As the College prepares for colder weather heading into November, the employees in the Department of Facilities and Operations were recently recognized for maintaining a safe work environment.

With three months to go in the year, the F&O staff was presented with “Very Conspicuous” safe-t-shirts in recognition of their dedication of keeping safe and there being no major accidents at the College this year.

“What makes this unique and worthy of recognition is that our department is the ‘hands-on department’ of the college,” said George D. Aylesworth, Environmental Health and Safety Officer. “The potential for accidents and injuries is always high and always exists as we go about our normal day-to-day duties.”

With October being Fire Prevention Month and Community Safety Month, with green being the symbolic color for safety, the F&O staff on both campuses have been diligent on making safety a priority.

“We felt our department has been performing their duties in an efficient, reliable, and most importantly a safe manner,” added Aylesworth. “The presentation was done to recognize their efforts and to remind them we still have three months left in the accident calendar year.”

The act of safety is an inconspicuous act. As a department, F&O is having an exceptional year in avoiding accidents, accidents with severe injuries, and very few lost time injuries. The t-shirts were not an award for what they have achieved, but a reminder that “safety is an attitude” and requires focus, teamwork, and job pride.
MVCC hosts slam poet

The LGBTQ Committee, in partnership with Student Activities, brought Kit Yan to campus as part of MVCC’s celebration of LGBTQ History Month.

Kit is a transgender slam poet who hails from Brooklyn and travels the country performing slam poetry. On his visit to MVCC, Kit performed one hour of slam poetry and held a subsequent poetry writing workshop with MVCC students.

Kit has been featured in HBO’s Asian Aloud, and his poetry has been reviewed in New York, Bitch, Curve, and Hyphen magazines and he has toured internationally with Sister Spit, The Tranny Roadshow, and Good Asian Drivers. Kit’s work has recently been featured in Flicker and Spark and Troubling the Line - two new queer and transgender poetry anthologies and has a forthcoming book with Transgender Press.

Heintz gives an insider’s view of the job

Students in the Office Administration course received first-hand information from Jill Heintz, Executive Assistant to the President, during an in-class guest lecture last week. Assistant Professor Rosemary Fuoco arranged for her students to understand the responsibilities of Heintz’s position at the College.

Heintz spoke on the importance of confidentiality, keeping information close to the vest, and remaining confident. She has been at the College for three years handling the flow of information that crosses her desk that is eventually dealt with by the president of the College. Among her daily routine is managing the telephone system, processing payment requests, and sometimes being the chief problem solver.

“You also need to be creative,” said Heintz. “When someone calls the office and is upset regarding an issue, always listen and let them tell you their story. You need to be a good listener and positive at all times with a smile.”

She talked about bringing a lot of energy to the office, which enables her to balance social interaction to the job. “Telephone etiquette is so important as you are the first line of communication, so speak clearly on the phone,” she advised. She went on to talk about dressing professionally and the importance of being on time.

Flu Clinic set for Nov. 5 for students, employees

MVCC has partnered with Walgreens Pharmacy to conduct a flu vaccination clinic on Wednesday, Nov. 5 for students and college employees. Walgreens will administer the vaccines from 10 a.m.-2 p.m. (or while supplies last) in the Interlude, the dining area next to the Utica Campus Bookstore in the Alumni College Center.

All participants should bring their insurance cards, if they have them. A limited number of shots will be provided to students for free-first-come, first-served. Shots will also be available to employees, who will be responsible for covering the cost of the shot. Interested employees must bring either an insurance card covering pharmacy-administered flu vaccines or cash payment of $25. Because not all bargaining units have the same insurance arrangements, each employee should visit Benergy online or contact MVCC HR for guidance about what is covered.

Students in Rome will have access to a limited number of vaccine vouchers from the Student Service Center, which can be redeemed at the Rome Walgreens. Payment and eligibility requirements will be the same as on the Utica Campus.

For more information contact the Student Health Center at 792-5683.
Earlier this month the College hosted the annual International Student Reception on the second floor of the Information Technology Building, offering students from other countries the opportunity to meet and learn about the unique personalities of the faculty and staff at MVCC.

This fall’s event drew more than 90 students who completed a 16-question worksheet to earn DGV credit. There were more than 30 faculty and staff on hand to help answer the questions for the students.

“We tried different things every year,” said Sara Boulanger, Coordinator of Services for International Students. “We tend to get more students when it is held in the lobbies as they stop in on their way to class.”

The goal of this event is to get international students and ESL students to meet and mingle with American students, faculty, and staff. It also offers the American students an opportunity to learn about other cultures.

The DGV is a bingo worksheet included questions about finding someone in a band, have they been to O’Hara Airport, or lived in a different country. This event was organized by the International Initiative Committee, which hosts the International Café and Conversation Series and the International Fashion Show scheduled for Nov. 21.

“These students like to share their culture as much as we like to learn about the different cultures,” added Boulanger. “Many of the international students are shocked by the diversity found in Utica as they come from countries that are homogeneous. They don’t expect Utica, for the size it is and where it is, to be so diverse. It is also one of the things they like about it.”

MVCC hosts international students from 20 countries along with the ESL program helping out students from 40 countries. There are 43 languages spoken on campus.

**Athletes named to all-conference team**

The MVCC women’s soccer team has been having a stellar year, which was recognized this week with two members being selected to the 2014 All-Conference Team of the Mountain Valley Conference.

Freshman Jenelle Dillenbeck received 10 votes for her performance at the Striker position for the Hawks. She is the leading scorer for the Hawks with 16 goals and five assists in MVCC’s 16 games. Of these goals, four were game-winners. She comes to MVCC from her hometown of Fonda, NY, as a graduate of Canajoharie High School.

Also being selected to the All-Conference Team was sophomore defender Natalie Streifert with eight votes. This Rome native has been instrumental in the Hawks accumulating an 11-4-1 record. The Hawks’ defense has allowed only three goals this season while the offense has accumulated 60 goals in 16 games for a 3.8 average.

Associate Dean Pamela Fess and her little Chihuahua, Bella, represented Team MVCC in this year’s annual Steven Swan Humane Society’s Wiggle Waggle Walk-A-Thon.

The event took place at Sherrill Brook Town Park in New Hartford on Sunday, Sept. 14.

Well over one hundred four-legged participants and their two-legged owners participated in this wonderfully rewarding fundraising event.
Hawks runners win Region III crowns

The MVCC men’s cross country team has traditionally been comprised of local athletes. This year is no different and the talent of these local runners lead the Hawks to another NJCAA Region III championship crown on Saturday at SUNY Delhi.

The Hawks won the Mountain Valley Conference crown last week, adding this week’s title is just gravy on the accomplishments of this group of talented runners. MVCC’s top five runners, who are all from within a 20-mile radius of the College, earned All-Region III honors with their performances. The Hawks combined for 29 points while second place SUNY Delhi finished with 49 points and Onondaga Community College was a distance third with 83 points.

Blazing the path for the MVCC squad was freshman Barrett Celecki, a native of Barneveld and graduate of Holland Patent High School. Celecki pulled away from the pack at the two-mile mark to set a course record of 27 minutes, 18.2 seconds on this eight-kilometer course.

Just under a minute behind him in third place was sophomore Todd Stevens with a time of 28:14.7. Stevens is also a graduate of Holland Patent High School and ran with Celecki on the scholastic level.

Also getting All-Regional honors for the Hawks was Stephen Paddock, a native of Ilion, in sixth place with a time of 28:31.8. He was joined by Tyler Beattie from Whitesboro in tenth place in 29:11.5, and Connor Butters of Rome in eleventh place in 29:12.7.

In the women’s cross country race, the Hawks continued to dominate the field as they ran past the competition as a unit to win the NJCAA Region III championship.

The Hawks compiled a score of 28 points with the second place team of SUNY Delhi far behind with 57 points on this five-kilometer course. The top five MVCC runners earned the honor of being named All-Region III, which accounts the Hawks being tied with Harper College (Illinois) as the No. 1 nationally ranked teams.

Leading the MVCC squad was sophomore Stephanie Boucher, a New Hartford native, with a second place finish in 19 minutes, 50.9 seconds while Anna Marie Roberts Remsen had a strong showing in fourth place in 20:35.3. Two other Hawk runners were in the top 10 led by Mary Manzari, from Whitesboro, in fifth place in 20:46.9 and New Hartford’s Rebecca LaPorte in seventh in 21:19.5. Rounding out the scoring for the Hawks was Hannah West in eleventh place in 21:47.

Vets benefits info sessions

MVCC will host special information sessions for military veterans, active duty service members, reservists, and military family members on Veterans Day, Tuesday, Nov. 11, on both the Utica and Rome campuses.

The first Veterans Information Session will take place at noon on the Utica Campus beginning in the Admissions Office. The second session will take place at 3 p.m. on the Rome Campus in Festine Auditorium, Plumley Complex. The sessions will include presentations by the MVCC Admissions Office and the College’s Veterans Services Office, with information on services, funding, and other opportunities at MVCC.

MVCC’s other Veterans Day Information Sessions, which are open to all prospective students. Those sessions will take place at 9 a.m., 11 a.m., and 1:30 p.m., with campus tours at 9:45 a.m., 11:45 a.m., and 2:15 p.m. For information or to register for any of the sessions, visit www.mvcc.edu/infosessions or call 792-5354.

TAKING CARE OF OUR VETS - The MVCC baseball team helped raise $500 for the Feed Our Vets organization on Genesee Street in Utica. The baseball team sold camo hats and shirts this year. Feed Our Vets is a nonprofit organization whose mission is to help Veterans, their spouses and children, whose circumstances have left them on the battlefield of hunger, and to involve the public in fighting Veteran hunger, through community food pantries that provide regular, free food to Veterans and their families, distribution of related goods and services, and public education and outreach.