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Ozarka College Connection

VOLUME IX, ISSUE 4

MARCH 1 - MARCH 12 2010

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If you are planning to graduate in May, please get your Intent to Graduate form submitted!

From the Kitchen

Sign up for Text alerts each morning for the daily menu in my.Ozarka

Now serving a grilled item each day, along with a Salad Bar, Soup, Chicken Strip, and the daily entrée. The menu is online so check it out!
Lunch Served 11AM-12:30 PM (12:15 on Fridays)

Successful Student Services Events in February

Ozarka College Student Services hosted two successful events for students in February. The first, which took place on Friday, February 19th, was the Student Technology Conference. This conference took place at Melbourne and was offered at no cost to Ozarka students.

Along with free breakfast and lunch, transportation was provided from the off-campus sites of Ash Flat and Mountain View. Students spent the morning learning about a variety of new technologies, online research tools, and Google tools in two different sessions.

This event was co-sponsored by TRiO Student Support Services, Career Pathways, Student Success Center, Student Services, and Carl Perkins grant.

The following week, on Wednesday February 24, TRiO Student Support Services hosted their annual Transfer Fair. Representatives from Arkansas Student Loan Authority and colleges and universities from across the State of Arkansas were on hand to meet with Ozarka students to discuss options for transferring.

(see page 3 for more photos from these events)



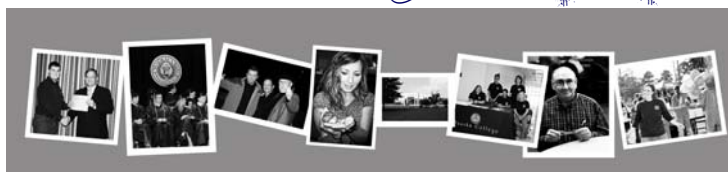
Spring Gala Slated for April 1st

The Ozarka College Foundation Board of Directors will be sponsoring its annual Spring Gala on Thursday, April 1, 2010. *Snapshot of a New Decade* will include dinner prepared by the culinary arts department to be served in the Ozarka College John E. Miller lobby at 6:30 p.m. Along with dinner, there will be an auction and musical entertainment.

A new feature of the Gala this year is sponsored tables for the event. Businesses or individuals wanting more information about how to sponsor a table, or to purchase individual tickets, please contact the Development Office at 870-368-7371. Foundation Board members will be selling tickets around the community.

 **Ozarka College Foundation**
 2010 Spring Gala

Snapshot of a New Decade



Around Campus

- ◆ **Ozarka Foundation Meeting**
Monday, March 1st 9:30 AM
Board Room of the Miller Bldg
- ◆ **Ozarka Scholarship Deadline**
Monday March 1st
- ◆ **Transfer Fair** - February 24 (see page 2 for details)
- ◆ **Test Taking Workshop**
Monday March 15th, 9:00 p.m. Melbourne C114
Tuesday March 16th, 12:30 p.m. Mountain View MV102
Tuesday March 16th, 3:30 p.m. Ash Flat AFSC 104
- ◆ **Culinary Arts Gourmet Night**
Next event is March 18th
Get reservations now by calling 368-2062
- ◆ **SPRING BREAK!**
March 22-26
FOR THE MOST CURRENT EVENTS AROUND CAMPUS CHECK THE ONLINE CAMPUS CALENDAR AT WWW.OZARKA.EDU UNDER NEWS & EVENTS

Fayth Hill-Washington Spoke as Part of Diversity Series



The Diversity Committee of Ozarka College hosted guest speaker, Fayth Hill-Washington on Thursday February 25 at the lecture hall of the Ash Flat facility. Over 85 students, faculty, and community members attended the event as part of Black History Month and education in diversity.

school desegregation. These twenty-one students later became known as the "Hoxie21". She offered personal accounts of her childhood in Hoxie, her experience going to the colored school and then integrating the Hoxie school system when she was in fourth grade.

Along with Hill-Washington, Pat Johnson of the Eddie Mae Herron Center in Pocahontas spoke briefly about her experience as a black student attending the school which was recently been restored and is now open to the public as a museum and learning center.

Her passion for educating others about her story and the importance of diversity is evident. She founded and serves as President of Hill Foundation, Inc., which is the platform to highlight the historical significance of this civil rights event, address diversity, and preserve the legacy of the "Hoxie21" story and other stories like it.



Hill-Washington brought a display of many different photos and documents

Websites of interest:

- www.hoxie21.org
- www.crossroadstofreedom.org
- www.herroncenter.org

Fayth enlightened the attendees with a brief history of her experiences of being one of twenty-one students who entered Hoxie School in 1955, the historical "first challenged"

Career Pathways Offering Tuition Assistance

Tuition assistance for the 2010 Summer I semester will be available from Career Pathways for eligible students. In order to qualify students must be a Career Pathways student and have a Career Readiness Certificate on file or complete one prior to the end of the Spring semester.

Please see a Career Pathways staff member and let them know of the interest in tuition assistance as it will be available on a first come, first serve basis. Call for more information 368-2041.

GED Testing for March

The GED Test will be given at Ozarka College in Melbourne, Arkansas on March 4 & 15 at 8:30 a.m. in Room 516 of the Wyth Duke Adult Education Building.

The test will also be given at the following locations in March:

Mammoth Spring, AR	Simmons First National Bank	9:00 a.m.	March 1 & 15
Mountain View, AR	Ozarka College	9:00 a.m.	March 2 & 11
Salem, AR	Courthouse	9:00 a.m.	March 2 & 31
Ash Flat, AR	Annex Courtroom	9:00 a.m.	March 11 & 30

You must present an Arkansas photo ID, a Social Security Card, and proof of passing Practice Test scores dated within the last year. There is no cost to take the GED Test. However, if you plan on taking the test at any of these locations, you **MUST** register by calling Ozarka College at 368-7371 or 1-800-821-4335 before the day of the test. Because of increased demographic information needed, it may be necessary to allow two days for the testing.

Health & Nutrition Corner by Hunter Caraway, guest writer



February was American Heart Month and what better way to celebrate this than to learn some smart nutrition tips and exercise to keep each of our hearts healthy and going strong for many years to come.

- Go for grilled fish. The healthiest types include salmon, trout and herring, which are high in heart-healthy omega-3 fatty acids.
- Buy chicken breasts instead of the fattier dark meat (legs and thighs). Remember to remove the skin before eating or try grilling chicken or turkey burgers using breast meat and add diced onions for more flavor.
- Choose “loin” and “round” cuts of red meat and pork. Look for “choice” or “select” grades of beef instead of “prime.” While these have the least amount of fat, don’t forget to trim the fat when you get home.

Exercises to try:

Stretching or the slow lengthening of the muscles- Stretching the arms and legs before and after exercising helps prepare the muscles for activity and helps prevent injury and muscle strain. Regular stretching also increases your range of motion and flexibility.

Cardiovascular or aerobic exercise- is steady physical activity using large muscle groups. This type of exercise strengthens the heart and lungs and improves the body’s ability to use oxygen. Aerobic exercise has the most benefits for your heart. Over time, aerobic exercise can help decrease your heart rate and blood pressure and improve your breathing. Aerobic exercises include: walking, jogging, jumping rope, bicycling (stationary or outdoor), skating, rowing, high or low-impact aerobics, swimming, and water aerobics.

Culinary Arts Gourmet Night Set for March 18

The Culinary Arts Department will host another Gourmet Dinner on Thursday March 18th from 5:00 p.m. - 8:00 p.m. This dinner will be by reservation only. Students are in the process of planning a menu for the event and guests will order a la carte from the menu.

For more information or to secure a reservation for the dinner, please call the Culinary Arts department at 368-2062 or 368-2061.

Photos from Student Technology Conference and Transfer Day.



Student Success Center



TRiO
STUDENT SUPPORT SERVICES



Carl Perkins Grant



Student Services

Ozarka College

P.O. Box 10
218 College Drive
Melbourne, AR 72556



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

Upcoming Continuing Education Classes at Ozarka

Ozarka College's Continuing Education Department will offer new classes starting in March. For those looking to get in better physical condition, Core Strengthening on the Ball will start March 1 ending April 5 and a second class starting March 29 ending May 5. Both classes are on Mondays and Thursdays from 5 pm to 6 pm on the Melbourne campus. Cost of the class is \$50. For those wanting to get more out of their computer, Ozarka is offering Beginner's MS Word 2007 starting March 10 from 5 pm to 7 pm on our Mountain View campus and ending March 17. Beginner's MS PowerPoint 2007 will start Wednesday, April 7 from 5 pm to 7 pm, ending April 14. Both classes are one night a week and costs \$40.

For those wanting to know more about computing, Ozarka is offering two classes of Computer for Beginners starting March 23 and ending April 13. One class will be at the Melbourne campus on Mondays and Wednesdays and the other will be on the Ash Flat campus Tuesdays and Thursdays, both from 6 pm to 8 pm at a cost of \$50.

For those interested in getting into digital photography, the Basic Digital Photography class will provide a foundation to consistently take beautiful pictures. Classes start on Ozarka's Melbourne and Ash Flat campus Saturday, April 3 ending April 24. The Melbourne class is from 10 am to 12 pm, and the Ash Flat class is from 2 pm to 4 pm. Both classes cost \$50.

Ozarka College also partners with the Arkansas Craft School in Mountain View to offer a variety of courses from Professional Networking for Craftspeople to Setting up a Professional Pottery Studio. You can learn more about these exciting programs at the Arkansas Craft School website: www.arkansascraftschool.org or the Ozarka College website: www.ozarka.edu.

Ozarka College strives to bring the community the latest in personal enrichment, workforce development, and continuing education. For more information, please contact our Continuing Education Department at 870.368.2005, e-mail: mdelong@ozarka.edu, or visit the Ozarka College website at www.ozarka.edu. Please visit regularly for updates!