



Respiratory Care students first in area to be trained on cutting-edge equipment

The college's Respiratory Care program got a big boost recently from Masimo Corporation and its donation of a Pulse CO-oximeter.

The donation came about as a result of a grant written by MVCC's Respiratory Care Program Coordinator Lorie Phillips. The Radical 7 CO-oximeter, valued at \$8,000, is the first technology of its kind in the Mohawk Valley, not yet present in local hospital Emergency Departments or on ambulances.

The Masimo CO-oximeter allows for continuous noninvasive monitoring of blood carbon monoxide levels within 45 seconds with a simple probe placed on the finger, far faster than levels traditionally obtained via a blood sample, which takes 30-60 minutes to yield a result.

Carbon monoxide (CO) is a colorless, odorless gas that is a toxic byproduct of combustion under conditions where there is a restricted oxygen supply. Significant CO can be



produced by house fires, non-electric furnaces, fireplaces, gas stoves, space heaters, charcoal grills, automobile/machine exhaust and cigarettes.

When inhaled, CO combines with hemoglobin on the red blood cell and

decreases the ability of the blood to carry oxygen. The presence of carbon monoxide in the blood decreases oxygen delivery to the body tissues and organs. Blood CO levels greater than 10 percent represents CO poisoning and can ultimately cause flu-like symptoms (headache, nausea, loss of appetite).

CO levels that exceed 25 percent cause serious toxicity resulting in brain and heart damage. Identifying CO poisoning early is critical so that appropriate treatment can take place.

The MVCC respiratory care students were provided training on the CO-oximeter concepts and function by the Masimo Clinical Specialist, Claire Aloia.

Learning and practicing with the newest technology available on the market helps make the MVCC respiratory students well prepared to function as competent respiratory therapists upon completion of their program.

Freddy Fusion to take place at RFA science fair

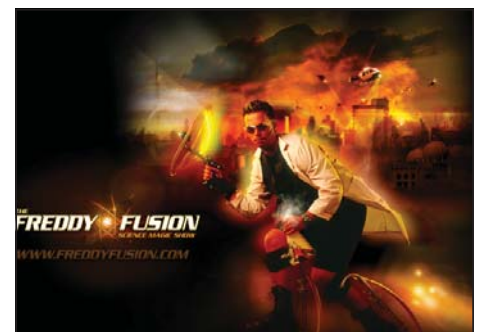
MVCC's Family Fun Series in Rome takes to the road with the Freddy Fusion's Science Magic Show being held in the Rome Free Academy's auditorium on Saturday, March 7, at 12:00 p.m. This is in conjunction with the RFA Science Fair which is being held that same day.

The presentation is part of MVCC's Spring 2009 Cultural Arts Series which is free and open to the public.

Freddy Fusion's Science Magic Show blends his love of science with an inter-

active magic show that educates and inspires adults and children alike to believe in the magic of scientific exploration. Audiences around the country have enjoyed his side splitting humor and audience participation to discover the facts surrounding natural sciences.

Enhancing the enrichment of children at an early age has been the focus of Freddy Fusions "outreach program" into schools nationwide. Turning the impossible into the possible, breaking down the unexplainable into a format



kids are able to download, absorb and understand.

Kiddie Campus children will walk to raise some coin for Team MVCC

MVCC's Kiddie Campus will be holding its 2nd Annual Mini Heart Walk on Wednesday, March 4, at 10:00 a.m. Weather permitting, the children will be walking around campus visiting buildings with donation cans for spare change. All the money they raise will be added to Team MVCC's collections for this year's America's Greatest Heart Run and Walk that will be held Saturday, March 7. So, make sure you bring your spare change.



Hockey game benefits young cancer patient

The Seventh Annual Mohawk Valley Hockey League's benefit hockey game will be held on Friday, March 27, at 7:00 p.m. at the New Hartford Recreation Center.

This year's event will benefit Abigail Evans, a 2½-year-old child diagnosed with Leukemia on November 14, 2008. Tickets are \$5.00 and there will be special fund raising events at the game such as a Chinese auction, 50/50 raffle and a silent auction. There will also be food and drink available.

For more information, call Jeff Kimball at 292-4953 or by visiting the league's website at www.mvhl.org.

MVCC Campus Events

Monday, March 2

Muslim Student Asso., Alumni College, Room 203, 2:00 pm

Chess Club: Games, Alumni College, Room 114, 3:30 pm

Student Congress, Alumni College, Room 112, 3:30 pm

CCED: T'ai Chi, Alumni College, Room 116, 5:30 pm

MVCAA: Drinking Driver Program Classes,

Rome Academic Building, Room 306, 6:00 pm

Lecture/Movie: "The Science Behind Jurassic Park" with Paleontologist Nan Crystal, followed by the movie, Theater, 6:15 pm

CCED: Ballroom Dancing, MV Commons, 7:00 pm

Tuesday, March 3

SNO: Jewelry Sale, Academic Building Lobby, 8:00 am

Lecture: "Funerals and Their Importance to the Grieving Process" with Stewart Williams & Sr. Rose Troy, Information Technology Building, Room 225, 2:00 pm

Movie & Lecture: "W" w/follow up commentary by Dr. Cantor, Plumley Complex Auditorium, 2:00 & 7:00 pm

Muslim Student Asso, Alumni College, Room 203, 2:00 pm

Relay for Life Meeting, Information Technology Building, Room 225, 5:30 pm

Lecture: "Fashion: Here, There & Everywhere" with Jennifer Diederich, "Project Runway" Contestant, Theater, 7:00 pm

Night Hawk Café, MV Commons, 7:00 pm

Wednesday, March 4

SNO: Jewelry Sale, Academic Building Lobby, 8:00 am

Community Foundation of Herkimer & Oneida Counties Luncheon, Information Technology Building, Room 225, 11:00 am

Muslim Student Association, Alumni College, Room 203, 2:00 pm

Lecture: Juli Ann Reynolds, Theater, 2:00 pm

Black Student Union, Alumni College, Room 222, 3:00 pm

The Experience, Alumni College, Room 212, 4:00 pm

Phi Theta Kappa Spring Induction Ceremony, Alumni College, Room 116, 4:00 pm

CCED: Dance Class, Information Technology Building, Ground Floor, 5:30 pm

MVCC Concert Band, Alumni College, Room 116, 7:00 pm

Peaceful Gals Quilting Club, Plumley Complex, Room 209, 7:00 pm

Night Hawk Café, MV Commons, 7:00 pm

Thursday, March 5

Muslim Student Asso, Alumni College, Room 203, 2:00 pm

Program Board, Alumni College, Room 212, 2:00 pm

Paranormal Investigation Society, Alumni College, Room 212, 5:00 pm

Strategic Gaming Club, Alumni College, Room 212, 6:00 pm

CCED: Ballroom Dancing, MV Commons, 7:00 pm

Program Board: Hooked on Tonics Band, Theater, 7:00 pm

Concert: Bob Halligan: Celtic LIVE!, Plumley Complex Auditorium, 7:00 pm

Friday, March 6

MV Council on Alcohol/Addictions: Training, Alumni College, Room 116, 7:30 am

Lecture: "Black Bear Biology & Management in NY" with Steve Heerkens, Alumni College Center, Room 116, 11:00 am

Muslim Student Asso, Alumni College, Room 203, 2:00 pm

Latino Student Union, Alumni College, Room 212, 4:00 pm

CCED: Ballroom Dancing, MV Commons, 7:00 pm

Concert: Enter the Haggis, Theater, 8:00 pm

Saturday, March 7

Strategic Gaming Club: Noobiecon Gaming & Anime Convention, MV Commons, 8:00 am

Team MVCC at America's Greatest Heart Run and Walk, Utica College, 10:30 am

Burmese Cultural Event, Theater, 1:30 pm

Freddy Fusion's Science Magic Show, Rome Free Academy Auditorium, 12:00 pm

Sunday, March 8th

Daylight Savings Time – "Spring Forward"

Prep courses help STEP, Upward Bound with SATs

The Upward Bound and STEP programs joined forces with the College's Center for Corporate and Community Education Department to give 30 Proctor High School students a helping hand toward scoring big on the SATs.

With the help of instructor Peter Marcus, two SAT prep courses are being taught over the next eight weeks on the Utica Campus.

The first section is being held Monday and Wednesday from 3:00 p.m. to 4:15 p.m. while the second section is Tuesday and Thursday, from 3:00 p.m. to 4:15 p.m.

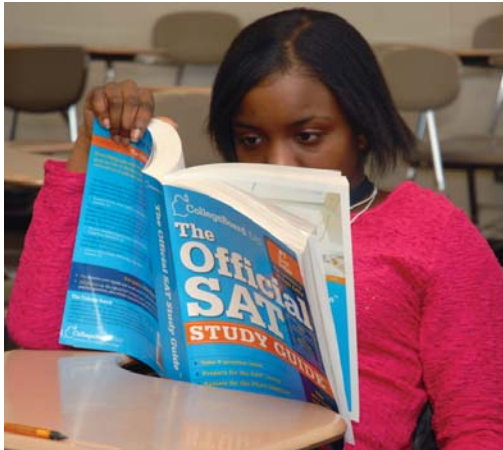
"We are already seeing the students benefit from the classes," said Kim

Overrocker, STEP Project Coordinator. "The students are using new vocabulary they learned in class. It is very exciting to see them using what they learned immediately."

Each section has 15 students and the students have been praising Mr. Marcus for his style of engaging them and making learning fun, according to Overrocker. The first six weeks are used for general instruction with the final two weeks designed for intense review before the May 2 SAT exam date.

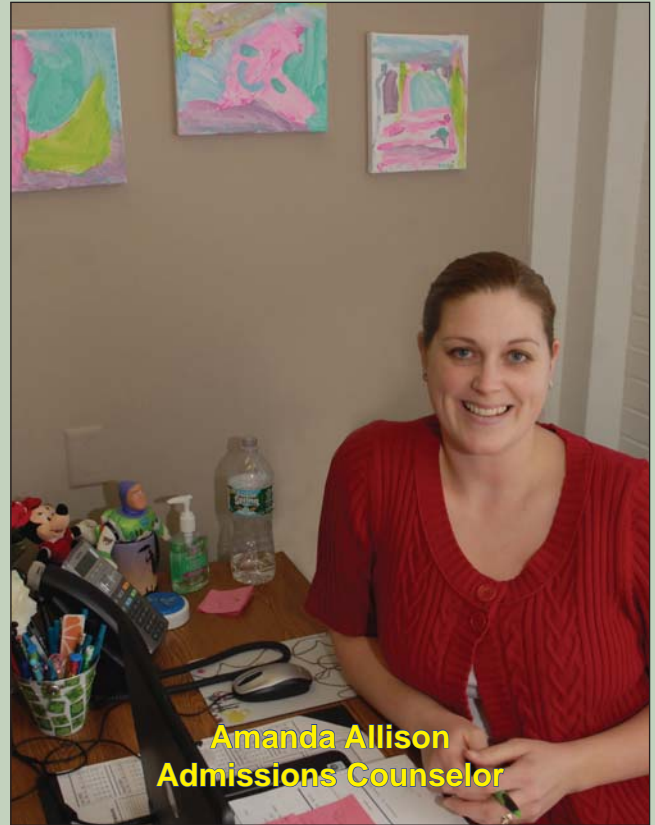
Because the Upward Bound students are mostly sophomores, these classes are designed to prepare them for the PSAT while the STEP students are juniors who'll take the exam this spring. Because these are grant programs, this program helps meet the requirements of student advancement and training.

"We already have students contacting us about taking the SAT prep program in the fall," said Overrocker. "If the funding sources are good, we are going to do it again in the fall. The PSAT is the first week in November."



STUDYING HARD - Raheema Davis, a tenth grader from Proctor High School, who is participating in MVCC's Upward Bound program, is taking part in a SAT Prep program on the Utica Campus.

MVCC Faces: Amanda Allison



Amanda Allison
Admissions Counselor

When prospective students, parents and even College employees need answers on admissions procedures, they are able to turn to Amanda Allison.

As an admissions counselor at the College, Allison is responsible for informing and recruiting prospective students about the many benefits of attending MVCC.

This South Utica resident has been with the College for over a year and a half, having volunteered for many of the Institution's community service events. These include taking part in the Team MVCC's Heart Run and Walk, Breast Cancer Walk with the women's basketball and softball teams as well as taking part in the Relay for Life.

Allison earned a Bachelor of Arts degree in Sociology from SUNY Institute of Technology.

When not at work, she enjoys spending time with her husband, Bobby, and daughters Mackenzie (6) and Kyrah (3).

"What is now proved was once only imagined."



William Blake (1757 – 1827)
Poet, painter and print maker

Submitted by William Rose, Instructor, Social Science

To submit information
for **Communitas**,
e-mail **Rich Haubert** @
rhaubert@mvcc.edu

Pruckno, Cull dominate at Region III Indoor Track Championships

MVCC's Joe Pruckno won the 60-meter hurdles with a time of 8.37 seconds at the Region III Indoor Track Championships held at Colgate University and Cornell University last week. Durell Cull also placed first in the 60-meter run in 6.85 seconds.

Tracey Davis placed second in the Long Jump with a distance of 6.79 meters while Gladimir Sanon was second in the triple jump with 12.84. In the running events, Lalonde Gordon finished second in the 200 meters in 22.32 seconds as Jeff Azoto placed second in the 600 meters in 1:27.18. Todd Butters finished second in the 1000-meter run in a time of 2:39.21.

Women's Indoor Track: Diana DeJesus won three events for the Hawks at the Region III Indoor Track Championships held at Colgate University and Cornell University. She won the Pentathlon with 2,627 points along with taking first place in the high jump with a height of 1.45 meters. DeJesus won the 60-meter hurdles in 9.7 seconds while placing second in the long jump with a distance of 4.2 meters.

Hannah Hoffman won the 3000-meter run in 11:44.37 while also placing second in the 5000 meters in 20:17.81 and third in the 1000 meters with a time of 3:26.50. Lauren Penc won the 200-meter run in 28.08 seconds and placed first in the 600 meters in 1:43.78. Sara Garrett also placed second in the 60 meters in 8.57 seconds.

Kayla Forgit won two events with gold in the shot put with a throw of 11.10 meters and the weight throw with a toss of 10.38 meters. Heather Vroman finished second in the mile run with a time of 5:34.54 and second in the 1000 meters in 3:14.92.

Men's Basketball: Alex Prue had 28 points for the Hawks against Hudson Valley Community College while Bradley Griffin led MVCC with 14 points against Fulton Montgomery CC. Griffin was also the top scorer with 13 points against Herkimer County CC. MVCC's record is now 16-12 as the Hawks enter the Region III Tournament this weekend.

Women's Basketball: The Hawks clinched their sixth consecutive Mohawk Valley Conference championship this week with an 86-39 victory over Herkimer CCC. The top gun for MVCC was Katrina Brown with 18 points while Shauncy Claud battled for 11 rebounds and Rhonda Young handed out seven assists.

MVCC also had two other victories that included a 77-47 final over SUNY Delhi as Brown scored 25 points while Leslie Mencia tallied 16 points along with 12 rebounds. Melissa St. Louis finished with nine points and seven assists.

The Hawks also defeated Fulton-Montgomery CC 85-54 as Young scored 20 points and Mencia added 19 points. The Hawks enter the Region III tournament this weekend with a 26-2 record.

Men's Bowling: The Hawks placed second at

Schenectady Community College's Mountain Valley Conference Invitational with a pin fall of 3,382 while Chris Ewen threw a top game of 279 for a 791 series. Alen Palmer threw a high game of 245 for a 711 series as Steven Vincent (Hannibal/Fulton High) bowled 254 and 675. Kyle Ewen bowled top game of 279 for a 643 series.

At the Region III Tournament this past weekend at Pin-O-Rama Lanes in Utica, MVCC placed third with a total pin fall of 9,525. In the doubles, Mike Guernsey and Vincent placed second with a combined score of 1,745. Guernsey also placed third in the singles with a pin fall total of 868 en route to finishing fourth overall with 1,725 pins that earned him All-Regional honor. Teammate Vincent placed seventh overall with a score of 1,706 followed by Chris Ewen in eighth place with 1,705 pins.

Women's Bowling: The Hawks placed second at the Schenectady CC's Mountain Valley Conference Invitational with a pin fall of 2,827. Shawna Hammond bowled a high game of 225 en route to a 628 series. Samantha Daley scored a high game of 204 and a 598 series while Stephanie Hina bowled top game of 243 for a 581 series.

In the Region III Tournament, the Hawks placed third with a pin fall of 8,088. Jessica Anson won the singles crown with a series of 868 and placed third overall for All-Regional honors with a pin fall of 1,572. Hina and Hammond placed fifth in the doubles with a combined pin fall of 1,439. Hina was ninth overall with a total of 1,463 while Hammond was tenth with 1,457.

Athlete of the Week: Durell Cull was named MVCC's Athlete of the Week for February 22, 2009. Durell won the 60-meter run at the Indoor Regional Track Championships. His time of 6.85 seconds is a Region III and school record.



Save time and stop by the
MV Commons.

FRIDAY FISH FRY

Fresh Fried Haddock prepared by
Chef Manager Jason Martin

Fish
Fries &
Coleslaw
\$6.99

Friday Nights
Starting February 27 thru April 10.
Pick up time = 4:00pm – 5:00pm

Email your order to jmartin@mvcc.edu by
3:00pm on Friday to guarantee your
order. Quantities Limited.

Try our fish on Wednesday 2/25 at the
Interlude