



Men of Color forum addresses issues within the community

In an effort to help find solutions to civic issues which affect both African American and Latino men, MVCC will host the "Renew and Rebuild" retreat on Thursday, September 22, where the hurdles and pitfalls faced by these ethnic groups will be discussed. This is a free public event which is open to all in the Utica Campus' Alumni College Center from 5-7:30 p.m.

During the retreat, a panel of expert speakers will present on trends and conditions that have negative impacts on men of color; then lead an open discussion about how education and other resources can be used to create positive change for minority men who are disproportionately affected by poverty, crime, unemployment, and other problems.

"We will facilitate a revelation and share in the epiphany that through hard work, determination and the right supports, we can have a much better life with much more to offer to our communities," says Patrick Johnson, campus-community civility liaison and co-organizer of the retreat for MVCC. "We need to prepare and opportunities need to present themselves to us. This retreat will motivate participants to prepare and connect."

"Colleges like MVCC have a duty to recognize that many doors remain more closed than open to many of our community members," said Stephanie Reynolds, Vice President of Student Affairs at MVCC. "This retreat will address the problem that we live with, that some of our community members have not had the same opportunities that some take for granted. We invite everyone to attend and learn more."

Some of the College and community members taking part include Morris Pearson, MVCC's Director of Civic Responsibility and co-organizer; Leonard Martin of the Rome Branch of the NAACP; MVCC Trustee Anthony Colon; and MVCC student DeVante Marshall; along with local clergy, community activists, MVCC employees, and other people whose work supports men of color. Topics for discussion will include employment trends, incarceration and recidivism, and institutional and systematic racism.

October Institute to inspire personal development

With the turning of the leaves on the trees, it can mean only one thing. October Institute is on the horizon and promises to be loaded with interesting and exciting programs for both staff and faculty.

"We are trying to take the approach that these institutes are not just for professional development and growth, but also for personal development," said David R. Katz III, Professor of Political Science and History, and Coordinator of Faculty and Staff Enrichment.

This year's October Institute will be held Monday, October 3, beginning with a light breakfast at 8:45 a.m. and sessions commencing at 9:30 a.m. According to Katz, this is a departure from previous practice as the institute was held on the Monday of Columbus Day weekend. "The shift is in direct response to problems with the Columbus Day time frame," added Katz. "Our hopes were that student services and administrative services employees could fully take advantage during their less busy time, and that faculty would at least be on campus and able to partake in workshops that did not conflict with class time."

- Columbus Day is a huge day for high school students to visit colleges, thus much of student services is geared up to receive these groups and unavailable.
- Many MVCC employees with families that include school aged children use vacation time for holiday family activities or child care necessity.
- Many MVCC faculty reported they used the day as a "work from home day" given their kids are off, or as a holiday weekend.

The schedule for this year's October Institute is:

8:45-9:30 a.m.: Morning Refreshments - Coffee, muffins & healthy options, IT 2nd Floor Lobby

9:15 a.m.-12:15 p.m.: {Half Day Workshop} Denise Spagnola / Motivational Interviewing: An Overview, IT 225 Denise holds an AAS in Chemical Dependency Counseling from MVCC, a BSW from Syracuse University, and an MSW from SUNY Albany. Limit 35

9:30–10:45 a.m.: Jerri George / Yoga Class. Classroom TBA. Make an appointment. Discover higher awareness of your inner most self. Join the yoga class; an hour of mediation, stretching, graceful flow of movement and energy, and relaxation. No prior experience is necessary. Wear comfortable clothing, no shoes required.Limit 25

9:30–10:45 a.m.: Jennifer Rotundo, Kendrick Morrison, Chrono Ho / Likes, and Tweets, and Fans, Oh My!: Using Social Media to Better Engage Students. ACC 218. MVCC is finally on Facebook! It has proven to be a useful tool in finding out what students want and expect from their college, as well as a great way to get important messages to a wider audience.

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Honoring Employees for Years of Service

When Margaret "Maggie" Reilly came to MVCC after 17 years with the New York State Department of Transportation, she brought brought a wealth of knowledge which has enabled the STEM Center to raise the standards of education. Maggie was honored recently for 10 years of dedicated service to MVCC and its students. Maggie is an Assistant Professor and Assistant Dean for the STEM Center and is seen here with Don Willner, Dean of the STEM Center, and MVCC President Randall J. VanWagoner, Ph.D.



Pam Fess, MSN/RN/CCRN newly appointed Associate Dean of Nursing and Allied Health

When it comes to leadership, Pam Fess' philosophy is to lead by example, which she has implemented in her new role as Associate Dean of Nursing and Allied Health in the Center for Life and Health Sciences.

"My philosophy is Service Leadership. In order to lead, one must first serve. Because I have served in several different roles which have led to my current position, I understand where people within the medical field and college are coming from," said Pam Fess, MSN/RN/CCRN.

Fess was officially approved as the new Associate Dean of Nursing and Allied Health by the Board of Trustees on August 15. She replaces Nancy Caputo, who retired in May.

"As we grow older, we gain new goals. My new goal in academe was to take my knowledge and impart that onto the students as a legacy for the next generation of students. Now in an administrative role, I have to switch from the teaching role to the leadership role in order for the faculty and staff to continue to impart that knowledge to the students," added Fess.

Fess brings a commitment inspired by her predecessor, and seeks to broaden the horizons of what MVCC offers in the medical field. One innovation would be to offer sequential courses in order to keep students on track for graduation. Fess is also beginning preparations for the 2015 visit by the National League for Nursing Accrediting Commission (NLNAC), in which she is fully expecting will lead to full accreditation for another eight years.

"The standards are there set by the accreditation board and we are going to maintain and exceed those standards," said Fess, with a tone of pride.

A strength which Fess exhibits is her approachability. While acting in a leadership role, she is very interested in hearing what is occurring within the trenches of the classrooms, labs and clinics. It can be claimed that her motto is "clear communication is the foundation of all health care as well as a sound education."

"One of the measures I have started is to have agenda meetings with faculty and staff face-to-face on a monthly basis to go over their goals and how they want to grow and make



HITTING THE GROUND RUNNING - Pam Fess, MSN/RN/CCRN, was named the Associate Dean of Nursing and Allied Health on August 15, by the Board of Trustees. Her vision will carry MVCC's programs into the future with grace and style.

the program work," said Fess. "People have to feel what they say is valued. We also have to agree to disagree at times, but everyone has to be onboard of what is going on."

Fess brings extensive knowledge to the Associate Dean's position, having worked as a critical care nurse and clinical nurse specialist for more than 20 years. This experience, along with her years in the classroom and lab, will enable her to maintain MVCC's high standards in nursing and allied health. Also, her network connections and reputation within the medical community have enabled her to better serve students.

"We are going to maintain our partnerships and look to grow others in Syracuse and Cooperstown," added Fess. These relations are especially true with the MVCC's Respiratory Care Program, which is unique to Central New York. "This is a very humbling position. And I am grateful and thankful to be here."

Pizza Hut Express quickly takes hold

There is a new service offered in the MVCC Commons cafeteria which has been extremely well received by students and employees: Sodexo Food Service unveiled its new Pizza Hut Express this fall and the venue has exceeded all expectations.

"It has far exceeded our projections and it has been very well liked by students," said Jim Suriano, General Manager of Sodexo Food Services. "It is a true Pizza Hut Express which is run by us. There is no difference between what is being served here on the Utica campus and what is being offered at the Pizza Hut on North Genesee Street. From what we have seen, Pizza Hut was the right choice for MVCC."

When Sodexo discussed with Pizza Hut officials on the number of pizzas previously sold on the Utica Campus, it was estimated the MVCC location would handle around 200 personal pan pizzas per day. This was an increase over what originally was sold based on brand familiarity. The actual number of pizzas in the first week of classes far outpaced those expectations - exceeding 320 pizzas per day. To meet this incredible demand, Sodexo purchased more pans and the number of pizzas peaked at 450 per day.

"Now that the newness of the Pizza Hut Express has worn off and students have settled into their routines, our numbers remain between 350-400 pizzas per day," said Suriano.

The reception and numbers have even surprised Pizza Hut officials. Currently being offered are plain, pepperoni and supreme personal pan pizzas along with breadsticks.

Hosting Pizza Hut Express is a unique service for MVCC as the next closest college offering this service is Sage College in Troy. Since Sage College opened its Pizza Hut Express in January 2010, Suriano has been in contact to learn what issues would arise.

Sodexo still offers the service of the grill and the deli counter which features fresh made sandwiches and wraps. The Commons cafeteria is now open Monday through Thursday until 6 p.m. and on Friday until 3 p.m.



PIZZA TO GO - Sodexo Food Service opened its Pizza Hut Express this fall to rave reviews. Students and College employees have embraced its services which have lead to record sales.

"The fact that it is almost double the expected numbers is incredible," said Suriano. "Once the staff is fully adapted, we will be able to offer specialty pizzas with mixed toppings on a weekly or monthly basis in the future."

The Sodexo staff spent a week this past summer in Texas being trained on Pizza Hut standards. During the training, Suriano and his staff made other contacts from Southern Illinois University who were instrumental in providing insight. This insight afforded consistency to better serve students.

Possible plans for the future of Pizza Hut Express is to add lines of pasta dishes, wings or dessert breadsticks. Also, due to the increase of pizza boxes being thrown out, Sodexo is working with the Facilities Department on how to be more sustainable by recycling those 350-400 boxes per day.

Nursing students help keep the community healthy

Nursing students from MVCC took part in a "Community Public Safety and Health Expo" on Saturday, September 17 at North Star Orchards in Westmoreland. This event was co-sponsored by Central Oneida County Volunteer Ambulance Corps.

Participants in this event included Bassett Mobile Mammography, the Stoke and Cancer Programs from Faxton-St. Luke's Healthcare, Mohawk Valley Perinatal Network, and Office of the Aging. Also participating were The American Red Cross as well as various physical therapists, massage therapists, and fire departments.

Nurse practitioner students from SUNY

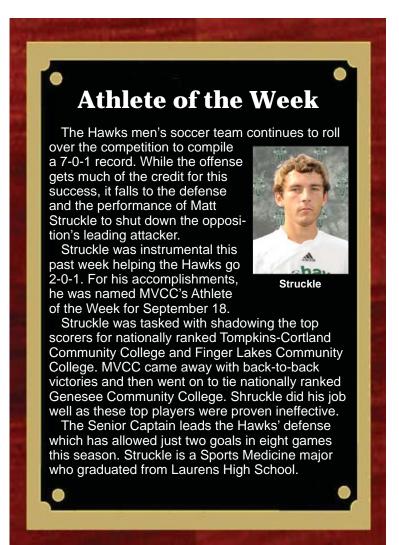
IT partnered with nursing students from MVCC to offer blood pressure screening as well as primary prevention teaching. According to Pamela Fess, Associate Dean of Nursing and Allied Health, this was "without a doubt a golden opportunity for showcasing nursing leadership and community support."

Did you know?

CCED Can now accept payment for health and



Submit information for Communitas to Rich Haubert at rhaubert@mvcc.edu



Raffle benefits strides against breast cancer

There will be a basket raffle drawing on Saturday, Oct. 15, at the annual NYSUT Leadership Conference in Alexandria Bay. Tickets are \$5 or \$20 for six. To purchase tickets, contact Carla Zupancic, czupancic@mvcc.edu, 792-5590; or Jedediah Kimball, jkimball2@mvcc.edu, 792-5662.

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Learn about how social media like Facebook, YouTube and Twitter can help your department engage with students who might not check their e-mail regularly. Limit 32.

11:00 a.m.–12:15 p.m.: Norma Chrisman & Ben Duerr / Preview of Blackboard 9.1 the Next Generation of the LMS. IT 136. Stop by and get a preview of what the newest version of Blackboard will look like. Version 9.1 of Blackboard will be available to preview. Limit 18

11:00 a.m.-12:15 p.m.: Christa Albrecht / Sustainable Wellness: What to Do, How to Do It, and How to Keep Doing It When You Lose Motivation! ACC 218. Join Christa Albrecht, Wellness and Fitness Specialist with the Cornell University Wellness Program, for an engaging and informative session that outlines the dimensions of personal wellness, practical suggestions for fitting it all in, and an honest conversation on the true nature of motivation. Limit 32

12:15–1:00 p.m.: Floor Lobby Casual Lunch / Pizza, Wings, Veggies & Dip, Cookies, Beverages and music. IT 2nd Floor 1:00–2:15 p.m.: Mara L. Vanderzell, Ph.D. Director of Consultation and Behavioral Services, The Kelberman



MVCC students learn real-world applications

MVCC students from the Administrative Assistant program toured PAR Technology Corporation on Seneca Turnpike in New Hartford on Wednesday, September 14.

Lisa Piazza-Dillon, Human Resources Generalist, spoke to the students, covering her job description of hiring, employee relations, working with managers, company picnics, and employee relations. She told the students how they should be flexible and multi-task along with some of the software they will need to know - Word, Excel, and PowerPoint.

She pointed out that professional dress is a necessity and gave tips about avoiding spelling or punctuation errors on resumes.

ParTech, Inc. (PAR) is an industry leader in technology solutions for the hospitality and retail industries. The company has installed POS systems at more than 50,000 restaurants in 110 countries, and also sells its products to major retailers, cinemas, cruise lines, stadiums and food service companies. PAR has 1,600 employees spanning six continents.

Center, Inc. / Supporting Individuals with Autism Spectrum Disorders in Educational Settings. IT 225. This training will provide participants with the opportunity to learn about the characteristics of Autism Spectrum Disorders, the implications of the diagnosis for learning and strategies to help individuals with ASD be successful in the college setting. Limit 35

1:00–2:15 p.m.: Deb Bogan /Civility Project Workshop
This session is designed to be a training session for those
interested in becoming a facilitator for one of the college-wide
workshops that will be conducted during the month of October.
This workshop, and those to follow, will encourage participants
to explore their ideas about civility, identify civility issues on
our campuses, and help define the role of the Civility Project
Workgroup. Limit 32

1:00–2:15 p.m.: Al Christensen (Prof. Emeritus Civil Engineering Tech & part time instructor of Taiji and Self-Defense) / Student Evaluation, Ideas & Insights from a Career Educator. IT 136. Topics presented will be evaluation scales, real and bogus evaluation procedures, a consideration of student rights and instructor responsibilities, and an open discussion. Limit 18.