August Monthly Observances

- National Immunization Awareness
- Children’s Vision & Learning
- Neurosurgery Outreach
- Cataract Awareness

Campus Picnic
Wednesday, August 27
11:30 am to 1 pm
Courtyard

Campus Luncheon
Thursday, August 28
11:30 am to 1:00 pm
Collegiate Hall

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Message from the Executive Vice-President of Administration

I would like to take this opportunity to say a fond farewell to Dr. David Rule and his family. In wishing them the very best in their new endeavors, the following comes to my mind:

And again I saw under the sun, that the race is not to the swift, nor the battle to the strong, neither yet bread to the wise, nor yet riches to men of understanding, nor yet favor to men of skill; but time and change happens to them all. (Ecclesiastes 9:11).

If you have not taken the opportunity to read the message that Dr. Rule sent to all of us regarding his departure, it is worth reading. He does say some really nice stuff about MCC.

Best Wishes to all of you from the MCC Family.

On another note ----

Did you know that with the onset of August, we are now about half way through the “Dog Days of Summer.” The Dog Days total 40 each summer. Technically, the dog days are from July 3 to August 11. They’re named after Sirius, the Dog Star, in the constellation Canis Major, which shines most brightly during this period. The ancient Greeks and Romans believed the star was responsible for the heat and blamed it for periods of drought, sickness, and discomfort or, as we know them, - Bad Hair Days.

(Real Simple)

Enjoy all the rest of the days of summer whether they are dog days or not.

Diana R. Osborn

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11:30 am to 1 pm
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August 2008
Creative & Performing Arts Department
August Events

Overbrook Art Gallery Exhibit
“44th Annual MCC Student Fine Art & Graphic Design Exhibition”
Open Thru September 13
Gallery Summer Hours—
Monday—Wednesday
9am—4pm
Thursday & Friday 9am—3pm
Gallery Hours July 21—August 15
Monday—Friday
9:00 am—3:00 pm

Theater: 2008-2009 Season
“Theater reflects the Soul of our past & the Spirit of our future.”
Unknown

Antigone
By Sophocles
Antigone, daughter of the cursed house of Oedipus, must defy her king to bury her brother, the fallen leader of a failed rebellion. Can one young girl, willing to sacrifice everything, face down the power of a state determined to destroy her if she does not obey? Sophocles’ timeless myth pits the baser instincts of enmity and revenge against the power of love and reconciliation.

October 8 - 12, 2008

Shooting Stars
By Molly Newman
A brash, fast-moving study of a women’s basketball team on tour in small town mid-America.
The time is Christmas week, 1962, the place a locker room in a rundown, small town gymnasium, where a touring women’s basketball team, “The Shooting Stars,” is getting ready to face off against a local men’s team.

March 25 – 29, 2009

Scapino!
By Frank Dunlop and Jim Dale
Take a madcap comedy, add a dash of Marx Brothers, a pinch of improv, mix in a sing-along, douse it in slapstick, marinate it in Italian wine and serve it up on an unsliced salami. “Scapino!” is one comedy that won’t expand your waistline.

Student Auditions
Antigone:
September 3 & 4, 2008
Shooting Stars:
October 15 & 16, 2008
Scapino:
January 14 & 15, 2009

Audition time: 6-9 pm, Overbrook Theater
Scripts available in Room 166—$5.00 returnable deposit

Information or Tickets call: 231-777-0324

Mailroom Update

Who has the new title of “Manager of Graphics and mail processing”? Congratulations to Amy James! In addition to her existing responsibilities in the Graphics Department she is now overseeing the day to day operation of the mailroom!

Now that the graphics and mailroom have been combined we are excited to offer some additional mailroom services to all departments on campus. We would like to encourage you to take advantage of the new equipment now available. This equipment will allow us to run any size mailing list through software that will indicate if the address given is a deliverable address according to the USPS. The software will kick out “bad” addresses and allow for corrections before adding postage. In addition, once this process has been completed we can then print good addresses directly on your mail piece, eliminating addressing envelopes by hand or using labels. By utilizing this new software and equipment your department will save postage dollars and valuable time. If you have any size mailings in the future, please contact Amy or Colleen for further assistance or demonstrations.

The software will kick out “bad” addresses and allow for corrections before adding postage.
Healthy Lifestyle Committee

What topics of wellness interests you?

Visit the Healthy Lifestyle table at the campus picnic on Wednesday, August 27 and drop off your suggestion.

With your entry you will receive a tasty treat provided by the Healthy Lifestyle Committee.

Grilled Summer Fruit

- Nonstick spray
- 3 firm but ripe nectarines, halved, pitted
- 3 firm but ripe purple/black plums, halved, pitted
- 3 firm but ripe red plums, halved, pitted
- 6 metal skewers or thick wooden skewers soaked in water 30 minutes
- 3 tablespoons sugar

*Other fruit substitutions can be apricots and peaches

Spray the grill rack with nonstick spray and prepare the barbecue (medium-high heat). Thread 1 piece of each fruit on each of 6 skewers so that the cut sides line up and lay flat. Sprinkle the sugar over the cut sides of the fruit. Let stand until the sugar dissolves, about 10 min.

Place the fruit skewers on the grill cut side down. Grill the fruit until it is heated through and caramelized, about 5 minutes. Transfer 1 fruit skewer to each plate and serve.

Source: http://www.foodnetwork.com/food/recipes/recipe/0,1977,FOOD_9936_33810_,00.html

When Obstacles Get You Down

Positive thoughts and actions lower stress. But here’s how they also boost efficiency:

- Keep your sunny side up. When mishaps occur, react with optimism. Find a silver lining and emphasize it. Example: If you’re suddenly asked to turn in a project a week early, think “Good, that gives me more free time later.” By not turning setbacks into catastrophes, you can avoid bouts of stress or irritation that derail your progress.

- Set an example. Spur your team to raise its productivity by doing high-visibility favors for others. When others see your selfless acts, they’ll be uplifted and will strive to mirror your behavior. Result: Even as they work harder, they’ll seek opportunities to give to others so that they can enjoy the same emotional rewards you do.

- Find humor in sadness. If you can maintain some levity even when you’re besieged by crisis or struck by tragedy, you become more resilient. Appropriate humor will help you stop moping so that you can focus on positive action instead.

- Adapted from Psychology Today, Sussex Publishers Inc.

Insinc

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