MESSAGE FROM THE EXECUTIVE VICE-PRESIDENT OF ADMINISTRATION

It is said that “April Showers bring May Flowers.” I recently read an interesting article out of a magazine titled Real Simple. It stated some interesting facts about APRIL.

- With those April Showers - the five rainiest cities and towns
  Quillayute, Washington: 105.18 inches
  Astoria, Oregon: 66.40 inches
  Tallahassee, Florida: 65.71 inches
  Mobile, Alabama: 63.96 inches
  Pensacola, Florida: 62.25 inches

  Looks like we did not make the list.

- 1,672 hours of television watched per year by the average American. TV turnoff week is April 21 to 27. Pick up a book, do some gardening, write a few letters, go for a walk, play a round of cards (or perhaps golf), go fly a kite …

- Happy Birthday, Ms. Maya Angelou (April 4), and Happy Poetry Month!
  When we come to it/
  We confess that
  We are possible/
  We are the miraculous,
  The true wonders
  Of this world/
  That is when,
  And only when/
  We come to it. ---from “A Brave and Startling Truth:” Maya Angelou

- 2 million – the number of flowers a bee has to tap to make one pound of honey. – Beekeeping season starts in April.

- April 1, 1998 – The day Burger King took out a full-page advertisement in USA Today announcing a “Left-Handed Whopper” designed for southpaws. According to the ad, the new Whopper included the same ingredients as the original but with all the condiments rotated 180 degrees, for the benefit of left-handed customers. Thousands requested the sandwich, which, yes, was an April Fools’ hoax.

- 1981 – The year “the wave” was first performed at a baseball game, between the Oakland A’s and the New York Yankees. (in April) Cheerleader Krazy George Henderson is often credited with launching the ultimate crowd-participation move.

Enjoy all of your things April –

Diana R. Osborn
Healthy Lifestyle Committee Mission Statement:
To create healthier and happier employees through awareness of health issues and wellness programs

Wellness Fair 2008

We had a great turnout again this year. Over 200 people visited the booths with over 50 prizes given away.
Wellness Tip
By: Jane Atwood
Don't Forget Your Juice
Your morning glass of juice may be a brain saver.

Drinking fruit or vegetable juice at least three times per week may lower a person's risk of Alzheimer's disease, a recent study suggests. Antioxidants in the juice may be responsible for the effect. To keep your waistline from expanding, choose low calorie or pure juices without added sugar.
Creative & Performing Arts April Events

Overbrook Art Gallery Exhibits

“Memory, Struggle, Affirmation: Expressions of the African American Artist”
Thru April 30
Hours: Monday thru Thursday - 9:00 – 4:00 p.m., Friday - 9:00 – 2:00 p.m.

Overbrook Theater

“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, 12, 13, 18, 19, 20
For tickets, call 231-777-0324 or the OBT Box Office, Room #166

Musical Productions

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

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Lecture Series – Environmental Ethics

April 3rd, 7:00 p.m. Room 1100
“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, 9:00 a.m., Room 1100
“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, 10:30 a.m., Room 1100
“The Ethical Dilemmas of a Faceless Bureaucrat”
Frank Ruswick, Senior Policy Advisor
Michigan Department of Environmental Quality
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

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.