Hello colleagues, students, and community members. Spring has turned to early summer and the MCC campus is looking lush and green thanks to the weather and our campus maintenance staff.

**MCC Student Jack Kent Cooke Scholar**

MCC Student Justin Arnold has been selected to receive a Jack Kent Cooke Foundation Undergraduate Transfer Scholarship. Justin is one of 40 Scholars selected this year to receive the award from among nearly 500 applicants. The scholarship is for up to $30,000 per year and is intended to cover a significant share of the student’s educational expenses—including tuition, living expenses, books and required fees—for the final two to three years necessary to achieve a bachelor’s degree. Awards vary by individual, based on the cost of tuition as well as other grants or scholarships he or she may receive. Congratulations to Justin!

**National Champions/Athletic Excellence**

In that vein, a traditional spring sport extended into summer this year, when the MCC Softball team got on a roll that couldn’t be stopped, claiming the conference, state, regional, and eventually the NJCAA Division II National championship. Congratulations Jayhawks! Of course this accomplishment wouldn’t have been possible without the dedication and hard work of the players over the entire season, as well as the perseverance in the development of the softball program under the guidance of Coach Matt Houseman, assistant coach Colleen Morse, and Athletic Director Marty McDermott. I appreciate all those who made time to congratulate our team at the May 26 celebration in the Bartels-Rode Gymnasium. It was great to see such great support of our team.

I also note that our other spring sports had tremendous success as well. The Baseball team set an all-time MCC record for victories and the Golf team boasted two national qualifiers. Clearly, MCC represents the best option for students wishing to pursue athletics beyond the high school level. We are all proud of these student athletes as well as the faculty, staff, and families who support them.

**State Retirement Incentive**

A number of important administrative news items that will have considerable impact on the future of MCC have been in the news recently. In mid-May the Michigan State legislative bodies passed, and Governor Granholm signed, a bill incenting state employees to retire. The effects of this bill on the College are still being determined, but as many of you are affected by this legislation, there is the possibility for greater than normal staff turnover at MCC. As you know, we have been planning for this eventuality since January of this year. Moreover, an educational meeting for employees has been held on this topic and it goes without saying that we are working diligently to deal with this process, with the overall goal of providing the best possible education for our students.

**Budget Setting and Tuition**

As you may have read, recent board action by the Board of Trustees raised tuition 6.57% for in-district students. While no one likes to see education become more expensive for our students, this increase was necessary due to an anticipated 3.1% cut to community college funding from the State of Michigan, as well as an estimated 3.8-5% reduction in property tax revenue. Additionally, the College reduced ongoing operating expenses, making approximately $500,000 in cuts to the current year budget. Nonetheless, MCC’s tuition rate of $77 per contact hour remains one of the best educational values around. We continue to be proud of the excellent, quality education that is offered at MCC for the price.

**Achieving the Dream**

Last but not least, signifying a commitment to student success and institutional improvement, Muskegon Community College (MCC) has joined Achieving the Dream: Community Colleges Count. With support from Kresge Foundation, Muskegon Community College joins 26 other community colleges from around the country in becoming members of Achieving the Dream and identifying strategies to improve student success, close achievement gaps and increase retention, persistence, and completion rates.

Conceived in 2004 by Lumina Foundation for Education and seven national partner organizations, Achieving the Dream is focused on creating a “culture of evidence” on community college campuses in which data collection and analysis drive efforts to identify problems that prevent students from succeeding—particularly low-income students and students of color—and develop programs to help them stay in school and receive a certificate or diploma. With these new institutions, Achieving the Dream’s network now includes more than 130 institutions in 24 states and the District of Columbia, reaching more than one million students.

Please continue to strive for excellence and enjoy the month of June.

Best regards,
Dale Nesbary, Ph.D.
President
After much work, the college’s strategic planning sessions are nearly complete. The result will be long-range goals, created from the input and feedback from students, staff and faculty, and community members. Why do we engage in strategic planning and put forth all this effort? The answer is quite simply to affect change and make things better. Without well-defined goals, it becomes difficult to keep up with the changes in our surroundings, and we are all experiencing these changes.

I do not think there is anyone who would disagree that strategic planning has value. There are other plans that when combined with strategic planning help to support the efforts and make goals a reality. A tactical plan is a specific list of objectives that match up to the goals outlined in a strategic plan. If a strategic plan is telling us what needs to be done, a tactical plan tells us how to get it done. Along with specific objectives, we need resources. Resources are supported with budget plans to match how we spend to strategic goals, and training plans to insure faculty and staff have the right skills to meet changing needs. Lastly, communication plans make sure people are aware of upcoming changes, and let them know what to expect.

That is quite a bit of planning! We invest our time in strategic planning because we are committed to doing what we can to make things better for our students, our community, and ourselves. Continuing our planning efforts will make sure our goals become a reality.

With all the effort in planning, is it enough to affect the changes we desire? Strategic planning is a top down approach to change, but what if we could also make changes from the ground up? There are opportunities that exist now that can deliver wins if we get together and look for them. This may sound utopian but it is already happening. Recently, OIT met with Conference & Catering in a “Whiteboard Session”. The goal was to share experiences and exchange ideas to better support classrooms and events. The results were each department was able to come together, and agree on an approach to make improvements. A similar method is being used in the Student Services Department to support the Degree Audit project. Because Degree Audit is a very large project that will require time to implement and test, OIT is working with the Records and Registration. The whiteboard session approach is being used to discover any processes we can automate or improve, to free up time for Records and Registration to move forward with Degree Audit.

Whether it is through top down strategic planning or whiteboard sessions that seek to affect changes from the bottom up, the goals are the same. We are looking to improve our surroundings and ourselves. We are looking to come together and make changes for the better. Through working to understand each other, our roles, and our needs, we can find solutions where everyone wins.

Mike Alstrom
Chief Information Officer

www.muskegoncc.edu/oit

Creative & Performing Arts

46th ANNUAL MCC STUDENT ART EXHIBITION

Top work in varied media from art and graphic design classes with cash place awards and the President’s Purchase Prizes for the MCC art collection. Exhibit Dates: May 15 – September 15, 2010

Reception: June 3 from 5:00 – 6:30 p.m. Awards presentation at 5:15 p.m.

Overbrook Art Gallery Open: Monday through Friday from 9:00 a.m. – 4:00 p.m.

Summer Speaker

Transfiguring Time: Music as Symbolic Speech
Kelly Parker, professor and Chair of the Department of Philosophy, GVSU
Wednesday, June 23, 7:00 pm, Room 1100 Stevenson Center of Higher Education
FREE
**Dr. Parker is an entertaining speaker who is quite knowledgeable about music as well as philosophy**

For Information Contact: Andy Wible – 231-777-0626
Hints & Tips from IT

Not long ago, a colleague was conducting Internet research when -- pop! -- a yellow triangle appeared on his screen, warning that his computer had been infected by dangerous spyware. The alert looked real. He thought it was "issued" by his security software maker.

Still, he was skeptical. Using his mouse, he closed the alert by pressing the "x" in the window's upper right-hand corner.

That was his first -- and last -- mistake! Pop-up ads began sprouting everywhere, his screen froze, and none of his programs were accessible -- even after rebooting. Basically, his computer was disabled, and he spent hours on the phone with tech support to correct the problems.

Welcome to the world of fake anti-virus, anti-spyware programs.

Despite what happened to our friend, it's not that common to encounter hackers who simply want to harm your computer with fake anti-virus programs.

In most cases, you'll confront scammers who want to scare you into buying "rogue" security software by making you think your computer is infected. ("Rogue" means software of unknown or questionable origin, or doubtful value.)

In fact, fake "virus alerts" often mimic ones displayed by brand-name products. For example: "Your Computer Has Been Infected!" That's what some pop-ups and phony alerts will say, hoping you'll download fake anti-virus software. Don't be fooled!

Meanwhile, ID thieves will use the fake software to gather your personal and financial information -- for their own ID theft scams or for sale to others.

Fake Virus Scam Tactics

Fake virus alerts are usually generated by a Trojan -- a program that takes control of your computer -- after you open an email attachment, click on a pop-up advertisement or visit a particular website. (Adult sites are special favorites.)

Read more about Trojans on our page on computer Viruses.

If you run programs that provide file-sharing information -- including some instant messenger (IM) applications -- your computer might be remotely accessed by scammers, hackers and identity thieves.

Sometimes, the Trojan creates "false positive" readings, making you think viruses and spyware have infected your computer, even though nothing has. In other cases, scam software actually implants malicious code into your computer, especially if you request a "free virus scan."

In other words, some peddlers of fake anti-virus software actually design the viruses, spyware and malware that their software is supposed to detect!

What to Look For Rogue Spyware

- Rogue anti-virus/spyware programs often generate more "alerts" than the software made by reputable companies.
- You may be bombarded with pop-ups, even when you're not online.
- High-pressure sales copy will try to convince you to buy RIGHT NOW!
- If you've been infected, your computer may dramatically slow down.
- Other signs of infection include: new desktop icons; new wallpaper, or having your default homepage redirected to another site.

(Mac users: if you run Windows using Boot Camp, Parallels or VMWare, these tips apply to you. However, at the time of this writing, Mac OSX does not have these problems.)

Fake Anti Virus Prevention Tips

1. Keep your computer updated with the latest anti-virus and anti-spyware software, and be sure to use a good firewall.
2. Never open an email attachment unless you are POSITIVE about the source.
3. Do NOT click on any pop-up that advertises anti-virus or anti-spyware software, especially a program promising to provide every feature known to mankind.
(Also remember: the fakes often mimic well-known brands such as Grisoft AVG, Norton and McAfee.)
4. If a virus alert appears on your screen, do NOT touch it. Don't use your mouse to eliminate or scan for viruses, and DON'T use your mouse to close the window. Instead, hit control + alt + de-

If your computer is infected by rogue software, stop work and contact your computer manufacturer's tech-support hotline. Don't keep using the computer. This may further damage your machine and provide identity thieves with more information about you.

Use of fake anti-virus, anti-spyware software is a fast-growing scam, especially as more people become aware of the dangers of spyware, adware and malware. By following the tips above, however, you'll better protect yourself from becoming the next victim of scammers, identity thieves and hackers.

That's it for today -- we hope you enjoy your week!

http://www.spywarewarrior.com/rogue_anti-spyware.htm

Submitted by Mindy Stevens
Eat Your Way to Better Health: A Nutrient-Rich Diet Helps Support the Immune System and Fight Disease

A strong immune system is one of your best defenses against infections from bacteria and viruses. And, a healthy immune response helps protect against other health problems such as arthritis and certain types of cancer. Good nutrition is essential to maintaining the immune system’s ability to function at optimal levels. Consuming a variety of nutrient-rich foods gives your body the nutrition it needs to help protect against illness and reduce the risk of chronic disease. Taking small steps can help you create healthy habits that will benefit your health now, and for the rest of your life. One of the most important steps you can take is to choose a variety of nutrient-rich foods everyday. Here are some simple tips for incorporating nutrient-rich foods into your diet:

• Start your day with a healthy breakfast. Total nutrient intake for the day is usually higher for children and adults who eat breakfast. A breakfast of whole grain cereal, milk and 100 percent orange juice can provide 100 percent of the vitamin C, 33 percent of the calcium and a good supply of folate and other nutrients for a day.

• Swap whole grains for refined grains. Simply changing to whole grain alternatives adds more nutrient-rich foods to your diet. Whole grain breads, brown rice and whole grain cereal can help enhance fiber intake while providing protective antioxidants. Be sure to check the ingredients label to make sure a food contains whole grain. Snacking on whole wheat crackers or popcorn is a quick way to get the nutritional benefits of whole grains.

• Trouble-free veggies: Grab a bag of salad greens and a variety of pre-cut veggies for a quick, nutrient-rich salad. Toss chopped, steamed, or sautéed vegetables with your favorite pasta or on top of pizza to add more nutrition to your favorite meals. Color your plate with a variety of vegetables—red, orange, green, and yellow—to get key vitamins and minerals such as potassium.

• Choose fresh, whole fruit. Opt for fresh fruit as a convenient on-the-go snack or a naturally sweet dessert. Smoothies are another easy way to add more fresh fruit to your diet. Just whip up some fresh or frozen fruit, low-fat yogurt, fat free milk, and orange juice in a blender for a refreshing drink that’s packed with nutrients.

• Sneak in some beans. Whether they’re pinto, kidney, black, or navy beans—even chickpeas—all beans provide fiber, folate, and flavonoids which are important to maintaining overall health. Try them in salads, soups, burritos, mixed with rice or pasta, or just plain baked. Also look for foods containing the following essential nutrients and antioxidants:

  • Vitamin C: One of the most powerful antioxidants, vitamin C, is a key nutrient to help the body maintain a healthy immune system. Vitamin C’s antioxidant action may help neutralize free radicals that can cause cell and tissue damage. Over a lifetime, this may contribute to the development of diseases such as cancer and heart disease. Orange juice and citrus fruits are excellent sources of vitamin C. Other fruits and vegetables such as berries, melons, peppers, and tomatoes also supply significant amounts of vitamin C.

  • Vitamin B6: The immune system needs vitamin B6 to function effectively. It helps maintain the health of lymphoid organs that make white blood cells, which fight infections.

Brought to you by Gallagher Benefit Services, Inc. / Source: www.eatright.com

FYI
Media Requests made less than 24 hours in advance
If equipment/technician is available they will try to accommodate as soon as possible (but it is not guaranteed) Plan ahead, order media through Conference & Catering.

Thank you, MCC IT Department
TRiO Upward Bound

The Muskegon Community College TRiO Upward Bound will be completing its third year as a part of the campus community at the end of this summer. The first three years have gone by very quickly and we have been working to continually improve the program outreach and services to the students. This year has seen a dramatic increase in the level of participation and involvement on the part of the parents and guardians of the participants. Our monthly Saturday sessions have gone well and have helped to engage the parents and guardians in more of the program activities. We are currently gearing up for the summer program, where most of our participants will be taking classes on the MCC campus from June 14th through July 16th. This summer the students will be taking Math (Geometry, Algebra 2, or PreCalculus), Science (Biology, Chemistry, or Physics), Literature/Composition, and Latin. At the end of the summer academic program our staff will be taking a group of the students to St. Louis, Missouri for four days of educational and cultural activities. These are the students who have worked hard during the school year and have earned the opportunity to travel with the program staff. One of our milestones for this year is the graduation of our Class of 2010 participants, our first graduating class as a program. The Class of 2010 includes: Montreial Burns, Julian Clanton, Latasha Dye, JaQuoia Heard, Precious Jackson, Calvin Kennebrew, Lenise Kibbey, Camille King, Reginald Moore, Derrick Oakes, Sharnae Reid, Rodney Wedlaw, and Shatoya Wilson. This group of thirteen motivated and energetic students will be moving on to post-secondary education in the fall of 2010. They have been the pioneers who have helped to get the program off the ground and establish our presence at Muskegon High School. We are proud of the work they have done and wish them all well as they seek to gain a college or university degree, many as the first generation in their families to do so. We offer our congratulations to the graduating Seniors and trust that, in a few short years, we will have the opportunity to see them walk across another stage to receive their college or university degree.

Submitted by Robert Ross

“One of our milestones for this year is the graduation of our Class of 2010 participants, our first graduating class as a program.”

Staff Development

Watch your email for any upcoming staff developments. And if you or your department would like to see any trainings, please email events@muskegoncc.edu.

OR

If you are having trouble getting away to a training, remember that you can also take online courses through Ed2go. Log on to www.ed2go.com/muskegoncc-pro and explore the catalog.

FERPA Friendly Training Sessions

June 8, 2010- 10:00- 11:30 am, Room 1204
June 9, 2010, 2:00-3:30 pm, Room 1204
*You only have to attend one session

FERPA
The Family Education Rights and Privacy Act of 1974 (FERPA) protects the privacy of student education records, giving student specific rights regarding the release of their records. It is important that the College Community have basic understanding of FERPA to ensure campus-wide compliance while still remaining friendly to students, parents, etc.

DURING THE TRAINING SESSION, YOU WILL GAIN INSIGHT INTO:

- A basic understanding of FERPA Authorization
- To Release Information Form
- Non-Disclosure Form
- Test your knowledge while having fun playing FERPA Jeopardy! A chance to win prizes!

“Very helpful to learn before it is fully implemented—Thank you!” - Anonymous on Windows 7

“This hour of training has saved me HOURS of time that I would have spent learning on my own!” - Anonymous on Excel

### FERPA Friendly Training Sessions

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Topics Offered</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 8, 2010</td>
<td>10:00-11:30 am</td>
<td>Room 1204</td>
<td>A basic understanding of FERPA Authorization, To Release Information Form, Non-Disclosure Form, Test your knowledge while having fun playing FERPA Jeopardy! A chance to win prizes!</td>
</tr>
<tr>
<td>June 9, 2010</td>
<td>2:00-3:30 pm</td>
<td>Room 1204</td>
<td>A basic understanding of FERPA Authorization, To Release Information Form, Non-Disclosure Form, Test your knowledge while having fun playing FERPA Jeopardy! A chance to win prizes!</td>
</tr>
</tbody>
</table>
MCC Birthdays

June
Sally Birkam 6/1
Julia Perez 6/1
Brenda Mitcheltree 6/2
Dale Nesbary 6/2
Phillip Anderson 6/8
Michael McManus 6/9
Kathryn Schrader 6/11
Lisa McCarthy 6/12
Rosemary Zink 6/14
Sche Cornelius 6/18
Tammisha Morris 6/19
Maria Anderson 6/20
Brian Goodman 6/24
James Witham, JR. 6/25
Dan Bialas 6/26
Jennifer Darling 6/27
Kathy Pollock 6/28

July
Jan Agard 7/2
Arun Datta 7/2
Greg Marczak 7/2
Sandy Ring 7/10
Joe Kennedy 7/11
Sheryl Lowry 7/11
A.J. Osborne 7/11
Kelley Conrad 7/12
Jon Meeuwenberg 7/12
Darlene Peklar 7/15
Brenda McClain 7/16
Colleen Morse 7/16
Cherri Wright 7/22
Diana Wright 7/25
Pam Cengiz 7/26

MCC’s Bulletin Board

MEN’S CONFERENCE
JUNE 11-12 2010
LEADING TIMES
DARE TO BE A LEADER
FOR MORE INFORMATION OR TO REGISTER TODAY
WWW.MUSKEGONCC.EDU/MEN OR CALL 231.777.0348
SPACED IS LIMITED
A PERFECT FATHER’S DAY GIFT
OPTIONAL GOLF AVAILABLE
221 S. Quarterline Road, Muskegon MI 49442
231.777.0348 www.muskegoncc.edu

E = MC²
Education = Muskegon Community College

Muskegon Community College
221 S. Quarterline Road
Muskegon, Michigan 49442