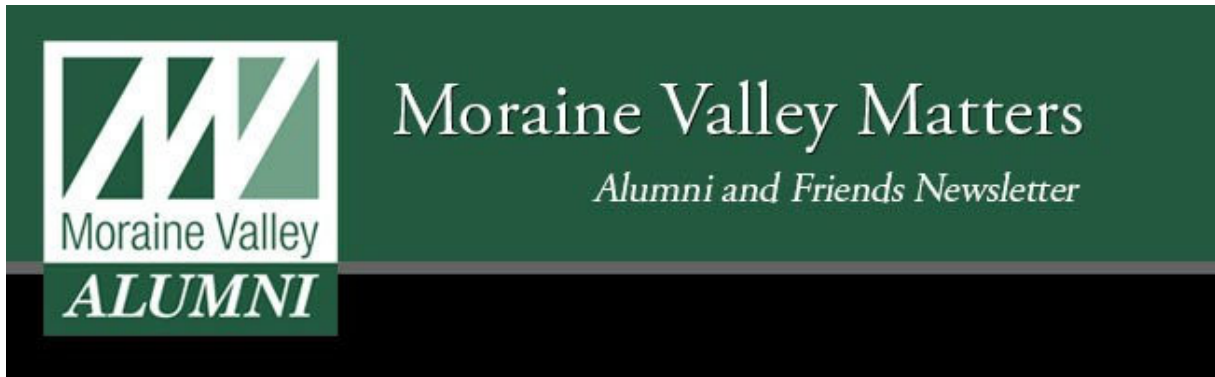


Learn how to sleep well and how to become a secret agent - Moraine Matters - March 2021



How to get a good night's sleep

The Moraine Valley Community College Foundation would like to 'Share Our Thanks' and appreciation to our donors and

alumni by creating special [video messages](#) featuring Moraine Valley faculty and staff members who will share their expertise on various topics.

This month, we feature Debbie Guerrero, MS, RPSGT, CCSH, RRT, professor of sleep technology and program coordinator for the Moraine Valley [Sleep Technology Program](#). Professor Guerrero provides tips for creating an environment for a good night's sleep.



Foundation gala presents Mission ImPOSSIBLE

Join the Moraine Valley Community College Foundation as a special agent for this year's top-secret Mission IMPOSSIBLE Virtual [Fundraising Gala](#). The Foundation needs your assistance to fulfill our mission that will give our students endless possibilities. Should you accept your mission to attend the virtual event, it will be held online on Friday, April 23, from 6:30 to 7:30 p.m. and promises to be an evening full of entertainment, auctions, family activities and raffles. Confidential information, ticket purchases and additional spy gear to complete this mission are available. Visit [the Gala webpage](#) to purchase tickets and for details on this exciting evening.

Bedford Grow starts annual scholarships

The Moraine Valley Community College Foundation has received an \$85,000 donation from [Bedford Grow](#) to establish an endowed scholarship. The Bedford Grow Lou Dineff Memorial Scholarship will support five annual \$1,000 scholarships for students enrolled in the college's [Cannabis Retail Specialist Program](#).

"We hope this scholarship will make student lives easier as they navigate the educational process and achieve their dreams of success," said Laurel Dineff, founder and CEO of Bedford Grow.



[Read more.](#)

Paul Chialdikas, (right) vice president of Bedford Grow and Moraine Valley graduate, presents an \$85,000 donation check to Moraine Valley president, Dr. Sylvia M. Jenkins (center) and Foundation executive director, Krsity McGreal (left).

Become a Foundation sponsor and help our students

The Moraine Valley Foundation offers multiple sponsorship opportunities for companies to support our students and the college. Sponsorship through the Moraine Valley Foundation sends a message that your brand is strongly aligned with the Foundation's mission of supporting Moraine Valley Community College faculty, staff and students. Sponsors may choose to support a specific event or join as an event sponsor for the entire year.

[Read more.](#)



Basketball gets green light for short season

After two resets, the Cyclones are finally able to hit the court and face off against some opponents in an abbreviated season.

Instead of starting their regular season in October, the COVID-19 pandemic pushed the start of men's and women's basketball to January. The college then erred on the side of caution and canceled the season entirely; however, college administrators recently reversed this decision and allowed the teams to play starting this month.

[Read more.](#)

Meet Foundation scholarship recipient: Nkosi Davis

The Moraine Valley Foundation [awards more than 200 scholarships](#) annually to deserving students like [Nkosi Davis](#), recipient of the 2020-21 ComEd Scholarship. Nkosi is a sophomore at Moraine Valley majoring in biology and holds a part-time job. An outstanding student, who hopes to become a doctor someday, Nkosi has experienced much tragedy recently, including the passing of her mother.

"I remember getting ready to drop my math class because I didn't have enough money to pay the tuition," Nkosi said. "Right at that moment, I got the email that I received a scholarship. I knew that was the sign I needed to stay in school."

If you want to help hard-working students like Nkosi, you may [give to the Foundation](#) to provide scholarships or emergency funds for students in need.



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9000 W. College Parkway, Palos Hills, IL 60465