

CUSTOMER CONNECTIONS

The Administrative Services Newsletter for the Internal Customer

Volume 8, Issue 9

A Monthly Publication of Muskegon Community College

July 2007

Monthly Observance

July is...

National Park & Recreation

Month

Social Wellness Month

Summer Bistro Hours

Grab-N-Go-Express Hours
(All Beverages & Packaged Foods)

Monday – Thursday

8 am – 1 pm

There will not be “Full Service” Hours
(Prepared-to-Order & Hot Foods OR
Friday Service) during the Summer
Session



*Have a Fun & Safe
4th of July*

What's To Follow ...

Great Grilling.....	2
Health Tip	3
MCC Birthdays.....	3
Overbrook Art Gallery & Music Events	4

MESSAGE FROM THE EXECUTIVE VICE-PRESIDENT OF ADMINISTRATION

As these are the “lazy hazy days of summer,” thought I would pass along some things to ponder (like you don’t have enough to ponder right now). –

Ponderisms

~ I used to eat a lot of natural foods until I learned that most people die of natural causes.

~ Garden Rule: When weeding, the best way to make sure you are removing a weed and not a valuable plant is to pull on it. If it comes out of the ground easily, it is a valuable plant.

~ The easiest way to find something lost around the house is to buy a replacement.

~ Have you noticed since everyone has a camcorder these days no one talks about seeing UFOs like they used to?

~ Whenever I feel blue, I start breathing again.

~ All of us could take a lesson from the weather. It pays no attention to criticism.

~ In the 60’s, people took acid to make the world weird. Now the world is weird and people take Prozac to make it normal.

~ How is it one careless match can start a forest fire, but it takes a whole box to start a campfire?

~ If Jimmy cracks corn and no one cares, why is there a song about him?

~ Why doesn’t glue stick to the inside of the bottle?

~ Do you ever wonder why you gave me your email.

Check out the new Shakespearean Garden across from the entrance of the LIT Center. This was put together through a donation in the “Memory of Beverley Turner” (English Instructor 1973 – 1989)

“A dedicated instructor who loved the power of language”

We will be putting in engraved pavers for donations given to the Library. You can still make a donation. And take some time to smell the roses.

Stay Cool!

Diana R. Osborn

Healthy Lifestyle Committee Mission Statement:

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



Great Grilling

Most everyone loves a backyard barbeque. But before you head outdoors to do some cooking, consider these ideas for making grilling a more healthful pursuit.

Throw On Some Veggies

A colorful array of vegetables can be quite tasty off the grill: red, yellow and green peppers; golden corn; or yellow squash. Not to mention flavorful onions, mushrooms and potatoes.

Not only will these fresh foods add zest and variety to outdoor fare, but they're also packed with protection. A diet rich in plant-based foods helps reduce your risk for cancer, and it's good for your heart as well.

Next time you're cooking outdoors, try these veggie grilling tips from the American Cancer Institute for Cancer Research:

- Brush veggies with olive oil to prevent sticking. Turn them in a grilling tray or on skewers until tender.
- For added flavor, marinate vegetables for a few minutes or a half hour in a combination of olive oil and balsamic vinegar. Spice things up even more with a dash of black pepper, dry basil, minced garlic or your favorite spice.

Some Meaty Advice

If you're grilling meat, choose lean cuts and trim off excess fat. Since eating a high diet in red meat may contribute to cancer risks, keep portions small. Limit yourself to no more than 3 ounces per day. That's roughly the size of a deck of cards. Cook meat thoroughly to destroy harmful bacteria, but avoiding charring. Research shows cooking meats at high temperatures leads to the creation of chemicals that may boost a person's cancer risk. To protect yourself, don't eat burned or black portions of meat.

**Watch for Information
in next months issue
on
MCCs Annual Picnic
on August 29**

Health Tip

Submitted by Jane Atwood

Read the Label

Get into the habit of reading the labels on food. While they may have messages such as "Low Fat" or "Reduced Calorie" written all over the front of the package or can, when you read the label and understand what you are looking for, you will probably be surprised. Regardless of what the claim may be, the label may tell another story. The FDA provides these important guidelines, of what to look for. If the message and label do not jive, move on to a different product.

Fat-Free = Less than 0.5 grams of fat per serving, with no added fat or oil

Low Fat = 3 grams or less of fat per serving

Less Fat = 25% or less fat than the comparison food

Saturated Fat Free = Less than 0.5 grams of saturated fat and 0.5 grams of trans-fatty acids per serving

Cholesterol-Free = Less than 2 mg cholesterol per serving, and 2 grams or less saturated fat per serving

Low Cholesterol = 20 mg or less cholesterol per serving and 2 grams or less saturated fat per serving

Reduced Calorie = At least 25% fewer calories per serving than the comparison food

Low Calorie = 40 calories per serving

Extra Lean = Less than 5 grams of fat, 2 grams of saturated fat, and 95 mg of cholesterol per (100 gram) serving of meat, poultry or seafood

Light (fat) = 50% or less of the fat than in the comparison food (ex: 50% less fat than our regular cheese)

Light (calories) = 1/3 fewer calories than the comparison food

High-Fiber = 5 grams or more fiber per serving

Sugar-Free = Less than 0.5 grams of sugar per serving

Sodium-Free or Salt-Free = Less than 5 mg of sodium per serving

Low Sodium = 140 mg or less per serving

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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

Happy Birthday

July

Kathy Herron	07/01
Janice Agard	07/02
Arun Datta	07/02
Greg Marczak	07/02
Sue Bellrichard	07/04
Bill Ross	07/06
Bette Naruszkiewicz	07/09
Sandy Ring	07/10
Joe Kennedy	07/11
Sheryl Lowry	07/11
A.J. Osborne	07/11
Kelley Conrad	07/12
Cliffton Young	07/12
Darlene Peklar	07/15
Brenda McClain	07/16
Colleen Morse	07/16
Brad Rasmussen	07/22
Cherri Wright	07/22
Diana Casey	07/25
Pam Cengiz	07/26
Bob Ferrentino	07/28

August

Teresa Sturuss	08/08
Roy Graves	08/10
Diana Osborn	08/10
Willie German	08/10
Toby Moleski	08/11
Jean Roberts	08/11
Renica Love	08/12
Sandy Osborne	08/13
Jeff Stipes	08/14
Judy Eistedt	08/19
Shirley Anderson	08/20
Carol Briggs-Erickson	08/20
Jeanette Wahr	08/20
Jodie Matuz	08/23
Ed Simmons	08/23
Amy James	08/25
Tom Allen	08/28
Keith Tanis	08/30
Bruce Weirda	08/30



**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

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

OVERBROOK ART GALLERY 43rd Annual Student Art Show

Now thru September 12, 2007

Gallery Hours: July – August 2
Monday thru Thursday
9:00 – 2:00 p.m.

GALLERY WILL BE CLOSED FROM:
August 6 thru August 17
Will reopen on August 20

MUSIC EVENTS West Michigan Concert Winds

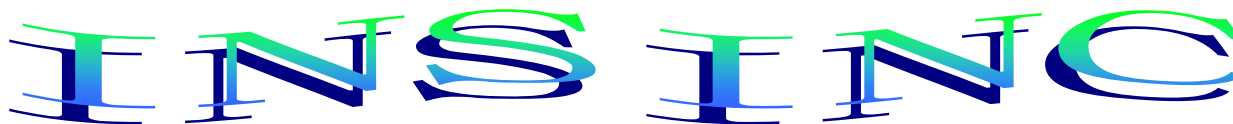
Muskegon Summer Celebration Parade –
Saturday, July 7, 10:00 am

McGraft Park Band Shell –
Tuesday, July 10, 7:00 - 8:30 pm

Coast Guard Parade –
Saturday, Aug. 4, 11:45 am

For additional information: www.wmcw.org

All Summer Performances are FREE!

The logo for INSINC features the letters I, N, S, I, N, C in a stylized, overlapping font. The letters are primarily blue with green highlights and shadows, giving them a 3D appearance. The letters are arranged in a slightly curved line.

Improvements Notions Suggestions Ideas Not Complaints

Please turn in your INSINC to Conference & Catering 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.