

Fashion show teaches students how to dress for business success

Members of the student body were styling on the theater's stage last week as they took part in the inaugural Dress for Success Fashion Show.

With the help of fashion experts from Macy's Fashion and Clothing Division out of Syracuse, four MVCC students had the opportunity to model professional attire which is appropriate for a job interview, casual business wear and inappropriate work attire.

"You will be more confident if you dress and look confident when you walk into that first interview," said Lauren Begay, Vice-President of Macy's in Syracuse. "Without saying a word, you are a silent salesperson by the clothes being worn." For a man going into an interview, Begay says a white shirt looks best as it gives a crisp look. MVCC's Seth Abel walked the catwalk in a Jones of NY suit and striped tie. She pointed out men's shoes as one of the most overlooked accessories. "Your shoes need to be polished. You may not realize it, but shoes speak volumes about you," added Begay, who was joined by Macy's fashion consultants Chris O'Day, Kathleen LoCurto, and Dan Currie.

The fashion show was presented in conjunction with the Office of Career and Transfer Services and the BISS Center with more than 300 students, faculty and staff in the audience.



Honoring National Champions



The women's bowling team was recognized for winning their second consecutive national championship during the March Board of Trustees meeting. Head coach and NJCAA Coach of the Year George Aylesworth talked about the bowlers' accomplishments and how they overcame injuries and adversity. The Board members praised the women for their integrity as representatives of MVCC. The team was presented with a celebration cake. Seen here are Chelsea Byrd, Kiamesha Philhower, Rebecca Hughes (in the background), and Brittany Macrina (far right). Not seen here are Amber Kotary and Sarah Foley.

For the smartly dressed woman in a

skirt, Begay says to take the "bend over test" before going into an interview. She suggested purchasing separates (jackets, blouses and skirts) in order to have diversity and says that pantyhoses are not a necessity. "You don't want anything too revealing," said Begay, who used Melissa Almas as her model. "You want to speak with conviction and confidence and have your clothes emphasize these traits."

The four models from MVCC, Abel, Almas, Shannon Bridge and Sara McDonald, all demonstrated the professional look as well as the business casual and the inappropriate casual look.

For business casual, Begay suggests for men to wear a sport shirt with slacks (not khaki pants) along with a sweater and dress shoes. For the woman's attire, she says slacks with dress shoes and a nice blouse which can have a jacket worn over it. "You can add color in the blouse and women can also wear pant suits. But again, you don't want to be too revealing," said Begay. "You feel like a million bucks when you wear something new."

The final style was casual clothing which can be worn to a night club or out to dinner with friends. Begay says this style of clothing is never appropriate in the workplace even on a dress-down day.

The event wrapped up with Begay holding a mock interview in order to give students and idea of what kind of questions would be asked.

Nackley helps UCP students connect with nature

By David Nackley MVCC English Instructor

I have been involved with Upstate Cerebral Palsy (UCP) for several years with their pumpkin patch and the fall festival. I till a plot of their land so that they can sow seeds and work the land to raise pumpkins. It is imperative for humans to be in touch with the natural cycle of life, the earth and other humans.

While most of America has become engrossed with the idea of better living through the use of modern technology, iPods, cell phones and computers, UCP is encouraging its students to get engaged in the natural world through planting, caring, and harvesting for pumpkins, vegetables and a flower garden.

Advancements in technology contribute to the disconnection of humans to the natural world, because technology enables humans to pursue an easier or more convenient way of pleasure. Technology draws humans away from the natural environment. Humans are born with an innate connection to nature or the natural order that fulfills one's intrinsic needs. These needs are as important as food, shelter and water.

However, most humans are no longer connected to their natural needs because of the advancements in technology and mass consumerism that has redirected the needs of many to convenient measures. The relation between humans and nature is inherent at birth; however, during the developmental process, from infanthood, childhood, through adolescence and adulthood social norms and values disconnect humans from the natural world.

I hope by encouraging the pumpkin patch in the middle of the City of Utica for UCP, it will help the UCP members make



TILLING EDUCATION - MVCC English instructor David Nackley spent this past weekend tilling a pumpkin patch at the Upstate Cerebral Palsy in Utica, representing MVCC and Clinton Tractor. He has been doing this community service for several years in hopes the UCP students will make a connection with nature.

the natural connection with nature. In the fall I donate bales of hay and corn stalks to create a fall village for the students and families at UCP. Growing up in Utica and now teaching at MVCC, I feel it is important to give back to the community.

Did You Know?

GCED's Ambassador

Training course ends in

collaboration provided in

Genesis Group,

Students chosen for Cornell internships

Two Engineering Science majors at MVCC have been awarded the Cornell University Physics Departments' Summer Research Internship.

The students, Matthew Zotta and Ashley Holbrooks, will work in Professor Matthias Liepe's Superconducting Radio Frequency (SRF) group for a period of eight weeks this June and July. Each will receive a stipend of \$3,920 plus housing.

Holbrooks, of Sauquoit, is scheduled to graduate from MVCC in May. Among her accomplishments is the Clarkson Leadership Award, which she received while a junior in high school.

Žotta, of Deerfield, also is scheduled to graduate from MVCC in May. He is a member of Phi Theta Kappa, president of the Future Engineers Club, and a peer tutor in the MVCC Learning Center for math and physics. Zotta also has been named to the President's List and

Vice President's List at MVCC.

The internship is funded through a grant from the National Science Foundation. Through the program, four to five Upstate New York community college students interested in a career in science, engineering, and technology, are invited to participate in cutting-edge research at the Cornell Laboratory for Accelerator-based Sciences and Education (CLASSE). This is the third consecutive year that MVCC students have won the internship.

The SRF group at Cornell is dedicated to the study of the basic phenomena and application of superconductivity in high frequency conditions. Cornell's SRF group has been a worldwide leader in the field of radio frequency superconductivity and its application to highenergy accelerators and synchrotron light sources.

Join the fun as April is National Poetry Month

In an effort to celebrate National Poetry Month, the College's faculty and staff will host a poetry reading on Thursday, April 26, at 5 p.m. in Room 225 of the Information Technology Building. Anyone interested in performing during the reading

is asked to contact Brandon Shaw, instructor in the Center for Language and Learning Design, by March 30 at 792-5328 or bshaw@mvcc.edu.

This is a DGV approved event.



MAKING CONTACTS AND SPREADING THE WORD - Students in the photo are, from right to left: RASA President Mariella Marrero, RASA Vice-President Aislynn Post and RASA member Romnea Pich.

RASA spreads the word of the work the club is doing

Members of Returning Adult Student Association (RASA) handed out flyers with a sweet treat on March 9, in the Academic Building lobby on the Utica Campus.

The flyers provided information for a Spring pizza party that was held on March 21, at 3 p.m. in the Alumni College Center's Interlude dining room. RASA members have been very busy this semester participating in America's Greatest Heart Run and Walk, community service at the Masonic Home and recruiting new members.

The Annual RASA spring dinner is being held on Friday, March 30, and tickets are available in Room 104B of the Student Service Center on the first floor off Payne Hall. RASA will be kicking off Grad Week on April 9, handing out free hamburger and hot dogs in ACC Commons from 11 a.m. – 1 p.m.

RASA meetings are held every Wednesday at 3 p.m. in the Interlude dining room, so please join us to meet other adult students who are transitioning back into college.

Paramedic EMS presentation as part of Public Safety Month

The College will host a presentation on "Paramedic EMS: Emergency Medical Services" Wednesday, April 4, at 6 p.m. in Room 225 of the Information Technology Building as part of Public Safety Month.

Presenters Donna Luck-Martin and Justin Eaton will stage a mock motor vehicle accident outlining the care and extrication of a live patient and the tools used for removal of the patient from the wreckage. Luck-Martin, a Basic EMT instructor for Faxton-St. Luke's Healthcare EMS Education Center, also is a practicing paramedic for the Willowvale Fire Department. Eaton, Basic EMT lead instructor for the American Heart Association, is an EMT and firefighter for the Vernon Center Fire Department.

This is just the first of three free events MVCC will host for Public Safety Month. "Life in the Fire Service" will be presented at 6 p.m. Tuesday, April 17, in the Theater, and "Policing in the 21st Century" will be presented at 6 p.m. Thursday, April 26, in the Theater. All events take place on the Utica campus and are open to the public.

MVCC Faces: Gail M. Warchol



When it comes to preparing for a career in the healthcare or professional development in this field, Gail M. Warchol is the person to turn to in the Center for Corporate and Community Education (CCED).

Warchol, who is a native of the Town of Ohio and resident of New Hartford, is responsible for implementing new healthcare programs, assisting pre-nursing students obtain a degree or certificate, and setting up community healthcare programs.

"I assist the pre-nursing students find ways to get a degree or certificate by informing them of other healthcare options so they can ultimately gain employment," said Warchol, who joined CCED in November 2011. "I am also responsible for making individuals aware of existing healthcare programs at MVCC as well as to introduce new healthcare programs at MVCC."

As Healthcare Careers Coordinator in CCED, Warchol holds an A.A.S. in Human Services from MVCC and a Bachelor of Science in Professional Studies in Health Service Management from SUNY Institute of Technology. She also earned a Master of Science in Information Design & Technology from SUNY IT.

"I have 20-plus years working in a variety of healthcare settings most of which were in nursing homes. Those healthcare positions include Director of Social Services, Rehabilitation Admissions and Discharge Coordinator, and Administration," said Warchol.

Warchol's experience includes Director of Social Services and sub-acute rehabilitation social worker where she was a patient advocate, finding resources for patients so they were able to be safely discharged back to the community. She has also been a human resource representative, Hazard Analysis Critical Control Points Coordinator, and Outreach Coordinator for Government Healthcare Programs, assisting clients to better utilization of healthcare systems.

"I want to help people in the community register in a healthcare program so they can obtain employment and have a quality life," said Warchol, who has a daughter (Mara) attending RIT in the fall and a son (Michael) who attends Ralph Perry Jr. High. She also has a granddaughter (Kristin) who attends Victor Elementary.

When not at work, Warchol volunteers as a member of the Surrogate Decision Making panel, the Worship Committee at Clinton United Methodist Church, and on the Wellness Committee at New Hartford Central School District. In her spare time, she enjoys attending her son's sporting events, daughter's musicals, home decoration, photography, gardening and cooking.

New law creates Tier VI for state employees

From the Office of David M. Morrell University-Wide Benefits Administrator

On March 16, Governor Andrew Cuomo signed into law Chapter 18 of the Laws of 2012, which amends portions of the Retirement and Social Security Law and Education Law by introducing a new Tier VI level of benefits for all employees who are hired, or who elect to join a Retirement System, on or after April 1, 2012.

This legislation will apply to ERS, TRS, and the ORP, and introduces a new voluntary defined contribution plan component for unrepresented employees earning more than \$75,000 from any adopting public employer within New York State.

We are currently working to update the SUNY Benefits web site, plan documents, and publications to incorporate these changes, and will be setting up a few webinars or conference calls in the near future to address your questions and help prepare you to assist the impacted current and future employees at your campus. Dates and times for these events will be announced in the near future, but please do not hesitate to contact me with any questions that you may have in the mean time.

The following is a brief summary of the Tier VI benefit changes, along with a few references for additional information:

NYS Pension Reform Tier VI Details:

SUNY ORP

- ♦ New employee/employer contribution rates will apply to all employees joining the SUNY ORP on or after April 1, 2012.
- Vesting period remains unchanged at 366 days or immediate for employees with vested employer-funded retirement contracts through approved vendors from previous employment.
- ♦ Employee contributions will now be required of all participants for the duration of their employment, and will no longer be picked up by the employer after ten years, as they are today.
- ♦ All participants will be required to make employee contributions at the current rate of three percent until April 1, 2013. Thereafter, employee contribution rates in a given calendar year will be based upon their earnings in the second calendar year preceding the current calendar year, as follows:

Wages \$45,000 or less	3%
Wages \$45,000 - \$55,000	3.5%
Wages \$55,000 - \$75,000	4.5%
Wages \$75,000 - \$100,000	5.75%
Wages \$100,000 or more	6%
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Employer contribution will remain

eight percent of compensable salary for the first seven years of employment, and 10 percent thereafter.

♦ Allowable contribution limits will continue to follow the definitions contained within §390 of Education Law, §131 of Retirement and Social Security Law, and §415 and §401(a)(17) IRS annual contribution limits; and will not be subject to the newly imposed caps and limitations applicable to Tier VI ERS/TRS members.

ERS/TRS

- ♦ Effective for all employees joining a NYS public retirement system on or after April 1, 2012.
- Vesting requires 10 years of service credit.
- ♦ Requires three present (ERS) and 3.5 percent (TRS) employee contribution, regardless of salary, until April 1, 2013; thereafter, the contribution rate in a given year is based upon regular compensation, as follows:

Wages \$45,000 or less 3%
Wages \$45,000 - \$55,000 3.5%
Wages \$55,000 - \$75,000 4.5%
Wages \$75,000 - \$100,000 5.75%
Wages of more than \$100,000 but less
than \$179,000 6%

- ♦ Increases the retirement age to 63 in order to retire with an unreduced benefit; members retiring between age 55 and age 63 are subject to a reduction of 6.5 percent for each year retirement precedes age 63. A provision is also included that allows NYSUT-affiliated bargaining units to petition the governor for an unreduced benefit at age 57 with 30 or more years of service, with any additional actuarial costs to be borne by eligible employees.
- ♦ Mandates a five-year final average salary (FAS) calculation using regular compensation for determining retirement benefits.
- Excludes from the FAS calculation wages exceeding the average of the previous four years by more than 10%.
- ♦ Caps pensionable overtime at \$15,000 plus inflation.
- ♦ Eliminates use of lump payments for unused vacation accruals in FAS calculations.
- ♦ Reduces by half the number of sick leave days from 200 to 100 eligible for service credit.
- ♦ Limits pensionable salaries to regular compensation from only two employers during a given year.
- ♦ Caps salary allowable in a FAS calculation at the New York State governor's salary (currently \$179,000).

Changes the pension multiplier for years of service as follows:

Less than 20 years of service - 1.66% for each year of service

20 or more years of service (1st 20 years) - 1.75%

Years exceeding 20 years - 2% Requires a six percent contribution to purchase military and prior service.

Voluntary DC Plan

- ♦ A voluntary defined contribution plan option will be made available to all unrepresented employees of adopting NYS public employers who earn more than \$75,000 annually as of July 1, 2013.
- ♦ The SUNY ORP was selected as the ideal vehicle to accomplish this, and Education Law was modified accordingly to permit this newly eligible class of non-SUNY public employees. Vesting, vendors, and plan rules will follow existing SUNY Plan Document and policies.
- ♦ Transferring State employees whose immediately preceding employment was with another department, division, of agency of the State shall not be eligible for the DC option and must remain with their current retirement system.
- ♦ Employee contribution rates in a given calendar year will be based upon their earnings in the second calendar year preceding the current calendar year, as follows:

 Wages \$45,000 or less
 3%

 Wages \$45,000 - \$55,000
 3.5%

 Wages \$55,000 - \$75,000
 4.5%

 Wages \$75,000 - \$100,000
 5.75%

 Wages \$100,000 or more
 6%

- ♦ A fixed employer contribution of eight percent of compensable salary will be made to participants' accounts for the duration of their employment, and will not increase to 10 percent after seven years, as for SUNY employees.
- ♦ Allowable contribution limits will follow the definitions contained within §390 of Education Law, §131 of Retirement and Social Security Law, and §415 and §401(a)(17) IRS annual contribution limits; and will not be subject to the newly imposed caps and limitations applicable to Tier VI ERS/TRS members.

Submit information for Communitas to rhaubert@mvcc.edu