

A MONTHLY
PUBLICATION OF
MUSKEGON COMMUNITY

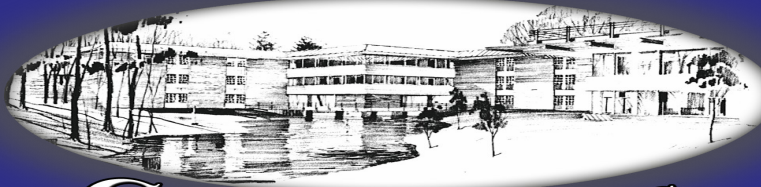
UPCOMING DAYS OF INTEREST:

- March 1-6
Mid-Semester
Vacation
- March 14
Daylight Savings
- March 16
9th Annual Well-
ness Fair
- March 17
St. Patrick's Day
- April 2
Good Friday
College Closes
at Noon

INSIDE THIS ISSUE:

National Nutrition Month	2
MCC to Host Training	2
Creative & Performing Arts	3
Staff Development	4
"It" is Coming	4
Hints @nd Tips from IT	5
Super Foods	5
MCC Birthdays	6
MCC Bulletin Board	6

Campus



Connections

VOLUME 2, ISSUE 7

MARCH 2010

Message from the President of Muskegon Community College

Hello colleagues. Recently, I discussed the status of the State of Michigan budget and its potential impact on Muskegon Community College. In this month's message, I will continue these discussions along with an update on various issues related to the College.

In mid-February, Governor Granholm released her 2010-11 budget proposal. On the positive side, the budget is "hold harmless" for community colleges. This means that she is again recommending no cuts to community colleges. However, there are no guarantees that this level of funding will remain. While the Governor's budget is balanced, the balancing comes from a combination of spending reductions and revenue enhancements (read "tax increases"). There is little appetite in Lansing for tax increases, therefore it is expected that additional spending cuts are forthcoming. Other highlights of the Governor's budget impacting community colleges include a yet to be defined early retirement incentive/disincentive as well as recommendations that all state agencies are scheduled for budget reductions, with the exception of education (two-year colleges, universities, and K-12 schools). We will continue to advocate for our students to support robust funding levels and

keep you informed.

A detailed analysis of the budget has been prepared by the Michigan Senate Fiscal Agency and may be found at this link: <http://www.senate.michigan.gov/sfa/Publications/BudUpdates/OverviewGovsRecFY11.pdf>.

On other topics, we are pleased to report that the Muskegon County Board of Commission recently approved an extension of Muskegon Area Transportation Services bus service through 10:40 p.m. This means that our students, staff, and faculty will have the ability to reach our campus at times more convenient to them

As you may know, MCC is examining its on campus security profile. As a part of the review, a request for proposals was recently issued, to which six (6) companies responded. The RFP requests a minimum level of Security Services to include a patrol officer 24/7/365. This minimum is well above our current coverage. The scope of duties also includes a review and continual updates to emergency & evacuation plans. A review committee has begun the process of evaluating each proposal. It is anticipated that a recommendation will be made to the President and final approval by the Board of Trustees no

later than April 21, 2010, with an expected contract start date to be July 1, 2010.

Finally, the 2010-11 budget process continues. The information submitted to your office directors/division vice presidents continues to be reviewed. We expect that a draft budget will be submitted to the MCC Board of Trustees at the April board meeting. Your Vice President/Director will communicate with both you and administration/budget during the process.

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 March.

Best regards,

Dale Nesbary, Ph.D.
President





National Nutrition Month - Build from the Ground UP!

It's common knowledge that a healthful diet is an important part of a healthful lifestyle, but most people have trouble figuring out what to do when planning a complete diet overhaul. During National Nutrition Month®, the American Dietetic Association reminds everyone that an easy way to focus on eating better is to start with the basics: build your nutritional health from the ground up. "By starting slowly and giving yourself a good foundation, you can work towards a healthier life," says registered dietitian and ADA spokesperson Toby Smithson. "Change doesn't have to be dramatic to make a difference." *Smithson suggests ways to improve your nutrition from the ground up:*

1. Focus on fruits and veggies: Take a good look at your current diet and you'll probably realize you're not eating enough fruits or vegetables. Add a serving each day to one meal and increase it every few

weeks. Adding more of these foods into your diet is important whether you buy frozen, fresh or organic.

2. Look locally: From farmer's markets to community-supported agriculture, you have many options to find new, fresh foods in your area. This can be a great way to eat well and support your community at the same time.

3. Make calories count: Too often, people think of foods as good or bad and that only those on the 'good foods' list are okay to eat. When you're choosing between options, focus instead on the one with more of the vitamins and nutrients that you need. Sometimes, foods with fewer calories aren't always the healthiest options. To figure out how many calories you need to achieve a healthy weight, visit www.mypyramid.gov.

4. Test your taste buds: A healthy eating plan emphasizes

fruits, vegetables, whole grains, lowfat or fat-free dairy and includes lean meats, poultry, fish, beans and nuts. Those are the basics, but within this wide range there are always opportunities to try new things and find new favorites. Expand your horizons. Try a fish you've never eaten before or find a new vegetable recipe. By testing yourself, you might find new healthy favorites to add to your grocery list.

5. Trick yourself with treats: A healthful diet doesn't mean deprivation. If you have a sweet tooth, have fruit and yogurt for dessert. If you want a snack in the afternoon, have some trail mix or nuts. There is no reason to go hungry just because you're making healthful changes.

For more tips visit www.eatright.org and click on "For the Public."

Brought to you by Gallagher Benefit Services / Source: <http://www.eatright.org/Media/content.aspx?id=4294968000>

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MCC to host upcoming Training



Muskegon Community College has been approved as a sponsored site to host training for **Home Day Care Providers** and **Relative Care Givers**. MCC will offer seven different courses, with course dates starting as early as March 13, 2010.

This approval gives MCC the competitive edge to offer training to all educators as they endeavor to meet the states required

CEUs for the year. The training is offered at other Michigan community colleges as well as some four-year institutions, but MCC is the only training site geared for the western-most counties. These training programs were once provided to Muskegon and surrounding counties through the Pathways Program, but due to budget cuts, Pathways no longer offers this training.

The courses offered include: *Curriculum Development; Basics and Beyond Training; Meeting the Diverse Needs of Children; What's your part in Open Ended Art?; Literacy...Books, Books, Books, and More; Challenging Behaviors; and Let's Mix Up Some Math and Science.*

For more information, go to www.muskegoncc.edu/CE, or call Mary Ann Williams at 231.777.0348.

Creative & Performing Arts

West Michigan Concert Winds

MOTOR CITY FESTIVAL OF BANDS

Sunday, March 14 at 3:00pm
Michael A. Guido Auditorium in the
Ford Community & Performing Arts
Center, Dearborn, Michigan

For Tickets go to:
www.wmcw.org

MCC College Singers

WINTER FESTIVAL CONCERT

Sunday, March 14 at 7:00pm

Immanuel Lutheran Center

FREE and Open to the Public

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.

March 15 – April 21

Open Monday through Friday from
9:00 am – 4:00 pm

Reception:

March 22 from 6:00 - 8:00 pm

Gallery Talk at 6:30 pm

West Michigan Youth Symphony

SPRING CONCERT

Sunday, March 21 at 3:00 pm

Frauenthal Performing Arts Center,
Downtown Muskegon, MI

For Tickets go to:

youth@westmichigansymphony.org



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

COMING IN APRIL ...

Overbrook Theater

OVERBROOK DANCE THEA- TER IN CONCERT XXV

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

MCC College Singers

SPRING CELEBRATION CONCERT

Sunday, April 18 at 7:00 pm

Overbrook Theater

FREE and Open to the Public

Overbrook Theater

STUDIO ON STAGE

Theme: “You & Me” Classroom
Explorations

Wednesday & Thursday, April 21 &
22 at 7:30 pm Overbrook Theater





Staff Development Opportunities

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

Sign up by emailing to:
events@muskegoncc.edu

Disruptive Classroom Behavior – Keys to Managing Difficult College Students. Facilitator: Dr. Brian Van Brunt, Director of Counseling and Testing at Western Kentucky University. Disruptive student behavior in the classroom can often overflow into student misconduct. When students are out of line in lectures, during office hours or on campus, how can you address and manage their difficult behavior? Join us for a 60-minute webinar where you will discover:

- 📌 Tips for dealing with disruptive student behavior in th classroom
- 📌 Tools to identify difficult & disengaged college students

📌 What to do and not do when students become hostile and threatening

Wednesday, March 10
from 1-2:00 pm
Room 1204

Creating a Purchase Requisition in Web Advisor. Facilitator: Mindy Stevens, MCC

Thursday, March 18
9:30 to 10:30 am
Room 1322

Respect in the Global Workplace. Facilitator: Dee Ann Sherwood Bosworth, GVSU. In an increasingly fast-paced, complex, and diverse

workplace, respect is a critical factor. Effectiveness in global learning and working environments require increasing levels of intercultural competence and communication skills. Respect in the Global Workplace is a 60-90 minute interactive multimedia workshop for faculty and staff. Participants will discuss how cultural differences may impact how we perceive ourselves and each other, as well as how we define respect. Participants will explore the workplace impact of disrespect as well as the benefits of creating a culture of respect that values both differences and similarities.

Friday, March 26
9:30 to 11am
Room 1204

“It” is coming sooner than you think!

The word “it” refers to which of the following:

- (a) End of winter
- (b) The Higher Learning Commission team visit to our campus
- (c) A national health program that doesn't cost anything
- (d) Another Toyota recall

Only answer “b” is guaranteed to be true: on Monday, October 25, 2010, a team of five consultant

evaluators from other colleges will step onto our beautiful campus to complete the self-study process that we began two years ago. Here's what will happen from now until then:

March and April

Chapter drafts for our self-study are being revised.

May

Final draft of entire report completed.

June

Final review and edit of the report.

July

Graphic layout completed. Hard copy and electronic version published.

August

Self-Study Report and other materials sent to visiting team.

September

Entire campus prepares for visit.

October

Ready or not, here they come.

Submitted by Anne Meilof and Richard Doctor





Hints @nd Tips from IT

File-formats

When certain files / file-formats don't open, it's most likely because you don't have the software; these particular file-formats were created with or relate to. Some files need a certain piece of software to open, and others, such as different graphics file formats, will open in most any graphics editing software.

By looking at the file *extension you can identify the type of software you will need for that particular file.

**the letter showing after the "." in the file name*

Picture/graphics files:

.cpt - Corel Photo Paint
.psd - Adobe Photo Shop
.tif - Tagged Image File

.jpg - Joint Photographic Experts Group
.gif - Graphics Interchange Format

.bmp - Bitmap
.png - Portable Network graphics

Vektor grafik:

.pdf - Portable Document Format (Adobe Reader)

.eps - Encapsulated Postscript

.ai - Adobe Illustrator

.cdr - Corel Draw

Movies and animation:

.gif - Animated gif file
.mpeg/mpg - Moving Picture Experts Group
.mov - Quicktime movie

.avi - Audio Video Interleave

.swf - Macromedia Flash file

Sound:

.wav (Media Player)
.mp3 (Media Player)
.mid (Media Player)

Internet:

htm/html - Hyper Text Markup (language)

MS Windows files:

.txt - Notepad file
.rtf - MS WordPad file
.accdp - Microsoft Access File
.doc - MS Word document '97-2003 version
.docx -MS Word document - 2004 and later versions

.dot - MS Word - '97-2003 v.

.dotx - MS Word - 2004 plus

.xls - MS Excel - '97-2003 v.

.xlsx -MS Excel - 2004 plus

.pub - MS Publisher file.

.ppt - Microsoft PowerPoint Presentation

.pps - Microsoft PowerPoint Show

Other files:

.wks - MS Works file

.vsd - MS Visio file

.cap - Microsoft Cabinet file

.zip - compressed/archive file

.dot - Windows document template file

.ttf - True Type Font file

<http://www.basic-computerskills.com/file-formats.html>

5 Super Foods for Your Heart

A heart-healthy diet should include these foods

Blueberries

This "powerhouse" tops the list. Blueberries are not only delicious but are also rich in antioxidants. According to the U.S. Highbush Blueberry Council, researchers believe that the antioxidants in blueberries work to reduce the buildup of "bad" LDL cholesterol in artery walls that contributes to cardiovascular disease and stroke. The best way to receive these antioxidants is to consume a recommended 1 cup serving of blueberries per day. Fresh, frozen, or dried, they can be added to cereal, muffins, or eaten by themselves.

Salmon

Salmon is widely available, affordable, fast, and easy. It's also one of the best sources of a "healthy fat" called omega-3 fatty acids. Oily fish such as salmon contain omega-3s. This fat is believed to reduce the risk of developing cardiovascular disease by lowering the levels of triglycerides in the body -- blood fats linked to heart disease and diabetes. Research has also found that omega-3 fatty

acids prevent blood clots by making platelets less likely to clump together and stick to artery walls. The American Heart Association recommends eating at least two servings of fish (especially oily fish like salmon) at least twice a week; a serving is between 3 oz and 6 oz.

Soy Protein

Rich in omega-3 fatty acids, protein, vitamins, and minerals, soy protein makes a good alternative for red meat. It is also lower in fat and higher in fiber than many meat choices. In people with high cholesterol, studies show that soy protein, when eaten with a healthy low-fat diet, lowers cholesterol. Both the FDA and the American Heart Association encourage eating at least 1 oz (28 grams) of soy protein daily. You can get your soy from soybeans, soy nuts, soy milk, fortified cereal, and tofu.

Oatmeal

A half-cup daily serving of oatmeal contains only about 130 calories added with 5 grams of heart-healthy fiber that helps to lower cholesterol and keep

body weight to a healthy level. Oatmeal and other whole grains such as whole wheat, barley, rye, millet, quinoa, brown rice, and wild rice also help reduce the risk of diabetes, which in itself is a risk factor for heart disease. The daily recommendation for fiber intake is between 21 and 38 grams, depending on your sex and age, according to the American Dietetic Association.

Spinach

High in vitamins, minerals, and antioxidants, this vegetable may also protect against cardiovascular disease. It is also a source of omega-3 fatty acids. Spinach is also rich in folate, which helps reduce the blood levels of the amino acid homocysteine -an emerging risk factor for developing cardiovascular disease is a high level of homocysteine. It is recommended to eat a cup a day of your favorite dark green, leafy vegetable.

Brought to you by Gallagher Benefit Services, Inc./ Source: <http://www.webmd.com/a-to-z/guides/features/five-superfoods-for-heart>



Muskegon Community
College

**A Monthly publication of
Muskegon Community College**

221 South Quarterline Road
Muskegon, Michigan 49442



MCC Birthdays

March

Mary Dyke	3/1
Jane Atwood	3/3
Rod VanNortwick	3/8
Eileen Grunstra	3/9
Kathy Beachum	3/10
Clark Bingham	3/10
Jon Brown	3/10
Richard Doctor	3/11
Tom O'Brien	3/15
Kathy Tosa	3/15
Cheryl Hite	3/16
Chris Patterson	3/18
Chris Donley	3/21
Judy Stonex	3/22
Georganne Myers	3/24
Robert Ross	3/25
Cathy Rusco	3/25
Larry Visconti	3/25
Victor Raczok	3/28
Richard Alexander	3/29
Jan Fields	3/30
Paula Halloran	3/31
Terri Hoffman-Forward	3/31
Dan Knue	3/31
Glenn Rutgers	3/31

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

MCC's Bulletin Board



Catering Paraphernalia

Catering is missing plates, serving trays, coffee carafes, silverware, etc. If you have any of caterings belongings, please return it as soon as possible.

PLEASE NOTE: If items come up missing after your event, and not returned in a timely manner, your department will be charged for the missing paraphernalia.



Wellness Fair

Tuesday, March 16
9:00 am—12:00 pm
Collegiate Hall



Travelogue Iran! Thursday March 18, 2010, 6:45 – 8:30PM Stevenson Center for Higher Education Room 1100. Keith St. Clair will share his insights on the intriguing nation of Iran. Having just returned from there, Keith will use his photos to share what he has learned about the history and politics of this fascinating country. A reception with samples of cuisine from Iran will be available at 6:45pm.

