



## MVCC to host 10 days of education to reduce violence in our communities

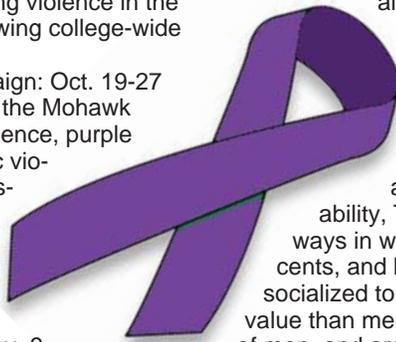
Beginning Monday, Oct. 19, Mohawk Valley Community College will present "An End to Violence," 10 days of educational programming aimed at reducing violence in the local community. The following college-wide events will be taking place:

- Purple Ribbon Campaign: Oct. 19-27  
As part of the YWCA of the Mohawk Valley's Week Without Violence, purple ribbons signifying domestic violence awareness will be displayed in windows around campus.

- Week Without Violence Pledge: Oct. 19

Academic Building Lobby, 9 a.m.-4 p.m.

Members of the MVCC community will have the opportunity to sign a pledge marking their commitment to conducting their lives free from violence. In addition, purple ribbons



will be sold for \$1, with proceeds benefitting the YWCA of the Mohawk Valley's domestic violence hotline and shelters. Employees can also sign up to dress down on Thursday, Oct. 22.

- A Call to Men presents Tony Porter: "Breaking Out of the Man Box": Oct. 27  
IT Theater, 7-10 p.m.  
A nationally recognized author/orator in male accountability, Tony Porter will examine the ways in which adult men, male adolescents, and boys have and continue to be socialized to view women as having less value than men, are considered the property of men, and are deemed objects for men.

Additionally, three "End to Violence" programs will be taking place:

- "Force More Powerful" Film Series: Oct. 19-Oct. 23

Payne Hall Lobby, Noon daily  
Gandhian social change films emphasizing alternatives to violence will be screened.

- Mediation Day in cooperation with The Peacemaker Program: Oct. 19  
IT 220 and IT Lobby, Noon-4 p.m.  
Learn about peaceful resolutions in times of conflict.

- Dress Down for Domestic Violence Awareness: Oct. 22

Enjoy casual Thursday, wear a purple ribbon, and give to a good cause.

- Public Forum: Reducing Violence in American Life: Oct. 26  
IT 225, Noon-1:30 p.m.

A debrief of the Week Without Violence pledge.

**Rome Campus H1N1  
Vaccination Clinic  
See page 3**

## Students praised at tree dedication

As Utica embarks on a new effort to beautify the downtown district with sculpture, the first new piece of artwork, a highly visible form of community engagement, was dedicated on Thursday during a ceremony outside the offices of Hage & Hage, on the corner of South Street and Genesee Street.

The sculpture is a 9-foot tall, 5-foot wide iron tree that features individual branches and realistic bark. It was created by students in MVCC's welding program. This piece of artwork is made from scrap that had accumulated in the welding shop during students' training sessions. The tree is crowned by metal leaves which have been individually attached to the branches.

This piece of artwork was commissioned by J.K. Hage, a local attorney who is a strong advocate for sustainability. Because it was constructed from scrap, it fits in perfectly with Hage's building, which recently received Leadership in Energy and Environmental Design (LEED®) Gold Certification from the U.S. Green Building Council. It is the first privately-owned commercial office building between Albany and Syracuse to achieve this status.

"When I heard about the work these students were doing and I went over to the college to see for myself, I was amazed," said Hage.

"This collection of recycled and repurposed materials has found new purpose and new beauty thanks to someone's care, skill, and vision. The form that our artists have chosen - a tree - represents our community's deep, lasting roots and our potential to flourish," said President Randall VanWagoner. "We have a group that represents the very best of this: Welders Among Community, who are combining the arts, education, and environmental awareness to create a visible commitment to preserving Utica's beauty and natural resources for future generations. Their commitments to conservation and learning represent a promising future for the Mohawk Valley and should be a model to us all."

The students who took part in creating this tree are Christopher Rice, Jonathan Lalonde, Ryan Sheets, Alexander Woodward, Joshua Fuller and Shane Ramnarine.



**WELDING ARTISTS** - Students in the College's welding program created this sculpture from scrap iron. The students are Alexander Woodward, Jonathan Lalonde, instructor Mike Sorrentino, Jacquelyn Rice, Christopher Rice, Ryan Sheets, Shane Ramnarine and Joshua Fuller.

# Hawks ready to square off with the Ducks

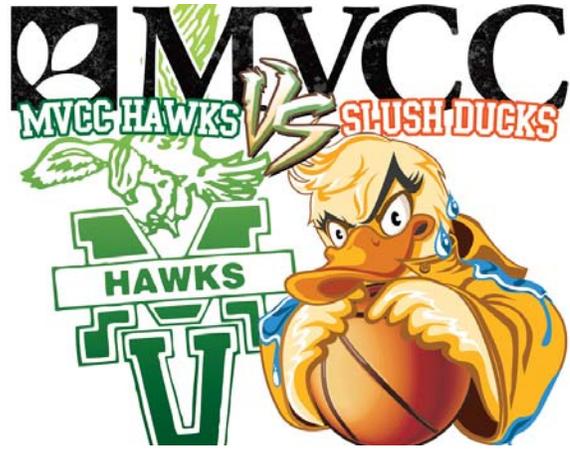
The Slush Ducks are invading the MVCC Gymnasium and only one force is powerful enough to repel these quackers – the MVCC women's basketball team. The "trash talk" has already begun and the Lady Hawks are ready to do battle against the decrepit Ducks.

Truth be told, the Slush Ducks are the faculty and staff basketball team and will be playing the women's team in a regulation scrimmage to help kick off the 2009-2010 basketball season while also helping to raise money for a worthy scholarship in honor of a late MVCC student. The battle will take place on Thursday, October 22, at 7 p.m. in the Gymnasium. Tickets are \$5 general admission and \$2 with a student ID.

"The entire college community is looking forward to this historic game, which will no doubt be remembered for the fun, prizes, raffles and laughs it will include. This event will not only be filled with a lot of fun, but will also help our MVCC students," said Deanna Ferro, Events Coordinator for Institutional Advancement.

All proceeds will go toward the Anthony Torchia Memorial Scholarship which provides financial assistance to deserving students in the Electrical Engineering curriculum. The scholarship is in memory of 19-year-old Anthony Torchia, who died in a car accident in 2000.

The question remains: Do the Slush Ducks have what it takes to compete with MVCC's national-caliber women's basketball team? The Lady Hawks will be swooping down on the Slush Ducks with the precision shooting of sophomores Desiree Fauvelle and Lauren "Gracie"



Plaginos while Liz Unger and Keonti Powell control the tempo inside the paint. The freshman class will also be seeking to clip the Ducks' wings behind the performances of Isayra Diaz, Carolina Conception, T'keyha Francis, Alexandra Dickens, Krystal Fluellen, Meghan Lewis, and Domonique Washington. The Lady Hawks are under the direction of first-year coach Jason Carpenter.

The Slush Ducks' lineup will feature President Randall VanWagoner along with faculty members Dayton Elseth, Gary Kulis, Russel Penner, and Dr. George Searles. Staff include Chrono Ho, Jeff Kimball, Jim Myers, Stephen Frisbee, Bill Dustin, Rich Pucine, John Wittenmyer, Rich Haubert, and Dawson McDermott. The coaching staff will be John Bullis, Executive Director of Organizational Development, and Professor David Katz.

While the Ducks have the height, the Lady Hawks have the youth, speed, agility, stamina, prowess, confidence, skill, and talent. So come out and support the Hawks and the Ducks while benefiting a worthy cause - Anthony Torchia Memorial Scholarship.

To make a donation or for more information, contact Deanna L. Ferro, at 731-5797 or [dferro@mvcc.edu](mailto:dferro@mvcc.edu).

## College offers new service for building professional resumes

The Office of Career, Transfer and Job Placement Services is now offering students at MVCC access to OptimalResume, the gold standard in online resume technology. Used by hundreds of universities across the country and across the globe, OptimalResume guides students in the resume process from content creation to online publication.

Students can draft their resume in just a few short minutes with this easy and comprehensive software, which includes instructions and examples customized for our programs. There is help for each resume section and even a career exploration component, all available on a 24/7 basis.

Once a resume has been composed and formatted, it is immediately generated in four formats: Rich Text, pdf, plain text, and HTML (an interactive resume website). Students can also style their private resume website and share the URL with employers.

Counselors often remark that the quality of the first draft is far better with OptimalResume.



Squire

Once a resume has been created and filled with content, they can pick from hundreds of thousands of different combinations of resume styles to find the right look. It's never been so easy to create an attractive and professional resume presentation. Students can find the link to OptimalResume on the Career, Transfer and Job Placement Services website, [www.mvcc.edu/students/transfer/career.cfm](http://www.mvcc.edu/students/transfer/career.cfm) or can click directly on the website, <https://mvcc.optimalresume.com>.

"We're pleased to offer this software to the MVCC students," said Jennifer Squire, Career and Job Placement Counselor at MVCC. "I'm confident it will give our students a leg up in the job search process, as well as streamline their career services processes."

Lastly, if you have any additional questions, please feel free to contact Jim Maio or Squire in the Career, Transfer and Job Placement Services Office, at 731-5710.

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## Pop quizzes and students who need testing accommodations

The US Office of Civil Rights has ruled that students with disabilities who require accommodations for tests must also receive those accommodations for pop quizzes.

No one has ever contested this, but the problem has always been: How? The best way to answer this question is with another: What are you trying to accomplish when you give your class pop quizzes?

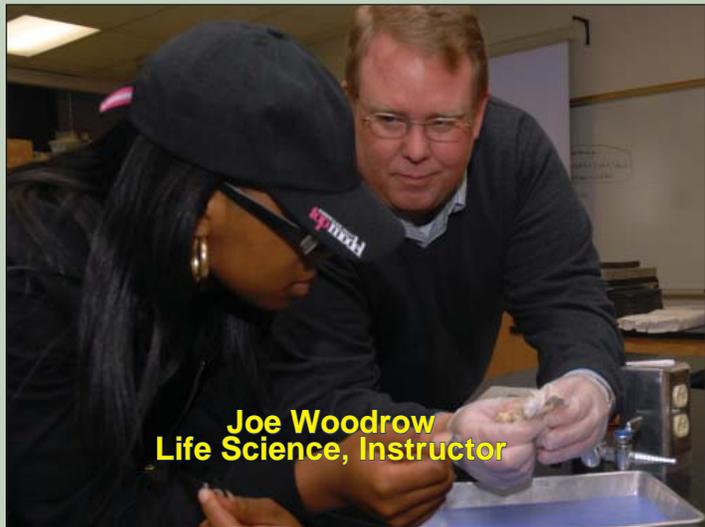
Two reasons commonly given in answer to this question:

1. To insure students are doing their reading
  2. To check for mastery of the information from a previous class
- Is there another way to accomplish these goals? Here are some possibilities:

- Post the questions on a Blackboard site and have students answer and submit them prior to class.
- Have the student keep and hand in a reading journal.
- Hand out questions at the end of class to be turned in at the next class.
- Send pop quiz questions to students by e-mail and have them turn in their answers before class (either e-mailed back to the instructor or printed and handed in).

But if none of the above will work for you, please contact the Disability Services office and we'll figure something out.

## MVCC Faces: Joe Woodrow



**Joe Woodrow**  
Life Science, Instructor

There is nothing more satisfying than turning a hobby into a career to be passionate about. That's what Joe Woodrow has accomplished since joining the MVCC faculty.

Woodrow's hobbies include gemology and lapidary, the art of cutting or engraving gemstones, which fits the career path he has chosen. As an instructor in the Life Sciences, he has been able to draw upon his science background to capture his students' interest and keep them intrigued. Since joining MVCC in January of 2008, he has been teaching general biology and human life science.

Woodrow earned a Bachelor of Science and Master of Science from SUNY's College of Environmental Science and Forestry majoring in Environmental and Forest Biology. He then went on to earn his Ph.D. from the University of Hawaii in Entomology, a branch of zoology that deals with the study of insects.

"I'm interested in providing effective instruction to a diverse community of students," said Woodrow. "As well as develop an innovative learning environment utilizing a variety of pedagogical techniques appropriate to the field of biology."

Other work he has been doing at the college includes being a liaison for the Learning Center and being part of the search committee for a health retention specialist.

Outside of work, he is a member of the Lions Club as well as past president of the Hawaiian Entomological Society and the Rock and Mineral Society of Hawaii.

A resident of Richfield Springs, his other hobbies are wood-working and gourmet cooking.



**PREVENTIVE MEASURES** – The College will be hosting a free, H1N1 flu vaccination clinic at the Rome campus on Thursday, October 22, from 11 a.m. to 1 p.m. Here, Dawn DeGironimo, RN, gets ready to administer the H1N1 vaccination to Samantha Delles, an MVCC student, at the County's first such clinic, which was held at MVCC last Wednesday. Some 111 people were vaccinated in two hours.

## MVCC EVENTS

### Monday, October 19

SNO: Pizza/Popcorn/Candy Sale, PC Atrium, 10 am  
SNO: Popcorn Sale, AB Lobby, 10 am  
International Club: Candy Sale, PH Lobby, 11 am  
Film Festival: Week Without Violence, PH Lobby, 12 pm  
Chess Club: Informal Games, ACC 114, 3:30 pm  
MVCC Board of Trustees Meeting, PH 300, 4 pm  
CCED: Tai Chi, ACC 116, 5:30 pm  
CCED: Ballroom Dancing, PH Lobby, 7 pm

### Tuesday, October 20

Phi Theta Kappa: Induction Ceremony, ACC 116, 4 pm  
MVCAA: Drinking Driver Program Class, PC A32, 6 pm  
Cultural Series Recital: Leslie Kubica, Flute, Theater, 7 pm  
Night Hawk Café, MV Commons, 7 pm  
Volleyball vs. Broome CC, Gym, 7 pm

### Wednesday, October 21

Police Academy, ACC 116, 8 am  
SNO: Pizza/Popcorn/Candy Sale, PC Atrium, 10 am  
SNO: Popcorn Sale, AB Lobby, 10 am  
International Club: Candy Sale, AB Lobby, 11 am  
Brown Bag Lunch Series: "Fear Not: Test Anxiety Help!,"  
IT 131, 12 pm  
Cultural Series Lecture: "International Trade" w/John Tracy of the  
U.S. Department of Commerce, IT 225, 2 pm

Student Congress, IT 218, 3 pm  
Men's Soccer vs. Fulton-Montgomery CC, Soccer Field, 4 pm  
Women's Soccer vs. Fulton-Montgomery CC, Soccer Field, 4 pm  
Cultural Series Concert: Ceann, Irish Rock Band, Theater, 7 pm  
MVCC Concert Band Practice, ACC 116, 7 pm  
Night Hawk Café- MV Commons, 7 pm

### Thursday, October 22

College Works: Job Fair, ACC 116, 8 am  
U.S. Army Representative, AB Lobby, 10 am  
Cultural Series Movie/Lecture: "Frankenstein: Film, Fact & Fiction"  
w/Deborah Bogan, PC Auditorium, 6 pm  
Strategic Gaming Club, ACC 212, 6 pm  
CCED: Ballroom Dancing, PH Lobby, 7 pm  
Basketball Event: "Women's Varsity Team vs. Faculty/Staff Team"  
- aka "Hawks" vs. "Slush Ducks", Gym, 7 pm

### Friday, October 23

CCED/Seminar: Advanced Solar Thermal System, IT 225, 8 am  
CCED: Ballroom Dancing, PH Lobby, 7 pm  
Cultural Series Concert: Blue Sky Mission Club,  
Soul/Zydeco, Theater, 8 pm

### Saturday, October 24

O.C. Inter-generational Fall Cleanup Weekend,  
several MVCC Student Clubs participating.  
Go Motorcycling: Weekend Motorcycling Class, RA 207, 8 am  
Dept. of Traffic Safety: Defensive Driving Course, PC 205, 9 am  
MVCC hosts the Mountain Valley Cross Country Conference,  
Proctor Park, 10 am  
Volleyball vs. Adirondack CC, Gym, 1 pm

### Sunday, October 25

O.C. Inter-generational Fall Cleanup Weekend,  
several MVCC Student Clubs participating.

The Oct. 22 clinic will be in Room A32 of the Plumley Complex. Only MVCC students, faculty and staff between the ages of 18 and 24 are eligible. Students must bring College ID. The vaccine will be administered on a first-come, first-served basis. For general information, visit the health department's page at [www.ocgov.net/health/h1n1information](http://www.ocgov.net/health/h1n1information) or MVCC's influenza page at [www.mvcc.edu/h1n1](http://www.mvcc.edu/h1n1).

# Midnight Madness comes to MVCC

Madness spread across the Utica Campus and converged on the Gymnasium on Tuesday evening as balls were flying, people were cheering and the Hawks officially kicked off the 2009-2010 basketball season. It was Midnight Madness with over 300 fans on hand to cheer as the men's and women's basketball teams were introduced during a 90-minute festival of fun.

"The support and turnout from the fans and campus was much greater than expected with this being the first time we've put on Midnight Madness," said men's basketball coach Matt St. Croix. "It was a great way to start the season and a positive way to get the many different areas of campus together to enjoy themselves."

The event kicked off with warm-up drills as fans packed the stands leaving standing room only. These drills included superb shooting from downtown and lots of high-flying slam dunks. Following the introduction of players from both the men's and women's teams, the women put on a 10-minute scrimmage with freshmen squaring off against the sophomores. Later in the evening, the men divided up for a 10-minute scrimmage with professor David Katz and Dan Ianno standing in as the coaches for each of the squads.

"This was a lot of fun. The enthusiasm of the players and fans was outstanding and I was very happy to have had the opportunity to be part of this," said Katz. This event ran in conjunction with Alcohol Awareness week.

There was also lot of fan participation that included the uniform



race, contestants had to put on different parts of a uniform while racing down the court to make a basket, and the dizzy bat race. Prizes of free pizzas were handed out along with t-shirts, key rings, and other items tossed into the stands for the fans. Everyone in attendance received a Hawks basketball shirt.

The highlight of the evening was the three-point shooting and slam dunk contests. The three-point shooting contest pitted the men's best shooters against the women, with the Lady Hawks coming out on top four-for-four. The men's team put on a spectacular display of agility which included Proctor High graduate Deandre Preaster jumping over a 6-foot man to slam the ball home.



## Welch driving force for women's soccer team

Jackie Welch was the driving force behind the Mohawk Valley Community College's women's soccer team this past week as she scored three goals to lead the Hawks to a 7-0 victory over Region III rival Hudson Valley CC. Welch's scoring brings her season total up to eight goals.

Also pacing the 11-2 Hawks was Nicole DiNitto with one goal and two assists. DiNitto now had 10 goals and five assists for 25 points. Samantha Spohler, Alyssa Upson and Andrea Zabek had one goal each as MVCC led 4-0 at halftime. Spohler is MVCC's top scorer with 13 goals and nine assists for 35 points.

Goalie Caitlyn Smith made five saves.

**Women's Volleyball:** The Hawks had a busy week with three matches as Chansamone Khiamdavanh paced the team at the next. MVCC lost two very close matches to Onondaga CC and Monroe CC while pulling out a 3-1 victory over Hudson Valley CC with scores of 27-25, 24-26, 25-21 and 27-25.

Khiamdavanh had four kills and six digs against Onondaga while scoring five kills and 12 digs against Monroe. In the HVCC match,

she was responsible for nine kills, three aces and 13 digs. Also in that match, Kaitlin DeLett tallied 10 kills, two aces, seven digs and seven blocks while Kayla May was credited with nine kills and six digs.

In the Onondaga match, DeLett tallied three aces with four blocks as Erin Cook made eight kills, five kills and delivered three aces. Against Monroe, DeLett tallied 12 kills, seven digs and 14 blocks as the match was decided in five games. Krizstina Welch collected 16 blocks along with five kills. MVCC's record is now 6-15.

**Men's Soccer:** The Hawks split the action last week as Brandon Butts led MVCC to a 4-1 victory over Adirondack CC with two goals.

Also scoring in this game was Matt Owusu and Alex Brombacher. Owusu, Eric Gofgosky, Steve Wilday, and Joe Kogut each made one assist. Goalie Shane Sullivan had to make just one save.

In the Hawks' second game of the week, they fell in overtime to Hudson Valley CC, 2-1. Owusu scored MVCC's goal while Sullivan faced only three shots on goal. The Hawks are now 8-3 in Region III and 8-5 overall.

