

# CUSTOMER CONNECTIONS

The Administrative Services Newsletter for the Internal Customer

Volume 9, Issue 4 A Monthly Publication of Muskegon Community College February 2008

Monthly Observance  
February is...  
American Heart Month  
Black History Month



**Happy Valentine's Day  
from the  
Healthy Lifestyle Committee  
February 14  
10:30 am to 11:00 am  
Caesar Lounge**

**Stop by for a Healthy  
Valentine's Day Treat!**

**~ Low-Fat Mango & Lime Fool  
(like a smoothie)**

**~ Khanom Niew (a rice cake  
with a light syrup  
carbohydrates; but no fat)**



## What's To Follow ...

|                           |   |
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| Healthy Lifestyle         |   |
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## MESSAGE FROM THE EXECUTIVE VICE-PRESIDENT OF ADMINISTRATION

February is National Black History Month and American Heart Month. Other key dates in February include:

- February 2 - Ground Hog Day
- February 5 - Mardi Gras (Also known as Fat Tuesday – break out the Paczki (punch-key))
- February 6 - Ash Wednesday
- February 7 - Chinese New Year (The Year of the Rat)
- February 11 - Make a Friend Day
- February 14 - Valentine's Day
- February 17 - Random Acts of Kindness Day
- February 18 - President's Day
- February 14 - National Tortilla Chip Day (Don't double dip)
- February 29 - Leap Day

And looking ahead

- March 9 - Start of Daylight Savings Time (Just trying to think Spring)

In this month of the "heart" I thought the following would be appropriate to share:

The following is the philosophy of Charles Schultz, the creator of the "Peanuts" comic strip. You don't have to actually answer the questions. Just read this straight through, and you'll get the point.

1. Name the five wealthiest people in the world.
2. Name the last five Heisman trophy winners.
3. Name the last five winners of the Miss America. (minus Kristin Haglund who just won from Michigan)
4. Name ten people who have won the Nobel or Pulitzer Prize.
5. Name the last half dozen Academy Award winners for best actor and actress.
6. Name the last decade's worth of World Series winners.

7. How did you do?

The point is, none of us remember the headliners of yesterday. These are no second-rate achievers. They are the best in their fields. But the applause dies. Awards tarnish. Achievements are forgotten. Accolades and certificates are buried with their owners.

Here's another quiz. See how you do on this one:

1. List a few teachers who aided your journey through school.
2. Name three friends who have helped you through a difficult time.
3. Name five people who have taught you something worthwhile.
4. Think of a few people who have made you feel appreciated and special.
5. Think of five people you enjoy spending time with.

Easier?

The lesson: The people who make a difference in your life are not the ones with the most credentials, the most money, or the most awards. They are the ones that care.

Pass this on to those people who have made a difference in your life. "Don't worry about the world coming to an end today. It's already tomorrow in Australia." (Charles Schultz)

Give lots of hugs in February - and for that matter – all year long.

Diana R. Osborn



# "Healthy Lifestyle Committee!"

## *Healthy Lifestyle Committee Mission Statement:*

*To create healthier and happier employees through awareness of health issues and wellness programs*

### Health Tip

By Jane Atwood

### High Cholesterol: Heart-Healthy Diet

#### How Much Is a Serving?

When you're trying to follow an eating plan that's good for your heart, it may help to know how much of a certain kind of food is considered a "serving." The following table offers some examples.

| SERVING SIZES                      |                      |                                |
|------------------------------------|----------------------|--------------------------------|
| Food/amount                        | Serving/exchange     | The size of                    |
| 1 cup cooked rice or pasta         | 2 starch             | tennis ball                    |
| 1 slice bread                      | 1 starch             | compact disc case              |
| 1 cup raw vegetables or fruit      | 1 fruit or vegetable | baseball                       |
| 1/2 cup cooked vegetables or fruit | 1 fruit or vegetable | fist                           |
| 1 ounce cheese                     | 1 high-fat protein   | pair of dice                   |
| 1 teaspoon olive oil               | 1 fat**              | half dollar                    |
| 3 ounces cooked meat               | 1 protein            | deck of cards or cassette tape |
| 1/2 cup tofu                       | 1 protein            | deck of cards or cassette tape |

\*\* Remember to count fat servings that may be added to food while cooking, such as oil, butter or shortening.

7<sup>th</sup> Annual Wellness Fair  
 Tuesday, March 11  
 9:00 am – 1:00 pm  
 Join us in Collegiate Hall to embrace all aspects of health including: mind, body and spirit!

# Happy Birthday

## February

|                         |      |
|-------------------------|------|
| Jenny Klingenberg       | 2/5  |
| Vicki Henderson         | 2/6  |
| Julie Solowy            | 2/6  |
| Pat DeVries             | 2/8  |
| Sherrri Deboef Chandler | 2/9  |
| Mike Mieczkowski        | 2/9  |
| Terri Jourden           | 2/10 |
| Lynne Wood              | 2/11 |
| Mike Vallie             | 2/12 |
| Joyce Piggee            | 2/14 |
| Linette Isacson         | 2/15 |
| Larry Swisher           | 2/15 |
| Pam Brown               | 2/17 |
| John Leonard            | 2/19 |
| Rick Hudson             | 2/23 |
| Bill Tokarz             | 2/24 |
| Tom Groner              | 2/25 |
| Andy Wible              | 2/25 |
| Joe Doyle               | 2/27 |
| Ann Helminski           | 2/27 |

## March

|                       |      |
|-----------------------|------|
| Mary Kaufman          | 3/1  |
| Jane Atwood           | 3/3  |
| Eileen Grunstra       | 3/9  |
| Kathy Beachum         | 3/10 |
| Clark Bingham         | 3/10 |
| Jon Brown             | 3/10 |
| Richard Doctor        | 3/11 |
| Blair Morrissey       | 3/11 |
| Tom O'Brien           | 3/15 |
| Kathy Tosa            | 3/15 |
| Cheryl Hite           | 3/16 |
| Chris Patterson       | 3/18 |
| Fred Minnaar          | 3/19 |
| Chris Donley          | 3/21 |
| Judy Stonex           | 3/22 |
| Georganne Myers       | 3/24 |
| Cathy Rusco           | 3/25 |
| Larry Visconti        | 3/25 |
| Bill Cutting          | 3/26 |
| Richard Alexander     | 3/29 |
| Jan Fields            | 3/30 |
| Paula Halloran        | 3/31 |
| Terri Hoffman-Forward | 3/31 |
| Daniel Knue           | 3/31 |

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**Mission Statement:**  
*To support the Administrative Services operations and objectives  
of Muskegon Community College.*

**Vision:**  
*Excellence in Service – Partners in Progress*



## Where in MCC is CE?

With Cindy Panici retired, Continuing Ed has gone 3 separate ways. If you have people interested in Ed 2 Go and Gatlin Education (online classes), Project Intercept, West Michigan Township Conference or Administrative Professionals Day, they need to contact Conference & Catering at ext. 319. If they have questions about OSHA, please contact Tom O'Brien at ext. 217. Any other Continuing Ed classes go through Mary Williams at ext. 348.

**WorkLife Services**  
Employee Assistance Program

**Appointments available:**  
Monday–Thursday 8am–9pm  
Friday 8am–5pm

To make an appointment at one of these office locations,  
call 231.726.3582

- 1352 Terrace Street  
Muskegon, MI 49442
- Lakeshore Medical Center  
905 E. Colby Street  
Whitehall, MI 49461
- Hackley Health at the Lakes  
6401 Prairie Street  
Muskegon, MI 49444
- Mill Point Health Center  
921 S. Beechtree, Suite 5  
Grand Haven, MI 49417

Muskegon Community College  
Creative and Performing Arts Department  
**FEBRUARY EVENTS**

**Overbrook Art Gallery Exhibits**

Continuing thru February 28 –  
Hours: Monday thru Thursday - 9:00 – 4:00 p.m., Friday - 9:00 – 2:00 p.m.

**“Contemporary Asian Prints: Works from Members’ Collections of the West Shore Graphic Arts Society”**

February 11, 2008 – **Free Public Reception** – 6:30 – 8:00 p.m.  
Slide Presentation at 7:00 p.m. by Dr David Ihrman,  
one of the nation’s leading historians on Asian prints.

**STUDENT POSTCARD ART**

If you missed the Postcard Salon at the Muskegon Museum of Art last week you can make up for it by visiting our own version in the showcase outside the CPA office. The 150+ postcards were all created by Drawing II students this semester.

We will launch a **sale of the postcards Monday, Feb. 11 at 6:00 p.m.** The postcards will be \$15.00 each with all proceeds going directly to the student who did the piece. Purchasing will be first come, first serve. Each card is numbered and a corresponding sheet will record purchases. Payment the night of Feb. 11 will be required, cash or check. If desired the postcard can be taken home that night. The sale will continue until Feb. 28<sup>th</sup> and any purchase made after Feb.11 will require the pick-up of the purchase Feb. 28<sup>th</sup> or after. There are many cards available that would make a great “Valentine” gift....suitable for framing. So consider stopping by and taking a look at what is available.

The event will be run in conjunction with the reception for Contemporary Asian Prints in Overbrook Gallery.

**Overbrook Theater**

**Overbrook Dance Theater in Concert XXIV**

February 22, 23 at 7:30 p.m. and February 24 at 3:00 p.m.

The concert will feature twelve choreographers and over fifty dancers presenting a wide variety of dance styles.

*For tickets, call 231-777-0324 or go to OBT Box Office, Room #166*

# MCC News

Share your news and photos with your MCC family. Please send or email your photos and news to Conference & Catering Services [Stacey.DeBrot@muskegoncc.edu](mailto:Stacey.DeBrot@muskegoncc.edu) [AJ.Osborne@muskegoncc.edu](mailto:AJ.Osborne@muskegoncc.edu)

### IT'S TIME TO START RELAYING!

Want to join Team MCC Cares? We are looking for team members who want to have fun while raising money for the fight against cancer! E-mail Janice Whitlow if you would like to join in on the fun.

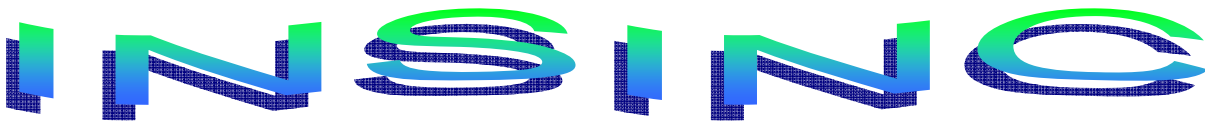
With all the moves happening on campus we are getting started slowly, but will be hitting the ground running. So watch your e-mail and snail mail for ways in which you can help.



### FUNDRAISING IDEAS WE ARE LOOKING AT -

ROSES AT GRADUATION  
FLOWER FLATS AND BASKETS  
CAR WASHES  
CANDY

YARD SALE  
BAKE SALE AT THE LAKES MALL  
FASHION SHOW  
RECIPE BOOK



Improvements Notions Suggestions Ideas Not Complaints

Please turn in your INSINC to Conference & Catering Services by the 15<sup>th</sup> of the month and receive a

free medium fountain beverage from the Bookside Bistro.