

Light shines light on benefits of nursing

The field of nursing is an interesting and exciting career path with endless opportunities for both men and women. This is the message Allen Light, RN, has been spreading to area high schools for the College's Health Services Department.

"I'm looking to inform these students about what being a nurse really means," said Light, MVCC's Retention Specialist for Health Services on both the Utica and Rome campuses. "I'm also trying to lay down some kind of foundation for them, so they know and understand what classes they can take while in high school to prepare them for college."

Light gave a presentation to a group of seniors at Proctor High School on Thursday of this week. During his presentation, he discussed the career opportunities and the traits a person needs to become a nurse. Some of the courses he encourages students to take are biology, chemistry, and algebra.

One of the big misconceptions he attempts to dispel with high school students is that nursing is a field for women only.

"I have a Powerpoint presentation for them where it demonstrates that you are the hub of a wheel and nursing is the spokes. There are so many options and opportunities in the field of nursing," said Light. These nursing specialties include respiratory, emergency room, operation and medical surgery and ICU to name a few.

"Some people choose to work in a hospital for their experience and then move on to other areas like a doctor's office or corporate offices, where the company's nurse is meant to help with retention of employees," added Light. Insurance companies are a large employer of nurses, who



SPREADING THE WORD ON NURSING - Allen Light, RN, Retention Specialist for Health Services Department for the Utica and Rome campuses, talks to a group of students at Proctor High School about a career as a nurse.

visit clients to make sure they are keeping up rehabilitation programs in order to get these people back to work in a timely fashion.

Usually he presents to groups of 15 to 25 students and also takes part in regional career fairs for high school students.

"What I tell the students is that in nursing, the job is different day to day. It is not the same mundane thing, which keeps the job interesting," said Light. "I really enjoy connecting with the students."

MVCC Faces: Joann Dickson

It is a busy time of the year in the offices of the Center for Corporate and Community Education, and one of the people making sure the work gets completed in a timely fashion is Joann Dickson.

Dickson joined the CCED staff toward the end of the Fall semester and works in the capacity of Senior Office Specialist. Her responsibilities include acting as the secretary to Franca Armstrong and Dick Suhr, along with registering students for non-credit courses.

This Little Falls resident enjoys gardening, golf, skiing, reading and knitting in her spare time. Her husband is Stan and their daughter is Katie.

To submit information for Communitas, e-mail Rich Haubert @ rhaubert@mvcc.edu

Kicking off a New Year in Rome



ROME CELEBRATES THE NEW YEAR - Dean Ron Cantor enjoys an evening with Rachel Ruscito and her fiancé, Michael Verostek, Michael Verostek Jr., Stephanie Verostek, Dean Cantor's wife, Alex, and the Cantor girls, Julia and Katy, at the MVCC New Year Celebration at The Beeches on Friday, January 16.





KICKING OFF THE NEW YEAR - Librarians, president's office staff, advisors, and mathematicians were cavorting at the New Year Celebration at The Beeches on Friday, January 16. Seen here from left to right are: Mr. Heines (Ann's husband), Helen Adsit and her husband, Mrs. Bullis and John, Betsy Bernabe and her husband, and Emily Hansch.

GOOD TIMES IN ROME - Having a good time at The Beeches during the MVCC New Year Celebration are Henry Bryant, Bruce Neil and Mrs. Neil of the Hospitality Programs, Maria Ramos and Cheryl Plescia along with Mr. Plescia of the Psychology, Human Services, and Education Department. There were over 40 MVCC staff, faculty, and family members in attendance.



LUCK OF THE IRISH - Professor Robert Clarke explains the assignment for creating a "theme graphic" for the Great American Irish Festival to his students in the Portfolio and Professional Practice class.

"For everything that has been, thanks; for everthing that will be, yes."

Diversity and Global View

Dag Hammarskjold (1905 - 1961) Secretary General of the United Nations

Submitted by William Rose, Instructor, Social Science

MVCC students tapped for 'theme graphic' for fesival

When it comes to producing professional artwork for notfor-profit organizations in the region, the MVCC graphic design students are up for the task.

As the Great American Irish Festival has grown in popularity, organizers have returned to Professor Robert Clarke's class to seek out a new promotional poster for next year's event. This is the third time the organization has sought help from MVCC's graphic design students, who in turn are rewarded with real-world experience for their portfolios.

"This provides a unique opportunity for the students to compete for the honor of having their design printed and displayed on large scale," said Clarke.

This year's group of students are from the Portfolio and Professional Practices class. There are seven students vying to have their "Theme Graphic" selected to represent the 2010 festival.

The logo for the Great American Irish Festival was also created by a MVCC student in the spring of 2004. Adrienne Sangastiano's design was selected and continues to represent the festival.

The Great American Irish Festival is a three-day event at the Herkimer County Fairgrounds in Frankfort.

Team MVCC to hold membership drives

Team MVCC hopes to have over 125 participants at this year's America's Greatest Heart Run & Walk, which will be held Saturday, March 7, at Utica College.

Currently, 32 people have joined Team MVCC and the committee will be holding three membership drives next week on the Utica Campus.

On Monday, February 16, in front of the Alumni College Center, those who sign up will receive free cookies and hot chocolate. This will be from 8:45 a.m. to 10:30 a.m. If you're already a team member, stop by to purchase a Heart for \$1 or make a donation to the American Heart Association and receive cookies and hot chocolate.

On Wednesday, February 18, in the Payne Hall Lobby from 8:45 a.m. to 10:30 a.m., Team MVCC will provide new

members bagels and coffee, with current members receiving the same for a \$1 donation.

On Friday, February 20, in the Academic Building lobby from 8:45 a.m. to 10:30 a.m., Team MVCC will provide new members doughnuts and hot chocolate, with current members receiving the same for a \$1 donation.

Team MVCC is also looking for inspirational stories about heart disease survivors. Contact Team MVCC via email or Rich Haubert at rhaubert@mvcc.edu.

The Kiddie Campus will be holding its Heart Walk on Wednesday, March 4, at 10:00 a.m. The children will be walking through the Utica Campus buildings with donation cans. Keep an eye out for weekly updates from Team MVCC on the progress of recruiting team members.

MVCC Campus Events

Saturday, February 14

Athletic Open House, Gymnasium Lobby, 10:30 am Women's Basketball hosts Clinton CC, Gymnasium, 2:00 pm Men's Basketball hosts Clinton CC, Gymnasium, 4:00 pm

Monday, February 16

CCED: Winter Break Programs, Alumni College, Room 116, 9:00 am

CCED: Winter Break Programs, Information Technology, Room 225, 12:00 pm

Muslim Student Association, Alumni College, Room 203, 2:00 pm

Chess Club: Informal Games, Alumni College, Room 114, 3:30 pm

Student Congress, Alumni College Center, Room 112, 3:30 pm Board of Trustees Meeting, Payne Hall, Room 300, 4:00 pm CCED: T⁵ai Chi, Alumni College Center, Room 116, 5:30 pm Movie/Lecture: "The Express," Plumley Complex Auditorium, 6:00 pm

CCED: Ballroom Dancing, MV Commons, 7:00 pm

Tuesday, February 17

CCED: Winter Break Programs, Alumni College, Room 116,

9:00 am CCED: Winter Break Programs, Information Technology,

Room 225, 12:00 pm Muslim Student Association, Alumni College, Room 203, 2:00 pm

Relay for Life Meeting, Information Technology, Room 225, 5:30 pm

Women's Basketball vs. SUNY Delhi, Gymnasium, 7:00 pm Program Board: Steal or No Steal Game Show,

MV Commons, 8:00 pm

Wednesday, February 18

CCED: Winter Break Programs, Alumni College Center, Room 116, 9:00 am

CCED: Winter Break Programs, Information Technology, Room 225, 12:00 pm Brown Bag Lunch Series: Math Anxiety, Academic Building, Room 127, 12:00 pm

Muslim Student Association, Alumni College, Room 203, 2:00 pm

Black Student Union, Alumni College, Room 222, 3:00 pm The Experience, Alumni College, Room 212, 4:00 pm MVCC Band Practice, Alumni College, Room 116, 7:00 pm Night Hawk Café, MV Commons, 7:00 pm

Thursday, February 19

CCED: Winter Break Programs, Alumni College, Room 116, 9:00 am

Bake Sale, Plumley Complex, Room A10, 10:30 am Muslim Student Association, Alumni College, Room 203,

Program Board, Alumni College, Room 212, 2:00 pm Paranormal Investigation Society, Alumni College,

Room 212, 5:00 pm

Strategic Gaming Club, Alumni College, Room 212, 6:00 pm CCED: Ballroom Dancing, MV Commons, 7:00 pm Program Board: Alain Nu, Mind Reader, MV Commons, 7:00 pm

Friday, February 20

CCED: Winter Break Programs, Alumni College, Room 116, 9:00 am

CCED: Winter Break Programs, Information Technology, Room 225, 12:00 pm

Muslim Student Association, Alumni College, Room 203, 2:00 pm

Latino Student Union, Alumni College, Room 212, 4:00 pm CCED: Ballroom Dancing, Payne Hall Lobby, 7:00 pm

Saturday, February 21st

Traffic Safety Defensive Driving Course, Plumley Complex, Room 205, 9:00 am

Nursing: Pre-Information Session, Information Technology, Room 225, 1:00 pm

McCready sets scoring record for Hawks' hockey program

Senior forward Kevin McCready scored five goals this past week, bringing his total goals scored to 62, and

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McCready

earning him the honor of top all-time scorer for Mohawk Valley Community College's ice hockey team. Mc-Cready has been the Hawks' driving force the past two seasons, having earned the NJCAA's Region III

Freshman Player of the Year Award last year.

During last week's action, he tallied four goals and assisted on a fifth as MVCC tied Hudson Valley Community College, 6-6. Mike Nassar also scored one goal along with two assists while goalie Josh Lamie made 38 saves.

The Hawks wrapped up the regular season with a 6-4 victory over the No. 1 nationally ranked Erie Community College. Nassar scored twice while assisting on a third goal as McCready and Mike Steinke each had one goal and one assist. Lamie made 37 saves between the pipes as MVCC's record goes to 10-6-2 overall and 7-5-2 in Region III.

Women's Basketball: Sophomore forward Leslie Mencia brought her "A Game" against Hudson Valley CC to score 17 points along with eight rebounds as the Hawks won 91-47. Also hitting double figures for MVCC was sophomore guard Katrina Brown with 17 points to go with her seven assists and seven rebounds. MVCC is now 21-2 overall.

Indoor Track: Durell Cull placed second in the 55-meter dash with personal best time of 6.42 seconds during the Syracuse University Invitational. Joe Pruckno placed second in the

55-meter high hurdles in 7.75 seconds while Tracey Davis won the long jump with a national qualifying distance of 23 feet, 2 ½ inches. Lalonde Gordon

was second in the 200-meter run with a time of 22.47 seconds while Davis was fourth in 22.86. Gladimir Sanon finished fourth in the triple jump with 42 feet, 4 \(^3\)4 inches.

The women's team was led by Kayla Forgit with a third place finish in the shot put with a throw of 37 feet, 4 inches. Lauren Penc qualified for Nationals in the 500-meter run with a time of 1:21.99.

Men's Bowling: Freshman Steven Vincent shot a career high game of 295 as the Hawks placed third at the Schenectady Community College Invitational with a pin-fall of 9,660. Vincent placed 13th overall with a total of 1,725 while teammate Brian Ramich placed eighth with a score of 1,762. Ramich was also 11th in the single competition with a pin-fall of 850. Paul Mulks) placed second in the singles with 957. In the doubles, freshman Joe Fulkrod and Ramish placed second with 1,794 while Kyle Ewen) and Vincent placed eighth with 1,745.

During the Mountain Valley Conference match hosted by the Hawks, MVCC placed third with a pin-fall of 3,217 as freshman Mike Guernsey threw a high game of 239 en route to a 697 series. Chris Ewen bowled a 228 and 671 while Vincent threw 238 for a 662 series.

Kyle Ewen led the Hawks at the Adirondack Community College Invitational with top game of 236 for a 676 series as MVCC placed third with 3,246 pins. Mulks bowled a 673 series with a 244 game as Chris Ewen bowled a 228 for a 651 series. Ramich finished with a high game of 258 for a 640 series.

Women's Bowling: The Hawks placed second with a pin-fall of 2,806 in the MVC match as sophomore Megan Donk bowled a top series of 611 that included a 210 game while freshman Samantha Daley bowled a top game of 226 for a 610 series. Freshman Jes-

sica Anson bowled a top game of 200 for a 557 series.

In Schenectady, Shawna Hammond and Stephanie Hina placed fifth in the double with a pin-fall of 1,577 as MVCC was seventh with a team score of 7,074. Hammond finished 14th in singles with a 732 series and overall she was 15th with 1,548 pins.

At ACC, the women finished second with a score of 2,678 as Hina threw a 256 high game for a 636 series. Anson bowled a 237 top game with a 634 series while Hammond scored 205 and 591.

Athlete of the Week: Mike Nassar was named MVCC's Athlete of the Week for February 8, 2009, after he helped the Hawks' ice hockey team to a victory and a tie against two nationally ranked opponents. Nassar had three goals and three assists in the two games. His scored the game winning goal against top ranked Erie CC came with 47 seconds remaining in the third period. The freshman Sports Medicine major is a graduate of Whitesboro High School.

Ski club sponsors trip to Gore Mountain

The MVCC Ski and Snowboard Club is sponsoring a trip to Gore Mountain on Saturday, February 21. This trip is open to all MVCC students and employees as well as friends and family.

The bus will depart the MVCC parking Lot 1 at 7:00 a.m. and return around 6:30 p.m. The cost is \$35 for MVCC stu-

dents and \$50 for non-students, which covers round-trip transportation and full-day lift ticket.

Trip registration and payment can be made at the Student Activities Center in Room 208 of the Alumni College Center.

For more information, contact Lynn Ann McCoy at mvskiclub@yahoo.com