

# Ozarka College Connection

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Ozarka is now on Facebook and Twitter.

Be our friend on Facebook  
www.facebook.com/ozarkacollege



Follow us on Twitter  
www.twitter.com/ozarkacollege

## 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.

## Upcoming Registration is Last Chance for Fall 2009

Ozarka College will hold its final registration during the week of August 11 for the upcoming Fall semester. Fall classes will begin the following week on August 17<sup>th</sup>. The dates, locations, and times for registration are from August 11-14 at each Ozarka College location in Ash Flat, Melbourne, and Mountain View from 9:00AM - 4:00PM. Anyone planning to enroll as a new student at Ozarka College must take the ACT or Compass Exam. These test scores are required for placement in English, reading, and mathematics. Compass testing will be available during the same week beginning at 9AM or by appointment. The test will be given in Melbourne on August 11<sup>th</sup>, Ash Flat on August 12<sup>th</sup>, and Mountain View on August 13<sup>th</sup>. Call (870) 368-2049 in Izard County, 870-269-5600 in Stone County, 870-994-7273 in Sharp County, or toll free 1-800-821-4335. A photo ID is required to take the test.

All new students are encouraged to attend an orientation which will be presented on August 12<sup>th</sup> in Mountain View at 10AM; August 13<sup>th</sup> in Ash Flat at 10AM, or August 14<sup>th</sup> in Melbourne at 10 AM in the lecture hall.

Fall course schedules are available online at [www.ozarka.edu](http://www.ozarka.edu), or at any Ozarka College location. To request a copy of the schedule please call Admissions at 870-368-7371 or toll free listed above.

## Dr. Dawe is Welcomed at Receptions Last Month

After much anticipation, Dr. Richard Dawe, Ph.D., reported for his first day as President of Ozarka College on July 1, 2009. Two weeks later, after many meetings with faculty, staff and administrators on campus, Dr. Dawe was officially welcomed into the service communities of Ozarka at three open house receptions on July 14, 15, & 16.



Dr. Dawe meets many community members at receptions in Ash Flat, Melbourne, & Mtn. View.



## Around Campus

- ◆ **Ozarka Kids Academy Pre-K Graduation** Tuesday, 8/4 at 6PM in the Auditorium.
- ◆ **Fall Registration & Orientation** August 11-14 @all locations from 9AM - 4PM  
Compass Testing available on all dates except the 14th.  
Call for more info. 368-7371.  
**(SEE FULL DETAILS IN ARTICLE ABOVE.)**
- ◆ **Fall Classes Begin** August 17th,
- ◆ **Online Course Orientation** August 17th 3:30 PM Lecture Hall.

**FOR THE MOST CURRENT EVENTS AROUND CAMPUS CHECK THE ONLINE CAMPUS CALENDAR AT WWW.OZARKA.EDU UNDER NEWS & EVENTS**

## Road Construction to Begin Soon

After much preparation over the Spring and Summer, road work on College Drive which runs in front of Ozarka College in Melbourne, is set to begin in early August,

college officials are told. As a result, College Drive from the stoplight to the Ozarka Kid's Academy will be undergoing construction to widen the road and install a new sidewalk. An alternate route is suggested for all students, faculty, staff, and guests coming to Ozarka from Highway 69/Main Street.

Future Drive into the Ozarka parking lot.

Once the street has officially closed, Ozarka will post Detour Route signs at the corner of Moser and Highway 69, then on the corner of Moser and Haley, and into campus on Bright Future Drive.



The detour route is From Hwy 69, turn south on Moser Street (street is unmarked but is by Mickey's Barber Shop) across from First National Banking Company. Traveling south, turn right on Haley Street, stay on Haley Street then left on Bright

## Intro Computer Courses for True Beginners

Ozarka College Business Technology Department will again offer two one-hour classes during the upcoming Fall 2009 semester for those interested in basic computer usage.

*Introduction to Using the Internet* will guide students through the basics of sending emails, searching the Internet, and sending pictures to family and friends. This eight week course will meet one hour per week in Ash Flat, Melbourne of Mountain View.

Upon completion of the internet course, students can elect to continue another eight week course entitled *Introduction to Using Microsoft Office*. This course will cover the basics of Microsoft applications such as Word, Excel, PowerPoint, and Access.

Both courses will utilize the same textbook. This same book can also be used for the next course offered at Ozarka College to continue learning basic computer

skills, called *Survey of Computers*.

For more information regarding these eight (8) week introductory courses, contact Business Technology Chairperson and Instructor, Kathryn Langston at 870-368-7371 or [klangston@ozarka.edu](mailto:klangston@ozarka.edu).

# Health & Nutrition Corner

by Hunter Caraway, guest writer

August is here and with it comes the sultry Arkansas air that we dub the "Dog Days" or a time period or event that is very hot or stagnant. Most believe that this phrase was coined because such hot weather makes us tend to stay in with the A/C and be lazy like man's best friend. Here are a few tips to stay safe and cool while exercising, gardening, or just relaxing outside. Enjoy!

- Wear light, loose-fitting clothing that is breathable and is light in color.
- Stretch before to warm up

and then make sure to cool down properly with a light intensity exercise.

- Drink plenty of fluids before and during exercise.
- Avoid caffeine, alcohol, and high sugar drinks; these are known to cause dehydration.
- Take advantage of morning and evening walks.
- If you have leather seats in the car, use a bath towel to beat the burn.
- Bring out the Big Hats while mowing or doing yard work.

- Go to a local gym or fitness center (Ozarka College has one!)



*Prostate  
Cancer  
Awareness  
Week is  
Sept 20-26.  
September's  
Health &  
Nutrition  
Corner will  
discuss prostate  
cancer.*

Here's a quick and easy fat-free snack to help you stay cool:

## Frozen No-Fat Pudding pops

Grab a pack of individual pudding packs at your local grocery store.

Carefully slice an opening in the foil lid of the pudding, and insert a wooden popsicle stick (sold at grocers and craft stores.)

*Freeze and eat!*

## Non-Credit Courses Available Online

Ozarka College has a program that makes it easy to take high-quality, non-credit online courses by partnering with Education To Go to offer hundreds of online, instructor-facilitated courses.

Among the many topics of interest, there are several courses available for those interested in starting a small business. Courses are available from "Creating a Successful Business Plan" to "Learning to Buy and Sell on eBay." Tuition for this particular group of courses is \$69.00.

Other subject areas available include: Internet and web graphics, certification and test preparation, languages, accounting, writing and publishing,

child care and parenting, courses for teaching professionals, and personal enrichment, and many others.

These are part of Ozarka's growing catalog of more than 300 instructor-facilitated online continuing education courses. Through well-crafted lessons, expert online instruction, and interaction with fellow students, participants in these courses gain valuable knowledge at their convenience. They have the flexibility to study at their own pace combined with enough structure and support to complete the course. And they can access the classroom 24/7 from anywhere with an Internet connection.

New sessions of each course run every month. They last six weeks, with two new lessons being released weekly (for a total of 12). The courses are entirely Web-based with comprehensive lessons, quizzes, and assignments. A dedicated professional instructor facilitates every course; pacing learners, answering questions, giving feedback, and facilitating discussions.

To learn more, call the Ozarka Continuing Education Department at 368-7371 or visit online at [www.ed2go.com/ozarka](http://www.ed2go.com/ozarka).

**ed2go** | Learn More

## Ozarka College

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218 College Drive  
Melbourne, AR 72556



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

## Ozarka Urges Preventative Health Practices

Although there have been no local cases of the H1N1/ swine influenza reported in the Ozarka College service area, with the upcoming Fall semester set to begin in less than a month, officials are taking extra precautions. They are also urging students and members of the community to do the same.

Vice President of Finance, Tina Wheelis, explains the efforts Ozarka is taking, "Bottles of hand sanitizer and Kleenex are being provided in various locations throughout each of our buildings. In addition, keyboards and monitors in the computer labs, student areas, library and other public access locations will be sanitized daily." She adds, "We simply want to be proactive in this effort to help prevent the spread of illness-causing germs and to provide a healthier environment for our students, faculty and staff."

The Center for Disease Control (CDC) has provided recommendations to follow for good health practices:

- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Wash your hands often to help protect you from germs.
- Avoid touching your eyes, nose, or mouth.
- Get plenty of sleep, be physically active, manage stress, drink plenty of fluids, and eat nutritious food.

Symptoms for swine influenza are similar to those of seasonal influenza, including fever, cough, sore throat, body aches, headache, chills, and fatigue. Extreme cases report severe complications, such as pneumonia. Further information about the swine flu can be found at the CDC website <http://www.cdc.gov/h1n1flu/> and the Arkansas Department of Health site <http://www.healthyarkansas.com/>.