



Trayless Tuesday slices wasted food by 30%

With Tuesday, April 22, celebrated as Earth Day, the MVCC Sodexo Food Service decided to introduce Trayless Tuesday in an effort to cut down the amount of food that is thrown away in the Residence Dining Hall. This amounted to an approximate reduction of 30 percent in wasted food.

This was a corporate initiative which Jim Suriano, General Manager of MVCC Food Services for Sodexo, decided to implement as part of the College's aim at going green.

"We performed a little comparison in an effort to have some numbers to show if taking away the trays actually cuts down on the amount of food which is thrown away," said Mr. Suriano. "The idea came out of some of the other colleges which have been very aggressive in pushing "Going Green."

On Tuesday, April 15, the food service staff collected all the discarded food into bins for the three meals served in the Residence Dining Hall. In commemoration of Earth Day, the food service staff removed all the trays from the dining hall for the three meals, forcing students to carry their plates, utensils and drinks individually, and collected the discarded food once more.

The results were impressive. When students used trays, they discarded 148 pounds of food, or 8.9 ounces per person. Comparatively, on Trayless Tuesday there was only 112 pounds of discarded food, or 6.4 ounces per person.



GOING TRAYLESS - Student Brendan Horan balances his food and drink while dining in the Residence Dining Hall on Trayless Tuesday.

As for liquids, students threw away 1,280 ounces (10 gallons) when using trays compared to 896 ounces (7 gallons) when not using a tray.

While Trayless Tuesday was only a trial this time, a 30 percent reduction in waste could lead to a more permanent solution to wasted food at the college.

Engineer club tours Lake Placid

Brian Judycki and Allan Chace, both Assistant Professors in the Engineering Technologies & Trades Department, took members of the Society of Civil Engineering Technology (SOCET) Club to visit Lake Placid last week.

Students spent a full day touring and learning about various construction projects for the Olympic Regional Development Authority, (ORDA). Bob Hammond, Supervisor of Construction for ORDA, and a Mohawk Valley native, showed the students how bob sled runs are constructed, how snowmaking is accomplished, the construction of a new biathlon shooting range, the construction of a \$20 million dollar conference center, and lastly lunch at Whiteface Mountain.

The club had dinner at the Lake Placid Brew Pub and Brewery, where they gave them a MVCC pennant to hang on the wall with all the other college pennants. Other activities included shopping, snowboarding, fishing, and lots of walking.



UNDER CONSTRUCTION - Bob Hammond, Supervisor of Construction for the Olympic Regional Development Authority, talks to MVCC students from the Society of Civil Engineering Technology Club about the construction of a new bob sled run during their visit last week.

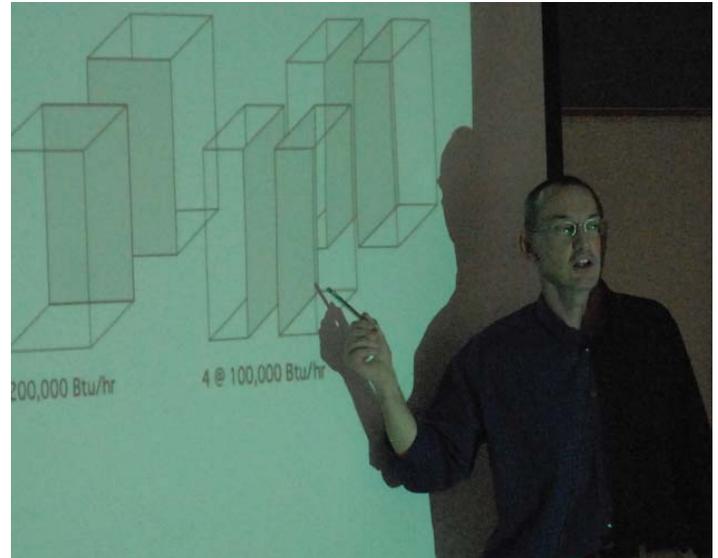
Hydronic seminar brings nearly 60 to campus

The College's engineering and science programs have continually been rated among the best at community colleges in New York State which is a big reason nearly 60 engineers from across the country attended this year's "Modern Hydronic Heating Concepts for Engineers" held in the Information Technology Building last week.

John Siegenthaler, an Associate Professor of Engineering Technologies and The Trades at MVCC, provided the instruction during the seminar which covered the latest materials and design methods available for hydronic heat, including a comparison of modern mixing methods, applications for small variable speed circulators, distribution efficiency, and much more.

This was an intensive full-day seminar, running from 8:00 a.m. to 4:30 p.m. with an hour lunch break. Both residential and light-commercial hydronic heating systems were addressed in detail by Mr. Siegenthaler, a licensed Professional Engineer and graduate of Rensselaer Polytechnic Institute.

Mr. Siegenthaler, who has 29 years experience in designing hydronic heating systems, is the author of "Modern Hydronic Heating," and a frequent speaker at national and international conferences on hydronic and radiant heating. He is also recognized as an expert in the field while writing for several HVAC trade publications.



DESIGN WINNER - MVCC's John Siegenthaler explains a diagram during last week's seminar, "Modern Hydronic Heating Concepts for Engineers." Nearly 60 people were in attendance for this program.

The seminar provided seven professional development hours (PDH) toward the NYS Professional Engineers continuing education requirements, with those in attendance coming from across the state.

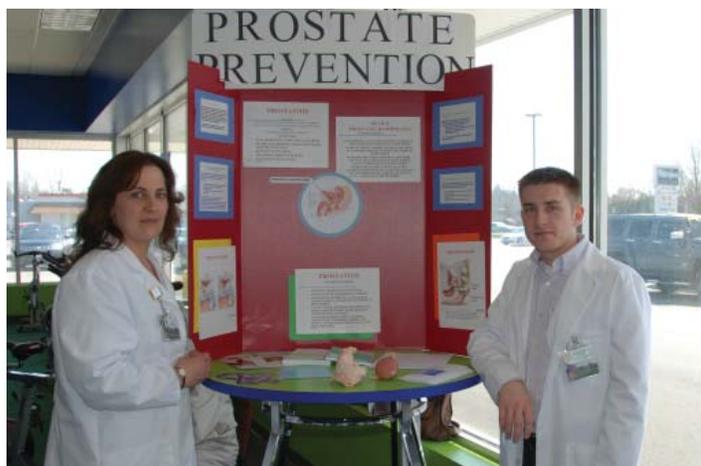
Nursing students help inform community of health issues

The College's second-year nursing students visited local businesses within the community during the week of April 11.

The students' overall goal was to provide Health Promotion Information. Among the topics was prevention of urinary tract infections, screening for osteoporosis, optimal dental care for children as well as stress management strategies.

Targeted were a variety of diverse population groups including workers and customers at St. Luke's Home, Cutting Edge Fitness Center, Wal-mart Distribution Center, Masonic Home, and the Neighborhood Center.

This proactive community service activity enabled each student an opportunity to teach primary and secondary prevention measures for the enhancement of optimal health.



"I feel that instructors have the ability to make a difference, yet it is how they approach the task and the students. Since each student is unique with different needs and ability, it is the challenge of the instructor to help students to complete individual goals."



*Kahlil Gibran (1883-1931)
Poet, Philosopher, and Artist*

Submitted by Dave Nackley, Art Department

MVCC Campus Events

Saturday, April 26

Ballroom Dancing, PC Atrium, 10:00 a.m.
Stage Play: Crimes of the Heart, an MVCC Theater Program and Drama Club Production, Theatre, 8:00 p.m.
Softball hosts Monroe CC, 1:00 p.m.
Baseball hosts Adirondack CC, 1:00 p.m.
Lacrosse at Broome CC, 1:00 p.m.
Tennis hosts Holyoke CC, 1:00 p.m.
Golf at Adirondack CC

Sunday, April 27

Softball hosts Jamestown CC, 12:00 p.m.
Baseball at Schenectady CCC, 1:00 p.m.
Golf at SUNY Cobleskill, 1:30 p.m.

Monday, April 28

Chess Club, ACC 114, 3:30 p.m.
Yoga, ACC 116, 5:00 p.m.
Tuesday, April 29
Softball hosts SUNY Cobleskill, 3:00 p.m.
Student Activities: Awards Reception, ACC 116, 4:00 p.m.
Tennis at Broome CC, 4:00 p.m.
Night Hawk Café, MV Commons, 7:00 p.m.
Concert: The Jimmy Wolf Blues Band, Theatre, 8:00 p.m.

Wednesday, April 30

TIAA-CREF Counseling Sessions, PH 104F, 9:00 a.m.
Ice Cream Social, Inner Quad, 11:30 a.m.
Band, MV Commons, 12:00 p.m.
Concert: Harp and Harmony and "A Convenient Hope,"
Theatre, 2:00 p.m.

Softball at Jefferson CC, 3:00 p.m.
Open Forum: SANE Programs, ACC 116, 3:00 p.m.
Yoga, ACC 116, 5:00 p.m.
MVCC Concert Band Practice, ACC 116, 7:00 p.m.
Night Hawk Café, MV Commons, 7:00 p.m.
"Dancing Wheel – Art in Motion," Theater, 7:00 p.m.

Thursday, May 1

Police Academy, IT 225, 7:00 a.m.
Kettering Review Conference, ACC 116, 8:00 a.m.
May Day Celebration, Dorm Quad, 2:00 p.m.
Relay for Life Meeting, IT 225, 6:00 p.m.
Ballroom Dancing, MV Commons, 7:00 p.m.

Friday, May 2

CCED: Real Estate Course, IT 225, 8:00 a.m.
Kettering Review Conference, ACC 116, 8:00 a.m.
RFA Web Presentation: Student Educational Assessment Systems, PC Auditorium, 8:30 a.m.
"Fun in the Sun" Picnic, Rome Campus, 11:00 a.m.
Ted Moore: Goodie Pack Pickup, Gym Lobby, 2:30 p.m.
Lecture: The Psychology of Investing - How to Design an Investment Plan with Luther Conant, IT 225, 2:00 p.m.
Student Congress, ACC 212, 3:00 p.m.
Golf at Monroe CC, 3:30 p.m.
Ballroom Dancing, MV Commons, 7:00 p.m.

Saturday, May 3

Ted Moore Run-Walk, Gym, 9:00 a.m.



BUSINESS RECEPTION - The Rome Campus played host to a Business After Hours reception on Friday. This event was sponsored by the Rome Area Chamber of Commerce.

Rome hosts Business After Hours

The Rome Area Chamber of Commerce and the MVCC Rome Campus hosted a Business After Hours reception on Friday, April 18, from 5:30-7:30 p.m. in the Plumley Complex Atrium.

Those in attendance enjoyed hot and cold hors d'oeuvres provided by the Savoy Restaurant in Rome, along with cocktails. There were door prizes following a welcoming speech from Rome Campus Dean, Dr. Ronald Cantor.

'Dancing Wheels – Art in Motion' will perform in College Theatre

Dancing Wheels – Art in Motion will perform in the College Theatre on Wednesday, April 30, at 7:00 p.m. This Student Activities and Program Board sponsored event is open to the public and admission is free.

Dancing Wheels – Art in Motion is a modern twist on dancing by integrating stand up and seated wheelchair dancers. Founded in 1980, Dancing Wheels has performed, educated and inspired children and adults of all abilities around the world. In the United States, the company presents more than 100 performances reaching audiences of 125,000 annually, proving that possibilities are endless despite having a disability.

Dancing Wheels also serves as a source of inspiration in the development of other integrated dance programs nationwide with performances that span the globe, including an ambassadorial tour to Prague in the Republic of Czech, Guatemala and Poland. The company represented the United States and the State of Ohio with a full concert performance at the International Very Special Arts Festival in Brussels, Belgium and opened the National Conference of Careers In the Arts for People with Disabilities at the Kennedy Center.

Dancing Wheels has been featured in numerous national publications and television programs including ABC television special, Christopher Reeve, A Celebration of Hope, CBS Sunday Morning, CNN and Good Morning America. The company is the proud recipient of the 1998 Governor's Award for Outstanding Outreach in Ohio and the 1997 National Rehabilitation Achievement Award.



CAPTURING THEIR IMAGINATION - Dr. Randall J. VanWagoner reads a book to the children at the Kiddie Campus Child Care Center during the Read-A-Loud Program which was part of the "Week of the Young Child" celebration. Along with the children listening is Terry Kipers, Assistant Coordinator and Kiddie Campus teacher.

Kiddie Campus celebrates 'Week of the Young Child'

MVCC President Randall J. VanWagoner took part in celebrating "Week of the Young Child" (April 13-19) by participating in the Read-A-Loud program for the children at the Kiddie Campus Child Care Center. Dr. VanWagoner read "*The Pigeon Finds a Hot Dog!*" and "*Olivia*" which lead the children to ask many questions.

Other activities the Kiddie Campus performed included collecting pet food and supplies which the children presented to the Utica Humane Society, held a book drive for the month of April to be used at the center and donated to families, as well as the Read-A-Loud program.

Other exciting activities featured a visit from the Utica Zoo Mobile and the Utica Humane Society. "Week of the Young Child" is meant to acknowledge the importance of early learning, early literacy and celebrate the teachers that bring early childhood education to children.



COLLABORATING ART EXHIBIT - Larry Migliori, Head of the Art Department at MVCC, looks over artwork on display in the Gannett Gallery at SUNY IT. Through a collaboration, artwork by students from both colleges was placed on display.



FIELDING QUESTIONS - Dr. Maryrose Eannace visited MVCC last Tuesday as a candidate for the position of Vice-President for Learning and Academic Affairs. Here she was answering questions during an open forum with faculty and staff.

Benefit raises \$5,500 for cancer patient

The Mohawk Valley Senior Hockey League's Sixth Annual Benefit Game for cancer patients, this year's beneficiary is Avenir Shilo, raised over \$5,500 in donations. This annual event helps raise money for children who are battling cancer.

This is by far the most successful benefit game ever and Jeff Kimball, MVHL President & Benefit Coordinator, wanted to send out a special thank you to all those who "continue to support children who are suffering from cancer."

MVCC collaborates with SUNY IT on exhibit

Through a collaboration between the art department at MVCC and that at SUNY IT, an art exhibit of works by students from both colleges were placed on display at the North Utica Campus.

With the help of the entire art department, led by Larry Migliori and David Nackley, MVCC worked with SUNY IT Gallery Coordinator Connie Castellano and Mary Perrone, Coordinator for General Education School of Arts & Sciences, to open the exhibit on Wednesday, April 23, at SUNY IT's Gannett Art Gallery. This is the first such collaboration between the two colleges.

The Gallery is open until 6:00 p.m. with the exhibit running through next week. MVCC is represented by works from 15 students ranging from painting, graphic design and graphic art, drawing, photography and sculpture.