Garrett Smith, automotive technology major, and Brian McGeary, diesel technology major, ride up South Street on a warm October afternoon.
students, faculty + staff

Norwich Campus Faculty Member Publishes Fitness Book

Norwich Campus mathematics faculty member, Stephen J. Winter, Ph.D., has published a fitness book, The KISS Fitness Program, by Xulon Press. Steve has been a fitness enthusiast since his teens and has excelled in a number of sports including rowing, swimming, and bicycling.

Steve, who holds a Ph.D. in physics, joins the Norwich Campus from the island of Chuuk in Micronesia, where he was an engineer, teacher, and administrator. This is his second book. Steve and his family recently relocated to Norwich.

Books by other Norwich Campus faculty include Arcadia Falls: A Fable by Rand Johnson, J.D., and World Class Sales & Operations Planning by Donald H. Sheldon, CFPIM, CIRM.

(Top, from left) Fabrice Georges, liberal arts and sciences major, and Latoya Graham, business administration major, take a break outside of the library.

(From left) Kylie Stewart, equine science and management major, and Elizabeth Boucher, equine science bachelor degree major, descend the stairs in the academic quad.
National Depression Screening Day

October 11 is National Depression Screening Day. Please stop by STUAC from 11 a.m.-2 p.m. to take a free self-assessment/questionnaire regarding depression and anxiety. You will get a free stress ball if you complete the questionnaire! This is an opportunity to gather helpful information about anxiety and depression and talk with a counselor. You can also take advantage of some free stress relief activities, such as meditation and massage. The schedule of events is:

11 a.m.-2 p.m. - STUAC Lobby: Depression and Anxiety Screenings
11 a.m.-1 p.m. - STUAC Lobby: Chair Massage (courtesy of the Massage Therapy students)
1-2 p.m. - STUAC Theatre: Guided Imagery Meditation Experience (led by Pattie Samson)

For more information or to schedule an appointment to meet with a counselor, please call the Health Center at 684-6078.

The Campus Activities Board (CAB)

The Campus Activities Board (CAB) has been working hard to bring fun and varied activities for students’ entertainment. We started the semester off with an “Up all Night” and continued to work at keeping students busy and entertained during their down time with movies every weekend in the STUAC Theater, shopping trips, amusement park and New York State Fair trips, simulated sky diving, and game shows that gave them opportunities to win cash. CAB has offered bowling, karaoke, and most recently “Western Night” with more than 200 attendees to try their hand at milking a cow, rodeo roping, riding the mechanical bull, line dancing or posing for old west photos. CAB brought “Snakes Alive” which attracted more than 100 people to see, touch and learn about one of our most misunderstood species. CAB also sponsored the “Twins Dance Party” in Hamilton Hall which was a huge success.

If you have an idea or a suggestion for an activity that you would like to see offered on campus, please contact CAB in the SGO Office or stop by the Student Activities Office with your suggestions. We are always looking for new and fresh ideas.

Career Corner

Attention Engineering Science and Engineering Technology Students

A representative from Clarkson University will be on campus Wednesday, October 10, from 10 a.m.-2 p.m. in the Seneca Dining Hall to meet with students who are interested in transferring.

New York State Troopers Need You

The New York State Police offers a rewarding and challenging career with numerous opportunities for promotion and assignment to specialized services, such as counterterrorism, drug enforcement, evidence tech, scuba, K-9, mobile response, and school resource officer, to name a few. With nearly 4,800 sworn men and women, the New York State Police provides police services on a statewide basis through preventive patrol, investigating crimes, enforcing traffic laws, and responding to emergencies and disasters.

A representative from Troop D will be available to discuss employment opportunities on Friday, October 12, from 11 a.m.-1 p.m. in Seneca Dining Hall.

Heather Jones
Senior Career Planning and Development Associate
Career Planning and Services Office
Whipple Administration Building, 3rd Floor
Phone: 315-684-6275
E-mail: joneshr@morrisville.edu
Student Activities This Week (Paid for by your Student Activity fees)

Ongoing Activities

• CAB Sponsored discount Movie Tickets to Oneida Movieplex; stop by the Student Activities Office for more information

• CAB Sponsored discount Movie Tickets to Hamilton Theater; stop by the Student Activities Office for more information

• Listen 24/7 to your favorite alternative rock, hip hop, country, and old school music on WCVM-TV Media, 1580-AM, WCVM-TV Channel 4, and at wcvm.morrisville.edu

• Win $100 - Design a logo for the CIT Department Contest. Deadline for entry is October 17. E-mail entries to Professor Patterson CIT Department (patterk@morrisville.edu)

• SNA Sponsored T-Shirt Fundraiser

• Agriculture Club/FFA Cheese Curd Sale Fundraiser

Tuesday, October 9: October Break - Classes Not in Session

Wednesday, October 10:

• 11 a.m.-1 p.m. Open Recreation Walking/Running in the Recreation Center

• 12-1:30 p.m. Public Skating at the Ice Plex

• 1-2 p.m. Open Recreation in the Recreation Center

• 2-3 p.m. Open Recreation Field Hockey in the Recreation Center

• 4-5 p.m. Choir Practice in the STUAC Music Room

• 5 p.m. CAB Meeting in Crawford 105

• 6 p.m. Centennial ELITE Series: “Resume & Cover Letter Writing” with Stephanie Lawhorne in Shannon 101

• 6:30 p.m. CASU Meeting in Crawford 105

• 7-9 p.m. BASIC Sponsored Bible Study in Bailey 201

• 7-9 p.m. SGO Sponsored Open Swim in the STUAC Pool

• 8 p.m. SGO Assembly Meeting in Crawford 105

• 8-10 p.m. Open Recreation Basketball in the STUAC Gym

Thursday, October 11:

• 11 a.m.-1 p.m. Open Recreation Walking/Running in the Recreation Center

• 11 a.m.-1 p.m. National Depression Screening Day in the STUAC Lobby

• 1-2 p.m. Open Recreation Football in the Recreation Center

• 2-3 p.m. Open Recreation Softball in the Recreation Center
• 5:30-7:30 p.m. Center Skate Figure Skating Club
• 6 p.m. Volleyball vs. Cazenovia College
• 8-10 p.m. Open Recreation Basketball in the STUAC Gym

Friday, October 12:

• Mustang Weekend Begins
• 11 a.m.-1 p.m. Open Recreation Walking/Running in the Recreation Center
• 12-1:30 p.m. Public Skating at the Ice Plex
• 12-2 p.m. SGO Sponsored Open Swim in the STUAC Pool
• 1-3 p.m. Open Recreation Lacrosse in the Recreation Center
• 1-5 p.m. Fishing Derby Sponsored by Fish and Wildlife Society (Helyar Pond, $3/per person, NYS Fishing License not required)
• 2-5 p.m. Information/Registration for Alumni and Families (STUAC Lobby)
• 3-7 p.m. “Picture Yourself-Morrisville Postcards” Sponsored by Campus Activities Board (STUAC Lobby)
• 4 p.m. Men’s Soccer vs. SUNY Oneonta
• 5 p.m. ASUBA Meeting in Crawford 104
• 6-9 p.m. Open Recreation Ultimate Frisbee in the Recreation Center
• 8-11 p.m. Open Recreation Basketball in the STUAC Gym
• 9 p.m. CAB presents “Spider Man 3” in the STUAC Theater
• 9-11 p.m. Beach Party (STUAC Pool)
• 9-?? p.m. “Rock the Night”; Basketball, Music, Food, Fun!!! Sponsored by the Student Government Organization in Hamilton Hall

Saturday, October 13:

• 9 a.m. Madison Hall 5K Run/Walk ($5 alumni and students, $10 pre-register)
• 9 a.m.-12 p.m. Information/Registration for Alumni and Families (STUAC Lobby)
• 10 a.m. Alumni Lacrosse Game
• 10 a.m.-2 p.m. Horticulture Open House
• 10:30 a.m.-2 p.m. Health Technologies Sponsored Massages (in front of Seneca Dining Hall)
• 10:30 a.m.-3 p.m. Family Brunch (Seneca Dining Hall, $5.50 per person)
• 11 a.m.-5 p.m. Campus Store Open
• 12:30-3:30 p.m. Concessions, Hosted by the Children’s Center
• 12-4 p.m. Automotive Cruise-In Sponsored by the Automotive Club (Automotive Technology Building)
• 1 p.m. Mustang Football vs. Salisbury University
• 1 p.m. Men’s Mustang Soccer vs. SUNY New Paltz
• 1 p.m. Mustang Field Hockey vs. SUNY Geneseo
• 1:40-2 p.m. Skate and Shoot at the Ice Plex
• 2-4 p.m. Open Swim in the STUAC Pool
• 3-7 p.m. SGO Sponsored Campus Carnival in the Academic Quad
• 3:15-4:45 p.m. Public Skating at the Ice Plex
• 3:30-5 p.m. The Inaugural John F. Humphrey Scholarship Presentation by ADM (STUAC Theater)
• 4 p.m. Alumni Hockey Game
• 5-7 p.m. Community/Campus Picnic (Academic Quad)
• 6 p.m. Morrisville State College Choir Performance in the Academic Quad
• 6:15 p.m. Family Entertainer, John Rossbach (STUAC Theater)
• 6:30 p.m. Paragons Jazz/Rock Concert in the Academic Quad
• 7-8 p.m. Ice Cream Social (Administration Quad)
• 8 p.m. Fireworks Sponsored by Campus Activities Board and Alumni (over Drake Football Field)
• 9 p.m. CAB Presents “Spider Man 3” in the STUAC Theater
• 9 p.m.-1 a.m. Casino Night Sponsored by Casino Management Organization and Campus Activities Board (Brooks Hall)

Sunday, October 14:

• 12 p.m. Field Hockey vs. Washington and Jefferson College
• 2-4 p.m. SGO Sponsored Open Swim in the STUAC Pool
• 4 p.m. CAB Presents “Spider Man 3” in the STUAC Theater
• 7:30 p.m. Catholic Newman Sponsored Church in the Library

Visit: http://events.morrisville.edu for a complete listing of events
In the News:

Find new releases at
newscenter.morrisville.edu

Archive of past MOCHA issues
www.morrisville.edu/MOCHA

View this week’s upcoming events on our new, web-based calendar here.

Students walk to and from classes before the fall break.

Did you get your Morrisville State College Centennial Calendar yet? They’re on sale for only $5! Pick one up in Bailey Hall 101 or in the campus store.