



THE PAW PRINT



JCHS STUDENT AND WAR VETERAN REFLECTS ON VETERAN'S DAY

by Letisha Houston and Cornelius Powell

Armistice Day was established as a national holiday to celebrate the peace accord between the Allied nations and Germany following WWI on November 11, 1918, in what President Wilson called "the war to end all wars." Following the Korean War, the name of the national holiday was formally changed to Veteran's Day to honor American Veterans of all wars. Although one day a year has been set aside to praise the men and women who have marched valiantly into combat and returned home with honor, we, the American people, could always do more to support our heroes.

Jefferson College of Health Sciences has its own veteran to applaud and thank for his

service: Cornelius Powell, who is a senior in the Biomedical Sciences program, Student Senate Chair, a member of American Medical Student Association (AMSA), and tutor. Powell will graduate in December 2011 and is currently applying to various medical schools to continue his education.

Deployed twice as a combat medic in support of ongoing military operations, Powell served the truly underserved. During his deployments, Powell frequently treated patients suffering from malaria, mumps, and various forms of tuberculosis and provided end-of-life care for the terminally ill. Because of language barriers, he required interpreters to attain histories, conduct physical exams,

Story continued on page 2...



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

STUDENT SPOTLIGHT: HALEY DILLON



by Susan Booth

Haley Dillon is currently a student in the Bachelor of Science in Nursing (BSN) Program. She is in her first semester at Jefferson College of Health Sciences (JCHS) and has already participated in many activities, including Domestic Violence Awareness, the Red Flag Campaign, and COW Day (Community Hour, Organizations, Wellness Day).

Haley is a very vibrant person who says she tries to be "a happy person because it makes other people around you happy." Her biggest highlights have been attending

JCHS and working as a Federal Work-Study Student for Student Affairs, where she has met many new friends.

Haley is a graduate of Franklin County High School. While attending high school, she earned her Certified Nursing Assistant (CNA) Certification and Emergency Medical Technician (EMT) Certification. She resides in Franklin County where she volunteers for the Franklin County Rescue Squad and helps her mother manage "Safe Haven" animal shelter which they began together. The shelter rescues mostly cats, but their compassion ensures that "no animal is left behind."

Haley's passions are her family and pets. In addition to the shelter animals, she has many pets. She has cats, dogs, fish, goats, chickens, horses and two pot-bellied pigs, all from being rescued.

When Haley was 10 years old, her grandmother was admitted to a hospital for minor surgery and remained for 40 days. The family later learned about the procedures that had been performed without them being aware. She decided then

that she wanted to go into nursing and make a difference. Her goal is to work as an Emergency Department Trauma Nurse.

Haley is a work-study student for Student Affairs. Debbie Stinnett, Student Affairs Department Secretary, says, "Haley is always willing to work when I do not have work-study coverage. She continuously volunteers to help me in any way she can. She is very pleasant to be around because she is always happy and laughing."

"Student Affairs was extremely happy to welcome Haley Dillon to the department as a work-study this semester. Haley's sunny disposition, dedication, winning smile, and customer orientation are the attributes we all appreciate so much!" says Scott Hill, Dean for Student Affairs.

Congratulations, Haley for truly being a student spotlight! We have no doubt your future journey will be successful!

Note: All nominations for Student Spotlight for Volume 4, Issue 1 must be sent to Letisha Houston by **February 1, 2012**. See Submission Guidelines on the [website](#).

...story continued from page 1

and formulate treatment plans. Practicing medicine in a variety of environments, he provided medical, dental, surgical, and veterinarian services to over 2,300 patients during his two deployments.

"As a field-tested combat medic," Powell says, "I am more cognizant about the positive and negative sentiment about the ongoing conflicts. I constantly hear people saying that we need to bring our troops home. What people do not realize is that the nearly 1.5 million men and women of the U.S. Armed Forces are voluntarily serving on active duty during a time of war. Since 9/11, there have been no successful attacks on American soil because of the efforts of the U.S. military and the

countless government civilians who stand vigilant during the War on Terror." For Powell, Veteran's Day is about recognizing those who aim to liberate the oppressed, an act that should be carried out all year.

No matter our political affiliations, supporting our troops is important for everyone. Find out how you can do so by visiting the USO's website at <http://www.uso.org/>, or simply find a veteran and offer your sincerest gratitude.

At the end of the day, these courageous men and women allow us, as George Orwell said, "to sleep peaceably in our beds at night." To all of those brave soldiers, Marines,

sailors, and airmen who stand ready to defend our freedom, your deeds do not go unnoticed and will never be forgotten.

Happy Veteran's Day!

Veteran's Day: November 11



~ ASK DR. JEN ~

COLLEGE STUDENTS AND ANXIETY: A GROWING TREND?



College is a stressful time for many students. Students are often left feeling overwhelmed, confused, and stressed out as a result of new social pressures, managing finances, meeting academic demands, and being away from home for the first time. Stress may be compounded for students who work full-time and have a family with children while trying to go to college full-time.

If any of the above describes you or if you are feeling some mild anxiety, don't worry too much. It is normal and can even be healthy in some ways. However, relentless and chronic anxiety may be a sign of an anxiety disorder (generalized anxiety disorder, obsessive-compulsive disorder, panic disorder, social anxiety disorder, and other specific phobias).

When anxiety becomes chronic, students may face additional obstacles, such as irregular eating habits, lack of physical activity, increased use of caffeine, alcohol and other substance abuse issues. Symptoms of chronic anxiety can include, but are not limited to:

- Excessive, ongoing worry and tension
- An unrealistic view of problems
- Restlessness or a feeling of being "edgy"
- Irritability
- Muscle tension
- Headaches
- Sweating
- Difficulty concentrating
- Trouble falling or staying asleep

Colleges and universities across the country are seeing an increase in students requiring counseling for these symptoms. Anxiety disorders are the most common mental health disorder in children, adolescents, and adults.

"According to the National Institute of Mental Health (NIMH), almost 75 percent of those with an anxiety disorder will experience their first episode before they are 22 years old, making awareness of these disorders among college-aged students and their parents essential " (www.education.com). It is possible that some students experienced anxiety before college, and it worsened upon leaving home, while others developed symptoms for the first time upon entering college. Either way, there is help!

If you are experiencing any of the symptoms mentioned in this article and are concerned that your anxiety is worsening, please do not hesitate to call the JCHS Counseling Center at 985-8395. We are located on the 4th Floor of CRCH in the Student Affairs suite. We can help you figure out what is going on and assist in developing a plan to better manage your anxiety.

Do YOU have a question about relationships, time management, stress and anxiety, or other personal difficulty? Ask Dr. Jen! Email your questions to Dr. Jennifer Slusher at jjslusher@jchs.edu.

Congratulations, JCHS Softball Team!

Congratulations to our JCHS Co-ed Softball Team for an awesome season!



With a regular season game record of six wins and four losses, our Blue Healers won League Runner-Up in the Roanoke City Parks and Recreation 2011 Adult Fall Softball Season.

With a tournament record of two wins and one loss, they



qualified for the final championship night of games. The first game began at 6:15 p.m., and at the end of the game, they won 9-4. The next game began right after the first and they won again with a score of 23-11. The third and final championship game began again right after the second, but at the end of their third game in a row, they were outscored 22-12.

The final tournament standing placed our Blue Healers as Tournament Runner-Up. League and Tournament Runners-Up are outstanding accomplishments and would not have been possible without a lot of dedication and hard work.

Our Jefferson Blue Healers softball team include: Adam Beahm, Ally Thompson, Brittany May, Brook-Lynn Velvin, Joseph Pollard, Joshua Epperson, Kim Snead, Lee Ann Fix, Matt Straebel, Neal Conyers, Peter Leopold, Sam Solomon, and Tim Carter.

Be watching for the JCHS website softball slide show!

Recipe for Chicken-Parmesan Bundles

submitted by Kaitlin Hinton



When I made these Chicken-Parmesan Bundles, I got the recipe from a Food and Family magazine, which is connected with Kraft Foods. However, you can also find the recipe online on the Kraft Foods website. I make it because it's healthy and easy...and it goes great with pasta! Living in the residence hall, you don't have your mom there to cook. Rather than consuming Ramen noodles and Easy Mac every day, my roommate and I usually take turns cooking and come up with some pretty good stuff. Chicken Bundles would best be classified as an entrée or side dish to go with an entrée. This recipe was easy, cheap, and great!

Kaitlin's recipe variations: I had to buy a meat tenderizer to make the bundles smaller, but it worked. I may not use as much spinach next time; the recipe calls for a bit much, unless you like it that way, of course. I made chicken bundles with spaghetti, but you could eat it with a salad or whatever you like.

Ingredients:

- 4 oz. (1/2 of 8-oz. pkg.) PHILADELPHIA Cream Cheese, softened
- 1 pkg. (10 oz.) frozen chopped spinach, thawed, well drained
- 1-1/4 cups KRAFT Shredded Low-Moisture Part-Skim Mozzarella Cheese, divided
- 6 Tbsp. KRAFT Grated Parmesan Cheese, divided
- 6 small boneless skinless chicken breast halves (1-1/2 lb.), pounded to 1/4-inch thickness
- 1 egg
- 10 RITZ Crackers, crushed (about 1/2 cup)
- 1-1/2 cups spaghetti sauce, heated

How to Make It:

1. **HEAT** oven to 375° F.
2. **MIX** cream cheese, spinach, 1 cup mozzarella and 3 Tbsp. parmesan until well-blended; spread onto seasoned chicken breasts (use whatever seasonings you like; garlic and herb or Italian seasonings are great).
3. **ROLL** up chicken tightly, starting at one short end of each breast. Secure with wooden toothpicks.
4. **BEAT** egg in shallow dish.
5. **MIX** remaining parmesan and cracker crumbs in separate shallow dish. Dip chicken in egg, then roll in crumb mixture to evenly coat.
6. **SPRAY** a 13x9-inch baking dish with cooking spray and place chicken bundles in it, seam-sides down.
7. **BAKE** 30 min. or until chicken is done (165° F). Remove and discard toothpicks.
8. **SERVE** chicken bundles topped with spaghetti sauce and remaining mozzarella.

Recipe borrowed from Kraft Foods online: <http://www.kraftrecipes.com/recipes/chicken-parmesan-bundles-107338.aspx>



Join Us for the Last Two Wellness Speakers This Fall!

12—1 p.m. in CRCH room 614



Wednesday, Nov. 16: "Move it for Lose it: Benefits of Exercise as You Age" — JCHS Senior Health & Exercise Science Students

Wednesday, Dec. 7: "The Paradox of Forgiveness" — Dr. Bob Reese, Ph.D.

Questions? Contact Dr. Jennifer Slusher at jjslusher@ichs.edu or call 540-985-8502.

Before They Were Scholars Make a Fly, Catch a Fish



by Paula Prince



We're running a new series in *The Paw Print* called "Before They Were Scholars," which will highlight personal stories about JCHS faculty. Our hope is that this series will help students gain a more holistic, humane view of some of their professors. Enjoy this second story by Paula Prince.

time to watch him walk across the road and over the embankment on his way to catch our breakfast! There is nothing to beat freshly caught, pan-fried brook or rainbow trout for breakfast.

When not knee deep in cold water, Uncle Walt was stationed with his fly tying materials at a picnic table under a pine tree in the backyard. He was a large fellow with big hands but could easily make tiny, delicate, and beautiful, flies to tempt the fish. I loved to watch bits of string, feathers and such suddenly become life-like insects right in front of me.

It was no surprise that I asked if I could try to make a fly myself. Uncle Walt was a patient man, and over the course of my ninth summer, I learned how to make flies that Uncle Walt assured me would be munched up by some trout out there. I learned to pick out the materials, carefully attach them to the tiny hook by winding them on with thin thread, and to give them a name. Naming my flies was certainly easier than making them. My favorite was a bright yellow one I called "yummy yellow."

Oddly enough, I only went out fishing once. I was not too patient and didn't want to balance on the slippery rocks for the length of time it would take to catch a fish. Making flies with my beloved Uncle Walt was fun....fishing with him, on the other hand, was boring! I slept in and waited for the breakfast fish which, he always assured me, were caught because *my* odd-looking flies were so tempting!



While I grew up in Salem, Virginia, I was a pretty lucky kid because I was able to spend my summer vacation in Phoenicia, New York in the beautiful Catskill Mountains. I stayed with my aunt and uncle at their small summer home, which was situated along one of the finest wild trout streams in the northeast, the Esopus.

My Uncle Walt was an avid fly fisherman. The many hours he spent casting out his line and hoping for a bite was just the peaceful time he needed to cancel out his stressful job as an insurance executive in New York City. When he was "in the country" as we all called being in Phoenicia, he was dressed and out just as the sun came up to be on the stream when the fish were most likely to be hungry enough to bite a fly. Off he went with rods, reels, and the creel....in waders! I often woke up in



Jefferson Thinks: Coming Again Soon!

Is Healthcare a universal right or a privilege? Should it be a service or requirement?

We regret to announce that the second "Jefferson Thinks" is being postponed until Spring 2012.

Stay tuned for more details soon! **Questions?** Contact Darrell Shomaker at dkshomaker@jchs.edu.

Exciting Changes Coming to the JCHS Bookstore!

by Mark Lambert

On October 1, 2011, the JCHS Bookstore moved under the management of Peggy Sowers, Director of Carilion Clinic's Guest and Volunteers Services Department. Guest and Volunteer Services oversees the gift shops at Carilion Roanoke Memorial Hospital (CRMH) and at Carilion New River Valley Medical Center.

The transition was made to enable the College Bookstore to expand the services and products offered to JCHS students, faculty and staff, as well as our fellow Carilion Clinic employees at Carilion Roanoke Community Hospital (CRCH) and members of the public who visit the facility.

You'll notice some changes already taking place, while more extensive enhancements will occur this winter, including:

- Increased operating hours.
- The availability of drinks, snacks and specialty coffee.
- A wider selection of JCHS logo items.
- Gift and apparel items that will include many new products beyond JCHS.

The Bookstore page on the JCHS website will also undergo a makeover

The JCHS
Bookstore
More Than Just Books!

to provide more detailed information on textbooks in stock and easier access for students ordering their books online through MBS Direct.

Many of these changes and additions are based on a survey conducted last summer of all employees working at CRCH, including the JCHS community and colleagues working in clinical areas like the Rehab, Urgent Care, Occupational Medicine, Wound Care and Pediatric Dental Services.

Current JCHS Bookstore employees Janey Hightower and Lynn Freeman will continue working in the Bookstore, while operations management will become the responsibility of Suzy Anderson, Gift Shop Manager at CRMH.

Watch the Bookstore webpage at www.jchs.edu/page.php/prmID/210 for more details on the exciting changes coming soon at the JCHS Bookstore!

Technology Tip: How to Navigate Quickly Through Too Many Open Internet Windows

by Rase McCray

In *The Paw Print* Volume 3, Issue 2, readers learned how to navigate multiple open windows on their computer using **Alt + Tab**. But did you know that you can do the same thing within Internet Explorer's (or Mozilla Firefox's) web browser tabs?

To quickly scan through your many open internet tabs, simply hold **Ctrl** and then press **Tab**. (If you hold both **Shift** and **Ctrl** and then press **Tab**, you will cycle through the tabs backwards). Using this button combination will save you even more time when you're quickly cycling through lots of windows.

A Ballroom of Characters

Over 80 students enjoyed the annual JCHS Halloween Party on Tuesday, October 25 in the Patrick Henry Ballroom. Attendees were treated with Halloween-themed food, music, face painting, dancing, and of course, the costume contest! And the winners are:

Most Creative: Jasmine Wallace

Funniest: Kirby Gilliam

Scariest: Ruth Hampton

Best Group: Brook-Lynn Velvin, Brittany Stewart, and Brandon Meadows



Respiratory Therapy Program Will Begin Offering 4-Year Degrees in Fall 2012

by Mark Lambert

JCHS has approval from the Commission on Colleges of the Southern Association of Colleges and Schools (SACS) to offer a four-year Bachelor of Science degree in Respiratory Therapy (BSRT) beginning in fall 2012. The new baccalaureate program will run concurrently with the existing associate-level RT program at JCHS with plans to eventually move the curriculum to the bachelor's level.

"We continually communicate with local, regional and national employers who hire Respiratory Therapists," says Chase Poulsen, M.Ed., Director of the JCHS Respiratory Therapy (RT) Program, "and they are telling us that they see significant value in a graduate with a four-year degree. Many alumni of the JCHS RT Program have gone on to earn their bachelor's degrees because they've found the additional education and experience is an essential element in their success in the healthcare field."

The new program will offer BSRT students enhanced opportunities including diverse clinical rotations in neonatal, pediatric, adult critical care, operating room, sleep lab, ground transport and other specialty units. In addition, students can choose elective rotations in education, management and home health.

"Today's Respiratory Therapist is a vital part of a healthcare team," says Poulsen. "By offering the bachelor's level degree to our students, we are preparing them to enter the profession on an

entirely new and exciting level. And the opportunities for our graduates are growing every day."

Like many of their healthcare colleagues, RTs are currently in high demand. With an aging baby boom population, that demand is expected to grow in coming years. Already at the associate level, over 90% of JCHS RT students find employment within an average of three months after graduation and the average starting salary is \$62,223, which has risen 10.7% since 2005.* Both the employment opportunities and starting salaries are expected to increase for an RT graduate with a four-year degree.

"The advancement of the Respiratory Therapy Degree to the bachelor's level at JCHS is another important step toward ensuring that we're prepared to meet the healthcare needs of our friends, families and neighbors," says JCHS President Dr. Nathaniel L. Bishop. "We're proud of everyone who was involved in developing this program and look forward to welcoming our first class next fall."

For more information, visit the Bachelor of Science in Respiratory Therapy page on the JCHS website at

<http://www.jchs.edu/page.php/prmID/981>.

*Data collected from the AARC's 2000, 2005, and 2010 National Human Resource Survey and Internal Advisory Board Minutes



Zumba & Just Dance!

Every Wednesday

CRCH, Room 617, 12–1 p.m.

Just Dance & Zumba alternate every other Wednesday —

Taught by certified instructors.



Questions? Contact Jennifer Slusher at jjslusher@jchs.edu.

Join us for the Remaining Academic Skills Workshop Series

Thursdays
12:00 - 12:50 pm
Room 514

Everyone's Welcome!

- | | |
|--------------|--|
| 11/10 | Keys to Effective Presentations |
| 11/17 | Advanced Google Search & Google Scholar |
| 12/1 | Introduction to Google Tools |
| 12/8 | Tips for Creating Resumes & Cover Letters |



VOICE Program Grant Renewed!

by Mark Lambert



Jefferson College of Health Sciences (JCHS) has been awarded a renewal of the three-year federal grant by the federal Office on Violence Against Women (OVW) that funds the College's VOICE (Violence Can End) Program. The grant from the U.S. Department of Justice totals \$240,750 and will be administered over the next three years, from 2012 to 2015.

JCHS first received the grant in 2008 and has since worked with numerous partner agencies and organizations in the Roanoke Valley to initiate a program of training, events and physical improvements on the College's campus. When JCHS initially received the grant, the College formed VOICE, a group composed of members of the campus community, as well as leaders from local law enforcement, healthcare and intimate partner violence prevention agencies in the Roanoke area.

The VOICE group has met monthly for the past three years to oversee the use of the grant funding for speakers and other educational programming that has benefited both JCHS students and the Roanoke community. The re-application process required JCHS to provide evidence that the JCHS VOICE Program had supported programs that prevented and reduced violence against women while also ensuring support for victims of violence on campus.

With the renewal of the grant funding, VOICE will pursue the following goals over the next three years:

- Increase the coordinated community response;
- Continue training of JCHS campus police and security officers;
- Fund capital improvements to the College's new facilities;
- Expand efforts to create and maintain a male student group to help increase campus safety efforts;
- Recruit and train additional peer educators for the VOICE program to assist with hosting programs and events;
- Support additional training of JCHS Resident Assistants;
- Extend connections with local immigrant and multicultural services groups;
- Provide for additional training for the team, faculty, staff and students, as well as creation and implementation of new curriculum components and programs at the College.

For more information about the VOICE Program, contact Sarah Higginbotham, VOICE Program Coordinator, at (540) 985-9711 or sehigginbotham@jchs.edu.

Information About the VOICE Program at JCHS: This project was supported by grant # 2008-WA-AX-0005 awarded by the Violence Against Women Office, Office of Justice Programs, U.S. Department of Justice. Points of view in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.

Recipe for Grammy's Apple Crisp



submitted by Letisha Houston

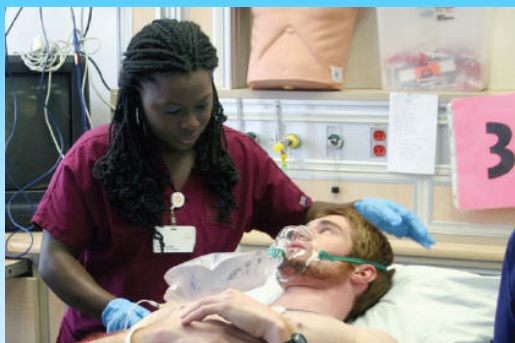
Thanksgiving is almost here and I wanted to submit a classic Thanksgiving dish. One of my favorites is my mother-in-law's Apple Crisp! I'm sadly allergic to raw apples, but I love the apple (and cinnamon) flavor. As soon as I see apple pie or apple crisp available, especially when served with vanilla ice cream, I can't say no!

Recipe:

1. Preheat oven to 400 degrees.
2. Wash, peel, core and slice 7-8 large tart apples (Granny Smith apples are perfect for this!)
3. Spray a baking/casserole dish with cooking spray and spread out the apple slices in the dish.
4. Dot the apple slices with butter (I use squeeze-butter) and then cinnamon (or Cinnamon & Sugar). Note: If the apples aren't juicy, add a little more butter and about ¼ cup of water.
5. In a medium-sized bowl, mix 1 cup of softened butter, 2 of cups lightly spooned All Purpose (plain) Flour, 1 cup of firmly packed brown sugar, 2/3 cup of quick cook oatmeal, and 2 teaspoons of cinnamon.
6. Spread/crumble mixture evenly to cover the top of the apples in the dish.
7. Bake the apples at 400 degrees for about 35 minutes, or until it bubbles and is golden brown.
8. Serving Suggestion: Serve with vanilla bean ice cream and a drizzle of caramel syrup. Enjoy!

Health Careers Fair Coming Up!

Your Career in Health Care is Within Reach: Let Us Show You How



Tuesday, November 22, 2011

Presentations and Q&A from 7 p.m.—8:30 p.m.

Virginia Tech School of Medicine

2 Riverside Circle, Roanoke, VA

Questions? Email communications@jchs.edu

Sponsored by Jefferson College of Health Sciences and the Virginia Tech School of Medicine

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Newsletter Editor:
Letisha Houston
Phone: 540-224-4895
E-mail: LBHouston@jchs.edu



JEFFERSON COLLEGE
of HEALTH SCIENCES

Looking for housing next semester?



The Patrick Henry

Look no further than the Patrick Henry Residence Hall!

The Student Affairs Office is now accepting housing applications for the Spring 2012 semester.

Questions? Contact Elizabeth Costa, Coordinator for Student Affairs, at eacosta@jchs.edu.

JEFFERSON ADVERTISES

Jefferson College
of Health Sciences

101 Elm Avenue, SE
Roanoke, VA 24013

Contributing writers for this issue:

Letisha Houston, Cornelius Powell, Jennifer Slusher, Susan Booth, Kaitlin Hinton, Paula Prince, Mark Lambert, Rase McCray, and Liz Costa.

Publication Disclaimer: Each article contained in this newsletter reflects the opinion and perspective of each individual author rather than the official position of the College.

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facebook

Tutors Needed!

Looking for a work-study job?
Want to boost your resume?
Have a GPA around 3.0?

Consider becoming an LWC tutor!

If you have a good GPA, earned at least a B in the course(s) you'd be interested in tutoring, and would like to **earn a little money** and have a **superb resume booster** by helping your fellow students, please contact the LWC Coordinator, **Emily Moore**, for a tutor job application or stop by 507 to pick up one. Training provided!

Contact Emily Moore at 985-8449 or EHMoore@jchs.edu



Be a Part of the Fun at the Jingle Bell Run!

On Saturday, December 10, 2011, join the JCHS team for the annual Jingle Bell Run/Walk for Arthritis. To join the team, go to this website:

www.jinglebellrunroanoke.kintera.org and follow these instructions:

- Click "Sign Up," and then agree to the waiver by clicking, "I agree."
- Select "Join a Team."
- In the text box, enter "Jefferson" and click "Search." You'll see Team JCHS appear. Under "Action," click "JOIN TEAM!"
- Enter your information in the spaces provided and get ready to have a great time for a great cause!

Questions? Contact Ally Bowersock at ahbowersock@jchs.edu or (540) 985-9943.



Please submit your "promotional ads" and "event announcements" for Volume 4, Issue 1 of this newsletter to Letisha Houston at LBHouston@jchs.edu no later than Monday, February 6, 2011.

Please send all newsletter submissions for Volume 4, Issue 1 to Letisha Houston at LBHouston@jchs.edu no later than Monday, February 6, 2011. Go to the [Newsletter web pages](#) to see the [Submission Guidelines](#).