Staying Healthy

This is a question many ponder...how do I stay healthy during this COVID19 Pandemic? First and foremost, our sleep is essential to overall health. Sleep is involved in the health and repair of your heart and blood vessels—you may have heard that ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke. Diet and nutrition are also very important in staying healthy. Fruits, vegetables, whole grains and fat-free/low-fat milk products are always recommended. And of course, stay hydrated! It has always been a rule of thumb to practice good hygiene such as handwashing, brushing teeth, and washing body/hair. Not much has changed, except that we need to make sure we are following the basic guidelines—Back to Basics!! Other ways to stay well:

- Wash your hands frequently and thoroughly with warm water and soap, especially after touching common shared objects like elevator buttons, doorknobs, telephone handsets, etc. You can use hand sanitizer if soap and water are not available.
- Try fist bumps instead of handshakes or high fives, when appropriate. Use your knuckles for keypads, doorbells, elevator buttons, etc.
- Cover your cough or sneeze. Use a tissue, your elbow, or inside your shirt. Throw used tissues away immediately and don’t forget to wash your hands promptly.
- Avoid touching your face, eyes, or mouth.
- Limit contact with those infected with the flu or other illnesses when possible. If you are sick, stay home to rest and recuperate. Encourage co-workers and employees to stay home if they are sick.
- It may help to sanitize common home or work surfaces with EPA-approved disinfectants, diluted bleach water, soap. These viruses are fragile in the environment but can survive on certain surfaces for a limited time.
- Keep your immune system working strong by ensuring proper and adequate sleep, nutrition and exercise.
- In the case of COVID-19, specifically, we also recommend you avoid unnecessary travel and crowds.

Fall 2020 Health Showcase!

Wednesday, October 21, 2020

- **MACC Auditorium – Health Educational Booths 10 am to Noon**
  - Come walk through the auditorium to view the health sciences student information booths
- **Main Building, Lower Level, Gary Steffes Conference Room - Red Cross Blood Drive 9 am to 2 pm**
  - Give blood, request a COVID antibodies test and view health sciences student informercials on the big screen
- **Main Building, Lower Level, Gary Steffes Conference Room Classroom – Randolph County Health Department Flu Shot Clinic 10 am to Noon**
  - Get your annual flu shot and view health sciences student educational posters

All health sciences student presentation will be presented online during the showcase for any viewer at: [https://www.macc.edu/macc-showcase](https://www.macc.edu/macc-showcase)
These are just a few of the jobs posted via CCN/MACC. Please feel free to contact Sonda Stuart, Director of Career & Academic Planning, for more details or assistance with your resume and cover letter. 660.263.4100 ext 11232 or sondas@macc.edu

**Tax Preparer**

**Jackson Hewitt** is an Equal Opportunity Employer M/F/D/V

**Location:** MO

**Pay:** $9.00 - $12.00 per hour

**Job Type:** Full-time, Part-time, Temporary

**Schedule:**
- 24 hour shift
- 8 hour shift
- Day shift
- Holiday
- Monday to Friday
- Weekends

**Work Locations:**
- One location
- Multiple locations

**Hours per week:**
- Less than 10
- 10-20
- 20-30

**Employment Length:**
- 4 - 6 months

**Required Experience:**
- Tax preparation: 1 year

**Preferred:**
- Yes

**This Job Is Ideal for Someone Who Is:**
- Dependable
- Eager to learn
- Organized
- Patient
- Team player

**This Job In:**
- A job for which military-experienced candidates are encouraged to apply
- Open to applicants who do not have a high school diploma/GED
- A “Fair Chance” job (one of the employer’s Fair Chance hiring practices when performing background checks)
- A good fit for applicants with gaps in their resumes, or who have been out of the workforce for the past 6 months or more
- A good job for someone just entering the workforce or returning to the workforce with limited experience and education
- A job for which all ages, including older job seekers, are encouraged to apply
- Open to applicants who do not have a college diploma

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**FILE CLERK**

**PART-TIME**

Moberty Motors has the position of file clerk available for an individual seeking part-time employment. Main responsibility will be filing vehicle files and creating/filing vehicle files if none exist. Familiarity with office procedures/equipment would be a plus. Must be detail oriented. Other duties may be added depending on capabilities and desire to learn more. Hours flexible.

This part-time position would be a great opportunity for a student needing to supplement income and obtain some work experience while going to school.

For more information or to fill out an application, apply in person at our location or complete and submit application information at [https://www.mobertymotors.com/pdf/emploi-meit-application.htm](https://www.mobertymotors.com/pdf/emploi-meit-application.htm)

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Check out College Central Network at [www.collegecentral.com/macc](http://www.collegecentral.com/macc)

This web site sports half a million job postings just like these featured, geared for college students and new graduates and hundreds of articles to assist you with a successful job search. You can also post resumes and portfolios & search for internships.
The pace of Missouri labor market’s recovery was essentially flat in August 2020. Employment, seasonally adjusted, decreased by 1,200 jobs over the month, and over-the-year job losses increased slightly from upwardly revised July levels. The state’s seasonally adjusted unemployment rate increased by one-tenth of a percentage point from July 2020 to August 2020. Missouri’s seasonally adjusted unemployment rate has now been either below or equal to the national rate for 66 consecutive months. The national unemployment rate was 8.4 percent in August 2020. The estimated number of unemployed Missourians was 215,249 in August 2020, up by 3,825 from July’s revised 211,424. Missouri’s smoothed seasonally adjusted unemployment rate went up by a tenth of a percentage point in August 2020, increasing to 7.0 percent from the July 2020 rate of 6.9 percent. Due to on-going impacts of COVID-19 shutdowns, the August 2020 rate was still more than double the August 2019 rate. The rate had reached a record low of 3.0 percent starting in July 2018, before edging up a tenth of a point in November 2018 and again in December 2018. The rate had remained at 3.2 percent through April 2019 before decreasing by a tenth of a point in May 2019. It then began a slow increase, reaching 3.4 percent in October 2019, where it remained for the remainder of 2019. The rate was steady at 3.5 percent in January and February 2020 before the COVID-19 spike began in March 2020. The rate peaked at 10.2 percent in April 2020 before decreasing slightly in May 2020, then moving strongly lower in June and July of 2020 as COVID-19 restrictions were eased. The state’s not-seasonally-adjusted rate was 7.1 percent in August 2020, down by a tenth of a percentage point from the July 2020 not-seasonally-adjusted rate of 7.2 percent. The corresponding not-seasonally-adjusted national rate for August 2020 was 8.5 percent. A year ago, the state’s seasonally adjusted rate was 3.2 percent, and the not-adjusted rate was 3.5 percent.

Read the full report at https://meric.mo.gov/missouri-monthly-jobs-report

Who is eligible for New Traditions? Individuals must meet qualifications to be in the New Traditions Program and complete an Intake form to be considered for any of the scholarship opportunities. Non-traditional students are individuals who are seeking employment in an occupation traditionally dominated by the opposite gender. Single-parents are individuals who are unmarried or legally separated from their spouse and are pregnant or have a minor child(ren) for which the parent has either sole or joint custody. Displaced Homemakers are individuals who are divorced, widowed, separated, or have a disabled spouse, and must prepare for paid employment. Individuals from Economically Disadvantaged Families including foster children. Girls and women 14-25 are female students seeking vocational skills to enable them to support themselves and their families. Individuals with disabilities and individuals with other barriers to educational achievement, including limited English proficiency. It is important to note that the committee selecting recipients also look at the number of hours the student is enrolled in as well as their GPA. http://www.macc.edu/index.php/services/new-traditions For more information or to request an application form, contact Sonda Stuart at 660.263.4100 ext 11232 or sondas@macc.edu.

You are invited to attend the New Traditions Scholarship Ceremony on Monday, November 2nd. It will be held virtually this semester. For more details, contact Sonda Stuart at 660.263.4100 ext 11232 or sondas@macc.edu

We would like to thank our New Traditions Private Scholarship Sponsors:
BETA SIGMA PHI-PRECEPTOR LAUREATE ETA CHAPTER - Members
CAROLEE HAZLET – Personal/Individual
DARRELL STUART MEMORIAL – Family Members: Amari O'Donnell, Tony & Sonda Stuart, Corey & Kim Stuart, Karen Stuart
GRIMSHAW & ASSOCIATES, LLC – Macon Accounting Firm
HANNIBAL CARBIDE TOOL INC – Hannibal Manufacturing Firm
JOSHUA SCOTT NURSING – Personal/Individual
KIMBERLEE ANNE ENOCHS MEMORIAL – Mrs. Nita Enochs (Mother) and Family Members
MO ASSN FOR FAMILY & COMMUNITY EDUCATION-RANDOLPH COUNTY CHAPTER - Members
NEW TRADITIONS ADVISORY – Committee Members
RUTH LAWRENCE MEMORIAL SCHOLARSHIP – Daughters, Mrs Melva D. Lipsey & Mrs. Nita Enochs
VFW AUXILIARY TO VFW POST 2654/MOBERLY - Members

If you are interested in providing funds towards a scholarship or know of someone that is, please contact Elaine Avery, CTE Project Specialist at elainea@macc.edu or 660.263.4100 ext 11319
Let's come together and gather full containers of food. We need EVERYONE to donate during the COVID pandemic. As a result of the pandemic, Feeding America estimates 1 in 6 Americans could face hunger.

As simple as that stat is, it's also one of the most stunning. Because of COVID, more people than ever before are visiting food banks and many of them are getting help for the first time. Our neighbors who previously had stable incomes have now lost jobs or had their hours cut back. And food banks are stepping up, as they always have, to put food on the table for those who need it during this uncertain time.

MACC ASTRA is hosting a boot drive this month! This boot drive is a partnership with Shoes from the Heart out of Macon, MO. They will be delivering boots and shoes to hurricane victims in the southern states. Drop off your gently used boots through the end of October to the boxes in the MACC Career Center, Moberly Campus or Orscheln Farm & Home store on Morley & Hwy 24 in Moberly.
Reminders:

2nd 8 week classes for Fall 2020 start Monday, October 19th!!!

Spring 2021 Enrollment Begin Monday, November 2, 2020! Be sure to make your appointment today to meet with an advisor. In-seat class options are very limited.

https://www.macc.edu/academic-advising-m

Have you taken your MO Civics Exam which is required for graduation? Check out the study guide and test in Canvas under the Student Resources Course Shell

• Free Tutoring is available in-person and virtually. Here is the website for tutor schedules and topics and additional information. The LARC has many other services to help you be a successful Greyhound!
  https://www.macc.edu/services/library-academic-resource-center

• The Student Assistance Program is an excellent service to help you deal with stress management, emotional issues, depression, anxiety, panic attacks, and other concerns. There is no charge for services. Call 314.845.8302 to connect directly to this service or visit our webpage to find out more information. https://www.macc.edu/student-assistance-program

MyMACC - New forms are under the student tab that allow you to:
1. Report COVID (completely confidential, however, it lets us keep statistics)
2. Permission for access to Business Office, Financial Aid and Academics - for example, your parents that would pay your tuition, fees or other bills must have this on file for Business Office.
3. Add/Drop Classes - However, it is VERY important that you speak with Financial Aid and/or an advisor before doing this--it may affect your financial aid!
4. Name Change--Anyone that gets married, adopted, or legally changes their name will submit this form.