Department Sponsors

Career Fair!

On October 20, (Tuesday) 2015, a health career fair will be held. It is open to all PTC students and best of all, it is FREE! Representatives from local health care programs will be in the Campus Center in Grand Hall B from 10am—1:30pm. These representatives will meet with students to answer questions and to provide advising. **Students are encouraged to bring unofficial transcripts to assist in this process.** There will also be individual presentations throughout the morning. More information and the presentation schedule will be posted around campus. If students have questions, they can reach the Natural Sciences Department at 812-2269 or they can stop by the Dean’s office in the Science Building, Room 115.

Programs that will be represented on Tuesday 10/20/2015

- UCA Dept. of physical therapy and occupational therapy
- UAMS School of Nursing
- UALR School of Nursing
- UAMS College of Health Professions—med lab science, EMS, respiratory therapy, radiology, ultrasound etc
- PTC LPN program
- PTC Dental Assisting program
- Baptist Health Histology program
- Others to be added later. Keep checking the Science department bulletin board for updates!
Did you know we have a Food Pantry at PTC?

Yes, we do! The PTC Food Pantry was started several years ago under the inspiration and leadership of our President, Dr. Ellibee. Since then, the Food Pantry has been under the guidance of Ms. Michelle Anderson, the Director of Student Life on campus.

The Food Pantry is available to anyone who is hungry and is in need of food. Anyone — students, staff or faculty. You need to fill out a simple application available at the front desk in the Campus Center. Once your application is accepted you will be able to receive a three day supply of food for yourself and everyone in your household.

In the Natural Sciences we know that you can’t think if you’re hungry! Lots of studies show that your brain cells can’t work unless they get some fuel. Our department actively supports the Food Pantry through food drives and active participation in the Thanksgiving food baskets. Our faculty are here to support you. If you have a food need, please let us know. Dr. Eshleman keeps applications outside her office.

Fun facts about…. Goats!

- Baby goats or kids can stand and follow their moms around within minutes of birth
- The pupil of the goat eye is rectangular, not round like yours and mine.
- Goats have four stomachs!

So interesting, right? If you want to know more, ask our resident goat expert, Dr. Beth Miller DVM. She is a veterinarian with expertise in the goat world. Cool!


The Food Pantry is located on the 2nd floor of the Campus Center

Bringing Your “A” Game!

It’s Fall in the South and for many that means Football season! Whether you love the SEC, the NFL or neither, chances are you will find yourself at a tailgate or watch party in the near future. These social gatherings are almost as focused on the food as much as they are the game. Let it be you that brings a healthy snack so that you aren’t as tempted by the typical empty calorie offerings. Bring something like veggies and a dip. Or maybe hummus, baked chips and salsa, a fruit tray, or low calorie popcorn. By filling up on these healthy options and taking smaller servings of the traditional fare you will still get to have fun but stay on your path to a healthier lifestyle. A healthy diet is not about depriving yourself! It is about planning ahead and focusing on moderation. For more tips and knowledge about how you can upgrade your health look at the Health Science classes on the schedule for the Spring 2016 semester at PTC. HLSC1300 Health & Wellness and HLSC2300 Nutrition will get you on the right path for a healthy life.

Do you need food?

1. Fill out an application! Available in the Science Department at Dr. E’s office, Room 120 or at campus center desk or on the website
2. Submit application and get approval—a fast process
3. Come to the food distribution! It’s that easy!
Getting to know Dr. Williams…

¬ Her favorite thing to teach is functional neuro-muscular physiology, Chapter 10 in AP1.
What's her favorite lab? “Any lab where I hear a student express a moment of excited learning such as “Oh wow!” or “That's cool!”

¬ Her favorite sports team? “Any SEC football team in the Fall. I spend my Saturdays in the Fall watching and following most of the SEC games.”

¬ If someone gave you $1000 and you had to spend it in 24 hours, what would you spend it on? I am big on saving but if I must spend it….. I would give half to the PTC Foodbank, buy donuts for my classes and the MNSS division and get gift cards for students for outstanding academic performance. With the other half I would take off to Florida to spend the night at a hotel with a balcony overlooking the beach, eat seafood, walk on the beach, and watch the sunrise and sunset.

¬ What study tips do you give your students? 1. Time management - budget your time, study a little every day, make a plan and stick to it, ask family and friends to assist by watching the kids, running an errand, etc. 2. Flashcards - make them and use them often. 3. Study Groups - make connections with classmates, form study groups. It is no longer necessary for everyone to meet at IHop around midnight to study together. There is Skype and all sorts of other technological wonders available to bring people together.
We’re Taking On Diabetes!

According to “The Burden of Diabetes in Arkansas” published in 2011, diabetes in Arkansas is at epidemic proportions. Diabetes in Arkansas is at or above the national average and has been for years. It’s scary — did you know that this disease is the 6th leading cause of death of Arkansans? Even if it doesn’t kill you, it can still impact your life due to heart disease, stroke, blindness and amputation.

So the Natural Sciences Department is starting this column “Dollars, Donuts and Diabetes” to provide education on diabetes awareness, healthy eating, signs and symptoms and various treatment(s).

We have quite a few faculty who can share their knowledge of the physiology and pathophysiology of diabetes. We are especially pleased to introduce you to one of our adjunct faculty who has special training as a diabetes educator.

MS. ASHLEY STEELE is adjunct faculty and she teaches nutrition classes for us. She is a registered, licensed dietitian and has “CDE” certification as a diabetes educator. We are thrilled she is a part of the department and look forward to all that we all can learn and how we can benefit from her expertise.

We interviewed Ashley recently.

Dept. “What is one thing about diabetes you wish everyone knew?”

Ashley “Everyone says...I have Diabetes now, I can't eat anything good anymore. NOT true!!!! You can have what you normally eat but just in moderation.”

Dept. “In your experience, what is one thing or one behavior change that has made the biggest difference in a client's life?”

Ashley “The impact that exercise...a simple walk...has on lower blood sugars.”

Dept. “What’s a great snack for a diabetic patient?”

Ashley “Honestly I don't encourage snacks...but if the patient is just dead set...I'll encourage fruit and cottage cheese...PB and crackers...yogurt...(15 grams of carbohydrates).

So that was our quick chat with Ashley. Good stuff! Keep reading here on the back page “Dollars, Donuts and Diabetes” as we discuss all kinds of topics related to diabetes and your health.