



JULY 4TH CELEBRATIONS AND EVENTS OF THE ROANOKE VALLEY

Franklin County Independence Festival: Franklin County High School. Friday, July 3rd: 5:00 p.m. FREE! Live music, raffles, food vendors, fireworks!

22nd Annual Salem Fair: Salem Civic Center, Friday, July 3rd & 4th: 4-11 p.m.; www.salemfair.com

Music for Americans & Fireworks: River's Edge Sports Complex, Wiley Drive, Roanoke, VA. Saturday, July 4. Gates open at 5 p.m. Big Lick Brass Band & Abbey Road at 8 p.m., Fireworks at 9 p.m.— one of the largest displays in Virginia! No charge. <http://www.roanoke.com/wb/121744>

Smith Mountain Lake Fireworks: Parkway Marina, Smith Mountain Lake, VA. Saturday, July 4: 5-10 p.m. No admission fee; \$10 per car parking fee. Live music, car &

bike show, carousel, food vendors, fireworks! <http://smlfireworks.org/>

Freedom Blast: Green Hill Park in Salem, VA. Saturday, July 4th: 4:30 p.m. —10 p.m. FREE. Music, Activities, Food, & Fireworks! <http://www.freedomcentersalem.com/>

Radford July 4th Celebration: Bisset Park, ALL DAY; 5K race, dog show, games, music, climbing wall, food and craft vendors, fireworks and more! <http://www.radford.va.us/parks/july4th/index1.html>

Vinton July 4th Celebration: Saturday, July 4: 6-10 p.m. Grounds, Vinton War Memorial. Entertainment, food vendors, kids' activities, fireworks!



National D-Day Memorial: Bedford, VA. Tours offered throughout the day, regular fees apply. Memorial closes at 5 p.m. www.dday.org

INSIDE THIS ISSUE:

<i>July 4th Celebrations and Events</i>	1
<i>Violence Against Women Campus Bulletin</i>	1
<i>Student Spotlight: Joshua Bonovitch & Kelsey Stokes</i>	2
<i>Students Enjoy Improved Cafeteria at CRCH</i>	2
<i>Ask Dr. Stacey Lilley</i>	3
<i>JCHS Welcomes the National Stalking Resource Center</i>	4
<i>How to Schedule a Tutoring Session</i>	4
<i>Tips for Succeeding in Summer Courses</i>	4
<i>Movies in the Park Schedule</i>	4
<i>Making the Most of Summer at JCHS</i>	5
<i>JCHS Physician Assistant Program takes one for the team</i>	5
<i>LOVE Your Summer Workout!</i>	5
<i>Jefferson Advertises</i>	6

VIOLENCE AGAINST WOMEN CAMPUS BULLETIN

by Sarah Higginbotham



Sarah Higginbotham (MSW) comes to JCHS as the new

Violence Against Women (VAW) Program Coordinator with several years of experience in working with violence prevention issues. Her past experience includes raising awareness, educating on violence prevention, and providing counseling to survivors of domestic violence and sexual assault.

Tips for protecting yourself during the summer and year-round:

1. Watch your beverages. If you are out with friends,

protect your drinks (even water)! It can be easy for someone to slip something into your drink without your knowledge.

2. Go in a group. Don't walk alone. Have a buddy system.
3. Listen to your gut. Your instincts are your radar. If it doesn't feel right, it isn't right.
4. Call the Student Affairs Office at (540) 985-9711 if you need to speak to someone. You are not alone!

BE SURE TO CHECK OUT THE [NEWSLETTER ONLINE](#) FOR MORE INFORMATION AND BACK ISSUES!

Also In This Issue:

- Safety Counts
- Issue II Contest Winner
- e-Tips
- Grammar Aid

STUDENT SPOTLIGHT

JOSHUA BONOVITCH & KELSEY STOKES

by Sarah Ross

The JCHS RA staff has gone above and beyond the call of duty this semester. Joshua Bonovitch and Kelsey Stokes are new RAs this semester, and with the help of Cody Maddox, Head RA, they have done a great job stepping into their new roles with enthusiasm!

The three RAs have worked endlessly to make sure all the residents' needs have been met and that they all had a smooth transition into the summer semester. It never fails that they are in their rooms with the door open, which helps make them more approachable for the residents.

Joshua, a paramedic who is currently in the nursing program at JCHS, is very outgoing and helpful to



everyone. Kelsey, also in the nursing program, is creative and is always coming up with ideas to make the residence halls more exciting.

Kelsey and Joshua have worked well with Cody as a team. They are always willing to help each other out, whether it is to take turns being "on duty" at night or help each other with schoolwork. It is

refreshing to see RAs work so hard together for one common goal: putting the residents first.

Note: All nominations for Student Spotlight for Volume 1, Issue 4 must be sent to Letisha Houston by **August 31, 2009**. See Submission Guidelines in the right column, or on the [website](#).

Student Spotlight Submission Guidelines

Any student, faculty or staff member may nominate a JCHS student for the Student Spotlight. *Limit one nomination per person.* Read the [submission guidelines](#) on the website for more information.



Congratulations to Monica Cooper for winning the Grammar Aid contest from Issue III!



Safety Counts

"It is important to remember that colleges and universities are generally safe places. An 18- to 22-year-old is safer, statistically, on their college campus than they are off campus. Because campuses are safer, it can lead to students often letting down their guard. Therefore, the bottom line is that there is no substitute for personal vigilance when it comes to campus safety."

-Tom Nelson, Editorial Director of Campus Safety Journal

Picture taken from:

<http://toughpigs.com/labels/fanaticism.html>

Building a Healthier Tomorrow

Students enjoy improved cafeteria at CRCH

by Sarah Ross

In March, the CRCH Cafeteria opened with a new look. It was renovated with new paint and new equipment. Below are some features that JCHS students enjoy:

- Healthier options with more variety
- Healthy cereal on the "grab and go" bar
- Excellent customer service
- Themed meal night (Italian night was in April)

Be sure to come and see the changes yourself...4th floor of CRCH.





~ ASK DR. STACEY LILLEY ~
 WHAT DOES THE TWILIGHT SERIES
 TEACH US ABOUT RELATIONSHIPS?

Typically, I am not one to read books about vampires and werewolves. However, after all of the hype around *Twilight* (by Stephanie Meyer) and after several of my friends recommended the series, I was compelled to read it.

While reading the books and wearing my therapist lenses, I noticed common, applicable themes that our students face everyday. Let's take a look at what our students can learn about relationships from a story about dysfunctional vampires.

The main theme of the book centers on a young girl (Bella) who quickly becomes involved in a "dangerous" relationship. Logically, it is easy to see that her decision is a mistake, however, I found myself being pleased with her choice and actually cheering on her dysfunctional relationship. (Of course, the series would have been cut short if she had ended the relationship with Edward!)

I began to think: *how many times do we get ourselves in relationships that we know logically are not in our best interest?* I frequently see clients who know they need to get out of a relationship but find themselves "drawn" to this person. Where do people lose their senses? How do the logical thoughts lose against the emotional feelings?

Good questions! I often see individuals who get in a relationship and do not take the time to

assess the good and poor qualities that the other person possesses. When they stop to consider the other person's qualities, they are surprised to find that sometimes the negative qualities outweigh the positive ones.

Do you know what you are looking for in a partner? What are the priorities in your life? What are the characteristics that you "must have" in a relationship for it to work? Does this person feel the same way as you? If these qualities are not measured and evaluated, will the relationship last? My experience has shown that a lot of differences and a lack of evaluating the relationship early on leads to a lot of drama. I affectionately refer to these relationships as "rollercoaster relationships."

Along those same lines, I find that some of the same individuals who do not take the time to evaluate the positives and negatives of their relationship are those who also saturate all of their free time with that one person. I know vampires do not sleep, but seriously, Bella and Edward were together ALL the time. Where was their self-control? Sure, Edward showed self-control by not killing Bella for her blood, but as far as keeping his desire in check...he didn't.

In a fictional novel, it is nice to see someone "swept off his/her feet," but in real life, it can be painful if the relationship goes sour. One key way to prevent a painful relationship or break-up is to move slowly in a new relationship so that you can analyze if this person is going to be "good" for you. Moving slowly allows for an easier break-up, if needed. You will feel less pressure or guilt because of the time and energy spent on this person.

Before you enter a relationship, look at how you want it to progress. If it peaks on date three, then where is it going to go? Taking it slow is a major factor in a healthy relationship.

There are other values that I could pull from the *Twilight* books, such as making sure you really like your partner's family (e.g., Can you relate to vampires who want to drink your blood?). Another value is asking yourself if losing your humanity is worth the money? (The answer is *not likely*.)

Since summer is in the air, I wanted to provide a few relationship tips on summer love. So go out there and have fun with those whom you love and are good *to you and for you*.

If you are having reservations about a relationship, the good news is that you have counselors who are willing to help (for free!).

Please call 985-8395 to schedule an appointment. Know that there is nothing you can say that we won't understand, and you are probably not the first to bring this problem to our attention.

Send your questions concerning time management, relationships, stress, anxiety, or wellness to **Dr. Stacey Lilley** at slilley@jchs.edu.



e-Tips

24-HOUR
 BLACKBOARD
 SUPPORT



GOOD NEWS!

Blackboard Support is now available 24 hours a day, 7 days a week, and 365 days a year to students, faculty and staff!

How do I access
 Blackboard
 Support?



1. You may access Blackboard assistance by clicking on the Help icon located at the top of the screen between the Home and Logout icons.
2. Call (540) 985-4046 and follow the prompts to be connected to a Blackboard Support Representative.
3. Email a Blackboard Support Representative at blackboardsupport@jchs.edu.

For assistance with IQ Web, OneJeff E-mail, or Password Resets, contact the DL&IT Department at (540) 985-4046 or jchstechhelp@jchs.edu.

* * * *
 e-Tips are provided by the DL&IT office.

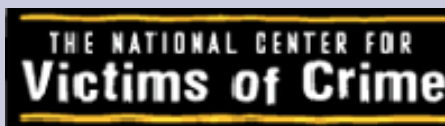
JCHS Welcomes The National Stalking Resource Center

by Sarah Higginbotham

On Tuesday, June 9, 2009, Rebecca Dreke and Jack Fleming of the Stalking Resource Center of the National Center for Victims of Crime presented invaluable information at JCHS regarding "Stalking on Campus."

Highlights from "Stalking on Campus"

- Stalking is "a pattern of behavior directed at a specific person that would cause a reasonable person to feel fear."
- 3.4 million people are stalked annually.
- Persons aged 18-24 experience the highest rates of stalking victimization.
- The use of technology to stalk is becoming increasingly more common.
- The majority of stalking towards women on campus occurs after a relationship has ended.



What to do if you or someone you know is being stalked:

- Safety First! Go to a safe place, such as a police department, emergency room or domestic violence shelter.
- Documentation! Keep a detailed record of all incidents!
- Seek support! Contact the JCHS Student Affairs Office (540-985-8395)

Source: <http://www.ncvc.org/src/Main.aspx>

Health

is the thing that makes you feel that

NOW

is the best time of the year.

- Franklin P. Adams

How to Schedule a Tutoring Session

by Danielle Lusk

Educo is the Learning and Writing Center's new online tutor scheduling system. The system allows you to view available tutoring times and sign up online. You can also cancel and reschedule sessions if needed.



For more information on how to use Educo, visit **Student Central** on Blackboard. Click on the Learning and Writing Center button to find the user guide. You can also stop by the Learning and Writing Center (Reid 701) and pick up a hard copy of the instructions.

Semi-colons vs. Commas in Compound Sentences

When combining two complete sentences (independent clauses) into one **compound sentence**, you have a choice: you may connect the two sentences with

- a **semi-colon** alone,
- or with a **comma** followed by a **coordinating conjunction** (*for, and, nor, but, or, yet, so*)

If you use a semi-colon to form a compound sentence, you do not use a coordinating conjunction to connect the sentences.

Combine these two sentences.

1. Every restaurant was closed.
2. I ate dinner at home.

Correct:

1. Every restaurant was closed; I ate dinner at home.
2. Every restaurant was closed, **so** I ate dinner at home.

Incorrect:

1. Every restaurant was closed; **so** I ate dinner at home.
2. Every restaurant was closed **so**, I ate dinner at home.
3. Every restaurant was closed **so** I ate dinner at home.

Tips for Succeeding in Summer Courses

Study Tips



By Dr. Danielle Lusk
Contact: 540.985.8449
Email: dlusk@jchs.edu

Tip 1: Don't fall behind.

Because of the time crunch of summer courses, you need to stay on top of your assignments and studying.

Make a calendar of due dates. Break long assignments into sections, and set a schedule of when you will complete each section.

Tip 2: Study regularly.

Studying regularly allows you

to ensure that you understand the material fully before test day. Don't forget to ask your instructor questions if you don't understand something.

Tip 3: Get help now.

If you're struggling in a summer course, get help immediately. Tutoring and counseling services are available during the summer to help you stay on track. The longer you wait, the more you put yourself at risk.

If you have any questions, contact [Dr. Danielle Lusk](#).



Looking for something FREE to do on a Friday evening? Check out [Movies in the Park!](#)

Schedule of Movies in the Park:
July 10: Kung Fu Panda (PG)

August 14: Indiana Jones and the Kingdom of the Crystal Skull (PG-13)

September 11: High School Musical 2 (G) & 3 (G)

October 9: Twilight (PG-13)

Making the Most of Summer at JCHS

by Al Overstreet

What happened to those slow, lazy summer days when you could just lie around soaking up the sun without a care in the world? Now you find yourself taking classes in a condensed ten-week summer semester and it doesn't feel much like summer at all.

Check out some tips to help you make the most of your summer at Jefferson. REWARD yourself for all your hard work this summer.

R – Refresh and rejuvenate:

Take time to relax and enjoy your summer. Take advantage of longer days and warm summer nights.

E – Experience the outdoors:

The Roanoke Valley has much to offer outdoors

enthusiasts. If you can't afford a week-long vacation, focus on taking day trips. Tent camping is an economical way to get away for a day or two. JCHS is within a couple hours drive to several [state parks](#) that have lakes with beaches and hiking trails. The [Roanoke Valley](#) has many [activities](#) over the summer.

Study outdoors. There are several local parks a short distance away from the college.

W – Work on yourself:

Read an inspirational book. Volunteer your time to help others. Make summer a healthy time by working on your diet and exercising. Be constructive, not destructive.

A – Aim to find your balance:

Reconnect with family and friends, if possible. Reconnect

with your spiritual beliefs. Take time to be mindful and "live in the moment."

R – Reflect on your achievements and reward yourself:

Give yourself credit for the hard work you did over the spring semester. Build in little rewards for doing the things you must do to meet your obligations.

D – Design a summer to remember:

With a little creativity and a lot of planning you can have a memorable summer. Brainstorm the many opportunities summer brings. Set goals for your personal time just as you set goals for your academics.



"LOVE Your Summer Workout! Ten Motivational Tips"

An article by
Hallie Levine Sklar

[CLICK HERE](#) to Read the full article!

1. Adjust your body temperature
2. Check the map
3. Keep tabs on your ticker
4. Get the dirt
5. Cool down with essential oils
6. Summarize your intervals
7. Make like a pretzel
8. Practice random acts of fitness
9. Protect your head
10. Refuel with fruit

Read more about these ten motivational tips from the original article at

<http://www.fitnessmagazine.com/workout/motivation/get-started/love-your-summer-workout-10-motivation-tricks/>

JCHS Physician Assistant Program takes one for the team!

by Jennifer Freimund

"Connecting PAs, Transforming Care" is part of the new American Academy of Physician Assistants (AAPA) brand that was introduced at the 37th annual AAPA Conference in San Diego, CA from May 22-28, 2009. In student sessions, resolutions submitted to the Student Academy of the American Academy of Physician Assistants (SAAAPA) were debated. Hot topic issues included exploring ways to enhance student-to-student communication regarding clinical rotations within the PA program, exploring relationship-building with the National Student Nurses' Association, and a resolution submitted by the JCHS PA class for PA students to be encouraged to attend medical Spanish courses to be better prepared to communicate and serve Spanish-speaking patients' needs.

The JCHS PA program received an award for their Partners Assisting Local Schools (PALS) project in which first-year PA students provided afterschool presentations on organ systems to encourage health literacy and scientific interest in local elementary school students. The PA students hoped that the presentations would help improve the standardized testing science scores. As a result of this award, the PA class received



\$500 for their student society, and an additional \$500 was presented to the Trust House of United Way in Roanoke which was the charity of choice of the first-year PA student society.

Being able to attend the annual convention was a wonderful opportunity for both PA students and PA-Cs to learn how to give back to their communities, learn about how they can become involved in philanthropic projects, and learn all that the AAPA provides for PAs on a local, state, and national level. By individuals taking advantage of all that membership in the AAPA offers, the global goals of this organization in "Connecting PAs, Transforming Care" can come to fruition.



American Academy of
PHYSICIAN ASSISTANTS
Connecting PAs. Transforming Care

Volume I * Issue III *
June 2009

Jefferson College
of Health Sciences

920 South Jefferson Street
Roanoke, VA 24016

Student Affairs: 540-985-8395

Newsletter Editor: Letisha Houston,
Educational Technology Assistant
Phone: 540-224-4895
E-mail: lmbeachy@jchs.edu



JEFFERSON COLLEGE
of HEALTH SCIENCES

The Student Affairs Team

Jennifer Carlo

Dean for Student Affairs

Gayle Deel

*Department Secretary/
Health Records*

Sarah Higginbotham

*Coordinator of Violence Against
Women Program*

Jefferson Academic Support Services

Al Overstreet

*Director of Academic Support
Services*

Dr. Danielle Lusk

*Coordinator of the Learning and
Writing Center*

Letisha Houston

*Educational Technology
Assistant*

Counseling and Wellness

Dr. Stacey Lilley

*Director of Counseling and
Wellness*

Student Life

Scott Hill

Director of Student Life

Sarah Ross

*Assistant Director
of Student Life*

JEFFERSON ADVERTISES

Residential Housing

Planning for the Fall 2009 semester yet? Please consider living on campus!

There are many great benefits of living in the residence halls at Jefferson!

You can walk downtown to see many local attractions with your friends!

Classes are either within walking distance or an elevator ride away!

There are no community bathrooms!

Laundry is **FREE!**

There are student lounges with ping pong, pool tables, and various other games!

Best friends living on the same hall!

To find out more about Residence Life at JCHS, please visit the website below:

<http://www.jchs.edu/page.php/prmID/70>

To sign up to live on campus, please fill out the form below:

<https://iqweb.jchs.edu/ResApp/>

Work-study

Positions Available!

The Department of Student Affairs is looking for work-study students!

Flexible schedule!

Get paid!

Variety of tasks every day!

FUN place to work!

To find out more about being a work-study for Student Affairs and for questions regarding your eligibility, contact **Sarah Ross**, Assistant Director of Student Life, *Student Affairs* at

(540) 224-4686 (Office) or sross@jchs.edu

(540) 985-8001 (Fax)

GET PUBLISHED!

We would love to have STUDENTS submit articles to the newsletter!

Take this opportunity to be published!

Write about topics that interest you!

Promote your organizations!

Read what other students write!

See YOUR name in a college publication!

Tutors Needed!

The Learning & Writing Center is looking for Tutors!

Summer 2009 & 2009-2010 Academic Year

In ALL JCHS subject areas

(General Ed & Programmatic courses)

Flexible Hours!

Get Paid!

Add it to your Resume!



Contact **Danielle Lusk** at 985-8449 or dllusk@jchs.edu

Please submit your "promotional ads" and "event announcements" for Volume I, Issue 4 of this newsletter to Letisha Houston at lmbeachy@jchs.edu no later than Monday, August 31, 2009.

Please send all newsletter submissions for Volume I, Issue 4 of this newsletter to Letisha Houston at lmbeachy@jchs.edu no later than Monday, August 31, 2009.

Go to the [Newsletter web pages](#) to see the [Submission Guidelines](#).