



FOUNDATION *Connection*

Cook Contribution Brings New Name, Era to GRCC Building

OPEN DOOR Campaign Update

**2006 Albert P. Smith
Music Award Goes
to Linn Maxwell Keller**

**Armen Oumedian:
Alum Shares Decades
of Business Expertise**

Plus:

GRCC's Honors Program

A Woman of Distinction

Vegan Diet: Beyond Lentils



FOUNDATION *Connection*

sustaining and building on GRCC's mission and vision



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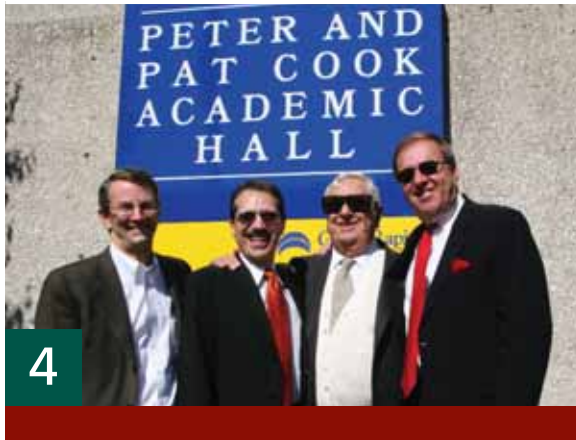
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OPEN DOOR Campaign Update



Andy Bowne

Dear Friends:

We are tremendously encouraged and gratified by the early contributions to our Open Door campaign. I would like to remind you of some of the reasons why we have undertaken this campaign – in addition to raising money to support student success.

First, this campaign has provided an opportunity for us to raise the community's understanding of the tremendous value that GRCC brings to West Michigan.


The campaign has also created a wonderful opportunity to reconnect with our alumni. Many who got their start at GRCC (or GRJC) are looking for ways to be involved and give back to the school that started them on the path to success.

Positive response to the Open Door campaign has also given GRCC faculty and staff the encouragement to be innovative and develop new proposals to better support student success. Proposals include new or improved offerings and scholarships in Allied Health, Dental, Entrepreneurial Studies and Sustainability. Others propose mentoring for students in elementary schools and innovations for interactive learning environments and renovation.

There is an increased sense of pride around campus -- from students, faculty, staff, alumni and advisory teams. We noticed the same from many community leaders. GRCC is a great place to learn. And, with our students' potential to change our future workplaces and our economy, it's a great opportunity for investment.

The bottomline is this: Through our Open Door campaign efforts, students will benefit. More students will stay in school, more students will graduate, more students will receive training to advance their careers.

You can help. There is a pledge card included in this magazine. Please invest in the future of your community.


Andy Bowne, Ed.D.
Executive Director of
College Advancement



It's a Sign of the



The Grand Rapids Community College Foundation Unveils New Direction

GRCC's Open Door campaign has earned a vote of confidence from some very significant leaders in our community. Among the first to sign on were local business champion and philanthropist Peter Cook and his wife Pat. Their generosity will support GRCC's mission for years to come and, in tribute, GRCC has renamed the North Building *The Peter and Pat Cook Academic Hall*.

Cook said he chose the building – which houses Dental, Nursing and Occupational Training Assistant facilities as well as the Behavioral Sciences, Social Sciences, Business and English departments – because he was impressed with the variety of jobs that students could be trained for in the center.

The goals of GRCC's \$10 million Open Door college advancement campaign are:

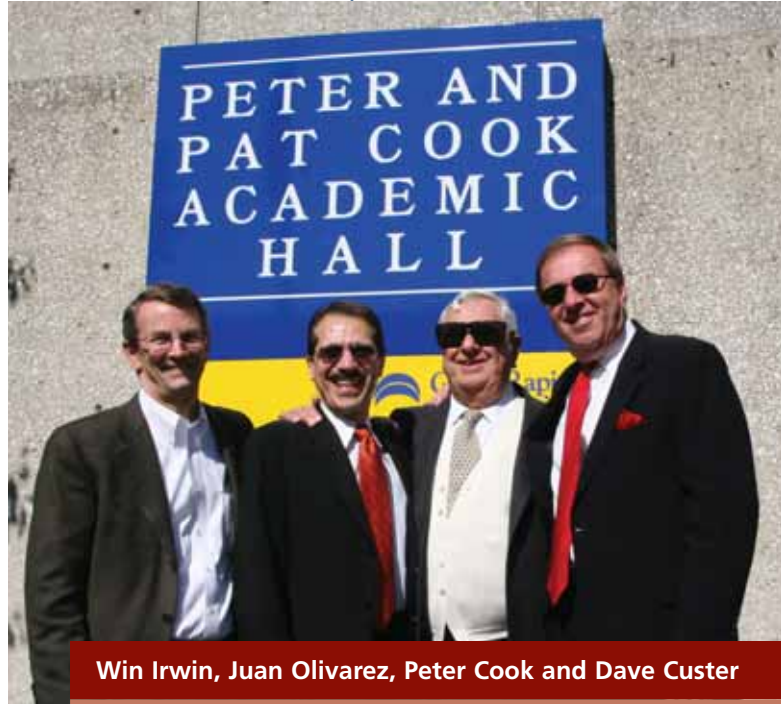
- Assure that GRCC faculty's reputation for excellence is constantly improving through professional development opportunities for renewal and expansion of skills, knowledge and practices.
- Reinforce the college's active role in West Michigan and state-wide economic development.
- Allow for improvements to facilities, libraries and campus environment that can enhance students' learning outcomes.
- To continually upgrade the technology available to students so they develop the skills that are demanded by virtually every job and career today.
- To continually expand the scholarship resources of the college so that the door to higher education stays open.

More announcements about GRCC'S Open Door campaign will be made in the near future. To make a contribution to your community's college, please call (616) 234-3939.

Times



Juan Olivarez, Stella and Chuck Royce, Peter Cook and Paul Collins



Win Irwin, Juan Olivarez, Peter Cook and Dave Custer



Beautiful Music Together



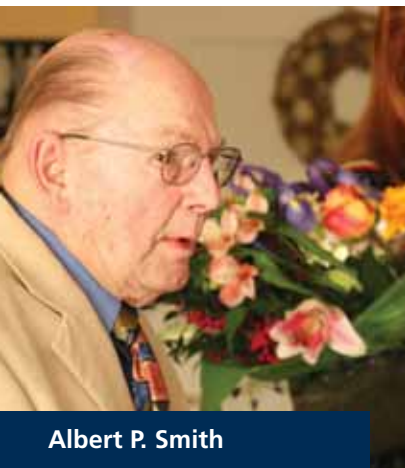
Linn Maxwell Keller

Acclaimed Operatic Soprano Linn Maxwell Keller Receives Albert P. Smith Music Award

GRCC's Music Department faculty and students welcomed hundreds of friends and family to this year's culminating ensemble concert Musical Moods. The one-of-a-kind performance featured spectacular music and was highlighted by a moment of recognition for Linn Maxwell Keller, the recipient of the 2006 Albert P. Smith Award for her contribution to music and music education.

The Albert P. Smith Award, created in honor of retired GRCC music faculty member Albert "Smitty" Smith, is bestowed each year upon an outstanding

community leader and arts advocate. The award is the focal point of the Albert P. Smith Endowment for Music and Music Education, a \$1 million effort within GRCC's Open Door Campaign to expand resources for our music students. The funds raised from the campaign will be used to endow an instrument repair and replacement fund and provide additional scholarship funds for non-music majors who wish to participate in the band, orchestra and choir as well as establish full-ride scholarships for exceptional musicians to attend GRCC.



Albert P. Smith



IT'S AN HONOR

First Honors Program Grad is Up to a Challenge



Laura Hoort

Laura Hoort has already gone the extra mile, so the short walk across the stage at Grand Rapids Community College's 89th commencement was a piece of cake. Laura is one of many honor students at GRCC, but she has the distinction of being the first graduate of the community college's newly reinstated Honors Program.

Honors courses are designed to be more challenging than usual and to allow students opportunities to pursue a particular interest in greater depth than the usual assignments in a course.

As a student of the Honors Program, Hoort, 21, signed an Honors Contract – an agreement between the student and a professor that defines the commitment and quality expectations for her work. She has done 18 hours of this “deeper” work in classes, as well as in Service Learning – work that applies her classroom studies to “real world” community involvement.

So, what makes a young woman with a busy life volunteer to do extra work?

“I wasn't sure if I'd go on after two years, so I figured I might as well get as much from those two years at GRCC as I could,” says Hoort, who had previously dropped out of a four-year college in this area due to stress. “So I took on some honors level projects where I could probe more deeply into topics that interested me.”

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“We want to make sure our students can experience the kind of rigorous academics that are demanded by four-year colleges.”

Advises Students: “Make a Place in



Armen Oumedian

If you're ever lucky enough to get business advice from retired industrial engineer and business owner Armen Oumedian, follow it closely. Oumedian has had two careers – the first gave him the expertise in industry that allowed him to accomplish even greater things the second time around.

Trained as an industrial engineer during his two years at Grand Rapids “J.C.” and three years at Flint’s “General Motors Institute” – now Kettering University – Oumedian found a job at GM and stayed for 11 years. Then he moved to Rapistan and steadily climbed the corporate ladder during his 32 years there. He was Senior Vice President when he retired at age 65.

But retirement didn't suit him and he quickly started a new career. He and four friends became managing partners of an 80-year old, \$40 million business in St. Louis, Missouri. Under this team's watch that one business evolved into seven, and after 12 years, the business was sold when it reached a sales volume of \$350 million.

Then Oumedian retired again at age 80. But don't think he's inactive. When he's in Michigan, he works for the alumni associations of both GRCC and Kettering, located in Flint.

the Future"

He is presently playing an important role in GRCC's Open Door college advancement campaign by co-chairing the alumni branch of the \$10 million drive. Both schools are, of course, very grateful for his fundraising efforts, but Oumedian's motivation is more than loyalty. He wants to help shape the future workforce – and thus, the economic well-being – of West Michigan. And he knows that involves retooling people's minds as well as their skills.

Oumedian tells students, "The global challenge we face is technical in nature. Make a place for yourself in the future. Don't think you can go by what worked in the past." He emphasizes the urgency of his message with some sobering statistics. "India graduates 300,000 engineers per year; for China the figure is 600,000; for the U.S. it is just 70,000."

Oumedian was very instrumental in creating the existing partnership between GRCC and Kettering University and he thinks the two schools form an unbeatable one-two punch. "I took my first two years at GRCC, then joined the Army in 1942.

After returning from the service and being married, Oumedian was accepted as a co-op student at GMI where every student

alternates every three months between on-the-job training and classroom instruction.

"Every student ends up in a co-op job," explains Oumedian, "a real world educational experience. This kind of learning outside the classroom is invaluable. Students learn what expectations of the work-world are; they work with all kinds of people, and they have to take responsibility without authority to get a job done." He adds, "Those are hard lessons, but the experience makes a student all the more employable."

"My wife Patricia and I believe so strongly in this strategic partnership between GRCC and Kettering, we are offering five scholarships to GRCC students who want to continue their education at Kettering University."

This spring, the two institutions offered their first joint seminar, "Leveraging Innovation for Competitive Manufacturing in West Michigan" on May 9. Over 100 business representatives attended.

"My wife Patricia and I believe so strongly in this strategic partnership between GRCC and Kettering. We are offering scholarships to five GRCC students who want to continue their education at Kettering University."

"He wants to help shape the future workforce – and thus, the economic well-being – of West Michigan. And he knows that involves retooling minds as well as skills."

Winning Tradition

Coaches Take Aim at Titles, Tradition and Student Success, Continue to Fuel the Engine Behind Raider Athletics



Courtesy of Jack Joseph Jr. Photography

Dozens of championships, a history of sportsmanship – both rich in tradition and pride – and it all takes a backseat to an academic standard mirrored by D1 schools, and envied by rival community colleges across the nation. At GRCC it’s always about getting the right kind of student athletes – those that need more athletic training, or those who need a better academic foundation to build from. No matter what, each knows he or she’s got it all at their disposal when they walk through the doors of the Gerald R. Ford Fieldhouse.

“That’s the nature of what this place is about,” says GRCC Co-Athletic Director and Head Football Coach Jim Schulte. “Our sights are on good athletes who understand the value of our academic programs and have a passion for competition. Every coach puts the same emphasis on their players. Get the most out of the classroom while you’re here, and let’s go win championships.”

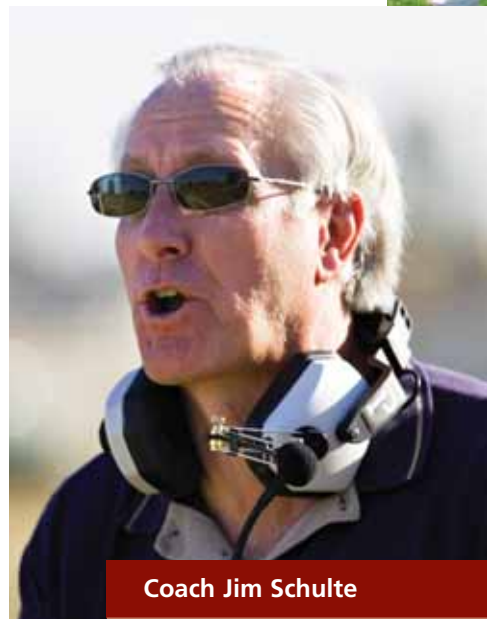
While off-the-field prowess ranks ahead of athletic achievement, it certainly hasn’t hindered success, not with the kind of hardware Raider Athletics is producing. In just three seasons, Schulte has led his team to a national title. Meanwhile his colleague, Doug Wabeke,

retired head baseball coach and co-athletic director, has often been the toast of championship talk. Since 1996 he and his successor, Mike Cupples, have produced five NJCAA World Series Titles, not to mention this spring's run at a fourth consecutive title (that hasn't been decided as this story goes to print).

But times are changing. Funding once available isn't necessarily there anymore, leaving every program from Softball to Psychology in limbo when the numbers start turning red.

And any college will cut what it has to to keep the budget in balance come the fiscal year's end.

—continued on page 12



Coach Jim Schulte

Courtesy of Jack Joseph Jr. Photography

John McIntyre
Memorial Scholarship Recipients

Winning Tradition

—continued from page 11

“Raider athletics is a huge tradition, and it’s important that the names of the past have an opportunity to be a part of our future at GRCC.”

So both Wabeke and Schulte were all business when the college proposed its \$10 Million Open Door Campaign, relying on the two championship building coaches to raise even more dollars behind their 19 athletic scholarships, highlighted by retired football coach and NJCAA Hall-of-Famer Gordon Hunsberger.

“The Gordon Hunsberger Endowment fund is a legendary name behind what our athletic department has been doing, not just today, but over the last couple of decades,” says Director of College Advancement Andy Bowne. “Guys like Gordy and departments like Athletics offer a special glimpse into the history we’re trying to tap into. Raider athletics is a huge tradition, and it’s important that the names of the past have an opportunity to be a part of our future at GRCC.”

“We’ve been in the fund raising business for some time,” adds Wabeke. “Building this relationship with the GRCC Foundation so our avenues to former players and coaches are more easily accessible is important. And it’s all for those several student athletes who still have that passion to play sports, but want an opportunity to find a niche in any number of professions.”

GRCC’s Gerald R. Ford Fieldhouse is home to nine college athletic teams which include Men’s Baseball, Football, Basketball and Tennis, and Women’s Volleyball, Softball, Basketball and Tennis, plus a co-ed Golf team. In 91 years, GRCC has competed in over a dozen different sports earning a national title in nearly half of those.

To make a contribution to the Gordon Hunsberger Endowment Fund contact the GRCC Foundation Office at (616) 234-3939.

Gordon Hunsberger Scholarship Recipients

Christina Petrauskis

A 2004 Graduate of Kenowa Hills High School, Petrauskis was immediately recognized for her work in the classroom and in athletics. Always the tallest in her class, she excelled in basketball at an early age, but takes pride in her studies as she works toward a Sports and Exercise Science degree. Petrauskis was awarded the Gordon Hunsberger Scholarship as a Freshman in 2004 but was sidelined due to injury. As a red-shirt freshman this past season she helped the Lady Raiders to a championship in the MCCA Western Conference.



Charlie Dunneback

A 2004 graduate of Grand Ledge High School, Dunneback joined the Raiders after a year at Lansing Community College and has been integral in GRCC’s title defense and run toward this year’s MCCA Conference Championship. He was awarded the Gordon Hunsberger Scholarship last fall for his strong athletic ability and work ethic in the classroom where he’s working on a Business Management degree.



GRCC FACULTY & STAFF

In the News

GRCC's Athletics Department issued scholarships to 72 student athletes in 2005-2006 for a total of \$97,298.48.

Grand Rapids Community College Athletic Scholarships Include:

- Adan Armijo Memorial Baseball/Softball Scholarship
- John Bos Scholarship
- Arthur Dawson Golf Scholarship
- Doering Scholarship
- Golf Scholarship
- Fred Hoffert Scholarship
- Gordon Hunsberger Scholarship
- Brad Julian Memorial Scholarship
- John McIntyre Memorial Scholarship
- Mehney Family Scholarship
- Thomas Milhaupt Memorial Scholarship
- Orthopaedic Associates of Grand Rapids, P.C. Scholarship
- Greg Peters Scholarship
- Raiders 1986/1992/1996 Scholarship
- Raider Softball Scholarship
- Harold O. Steele Scholarship
- Robert & Timothy Sullivan Scholarship
- Bob Sullivan Scholarship
- Marcia Tiesinga Volleyball Scholarship

Mursalata Muhammad has been honored with the Michigan Community College Community Service-Learning Award, an honor bestowed on faculty and staff in the state of Michigan for her outstanding contributions in community service-learning. This award recognizes the influence she's had on students through instruction as well as special projects in the community.



Dr. Gregory Forbes has been selected to receive the Michigan ACLU's highest award as Civil Libertarian of the Year. Dr. Forbes is being recognized for his efforts to promote and safeguard quality science education in Michigan's public schools via his legislative and educational efforts. With this award, the ACLU recognizes Dr. Forbes' efforts in offering numerous courses and workshops in evolution education while working against legislation that would compromise the quality of science education in Michigan.



Dennis Sutton of GRCC's Language and Thought department was one of 22,517 participants in the 2006 Boston Marathon. Runners in the annual race represent 94 countries and all 50 states.



GRCC English instructor **Kim Wyngarden** was awarded a Fulbright Scholarship and will participate in the Midwest Institute's GPA project. She will spend five weeks in Russia this summer to concentrate on international studies and curriculum development.



GRCC Biology Instructor **Paul Krieger** recently completed a big project for Elsevier Science Publishers. Krieger was hired to help design, evaluate, and edit the content of a new project called Clear View of the Human Body, a series of transparencies that allows the learner to visually dissect the human body layer by layer simply by turning the pages. His work appears in the first chapter of the textbook *Anatomy & Physiology* (6th ed.) by Thibodeau and Patton, which has been very well received.



The Michigan Student Financial Aid Association's Distinguished Service Award was awarded to **Paul Doane** for his many contributions to the organization and to the Financial Aid profession. Through leadership, commitment and professionalism Paul has been an asset to GRCC's focus on student success.



The Educational Testing Service, a national organization that focuses on the needs of the nation's community colleges, and the students they serve, has selected **Dr. John Cowles** as one of four community college scholars to join the organization for a month in Princeton, NJ this summer. There Dr. Cowles will work closely with other ETS scholars, providing input, guidance and assistance to new product development efforts aimed at community colleges and their students.



—continued from page 7

And what interested Hoort was Child Development. For example, one of her Child Development classes touched on the ability of babies to pick up and use sign language. Hoort says she was fascinated by this discussion and wanted to know more, so she began studying and researching the topic. Her enthusiasm is obvious as she easily explains what she learned about the development of motor and cognitive skills that makes sign language a viable communication technique for babies as young as six months.

The second project Hoort took on had a more personal reward. As a young person, Hoort experienced panic anxiety disorder. It made learning difficult for her and, later, was the reason she stopped attending the local four-year college.

"I did a portfolio on stress in children," she says, "and I learned a lot about causes and effects as well as coping mechanisms, which helped me better understand and deal with my own situation."

The projects hooked Hoort on the Honors College, and she credits her first teacher Deb Vilmont with making her want to finish the GRCC program.

"Our faculty enjoy working with each student to create curriculum enhancements that will challenge our best and brightest," said Patti Trepkowski, Associate Provost and Dean of Interdisciplinary Studies and Instructional Support. "We want to make sure our students can experience the kind of rigorous academics that are demanded by four-year colleges."



ENCORE

Chase Extends GRCC Grant to Assist High School Students in Moving Toward College, Future

Chase Bank, formerly Bank One, has extended its Passports to College grant to Grand Rapids Community College. The program, which takes services directly into Grand Rapids high schools to encourage students to continue their education after graduation, was given an additional \$10,000. The money is an addition to the \$20,000 grant which the bank made last year as part of their Open Door Campaign contribution to provide counseling, financial aid and admissions assistance for students.



GRCC PURCHASING DIRECTOR EARNS AWARD FOR MINORITY SUPPLIER EFFORTS



GRCC's Purchasing Director Mansfield Mathewson was named Buyer of the Year by the Grand Rapids Area Minority Chamber of Commerce.

Mathewson said he wanted to share the credit with the college's Supplier Diversity Team, who meet quarterly to discuss how to better include women- and minority-owned business in GRCC's purchases. For every purchase over \$5,000, GRCC requires three bids, one of which must be from a minority- or women-owned business.

Under Mathewson's guidance, GRCC has nearly reached its goal of 12% minority participation.

A Woman of Distinction



Shereen Dixon

Dr. King would be pleased with how Shereen Dixon is living her life. The dual-enrolled GRCC-Ferris State University single mom calls herself “a true believer and promoter of Martin Luther King, Jr.’s philosophy. And she walks the walk.

Besides raising her 3-year old daughter, taking 22 credits last semester, and majoring in Criminal Justice with a minor in Sociology, Shereen is active at both of her colleges and in our community. She reminds those around her that Dr. King said, “Life’s most persistent and urgent question is: ‘What are you doing for others?’”

Still, others recognize that Shereen’s attitude is something special. She received the Michigan Campus Compact Citizen Scholar Fellowship for completion of 300 hours of community service. Currently she is engaged in a service-learning project with Palmer Elementary School where she tutors two young students in reading.

She has also been the recipient of the Woman of Distinction Award, given to young women by Grand Rapids magazine, who “through determination, persistence and perseverance” have succeeded despite significant challenges.

On the GRCC campus she is a member of the Black Student Union (BSU). It’s an obvious fit for Shereen. BSU’s mission to emphasize cultural, spiritual and educational activities that further the interest of people of color in the community. BSU members mentor students at Crestwood Middle School “to achieve their goal to encourage them to do what is academically necessary to make it to college and instill in them the importance of pursuing goals.” The BSU has also established a scholarship to assist single parents at GRCC with childcare expenses that could be a barrier to higher education for some.

Shereen has faced a few barriers herself. The youngest child of ten, in a family that immigrated from Jamaica at an early age, she developed solid principles and a sense of responsibility from watching her parents struggle to provide their children with basic necessities, one of which was an education. And she has worked with victims of domestic abuse through the 61st District Court’s Domestic Assault Response Team.

“Having been a victim of domestic violence myself for several years, I am glad to have been given the opportunity to aid and provide resources for other victims. Another wonderful experience for me is working with teenage mothers. I am currently working on a proposal to get assistance in establishing a mentor program for teenage mothers who, unfortunately, don’t have maternal support in their lives but who need it in able to pass it on to their children.”

But Shereen isn’t done yet.

She plans to graduate with a degree in Criminal Justice this December – after she does an internship with 61st District Court Judge Benjamin Logan this summer – and has her sights set on becoming a prosecuting attorney.

With her mind and heart firmly set on following the legacy of Dr. Martin Luther King, Jr., Shereen feels she can be a community asset.

She already is.

“Life’s most persistent and urgent question is: ‘What are you doing for others?’”

— Dr. Martin Luther King, Jr.

Reservations from the most passionate culinary enthusiasts in the U.S., and beyond, enrolled by the dozens for a taste of what's new and upcoming in the world of culinary arts at GRCC.



Vegetarian Awakening

Conference Enlightens Culinary Experts for the Next Generation in Culinary Education

It's going to be a whole lot easier to get those five servings of vegetables and fruit into your daily diet if GRCC Culinary Chef Instructor Kevin Dunn has anything to do about it. Ever since he dropped meat from his own diet in the '90s, Dunn has been perfecting recipes that can make mouths water – even in the mid-west, meat-and-potatoes crowd of Grand Rapids, Michigan.

Chef Dunn took the already nationally recognized Hospitality Education program at Grand Rapids Community College to its rightful place at the head of the vegetarians' table with the 1st Annual Vegetarian Awakening Conference at GRCC, and it was a huge success.

"It was a tremendous success and the attendees were truly amazed at the thoroughness of the conference," says Dunn. "Our presenters offered ways of making vegan cuisine for breakfast, lunch and dinner. We're really opening people's eyes about the different proteins that are available in a diet, beyond just meat."

Dunn's dream of a vegetarian conference caught the imagination of GRCC's Director of Hospitality Management program Randy Sahajdack when he hired Dunn in 2003.

Remembering that interview, Sahajdack says, "His idea certainly got my attention.

The scope and originality of Kevin's idea fit perfectly with our school's reputation for staying out in front of trends and the technology and techniques in the food industry. I think we've come across an entirely new branch of cuisine here."

As it turns out Sahajdack wasn't the only one to applaud Chef Dunn's contagious enthusiasm. Reservations from the most passionate culinary enthusiasts in the U.S., and beyond, enrolled by the dozens for a taste of what's new and upcoming in the world of culinary arts at GRCC.

"Hundreds attended to watch almost a dozen vegan chefs sizzle, bake and steam their recipes to life," Dunn said. "But what stood out in our preparation was that it's not just about satisfying the taste buds of vegans and vegetarians. It's about preparing delicious food, regardless if there's meat in it or not."

While plans continue for another conference next year, both Sahajdack and Dunn are happy to marinate in their foresight and success.

"We've got hopes at making this an option for students through certificate and degree programs, not just a course along the way," says Sahajdack. "In the meantime, eat your vegetables."



Discovering Yourself



Melissa and Jon Neubecker

Amidst Decisions That Would Affect Her Life Forever, One GRCC Student Followed Her Heart, and Some Good Advice.

“It’d been ridiculous to waste money so I did what my mom did, and what my grandfather did, and enrolled at Grand Rapids Community College.”

Melissa Neubecker, perched atop her stool in a Grand Rapids Community College art classroom, has heard this story before. In the background a classmate goes on about being pulled mid-semester by his parents from his last college, tired of his poor grades and destructive lifestyle in the dorms.

The 2003 Lowell High graduate smiles as she paints the finishing strokes to her community college career during finals week. “It’s always the same story,” she says. “That was never for me.”

It’s not that Melissa disapproves of her fellow student’s situation. Melissa’s smile is simply a result of her firm decision to follow her mother’s example and advice by staying home to attend community college when so many others are eager to leave home at age 18. But leaving just to leave didn’t make sense to Melissa.

“I had no idea what I wanted to do after high school,” Melissa remembers. “It would have been ridiculous to waste money, so I did what my mom did, and what my grandfather did, and enrolled at Grand Rapids Community College.”

Melissa met with GRCC counselor Stacey Heisler who offered a “tremendous amount of resources” by combining two GRCC Foundation Scholarships with a MEAP Scholarship and federal grants, most which Melissa never knew were available to her.

“Stacey helped me register for classes that not only would transfer to other schools, but gave me a broad enough foundation to let me figure out what I wanted in life. And that didn’t take long.”

Just two weeks into her first art class Melissa found herself back in Heisler’s office outlining a plan that would deliver an Associates in Arts with courses in Psychology and Child Development.

Attracted to her parent’s careers as high school teachers, she found she couldn’t latch on to the idea of working within a school system. Instead she’ll channel her desire to work with children through Art Therapy.

Art Therapy seems right for me because it allows me to operate separately from the schools but

face-to-face with kids. By going into hospitals I'll be able to work in a field that lets me keep my independence, and that's important to me."

Fast forward three years to the present and it's a whole new Melissa – "just more experienced and matured," she says.



Olivet College

This spring the 23-year-old enrolled at Olivet College located northeast of Battle Creek for the fall 2006 semester. An easy choice since nearly all of her GRCC credits transferred, she'll be close to her new husband's family.

Jon, a 24 year-old sergeant in the Army's 82nd Airborne, hopes that their strong relationship and her good fortune will continue. Melissa and Jon met 4 years ago, just weeks after he had signed his commitment papers to the military. Deployments to Iraq, Afghanistan and Louisiana following Hurricane Katrina, have challenged the couple who often couldn't speak for weeks at a time. Looking back, Melissa wouldn't change a thing.

"It's funny because I know college can be difficult," Melissa explains. "But dealing with him being across the country and overseas...well, things could be a lot worse."

Jon's decided to re-commit for an additional two years and will deploy in August, about the same time Melissa begins her bachelor's degree at Olivet.

"Things change so much it's hard to place expectations on anything," Melissa says. "He'll have traveled the world doing something he loves. I'll have a degree in something I love; we'll both be accomplished when we really start our lives together."

Sounds like the same old story... happily ever after.

Serious fun!

for everyone 

SUMMER FUN SERIES at Grand Rapids Community College

GRCC is offering these fun, affordable activities for you and your family!

Sign up now...space is limited. For more information or to register, check out our website www.grcc.edu/continuingeducation

Little Explorers: (ages 6-8 and 9-12) Young at Heart:

Fun With Yoga and/or Fun With Cooking

Double the FUN!!

Fun With Yoga

Kids will learn how to improve strength, flexibility, coordination and concentration. Inflatable exercise balls will be used to enhance stretching and fun!

Please bring large towel or exercise mat. Exercise balls will be available for purchase at the end of the class. Parents are welcome to observe the class.

Fun With Cooking

Learn basic cooking techniques, kitchen safety and how to follow recipe directions for a healthy meal and snack. After making the food, kids will be able to sit and eat what they have prepared. Each child will also take home a healthy snack and special prize. Parents are welcome to observe the class.

Special package price for both is \$30!

	YOGA - \$15	COOKING - \$25
for ages 6-8	9-10:15 a.m. July 12, 2006	10:30 a.m.-12:00 p.m. July 12, 2006
	OR	OR
for ages 9-12	9-10:15 a.m. July 19, 2006	10:30 a.m.-12:00 p.m. July 19, 2006

Active Adventurers: (ages 11-14)

Cooking With the Chef

Join Chef Dunn as he takes you on a culinary adventure and introduces you to the life skills of cooking for yourself (and others). Learn knife skills, basic cooking techniques, food identification, and easy to prepare recipes in a state-of-the-art instructional kitchen.

9:00 a.m. – 1:00 p.m. • July 11-14, 2006 • \$299

Future Chef Camp! (ages 14-18)

Have you been cooking for your family and need to feed the culinary "itch"? Join Chef Olawsky and learn knife skills, cooking techniques, food identification, interesting recipes and food presentation skills in a state-of-the-art instructional kitchen. Also, learn "survival cooking" – safe ways to cook for yourself as you head off to college.

9:00 a.m. – 1:00 p.m. • July 18-21, 2006 • \$299

Eat Better Move More

Specially designed to help adults 60+ discover how nutrition and physical activity can easily improve your health by making small changes in your diet and physical activity levels.

10:00 – 11:00 a.m.

July 7, 2006 – September 29, 2006

\$12 (60+ years old and Kent County Residents Only)

Internet for "Seasoned" Citizens

This hands-on session is designed especially for adult (50+) computer users and will also include an orientation to the OLC Computer Club that meets weekly on the campus of GRCC.

1:00 – 2:30 p.m. • July 14, 2006 • \$10

Preserving Your Life History

Discover the value of leaving a personal legacy! Preserve your unique life story for future generations. Learn guided memory exploration exercises, ways on how to explore your life story, along with tools and techniques for preserving your life history to share it with others.

6:00 – 8:00 p.m. • July 19, 2006 • \$25

For ALL Ages:

It is Easy to be GREEN

How to build a sustainable home
Learn what is involved in building an environmentally friendly home from the Kent County Inspector General!

6:00 – 9:00 p.m. • June 28, 2006 • \$25

"Take the Lead" Dance Class

Get in on the hottest trend this summer! Get DANCING! Learn the beginning steps for slow, East Coast swing, meringue, and more! This is a fun class for ALL ages!

7 – 9 p.m.

Tuesdays (5) beginning June 20 - July 25 (no class July 4)

Any two session dates for \$25 (the remaining sessions are free!)

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