



# Gateway Student Support Services

## STAFF

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# Upcoming Deadlines and Workshops

## NOVEMBER

### Monday, November 2nd

Stress Buster Workshop @ 3:00 p.m. Harris 200

### Monday, November 9th through Friday, November 20th

Spring 2010 Preregistration

### Wednesday, November 11th

Last day to drop with W

\*Not applicable to fast-track classes\*

### Wednesday, November 12th

SGA Meeting

Univ. Center House Room

### Wednesday, November 18th

Life After Loss: Dealing with Grief Workshop  
3:00 p.m. in Harris 200

### Wednesday, November 25th

**NO CLASSES**

### Thursday, November 26 & Friday, November 27

**Thanksgiving Holiday: University closed**

### Monday, November 30th

Last day to drop with a W in second 8-week fast-track classes

## DECEMBER

### Wednesday, December 2nd

Lifting the Cloud of Depression Workshop  
3:00 p.m. in Harris 200

### Monday, December 7th

Count to Ten: Controlling Your Anger Workshop  
3:00 p.m. in Harris 200

If you do not enjoy eating turkey for Thanksgiving maybe this bird will change your taste buds.



## ONE STEP AT A TIME: 101 REASONS WHY I WALK

- |  |                                    |
|--|------------------------------------|
| 1. Life is not a race.                                 | 8. It makes me feel younger.       |
| 2. It keeps me on my toes.                             | 9. It improves my circulation.     |
| 3. My energy soars.                                    | 10. It lowers my blood pressure.   |
| 4. I'd rather count miles than calories.               | 11. It makes my heart stronger.    |
| 5. One step at a time, I'm on my way to better health. | 12. It lowers my bad cholesterol.  |
| 6. It's a stress buster.                               | 13. It raises my good cholesterol. |
| 7. With each step, I leave my worries behind.          | 14. It reduces my risk of cancer.  |

DECEMBER NEWSLETTER

TO BE CONTINUED IN

## HEALTH TIP: BANANAS

*Bananas contain three natural sugars—sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and sustained boost of energy.*

*Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.*

*Depression: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana.*