Welcome back to everyone—for those of you who were around all summer, we thank you for your patience through the leap frog process, the construction and any other inconveniences we may have caused to move forward to create a student centered learning environment. We are not quite finished, but ask for your continued indulgence as we finish the project through September and October. It will be great once all of it is complete. If you haven’t already, be sure to check out the new and exciting Student Services Center, which is now housed in the two main corridors off the main entrance. It truly is now a “Student One-Stop” Center. Congratulations to everyone who worked so hard on this project—job well done.

As we start another academic year, we always find that everything around us is one more year older—(with the exception of some of our new faculty members). Following are some of George Carlin’s views on aging and how to stay young—

Do you realize that the only time in our lives when we like to get old is when we’re kids? If you’re less than 10 years old, you’re so excited about aging that you think in fractions.

“How old are you?” “I’m four and a half!” You’re never thirty-six and a half. You’re four and a half, going on five! That’s the key.

You get into your teens, now they can’t hold you back. You jump to the next number, or even a few ahead.

“How old are you?” “I’m gonna be 16!” You could be 13, but hey, you’re gonna be 16! And then the greatest day of your life...You become 21. Even the words sound like a ceremony. YOU BECOME 21 YESSS!!!

But then you turn 30. Ooohhh, what happened there? Makes you sound like bad milk! He TURNED! WE HAD TO throw him out. There’s no fun now, you’re just a sour dumpling. What’s wrong? What’s changed?

You BECOME 21, you TURN 30, then you’re PUSHING 40. Whoa! Put on the brakes, it’s all slipping away. Before you know it, you REACH 50 and your dreams are gone.

But WAIT!!! You MAKE it to 60. You didn’t think you would.

So you BECOME 21, TURN 30, PUSH 40, REACH 50 and MAKE it to 60.

You’ve built up so much speed that you HIT 70! After that it’s a day-by-day thing; you HIT Wednesday.

You get into your 80’s and everyday is a complete cycle; you HIT lunch; you TURN 4:30; you REACH bedtime. And it doesn’t end there. Into the 90’s, you start going backwards: “I Was JUST 92.”

Then a strange thing happens. If you make it over 100, you become a little kid again. “I’m 100 and a half!”

May you all make it to a healthy 100 and a half!

How to stay young—

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay “them.”

2. Keep only cheerful friends. The grouchies pull you down.

3. Keep learning. Learn more about the computers, crafts, gardening, whatever. Never let the brain idle. “An idle mind is the devil’s workshop” and the devil’s name is Alzheimer’s.

4. Enjoy the simple things.

5. Laugh often, long and loud. Laugh until you gasp for breath.

Continued on Page 2
Message from the Interim President

Continued from Page 1

Endure, grieve and move on. The only person who is with us our entire life, is ourselves. Be ALIVE while you are alive.

7. Surround yourself with what you love, whether it’s family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.

8. Cherish your health.
If it is unstable, improve it. If it is beyond what you can improve, get help.

9. Don’t take guilt trips. Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.

10. Tell the people you love that you love them, at every opportunity.

AND ALWAYS REMEMBER:
Life is not measured by the number of breaths we take, but by the moments that take our breaths away.

Hopefully, we find those breathtaking moments often.

Have a good Fall!
Diana R. Osborn

Flu Shot Clinic

Hackley Visiting Nurse Services will conduct a FLU SHOT CLINIC HERE FRIDAY, OCTOBER 17 11:00 AM – 1:30 PM Room 1204 in the Stevenson Center

No appointment necessary. Available to anyone age 9 or older.

Medicare Part B members, no charge with card. (All others $30).

Pneumonia shots also available, $40 (first-time or with doctor’s orders only).

FOR ADDITIONAL FLU SHOT CLINIC DATES AND TIMES, GO TO:
www.vns-muskegon.org 1-800-499-5025 / (231) 726-5025

Fall 2008 Conference MI Community College Biologist

The Life Science Department is planning and hosting the Fall 2008 Conference for Michigan Community College Biologists on Friday, October 24 and Saturday October 25, 2008 in conjunction with an invitation to our local high school teaching colleagues to attend also. On Friday, October 24 we will initiate a dialogue with the high school teachers so that we can ultimately provide improved learning environments and strategies for our in-common students.

With an aquatic theme, our speakers will be presenting on topics ranging from creative assessment in the classroom, aquatic plants, sinkhole communities in the Great Lakes, microbial communities in hot tubs, and also crayfish ecology given by Dr. Keith Crandall, from Brigham Young University and son of our Trustee Dr. Crandall. Cost for Muskegon Community College employees and students to attend lectures will be free but to eat will cost a fee. Registration for MCCB participants is $40. See the Michigan Community College Biologists website for more information: www.mcclb.org/conferences.htm
ART GALLERY
Overbrook Art Gallery
Exhibit

“44TH Annual MCC Student Fine Art and Graphic Design Exhibition”

Open Thru September 13

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

MUSIC
COLLEGE SINGERS

The MCC College Singers invite you to join in the Community Chorus. Classes meet Monday, Wednesday and Friday from 11:15 a.m. – 12:10 p.m. Performances throughout the year require involvement in several concerts and other community events. Contact Cathy Gilson at 231-777-0616 for additional information.

THEATER
PICK UP THE 2008-09 SEASON FLYER!

Sophocles’ Antigone
October 8 - 12, 2008

Auditions:
September 3 & 4, 2008
6:00 pm to 9:00 pm,
Overbrook Theater

Stay healthy: Germ-fighting tips for cold and flu season

When cold and flu bugs pay your home a visit, you may feel like there’s not much you can do about these unwelcomed guests.

But this year, remind your family that these healthy habits can help them avoid seasonal germs or keep them from spreading germs to others:

♦ Wash your hands often. Scrub for at least 15 seconds (teach kids to sing “Happy Birthday” twice) with warm, soapy water to wash away any germs, which can live for hours on doorknobs and other objects you might touch.

♦ Try to keep your hands off your mouth, eyes and nose.

♦ Don’t get too close to sick people, if you can help it. Nothing personal, but you don’t need what they’ve got.

♦ Keep germs to yourself. Remind family members to cover their coughs or sneezes (and then wash their hands) and to stay home if they are sick.

Don’t forget flu shots. The best way to foil the flu is to get vaccinated for it each year. Check with your doctor about which family members might need a flu vaccination.

Source: U.S. Centers for Disease Control and Prevention
Higher Learning Commission Update

The long pursuit of gaining reaccreditation through the Higher Learning Commission (HLC) has begun. A series of meetings outlining our plan for the next two years of effort toward reaccreditation have already been held, and an initial group of 84 volunteers has stepped forward to be directly involved.

It’s not too late for you to join in the process. In fact, we need you to take part. We’re trying to make it easy for you to have your voice heard as we move through the self-study. There are three ways for you to take part in HLC related activities.

1. **Stay informed** by reading updates and reports. Information will be available on a consistent basis through our Campus Connections. Watch for it in your email and please read it to stay current. Check also our Blackboard site where you can ask questions, provide answers, and just get involved.

2. Provide input by **joining discussion groups** on our Blackboard site. Committee members studying why MCC deserves continuing accreditation need your valuable insights, experience, and expertise to help them make wise and informed judgments about how MCC meets the Higher Learning Commission’s criteria for accreditation. A new discussion question will be added each Tuesday. **Log on any time to participate.** (How to: Select “Blackboard login” from the “Quick Links” dropdown menu on MCC’s homepage. Log on using your MCC username and password and select “MCC Self-Study for Accreditation.” Click “Take a Look” and select a dated title to visit specific discussions, and use “Thread” or “Reply” to share your thoughts.)

3. **Volunteer** to work with our committees. Committees have been established to focus on questions related to accreditation. To provide a fresh look at ourselves, many committee chairs will be studying areas of the College that are outside their normal responsibilities. You may be asked to be interviewed or share your knowledge in some other way. There will be many opportunities to provide insight into the committees’ activities. Committee members will be looking for many examples of excellence across the campus, as well as areas where we need to improve some of our practices. Speak up; your input will be needed. The committees will be working for the next 16 months examining data and ultimately making a case for MCC to receive a ten-year renewal of our accreditation.

Don’t sit on the sidelines. We need everyone to be aware of what the HLC process is all about and how it impacts every single one of us. You will hear from the steering committee on a regular basis and will be asked for your ideas just as regularly.

If you have any questions, please contact any one of the steering committee members or work committee chairs:

- Bob Ferrentino, Co-chair
- Richard Doctor, Co-chair
- Diana Osborn
- Janie Brooks
- Teresa Sturrus
- Nancy Slater
- John Bartley
- Bill Loxterman
- Tim Trainor
- Becky Evans
- Kelley Conrad
- Jon Truax
- Mary Ottman
- Mike Johnson
- Julie Bamfield
- Marty McDermott
- Steve Fiorenzo
- Jerry Nyland
- Mike Wahr
- Dan Yakes
- Jesse Montgomery
- Beth Smith
- Phyllis Robey
- Jim Royce
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- Bob Vanderlaan

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- Beth Smith
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- Jim Royce
- Sylvia Hayes
- Bob Vanderlaan
# ACADEMIC CALENDAR
## FALL SEMESTER 2008

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>Faculty Seminar Days</td>
<td>August 27-28 (Wednesday-Thursday)</td>
<td>No Classes</td>
</tr>
<tr>
<td>Labor Day</td>
<td>September 1 (Monday)</td>
<td>No Classes – College Closed</td>
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<tr>
<td>Fall Classes Begin</td>
<td>September 2 (Tuesday) – November 26 (Wednesday)</td>
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<tr>
<td>Thanksgiving Holiday</td>
<td>November 27-29 (Thursday-Saturday)</td>
<td>No Classes – College Closed</td>
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<tr>
<td>Fall Classes Continue</td>
<td>December 1 (Monday) – December 8 (Monday)</td>
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<tr>
<td>Exam Preparation Day</td>
<td>December 9 (Tuesday)</td>
<td>No Classes</td>
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<tr>
<td>Final Exam Days</td>
<td>December 13, 15, 16, 17(Saturday/Monday/Tuesday/Wednesday)</td>
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<tr>
<td>Thursday Evening Class Exams</td>
<td>December 18 (Thursday)</td>
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<tr>
<td>Holiday Vacation</td>
<td>December 19 (Friday) – January 3 (Saturday)</td>
<td>No Classes</td>
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## WINTER SEMESTER 2009

<table>
<thead>
<tr>
<th>Event</th>
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<tbody>
<tr>
<td>Faculty Seminar Days</td>
<td>January 5-6 (Monday-Tuesday)</td>
<td>No Classes</td>
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<tr>
<td>Winter Classes Begin</td>
<td>January 7 (Wednesday) – January 17 (Saturday)</td>
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<tr>
<td>Dr. Martin Luther King Day</td>
<td>January 19 (Monday)</td>
<td>No Classes – College Closed</td>
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<tr>
<td>Winter Classes Continue</td>
<td>January 20 (Tuesday) – February 28 (Saturday)</td>
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<tr>
<td>Mid-Semester Vacation</td>
<td>March 2-7 (Monday-Saturday)</td>
<td>No Classes</td>
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<tr>
<td>Winter Classes Continue</td>
<td>March 9 (Monday) – April 10 (Friday)</td>
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<tr>
<td>Good Friday</td>
<td>April 10 (Friday)</td>
<td>Closed at Noon-No Classes after noon</td>
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<tr>
<td>Winter Classes Continue</td>
<td>April 11 (Saturday) – April 24 (Friday)</td>
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<tr>
<td>Final Exam Days</td>
<td>April 25, 27, 28, 29 (Saturday/Monday/Tuesday/Wednesday)</td>
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<tr>
<td>Commencement</td>
<td>May 3 (Sunday)</td>
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<tr>
<td>Open Calendar</td>
<td>April 30 (Thursday) – May 9 (Saturday)</td>
<td>No Classes</td>
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## SUMMER SESSION 2009 (12 Weeks)

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Summer Classes Begin</td>
<td>May 11 (Monday) – May 22 (Friday)</td>
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<tr>
<td>Memorial Day</td>
<td>May 25 (Monday)</td>
<td>No Classes – College Closed</td>
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<tr>
<td>Summer Classes Continue</td>
<td>May 26 (Tuesday) – July 2 (Thursday)</td>
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<tr>
<td>Independence Day</td>
<td>July 3-4 (Friday-Saturday)</td>
<td>No Classes – College Closed</td>
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<tr>
<td>Summer Session Classes/Exams</td>
<td>July 6 (Monday) – July 30 (Thursday)</td>
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<tr>
<td>ACADEMIC DEPARTMENT</td>
<td>CHAIRPERSON</td>
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<tr>
<td>BUSINESS</td>
<td>DAN BIALAS</td>
<td>372/378</td>
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<tr>
<td>COLLEGE SUCCESS CENTER</td>
<td>CATHY RUSCO</td>
<td>472/392</td>
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<td>COUNSELING</td>
<td>KELLEY CONRAD</td>
<td>321/362</td>
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<td>CREATIVE &amp; PERFORMING ARTS</td>
<td>SHEILA WAHAMAKI</td>
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<td>EDUCATION</td>
<td>BETTE NARUSZKIEWICZ</td>
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<td>ENGLISH/COMMUNICATIONS</td>
<td>JENNY KLINGENBERG</td>
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<tr>
<td>FOREIGN LANGUAGE</td>
<td>ELENA GARCIA</td>
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<tr>
<td>HEALTH/ PHYSICAL EDUCATION/ RECREATION</td>
<td>BETH SMITH</td>
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<tr>
<td>INDUSTRIAL, MANUFACTURING TECHNOLOGY</td>
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<td>LIFE SCIENCE</td>
<td>DEBRA HOWELL</td>
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<td>MATH/ SCIENCE</td>
<td>JOHN BARTLEY</td>
<td>521/289</td>
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<td>NURSING</td>
<td>PAM BROWN</td>
<td>689/281</td>
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<tr>
<td>RESPIRATORY THERAPY/ALLIED HEALTH</td>
<td>DAN KNUE</td>
<td>370/223</td>
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<tr>
<td>SOCIAL SCIENCE</td>
<td>BILL JACOBKS</td>
<td>271/380</td>
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<td>COORDINATORS</td>
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<tr>
<td>COMPUTER INFORMATION SYSTEMS</td>
<td>TIM TRAINOR</td>
<td>604/378</td>
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<td>CRIMINAL JUSTICE</td>
<td>AL BARRETO</td>
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<td>DISTANCE EDUCATION</td>
<td>SUE MEEUWENBERG</td>
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<td>ACADEMIC AFFAIRS</td>
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<tr>
<td>VICE PRESIDENT for ACADEMIC AFFAIRS</td>
<td>ROBERT FERRENTINO</td>
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<tr>
<td>ASSOCIATE VICE PRESIDENT for ACADEMIC AFFAIRS</td>
<td>TERESA STURRUS</td>
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<td>ACADEMIC AFFAIRS</td>
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