Miller Building open house and ribbon-cutting event is Aug. 7

An open house and ribbon-cutting event to celebrate Kellogg Community College’s new Miller Physical Education Building will be held from 4 to 6 p.m. Tuesday, Aug. 7.

KCC athletes, coaches and instructors will be available while guests tour the result of the $10 million project, which began construction in 2017 thanks to funds from a capital millage approved by voters in 2012.

KCC officials and representatives of the Albert L. and Louise B. Miller Foundation will give a 15-minute presentation and a new time capsule will be placed inside the building.

“Our instructors, students, athletes, coaches and community members enjoyed much success in the old facility, and we’re expecting that tradition of excellence to continue with the opening of the new Miller Building in 2018,” KCC President Mark O’Connell said. “We are extremely grateful for the taxpayers and our community partners who have supported the College over the years and helped us keep our campus beautiful and high-functioning.”

The new facility includes a larger gym, weight room and aerobics room. There are also classrooms with computer stations, allowing student athletes to study near where they practice.
Six physical education classes offered at Miller this fall

KCC is offering a dozen sections of six physical education classes in the new Miller Building at KCC this fall, including PEHL 113: Wellness Activity: Weight Training; PEHL 140: Healthy Lifestyle Practices; PE 131: Beginning Weight Training; PE 165: Cardio Tone; PE 171: Yoga Pilates Fusion; and PE 195: Walking or Jogging.

For more information, visit www.kellogg.edu and click on “Class Schedules” at the top of the page to enter KCC’s Self-Service System. Click “Advanced Search” to filter classes by semester and subject.

Pictured above are the new Miller Building yoga/pilates room and a portion of the new weight room.

Youth sports camps in August

KCC’s Lifelong Learning Department is offering the following youth sports camps through its Bruin Youth Programming initiative in August:

- **Girls’ Basketball Camp**, ages 10-17, 6-8 p.m. Aug. 6-8, $55
- **Volleyball Camp**, ages 8-11, various times Aug. 8-9, $40; ages 12-17, various times Aug. 8-10, $60
- **Baseball Camp**, ages 7-12, 8:30-11:30 a.m. Aug. 11

For more information about each camp or to register for the camps online, visit www.kellogg.edu/youth.

Employee wellness incentives continue in 2018

KCC’s popular employee wellness incentive program continues in 2018. As part of the program, KCC employees can complete a prevention physical or biometric screening to receive $50 to $100. Employees can participate for the first time or again. Download the form at www.kellogg.edu/wellness or contact HR for details. To complete your Biometric Assessment and with KCC wellness vendor Holtyn & Associates, call 269-720-7582 or contact Becky Argue at bargue@holtynpc.com.
Gary Sprague is new men’s basketball coach

Gary Sprague, a former Gull Lake varsity basketball coach, will lead the Kellogg Community College’s men’s Bruins basketball team starting with the 2018-19 season.

For 21 years, Sprague, a graduate of Western Michigan University, was the varsity coach at Gull Lake High School, where he also was a teacher for 35 years.

Sprague is replacing KCC’s former head men’s basketball coach Ben Reed, who has taken a teaching position at Olivet College. Reed was an assistant men’s basketball coach at KCC for three years before taking the head coaching position starting with the 2015-16 season.

Fall cross-country, volleyball seasons start in August

KCC’s brand-new men’s and women’s cross-country teams and KCC’s women’s volleyball team begin competition in August.

The volleyball team’s season opens with a scrimmage at 3 p.m. Friday, Aug. 17, against Lake Michigan College in Benton Harbor. The team’s first official game will start at 6:30 p.m. Thursday, Aug. 23, at home, where they’ll break in the new Miller Gym against Ancilla College.

The men’s and women’s cross-country season opens at 6 p.m. Friday, Aug. 31, with the Comet Open at Broadway Acres Golf Course in Charlotte.

For more information about each team, including full rosters and schedules, click through the following links:

- Men’s Cross-Country: [www.kellogg.edu/mens-cross-country](http://www.kellogg.edu/mens-cross-country)
- Women’s Cross-Country: [www.kellogg.edu/womens-cross-country](http://www.kellogg.edu/womens-cross-country)
- Women’s Volleyball: [www.kellogg.edu/volleyball](http://www.kellogg.edu/volleyball)
My Lipo Decision, Part I: Decision and Research

I’ve never met anyone who has had cosmetic surgery – at least no one who cared to share it – but one evening, I saw an ad on TV for CoolSculpting and my curiosity led me down the Internet rabbit hole of research, including success stories, horror stories, before and after pics, doctor reviews and financing.

In case you haven’t seen the ad, CoolSculpting is a procedure that claims to freeze fat cells to the point that they die and can be removed by the body via the lymphatic system. There is science that backs this up, and other methods, like SculpSure, use heat to achieve the same method without the need for invasive surgery. I’ve always been an impatient person, however, and the lack of guaranteed results on top of multiple treatment visits made it just as costly with less results than surgery (20 percent fat reduction in treated areas vs. 70 percent).

But wait, slow down, Kristen! Am I actually seriously considering plastic surgery just because of a TV ad? Sure, I’m a little overweight, I’ve got some mommy pudge, but diet and exercise are the golden standard for weight loss, and shouldn’t I just work harder first before paying for a costly, invasive surgery? Four years ago, I would have said yes, but now I’ve accepted that the pudge won’t budge no matter how many planks I do or lean protein I eat.

This is where I add a disclaimer. If you’re thinking liposuction is a weight-loss option, it’s not. In fact, the typical patient only loses 2 to 5 pounds of fat and other fluids, and although it’s theoretically permanent where the fat cells are removed, your body will absolutely find other places to store the fat if you don’t manage your weight with diet and exercise. Liposuction is meant for contouring and balancing out the body’s shape, not for knocking off some digits on the scale.

After much research, receiving financing from CareCredit, and tempering my initial expectations, I scheduled a consultation with Dr. Holley from West Michigan Plastic Surgery. In Part II of my journey, I’ll share my experience during the consultation process (dignity-punching marker circles and all), what the procedure and recovery process is like and whether or not I’d recommend it.

Why am I sharing this very personal experience with you? KCC has a very successful wellness program that has created a culture of healthy living for its employees, but it seemed important to discuss an avenue towards wellness that is often seen as taboo, especially here in the Midwest. A study published by the PRS Global Open Journal of the American Society of Plastic Surgeons found that “Aesthetic liposuction results in significantly reduced overall risk for an eating disorder in combination with improved body satisfaction.”

I am not advocating for or against liposuction. It is a personal decision, but one that I believe needs to be brought into the light and discussed openly, especially for those that struggle with weight loss, given up out of frustration, or are at risk of developing an eating disorder in the pursuit to achieve results.

- By Kristen Stolz, stolzk@kellogg.edu
More Miller Building photos!

Here are just a few more photos of the interior of the new Miller Building to whet your appetite before the big reveal at the open house on Aug. 7! Pictured above, clockwise from the upper left, are the new Miller Gym, a classroom, the locker area of one of the new locker rooms, and a section of the cardio area of the new weight room. Check out that view!

See you all at the open house and ribbon-cutting starting at 4 p.m. Aug. 7!

Wellness at KCC

KCC's Wellness Program is an initiative to provide and promote opportunities that encourage, educate and support KCC employees to become actively involved in making long-term lifestyle changes. The KCC Wellness Committee consists of employees Kassie Dunham, Kerri Langdon, Mike Luna, Holly McKee, Sharon Powell, Kevin Rabineau, Vicki Rivera, Ali Robertson, Penny Rose, Tom Rose, Lisa Shanks, Tom Shaw, Simon Thalmann, Michelle Wilson and Brooke Woodstock. For more information, contact Holly McKee at mckeeh@kellogg.edu or Tom Shaw at shawt@kellogg.edu.

Need to promote a KCC wellness event? Fill out the Wellness Event Promotions Request form at www.kellogg.edu/wellness!