Healthy Cooking for the College Student

Join Jody Norton of OSU Extension on Monday, Jan. 26 for a Healthy Cooking Class that helps you beat the cold with some warm crock pot recipes. Learn how to manage your time and your hunger with these slow-cook soups, stews and dishes. Enjoy some free samples while you're there, too!

What: A Crock Pot Cooking Class for Students
When: Mon., Jan. 26 at 6 pm
Where: Longmeadow Clubhouse, 4175 Harding Highway
Who's invited: All Ohio State Lima students
Cost: FREE!
Please RSVP to Gail Nelson at nelson.700@osu.edu
Sponsored by the Ohio State Lima Student Wellness Program

OSU Counseling Services
Samantha Haudenschield, Psy. D.
Phone: 419.995-8272
Location: Galvin Hall room 430 A
Hours: Tuesdays and Thursdays from 9:00 AM—6:00 PM, Evening appts by request.
Gail Nelson, BSSW, LSW
Phone: 419.995-8698
Location: Public Service Room 120
Hours: Monday 1:00—4:00 PM; Wednesday evening by appt only.

Attention Education Students
The Deadline for applications to the Ohio State Lima Masters of Education programs in Early and Middle Childhood Education for Summer Quarter 2009 has been extended to Friday, February 27, 2009
Contact Anjie Trusty for more information: Trusty.S@osu.edu 419-995-8494
Please go to http://ohc.osu.edu/academics/scholarships/
In a world of six billion people, it only takes one to change your life. Sixty-two-year-old Walter Vale is sleepwalking through his life. Having lost his passion for teaching and writing, he fills the void by unsuccessfully trying to learn to play classical piano. When his college sends him to Manhattan to attend a conference, Walter is surprised to find a young couple has taken up residence in his apartment. Victims of a real estate scam, Tarek, a Syrian man, and Zainab, his Senegalese girlfriend, have nowhere else to go. In the first of a series of tests of the heart, Walter reluctantly allows the couple to stay with him. Touched by his kindness, Tarek, a talented musician, insists on teaching Walter's faltering spirit and opens his eyes to a vibrant world of local jazz clubs and Central Park drum circles. As the friendship between the two men deepens, the differences in culture, age and temperament fall away. After being stopped by police in the subway, Tarek is arrested as an undocumented citizen and held for deportation. As his situation turns desperate, Walter finds himself compelled to help his new friend with a passion he thought he had long ago lost. When Tarek's beautiful mother Mouna arrives unexpectedly in search of her son, the professor's personal commitment develops into an unlikely romance. And it's through these new found connections with these virtual strangers that Walter is awakened to a new world and a new life.

Join Student Activities in the Gameroom to watch The Visitor
Show times are: 10 a.m., 12:30 p.m., 3:30 p.m., 5:30 p.m., and 7:30 p.m.
News You Can Use....

Club News....

C.A.B.
Ohio State Lima and Rhodes State Campus Activity Board. Meetings Every Tuesday starting at 3:45 in Galvin 134
- Meet new People
- Plan activities you want

Math Club
On January 29 the Math club will have a Bake Sale in GA Lobby from 10:30-1:30. Stop by and buy some great treats before and after class!

Newman Catholic Association
TNT (Thursday Noon Together) January 29th, Thursday- 12 noon-till 1:30, lunch provided

The Newman Catholic Association on Campus will be taking a Spring Break Alternative Trip from March 22nd to March 27th. We will be traveling to the Appalachians in Kentucky to serve those in need. For more information about this Mission Trip please contact Sandy Connell at sconnell@wooll.com or come to the meeting on February 12th from 12-1:30 in room 276, science building.

M.A.S.M.I.C.
Are you a single mother going through school? Join our support group, MASMIC (Moms Assisting Single Moms In College). Our first meeting will be held in SCI 119 on January 28th at 1 P.M. During our first get-together we're going to talk about time management skills. If you have any questions and/or would like to come, please contact Kathi Butler at 419-995-8039.

2009 Pre-Veterinary Medicine Conference
Come join current members of the OVMA and other veterinary professionals on Saturday, February 21, 2009 for an informative day designed for you, the future of veterinary medicine.

Date: Saturday, February 21, 2009
Time: 9:30 am - 4:00 pm
Location: Hyatt Regency, Columbus, Ohio
Welcome & Introduction: 9:30 am
PVMC Chairperson Dr. Ana Hill & OVMA President Dr. Matthew Verbsky
9:45 am - 12:10pm
Educational Modules
Each module will last 20 minutes (6 modules total)
with 5 minutes available to go to the next room (25 minutes total).
- Careers in Equine Medicine
- Careers in Ophthalmology Medicine
- Careers in Shelter Animal Medicine
- Careers in Exotic Animal Medicine
- Careers in Public Health and Preventive Veterinary Medicine
- Non-Traditional Veterinary Opportunities
12:15 pm - 1:15 pm
Lunch
Lunch with Dr. Gwen Myers of the Columbus Zoo and Aquarium
1:30 pm - 3:05 pm
Educational Modules
Each module will last 20 minutes (4 modules total) with 5 minutes available to go to the next room (25 minutes total).
- Veterinary School Admissions Process and Preparation
- Economics of Veterinary Medicine
- Writing Your Personal Statement
- Choosing and Applying to a Veterinary College: What You Need to Know
3:05 pm - 4:00 pm
2nd Annual Pre-Veterinary Medicine Conference
College Fair
Registration for this event is complementary and limited to the first 300 registrants. The deadline to register is February 9, 2009.

Rhodes State Students:
The deadline for withdrawing from Winter Quarter classes is drawing near. If withdrawals are completed between the 4th & 7th Friday by 5 PM, your official record will bear the notation of "W." To do this, you must fill out a Drop/Add form. Drop/Add forms can be found in the Admissions Office, or at "Student Forms" displays located in each of the buildings.

Withdrawals after the 7th Friday require you to file a Petition to Withdraw with Extenuating Circumstances, which must have accompanying documentation. This form can be obtained from the Admissions office.

4th Friday of the quarter is 01/30/09
7th Friday of the quarter is 02/20/09
## Week of January 25-31 Events

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<th>Sunday</th>
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<th>Monday</th>
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| January 26, 2009 | PAL'S: Dr. Maria Ignatieva  
|               | Healthy Cooking for the College Student: at Longmeadow starting at 6 p.m.  
|               |                       |

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<th>Tuesday</th>
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| January 28, 2009 | The film "The Visitor" will be shown 10 a.m., 12:30 p.m., 3:30 p.m., 5:30 p.m., and 7:30 p.m.  
|               | MASMIC: science room 119 starting at 1:00 p.m. (see page 2 for details)  
|               |                       |

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| January 29, 2009 | Math Club Bake Sale GA Lobby 10:30-1:30  
|               | Newman Catholic Association Meeting:  
|               | Rhodes State Students Transfer opportunity to BGSU: JJC Lobby from 10-2  
|               |                       |

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