



Kidz 'n' Coaches has lasting effect on students and children

One of the benefits of attending college is to grow as a person beyond what is learned in the classroom. At MVCC, professor Jim Smrtic has been mentoring young minds for 27 years with the Kidz 'n' Coaches program.

Started in 1983 as part of the Big Brothers-Big Sisters Program in Utica, Kidz 'n' Coaches branched off to help different groups of under-served children. The children served by this program are from the Culver Avenue apartment complex, which is run in conjunction with the Utica Municipal Housing Authority.

"I wanted to establish some kind of group which helped local little kids to do things that they wouldn't have the opportunity to do. With Big Brothers-Big Sisters it is a one-on-one situation and if one of our students failed to fulfill their obligation, there was a small child left disappointed. But Kidz 'n' Coaches is a group activity, so the kids form relationships and there is back up if someone doesn't show," said Smrtic.

Typically, there are around 20 MVCC students who volunteer to spend time and take part in activities with 20 children who are 5 to 11 years old. Each semester, there are four events hosted by Kidz 'n' Coaches such as a picnic on campus, a pool party, a Christmas party and usually one day trip to events



around the area.

"We do things like take the children on picnics, pumpkin hayrides, going to amusement parks, children museum, bowling, skating, Discovery Zone, and we even had a special event where we went to the State Capitol in Albany," said Smrtic. "We've even taken a group to the indoor circus in Saratoga and to the play 'Grease' at the Stanley."

Since the founding of this program, Smrtic estimates the Kidz 'n' Coaches program has helped more than 1,000 MVCC students and more than 1,000 local children. The program is funded through MVCC's Student Congress and "we spend every nickel we can on the kids."

"This is something I feel is very important to have at the College. It is a great opportunity for the coaches. One of the things I stress is this is a commitment and if you say you are going to come, you stick with it," added Smrtic.

This success of this program is visible in students' ongoing connection to it. Smrtic said that he has had students come back for the events even after graduating from MVCC. Many of the students have gone on to get involved in youth programs in their own communities.

"It is a wonderful thing when you are able to pay it forward. I see some of the children who were in the program coming to MVCC for their education," said Smrtic.

Congratulations to Gloria Karol

Gloria Karol gave birth to a baby girl on Saturday, October 9. Evelyn Camille Karol was born at 8 pounds, 5 ounces and was 21 inches long. Baby, mother, and husband Jim, are doing well. Gloria works in the CCED office.

Hawks soar to help children



SUPPORTING THE COMMUNITY - The MVCC baseball team continued its tradition of collecting toys for needy children in the Mohawk Valley. The Hawks' efforts act as the kickoff for the annual Holly Days Toy Drive. The program, which is operated by Ron Sterling of Ilion, distributes all of its donated toys to needy children during the holiday season. The Hawks collected over 360 toys in three weeks for the Holly Days Toy Drive.

Honoring Employees for Years of Service

Maryrose Eannace talks about what Scott Selden has meant to the College since he was hired in August 2000. Scott is an Assistant Professor who teaches graphic design. ►



Maryrose Eannace and Lew Kahler were on hand to honor Christi Harrington for a decade of service at the College. Christi joined MVCC in August, 2000. She is an Associate Professor teaching sculpture. ▼

MVCC president Randall VanWagoner recognized Stephen Frisbee for 10 years of service to the College. Steven is the Director of Library Services. ▼



MVCC Faces: Lillian McMaster

When it comes to understanding the human psyche, Lillian E. McMaster, Ph.D., is able to put this complicated information into terms which her students can comprehend and utilize to their fullest potential.

Dr. McMaster joined the MVCC community at the beginning of the Fall semester as a Psychology Instructor, but she has been teaching college level courses since 2005. Prior to coming to MVCC, she taught psychology courses at Hudson Valley Community College. She currently lives in Marcy, but is a native of Verona, N.J.

"Currently I am teaching seven classes which include Introduction to Psychology, Lifespan Development, and Adolescent Development," said Dr. McMaster, who is also working with education program on outcomes and assessment in adolescent development. "My goal is to be an active member at MVCC by joining committees where I can contribute to the College outside of the classroom, and bring my work with the American Psychological Association to the College."

Dr. McMaster holds a Bachelor's of Art in Psychology from Fairleigh Dickinson University, a Master of Art in Psychological Studies from Seton Hall University, and a Ph.D. in Clinical Psychology from The New School in New York City.

Dr. McMaster is a member of the APA, the Psychology Teachers at Community Colleges (PT@CC) Committee of the APA, and the EPA. She is hoping to be an advisor to Psi Beta and Psychology Club. She is named in "Who's Who Among American Teachers" and is an honorary member of Psi Beta for her work as an advisor, and has been honored as the recipient of a First English Edition of Freud's "Psychoanalysis."

In her spare time, she volunteers for the Leukemia and Lymphoma Association and the Beacon Light Foundation which helps AIDS victims and their caregivers. Dr. McMaster is engaged and enjoys playing piano, drawing, swimming, being outdoors, and walking.



Dr. McMaster

TIAA-CREF advisor to visit Utica Campus

TIAA-CREF will hold individual counseling sessions for MVCC employees on the Utica Campus on Thursday, November 4, from 9 a.m.–5 p.m. in Room 103 of Payne Hall.

These individual counseling sessions will help employees simplify their retirement by providing objective advice and asset allocation based on the individual's needs. The advisor will also demonstrate how to obtain a personalized actionable plan, recommend fund selections to keep on track to and through retirement, as well as review employees' retirement income options.

TIAA-CREF is a not-for-profit investment firm where advisors do not work on commission, but are compensated through a salary-plus-incentive program that emphasizes client service excellence.

To schedule an appointment, visit their website at www.tiaa-cref.org or by calling (800) 732-8353 (Monday-Friday, 8 a.m.-8 p.m.).

Monday, October 18

- 10:00 am - Psychology Club, ACC212
- 3:00 pm - Chess Club, ACC114
- 3:30 pm - Circle K, ACC212
- 5:30 pm - CCED/Tai Chi Beginners, ACC116
- 6:30 pm - CCED/Tai Chi Advanced, ACC116
- 7:00 pm - Rec Club: Water Pong for Alcohol Awareness,
MV Commons

- 7:00 pm - Ballroom Dancing, IT Lobby 1st Floor

Tuesday, October 19

- 11:00 am - Tech Tuesdays, PC209 & AB261
- Noon - Alcohol Awareness Game Show, MV Commons
- 1:00 pm - Tech Tuesdays, PC209 & AB261
- 3:30 pm - Gay/Straight Alliance Club, IT218
- 4:00 pm - Film Club, IT220
- 4:00 pm - Poetry Club, ACC114
- 4:30 pm - Drama Club, ACC212
- 5:00 pm - Political Debate, Theater
- 6:00 pm - CCED, IT225
- 7:00 pm - Night Hawk Café, MV Commons

Wednesday, October 20

- 8:00 am - Police Academy, ACC116
- 9:00 am - Web Wednesdays, PC209 & AB261
- Noon - Nick Howard: Acoustic Performer, MV Commons
- 2:00 pm - Web Wednesdays, PC209 & AB261
- 4:00 pm - MVCC Women's Soccer vs. Fulton Montgomery CC,
Soccer Field
- 7:00 pm - MVCC Concert Band Practice, ACC116
- 7:00 pm - Night Hawk Café, MV Commons

Thursday, October 21

- 9:00 am - Spring 2011 Admission Placement Testing -PC221
- 10:00 am - V8 Thursdays, PC209 & AB261
- 1:00 pm - Chemical Dependency Club, ACC212
- 1:00 pm - V8 Thursdays, PC209 & AB261
- 2:00 pm - Student Congress, ACC212
- 3:00 pm - International Club, IT220
- 3:00 pm - Program Board, ACC212
- 6:00 pm - CCED/MYPC Slideshows, IT219
- 6:30 pm - Ballroom Dancing, IT Lobby 1st Floor
- 7:00 pm - Strategic Gaming Club, ACC212
- 7:00 pm - MVCC Women's Volleyball vs. Jefferson CC, Gym
- 7:00 pm - Lecture: "Judy Garland Remembers Dorothy Gale"
with John Fricke, Emmy Award-winning Author and Historian,
PC Auditorium

- 8:00 pm - Concert: "MiniPop", Electronic Pop/Rock, Theater

Friday, October 22

- 7:00 pm - Lecture: "Judy Garland Remembers Dorothy Gale"
with John Fricke, Emmy Award-winning Author and Historian,
Theater
- 9:00 pm - Masquerade Ball: "Alcohol Awareness Early
Halloween Bash", MV Commons

Saturday, October 23

- 8:00 am - Motorcycle Safety Course, RA207
- 9:00 am - Spring 2011 Admission Placement Testing, PC252
- 9:00 am - Oneida County Defensive Driving Course, PC205
- 9:00 am - CCED/Zumba, ACC116
- 10:00 am - CCED/Black Belt, ACC116
- 11:00 am - CCED/Self Defense, ACC116



RESEARCH PROJECT - Elizabeth Warmingham stands in front of her display on the "respiratory syncytial virus." Warmingham researched the topic over the summer and presented her findings at a NYS respiratory care conference.

Respiratory care student presents research at NYS conference

Respiratory Care student, Elizabeth Warmingham, took the initiative during the summer of 2010 to do independent research on the "respiratory syncytial virus" to expand her knowledge of this microorganism that causes infections in the airways and lungs of thousands of children across the nation each year.

Warmingham was invited to present her research at the New York State Society for Respiratory Care Annual Symposium at the Tuning Stone in Verona on October 7, as part of a Poster Presentation designed for students. She represented the MVCC respiratory care program, along with two other student groups from Erie Community College and Onondaga Community College.

Fifty conference participants attended the student presentations and offered "kudos" to these budding respiratory professionals.

Job Listings at MVCC

Job Title: MVCC Dormitory Corporation, Housing Services Associate – Part-time

Job Salary: Hourly wage in mid teens.

Job Duties: The Housing Services Associate is a perfect position for an individual seeking consistent part-time work. The Associate will assist the College Housing Administrator by implementing on-campus and off-campus housing procedures. Principal hours: Monday – Friday; flexible four-hour daytime shift.

Job Qualifications: Associate's degree in a related field OR equivalent combination of education and related experience required. Experience in community living housing services in an educational, healthcare or private environment strongly preferred.

Application Deadline: Review of applications will begin immediately and continue until a successful candidate has been identified.

**Submit information for Communitas to
Rich Haubert at rhaubert@mvcc.edu**

October Institute benefits those behind the scenes

The October Institute added a new dimension by making arrangements for the second and third shift employees to benefit from the workshops.

The workshop, MVCC Clean & Green was designed for the facility employees to take advantage of. The College brought in Frank Trevisani, Building Service Contractor Manager for Spartan Chemical, to discuss how chemicals and cleaners are chang-

ing in order to provide a better and safer working environment.

Trevisani gave two presentations, the first being at 5:30 a.m. As he put it, these are the people who make sure everything here at the College works and runs the way they are suppose to.

This early morning session was well attended with 19 facility employees along with two faculty, one dean and four administrators in attendance.

"These people are critical to moving MVCC toward a safer, cleaner, more effective and more environmentally friendly campus. They are critical to this larger societal movement and to all of us in terms of our personal safety and well being. Without their good work behind the scenes, this College could not function," said David Katz, Coordinator of Faculty & Staff Enrichment.

This session focused on the MVCC employees who will spearhead the College's progress toward ecologically sound practice. MVCC's green initiatives, which are designed to move the College toward a more sustainable cleaning processes and procedures, was outlined.

Other workshops held later in the day on Monday, Columbus Day, included an update on the College's website, Healthy Living Through Healthy Eating, Administrative Roadblocks to Student Success, and Wellness at MVCC: Your Vision.

Athlete of the Week

It has become a familiar sight for junior college cross country runners this fall: the back of Savannah Boucher's jersey as she continues to dominate the field.

This past Saturday at the Hamilton College Cross Country Championships, Boucher won the five-kilometer race with a time of 18 minutes, 33 seconds. This is the fastest time of the season by a NJCAA Division III runner, and she has not lost to a junior college runner this season.

For her performance, Boucher was named MVCC's Athlete of the Week for the second time this fall. She earned this honor earlier in the season after winning the Finger Lakes Community College 5K Invitational.

Boucher is a freshman General Studies major who graduated from New Hartford High School.



Boucher



WIDE LOAD COMING THROUGH - The first of the steel roof supports arrived on the Utica Campus this week for the Jorgansen Athletic Center. The steel supports seen on the truck to the left are half of the span of the roof. These sections are attached and then hoisted by a very large crane. As of Friday, there were five roof supports in place. Other work completed this week includes a cinder block wall for one side of where the athletic surface will be.