



Fifth Annual Teen Traffic Safety Event at MVCC April 28-30 Seventh Annual Theodore "Ted Moore" Run/Walk May 1st

Ted Moore Walk/Run

The Theodore "Ted" Moore Walk/Run is conducted annually in memory of Professor Moore, a member of MVCC's mathematics faculty, who was killed by a drunk driver in December 1996. The walk-run is open to the public as well as to the MVCC community. This year's walk-run, on Saturday, May 1st, will cover a five kilometer (three miles) course on and around the MVCC campus. Prizes will be awarded to top finishers in these age groups: 10 and under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, and 60 and over. There is a minimum \$25 registration fee. Those who registered by April 11th will receive a free commemorative t-shirt.

Additional prizes will be available for participants who raise \$250 or \$500 in pledges, as well as a grand prize for the top fundraiser. Proceeds will go to a local organization involved in drug and alcohol abuse prevention and treatment, as well as to the Ted Moore Memorial Scholarship at MVCC. For additional information, call X5648.

Teen Traffic Safety Event, April 28-30

The Utica Campus will host the Fifth Annual Teen Traffic Safety Event on April 28-30. The event, designed to help reduce the rising teen motor vehicle crash rate, is jointly sponsored by MVCC and the Oneida and Herkimer County STOP DWI Programs. Several hundred high school students are expected to attend the event each day between 8:30 a.m. and 1:00 p.m.

The Teen Traffic Safety Event offers a full day program for area students in grades nine-12 in both Oneida and Herkimer Counties, including health and driver education classes, SADD/DARE and similar school student organizations.

Included in the program will be presentations on the dangers of driving while intoxicated, driving distractions, driving in bad weather, aggressive driving, the dangers of speeding, the truth about alcohol, seat belt use and more. Each day's session will end with a live mock crash portraying the dangerous outcomes of a motor vehicle crash.

Several emergency response units from law enforcement, fire and rescue departments and ambulance medical personnel will demonstrate a field sobriety test and DWI arrest, as well as the extensive efforts required to save the life of the victim of a DWI crash.

According to Paul Oliver, youth advisor for the Oneida County STOP-DWI Program, "This is one of the most

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MVCC Senior Nursing Students Conducted Health Education Activities Last Week

Last week, 84 senior nursing students conducted health education and promotion activities as part of their course requirements in the AB Lobby.

A sampling of topics that were addressed by students included: inflammatory bowel disease, sexually transmitted diseases, seizures, asthma, multiple sclerosis, skin cancer, colon cancer, urinary tract infections, osteoporosis, dental health, stroke, and glaucoma.

News from Student Services Vice President Denise DiGiorgio



Welcome Morris

I am pleased to welcome Morris Pearson as my Executive Assistant. Morris' primary responsibility is campus conduct officer. In this role, Morris acts upon security or incident reports filed which deal with inappropriate behavior. He investigates the situation and if appropriate, levies sanctions upon the student. In cases of severe safety threats, Morris has the authority to immediately suspend someone from classes pending a more thorough investigation. We act swiftly in all cases, keeping in mind the right for a fair hearing and the students' right to due process. Morris also acts as supplemental conduct officer to Dennis Gibbons. Most of you are aware that Dennis handles all situations arising in the Residence Halls. The three of us work together to ensure a safe living and learning environment for all faculty, staff and students. If you haven't done so, please stop by and welcome Morris.

Automatic External Defibrillators (AEDs)

You certainly have seen the AED signs in various locations throughout both the Utica and Rome campuses. It is a proven fact that AEDs save lives. Thanks to Jennifer Krohn, our Athletic Trainer; Nancy Hubert, the College Nurse and George Aylesworth, our EHSO, training on how to use the AEDs for volunteer faculty and staff continues. Since there are very specific guidelines on AED policy and procedure, we need to maintain strict ratios in terms of trained staff and the number of AEDs we have available. Security, the College Nurse as well as all the coaching staff have been trained on their use. As the number of trainees continues to grow, the AEDs will be installed in their appropriate cabinets. If you are interested in being trained, please call Jennifer Krohn for specific details.

New Substance Abuse Counselor

Gary Cohen has been both a familiar name and a familiar face on campus as our substance abuse counselor through our relationship with the Mohawk Valley Council on Alcoholism and other Addictions, Inc. Gary had a once in a lifetime opportunity to work in Palm Beach, Florida and in the Bahamas as a substance abuse counselor and has resigned from MVCAA. I am pleased that our relationship with MVCAA is a strong one and Ms. Virginia Pry will be handling our alcohol awareness initiatives and serving as the substance abuse counselor. Virginia will be working out of the Counseling Center.

Disability Services

Lynn Igoe and her team have put together several transition days during the summer to help both learning and physically disabled students transition easily to college and be aware of the many support services we have available to them for their success. While students with disabilities are invited to general orientation, we know that more of a one-on-one program will offer greater assistance. Since we rely on students to self-identify, it is difficult to capture those who really need this type of support. It is our first attempt at such a program and we will assess its effectiveness as we proceed. The Transition Days are scheduled for July 12 and August 9.

The Web Page

If you haven't already done so, please take a look at the new site for Psychology, Human Services and Education. It is featured on our homepage.

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National Child Abuse Awareness Month

[Statistics from NYS Children's Alliance]
Children ages 0-17 account for 70% of nationwide reported sexual assault victims.

Child victims of abuse or neglect are 53% more likely to be arrested as juveniles and 38% more likely to be arrested for violent crimes as adults.

US Child Protective Agencies receive over 3 million reports of possible child maltreatment per year. However, the actual incidence of maltreatment is estimated to be 3 times greater- amounting to as many as 9 million possible incidences annually.

An average of 5.5 children per 10,000 enrolled in day care (licensed or not) are sexually abused, and average of 8.9 children out of every 10,000 are abused in the home.

[US Department of Health and Human Services]

Rate of Child Abuse by race:

White - 5%
African American - 25%
Hispanic - 15%
American Indian - 2%
Asian/Pacific Islanders - 1%

[National Resource Center on Child Sexual Abuse, 1992]

It is estimated that children with disabilities are 4 to 10 times more vulnerable to sexual abuse than their non-disabled peers.

Protecting Children Against Sexual Abuse

Where to Begin

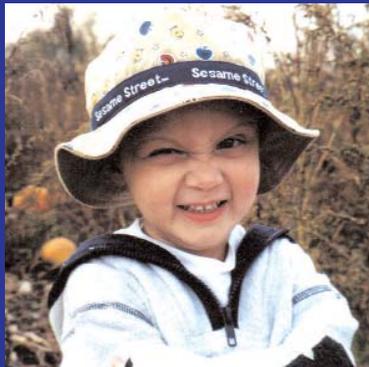
Talking about child abuse or sexual abuse is uncomfortable for most parents, teachers and adults in general. Most people are upset when they hear about cases of child abuse and rightly so. Now think about the child and how they feel as they are being physically, sexually and emotionally abused, often by someone

3rd Annual Cans for Cancer Bottle and Can Drive

To benefit the
American Cancer Society's
Relay for Life Team
"OWEN'S OUTBACK"

Sat. May 1st
8:00am-3:00pm

In the Parking lot of
Our Lady of the Rosary Church
at 1736 Burrstone Road,
New Hartford



In loving memory of
Owen Riley Kimball

Learning Center Software "Inspires" Writers

Do you have trouble organizing information for an essay, report, lesson plan, business letter or resume? Then, come to the Learning Center. The Learning Center lab in AB 151-D now has Inspiration 7.5 on computers #17, #18, #19 and on two laptops. This software can be used across the curriculum. Students can customize their own diagram or use a template. The diagrams and templates can be saved and printed.

Students can use the computers in the lab from 9-4, but if they would like assistance using the program contact Ruth Drews, one of the writing tutors, at 792-5592 who will be available in the lab for an appointment on Monday, Wednesday, Friday from 9-12 and on Tuesday from 9-12, 1-4 and Thursday 12-4.

Inspiration makes organization fun and easy.

Student Services News, cont.

With the guidance of John Rosicky and his faculty, Paul Grazaidei has done a great job of presenting information in a reader-friendly, easy-to-navigate format. This represents somewhat of a boilerplate for other academic departments. While we want to maintain some look of consistency, we know that academic departments (and non-academic ones) have a desire for specific information. We hope to achieve that as we work together to get the job done. The Engineering Technology and Trades department is the next one to debut, probably in the next two weeks.

Employment Office

With Morris Pearson taking on new responsibilities, I would like to also welcome Charlene Deon in the Working Solutions Placement Office. Charlene is employed by the Oneida County Workforce Development Office and has been assigned to the campus to oversee the Employment Office. Charlene has picked up where Morris left off and is well on her way with the 2004 Job Fair scheduled for April 14th.

Traffic Safety, cont.

comprehensive educational programs of its type in New York State. We encourage all school districts to send students. It will be well worth their educational time, and it may just save a life."

He continued, "What we will provide at this crucial time in these students' lives is a crash course in crash prevention."

Some related facts from a Johns Hopkins University study, reported in the Journal of the American Medical Association as well as in information provided by the National Safety Council and National Highway Traffic Safety Administration:

The leading cause of death among young people between the ages of 15 and 20 is motor vehicle accident

16 and 17-year-old drivers constitute about 7% of the driving public, yet account for 33% of all motor vehicle crashes and 22% of the fatalities

One out of every four new drivers is involved in a motor vehicle crash in the first year they have their license.

50% of all fatal motor vehicle crashes involve the use of alcohol.

It takes four years of driving experience for new drivers to raise their skills to that of the average driving public.

When 16 and 17-year old drivers transport one non-family passenger under the age of 21, the death rate is three times higher than when they travel alone. If the number of passengers is four or more, the rate goes up by 282%.

This is the first time the event has been scheduled for the MVCC Campus. Different groups of high school students will come to the campus each of the three days, with several workshops taking place simultaneously.

The Teen Traffic Safety Event is jointly sponsored by the Oneida and Herkimer County STOP-DWI Programs, Utica National

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Child Abuse, cont.

they love and trust. Most abused children are too young or too frightened to ask for help. Often times their abuser has threatened to punish them if they tell. It takes a great deal of courage for a child to speak up. What children need are adults to look for and listen to their "silent screams" for help.

Since the vast majority of sexual abuse crimes are committed by someone the child knows (at least casually), and since most offenders gain sexual access to their victims through enticement or seduction, it is important for parents to talk with their child about safety rules. If you present the information as a lesson in personal safety (as when you told your child not to touch a hot stove), you will realize that the subject can be handled in a simple straightforward way. Do not try to cover everything in one discussion. Talking to your child about sexual abuse and personal safety should be an ongoing process. Keep it simple- casual and begin as early as you think your child is old enough to understand (usually at about age three).

What to Discuss

According to the NYS Office of Children and Family Services (the agency that licenses child care centers in NYS), they suggest these main ideas to convey:

You are special and important. Your body is your own.

You have the right to say "No" if someone wants to touch you in anyway that makes you feel uncomfortable, afraid or confused.

There are parts of your body that are private. You should say "No" if anyone wants to touch your vagina, penis, breasts or buttocks- even if that person is an adult or grown-up you know. (Note: while you should try to use the correct names for body parts, this is not a requirement. Using the correct names will help a child develop a healthy respect for his/her body).

If someone bothers you, I want you to tell me. I promise that I will believe you.

If someone touches you in a way that does not seem right or makes you feel "yucky" it is not your fault. You can tell me.

Children need to know that the safety rules about touching apply all the time, not just with strangers, or with men, etc...Remember, most sexual abuse happens in a place a child feels safe. Sexual abusers take advantage of the child's trust or friendship and uses threats to get a child to keep it secret.

Other Rules To Follow:

Young children learn best when given simple rules to follow:

Establish a set of family rules about personal safety and repeat them often.

Include touching rules when you talk about other types of safety.

Teach children that adults may not always be right.

Remember that there are differences between what young children and older children can understand.

Play the "What If" game. (Example: What if...someone tried to touch you in a way you did not like, then offered you a new doll or toy so you would keep a secret? Answer- Tell them to stop. Say No! Yell help! Tell someone.)

What to do if your child tells you he/she was touched inappropriately or sexually abused.

Listen and believe your child. Do not deny the problem or blame your child.

Stay calm! If you get upset you will frighten the child. Try to talk quietly with your child.

Tell your child they did nothing wrong. (Sexual abuse is the fault of the abuser).

Reinforce to your child that you will keep them safe. No more harm will come to them.

Traffic Safety, cont.

Insurance, Utica Pepsi Bottling Group, Nirvana Spring Water, and the Norpat Company.

Special program features include:

- o A presentation by the Oneida County Sheriff's department on "Aggressive Driving and Road Rage."
- o A presentation by Mr. Bob Altmeter, of Utica National Insurance Group, on "Victim Impact."
- o An "Impaired Vision Goggle Challenge," by the New York Mills Police Department.
- o Demonstrations concerning "Passenger Restraints" by the New York State Police, including rollover and Convincer" demonstrations.
- o A video entitled "The Truth About Alcohol," an intense presentation on youth drinking and driving and the dangers of alcohol use by teens, presented by the Oneida County STOP-DWI Program.
- o An interactive driving program with an electronic speed trailer, by the New Hartford Police Department
- o A presentation on interacting with large vehicles on the road, by the Wal-Mart Transportation Department and the NYS Department of Transportation.
- o A true to life mock crash re-enactment with response by law enforcement, EMT's and Fire Department personnel. This will include simulated victim rescue, DWI arrest and DWI fatality. The Utica Fire Department, New York State Police and Oneida County Sheriff's Department will be involved with this presentation.

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Child Abuse, cont.

Let your child know that he/she did the right thing by telling you.

Call the authorities. Do not confront the alleged perpetrator.

Books For Parents and Teachers:

"A Parent's and Teacher's Handbook on Identifying and Preventing Child Abuse," by James A. Monteleone, M.D (1998). G.W Graphics & Publishing, Inc.

"No more Secrets: Protecting Your Child from Sexual Abuse," by Caren Adams and Jennifer Fay. (1985). Impact Publishers.

Books For Children:

"A Better Safe than Sorry Book," by Sol Gordon and Judith Gordon. (1992). Prometheus Books.

"It's My Body," by Lory Freeman. (1984). Parenting Press, Inc.

"My Body Is Private," by Linda Walvoord Girard and Rodney Pate. (1992). Albert Whitman & Co.

"Something Happened and I'm Afraid to Tell," by Patricia Kehoe and Carol Deach. (1987). Parenting Press, Inc.



Ginamarie Zegarelli Corridori, a 1992 Human Services grad, is employed at Radiology Associates of New Hartford.

Upcoming Events

Wednesday, 4/14

Brown Bag Lunch Series, theme: "Creative Writing Workshop & Editing," Noon, IT 226.

Hospitality Dinner, theme- "Titanic Fundraiser" Seating begins at 6:00pm in AB 108, Rome Campus. Price is \$35. Call 334-7702 for reservations.

Job Fair, 10:00am-2:00pm, IT Lobby.

Baseball vs. Herkimer CCC, 4:00pm, Donovan Stadium.

Thursday, 4/15

College Senate Open Forum, 3:15pm, ACC 116.

Softball vs. Herkimer CCC, 3:00pm.

Men's Tennis vs. Onondaga CC, 4:00pm.

Friday, 4/16

Softball vs. Adirondack CC, 1:00pm.

Monday, 4/19

Hospitality Programs "Dessert Extravaganza," 7:00pm-9:00pm, Hospitality Dining Room, Rome Campus.

Tuesday, 4/20

Lacrosse vs. Hudson Valley CC, 4:00pm, Proctor Stadium.

Baseball vs. Jefferson CC, 4:00pm, Donovan Stadium.

Wednesday, 4/21

Hospitality Dinner, theme- "Titanic Fundraiser" Seating begins at 6:00pm in AB 108, Rome Campus. Price is \$35. Call 334-7702 for reservations.

Open Mic Night, 7:00pm, ACC 116.

Thursday, 4/22

Bring Your Child To Work Day

Cultural Series Event: PLAY: "Jarvis Legend's Borrowed Skin," 8:00pm, IT Theater.

Lacrosse vs. Jefferson CC, 7:00pm, Proctor Stadium.

Baseball vs. Monroe CC, 4:00pm, Donovan Stadium.

Friday, 4/23

Cultural Series Event: PLAY: "Jarvis Legend's Borrowed Skin," 8:00pm, IT Theater.

Saturday, 4/24

Cultural Series Event: PLAY: "Jarvis Legend's Borrowed Skin," 8:00pm, IT Theater.

Town Justice Meeting, 8:00am-5:00pm, PC A10, Rome Campus.

Baseball vs. SUNY Cobleskill, 1:00pm, Donovan Stadium.

Mohawk Valley Senior Hockey League 2nd Annual Fund Raising All-Star Game

Benefit Hockey Game for Bradley Preston
14 year old Waterville student fighting brain cancer

April 16th, 7:00pm
New Hartford Rec Center

Tickets \$5.00 (children under 10 free)
Food, Drinks, 50/50 Raffle, Door Prizes