

Hawks repeat as national champs

It was a repeat performance for the MVCC women's bowling team as the Hawks once again won the National Junior College Athletic Association's National Championship for the second year in a row and for the third time in five years.

What makes this repeat national championship even more impressive is that it was accomplished with mostly new bowlers as the Hawks won by 310 pins at the Thruway Lanes in Buffalo.

"What makes these girls really special is that they are all strong willed, and it made for a good fit," said head coach George Aylesworth, who was named the NJCAA National Coach of the Year. "Amber (Kotary) is the only girl back from last year's team and she was one of the best captains I could have wished for. She got right into their faces when they needed to get focused on the task at hand."

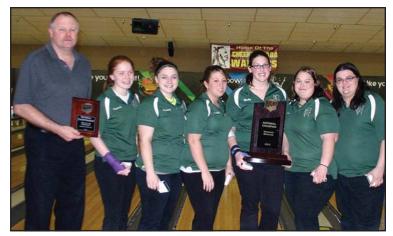
The other aspect which made this championship even sweeter is that all the bowlers are local. Brittany Macrina is from Mohawk, Kiamesha Philhower is from Hamilton, Chelesa Byrd and Rebecca Hughes are both from New Hartford, Sarah Foley is from Rome and Kotary is from Holland Patent. Acting as the glue for the team was assistant coach Krystal Walters, who was the captain of last year's national championship squad.

"I needed someone like Krystal as the assistant coach, as she is an excellent teacher. At times we ended up playing good cop, bad cop since I am as strong willed as the girls, and Krystal knows exactly what it takes to win," said Aylesworth. "Sometimes I had to come down hard on them, as a couple of the girls didn't know how good they could be. As the season went on, they began to realize what we were talking about and together we gained confidence in one another. They really understood that they could not take games off."

Macrina was crowned the Singles National Champion as she was the top bowler with 605 pins in the three game singles competition. In doubles, she bowled 491 while in the team competition she bowled 502 and 547 for a tournament total of 2,145 pins – placing her sixth overall for individuals. She was also honored with All-American status along with MVCC's Foley. Foley bowled a three-game singles score of 502 and a three-game doubles score of 461. In the team competition, she threw scores of 528 and 588 for a total of 2,079 pins – placing eighth overall.

It has been a long road to the nationals for the Hawks as they worked to remain consistent and peak at the right time. This was difficult as they started off the conference season 4-0 only to stumble along the way to finish 6-6 in the Mountain Valley Conference and second place behind Herkimer County Community College.

The Hawks regrouped in the NJCAA Region III Tournament which they won by 28 pins over second place Schenectady Community College.



REPEAT PERFORMANCE – The MVCC women's bowling team won its three NJCAA National Championship in five years and second in two years this past weekend in Buffalo. Members of the Hawks' squad are: Head Coach George Aylesworth, Amber Kotary, Britney Macrina, Kiamesha Philhower, Chelesa Byrd, Rebecca Hughes, and Sarah Foley.

"Our region is the nationals in a nutshell. The top four programs come out of Region III and three of them come out of the Mountain Valley Conference," said Aylesworth. "The college and I would really like to have all these girls coming back. Winning as a freshman is great, but winning twice is a very nice accomplishment which few can claim to have done."

At the national tournament, the Hawks found themselves in the middle of the pack after the initial round of 3-game doubles. They stepped up their game in the second round, the threegame singles event, led by Macrina's 605. It wasn't until the first set of team bowling that the Lady Hawks grabbed an 80-pin lead over Erie Community College and a 104-pin lead over Herkimer. Following the second 3 game set of team five-man, the Hawks held a 240-pin lead over the field. They continued to maintain their dominance over the field in the Baker portion of the tournament to their final tally of a 310-pin victory.

Scores for the other MVCC bowlers are: Kotary 496 in singles; 516 in doubles; 467 and 479 in team for a 1,958 total. Philhower, who broke her arm and was bowling with a soft-cast, scored 467 in singles; 436 in doubles; 445 and 480 in team for a 1,828 total. Hughes bowled 442 in singles; 416 in doubles; 124 and 517 in team for a 1,499 total. Byrd bowled 413 in singles; 409 in doubles; 306 in the first three-game team for a 1,128 total.

Submit information for Communitas to rhaubert@mvcc.edu

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FLYING HIGH SERVICE - MVCC's Sodexo Food Service was the recipient for the Wings of the Hawk award this past week for service going above and beyond for students, staff and faculty. The award was presented by members of the Information Technology and Network Coordination (ITNC) team, which received the award last August. On hand for the presentation were President Randall J. VanWagoner, Chuck Hendricks and Jason Yager from ITNC, Jim Suriano, Jason Martin, and Ray Carparelli from Sodexo.

Sodexo presented Wings of the Hawk

Everyone on the Utica Campus of MVCC is impacted by their work as the Sodexo Food Service staff hustles back and forth across campus preparing and delivering refreshments and food.

On a daily basis, Sodexo provides meals to the Kiddie Campus, resident students, faculty and staff, plus patrons of Zest Café, the Interlude Dining Room, the MVCC Commons and the Residence Halls dining room. When special occasions require receptions, the Sodexo staff is on hand to provide high quality service and food.

In recognition for their work, MVCC's Sodexo Food Service was the recipient for the Wings of the Hawk award this past week, honoring service which goes above and beyond for students, staff and faculty. The Wings of the Hawk is awarded each Fall and Spring semester in recognition of exceptional teamwork on the Utica and/or Rome campus.

What is unique about this award is the recipient is chosen by the group, office, department or Center currently holding the title and the trophy is "passed forward." The award was presented by members of the Information Technology and Network Coordination (ITNC) team, which received the award last August.

"You guys do an incredible amount of work behind the scenes which is overlooked a lot of the time," said Jason Yager, Director of Network And Workflow Systems. "It is always a pleasure to work with your staff."

Sodexo's recognition will include an engraved plate on the Wings of the Hawk wall plaque in the MVCC Boardroom and the right to display the Wings Sculpture. Sodexo will also receive a pizza party, but unfortunately members of the Sodexo team will have to make the pizzas themselves, joked Jim Suriano, Manager of Sodexo Food Service.

MVCC President Randall J. VanWagoner, Ph.D., joined Chuck Hendricks and Yager in presenting the award to Suriano, Jason Martin, and Ray Carparelli.

"This speaks to the impact you have on the culture of the College. With all the services your staff provides, it is true inspiration of what it means to work as a team," said Dr. VanWagoner.

Athlete of the Week

The women's basketball team headed into the Region III tournament after scoring back-to-back victories over Schenectady Community College and Fulton-Montgomery Community College. Leading the charge for the Hawks in these two games was Victoria Thomas, earning her the honor of **MVCC** Athlete of the Week.



Thomas

Thomas' performance enabled the Hawks to clinch the Mountain Valley Conference Championship with a 75-52 final over Schenectady CC and a 74-64 victory against Fulton-Montgomery CC. The Hawks entered tournament play with a record of 21-7 on the season.

Thomas, who is a General Studies major in her freshman year, is averaging 15 points and nine rebounds per game. She also has a threeassist average while nailing 36 baskets from three-point range. She is a graduate of **Brooklyn Collegiate High School.**



Rome Career Fair a success

The inaugural Rome Career Fair was a big hit with job seekers and employers looking to fill positions. With 17 employers on hand, there was a lot of buzz in the Atrium of the Plumley Complex on Tuesday, February 28.

"I have received great feedback from employers on the event with many of them stating that they thought the fair had a great turnout and appreciated the local people being engaged and interested in their companies," said Jennifer Squire, Career Counselor in the Career and Transfer Services Office.

There were more than 100 job seekers with resumes on hand.

"Overall, I think the event was a tremendous success. I was very pleased with the turnout and I truly believe this is a sign that our economy is improving," Squire said. "I'm hoping that our third annual Utica Campus Career Fair will be just as successful."

The Utica Career Fair is March 28, from 11 a.m. – 2 p.m.

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Vietnamese delegate visites MVCC

MVCC was visited by Mr. Pham Thiet Khanh, Head of the Vietnamese Association of Community Colleges and Rector (President) of Tra Vinh University in the Mekong Delta of southern Vietnam.

Mr. Khanh toured the Utica Campus and met with many of the faculty, staff and administrators during a reception on Wednesday, February 29, in the office of President Randall VanWagoner's office.

This visit followed Khanh's attendance at the Community Colleges for International Development Conference in New Orleans. The purpose of his visit to the U.S. is to identify possible partners for future projects, such as faculty and staff development, vocational training and business development.

This visit was in part a result of Dr. Sandra Engel's Fulbright grant at Kien Giang Community College in Vietnam in 2003.



Team MVCC raises more than \$3,000

CCED offers a

Supervisors institute for

local small businesses.

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attend the monthly

Seinthers.

It has become an annual tradition for Team MVCC to take part in making the Great American Heart Run/Walk a huge success. This year was no different.

Team MVCC was able to recruit 114 students and staff to take part in the run and walk. After weeks of campaigning and fund raising, Team MVCC presented more than \$3,000 toward the battle against heart disease.

"I really want to thank everyone who came out in support of fighting heart disease," said Team MVCC chair Sandy Cummings.

Along with many Team MVCC participants taking part in the three and five mile walk, there was a group of students who ran the 5-K and then joined up for the walk.

· FOREIGN VISITOR - Carolyn West Pace, Ph.D., talks with Mr. Khanh, Head of the Vietnamese Association of Community Colleges and Rector (President) of Tra Vinh University in the Mekong Delta of southern Vietnam. Mr. Khanh was touring community colleges in the United States looking to form and strengthen partnerships.

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Hawks' Spring 2012 Athletic Schedules

Women's Lacrosse

Saturday, March 24, MVCC at Jefferson CC, 2:00
Thursday, March 29, MVCC at Herkimer CCC, 4:00
Wednesday, April 4, MVCC at Erie CC, 4:00
Saturday, April 7, MVCC hosts Monroe CC, 1:00
Wednesday, April 11, MVCCC at Onondaga CC, 4:00
Saturday, April 14, MVCC at Genesee CC, 1:00
Wednesday, April 18, MVCC at Broome CC, 4:00
Saturday, April 21, MVCC hosts Dean College, 2:00
Wednesday, April 25, MVCC hosts Jefferson CC, 7:00
Saturday, April 28, MVCC at Niagara CC, 2:00
Monday, April 30, MVCC hosts Herkimer CCC, 7:00
Saturday, May 5, MVCC at Regionals @ Herkimer CCC, TBA Sunday, May 6, MVCCC at Regionals @ Herkimer CCC, TBA Nationals at Herkimer CCC, May 12-13

Baseball

Saturday, March 31, MVCC hosts Clinton CC, 1:00 Sunday, April 1, MVCC at Clinton CC, 1:00 Tuesday, April 3, MVCC at Columbia-Greene CC, 2:00 Thursday, April 5, MVCC hosts Columbia-Greene CC, 2:00 Tuesday, April 10, MVCC hosts Jefferson CC, 2:00 Thursday, April 12, MVCC at Jefferson CC, 2:00 Saturday, April 14, MVCC hosts Schenectady CCC, 1:00 Sunday, April 15, MVCC at Schenectady CCC, 1:00 Tuesday, April 17, MVCC hosts Hudson Valley CC, 2:00 Thursday, April 19, MVCC at Hudson Valley CC, 2:00 Saturday, April 21, MVCC at Herkimer CCC, 12:00 Sunday, April 22, MVCC hosts Herkimer CCC, 1:00 Tuesday, April 24, MVCC hosts Fulton Montgomery CC, 2:00 Thursday, April 26, MVCC at Fulton Montgomery CC, 2:00 Saturday, April 28, MVCC at Adirondack CC, 1:00 Sunday, April 29, MVCC hosts Adirondack CC, 1:00 Saturday, May 5, MVCC at Sub-Regionals, TBA Sunday, May 6, MVCC at Sub-Regionals, TBA Friday, May 11, MVCC at Regionals @ Herkimer CCC, TBA Saturday, May 12, MVCC at Regionals @ Herkimer CCC, TBA Sunday, May 13, MVCC at Regionals @ Herkimer CCC, TBA Nationals in Tyler, Texas, May 19-25

Softball

Wednesday, March 28, MVCC hosts Broome CC, 3:00 Saturday, March 31, MVCC at Columbia-Greene CC, 1:00 Thursday, April 5, MVCC hosts Herkimer CCC, 3:00 Saturday, April 7, MVCC at Adirondack CC, 1:00 Tuesday, April 10, MVCC at Fulton-Montgomery CC, 3:00 Saturday, April 14, MVCC at SUNY Delhi, 1:00 Sunday, April 15, MVCC at Tompkins-Cortland CC, 1:00 Tuesday, April 17, MVCC hosts Onondaga CC, 3:00 Saturday, April 21, MVCC hosts Monroe CC, 1:00 Sunday, April 22, MVCC hosts Corning CC, 1:00 Thursday, April 26, MVCC at Finger Lakes CC, 3:00 Saturday, April 28, MVCC hosts Clinton CC, 2:00 Sunday, April 29, MVCC hosts North Country CC, 1:00 Thursday, May 3, MVCC at Jefferson CC, 3:00 Sunday, May 5, MVCC hosts Hudson Valley CC, 1:00 Tuesday, May 8, MVCC at Sub-Regionals, TBA Friday, May 11, MVCC at Regionals @ TC-3, TBA Sunday, May 12, MVCC at Regionals @ TC-3, TBA Nationals in Rochester, MN, May 17-19

Men's Lacrosse

Sunday, March 4, MVCC at Hartwick College, 12:00 Saturday, March 10, MVCC hosts Finger Lakes CC, 1:00 Wednesday, March 21, MVCC hosts Jefferson CC, 4:00 Saturday, March 24, MVCC hosts Mercyhurst CC, 1:00 Saturday, March 31, MVCC at Monroe CC, 1:00 Wednesday, April 4, MVCC at SUNY Delhi, 4:00 Saturday, April 7, MVCC hosts Niagara CC, 2:00 Wednesday, April 11, MVCC at Herkimer CCC, 4:00 Saturday, April 14, MVCC at SUNY Alfred, 1:00 Saturday, April 16, MVCC at Genesee CC, 7:00 Wednesday, April 18, MVCC at Hudson Valley CC, 4:00 Saturday, April 21, MVCC hosts Broome CC, 1:00 Wednesday, April 25, MVCC at Tompkins-Cortland CC, 4:00 Saturday, April 28, MVCC at Cayuga CC, 1:00 Tuesday, May 1, MVCC at Sub-Regionals, TBA Saturday, May 5, MVCC at Regionals @ Herkimer CCC, TBA Sunday, May 6, MVCC at Regionals @ Herkimer CCC, TBA Nationals at Herkimer CCC, May 12-13

Men's Tennis

Thursday, April 5, MVCC at Herkimer CCC, 4:00
Saturday, April 7, MVCC hosts Adirondack CC, 1:00
Wednesday, April 11, MVCC at Onondaga CC, 4:00
Saturday, April 14, MVCC hosts Broome CC, 1:00
Monday, April 16, MVCC hosts Herkimer CCC, 4:00
Thursday, April 19, MVCC hosts Onondaga CC, 4:00
Tuesday, April 24, MVCC at SUNY Delhi, 4:00
Saturday, April 28, MVCC at Regionals @ Adirondack CC, TBA
Sunday, April 29, at Regionals @ Adirondack CC, TBA
Nationals in Plano, Texas, May 14-18

Track & Field

Saturday, March 31, MVCC at Ithaca College, 10:00
Saturday, April 7, MVCC at Hamilton College, 10:00
Saturday, April 14, MVCC at SUNY Brockport, 10:00
Sunday, April 15, MVCC at Regional Heptathlon/Decathlon
@ SUNY Delhi, 10:00

Monday, April 16, MVCC at Regional Heptathlon/Decathlon

@ SUNY Delhi, 10:00

Friday, April 20, MVCC at SUNY Cortland, 12:00 Saturday, April 21, MVCC at SUNY Cortland, 10:00 Saturday, April 28, MVCC at Regionals @ SUNY Delhi, TBA Sunday, April 29, MVCC at Regionals @ SUNY Delhi, TBA Nationals at Alfred College, May 3-5

Golf

Friday, April 6, Mohawk Valley CC Invitational, 11:00
Saturday, April 7, MVCC at Broome CC, 11:00
Friday, April 13, MVCC at Jamestown CC – Olean, 11:00
Saturday, April 14, MVCC at Jamestown CC, 11:00
Friday, April 20, MVCC at Cayuga CC, 11:00
Saturday, April 21, MVCC at Adirondack CC, 11:00
Saturday, April 28, MVCC at Corning CC, 11:00
Sunday, April 29, MVCC at Tompkins Cortland CC, 11:00
Saturday, May 5, MVCC at Genesee CC, 11:00
Sunday, May 6, MVCC at Regionals @ TC-3, TBA
Tuesday, May 15, MVCC at Regionals @ TC-3, TBA