

MCCN Earns Recognition at Recent ONSA Convention



SNAM members who represented MCCN at the recent ONSA Convention: (front l-r) **Jennifer Mickley, Bethany Ellis, and Kayla Munk**; (back l-r) **Mackenzie Gram, Stephanie Binkley, Maggie Huth, Nichole Eilerman, and LeeAnn Junk**; (not pictured) **Brittany Unthank and Shivani Patel**.

Eleven MCCN students — **Stephanie Binkley, Nichole Eilerman, Shivani Patel, Kathryn Simon, Brittany Unthank, Maggie Huth, LeeAnn Junk, Mackenzie Gram, Jennifer Mickley, Bethany Ellis, and Kayla Munk** — attended the Ohio Nursing Students' Association (ONSA) Convention held recently at Case Western Reserve University in Cleveland.

MCCN participated in several aspects of the event. Two SNAM members ran for ONSA board positions: **Kayla Munk** for President and **Stephanie Binkley** for Membership Director. Three MCCN students served as volunteer tellers during the house of delegates: **Mackenzie Gram, Jennifer Mickley, and Bethany Ellis**.

MCCN placed fourth out of ten teams for the 2010 ONSA Brain Bowl. Mount Carmel College of Nursing was recognized as sponsoring the 2010 Convention Program booklet.

The 2010 Newsletter Award to *The Carmel Rapper*

For the second year in a row, ONSA recognized *The Carmel Rapper* with the newsletter award. The editorial and production team of managing editor, **Robin Hutchinson Bell** (Director, College Relations); designer, **Carol Stokes**; photographer, **Chris Steel**; and editor, **Elaine Kehoe**, extend thanks to SNAM for submitting the nomination!

continued on next page...

November 8, 2010

dates to remember

November 11

Rho Omicron Induction Ceremony

November 12

Last day to drop a semester course

November 15 – 22

Thanksgiving food drive

November 22

SNAM meeting

November 24

Last day to drop a Term 2 course

November 25-26

Thanksgiving (holiday)

December 13-17

FINAL EXAMS

December 18 – January 2

Semester break

January 3

Spring semester begins

January 17

Martin Luther King, Jr. (holiday)

March 1-6

Spring break

April 22

Good Friday (holiday)

May 2-6

FINAL EXAMS

May 7

Commencement 2011

SNAM President **Kayla Munk** Elected as 2010-2011 ONSA President

Munk served on the 2009-2010 ONSA board as Membership Director. As President, she will preside at all meetings of the Ohio Nursing Students' Association (ONSA), the Board of Directors, and the Executive committee. Another aspect of her responsibility is staying in contact with the deans and directors of Ohio nursing programs to maintain open communication. Munk will represent ONSA in matters relating to the association.

Munk's responsibilities began immediately. This past weekend, she attended the National Student Nurses' Association (NSNA) Midyear Conference in Cincinnati, Ohio, meeting with State Presidents from all over the nation in the Council of State Presidents.

"I hope to gain plenty of insight and ideas to bring back to the organization. In addition I will be able to enjoy the many career planning activities and breakout sessions that the NSNA has to offer this year. As a board it is our goal to increase communication with the students in Ohio, and to most importantly increase the involvement in the ONSA," said Munk.

ONSA has begun the planning for the 2011 Annual Convention next October. Following this year's success in holding the convention at Case Western Reserve University in Cleveland, Ohio, ONSA is looking into holding the convention again at a university. Letters were sent out to schools requesting proposals for hosting the convention. The venue selection will be made the first week in December.

"We also will be hosting our 2011 ONSA Leadership Conference coming up in March at the Ohio Nurses' Association headquarters here in Columbus. Part of my responsibility is working closely with the Ohio Nurses' Association (ONA) Board of Directors as they offer a lot of support for our organization. I will periodically attend their meetings and may attend their Annual Convention this year," Munk said.

An important event for ONSA is Nurses' Day at the Statehouse, to be held on March 23, 2011. The ONSA will present a topic of discussion and participate in the event. Another activity for ONSA is the Breakthrough to Nursing (BTN) project, lead by newly elected BTN Director, Brandon Pach from Case Western Reserve University. The project involves reaching out to high school students to introduce them to the career of nursing.

In addition to this project, ONSA will invite high school students to participate in next year's ONSA Annual Convention to give them an idea of the importance of being involved in a pre-professional organization throughout their education.

"With already a great head start into this year, I am looking forward to representing Mount Carmel College of Nursing and Ohio's nursing students!"

Our congratulations to Kayla on this honor of representing MCCN statewide and nationwide and best wishes for a successful year!

Learn more about ONSA at www.choosenursingoh.com and also on the ONSA Facebook page, featuring updates on the organization and upcoming events.



Enjoying the ONSA Convention Bowling Party in downtown Cleveland: (front l-r) **Maggie Huth, Bethan Ellis, Mackenzie Gram, Shivani Patel, Brittany Unthank, and Kathryn Simon;** (back l-r) **LeeAnn Junk, Jennifer Mickley, Nichole Eilerman, Stephanie Binkley, and Kayla Munk.**



Kayla Munk
SNAM President
ONSA President

Are You Taking a Winter Quarter Affiliated Course?

All students must submit their Columbus State Community College or Ohio State University course schedules to MCCN Records and Registration (Marian Hall, Room 2C01) **every quarter** in which they take classes.

Student must also notify MCCN Records and Registration when they drop or withdraw from an affiliated course. We have found that this notification frequently is not happening. Remember ... you need to keep MCCN updated on your affiliated status!

Financial aid awards are based on total registered credit hours. Delinquent students may find themselves at less than full-time hours for financial aid calculation.

Fall Festival 2010

11 a.m. – 2 p.m.
Monday, November 15
in the Gym

Old time photo booth, tee shirt decorating, burrito bar, more; all free!

Sponsored by SGA

Calling All Canned Foods!

Please drop off non-perishable food items in the collection boxes at the main entrances of Marian Hall and the CLE, or at the dorms, for the **Mount Carmel Thanksgiving Drive** from Monday, November 15, through Monday, November 22.



Stephanie Binkley displays the ONSA newsletter award presented to MCCN for *The Carmel Rapper*.



Online Registration is **HERE!**

An additional CARMELink feature is now available for students to register for Spring Semester 2011 classes online!

- + Instructions on "How to Register Online" were sent via students' mcn.edu email accounts and posted to CARMELink the week of November 1. This document is also available at the Marian Hall front desk and in the Records and Registration office (Marian Hall, Room 201).
- + The Spring Semester 2011 course schedule is posted on CARMELink. No hard copies of the schedule will be distributed as in the past.
- + **Registration windows will open for groups of students at 12:01 a.m. on the dates indicated below:**
 - Nov. 8: 4th and 3rd term Seniors and Honors Program students
 - Nov. 9: Master's and Graduate Certificate students
 - Nov. 10: RN-BSN and Fairfield Program students
 - Nov. 11: 2nd and 1st term Seniors
 - Nov. 15: Juniors
 - Nov. 18: Sophomores
 - Nov. 22: Freshmen

If you are not currently a CARMELink user:

If you have not used CARMELink in the past, **NOW** is the time to become familiar with this student portal. If you are a first-time user, please review the message on the "Welcome" tab for navigation tips. Once logged in, click on the "Student" tab to access your individual information in a secure environment.

- + Your Username and temporary Password were **sent to your mcn.edu email account** (no other email is valid for MCCN student business).
- + If you have not yet logged into CARMELink, please check for your previous email message.
- + For security purposes, you are **strongly encouraged** to change your password immediately after the first login.
- + To change your password, click on "Personal Information" in the top burgundy bar next to your name.
- + Click on the password tab and enter your current and new passwords (passwords must be between 8 and 12 alpha and/or numeric characters).
- + Click "Save" to change your password.
- + If you have questions, contact **Tim Tabol** (ttabol@mcn.edu or 614-234-2682) or **Karen Greene** (kgreene@mcn.edu or 614-234-5685).

Some additional features of CARMELink:

- + Student class schedule for the current and upcoming semesters
- + Final grade reports (MCCN does not mail final grades to students)
- + Business Office information and student account balance
- + Financial Aid information and awards
- + A link to the MBS Online Bookstore website
- + Information about the student apartment residence
- + A handy GPA calculation tool (based on projected grades)
- + Information about CPR and background checks
- + Information about student uniforms and supplies
- + Information on co-curricular activities and Student Government
- + Helpful links to other websites
- + **And now ... online registration!**

Eyewitness to History WWII Nurse and Liberator Dorothy Beavers Pecora '41

In commemoration of Veterans' Day 2010, The Carmel Rapper honors our Mount Carmel faculty, student, and alumni veterans with the a story of extraordinary service by one of our alums who served as a nurse at the front and a liberator of concentration camps during World War II.



Alumna **Dorothy Pecora** with fellow liberators honored last April in the U. S. Capitol Rotunda. The event was organized and led by the Holocaust Memorial Museum, with Holocaust survivors, liberators, members of Congress, White House officials, the diplomatic corps, and community leaders in attendance.

Credit: Arnold Kramer for the United States Holocaust Memorial Museum.

She still exchanges letters with two of them — two women imprisoned in the Nazi concentration camp in Penig, Germany, that **Dorothy Beavers Pecora '41** helped to liberate in April 1945.

“They are strong, good women and they just kept going,” says Dorothy of her two friends, who now live in New York and Budapest. “We made a life-long connection. The survivor in New York lives close enough that I have been to her home twice; we write monthly; she calls me her sister.”

The survivor in Budapest suffered some permanent damage from her ordeal and lives in a nursing home. “The ankles of these beautiful girls in the camp rocking back and forth with pain were a bleeding, swollen, painful mess.”

The assignment started out simply. As Chief Nurse of the field hospital, Dorothy was setting up a hospital in a German school when an officer asked for two nurses to accompany him because some women needed care.

“When I first walked through the door of the camp, I couldn’t breathe; I couldn’t move. I was not prepared for what I saw,” Dorothy recalls. In her early twenties, Captain Dorothy Pecora was among the first Americans to help liberate survivors of Nazi concentration camps.

They took the women from the camp to a small airbase hospital. “Their hair was gone. We bathed them and the line of lice around the tub was sickening.”

The liberated prisoners were from wealthy families in Budapest and spoke English and French, as well as German. The women also revealed the source of their ankle injuries. Their shoes were taken away, and they were forced to wear crudely carved pieces of wood held on with a stiff piece of leather. The women had to walk nearly two miles every day to work on an assembly line, sitting on high stools with their legs dangling for 12 hours.

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**Interested in Working
in an Ohio Hospital
After Graduation?**

Register at www.OHHealthJobs.com

OHHealthJobs.com provides resources to search for available jobs in the healthcare field.

By registering for FREE with OHHealthJobs.com, you can

- + Post and edit your resume
- + Express interest in a specific hospital's job postings
- + Receive email notifications when new jobs are posted that match your skills and qualification

Register for a FREE account at www.OHHealthJobs.com

Follow OHHealthJobs.com on Twitter @ OHHealthJobs. Become a Facebook fan at www.facebook.com/OHHealthJobs.

**MCCN
Sigma Theta Tau
Rho Omicron
Induction Ceremony**

Mount Carmel Medical Staff Building
Auditorium

November 11, 2010 at 5:30 p.m.

Silent Auction

5:30 – 6:30 p.m. in the lobby

Proceeds from the Silent Auction fund scholarships for Rho Omicron Chapter members. Please enjoy the light refreshments in the lobby prior to the start of the ceremony.

Withdrawal Policy Reminder

Please be aware of the MCCN course withdrawal Policy (*2010-2011 Student Handbook*, p. 49).

For the purposes of this policy, there are two types of courses: non-nursing courses and nursing courses. Nursing courses include all courses with a prefix of NURS (with the exception of nursing seminars). Non-nursing courses include all other courses taken in the academic program (including nursing seminars).

After the course start date, a student must first notify the course instructor and obtain his/her signature prior to submitting an *Add/Drop Form* to the Office of Records and Registration. Submission of the form to Records and Registration is required for official withdrawal from a course. Non-attendance in a course after the withdrawal deadline is considered being absent from the course. Failure to submit a faculty-signed *Add/Drop Form* will result in a grade being assigned at the conclusion of the course. All course withdrawals are subject to the "Refund Policy" section of the *Student Handbook*.

The "end of week" shall be understood as the Friday, or in the case of a holiday or other College closure, the last business day of the week in question.

- + A student may withdraw from any course by the end of week 1 and the course will not appear on the transcript.
- + A student may withdraw, without academic penalty, from a 16-week semester course by the end of week 12 of the course. A grade of "W" will be posted to the student's academic transcript.
- + A student may withdraw, without academic penalty, from an 8-week term course by the end of week 6 of the course. A grade of "W" will be posted to the student's academic transcript.
- + A student may not withdraw from any course after week 12 of a 16-week semester course or week 6 of an 8-week term course.
- + Summer courses operating on a modified schedule will follow deadlines equivalent to the proportional requirements stated above.
- + **A student may withdraw from only one nursing course during the program of study.**
- + **A student may withdraw from a total of two different non-nursing courses during the program of study.**
- + A student who is retaking a course from which he/she has previously withdrawn may not withdraw from that course a second time; a course grade will be assigned at the conclusion of the retake.
- + Withdrawing from a course does not force the student to also withdraw from a co-requisite course.

MCCN Faculty and Staff Campaign

EXCELLENCE *begins with you!* You demonstrate your commitment to Mount Carmel College of Nursing in many ways — every day! The Faculty and Staff Annual Campaign is another opportunity for our College family to show their commitment to our students, alumni, parents and friends and send a strong message to other sources of private support that MCCN is an investment in the health of central Ohio, our communities, and beyond.

Strengthening our internal culture of philanthropy is vital to ensure the quality and prestige associated with a Mount Carmel College of Nursing education and our workplace. Remember... it is your participation, rather than the amount of your donation, that counts. YOU CAN MAKE A DIFFERENCE. Any questions, contact **Jan Burkey** at 234-3837.

Everyone Invited!

SGA Meeting

Today, November 8, at noon • Wilson Room

The meeting is open to everyone and all are encouraged to attend.



Chaplain's CORNER

Pete McClernon, College Chaplain

OK, so everyone knows I'm a *Facebook* addict — worse than some — not as bad as

others. One thing I like to do on *Facebook* is to take those (insert your own adjective here) quizzes. What city do you belong in? What musical instrument are you? You know what I'm talking about. I saw one the other day that asked "What winged creature are you?" I didn't take that test because I know the answer: I'm an OSTRICH. How do I know that?

I was at a meeting of the College's Mission and Ministry Committee last Monday morning. The topic that consumed most of the allotted time was "the experience of disrespect, discourteousness, rudeness, even bullying on our campus, in our classrooms, in our living places."

After listening to the conversation for over an hour, I became convinced that I was an OSTRICH — with my head buried in the sand. There was one other OSTRICH at that meeting — but only two of us out of a group of eight. We were either totally oblivious to our surroundings or we were OSTRICHES.

So I took my perplexity to my second favorite online location: GOOGLE. I entered the word "bullying" and O-M-G. Pages and pages of heart-rending stories of people being pushed around (physically, verbally and cyberly) — abused — taunted — ridiculed — belittled — defamed — assaulted (physically, verbally, and cyberly) for no other reason than being who they are.

Then I recalled recent news stories about the self-inflicted deaths of so many people who felt totally hopeless in the face of taunting and bullying. How unbelievably sad! Sadder still to know — now that I have taken my head out of the sand — that there are people among us at Mount Carmel College of Nursing who treat their fellow human beings in such a contemptible way.

As I see it, there are three groups of people in this bullying equation: (1) the bullies; (2) the bullied; (3) everyone else. The people with the power here are in that third category. "Everyone else" has the power to protect the bullied and to disarm the bullies. My friends, the enemy here is silence

Enough said!

“A Block O Life” Featuring Ellen Tressel

As part of the Mount Carmel College of Nursing Speaker Series, Ellen Tressel recently shared insights into her spirited and dynamic life as a community leader, the wife of OSU football coach, Jim Tressel, and as a Mount Carmel College of Nursing Board of Trustees member.



Student Activities!



You are invited to attend the College's women's basketball team games. The team name is MCCN and they began playing in the Columbus Rec Women's Competitive League on October 13 at the McDonald Rec Center.

Game Schedule

11-10 7:15 p.m.
11-17 6:15 p.m.
12-1 9:15 p.m.

Mount Carmel College of Nursing has two volleyball teams in the Columbus Rec Competitive league this year: The Nightingales (Blue) and The MCCN (Orange). They began play on October 18 at Berliner Park Rec Center. Come out and cheer on our volleyball teams!

Game Schedule

Blue	Orange
11-15 6:10 p.m.	11-15 6:10 and 7:10 p.m.
11-22 7:10 p.m.	----
11-29 8:10 p.m.	11-29 6:10 p.m.

Four student (Center of Science and Industry) COSI Columbus memberships and two family COSI memberships are purchased annually for MCCN students. Individual students and students with families (up to 4 children and significant other) can be admitted to COSI for free!

COSI memberships may be signed out on a **daily** basis. Memberships must be returned the next business day to ensure availability for other students. Memberships signed out on Fridays are to be returned the following Monday. Enjoy!

MCCN students are cordially invited to attend activities and events at Ohio Dominican University's Bishop A Griffin Student Center. For up-to-date listings of activities visit www.ohiodominican.edu, type in Griffin Student Center and calendar of events.



SNAM News

Five SNAM members volunteered at the Gladden Community House Halloween Party (front, l-r): **Jill Zimmer, Maggie Williams, Kayla Munk, Nichole Eilerman, and Stephanie Binkley**; (back) SNAM Advisor, **Dawn Hughes**.



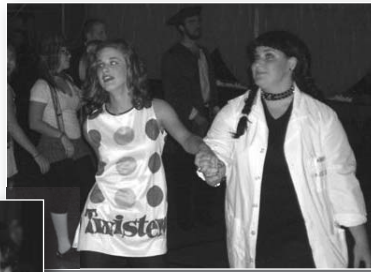
Halloween Fun!

Several prizes were awarded at the College Halloween party:

- | | |
|--------------------------|---|
| 1. Scariest Costume | Brooke McComb |
| 2. Most Original Costume | Julia White |
| 3. Funniest Costume | Devon Baldwin |
| 4. Best Costume | Kayla Munk |
| 5. Best Group Costume | Renee Dicke, Mackenah Martin, Kayla Rupp, Katie Dunlap |

Winners of the Resident Hall Floor Decorating Contest 2nd floor Holy Cross Hall

Winners of the Best Door Decorating Contest **Rachel McMillan** and **Rebecca Schaeffer**



Eyewitness to History...

cont'd from page 5

In May 1945, Dorothy liberated survivors at a second concentration camp, located in a beautiful area of the Alps — Ebensee, Austria. Ebensee provided slave labor for the construction of huge underground tunnels to house and produce munitions. When the liberators arrived, the men at Ebensee were practically dead.

“We could do very little for those patients and most of them did not make it. We were there about six weeks and we could only work half days — it just got to us,” says Dorothy.

“Things like that you don’t forget.”

Bronze Star

During WWII, Dorothy was one of the first women in the military to be awarded the Bronze Star. She served under General George Patton as one of the chief nurses during the Third Army’s march across France and into Germany.

“A field hospital was a tent in the middle of field stubble, so this was nursing under very adverse and primitive conditions. The only injuries treated were amputations and chest and abdominal wounds. The dust blew in; there was no heat in the operating room; and we washed linens outside in all kinds of weather.”

At five foot one inch and 105 pounds, Dorothy’s presence and performance in the midst of combat amazed people. Dorothy credits her Mount Carmel education with giving her the knowledge and skills to practice nursing in those harsh, dangerous, and demanding conditions. “I had a good foundation, had learned how to give excellent nursing care. I knew what sterilization was and how long the effect lasted.”

Back in Ohio, Dorothy’s parents went to the movies and were astonished to see their daughter in the wartime newsreel. “My mother stood up in theater and exclaimed, ‘There’s Dorothy!’” The newsreels can be seen today on the internet.

“Those three years in the military were so good to me. I was very fortunate to work with the most wonderful people — people who were willing to work together and help each other,” recalls Dorothy.

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MONEY matters



Notes from Alyncia

Registration and Holds

CARMELink is updated regularly to display your financial status. In order to determine if your financial aid has been processed, first check the document screen in financial aid. If we have received all your documentation, it will note the document and the date we received it. The status portion will say “received.” If it says “not received,” then you will need to take care of this ASAP.

StudentLoans.gov

This is the official site that you need to visit to complete your master promissory note and entrance counseling. After you log in, you will need to scroll on the screen to complete the master promissory note. You may have to log back on to complete the entrance counseling. Both documents must be completed to receive financial aid. The financial aid office will receive an electronic notification of your completed documents.

Exit Counseling

Whenever a student has received financial aid, it is a federal requirement that they complete exit counseling for financial aid. This is a two-step process. Step 1: you complete the information on the StudentLoans.gov website. Step 2: you complete the Exit Counseling form provided by the financial aid office.

How Much Money do I owe the Government?

If you are wondering how much money you owe in federal student loans, go to NSLDS.ed.gov and input the requested information. You will see how much you have in outstanding federal student loans.

Asking questions and getting the right answer

This edition’s statement/question:

Registration is coming up. Am I on hold?

This is a good question.

CARMELink provides real time information about your financial aid and your account. If you have a hold on your account, it will show up in CARMELink. Likewise, if you have not completed the financial aid process, made payment arrangements with the business office, or reduced your balance to below \$1,000, your account will be placed on hold.

Look forward to more ways to get the right answer to your question.

Alyncia Bowen, PhD, MSA
Director of Financial Aid
abowen@mchs.com

What To Do When the Sirens Go Off

Tornado Warning Policy Reminder

If a **Tornado Watch** is Announced:

- + Monitor weather.
- + Close windows, curtains, and blinds in occupied areas.
- + Test flashlights and distribute to staff if possible.
- + Be prepared to activate Tornado Plan (found in Emergency Response Manual).

If a **Tornado Warning** is Announced:

- + Move faculty, staff, students and visitors away from windows and into the College basement or interior hallways. Apartment residents should move to interior hallways.
- + Close all doors.
- + Refer to Tornado Plan (found in Emergency Response Manual).
- + When area is secured, dial the Hospital Command Center (234-5833) to report your status.



Students, faculty and staff waiting for the “all clear” during the recent tornado warning

The Power of Pumpkin

By Andrew Arra, Dietetic Intern

Ah, the crisp air of fall is finally upon us. Breathe it in and you will experience the leaves changing, cool evenings, and the harvest our country has to offer all around you. This, my friends, is the time of year when I welcome and fall victim to the entrancing power of pumpkin. The taste, smell, and texture never fail to bring me back home, back to a time when I was younger (and what I would dress up as for All Hallows Eve was the only worry on my mind).

Now, if you think that pumpkin is just a holiday gourd for carving, then you don't know jack-o-lantern! This power-packed squash is not only nutritious, but it is surprisingly delicious! Whether you have it fresh or canned from your local grocery, pumpkin itself is loaded with potassium, fiber, and Vitamin-A.

Don't worry; there are more ways than pie to reap the benefits of this fantastic flower. Everyone knows the old-time favorite of saving your leftover seeds and roasting them in the oven for a quick and healthy snack on the go.

A more uncommon approach is adding a cup or two of pumpkin to your everyday pancake mix for a healthier breakfast alternative. To do this, cut up and boil that extra pumpkin you picked up from the pumpkin patch. Once softened, peel off the skin and mash the "meat of the pumpkin" yourself for your own homemade puree! My personal favorite is the pumpkin smoothie! Made with soymilk and other common ingredients, this is a superb low-calorie choice to replace a meal or satisfy that sweet tooth craving.

Whether it's turned into a drink on-the-go or a sweet dessert to close out a wonderful family gathering, pumpkin is something that should definitely be a part of your diet this holiday season...I know it will be a part of mine!

Spiced Pumpkin Smoothie

½ c. Pumpkin Puree*
2 c. Soymilk
3 T. Pure Maple Syrup
1 tsp. vanilla extract
¼ tsp. allspice
¼ tsp. nutmeg
½ tsp. cinnamon
Ice

*canned, with no added salt

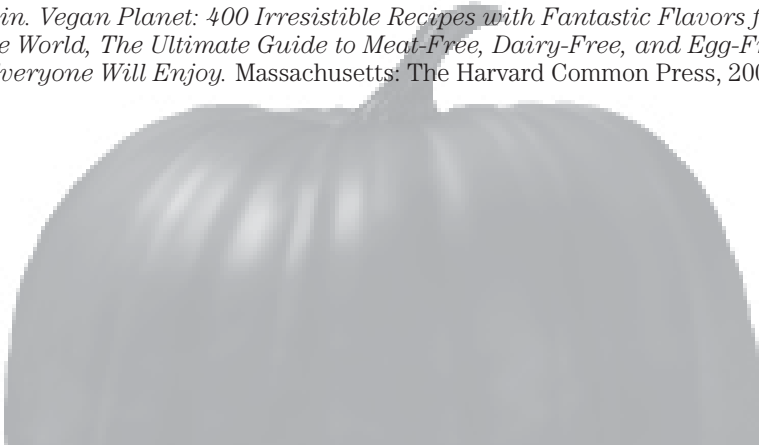
Nutrition content: 397 calories, 8.5g fat (2g saturated), 250 mg Sodium, 65g Total Carbohydrate (5.5g fiber, 52g sugar), 29g Protein. 400% Vit. A, 66% Calcium, 25% Iron, 25% Vit. K, 8% Vit. C.

**Dietitian's Tip:* Cut 60 calories and 4 grams of fat (2g being saturated) from this recipe by choosing Light Soymilk! Also, 39g of carbohydrate (along with 156 calories) come from the maple syrup alone! For people watching their CHO intake, try choosing sugar free maple syrup instead. These two tips combined will help all of us fight off "getting stuffed" during the upcoming holiday seasons!

Works Cited

"Nutrition Facts and Analysis for Pumpkin, Maple Syrup, Soymilk." August 2009. Self Nutrition Data: Know What You Eat. 05 October 2010. <www.nutritiondata.self.com>

Robertson, Robin. *Vegan Planet: 400 Irresistible Recipes with Fantastic Flavors from Home and around the World, The Ultimate Guide to Meat-Free, Dairy-Free, and Egg-Free Cooking that Everyone Will Enjoy*. Massachusetts: The Harvard Common Press, 2003. p. 529. Print.



Library



Hours

MONDAY - THURSDAY
8 a.m. – 9 p.m.

FRIDAY
8 a.m. – 5 p.m.

SATURDAY
8 a.m. – 12 noon

SUNDAY
Closed

Professional reference staff is available Monday - Friday, 8 a. m. - 5 p.m. If you need professional help or assistance during late evening and Saturday opening hours, librarians will be available upon your request, primarily through scheduling time using Signing for Instruction form on the library website at least 48 hours in advance, or by contacting a librarian in person.

Dance classes Lyrical, Jazz and Technique

No experience needed!

Schedule:

Tuesdays 5 – 6 p.m. Lyrical
Tuesdays 6 – 7 p.m. Technique
(yoga, stretching, & core training)
Saturdays 11 a.m. – noon Technique
\$2 per class for students
\$5 per class for faculty/staff

To register, email dance instructor
Kristi Kowalski at kkowalski@mccn.edu.

Ballroom/Social Dance Class

Bring your favorite dance partner and learn ballroom/social dances, such as the waltz, salsa, jitterbug, and foxtrot!

Thursdays, November 11 & 18, 5:30 – 6:30 p.m., in the gym

Instruction by Aaron Oates

\$5 per couple per class

Email ccipriani@mchs.com to reserve your spot.

Final Exam Schedule

		TIME	ROOM	FACULTY
MONDAY, DECEMBER 13				
NURS 405	Acute	8 – 10 a.m.	CLE 114	Nibert
NURS 406	Gerontology	8 – 10 a.m.	CLE 206	Maurer Baack
NURS 407	Pediatrics	8 – 10 a.m.	CLE 116	O'Handley
NURS 408	Transitions	8 – 10 a.m.	MH-Clsrm B	Waterman
NURS 307	OB	8 – 10 a.m.	CLE 210	Cooley
NURS 308	Psych-Mental Health	10:30 a.m. – 12:30 p.m.	CLE 114	Bills
NURS 309	Med Surg I	10:30 a.m. – 12:30 p.m.	CLE 206-208	Beyer
PSYC 225	Human Growth & Devlpmt - all sections	9 – 11 a.m.	CLE 310	Skybo
NURS 421	Community Health Nursing	1 – 3 p.m.	CLE 114	Chops/Smith
HUMN 320	Ethics – all sections	1:30 – 3:30 p.m.	CLE 310	Hiltbrunner

		TIME	ROOM	FACULTY
TUESDAY, DECEMBER 14				
NURS 204	Foundations/Health Assmt	8 – 10 a.m.	MSB Auditorium	Piquero
SCIE 123	A&P I – all sections	9 – 11 a.m.	CLE 206-208-210	Loscko
SCIE 430	Integrated Science	10:30 a.m. – 12:30 p.m.	MH-Clsrms B & C	Garbellini
SCIE 230	Patho I – all sections	1 – 3 p.m.	CLE 206-208-210	Stinner
PSYC 101	General Psychology – all sections	1:30 – 3:30 p.m.	CLE 310	Hilty
NURS 361	Nursing Research	3 – 5 p.m.	CLE 114	Cooley

		TIME	ROOM	FACULTY
WEDNESDAY, DECEMBER 15				
SCIE 103	Organic Biochemistry – all sections	9 – 11 a.m.	CLE 206-208-210	Shen
HUMN 201	Critical Thinking	10 a.m. – 12 noon	CLE 116	Hiltbrunner
SCIE 220	Nutrition – all sections	1 – 3 p.m.	CLE 206-208	Dreifke
HLTH 416	Health Policy	2 – 4 p.m.	CLE 116	Bowen
HLTH 320	Statistics – all sections	3:30 – 5:30 p.m.	CLE 310	Reed

		TIME	ROOM	FACULTY
THURSDAY, DECEMBER 16				
HUMN 110	Individual & Religion	10 a.m. – 12 noon	MH-Clsrm A	McClermon
HUMN 202	Expressions of Spiritualities	10 a.m. – 12 noon	MH-Clsrm A	McClermon
HLTH 210	Health Promotion – Section M01	2 – 4 p.m.	CLE 114	Badowski
HLTH 210	Health Promotion – Section M02	2 – 4 p.m.	CLE 206	Huff
HLTH 210	Health Promotion – Section M03	2 – 4 p.m.	MH-Clsrm B	Maurer Baack

NOTES:

1. Faculty will schedule Seminar and RN-BSN final exams as needed.
2. All final grades will be accessible by students without record holds via CARMELink. Please Note: We do not mail grade reports; students must contact Records & Registration (Marian Hall-Room 201) for an official printed copy.

We Wish Our Students Luck!

Dr. Pepper was on campus recently taping 60-second videos of students explaining why they could use a \$2,500 tuition scholarship from Dr. Pepper. Dr. Pepper will reward three students nationwide per week with scholarships, until they have given \$1 million in scholarships. View videos at www.drpepper.com.



Camp Mount Carmel: Healthcare Adventures

Sponsored by the College

June 13-16, 2011

Registration begins in February

Visit our website to learn about this highly successful and dynamic program now entering its 10th year:

<http://www.mccn.edu/news-events/camp-mount-carmel.html>

CAMP MOUNT CARMEL



HEALTHCARE ADVENTURES

FOR HIGH SCHOOL STUDENTS

Fun Things to Do

Dancing with the Nutcracker

Sunday, November 14
12:30 p.m. and 2:30 p.m.

Admission: Free with peanut butter donation to benefit the Mid-Ohio Food Bank

BalletMet Dance Centre
322 Mt. Vernon Avenue

Your child can join the action and dance with characters from *The Nutcracker* in this extra special holiday treat.

Free Open Rehearsal

Friday, November 19, 5-6 p.m.

Go behind the curtain with *The Nutcracker!*

BalletMet Dance Centre
322 Mt. Vernon Avenue

Showtimes

Friday, December 10, through Sunday, December 26. See balletmet.org/nutcracker for times.

Cost

Students 18 years old can buy tickets for \$5 at Kroger Stores.

College students can buy tickets for \$15 with college ID at the theatre.

Campus Ministry

CHRISTMAS PROJECTS — Watch for information about our two important Christmas Projects.

AVONDALE CHRISTMAS PROJECT

The College family provides a Christmas gift to each student at Avondale Elementary School. Coordinators: **Nicole Cistone** and **Greg Breeze**

OPERATION CHRISTMAS CHILD

The College family fills shoeboxes with gifts for needy children overseas. Coordinator: **Amanda Mitchell**

Who: Faculty, staff, students, family members, organizations, religious groups...anyone interested!

What: Operation Christmas Child is an annual program supported by Samaritan's Purse to provide needy children around the world with a shoebox full of necessities and toys.

Where: Brochures are located at the front desk, and on bulletin boards around the school. Drop off location is near the stage in the gym. Look for the bright green sign!

When: Boxes are being accepted now. The deadline for all boxes is NOVEMBER 19th!

Why: "When they open their shoe box gifts, the harsh world around them fades and their hearts fill with wonder and joy as they see the treasures within. Yet the impact of Operation Christmas Child goes far beyond smiles and laughter. These simple gifts become Gospel opportunities, opening hurting hearts to experience the transforming power of Jesus Christ." (From Samaritan's Purse)

How: Pick up a brochure and follow the instructions, just five simple steps listed in brochure (boxes are \$7 for shipping and handling fee).

Additional questions, **Amanda Mitchell** (amitchell@mccn.edu.)
Information available on posters around the College as well.

Bethlehem on Broad Street

This project has been part of the Christmas Season in Columbus for many years. Mount Carmel students are invited to participate with the Downtowners Campus Ministry. Please note that Mount Carmel students cannot use this as part of their community service requirement, since there is a monetary stipend given at the end of the project. Read the directions carefully for dates, places and details.

— College Chaplain **Pete McClernon**

Mount Carmel Students: You are invited to take part in celebrating the true meaning of Christmas. Be with homeless, residential and working poor families. Join volunteers from churches around the city and the Downtowners Campus Ministry at Broad Street Methodist Church, 501 East Broad Street, located at Washington and Broad Streets — five minutes east of Mount Carmel. Spend time with parents and children listening to their stories, singing Christmas Carols, taking pictures with Santa, distributing food boxes.

The planning meeting is Saturday morning, November 20, 10 – 11:30 a.m. The event takes place on Saturday, December 18, 9 a.m. – 3:30 p.m. Both the meeting and the event take place at Broad Street Methodist Church.

The reward is the gift of giving to others and receiving a generous stipend to help with your books and supplies, provided by grants to the Downtowners Campus Ministry, a ministry that serves students of all faiths.

For more information, visit www.downtownersministry.org or contact Dr. Ellen O'Shaughnessy, Campus Minister, at 614-224-1155 or eoshp@mac.com.

Eyewitness to History... cont'd from page 7



Alumna **Dorothy Pecora** is interviewed by the press during the Liberators Lunch held in honor of the men and women who liberated the concentration camps in World War II.

Credit: Max Reid for the United States Holocaust Memorial Museum

Liberators Honored at U. S. Capitol

Sixty-five years after American troops liberated the concentration camp survivors, Dorothy was among approximately 125 veterans/liberators and concentration camp survivors honored at the Holocaust Day of Remembrance Ceremony in the U.S. Capitol Building in Washington on April 15, 2010.

This most recent honor followed several others throughout the post-war years of Dorothy's life. She witnessed the dedication of the Women's War Memorial. She and a fellow army nurse were honored to be the first women to lay a wreath at the Tomb of the Unknowns at Arlington Cemetery.

Dorothy was among those featured in the "Angels on the Battlefield" episode of the Fox News Channel series, "War Stories with Oliver North." Colonel North hailed Dorothy's accomplishments, noting that her strength and courage belied her petite stature.

Dorothy was acknowledged as a significant contributor to the Pennsylvania Veteran's Museum's educational documentary, "Women in the Military: Willing ... Able ... Essential." The film unveils the contributions of women in supporting the nation's armed forces, through re-enactments, archival footage, and interviews with military women and historians. The premiere was held at the Women's Memorial in Arlington Cemetery in 2009. A preview can be viewed at www.paveteransmuseum.org.

But none of this — neither honors nor recognition — were on Dorothy's mind when she enlisted. "I wanted to help, to serve, to go wherever I was needed. My brothers were already serving, so my parents agreed. Little did any of us know what experiences awaited me."

Dorothy's military nursing experiences are etched in her memory. She particularly remembers a patient at the field hospital, a strong young soldier who had suddenly and tragically become a quadruple amputee. Dorothy couldn't believe how he just kept smiling. "I'm going home to my wife and two little girls," the soldier said.

Dorothy is lost in thought and remembrance for a moment. "Now ... that's nursing," she says quietly.

By signing up for the MCCN Communications Alert System you can be alerted and informed in times of crisis, disaster and weather situations.

Faculty, students and staff may self-register for the new system by using an on-site MCCN computer.

- + Via *Insight*, enter internet address <http://mccnalert.mchs.com> and simply follow the prompts.
- + Be sure to do the self-test that is part of the self-register process to confirm that the registration has taken place.
- + The alert system messages are TEXT ONLY and can be sent to cell phones, pagers, personal computers or other electronic message devices. There are no limits to the number of devices that can be listed.
- + You must register in order to be contacted and check the box to agree to assume any charges for alert system messages. Once registered you must update any changes to listed devices, such as new phone numbers.

If you have questions about the new system or need help signing up, please contact one of the following individuals who will help you with the process:

Robin Hutchinson Bell (Marian Hall 313)
rhutchinson-bell@mchs.com or 234-1372

Sherry Hull (Marian Hall 302)
shull@mchs.com or 234-5777

Brenda Binkley (Marian Hall 310)
bbinkley@mchs.com or 234-5726



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Managing Editor:
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Editor:
Elaine Kehoe

Photographer:
Chris Steel

Layout:
Carol Stokes

Deadline for information is every other Monday at noon.

For information or to comment, contact
Robin Hutchinson Bell: 614-234-1372
or rhutchinson-bell@mchs.com.