 20 RBIs and was named National League Player of the Week. When Pepitone returned, he was told by the manager, "Nope, Bob Watson is my first baseman now."

During a career that included playing for the Boston Red Sox (1979), the New York Yankees (1980)and the Atlanta Braves (1982), Watson distinguished himself by being the first player (and one of only two players ever) to hit for the cycle in both the American and National baseball leagues, including, according to

baseballlibrary.com, hitting in order in a 1975 game against the Orioles. He hit a second inning single; fourth inning double; sixth inning fielder's choice; eighth inning triple; and ninth inning homer. The baseball library also notes that in 1976, Watson "scored the one millionth run in Major League Baseball history, and was the Astro's all-time leader in hits and RBIs before being traded to Boston."

Scoring the Front Office

In 1987, Al Campanis, general manager of the Los Angeles Dodgers, set off a firestorm with his comments on Nightline that blacks "may not have some of the necessities to be, let's say, a field manager, or, perhaps, a general manager."

The remarks not only cost Campanis his job (he later disavowed racist intent), but the controversy sparked baseball to begin actively recruiting minorities for the front office. Bill White, an African American, became president of the National League in 1989. Watson spent four seasons as a hitting and bench coach for the Oakland Athletics. He remembers Sandy Anderson, general manager of the Oakland A's, asking him what his ultimate goal was.

made history by being this young man from the inner city who had held the keys to the Astrodome. Now I was making history again by having the keys to the House That Ruth Built - the most storied franchise in history."

Under his leadership, the Yankees made it to the 1996 World Series for the first time since 1981, and gained their first World Championship since 1978.

Watson acknowledges the different set of skills necessary for the front office. "The biggest thing is to surround

yourself with good people, quality people, people to whom you can assign tasks. Watson's illustrious career is recorded in The biggest over 40 collectable baseball cards. difference from being a player is Watson responded, "I want to sit in your that as a player you only have to concen-

seat," to which Anderson responded, "I will help you."

Watson became the first African-American assistant general manager of the Astros in 1988, and in 1993, after Art Howe was fired by the franchise, was promoted to general manager, the first black general manager "with the title." Watson explained that in the late '70s, "Hank Aaron's brother-in-law worked in the front office; he did the job of general manager, but maybe in those days, they didn't want to give a black man the title. I am the first to have the title, but I always acknowledge my predecessor,"

In 1995, he became general manager of the Yankees, what he calls the pinnacle of his career. "I had already

trate on yourself. You come to work, spend six hours - three of them playing and go home. As general manager, you are there at 8 a.m., leave at midnight, and take home a couple of cell phones, a beeper and a BlackBerry, so its 24/7, 365 days a year. As a player, when the season is over, you go home. As general manager, when the season is over, you're in your very busiest time, as you work on building your team for the next year."

Being in management also spurred Watson to continue the education he had started in community college years before. "I did have dreams of getting a degree - no one in my family had ever been to college," Watson says. "I told my grandma that if I ever had the opportunity, I would get a degree."

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Linda Nuccio with a sample of the toys she and her family create together.

In the Business of Play

Linda Nuccio '83 and Family Bring Fun and Games to Life

inda Nuccio '83 was working as an art teacher when her husband, Mark, resigned from a research and development job at a major toy maker.

"We had to make a decision," says Nuccio, who now owns and operates DesignEdge, a multi-faceted firm producing prototype toys, games, packaging, marketing, graphic design and other services in Long Island. "Should he look for another job, or start over in our own business?"

At the time, the couple was raising their three children (the oldest was heading to college) so the decision could make or break them financially. They decided to rent a small office space, buy a small computer (an early model which allowed them only to "set type, and we thought that was great!") and hang out their shingle.

Today, DesignEdge is described on Nuccio's web site (www.designedge.net) as a high-tech studio filled with all the latest computer technology and machinery. This enables the family-run business to take on clients such as Hasbro, Endless Games, Mattel, Carnival Cruise Lines, Kodak and Chivas Regal. The company now averages eight to 10 employees, plus freelancers, sculptors and model makers.

Linda and her husband were able to avoid many of the storied struggles that small business startups face. Her husband's contacts from his days at his previous job, coupled with Linda's graphic design and illustration skills, smoothed the way to a successful business partnership. Add to that, the bright ideas of three growing children, and DesignEdge was out of the starting gate.

In fact, two of her children are still involved in aspects of the family business she and her daughter Jennifer have a web design division that supports the main business and son Matthew is integrally involved in product development, and has come up with many of the toy ideas. One of the company's first successes, says Nuccio, was Tattoo Graphix, a kit which lets kids design and sport their own washable tattoos. Sky Guys, "a little soft doll with a parachute," was another popular offering created by her son, who went on to earn a degree in packaging from the Fashion Institute of Technology. Other toys that came along were a Ninja warrior doll, and a "dolly tote, a cute little doll with a tote bag," which could be converted into a skirt, adding up to "a lot of play value," Nuccio explains.

Toy development generally begins with an idea – just seeing what kids are interested in. "Sometimes my son will be fiddling with things, and start playing with something and he just realizes, this can be made into an item. And we're always doing a lot of market research." Next, sculptors and model makers develop the prototype toy, which is presented to the toy maker, and if accepted, is sent out for manufacturing. Nuccio comes up with ideas for the packaging and marketing.

(continued on next page)



Son Matthew is a creative force in the family business.

Business

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"Working on games takes a longer time – the game development and everything that goes with it, the packaging, the dice, the spinner – quite a lot of effort and a lot of people are involved as a think tank. Once a game is developed, we approach the game manufacturer to pitch the idea."

Has a company ever listened to a pitch and then run off with their idea?

It has happened, Nuccio concedes. "We've learned a lot over the years."

Running a family company "is very interesting, but also very demanding. When we first started we worked seven days a week." Nuccio does most of the administrative tasks - the bill paying, orders, etc. besides the art and graphic design. "It's very deadline oriented." Challenges include the times a client's project will be closing in on completion, and then they call with a major change, "so we stay until 10 to 11 o'clock p.m. to meet deadline. I don't have any specific hours - definitely we are not 9 to 5. My husband comes in as early as 7 a.m. - the rest of us generally come in at 9 a.m. and stay until whenever we have to."

Nuccio enrolled at Empire State
College's Long Island Center after
attending St. John's University for three
and a half years. "Don't ask me why, but
I left, married and had a family. I always
wanted to have an education, so when
I saw an ad for the college, I applied.
When I enrolled, it was perfect for me.
I would bring my youngest daughter to
my meetings with my mentor." Majoring
in advertising, Nuccio went on to earn
her master's degree and gain teaching
certification in art education from
Oueens College.

What does she see in her future? "I would like to see the business continue ... I don't expect to quit the business any time soon, but I don't expect to continue at the pace I am now," Nuccio says. Her son Matthew would be the likely one to take over at the helm. "But I'd like to continue in some way," says Nuccio.

Play Ball

(continued from page 5)

He enrolled in Empire State College's Long Island Center in Old Westbury, adding to his busy schedule several online courses through the Center for Distance Learning. He earned his degree in business, with a concentration in sports management in 1999, and was inducted into the center's Gallery of Distinguished Graduates at the 2003 graduation ceremony.

Refusing to Strike Out

Not all has been rosy. Ten years ago, Watson was diagnosed with prostate cancer (which he successfully beat) and he now goes out on the lecture circuit telling his story, promoting his memoir, Survive To Win: The Inspiring Story of One Man Who Overcame Incredible Odds and Came Out a Champion (Thomas Nelson Publishers), and urging men over age 40 to get tested.

He also faced disappointment when the U.S. Olympic baseball team, for which he was co-chair of the steering and selection committee, failed to qualify for the 2004 Olympics, being bested by Team Canada and Team Cuba, which, he said would represent the western hemisphere in the games. In 2000, the American team, for which he was also the co-chair of the steering and selection committee, had come home from Sydney, Australia, with the gold. Watson describes this as being a symptom of the shift that has taken place in baseball from being America's pastime, to a sport perhaps even more popular in other parts of the world, like Latin America.

The diminishing popularity of the sport is something that concerns Watson. He feels that the sports that make money on the college level, like basketball and football, have come to eclipse America's pastime in the hearts and minds of young people, especially young men of color who used to aspire to make the big leagues. Also competing for attention spans are computer games, soccer and skateboarding, he says. And most

marketing – for athletic shoes, for one, is focused on basketball and football, rather than the spiked shoes baseball players must wear.

"Without a doubt, I am concerned. I have been concerned since the mid '70s that baseball needed to address this in a huge way. Not until recently, when we have realized we have lost our fan base, and lost what I call the stud athlete (who will now play football or basketball) [has there been widespread attention to the problem]. Then Tiger's come on the scene, so even golf has drawn away the 'stud athlete.'"

"I might be a little biased, but baseball is the American pastime; it's gotten us through a lot of tough times; a couple of wars, a depression; and socially, Jackie Robinson changed the face of the sport, the face of professional sports. I think it's very important for baseball to stay and prosper as a sport in the African-American community" as well as in the culture at large, he says. In fact, part of his job as vice president for on-field operations is to pick up the pace of the game, in deference to increasingly short attention spans. Other responsibilities are to regulate uniforms and administer discipline. "I am the guy you see on SportsCenter when Sammy Sosa uses a corked bat," he laughs.

The biggest thrill in his long career, however, was his shepherding of the Yankees to their World Championship. Besides giving lie to the widespread sentiments in baseball about the administrative abilities of blacks that were reflected in the comments of Campanis, the achievement came, significantly, about 50 years after Jackie Robinson broke the color bar in the major leagues.

"The Yankees hadn't won in 18 or 19 years – and to be the first African American to sit in the chair and to win, I think that was huge. Being the fellow in charge and putting together a World Championship team, and doing it in the number one city in the world, was even better. I think Jackie Robinson would have been proud."

Guest Essay

Falling in Love on a Train

By Kevin H. Siepel

hen I first saw her in the station at St.

Margrethen, she was boarding the railroad car in which I sat, shoving an enormous brown leather suitcase up the high step with her knee.

Earth colors she was wearing: pants of brown corduroy, knitted vest patterned in orange and brown, Kelly green shirt with uprolled sleeves. Dark eyes, dark hair, dark complexion, young, mysterious. After heaving her burden onto the overhead rack, she collapsed into a seat across the aisle from me, perspiring sedately. Then the silver, air-conditioned train quietly sealed itself to continue its five-hour run westward across Switzerland.

Alpine streams boiled with icy meltwater, and the fields were ablaze with poppies, for the month was May. I attempted first to doze, then to strike up a conversation with the person next to me. No success there. I tried to doze a second time and couldn't, and then I noticed her again. She had produced a posy of wilted wildflowers from somewhere, and was now holding it on her lap, her thoughts apparently upon whomever had given it to her. She had a strong but tranquil face. She was looking at the flowers and lightly smiling. I moved across the aisle and sat down facing her.

"Wie heissen die Blumen?" I asked. I knew that the salad bowl of German words at my disposal would not get me far. Perhaps speaking to her at all was a mistake. At any rate her only answer to my question about the flowers was a smile. Ah, I thought, not German. Italian, of course. She's dark.

I leaned forward to craft a more careful question about *i fiori*, knowing that if the conversational terrain should dip in that direction I'd have to beat an even quicker retreat. She still didn't answer me. The thought that she was mute crossed my mind, but I dismissed it. Since this was Switzerland, I had a final choice: French. The reply, however, was as before: a Mona Lisa smile. I began to wonder. I'd seen a station full of Yugoslavs in Buchs that morning, back toward the Austrian border. Could she be one of them? The prospect of hearing her speak at last in Serbo-Croatian was discouraging. Better to go slowly now.

I leaned back, relaxed, and returned the smile as enigmatically as I could. I tried to look mysterious – a foredoomed task, considering my garb of crushable fisherman's hat, red long-john shirt, pin-striped mustard slacks, and leather running shoes. It didn't work. Just as I was about to pack it in, Mona Lisa spoke. "Habla español?" she asked. Why hadn't I thought of it? She's Spanish! A tourist, maybe, but more likely a Gastarbeiter. There were loads of Spaniards working in Switzerland.

With all circuits snapping to life, I strove to call up my meager store of Spanish while rummaging frantically through my bag for the right Grosset's phrase book. I commenced to address this person whose national origins were beginning to take form. She turned out indeed to be a Spaniard, on her way home to see her family. She was

((continued on next page)

Makin' Music!

(continued from page 2)
before harmonizing with the Valentines, at their request. The Valentines lead singer,
Richard Barrett, who was also a producer and friend of record company owner George
Goldner, asked for their telephone number.
"We gave him Arlene Smith's (lead singer) number, and figured he'd never call, but he did call, and several months later, he took us to Goldner's record company, which was creating a new label, "End," recalls Powell.

The Chantels were eventually signed by End, and their first hits, "He's Gone" and "The Plea" (written by lead singer Arlene Smith and Barrett) were released in the summer of 1957. "That made some major noise," Powell remembers. By the end of September, "He's Gone" had hit the Billboard Top 100 charts, rising to No. 71. They then released "Maybe," their most famous hit, "which made more noise and sold one million



(I-r) Sonia, Ami, Lois, (frt) Renee

copies. We never got a gold record, and didn't get paid – we were terribly exploited," Powell recalls. "We were all classically trained in piano, and in voice and dance. It wasn't the music I was listening to at the time – I was into jazz, taking jazz piano, but we thought it was fun." With their success, the girls started a rigorous performance schedule.

Their discoverer, Richard Barrett, who wrote some of their songs, was their chaperone. Our mothers said, "If anything happens to our children, you are in for it."

"He was a tyrant; he locked us in our dressing rooms, but we were well protected." Lois was 16 at the time. The youngest, Renee Minus was only 12. The group performed at the Apollo, the Paramount, the Paradise, the Uptown Theater in Philadelphia and other venues. By the time their records were released, and the out-of-town travel started in 1957, Powell was in her senior year of high school, "and it was difficult because

(continued on next page)



2003 DONORS REPORT

Dear Friends,

Every year I welcome the opportunity to thank each of you for your generous support of Empire State College. It is particularly gratifying to note that 2003 was one of the most successful years ever for the Empire State College Foundation, with more than 5,000 alumni, employees, friends, corporations and foundations contributing a total of \$944,108.



Monte I. Trammer

This success is mirrored in the achievements of the past year:

The college continues to see record enrollments, serving over 17,000 students last year, placing us among the largest comprehensive colleges in the SUNY system.

With continued strong enrollments, our alumni population is expanding rapidly, pushing past the 40,000 mark to over 42,000 proud Empire State College graduates at the end of 2003.

Great strides were made towards the implementation of our new Master of Arts in Teaching program. A program director and six faculty members were hired to staff the program, which is on track to enroll its first class this fall.

Once again Empire State College rated very positively in the latest SUNY opinion survey, comparing responses from our students with those from more than 2,400 students at the other 12 SUNY university colleges.

Securing the resources to preserve and enhance Empire State College's tradition of excellence in education is one of the greatest challenges facing the college. Your generous support of the Empire State College Foundation helps to ensure that we will continue to design, implement and evaluate new approaches to learning to serve our current and future adult learners.

On behalf of our students, faculty and staff, I want to express sincere thanks to the more than 5,000 donors listed in this report for supporting Empire State College's pursuit of excellence in education. We are deeply grateful.

Monte I. Trammer

Chair, Empire State College Foundation

Board of Directors

EMPIRE STATE COLLEGE 2003 Fund Recognition Societies

The Empire Society Recognizes those donors who contribute \$5,000 or more in one fund year.	\$5,000+
The Hour Society This society provides a unique opportunity for individuals to make a contribution equivalent to the cost of operating the entire college – its centers, units and programs – for one hour.	\$2,500 – \$4,999
The Scholar Society Donors in this category provide the funds which represent the tuition and fees for a half-time student at Empire State College.	\$975 – \$2,499
The Kindred Society Donors at this level are recognized for providing funds representative of the average cost of childcare during a term for those students juggling their career and family responsibilities while pursuing their degree.	\$500 – \$974
The Academic Society Donors in this society provide the funds which represent the average cost of books and supplies for a full-time student for one 16-week session.	\$350 – \$499
The Distinguished Alumni Society Recognizes those donors who contribute \$5 for each year since the college was founded in 1971.	\$160 - \$349
The Mentor Society Established to recognize the unique and significant relationship between student and mentor, donors at this level provide the funds which represent the average cost for a student to meet with his/her mentor three times.	\$100 - \$159
The Anniversary Society Established in 2001 to honor Empire State College's 30th anniversary. Members contribute \$1 for each year since the college was founded in 1971.	\$32 – \$99

The items represented by these societies are the equivalent of, but not necessarily directed to, what your contribution would fund.

Thanks to you, the Empire State College Foundation helps hundreds of students, faculty mentors and staff benefit from the best that Empire State College has to offer. (Gifts received January 1 – December 31, 2003)

THE EMPIRE **SOCIETY**

Our deepest appreciation to the members of The Empire Society. With their gifts of \$5,000 or more, this group of donors contributed 67 percent of the \$944,108 raised by the Empire State College Foundation in 2003.

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Helping to Make "Vision" a Reality

Empire State College Receives Two Largest Gifts in its History

mpire State College recently announced the two largest gifts from private foundations in its history. The Charitable Leadership Foundation has pledged \$1,250,000, while the Susan and John Turben Family Foundation has pledged \$1 million towards college programs and initiatives.

Empire State College President Joseph B. Moore calls the gifts "a watershed moment in the life of this college. We are deeply grateful for the confidence in Empire State College that these gifts demonstrate. We are committed to use these gifts to improve more lives through education."

Jeremy Jones, director of the Empire State College Foundation added, "I think our faculty, alumni and students will take enormous pride in these two extraordinary gifts. Besides investing in the future, these donors are recognizing the efforts of all who brought this college to where it is today."

Charitable Leadership Pledges Funds for New Graduate Degree Program

The \$1.25 million gift from the Charitable Leadership Foundation is earmarked to fund the Master of Arts in Teaching (M.A.T.) program that will enroll its first 175 students across the state this fall. The Empire State College Foundation is seeking \$2.5 million in external funding to assist with the implementation of this new program.

Richard Liebich, the CEO of the Charitable Leadership Foundation, was appointed to the College Council by Gov. George Pataki in 1997, while his wife, Beth, has served on the Empire State College Foundation board since 1998. Liebich is president of Transport National Development Corp., a carbide manufacturing company founded in 1979, with plants in Clifton Park and Orchard Park, New York.

In addition to the Charitable Leadership Foundation, the Liebichs operate the Charitable Venture Foundation. Together, these foundations support medical research and education, and have had a transformative effect on the Capital region and the country.



College President Joseph Moore (left) with Beth and Richard Liebich.

Of the most recent gift to Empire State College, Richard Liebich said, "I can sum up in one word the reason we so strongly support Empire State College. That word is 'vision.' Empire State College has consistently demonstrated its ability to remain in the forefront in meeting the needs and goals of its students. While the students are the focus, the faculty and administration continue to keep their eye on the future in an everchanging workplace and are able to provide the necessary curriculum to meet those changes."

In April 2001, the Charitable Leadership Foundation also contributed \$150,000 in startup funds for the college's M.A.T. program.

Turben Gift Largest from an Alumna/us

The gift from the Susan and John Turben Family Foundation is the largest in the college's history from an alumna/us. Susan H. Turben '72, president of Turben Developmental Services, of Willoughby Hills, Ohio, was among the first three graduates of Empire State College, earning her Bachelor of Science degree in interdisciplinary studies at the college's center in Albany, New York. Turben continued her education to earn a master's degree and a Ph.D. at Kent State University, and is now a nationally recognized child development expert.

Turben Developmental Services provides consulting and training services to nonprofit groups, families and human services agencies, in the areas of child development and early intervention.

Turben, who has been a member of the Empire State College Foundation board since 2000, calls her gift "a vote of confidence in the college's educational mission. Only once before have we invested this amount of money in any institution," she said. She and her husband Jack were spurred to make the gift because of their strong belief in both the opportunity and the hope that



Susan H. Turben '72 and husband John Turben

the college's programs provide to adult learners, Turben said. "If you look at Empire State College's educational model, which is such a modern, vital, up-to-date way of educating people, the question is why *wouldn't* we make this gift?"

Turben stresses that leadership contributions such as this, along with the consistent support of the college's loyal alumni and friends, largely in the form of gifts to the Annual Fund, is vitally important to the future of the college, "allowing us to do the almost impossible."

We welcome each and every contribution. To make a gift using a credit card, visit our secure online form at www.esc.edu/annualfund or call the Annual Giving Office at 800 847-3000 ext. 234.

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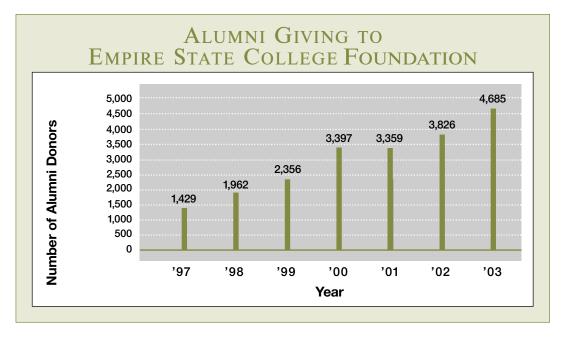
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MacLachlan '03
Cheryl MacNeil '90
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John Corrou '94

An interview with the Annual Fund Chair, John J. Corrou '94

ohn Corrou '94, served as Annual Fund chair for 2003. A graduate of the FORUM Management Education Program, Corrou is employed as a sales representative for Franklin International, a

chemical company. Below he shares some of his reasons for supporting the college, and why he thinks his fellow alumni are giving in growing numbers.

What attracted you to Empire State College?

Corrou: Empire State College's FORUM program was perfect for me. I had been successful in business, but never acquired a degree. FORUM allowed me to combine some of my outside learning with flexible courses to obtain my degree in a reasonable amount of time.

What motivated you to obtain your degree?

Corrou: It was personal gratification. I work on a regular basis with people with advanced degrees, usually master's degrees or Ph.D.s in chemistry, and it just made me feel more confident.

What are your feelings about FORUM's academic offerings?

Corrou: I found it to be an excellent program. I learned so much from the instructors, but I also learned so much from my fellow students - and hopefully they learned from me. The teamwork was excellent, in terms of the both the papers and the projects we put together.

How did you get involved as a volunteer for the college? And why do you and your wife Jane think it is important to support Empire State College?

Corrou: Jane and I regularly attended a number of college events like Alumni Day at the Races, regional alumni dinners, graduations and even President Joe Moore's inauguration. When Maureen Winney [director of alumni and

student relations] and Kim Berry [then director of annual giving] approached me to be the annual fund chair, I was happy to accept.

What do your duties as Annual Fund chair entail?

Corrou: I sit as a nonvoting member of the Empire State College Foundation board. My primary function is to serve as an advocate for the foundation. I work closely with Toby Tobrocke [director of annual giving] to contact my fellow alumni and ask them for their support. I also try to be involved with alumni activities throughout the state.

How have our alumni responded to your efforts?

Corrou: Each year more alumni are contributing for the first time. For the third year in a row the college has seen this number increase, with more than 1,300 first-time donors in 2003. We have also seen a consistent increase in the overall number of alumni supporting the foundation, reaching nearly 4,700 in 2003.

Any closing thoughts?

Corrou: I would like to thank all of these people who supported the college in the past year, and urge anyone who has not donated yet to consider a gift - of whatever size - to the Annual Fund. This year's Donors Report highlights those loyal donors who have supported the college for the past four years. However, we hope to get all of our alumni involved in some way, because it is our way of giving back to the college. They, like I, probably would not have a degree were it not for Empire State College. This is a way they can help to ensure the future of the college and give someone else the same opportunity that they had.

We welcome each and every contribution. To make a gift using a credit card, visit our secure online form at www.esc.edu/annualfund or call the Annual Giving Office: 800 847-3000 ext. 234.

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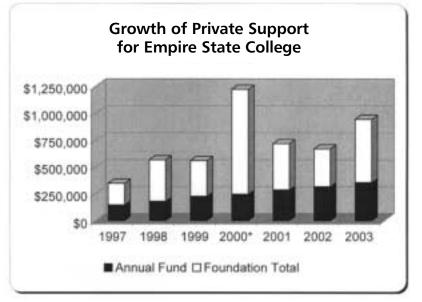
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Robert and Gloria Seward with their son, Randy.

Student Profile

Who: Robert Seward, Binghamton, New York

Degree: 2004 graduate with a Bachelor of Science

Recipient of: The Conrad and Virginia Klee Foundation Scholarship

Background: Technical writer, programmer and process engineer for IBM

Pastimes: Writing editorials about economics and other issues, and being a good neighbor

His future plans: Consulting and writing

Why he came to Empire State College: "I was inspired by a few things. My stepson, Randy, had gone to college [right out of high

school], but he never felt he was a good student, so he left after three years and became a police officer. He married and started a family. He realized that the future of his family was dependent upon his getting a college degree. So, he enrolled at Empire State College, and completed his degree.

"Meanwhile, my wife Gloria was diagnosed with

a rare form of cancer, mesothelioma. I was out of work. I didn't even know if my wife and I would see another Christmas together. I was committed to providing her home care, so I decided that I needed to go back to college and get a degree, in an effort to be able to work out of our home.

"The excellent efforts of my mentor, Chris Rounds, and Marie Pennucci, among others, made it possible for me to take the necessary courses. Empire State College's Center for Distance Learning (CDL) allowed me to take care of my wife, and at the same time, earn a degree that would offer opportunities for employment."

How the scholarship helped: "The scholarship served to provide the additional funds required to enable me to pursue my education. It certainly helped our situation. Even

with decent health insurance, times were tight. It helped with noncovered costs - my wife is a million dollar baby, if you consider the costs of her operations. The grant took a lot of stress off of me. So while she was recovering, I felt free to pursue my course work. I am extremely grateful for that, and I am grateful to the foundation for providing the funds."

What it was like to study primarily online: "I loved it. After I took Gloria home, I took care of her. When I wasn't actually dealing with the routine of giving her home care and she wasn't in pain, I'd run upstairs and work on my courses. Some people have trepidation about taking CDL courses because of the perceived technical challenge. However, the entire system is so user friendly and there are so many wonderful aspects, that there's no need to feel intimidated.

"You connect with people from working moms to soldiers stationed in Iraq and Afghanistan. Under the guise of anonymity, people start to reveal themselves, and you are able to get real input from one another. By the fifth week, everybody is going out of their way to help everybody else."

His wife's prognosis: Excellent. "She has gone back to work. Gloria firmly believes that the power of prayer has led to her recovery."

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EMPIRE STATE COLLEGE SUMMARY OF GIVING FOR 2003

GIVING FOR ALL PURPOSES - SUMMARY BY SOURCE

Source ¹	Number of Donors	TOTAL CONTRIBUTED	PERCENTAGE OF TOTAL
Alumni	4,687	\$237,588	25%
Employees (current and former)	221	\$64,080	7%
Foundation Board ²	8	\$13,622	1%
Corporations	36	\$61,387	7%
Matching Gift Companies	44	\$15,307	2%
Foundations	12	\$511,711	54%
Friends/Organizations	43	\$40,413	4%
Total	5,051	\$944,108	100%

 $^{^{1}}$ Foundation board members and employees who are alumni or who gave via their corporation are listed in those categories.

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² Collectively, foundation board members contributed a total of \$72,768 in 2003.

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Milton Parrish '90

Falling in Love

(continued)

single, employed in a home for the aged in Altstätten, and incredibly, her suitcase was stuffed with Swiss chocolate.

Our conversation, unfortunately, was hampered by more than language difficulties, since I had been ill for 24 hours and was still required to take periodic and sudden absences. She proved to be understanding. She turned out, however, to be a poor judge of national costume or accents, taking me first for an Englishman, and later for a German. I was apparently the first specimen she'd encountered from the Land

of the Free and the Home of the Brave.

What we spoke of, exactly, I can't remember, but the day flew past, and I do recall we were in marvelous accord on a number of important issues. I dreaded our arrival in Geneva, where we would part, but by day's end we were there. We strolled for a while through the city's pretty streets, dallied over cappuccino in a sidewalk café, inspected shop windows in the day's failing light, laughed together, and filled conversational voids with banalities until my train came. Hers was due later, at midnight. I said goodbye with great reluctance. She appeared to share my feeling, but her people were beckoning from across the Pyrénées, and my schedule called me to Italy before returning home. We exchanged addresses. I then boarded the train and left.

Today my life doesn't have the broad margin it had then. Like many other people I raise children, commute,

remodel, and mow the lawn. But I sometimes think of those days, when life could become so quickly and intensely bittersweet, when great possibilities could yawn in an instant.

In fact, one way I'm able to retain perspective on the here and now is by recalling the details of that particular spring day, with its chance meeting and sad goodbye. Occasionally, I've recounted the event to others, too, but there I enjoy taking some liberties with the facts, making

the girl somewhat more desperate and myself a bit

more dashing or distant. In one of my versions the girl unabashedly pursues me. My wife especially enjoys hearing me carry on in this vein.

Even though she likes the story, my wife does find its variations astonishing. She insists that on the train she was not desperate, that I was not distant or dashing, and that she left Switzerland the following year to marry me despite the way I was dressed that day. \square

Maria Carmen Garcia Siepel, the young woman on the train, is a graduate of Empire State College's Niagara Frontier Center, earning her Bachelor of Arts degree in educational studies. She has taught Spanish at the elementary-school level for 17 years at Nardin Academy, a private school in Buffalo, and prepares adults for their G.E.D. through Frontier Central School, a distance-learning partnership with Buffalo's PBS affiliate, WNED-TV. This story originally appeared in the "Chicken Soup for the Soul" series.

Makin' Music!

(continued)

the girls were on the road. They got pulled out of school and transferred to Professional Children's School in NYC. My mother and the nuns wouldn't let me transfer out of my Catholic high school, so I didn't get to travel," Powell says with a tinge of wistfulness, although she participated in all of the local performances, and weekend gigs on the road.

A string of hits followed, but toward the end of the decade, the record label turned its attention and promotional efforts to groups like Little Anthony and the Imperials, according to history-of-rock.com, and some of the girl group's songs did not go over as well as their first hits. The group broke up in 1959 after the record company folded, and Powell "went back to school, got waylaid, got married and had kids." She enrolled at Pace University first, earning her degree in nursing, before coming to Empire State College for her Bachelor of Science degree in community and human services from the Hudson Valley Center. She also earned a graduate degree in nursing at Columbia University.

After the breakup, the lead singer, Arlene Smith, went solo. As the musical styles became more "hard edged" with the dawn of the 60s, the angelic sounding Chantels fell from their musical heights. The early 60s saw a brief revival of their career. "Their last hit was "Look in My Eyes" featuring Annette Smith (no relation to Arlene Smith). The group continued to sing and record on and off into the mid 70's and then disbanded for what they probably thought was the last time. Other than some sporadic revivals with various members of the group for shows in the 70s and early 80s, the Chantels seemed like glorious history.

Then in 1995, the group was inducted into the UGHA Hall of Fame. In 1996, they received the prestigious Rhythm & Blues Foundation's Pioneer award. Shortly after that they began getting phone calls to do oldies shows. The group got back together with the addition of Ami Ortiz who shares the lead spot with Renee White. (Sonia Wilson and Lois prefer to sing background but they occasionally sing lead.) Arlene Smith elected not to rejoin the group. Powell's best friend, Jackie

(continued on page 10)

Guest Essay

What I Learned From Mom's Graduation

By Vincent Napoli

It all started when my mom, Linda McClean, wanted her high school diploma. She received her G.E.D. in 1999 when my brother was only four weeks old. Ever since then, she has been waking up at 3 a.m. to study. At 3 a.m., it's my mom's quiet time. At 5 a.m., my mom has to wake up my dad. Then at 6 a.m. she has to wake my little brother and me up.



Vince Napoli and his mom, Linda McClean '03

The sacrifice my mom made was that she has to get up early to study because that is the only time the house is quiet. A sacrifice that I made was I had to help out more with the household chores. A sacrifice that my dad made was that since my dad gets home at 7 p.m., and my mom goes to bed at 8 p.m., my dad doesn't see her very much. A sacrifice that my brother made was going to bed when my mom goes to bed so he doesn't get to spend much time with our dad during the week.

The reason I am proud of my mom is because she wakes up early and studies like there is no tomorrow. Another reason I am proud of my mom is because she tries hard to do good in everything she does. The next reason I am proud of her is because she still takes care of everyone while studying every single day of the week.

Another reason is because she even studies right when she comes home from work, before making dinner. The last reason is because she takes time out of her daily life to get the grades she gets.

A typical day for my mom is getting up early, going to work, coming home, making dinner, and getting everyone ready for bed by 8 p.m. so she can start the next day all over again.

I plan to go to Empire State College. The reason I want to go to Empire State College is because my mom liked it. She says she really likes it because the teachers are always there when you need them to answer questions or help with concerns. My mom inspired me to go to school while I am still young and before I get married and have children.

□

Makin' Music!

(continued from page 9)

Landry, had died in 1997 and the group chose not to replace her. After PBS produced a live show in 1999 featuring the "doo wop" artists of the 50s for a fundraiser, the Chantels once again found themselves in demand. Since then, the Chantels have regularly performed at 50s revivals and other venues.

Two years ago, the Chantels helped celebrate the Girl Scouts' 90th anniversary by leading them in song on the Washington Mall, and later that year were inducted into the Vocal Group Hall of Fame in Warren, Pennsylvania, along with the Mamas and the Papas, the Fifth Dimension and the Marcels.

In August of 2002, in a project spearheaded by Mary Wilson of the Supremes, the Chantels and other girl groups of the 50s and 60s were honored by having postage stamps bearing their images unveiled at the Rock and Roll Hall of Fame in Cleveland.

They've been back to the Apollo, the Beacon and Radio City Music Hall. Fans have approached Powell and the others with a number of heartwarming stories. One man claimed the reason he was still alive was because playing "Maybe" in his foxhole gave him the courage to make it home; another couple's first child had been conceived to the same tune, and a man had set the mood when he proposed to his wife with "Maybe" playing in the background.

Today, Powell keeps busy as an advanced practice registered nurse doing psychiatric evaluations and treatment for a home-care agency. She also sings in Canta Lyrica, a classical chorus, and, of course, regularly dons her Chantels persona.

When, in 1975, Powell began her nursing career, and, with her husband, raised two daughters, now in their 30s, did she miss all of the excitement of her girl group days? "No, I really didn't miss it. It was fun while it lasted. I liked to sing, and if I'd done it differently, I'd be a classical singer."

But in light of recent recognition, perhaps the more pertinent question would be, Will The Chantels endure forever?

In the words of their most famous song, "Maybe." □

ВДСко уои

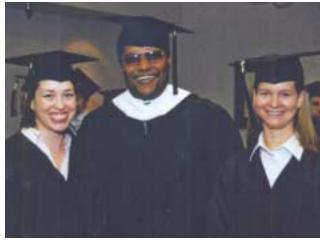
Alumni and Student Events Around the College



ALR scholarship recipient Wendy Mantor (I), was introduced at the Academy's Winter Special Luncheon February 9, by ALR member Claire Olds.



Jeanne Smith Jones an '01 alumna of the Graduate Studies program recently gave a talk, "The Importance of Research and the Joy of a First Novel After 60," at the National Arts Club in New York. From left to right are Jill Hamburg, Jeanne's mentor, Bob Carey, dean of graduate studies, and Jeanne.



Melissa Greenberg (I) from Albany and Antonia Feldschmied (r) from Washington, D.C. celebrate their CDL graduation with keynote speaker and chair of the Empire State College Foundation board, Monte I. Trammer.



Alumni and students from the Center for Distance Learning gathered the night before the CDL graduation in Saratoga Springs. Teena Dutcher '03 (center with white shirt) brought her whole family to celebrate her graduation.



Nick Barber '98, county director, Real Property Tax Agency; Assemblyman Jim Tedisco; Empire State College President Joseph Moore and Cathy Lewis, Schenectady City Council member, at the Schenectady Unit's open house in December.

Have you recently published an article, paper or book? We would love to hear about it for our next issue. Please contact Maureen. Winney@esc.edu.

College and Center News

Empire State College Introduces Master Of Arts in Teaching Degree

Enrollment Begins This Fall

mpire State College's innovative teacher-education program for working adults, which will help address severe teacher shortages in major urban school districts across the state, will enroll its first 175 students in September. Administered from the college's centers in New York City, Old Westbury, Hartsdale (Westchester), Albany, Syracuse, Buffalo and Rochester, the program offers "a fast track to the classroom" through an alternative teacher certification route, placing teacher candidates in the classroom in just one year. Teacher candidates will continue their current employment for

the first year of study, and become entrylevel teachers, the final two years as they complete their degrees.

Designed for career changers, early corporate retirees, retirees from the military and uniformed services, teachers and teaching paraprofessionals, the program will provide diverse role models for students through the teacher candidates, who will be drawn from the surrounding community, and therefore have a commitment to the communities in which they will teach.

Empire State College's Master of Arts in Teaching (M.A.T.) program is a collaborative effort between the college and urban school districts, which will work together throughout the three-year program to identify and train candidates to teach at the middle- or high-school levels. Through a combination of seminars, online learning and the college's highly regarded mentoring

program, this initiative will create a new supply of teachers for urban schools where the need is greatest.

Empire State College President Joseph B. Moore said, "The M.A.T. program reflects our commitment to cities across New York State. In collaboration with our partners in K-12 education, we would like to ensure that qualified adults who want to teach in our urban classrooms will receive thorough and rigorous academic preparation."

"Empire State College has always reached out to adult learners," added Dawn Rodrigues, associate dean and director of the M.A.T. program. "But until now, we have not had a way for people to become certified who, as mature adults, decide they would like to teach. The program is a perfect fit for us because it appeals to adults who would like to be teachers without losing their income streams."



Conductor David Allan Miller

Albany Symphony Conductor Headlines Teach-in

What makes someone creative? What fields of endeavor are creative? How can someone make his or her life express more creativity? These were some of the questions raised by the Northeast Center's annual lecture series and teach-in on creativity.

The program opened with a talk in October by Albany Symphony Conductor David Allan Miller, followed in January by John Chaffee, an expert in creative thinking, whose seminal text *Thinking Creatively Sixth Edition* (Houghton Mifflin, 2000) is used in institutions of higher education across the nation. Chaffee directs the New York Center for Critical Thinking and Language Learning, and is professor of philosophy at City University of New York. His book, *The Thinker's Way: 8 Steps to Richer Life* (Little Brown and Co., 2000), takes many of the concepts of his textbook, and makes them accessible to a general audience.

The center then hosted a series of faculty-led teach-ins during the last week of January, which explored "The Creative Process;" "Creativity in Practice" and "Creative Arts, Healing and the Human Experience."

Miller, who has established a reputation as one of the leading American conductors of his generation, spoke at the New York State Museum to an appreciative crowd of music lovers, students and Empire State College faculty and staff.

So is conducting creative? Miller responded "no" over the protests of his audience, before taking them on a historical jaunt through the genesis of conducting in the 1300s, where one person would whisper to the other singers during a performance, to when the idea took root in the 16th century (with the first violinist as leader) to the 19th century, which saw the ascent of the "virtuoso conductors" exemplified in their spiritual heirs, famed conductors like Leonard Bernstein. Modern conducting, Miller explained, is about 150 to 180 years old. The "magical qualities of conducting" are symbolized in the conductors "wand," which replaced the former practice of keeping time by pounding a staff. The great modern virtuoso conductors embraced the notion of interpretation as separate from creation, until Bernstein, for whom "it was all one thing," Miller said. \Box

Alumni News

Center for Distance Learning

Barbara Hauck '01, who maintained a 4.0 average for the duration of her studies, has been awarded an M.S. in health sciences from the School of Medicine and Health Sciences, George Washington University.

In 2000, following 23 years with Home Attendant Services, Marcia Katz Berken '81 retired as director of field operations but remains a consultant for the agency. She volunteers with Women's Survival Space, a battered women's shelter, and is a member of the National Council of Jewish Women. Katz Berken holds the distinction of being the first graduate of the Center for Distance Learning.

Central New York Center

Anne Marie Abdelazim '98 is office administrator and building manager with Oakdale 700 and president of the Alliance to the Medical Society of the State of New York.

Jeanne Candee '97, a graduate of the National School of Banking at Fairfield University, Connecticut, was a senior officer with Fulton Savings Bank prior to starting CSW Granite Company, Inc. of which she is vice president and owner. Candee is a board member of Hospital Home Health Care and Fulton Sunrise Rotary, a trustee of the Cicero Free Library and a member of the Brewerton Chamber of Commerce.

Believer's Miracle Deliverance Ministries ordained Rev. Angela Ursulina Carter '02 who will serve as assistant pastor in addition to being a community liaison and social worker for the Utica School District.

2002 was a momentous year for Theresa R. Chapman; she graduated from the college, became a C.P.A. and is chief financial officer of Knowlton Specialty Papers, Inc.

Jack DeGrace '79 has received a promotion to enforcement investigations and analysis officer with the Atlanta District Office of the United States Department of Agriculture, Food Safety and Inspection Service whereby he ensures that processors and distributors of meat and poultry comply with applicable regulations as detailed in the Code of the Federal Register. DeGrace writes that, ... I attribute a lot of my upward movement within the USDA to graduation from Empire State College



Debbie Dermady '92, who holds an M.S. in education from SUNY Potsdam, is a fifth grade teacher with Guardino Elementary, Thousand Islands School District. She is also chairperson of the

New York State Reading Association's Charlotte Award, named for the spider in *Charlotte's Web* and established to honor outstanding authors and illustrators as well as promote the reading of quality literature by children of New York State by offering them the opportunity to vote for their favorite books. Dermady is vice president of the Greater 1000 Island Literacy Council and a member of the International Reading Association.



Camille (Howland)
Mariani '80, a former
newspaper reporter
who retired following
12 years as director of
public relations and
publications with
SUNY Canton
Agricultural and

Technical College, is the author of, *Lucille's Lie*, a murder mystery published by Writers Club Press.

Ednamae Nordby '95, a substitute teacher at St. Joseph School, Stuart, Florida, studied at the School of Theology, The University of the South and published the booklet, *My Psalms My Songs*.

Amy Twiss '98 accepted the position of hazardous materials manager with the Department of Environmental, Health and Safety, SUNY Cortland.

Genesee Valley Center

Pauline Burnes '87 earned a Master of Landscape Architecture degree from the

SUNY College of Environmental Science and Forestry and is employed with the New York State Department of Transportation, as a landscape architect.

Carol Fries '83 is a paraprofessional working with the Rochester City School District and plans to enroll in Empire State College's new Master of Arts in Teaching program with a focus on bilingual education.

Deborah Essom '95 is a work skills teacher with Monroe #1 BOCES, Fairport, Rochester with which she has been employed for 25 years. Other endeavors include being resident counselor with Heritage Christian Services, Brownie Girl Scout leader and special education Girl Scout leader.



FIBERARTS magazine has chosen Japanese Symbols, part of the Coats of Cultures series by Joyce Kliman '97, for inclusion in Fiberarts Design Book Seven, published by Lark Books. Having participated in the 2002 Bernina Fashion Show, Kliman was one of only eight designers invited to create a piece for the 2003 show. The piece she created was part of her master's thesis in art therapy, The Art of Healing: The Coat of the Art Therapy Culture, and will be featured in the book Fashion and Fantasy.

Maureen McLean '00, program coordinator for Corning Community College, is continuing her studies with the college's Graduate Studies program and is an Empire

State College ambassador. Among her accomplishments: inclusion in *Who's Who Among Historical Officers, Who's Who Among High School Students (1990-91)*, Corning Community College Dean's List as well as the 2001 Optical Fiber Administrative Team Recognition Award.

Laura Moffitt '89 is assistant director of field education with the School of Social Welfare, University at Albany. Her memberships include the Epilepsy Foundation of Northeastern New York, the National Association of Social Workers and the New York State Social Work Education Association.

Tom Porpiglia '96 is founder and CEO of Life Script Counseling Services and a member of the Association for Comprehensive Energy Psychology. He is working toward a Master of Science degree in counseling at Hamilton University.

Community work and international relations are a priority for Richard Sarkis '80, a real estate broker associate with Nothnagle Realtors. Over the course of 25 years, he has served on community boards such as the Cornhill Neighborhood Association and Frederick Douglass Community Development Corporation and traveled to more than 20 countries visiting government officials, schools and families. "This has been my ongoing education since I left Empire State College," says Sarkis.

Andrew Stankevich '01 is director of Rochester Food Not Bombs, where he oversees a team of volunteers who provide food to the hungry.

Darlene Virkler '89 is library manager of the Macedon Public Library which was destroyed by fire in 2001 but, according to Virkler, "has reopened a beautiful, new library." She is nearing completion of a Master of Library Science degree from SUNY at Buffalo and with it will come a promotion to library director. She is a member of the New York and the American Library Associations.

Graduate Studies

Paul James Antonellis Jr., who earned a B.S. from the Center for Distance Learning in 2000 and a M.A.L.S. from the college's Graduate Studies program in 2003, concentrated in fire service administration and human resource management, respectively. The final project by Antonellis, titled "How

prepared are fire departments in the state of Massachusetts in dealing with a firefighter line-of-duty death/injury," was donated to the National Fire Academy, which houses the nations largest fire-related resource center. His background includes 18 years of experience in fire service; 11 years in law enforcement; for the past eight years, he has been an instructor for the Massachusetts Firefighting Academy; and he is a part-time faculty member with the International Critical Incident Stress Foundation. He gives two-day seminars and lectures to emergency service providers nationally and internationally - on how to prepare for a line-of-duty death. Antonellis is a Certified Employee Assistance Professional, Certified Additions Specialist and licensed Massachusetts alcohol and drug counselor.

Donald Dean '96 is business/computer management program coordinator for Villa Maria College.

Kathleen Eagan '95 is an instructor and director of the tutor program at West Point Military Academy.

Rachel Iverson '02 is assistant director, HIV Education and Training Programs, Office of the Medical Director, AIDS Institute, NYS Department of Health and has presented at the International Aids Conference, Centers for Disease Control Annual National HIV Prevention Conference and the Ryan White CARE Act Grantee Conference.

Linell A. Soule '96, a physical education and adaptive physical education teacher at Alfred-Almond Central School, also tutors at the college's Alfred Unit. Her other activities include membership on the Alfred Village Planning Board and the Alfred-Alfred Station Community Chest Board as well as coaching girl's soccer, track and field, modified swimming and Special Olympics.

The Harry Van Arsdale Jr. Center for Labor Studies



Carmen Diaz-Rodriguez '02 excelled in her studies for a Bachelor of Science degree in labor studies, received The James Johnson Award for Excellence and spoke on behalf of her class at their graduation ceremony. Lead teacher at Three Stages, she is working toward P3 certification at Bloomfield College and plans to enroll in the college's Master of Arts in Teaching program in the fall.

Hudson Valley Center

Lone Blecher '98 earned her master's in education from Bank Street College of Education and is head teacher at the Trevor Day School.

Bette Bonitz '90, who holds an M.L.S. from SUNY Albany, is library/media specialist with Monhagen Middle School. Her accolades include the 2001 NYSEC Educator of Excellence Award and the 2002 NYS Reading Association Library/Media Award. Bonitz is a member of the NYS Council of English Teachers, the New York Library Association, the Amy Bull Crist Reading Council, Kiwanis Club and the Monhagen PTO.

John Chimento '78, a retired graphic arts teacher, now works part time as job developer with the Delaware ARC helping to place physically and mentally challenged individuals and, he writes, "loving it."

Barbara Fifield '82 earned an M.S.W. from Adelphi University and is a counselor with "Our" Children First, Daytona Beach, Florida.

Brian Flick '77 is an associate professor at Piedmont Virginia Community College and has been included in *Who's Who Among America's Teachers*.

Karen Hulse '00 earned her master's degree in special education from SUNY New Paltz and is enjoying her second year of teaching at Orange/Ulster BOCES.

Christine Jacobsen '93 has authored "Yoga After 50," "Women Over 50 and Exercise" and "Releasing Your Inner Goddess – Women Over 50 and Belly Dancing," all of which were published in *Hudson Valley Mature Life* magazine.

Congratulations to Donna Karlson '92 who has worked with the New York Institute for Special Education for 30 years and, in October 2003, was named Outstanding National Teacher of the Year for the Blind and Visually Impaired by the Council of Schools for the Blind.

Stephen Keep Mills '89, a graduate of the Yale Drama School, was screenwriter producer and actor in the independent film *Hotel Lobby* which premiered at the Hollywood Film Festival and was shown at several film festivals including the Empire Film Festival hosted at the historic Proctor's Theater, Schenectady. Mills has performed on and off Broadway, in over 35 episodic television shows and in films. He lives in southern California with his wife and two sons.



In addition to holding a Master of Science degree in special education, Lisa Infantino Nasuti '95 earned a Master of Arts in Teaching degree in art and education from

Manhattanville College and is a special education teacher at George L. Cooke Elementary School, Monticello Central School District. A member of Pi Lambda Theta, her prior experience includes being department chair, graphic communications at Gibbs College, and an adjunct with Rockland Community College.

Following 32 years of service as a reading specialist, Edith Nisberg '78 has retired but maintains a private practice, Excellence Reader/Excellent Writer, in White Plains. She is the author of A Garden Carried in the Pocket: A Magic Button to Wall Street.



Sabrina Teolis '85 counts among her church activities, choir and Bible study.

Joanne Towner '88, '90, vice president of development with Easter Seals Florida, Inc., can take pride in their successful \$3.5 million dollar capital campaign and construction of the Child Development Center in West Palm Beach for children with special needs.

Lynne Lehrman Weiner '83 plans to publish *Freud's Analysis of Lehrman's Compulsion*, based on her documentary made from films shot by her father, Dr. Phillip Lehrman, of Freud and more than 100 other analysts in 1928-29 when he

studied with, and was analyzed by, Freud. Weiner, two-and-a-half years of age at the time, accompanied her father, sat on Freud's lap and played with his dogs.

International Programs



Tracy Amar '89 formed the first chapter of Florida Friends of Seeds of Peace and is now its coordinator. Other accomplishments include beginning volunteer, creative

therapy and drama programs for the Jerusalem Methadone Clinic; serving as administrative director of the Jerusalem Opera for Children and Youth; and as community coordinator of the Jerusalem Jewish and Arab Youth Orchestra.

Long Island Center

At age 80, Gloria Bernstein '96 is a participant in the Professionals and Executives in Retirement (PEIR) Program of Hofstra's University College for Continuing Education.

Lucille Carl '95, '98 earned a Master of Library and Information Services at C.W. Post College and is young adult librarian at the Nassau County Public Library.

Lorraine (Egan) Cooper '97 earned her M.S.W. and has been working with dual diagnosis clients at a long-term residential center for substance abusers with mental illness.



Lori Gerondel '02, a teacher assistant with Sahem Central School District, is a member of the East Islip Goaldiggers soccer team and the Bohemia Track Club.

Daniel Kerrigan '92 is a published author of nonfiction and member of the New York Academy of Sciences.

"Since graduating in June 2000, with a bachelor's degree in community and human services, my life has changed dramatically," says Sandra Mennella, now an adult protective service's caseworker with Nassau County's Department of Social Services.

Following 29 years with the Jericho Schools, Ada Lewis Shapiro '79, remains active working part time as a school nurse for Jericho Schools and Coed Spring Harbor School as well as running her home-based business of selling extra wide diabetic socks.

Fran Stanco '85, a registered nurse, is a visiting nurse with Gentiva Health Services.

Marivic Tambini '98 has been awarded a Master of Arts degree in English as a second language by Adelphi University and a Master of Science degree in education administration supervision from the College of Saint Rose and now works in that capacity with the Department of Education, District 75.

Metropolitan Center

George Bosolet '03, who served 22 years in the United States Marine Corp. and advocates for veterans, is New York State veterans counselor at the Veterans Affairs Medical Center in Brooklyn.

Having researched her family history on and off for the past 26 years, retirement from the New York City Board of Education, School District 13, afforded Gwendolyn Cottman '79 more time to indulge her hobby. The result was 256 pages of family history titled *Just Us*, published by Gateway. She also delved into her grandfather's work history with the railroad and authored *The Historical Presence of African-Americans in the Atlantic Coast Line Railroad*.

Deborah Gregory '86 authored of a series of pre-teen novels, *The Cheetah Girls*, which spawned not only a TV movie for the Disney Channel but also a television series and soundtrack that has sold 125,000 copies. She is now working on a treatment for a new book, *Catwalk*.



Denville Hyre '97, who holds a master's in education from Cambridge College and a Ph.D. from Columbia Teachers' College, is a teacher with the New York City Board of

Education and professor of mathematics at Lehman College. Helping others seems to be a constant in Hyre's professional and personal life. An ordained minister of more than 14 years, he assists in the distribution of food and clothes to those in need as well as with the G.E.D. and college prep courses offered by the church. He is a member of the Westchester Community Organization which promotes concerns and care for the elderly and college scholarships for high school seniors. In 1999, he received mayoral honors for outstanding service to the Mount Vernon youth and community at large in recognition of his efforts as an advocate for youth development and education.

Xlibris Corporation, a subsidiary of Random House, Inc., has published *Art*, *Myth & Dreams*, a collection of digital images by world-class photographer, painter and digital artist **George Malave** '90. During his 35-year career, his work been exhibited at the New York State Museum, the Museum of the City of New York, the New York Historical Society, the International Center of Photography, the Alternative Center for International Art and the Corcoran Gallery. Malave's artwork has appeared in, and been reviewed by, *The New York Times*, *Print Magazine* and *Arts Magazine* among others.

Steven Peitler '00, retired from the NYPD, is an investigator for the law firm Milberg, Weiss, Beishan, Hynes and Learch, LLP.

David E. Sennett '96, a faculty member of both the School of the Performing Arts in the Richmond Community (SPARC) and the Governor's School for the Visual and Performing Arts, is also producing artistic director of the Richmond Ensemble Theatre, Virginia. A member of Actors' Equity, he is freelance actor and director.

Niagara Frontier Center

Dawn Geisler '88 earned her M.B.A. at the University of Sarasota and is working toward her doctorate. She is director of compliance with Ring Power Corporation and a member of the Institute of Internal Auditors.



Carol Lee Grady '92 is a Court Appointed Special Advocate (CASA) volunteer – appointed by a family court judge to be the voice for abused and neglected children living in foster care.

She makes recommendations to the judge

and sees that foster children receive all services that they need. She was named CASA of the Year in 1996 and 2000 and received the NFL Community Quarterback Service Award in 2002.

Thomas Tallman '92 has logged over 500 hours of volunteer work with Bon Secours Hospital in Venice, Florida, where he now resides.

Timothy Wright '90, a detective with the Jamestown Police Department, serves with Operation Enduring Freedom in Afghanistan.

Northeast Center



Angela Chichester '03 is public relations/ media director with BrawnMedia, an Albany-based advertising agency. She is a member of the Women's Press Club and the 2002 recipient

of their Beryl Spector Memorial Scholarship Award. She is involved with Albany Medical Center as an active fund raiser, committee volunteer for the Dancing in the Woods gala, and a member of Albany Medical Center Partners in Leadership.

Donna Langley-Peck '76, a special education teacher at Tamarac High School, was one of 200 primary and secondary school teachers chosen to participate in the Fulbright Memorial Fund Teacher Program, sponsored by the government of Japan. The educators began their visit in Tokyo, where they received an orientation on Japanese life and culture, and met with Japanese government officials and educators. Langley-Peck traveled with a group of 20 Americans to Kuwana, Mei to interact with Japanese teachers and students in primary and secondary schools, as well as a special needs school and teachers' college. She visited cultural sites, local industries and experienced a home stay with a Japanese family. The program is intended to promote a greater intercultural understanding between the United States and Japan.

Gary Lessard '89 is manager of mechanical engineering and maintenance at St. Peter's Hospital and part of the engineering team responsible for the ASHRAE TEGA Award for Control Chilled Water Plant Concept/Design. His memberships include the American Society of Heating,

Refrigerating and Air-Conditioning Engineers (ASHRAE) and the National Frozen and Refrigerated Foods Association.

Dedication to her profession is evident in the achievements and accolades of certified registered nurse anesthetist, Denise Martin-Sheridan '78. She is professor of anesthesiology, associate director of graduate studies, and clinical and didactic instructor in the graduate-level Nurse Anesthesiology Program, all with Albany Medical College, and recipient of the 2003 Helen Lamb Outstanding Education Award from the American Association of Nurse Anesthetists. For more than 25 years, she has been instrumental in advancing nurse anesthesia education programs and the profession. Her study, Risk Factors That May Affect the Viability of Nurse Anesthesia Education Programs, had a direct impact on educational programs around the country. Subsequent to earning her bachelor's degree at Empire State College, Martin-Sheridan earned a master's degree in public service administration from Russell Sage College, a Ph.D. in educational administration from the State University of New York at Albany and graduated from the Albany Medical Center Hospital School for Nurse Anesthetists and the Union Hospital School of Nursing.

Santina Roberts '03, senior accountant with the New York State Department of Labor, is volunteer treasurer with Girl Scouts and vice president of fund raising for Birchwood School Parent Teachers Organization.

Janice McClary Rowell '76, pastor of Scotia United Methodist Church, received a grant from the National Clergy Renewal Program, created by The Lilly Endowment to help clergy renew their spirits and energy.

Verizon Corporate College Program

Barbara Bethea '97, '99 is "excited and eagerly awaiting graduation in April 2004, from Vermont College" where she is working towards a Master of Arts degree in psychology with a focus on poetry therapy and counseling. Vermont College has chosen Bethea to represent the college in its national marketing campaign.



"Empire State College Track Pack" for \$25 includes:

- Grandstand admission
- Grandstand seat
- Program
- Box lunch
- Coffee and pastries at the college before we leave for the races
- Handicapping seminar by faculty member Andrew
 DiNitto and our vice president for administration, William Ferrero
- President Moore's "winning" selections

Come join us for our annual

Empire State College Day at the Races

Saratoga Springs

Friday, August 13, 2004

Meet us at One Union Avenue, between 10:30 a.m. and 12:00 noon, to pick up your pass, program and lunch. We will be serving coffee and pastries during that time. Andy and Bill will begin speaking around 11:00 a.m. Post time for the first race is 1:00 p.m.

Parking is available on Union Avenue and the side streets, but you should know that it does get crowded early. You can leave your car here and walk to the track (approximately 10 minutes) or drive down the street and park a little closer.

Reservations went fast last year and seating is limited, so we are offering this on a first-come, first-served basis. We will reserve your seat when we receive your check, which can be made out to Empire State College Foundation.

Simply use the order form below. You may make a copy of the order form for your guest(s).

Please complete and return to:

Maureen Winney	Name	
Empire State College	Address	Graduation Year
One Union Avenue	Day phone	
Saratoga Springs, NY 12866-4391	E-mail	

Make your check payable to: Empire State College Foundation.

The box lunch will include a sandwich, side salad, dessert, fruit and chips. Drinks are on your own.

Please circle one sandwich and side salad

- 1. Turkey
- 2. Roast Beef
- 3. Tuna Salad
- 4. Baked Ham

Please circle a bread and condiment choice

- 1. White
- 2. Wheat
- 3. Rye
- 4. Sourdough
- 5. Sundried tomato wrap

Side salad

- 1. Sesame noodle
- 2. Tomato provolone with basil
- 3. Red potato
- 4. Pasta salad

Condiments

- 1. Mayonnaise
- 2. Brown mustard
- 3. Russian dressing
- 4. Honey dijon mustard

Please circle any others: • Cheese (Swiss or American) • Lettuce • Tomato

YOU ARE IMPORTANT TO US!

Send news of your accomplishments and activities so that we can feature them in future issues of Empire State College Alumni and Student News. If possible include a recent photograph (with your name on the back). Please spell out all organization abbreviations.

Name			
Address			
Job title			
Business name/address			
Center/Unit attended			
Year graduated/degrees			
Current student?	Area of study		
Phone number: Work	Home		
E-mail address			
Honors and other accomplishments			
Volunteer/professional organizations			
Send to: Empire State College Alumni and Student News, Office o	f College Relations, Empire State College,		
One Union Avenue, Saratoga Springs, NY 12866-4391.			



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