

The Student Voice

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Special points of interest:

- Love is hard to live with on page 6
- MVCC's Sport teams are kicking it off on page 2
- Do you want to be part of the Student Voice? Find out how on page 2

Star on Campus By: Amy Rubyor

Gavin DeGraw was born in the Catskill mountain area. He began singing and playing the piano at the early age of eight. So he got an early start to his musical talents. His rise to fame began when his song "I Don't Wanna Be" was chosen for the teen hit drama One Tree Hill in 2003. He has also made appearances on many hit TV shows. So it's no surprise that he is scheduled to play at MVCC October 17th at 8:00 PM in the Jorgensen Center. He is going to be a big hit here on campus. You can get free tickets to see his show if you are an MVCC student. There is a fee of \$40.00 for the general public. He has a degree in music at the Berklee college of music and he also has a degree at Ithaca college. He has topped the charts with many of his songs that he has written so there is no doubt

that you will hear a few that you are familiar with the night that he plays. So don't forget to get your free tickets and have a fun and safe night seeing this hot star perform. You can get your tickets at the box office located next to the IT Theatre.



Pass to Victory By: Anthony Rose

In late August many of us were awaiting the kickoff to the fall semester. Hawks sports fans awaited the “kicking” off of the Men’s soccer team. The soccer team who last year was very successful, only falling one game short of the National Tournament, started this season already mimicking the stunning performance the team shared last year. Their current record is 6-1 and they are ranked 5th in the national poll. I was lucky enough to speak with one of the teams “defensive midfield” players, Grant Calogero. His job is to stop the distribution of the ball so the opponents can’t move up field. Once retrieving the ball

he’ll pass to an open teammate. When I asked Grant how this team could be compared to last year’s team he said, “This year is more of a team unit, we are not for ourselves we do what’s for the good of the team, and we will do anything to win”. Sounds about right considering the team has been successful in the past couple of weeks. Grant also made it quite clear that they are striving to go just as far as last year once the post-season comes around; and that they will “wreck” any team that comes between them and a win. Keep an eye out for this team because an exciting season is ahead, and best of luck to the players.



“they will ‘wreck’ any team that comes between them and a win.”

We Are A Family

The Student Voice is spookily full of great people. Mildred Tries is our advisor and Erin Slegaitis is the president. Our other members are; Alyson Yip, Amy Rubyor, Anna Field, Anthony Rose, Brian Trainor, Daniel Hayden, Gabriela Pedaraza, James Brady, Nick Waszkiewicz, Rayshawn Johnson, and Tara



Amy Rubyor

Brown. They all worked hard on the paper to make it what it is. However, our family is never complete. That’s why we are asking you to become a part of it. If you would like to write an article for us at any time please visit our office on the second floor in ACC in room 221 or e

-mail us at studentvoice@mvcc.edu. You can write about anything that affects you as a student; politics, sports, poetry, health, or just something you think others should know. All Articles are due by midnight November fourteenth . Let your voice be heard and become a part of the Student Voice!

Sleep? By: Anna Feild

Sleep is a foreign word if you're a college student. Usually around the college student age, it is recommended that you get at least seven to eight hours of sleep each night. It has been proven that sleeping the recommended amount can help decrease your risk of gaining weight and heart disease. Sleep can also decrease the risk of getting sick, and even getting cancer. However if you sleep too much, you increase your risk of developing diabetes. Sleeping less than seven hours significantly increases your risk of catching a cold, and less than six hours will have an effect on your ability to remember things. Studies have shown that sleeping for less than six hours will have the same effect on you that staying up for 48 hours straight would.

Don't be a procrastinator. Do your homework and studying earlier on in the evening, however, don't spend your entire night studying. Xbox can wait a while. Pulling an "all-nighter" is not the best way to academic success. You'll forget everything from your lack of sleep anyway. "I love sleep. My life has the tendency to fall apart when I'm awake, you know?"
~Ernest Hemmingway



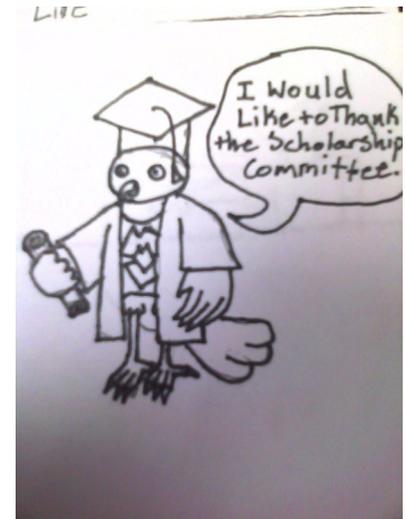
Sleep is a foreign word if you're a college student.

<http://naturallyengineered.com/blog/sleep-deprived-consider-fasting-or-low-carb-meals/>

Picture Success By: Erin Slegaitis

We all know how difficult the art world can be. It's a tooth and nail business that can make you question your determination. However, there are some who will brave it all for success and luckily there are people who want to see them get there. That is why MVCC has so many scholarships listed in the scholarship booklet. You have enough to worry about with exams and pop quizzes you shouldn't have to worry about how to afford next semester. The James O'Lonney Photography scholarship is here to help. It is for photography students with a G.P.A. of 3.0 who show academic excellence through; the photog-

raphy program, in classes, studio, shows, labs, and community service as a professional photographer. It is due on April first and has an award of five hundred dollars by check. Contact the Center of Arts and Humanities in Payne Hall 104H for an application and with any questions. See yourself in the job of your dreams without debt, now that's picture perfect.

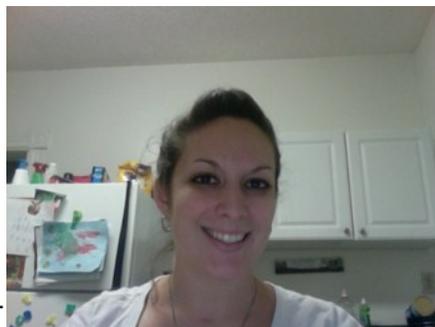


"You have enough to worry about with exams and pop quizzes you shouldn't have to worry about how to afford next semester."

Returning to be a Champion By: Tara Brown

In respect of the difficult psyche when concerning the human mind and its association with college for some, there are some guidelines that can followed if considering entering back into college at a more appropriate age and time...

Once a person matures, especially a self-reliant person, the kinks and difficulties pertaining to entering the higher academic world can be overcome.



There are several steps and mindsets that adult students should utilize to aide them back to their journey for freedom and success. The first motto that I would like to offer is, "Just do it!" At age 26, I have acquired the realization that unless I do something myself, it will not get done.

As adult students with more experience and under-

standing of responsibility, the process is possible. I, personally, am no longer concerned with social matters lest they benefit my future. My insecurities of former years is now confidence and it has become unacceptable to ignore responsibility for friends.

Another motto or suggestion that I'd like to contribute is to "Organize and plan ahead!" At this point in life, beyond adolescence, I'd like to think that as adults we can think long-term and plan to better meet the needs of our decisions. I

have found that nothing in life comes free. By setting aside the needed money and satisfying the slots of needed resources involved in the col-

lege entrance process, we can better tackle not-so-minor details that are missing from most prior college discussions. The ride to the school for appointments, the meals for the day, the waiting process for the refund check, and the focus on the task at hand are all possible when an individual has matured to fully understanding organization and planning ahead.

Lastly, in my suggestions for entering back to school minus the childish mistakes, "Dedicate yourself to your education!" Once a person can live and breathe college, rather than living at ten friends' houses and breathing in smoke, the efforts for enrolling and main-

taining the process can prevail. Being able to sustain consistency and a continuous re-focus towards one's goals can only accompany discipline. True discipline, I feel, accompanies many other behavioral brush-ups that can only accompany age. To want something and to take the steps in getting that something is a learning process all of its own. Lacking a better understanding of basic foundation principles of life can hinder a person's success.

"True discipline, I feel, accompanies many other behavioral brush-ups that can only accompany age."

College Completion Day By: Erin Slegaitis

Pursuing your education is important, and committing to completing it is equally important. Recently many MVCC students signed the completion day banner and wrote letters to thank their professors for their hard work. They committed to completing their education. How about you?



Left: Kyle Mezna and Marvin Merrno writing letters



Right: Carmen Keane hanging up students' letters



Kyle Mezna and Marvin Merrno signing the wall

"The Way I Feel" By: Eunice Morelles Edited By: Anna Field

Sitting here thinking of what
You did to me and you walking
Away like you don't even care.

All the memories we use to
Have are slowly fading away, I
Just don't understand what you
Did to me. Was everything I
cried

Over even worth hurting for?
I just want to break down and
cry,

But I let it all go with just a
Smile. Agony, nightmare and
Heartache. I smile and smile but
Deep down, I want to break. I

ask
Myself, Are you really worth
this
Pain? Why am I holding on any
longer?

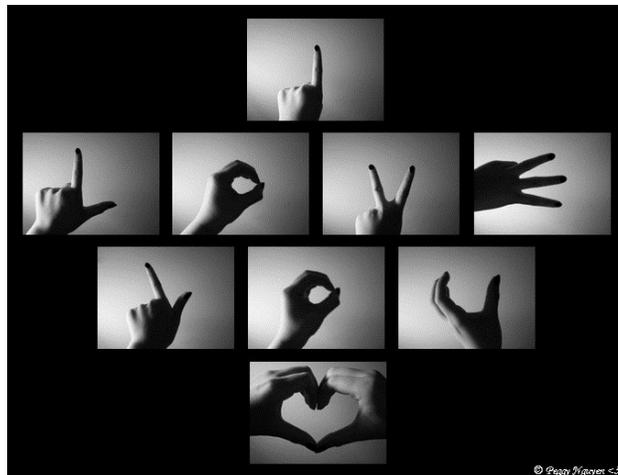
What am I waiting for?
I wish I could just talk to you
And tell you how I feel. When
I say I was in love with you
It was for real! What did you
Mean when you said you have
feelings

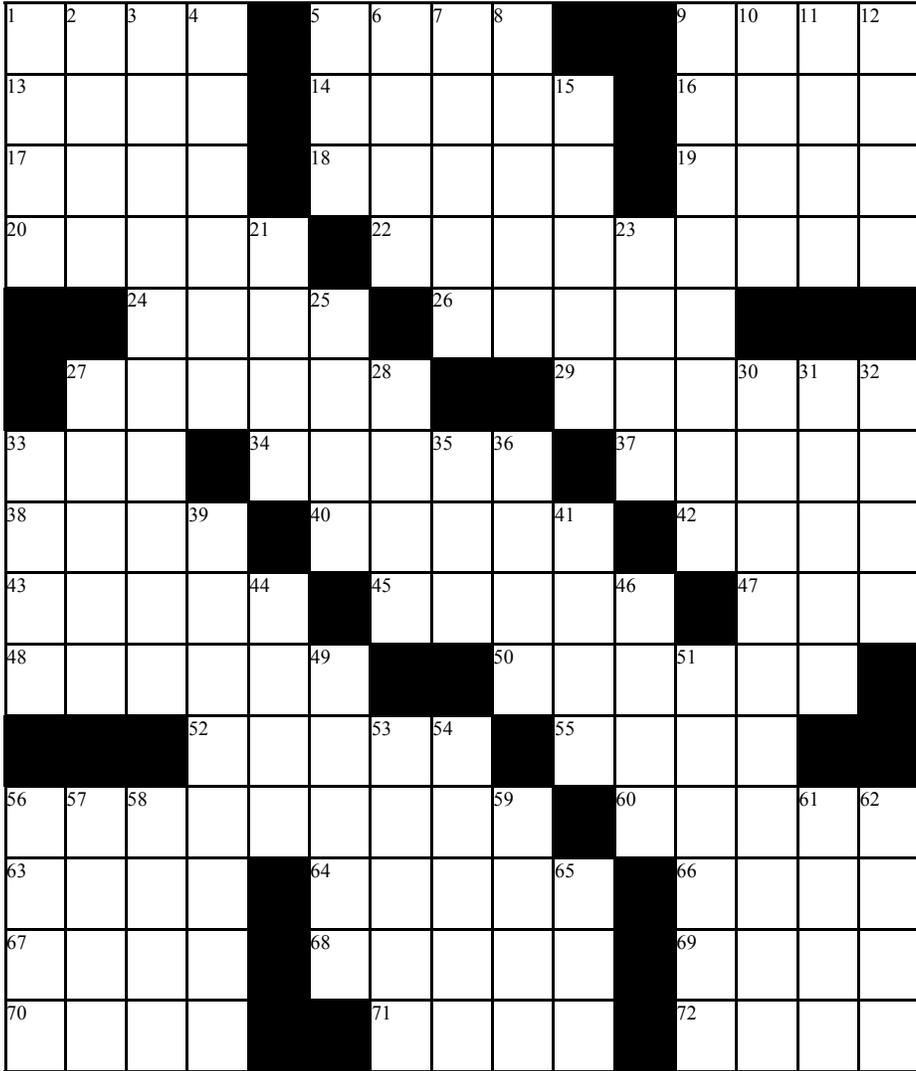
For me? This thing we call love,
We're still young and we're still
Trying, even though I'm sitting

here
Dying. You broke down every
part
Of me! I wanna love you even
If it's wrong. Everyone's telling
me
I'm crazy over you, but they
don't
Feel this love in me. Our memo-
ries
Are gonna be hard to forget.



"But I let it all go with just a
Smile."





Down

- 1:** Sign of healing
- 2:** Earthenware jar
- 3:** Ones whose proposal are seconded
- 4:** Said
- 5:** Electrical Unit
- 6:** Fruit cocktail fruit
- 7:** Edible tubers
- 8:** Safety device
- 9:** Egg-laying mammal
- 10:** Margarita flavoring
- 11:** State peremptorily
- 12:** Deep desires
- 15:** Monster with a head for multiplication and then some
- 21:** Uttered
- 23:** Ambassadorial fashion accessory
- 25:** Browning of pages of verse, for example
- 27:** Malevolent pachyderm
- 28:** Antitoxins
- 30:** Not pertinent
- 31:** Crucifixes
- 32:** Units of work
- 33:** Flipped fish fancier
- 35:** Spanky, to Alfalfa
- 36:** Position
- 39:** Most impudent
- 41:** Place for the catbird?
- 44:** Tiplers
- 46:** Business letter addressees
- 49:** Grates upon
- 51:** Eggnog spice
- 53:** Ecological community
- 54:** Cube or sphere, e.g.
- 56:** Nearly closed
- 57:** Loser to Clinton in '96
- 58:** Comportment
- 59:** Geek's cousin
- 61:** Non-clashing color
- 62:** Gradual decline
- 65:** The limit, for some

Across

- 1:** Juniors, usually
- 5:** Goes for
- 9:** 'Hamlet,' for example
- 13:** Coagulate
- 14:** Actor Ledger of 'The Patriot'
- 16:** Still in play
- 17:** ___ mater
- 18:** Shakespearean interjection
- 19:** Last word in prayer
- 20:** Prepares to cast
- 22:** Triumph products
- 24:** Tide type

Across

- 26:** Floral display
- 27:** Car accessories
- 29:** Shoot for, with 'to'
- 33:** Barfly
- 34:** Vast extents
- 37:** Comedy Club serving
- 38:** Qualities of the conceited
- 40:** Game keepers
- 42:** Cause of a bad air day
- 43:** Distinctive atmospheres
- 45:** Juicy plants
- 47:** NPR has none
- 48:** Rent collector
- 50:** Spoils
- 52:** Wild guesses

Across

- 56:** Disclosure
- 60:** Scatter about
- 63:** ___ de vivre
- 64:** Fish sticks?
- 66:** Isinglass
- 67:** Microbrewery offerings
- 68:** Offensive smile
- 69:** Make money
- 70:** Monthly payment, for many
- 71:** Small whirlpool
- 72:** Sandpaper component

The Adventures of Mu-Cow & Friends

Part 13

Story: Erin Sleights & Alyson Yip
Artist: Alyson Yip



Artist's Note!

Q: How did the characters get their names?

A: The Japanese alphabets consist of many fun characters, called "kana".

む mu (moo)

ゆ yu (you)

ふ fu (foo / hoo)

の no (no)

Our crew is composed of Hiragana "kana".



The more you know!

TO BE CONTINUED!!!