

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 run-down, 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.

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.

March 25 – 29, 2009

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

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

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.



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



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

*Other fruit substitutions can be apricots and peaches

When Obstacles Get You Down

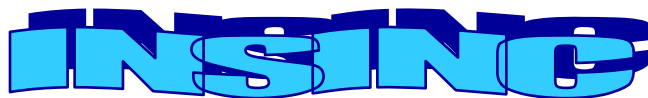
Positive thoughts and actions lower stress. But here's how they also boost efficiency:

- ◆ **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.



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

Customer Connections published by:

Administrative Services

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Happy Birthday

August

Teresa Sturrus
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Diana Osborn
Willie German
Toby Moleski
Jean Roberts
Renica Love
Sandy Osborne
Jeff Stipes
Shirley Anderson
Carol Briggs-Erickson
Jodie Matuz
Ed Simmons
Amy James
Al Thomas
Keith Tanis
Bruce Wierda

September

8	Dave Rule	2
10	Tonette Brown-Garner	3
10	Darren Matone	3
11	Vicki Kraus	4
11	Calvin Totten	5
11	Dee Crews	7
12	Mary Ottman	7
13	Aaron Hilliard	11
14	Julie Bamfield	15
20	Mike Johnson	15
20	Marty McDermott	17
23	Mike Wahr	17
23	Dennis Helmus	20
25	Clinton Crawford	26
28	Jon Truax	27
30	Nancy Slater	29
30	John Bartley	30
	Bill Loxterman	30
	Tim Trainor	30



E=MC²

Education = Muskegon Community College



**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

■ Lakeshore Medical Center
905 E. Colby Street
Whitehall, MI 49461

■ Hackley Health at the Lakes
6401 Prairie Street
Muskegon, MI 49444

■ Mill Point Health Center
921 S. Beechtree, Suite 5
Grand Haven, MI 49417