

# CUSTOMER CONNECTIONS

The Administrative Services Newsletter for the Internal Customer

Volume 8, Issue 12 A Monthly Publication of Muskegon Community College October 2007

## Monthly Observance October is...

Eat Better, Eat Together  
National Book Month

Flu Shot Clinic  
October 19, 2007  
11:00 am – 1:30 pm  
In Caesar Lounge



## What's To Follow ...

### Healthy Lifestyle Committee

Tasty Halloween Treat.....	2
Halloween Safety Tips.....	2
Wash That Produce .....	3
Upcoming Birthdays.....	3
CPA Upcoming Events.....	4
Fall Hours .....	5

## Are you a "Frequent Feaster"?

**Habitué:** One who frequents a specific restaurant.

**Honorarium:** A non-obligatory or binding monetary reward bestowed in appreciation.

\*Pick up an "Habitué Honorarium" punch card the next time you visit the Bookside Bistro. Collect value punches every time you purchase. Receive \$1.00 off your next purchase with a completed card.

\* We greatly appreciate your business!



## MESSAGE FROM THE VP OF ADMINISTRATIVE SERVICES

As we face the many challenges of life – state budget woes, new administrative system, the Student One-Stop project with our temporary moves, etc., we need to rely on our friends which led me to the following story:

*Two Horses* (Author – unknown)

Just up the road from my home is a field, with two horses in it.

From a distance, each horse looks like any other horse. But if you stop your car, or are walking by, you will notice something quite amazing ----

Looking into the eyes of one horse will disclose that he is blind. His owner has chosen not to have him put down, but has made a good home for him ----

This alone is amazing.

If you stand nearby and listen, you will hear the sound of a bell. Looking around for the source of the sound, you will see that it comes from the smaller horse in the field.

Attached to the horse's halter is a small bell.

It let's the blind friend know where the other horse is, so he can follow.

As you stand and watch these two friends, you'll see that the horse with the bell is always checking on the blind horse, and that the blind horse will listen for the bell and then slowly walk to where the other horse is, trusting that he will not be led astray.

When the horse with the bell returns to the shelter of the barn each evening, it stops occasionally and looks back, making sure that the blind friend isn't too far behind to hear the bell.

Like the owners of these two horses we do not throw someone away just because we are not perfect or because we have problems or challenges. We watch over each other and bring friends into our lives to help us when we are in need.

Sometimes we are the blind horse being guided by the little ringing bell. Other times we are the guide horse, helping others to find their way.....

Good friends are like that ...you may not always see them, but you know they are always there.

Please listen for my bell and I'll listen for yours. And remember ---- be kinder than necessary – everyone you meet is fighting some kind of battle.

Live simply – Love generously – Care deeply – Speak kindly –

Diana R. Osborn

## "Healthy Lifestyle Committee!"

### *Healthy Lifestyle Committee Mission Statement:*

*To create healthier and happier employees through awareness of health issues and wellness programs*

\*Makes 6 (1/2 cup) servings

#### Ingredients:

- 1/2 cup sugar
- 1 envelope unflavored gelatin
- 3/4 cup fat-free milk
- 3 egg yolks beaten
- 1 15-ounce can pumpkin
- 2 tablespoons finely chopped crystallized ginger or 1 teaspoon ground ginger
- 1 teaspoon vanilla
- 1/2 of an 8-ounce container frozen light whipped dessert topping, thawed
- 3 gingersnaps, halved

Try this tasty looking Halloween treat!!



Ginger Pumpkin Mousse

#### Directions:

1. In a medium saucepan, stir together sugar and gelatin. Stir in milk and egg yolks. Cook and stir over medium heat until gelatin is dissolved and mixture just begins to bubble. Remove from heat. Stir in pumpkin, ginger, and vanilla. Transfer mixture to a large bowl. Cool about 20 minutes
2. Fold dessert topping into pumpkin mixture. Spoon into 6-ounce tall glasses or serving dishes. Cover and chill about 5 hours or until firm. To serve, top each serving with a gingersnap half.

#### Make-Ahead Directions:

Prepare and chill as directed. Cover and chill for up to 24 hours. Serve as directed

### Halloween safety tips:

#### For Trick or Treaters

- ❖ Walk, don't run
- ❖ Stay in familiar neighborhoods
- ❖ Shoes should fit (even if they don't go with your costume)
- ❖ (If no sidewalk) walk on the left side of the road facing traffic
- ❖ Wear clothing with reflective markings
- ❖ Approach only lit houses that are lit

#### For Parents

- ❖ Make your child eat before going out
- ❖ If your children go out alone, make sure they have a watch that can be read in the dark if possible & know when to be home
- ❖ You should know where they are going
- ❖ Although tampering is rare, tell children to bring the candy home to be inspected before consuming anything

#### For Homeowners

- ❖ Make sure your yard is clear of such things as ladders, hoses, flower pots or anything a young one can trip on
- ❖ Pets get frightened on Halloween, so put them up to ensure no accidents happen
- ❖ Non-Food treats are great too, including: plastic rings, pencils, stickers, erasers, and coins



## Halloween Health Tip:

Here are some healthy food alternatives for trick-or-treaters:

- ◆ Low-fat crackers with cheese or peanut butter
- ◆ Single-serve boxes of cereal
- ◆ Mini boxes of raisins
- ◆ Single-serve packets of popcorn for the kids to microwave later



## Wash That Produce!

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.

### Health Hint #111

As a child, you were probably told to wash your hands before you ate. As an adult, you need to wash your hands and what you eat. Agricultural use of pesticides has doubled over the past two decades, despite research linking certain chemicals to nerve damage, genetic defects, and cancer. Since you don't know which fruits and vegetables have been contaminated with what poison, the ideal preventive measure is to eat only produce you grow yourself, without use of pesticides. But that's not practical for most people.

In lieu of that:

Whenever possible, buy domestically grown produce instead of imported. Studies have shown that produce grown in the United States contains lower levels of contaminants than foods grown outside the country. Be especially careful with peaches, celery, cherries, strawberries, and lettuce. A study conducted by the Natural Resource Defense Council, a San Francisco-based consumer group, found that these items were more likely to be contaminated than others. Corn, cauliflower, bananas, and watermelon were less likely to be affected.

By Jane Atwood

#### Customer Connections published by:

Administrative Services

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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*

# Happy Birthday

## October

Janet Taylor	10/01
Peggy Jacobks	10/04
Leona Adams	10/06
Janie Brooks	10/06
Janice Whitlow	10/07
Steve Fiorenzo	10/08
Daniel Yakes	10/08
Jerry Nyland	10/10
Jesse Montgomery	10/12
Amber Hamacher	10/16
Phyllis Robey	10/19
Beth Smith	10/20
Jim Royce	10/22
Sylvia Hayes	10/27
Robert Vanderlaan	10/27
Mychal Thom	10/31

## November

Paula McClurg-Ziemelis	11/01
Brian Herron	11/02
Char Parker	11/02
Bill Sikkenga	11/02
Dale Devries	11/04
Sue Zemke	11/05
Rich Brimmer	11/08
Donna Warner	11/08
Barb Holtrop	11/09
James Donohue	11/10
Bev Hair	11/11
Janice Alexander	11/13
Margitta Rose	11/13
Cindy Panici	11/16
Kathy Krentz	11/18
Patti D'Avignon	11/19
Seth York	11/19
Chris Nowak	11/25
Becky Evans	11/27
Larry McDaid	11/29

*Employee  
Assistance  
Program*

*for a confidential  
appointment call:*

#### CHILD AND FAMILY SERVICES OF MUSKEGON

1352 Terrace Street  
Muskegon, MI 49442

or  
905 E. Colby  
Whitehall, MI 49461  
(231) 726-3582

#### LAKESHORE FAMILY SERVICES

923 S Beechtree  
Grand Haven, MI 49417  
(616) 850-9992  
1-866-323-0033

Academic Affairs Bulletin &  
Customer Connections Publication  
**CPA DEPARTMENT INFORMATION**  
October, 2007

## OVERBROOK ART GALLERY

### *Need & Want:*

Sculptures by Sue Boehme and Paintings by Patricia Opel

**OCTOBER 1<sup>st</sup> thru November 4<sup>th</sup>**

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

Friday – 9:00 a.m. – 2:00 p.m.

Gallery Talk and Reception Wednesday,  
October 10<sup>th</sup>, 6:00 – 7:30 p.m.

## MCC Lecture Series

### “Homophobia and Sexual Arousal Patterns”

**Professor Lester Wright**

*Professor of Psychology at Western Michigan University*

**October 3 -7:00 p.m.**

**Stevenson Center – Room 1100**



## MCC MUSICAL PRODUCTIONS

### West Michigan Concert Winds

“Bandancing”

October 14 – 4:00 p.m., Reeths Puffer Rocket Center

### MCC Singers

“Fall Concert”

October 28 – 7:00 p.m. Immanuel Lutheran Church



## OVERBROOK THEATER

### *LYSISTRATA: A Woman’s Translation*

By Drue Robinson Hagan

Aristophanes’ great comedy of gender politics.

**Make Love not War!**

October 26, 27 & November 2 & 3 at 7:30 p.m.

October 28 & November 4 at 3:00 p.m.

*Tickets available in Room 166 starting October 8<sup>th</sup>*

## ah fest 2007

*Muskegon Area Arts & Humanities Festival*

**YOU are invited to...**

**ah fest Celebration Event**

**Saturday, October 20th**

**Frauenthal Theater**

4:00 p.m. Reception, enjoy hearty Hors d’oeuvres, cash bar &  
LIVE music!

5:00 p.m. Presentation of Richard Charles Ford Arts &  
Humanities Award

5:30 p.m. LIVE AUCTION of *BENCHES* the Festival Art  
Project

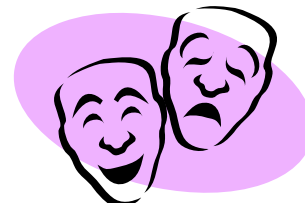
7:00 p.m. *David Sedaris Live!*

(Tickets for David Sedaris are available at the Frauenthal Box  
Office - Phone: (231) 727-8001

Star Tickets Plus: (800) 585-3737 or [www.starticketsplus.com](http://www.starticketsplus.com))

### November Upcoming Events:

- ◆ “Earth & Ether” – November 12-December 18
- ◆ West Shore Youth Symphony – November 18
- ◆ Master Class – November 30
- ◆ “Ethics at the End of Life” – November 8 & 9



# MCC News

Share your news and photos with your MCC family. Please send or email your photos and news to College Services  
[Stacey.DeBrot@muskegoncc.edu](mailto:Stacey.DeBrot@muskegoncc.edu)  
[AJ.Colburn@muskegoncc.edu](mailto:AJ.Colburn@muskegoncc.edu)

## Fall 2007 Library Hours

Monday – Thursday 7:30 am – 11:00 pm  
Friday 7:30 am – 4:30 pm  
Saturday 10:00 am – 3:00 pm  
Sunday 1:00 pm – 6:00 pm

## Fall 2007 Bookstore Hours

Monday – Thursday 8:00 am – 7:00 pm  
Friday 8:00 am – 4:00 pm



## Fitness Center Hours

Monday - Thursday: 2:30pm-5:00 pm  
Friday-Sunday: Closed



## Fall 2007 Bookside Bistro Hours

**Grab-N-Go Service – All Beverages & All Pre-Packaged Foods**

Monday – Thursday 7:30 am – 7:30 pm  
Friday 8:00 am – 1:00 pm

**Full-Service - Prepared-To-Order & Hot Foods**

Monday – Friday 8:30 am – 12:30 pm

# INSINC

Improvements Notions Suggestions Ideas Not Complaints

Please turn in your INSINC to College Services by the 15<sup>th</sup> of the month and your name will be entered into a drawing for a free medium fountain beverage from the Bookside Bistro.