

# Disability Services makes success a reality for students

One of the most unassuming but vital offices at MVCC is the Disability Services Office. The staff is responsible for helping a large number of the College's students achieve success in the classroom.

"We have seen a pretty big increase in the number of students we assist in the past three years, especially the adult students," said Joanna Nassimos, Technical Assistant in the Disability Services Office. "The testing is a huge accommodation we provide. If they need extra time on the test they schedule with us. If they need it in electronic format, there is reading software or for visually impaired we can enlarge the type."

In the fall of 2012 Disability Services administered 636 exams, which was a 19.5 percent increase over fall of 2011. The office will work with the faculty to make arrangements for students to take the test in the Disability Services Office in order for students to have more time or the technology to help them through tests.

The office also fulfilled 256 requests for e-texts (alternate format books) last semester, which accounts for a 38 percent increase over the spring 2012 semester.

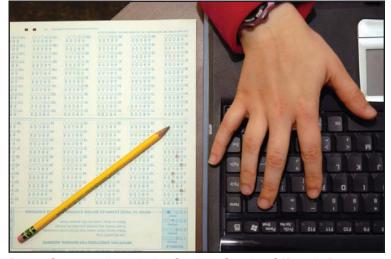
"We coordinate books on CD in the form of e-text for students with reading disabilities who need the digital format. Last semester we saw a lot more students," said Nassimos. "We request the books from the publishers and it takes a long time as there are so many publishers. It's a very involved process."

These books arrive in digital format from the publishers, which are then downloaded in order to burn a disc for the student. The Disability Services Office also utilizes the College's print shop which can cut the binding of hard copies, and scan the pages to provide a PDF version. Nassimos then runs software to make sure the PDF can be read by the students' readers.

Nassimos works closely with Tamara Mariotti, Coordinator of Disability Services, in order for the College to remain in compliance with both state and federal laws. This responsibility is huge as there are so many different sections of the College and the College could face financial fines if it fails to be compliant.

"It is tricky because of all the people it impacts at the College. We have to keep up on the laws and regulations and all the new technology makes for quite a challenge. There are consistently new things we have to take into consideration," added Nassimos, such as figuring out how to download e-texts to an iPad or Nook. As members of the New York State Disability Services Council, the staff is able to network with other colleges and institutions in dealing with the new technology and how to utilize it.

Students with disabilities can get these same services on the



Rome Campus through the Student Service Office. In Rome, the Disability Services Specialist is Josalyn DeJesus, who has been with the College since September.

Disability Services also makes arrangements through facilities to have specialized seating accommodations in the classrooms as well as ensuring accessibility to workstations throughout both campuses. Other services include securing note-taking assistants and sign language interpreters for both in the classroom and at special events on campus. A new approach this semester is to seek work study students to help with note taking.

"A lot of the work we do with students is helping them to advocate for themselves. Explain to them how important it is for them to talk with their teachers

and make their situations understood. The faculty here is very

understanding and willing to work with us and the students in order for them to be successful," says Nassimos.

Services for students and staff with disabilities can be found throughout both campuses with access ramps, elevators, video telephone systems, wider doorframes, and much much more.

#### Did You Know

There were 269 nonmatriculated, non-high school students last fall?

Nursing clinicals are held at seven different sites in the Utica/Rome area?

## Honoring Employees for Years of Service

For more than ten years, Bryan Alguire has been taking a lead role in providing regional industry with a highly skilled and trained workforce. As an Associate Professor in the STEM Center, Bryan was recently recognized for his work in keeping industry local with a 10-year certificate.

"Brian was instrumental in our Earn and Learn Program," said Franca Armstrong, Executive Director for the Center for Corporate and Community Education (CCED). "We started with one program for Bartell Industries and then grew the program to other small companies in the area who were in need of CNC operators."

Bryan developed the College's CNC and Manual Machining programs into the modular format which is used today. He has been instrumental in the development and conducting of specialized training sessions.

Under the Earn and Learn Program, regional industries interview potential employees and after they are hired, MVCC provides training for the new CNC operators.

"Bryan worked closely with interviewing and screening students for the program as well as providing the instruction needed to help them learn their new career," added Armstrong.

Bryan joined the MVCC community on August 26, 2002. He has earned an associ-



ate degree from SUNY Canton College of Technology and an AAS from Onondaga Community College. He attended SUNY IT of Utica/Rome where he completed his Bachelor of Science before going on to earn an MBA from Russell Sage College.

He has also been key in providing training for the manufacturing industry in Oneida County, traveling to visit regional companies and assess their needs.

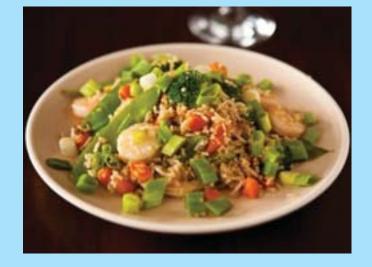
### Health & Wellness Tips

Weekly Recipe: Shrimp Fried Rice

PREP TIME 30 Min SERVINGS 4

#### Ingredients:

- 1 tablespoon sesame oil
- 2 eggs, slightly beaten
- 1 tablespoon olive oil
- 2 cups chopped fresh or frozen (thawed) broccoli
- 1 cup chopped carrots
- 1 cup fresh or frozen (thawed) snow pea pods
- 2 cups cold cooked white rice
- 1 clove garlic, finely chopped
- 1 teaspoon grated gingerroot
- 3 tablespoons soy sauce
- 1 lb uncooked medium shrimp, peeled (tail shells removed), deveined
- 1 cup chopped green onions



Step 1) In wok or large skillet, heat sesame oil over medium heat. Cook eggs in oil, stirring constantly, until thickened but still moist. Remove eggs from skillet to plate; cover to keep warm.

Step 2) In same skillet, heat olive oil over medium-high heat. Add broccoli, carrots and pea pods; stir-fry until crisp-tender. Reduce heat to medium. Stir in rice, garlic, gingerroot and soy sauce. Add shrimp. Cook 5 to 7 minutes, stirring frequently, until rice is hot and shrimp are pink.

Step 3) Stir in scrambled eggs and green onions; cook 1 minute longer. Serve immediately.

# Proud parents watch as daughter follows in their footsteps at MVCC

Nothing can make a parent more proud than to have their daughter follow in their footsteps. And that feeling was doubled on Wednesday during the 2013 Spring Phi Theta Kappa induction ceremony held in Schafer Theater.

Russell and Elisa T. Ritzel were on hand and beaming with pride as their daughter – Shelby E. Ritzel – walked across the stage during her induction to the Phi Theta Kappa honor society.

"It was a great feeling and excitement to see her up there," said Russell Ritzel.

Shelby is not just following in the path her father by attending MVCC, but her mother as well. Both Russell and Elisa graduated from MVCC in 1982 - Russell with an associate degree in Criminal Justice and Elisa with an associate degree in Business. Russell works for the Department of Environmental Conservation, which is the career path Shelby is pursuing as she works on her degree in Criminal Justice.

Wednesday's ceremony was the largest induction class in the 52 years of MVCC's Lambda Beta Chapter of the Phi Theta Kappa International Honor Society. MVCC has more than 10,000 members since 1960.

On hand to celebrate the accomplishments of these students were College President Randall J. VanWagoner, Ph.D., Maryrose Eannace, Ph.D., Vice President of Learning and Academic Affairs, and keynote speaker Jennifer Boulanger, Ed.D., Dean of the Center for Language and Learning Designs.

Carlos Pulquerio, Lambda Beta Chapter President, gave the opening remarks and welcome to students and family members. Following congratulatory remarks from Dr. VanWagoner and Dr. Eannace, Dr. Boulanger talked on how her father overcame adversity during a time when a college degree was unobtainable for most people in America. And how the inspiration which drew from his hard work encouraged her to achieve



**PROUD MOM AND DAD -** Russell and Elisa T. Ritzel (left and right) were on hand to witness their daughter – Shelby E. Ritzel - be inducted into the Lambda Beta Chapter of the Phi Theta Kappa International Honor Society.

her dreams in life and then to pass that passion on to today's students.

Phi Theta Kappa is the International Honor Society which serves to recognize and encourage the academic achievement of two-year college students while providing opportunities for individual growth and development through academic, leadership, and service programming. It is the largest honor society in American higher education, having been established in 1918 by two Missouri two-year college presidents.

Membership in Phi Theta Kappa is offered to students who have a 3.5 GPA or higher over at least 12 credit hours in a degree program.

### **Class of Spring 2013 Inductees**

Diana Aguilar, Emanuel Alejo, Angalina Aniek, Anna Catherine Antonik, Noah Arnold, Joseph Arrante, Adrian Avallone,

Benjamin James Barnes, Melissa A. Barr, Michael S. Baum, Stephanie Birkmier, Christine B. Bishop, Melissa N. Boni, Amanda N. Bonney, Natalya Boyarchuk, Briana L. Britton, Alyssa Brown, Myra Buckingham, Michael Burdziakowski, Sarah Burgess.

Jordan R. Calhoun, Cassandra Carmen Cañez, Sadé M. Cardin, Heather Carr, Hussein Challoob, TeJay D. Chilluffo, Abbey Clark, Cathy Clark, Emily Clark, Teresa N. Coffin, Rita Cook, Bridget A. Creedon, Mathew Cushman,

Rebecca Davis, Emily L. DeCola, Bobbi DeLucia, Michael Angelo DeLuke, Benjamin Derrane, Matthew Devane, Andrew J. Dibble, Taylor Dolan, Sara Donahue, Kristin Nicole Donaldson, Michael D. Dubiel, Jenna N. Dunn,

Eric Ehrenreich, Samar Eldeib,

DeyLynne M. Farr, Caitlin Ferguson, Kathryn E. Field, Richard Finch, Adrienne Kathleen Fleming, Courtney M. Foster, Ashley Fox, Shannon Fox, Reanna Fusco,

Emily L. Goldstein, Michele L. Gorney, Samantha Grogan, Kyle Grosse,

Virginia Isabelle Haines, Lori Hall, Aaron C. Hammes, Brendan Heitz, Gina Hernandez, Savannah L. Heselton, Tamara Lee Hillman, Evelyn Hluska, Nicholas Horth, Ben Hughes, Fatma Ezzahra Jennadi, Rebekah Joslyn, Ilma Jukic,

Takeru Kanazawa, Lauren Keaney, Jodi Jean Khouri, Green Land, Francesco T. Lapertosa, Taylor J. Laribee, Keari

Amanda N. MacDougald, Damen MacDougall, Stephanie Malerba, Debra L. Marshall, Kaylee Massey, Madeline Mazloom, Bryan McGuire-McManus, Randy Meetze, Victoria Milideeva, Mariangela C. Moore, Alison F. Mundschenk, John Murphy, Allyson I. Myers,

Desireé Nemo, Nina Nguyen, Tim Nicolette, Kaitlyn N. Nortz, Erica L. Nystrom,

Caroline Odago, Patricia L. O'Donnell,

Ariana Pajazetovic, Pasith Palaphanh, Kimberly Ann Papa, Karen Pavese, Amanda Perri, Adam Pierson, Joseph M. Pizzo, Kerisha Puerile, Guiseppe Purpura,

Tyler E. Radcliff, Shelby Ritzel, Francis J. Roche,

Amy Pamela Sabillon, Matthew Sadlon, Samantha K. Savage, Sarah E. Scouten, Jaime A. Seaman, Krista Diandra Seelman, Samantha K. Seymore, Krystina Stillwell, Angela M. Stotts, Natalie Joy Streifert, Kenneth T. Suhovsky,

Sonia Tal, Thomas Talbot, Jessica Taylor, Christopher Thomas, Chase D. Tompkins, Tuyet Tran, Darren Trotz,

Katrina Marie Urbanik, Alyssa M. Ursi,

Emily K. Vanderhoff, Madison Vitale,

Caroline Ann Walker, Tori Watson, Brian Whittredge, Pauline L. Williamson, Brittany Willson, Tristan Zonnevylle

### **Athlete of the Week**

The women's basketball team ran off to back-to-back victories last week behind

the strong performance of Karrin Walker. As Walker kept the Hawks on a return visit to the NJCAA Region III tournament, she was honored this week by being named MVCC's Athlete of the Week for the week ending February 3.



Walker played a key role in the Hawks' 57-40 victory

over Herkimer County Community College and then helped keep the training rolling as MVCC toppled Hudson Valley Community College, 76-48. Walker averaged 15 points and five rebounds in the two games.

The Hawks are 20-2 heading into this week with Walker starting in all the games. This sophomore forward from Richard R. Green High School in New York City, is averaging 6.7 points per game, 3.6 rebounds, along with one assist and one steal per game. She is majoring in education.

MIVCC'S STIEP Raiders

ROBOTIC GURUS - MVCC's STEP/CSTEP Robotics Team, "Raiders", participated in the NY FIRST Tech Challenge Championship at Pace University on Sunday, January 27. They competed against 35 other teams in a full day competition and were finalists for the "Motivate Award," which recognizes team work, team spirit and overall team commitment. The Raiders, which is made up of five STEP students (Pam Archer, Bob Kweh, Moe Zae, Yo Khwar and Thiha Lwin), is mentored by CSTEP student Matt Hyrcan and coached by CSTEP staff Danielle Ingber. Anyone interested in learning more about the team or FTC can contact Danielle Ingber (dingber@mvcc.edu) or Christy Stephenson (cstephenson@mvcc.edu).

# No. 3 Hawks roll past Herkimer CCC

After suffering a setback last week with the first two losses of the season, the women's basketball team got back on track with two solid victories to run their overall record to 20-2. The Hawks dropped Herkimer CCC, 57-40, and Hudson Valley CC, 76-48. The Hawks are ranked No. 3 nationally.

Karrin Walker led the way averaging 15 points and five rebounds in the two victories.

The men's basketball team lost a close contest on the road to Hudson Valley CC, 74-66. The Hawks have an overall record of 13-8 for the season.

The indoor men's and women's track teams continue to perform well. Tim Stewart set a personal record with a high jump of 6 feet, 2 inches and Tom Arcuri had personal bests in the mile (4:36) and 3,000-meter run (9:23). Andrea Szewczyk (11:30) and Brittany Englert (12:30) set personal records in the 3,000-meter run. Up next for the Hawks is a meet at Hamilton College on Saturday.

Mohawk Valley CC Athletics' annual open house program is this Saturday with registration beginning at 10:30 a.m. in the Robert Jorgensen Field House Lobby.

For more information on any of the MVCC athletic programs, contact Dave Warren (dwarren@mvcc.edu) at 792-5674.



SHEDDING THE POUNDS – This past winter's Biggest Loser Contest winners. From left are: Norma Chrisman, Dylan Pitt, Andrea Roberts, Jon Meeter and John Pawloski.

### Meeter and Pawloski win Biggest Losers III

What started as a way to encourage faculty, staff and students to shed a few extra pounds has turned into a very successful program for the Health and Wellness Counsel.

Over the winter break, another round of the Biggest Losers Contest was held for seven weeks. The contest began with 82 participants and 52 teams with 42 individuals going the distance representing 27 teams.

From this dedicated group, they combined to lose a total of 219.7 pounds for an average of 5.23 pounds per participant.

The winning team was that of Jon Meeter and John Pawloski. They lost 9.62 percent of their combined weight or 23.7 pounds. Norma Chrisman was the winner of the Inches Challenge losing 8.5 inches overall. Dylan Pitt was the individual winner with 11.54 percent of his body weight lost or 30.4 pounds.

The event is coordinated by Andrea Roberts, who will be organizing other healthy activities.