

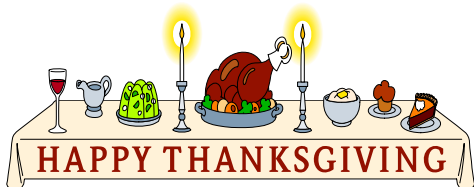
CUSTOMER CONNECTIONS

The Administrative Services Newsletter for the Internal Customer

Volume 9, Issue 1 A Monthly Publication of Muskegon Community College November 2007

Monthly Observance for November is...

Epilepsy Awareness Month
Military Family Appreciation Month
National Scholarship Month



CPA Upcoming Auditions

Theater Department- "ONE"
November 6 & 7, 2007

Dance Department- "Overbrook
Dance Theater in Concert
XXIV" – November 27, 7:30-
9:00 p.m. and November 28,
4:30–6:30 p.m.

****Call x324 for more information****

What's to Follow ...

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MESSAGE FROM THE EXECUTIVE VICE- PRESIDENT OF ADMINISTRATION

November is a special month in that it gives us time to set aside to be grateful for all that we have and what we have been given –

“Gratitude is the fairest blossom which springs from the soul.”
- Henry Ward Beecher

Here’s an experiment for you – try to start every morning this month by identifying one thing we are grateful for that day. Stopping to be thankful gives us the opportunity to see the ordinary processes of our life that we too often take for granted – the sun that comes up every day, a body that functions, and friends who accept us and share life with us.

Thanksgiving is the kick-off for a long Holiday season – it is said that “life is like a bicycle – a little balance goes a long way – so keep your balance during this Holiday season. In order to do this, you must have balance in your life in the following dimensions:

- *Physical
- *Intellectual
- *Social/Emotional
- *Spiritual

This may be a good time to take an inventory on our balance before getting into all of the hustle and bustle of the season.

Happy Thanksgiving to all of you and your families!
(Don’t eat too much – that’s one of those balance things.)

Diana R. Osborn

Healthy Lifestyle Committee Mission Statement:

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

What is Work Life Balance?

Balance is a dynamic process... not a destination. Balance is a verb, rather than a noun... active and ever-changing. Much like a tight-rope walker naturally wavers to keep their balance; life is naturally like this, too... dealing with life's challenges in the best way possible.

Tip #1 - Commit to Your Self Care

Why? ... because if you don't, no one else will. Only you can do this for yourself. Make your personal well-being a priority. So, what does this mean?

It means choosing and committing to a time each day, every day, to call your own! Even if you can afford just 30 minutes, do it!...or the vicious cycle of stress will only continue.

This time will be yours to decide how you want to spend it! You might feel like...

- a rest
- a walk
- time to journal writing
- do some yoga

...and the important thing here is that you make a commitment to nurturing yourself in some new ways.

This isn't time to give to others... you probably already do this all day long!... give yourself some loving attention, in whatever way would nurture you!

Tip #2 - Move That Stored Energy!

When you are "under fire" and doing your best to cope with the complexities of life and your crazy-busy work, stress builds up in your body, your mind, emotions... and soon your spirit is too heavy to soar.

- Put your favorite, lively music on the player and dance up a storm for the duration of a song, or two or three, depending on how much stress or energy you have!
- Go for a walk, even for only 15 minutes! Being in the outdoors, ideally in a nice nature area, will not only replenish your physical body, it will calm and soothe your mind and soul as well.
- Sing your heart out to your favorite song!

Each month more tips will be provided.

Tips provided by Inner Fitness

Not-So Healthy Thanksgiving Dessert – Pumpkin Patch Cheesecake

Ingredients:

- ☞ 8 oz cream cheese, softened
- ☞ 14 oz sweetened condensed milk
- ☞ 1 egg, beaten
- ☞ 1 tsp cinnamon
- ☞ ½ tsp nutmeg
- ☞ ¼ tsp cloves
- ☞ 15-oz can pumpkin
- ☞ 9-inch graham cracker crust



Directions:

- ☞ Beat softened cream cheese until it is fluffy
- ☞ Slowly add sweetened condensed milk until mixture is smooth
- ☞ Add beaten egg, mix well
- ☞ Add ½ tsp of the cinnamon, all of the nutmeg, and cloves, mix well
- ☞ Add pumpkin, mix well
- ☞ Pour batter into pie crust. Sprinkle remaining cinnamon on top of the pie
- ☞ Bake at 300° for 55-60 minutes or till set. Cool completely, and then chill before serving.

A Little More Magnesium

Along with watching your weight and being more active, certain dietary choices may help reduce your risk of diabetes -- a blood sugar disorder that can spell trouble for your heart, eyes, kidneys, and more. According to a recent study, you may be able to cut your diabetes risk by 15 percent just by bumping up your daily magnesium intake another 100 milligrams (mg). Why? Magnesium helps your body metabolize blood sugar.

By: Jane Atwood



Happy Birthday

November

Paula McClurg-Ziemelis	11/01
Brian Herron	11/02
Char Parker	11/02
Bill Sikkenga	11/02
Dale Devries	11/04
Sue Zemke	11/05
Rich Brimmer	11/08
Donna Warner	11/08
Barb Holtrop	11/09
James Donohue	11/10
Bev Hair	11/11
Janice Alexander	11/13
Margitta Rose	11/13
Cindy Panici	11/16
Kathy Krentz	11/18
Patti D'Avignon	11/19
Chris Nowak	11/25
Becky Evans	11/27
Larry McDaid	11/29

December

Tom Wolters	12/03
Bill Jacobks	12/04
Dave Mooney	12/05
Rita Ladnier	12/12
Amer Al-Saji	12/14
Donella Cooper	12/19
Theresa VanVeelen	12/24
Anne Meilof	12/28
Virginia Bagnieschi	12/29
Jamie Baran	12/29



Conference & Catering has a new family member!

Congratulations to AJ Osborne and her husband Jeff on the birth of their first child Cassidy Jane!

Born on September 28 with blonde hair and blue eyes, she was 8 pounds 7 ounces and 19 1/2 inches long.

Customer Connections published by:
Administrative Services

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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

Employee Assistance Program

for a confidential appointment call:

CHILD AND FAMILY SERVICES OF MUSKEGON

1352 Terrace Street
Muskegon, MI 49442

or

905 E. Colby
Whitehall, MI 49461
(231) 726-3582

LAKESHORE FAMILY SERVICES

923 S Beechtree
Grand Haven, MI 49417
(616) 850-9992
1-866-323-0033

Muskegon Community College
Creative & Performing Arts Department
November, 2007

OVERBROOK ART GALLERY

"Earth and Ether"
Pi Benio

Adrian College Art Department Chairperson
Exhibits Cast Paper Sculptures
November 12 thru December 18

Gallery Hours: Monday thru Thursday
9:00 a.m. – 4:00 p.m.

Friday – 9:00 a.m. – 2:00 p.m.

RECEPTION AND GALLERY TALK

Wednesday, November 14

6:00 – 7:30 p.m.

MCC Lecture Series

"Ethics at the End of Life"

Dr. Farr Curlin, M.D. – University of Chicago

November 8 – 7:00 p.m.

Dr. Tom Tomlinson, Ph.D. - Michigan State University

November 9 – 11:00 a.m.

Collegiate Hall



OVERBROOK THEATER

LYSISTRATA: A Woman's Translation

By Drue Robinson Hagan

Aristophanes' great comedy of gender politics.

Make Love not War!

October 26, 27 & November 2 & 3 at 7:30 p.m.

October 28 & November 4 at 3:00 p.m.

Tickets available in Room 166 – Ext. 324



MCC MUSICAL PRODUCTIONS

West Shore Youth Symphony

"Fall Concert"

November 18 – 3:00 p.m.

Montague Public Schools Auditorium

A Panel Discussion

Discussing ethical issues at the end of life
With Dr. Katrina Olson, Mary Anne Gorman,
Blair Morrissey and Jim Johnson

November 9 - 9:00 a.m. in Collegiate Hall

OTHER

Spiritual Concert with ...

Rev. Patrick Collins, PhD

Text, Tunes and Spiritual Insight

Monday, November 12 – 7:00 p.m.

Overbrook Theater

For more information on any of the above
events,
Please call (231) 777-0324



HELP MAKE A CHRISTMAS BRIGHTER



10th ANNUAL SUPPORT A STUDENT BASKET GIVEAWAY

Do you know a MCC student who is a single parent and may need a little assistance this Christmas? Submit their name to one of the people below by November 16.

Each year we gather names of needy MCC students, with preference given to single parents, and prepare baskets filled with food and gifts to help make their holiday brighter. Depending on the number of names submitted, and the amount of food/gifts/money donated by MCC staff and students, we select between 4-6 families to help. Over the past nine years, 36 families have received the needed help to brighten up their holiday.

We are accepting donations of:

- Food Items
- Cleaning Products
- Paper Products
- Personal Hygiene Items
- Gifts



DON'T HAVE TIME TO SHOP? LET ME DO IT FOR YOU! DROP OFF YOUR MONETARY DONATION TO JANICE WHITLOW OR CHERYL HITE.

Drop Off Box Locations

Mail Room
Room 114

No amount is too small to help bring a smile to someone's face this Christmas. Please help if you can.

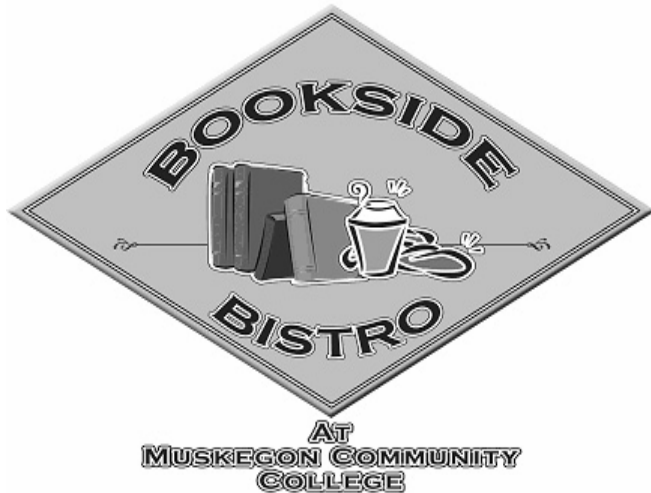
Submit names to: Janice Whitlow
Mary Ann Williams
Cheryl Hite

Lori Bailey
Kelli Loughrige
Cherri Wright

Sponsored by MCC's Making Christmas Brighter Committee

MCC News

Share your news and photos with your MCC family. Please send or email your photos and news to College Services
Stacey.DeBrot@muskegoncc.edu
AJ.Colburn@muskegoncc.edu



The regular business hours for the Bookside Bistro are:

Monday-Thursday 8am-7pm
Friday 8am-1pm

Of course, there are to be exceptions:

Nov. 22 & 23 (Thurs. & Fri.)
CLOSED (Thanksgiving Holiday)

INSINC

Improvements Notions Suggestions Ideas Not Complaints

Please turn in your INSINC to College Services by the 15th of the month and your name will be entered into a drawing for a free medium fountain beverage from the Bookside Bistro.