

A MONTHLY
PUBLICATION OF
MUSKEGON COMMUNITY

UPCOMING
DAYS OF
INTEREST:

- April 15—
Administrative
Professional's
Conference
- April 21—Actual
Administrative
Professional's
Day

INSIDE THIS
ISSUE:

April is Alcohol Awareness Month	2
Event Link	2
ride on!	2
Creative & Performing Arts	3
Hints & Tips From IT	3
MCC Birthdays	4
Bulletin Board	4

Campus



Connections

VOLUME 2, ISSUE 8

APRIL 2010

Message from the President of Muskegon Community College

Hello colleagues. Last month, I updated you on the status of the State of Michigan budget and its potential impact on Muskegon Community College. In this month's message, I will extend this discussion and update you on a number of campus activities.

State of Michigan Budget. As of this date, the Michigan State Senate budget recommendation for Community Colleges includes a 3.1 percent reduction. This represents a reduction of approximately \$300,000 from the Governor's recommendation for MCC. Coupled with a possible five percent reduction in local property tax revenues, non MCC (non tuition related) revenues stand to be down by over \$1 million for the upcoming fiscal year. Even with continued high levels of student enrollments, it is unlikely that this revenue decrease may be mitigated. I have asked the Cabinet to work together, and with you, to identify potential savings along with possible sources of new revenues.

Retirement Legislation. The state employee retire-

ment incentive remains an active piece of legislation. The legislature is on Easter recess and is expected to take up the bill when they return in approximately two weeks. More information may be found at the following link: <http://www.senate.michigan.gov/sfa/Publications/Memos/Memo031510SERS.pdf>

Commencement. As the academic year winds down, the 2010 Commencement ceremony approaches. General information may be found at the following link: <http://www.muskegoncc.edu/pages/480.asp>. Mr. Andrew Levin, Chief Workforce Officer for the State of Michigan will serve as Commencement Speaker, while Dr. Glenn Swartzlander will be honored as our distinguished alumnus.

Taste of Tomorrow. It is my understanding that this year's Taste of Tomorrow outreach activity was a record breaker. Thanks to the hard work of many staff, faculty, administrators, and students, 453 guests visited our campus on March 27. Excellent work!

Earlier this week, Department Chair Jeff Stipes informed me that Al Thomas

(MCC Auto Tech faculty member) has been chosen to attend the "Biofuel Academy" at the Madison Area Technical College and the University of Wisconsin-Stevens Point this summer. Al is one of 25 attendees selected from 300 applicants from 13 states. Congrats Al! Finally, I would like to thank you all for the work that you do. Whether it be Taste of Tomorrow, preparing for a gallery opening at Overbrook, College Goal Sunday, printing hundreds of flyers on short order, team practice in 35 degree weather, or grading hundreds of tests (multiple times during a semester), your efforts are very much appreciated. As usual, you may contact my office at 231-777-0303 or via email at: dale.nesbary@muskegoncc.edu.

Please continue to strive for excellence and enjoy the month of April.

Best regards,
Dale Nesbary, Ph.D.
President





April is Alcohol Awareness Month

Alcohol abuse means having unhealthy or dangerous drinking habits, such as drinking everyday or drinking too much at a time. Alcohol abuse can harm your relationships, cause you to miss work, and lead to legal problems such as driving while drunk (intoxicated). When you abuse alcohol, you continue to drink even though you know your drinking is causing problems.

If you feel you have an alcohol problem, get help. Even if you are successful in other areas of your life, visit a doctor or go to a self-help group. The earlier you get help, the easier it will be to cut back or quit.

Here are some points on alcohol consumption to consider.

Though moderate alcohol use seems to have some health benefits, anything more than moderate drinking can negate any potential benefits. Be cautious because excessive alcohol consumption can lead to serious health problems, including:

- Cancer of the pancreas,

mouth, pharynx, larynx, esophagus and liver

- Pancreatitis, especially in people with high levels of triglycerides in their blood
- Sudden death in people cardiovascular disease
- Heart muscle damage leading to heart failure
- Stroke
- High blood pressure
- Cirrhosis of the liver
- Miscarriage
- Fetal alcohol syndrome
- Injuries due to impaired motor skills
- Suicide

People with certain health conditions shouldn't drink any alcohol, as even small amounts could cause problems. Also, alcohol interacts with many common prescription and over-the-counter medications. If you combine alcohol with aspirin, you face an increased risk of gastrointestinal bleeding. And if you use alcohol and acetaminophen, you increase your risk of liver damage.

Above all, don't feel pressured to drink. If you do drink and you're

healthy, drink responsibly and in moderation.

You might be dependent on alcohol if you have three or more of the following problems in a year:

- You cannot quit drinking or control how much you drink.
- You need to drink more to get the same effect.
- You have withdrawal symptoms when you stop drinking. These include feeling sick to your stomach, sweating, shakiness, and anxiety.
- You spend a lot of time drinking and recovering from drinking, or you have given up other activities so you can drink.
- You have tried to quit drinking or to cut back the amount you drink but you haven't been able to.
- You continue to drink even though it harms your relationships and causes you to develop physical problems.

Brought to you by Gallagher Benefit Services, Inc. Sources: <http://www.mayoclinic.com/health/alcohol/SC00024> & <http://www.webmd.com>

Campus Connections
published by:
Administrative Services

Executive VP of
Administrative Services:
Diana R. Osborn

Layout & Design:
AJ Osborne

Editor:
Stacey DeBrot



EventLink – MCC has rolled out EventLink as part of its Emergency Response Plan. This service allows the college to send emergency alerts, event information, updates, cancellations and last minute changes instantly to students, parents, faculty, and staff. The college's critical communications are sent instantly to every user as an e-mail, a text message or both depending on their preferences, and administrators are asking faculty and staff members to sign up as soon as possible. In addition to the public safety aspect of the system, MCC is also using the system to alert students of events taking place on campus, with the goal of better engaging students in activities that advance their educational opportunities. Sign up today at <http://www.eventlink.com>.

Ride Your Bike to Work- MCC is participating in Ride On!, an annual bike to work event set this year for May 17-21, that encourages Muskegon businesses and their employees to be active in the community by biking to work and living a healthier lifestyle. To participate visit <http://rideonmuskegon.com> and sign up as an individual. By registering you have access to:

- A chance to win a new bike from Breakaway Bicycles!
- Park & ride locations for your area
- Safety information
- Maps and suggested routes

The community goal for 2010 is to have 1,000 riders participate this year. Let's be a part of this event and show the community how healthy MCC is!



ride on!
MUSKEGON COUNTY BIKES TO WORK



Creative & Performing Arts

Overbrook Art Gallery

PHOTOGRAPHIC WORKS EXHIBIT

“Painted Nails & Fairy Tales and the Adventures of Pookie MaGee” by MCC Adjunct Instructors Eleanor Gatewood and Stephanie Rose.

Thru April 21 – Gallery is open Monday through Friday from 9:00 am – 4:00 pm

Overbrook Theater

OVERBROOK DANCE THEATER IN CONCERT XXV

Friday & Saturday, April 9 & 10 at 7:30 pm and Sunday, April 11 at 3:00 pm

Overbrook Theater – Tickets are on sale in Room 166, or call Ext. 324

STUDIO ON STAGE – Theme: “You & Me” – Classroom Explorations – Wednesday & Thursday, April 21 & 22 at 7:30 pm

MCC College Singers

SPRING CELEBRATION CONCERT

Sunday, April 18 at 7:00 pm

Overbrook Theater

FREE AND OPEN TO THE PUBLIC

COMING IN MAY ...

West Michigan Concert Winds

MAY I HAVE THIS DANCE?

Sunday, May 2, 4:00 pm

Reeths-Puffer High School Rocket Centre for the Fine Arts

Tickets - WMCW.org

Overbrook Art Gallery

46th ANNUAL MCC STUDENT ART EXHIBITION

Top work in varied media from art and graphic design classes with cash place awards and the President’s Purchase Prizes for the MCC art collection.

Exhibit Dates: May 15 – September 15

Reception:

June 1 from 5:00 – 7:30 pm

Gallery is open Monday through Friday from 9:00 am – 4:00 pm



THE CREATIVE & PERFORMING ARTS DEPARTMENT
MUSKEGON COMMUNITY COLLEGE
“Celebrating the human spirit through creative expression.”

Hints @nd Tips from IT

What is Firewall?

SUMMARY: This tip defines a firewall and why it is important for your computer's security.

(This definition of a firewall is NOT complete but meant to provide a basic explanation of the term, mainly to beginning and intermediate computer users.)

A basic definition of a firewall is either a software program or hardware device you can use when connected to a network (such as Internet), mainly to help prevent your machine from getting **attacked**.

"Attacks" usually occur when an application you are running, or the operating system itself, is vulnerable to problems.

Two examples of the types of **vulnerabilities** that can occur:

- * Your multimedia player cannot handle a specially-crafted audio or video file. When it tries to play the file, the multimedia player may crash, or worse, malicious instructions can be embedded in the file that when read, cause all sorts of problems, including opening a 'back door' on your computer.

- * Your operating system, when sent enough requests from a malicious computer on the Internet, could either slow down to a crawl or crash. This is called a denial-of-service attack.

Although operating systems and applications are updated to protect against known vulnerabilities, software designers

are not perfect and it is only a matter of time before malicious people find and exploit problems. Firewalls can literally 'close up' known and potential holes on your computer. This helps prevent vulnerabilities, even as-of-yet unknown ones, from being exploited.

Firewalls mainly perform this task in two ways:

- * An 'inbound firewall' filters data from an outside network, hopefully preventing all but legitimate information from being sent to your computer.

- * An 'outbound firewall' performs the opposite type of filtering. It helps prevent a computer that has been attacked from sending certain types of information to the outside world, announcing that the computer is vulner-

able.

The best firewalls do both to help protect your machine.

Firewalls are not perfect and they alone cannot stop your computer from falling victim to malicious activity, but they can greatly lower the chances.

By the way, the term "firewall" comes from the term "fire wall", a wall built inside houses, apartments, or other structures that helps prevent fires from spreading from one room to another. Likewise, a computer "firewall" helps prevent problems on the Internet from spilling onto your computer.

http://malektips.com/firewall_0001.html

This page and its contents are copyright ©1997 - 2010 Envision Programming. (copyright/disclaimer)



Muskegon Community
College

**A Monthly publication of
Muskegon Community College**

221 South Quarterline Road
Muskegon, Michigan 49442



MCC Birthdays

April

Tom Harryman 4/2
Julie Weller 4/2
Don Bogema 4/4
Lori Bailey 4/5
Kelli Loughrige 4/9
Carmella Martinez 4/11
Judy Romans 4/17
Mary Smith 4/19
Greg Miller 4/21
Ann McManus 4/23
Lynda Ferry 4/24
Stacey DeBrot 4/29

May

Duane Rainbolt 5/3
Lois Smith 5/3
Stephen Schmidt 5/9
Pauline Keith 5/10
Vilene Rodgers 5/10
Kim Vanderlinde 5/10
Al Barreto 5/11
Karen Wilson 5/11
Deb Howell 5/15
Nancy Maycroft 5/19
Gretchen Cline 5/20
Connie Holmberg 5/20
Ken Beckman 5/23
Jay Zarowitz 5/24
David Wiggins Jr. 5/25
Elena Garcia 5/29
Judith Walters 5/29
Maggie Knox 5/31

MCC's Bulletin Board

📌 STAFF DEVELOPMENTS

Basic Word 2007

April 12
9:30 am—10:30 am
Room 1228

Basic Outlook 2007

April 22
1:30 pm—2:30 pm
Room 1228

Registering is IMPORTANT! Lack of registrants may
cause a training to be cancelled!

Sign up by emailing to:
events@muskegoncc.edu

📌 *Mother Daughter Victorian Tea*

Saturday, May 8

3:00 pm—5:00 pm

1200 Complex



Light pre-supper

Gift giveaways

Entertainment and a Fashion Show

Call Mary Williams for more details

