

CUSTOMER CONNECTIONS

The Administrative Services Newsletter for the Internal Customer

Volume 9, Issue 7

A Monthly Publication of Muskegon Community College

May 2008

Monthly Observance May is...

Family Wellness Month
National Asthma/Allergy
Awareness Month
National Bike Month

WorkLife Services
Employee Assistance Program

Appointments available:
Monday–Thursday 8am–3pm
Friday 8am–5pm

To make an appointment at one of these office locations,
call 231.726.3582

<p>1352 Terrace Street Muskegon, MI 49442</p>	<p>Frankly Health at the Lakes 6403 Prairie Street Muskegon, MI 49444</p>
<p>Lakeshore Medical Center 905 E. Colby Street Whitehall, MI 49461</p>	<p>Mill Point Health Center 921 S. Beachview, Suite 5 Grand Haven, MI 49417</p>

*Happy Mother's Day
Sunday, May 11*



What's To Follow ...

Wellness Tip.....	2
Eight Ways to Sleep through Insomnia	
Signs, Signs.....	2
Posting and Removing	
Birthdays.....	2
May and June	
Relay For Life.....	3
Stephanie Bacheller	
Creative & Performing Arts.....	4
May and June Events	
MCC News.....	5
Congrats to Diana	

MESSAGE FROM THE EXECUTIVE VICE-PRESIDENT OF ADMINISTRATION

May not only brings us wonderful flowers, but a number of dates to celebrate:

May 1 – May Day (get out the Maypole) May 1 is also Mother Goose Day

May 5 – Cinco de Mayo

May 17 – Armed Forces Day

May 26 – Memorial Day

And out of order – May 11 – Mother's Day

As a reflection of Mother's Day, thought I would share some of the lessons my mother taught me:

- My mother taught me to **Appreciate a job well done**. "If you're going to kill each other, do it outside. I just finished cleaning."
- My mother taught me about **Religion**. "You better pray that will come out of the carpet."
- My mother taught me about **Time Travel**. "If you don't straighten up, I'm going to knock you into the middle of next week!"
- My mother taught me **Logic**. "Because I said so, that's why."
- My mother taught me **More Logic**. "If you fall out of that swing and break your neck, you're not going to the store with me."
- My mother taught me **Foresight**. "Make sure you wear clean underwear, in case you're in an accident."
- My mother taught me **Irony**. "Keep crying and I'll give you something to cry about."
- My mother taught me about the **Science of Osmosis**. "Shut your mouth and eat your supper."
- My mother taught me about **Contortionism**. "Will you look at that dirt on the back of your neck!"
- My mother taught me about **Stamina**. "You'll sit there until all that spinach is gone."
- My mother taught me about **Weather**. "This room of yours looks as if a tornado went through it."
- My mother taught me about **Hypocrisy**. "If I told you once, I've told you a million times. Don't exaggerate!"
- My mother taught me about **Envy**. "There are millions of less fortunate children in this world who don't have wonderful parents like you do."
- My mother taught me about **Anticipation**. "Just wait until we get home."
- My mother taught me about **Medical Science**. "If you don't stop crossing your eyes, they are going to get stuck that way."
- My mother taught me **ESP**. "Put your sweater on; don't you think I know when you are cold?"
- My mother taught me **How To Become An Adult**. "If you don't eat your vegetables, you'll never grow up."
- My mother taught me **Genetics**. "You're just like your father."
- My mother taught me about my **Roots**. "Shut the door behind you. Do you think you were born in a barn?"
- My mother taught me **Wisdom**. "When you get to be my age, you'll understand."
- My mother taught me about **Justice**. "One day you'll have kids, and I hope they turn out just like you."

Take time to smell the flowers!

Diana R. Osborn

Wellness Tip

By Jane Atwood

Eight Ways to Sleep through Insomnia

[American Institute for Preventive Medicine & Don R. Powell Ph.D.](#)

Excerpted from "A Year of Health Hints"

365 Practical Ways to Feel Better and Live Longer

by Don R. Powell, Ph.D.

Do you ever find yourself wide awake long after you go to bed at night? Well, you're not alone. An estimated 30 million Americans are bothered by insomnia. They either have trouble falling asleep at night, wake up in the middle of the night, or wake up too early and can't get back to sleep. And when they're *not* asleep, insomniacs worry about whether or not they'll be *able* to sleep.

An occasional sleepless night is, well, nothing to lose sleep over. But if insomnia bothers you for three weeks or longer, it can be a real medical problem.

Many old-fashioned remedies for sleeplessness work--and work well. Next time you find yourself unable to sleep, try these time-tested cures:

Avoid caffeine in all forms after lunchtime. (Coffee, tea, chocolate, colas, and some other soft drinks contain this stimulant, as do certain over-the-counter and prescription drugs; check the labels for content.) This is the *last* thing a wide-awake insomniac needs.

Don't nap during the day, no matter how groggy you feel. (Naps decrease the quality of nighttime sleep.)

Take a nice, long, hot bath before bedtime. (This soothes and unwinds tense muscles, leaving you relaxed enough to fall asleep.)

Read a book or do some repetitive, tedious activity, like needlework. Try not to watch television or listen to the radio. These kinds of distractions may hold your attention and keep you awake.

Make your bedroom as comfortable as possible. Create a quiet, dark atmosphere. Use clean, fresh sheets and pillows, and keep the room temperature comfortable (neither too warm nor too cool).

Ban worry from the bedroom. Don't allow yourself to rehash the mistakes of the day as you toss and turn. You're off duty now. The idea is to associate your bed with sleep. Develop a regular bedtime routine. Locking or checking doors and windows, brushing your teeth, and reading before you turn in every night primes you for sleep.

Count those sheep! Counting slowly is a soothing, hypnotic activity. By picturing repetitive, monotonous images, you may bore yourself to sleep.

If, after three weeks, you still have trouble sleeping despite your efforts, see a doctor to rule out any medical or psychiatric problems that may be at fault.

Happy Birthday

May

Duane Rainbolt	05/03
Lois Smith	05/03
Stephen Schmidt	05/09
Vilene Rodgers	05/10
Kim Vanderlinde	05/10
Al Barreto	05/11
Karen Wilson	05/11
Deb Howell	05/15
Nancy Maycroft	05/19
Gretchen Cline	05/20
Connie Holmberg	05/20
Jay Zarowitz	05/24
Elena Garcia	05/29
Maggie Knox	05/31

June

Sally Birkam	06/01
Julia Perez	06/01
Brenda Mitcheltree	06/02
Judy Rosselott	06/04
Sue Meeuwenberg	06/05
Phil Anderson	06/08
Mike McManus	06/09
Kathy Schrader	06/11
Lisa McCarthy	06/12
Rosemary Zink	06/14
Sche Cornelius	06/18
Carlo Spataro	06/18
Tammisha Morris	06/19
Maria Anderson	06/20
Brian Goodman	06/24
Jim Witham	06/25
Dan Bialas	06/26



Signs, Signs Everywhere There's Signs...

During the Leap Frog times, we are all trying to guide students and guests to various activities and events. If you post signs directing people to your event or activity, please use the yellow and black leap frog boards that have been placed around campus.

PLEASE DO NOT tape or fasten any signs to doors or windows. Use the yellow and black leap frog boards in the hallways for all directional signs.

When the event is over, **please take down** all your signs. Leaving signs up after an event is causing more confusion and we are getting sign overloaded. Too many signs mean people will not pay attention to any of them.

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Mission Statement:

To support the Administrative Services operations and objectives of Muskegon Community College.

Vision:

Excellence in Service – Partners in Progress

TEAM MCC CARES DEDICATES THIS YEAR'S RELAY TO STEPHANIE BACHELLER

This year we are relaying in honor of one of our own who is battling cancer for the second time - Stephanie Bacheller. Stephanie is a 20-year-old student at MCC working on her AAS in Office Systems Education. Last fall she began having difficulty concentrating and started losing weight. Tests showed two tumors on her brain which were removed earlier this year. Having completed chemotherapy and just recently a bone marrow transplant, Stephanie has been staying at the Helen DeVos Children's Hospital and will be continuing her recovery at Renucci. A lot of hard work is ahead for Stephanie as she regains her appetite and her strength. She is an amazing young lady with a heart of gold.



Listed below are the fund raisers we have scheduled. You may purchase or get more information on any of these fund raisers from:

Janice, room 1107

Mary Ann, room 1212

Ann, room 204



LUMINARY BAGS - \$10

Be a part of this candle lighting ceremony of hope. Create a luminaria in honor of, or in memory of, a loved one. We can decorate it for you!

FLOWER VOUCHER SALE - \$10

Baskets & Flower Flats - Choose your own colors! Flowers available May 1st thru May 17th.



Makes a great Mother's Day gift!

CAR WASH

Dates, times, locations TBA



CANDY - \$1

Get your daily dose of chocolate from us! Available in room 1107 and PM Receptionist (HEC lobby)

MONETARY DONATIONS can be dropped off to Janice in room 1107.

AND Put your change to good use - fighting cancer!



Bucket locations:
Barnes & Nobel Bookstore
Booksider Café

CANS FOR CANCER

Donate your returnable cans/bottles - Call Janice (ext 318) for pick up (on or off campus) or drop them off in room 1107. No quantity is too large or small.

BEAN COUNT

Guess the number of coffee beans and win a basket full of Starbucks coffee. Coming in May.



WE NEED YOU!

Interested in walking for us at the Relay? We would love to have you join us. Call or e-mail Janice for open time slots.



Creative and Performing Arts Department

MAY EVENTS

THE CURTAIN CALL

Honor Rich Oman
Wednesday, May 21, 2008
Reception in the Overbrook Theater Lobby
4:00 – 6:00 p.m.



Overbrook Art Gallery Exhibits

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

May 17 – September 13
Mayfest, May 17 – OPEN from 10:00 a.m. – 4:00 p.m.
Summer Hours – 9:00 a.m. – 4:00 p.m. – Monday thru Wednesday
9:00 a.m. – 2:00 p.m. – Thursday & Friday

Music

West Shore Youth Symphony



AUDITIONS for the 2008-2009 Season
May 27 & 28 - 4:00 – 7:00 p.m.
Contact: WSYS Manager to schedule an Audition – (231) 744-0900
Manager@westshoreyouthsymphony.org

COMING IN JUNE ...

THE FANTASTICKS

Muskegon Community College – Center for Theater & Howmet Playhouse Presents:

A classic coming-of-age story, *The Fantasticks*, features two meddling, matchmaking fathers who scheme to get their children together. But once the couple is united, the real drama begins! Featuring the beloved songs “**Try to Remember**” and “**Soon It’s Gonna Rain**,” this is a celebration of love – first love, lost love, and ultimately, true love.

Written by Harvey Schmidt and Tom Jones, *The Fantasticks* has delighted audiences across the world – including a record shattering 17,162 performances at the Sullivan Street Playhouse, where it made its Off Broadway debut in 1960. Whether it’s an old favorite or your first time, you won’t want to miss this timeless show that’s certain to steal your heart

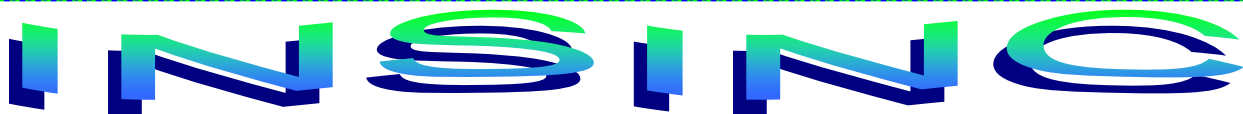
June 27 & 28 – Overbrook Theater – 231-777-0323
July 3, 4, 5, 6, 2008 – Howmet Playhouse – 231-894-4048

MCC News

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



Diana Osborn just celebrated
40 years at MCC!!
Congratulations Diana!!



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.