

# Capraro, Shaw recipients of Hawk awards

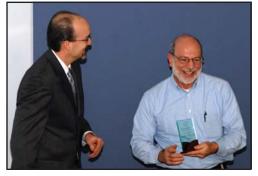
It was a moment of celebration at this month's College Senate meeting when President Randall VanWagoner presented the Heart of the Hawk and the Pride of the Hawk awards for the spring semester.

"These individuals have been working in the spirit of the College to help our students success and to excel. They have demonstrated their desire and ability to go above and beyond what is expected of them," said Dr. VanWagoner.

The Heart of the Hawk award honors a full-time teaching faculty member who positively impacts his students both inside and outside the classroom environment as well as helping their co-workers. The recipient of the Heart of the Hawk was Tom Capraro, who has consistently promoted learning, accessibility, collaboration, excellence, diversity, affordability, and integrity.

Capraro was one of the first individuals at the college to put a non-lab science program online while also having co-authored a lab manual which has been used at MVCC for many years. His co-workers have commented that he goes out of his way to work with adjuncts and shares information on teaching strategies which will best service the student population.

As a former College Senate represen-





**HAWK AWARDS -** MVCC President Randall VanWagoner presented the Heart of the Hawk award Tom Capraro, a life science professor, who has consistently promoted learning, accessibility and collaboration, in promoting the success of students. The Pride of the Hawk award was presented to Brandon Shaw, an Upward Bound Tutor/Mentor who works daily with Proctor High School students.

tative, Capraro was always the first to raise his hand when a task needs to be completed. Capraro is a professor of life sciences who has demonstrated these qualities for nearly 35 years at MVCC.

The Pride of the Hawk award is presented to full-time non-teaching employees who consistently demonstrate the highest level of commitment to professionalism at MVCC through their exceptional accomplishments, productivity, community and inclusivity. The recipient of the Pride of the Hawk award went to Brandon Shaw.

Shaw is an Upward Bound Tutor/Mentor who works daily with Proctor High

School students in the program while also sharing the responsibilities of coordinating Upward Bound events.

"Brandon is very giving of his time and much of the success of the Upward Bound program is due to his dedication to the students he services," says Todd Kubica, Upward Bound Project Director.

Shaw has been a positive influence in the lives of the students he works with through his contagious energy and enthusiasm. What has distinguished his ability as an influential tutor is his ability to listen and to make each student feel as if there is no more important person on earth.

## MVCC offers study abroad opportunities in Europe

For students interested in enriching their education through international study, Mohawk Valley Community College is now offering two opportunities this spring and summer: a guided tour of the culture of Spain and a guided tour through the arts heritage of England, Ireland, and Wales.

Both trips are available to currently enrolled MVCC students. Students are responsible for paying their regular MVCC tuition plus fees charged by the partner company, EF Educational Tours (www.eftours.com). EF fees, which vary by trip, cover the cost of the program plus food, lodging, travel, sightseeing tours,

and the services of an EF tour director. Students should sign up as soon as possible to avoid late fees and have the best chance of securing a place on the trip of their choice. Students participate in related courses at MVCC, for credit, this spring semester. These courses have already begun, so students who wish to enroll should begin the process as soon as possible.

In "Spain, Land of Many Cultures," (EF Tour #691224) students will have 10 or 13 days to explore cultures that have shaped the face of Spain including the Roman, Visigoth, Islamic, and Christian traditions. The tour will explore the

interactions of these and other cultures and look at how they influence daily life in modern Spain. The tour is led by Carolyn West Pace, Ph.D. and Roman Santos. It begins June 4 and features 10 days of travel through Madrid, Toledo, Granada, Seville, and Cordoba, followed by an optional three-day extension trip to Barcelona.

The related, three-credit course, "SA 300 Spain," (CRN 25189, Section 901) is co-taught by Pace and Santos and focuses on art, culture, and the

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## Gattman sets MVCC indoor track record

When it comes to throwing and hurling objects, Chris Gattman (Fort Plain/Fort Plain CS) is no stranger to making them go a very long way.



Gattman

This freshman at Mohawk Valley Community College recently broke the school record in the 35-pound weight throw for the Hawks' indoor track team. With a distance of 47 feet, 5 ¼ inches, Gattman surpassed MVCC's previous mark by over two feet and is only a foot away from qualifying for the NJCAA National Indoor Track Championships which will be held at Eastern Illinois University the weekend of March 5-6.

"He is a real student of the sport," said Gary Parker, MVCC's indoor and outdoor track team coach. "Chris has really taken to our coaching and is an extremely hard

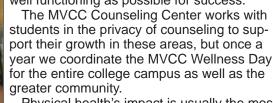
has really taken to our coaching and is an extremely hard worker who is very motivated when it comes to excelling in this sport."

# Wellness Day helps students cope with college life

By Maimun N. Khan MVCC Counselor

The various components of wellness affect all of us on campus, employees working and students learning here. Physical, emotional, social, environmental, occupational, recreational,

intellectual, and spiritual health needs to be as well functioning as possible for success.



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Physical health's impact is usually the most easily realized effect on success. As dramatically as needing emergency surgery, physical

well being can stop, slow down, support or enhance our abilities. It's important to remember that some effects can be more subtle. For some, a sore throat can be debilitating enough to make concentrating an overwhelming challenge.

Lack of sleep and poor nutrition, two very frequent college student issues, can have very subtle, but significant consequences on learning. Poor time management typically result in rushing about and add stressors like higher blood pressures, headaches, and the feeling of always being late or rushing to catch up.

When the body is not working at peak efficiency, outcomes produced are that much lacking. And weakened physical health also rolls into emotional health. It's hard to be cheerful and upbeat while battling the flu.

But, emotional health reaches beyond the stress of physical health. Stress management helps maintain a healthy balance of worrying as an incentive and as an overwhelming challenge. Depression, adjustment, learning control and responsibility, rest and recreation, loneliness, homesickness, roommate or significant other problems, all factor into how a student feels at college and we feel at work.

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This Fort Plain native's academic interest reflects his love of athletics as he pursues an Associate in Applied Science degree in Recreation and Leisure Services. This past weekend at the Colgate University Invitational, Gattman placed third in the weight throw and sixth in the shot put against four-year college athletes, which included SUNY Binghamton, SUNY Cortland, and Rochester.

In the shot put, his best indoor throw has been 42 feet, 7 inches which places him second best in the NJCAA's Region III and he is ranked first in the weight throw. The Region III Indoor Championships will be held February 19, at Rochester Institute of Technology.

This winter's success is bound to carry over to the outdoor season where he will be a three-event athlete in the discus, shot put and hammer throw.

"He certainly has a very good chance of placing at the outdoor nationals in all three events," said Parker. "His strongest event is the discus and he will be hard to beat this spring."

### MVCC EVENTS

#### Monday, February 8

10:00 am - Career Placement: U.S. Census Bureau, AB Lobby

11:00 am - Chemical Dependency Club, ACC 212

3:00 pm - Chess Club: Informal Games, ACC 114

4:00 pm - MVCC Board of Trustees Meeting, PH 300

4:30 pm - Drama Club Rehearsal, Theater

5:30 pm - CCED: T'ai Chi, ACC 116

6:00 pm - MVCAA: Drinking & Driving Program Class, RA 306

7:00 pm - CCED: Ballroom Dancing, ACC 116

#### Tuesday, February 9

8:30 am - NY Weatherization Directors Assoc. Training, IT 225

4:30 pm - Drama Club Rehearsal, Theater

6:00 pm - Movie/Lecture: "Pay It Forward" w/Matt Miller, PC Aud.

7:00 pm - CCED: Ballroom Dancing, PH Lobby

7:00 - Night Hawk Café, MV Commons

#### Wednesday, February 10

8:00 am - Police Academy, IT 225

Noon - Program Board: Andrew Kennedy, Comedian, Commons

1:00 pm - Student Congress, ACC 116

1:00 pm - Health Center: MMR/Meningitis Clinic, ACC 104

4:30 pm - Drama Club Rehearsal, Theater

7:00 - MVCC Concert Band Practice, ACC 116

7:00 - Night Hawk Café, MV Commons

#### Thursday, February 11

8:30 am - United Way, IT 225

9:00 am - W.I.C., ACC 116

2:00 - Student Congress, ACC 212

4:30 pm - Drama Club Rehearsal, Theater

5:00 pm - Women's Basketball vs. Schenectady CCC, Gym

6:00 pm - CS Movie: "Chocolat" w/chocolate fountain, ACC 116

7:00 - CCED: Ballroom Dancing, PH Lobby

7:00 pm - Men's Basketball vs. Schenectady CCC, Gym

#### Friday, February 12

4:30 pm - Drama Club Rehearsal, Theater

5:00 - CCED: Ballroom Dancing, PH Lobby

6:00 pm – CS Movie: "Chocolat" w/chocolate fountain, PC Aud.

#### Saturday, February 13

9:00 am - CCED: Class, ACC 116

4:00 pm - Men's Basketball vs. Clinton CC, Gym

4:30 pm - Drama Club Rehearsal, Theater

#### Sunday, February 14

4:30 pm - Drama Club Rehearsal, Theater



# **Upcoming Team MVCC Fundraising Events**

America's Greatest Heart Run & Walk Saturday, March 6, @ 10:30 am

Tuesday, February 9

Team MVCC & Student Congress
Selling Hearts, Registering Participants
FREE Tomato pie to those who donate

American Heart Association

Learn and Live

Tuesday, February 16
MVCC Men's Basketball Game - MVCC vs. HCCC
Team MVCC will be selling Hot Dogs, Pizza, Popcorn, and soda during the game to raise money for the Heart Association.

Tuesday, February 23
Heart Run & Walk Registration at the MVCC Rome Campus.
Plumley Complex - Atrium, 11:00 am - 2:00pm
Team MVCC will register participants, selling hearts and pins to raise money for the Heart American Association.

Wednesday, February 24 Heart Run & Walk - Community Registration Location at MVCC Utica Campus, IT Building – 1st Floor Lobby, Noon - 8:00 pm

Saturday, March 6 America's Greatest Heart Run & Walk Saturday, March 6, 10:30 am Utica College

## MVCC Faces: Carolyn Spohn



Sometimes, the hardest part about a new job is getting a grasp on the workload. For Carolyn G. Spohn this wasn't the case as she hit the ground running in her position as Coordinator of Community Education in the college's Center for Corporate and Community Education. Spohn's responsibilities include creating new and maintaining current noncredit classes offered to the community through CCED.

Spohn comes to MVCC with extensive managerial experience having been the office manager for the Sustainability Forestry Initiative in Pennsylvania for two years. Prior to working as the Academic Programs Coordinator in the Department of Earth and Atmospheric Sciences at Cornell University, she was the Undergraduate Programs Assistant for the Department of Geosciences at Penn State University for four years.

"My initiative is to create new relationships in our community while offering fresh, exciting and high quality classes that will improve people's personal and professional lives," says Spohn.

A resident of Clinton, Spohn joined the MVCC team in November and quickly picked up several projects. She has been working on issues ranging from professional development programs such as real estate pre-licensing and phlebotomy, to leisure learning programs such as cooking classes and ballroom dancing. Currently, she is working on developing new classes in belly dancing, pastry arts, and ghost stories of Oneida County.

Spohn earned a Bachelor of Arts from Binghamton University in 2001 in the field of Environmental Studies and Ecosystems.

She is a native of Ilion, where her sister Jessica has two children, Kyan (4) and Mia (9 months). "I love spending time with them," added Spohn, who also has three cats, Josie, Monkey, and Mon Cheri. "I also love to cook and try new food and wines. Mostly, I enjoy spending time at home with friends and family."

# Hoffman qualifies for national championships

On the heels of winning the 5,000-meter race at the St. Lawrence University Indoor Track and Field Invitational, Hannah Hoffman, a Rome native, has been named Mohawk Valley

Community College's Athlete of the Week.



Hoffman

Hoffman, a Liberal Arts major in her sophomore year, ran a personal record time of 19 minutes, 10.37 seconds. This past weekend at Colgate University Invitational, Hoffman won the 3,000-meter race in 10:59.37

These two victories qualified her for the NJCAA Indoor National Championships to

be held at Eastern Illinois University on March 5, in both events. **Indoor Track and Field:** Also doing well for MVCC at the St. Lawrence Invitational was Shamar Johnson with a fourth place finish in the 55-meter run in 6.66 seconds.

At Colgate, Thierry Diessongo placed fourth in the 60-meter run in 7.17 seconds while Ryan Amodeo placed fourth in the long jump with a distance of 20 feet, 6 inches. In the 35-pound weight throw, Chris Gattman set a school record with a distance of 47-5 ¼ to take third place.

The women's distance medley relay team also qualified for the national championships by running a time of 13:39.95.

**Men's Basketball:** With just weeks remaining in the season, the Hawks are soaring after winning three of four games this week.

The week's action opened with MVCC knocking off Columbia Greene CC, 85-42, behind the 17 points from sophomore guard Jerome Davis and 16 points from freshman guard Jon Doug-

las. Sophomore guard Eric Simpson and freshman forward Utica native Deandre Preaster tallied 14 points each to go with Preaster's 15 rebounds.

Davis also had 17 points along with 12 points by sophomore guard Bradley Griffin in a 69-60 fall to Herkimer

CCC. On a swing through the Adirondacks, MVCC flew past Clinton CC, 89-70, as Preaster scored 25 points followed by Griffin with 20. The trip wrapped up with MVCC defeating North Country CC, 89-70, as Griffin tallied 18 points and Davis finished with 21 points.

MVCC's record is now 17-5 overall, 14-4 in Region III competition and 7-3 in the Mountain Valley Conference. The Hawks are averaging 77.6 points per game.

Women's Basketball: The women's basketball team continues on pace for a return trip to the nationals crushing four opponents last week. The opening salvo was against Adirondack CC as the Hawks flew off with an 89-41 victory behind the 27 point performance by freshman guard Isayra Diaz and the powerful rebounding of freshman guard T'keyah Francis with 11 boards.

As MVCC toppled Fulton-Montgomery CC 106-38, freshman guard Domonique Washington poured in 20 points to go with her nine rebounds, seven assists, eight steal and one blocked shot. Sophomore forward Keonti Powell was the top gun with 24 points as nine of MVCC's 11 players scored in double figures.

During a swing through the Adirondacks, MVCC defeated Clinton CC, 73-33, and North Country CC, 89-32. In the first game, Diaz scored 19 points while in the second contest the Hawks were led by Washington and Powell with 14 points each.

The Hawks are now 17-1 overall, 14-1 in Region III competition and 8-0 in the Mountain Valley Conference.

### Wellness

Just as students learn college level skills in education, the college years also are the incubators for students to learn what effects their emotional health and how they can each maintain their emotional health for themselves.

But this is a life-long need and employees balance the different demands that come with our places in life. Any given situation can be overwhelming for one person and not even register as a situation for another.

Each person's need in maintaining wellness is unique to themselves and their current situation. Social, environmental, occupational and recreational health needs change throughout the lifetime. While students struggle to explore and learn what habits will foster their health, we often struggle with maintaining those habit we know help us. Demands of friends and family, work and leisure, and the effect of the lack of bright sunshine in Central New York all require constant maintenance.

Knowing what that maintenance needs to be is a learning and adjusting process. What works at age 20 will be different at

age 40. Intellectual and spiritual health are personal and introspective growths. They can be affected by others, whether in a classroom or a house of worship, but the changes are innate and individual.

At a college, students are expected to learn and grow. In Life, we all must learn and grow. Wellness Day 2010, Wednesday, March 3, 10:00 a.m. - 2:00 p.m. in the MV Commons, offers reminders and opportunities for everyone.

Come get a massage. Learn where you can volunteer. Get some medical information. Pick up some money saving tips. Win a door prize.

But it's not only an opportunity to receive. I invite you to help others by sharing your interests, knowledge and hobbies. Last year, knitting, crochet, printmaking and origami were demonstrated during the event. This year, painting will be joining the presentations.

There are 3 ways you can help:

- 1) Volunteer to demonstrate something;
- 2) Connect me with a person or group that will add to the event and/or;
- 3) Let me know what you'd like to see offered and I will do my best to include it.

## **Europe**

Spanish language. For more information or to enroll, contact Pace at cpace@mvcc. edu or Santos at rsantos@mvcc.edu.

For students interested in England, Ireland, and Wales, the 9-day trip of that name (EF Tour #372453) will explore museums and historical landmarks in London, North Wales, Dublin, and County Kerry, with an emphasis on the region's artistic heritage and how it informs the artists of today. The tour is led by Jedediah Kimball. It begins May 25.

Kimball and Paul Cruskie are teaching the related, three-credit course, "SA 300 England, Ireland, and Wales" (CRN 25191). Students read related literature and create works of art connected to English, Irish, and Welsh themes. Students will meet with instructors before and after the trip and have studio time and critiques of their artworks. For more information or to enroll, e-mail jkimball2@ mycc.edu.

For more information on study abroad opportunities at MVCC, students should contact their advisors or Sandy Engel, director of international education, at sengel@mvcc.edu.