



# MCCN Welcomes New SDAP V Students



Day one of SDAP V — students are ready to begin (first row, l-r): **Beth Kuper, Joel Phoenix, Brian Kelly, and Jessica Heidorn**; (second row): **Amanda Evans, Heather Skidmore, Martha Miricho, and Jane Gacegu**; (third row): **Esther Foulk, Chelsea Krystofik, and Christine Szklarz**. Standing: SDAP Coordinator and Instructor **Barbie Potts**.

**As spring semester begins** for everyone at the College, a marathon in nursing education — the Second Degree Accelerated Program (SDAP) — begins for the 64 members of the fifth SDAP class at MCCN. For these 64, the work had already begun before the first day of classes on January 3. At orientation on December 10, they received a homework assignment.

On that day, SDAP Coordinator, **Barbara Potts, M.Ed, BSN, RN, CCRN**, described the program to the newest SDAP class: “We take three years of nursing education and condense it, live it, and deliver it to your minds in 13 months. Every class and seminar in this program is accelerated. It never slows down, not until January 27, 2012 — your completion day. But until that day arrives, everything you do in this program is accelerated.”

The wide variety of previous degrees attained by the SDAP V students include Biology, Art, Social Work, Engineering, Hospitality Management, Education, Sociology, English, Journalism, Apparel Marketing, and Japanese Economics.

With a degree in journalism and experience as an on-air WTTE FOX 28 news reporter, **Mary Jedlicka** feels lucky to have found a new passion in nursing. “I am ready to have a job helping and interacting with people on a daily basis. I am really excited! After the first day of class today, I am even more certain that this new direction is right and nursing is it for me.”

Jedlicka appreciates the faculty’s open door policy. “It’s great to feel that these instructors are really here for us. And to know that as fellow students, we can lean on each other and help each other make it through,” Jedlicka said.

January 10, 2011

## dates to remember

**January 17**  
*Martin Luther King, Jr.*  
 (holiday)

**January 24**  
 SNAM meeting

**February 1**  
 Deadline for  
 Advanced Placement application

**February 3**  
 Disaster Preparedness Class

**February 11**  
 Last day to drop any Term 1 course

**February 25**  
 Term 1 courses end

**March 1-6**  
*Spring break*

**March 28**  
 SNAM meeting

**April 22**  
*Good Friday (holiday)*

**April 25**  
 SNAM meeting

**May 2-6**  
 Final exams

**May 7**  
 Commencement 2011

## MCCN Welcomes New SDAP V Students *cont'd*

**Joel Phoenix** launched an intense search for a new career after seven years of experience in business sales and management. "I discovered that nursing embodies my values," said Phoenix. Just to be sure, he resigned from his business position and took a job as a PCA at the James Cancer Center for the past six months.

"Working at the James has been very rewarding. I guess the best testimonial came from my wife who observed, 'You're always in a better mood now.' So, on this first day of class, it was good to know there is a definite date in 2012 when I will be ready to be a registered nurse."

**Christine Szklarz**, a self-described animal lover with a microbiology degree and experience as a vet tech, wants to help people improve their health while helping animals with her volunteer rescue work. She is happy that the time of waiting and fulfilling pre-requisites is past. "It feels like a long time since I decided two summers ago that I wanted to do this. Now that nursing classes have begun, I feel both nervous and excited," said Szklarz.

"It really helped to hear from the SDAP IV students about their experiences and to know how supportive the professors are. I'm ready. I've got my planner. I'm going to try to be organized and follow the advice we heard today about focusing on one day at a time."

We welcome our newest students to the MCCN family and wish all of them the very best!

### SDAP V Students at Orientation



## Advanced Placement Program (APP)

Deadline for application to the Summer 2011 Advanced Placement Program (APP) is February 1. Students with a minimum 3.00 cumulative grade point average who have successfully completed all non-nursing courses in the freshman and sophomore curriculum (with the *possible* exception of HLTH 210, SCIE 230 and SCIE 231) are eligible to apply for APP.

Admission to this program is very competitive, and not all applicants are accepted. There are a limited number of internal and external seats available, and candidates are chosen based on high academic achievement and successful completion of necessary prerequisite coursework.

Details and application materials are available on CARMELink. To locate the information about the MCCN Advanced Placement Program:

- + log in to CARMELink
- + on the Home tab, find the Announcements section
- + click on the + beside Freshman Announcements
- + download and print the application
- + all applications are due by February 1, 2011

## Degree Audits

Pre-licensure students who want to verify current completion of program requirements may schedule an appointment to review their degree audits.

Contact **Janet Turner** (614-234-3870) to schedule an appointment.

RN-BSN Completion and Master's students should contact **Kip Sexton**, Program Coordinator, at 614-234-5169 with questions about degree audits.

## Good News for Baccalaureate Nursing Students and Graduates from the American Association of Colleges of Nursing (AACN)

### AACN Data Confirm that Nurses with Bachelor's Degrees Are More Likely than Other Professionals to Secure Jobs Soon after Graduation

**WASHINGTON, DC, November 10, 2010** – New data from the American Association of Colleges of Nursing (AACN) show that graduates of entry-level baccalaureate (BSN) and master's nursing programs are much more likely to receive job offers at the time of graduation or soon after than graduates from other fields. A national survey of deans and directors from U.S. nursing schools found that 65% of new BSN graduates had job offers at the time of graduation, which is substantially higher than the national average across all professions (24.4%). At four to six months after graduation, the survey found that 89% of new BSN graduates had secured job offers.

“Despite concerns about new college graduates finding employment in today's tight job market, graduates of baccalaureate nursing programs are securing positions at a significantly higher rate than the national average,” said AACN President Kathleen Potempa. “As more practice settings move to require higher levels of education for their registered nurses, we expect the demand for BSN-prepared nurses to remain strong as nurse employers seek to raise quality standards and meet consumer expectations for safe patient care.”

In August 2010, AACN conducted an online survey of nursing schools offering entry-level baccalaureate and graduate programs in the U.S. to better assess the experience of new graduates seeking employment. The survey found that the average job offer rate at the time of graduation was 65% for new nurses based on data collected from 402 schools. By comparison, the National Association of Colleges and Employers (NACE) conducted a national survey of 35,000 new college graduates across disciplines and found that only 19.7% of new graduates in 2009 had a job offer at graduation. In 2010, NACE reported that this job-offer rate improved to 24.4%, which is still markedly lower than the 65% identified for nursing school graduates.

Other key findings from the AACN survey include:

- ✦ The percentage of BSN graduates with job offers at graduation varied by region of the country, from 74% in the South, to 64% in the Midwest, to 59% in the Northeast, to 54% in the West.
- ✦ At four to six months after graduation, the average job offer rate climbed to 89% nationally for graduates of entry-level BSN and master's nursing programs.
- ✦ The job offer rate for new nurses at the four-six month mark also varied by region, from 94% in the South, to 89% in the Midwest, to 88% in the Northeast, to 78% in the West.

Despite high unemployment rates and job losses in other sectors of the economy, the U.S. healthcare workforce continues to expand. On November 5, 2010, the Bureau of Labor Statistics reported that healthcare employers added 24,100 new jobs in October, which brings the total of new jobs created in this sector to 239,300 in the past 12 months. As the largest group of health professionals, RNs likely will be recruited to fill many of these new positions. In addition, the Conference Board's Help Wanted Online Data Series, which tracks more than 1,000 online job boards across the U.S., recently reported that ads for healthcare positions increased by 26,800 listings in October 2010 to 543,100, thereby ending three consecutive months of declines. This increase was attributed primarily to an increase in advertised vacancies for registered nurses, occupational therapists, and physical therapists. The Conference Board found that vacancies continue to outnumber healthcare job seekers by more than two to one nationwide.

The entire AACN Research Brief, including state-by-state data on job-offer rates for new nurse graduates, is available to download for free from <http://www.aacn.nche.edu/IDS/pdf/ResBriefEmpl.pdf>.

*The American Association of Colleges of Nursing (AACN) is the national voice for university and four-year college education programs in nursing. Representing more than 650 member schools of nursing at public and private institutions nationwide, AACN's educational, research, governmental advocacy, data collection, publications, and other programs work to establish quality standards for bachelor's- and graduate-degree nursing education, assist deans and directors to implement those standards, influence the nursing profession to improve healthcare, and promote public support of baccalaureate and graduate nursing education, research, and practice.*

## Application for Graduation

Students were previously notified regarding application for graduation, which must be on file in order to begin the graduation process. If you expect to complete degree requirements at any time from **March 2011 through October 2011** and have not already done so, please submit your graduation application now! The required graduation fee will be charged to your student account in the semester you graduate.

Contact the applicable office to obtain a graduation application:

- ✦ Pre-licensure students: Records and Registration (Marian Hall, Room 201)
- ✦ RN-BSN or Master's students: **Kip Sexton** (Marian Hall-Room 301)

## Affiliated Course Schedule — Deadline Has Passed

Any student taking a Winter Quarter class at one of our affiliated institutions (Columbus State Community College or The Ohio State University) is required to submit a copy of his/her course schedule to the MCCN Records and Registration Office (Marian Hall, Room 2C01). **The deadline to submit the schedule to MCCN was Friday, January 7!!**

All students must submit their CSCC or OSU course schedules to MCCN every term they take classes. Students who neglect to submit the required documentation will find that their credit hours at CSCC or OSU will not count toward calculation of total credit hour load for Winter Semester. Delinquent students may find themselves at less than full-time hours for financial aid calculation.

**IF YOU ARE TAKING AN AFFILIATED COURSE AND HAVE NOT SUBMITTED A COPY OF YOUR CSCC OR OSU SCHEDULE — DO SO IMMEDIATELY!**



## Fitness and Nutrition (FAN) Club



**Mary Johnston, RD, LD, BS, Robyn Adler, MSW, and Toni Chops, MS, RN,** conduct nutrition education classes with students and parents at Avondale Elementary.

**F.A.N. Club** is a 30-week, afterschool fitness training program combined with a social cognition-based nutrition program for high risk and obese children. The program is a partnership among Mount Carmel College of Nursing, Nationwide Children's Hospital, and Columbus Public Schools.

F.A.N. Club was launched in June 2008 at Livingston Elementary School. During the 2009-2010 school year, a total of 98 children participated from Livingston, Lincoln Park, and Avondale Elementary Schools.

Mount Carmel College of Nursing has coordinated the program at Avondale Elementary School with grants provided by Cardinal Health and the Harry C. Moores Foundation.

Faculty member **Toni Chops MS, RN**, and MCCN Director of Development **Jan Burkey** facilitate the various activities associated with the FAN Club. During this academic year, diet instruction for the children as well as the adults in the child's life has been provided by Mary Johnston RD, LD, BS., a dietitian at Lower Lights Christian Health Center. Classes on ways to prepare healthy meals using inexpensive recipes have been offered and well received. Johnston is very familiar with the challenges associated with the children and parents within the underserved community of Avondale.

**Kristi Kowalski**, a MCCN freshman, works as a Program Assistant and helps Robyn Adler, the FAN Club Program Coordinator, with the fitness activities as well as educational programs. Kowalski has a solid background in ballet and has incorporated some dance and ballet in the fitness classes. The children benefit from having a support person, such as Kowalski, to hear their issues and concerns on a variety of topics, not just nutrition. Her enthusiasm for fitness and good nutrition provides a positive learning environment for the children.

Outcomes will be measured at designated intervals. Adjustments in the curriculum will be made based on the findings. This project is just one example of the College working in partnership with other organizations to create a community environment that supports healthy food and fitness behaviors through the efficient and effective coordination of community resources.

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.

## Sophomore Pinning on January 9

Congratulations to the class of  
2013 who received their MCCN  
nursing pins yesterday at a special  
ceremony at First Church of God  
attended by family and friends!  
Photos and details of the event will  
be featured in the next issue of  
*The Carmel Rapper*.

## easycolumbus.com

The student everything-off-campus  
guide to Columbus

- + Where to go
- + What to do
- + Easy discounts
- + Columbus internships
- + Upcoming Career Events
- + Internship Tips
- + Student discounts

## Scholarship Opportunity for Seniors

**Deadline: March 7, 2011**

The American Association of Critical Care Nurses — Central Ohio Chapter (AACN-COC) is proud to offer a senior nursing student with the desire to become a critical care or progressive care nurse, a \$500 scholarship to use at your discretion.

The eligibility criteria:

- + Senior nursing student who has or will graduate in 2011 and has not yet passed the state board exam.
- + An interest in critical or progressive care
- + One written professional reference and contact information for two other personal or professional references
- + Short essay about 1.) Why you chose to become a nurse and 2.) Who and/or what experience inspired your desire to become a critical care or progressive care nurse.

The AACN-COC was established in 1975. Meetings are held on the third Wednesday of the month, September through May. Benefits of belonging to the organization include networking, educational offerings with contact hours and dinner, professionalism, opportunities to serve and develop leadership skills, and most of all a place to have fun!

AACN-COC board members request that the student who is awarded the scholarship attend the meeting on May 18, 2011, for a presentation of the monies.

For more information, contact us at [aacncoc@yahoo.com](mailto:aacncoc@yahoo.com) or call

President	<b>Vickie Gloeckner</b>	234-7793
Secretary	<b>Cheryl Williams</b>	234-6195
Treasurer	<b>Raejeanne Powers</b>	234-6060

Please submit your essay and references by March 7, 2011 to:

AACNCO  
PO Box 485  
Columbus, Ohio 43216

We look forward to you joining the exciting fields of critical care and progressive care nursing and hope we are a part of your journey.

Respectfully,

**Vickie Gloeckner, Cheryl Williams, Raejeanne Powers, Barbi Potts, Michele Lindner-Nash, Dorina Harper, K. Ashworth, Barb Powell, and Matthew Steele**

AACN-COC Officers and Board Members

## Scholarships Offer Free Money for College Expenses

**Interested in obtaining free money for your education? Consider applying for scholarships.**

Free money is available to applicants who meet certain criteria. The criteria may or may not be linked to need and/or GPA. Don't discount your chances before you even start. You can't receive the free money available, if you do not apply for it.

"Some scholarships go unrewarded every year. Don't say you don't have time to apply for scholarships," said **Kathy Espy**, Director, Diversity and Community Initiatives. "Even if you spend five hours on the application, that's earning \$600 an hour if you are awarded a \$3,000 scholarship."

### Neatness Counts

The appearance of the scholarship application affects how the applicant is viewed by the scholarship donors. A typed application is preferred. If the application is handwritten, a pen must be used.

It is very important to take the time to write a good essay. Consult your advisor for assistance if needed. Remember that community service, leadership, and involvement in activities at the College and in your community will impress scholarship committees. A job also looks good on a scholarship application because it demonstrates that you are trying to help yourself and possess good time-management skills.

### Review and Answer the Question

Each scholarship is reviewed independently. Please be certain that you address the question that is presented to you as part of the application process. "Cutting and Pasting" a reply will probably result in your application not being considered. Please take the time to reply to the question in a scholarly, professional manner. This will help your application stand out above the others.

*continued on page 12...*

## Special Delivery to Avondale of Over 300 Holiday Gifts



Santa's helpers, aka MCCN students, faculty, and staff, (back row, l-r) **Theresa Skybo, Christian Graves, Benjamin Moore, Greg Breeze, and Pete McClernon**; (front row, l-r) **Deidre Smith, Nicole Cistone, Meghan Randolph, and Jennifer Evans**.

### Notes from Alyncia

#### Welcome back to class

The Spring Semester has begun, and many of you are off to a great start. If you had financial aid disbursements in the Fall, please know that your financial aid — grants, scholarships, and loans — will be processed beginning Monday, January 10. Please check CARMELink for the application of your financial aid to your account.

If you are new to the College this semester, please be prepared to wait 30 days for your financial aid to be disbursed. Your loans will be processed beginning February 4, 2011. CARMELink is where you check for the application of your financial aid.

#### 2011-2012 Academic Year

Financial aid for the 2011-2012 academic year will be based on your 2010 tax return. This academic year covers Summer 2011, Fall 2011, and Spring 2012. If you are planning on taking classes in any of those terms, please complete your FAFSA as soon as you complete your 2010 tax return. Additional information is forthcoming.

#### Asking Questions and Getting the Right Answer

This edition's statement/question: *Why were there delays in the processing of financial aid for the Fall and will this be the case in the Spring semester?*

This is a good question.

In March 2010, all schools receiving federal aid (Stafford Loans, Pell Grants, etc.) were required to enroll as a Direct Loan school. This meant that every student who was eligible to receive federal aid was required to complete a new Entrance Counseling session and a new Master Promissory Note. Both had to be completed prior to the disbursement of funds. Many of you completed one of the two requirements. This resulted in a delay of funds being made available. If you have received your Fall disbursement, then you should have no problems with the Spring disbursements. All aid will be processed within the first three weeks of the semester.

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

**Alyncia Bowen, PhD, MSA**

Director of Financial Aid

abowen@mchs.com

#### Mount Carmel College of Nursing Student Health Office



Kathy Walters

**Flu shots available at no cost in the Student Health office.** Any students who missed the planned flu shot clinics in October can come to my office and get a flu shot for free!

**Automated external defibrillators (AEDs)** have been purchased and are now installed in the two apartment buildings. Training sessions on how to use the AEDs are being planned for students living in the apartments.

#### HelpNet — MCCN's Confidential Counseling Service

— is available to help students. MCCN students are entitled to 10 free visits with a counselor/therapist to deal with the multiple issues that college students face on a daily basis—depression, marital concerns, emotional concerns, financial issues, etc. The student in crisis can be anyone—yourself or a friend (see the article in the December issue of *Student Health 101* about how to help a friend in crisis). Please remember that you can refer friends to me or to Director of Student Life **Colleen Cipriani**. We will connect any interested students with HelpNet.

#### Kathy Walters MS, RNC, NNP-BC

Assistant Professor/Student Health Nurse

614-234-5408

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kwalters@mccn.edu





## APP Application Deadline is February 1

The highly competitive **Advanced Placement Program (APP)** enables students to complete a Bachelor of Science in Nursing (BSN) degree in five semesters. Each year, the APP begins in mid-May and concludes in early August. Current Mount Carmel students as well as transfer students may apply for this program, providing that they meet the eligibility requirements.

To be eligible for the APP, a student must have completed the entire MCCN freshman and sophomore curriculum (either at MCCN or transfer those courses from an accredited college or university) except for Nursing 204, 205, 206 and Health Promotions 210 (which is moved to the junior year). Students must have a minimum cumulative 3.0 GPA for all previous college coursework.

Students accepted into the APP complete a 12-week term that consists of Nursing 204, 205, and 206 during the summer session. Once the three courses are completed successfully, students begin the fall semester at MCCN in junior level coursework and clinical experiences. During the summer of 2010, 44 students completed the APP.

## Free Finals Breakfasts — A Gift to Students From the Mount Carmel Alumni Association



MCCN sophomores **Rachel Fox, Betsy Cassidy, and Jenn O'Hara**



Alumni Association board member **Jill Rill**



**Brooke Fraley, Lindsey Barker, Lindsey Levy, and Allison Vermillion**



**MacKenzie Wright-Piekarski and Amy Cramblett**

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

Register at [www.OHHealthJobs.com](http://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](http://www.OHHealthJobs.com)

Follow OHHealthJobs.com on Twitter @ OHHealthJobs. Become a Facebook fan at [www.facebook.com/OHHealthJobs](http://www.facebook.com/OHHealthJobs).

**Camp Mount Carmel: Healthcare Adventures, sponsored by the College, is set for June 13-16, 2011. Registration gets underway 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>

## MCCN Student Wins Dr. Pepper Scholarship



Scholarship winner **Devon Baldwin**

**Freshman Devon Baldwin** recently won a \$2,500 scholarship from Dr. Pepper. Representatives of Dr. Pepper came to campus in November to tape 60-second videos of students explaining why they could use a \$2,500 tuition scholarship from Dr. Pepper.

Baldwin taped her entry the Wednesday before Thanksgiving break and received news of the scholarship award in December. "That phone call was an awesome Christmas present," said Baldwin, who added that this is the first time she has ever won anything.

For her entry, Baldwin composed her own words describing her need for the scholarship and how that related to the competition and adapted them to the tune of a vintage 1970s Dr. Pepper jingle that she found on *You Tube*. She then performed her original composition for the on-campus Dr. Pepper camera.

"I was so nervous," Baldwin confessed. To view Baldwin's winning entry, visit <http://www.drpepper.com/promotions/football2010/entry/devon-t-baldwin-mount-carmel/>.

The Dr. Pepper competition rewards three students nationwide per week with scholarships, until \$1 million in scholarships are awarded. Congratulations to Baldwin and good luck to all the MCCN students who submitted entries to the competition!

# Congratulations Devon!

## 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 the *Signing for Instruction* form on the library website at least 48 hours in advance, or by contacting a librarian in person.



## Student Activity Opportunities

**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](http://www.ohiodominican.edu), type in Griffin Student Center and calendar of events.



# Coffee: Drink to Your Health!

By Megan Andrews, Dietetic Intern

Although coffee was once blamed for a slew of negative health effects, recent research shows that it may actually offer protective effects in the body. One potential explanation for these health benefits is the high levels of antioxidants in coffee, regardless of caffeine content. Certain risks do exist in association with the beverage, but for most people the benefits of coffee are thought to outweigh the risks. Evidence from many epidemiological studies suggests that coffee plays a role in reducing the risk of many diseases, including:

## Type 2 Diabetes

Antioxidants in coffee help to prevent tissue damage, while certain minerals in coffee help the body to use insulin efficiently.

## Stroke

Coffee is linked to lower risk of heart arrhythmias, which increase risk of stroke. Additionally, the lower risk of diabetes contributes to lower stroke risk.

## Certain Cancers

High intake of coffee is associated with decreased risk of liver cirrhosis and liver cancer. Some studies also indicate lower risk of skin, colorectal, breast, oral, pharyngeal and esophageal cancers.

## Parkinson's and Alzheimer's Diseases

Drinking caffeinated coffee correlates to decreased risk of Parkinson's disease, while several cups per day can also lower the risk of dementia and Alzheimer's disease.

With the evidence growing in favor of numerous health benefits of coffee, keep in mind that high caffeine consumption has the potential to be harmful. Consuming over 300 mg caffeine per day can result in such negative effects as anxiety, insomnia, and gastrointestinal upset. Caffeine content can vary dramatically, ranging from 93 mg in a cup of instant coffee to 320 mg for a large Starbucks coffee. The caffeine content of different coffees and other beverages can be found at <http://www.cspinet.org/new/cafchart.htm>.

Specific recommendations exist for caffeine consumption in pregnancy: to avoid potentially increasing the risk of fertility problems and miscarriage, women who are pregnant or trying to become pregnant should limit their caffeine intake to 200 mg per day or less. The evidence pertaining to the effect of caffeine on the newborn is not conclusive, but some studies have shown that caffeine may reduce birth weight, increase infant breathing and heart rates, and decrease sleep time in the first few days of life.

It is not necessary to change your dietary habits to include a large amount of coffee; however, if coffee is currently a part of your lifestyle, you may be receiving numerous health benefits from your habit.

## References

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## Chaplain's CORNER

Pete McClernon, College Chaplain

**There's really only one** thing to write for this issue of the *Rapper*: a long and loud word of THANKS to everyone and for everything that conspired to make the College's Avondale Christmas Gift Project a huge success — once again.

Under the leadership of senior students **Nicole Cistone** and **Greg Breeze**, innumerable people, incalculable hours, ineffable love and devotion were poured out on the late morning of December 17. A picture complete with appropriate names appears in this issue of the students, faculty and staff people who played Santa Claus to over 300 young students at Avondale School.

We are grateful to so many members of the MCCN family who purchased and wrapped gifts. We are grateful to those folks who gave cash and checks to defray costs. We are especially grateful to the amazing staff of the Mount Carmel Health Sciences Library and their fearless, visionary, and enthusiastic director, **Steve Roksandic**, for adopting this project as part of their Christmas Holiday Open House on December 9.

This yearly project — begun about 12 years ago as the brainstorm of then first year student **Lisa Brandeberry** — defies all the odds as the hearts of so many worthy young people are filled with joy as they receive what — for some — was the only gift they received this Christmas.

*A job well done, y'all.*

# Where's the Beef?

By Abbey Maurer, Dietetic Intern

Holidays are meant for family and friends to spend time together, give thanks, and spread joy. The variety of dishes served at these gatherings tends to be a tradition all in itself. The many holidays Americans celebrate from year to year may include Thanksgiving, Christmas, Hanukkah, New Year's Day, Easter, Independence Day, and many more. What main dish will you serve for your guests: turkey, ham, chicken, brats and sauerkraut, lamb... or beef? Beef often tends to be put on the back burner for health reasons.

For overall health, it is a good idea to limit saturated fat consumption found in high fat meat and dairy. It's no wonder chicken breasts and low fat and fat free dairy are often suggested. Some fat and marbling found in meat is important for juiciness and flavor, but it's best to trim visible fat from meats when incorporating lower fat options. It must also be said that there is more to beef than hamburgers.

Did you know there are nearly 30 cuts of beef with a total fat and saturated fat content that fall between that of a skinless chicken breast and a skinless chicken thigh? Some lower fat beef choices include: T-bone steak, sirloin steak, round steak, lean ground beef, chuck shoulder steak, and several more. Beef is also full of necessary nutrients like iron, zinc, riboflavin, and vitamins B12 and B6. Beef can offer a greater nutrient value per ounce in comparison to its competition. The amount of vitamin B12 in a three-ounce portion of lean beef is equal to almost eight skinless chicken breasts weighing three ounces each.

If you choose the vegetarian route, breakfast cereals and several grains are often fortified with vitamin B12, vitamin B6, Iron, riboflavin, zinc and several other vitamins and minerals. See below for a non-comprehensive list of nutrients found in sources other than meat.

- + **Vitamin B6:** Seafood, chickpeas, brown rice, bananas, and garlic
- + **Vitamin B12:** Fish, dairy, eggs, some beverages (ex: Vitamin water)
- + **Iron:** Dried apricots, dried peaches, leafy green vegetables, almonds, beans, tehini (found in hummus spreads)
- + **Zinc:** Oysters, wheat germ, tehini, pumpkin seeds, peanuts, chocolate
- + **Riboflavin:** Eggs, legumes, nuts, leafy green vegetables

Although these particular nutrients found in beef are also in other food sources, beef still comes out ahead per ounce. Eating a variety of food each week is important to incorporate different vitamins and minerals in your diet. Including beef once or twice a week could be one way to get a greater nutrient value for your buck. Will you be asking, "Where's the beef?" at your next family gathering?

## References:

<http://www.beefitswhatsfordinner.com/> U.S. Dept of Agriculture, Agricultural Research Service, 2007

<http://www.loveyourbaby.com/iron-rich-food-list.html>

<http://www.umm.edu/ency/article/002411fod.htm>

<http://www.healthaliciousness.com/articles/zinc.php>

<http://www.livestrong.com/article/260881-vitamin-b12-foods-list/>

<http://www.livestrong.com/article/243685-list-of-vitamin-b6-foods/>



## Officers and Representatives for 2010-11

- PRESIDENT **Joe Derr**
- VICE PRESIDENT **Kayla Munk**
- TREASURER **Ashley Winebrenner**
- SECRETARY OF RECORDS **Stephanie Binkley**
- SECRETARY OF PUBLIC RELATIONS **Kelsey Tinkler**
- SECRETARY OF PUBLIC RELATIONS **Brooke Waddell**

### SENIOR CLASS REPRESENTATIVES

- Melissa Bally**  
**Emily Berry**  
**Brittnee Doran**  
**Emily Lust**

### JUNIOR CLASS REPRESENTATIVES

- Ashley Degoey\***  
**Stephanie Harris**  
**Brittany Richards**  
**Dani Smith**

*\*Fairfield Medical Center SGA representative*

### SOPHOMORE CLASS REPRESENTATIVES

- Lyndsey Melvin**  
**Benjamin Moore**  
**Jena Verbance**  
**Symphony Voelkel**  
**Molly Wake**

### FRESHMAN CLASS REPRESENTATIVES

- Devon Baldwin**  
**Ebonee Caldwell**  
**Annie Hahn**  
**Stephanie Rienschield**  
**Ashli Temple**

### ADVISOR

- Colleen Cipriani**

## SNAM T-shirts For Sale



**Stephanie Binkley, Kayla Munk, and Brooke Waddell,** all SNAM officers, model new t-shirts.

## Residence Hall Christmas Party



Students decked out in their holiday finery for the Christmas Sweater Contest.

Thirty students attended this festive holiday event. The winners of the Christmas sweater contest were **Leeann Junk** (Ugliest Christmas Sweater); **Emily Lust** (Most Creative Christmas Sweater); and **Shannon Klaus** (Most Festive Christmas Sweater).

**The MCCN Facebook page is now available!**

Please visit and "LIKE" our new page.

<http://www.facebook.com/pages/Columbus-OH/Mount-Carmel-College-of-Nursing/159468067426218>

## SNAM News

**Congratulations** to SNAM members who were honored recently with Ohio Nursing Students' Association (ONSA) statewide appointments!



**Stephanie Binkley** was appointed to the ONSA Board of Directors as Membership Director.



**Shivani Patel** was selected as a committee member for the ONSA Breakthrough to Nursing Committee.

### SNAM T-shirt Sale

SNAM T-shirts are still for sale, at \$12 each. Turn all order forms and money into **Kayla Munk's** mailbox. Make checks payable to MCCN SLA.



*Bring it on. Bring it ALL on... BRING ON THE QUIZES, STUDYING, THE CRYING JAGS, THE ALL-NIGHTERS, The lack of money, the weight gain, THE ABANDONMENT OF FRIENDS AND FAMILY, The careplans, the HEAVY books, The long lectures, the clinicals, The terrifying skills tests, THE FEELING OF TOTAL INCOMPETENCE. Bring on Nursing School! Can YOU handle it?!*

### SNAM Meeting Schedule for 2011

Next SNAM Meeting: January 24 at 12 noon in the College Lounge

- + March 28th SNAM Meeting
- + April 25th SNAM Meeting

### Deadline for NSNA Scholarship: January 14, 2011

Applications are available at [www.nсна.org](http://www.nсна.org)

### Disaster Preparedness Class

The class will be held on February 3 (Registration will be online). Those students who are enrolled in the Disaster Preparedness Seminar are automatically registered.

**NSNA Annual Convention** will take place April 6 -10, 2011, in Salt Lake City, Utah.

**ONSA Leadership Conference** will be on March 26th 2011, location TBA.

**2011 ONSA Annual Convention** will be held on October 7 - 8, 2011, at The University of Toledo.

### Thanks from SNAM

SNAM extends sincere appreciation to all who supported SNAM's Books & Buckeyes Sale! We raised almost \$500!





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

## Scholarships Offer Free Money for College Expenses *(cont'd from page 5)*

### When should you apply?

Start looking today! MCCN begins receiving applications as early as January and February. Check the application deadline dates carefully. If instructor recommendations are required, please remember that your instructor may need some time to prepare your recommendation.

### How will I know about available scholarships?

**READ!** Check your mailbox regularly. Read *The Carmel Rapper*. Read CARMELink. Read the bulletin boards.

**ASK!** If you have questions — talk to someone: **Kathy Espy**, Director, Diversity and Community Initiatives, or **Alyncia Bowen**, Director of Financial Aid.

Beware of scholarship scams. It is not necessary to pay money to apply for a scholarship or to obtain information about scholarships. *The Today Show* on NBC recently ran a story about scholarship scams. To watch the piece on the *Today Show* website, click on Money and then on *Five Scams to Watch out for in 2011*.

Some scholarship sources:

- + The College financial aid office
- + [www.finaid.org](http://www.finaid.org)
- + [www.fastweb.com](http://www.fastweb.com)
- + Local groups and organizations
- + Your community church
- + Your employer

The key to receiving free money is in your hands.



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Managing Editor:

**Robin Hutchinson Bell**

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 at 614-234-1372 or rhutchinson-bell@mchs.com.