

CUSTOMER CONNECTIONS

The Administrative Services Newsletter for the Internal Customer

Volume 9, Issue 5

A Monthly Publication of Muskegon Community College

March 2008

Monthly Observance March is...

American Red Cross Month
National Nutrition Month
National Kidney Month



March 23, 2008

Mark your Calendars

April 17, 2008

**Administrative
Professional's Day**

If you would like a brochure, email
Stacey DeBrot or A.J. Osborne

What's To Follow ...

Wellness Fair 2008	2
Health Tip	3
MCC Birthdays.....	3
Leap Frog Update.....	4
CPA Events	5
Lecture Series.....	6

MESSAGE FROM THE EXECUTIVE VICE-PRESIDENT OF ADMINISTRATION

March seems to make us think of all things "green," shamrocks, spring and with all of our moves "leap frogs." It would only seem fitting that I share this story sent to me over the internet and titled "Life's Lesson Number 1":

There once was a bunch of tiny frogs, who arranged a running competition. The goal was to reach the top of a very high hill. A big crowd had gathered around the hill to see the race and cheer on the contestants... The race began...

Honestly, no one in the crowd really believed that the tiny frogs would reach the top of the hill. You could hear statements such as:

"Oh, WAY too difficult!!"

"They will NEVER MAKE IT TO THE TOP." Or "Not a chance that they will succeed. The hill is too high."

The tiny frogs began collapsing. One by one...Except for those who in a fresh tempo were climbing higher and higher...

The crowd continued to yell –

"It's too difficult!!! No one will make it!"

More tiny frogs got tired and gave up --- But ONE continued higher and higher and higher...

This one wouldn't give up! At the end everyone else had given up climbing the hill. Except for the one tiny frog that after a big effort was the only one who reached the top! Then all of the other tiny frogs naturally wanted to know how this one frog managed to do it? A contestant asked the tiny frog how the one who succeeded had found the strength to reach the goal.

It turned out ... That the winner was DEAF!

The wisdom of the story is:

Never listen to other people's tendencies to be negative or pessimistic. Always think of the power words have – Therefore, always be Positive!

Always think – I can do this. Pass this message on to some "tiny frogs" you may know.

March is Dr. Seuss Reading Month – be sure to read a book to a child.

In closing – the words of Dr. Seuss:

"You're off to great places! Today is your day! Your mountain is waiting – so...Get on your way!"

This is Dian(a) I am....

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

Information, Hand-outs and/or Demonstrations on the following items:

- **Free Massages**
- **Laser Dentistry**
- **Nutrition**
- **Prescription Drug Program**
- **Hypnosis**
- **Chiropractic Wellness**
- **Natural Health Supplements**
- **Spinal Screening**
- **Footwear designed to reduce foot, leg and back pains**
- **Physical Rehabilitation**
- **Various Fitness Centers**
- **Stationary Bicycles**
- **Organ Donation**
- **Tae kwon do**
- **Skin care, weight loss and aromatherapy**
- **Plus much, much more**

Wellness Fair 2008

**Tuesday, March 11
9:00 a.m. to 1:00 p.m.
Collegiate Hall**

**Over 35 Door Prizes!
PLUS Prizes Every 15 minutes!**

Free Admittance

Over 30 exhibitors in area health organizations and businesses encompassing all aspects of health: body, mind, and spirit.

Health Tip
By Jane Atwood



Cinnamon

This old-world spice usually reaches most people's stomachs only when it's mixed with sugar and stuck to a roll.

Why it's healthy: Cinnamon helps control your blood sugar, which influences your risk of heart disease. In fact, USDA researchers found that people with type-2 diabetes who consumed 1 g of cinnamon a day for 6 weeks (about 1/4 teaspoon each day) significantly reduced not only their blood sugar but also their triglycerides and LDL (bad) cholesterol. Credit the spice's active ingredients, methylhydroxychalcone polymers, which increase your cells' ability to metabolize sugar by up to 20 times.

How to eat it: You don't need the fancy oils and extracts sold at vitamin stores; just sprinkle the stuff that's in your spice rack (or in the shaker at Starbucks) into your coffee or on your oatmeal.



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

■ Hackley Health at the Lakes
6401 Prairie Street
Muskegon, MI 49444

■ Lakeshore Medical Center
905 E. Colby Street
Whitehall, MI 49461

■ Mill Point Health Center
921 S. Beechtree, Suite 5
Grand Haven, MI 49417

Customer Connections published by:

Administrative Services

Executive VP of Administrative Services:

Diana R. Osborn

Writers: Aaron Hilliard, Mary Smith, Paul Oakes,

Janice Whitlow, Joe Doyle,

Tonette Brown-Garner, Rosemary Zink and

Jerry Nyland

Layout & Design: AJ Osborne

Editor: Stacey DeBrot

Mission Statement:

To support the Administrative Services operations and objectives
of Muskegon Community College.

Vision:

Excellence in Service – Partners in Progress

Happy Birthday

March

Mary Kaufman	03/01
Jane Atwood	03/03
Eileen Grunstra	03/09
Kathy Beachum	03/10
Clark Bingham	03/10
Jon Brown	03/10
Richard Doctor	03/11
Blair Morrissey	03/11
Tom O'Brien	03/15
Kathy Tosa	03/15
Cheryl Hite	03/16
Chris Patterson	03/18
Chris Donley	03/21
Judy Stonex	03/22
Georganne Myers	03/24
Cathy Rusco	03/25
Larry Visconti	03/25
Robert Ross	03/25
Bill Cutting	03/26
Richard Alexander	03/29
Jan Fields	03/30
Paula Halloran	03/31
Terri Hoffman-Forward	03/31
Dan Knue	03/31

April

Julie Weller	04/02
Char Pond	04/03
Don Bogema	04/04
Jon Romkema	04/04
Lori Bailey	04/05
Kelli Loughrige	04/09
Carmella Martinez	04/11
Pat Huff	04/14
Judy Romans	04/17
Mary Smith	04/19
Greg Miller	04/21
Paul Oakes	04/21
Ann McManus	04/23
Lynda Ferry	04/24
Stacey DeBrot	04/29
Kathy Pollock	04/29

LEAP FROG UPDATE 2/26/08

As a prelude to the long anticipated construction of the STUDENT ONE STOP, the LEAP FROG plan has 'jumped' into action.

On **Wednesday 2/20/08**, the MCC Board of Trustees approved the Student One Stop Renovation project. The final scope of renovation will include:

First Level - Gerber Lounge, Special Populations, Switchboard/Receiving, Counseling, Enrollment Services, Admissions, Registration, Business Office, Human Resources and the President's Office

Second Level – Room 400, the former Library

Third Level – Room 401, College Success Center

To make room for many of the Student Services departments that will be relocating to the Student One Stop area (first level), some of the administrative staff in these areas will be moving to a new Administrative Center located in the former library space, Room 400.

The LEAP FROG plan is being implemented to temporarily relocate all of the affected staff to accommodate the remodeling/construction. The plan is outlined below:

Department	Current Location	New location	Move date...
Student Clubs	207	Various Classrooms	10/07
AVP Student Services	100	Student Union	10/22/07
Admissions	100	Student Union	10/22/07
Registration	106	Student Union/207	10/22/07
GVSU/WMU computers	1114	1116	11/08
VP Student Services	100	1114	12/17/07
Human Resources	108	1114	12/17/07
Academic Affairs	103	1212	12/17/07
Media Services	1107	1104	12/08
Bus. Industrial Training	1106	1106-1	1/03/08
Lake FX Radio	1107	1104	2/1/08
Physical Plant	114	1107	2/08/08
Exec.VP Administration	116	1114	2/16/08
President & Staff	116	1106	2/18/08
Special Populations	101-A	204	2/20/08
AVP Administration	114	1101	2/21/08
Custodial Supervisors	114	Student Union	2/22/08
Finance	114	202	2/25/08
College Success Center	401	1200	3/05/08
Receiving/Mail Room		Graphics Receiving	3/17/08
Nursing office	333	1316	3/10/08
Nursing labs	337	1304	3/10/08
Counseling	101	230	3/25/08
Tutoring	CSS	TBD	3/25/08

As you can imagine, moving a substantial portion of the college staff to temporary "digs" is a challenge...especially in a facility that is already "space poor".

We ask your cooperation and understanding in helping make the LEAP FROG plan a success. And remember....these are TEMPORARY moves and the result of the minor inconvenience will be a truly STUDENT CENTERED Campus.

CONSTRUCTION is scheduled to begin on March 31, 2008. During the construction period, you will be notified of any changes to normal traffic patterns. Revised maps will be available to aid in locating the relocated departments.

Contact Joe Doyle with any questions at ext. 300

Muskegon Community College
Creative and Performing Arts Department
MARCH EVENTS

Overbrook Art Gallery Exhibits

“Memory, Struggle, Affirmation: Expressions of the African American Artist”

March 17 – April 30

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

Musical Productions

MCC Singers Winter Concert

March 16 – 7:00 p.m.

Immanuel Lutheran Church – 930 Creston Street – Muskegon, MI

West Shore Youth Symphony Concert

March 30 – 3:00 p.m.

Frauenthal Center for the Performing Arts

TICKETS: Call 231-744-0900

West Michigan Concert Winds

“America’s Pastimes”

March 30 – 4:00 p.m.

Reeths-Puffer High School Rocket Center

TICKETS: Call: 231-288-0999 or online at www.wmcw.org

Overbrook Theater – *Coming in April*

“How I Learned to Drive” by Paula Vogel, Pulitzer Prize winning story of a woman who learns the rules of the road and life from behind the wheel.

Running: April 11 – 20th

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

Musical Productions – *Coming in April*

West Michigan Concert Winds

“Music Friendship”

April 19 – 7:00 p.m.

Reeths-Puffer High School Rocket Center

TICKETS: Call: 231-288-0999 or online at www.wmcw.org

MCC Singers Spring Concert

April 20 – 7:00 p.m.

Immanuel Lutheran Church – 930 Creston Street – Muskegon, MI

Lecture Series – *Coming in April*

The Ethics Institute at Muskegon Community College
Presents a Conference:

“Environmental Ethics”
April 3rd and 4th 2008, Collegiate Hall
Muskegon Community College

April 3rd, 7:00p.m. Collegiate Hall
“Rethinking Sustainability”
Dr. Paul B. Thompson
Professor of Philosophy and W.K. Kellogg
Chair in Agricultural, Food, and Community Ethics
Michigan State University

April 4th, 9:00a.m., Collegiate Hall
“Panel Discussion: Local Issues, Values, and Solutions.”
Andy Wible, Ph.D. Muskegon Community College
Alan Steinman, Ph.D. Annis Water Resource Institute, GVSU
Tanya Cabala, Great Lakes Consulting
Chris Bedford, Center for Economic Security

April 4th, 10:30a.m., Collegiate Hall
“The Ethical Dilemmas of a Faceless Bureaucrat”
Frank Ruswick, Senior Policy Advisor
Michigan Department of Environmental Quality

Poster Presentations by Muskegon Community College Environmental Ethics Students will be available for review and discussion throughout the conference in Collegiate Hall.

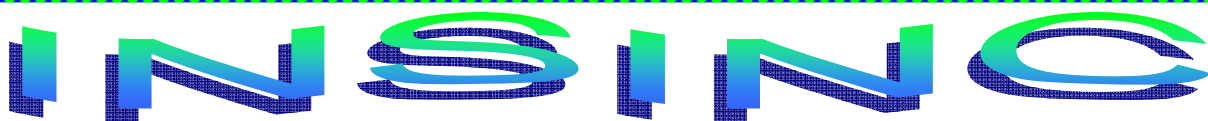
The conference is free and open to the public. For more information contact Andy Wible at 231-777-0626 or andy.wible@muskegoncc.edu

This program is made possible in part by a grant from the Environmental Endowment Fund of the Community Foundation of Muskegon County

**FOR ANY OF THE EVENTS LISTED ABOVE OR FOR ADDITIONAL
MCC – CREATIVE AND PERFORMING ARTS INFORMATION
PLEASE CALL 231-777-0324**

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
AJ.Osborne@muskegoncc.edu

The logo for INSINC features the letters I, N, S, I, N, C in a stylized, 3D font. Each letter is composed of multiple overlapping, semi-transparent shapes in shades of blue and green, giving it a dynamic, layered appearance.

Improvements Notions Suggestions Ideas Not Complaints

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

free medium fountain beverage from the Bookside Bistro.