

carmel the Rapper

MARCH 12 2012

MCCN news & information



MOUNT CARMEL
College of Nursing

Calls for a Cause Annual Phone-a-thon Begins Next Week



Calling to make a difference: Director of Development **Jan Burkey** with students **Clayton Chipps** and **Sakoiya McDonald**

Phone-a-thon at MCCN means phone calls and fund-raising, and much more. *The Carmel Rapper* recently spoke with Director of Development **Jan Burkey** about the significance of this annual event so important to the College and its students.

Q: We've all heard about the Phone-a-thon; what is the Phone-a-thon's impact on the future of the College?

A: Phone-a-thon contributions directly impact our entire community by supporting the education of succeeding generations of Mount Carmel nurses who are forefront in our communities, caring for you, your loved ones, their families and friends.

continued on page 2...

Dates to Remember

March 12	Rho Omicron Membership Meeting
March 12-14	CCNE Accreditation visit
March 18, 19, 20	2012 MCCN Phone-a-thon
March 19	Summer session registration begins
	Graduation Planning Luncheon
March 20	Spirituality Conference
March 26	SNAM Meeting
	OU, OSU, and CSCC spring quarters begin
March 29	Graduation cap & gown order deadline
March 30	Last day to drop a 16-week course
	Deadline to submit OU, CSCC, or OSU spring quarter schedules to MCCN
April 2	Spring Festival
April 6	Good Friday (holiday)
April 9	Nicaragua presentation
April 23	SNAM Meeting
April 27	Term 2 and spring semester classes end
April 30 – May 3	Final exam week
May 3	Graduation Celebration Luncheon and rehearsal
May 4	Pinning & Recognition Ceremony
May 5	Commencement

Summer Session 2012

The course schedule for Summer Session will be available to students the week of March 12.

- Registration starts the week of March 19.
- A limited number of summer courses will be offered.
- Enrollment in sophomore nursing courses is restricted to students accepted into the Summer Advanced Placement Program and is not open to the general student population.

Students will be notified via email and CARMELink regarding additional details and registration instructions for summer.

Calls for a Cause

Annual Phone-a-thon Begins Next Week *cont'd*

Q: It seems like the Phone-a-thon has been going on as long as anyone can remember. Why does MCCN have a Phone-a-thon?

A: The Phone-a-thon is a long-standing tradition at Mount Carmel, providing an opportunity to call our alumni, visit with them, and bring them up-to-date on what's happening here at their alma mater. Our student scholarship recipients appreciate the chance to say "Thank You" and let our alumni know how much their donations mean to them in their journey to becoming professional nurses.

Q: Who are the contributors?

A: Alumni and friends of Mount Carmel nursing education are our generous Phone-a-thon donors.

Q: How does the Phone-a-thon work?

A: Planning for the Phone-a-thon starts in early January with preparations for a mailing that precedes the actual Phone-a-thon in March. Donors responding to the mailing are removed from the call list. Our students, alumni, faculty and staff sign up to make calls over a three-day period in March. This year, starting on Sunday afternoon, March 18, approximately 30 callers will convene to begin the Phone-a-thon. On Monday and Tuesday, different groups of 30 will make calls from 10 a.m. through 7 p.m., reaching out to approximately 2,000 alumni with current phone numbers. Volunteer callers also verify home and email addresses for our records.

Q: How are the funds used?

A: Funds raised through the Phone-a-thon provide support for scholarships and financial aid, recruiting and retaining the finest faculty, and creating innovative curriculum.

Q: What is the average amount of money raised at the Phone-a-thon each year?

A: The Phone-a-thon raises \$28 – \$30,000 each year, just one component of the event, which remains a time-honored tradition that keeps Mount Carmel "in touch" with those who have come before and have made and continue to make an impact in our communities and around the globe!

2012 MCCN Phone-a-thon

Raising funds for student scholarships

March 18 – 20 in the Student Life Room

Scheduled Times

- Sunday: 2 – 5 p.m. and 5 – 7 p.m.
- Monday and Tuesday: 10 a.m. – 1 p.m., 1 – 4 p.m., 4 – 7 p.m.

Volunteers needed to call MCCN Alumni.

Contact Brenda Binkley at 614-234-5726 or via email at bbinkley@mccn.edu.

- Student Scholarship recipients
- Faculty
- Staff
- MCCN Alumni

Goal: \$30,000

- Scripts provided
- Snacks and drinks provided
- Pizza and subs on Sunday evening shift
- Pizza and subs for lunch shift on Monday and Tuesday



IT Survey at MCCN

Attention Faculty and Staff: Your Input Needed for Independent Survey



The Mount Carmel Health System
MCCN IT Survey begins today!

TAKE THE SURVEY NOW!

As part of its continued commitment to IT excellence, Mount Carmel Health System is conducting an independent survey of IT Services at Mount Carmel College of Nursing. Your feedback is important and it's confidential.

Survey runs March 12-21. Questions?
Contact Les Boyer, Senior Information Services Director, at lboyer@mchs.com

SURVEY LINK **CLICK HERE**
to make a difference!



As part of its continued commitment to IT excellence, Mount Carmel Health System will again this year conduct a confidential survey of IT services at the College.

"This annual survey of MCCN faculty and staff will help us gauge how well we deliver IT services to the College," said **Les Boyer**, Senior Information Services Director, Mount Carmel Health System. "The survey will tell us what we are doing well and your input gives us the opportunity to make the IT services the best they can be."

The survey launch takes place today, March 12. The survey completion date will be Wednesday, March 21, 2012.

"This IT survey is an important tool for us in our continued commitment to provide the best in IT services to MCCN faculty and staff. We encourage all faculty and staff members to complete the survey. All responses are confidential," Boyer concluded.

Graduation Planning Luncheon

All Graduating Students! Please plan to attend the Graduation Planning Luncheon on **Monday, March 19, 12 - 1:30 p.m.** (approximate end time) in the College gym. Among other things, we will discuss:

- Details about the Pinning & Recognition Ceremony on May 4
- Details about Commencement on May 5
- Information about tickets to these events
- Information about your graduation photographs
- Graduating Student Exit Survey and Interview procedure
- Application to take the National Council Licensure Exam for RNs (NCLEX-RN)
- Information about our MS program
- Ample time for Q&A

Please arrive by 12 noon, so you don't miss this opportunity to learn valuable information as you prepare to celebrate the completion of your degree!

Cap and Gown Ordering for Graduates

Each graduate attending Commencement on May 5 is responsible for ordering and paying for his/her own cap/gown no later than **March 29, 2012**. Orders are placed online at www.jostens.com.

- Click on "Find My School's Store" at the top of the page
- Search for *Mount Carmel College of Nursing*
- Follow the prompts for "Graduation Caps and Gowns"
- Click on either the **bachelor's** or **master's** product (they are different!)
- Follow the "Design It" prompts to place your order
- Note: one tassel comes with your order; there is an option to order additional tassels

Remember: the order deadline is March 29. A Jostens representative will be in the main lobby following the March 19 graduation luncheon to answer questions you may have. In addition, contact Records and Registration if you have questions (614-234-3870).

ATI Comprehensive Review for NCLEX Preparation

Beginning with the 2011-2012 academic year, students graduating from the traditional pre-licensure nursing program are required to attend an ATI Comprehensive Review for NCLEX Preparation. Students on track to graduate from the traditional pre-licensure program are assessed a \$250 senior year fee that enrolls them in the ATI Comprehensive NCLEX Review arranged by the College.

This year's 3-day in-class review for May and July graduates will be held **May 7, 8 and 9, 8:30 a.m. – 4:30 p.m.** in the College Gym.

October, December and March graduates are offered an onsite review session if there are a minimum of 25 students in attendance. If there are fewer than 25 students, graduates will enroll in the comprehensive review in a self-paced online format with an individually assigned ATI course instructor. Second Degree Accelerated students will receive information from their Program Coordinators about the ATI review session.

Summer Session 2012

The course schedule for Summer Session will be available to students the week of March 12.

- Registration starts the week of March 19.
- A limited number of summer courses will be offered.
- Enrollment in sophomore nursing courses is restricted to students accepted into the Summer Advanced Placement Program and is not open to the general student population.

Students will be notified via email and CARMELink regarding additional details and registration instructions for summer.

Degree Audits

Pre-licensure students who want to verify current completion of program requirements may schedule an appointment to review their degree audits. Contact Records and Registration (614-234-3870) or **Karen Greene** (614-234-5685) to schedule an appointment.

Students completing the **onsite** RN-BSN Completion Program and Master's students should contact Program Coordinator **Kip Sexton** (614-234-5169) with questions about degree audits.

Community Service Club Outreach Continues

From **Paige Myers**



Back (l-r): Margaret Ritzenthaler, Marcy Zentz, Colleen Cipriani, Christine Turville, Maura Logan, and Tina Marie Cerra. Front: Frances Carr, Mandy Osae-Attah, and Paige Myers.

The Community Service Club has been very active lately. On February 13, we joined with the Social Committee in hosting lunch with Frances Carr (Director, Soup Kitchen & Outreach, Holy Family Parish). Faculty, staff, and students participated in the soup and chili cook-off that benefited the Holy Family Soup Kitchen. Participants enjoyed listening to Ms. Carr speak about the history of the soup kitchen and upcoming volunteer opportunities.

On February 16, members of the Community Service Club volunteered at the Holy Family Soup Kitchen. Members really enjoyed working at the soup kitchen and can't wait to volunteer again! It is always a pleasure serving our Franklinton Community. The next few opportunities to volunteer are **March 15** and **April 19**, 10 a.m. - 12:45 p.m. If interested in volunteering at the soup kitchen, please contact **Colleen Cipriani** at ccipriani@mccn.edu. We are looking for three-four volunteers for the last Thursday of every month. If we have enough volunteers, we will add volunteer days and add times during the summer. It is important to serve our community all year round.



Kathy Walters presents cash to Frances Carr's soup kitchen



Marcy Zentz and Margaret Ritzenthaler, sophomores



Winners of soup and chili cook-off: **Stevo Roksandic and Kathy Duty**

Congratulations to ...

Associate Dean of the Graduate Program, **Angie Phillips-Lowe, Ed.D., RN**, who was recently selected to serve on the Program Planning Committee of the American Association of Colleges of Nursing (AACN) Organizational Leadership Network!

The Office of College Relations, which received the bronze for the College website and the merit award for *The Lamp* magazine in the Higher Ed Marketing category of the 27th Annual Educational Advertising Awards!

Dr. Kathy Sommers and **Linda Rutan, CNS**, for their publication, "Hyperglycemia as a Risk Factor in the Perioperative Patient," published this month in AORN. This article was from Rutan's scholarly manuscript. Dr. Sommers was her faculty advisor. Rutan graduated from our CNS track this past year. The link to read the article is <http://tinyurl.com/7uan2bf>: Hyperglycemia as a Risk Factor in the Perioperative Patient

Faculty member, **Bev Gish**, whose article, *Interstitial Cystitis/Bladder Pain Syndrome*, was published in *Nursing for Women's Health* (December 2011 — January 2012). Gish is a CNS and now enrolled as a NP student. To read this article, visit <http://tinyurl.com/8yxusla>: Interstitial Cystitis/Bladder Pain Syndrome.

Commencement 2012 Speaker Announced: Dr. Gene Harris, Superintendent of Columbus City Schools

Mount Carmel College of Nursing

is pleased to announce that the Commencement 2012 speaker will be Dr. Gene Harris, the 19th superintendent of Columbus City Schools (CCS), Ohio's largest school district.

A Columbus native, Harris holds a doctorate from Ohio University (OU), earned her master's degree from The Ohio State University, a bachelor's degree from the University of Notre Dame, and an honorary doctorate from Franklin University. A graduate of Linden-McKinley High School, Harris was admitted to Notre Dame as an upperclassman in the first year the school accepted women. After graduating, she returned to the district to teach English and drama, moving from the classroom to a supervisor of principals and then deputy superintendent in 2000. She became superintendent in 2001.

A Columbus Rotary member, Harris serves on the Board of Trustees of OU and Action for Children. Currently a Sunday school teacher and Trustee at the Mt. Olivet Baptist Church, she is married to Stanley Harris, Vice President of PNC Bank. Their son, Wade Thomas Harris, his wife and their sons reside in New Jersey.



Kathy Espy Featured in New Book: Columbus' Black Heritage – The Bicentennial Celebration Edition

"Columbus' Black Heritage, The Bicentennial Celebration Edition"

showcases the rich stories of the many trailblazers, leaders, and achievers, who helped shape Columbus, Ohio, into the world-class city it is today. Our College's Director of Diversity and Community Initiatives, **Kathy Espy**, is included in that story, with an article and photos with her family and friends.

In the early 1800s, it is estimated there were only 43 "free colored" persons living in Columbus, Ohio. By 1830, the African-American census total here was 216. Between 1840 and 1850, the African-American population doubled in Columbus, increasing from approximately 800 to 1,600 people.

The vast majority of African-Americans in Columbus descended from slaves who came from the Carolinas and Virginia, with a small number also coming from Georgia, Alabama, Kentucky and Tennessee. African-Americans have always been an integral part of the development and prosperity of Ohio's capital city since its founding in 1812.

The publication highlighting Espy's and other stories and photographs of memorable people, places, and events in Columbus history is available here in the College or in the Mount Carmel Health Sciences Library.



Are You Taking a Course Elsewhere?

Any student taking a 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).

- Deadline for submitting Winter Quarter schedules was Friday, January 6.
- Deadline for submitting Spring Quarter schedules is Friday, March 30.

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

All students must submit their CSCC or OSU course schedules to MCCN Records and Registration every quarter they take classes. Students who neglect to fulfill this responsibility will find that their credit hours at CSCC or OSU may not count toward calculation of total credit hour load.

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.

IF YOU ARE CURRENTLY TAKING AN AFFILIATED COURSE OR HAVE WITHDRAWN FROM AN AFFILIATED COURSE AND HAVE NOT ALREADY NOTIFIED RECORDS AND REGISTRATION, PLEASE DO SO IMMEDIATELY.

Students at Ohio University-Lancaster

Students enrolled as freshmen in the MCCN-FMC program and taking classes at Ohio University Lancaster (OU-L) are also required to submit a copy of their Quarter course schedules to the MCCN Records and Registration Office (Marian Hall, Room 2C01.)

- Deadline for submitting Winter Quarter schedules was Friday, January 6.
- Deadline for submitting Spring Quarter schedules is Friday, March 30.

All MCCN-FMC students must submit OU-L course schedules to MCCN Records and Registration every term they take classes at OU-L.

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

Community Service

Social Responsibility is one of the “Core Values” contained in the mission of Mount Carmel College of Nursing. In accordance with the College’s *Mission and Catholic Identity*, the Community Service requirement for nursing students includes the application of one’s skills and time to meet identified community needs of vulnerable and at-risk populations (e.g., children, elderly, homeless, poor and underserved, and organizations that support these populations).

This activity leads to learning and development through active participation in thoughtfully organized service that:

- is conducted in and meets the needs of the community
- involves reflection and analysis of the experience
- promotes the development of leadership skills, citizen skills, and social responsibility

Pre-licensure students are required to complete 20 clock hours of community service prior to the beginning of the last semester of enrollment (RNs enrolled in the BSN Completion Program and SDAP students must satisfactorily complete 10 clock hours).

Pre-licensure students who do not meet the deadline will be required to complete an additional 10 clock hours (for a total of 30 hours) in order to meet the graduation requirement. RN-BSN and SDAP students who do not meet the deadline will be required to complete an additional 5 clock hours (for a total of 15 hours) in order to meet the graduation requirement.

Any student who does not meet the requirement by the policy deadline may participate in Commencement activities but will not receive a diploma or be eligible for NCLEX-RN testing until this requirement is met.

Additional details regarding the Community Service Learning Program can be found in the *Student Handbook*.

Welcome Back!

How did You Spend Spring Break?

MCCN students and faculty recently enjoyed a well-deserved spring break. Here’s a report by freshman **Katie Snider**, our *Carmel Rapper* reporter, on how some of us spent that week.



For spring break, I went to Florida to spend time with my family.

Eric Watson,
SDAP

I worked around the house, doing projects.

Vic Campbell,
Faculty



I went to Nurse’s Day on February 29 at the State House. Other than that I graded papers and prepared for classes.

Kerry Dawley,
Faculty

We were going to Las Vegas for spring break, but decided to wait until after graduation on May 5!

FMC seniors,
Emily Forgrave and
Mackenzie Crum



I visited family in Cleveland.

Asmae Bouthenafa,
Junior

I worked at St. Ann’s Lab and went to the Motor City Casino in Detroit.

Ryan Meeker,
Sophomore

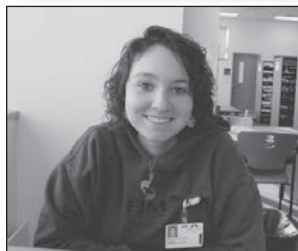


I worked all week at The Child Development Council of Franklin County.

Erica Howard,
Graduate Program

I hung out with friends and family for the first day. After that I focused on school and prepared for what is ahead.

Akwasi Agyemang,
SDAP



I worked and hung out with old friends that I haven’t seen since I started college. I wanted to have a relaxing break.

Aubrey Keeton,
Freshman

I spent spring break mending and continuing post op physical therapy.

FMC
Sophomore
Jessica Sanford



I got Lasik surgery on my eyes. I also slept a lot and worked at Mount Carmel West.

Jennifer Mickle, Sophomore (left)

I worked at Mount Carmel West. Also, I went to see a 3-D movie and spent time with my kids.

Megan Snyder, Sophomore (right)



Graduation Information Luncheon

Free Burrito Bar!
Monday, March 19
College Gym
Noon to 1:30

Everything you need to know regarding ATI Review, NCLEX, Pinning, and Graduation.

Jostens table in Lobby following Luncheon

RSVP to Front Desk by March 15.

Arsenic in Apple Juice: Is it safe?

By **Rebecca Dattola**, Dietetic Intern

Earlier this year, consumers across the country began to panic when Dr. Mehmet Oz of *The Dr. Oz Show* reported that apple juice may contain elevated amounts of arsenic. The FDA not only refuted this claim, but also supplied results of their own tests showing much smaller arsenic levels found in the same lots of juice. As the FDA explained to producers of the show in a letter (also posted on their website), it is important to distinguish between total arsenic levels, inorganic arsenic levels and organic arsenic levels. The tests performed by the independent lab for the show tested only total arsenic levels and did not distinguish between inorganic arsenic, which can be toxic in large amounts, and organic arsenic which is naturally occurring and generally considered safe. The tests done by the FDA showed that levels of inorganic arsenic were not only lower than 23 ppm, the level of concern for juices, but also below 10 ppm, the requirement for tap and bottled water.

Statements from several of the involved juice companies pointed out that the original lab's testing methods may not have been accurate. Tests performed by this lab were intended to test arsenic levels in water and waste water, not juice, which contains many more compounds than water. Not using an appropriate method can lead to inaccurate and misleading results.

After much discussion, the issue seemed to pass until a report by consumerreports.com was released in November that supported the claims of *The Dr. Oz Show*. This study did test for all three types of arsenic, with only one sample showing a value above 10 ppm (10.48) of inorganic arsenic, though 25% of the juice samples did have total arsenic levels at or above 10 ppm. It was unclear if these tests were done using methods meant for water or specifically for juice. The FDA maintains that apple juice is safe to drink.

So what does this all mean? While the FDA has deemed America's juice supply safe, they do recognize that new standards may need to be set. They are now considering lowering the "level of concern" for arsenic in juices and are continuing their own testing and research. In the meantime, experts are recommending that consumers dilute their juices and vary the brands that they buy, especially when serving children.

It is also recommended that parents follow the guidelines set by the American Academy of Pediatrics concerning juice consumption by children. Children under six months of age should not consume any juice, while children under the age of six should consume only 4-6 ounces daily and older children should not exceed 12 ounces daily. Following these guidelines will not only limit unnecessary arsenic exposure, but also eliminate excess sugar and calories that can lead to obesity and other health problems.

Resources:

<http://www.consumerreports.org/cro/2012/01/arsenic-in-your-juice/index.htm>

<http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm271595.htm>

<http://www.doctoroz.com/videos/arsenic-apple-juice>



DON'T STAND BY, STAND UP Join Us For the 1st Annual 5K Run/Walk Race to Eliminate Sexual Violence

Participating in this 5K Run/Walk on Saturday, April 14, 2012, 9:30 a.m., at The Scioto Audubon Metro Park, means **STANDING UP** to eliminate sexual violence, helping the Central Ohio Sexual Assault Task Force bring awareness, prevention, training, and advocacy efforts to survivors of sexual violence. Cost is \$25 Pre-Race or \$30 Week of Race. Registration includes a Race to Eliminate Sexual Violence t-shirt (Late registration may not guarantee correct size).

Proceeds benefit: Deaf World against Violence Everywhere (DWAVE) and The Sexual Assault Response Network of Central Ohio (SARNCO)

Registration: <http://www.premierraces.com/viewevent.asp?eventID=432>

You Are Invited to a Free Speaker Presentation on "Spirituality and the Nurse"

**Second Annual Spirituality Conference
on March 20**

MSB Auditorium

Light Dinner: 6 – 7 p.m.

**Presentation, "Spirituality and the
Nurse": 7 – 8:30 p.m.**

Keynote Speaker: Sr. Kathleen Dolphin, PBVM, PhD, CSC, Director of the Spirituality Center at St Mary's College, Notre Dame, IN
CEUs provided for social workers, nurses, and chaplains. Students encouraged to attend!

Registration deadline: March 13

Contact **Laura Patch** at lpatch@mccn.edu or 614-234-1590.

**SAVE THE DATE!
Don't Miss Out on the Fun!**

**SPRING
FESTIVAL**

**Monday, April 2, 2012
11:30 a.m. – 2:30 p.m.**

Columbus Blue Jackets Health Care & Wellness Associate Appreciation Night

Students, Faculty and Staff, mark your calendars for Friday, March 30, at 7 p.m. for the *Health Care & Wellness Associate Appreciation Night*, as the Columbus Blue Jackets take on the Florida Panthers.

\$30 upper bowl ticket includes soda, hot dog and popcorn

\$65 lower bowl ticket includes soda, hot dog and popcorn

(ticket prices apply to friends and family!)

More information will follow. Contact **Colleen Cipriani** at ccipriani@mccn.edu or 614-234-5828.

Scholarship Opportunity for Graduating Seniors

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

Eligibility criteria:

- Senior nursing student who has or will graduate in 2012 and has not yet passed the state board exam
- An interest in critical or progressive care
- One (1) written professional reference and contact information for two (2) 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.

For more information, contact aacncoc@yahoo.com Submit essay and references electronically by March 30, 2012 to: Barbara Potts at Barbara.Potts@osumc.edu

Nutrition Labels, Who Cares?

By **Emily Curry**, Dietetic Intern

Many people do not read nutrition labels: either they don't care to, or they don't understand what the labels are telling them. How do you know what the numbers mean, and how much of something is considered too much? Read on to learn more about deciphering what nutritional labels are really trying to tell us.

One of the most important things is the serving size. Believe it or not, some people think that the amounts on the nutrition label apply to the entire container of food. Keep in mind that if the serving size says ½ cup and you eat 1 cup, you are getting twice the amount of calories, fat, sodium and other ingredients listed on the label. Always compare portion size to serving size!

What else to notice when looking at labels? The Percent Daily Value: Percent Daily Value gives you a good idea about how a particular food fits into your daily diet. Daily Values (DV) are average levels of nutrients for a person eating 2,000 calories per day. A food item with a 5% DV means 5% of the amount of fat that a person consuming 2,000 calories per day should eat. A DV that is 5% or less is considered low and a DV of 20% or higher is considered high. Aim for a DV of 5% or lower in sodium, total fat, saturated fat, cholesterol and sodium. Aim for a DV of 20% or higher in vitamins, minerals, and fiber.

What do healthy food claims really mean? Here are some popular health food claims on nutritional labels:

- **Low calorie** — Less than 40 calories per serving
- **Low cholesterol** — Less than 20 mg of cholesterol and 2 gm or less of saturated fat per serving
- **Reduced** — 25% less of the specified nutrient or calories than the usual product
- **Good source of** — Provides at least 10% of the DV of a particular vitamin or nutrient per serving
- **Calorie free** — Less than 5 calories per serving
- **Fat free/sugar free** — Less than ½ gram of fat or sugar per serving
- **Low sodium** — Less than 140 mg of sodium per serving
- **High in** — Provides 20% or more of the Daily Value of a specified nutrient per serving
- **High fiber** — 5 or more grams of fiber per serving

Healthy food claims can be confusing. Have you ever read "organic," "healthy," or "natural" on a food label and thought this food item must be good for you? This is not always the case. According to the FDA, "natural" means that the food item does not contain synthetic or artificial ingredients. "Healthy," by regulation, means that the food must meet certain criteria that limit the amount of fat, saturated fat, sodium, cholesterol and must contain certain amounts of minerals, vitamins, and other nutrients. "Organic" must meet standards set by the USDA.

"The USDA makes no claims that organically produced food is safer or more nutritious than conventionally produced food." For example, a food item that is "organic" can still be high in saturated fat and total fat and not be considered "healthy."

It is important to read nutritional labels, especially if you are watching your weight and/or are concerned about your overall health. So next time you go to the super market, read labels and think twice before purchasing your foods!

Sources

Shop Smart-Get the Facts on Food Labels. The Academy of Nutrition and Dietetics. Retrieved February. 27, 2012, www.eatright.org.

Food Labeling: Medline Plus. Retrieved February. 27, 2012 <http://www.nlm.nih.gov/medlineplus/foodlabeling.html>.

Catholic Mass Schedule at Mount Carmel West Chapel

Sunday at 4 p.m.
Monday and Wednesday at noon

SNAM* News

*Student Nurses Association at Mount Carmel

Calendar of Upcoming Events:

March 24: Ohio Nursing Students Association (ONSA) Leadership Conference: 10 a.m. – 3:30 p.m., at Case Western Reserve University. Cost: **FREE**.

Anyone interested in attending, please contact SNAM President, **Kayla Munk**, at kmunk@mccn.edu. For more information, schedule of events, and directions please visit <http://www.choosenursingoh.com/leadership-conference.html>.

Next SNAM Meeting: March 26

April SNAM Meeting: April 23

Interested in becoming a 2012-2013 SNAM officer?

Nomination forms are now posted around the College. Elections will take place at our March meeting (March 26 at 12 noon).

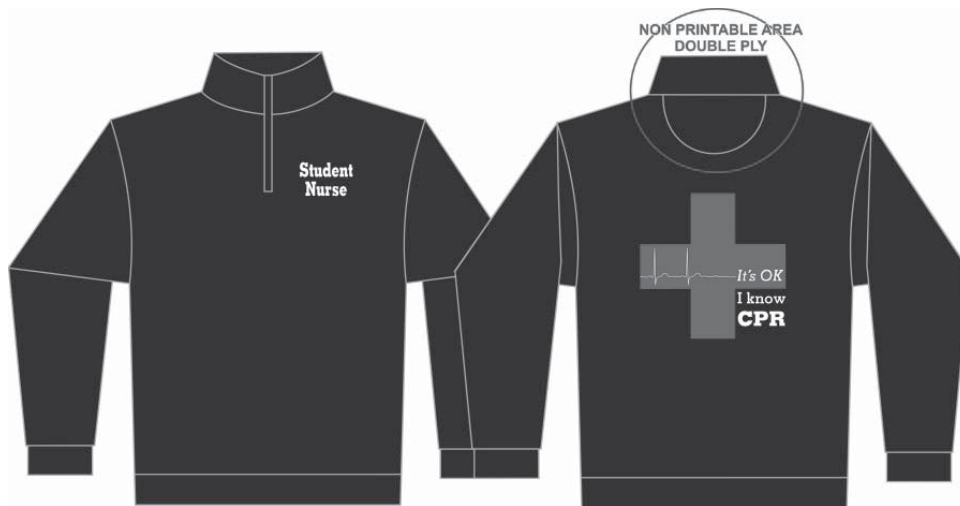
Are you an NSNA member graduating in 2012? Be sure to see **Dawn Hughes**, SNAM Advisor, for information about obtaining your NSNA graduation cord. Cost of graduation cords is \$10.

SNAM Student Nurse Sweatshirt Sale

Black hoodie: \$25

Black zip-up fleece: \$30

If interested, please email SNAM Vice President **Brooke Waddell** at bwaddell@mccn.edu. Checks can be made out to **Dawn Hughes** (with SNAM in the memo line) and can be placed in Brooke's mailbox.



Thanks to all who participated in the SNAM Valentine's Day Cookie Sale!

ATTENTION Faculty, Staff, and Students

Watch for the faculty/staff award nominations, which will be placed soon on CARMELink.

SNAM Officers

2011-12*

President:

Kayla Munk

Vice President:

Brooke Waddell

Secretary:

Stephanie Binkley

Treasurer:

Renee Dicke

Membership Director:

Stephanie Reinschild

BTN Director:

Cody Toney

Community Health Director:

Katie Baker

*Elections in March for the 2012-2013 SNAM officers

The *Carmel Rapper* is provided bi-weekly by Mount Carmel College of Nursing with the assistance of Mount Carmel's Creative Services and Printing Departments.

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 rhutchinsonbell@mccn.edu.

The time is almost here... The Senior 50-Day Dinner!

Thursday, March 15, 7 p.m. in the Recreation Room

Join this SGA sponsored event to celebrate the 50-day mark to the day we've been waiting so long for!

Please RSVP at the front desk by today, March 12.

Money Matter\$

2012-2013

Academic Year Deadlines

Financial aid for the 2012-2013 academic year will be based on your 2011 tax return. This academic year covers: Summer 2012, Fall 2012, and Spring 2013. If you plan to take classes in any of those terms, please complete your FAFSA by the deadline dates:

- **Summer — April 15, 2012**
- **Fall — July 1, 2012**
- **Spring — December 1, 2012**

SDAP Students

Please prepare to complete your 2012-2013 FAFSA by **June 30, 2012**, for the Summer and Fall disbursements.

Consolidation

Consolidation typically is sought to reduce the number of loan repayments made by one individual. It is not unusual for a graduating student to have two servicers for Stafford loans. If you would like to consolidate your loans, please follow the directives provided at studentloans.gov. Please note that you do not want to forfeit your six-month grace period; initiate the process around month five of the grace period.

Book Grant Applications

Book Grant Applications for the summer semester are due to the financial aid office by **Friday, April 20**.

Book Grant Applications for the Fall semester are due to the financial aid office by **July 15, 2012**.

Work Study Positions

If you will be enrolled in classes this Summer and would like to work, please complete the Work Study Application in the Financial Aid Office.

Likewise, we are accepting applications for the 2012-2013 academic year (Fall and Spring).

Alyncia M. Bowen, PhD

Director, Financial Aid
abowen@mccn.edu

Unique Lenten Programming

Looking for Lenten programming that comes from a different angle? Then you might be interested in "40," a sci-fi series (a la *Lost*) produced by Loyola Productions in partnership with the Midwest Jesuits. "40" offers believers and seekers alike a unique Lenten experience through a series of Internet webisodes sponsored by the Jesuits.

Premiering on Ash Wednesday, "40" tells the story of seven strangers who find themselves in an abandoned warehouse. They appear to be the only survivors of a mysterious, calamitous event in Los Angeles. No sign remains of family, neighbors or coworkers, just seven strangers, who share the same tiny square blue mark on their shoulder that wasn't there yesterday.

Why are they marked? Were they chosen? Or have they been culled? By whom? For what purpose?

During Lent we are called to make a personal, spiritual journey through the desert to the Cross. The story that unfolds among the seven characters marked and left behind in "40" is a Lenten allegory that invites viewers to reflect on their own experience and take action. Each episode (two 4-7 minutes episodes per week) includes resources and a wealth of commentary, scriptural references, prayers, poetry, prose and music—all prepared by 40's creator and producers for reflection on your own, with your class or family.

We invite you to travel along with us and use "40" as a resource for your own spiritual journey this Lent. For more information and to preview, visit www.40theseries.com or <http://www.facebook.com/40TheSeries>

From Director of Student Life, Colleen Cipriani



Student Activities

Student Softball teams now forming

Interested in joining a Monday night women's recreational or mixed recreational softball team? Contact **Colleen Cipriani** at ccipriani@mccn.edu or 614-234-5828.

COSI

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!

Ohio Dominican University's Bishop A. Griffin Center

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.

Black History Month

The College's Annual Black History Month Celebration

on February 6 featured Daphne Bell, author of "The Pain Didn't Kill Me," her personal story of the tragic, sudden death of her young husband, Todd Anthony Bell, former NFL player for the Chicago Bears: how his death and the loss of her sisters and mother led her to a place of devastation and heartache and finally to a place of acceptance and peace.



ATTENTION STUDENTS: Volunteer Opportunities to Earn Community Service Hours

Flying Horse Farms

Flying Horse Farm is a camp for children with serious illnesses that annually serves over 1,500 campers with cancer, heart disease, heart surgeries, Crohn's, asthma, arthritis, sickle cell, hemophilia, and other blood-related disorders. For most of these children, the typical summer camp experience is impossible, but with FHF's state-of-the-art medical facilities and 24/7 medical staff, campers can have a "spectacularly average" camp experience. Sophomore and junior students may take a camp nursing seminar for credit while assisting at the camp or volunteer for community service hours. If interested in the summer camp nursing seminar or volunteering at FHF, contact **Hannah O'Handley** at hohandley@mccn.edu or 614-234-3874.

Mount Carmel Images for Women

Mount Carmel Images for Women — specializing in the unique needs of women dealing with breast surgery and breast care — is in need of MCCN student volunteers to assist with a variety of projects including preparing patient birthday cards, invitations for special events, and brochure mailings for physician offices, etc. The volunteer opportunity is very flexible — four to eight hours per month. Images for Women is located on the Mount Carmel East campus, 5965 East Broad Street. Interested? Contact **Darla Hickle** at dhickle@mchs.com or 614-234-7460.

Columbus' 200th Birthday Party

March 14, 2012, 6 p.m., Dodge Recreation Center

Columbus is 200 years old and celebrating with a big birthday party for residents, including everybody at the College! Plan to attend or volunteer! Students can earn community service hours by helping with set up, tear down, kids' activities, blood pressure checks, assisting with games, and lots more. For more information about this event, visit www.columbus200.com.

Contact **Kathy Espy** at kespy@mccn.edu or 614-234-5276 or **Colleen Cipriani** at ccipriani@mccn.edu or 614-234-5828.

Rho Omicron General Membership Meeting

Today, March 12, at noon in the gym

Guest Speaker: Dr. Jan Lanier

Topic: Social Media (legal/ethics)

Honor cords will be available for May graduates.



Book Drive for Twin Valley: please bring to the meeting gently used books, games, and movies to donate to Twin Valley (must be language and content appropriate).

Sigma Theta Tau International Mid-Ohio Consortium of Chapters

STTI Spring Scholarship Night 2012

April 26, 2012

Capital University

5:30 - 8:00 p.m.

Keynote Speaker: Bernadette Mazurek Melnyk, PhD, RN, CPNP/PMHNP, FNAP, FAAN

- FREE registration for student members
- STTI will pay for the cost of posters for abstracts accepted

For additional information please contact **Kerry Dawley, MSN, RN**, at 614-234-1388 or kdawley@mccn.edu.

Poster Abstracts Submissions Now Being Accepted!

Now accepting abstracts for poster presentations. Research and clinical project posters accepted. To be eligible for poster presentations, candidates should submit their abstract to Kathleen Lux, who will review them for appropriateness and inclusion. Please submit a 250 word abstract to Kathleen Lux no later than March 15, 2012.

Kathleen M. Lux, PhD, RN, CHES
Associate Professor
Capital University
One College and Main Street
325 Battelle Hall
Columbus, OH 43029
Phone: 614-236-7232
Email: klux@capital.edu

Library Hours

Monday - Thursday	8 a.m. – 9 p.m.
Friday	8 a.m. – 5 p.m.
Saturday	8:30 a.m. – 12:30 p.m.
Sunday	Closed

Class Meetings

Sophomore Class Meeting

Today, March 12
11:30 a.m. in the MSB
(Following Nursing 205)

Pizza will be provided!

Junior instructors will be there to talk about Junior classes.

Junior Class Meeting

Monday, March 26
12 noon in the Gym

Pizza will be provided!

Senior instructors will be there to talk about Senior classes.

SIGN UP SHEETS WILL BE AVAILABLE AT THE FRONT DESK, SO WE CAN HAVE A COUNT FOR PIZZA.

Countdown to Graduation!

Stay tuned to this list of expanding details highlighting key information graduating students need to know before May Commencement. Check this update for important deadlines and suggestions to keep your path to graduation on track.

- Make sure you are on track to complete all degree requirements by requesting a degree audit. Pre-licensure students contact Records and Registration; RN-BSN and Master's students contact **Kip Sexton**, Program Coordinator.
- Complete your Community or Professional Service Program requirement. Undergraduates and RN-BSN students submit documentation to **Colleen Cipriani**; graduate students submit documentation to **Kip Sexton**.
- Resolve any holds on your student record (business office balance, library materials, financial aid exit counseling) that will prevent you from receiving your diploma and obtaining a transcript.
- Attend the graduating student information luncheon on **March 19 in the College Gym (12 noon -1:30 p.m.)** where details about Commencement, Pinning & Recognition, graduation photographs, the NCLEX-RN application, and other items will be discussed. In addition, there will be time for questions and answers.
- Visit the Jostens representative who will be on campus **March 19** to display various graduation items and answer questions. Stop by the Marian Hall Lobby after the luncheon to see the Jostens display.
- Order your cap/gown and optional announcements. Order online at www.jostens.com. **The order deadline is March 29.**

- Click on "Find My School's Store" at the top of the page
- Search for *Mount Carmel College of Nursing*
- Follow the prompts for "Graduation Caps and Gowns"
- Click on either the **bachelor's** or **master's** product (they are different!)
- Follow the "Design It" prompts to place your order
- Note: one tassel comes with your order; there is an option to order additional tassels

- Pre-licensure students: prepare for the National Council Licensure Exam for Registered Nurses (NCLEX-RN) that will measure your competency to perform as a registered nurse and is required for entrance into the profession by attending the ATI Comprehensive NLCEX Review on May 7-8-9. Check the *Student* tab of CARMELink for additional details.

- Prepare for graduation events:

- Celebration luncheon and rehearsal, Thursday, May 3, 12 noon
- Pinning & Recognition Ceremony, Friday, May 4, 7 p.m.
- Commencement, Saturday, May 5, 1 p.m.
- Both ceremonies will be held at the First Church of God, 3480 Refugee Road

A Springtime Reminder

As spring draws near and warmer weather prompts welcome wardrobe changes, be aware that appropriate attire is expected in the College and on the Mount Carmel campus. Keep clothing choices professional and avoid wearing shorts, low-cut tops, or skimpy skirts. Confused on what's appropriate attire for a future healthcare professional? Consult the student handbook for details.

