

# Ozarka College Connection

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## Ozarka Kitchen

**Lunch Served  
11AM-12:30 PM  
Daily.  
(12:15 on Fridays)**

**For a daily menu go to my.Ozarka and click on "MY TOOLS" Sign up for SMS alerts to receive a daily text message\* of the menu.**

*\*Charges by provider for receiving text messages apply.*

## Spring Semester 2009 Begins

Today begins the first day of the Spring 2009 classes at Ozarka College. Soon, students will be busy with homework, essays and tests. Ozarka hopes students will take advantage of the many services and activities available. There are student clubs and organizations that meet throughout the semester. If students are taking classes in Ash Flat and Mountain View, clubs meet in the interactive video rooms so all can participate. Days and times can always be found in this newsletter in the "Around Campus" section or on the new campus calendar that is available at [ozarka.edu](http://ozarka.edu) or watch the announcements section of [my.ozarka.edu](http://my.ozarka.edu).

There are several student services available at no cost for students who qualify. Those are Trio/Student Support Services as well as Career Pathways. For eligibility requirements to these programs, contact Trio at 368-2036 or stop by their office in the Miller Building; or Career Pathways at 368-2041 or their new office located in the Bookstore Building located behind the Hall Building. Representatives for each of these programs are also available in Ash Flat and Mountain View at varying times throughout the week.

In addition to these beneficial state and federally funded grant programs, Ozarka also offers many free services and tools to every student through the Student Success Center. Services in the Success Center will include: tutoring, career planning and placement, and resume writing, to name a few. This will be free to any student enrolled at Ozarka. The Success Center is located in the former learning lab in the John E. Miller Complex and in the Ash Flat Student & Nursing Building.

For students on financial aid, the first Pell disbursement checks will be available February 5 and first student loan checks will be available the following week. In order for the Finance department to get aid money ready quicker, please check your myOzarka account instead of calling their office. When your check is ready you will have a message. Students at Ash Flat and Mountain View may request checks be sent to their respective campus. The Finance Department appreciates your patience and consideration.

The Student Center located in the Administration Building between the Business office and Student Services is available to students who need a spot to use a computer (Wi-Fi is available for those students with laptops), a widescreen television equipped with satellite, tables and chairs for studying; and other areas for socializing or taking a break between classes.



**Students being served in the new Ozarka Bookstore which opened last Fall.**

## Around Campus

- ◆ **Collegiate Ministry Meetings** are Tuesdays and Wednesdays at 11:00 a.m., in the Dining Hall.
- ◆ **Late Registration Ends** Tuesday, January 13th.
- ◆ **Equine Class Part II** Jan 20th @5PM in the Hall Building Rm H112.
- ◆ **Stone County Youth Leadership Program** Jan 21st @8:30AM Mountain View - Rm 107.

**FOR THE MOST CURRENT EVENTS AROUND CAMPUS CHECK THE ONLINE CAMPUS CALENDAR AT [WWW.OZARKA.EDU](http://WWW.OZARKA.EDU) UNDER NEWS & EVENTS**

## New Online Success Center Available to Students



Students took advantage of free tutoring last year at the Success Center.

Ozarka College Student Success Center will begin a new venture during this semester as an option for students needing assistance. An online tutoring component is now available for all Ozarka students who are currently enrolled.

"The Online Success Center is another way Ozarka is placing focus on helping its students achieve success,"

according to Richard Williams, Ash Flat Student Success Coordinator. "The goal of the Online Success Center is to help every student with any questions they might have, but our primary focus is to provide assistance in Math and English."

The Online Success Center operates from 4PM – 7PM Monday through Thursday at this time. To visit online, log

into myOzarka and follow the link on the right hand side titled "Online Success Center" under "Spaces". For further information contact Williams at rawilliams@ozarka.edu or 870-368-7371 extension 4037.

Remember: "Help is just a click away!"

## GED Classes Available this Spring

Obtain your GED...FREE Day Classes available at these locations. Registration is ongoing at these class sites!

### **Ozarka College, Melbourne Campus**

Morning Session is Monday through Thursday, 8-Noon  
Afternoon Session is Tuesdays and Thursdays, 1-3:00 p.m.

### **Ozarka College, Ash Flat Campus**

Morning Session is Mondays & Wednesdays, 9-Noon  
Afternoon Session is Mondays & Wednesdays, 1-4:00 p.m.

### **Ozarka College, Mtn. View Campus**

Morning Session is Tuesdays & Thursdays, 9-Noon  
Afternoon Session is Tuesdays & Thursdays, 1-4:00 p. m.

For additional information on these and other classes, call Ozarka College's Adult Education Department at 1-800-821-4335, ext. 2051 or in Izard County 368-2051.

## Career Pathways Book Loan Program

Career Pathways has books available to loan to qualifying students. Currently, there is Sociology, Nutrition, World Civilization and World Literature books left, as well as a few other various titles.

In addition, Career Pathways has been given additional funding for child care assistance. Director of Ozarka Career Pathways, Kim Lovelace explains, "We

will be awarding child care assistance to ten additional Career Pathways students or students who are Career Pathways eligible. The award will be up to \$50 per week toward child care expenses. Children must attend a state-approved child care facility."

Gas cards will be awarded to approximately 50 additional Career Pathways students. Gas cards are \$25 each and are given in February, March and April.

To be eligible for Career Pathways, student must have a child living in the home and meet income guidelines. Call the Career Pathways office at 368-7371 or see a Career Pathways staff person for more information.

Career Pathways staff will be on the Mountain View campus on Mondays and Tuesdays, and on the Ash Flat campus on Tuesdays and Wednesdays. Melbourne campus will be staffed Monday through Friday.



## Healthy Eating & Active Living Courses Available for 60+

Ozarka College will offer a new course in conjunction with a Health Aging grant funded by the National Council on Aging entitled: *Healthy Eating Everyday*. This course will be offered during the Spring Semester at Ozarka's main campus in Melbourne on Wednesdays from 1:30 to 2:50PM.

*Healthy Eating Every Day* uses a unique approach to help people improve their eating habits. According to Holly Ayers, Fitness Center Director and instructor for the course, "We knew we needed to go beyond telling people what to eat. People generally know what they should eat, but that knowledge often doesn't translate into actually eating the way they should."

This personalized, habit-changing program tackles the underlying causes of unhealthy eating and introduces the tools to help people counter them. "We are excited to offer this course, because it empowers people to change their eating habits permanently and it fits our task in the fitness center of helping people improve their health in effective, realistic ways," states Ayers.

Students will learn new skills they can carry into their daily lives to make changes gradually for long-term results. These skills include the following:

- Identifying and learning to overcome triggers to unhealthy eating
  - Learning to make healthy food choices at work, at home, when traveling, when shopping for food, and while dining out
  - Discovering how to eat well, even when life is hectic
- Discerning the truth about nutrition information in the media

*Healthy Eating Every Day* also provides a personalized and sensible approach to eating well that people enjoy and can live with. People choose to work on any of five different goal areas, based on their needs, lifestyles and personal preferences. The program doesn't place restrictions on any foods; rather people learn to eat a balanced diet while still enjoying foods they like.

*Active Living Everyday* will be available again during the 2009 Spring semester. The course will be offered in Melbourne, Ash Flat and Horseshoe Bend. Classes will begin in Melbourne on Tuesday, January 13, from 1:30 – 2:50PM. The Ash Flat and Horseshoe Bend classes will begin in February.

Physical inactivity is a major health problem in the U.S. Most Americans are aware of the health benefits of physical activity but can't seem to get active. They want to be active but have problems maintaining traditional exercise programs.

*Active Living Every Day* is a behavior change program, focused on helping sedentary adults fit physical activity into their lives in realistic ways. The program is based on ground-breaking research that has resulted in two important discoveries about physical activity and health:

1. Physical activity need not be strenuous or time-consuming to benefit health. Accumulating 30 minutes of moderate intensity (e.g., a brisk walk) activity on most days of the week can result in significant health benefits.
2. People are more likely to become and stay physically active when taught appropriate lifestyle skills. These skills include identifying and overcoming barriers to physical activity, learning to fit physical activity into a busy schedule, increasing self-confidence, building social support, setting realistic goals, and staying motivated.

With grant funding, this class is offered at no cost to participants age 60 and over, including a book and access to the online features of the class.

Space is limited. For more information or to enroll these courses, contact Holly Ayers at 870-368-2090 or [hayers@ozarka.edu](mailto:hayers@ozarka.edu).

## Ozarka College

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Melbourne, AR 72556



*Our Mission is to  
Provide Life Changing  
Experiences Through  
Education.*

## Enroll Now for Fitness Classes



Ozarka College will offer the "Arthritis Exercise" fitness course in Melbourne beginning on Monday, February 12. The four main components of the class will be exercise, health education, movement activities and relaxation exercises.

This eight-week continuing education class will meet on Monday and Wednesday mornings from 10-11:15 a.m. through the spring semester. Fitness Center staff member, Clara Ballard along with center director, Holly Ayers will coordinate the class for persons who wish to increase joint flexibility and to maintain muscle strength.

Previous participants in this program benefited from increased functional ability and decreased pain from arthritis. This course will follow guidelines provided by the Arthritis Foundation Exercise Program.

Space will be on a "first come first served" basis and interested students should register in advance by contacting the Paul Miller Fitness Center or call 870-368-2090, or email [hayers@ozarka.edu](mailto:hayers@ozarka.edu). Course fee is \$25.00.

Anyone interested in the regular Lifetime Fitness (non-credit) or Fitness Center I or II (credit) can enroll now for those courses. Enrollment forms are available in the Paul Miller Fitness Center located in the John E. Miller Building or at the Ash Flat Campus of Ozarka for the Family Fitness Center in Ash Flat. Contact Ayers for more information.