Mischief Managed! The Importance of Integrity

"It is our choices that show who we truly are, far more than our abilities." These are Professor Dumbledore's words to Harry Potter in J.K. Rowling's beloved series. While we aren't called to the same life of adventure as Mr. Potter, we would all be wise to heed these words. In no other field is integrity as important as it is in healthcare, where lives are literally at stake. Here at Jefferson College, we seek to promote an environment of academic and personal integrity.

The JCHS Honor Code states, "I will not lie, cheat, steal, nor tolerate those who do." Don't let the familiarity of these words cause you to miss their critical meaning. It means that everything you do, whether it is homework, taking a test, turning in health records, or going to your clinical, has implications for your integrity. Each choice you make, no matter how seemingly insignificant, impacts your character. The challenges you face here at Jefferson are not only in the classroom; the most important test of all is ongoing—the test of your character.

Will you compromise your standards to get ahead? Will you take a shortcut to save time? Will you look the other way when a peer cheats? Or will you stand up for what is right, work hard, get the grade you've earned, and ultimately become a better person through the process? If you don't make the right choices, the choices of a life lived with integrity, your abilities don't really mean anything. Only your choices show the world who you are and what you value. Let those choices be the right ones.

by Elizabeth Costa, Coordinator for Student Affairs

New and Improved JCHS Student E-mail Coming This Spring

On Monday, March 18, 2013, Jefferson College of Health Sciences and Carilion Clinic will begin transitioning all JCHS student e-mail accounts from the onejeff.jchs.edu e-mail system to Microsoft Exchange—the e-mail currently being used by JCHS faculty and staff, as well as all Carilion employees.

What this Means to You: A simpler, shorter e-mail address; username@onejeff.jchs.edu will become username@jchs.edu. Easy access to a system-wide address book that includes all of your professors and all Carilion employees. Retention of up to 90 days worth of e-mails in your Exchange account, allowing you to quickly reference your previous messages. Seamless e-mail account transition if you become a Carilion employee after graduation. Creation of an "Active Directory" account for you, which could allow you access to additional software you may need as a student or a Carilion Clinic employee.

What Happens Now? For now, continue to use your onejeff account as you always have. During the week of March 18, you will receive an e-mail via your onejeff account providing you with logon information for your new Exchange account. You will then have until Thursday, May 9, 2013 to move any information from your onejeff account to your Exchange account. It is your responsibility to move any information you would like to keep, including your address book, previous e-mails, etc. Also during this period, you'll want to update your contact information to your new Exchange e-mail address with any services or companies that send messages to your onejeff account. For example, if you have e2 Campus emergency alert messages sent to your onejeff address, you'll need to log in to your e2 Campus account and update your information. On May 9, all onejeff.jchs.edu e-mail accounts will be deactivated and you will use your Exchange account full-time from then on.

Please note that if you become a Carilion Clinic employee after graduation, you will carry this e-mail address with you into your new job; the Exchange e-mail addresses of those graduates who go to work for other organizations will be deactivated 30 days after graduation.

by Mark Lambert

Every month, the Paw Print profiles one of the Jefferson College Community Values. This month Andrew Donahue, a student in the EMS Program profiles:

ACCOUNTABILITY: Merriam-Webster dictionary (http://www.merriam-webster.com) defines accountability as, "the quality or state of being accountable; especially an obligation or willingness to accept responsibility or to account for one's actions."

With mid-terms fast approaching, students need to be more responsible and hold themselves accountable. It is imperative that we offer our support to our fellow classmates, and help one another stay on track. That being said, everyone should put on their big girl/boy underwear, prepare themselves for mid-terms, and hold themselves accountable for their academic actions, because before we know it mid-terms will be here!
The VOICE Program is actively recruiting students for a new program, The Watch Dogs. This is a Federal Work Study position. Watch Dog staff will support our mission to help provide and enhance a safe and secure environment for the JCHS community. These students will have varied responsibilities, including accompanying students, staff, faculty, Carillon employees, patients and visitors to and from College facilities and parking lots in the evening hours, as well as providing assistance at the Community Hospital’s Main Lobby desk. Prospective students will receive screening and training from the Carillon Police Department. The College’s Safety Officer, Susan Booth, will provide supervision and necessary supplies to accepted Watch Dog staff. If you are interested in learning more information about this position and serving the College as a Watch Dog, please contact Susan Booth at slbooth1@jchs.edu

News from the Humanities & Social Sciences
The Humanities & Social Sciences Department is excited to host a special sneak preview of summer and fall classes that you won’t want to miss. From Women’s Studies in Literature and Culture to Appalachian Health and Culture and Visual Thinking Strategies: Art and the Ability to See, you’ll want to know more about these innovative classes before finalizing your summer and fall schedules. Please join us for the Course Preview Party on March 20, 2013 from 11-1 in the Doghouse to learn all about the fantastic courses coming soon to a classroom near you. There will be food, fliers, and plenty of professors in attendance to answer all of your burning questions about upcoming film, poetry, articles, and more!

by Dr. Courtney Watson

A Taste of Jefferson, 2013!

Photos by Liz Costa

Academic Workshop Series: Every Other Thursday
12:00-1:00 pm in Room 515 (next workshop 3/14)

Zumba/Just Dance
Every Wednesday
12:00-1:00 p.m. in Rm 617

Campus Fire & Tornado Safety Event
CRCH/JCHS Front Driveway
Tuesday, March 12, 2013
11:00am – 2:00pm

Come tour the Roanoke City Fire Prevention Unit’s Interactive Safety House, which will place you in the middle of a simulated tornado and show you how quickly a fire can start in your home and residence hall and learn how to safely handle these situations.

In 2011, U.S. fire departments responded to 370,000 home structure fires. These fires caused 13,910 civilian injuries; 2,520 civilian deaths; and $6.9 billion in direct damage. In fact, 92% of all civilian structure fire deaths resulted from home structure fires.

- Cooking is the leading cause of home structure fires and home fire injuries.
- Kitchens are the leading area of origin for home structure fires (42%) and civilian home fire injuries (37%).
- Only 4% of home fires started in the living room, family room, or den; these fires caused 24% of home fire deaths.
- Seven percent of reported home fires started in the bedroom. These fires caused 25% of home fire deaths, 20% of home fire injuries, and 14% of the direct property damage.
- Home structure fires peak around dinner hours between 5:00 and 8:00 pm.
- Almost two-thirds (62%) of reported home fire deaths resulted from fires in homes with no smoke alarms or no working smoke alarms.

Each year, about a thousand tornadoes touchdown in the United States, far more than any other country. Three out of every four tornadoes in the world happen in the United States. A typical tornado only lasts for a few minutes, but every tornado has its own color, sound and shape. The fastest tornadoes can move at more than 70 miles per hour. They have been reported in every state in the US and also in every season. While a tornado can occur at any time, most occur between 3pm and 9pm. Open to all faculty, staff, students and Carillon employees on the CRCH/JCHS Campus!

From the JCHS Financial Aid Office
The JCHS Financial Aid Office is dedicated to helping you pay for college with as few student loans as possible. Please take this opportunity to fill out the Internal Scholarships Application, Virginia Tuition Assistance Grant (VTAG) application, and the Free Application for Federal Student Aid (FAFSA) for the 2013-2014 school year (see www.jchs.edu for more information). These three applications can greatly reduce the cost of paying for college and the amount of student loans you have to pay back after graduation.

That way you can get the degree and drive a Mercedes-Benz to your new job!

by Wesley Vorberger, Assistant Director of Financial Aid

The Paw Print is published monthly, September through May. Student contributions are highly encouraged! The deadline for submissions is the 25th of each month. Contact Gayle Clary at ghclary@jchs.edu for information.