

Marko named new MVCC Student Trustee

The College has named Richard Marko as the new Student Trustee for the 2012 Spring Semester.

The 20-year-old Marko will sit on MVCC's Board of Trustees as the representative of student interests to the Board members while also acting as the liaison back to Student Congress. Marko is a sophomore pursuing an Associate in Science in General Studies and a voting member of MVCC's Student Congress as well as a member of the Excellence in Teaching Committee.



Marko

Marko, who is the son of Dick and Patty Marko of Newport, is on track to graduate in December 2012. A graduate of West Canada Valley Central School, Marko is also a member of the MVCC men's lacrosse team.

Dinners with Distinction returns to Rome Campus

There is a lot cooking on the Rome Campus as the Hospitality Management Program heats up its annual Dinners with Distinction menu this spring.

There are three Dinner with Distinction schedule with each featuring a different menu theme.

The dinners are designed to give MVCC's culinary arts students a creative outlet for their classroom work. The themes, menus, recipes and food production are the endeavors of the Banquet and Catering class, Dining Room Service class, and the Baking class. Students will be creating food to delight the palate and an ambiance to soothe the spirits.

- The first dinner will be held Wednesday, February 15, featuring a Lebanese theme.
- The second dinner will be held Wednesday, March 7, featuring a Star Chef theme.
- The third dinner will be held Wednesday, April 11, featuring a Polish theme.

The cost for each of these dinners, which includes several courses, is \$22 per person and reservations are required. Seating begins at 6 p.m. for each dinner.

For more information or to make a reservation, contact the Hospitality Management Program at 334-7702.



Wellness Initative aims to create a healthier you

By Andrea Roberts Instructor - Physical Education

According to the creator of the Wellness Wheel, Bill Hettler, Ph.D., wellness is an "active process through which people become aware of, and make choices toward, a more successful existence."

Wellness is a state of total well-being - a lifelong journey toward holistic health. It is an ongoing process that involves personal time and commitment. Wellness is about creating a balance, and the Wellness Wheel is a visual representation of how different dimensions of health and wellness synergize.

Like a bike wheel, if all of the spokes or dimensions are functioning at optimal levels, the wheel rolls along smoothly. If one of the spokes or dimensions becomes weak, the wheel will run off course creating an \square unbalanced wheel. \square

Get your wheels spinning with some of our new and exciting FREE programs: nutrition, Zumba, yoga, boot camps, kickboxing, kettle bells, goal-planning, contests, prizes, and so much more. The College has launched a Wellness Initiative which is designed to improve the health and wellness of all MVCC employees and students.

There will be typically two programs a day at varying times, so you are sure to find something that inspires you when it is most convenient. We will be stopping by your office very soon with a calendar of programs and to answer any questions you may have – or contact us via email:

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MEETING THE LAWMAKERS - New York State Senator Joseph Griffo took time out of his schedule to meet with MVCC Criminal Justice students who were on hand to see how support for a pending law occurs. Standing with Sen. Griffo are Criminal Justice instructors David Pasick and Amy Warmingham, Criminal Justice students Natalya Akhmedova, Pavel Boyko and Jonathan Barden, along with Dean for the Center of Social Science, Business and Information Sciences Marianne Buttenschon.



INTERNATIONAL GET TOGETHER - Zaid Al-Qarmalee, left, enjoys a slice of pizza with Albert Rudder who is an officer with the International Club.

International Club hosts diversity mixer

The College features a strong cultural and ethnic diversity along with a growing population of international students. This diversity was celebrated as the International Club hosted a pizza party as a welcome back for the spring semester.

The event was an opportunity for international students to meet, mix and mingle.

It also gave the students a chance to work on this semester's trips and activities within Central New York. One of the popular events which is in the planning stages is an ice skating/snow tubing day at Val Bialas Ski Center on the Parkway.

The students just need Mother Nature's cooperation.

Submit information for Communitas to rhaubert@mvcc.edu

Criminal Justice students attend rally for DNA law

Several Criminal Justice students had the opportunity to witness firsthand how to organize support for a proposed law at a recent press conference organized by Oneida County District Attorney Scott McNamara.

Natalya Akhmedova, Pavel Boyko and Jonathan Barden accompanied MVCC instructors David Pasick and Amy Warmingham when Lieutenant Governor Robert J. Duffy joined McNamara and area law enforcement officials in support of Governor Andrew M. Cuomo's proposal to expand the state's DNA databank.

"This was a great opportunity for the students to view how some legislation gains support among law enforcement officials and how a press conference is held," said Marianne Buttenschon, Dean for the Center of Social Science, Business and Information Sciences.

The new law would require all individuals convicted of a crime to submit a sample of their DNA for inclusion into the New York State DNA databank. District Attorney McNamara said, "The expansion of the DNA Databank will enhance the integrity of the criminal justice system by helping law enforcement officials solve crimes, exonerate the innocent and remove doubt in the cases where identifying the perpetrator is not so simple. I strongly support this initiative."

Cuomo's proposal would expand the collection of DNA samples to cover Penal Law misdemeanors and any felony under other state laws. If the new law is passed, this will give New York the authority to collect DNA samples for additional convictions such as felony driving while intoxicated under the Vehicle and Traffic Law, aggravated animal cruelty under the Agriculture and Markets Law, and prescription drug offenses under the Public Health Law.



Communitas Communitas

MVCC community raises heart awareness for women

The MVCC community came together in support of women's health last Friday by celebrating the American Heart Association's Go Red for Women Day. This annual event is to raise awareness of the danger of heart disease in women.

One in three American women suffers from heart disease, yet only one in five believes she is at risk. This disconnect can leave many women unmotivated to treat heart disease.

"Until women fully recognize their risk for heart disease – and take personal responsibility for preventing it – we will continue to lose the battle against the disparities of awareness, care and treatment among women," said Dr. Suzanne Steinbaum, Go Red For Women spokesperson and Director of Women and Heart Disease, Lenox Hill Hospital in New York City.





Care package items sought for member of MVCC's family

Despite all the headlines and media hype about the wars in Iraq and Afghanistan winding down, there remain many American soldiers on active duty in these dangerous regions. One of MVCC's own faculty members has a son in these war zones.

Bill Zogby's son is serving in Afghanistan and is stationed in a very isolated outpost. In an effort to bring some home comforts to him and his fellow platoon members, the Center for Social Science, Business and Information Sciences is collecting items to send overseas.

Some items the Center is seeking include prepaid international calling cards, candy, toiletries, games, non-perishable food items, Germ-X hand sanitizer, books, magazines, DVDs, CDs, socks, greeting cards and notes.

Donated items can be dropped off to the Center's Offices located at 349 and 350 in Payne Hall by February 16.

Athletic Open House draws more than 175

The Hawks were soaring this past Saturday as the Fifth Annual Athletic Open House was held in the Robert R. Jorgensen Athletic/Events Center. More than 175 student-athletes and family members took the opportunity to learn what MVCC has to offer both on the field as well as in the classroom.

Following registration, the families were greeted by Vice President of Academic Affairs Maryrose Eannace, Ph.D., and then enjoyed a presentation on MVCC's academic programs and available financial aid packages. On hand were staff members to answer all questions and the day included campus tours. It was the first Athletic Open House in the new center.

To cap off the day's visit, everyone in attendance was invited to watch the Hawks' basketball doubleheader as the men's and women's teams hosted Hudson Valley Community College. The crew from ESPN Radio was broadcasting live as the men's team won 90-57 victory and women's team won 74-62.



FUTURE HAWKS - More then 175 student-athletes and family members attended the annual open house in the Jorgensen Event/Athletics Center.

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Shaniece Brown. All of his expectations have come to fruition.

Brown has become a leader both on and off the court. Averaging 17.6 points in the 20 games the Hawks have played, the flow of the game follows Brown when she is on the court. For this reason, she has been named MVCC's Athlete of the Week for the week ending January 29.



Brown

During the prior week, Brown led the Hawks to two victories. Along with her scoring prowess, Brown has grabbed 54 rebounds while shooting 37 percent from the field. From three-point range, she is shooting 30 percent which has helped her accumulate her total of 352 points through this past weekend's victory over Hudson Valley Community College.

This first-year General Studies major is shooting an impressive 87 percent (83-for-95) from the free throw line and has 114 assists to her credit. Brown is a graduate of the Rochester School of the Arts.



Quantities are limited

and Collard Greens for

\$5.00

APCC Faces: Kendrick Morrison



When you see the work Kendrick (Kenny) Morrison does in a week's time at the College, you have to wonder where he gets all the energy. But as MVCC's newest Admissions Specialist, Morrison plays an important role in building the classes of students who help the college succeed.

Morrison, also known as Kenny the Promo Guy on KISS-FM, has been with the College for 11 months and was quick to make his mark. Along with working in the Admissions Office, he has been supported development of the Athletics section of the mvcc.edu and he has helped create and implement the college's social media strategy.

"I have really enjoyed helping the College create a better social media presence," said Morrison. "We have a lot of great things happening here which people don't always hear about."

Morrison has also been extremely diligent developing stronger community relations in order to provide local students with a greater understanding of "who we are and what we have to offer." His responsibilities include working with high schools and the community to meet and recruit potential students. He also maintains the Admissions Office social media/web presence while developing related Facebook and Twitter accounts.

From the beginning, Morrison has been interested in promotions having graduated from Herkimer County Community College in its radio and television program. He went on to earn a Bachelor of Science in Public Relations and Journalism from Utica College. Since then, he has spent 12 years in broadcast marketing, promotions and web development. He was an admissions counselor for four years before joining MVCC and continues as a weekend radio DJ at 97.9/105.5 KISS-FM along with owning Promo Productions Entertainment.

Morrison lives in Floyd with his wife Tracy, who is expecting their first child in early March. When not working, he enjoys attending Yankees games, photography and finding unique hot dog restaurants. He also volunteers some of his spare time to the Heart Run/Walk, Tour De Cure, and the Boilermaker.

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Potato Pie for

\$2.00