



CUYAHOGA COMMUNITY COLLEGE

ALUMNI RELATIONS

NEWSLETTER

November 2017



TRI-C ALUMNI PROFILE:
Mick Munoz

Alumni Profile: Mick Munoz

Mick Munoz served in the United States Marine Corps from 1988-1992 as an aircraft carrier Marine Security Guard and infantry squad leader, including deployments to the Persian Gulf during Operations Desert Shield and Desert Storm. He enrolled at Cuyahoga Community College once he returned home because it allowed him to take classes while working full-time. [Read the rest of his story.](#)



Focus on Fitness at 'Exercise is Medicine' event

Learn how fitness and lifestyle can improve your overall health during “[Exercise is Medicine on Campus](#),” a free program from 10 a.m. - 2 p.m. on Thurs., Nov. 2, in the Student Services building at Tri-C’s Eastern Campus (4250 Richmond Road, Highland Hills, 44122).

The event is sponsored by the College’s Sports and Exercise Studies program which prepares students for careers as personal trainers, fitness specialists and other health-related professions, and will include:

- Chair massages by students in Tri-C’s Massotherapy program
 - The VibeCage, which utilizes whole body vibration to enhance physical therapy and sports performance
 - Cardiovascular assessments, including blood pressure and target heart rate calculations
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Tri-C celebrates Veterans

Tri-C alumnus Dominick Farinacci and student veteran Jaymes Poling, shown above on the set of [Modern Warrior Live](#), will debut their collaboration at the Simon & Rose Mandel Theatre on Eastern Campus (4250 Richmond Road, Highland Hills, 44122) on Nov. 8 and 9. This dynamic production explores the psychological weights of war, the challenges of reintegration as a civilian, and the potential for positive personal and communal growth.

The College will celebrate Veterans Day in the Western Campus Memorial Garden and Galleria at 10:30 a.m. on Thurs., Nov. 9. Tri-C alumni are invited to attend the [Remembrance Event](#), reception and special presentation with Harold H. Brown, who will be signing copies of his book *Keep Your Airspeed Up, The Story of a Tuskegee Airman*.

Tri-C salutes all who have served, and continue to serve, our country.



Tri-C Veterans honored at Veterans Day events

Tri-C's Executive Director of Veterans Initiatives, Rick DeChant, will be inducted into the Ohio Veterans Hall of Fame on Nov. 9. Under Mr. DeChant's leadership, the College was recognized as a Military Friendly Institution in 2017, marking eight consecutive years with this distinction.

Tri-C student Laura Oluich will be honored as the 2017 Student Veteran of the Year at the City of Cleveland's Veterans Day Ceremony at City Hall on Nov. 10. Ms. Oluich served as a Russian

linguist in the United States Marine Corps for five years, and is now on track to graduate from the Deaf Interpretive Services program in May, 2018. The single mother of a two-year-old son has a 4.0 GPA and is a member of the Phi Theta Kappa Honors Society.



Is a Tri-C Alum on your holiday shopping list?

The Tri-C Bookstore has the perfect stocking stuffer for the Tri-C alumni on your gift list. Surprise your graduate with an alumni [t-shirt](#), available online while supplies last. BONUS - all Champion apparel, including the alumni shirt, is Buy One, Get One 50% off during the week of Nov. 13!

Plus, treat yourself and proudly display your diploma in a [Tri-C diploma frame](#). Barnes & Noble College is offering \$25 off each frame, plus free shipping, for orders placed online on Nov. 5 and 6.

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alumrelations@tri-c.edu



216-987-4592

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[Cuyahoga Community College Foundation and Alumni Relations](#)
700 Carnegie Avenue, Cleveland, OH 44115