

# THE STUDENT VOICE

Fall Semester, Issue 1

September 2015

## The Game Comes With a Price

Most athletes become in love with their respective sports when they are being brought as kids. They develop a feel for it, develop their skills over time, and most importantly, find happiness while playing. As kids get older, the schoolwork gets harder. School is very important, but sometimes it's hard for student-athletes so balance everything at once. Someone might say "well, their sport is only for one season out of the year." Although that statement may be true, what people don't see are the practices before the season, the offseason practices, and the gym time to better themselves for the sport. It's more than a game to an athlete. It's a way of life. Athletes strive themselves to become better and better everyday they practice, but as school comes around, the emotional, mental, and physical toll can become serious.

According to an article posted on October 8th, 2014 on NCAA.com, about 30 percent out of 195,000 student-athlete respondents reported that they have felt depressed in the last 12 months and 50 percent reported to have overwhelming anxiety during the same period. Think about that; *50 percent* have felt anxiety. I would also be included in that statistic because I have absolutely felt anxiety as a student athlete.

(<http://www.ncaa.org/health-and-safety/sport-science-institute/mind-body-and-sport-depression-and-anxiety-prevalence-student-athletes>)

As a member of the baseball team here at Mohawk Valley Community College, I can tell you firsthand that being a student-athlete is extremely difficult. After a long three hour practice, exhausted in ninety degree heat on a hot August summer day, sweating and fatigued, sometimes the last thing on my mind is schoolwork. As I take off my hat, hair dripping with sweat and my hands on top of my head for my lungs to receive more oxygen, all I'm thinking about is getting a drink of water, not schoolwork. As I look at my fellow teammates, I see the same in their fatigued faces. We endure this exhaustion because we want to get better and know this is what it takes to win.

As a member of the team, we are held to higher standards than regular students here at the college. Our coaches don't just expect us to just "pass", they want to see us thrive in school so when we are done here, we have limitless options elsewhere. So when it comes to the work itself, it puts that much more pressure on us to do better. When the work gets tough and material seems like a foreign language, sometimes you think it's easier to give up, but in reality, you have to push through even if you're on the verge of mentally collapsing.

I wanted to get another student-athletes opinion, so I decided to ask a few questions to my fellow friend on our soccer team, Shelby McCall.

*Me: Do you believe being a student-athlete puts more pressure on that particular person?*

Shelby: Yes, I do believe that being a student-athlete puts more pressure on that particular person because you have to make sure that you balance your time between your sport commitment, your school work, your social life and sleep that your body needs to recover. Being a student-athlete can be very stressful.

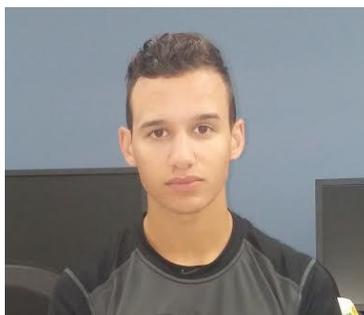
*Me: Reading the statistic from the NCAA.com article in the second paragraph, do you believe you would fall under those statistics at all?*

Shelby: I do believe that I would fall under those statistics on the anxiety level because as an athlete, I have always felt a lot of pressure from my coach, the rest of the team and especially myself to perform my best along with my school work.

*Me: In your own experience, do you believe student-athletes are set to a high standard than the regular student?*

Shelby: I completely believe that student-athletes are set to a higher standard because as athletes, you are expected to balance your sport and school work and also are expected to pass these classes so you can play the sport you want. In my own experience, my soccer coach always tells us we are students before we are athletes and we cannot be athletes without performing in the classroom but not just getting by, but excelling and being in the top percent of those classes.

By, Joseph Cozza



## A Wild Ride through MVCC

The first thing that comes to mind when thinking back to freshman year is the day of move in day. The end of August 2013 was the day I moved into my college dorm for the first time. Starting to unload the car with my dad, we noticed how different kinds of families are unloading their cars as well. Families coming from New York City, Upstate NY or even families coming from out of state. I was assigned to third floor of Huntington Hall. Walking up three flights of steps with all of my things back and forth was what came to my mind immediately and was not very pleased.

After walking up and down three flights of steps and getting all of my things into the room, finally It was time to unpack everything and get settled In- unpacking and unpacking which took about a few hours, my room was finally set up and could officially call myself a college student.

In the dormitories there are three different kind of rooms such as a triple, compact double and regular double. My room was a regular double. My side of the room had a bed, a dresser, a desk and a wardrobe. The colors of my bedsheets were pink and gray designs with a big spread out pink carpet and a matching pink lamp. There were also wall designs made up of hearts and different pictures with friends. The assigned roommate I had my first year also had her side decorated and made the room feel so homelike and comforting.



As I am looking outside the window on the 90 degree weather day, people are interacting and playing games outside just enjoying the beautiful day at MVCC on move in day. We see students going into one of the buildings. My roommate told me that she noticed from the brochure we got, that all on campus freshman students have to attend this orientation that is taking place in the theatre. Together we go to the orientation and sit through a two hour lecture about the on campus living experience and all the rules and regulations of the college. When the orientation was over, fatigue wore over me like waves crashing on the sand. In that moment my day of move in day was over.

Many students may not realize that living on campus is a whole different kind of world than being a student who commutes to school and home. Walking to classes on the first day of freshman year was a chaotic kind of day. When one lives on campus one can start walking to class even ten minutes before, considering the building is a few minutes away from the dormitories. Stepping into the academic building for the first time was a jolt to senses. A swarm of people are lined up by the snack bar. Another swarm of people rush to get to class as some trip or even run to make it in the next 2 minutes as the clock is ticking and ticking. Then there are others who are completely lost and have no idea where they are going. It was mayhem.

When living on campus a student gets to experience and explore the college world without having to worry about chores, jobs, or any regulations by parents. Weekend activities and socialization within dorms is a major factor of that experience. For example such as “grocery bingo night” that is an activity on campus; a fun event where you get to win food by playing a game. Students that live on campus are exposed to different sights, sounds, and living conditions. From experience, sharing a room with another individual is a whole new different experience than having one’s own living space. Walking in as a freshman takes time to get used to and adjust to which eventually one does.

By the time my second year came around I was already adjusted to the college campus and knew my way around everywhere. During my second year going to the fitness center to work out is a daily routine. Although, the distance was quite far from the dormitories. Going out with friends is something that happens more often also, but my academics is still a priority.

Another advantage of living on campus is that there are college parties to attend and programs held for residence life students in the buildings of our dorms by the RAs. When interviewing my friend who lives on campus who has been here for five semesters as well, I asked her was “what has your college experience been like living on campus all this time? In reply she said “To be honest it is tons of fun and hanging out in the lounge is also a plus because I love meeting new people”.

During my third semester, I had a new roommate and a different hall called Daugherty hall. Sleeping was hard with music coming from speakers that one could hear through the thin walls of the dorms. The big plus side of this dormitory is the study area place in the basement with tables and lamps already set up for us.

In my eagerness to find out why some students love campus life, I questioned another student how living on campus impacted her. She retorted, it has made me into a better person just because of the fact of being introduced to so many different people and helping my determination for my academics". "The best part is doing anything you want whenever you want without having to call your parents and letting them know where you are and what time you will be home. You don't even need a car!"

During the time of my last semester which is what I am currently in, reminiscing about my time here at MVCC and how it is coming to a close. I have made new friends, old friends, and some memorable memories I will cherish for a lifetime. Academic achievement is the number one priority on my mind coupled with hope and determination.

By Marlee Migdale



**Transfer to SUNY Potsdam**

"I was blown away by the people who were so accepting and made me feel like part of a close-knit community. A true family is what I have found here at SUNY Potsdam. I am challenged by my academics, but find balance with the clubs and activities that are always happening on campus daily."

*Madeline Palumbo*  
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**Further**  
**Potsdam**  
THE COLLEGE OF THE SUNNY SIDE

**By Isak Kulalic** September 10, 2015

Yesterday Pope Francis was giving an address on the rights of Catholic couples to get a divorce, last week he had shocked to world by allowing abortions and pardoning women who had. Before that he had urged the international community to help with the Syrian refugee crisis as well as having urged the Vatican to aid refugees... the list of this man's good deeds and the list of actions which he has taken to reform the church appear to have no end. However there is a critique to be had against Pope Francis as well as his predecessors, the matter in question is that which has left one of many bloody stains on the Church's repeater over the course of the last century.

The event in question is the Rwandan Genocide. The genocide started shortly after April 6, 1994 following the shooting down of the plain of President Juvenal Habyarimana, by Tutsi forces near the Rwandan capital of Kigali. Shortly after the assassination of President Habyarimana Hutu extremists would proceed to launch a campaign of murder and violence which would last three months and claim the lives of around 800,000 people, the dead would consist primarily of the Tutsi minority in Rwanda as well as Hutu people who sympathized with the Tutsi.

The reason for which this grizzly event is of such importance to the Catholic Church is due to the Churches role in the genocide. In Rwanda, the most catholic nation in Africa, the killings which were occurring at the hands of the militia groups Interaha (Those who fight together) and the Impuzamugambi (Those who stand together) were killings that were incited by two predominant factors; the first factor being ethnic tensions that were created by the Belgian's during their colonization of Rwanda at which time they had essentially formed a distinction between the native people which would come to be known as the Hutu and Tutsi. The second factor was the incitement of genocide by Hutu extremists, who were in many cases tied to the church, and were in several cases clergy men in holy orders.

Yes, many of the events which had unfolded throughout the genocide did so at the incitement of catholic priests and nuns, who were in some cases not only responsible for the incitement of ethnic killings, but had also taken part in the killings themselves. Such people include Father Wencelas Munyeshyak who was frequently seen parading around with a gun holstered to his belt as he collaborated with the militia forces and the even more ghoulish Father Augustin Misago, who on the night of April 19, 1994 provided refuge for 2,700 Tutsi within his church, the Gikongoro Diocese only to order that the church be bulldozed and any remaining survivors be shot on sight. These are but two examples out of dozens in which clergy members aided the genocide.

While the Catholic Church did condemn the genocide at the time of its occurrence, the church had failed to do anything about it while it was occurring, nor has there been any apology issued by the church for the involvement of its members in the genocide much less any attempt to bring such members to justice. Instead, in the years following the events that had occurred in Rwanda the church had invested its resources into getting accused criminals out of the country and allowing them to hold their rank's while working in diocese in other parts of Africa as well as Asia, Europe, and North America. Furthermore, even when pressured by the international community and various human rights organizations to turn over alleged war criminals the Church has refused to comply.

In the case of Pope Frances, it would be a shame for such an honorable and open minded man as himself, who has done so much to promote peace and justice in the world to fail to take any action against the individuals in within the church who have been accused of such crimes much less give an apology for what had occurred.

However, the obligation for Pope Francis to take actions against war criminals within his Church is not only a moral obligation, it is also a legal one that is mandated by international laws, in particular Article 3 of the Genocide Convention of 1951 and the International Mandate on Genocide. Both documents call upon any sovereign nation whose government is aware of a genocide in occurrence to either intervene in the affair, or to call the affair to the attention of a state which is capable of intervening. This is an essential piece of information as the Vatican City is a sovereign state in and of itself, and while, as mentioned earlier, the Vatican did condemn the genocide it had failed to do anything about it or call it to the attention of the international community. In fact the church has yet to do so much as ex-communicate any of its members for involvement in the genocide, rather it has proceeded to aid those who were responsible for it which is a violation of the Genocide Convention both of which are actions that as a result of which a nation can be said to have lost its sovereignty by the international community.

While the opportunity to act on stopping the genocide in Rwanda has long since come and gone, the Vatican still has both the opportunity, as well as the responsibility to turn over those who have been accused of war crimes and humanitarian crimes. Pope Francis, who is the leader of the world's smallest nation, Vatican City is responsible to see to it that his country upholds international laws and aide the effort to bring international criminals to a tribunal, either before an international court or before a Rwandan court. Furthermore, the time has come, after nearly 21 years for the Catholic Church to take responsibility for the events which occurred in 1994 and issue a formal apology for the involvement of its members in those events.

**By Isak Kulalic**



## A Safe place for all at MVCC

For some, they say college is going to be the best years of their life, for others it becomes the biggest struggle of theirs.

Imagine you starting your first day by living under the name of a complete stranger. Trying to explain that person on the roster is not you. Stumbling over words to a person you just met today spilling your guts about something you're not even sure if they fully understand. What would you do if you were transgender?

I had a conversation with a fellow student that happens to be transgender. He stated that when he first started at MVCC (two years ago), no one really knew what transgender meant and still having his birth name on the roster he would have to come in and explain that he did not go by that name. He continued to tell me how nerve racking this was when he first started, college.

“I was worried about not only the syllabus for the class and the work load, but also about making that first impression. I had to tell so much personal information about myself to people who didn't know anything about me. There weren't any resources, no one that I could talk to about getting the name I preferred on the roster. I had one professor use the wrong name and it made me feel like I couldn't focus in the class, I was more focused on what everyone else was thinking about me because the change of the name, rather than the actual course material”.

He worries for other students, “I know if they had to go through what I did they weren't getting the education they were paying for and they are not going to perform to their best, they are going to be self-conscious.” So worried about his fellow students he said, “They are not going to come back to a place they don't feel comfortable.”

I posed the question, "what makes you uncomfortable?"

“In my experience, when it comes to bathrooms, when I first started hormones, I didn't pass (according to [transstudent.org](http://transstudent.org) passing is “being perceived by others as a particular identity/gender or cis regardless how the individual in question identifies”) as well as I wanted to be and I was not comfortable using either bathroom. I ended up leaving to my apartment and I didn't want to go back to class. That could have been fixed by gender neutral bathrooms or just a safe place or ally on campus”.

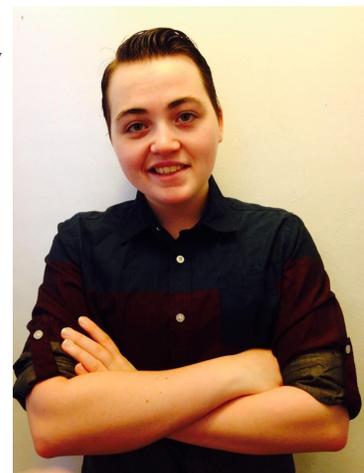
I asked, "Have things changed at all? In what ways?"

He went on to tell me about the gender neutral bathrooms at MVCC. “I really like the idea of gender neutral bathrooms. I like that there is one in each building on campus. I think that it is unfortunate that Rome campus has no gender neutral bathrooms at the moment.” He also felt there is more support from teachers now, “Everywhere you walk you see those safe space stickers. It didn't used to be that way but now they are everywhere.”

MVCC has come a long way. Administrators, Staff, and Faculty are accepting of all and have striven to make all of their students comfortable in the school environment.

If you ever need help with stress, drama or just need someone to talk to we are provided with a counseling service that can be found in Payne Hall 104B or you can just call 315-792-5326. We also have a GSA (Gay-Straight Alliance) that hopes to continue to unite students and make everyone feel safe. They meet Tuesdays from 4:30-5:45pm with room to be announced. If you wish to be part of the club or just want to support you can join on Facebook by looking up MVCC Gay Straight Alliance.

By, Elijah Pape



## Diversity and Joining Clubs:

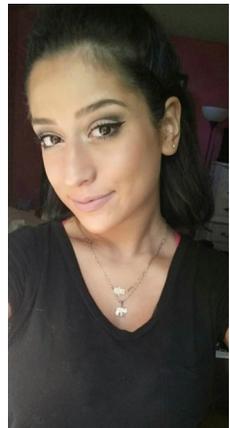
When considering what criteria the perfect individual needs to meet to be successful, there seems to be an endless list of traits that are unfortunately somewhat comically unrealistic but so immensely necessary. Want to go to a good school and get a good job? Great! Make sure you're incredibly athletic, intelligent to the sense of being borderline unhuman like, beautiful, musically gifted, extremely well at socializing and baffling others with charm oh, and being capable of obtaining all of these traits amongst several more.

What the world conveniently forgets to tell you is that you are not going to be perfect, that is completely unrealistic and unhealthy. What is realistic is joining a club that revolves around what interests you. What is considered perfect varies from person to person in a different matter. Rather than following what everyone thinks you should do and what they think is the right way to travel through your life journey, you must find your niche. You must find out what you consider beautiful and how you can view others versions of beauty as your own and grow from it. Whether you like playing sports or going to the gym or not, what kind of music you like or how you choose to share it with others, what subjects or material you not only get a good grade in but which of those subjects you genuinely enjoy and can utilize to finding your niche. When joining a Community College, let's be honest, it's not everyone's first choice priority as a school. However Mohawk Valley Community College consists of endless opportunities that come from starting here. You really do find out what you want in your life along with who you want in your life throughout this journey. I learned more about myself and others not just simply from showing up to class and doing my homework but really getting involved in the school and busting out of my comfort zone, along with opening my eyes to other opportunities, other people from different backgrounds, other classes I wouldn't normally take, other teachers, and listening to other people's life journeys and history. I learned this from joining clubs and embracing the diversity all around me. At Mohawk Valley Community College, one of the most valued viewpoints is diversity and you experience it in such a way here that you typically wouldn't at any other school. Most student's in today's world want to do everything perfectly, and flow through life without any controversy or unintentional stress by taking the path less traveled on. If there's one thing anyone can do that would actually be perfect, it would be to join a club at MVCC. Not just a club to look good on a job application or a college transcript but a club that genuinely interests you and what you're good at. When you join a club for these reasons you also meet others who will always leave a hand print on your life that you can look back on to guide you through life. You will meet others with the same mindset as you along with the same interests when you join a club of your actual desire.

When interviewing a full time student of MVCC who is a part of one of the clubs, i asked if there was a correlation between their positive viewpoint on diversity, their happiness and confidence level and their involvement in the club. "Yes, absolutely! I'm not a different person entirely but i have definitely learned to accept a larger variety of backgrounds and concepts. I've also noticed that I am much more mentally available academically with my classes and a happier person in general." Do you think your friend group has expanded or your view on others has been positively affected because of joining a club at MVCC? I have met so many incredible people from all different backgrounds from getting involved in this club. I definitely don't judge a book by its cover like I used to in the past because everyone has such an incredible view of life and story." Do you think that joining any club not just the one you're in has the capability to change how an individual believes they should live their life in the right way or what is viewed to be as the perfect or ideal way? "Yes, I have learned that there are so many other ways to live your life and express yourself to be your own version of perfect and feel great about it at the same time just from living and experiencing life in a more evolved and open minded way, like in terms of what I like or what interests me and how others live their lives around me, not just how I was raised or who I was raised with and what they believed in. I definitely feel that because I joined a club it really opened my eyes to other concepts and ideas and it really got me ready for going away to the school that I will be transferring to which is pretty far away."

Life is not about doing what is right, we were put on this planet to experience different things that intrigue us and share experiences with others that help us grow and learn to be the best person we can be and to be different, without obeying all of the strict guidelines to being a "perfect" individual. Joining a club, especially one with at MVCC with such pride and passion for diversity helps you to find your perfectly imperfect self and find intelligence and beauty in other imperfect things as well. As said by Edgar Allan Poe, "The true genius shudders at incompleteness -imperfection- and usually prefers silence to saying the something which is not everything that should be said."

By, Anna LaMendola



## Get Out and Play? Where?

Now we all know as a society, the number of overweight children has increased dramatically in our era. Corporations are coming together to start a “movement” in order to reverse the “infected” population. The Play 60 movement was adopted by the NFL and the leading ambassador is no other than our First Lady, Michelle Obama. Their goal is to get children to exercise at least an hour a day. Now this is all a great effort, but do we really think this will be the solution to our problem?

If you are still looking for the answer, think about this; Grounds-Mag.com states that the average lawn size of an American home is one fifth of an acre and most city homes don't even have a yard. “Go out and play?” Where are kids supposed to go? The Murky Law on “Free Range Kids” prevents children from being unsupervised by an adult. This basically means that kids who are pre-adolescence have to rely on an adult to take them to a place in order to exercise like the park. This is a tall task when we see an abundant of parents working more hours a week and have less time to focus on their children. Some kids have no choice but to play at home. Video games and television are really all a kid can do when they only have one fifth of an acre or less to work with. Let's put in perspective how big a fifth of an acre is. 1 acre is almost a football field in length if we don't include the end-zones. Now cut that into 5ths and we are left with the goal line to roughly the 18 yard line. The house also takes up room on the lawn so we are left with barely enough grass in a yard to give us the oxygen we need. Video games are the obvious choice for a ten year old to make if he or she lacks a yard.

Now I'm not trying to persuade people to buy a new house with a yard, but we can't put all the blame on technology for child obesity. To get a different perspective on this topic, I went to a local park in Barneveld, New York. The plan was to ask

a couple parents and maybe their kids what they thought causes child obesity, but as I pulled into the lot, I realized there was nobody there. At this point, school had not started yet, and it was mid-day. I got my answer without even asking anyone. Parks are underused in this era, but can you blame people. The park in Barneveld had an old jungle gym that accommodated 5 people at most with stones surrounding it. These stones are a hazard to children because they can be thrown, and I have seen kids throw them before. There used to be a place to swim but it looked like the water was already taken out for the winter. It really did not matter though because swimming in it felt like being in a pond. Not only are the children aspects of the park under kept, but the basketball court is a ghost town. The hoops have half a back-board, double rims, and were slightly crooked. The blacktop looked as if it was paved, but as I stepped on it; my shoes were covered in tar. It's no surprise the conditions at the park are bad, because nobody can shell out \$10,000 to fix one park, but shouldn't Play 60 be funding things like this? You can say that kids are lazy, these days, but are we doing anything to change that?

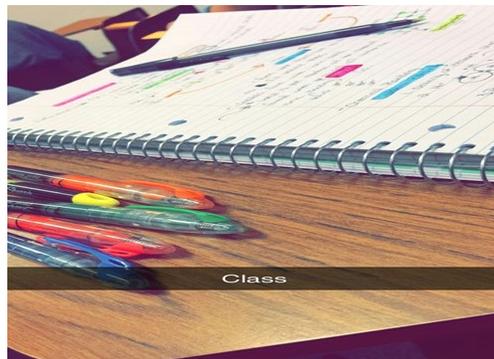
By,Zachary Thomann



# Is the Price Always Right?

According to an article posted on August 7, 2013 on progress.org, approximately 80 % of college students work during the school period. For many full-time students we are struggling to survive flourishing tuition fees. As students we need some type of support system, simply because we want to be looked at as young adults rather than children. We know longer feel the need to put the burden on our guardians. So we take the bull by the horns!

We bust our backs all summer long, just to work our ways through college. Working doubles Monday through Sunday, cashing out unfamiliar faces, picking up after ill mannered persons. Nothing can stop us from success, not even the sweltering afternoon heat. You would think with all this labor being done, we would have at least two years worth of savings. If this is what you think, you are absolutely wrong. On August 26<sup>th</sup> everything changes. Our bank accounts begin at 4,000 and end at zero. Yet, this is just the beginning of our headaches. They tell us to file for FASFA, and what do we get? A letter telling us that we are ineligible for Financial Aid, due to the fact we are making a living. However, this denial does not happen to every single student, some of us are lucky enough only receive a miniscule award.

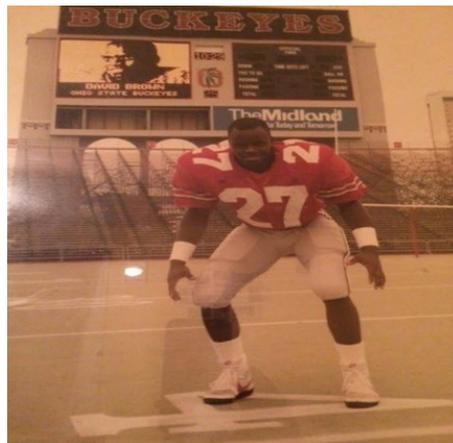


What does this honestly cover? Our expenses back and forth to school each semester.

Kelsie Bongiorno a former student of MVCC states "I understand that tuition is needed to run the college, but when the prices of tuition gradually increase each semester, it becomes ridiculous". Did you know, in 2010 the cost of tuition was 3,250 dollars, within 5 years has increased by 710 dollars. Leaving us at 3,960 dollars, we see over a hundred dollar increase each year.

This is a perfect example on why some individuals do not feel the need to attend college. When asked why did you plan to skip college Michael Brown replies "Some people may think school is a waste of time, I am not saying that. All I know is I personally am not going to waste my money. I am not even guaranteed a well paying job after I create my own debt".

Although this maybe true, it is not always the case. Many of us do internships and get a job in our field of study as soon as we walk across the stage. Let's take David Brown for instance, a graduate of Ohio State University who treasured the game of football. Brown was captain and a starter every year he attended school, amazing right! However, he did not have the faintest clue on what he wanted to do with his life ,if he did not make pros. "I did not go to class to learn, I went to class so could see that bright green turf everyday".



Luckily his astonishing football skills helped him advance in his journey , in 1983 David was being recruited by the Atlanta Falcons. "The rush of the crowd makes the game more intense" he states, "until the day you see yourself on a stretcher with a torn ACL facing red and, blue flashing lights". Although many of us may have given up at this point in life, David did not do so. "All I knew was football, but I also knew I had a bachelor's in something called Business Administration". Working harder than ever before, getting little to no sleep, Brown become someone we all have dreamt to be. A vice president! No not the vice president of the United States, but the vice president of Foster's Wine Estate.

We all know in today's society education is key. There is no success, without struggle. Even if that leads to late nights, and early mornings. We are willing to do whatever it takes to accomplish our goals. However, we plan the way, we want to live. Whichever way we take to fulfill our goals, we have to ask ourselves is the price of our goal worth having?



Co-editors Letter

By Isak Kulalic

This issue marks the first printing of The Student Voice to come out of the printing room in several semesters. The existence of this paper can be attributed to both the diligence of professor Mildred Treis in her pursuit of restarting The Student Voice as well as all of the hard work that has been put forth by the fall semester class of E.N. 196

Eli and myself have both put forth a great in the writing of our articles as well as working together in order to get Issue 1 of The Student Voice to the print, we look forward to seeing the paper grow and prosper over the course of the Fall 2015 Semester and for semesters to come.

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**“You still owe \$12,000 in student loans from a past life.”**

## Co –editors Letter

By Elijah Pape

I am very excited and proud of the printing of issue one of The Student Voice. It was great to work with my fellow students and see our hard work come to life. Our EN196 class will continue to put forth our hard work to provide you with the news you want to read.

I quiet enjoyed working with my partner in crime Isak on making this paper a success and can not wait to hear the feedback from our fellow students.

The only thing that  
interferes with my  
learning is my  
education.

*Albert Einstein*

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