

Ribbon Cutting-Open House for Vikings' Student Food Pantry Sept. 19

To celebrate the opening of the new Jefferson College Vikings' Vault food pantry for students, the College will hold a ribbon cutting and open house on Wednesday, September 19, from 11 a.m.-1 p.m. in the lower level of the Student Center on the Hillsboro campus. Vault

Everyone is welcome to attend. Reservations are not necessary. All attendees are invited to bring a non-perishable food item to stock the pantry.

The free event will include a brief overview of the project and acknowledgment of the College's Certified Professional Staff group for their role in suggesting and championing the project. Following a brief ceremony at 11 a.m., photos will be taken and individuals can tour the new pantry.

"A survey of our students found that the need for a food pantry is real," said Jefferson College President Dr. Raymond Cummiskey. "The Vikings' Vault will go a long way to help students stay in school and complete their degree. It's one of many instances where our caring staff and faculty have stepped forward to provide the support students need to succeed."





Food insecurity has increasingly become an issue on college and university campuses and can pose a significant barrier to student success. It has been linked to lower grades and absenteeism, and 48 percent of students in a 2016 national survey reported that they had experienced it within the past 30 days. There are over 640 colleges with food pantries across the country, according to the College and University Food Bank Alliance.

Vikings' Vault Student Food Pantry

Located in the Student Center (North entrance lower level) - Hillsboro Campus, 1000 Viking Drive

11 a.m. Welcome/Overview/Recognitions/Ribbon-Cutting

11:30-1 p.m. Open House/Viewing

The Vikings' Vault, the name that was chosen as part of a student contest, will provide non-perishable food, frozen/refrigerated goods, and personal hygiene items free of charge to enrolled students who are in need at any of the College's locations. The pantry's existence is due in large part to grants from the Missouri Scholarship and Loan Foundation and the Missouri High Education Loan Authority (MOHELA) along with a refrigeration/freezer unit donated by the Hussmann Corporation.

Volunteers from the Certified Staff will operate the pantry on a rotating basis each week.

For more information about the Vikings' Vault ribbon cutting-open house, contact Enrollment Services Director Holly Lincoln at (636) 481-3230 or email hlincoln@jeffco.edu.



Women' Soccer Team to Play Inaugural Season First Home Game Sept. 18

Go Vikings! On the heels of establishing the women's soccer program a year ago by the Board of Trustees, the team is set to play their inaugural season first home game under Head Coach Brocklon Chatman (who also serves as the men's soccer team coach) on Tuesday, September 18, at 2 p.m. against St. Louis Community College.

Members of the 2018 inaugural team include Samantha Mathis, Daja Smith, Addison Shivler, Valeria Palma, Jordynn Caldwell, Neida Grimaldo, Lauryn Ditto, Grace Trendle, Leah Hill, Isabella Magalhaes, Amanda Evans, Kahlie Robertson, Courtney Galczynski, Pricilla Camuimba, Emily Hutchison, and Kylie Gmerek.

In addition to Chatman, the coaching staff includes Assistant Coach Mark Hammond and Goalkeeper Coach Duane Kloepple.

Make plans now to come out and support the mighty Vikings in this history-making game.

Athletic Event Ticket Pricing

- Jefferson College Students and Faculty/Staff admitted FREE OF CHARGE
- General admission price is \$3/adults and \$1/students
- Children, 12 and under, accompanied by an adult are admitted FREE OF CHARGE
- Season passes now available A sport specific pass is \$30 per team/season and an all-inclusive pass is \$120 for all sports. Each pass option enables the purchaser to bring up to three additional guests at no charge. For details, contact Field House Coordinator Marie Self at (636) 481-3391.



Workforce and Jobs – Focus of U.S. Congressional Visit

U.S. Representative Blaine Luetkemeyer along with members of his staff, area politicians, and local residents recently visited Jefferson College to tour the newly renovated Library, discuss job-training programs, and explore workforce development initiatives. Following the tour, College President Dr. Raymond Cummiskey and Dean of Career and Technical Education Dr. Dena McCaffrey spoke at length about the College's never-ending focus on connecting education and careers in our region.







College Launches New Website Homepage - www.jeffco.edu

In an effort to improve information and communication about Jefferson College's degree programs and numerous educational services and activities, the College recently launched a redesigned website homepage at www.jeffco.edu.

The revamped site highlights Jefferson College's quality academic programs with a refreshed design featuring a full-screen video, one-click access to all academic programs, eye-catching statistics and graphics, real-time calendar and news information, and easy access to all of the College's social media accounts.

Jefferson College

The site's front-end design and back-end technology were upgraded to better serve visitors' needs. Simplified navigation and search capabilities make finding the appropriate information quick and easy.

The homepage also offers responsive functionality for display on desktop computers, smartphones and tablets.

"As the College's most visible marketing tool, the new jeffco.edu homepage was strategically planned as a Marketing & Public Relations Department initiative following the initial launch of a revised site in 2014. In addition to the design/color scheme, homepage functionality enhancements were based on best practices at other universities and colleges across the country," said Public Relations and Marketing Director Roger Barrentine.

As one of the College's most powerful communication and reference tools, the newly designed homepage contains improvements to better engage and inform visitors about Jefferson College's academic values and beautiful campus. As the virtual front door to the college, the website serves prospective students and employees, community members, donors, and a general audience that wishes to learn more about Jefferson College.

"The enhancements provide even greater support for students and community members," added Barrentine. "Our Marketing and Public Relations staff have worked extremely hard over the past several months to organize and present information in the most efficient way possible. I think those who visit jeffco.edu will find a much improved experience."

The enhancements provide even greater support for students and community members.

- Roger Barrentine
Public Relations and Marketing Director





"Faculty and staff are very passionate about their profession."







Library to Host Annual Book Sale Sept. 24-29

The newly renovated Jefferson College Library will host its annual book sale September 24-29 on the Hillsboro campus. Library hours are Monday-Thursday 7:30 a.m.-9 p.m., Friday 7:30 a.m.-4 p.m., and Saturday 10 a.m.-2 p.m.

Sale books will include duplicates, donations, and items in need of replacement. Proceeds from the event will go towards the Jefferson College Foundation's Library Scholarship Fund.

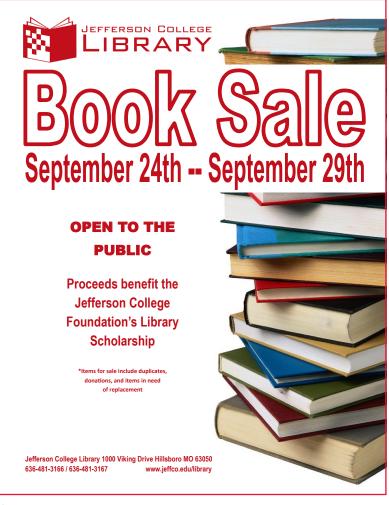
Those interested are encouraged to visit the Library during the early portions of the sale for the best selection of available titles.



For further information about the book sale, call the Library Circulation Desk at (636) 481-3166 (TDD 789-5772).

The Jefferson College Library offers a variety of services and resources. Jefferson County residents age 18 and older may purchase a library card for \$15 per year. Residents 65 and older qualify for a free card.

The Library on the Hillsboro campus has a collection of over 70,000 books and access to over 22,000,000 books through the statewide MOBIUS consortium. Patrons may also check out a variety of magazines, DVDs, CDs, eReaders, and eBooks. Laptops and tablets for in-Library use are available for check-out and a Mac Media Lab is located on the first floor. The Library also houses the Jefferson County History Center and serves as a Selective U.S. Federal Depository Library with primary sources and government publications. Users will find collaborative and quiet study areas, access to wireless Internet, and a variety of materials for research and personal enrichment.



PACE Series Features Award-Winning Vocalist/Composer Quiana Lynell Sept. 13

The Jefferson College PACE (Performing Arts and Cultural Enrichment) event series will continue with a performance by acclaimed vocalist and composer Quiana Lynell on Thursday, September 13, at 7:30 p.m. in the Fine Arts Theatre on the Hillsboro campus.

The 2017 Sarah Vaughan International Jazz Vocal Competition winner, Lynell infuses her classical training with her gospel upbringing and approaches jazz as a storyteller. A graduate of Louisiana State University, Lynell is able to harness her voice as a true instrument and perform various genres of music while maintaining her own sound. She speaks uplifting lyrics to those who have been broken hearted and stresses the importance of not letting the past dictate one's future. It's been said that her performances only come about because she believes every word comes from her soul.



With her debut album to be released by Concord Records, she is positioned to become one of the longstanding jazz artists.

A free master class will be held at 4 p.m. in Room 100 of the Fine Arts building on the Hillsboro campus where she will answer questions from audience members. The event is free and reservations are not required.





The concert will begin at 7:30 p.m. in the Fine Arts Theatre. Admission is \$5 for general admission and \$2 for students and senior citizens. Advance tickets can be purchased at the cashier's window on the Hillsboro campus. If available, tickets will be sold at the door the evening of the performance.

The 2018-19 PACE season features 30 events spanning a wide range of fine arts entertainment genres.

PACE season passes are on sale for \$25 per person general admission and \$15 for students and senior citizens. Passes can be purchased (cash, check or credit card) at the cashier's window in the Student Center on the Hillsboro campus Monday-Thursday 7:30 a.m.-6 p.m. or Friday 7:30 a.m.-4 p.m. Those who purchase a season pass will save money compared to single event admission for the entire series.

For detailed information about specific PACE performances/times and season pass information, visit the Jefferson College website at www.jeffco.edu/PACE. Additional information about purchasing PACE season passes is also available by calling (636) 481-3123 (TDD 636-789-3222).

The Jefferson College campus is smoke-free and tobacco-free, including e-cigarettes.

2018-19 SEASON PASS

PACE series season pass entitles the owner to one free ticket per event. Save by purchasing a PACE season pass compared to single event admission for the entire series!

\$25 GENERAL ADMISSION • **\$15** STUDENTS & SENIORS

FOR ADDITIONAL INFORMATION CALL (636) 481-3123



College to Host Astronomy "Second Saturday Star Parties" Observation Nights This Fall

Following a successful stargazing event in August co-hosted by Jefferson College and the St. Louis Astronomical Society for the Perseid meteor show and planets Mars, Jupiter, and Saturn, the College will host several community observation nights this fall for those who want to learn more about astronomy.

The educational events, called "Second Saturday Star Parties," are free and open to all ages. Each observation night will take place near the Softball Field, accessible from Jefferson College Drive, on the Hillsboro campus.

Second Saturday Star Party observation dates include:

- Saturday, October 13, from 8–9 p.m.
- Saturday, November 10, from 7–8 p.m.
- Saturday, December 8, from 7-8 p.m.

Those who attend may bring their own astronomy equipment or use a limited number of telescopes provided.

For the events event to occur, skies must be clear or only partly cloudy. Observation nights will be cancelled for inclement weather and will not be rescheduled. For questions or additional information, contact Jefferson College Physical Science Instructor Maryanne Angliongto at 636-481-3318 or email manglion@jeffco.edu.









What is Cholesterol?

Cholesterol is a waxy, fat-like substance found in your body and many foods. Your body needs cholesterol to function normally and makes all that you need. Too much cholesterol can build up in your arteries. After a while, these deposits narrow your arteries, putting you at risk for heart disease and stroke.

How do you know if your Cholesterol is High?

High cholesterol usually doesn't have any symptoms. As a result, many people do not know that their cholesterol levels are too high. However, doctors can do a simple blood test to check your cholesterol.

High cholesterol is treated with heart-healthy lifestyle changes and medicine. These can lower your cholesterol and your risk of heart disease, heart attack, and stroke. You and your doctor may decide to first try treating your high cholesterol without medicine. Changing some of your habits may be all you need to do to lower your risk. Your doctor might suggest that you take medicine too. But medicines don't replace these healthy habits.

How can you make changes?

- Eat Healthy Foods
 - Eat one more serving of fruits or vegetables every day
 - Avoid deep-fried foods
 - Think of meat as a side dish
 - Try a vegetarian meal each week
 - Switch to fat-free milk
 - Eat healthy fats
- Stay Active
 - Walk More
 - Find Times in the day to fit in 1 hour of exercise
- · Lose Weight if you need too
 - Eat Better and Move More
- Quit Smoking
 - Get Ready
 - Change your routine
 - Use Medicine
 - Try nicotine replacement such as Gum, Lozenges, or patches

Clinic Hours: Monday and Thursday from 1-5 p.m.

Call 636-543-2290 to schedule an appt or visit jeffco.edu/mercy to schedule online





What's Next?

- Visit your Mercy clinic location or call your Primary Care Provider today to schedule an appointment
- Visit <u>www.mercy.net</u> to find a Primary Care Physician near you







HOMESCHOOL STUDENT RESOURCE NIGHT

MONDAY, SEPTEMBER 24 • 6-7:30 PM

LEARN ABOUT:

STUDENT CENTER - VIKING ROOM AT JEFFERSON COLLEGE HILLSBORO

- RESOURCES AVAILABLE AT JEFFERSON COLLEGE
- TRANSFERABILITY of classes
- GETTING STARTED AT JEFFERSON COLLEGE
- REDUCED TUITION FOR CURRENT JEFFERSON COUNTY HOMESCHOOLED STUDENTS



FOR MORE INFORMATION, CONTACT HOLLY LINCOLN (636) 481-3230 OR HLINCOLN@JEFFCO.EDU 1000 VIKING DRIVE • HILLSBORO, MO 63050 • WWW.JEFFCO.EDU **f (a) (b) (b) (b) (c) (c)**

is the policy of Jefferson College that no person shall, on the basis of age, ancestry, color, creed, disability, genetic information, marital status, national origin, race, religion, sex, gender identity or expression, sexual orientation, or veteran status, be subject to discrimination in employment or in admission to any educational program or activity of the College. Note: If accommodations for a disability are needed contact the Disability Support Services Coordinator, TC101, (636) 481-3169 or 797-3000, ext. 3169 or cplatter@jeffco.edu.

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Jefferson College Foundation to Host 31st Annual Viking Classic Golf Tournament September 17

The Jefferson College Foundation and presenting sponsor Home Service Oil Company invite golfers and businesses to support deserving students by participating in the 31st annual Viking Classic Golf Tournament on Monday, September 17, at the exclusive Fox Run Golf Club in Eureka.

Proceeds from the tournament provide scholarships and quality programs that directly benefit students attending Jefferson College. The golf tournament is part of the annual campaign to raise funds to promote and support all educational programs; to provide state-of-the-art equipment and facilities; and to ensure access through scholarship funds to needy students.

"It's important to invest in higher education and in those who are working hard to obtain their degree," said Jefferson College President Dr. Raymond Cummiskey. "Whether you play golf or not, you can help keep Jefferson College on its drive to excellence by supporting the tournament. The students and programs supported through the Jefferson College Foundation are meant to ensure continued improvement at the College and enhance the quality of our community through the promotion of educational excellence."

The cost for individual golfers is \$175 per person (\$700 for teams of four) and includes green and cart fees, use of practice range, lunch on the course, beverages/snacks during the tournament, and an awards dinner.

It's important to invest in higher education and in those who are working hard to obtain their degree.

- Dr. Raymond Cummiskey Jefferson College President New this year is a ball drop fundraiser with a guaranteed payout of \$1,000. Numbered golf balls are being sold for \$20 each and will be randomly placed into a tractor bucket from Sunbelt Rentals before being dumped onto the green. The person whose ball is first-in-the-hole/closest-to-the-hole wins the cash prize. Sales for the ball drop will end at 10 a.m. the day of the tournament.

The tournament schedule includes check-in and practice range at 10 a.m., ball drop fundraiser at 10:30 a.m., shotgun start/four-person scramble at 11 a.m., lunch on the course from noon-12:30, and awards dinner at 4:30 p.m. in the Fox Run Clubhouse.

Registration and additional details are available online at www.jeffco.edu/foundation or by calling the Jefferson College Foundation at (636) 481-3105.

Supporting Jefferson College students is a great investment in Missouri's economy. Most students are local residents, and the vast majority find employment or continue their education in the region after graduating. The College prepares full-time and part-time students to enter the job market, to transfer to four-year colleges and universities, and to achieve their professional and personal goals. Programs and services support the economic growth of the community in response to changing needs.

The Jefferson College Foundation is a separately incorporated 501 (c) (3) nonprofit organization whose mission is to increase resources, to raise funds and to cultivate friends and partnerships to support Jefferson College and its mission.



September 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	PACE Shades of Blue Concert 7:30 PM FA - Theatre	Club Spirit Day and Resource Fair 11 AM Central Lawn Area	30	31	Labor Day Recess
2	Labor Day Holiday Campus Closed	Mercy Blood Drive 8 AM - 4:30 PM SC - Viking Room	Volleyball vs St. Louis CC 6:30 PM Field House - Gym	6	Friday Speaker Series 11:45 AM - 1 PM Viking Room Annex	8 Men's Soccer vs Lindenwood Belleville 1 PM, Soccer Field Second Saturday ★ Star Party 9 PM - 10 PM Softball Parking Lot
9	10	11	Volleyball vs Mineral Area 6:30 PM Field House - Gym	13 Jefferson College Career Expo 8 AM - 12 PM Field House - Gym Board of Trustees Meeting 5:30 PM, Administration Board Room PACE-Quiana Lynell 7:30 PM, FA-Theatre	14	15
16	Viking Classic Golf Tournament 10 AM - 4:30 PM Fox Run Golf Club	Table 18 Student Senate Open Meeting 2 PM-3 PM, CTE 144 Women's Soccer vs St. Louis CC 2 PM, Soccer Field Men's Soccer vs St. Louis CC 4:15 PM, Soccer Field	Vikings' Vault Student Food Pantry Ribbon Cutting 11 AM Student Center	20	21	Men's Soccer vs. Parkland 12 PM Soccer Field
30	24	Women's Soccer vs St. Charles CC 2 PM, Soccer Field Men's Soccer vs St. Charles CC 4:15 PM, Soccer Field	Volleyball vs. Missouri Baptist (JV) 6 PM, Gym Central Lawn Area	27	28	29











