

# 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.

## Community Invited to Meet the President



Ozarka College officials announced in May the appointment of Dr. Richard Dawe as President of Ozarka College by the Board of Trustees unanimously. Dr. Dawe will assume the Presidency on July 1, 2009.

In an effort to get to know the people of the communities Ozarka College serves, Ozarka will host a reception at each of its locations in July. These receptions will take place from 11AM-1PM as follows:

- Tuesday, July 14<sup>th</sup> at Ozarka College - Mountain View;
- Wednesday July 15<sup>th</sup> at Ozarka College - Ash Flat;
- Thursday, July 16<sup>th</sup> at Ozarka College - Melbourne.

Dawe is eager to visit with those who drop by during the event, hopes to convey his vision for Ozarka College and to meet members of the community.

## Spring 2009 President's List

One hundred-seventy-one full-time students qualified for the President's List at Ozarka College for the Spring 2009 semester. This included eighty-eight with perfect 4.00 grade point averages. All others earned at least a 3.50 average.

4.00 students from Fulton County were Lora Crawford of Camp; Tammie Braden, Amy Goad, and Hazel Wilcox of Mammoth Spring; Naomi Anderson, Brittany Boshears, Stacy Layne, Charity Schauler, and Alice Shrable of Salem.

Izard County 4.00 students were Casey Townsend and Steven Walker of Brockwell; Amylena McCoy and Kyle Moody of Calico Rock; Meredith Cole and Courtney Selph of Franklin; Donna Best, Amy Byrd, Shawnda Ramsdell, and Kelsey Tarver of Horseshoe Bend; Kasey Batterton, Erica Biard, Rebecca Bruyette, Katelin Cooper, Lauren Cooper, Eric Darmstaedter, Bridgett Farris, Lindsey Faulkner, April Gist, Damian Hoskinds, Mary Lawrence, Jared Middleton, Sarah Morehead, Kelsey Patterson, Elizabeth Smith, Brent Tyson, and Meagan Vickers, of Melbourne; John Ford and Roy Gultner of Mount Pleasant; Stephanie Gale of Oxford; Crystal

Brokaw of Sage; Charles Treat of Violet Hill; Misty Brewer of Wideman; and Christina Delargy and Sian Wilkins of Wiseman.

Those from Sharp County earning a 4.00 were Charles Lunsford of Ash Flat; Jamie Ackerson, Danielle Allgood, Chris Medley, and Telisa VanWinkle of Cave City; Lindy Brindley, Ginger Buster, Kandis Goodwin, Heather Slater, and Whitney Wakeham of Cherokee Village; Alan Smothers and Amanda Wilson of Evening Shade; Gary Golden, Jonathan Gotte, Misty Gotte, John Schneider, Gladys Sparacio, Nina Ellen Thornton, Ashlea Tiberghien, Delisha Williams, and Peggy Williams of Hardy; Sonia Dayberry and Kayla Finley of Sidney; and Alisha Smithson of Williford.

Stone County students with perfect grades were Destiny Seaton of Fox; Sandra Barnes, Victoria Cartwright, Peggy Lawrence, Kathy Lovenstein, Julia Reece, John Rogers, Sarah Struthers, Margaret Sumrall, Christina Thompson, Aaron Wilkins, and Muriah Willis of Mountain View; and Kellie Traylor of Timbo.

Making the 4.0 list from Drasco in Cleburne County was Ladawna Brewer; from Batesville in Independence County was Virginia Ferguson and Lisa Smith; from Strawberry in Lawrence County was Logan Coles; from Pocahontas in Randolph County was Michelle Erickson; and from Shirley in Van Buren County was Katie Powell and Joseph Sowell.

**Continued on Page Two**

## Around Campus

- ◆ **Fall Registration**  
August 11-14 @all locations from 9AM - 4PM  
Compass Testing available on all dates except the 14th.  
Call for more info. 368-7371.
- ◆ **Scrapbooking Course** Begins July 16th, register by July 6th. See page 3 for details.

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

## Luncheon for Active Living and Healthy Eating Participants



Students who completed the series of courses at Ozarka College during this past Spring semester met to receive Certificates of Completion at a luncheon on Tuesday, May 26, 2009.

The courses, entitled *Active Living Every Day and Healthy Eating Every Day* were offered to people over the age of 60 in Melbourne and Horseshoe Bend. These courses were funded through a Health Aging grant funded by the National Council on Aging.

The students met at Hawk's Nest restaurant at Coopers Hawk Golf Club where they were treated to salad, turkey and ham wraps, fruit and dessert by the grant funding provided for these programs. Along with the students, Ayers and other staff from the Paul Miller Fitness Center and the college were on

hand to congratulate the students for successfully completing the course. The participants received gift bags and were presented certificates.

Fitness instructor, Clara Ballard taught the Active Living course this semester at the Horseshoe Bend Senior Center. Five of those students attended the luncheon and were complimentary toward both Ballard and the content of the course. They described the course as "motivating, enlightening and encouraging." Margaret Brasher said, "Clara did a fantastic job teaching us about ways we can improve activity levels in simple ways each day."

Fitness Center Director, Holly Ayers says, "Physical inactivity is the cause of major health problems in the United States. These courses, which are set up for students over the age of 60, are geared toward making

sustainable behavior changes. The program focuses on helping older adults fit physical activity into their lives in realistic ways." She adds that the coursework offers a unique approach to behavior change and active living specific to our service area.

The Healthy Living coursework focuses on healthy eating and nutrition behaviors. Ayers states, "the goal is to empower students to learn to eat a balanced diet while still enjoying foods they like through a habit-changing program which tackles the underlying causes of unhealthy eating and introduces the tools to help people counter them."

Both courses will be offered in the Fall Semester. To enroll, contact Fitness Center Director, Holly Ayers at 870-368-2090 or via email: [hayers@ozarka.edu](mailto:hayers@ozarka.edu).



## President's List (Continued from Front Page)

General honor roll students from Fulton County included Phillip Taylor and Jamie Turner of Glencoe; Mandy Madison and James Turnbough of Mammoth Spring; Samantha Corsaut, Heather Godair, Amy Painter and Amy Perkins of Salem; and Regina Snelgroes of Viola.

Izard County general honor students included Veronica Indesh and Misty Jackson of Calico Rock; Kathryn Reeves of Franklin; Donna Arnold of Guion; Kristi Coates-Payne of Horseshoe Bend; Charlotte Billingsley, Tatum Bishop, Aaron Dailing, Sarah Moser, Christina Needle, Lori Powers, Terry Sager, Leathyr Spangler, and Jason Thomas of Melbourne; Jackie Coggins of Oxford; and Christopher Smith of Violet Hill.

General honor students from Sharp County included Amanda Burgess, Aaron Gregson, Ashley

Hall, Patricia Richardson, Sophia Spurlock and Matthew Vaughn of Ash Flat; Amanda Engelhardt, Jamie Fowler, and Dona Levitt of Cave City; Ashlyn Bryant, Jacob Conley, Joshua Gooch, Kristyna Harmon, Amber Moore, Elizabeth Negron, Aaron Wayman, and Alan Wendorf of Cherokee Village; Benita Stewart and Cheryl Weaver of Evening Shade, Shyronn Crider, Gloria Goodman, Christian Huffmaster, Jennifer Oakes, and John Wiggins of Hardy; Kimberly Petersen of Poughkeepsie; and Glenn Lunsford of Sidney.

Stone County students making the list included Rosie Hale and Barbara St. John of Marcella; Kristy Adams, Kimberly Barham, Celena Beach, Candace Clark, Patricia Crispell, Rebecca Dixon, Amber Halvorson, Andrew Hayes, Randall Keech, Mandi McClung, Ryan McMahan, Tearsa Muse, Linda Nettles,

Doris Panicci, Sherry Prichard, Allene Rackley, Anna Ross, Terry Rutledge, Willie Smith, and Ashley Tinkle of Mountain View; and Shelly Hudspeth and Cheri Taylor of Onia; and Wesley Campbell of Timbo.

Qualifying for general honors from Independence County was Karen Brown and Tina Burns of Batesville; and Keisha Strader of Rosie; from Smithville in Lawrence County was Rita Sullivan; from Marshall in Searcy County was Carrie Ragland; and from Shirley in Van Buren County was Rodney Owens and Tarrah Powell.

See Page 67 of the 2008-2009 Ozarka College Catalog for eligibility requirements for the President's List.

# Health & Nutrition Corner

by Hunter Caraway, guest writer



To kick off the summer this year, Campus Connection has started a column dealing with health and nutrition, brought to you by Health Promotions intern Hunter Caraway. Look for a new article each month in this publication.

What better way to start promoting health within your family than to celebrate July as National Grilling Month. Being from the "South," Our Mama's have distilled everlasting tendencies for all of us to fry anything we can get our hands on, but I promise you this, we don't work the fields anymore, so we have to watch what we eat nowadays. Grilling meats, veggies, and fruits, yes fruits can lead to an exciting adventure for the entire fam-

ily. To follow are a few tips, facts, and easy recipes to get started.

Also, visit this site and see which woods are good for smoking and grilling different types of food. <http://grillingtips.com/grilling-tips/t-158-1250/home/woods-for-grilling-and-smoking.asp>



*Some of the topics to watch for in upcoming months:*  
 Diabetes, Breast Cancer Awareness, and Beating the Heat of the Dog Days of Summer.

## Grilling Recipes:

### Great Grilled Corn (GGC)

**Ingredients-**

- 6 ears corn
- Smart Balance cooking spray or Lite Olive Oil
- Salt and pepper to taste

**Directions-**

Preheat an outdoor grill for high heat and lightly oil grate. Peel back corn husks and remove silk, do not remove husks. Spray or wipe the corn with oil, salt and pepper on each piece of corn. Close husks. Wrap each ear of corn tightly in aluminum foil. Place on the prepared grill. Cook approximately 30 minutes, turning occasionally, until corn is tender.

### Grilled Brown Sugar Bananas

**Ingredients-**

- 6 bananas
- 1 1/4 cups brown sugar
- 2 tablespoons lemon juice
- 2 teaspoons cinnamon

**Directions-**

Preheat grill for medium-low heat. Without removing the peel cut each banana in half lengthwise. Sprinkle each half with lemon juice. Combine cinnamon and brown sugar in a bowl. Coat exposed surface of the bananas in sugar mixture. Place banana halves on an oiled grill grate, peel side up. Allow to cook for 2-3 minutes per side. Remove bananas from grill, then peel and serve with low calorie ice cream.

## All About Scrapbooking at Ozarka

The division of continuing education at Ozarka College will offer a class in basic scrapbooking beginning Thursday, July 16<sup>th</sup> and continuing each Thursday through August 6<sup>th</sup>, from 6-8PM each evening. This four week non-credit course will provide hands on instruction of the basic techniques used in scrapbooking.

Some of the techniques covered in the course will include scrapbook

supplies and terminology, picture cropping & matting, stamping, distressing, and much more. Supplies will be provided to complete several projects for each class. Students will need to bring their own pictures.

Tracy Cone will be providing instruction on this popular hobby of preserving memories and important family history. Included in the course fee of \$40.00 are the sup-

plies to complete a mini-book, cards, and artist trading cards. Space is limited for the class and pre-registration is required by July 6, 2009. To register or for more information regarding this class call Cone at 870-368-7371 or via email, [tcone@ozarka.edu](mailto:tcone@ozarka.edu).



## Ozarka College

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

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



## Ozarka Foundation Builds Scholarship Fund

The Ozarka College Foundation held a benefit golf tournament on Sunday, June 7 at the Pine Hills Golf Course in Mountain View. Approximately \$7,000 was raised for the Margaret Kemp Scholarship Fund.

Tournament championship flight team was Harold Mitchell and Chris Deitrick followed by Clint Ray Hinsley and James Storey for second place in the championship flight. In the second flight, first place went to Ray Stinnett and Glen Criswel with second place going to Rex Blackwell and Nic Boswell. Twenty-one teams participated in all.

The Foundation Board event received an outpouring of support from the local businesses and community members. The following sponsored and donated prizes: Wilson's Town and Country, Sonic, Country Time Dining and More, WingShack & Cheese Burger Grill, Centennial Bank, Doolin Snacks, Mountain Ranch & Tannenbaum Golf Courses, The Course Eagle Mountain in Batesville, Turkey Mountain Golf Course, Indian Hills Golf Course, Ric Wilcox-State Farm Insurance, Arkansas Game and Fish Commission, El tres Amigos, Walmart, Turner Coffee Tree, Tommy's Famous A Pizzeria, Pizza Inn, Subway, Black Bear Dinneramovie, First Service Bank, Jojo's, Cody's Restaurant, Simmons First National Bank, Centennial Bank, Citizens Bank, Cherokee Village N & S Course, and Cooper's Hawk Golf Club.

The tournament hole sponsors were: TD Home Center, Inc., Isbell Family Dentistry, First Service Bank, White River Health Systems, Ozark Heritage Bank, McClung Ford, Farmers Insurance Group, Sears of Mountain View, North Arkansas Farm Supply, Gammill Oil Company, Mountain View Ready Mix, Mountain View Telephone Company, First Security Bank, Charles Reeves-Installations, Country Time Dining and More, First National Bank Izard County, Ric Wilcox -State Farm Insurance, Ozark Orthopaedic & Hand Surgery Center, Old Time Title, Inc., Mitchell's Used Cars, White River Insurance, Woods Pharmacy &

Soda Fountain Inc., Farm Bureau, Centennial Bank, Dr. Andy's Family Practice, Mark's Pharmacy, Larry and Donna Sullivan, Edward Jones, Harp's, and Citizen's Bank.

Items for the auction were donated by: Holt Chiropractic, Duane Yessak, Nana's Place, Debbie's Home Gallery, Prissy's Mountain View Florist, Big Creek Golf & Country Club, Ozarka Culinary Arts Department, Wilson's Town and Country, Stone County Ironworks, Hoover Gilbert, Magic Networkx, Whit Fowlkes, Attorney at Law, Pine Hills Golf Course, Stone County Leader, Mane Attraction, Cooper's Hawk, J & J Satellite/Radio Shack, The Corner Stone Shoppe, Olive Tree Gallery, D & A New and Used Furniture, Stone County Medical Center, Wallace Woodworks, Inner Touch Therapy, Country Time Dining and More, Liz's Place, Mountain View Pottery, StoneBrook Fudge Factory and Candy Company, Leon Jennings, Dorothy Hinkle, and Mountain View Ready Mix.

For more information about the Ozarka College Foundation and the Margaret Kemp Scholarship Fund, call 870-368-7371 or 800-821-4335.



Stone County Foundation Board members