



New York School of  
Career and Applied  
Studies (NYSCAS)

*A Division of  
Touro College*

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# Tempo

*- Reflecting the Faces of New York's Diverse Communities -*

## Caring For Our Students

**L**et's face it, we all come across difficult situations from time to time that we can't always handle alone and may not know where to turn to find the solution. If you are a student at the New York School of Career and Applied Studies (NYSCAS) the Associate Dean of Students, Timothy Taylor, is the man with the answers.

Dean Taylor is a dedicated individual who has been the Associate Dean of Students for the last 15 years. He started at NYSCAS as a teacher and was appointed associate dean by Executive Administrative Dean Eva Spinelli and the late president and founder of Touro College, Dr. Bernard Lander.

Since assuming this role, he has been a powerhouse of resources for students. He has an open door policy which allows students to come see him in time of need. Students recognize Dean Taylor as an approachable and cordial individual to whom they can turn. He works closely with the school counselor. Together, they address personal problems a student may be experiencing.



**Timothy Taylor**

school there would be an institutional breakdown of laws. My office enforces and strongly implements these rules, regulations, codes and ethics."

Dean Taylor is proud to say that the "buck stops" in his office when it comes to guidance of a student or acting as an intermediary between a student and teacher. He is always willing to help both faculty members and students find a common ground in a difficult situation while implementing the college rules.

In addition to the many roles Dean Taylor fills at the college, he is also the Director of the Tutoring Center, for the Manhattan Campus. Through much of his experience with students, he is aware that there are underlying issues that can affect a student's academic success. "Sometimes students just need someone to

talk to. Maybe they are having problems at home, or at work and lagging behind in school work. They may feel overwhelmed and have nowhere to turn. I like to think that they can come to my office for assistance. If they don't understand a subject or need academic tutoring then we can arrange for the student to be assisted in the tutoring center."

He works closely with other important offices such as The Freshman Success & Retention Center and Mentoring. He ensures that students who need help either academically or personally will find it through his office. If additional assistance is needed, he will make sure these needs are addressed through the other offices he collaborates with in the college.

### Responsibilities

Dean Taylor is responsible for enforcing the Code of Conduct's rules and regulations. He states that, "adopting standards is expected in the real world." He expects these standards from his students. He also makes sure that the academic integrity of the school is enforced. "Without honesty and responsibility to the

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## Dean Spinelli



**W**hile we are finally enjoying the warmth of spring, after a very cold winter, NYSCAS is preparing for summer and fall registration. Returning students can easily register online and new students should make an appointment with their Academic Advisor.

We continue to move forward with technology. By now, most of our classrooms have been outfitted with Smartboards. These innovative tools enable teachers to have access to the internet, use interactive lessons, and keep up with new trends in teaching methodology. Our next project will be the installation of the Banner System which will make it easier and more user-friendly for students to access their current academic standing and grades, financial aid status and register for classes.

With the spring, comes graduation, a time of year I hold dear to my heart. To see the elation and sense of accomplishment on your faces is priceless. We all know the commitment and hard work it takes to receive your diploma. As usual, our graduations will be memorable. I am looking forward to rejoicing with you.

With Warm Regards,

*Spinelli*

## Dr. Milton Schiffenbauer and the Cinnamon Experiment

**T**hrough the years, scientists have been experimenting with organic matter: plants, trees and other organic substances to find a cure for diseases. Simple combinations of organic materials have led to medication for heart ailments, stomach inflammation, sedatives and the treatment of cancer. Dr. Milton Schiffenbauer, the deputy chair of the biology department, has been diligently testing spices, teas and organic materials, for the past few years, in hopes of finding a substance that will attack viruses and bacteria.

Last year, Dr. Schiffenbauer and his students tested white tea's effect on E-coli bacteria and viruses. The white tea inactivated 99.9% of the bacterial viruses. This was a great achievement in the battle against human pathogens. White tea may hold the cure to prevent many diseases.

In the lab, Dr. Schiffenbauer engages his students with testing, experimenting and research. "We use coffee, chocolate, esrog fruit and pulp," states Dr. Schiffenbauer. His students make a derivative of the substance, in a test tube, and then introduce a variety of bacterial viruses to the tube. The students play a very active role in this research. "It is a good way for the students to gain a first-hand look and feel of laboratory research," Dr. Schiffenbauer explained.

This year, Dr. Schiffenbauer is experimenting with two varieties of cinnamon to see its effect on viruses and bacteria. Saigon Cinnamon tends to be spicy, strong and sweet. Ceylon cinnamon is more expensive and has shown potential health benefits. One of these types of cinnamon may hold the key to attacking human



Pinchas Farkas, Dr. Milton Schiffenbauer and Yanky Konig

pathogens. In the past, cinnamon has proven successful in treating some bacterial diseases, so now scientists are exploring other uses – especially the effects Saigon and Ceylon cinnamon may have on viruses.

Perhaps Dr. Schiffenbauer's experimentation will finally find the cure for the virus that plagues us all – the common cold!

### Congratulations to Prof. Brian Chiswell Biology Department

Prof. Chiswell received a (shared) Seed Funding Grant Program Award from New York Medical College for research on:

"Induced Expression of Proteins in stem cells to treat skin disorders."

If you are interested in becoming an intern for this project please visit the NYSCAS website or [legacy.touro.edu/nyscas/docs/research\\_intern.pdf](http://legacy.touro.edu/nyscas/docs/research_intern.pdf) to apply.

## Speech, Speech

The Speech and Communication Department involves students in many of its collaborative programs.

One such program is the Communication Club, which meets at the midtown campus, and is well attended by faculty, staff and students. Last semester, the club held their 18th Speech Contest. More than 50 audience members packed the room to listen to the speakers give a five-minute presentation competing for three monetary prizes. The topics ranged from credit reports to becoming a vegetarian.

The students stood in front of the audience and were videotaped and photographed. The training the students received from the Speech Department's faculty, Professors Hal Wicke, Gena Bardwell, Richard Green and George Backinoff seems to have paid off. Most of the students never wavered in their presentation, often hitting home specific points in their monologue.

In the end, Mark Benmoise won first prize for his speech on "Introduction to Pavlov," Chana Abraichamov was second runner-up for her speech on "Cigarette Smoking," and in third place was Sarah Batyrov for her speech on "Music Therapy For Children."

All students who participated received honorable mention:

- Ruth Besalei, "Abortion."
- Lorena Munos, "Credit Reports."
- Eviva Weiner, "Organ Donation."
- Cherie Johnson, "Fruitarian Diet."

The Speech and Communication Department usually selects another department or professor to



(From left to right): Mark Benmoise, Lorena Munos, Marcel Battle, Chana Abraichamov, Ruth Besalei, Sarah Batyrov, Eviva Weiner, and Cherie Johnson.

share their meetings and highlight a presentation or assignment from their class.

- James Carvell, Art Department, recently presented an artistic "show and tell," involving student projects including video, self-portraits and music. (Carvell's videos were featured at Touro College's Research Day).

- Prof. Gena Bardwell, Speech and Communication, hosted a seminar based on Fortune

500 companies and their event management criteria. In addition, Bardwell invited a colleague to present on developing one's own company. (See page 6)

The students at these seminars focused on many academic skills such as project reports, financial requirements, budgeting, interpersonal communication, and public speaking.

- In April, "Springing into Poetry" featured the works of Professors Brenda Coultas, Baruch November, Helen Mitsios, Gena Bardwell and staff and students from NYSCAS. There was a large turnout and everyone enjoyed the stimulating performances which integrated rap, poetry and performance art into one.

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Students who are interested in joining the Communication Club and participating in future events can attend one of their meetings. Look for meeting notices posted around the school and on our Facebook page, "NYSCAS, a division of Touro College."

## Higher Education At Any Age (Or Denise Larsen and Alice Pillarella's Long Affair With College)

Denise Larsen and Alice Pillarella may not be your typical Touro College students. How they ended up back in school – as they approach their sixtieth decade – is a story in itself.

Both women work as paraprofessionals, on Staten Island, at a special needs school. In order for them to receive a promotion or pay upgrade, they needed to earn advanced degrees. Enter New York School of Career and Applied Studies (NYSCAS).

Touro College's NYSCAS offers courses on Staten Island. So the women decided to enroll in NYSCAS because of its convenience, affordability and notable personal touch.

"We were amazed that not one person said, it's too late to go back to school," said Alice. Many of the teachers and staff admired their tenacity as did their fellow students who ranged in age from 19-55.

### Alice's Journey

"I spent 15 years working in the financial district right after high school. I was very fortunate because in the late 1970s and 1980s, there were many opportunities to advance in this industry without a college degree. The salaries were decent and the bonuses were spectacular. When I began raising my stepchild I left Manhattan and took jobs closer to home. Now I decided that I wanted to do something for myself and achieve my ultimate goal – a college degree," confessed Alice.

"Years ago, I would have never foreseen working with special needs children, but my life and world view changed. I suppose I feel this way because I'm older now and I also believe life experience enables you to be more tolerant and able to embrace everyday life.

When I moved back home, with my mom and dad, after being out of the house for 28 years, I realized just how lucky I was. My parents supported my decision and were proud



Alice Pillarella and Denise Larsen

and thrilled that I was in college to pursue my degree. It was something they wanted me to do right out of high school! My message is

**"We were amazed that not one person said, it's *too* late to go back to school."**

this, 'it's never too late and you never know what's yet to come,'" Alice said proudly.

### Denise's Story

"At first I just started taking classes because it was mandatory to have at least 18 college credits to keep my job," explained Denise.

"Then I thought about my lifelong dream of achieving my bachelor's degree. I started taking classes in 2009. Before then, the last time I had been in school was 33 years ago – in 1976! Because of my personality, I am a high achiever and wanted to earn the best grades possible. This made me stressed out and in turn I think I may have stressed my family too, but they started to help me realize my goal and we worked together as a family. The experience brought us much closer together," said Denise.

### Coming to Midtown

As they neared completion of their academic program, they were required to take two courses at a campus to complete their degree.

Even though they both live and work on Staten Island, they decided the Manhattan Campus was closer than Brooklyn. So they set out on their academic journey to Manhattan. Little did Alice and Denise know they would forge good friendships with the students and teachers at the midtown campus.

"I highly recommend coming to Manhattan to attend classes. It is a totally different experience compared to taking classes on Staten Island or an outer borough. As far as traveling to Manhattan, sometimes it's good and some-

times you are met with challenging weather, but that can happen in any situation. I would start to complain and then realize I am a very lucky person and I have nothing to complain about. At my age you really have to learn to just keep going and be happy you are still growing," stated Alice.

"Traveling to the Manhattan campus was a wonderful experience. The faculty there are much more attuned to the Manhattan scene and the different exhibits and cultural events the city has to offer. Just after my first history class I heard the term "indentured servant" and I was amazed that I never knew people in the past lived the way they did. One of my English teachers sent the class to the Metropolitan Museum of Art. It was a unique experience to visit such a large museum," explained Denise.

"It is amazing to think of all the knowledge one can gain and attending college gives you that ability to learn. We look forward to completing our degrees at NYSCAS and hanging our degrees on our walls," exclaimed Alice and Denise.

**"It was a pleasure applying to Touro. They were helpful right from the start. We instantly connected with the staff and teachers at 23rd street."**

## Director of Admissions Arthur Wigfall

**A**rthur Wigfall, the Director of Admissions, was born and raised in the Bronx. He attended Mercy College and in 1991 began working as an admissions counselor at the school.

As Wigfall rose through the ranks of academia, his idealism began to formulate around the students and their needs. He was privy to student enrollment problems and began to see a pattern in student ideals. He decided to become knowledgeable in every area of admissions, which included advisement and financial aid. “How can we enroll students without addressing all their needs in the admissions process?” Wigfall questioned. “I knew we needed a better system and philosophy,” he stated.

“So I decided to be a hands-on admissions counselor,” said Wigfall. “The process did not stop once the student left my office or if we hit a snag in the enrollment. Many students find being admitted to college a process that is formidable. I decided to make that process easier for them. When you are admitted to college you need immunization against measles. It is a law. Students arriving from other countries or students whose parents opted out of vaccinating their children cannot attend college. So it was up to the school to reject or delay their admission based on immunization status. In order to make the process



**Arthur Wigfall**  
Director of Admissions

flow, I did research on local clinics that offered measles immunization at prices that were affordable for students, thus simplifying the process for them. I was able to refer the students to the clinic to receive their vaccinations and they returned to me with the validation from the clinic and we simply continued the registration process,” stated Wigfall.

“Students who come from other colleges often bring transfer credits with them. The process of matching their previous credits to classes we offer at NYSCAS is not always an easy task. Most of the classes have different names and carry different lesson plans and requirements. But I decided we would do our utmost in making the transfer credits viable so the student did not lose credits they had already

earned,” explained Wigfall.

It was all part of Wigfall’s process of becoming a good admission’s director.

You could say Arthur Wigfall has education in his blood. His mother and other family members worked for the Board of Education. Wigfall spent summers with his grandfather, in the southern part of the country, and was taught good family morals. His grandfather stressed that a man should look professional at all times. Wigfall is always dressed appropriately, even on dress-down Friday. He followed his grandfather’s advice and has grown into the man who would make his family proud.

Executive Administrative Dean and Vice President Eva Spinelli stated, “I really believe in Arthur. He is there for the students and the people who work for him. When it comes to hiring new admissions counselors – he is a very good teacher. He more than trains new counselors, he really teaches them how to be the most informative counselor for each student.”

One of the most exciting new systems to come to NYSCAS is Banner. This new registration system will allow students to register for classes, view their financial aid status, current academic standing and grades. Watch for it coming soon to NYSCAS.

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*– Executive Administrative Dean and Vice President Eva Spinelli*

## Communication Club

### The Art of Organizing and Presenting Events



(l-r) Prof. Hal Wicke, Prof. Gena Bardwell, Guest Speaker Kim Harbur, co-founder and Director of Education for Gift for Life, student worker Sophia Williams, Prof. George Backinoff. (photo right) Kim Harbur shares her special events experience with the audience of the Communication Club.

## Caring For Our Students

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### School Organizations

NYSCAS has a few student organizations. The Communication Club, Nepalese Society, Computer and Psychology Clubs are active right now, as well as others. The Communication Club often teams up with other departments in the school for special event meetings such as Poetry Recitals, Art Presentations, Marketing Strategies and Business Entrepreneurships. The Computer Club shares valuable tips on programming and software. Please look at the school bulletin boards for meeting notices on all clubs or check our Facebook page, "NYSCAS, a division of Touro College" for meeting announcements. "Student organizations are not as common at NYSCAS because it is a commuter school," Taylor explained. "Yet, we are always open to creating new student organizations."

### Reflection

"When I look back at all the students who have passed through my office, one student, in particular, comes to mind. A young lady came in one day, asking for my help. She was having severe domestic problems and was contemplating dropping out of school. I did what I could to counsel her, but thought in the end that hiring

her as a part-time worker would give her the initiative to stay in school and continue with her education. Today, she is working as an adjunct, at this campus, and a full-time professional. She completed her bachelor's degree and continued on for her master's. She completely turned her life around and is now happily married with children," Taylor reflected.

Students expect Taylor to make their problems go away. That is not always possible, but he has the advantage of helping many and that is rewarding to him.

A common problem is blending school and work. Employers don't always understand that students need to follow a set schedule. When the employer changes the work schedule, students may have to withdraw from classes. Family members can become ill and students may need to drop their classes in order to take on full-time responsibilities. "Students do have options such as going through The Committee of Academic Standings," Taylor said. There are many other departments that help students; advisement, wellness counselor, office of disabilities services, etc.

Touro College has grown into a solid academic institution which continues to evolve. Dean Taylor has contributed to the changes adapted by the school while still upholding the school's core values. Touro is moving toward advancements that are being introduced to student services. He is proud to be part of the Touro community that works closely to help the students.

## Do You Hear What I Hear: The Art of Listening

**D**o you hear what I hear? When a student sits listlessly in class fiddling with his or her cell phone you know their mind is elsewhere. The big challenge is getting the student's attention. Many teachers walk around, speak louder and the student may look up, but do they really hear you? As a teacher, I sometimes find it hard to get the student's attention when I am just throwing facts at them. The fascinating ways to write a five-paragraph essay grows old, after a while. So how can you make a class like English Composition, History or Philosophy interesting? I believe in storytelling. My students are well informed about experiences in my life, because I tell them stories about what happened to me on the way to school. Everyone can identify with traveling to school – so your audience is already on board. It is what you are saying and how you constructively say it that matters. Information comes in many forms, but if you slip in that bus service in New York City began in 1956 and you know that – because you have been waiting for the crosstown bus since then – it becomes a fact that is funny and worth remembering. That is the point of teaching.

**Historians will tell you that Winston Churchill created elaborate speeches because he wanted people to remember what he said. But often his speeches were dotted with word associations to make his speech memorable.**

How does your garden grow? Well, how does it? The details are in the specifications. These types of questions are similar to what good Twitter tweets entail. "What happened on this day in history?" Come on, you know you want to click. Curiosity gets the better of us all, so we click and open and read at least the first paragraph. But what do we remember? More often than not, we remember facts and figures in relatable stories. If the internet was invented in 2000 and you had it streamed into your house in 2012 which date will you remember? Most likely, the difference between the two, because that

is how long it took for you acquire internet service. Twelve is the number you will remember. As in "I went without the internet for 12 years."

Students hear the same way. When were cell phones invented? What year did Apple release the iPhone? When did you receive your first cell phone? Most students will and can relate to this subject matter. The Constitution or Declaration of Independence is another matter. Unless their freedom of speech is threatened why bother reading the Constitution? How, as a student, do you listen? How do you pick out pertinent information that you know will be on a test? Every teacher has a way of teaching, but you as the student need to be able to retrieve specific information. What information are you hearing?

**The art of listening, actually listening to what someone is saying, is a dying art. Was it ever a living art?**

### How to listen:

**1.** Put your phone away. Not on your desk or in your pocket. Put it away. The constant distraction of Facebook, Twitter, email and messages will only serve as a deterrent for listening.

**2.** Keep a pad and pen in front of you. Studies have shown that even if you doodle on your paper you are still listening and absorbing valuable information.

**3.** Pay attention. If a lecture becomes hard to understand use word association.

**4.** Get enough sleep. It is a proven fact that teenagers and young adults do not get enough sleep. As your body grows and continues to mature you need sleep. The body does most its development while you are resting. Getting by on six hours or less is not enough and it will have

an effect on your listening abilities.

**5.** Eat a proper diet. Between rushing to class and your job you may feel the need to grab a quick snack at a fast food restaurant. Those are basically empty calories you are eating. If you need a quick meal, order a slice of pizza. At least pizza has tomatoes and cheese which will give you some nutrients. Order a fruit salad or frozen yogurt. Many delis can prepare chopped salads which are easily digestible on the run. Don't forget the benefit of breakfast. It is the most important meal of the day!

**6.** Some professors will spend time having students introduce themselves. Pay attention to your fellow classmate. This is the best time to network. Some of your classmates may be working or interning at a company that might benefit you. If you are listening you might hear tips on how to get that job you always wanted. In my English class we had a young man who recently secured a job with Google on Sixth Avenue. Most people know it is virtually impossible to get a job there, but somehow he did. Pay attention. We are all in school to achieve goals.

**7.** Usually teachers will emphasize important data by the inflection in their voices. They may repeat the information or even write it on the board. Listen for the pitch in their voice.

**8.** Watch the body language of the students around you. If they seem to be alert and paying attention, you should be too.

**9.** Listening is contagious. If you listen and participate in class, a lively discussion can ensue and the rest of the class will appreciate your input. Group discussions add to the class and make it a rewarding experience for everyone.

Students and teachers will agree that a class that is lively and sparks with ideas and conversation is really a learning adventure and a class worth taking.

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Touro is a system of Jewish sponsored non-profit institutions of higher and professional education. Touro College was chartered in 1970 primarily to enrich the Jewish heritage, and to serve the larger American community. Approximately 18,000 students are currently enrolled in its various schools and divisions. Touro College has branch campuses, locations and instructional sites in the New York area, as well as branch campuses and programs in Berlin, Jerusalem and Moscow. Touro University California and its Nevada branch campus, as well as Touro College Los Angeles, are separately accredited institutions within the Touro College and University system. For further information on Touro College, please go to: <http://www.touro.edu>.

Touro College is an equal opportunity institution.

For Touro's complete Non-Discrimination Statement, please visit [www.touro.edu](http://www.touro.edu)



## Bronx District Attorney Robert Johnson, Guest Lectures at NYSCAS' American Cultural History Class



Associate Dean of Faculty Leon Perkal (center) with History Professor Michael Walters (right), and students from his American Cultural History class, enjoy guest lecturer Bronx District Attorney Robert Johnson (far right).

## Springing Into Poetry

NYSCAS' annual poetry festival drew a record crowd of 70+ students and faculty. We listened to poems about romance, inspiration, politics and history delivered in true poetic form and performance art.



*Touro NYSCAS Tempo* is the newsletter of Touro College's New York School of Career and Applied Studies. NYSCAS serves New York City's diverse population at sites throughout Manhattan, Queens and Brooklyn.

If you are a NYSCAS community member with an interesting story or accomplishment, you can schedule an interview with *Tempo's* editor by visiting Room 312 or calling 212-463-0400 x 5572. Students can also submit short articles of 100-250 words to receive a byline and have their writing featured in the newsletter along with their picture. Student articles are accepted on a case-by-case basis and are edited for style and content.