

Student Voice

September, Issue 1

09/16/12

Mohawk Valley Community College

Table of Contents

Pg.2 Introducing Hawk Eye

It's Not Too Hard

Pg.3 A Common Factor

Meet the Crew

Pg. 4 Killing Brain cells the stressful Way

Pg. 5 Technology and Me

Pg. 9 The Benefits of Reading

Pg. 12 Comics Poetry

Making Connections By: Erin Slegaitis

This last month there was a DGV event that broke boarders. There was an International Meet and Greet in the lobby of Payne Hall. If you were there I'm sure that you, like me, had fun meeting all kinds of people and eating fabulous food. Too often we separate ourselves by age, culture, and life style. One of those barriers existed between the students of MVCC. This event made a safe place to get to know our fellow students, especially those from countries other than America. In the meet and greet we

had to try to get around sixteen signatures from different people. There were categories like

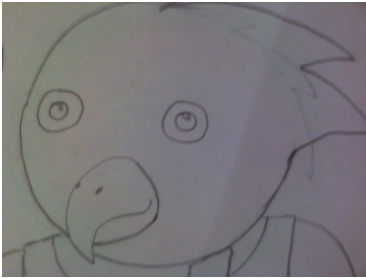


Left: Shahida Dar Middle: Barbra Sabbour Right: Mu Paw

met your spouse in another country, an American with a passport, and speaks more than two languages. The scavenger hunt made interaction with others necessary. The main point was to get people to interact with others have conversation and maybe even make

a few new friends. I got to meet people close to home and from all over the world. In this event there was no barrier that kept people from talking, no fear of being outcast. If we could take this kind of interaction into our daily lives we would be better people for it, not to mention probably have more friends. So take advantage of the DGV events on campus not just to fulfill a graduation requirement but to grow as a person. Growing can hurt but in the end you are closer to the person you are meant to be, for you.

Introducing Hawk Eye! By: Erin Slegaitis



There is always a way to make something better when you put enough thought into it. That is exactly who Hawk Eye is. We, the members of the Student Voice, wanted to spice up

the newspaper. Hawk Eye is the newest member to our team. Call him a mascot, a genius, an artist, the uniting force to a chaotic world, whatever you call him doesn't

matter. You will, however, be seeing a lot of him from now on.

"With an award up to thousand dollars as tuition credit"

It's Not Too Hard! By: Erin Slegaitis

Mohawk Valley Community College has many different opportunities for every student that steps on their campus. One of the many services they have available is the many scholarships that they present in their scholarship packet. A lot of the scholarships are really easy to get. Some don't even require an essay. It is advised that you focus on scholarships with a due date after November 16 so that it will count for the spring semester. For any questions just go to Payne Hall 220 the people there are really nice and helpful. They will give you the scholarship packet and let you know what due dates you should aim for in order to get the best re-

sults like the November 16 deadline. There are scholarships for the majors offered at MVCC and there are lots of general scholarships too. For example the Association of Mohawk Valley Administrators scholarship, it is for first and second year students. The scholarship lasts for one semester with an award of three hundred dollars. It is given to full time students with preference towards AMVA member's sons and daughters. However, it can still be awarded to non-AMVA students because of academic achievement, college or community involvement, or financial need. The deadline is on April first but sooner is always better. All you

need to do is go to Payne Hall 220 to get a general scholarship application. That's pretty easy compared to that Literature paper due next week. Another great scholarship is the Pat and Fern Fausto Scholarship. Once again it is for first or second year full time students with an award up to one thousand dollars as tuition credit. The scholarship is good for one semester and all you need to do is fill out and turn in a general scholarship application. College is never going to be easy but who says it has to be impossible to afford too.



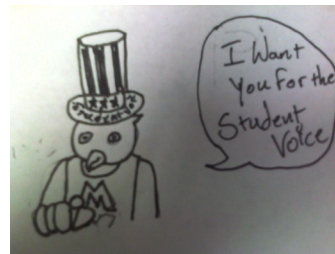
A Common Factor By: Daniel Hayden

Whether you are a Republican, Democrat, Tea Party member, or associated with any of the other political parties there is one thing we all have in common. In order to vote you must first be registered. Many people may not know where they can register or may not know how long this process takes. There are many voter registration sites where you can register to vote, to include sites on each of the MVCC campuses.

The MVCC disability offices in Utica and Rome are National Voter Registration Act (NVRA) voter registration sites. You can also visit Oneida County Board of Election, <http://www.ocgov.net/election>, to print and mail in a Voter Registration Form. Overall it is a very simple process that takes less than five minutes to complete. In order to be eligible to vote you must mail or deliver the voter registration form at least 25

days before the election you want to vote in. With the election coming up, November 6th, it is important to make sure that you are registered to vote if you wish to participate.

"It is a very simple process that takes less than five minutes to complete."

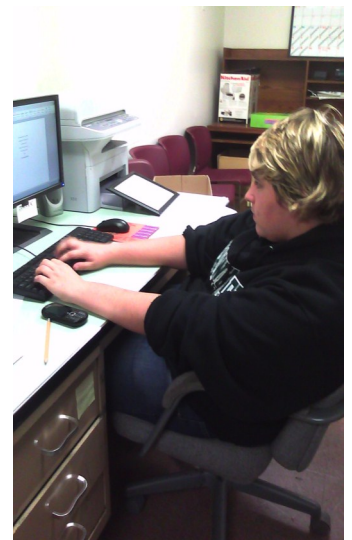


Meet the Crew

There are many wonderful people that are members of the Student Voice. 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 Pearaza, James Brady, Nick Waszkiewicz, Ray-

shawn Johnson, and Tara 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 or e-mail us at

studentvoice@mvcc.edu. Let your voice be heard and become a part of the Student Voice!



Anna Field working on her health article

Killing Brain Cells - The stressful way

By: Anna Field

"There are ways to beat the overwhelming feeling of 'The first semester freak out.'"

Is it your first semester at college? Or maybe you're a returning student? Regardless of how long you've been in school it still has an aura of stress and a lot of hard work. Recent studies have shown that stress may have a negative effect on your brain. After being put into stressful a situation your brain shows signs of a reduction in the structure and functioning of your brain. This is no means for concern. Your brain – The super computer – will heal itself in time. There are ways to beat the overwhelming feeling of "The first semester freak out." When you're studying or preparing for a class the night before, make sure you're spending this time in silence. This may not always be easy, but make sure you spend at least ten minutes in silence a day. (That means without Facebook or your

cellphone.) On days when you don't have school or work take some time to do something completely unrelated to school, something you like to do. Whether it is reading, hiking, or even bird watching, do something you like to do and forget about responsibilities for a little while. Of course the men out there won't appreciate this next tip, cry if you need to. Crying is a great emotional release for everyone. I promise you'll feel so much better after crying. (Except for the stuffy nose, puffy eyes thing.) If none of these tips work for you, just remember to breathe. If you're in class taking a test, or trying to study at home remember to breathe. I'm not talking about the kind of breathing that is essential for everyday function; I'm talking about deep breathing. Fill your lungs

completely and exhale slowly; in through the nose, out through the mouth slowly and calmly. Don't let school get you so stressed you dread getting up and going every morning. Just use some of the tips I mentioned and you should be able to get through the day. "Health is the greatest gift, contentment the greatest wealth, faithfulness the best



Technology and Me By: Tara Brown

I remember sitting in the living room of my parent's house, cross legged, watching Barney and Friends as a toddler. My mother would be in at one o'clock to view soap operas and I would be asked to leave the room. On Saturday mornings I'd watch 'Saved by the Bell' in my room on a black and white television. The T.V. had large knob controls and a metal antenna. I recall fighting with the antennas on both of the televisions forcefully to make the pictures come through. Once a month my father would curse the high heavens and us all for the amount of the telephone bill. We were all aged six and under at the time, so our influence on the phone bill remains questionable, but is humorous when thought of. Nevertheless, there was hop-scotch to be played, mother-may-I, hide n' go seek in the dark, racing with big wheels, coloring contests, and riding bikes. Immense value was placed on a trip to the dollar store and Sunday

school. I was being raised in an incubator of life, excitement, and pure joy. My imagination was free to soar and the possibilities were endless. There were so few cares and so little technology. Nowadays, it seems that the value of things is being suffocated by technological advances.

I was born in 1985 and I did not have cable or satellite television until I was near 14 years old. My siblings and I fought with that metal antenna on the family T.V. until a ripe age, so that we could just barely see the three to four channels the reception picked up. We were not allowed to make long distance phone calls and we did not have the internet, but we mastered games of solitaire. This is not to suggest that these things were not a social expectation at the time, but we did not have them. My parents were afflicted by the cost of things and the size of our family, so they raised us in a more old-fashioned manner. I recollect Atari when we would visit our aunt.

The game had a single joystick and made minor beeping sounds, "boing, boing" and a hushed "ahhhhh", as the crowd went wild. Next, came Nintendo with the infamous Mario Brothers and the happiness it brought to our home when our parents purchased the game for us kids. Our mother had acquired an amazing stereo for herself with two cassette players, tall speakers, and a record player. My sisters and I would make up dances to Paula Abdul and Mariah Carey on our weekends when our parents brought home the latest boom boxes. As we grew, we could now watch all of the Disney movies with our VCR and were able to record shows. We were becoming accustomed to these new products and inventions as they became more amazing, fun, and necessary.

If I can recall, just as soon as these terrific new additions had touched our lives and lessened our childhood boredom, immediately more appeared. Car phones came out and were a must-have.



“My imagination was free to soar and the possibilities were endless.”



<http://www.bgr.com/2012/06/27/apple-iphone-revenue-sales-shipments/>



<http://www.jailbreaknation.com/typewriter-turns-your-iphone-into-a-typewriter-kind-of>

This contraption came with a large carrying case and looked more like a medic's brief case than a telephone. While riding in the back of our family's 1985 red Camaro, my mother had made it very clear to us children that if we were to even consider picking up that phone for one second, it would be the end of our natural lives. At sixty cents per minute, there was not a minute to spare. Our parent's weren't wrong in their, very descriptive consequential lectures; we were toilsome and eager children. I believe I stared into a corner for approximately one-third of my childhood. My parents' knew better and with such an enjoyable freedom as a car phone, they weren't going back to life without one.

The more I grew, the more the technological world expanded. Now there were better computers, dial-up internet, Sega Genesis and Sonic the Hedgehog, play stations, gameboys, walk

mans, cd players, smaller car phones, dvd players, and varieties of television networks. It was becoming difficult to fit in at school. The fact that we were a family of seven with a mortgage was becoming noticeable. How awful a feeling to be a child and to view the very same kids you had grown up with choosing belongings over your friendship. As quickly as the morale and meaning within social lives was being replaced, so were the most recent inventions. It was rather expensive to partake in this world of computerized wonderment. Learning to type and navigate the internet was now a requirement at school. While other kids were typing up their eighth grade pro-con speeches from their computers at home and calling their parents to pick them up from soccer games with their wireless cellular phones, I was not. I was hand-writing the final drafts of my pro-con speech and walking half a mile to the near-

est pay phone to be picked up after games. Though, at the time this seemed unfair, managing to endure some discipline in days that were transferring into consumer-driven obesity mattered. These lessons are relevant and reflective on my work ethic today. I am by no means a lazy person, and I know how to survive without technology.

Home life was not the only thing being affected by this movement, but other areas of life and communities were drastically changing to keep with the times and advances in technology as well. I think back to my first job and some of the more recent occupational positions I've held. At fourteen, I was a dishwasher and ice cream window worker for a local diner in my hometown. I washed dishes in mass amounts by hand, using a three sink method. I would wash, rinse, sanitize, dry, and put away hundreds of dishes daily. The orders for fifty

different kinds of ice cream sundaes and milkshakes were hand written. I was expected to memorize the prices and deliver the product with perfect customer service skills. This seems so long ago, in comparison to the updated methods that are being used for labor today. I went to a McDonald's just last month and noticed eleven employees standing around while one of them keyed my order into a system that delivers it to the various stations of the "restaurant". Most likely, in the back of the kitchen, there stood the newest model and version of a dishwasher that could also take orders, while cleaning cars in the drive thru, and sanitizing every dish in the establishment.

There were several times last year that I had tried to earn a living for my family but could not do so because I do not know how to use every one of Microsoft's applications. I do not know what became of normal, genuine labor in the work force. Whatever hap-

pened to some people just not having what other people have? Just anyone can swipe and input their way into higher places in the world now via credit card machines and craigslist. When I think of some of my recent supervisors, I am in a different kind of wonderment than the one I felt when I saw my first video game. They were obese and genuinely lacking in some areas of integrity and discipline that should be, in my opinion, an expectation of a higher position of employment. Where's the competition and honesty? Maybe it went out the door with the three mile walk home from work that was replaced by a ride being called from their cell phones.

When I fell asleep last night, it was to television. I awoke this morning and literally had technology to look forward to, not an outdoor activity or can drive. I am attending class via the internet and a Mac book. Luckily, there are still some real books attached to online learning. I do not mean to criticize these

useful tools, on the contrary, I am thankful for these God-given opportunities. My son is in the other room watching Garfield who has been transformed into some type of three dimensional, life-like character. The wide variety of fundamental filled cartoons and shows on some channels today have served my family well. I have a free cell phone within reach, compliments of Virgin Mobile Assurance wireless. I'm sure my mother feels a bit of spite in her bones as she looks around at this inexpensive, technologically dependent world. My head phones are on and I am listening to all types of inspiring music. These advances have helped me to cope with life and are providing me with musical therapy. While being a nurse assistant, at the end of the shift I am able to input the necessary updates for patients via Kiosk and do not feel the least bit victimized by my smaller work load.

There are times, however, that I have hoped for peace and

and quiet instead of this noisy, robotic atmosphere. When I try to take naps I usually will have to tune out many types of noise. I have been in phases of total meditation and a phone will ring echoing the latest Lady Gaga song, rarely do I hear the classic ringing of a normal house phone anymore. I do not like calling a company to pay my bills and having to deal with an automated form of customer service either. I often wonder whether my son and

daughter will know how to read and write as well as I do when they are my age. Will they want to partake in physical activities at all, like soccer? I can only hope that the influence of my childhood can be leaned on in these times. As the value of normal things around me diminishes, I want to run back to my childhood to turn off the television and go outside to play. If only I had known that soon I would be waking up to an Android phone

that had replaced the traditional alarm clock and having class at the kitchen table, I may not have longed for technology as much.



Benefits of Reading By: Janzer Canelo

When people know the benefits of something, they are more likely to embrace it. Humans know the benefit of eating is to sustain energy and life, so they eat. Most humans know the benefits of exercise are to improve physical fitness, maintain a healthy metabolism and improve mental clarity among many things, so they work out. Students attend college because they benefit from acquiring a degree, which will launch them into a career with a higher paying salary and broaden their knowledge on life. But, what about reading? I have a deep belief that the reason many people don't read frequently, especially those of young ages, is they are not aware of how it could benefit them in everyday life.

According to Readfast.com 50% of American adults cannot read past an 8th grade level and according to the National Assessment of Adult Literacy one out of every seven adults living in America can't read at all, their illiterate. This is a growing

problem in our communities because the less informed a person is, the more inclined that person is to make bad decisions due to the lack of information they have not yet been exposed to.

Last winter during Christmas time when I went back home to visit my family, I had a demoralizing conversation with my younger sister. I asked her if she had read any books lately. She told me that she hadn't, she said "I don't like reading, it's so boring and I don't know why anyone would want to read when they could listen to music or play video games, that's way more fun than reading a stupid old book."

Of course I had to take in to account that she was only ten years old at the time, but it was disheartening because that is the same mindset that most kids are cultivating in America today. I proceeded to ask her why she thought reading was boring, "I mean there are so many subjects out there to read, if there are things you

question about life I can almost guarantee there is a book out there about it, isn't that more interesting than a video game or music?"

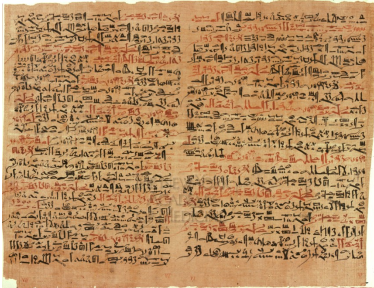
She said "I don't care about that stuff, I don't see what I get out of reading outside of school, all it does is make me feel like I'm doing more work, I already have to read textbooks in school and do homework, which I already hate".

That's when it hit me; people really don't understand the benefits of reading books. It's just something our parents told us was good for us, but never told us why. Like when my mom told me to eat my vegetables when I was in middle school. She only told me that vegetables were good for me, she never told me why or what kind of positive effects vegetables would have on me. I believe if I was fully aware of the benefits vegetables had on my body and my sustenance, I would have begun eating vegetables at a much younger age.

I believe if people not only knew the

"I don't like reading, it's so boring and I don't know why anyone would want to read when they could listen to music or play video games, that's way more fun than reading a stupid old book."





<http://www.cs.nyu.edu/artg/itp/Spring2005/Proposals/NYAMSpring2005ProfArthurGoldbergsProjectsCourseatNYU.html>

benefits of reading and they were conscious of them, it could encourage them to read more. A favorite author of mine Napoleon Hill once said that “It is the duty of every person to read some of the best books on the forces of the human mind and learn what amazing things the mind can do to keep people well and happy. We see the terrible things that wrong thinking does to people, even going to such lengths as to make them positively insane. It is high time we found out the good things the mind can do, not only to cure mental disorders, but physical diseases as well”.

Many people have lived on this earth and died, but the most intelligent of those minds wrote down their knowledge and experiences in text which they knew would outlive them. The succession of human kind relied on books. If the humans who came before us had not written down and shared their experi-

ences by writing them on paper, we would not have known where to begin our quest in life, and thus civilization would have taken longer to progress. We are blessed to have the privilege of easily acquiring and understanding something that someone worked hard to create. The problem is, most people have no idea where they are starting off at in this point in life because they haven’t become well connected with past literature and haven’t made an effort to understand what people before them have accomplished.

Many people especially those living in poverty in the United States constantly limit themselves because they are not aware of what great things they are capable of. If they set at least an hour a day to personal reading, they would find out what great things the mind is capable of and in turn catapult them into a more rational way of thinking, in turn

creating a better life for themselves.

One benefit of reading is that it can increase your cash flow. Of course reading a book won’t magically make you a wealthy person but it could arm you with tools to enhance your financial situation and teach you a new way of relating to money. Yes, there are a lot of people who read and are not financially stable, but that is because the material they read isn’t on how to get rich and deal with financial matters. When asked about the nature of his success, Warren Buffet, one of the most successful investors in history, stated that before blindly heading into business, he read every book there was on investing. So if Warren Buffet who is currently the third richest man in the world, acquired his success by rigorous reading and application of principles he learned, why can’t his same tactics not benefit us?

Another benefit

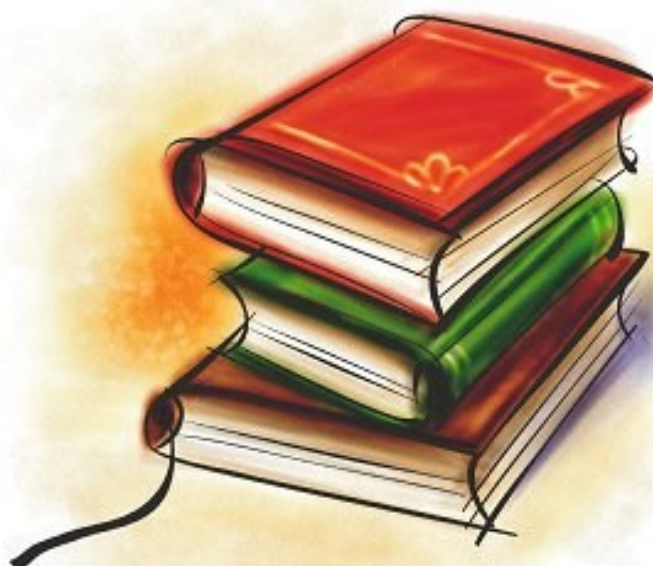
a stress reliever. Many people feel alone, they feel overwhelmed with life's situations, and they feel that no one can relate to their thoughts or can relate to their life. German philosopher Arthur Schopenhauer once said "I've never known any trouble that an hour's reading didn't assuage". It's true, according to the University of Sussex in the United Kingdom, reading reduces stress by 68%, reading slows down the heart rate and reduces tension in muscles which lower anxiety levels. As most already know, stress is the number one killer in the world next to tobacco. So the fact that reading can reduce that risk by 68% might encourage stressed non-readers to pick up a book, or a *kindle*, or

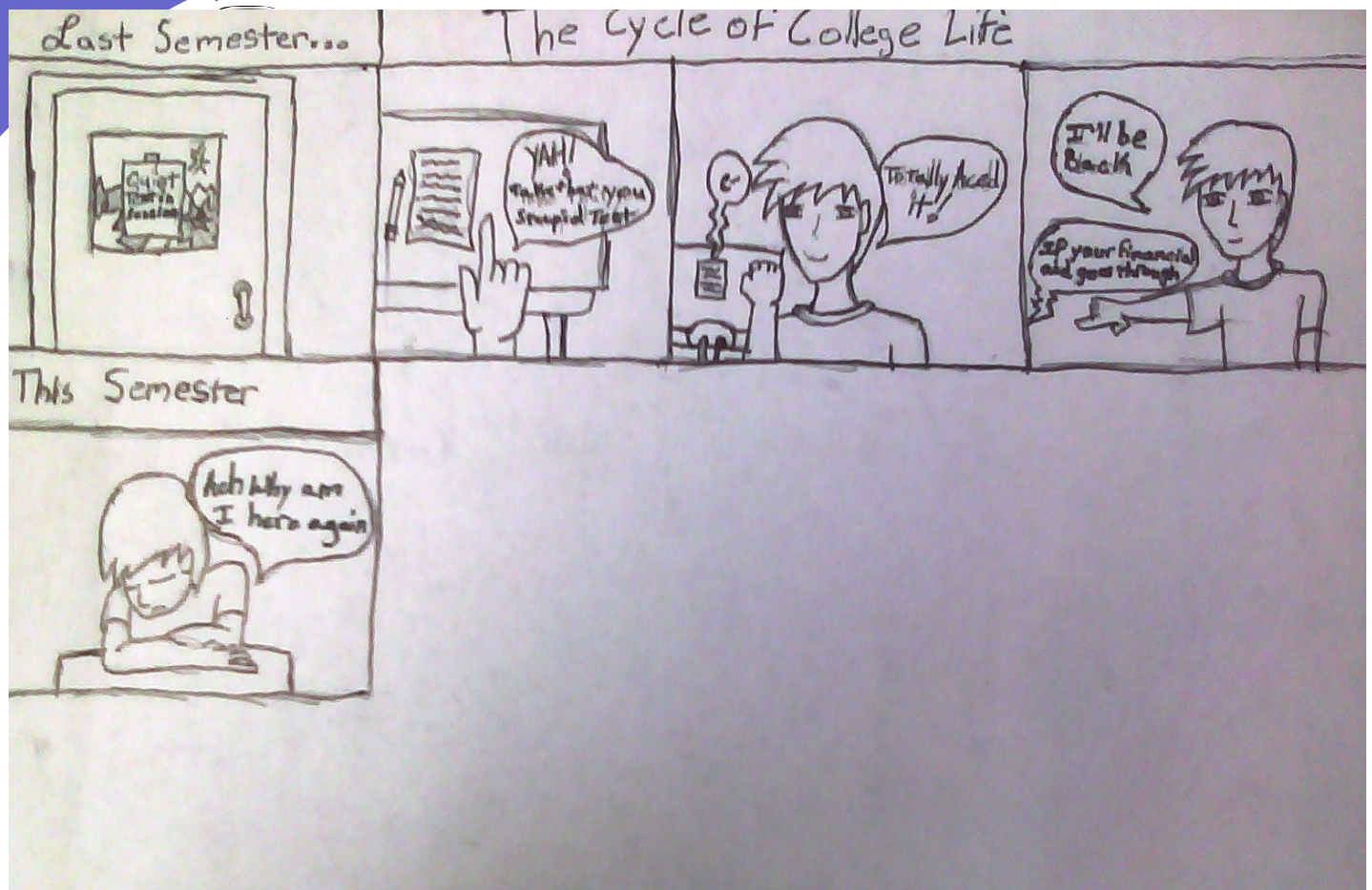
read on the internet, instead of a beer.

According to Oprah.com reading also greatly enhances your memory. Just like muscles, the brain benefits from a workout. Unlike watching television reading is more neurological demanding than processing images or speech, a sentence is a lot of information that has to be processed by the brain. After reading becomes a habit, your brain recognizes patterns easier, thus increasing your analytical thinking. When you read you have more time to think. Reading gives you a unique pause button for comprehension and insight, when at the movies or watching TV, you don't have a pause button to take time and

properly absorb the information you just received.

I'm not encouraging anyone to avoid watching movies or playing video games entirely. I don't expect anyone to give up drinking with their friends on the weekends during sports events, but if you want to gain a better understanding of your existence, gain a better connection with the world around you and reap the benefits mentioned; reading should be included in your daily life.





First Day By: Anna Field

Wandering these new halls
Looking for the right room
Confusion sets in.

Was this the right room or
Was it down more?

Am I
In the right building?
Where do I go?

How
Do I know if I'm
In the right place?
You're in stats too?

How do I
Get to
The right place?

Lost
Again.
Turn around and
Walk down the other hall
Cross the quad
To the place I
Should be at.

Here I am.
Finally
The right room.

Grab a seat and
Get out my books.

Professor says
"Have a nice day."

Well,
Crap.
See you next class
Professor.



**We're on Facebook
Too!!!**