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NEWS From the Kitchen

Culinary in the Kitchen

Along with the regular offerings each day from Ozarka's Kitchen staff, the Advanced Culinary Arts students will begin cooking & serving one meal per week beginning Tuesday, October 13th and alternating between Mondays & Tuesdays each week.

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

Enjoy chicken strips & side salad everyday, PLUS another entrée!

Ozarka College Connection

VOLUME VIII, ISSUE 14

OCTOBER 5 - OCTOBER 16, 2009

Ozarka Scholars Honored at Reception



Ozarka College scholarship recipients were recognized at a reception on September 3, 2009. Over 100 people attended, including 30 scholarship students, their families, Ozarka College Foundation Board members, Board of Trustees, and Ozarka staff, faculty and administration.

Students received certificates for the following awards: Academic Excellence, Student Ambassador, Ozarka Foundation Regional, John E. Miller, Paul and Treva Miller, Wally Pittman, Stone County Resource Council, Orvis & Lilbern Nix, Judge Harold Crawford, Tri-County Hospice, Robert Kalischer, Harry Powell and Velma Fudge

Dixon, Jean Jennings, and Izard County Single Parent Scholarships.

Ozarka President Richard Dawe, Ph.D., presented certificates to the students who attended and spoke to the group about the significance of scholarships and how the college's scholarship program has grown over the past few years.

Ozarka College's Student Services Department sponsored hors d'oeuvres, which were prepared and presented by the Culinary Arts department.

For more information about scholarship opportunities, or making a gift to the Ozarka College Foundation, call Suellen Davidson at 870-368-7371.

Arbor Day Celebration at OKA

Arbor Day was celebrated by Ozarka College on Friday, September 25, 2009 at the Ozarka College Kids Academy. The young students of the Kids Academy helped plant a new tree in front of the facility.

Izard County Judge, Rayburn Finley welcomed everyone to the event and Ozarka College President, Richard Dawe, Ph.D., spoke to the children about the importance of planting trees and taking care of the environment. Grounds Supervisor, Dave Rush demonstrated how to plant and care for trees, and then assisted the students with putting dirt on the tree.

The Melbourne Tree Board sponsored this celebration as part of Melbourne being a Tree City USA community. Tree Board consists of Mayor Mike Cone, Donnie Gulley, Bridget McSpadden, Carroll Prewett, Dave Rush, Karla Rush, and Joan Stirling. The Arkansas Forestry Commission, represented by Kenny Smothers was also present at the event.

This project is supported in part by the Arkansas Forestry Commission's Urban Forestry Program and the U. S. Forest Service.



Around Campus

- ◆ **Grammar Workshop**
Monday, 10/14 at 9:30AM in Melbourne Room C104.
Tuesday, 10/13 at 1PM in Ash Flat Room AF102
Wednesday 10/14 in Mtn. View Room MV102.
- ◆ **Faculty Council** Fri. October 9th @ 10AM- H113, AF103 and MV102.
- ◆ **Last day to drop 8-week Class with "W"** - October 8th
- ◆ **Midterm October 14th**

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

MV Art Class Welcomes Guests

The Fine Arts Visual class at Ozarka College in Mountain View, led by instructor, Cheri McKee-McSwain, learned

about the art of pine needle weaving from guest presenter Lara Sanders on September 22, 2009.

Sanders, who has been weaving with pine needles for approximately eight years, has exhibited her art at the Arkansas Craft Guild Gallery for the last three years. She also participates in other area events. Her work is high quality and composed of only natural materials.

Her Cherokee heritage prompted Sanders to learn pine needle weaving, working with not only Ponderosa nee-

dles and Long leaf needles, but also incorporating gourds, river cane and reeds. She discussed and demonstrated to Ozarka students her craft in using the needles, beeswax-covered sinew, a method of boiling black walnuts to obtain a natural dye, and how pine pitch is used on baskets for waterproofing.

Sanders brought along many of her weavings, including necklaces and medicine bags. She pointed out that medicine bags are considered extremely private to the owner and therefore untouchable unless given permission.

McKee-McSwain goes to great lengths to expose students in her art classes a diverse range of art styles and mediums. She

recently took students on a private tour of artists who participate in the *Off the Beaten Path Studio Tour*. McKee-McSwain states, "This has become a tradition for this class and is one of the biggest highlights of the Fall semester for the students. Ozarka is truly indebted to these individuals for their hospitality and interest in our students!" The following artists/artisans opened their studio doors to Ozarka students on September 25th: Sue Coon, painter; Leon Creasey, woodturner; David & Becki Dahlstedt, potters; and Pat Thompson & Scott Reidy, blacksmiths. Photographer Huey Peters was unable to schedule so his provide his presentation for Mountain View's Fine Arts Visual class on September 30.



Culinary Gourmet Night Dates & New Lunch Offer

Ozarka College's department of culinary arts announces dates for the remaining "Gourmet Night" events for the 2009 Fall semester. The next dinner will take place Thursday, October 8 with subsequent dates to follow on October 22, November 5, and November 19.

Dinner guests order from a select menu of items served in the formal culinary arts dining room in the John Miller Education Complex. Reservations are appreciated, but not necessary. The hours for Gourmet Night are 5:00-8:00PM. Contact culinary instructors Eric Smith or Mimi Newsome

at 870-368-2062 for more information. Advanced Culinary students will begin serving lunch once per week in the Ozarka Dining Room. Come by and enjoy an entrée and dessert for regular daily price of \$3.50 and \$.75 for dessert, beginning October 13th.



Cone shows an example of the decorative star album project.

"Scrapping the Holidays" Class at Ozarka

The division of continuing education at Ozarka College will offer a scrapbooking class geared for holiday gift giving beginning Thursday, October 15th, and continuing each Thursday through November 19th. The class will take place in the Walter B. Hall Building at Ozarka College in Melbourne from 6-8PM each evening.

According to Tracy Cone, instructor for this course, this six week non-credit course is designed to teach students how to make inexpensive gifts using scrapbooking papers, techniques, and tools. Some of the projects participant will make include a decorative star mini album, an explosion present, cards, tags, and others.

However, students will need to bring their own pictures.

Space is limited for the class and pre-registration is required by October 12, 2009. To register or for more information regarding this class call Cone at 870-368-7371 or via email, tccone@ozarka.edu.

Included in the course fee of \$70.00 are the supplies to complete each six complete projects.

Health & Nutrition Corner by Hunter Caraway, guest writer

October is such an exciting month, the leaves turn beautiful colors and the first frost comes. October is a busy month for the health education field as well. Here are a few dates to keep in mind-

- National Breast Cancer Awareness Month
- Oct. 19-25th National Respiratory Care Week
- Oct. 20-24th National Health Education Week
- Oct. 24th Make a Difference Day

Last year 3 million volunteers across the nation decided to spend the last Saturday in October helping their communities and others accomplish thousands of projects in hundreds of towns. If you could spare the

time, we all know our communities would appreciate the help. So this Oct. 24th, lend someone a helping hand and participate on Make a Difference Day.

October is also celebrated as the National Breast Cancer Awareness Month. Early detection is very important by self examinations and yearly mammograms. Free or low-cost mammograms are available for women without health insurance in many locations. For a program near you, contact the CDC at (888) 842-6355.

Breast cancers that are found because they are causing symptoms tend to be larger and are more likely to have already

spread beyond the breast. In contrast, breast cancers found during screening exams are more likely to be smaller and still confined to the breast. The size of a breast cancer and how far it has spread are some of the most important factors in predicting the *prognosis* (outlook) of a woman with this disease.

Most doctors feel that early detection tests for breast cancer save many thousands of lives each year, and that many more lives could be saved if even more women and their health care providers took advantage of these tests.

Information used from www.cancer.org, www.cdc.gov

October is National Breast Cancer Month. Find out more info online at cancer.org & cdc.gov

Career Pathways Announcements

Career Pathways will be having popcorn available for all students on the following dates & locations:

Monday, Oct 12 at Melbourne
Tuesday, Oct 13 at Mountain View
Wednesday, Oct 14 at Ash Flat
Come by and enjoy a snack on us!

There are still scientific calculators being available for checkout from Career Pathways staff. Come by and complete the appropriate paperwork and to receive your calculator.

Gas cards will be available during the week of October 5 – 9 at Melbourne, October 5 – 6 at Mountain View and October 6 – 7 at Ash Flat.

Self-Study Answers by Karla Rush

So what is a self-study and why are people at Ozarka College talking about it?

A self-study is a written report prepared by faculty and staff of the college to evaluate its strengths and opportunities to improve student learning and overall effectiveness of the institution. The self-study centers around five different points:

1. We are carrying out our mission of offering life-changing opportunities through education.

2. Our students are learning and our teaching is effective.

3. We promote a culture of learning for more than students. Faculty, staff and community members have the opportunity to learn as well.

4. We serve our communities in beneficial ways.

5. We plan and prepare for the future, not just in budgeting but in improving our processes.

These five points are constant measurements used by colleges and universities all across America. Ozarka College's self-study is ongoing now and we are evaluating how we are performing in these areas.



Ozarka College

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



OC Foundation Golf Scramble Results

Saturday, September 26th, The Ozarka College Foundation held its 14th annual fall golf tournament. Twenty-eight teams of golfers played an 18-hole scramble at the beautiful Coopers Hawk Golf Club in Melbourne. Proceeds benefitted the Ozarka Foundation. Once again, First National Banking Company served as corporate sponsor for the event.

The First Flight winners were: 1st – Kermit Blevins, Justin Thornton, Russ Price, Hunter Caraway; 2nd - Fred Holzhauser, Aaron Circle, Rick Price, Willie Ramsey; 3rd - Daniel Taylor, Sam Cooper, Tommy Duncan, Kaitlyn Duncan.

Second Flight winners were: 1st - Jerrel Woods, Don Machen, Reggie Hamilton, Jimmy Tedford; 2nd- Mark Smith, Chris Provence, John Beller, Jamie King; 3rd - Al Smith, Dillon Smith, Jackie Stewart, Kristen Stewart.

Third Flight winners were: 1st - Stacy Freeman, Craig Smith, Brian King, Cotton Green; 2nd- Ben Cooper, Wayne Gillihan, Dave Sharp, Steve Miller; 3rd - Chip Rayford, Dick Bernard, Nancy Bernard, Lowen Larmitte.

Individual hole contest winners included: Stephanie Sharp, Rick Price, Mat Dellinger, Shannon Smith, Sam Cooper, Fred Holzhauser, Richard Dawe, Kris Caraway, Abby Cooper, and Joyce Swartz.

Ozarka College Development officer, Suellen Davidson was enthused with the tournament. "This was another successful event for the Foundation. We always have such great support from the Ozarka Foundation board members, golf teams, college employees, and of course the sponsors! We could not put on such a nice tournament without the support of our local community and businesses."

"First National Banking Company has supported the college through this event as our corporate sponsor for over six consecutive years and the Foundation is grateful for their continued support. Cooper's Hawk Golf Course provides a spectacular venue for this tournament. Their cooperation and help is remarkable," added Davidson.

Event sponsors for the tournament were CenturyTel and North Arkansas Electric Cooperative; lunch sponsor was Liberty Bank; gift and hole prize sponsors were Christine Dawe Credit Union Consulting, BancorpSouth, Sonya Wiles, DDS, Eddie's Family Funeral Home, Karla Rush, JP, and The Interior.

Hole Sponsors this year were: Ash Flat Healthcare & Rehab; Ash Flat Livestock Auction; Bradley Wheelis, DDS; Campbell's Auto Sales; Clark Services, Inc.; Computer Source; CV Tax Service; Dan Orr, Attorney At Law; Danny's Auto Body, Sales & Towing; Dennis Wilson Sales; Eaglecrest Nursing & Rehab Center; First National Bank of Izard County; Freedom Ford; G.H. Miller & Sons; George W. Jackson, MD; H&H Enterprise; Highland Family Dentistry; InkSpot Design; Izard County Abstract; Izard County Farm Bureau; John Teague Truck Country; King Rhodes & Associates; Kissee Law Firm; Lexi's Home Sweet Home; Mark's Pharmacy; Mat Dellinger, Attorney; McClain Chiropractic; Melbourne Pit Stop; North Central Insurance; Ozark Eye Center; Quality Floor Coverings; Sentinel Industries; Sharp Realty; Shelter Insurance Co.; Skeeter's; State Farm Insurance; Unimin; United Country Realty; White River Medical North Complex; Grapevine; and Simmons First Bank.



1st Flight winning team: L to R: Thornton, Price, Caraway, and Blevins.