

Semester begins with humor by Frank Pastizzo

"What comes to mind when you hear microphone?"

The spring semester began on a humorous tone last Wednesday and Thursday when guest speaker Frank Pastizzo took the stage in the College Theatre. Mr. Pastizzo combined comedy, storytelling and live music while bringing to light a multitude of situations and issues faced in the workplace everyday during his Warm Up The Workplace presentation.

Much of Mr. Pastizzo's discussion focused around American psychiatrist William Glasser's theory that all humans want a sense of Belonging, Freedom, Power, and Fun. During his twohour discussion, he spoke on how his life experiences led to the understanding of these senses and how they can be utilized in any work environment.

'Pastizzo' Continued on Page 3



Feel The Power:

Guest speaker Frank Pastizzo takes the pulse of Andy Keiser during a presentation last week that was sponsored by the College's Staff Development Committee. Mr. Pastizzo's discussion focused on achieving belonging, freedom, power and fun in the workplace as well as in life.

Peter Rayhill named to MVCC Board of Trustees

New Hartford attorney Peter M. Rayhill was introduced as the newest member of the Mohawk Valley Community College Board of Trustees during their December meeting.



Mr. Rayhill brings many years of experience to the Board, as he currently practices civil, environmental, corporate and municipal law with the firm of Kernan and Kernan, P.C. As a long-standing member of the New York State Bar Association, Mr. Rayhill has been associated with the Oneida County Bar Association since 1990 and served as its president during 1995.

Prior to being with Kernan and Kernan, P.C., Mr. Rayhill was a managing partner with Rayhill, Bankert and Rayhill, an associate with Evans, Severn, Bankert and Peet, and an

associate with the New York City firm of Milbank, Tweed, Hadley and McCoy.

Mr. Rayhill has a long history of community service as a member of the Board of Directors for the Legal Aid Society of Mid-York along with being on the Oneida County Environmental Management and Water Quality Council. He has been very active in New Hartford youth activities, working with the Little League, youth hockey and AYSO soccer programs.

Mr. Rayhill was nominated for MVCC's Board of Trustees by Oneida County Executive Anthony J. Picente, Jr., and fills a vacancy left by the retirement of Warren Copeland. Mr. Rayhill is a graduate of Bowdoin College and the University of Virginia's School of Law.

MVCC Campus Events

Tuesday, January 22

Relay For Life, IT225, 5:30 p.m. Women's Basketball hosts SUNY Cobleskill, 7:00 p.m. Night Hawk Café, MV Commons, 7:00 p.m.

Wednesday, January 23

Yoga, ACC 116, 5:00 p.m.
Relay For Life, IT225, 5:30 p.m.
Ice Hockey at Broome CC, 7:00 p.m.
Men's Basketball hosts SUNY Delhi, 7:00 p.m.
MVCC Concert Band Practice, ACC 116, 7:00 p.m.
Night Hawk Café, MV Commons, 7:00 p.m.

Thursday, January 24

Concert: Stephen Pikarsky, Pianist, Theatre, 12:30 p.m.

Movie: "The Host," Theatre, 7:00 p.m.

Friday, January 25

Women's Basketball hosts Adirondack CC, 6:00 p.m. Performance: Wayne Hoffman, Illusionist, Theatre, 7:00 p.m.

Saturday, January 26

Drinking Driver Program, PC 207, 8:00 a.m.
Oneida County Civil Service Exams, AB 220-234, 9:00 a.m.
Women's Basketball hosts Columbia-Greene CC, 1:00 p.m.
Men's Basketball hosts Columbia-Greene CC, 3:00 p.m.
Ice Hockey hosts North Country CC at Utica Aud., 4:00 p.m.
R&B Concert: Paul Midon, Theatre, 8:00 p.m.

Sunday, January 27

Ice Hockey hosts North Country CC at Utica Aud., 12:00 p.m. Michael Harris Scholarship Benefit Concert: Angela Johnson, R&B Artist, Theatre, 4:00 p.m.

Monday, January 28

NYS Corrections Information Table, PC Atrium, 10:00 a.m. Chess Club, ACC 114, 3:00 p.m.

Drinking Driver Program Classes, RA306, 6:00 p.m.

Wednesday, January 30

Men's Basketball hosts Herkimer CCC, 7:00 p.m.

Telephone Training

Remaining available seating for training on new telephone system.

Utica Campus

January 29th: (Session A) - 8-10 AM, 6 seats; 3–5 PM, 10 seats; 6:30–8 PM, 12 seats. (Session B) - 8–10 AM, 10 seats; 3–5 PM, 13 seats; 6:30–8 PM, 15 seats.

January 30th: 8–10 AM, 1 seat; 3–5 PM, 10 seats; 6:30–8 PM, 14 seats.

January 31st: 8-10 AM, 13 seats.

February 1st: (Session B) - 10–Noon, 1 seat; 1–3 PM, 9 seats.

Rome Campus

January 30th: 8–10 AM, 9 seats; 10–Noon, 2 seats; 1–3 PM, 4 seats; 3–5 PM, 10 seats; 6:30–8 PM, 11 seats. January 31st: 8–10 AM, 15 seats; 10–Noon, 15 seats; 1–3 PM, 15 seats; 3–5 PM, 9 seats.



HONORARY MEMBER OF MVCC – President Randall J. VanWagoner, left, and Associate Professor David Katz, right, presented Utica resident Jack Crossley with a certificate making him an honorary member of the MVCC Alumni Association.

MVCC honors man who has given so much back to the community

Just as a community college is all about enriching the lives of those who live within the community, Jack Crossley is all about giving back something to his neighbors and community.

Mr. Crossley, who worked for the Utica school system for many years in the maintenance department, was recently presented with a certificate naming him an honorary member of the MVCC Alumni Association. Presenting him with the certificate were MVCC President Randall J. VanWagoner and Associate Professor David Katz.

"Jack has been retired for over 20 years and when he retired he began taking advantage of the college's fitness center. Over the years, everyone has gotten to know him," said Mr. Katz. "Has kind of been adopted by the faculty."

Mr. Crossley has also kept himself busy by taking long walks with his dog, Montana, cutting across campus while greeting everyone. But recently he became ill and many in the college community began to inquire to find out if he was okay, according to Mr. Katz.

"When he talks of the college, he speaks of it in terms of how we saved his life and give him a second family," said Mr. Katz. "He speaks of our openness to the community and seniors."

This Cornhill resident also gives back to the community as a mentor to students about life and the harmful of effects of drugs and alcohol and offers his services as a community speaker.

During his time in service of the United States during World War II, Mr. Crossley served in the tank command under General Patton in the European Theater. He was also involved in the Normandy Invasion.



THE ULTIMATE TAILGATE FAN – Jason Martin, the Chef Manager for Sodexho Food Service at the college, braved out Central New York weather to bring the "Winter Tailgate Series" to MVCC employees over the winter break.

Winter Tailgate Series scores a touchdown

The Sodexho Food Service scored a touchdown with its Winter Tailgate Luncheon Series.

Jason Martin, Chef Manager for Sodexho, played host over the winter break with a tailgate cookout each Thursday (January 3, 10, 17). The menu was delicious with entrees of Sausage, Peppers & Onions, Philly Cheese Steak Sandwich, and Chicken Spiedies. Each meal included a bowl of chilli, cookie and drink on these cold winter afternoons.

The idea for the Winter Tailgate Luncheon Series came from the Barbecue Luncheon Series held during the summer months. The success of that series encouraged Sodexho general manager Jim Suriano, Mr. Martin and his staff to put together a tailgate theme in the spirit of football season.

"We tried to pick items that you may have at a tailgate. The chili and can of soda as opposed to fresh lemonade and pasta salad from the summer event," said Mr. Suriano.

According to Mr. Suriano, the original idea came from a meeting with college officials where it was suggested something different be offered during the summer months for the employees working on the campus.

One of the suggestions was to use a hot dog cart as a mobile form of food service.

"Jason and I thought this through and thought we would start with the summer BBQ one day a week to break things up. So we did it for six weeks last summer along with the ice cream social," said Mr. Suriano.

The summer barbecue received such a "great response" that Mr. Suriano hopes to bring it back for a longer run this coming summer. He is also open to suggestions on how to make it better.

Frank Pastizzo Continued from Page 1

When customers or co-workers are ignored or not treated as a valuable contributor to the bigger picture, this strips them of the feeling of belonging. By taking the time to recognize their needs and addressing them with something as simple as a smile, makes the connection that conveys belonging.

According to Mr. Pastizzo, another way of conveying belonging is by bringing a positive attitude to the workplace. He emphasized that negativity breeds negativity in the workplace.

One of the tips he provided to maintaining a positive attitude is to think back to the day we were interviewed for our jobs. Remember the excitement, inspiration and energy we had bottled up as we looked forward to fulfilling our goals and dreams.

With a positive attitude in the workplace, you get back what you give to others.

As for freedom, we can achieve this sense of being by

understanding that humans are interdependent creatures. We cannot do everything ourselves (mechanic, carpenter, educator, doctor, airline pilot), but need to work together to realize our goals and dreams. The realization of dependence on others allows us the freedom to pursue our individual passions.

This pursuit of individual interests empowers us, leading to enjoyment (fun) in our lives. When humans are empowered and having fun, it leads to developing a positive attitude.

"If there is anything you take away from this lecture, let it be these two things," says Mr. Pastizzo. "Learn to connect with the person in front of you. Let them know they are viewed as a person of interest. Secondly, maintaining kindness gives a sense of belonging, freedom and power to those around us."

Mr. Pastizzo's golden rule: Treat people the way they like to be treated.

EARNED INCOME TAX CREDIT • NATIONAL KICK-OFF EVENT

10

10 Reasons To Attend

Thursday, January 31 • 10:30 am ~ 6 pm

10	You will gain knowledge about the Earned Income Tax Credit Program.
9	You will have the opportunity to speak directly with an IRS representative.
8	You will learn how the Mohawk Valley Asset Building Coalition can help you.
7	Learn how to achieve financial stability.
6	Understand how to navigate services such as child care, food stamps, food and nutrition and employment services.
5	Learn about the myths associated with other types of income tax filing.
4	Learn to protect yourself and family members from Identity Theft.
3	Understand the ABC's of talking to your children about money.
2	Learn how much money in income tax refund dollars goes unclaimed in Oneida County each year.

Kick Off Day Agenda

10:30 - 11 am Official Kick Off Press Conference
Mini Information Sessions Schedule

11:30 - 11:45 am WIPA - Lisa Cortez, RCIL will present Information under this project placing emphasis on Social Security Work Incentives so that beneficiaries can make informed choices about work.

12 Noon - 12:15 pm Affordable Child Care - Lori Bunce, MYCCC, will present on choosing affordable and dependable care for your child(ren).

12:30 - 12:45 pm Banking/Checking Accounts - Jodi Blydenburgh, GPO, will present on the importance of direct deposit, how to open an account, and the importance of having a checking account.

1:00 - 1:15 pm Credit Reports - Jodi Blydenburgh will present on how these reports affect your financial well-being.

1:30 - 1:45 pm Employment Services - Beth Piekielniak, RCIL, will present on the many employment services available at RCIL for individuals with disabilities.

3:00 - 3:15 pm The ABC's of Talking to Your Kids About Money - Diane Roach, Primerica, How to protect your kids by teaching them to MAKE and SAVE money.

3:30 - 3:45 pm - Eat Smart New York - Carol Phillips and Joanna Zammiello, ESNY, will present on this Food and Nutrition program, as well as eligibility requirements, where and how to apply for services. If you are currently receiving food stamps, you may be eligible to receive free educational sessions.

4:00 - 4:15 pm Check and other money scams - presented by Mary Beth McEwen, CCE.

4:30 - 4:45 pm Identity Theft - Mary Beth McEwen, CCE, will present on strategies you can employ to guard against identity theft.

The Earned Income Tax Credit (EITC) program, developed in partnership with the United Way of Greater Utica, RCIL, Cornell Cooperative Extension of Oneida County, the IRS, and multiple community organizations, is a refundable federal income tax credit program for low-income working families.

Sangertown Square Mall ~ Center Court

Have your income tax forms prepared onsite, free of

charge (for those with total income less than

\$40,000), by trained individuals.

Announcement sponsored by CCED