

Hospitality professors learn Chinese cooking firsthand

What better way to learn a new style of cooking than go into the kitchen of an area restaurant and learn from the experts. That's exactly what assistant professor Dave Hoffman and associate professor Andrew Glidden, of the Hospitality Program, did over the winter holiday break.

"We have a student (Cindy Phillips) from Hong Kong in our program and we wanted to learn the style of Chinese cooking. She knows the chef at the Chinese restaurant in New Hartford and arranged for them to show us Chinese cooking techniques," said Glidden.

Glidden and Hoffman spent an afternoon at the Bamboo Cuisine of China restaurant, which is located in the Orchard Plaza in New Hartford, learning the different ingredients, styles, techniques and methods.

"It is a lot different. We are accustomed to cooking with the sauté pans and roasters where their meals are mainly cooked using a wok," said Glidden, who has been using what he learned at home. "Also, they want to have things done in about a minute's time where for us, when you are doing chicken it takes up to 20 minutes."



CHINESE CUISINE - Assistant professor Dave Hoffman and associate professor Andrew Glidden enjoyed a meal with their instructor, Chef Hia, following a lesson on the preparation of Chinese cuisine. Joining them is Ann Glidden.



LEARNING A NEW STYLE - Assistant professor Dave Hoffman and associate professor Andrew Glidden learn firsthand the techniques and skills of preparing and cooking Chinese cuisine from Chef Hia at the Bamboo Cuisine of China restaurant in New Hartford. In this photo, Chef Hia is carving a radish into the shape of a flower.

Glidden went on to explain how the ingredients are very foreign to him. Getting used to them, along with the different style of cooking, was quite challenging.

Their hosts were restaurant owners, Chef Hia and Chef Cheung. While there was a language barrier with the owners speaking very little English, once they started preparing the food the barriers were quickly overcome. "Cindy would translate our questions and their responses."

One skill they were shown during their 90 minutes in the kitchen was how to cut and shape a Daikon, or Chinese radish, into the shape of a flower. Glidden and Hoffman were also shown the different techniques of preparing several dishes that all involved a wok, but the preparation for each was totally different.

"We are going to use some of the information we learned in our Food Prep 2 class which focuses on International Cuisine and touches on wok cooking," added Glidden.

OVERFLOWING WITH GENEROSITY – MVCC President Dr. Randall VanWagoner, Honorary Campaign Chair Patty Fox, and Captain Frank Piccioto survey the great results from the MVCC campaign for the Salvation Army.



LUNCHEON SPEAKER - Retired professor Jim Gifford recently spoke to the Rome Wednesday Morning Club on the topic of "Oscar Wilde's Scandalous Masterpiece: Salome." Pictured here with Jim are Wilma Casanova, left, and club president Barbara Rhodes, who is a former Humanities Department professor at MVCC.

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

MVCC employees help Salvation Army and in turn those in need

MVCC employees made this holiday season much brighter for the Salvation Army, thanks to extraordinary generosity in contributions of both money and time. The college raised a total of \$2,050 from bell-ringing efforts, the faculty and staff holiday party, and the "Angel Tree." Way to go MVCC!!

Dr. Engel co-authors book on community colleges in Vietnam

Dr. Sandra Engel, Humanities
Department Head at MVCC and Director
of International Education, is one of
several authors of a chapter entitled
"Community College Development in
Vietnam: A Global and Local Dialectic"
in Global Development of Community
Colleges, Technical Colleges, and Further
Education Programs edited by Paul
Elsner, George Boggs and Judith Irwin



Dr. Engel

and published recently by Community College Press (a division of AACC).

Brown Bag Luncheon schedule

The MVCC Learning Center will once again be sponsoring the Brown Bag Luncheon series which is designed to provide extra help for students with academic issues. Each workshop will be held at 12:00 pm on the dates and locations listed below. Also listed are the topics for each workshop.

February 4: LASSI, Learning Styles and College Success, Information Technology, Room 225

February 18: Math Anxiety, Academic Building, Room127 **March 11:** Test Anxiety, Alumni College Center, Room 116 **March 25:** Meet Your Support Staff, Academic Building,

Room127

April 8: So you Want to Write a Paper and Avoid Plagiarism, Alumni College Center, Room 116

April 22: How to Beat the Cram Out of Finals,

Alumni College Center, Room 116

May 8: Pro-Study, Anti-Stress Day in the Learning Center, Academic Building, Room 151

"When thou seest an Eagle, thou seest a portion of Genuis. Lift up thy head!"



William Blake (1757 - 1827) English Poet and writer

Submitted by William Rose, Instructor, Social Science

MICC Faces: Jennifer Polley



As the newest psychology instructor at MVCC, Jennifer Polley has made it a point to reach out to her students in order for them to be able to wrap their minds around her lessons.

"I would like to help my students gain the most from each and every class," said Polley.

Polley joined the MVCC family in September of 2008. The courses she teaches include Introduction to Psychology, Life-Span Developmental Psychology, Childhood and Adolescence Psychology, Adulthood and Aging.

During her first year at MVCC, Polley has been participating in the New Faculty Institute workshops sponsored by the college.

She earned her Masters in Educational Psychology with an emphasis on Developmental Psychology from Capella University.

Polley lives in the Village of Mohawk with her two dogs and enjoys biking, reading, weight lifting and gardening.

MVCC EVENTS

Monday, February 2nd

Club Promotions, Plumley Complex Atrium, 11:00 am BOCES Visits. Plumley Complex Atrium.

Rooms A10, 221, RA108, 12:40 pm

Chess Club: Informal Games, Alumni College Center,

Room 114, 3:30 pm

Student Congress, Alumni College, Room 112, 3:30 pm CCED: T'ai Chi, Alumni College, Room 116, 5:30 pm

MVCAA: Drinking Driver Program Classes,

Rome Academic Building, Room 306, 6:00 pm Cultural Series Movie/Lecture: "The Matrix," Theater, 6:15 pm CCED: Ballroom Dancing, MV Commons, 7:00 pm

Tuesday, February 3rd

College Senate, Alumni College Center, Room 116, 2:30 pm Program Board: Caricature Artist, - MV Commons, 6:00 pm Men's Ice Hockey vs. Hudson Valley CC, Utica Aud, 7:00 pm Women's Basketball vs. Herkimer CCC, Gymnasium, 7:00 pm

Wednesday, February 4th

Rome Research Labs: Internship Interviews/BIT Dept. Students, Library Conference Room,9:00 am

Club Promotions, Plumley Complex Atrium, 11:00 am Lecture: George Curtis, "Economic Crime & Society: Do We Need More Laws?," Alumni College Center, Room 116, 12:00 pm Brown Bag Lunch Series: "LASSI, Learning Styles & College Success," Information Technology, Room 225, 12:40 pm BOCES Visits, Plumley Complex Atrium,

Rooms A10, 221, RA108, 12:40 pm Black Student Union, Alumni College, Room 222, 3:30 pm MVCC Concert Band Practice, Alumni College Center,

Room 116, 7:00 pm

Thursday, February 5th

Lecture: Meredith LeVande, "Women, Pop Music &

Pornography, "Plumley Complex Auditorium, 1:00 pm Program Board, Alumni College Center, Room 212, 2:00 pm Nursing Pre-Information Session," Information Technology, Room 225, 4:00 pm

Paranormal Investigation Society, Alumni College Center,

Room 212, 5:00 pm

Keuka College Information Session," Information Technology, Room 225, 5:30 pm

Strategic Gaming Club, Alumni College Center, Room 212, 6:00 pm

CCED: Ballroom Dancing, MV Commons, 7:00 pm Lecture: Meredith LeVande, "Women, Pop Music & Pornography," Alumni College Center, Room 116, 7:00 pm

Friday, February 6th

Dental Hygiene Program: Orthodontic Presentation, Plumley Complex Auditorium, 9:45 am

Club Promotions, Plumley Complex Atrium, 11:00 am

Bowling Tourney, Pin-O-Rama, 3:00 pm

Latino Student Union, Alumni College Center, Room 212,

Black Student Union: Awards Dinner, MV Commons, 6:00 pm CCED: Ballroom Dancing, Payne Hall Lobby, 7:00 pm

Brown selected Second-Team All-American

Freshman defenseman Aubrey Brown of the Mohawk

Valley Community College men's soccer team was selected to as a Second Team All-American for the 2008 season by the National Soccer Coaches Association of America (NSCAA) and the National Junior College Athletic Association (NJCAA). This honor goes along with his First Team All-Region III selection while playing for the Hawks, who finished with a 13-4 record and ranked No. 8 in the nation.



Brown

Men's Basketball: The Hawks flew into the national rankings this week with back-to-back victories over SUNY Delhi, 80-79, and Columbia-Greene Community College, 67-54. MVCC is now ranked No. 8 in the NJCAA and No. 2 in this week's Region III poll.

Against Delhi, senior forward Alex Prue led the Hawks with 26 points while freshman guard Bradley Griffin followed with 16 points. Griffin was the top gun for MVCC against Columbia-Greene with 16 points while freshman guard T.J. Davis paced the Hawks with 11 points. Prue also had 10 points. MVCC is now 15-4.

Women's Basketball: The Hawks wasted little time sending Adirondack Community College packing as MVCC ran past the visitors for a 105-36 victory. The Hawks' offensive threat was sophomore forward Leslie Mencia with 24 points to go with her 13 rebounds. The Hawks are now 14-2 overall and ranked No. 2 in the nation.

Ice Hockey: Senior forward Kevin McCready continues to be the driving force behind the Hawks' offense with three goals and an assist on a fourth as MVCC downed Broome Community College, 5-2. Sophomore defender Mike Mason made two assists while sophomore goalkeeper Brian Frankel made 23 saves. The Hawks' are 9-6-1 overall and 6-5-1 in Region III.

Bowling: The MVCC men's bowling team rolled to a second place finish in the Columbia-Greene CC Invitational with a pin-fall of 3,324. Leading the Hawks was freshman Paul Mulks with a 721 series that included a high game of 254. Freshman Mike Guernsey bowling a top game of 258 en route to a 678 series while freshman Joe Fulkrod threw

Pruckno Athlete of the Week

The MVCC Athlete of the Week for the week ending January 25, is Joe Pruckno.

Pruckno won the 55-meter high hurdles at the Saint Lawrence Invitational. His time of 7.74 seconds set a meet record and qualified him for the NJCAA Indoor Track Nationals to be held at Texas Tech. Unversity.



Pruckno

In his sophomore year, Pruckno is a Liberal Arts major who graduated from Rome Free Academy.

scores of 247 and 639. Steven Vincent also bowled 226 and 638 as the Hawks' record goes to 11-4 overall, 7-3 in Region III, and 4-1 in the Mountain Valley Conference.

For the women's team, the Hawks placed second with a pin-fall of 2,812 led by Jessica Anson with a high game of 266 for a 684 series while Shawna Hammond followed with scores of 222 and 581.

Samantha Daley threw a top game of 196 for a 578 series. The Hawks are now 3-7 overall, 3-4 in Region III, and 2-1 in the Mountain Valley Conference.

Indoor Track: The Hawks' Joe Pruckno set a meet record at the St. Lawrence University Invitational by winning the 55-meter hurdles in 7.74 seconds this past weekend. Durell Cull finished in second place in the 55-meter dash in 6.51 seconds while Isaiah Phillip qualified for the NJCAA National Championships by winning the 500-meter run in 67.51 seconds. Also placing for the MVCC men's team indoor track team was Gladimir Sanon in fourth place in the triple jump with a distance of 42 feet, 10½ inches.

The women's team was led by Diana DeJesus who placed third in the high jump with 4 feet, $10\,\%$ inches, and sixth in the 55-meter hurdles in a time of 9.12 seconds. Lauren Penc was sixth in the 500-meter run in 1:26.41 while Heather Vroman placed third in the mile withy 5:28.38. Hannah Hoffman also placed fourth in the 5,000-meter run in 19:47.47.

Social Sciences Barbies

Did you guess who these Barbie creations by Dr. Sarah Coleman represent? If not, here is the list from left to right.

Assistant professor William Zogby, assistant professor Diana Ayers-Darling, department head Marianne Buttenschon, senior typist Margaret Decker, adjunct Ted Barber, associate proessor Carolyn D'Argenio, associated professor David Katz, instructor William Rose, professor Beverly Quist, professor Dennis Lee, and professor Sarah Coleman.

