RIDE FREE WITH MCC ID

Students attending classes at Monroe Community College are unaware that their MCC ID allows for access to PACE bikes, RTS bus rides, and parking at all three of the college campuses thanks to the $75 transportation fee.

Initially, the cost of these services were going to be $150 per student. The argument was that students tend to use only one specific mode of transportation to get to their classes; be it they commute by car, bus, bicycle, or by walking. Students who drive for instance, there may be the occasional life hiccup, the car is temporarily unavailable and they may have to use the bus to attend their classes. In the end, it was decided that it simply could not be justified that students pay additional fees for services they are not likely to use on a consistent basis.

Beginning in the 2018-2019 academic year, MCC partnered with Regional Transit Service for a test program, in preparation for a universal bus program, that would allow students to use the RTS buses at no cost other than having a valid school ID. The pilot program proved to be a major success hence the college committed to continuing it.

Additionally, with the start of the 2019-2020 academic year the transportation program includes parking on campus as well as utilization of the new bike share program for students. In its entirety the transportation program costs a semesterly fee of $75 per student. That is the same amount the earlier parking fee was so for the students who commute to campus with their own vehicle there was no increase in price.

Bike-sharing services have been in effect since Aug. 26 - the first day of fall 2019 classes for both full and part-time students, and will remain in effect until continued on page 6

Priority registration over but it's not too late

There’s one thing that’s on your mind a lot this time of the year, you see it, you overhear conversations about it, heck sometimes you may even read about it. That’s right, it’s registration.

Priority registration has ended, nevertheless, all current MCC students should actively be thinking about what classes interest them as well as setting up time to meet with an advisor. For matriculated students, or students in a current degree program, the registration deadline is Jan. 14. However, this is not applicable to non-matriculated students.

It’s important for students to understand that registering for classes is a priority in itself. Depending on what program a student has chosen to enroll in there are certain requirements and waiting to sign up for classes can result in unwanted consequences.

You can be placed on waitlist if the course is already full, a specific course section could be dropped, or a class can be canceled entirely if too few decide to sign up.

Having an idea of what classes you would like to take is only the first step. The next would be to seek advisement. For students who have an assigned advisor, you can find him/her on your Degree Works audit. Degree Works is a web-based tool that grants access to students and advisors to overlook and keep track of a students progress toward degree completion. It can be accessed through your myMCC account. After signing in click the “Students Tab”, followed by clicking the “My Account” sub-tab. There are also students who do not have an assigned advisor. Located on your Degree Works audit there will be a pathway and school department listed, that can help clarify some much-needed information in order for you to properly register for classes.

continued on page 7

Kress Leaving MCC

Simple Suppers with 10 ingredients or less

Staying Safe On and Off Campus

PAGE 6
As students register for the Spring 2020 semester at Monroe Community College, they also should meet with their assigned advisors. This is an important process that helps MCC students stay on track for graduation and transfer to new schools. This year has a new system for advisement, assigned advisors.

Now, every student has an assigned advisor which can be viewed on the homepage of every myMCC student account. A computer algorithm which takes data about students major, pathway, and classes determines these advisors. Students can make appointments to meet with their advisor in Starfish and advisors are required to log hours advising in Degree Works, both of which can be reviewed by students with their myMCC Blackboard account.

"All students, new, transfer, returning and current are assigned to an advisor," said Holly Wynn-Preische, Director of Advisement and Transfer services, "It gives you someone to go to with an expertise in his or her field of work.

Changes in the advising program have been in development since 2016 when MCC became a Guided Pathway college.

"When MCC became a Guided Pathway college, it really revamped advising as we knew it. It helped advising come under one process," Wynn-Preische said. "The Liberal Arts Mentor Program (LAMP) for example was a program where we assigned students, mostly Liberal Arts Majors, with an advisor. But not all faculty had to participate.

Professor Todd Korol, Chairperson of the Business Administration Department, stated that it was good that this system gets away from the common pitfall of student self-advocism.

"Most students who self-advice, they don’t go to an advisor, they make a lot of errors. You can recover, but you’re wasting money," Korol said.

He added that perhaps requiring students to see an advisor through a "Lock and Key" system, which is a potential solution but with practical issues with it.

"Students should be required to see an advisor," Korol said. "This helps potential students make things that they need some kind of key that only one can unlock, or their advisor unlocks. That would solve 98% of all advising issues," said Korol. "However, we have 13 full time faculty and 1,400 students in the Business Administration program. It would be kind of hard for us to meet with everyone. So, it’s not 100% feasible.

DO NOT SELF-ADVISE

Self-advisement can hurt more than just a student’s success, it can also hurt their wallet.

"You can recover from misadvisement, but you’re wasting money. That’s the key," said Korol. "You burn financial aid that you shouldn’t be burning on things that don’t count."

Trust Your Advisor

Advisors assigned to students are experts in their fields. They know the nuances of both MCC’s program and 4-year college transfer programs.

"Our programs are set up to help you transfer to a SUNY institution. But let’s say you ask a private school, we need to tweak things a little bit," said Murphy.

Korol added "I still know our faculty advisors know little nuances so if students tell me ‘it’s either Brockport or Oswego,’ I can tell them ‘Brockport wants this course, Oswego wants that course.’

Advisors will also be there when it comes time for recommendation letters or internship opportunities. They can help students understand the relationship with these professors in the present will help in the future.

“You’re also hopefully building a relationship with an advisor who can help you transfer, who can help you if you’re having trouble in a class. It’s not just about selecting classes," said Murphy. "I hope students don’t see it as a penalty or a hurdle or anything like that. It’s really truly meant to help them."

Get Started Early

Holly Wynn-Preische, Director of Advisement and Transfer Services, says that the best times for advisement are later in the process and it gets done early can help students keep away from stress.

"In the peak periods of January and August, we [The Advisement Center] can see up to 800 students a week.

In the regular weekly visits we’ll see some where around 150 students instead," Wynn-Preische said. "When you come in prior to those busy months, it gives students time to think about the commitment they’ve made. Plus it gives financial aid a chance to process the paperwork in a timely manner. It’s tough to get to the ground running, if you try and get everything in, in such a short period of time."

Think About Your Plan

Whether it be a rough sketch or a full preview through Degree Works, coming in with a plan for your future is important for a successful advisement meeting.

"The best conversations with advisors are the conversations where the student has reviewed his or her DegreeWorks," said Wynn-Preische. "The optimal set of guidance can then happen between the student and advisor instead of the advisor doing all the courses searches. Then you can spend your time talking about how everything is going and if you need any assistance with anything and work life balance."

Even a vague plan, such as a career path, favorite subjects, or a dream university can help you and your advisor when looking toward the future.

Professor Murphy gave an example of a student who originally wanted to attend the University of Rochester. "They applied to the U of R and also applied to Brockport. But they knew they were going to go on for an MBA. Because of Murphy’s advice, "The student did end up going to Brockport and is now at the U of R working on their doctorate: That saved them a ton of money by going to Brockport before going to the U of R.

Proven Results

The Advisement Center has proven results.

"In the past, students would need to go online and identify the courses they need for their degree. Our faculty advisors would save them a ton of money by going to Brockport before going to the U of R."

RateYourProfessor.com

Although it is a popular tool for students to determine which classes they want to take, some MCC professors caution using the website on its own.

"RateMyProfessor is like Yelp for academia or TripAdvisor for teachers. How credible are the posts? You Got to take all of it with a grain of salt," Korol said.

"My questions usually are, how do you know what the GPA, or the study habits, or any number of things that aren’t answer by RateMyProfessor? Those are all subjective. I had an experience based on their experience. Context is hard to get from them," Murphy said.

"Professor Korol is in agreement with Murphy. "I don’t tell students not to use it, but I do tell them try to read between the lines."

Know Your M-Number!

"It wasn’t that you had to meet with us, you just had to touch base with us. I had students who just sent me emails with "Some wanted to come by and meet which we also fine," Murphy said. "The advantage we got at the Biology Department was time-consuming."

A week before registration, Murphy on had meetings scheduled with two out of nineteen students assigned to him. Even so, he thinks it is too early to tell to judge the effectiveness of the advisement system and it could be a sign of progress.

The goal is meeting with an advisor, to help you and your advisor and identify the courses needed for their degree.

"I do log into Degree Works, students should access their myMCC account and scroll down to the "Students" tab at the top of the page. Then navigate to the "My Account" section and find your Degree Advising section in the center of the page. Here students can click Degree Works to get started.

www.monroedoclue.org
Students need to optimize the 12 semesters of Financial Aid for their entire undergraduate career.

FATV. Its goal is to provide 24/7 Financial Aid to the public. There are people ready to help. Financial Aid might be more complicated depending on a student's situation.

"Because a lot of people have to take remedial courses which takes up a payment, they sometimes can run out even at MCC," Jarkowski explained. She is quick to point out that with FATV, all financial aid ever given to students is eligible to receive per year.

The SUNY Smart Track is a financial literacy tool that students can use. People can put budgeting info there and import their loans to keep track of it. The link is in the MCC Tuition & Aid page under Forms and Resources, then connect to the Financial Literacy section.

The Chat Bot, Trib411, can also help guide students where they need. In addition to that, there is a tool called SUNY Smart Track. The SUNY Smart Track is a financial literacy tool that students can use. People can put budgeting info there and import their loans to keep track of it. The link is in the MCC Tuition & Aid page under Forms and Resources, then connect to the Financial Literacy section.

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GET INVOLVED!

There are several campus clubs and organizations that can extend your academics while helping to launch your professional career, while other activities can help you stay fit, be a part of saving the world, make some new friends and just have some fun!

JAKKEEA KILPATRICK
PROVISIONAL WRITER

There are over 40 clubs and organizations at MCC's Brighton Campus and others at the Downtown Campus that you can still join. Club meetings are usually 50 minutes a week to cover what is going on for upcoming events and to outline relaxing activities available that week. Weekly, various board games are played at S.W.O.R.D (Students Who Occasionally Roll Dice) and movies can be seen at Global Union to name a few club activities.

For some students, joining a club seems to take up more time and energy. It can be hard balancing school, work, and family life. However, there are several benefits to a student's personal life by joining: learning more about yourself, learning how to work as a team, gaining and expand your skills, and having fun.

"Student engagement is a determining factor in students' success," said Dr. Joel Frater, Executive Dean for MCC's Downtown Campus when asked about clubs and organizations. "Clubs and organizations represent something students can take ownership of. They provide leadership. Through clubs and organizations, students have a tremendous platform to express themselves. To be creative, to be equal contributors to this institution," Frater elaborated.

In addition to personal life, joining a club can help build a resume. Anyone with Speech and Media Communications Professor Ilene Benz has likely heard about the need to develop personal brand. "Companies and jobs see club involvement as a positive which helps people stand out amongst other applicants," Benz said, often quick to encourage students to get involved in clubs and utilize skills learned in the classroom.

To any who might be nervous, Dr. Frater has these words, "It's okay to be nervous. It's also okay to take that risk, to make that first step, because you're going to find that this is a very supportive environment. Our commitment is to help you overcome those fears.

Benz feels the same way, though with her own way. "Get out there and do something," she encouraged. When faced with excuses and reasons not to, Benz reminds students that "everything is a choice."

"We encourage them to create their own club. "We encourage them to work with us to create those opportunities when they don't exist." Frater went to college in Jamaica, but also went to school at Cheney University and Temple University in Pennsylvania. He was the General Secretary of the International Student Association and a member of a National Honorary Fraternity as well.

The Office of Student Life and Leadership Development at the Brighton Campus and the Campus Life Center at the Downtown Campus can answer questions relating to club and organization involvement.

<table>
<thead>
<tr>
<th>Club / Organization</th>
<th>Meeting Days/ Time</th>
<th>Meeting Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Sign Language Club</td>
<td>Fri. 12-12:50pm</td>
<td>Room 9-134</td>
</tr>
<tr>
<td>Anime Club</td>
<td>Wed. 12:00 - 2:00pm</td>
<td>Room 11-501</td>
</tr>
<tr>
<td>BJJ Club (Brazilian ju-jitsu)</td>
<td>Wed. &amp; Thurs. 2:00 - 3:30pm, Fri. 3-4pm</td>
<td>Racquetball Court</td>
</tr>
<tr>
<td>Black Student Union</td>
<td>Wed. 12:00pm - 12:50pm</td>
<td>Room 9-134</td>
</tr>
<tr>
<td>Breakdance Club</td>
<td>Mon. 4:00 - 5:00pm</td>
<td>Racquetball Court</td>
</tr>
<tr>
<td>Cabbages &amp; Kings</td>
<td>Fri. 12:00pm - 12:50pm</td>
<td>Room 4-112</td>
</tr>
<tr>
<td>Campus Activities Board</td>
<td>Mon. Wed. Fri. 12pm - 12:50pm</td>
<td>Room 12-119</td>
</tr>
<tr>
<td>Chemistry Club</td>
<td>Wed. 12-12:50pm</td>
<td>Room 7-129</td>
</tr>
<tr>
<td>Chess Club</td>
<td>Wed. 12-12:50pm</td>
<td>Room 7-129</td>
</tr>
<tr>
<td>Chinese Culture Club</td>
<td>Thurs. 4:00 - 6:00pm</td>
<td>Room 6-323</td>
</tr>
<tr>
<td>Cinema Society</td>
<td>Mon. 1:00 - 1:45pm</td>
<td>Room 12-109</td>
</tr>
<tr>
<td>Comic Creator Club</td>
<td>Thurs. 3:00 - 4:00pm</td>
<td>Room 12-224</td>
</tr>
<tr>
<td>Debate Club</td>
<td>Fri. 12:00 - 12:50pm</td>
<td>Room 7-107</td>
</tr>
<tr>
<td>Engineering Leadership Council</td>
<td>Fri. 12:00 - 12:50pm</td>
<td>Room 6-323</td>
</tr>
<tr>
<td>French Club</td>
<td>Mon. 12:00 - 12:50pm</td>
<td>Room 6-323</td>
</tr>
<tr>
<td>Global Union</td>
<td>Wed. 12:00 - 12:50pm</td>
<td>Room 6-411</td>
</tr>
<tr>
<td>Health Information Technology</td>
<td>Mon. 12:30 - 1:00 pm (1-2x/month)</td>
<td>Brighton Room 3-217</td>
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<tr>
<td>Holocaust, Genocide, &amp; Human Rights Project</td>
<td>Tues. 3:30 - 4:30pm</td>
<td>Room 3-157</td>
</tr>
<tr>
<td>Hospitality Club</td>
<td>Wed. 4:30 - 5:30pm</td>
<td>Room 3-157</td>
</tr>
<tr>
<td>InterVarsity Christian Fellowship</td>
<td>Tues. 12:00 - 1:00pm</td>
<td>Room 11-109</td>
</tr>
<tr>
<td>Math Club</td>
<td>Wed. 12:00 - 12:50pm</td>
<td>Room 9-175</td>
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<tr>
<td>MCC Mapping Corps</td>
<td>Wed. 12:00 - 12:50pm</td>
<td>Room 6-323</td>
</tr>
<tr>
<td>MCC Theatre Troupe</td>
<td>Wed., 12:00 - 12:50pm</td>
<td>Room 6-323</td>
</tr>
<tr>
<td>Monroe Doctrine</td>
<td>Wed. 12:00 - 1:30pm</td>
<td>Room 6-112</td>
</tr>
<tr>
<td>Mustang Student Association</td>
<td>Fri. 12:00 - 12:50pm</td>
<td>Room 6-323</td>
</tr>
<tr>
<td>Optics Club</td>
<td>Wed. 11:00 - 11:50pm</td>
<td>Room 5-100</td>
</tr>
<tr>
<td>Phi Theta Kappa</td>
<td>Wed. 11:00 - 11:50pm</td>
<td>Forum</td>
</tr>
<tr>
<td>Smash Club</td>
<td>Tues. 1:30 - 2:30pm</td>
<td>Forum</td>
</tr>
<tr>
<td>Pride Alliance</td>
<td>Wed. 3:00 - 4:00pm</td>
<td>Room 12-205</td>
</tr>
<tr>
<td>Society of Women Engineers</td>
<td>Tues. 5:30pm - 6:30pm</td>
<td>Forum</td>
</tr>
<tr>
<td>Student American Dental Hygienist Association</td>
<td>Thurs. 3:00 - 4:00pm</td>
<td>Room 7-205 &amp; 7-201</td>
</tr>
<tr>
<td>Student Government Association</td>
<td>Tues. 2:15 pm</td>
<td>Forum</td>
</tr>
<tr>
<td>Student Music Association</td>
<td>Tues. 3:00 - 4:00pm</td>
<td>Forum</td>
</tr>
<tr>
<td>Student Nurses Association</td>
<td>Mon. 11/18 4:00pm</td>
<td>Room 12-122</td>
</tr>
<tr>
<td>Surgical Technology</td>
<td>Tues. 2:00 - 3:00pm</td>
<td>Room 12-122</td>
</tr>
<tr>
<td>Sustainability Club</td>
<td>Tues. 3:00 - 4:00pm</td>
<td>Room 9-104</td>
</tr>
<tr>
<td>SWORD (Students Who Occassionally Roll Dice)</td>
<td>Fri. 11:30 - 12:30</td>
<td>Room 7-315</td>
</tr>
<tr>
<td>Travel &amp; Tourism</td>
<td>Tues. 12:00 - 12:50pm</td>
<td>Room 9-174</td>
</tr>
<tr>
<td>Veterans Club</td>
<td>Mon. 12:00pm - 12:50pm</td>
<td>Room 9-174</td>
</tr>
</tbody>
</table>
Monroe Community College offers a wide variety of intramural and recreational activities for students, faculty and staff. Programs include traditional sports such as flag football, soccer, basketball and golf, as well as non-traditional sports and events such as disc golf and ice skating. Fitness classes are also offered. The goal of the program is to please all students with their athletic and fitness needs.

To find an intramural activity that best suits you, visit the MCC homepage > Life at MCC > Athletics and Fitness > Intramurals.

The Downtown Campus also offers a variety of clubs to get involved in

The following list are the clubs that are available at the Downtown Campus:

- Student Events & Governance Association
- PRIDE Alliance
- Black Student Union
- DanceLife
- Human Services Club
- Disabilities Awareness Club
- International Club
- Transfer Travel Club
- Criminal Justice Club
- Phi Theta Kappa
- Campus Ambassadors
- Sci/Fi Fantasy Club
- Spanish Club

NO CLUB WITH YOUR INTERESTS?
HOW TO START A CLUB

ALEC WAIGHT-MORABITO
EDITOR IN CHIEF

If there aren’t any clubs or organizations that interest you, it is just as easy to start a new club as it is to join one. All you need is a unique interest, a vision, and a commitment to make it happen.

In order to create a club, you first need to find a few other students who share your interest, and wish to have a club pertaining to it. Once you have a group together, you will need to create a club constitution which outlines the purpose and organizational structure of the club. Samples of club constitutions can be obtained in the Office of Student Life and Leadership Development (OSLLD), 3-126.

In addition, it may be helpful to set up an appointment with one of the OSLLD Liaisons who can answer questions and give valuable information about club and student leadership requirements, and the resources available to you.

You will also need to find a faculty advisor for your club. If you know of a faculty member who shares your interest, great! If not, the OSLLD will be more than happy to help you find one.

Once your club constitution has been completed and sent in to the OSLLD, you will also need to submit a formal request using https://tinyurl.com/StartaClubatMCC to begin the approval process.

When received, the Student Government Association (SGA) Constitution Committee will review your club constitution and contact you regarding its approval status. If accepted, the committee will then forward the proposed constitution to the SGA Senate who will vote upon its final approval.
Indigenous peoples program now hosted in PRISM center

Initiative allows students a social network to find support and resources for career and academic needs.

JAKEEA KILPATRICK
PROVISIONAL WRITER

An Indigenous Peoples Initiative program is now operating out of Monroe Community Colleges’ PRISM Multicultural Center to provide academic and communal support to Native American students. MCC students who self-identify as American Indian or Alaskan Native are eligible to join. This program provides Indigenous Students a safe space to gather and discuss issues that matter to them.

“Each group has their own problems [and] has their own challenges far as dealing with college and in the world,” said Char Guess-Bardquares, the Liaison of the Indigenous Peoples’ Initiative. She ran the program out of the Education Opportunity Program office at MCC for about 10 years before retiring. In seeing that the program was not picked up and the need remained for the students, Guess-Bardquires returned part-time to lead the program.

“Native people are minorities of minorities. Not even heard of and aren’t mentioned when people of color are addressed,” Guess-Bardquires commented. For that reason, she wanted to ensure the longevity of the program for the students. She further elaborated, “Indigenous people have a history of being marginalized in U.S. history. There are lots of stereotypes that have been associated with the experience of indigenous people... which have not only presented misinformation, but also created a culture in which even admitting to being indigenous is not celebrated”

MCC’s Indigenous Peoples Initiative provides academic and career advisement, help with Federal, state and Native American Financial Aid, and provides connections to Native American resources. Through the program, information on Native American education scholarships is shared, educational speakers who identify and speak to the needs of Native Americans, meet and greet socials and much more.

“It is not a club,” Guess-Bardquires clarified. “People do not have to be enrolled in the program to learn more. If people identify with their [Native] Indian blood, or have any interest in learning more, [they] can join the program.” The main qualification is identifying as some part Native American. It is okay to participate even if a Native student is not involved in leadership roles or community events.

Native American Heritage Month is November. On Wednesday, November 20th from 12:00pm to 12:50pm Richard Hamell will hold a presentation on Native American Wampum in the PRISM Multicultural Center. This is not the only month to celebrate Indigenous culture. Previously in October, speakers Dr. Hayley Marama Cavino, a Teaching Fellow in the Faculty of Maori and Indigenous Studies at the University of Waikato spoke. At additional speakers Michelle D. Schendahnad, a Co-founder of the Indigenous Concepts Consulting and Ronalyn Pollack, the Executive Director of the Native American Cultural Center also discussed grief, trauma, and resilience.

In November, there are programs and events hosted at other college campuses as well to celebrate Native Americans as well. Events celebrating Native Heritage will not be limited to the month they were given. To learn more about the Indigenous Peoples Initiative Program, please contact Char Guess-Bardquares at the Brighton Campus or visit the PRISM Multicultural Center.

TRANSPORTATION FEE (continued from page 1)

Nov. 1, 2019. The service will pick up back up next semester from April 1 – May 22, 2020 when the weather is more accommodating.

“Living in the dorms the resident assistants are always hosting programs and there’s events, and they talk about this information,” Brianna Wells, current student at MCC said.

“Say you’re just going to school and you’re not really active in anything you’re just going to know much of anything,” Wells added.

The transportation program has started off in excellent fashion. Students are using the pace bikes located around campuses and across town; the buses are being used for commutes to school, work, and social events; as well students who choose to drive are parking at each of the college’s campuses, John Delate, associate vice president of student services said.

RTS has provided the numbers for the first five weeks of the fall semester. According to their website, over 1500 MCC students are utilizing the RTS bus services on a regular basis. During this period the average number of rides per user is 38 times.

The latest adjustments made to the student transportation fee allow for so much more flexibility for students. Anyone interested in getting further explanation about any of the services are encouraged to visit https://www.monrocc.edu/depts/parking/transportation.
**Simple Suppers**

Dorm room delights made with just a few ingredients... and you don’t have to be a master chef to cook them.

**Parm-Crusted Curry-ranch Chicken, with Roasted Asparagus, and Crisped Perogies with Lemon Scallion Sour Cream Dip**

**ALEC WAIGHT-MORABITO**
**EDITOR IN CHIEF**

Cooking a delicious and healthy meal isn’t as difficult or time consuming as you might think.

**INGREDIENTS:**
- 2 Skinless Chicken Breasts- horizontally sliced into thirds (or halves, depending on width of the breasts)
- 1/4 cup Hidden Valley Original Ranch Dressing
- 1/2 teaspoon of Curry Powder
- 1 box (16 oz) of your favorite frozen Perogies (recommended Wegman’s Mushroom Perogies)
- 1/4 cup of Sour Cream
- 1/2 Lemon
- 1/2 Scallion (or 2 Fresh Chives) lightiy chopped
- 1 bundle of Asparagus
- Grated Parmesan Cheese
- Garlic Powder

**DIRECTIONS:**
1. Pre-heat oven to 425°F
2. In a container, mix the ranch dressing and the curry powder together, and use the mixture to marinate the sliced chicken breasts.
3. While the chicken marinates, wash and dry the asparagus, and make sure to also cut off the tough bottom ends.
4. Prepare a sheet pan with tin foil, placing the asparagus on the sheet in a single layer, and drizzle with olive oil; make sure that the olive oil is lightly and evenly, coating the stalks. Salt and pepper to taste, and stick in the oven for approximately 25 minutes.

   - Do NOT forget to turn them on occasion. The asparagus will be done when it is tender yet crispy.
5. Begin heating the large non-stick pan (skillet) on medium, and add 3 tablespoons of water and a splash of olive oil.
6. Once the pan is hot, add the selected perogies, laying them flat and in a single layer, and cook on each side approximately 3 minutes.
7. If the water has not yet evaporated at this point, carefully dump it out (keeping the perogies in the pan) and add another splash of olive oil to assist in browning. Cook on medium-high heat another 3 minutes on each side.
8. Add a half tablespoon of butter to the pan, reduce heat to medium, and salt to taste.
   - Again, be sure to watch the perogies to prevent burning. When finished, sprinkle with garlic powder, toss, and remove from heat.
9. Check asparagus if you have not yet already done so!
10. After a quick wash and dry of the perogi pan return to medium-high heat (you can also use another pan if available).
11. Drip off the excess marinade from the chicken (you want a light even coating on the chicken) and place in the hot and sizzling pan. Lightly salt and pepper. Cook until golden brown approximately 3-4 minutes on each side (depending on the thickness of the chicken).
12. Take out the roasted asparagus from the oven, sprinkle a fair quantity of grated parmesan cheese on it, toss, and return to oven for about two additional minutes. Then remove the pan from the oven.
13. When you are sure that the chicken has finished cooking (this can be checked by cutting into the thickest part of the sliced breasts -the inside should be white, tender, and any juice should be clear) sprinkle a small amount of garlic powder, and use a lemon half to squirt lemon juice over the chicken (be conservative, you can always add more lemon if needed); and remove the chicken from the pan.

**Make the Lemon Scallion Sour Cream Dip:**
1. In a container, add the sour cream, a light dash of salt, and about 1/2 teaspoon of lemon juice.
2. Add in the chopped scallions or chives.

   - Again, be sure to watch the perogies to prevent burning. When finished, sprinkle with garlic powder, toss, and remove from heat.

**Dip:**
Make the Lemon Scallion Sour Cream Dip. 1. In a container, add the sour cream, a light dash of salt, and about 1/2 teaspoon of lemon juice.
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   - Again, be sure to watch the perogies to prevent burning. When finished, sprinkle with garlic powder, toss, and remove from heat.

   - Again, be sure to watch the perogies to prevent burning. When finished, sprinkle with garlic powder, toss, and remove from heat.

**Don’t wait in line; use Fast Lane through the QLess App**

**NEENAH PARNELL**
**PROVISIONAL WRITER**

Another must have for students is Fast Lane through the QLess App. Students can download QLess in the Apple Store or Google Play, join a line, and get notified when it’s their turn to be served.

After downloading the app, sign in and search "Places Near Me" to get in line. Students can receive text commands to request more time or cancel appointments. It will notify those who wait in line, how much time remains.

QLess makes it easy to skip lines, make appointments, and notify students how long the wait is. It allows students to get in line for academic and student services.

**REGISTRATION (continued from page 1)**

Once you meet with your adviser actually signing up for classes will be much less of a challenge. All students need to do is login into their myMCC account and click the students tab and then click my account.

From this point, you will see the Registration & Records column. Inside it, click on Schedule Planner. In there students can customize their class schedule to accommodate their needs. Also, students who still prefer the add/drop/withdraw format for making class schedules where you input the course CRN number manually can still do so. In the same Registration & Records column click on the "Add/drop/withdraw" link and it will direct you there.

There’s no doubt this is a busy time of the year, but that doesn’t mean you can’t still stay ahead of the game.
Technology exists to keep students safe through safety training videos, receiving important updates, or to call for help.

CHLOE ADOUR
MEDIA CLASS SUBMISSION

It is important for students to feel safe and secure in their educational environments and for them to understand what to do in a serious situation, such as an active shooter. School shooters are a threat to today's academic world. In 2019 alone, there have been more than 20 school shootings.

Some students, however, do not know what to do in an active shooter situation. Jen Pham, a student and resident at Monroe Community College, said, "only one of my professors has taken the time to address the instructional lockdown procedure videos available on the MCC site."

Another student mentioned how easy it is for students to get the safety information if they need it. Giovanni Figueroa said, "I believe MCC students know that Public Safety offers tools for them to learn about the safety procedures on campus, they just might not have the time for it."

Tony Perez, the Chief of Police, was surprised to know that most students are not sure of how to handle an active shooter situation. Chief Perez stated that, "one of the things we offer are safety lunch training sessions."

Students can set up a training session by contacting Chuck DiSalvo, the Coordinator of Strategic Planning for Monroe Community College. According to Chief Perez, DiSalvo "hosts individual, small group, and classroom level trainings upon request." DiSalvo can be contacted by email at cdaisalvo@monroecc.edu, or by calling 585-292-2926.

Stay up to date with text alerts

JACOB SCHERMERHORN
PROVISIONAL WRITER

MCC students are highly recommended to sign up for the MCC Alert System on their phones. By signing up for the MCC Alert System, emergency alerts are sent directly to individuals when important events occur.

Events such as civil disturbances, fires, hazardous materials, major road closings, medical emergencies, suspicious packages, utility failures, or extreme weather are all a part of the MCC Alert System. Receiving this information in a quick and convenient manner will help public safety while minimizing campus disruptions.

Students can add their phone numbers for text or voice messages from the MCC Alert System by simply logging into their account at my.monroecc.edu. The "Sign up for MCC Alert" link in the MCC Alert area is located on the home page. To update personal contact information, use the "MCC Alert Contact Information" link. Student emails are already in the MCC Alert System.

Stay Safe with the Guardian App

NEENAH PARNELL
PROVISIONAL WRITER

A must have app is the Monroe Community College Rave Guardian app. Students and faculty can download Rave Guardian in the App Store or Google Play by searching "Rave Guardian."

In order to access every feature on the app, students/faculty must sign up with their MCC email because it will configure with the settings of MCC. One of the features the app has to offer is the Safety Timer. Students can add their start and end point and the amount of time they think it will take them to walk to their destination.

For example, a student can put in Building 12 as their starting point and Canal dorms as their ending point. If they don't click the button to stop the timer once they arrive or if they never arrive, alarms will be sent to all guardians - friends, family, public safety - and public safety will find you. The app allows people to add up to 25 guardians.

Another feature this app has to offer is the Send a Tip button. This allows students as well as faculty to send a conflict they witness/encounter, anonymously or not.

As long as students are live and active on the app, the locator will work from anywhere in the county as well as on campus.

Students should download this app because they will be one click away from safety if they are ever in an emergency situation. Students can call and report to the MCC Department of Public Safety or even set up a Safety Timer with friends within the app.

"All you need is a battery to turn on the phone and the ability to push a button," said Chuck DiSalvo, Coordinator, Strategic Planning.