



OCTOBER 2011

# PULSE PULSE PULSE

## Registration Strategies for Success

Fall Semester  
2011

We're Glad You're Here!

### INSIDE THIS ISSUE!



ONSA  
CONVENTION  
RECAP  
PAGE 4



GOLDEN OWL  
STUDENT OF  
THE MONTH

Zach Peru

PAGE 6



BATTLING IT  
OUT "FAMILY  
FEUD" STYLE

PAGE 8

Spring 2012 registration is around the corner. **By now, you should have picked up your registration packet and scheduled an appointment with your faculty advisor.** If you have not done so, stop by the Main Office as soon as possible. Your packet will contain your degree audit and other important information you should review in order to plan your Spring 2012 schedule. You will need to contact your faculty advisor to schedule an advising appointment. **Please note that you must meet with your advisor in order to register for Spring 2012 classes.**

*Here are the important registration dates to put in your planner:*

**Oct. 18** – SOPHOMORE (44+ credit hours) REGISTRATION APPOINTMENT SIGN-UP

Sign up for your registration appointment in the Main Office between 7 a.m. – 5 p.m. To accommodate all schedules, appointments will be available from 6:30 a.m. – 6 p.m. Up to 25 students can sign up for each available time slot.

**Oct. 18** - FACULTY ADVISING APPOINTMENTS BEGIN

Be sure to review your registration packet carefully and bring it with you to

your faculty appointment. You and your faculty advisor will fill out the Registration Checklist included in the packet. If you have planning worksheets from previous advisor meetings, please bring those with you to your meeting as well.

**Oct. 19** – FRESHMAN (0-43 credit hours) REGISTRATION APPOINTMENT SIGN-UP

**Nov. 10** – REGISTRATION APPOINTMENTS BEGIN.

Be sure to bring your completed Registration Checklist to your registration appointment.

It is our goal to make your registration experience as smooth as possible. You can help by making sure you do the following:

*Read the registration materials carefully and make sure you are prepared for your meeting with your faculty advisor.*

Go into your meeting with a plan and write down any questions you may have for your advisor.

*Know your prerequisites and corequisites and follow your Curriculum Plan sequence.*

The curriculum plan sequence is carefully designed so that each course builds upon or correlates to material in

CONTINUED FROM PAGE 1

other courses. The sequence allows you to continue building the skills and knowledge you need to graduate, pass your licensure or registry exam, and begin a successful career.

*Once you register for a class, commit to doing well by taking advantage of all the resources available to you.*

In order to follow your Curriculum Plan sequence, it's important to do well in your courses. Take advantage of all of the resources available to you

through the Learning Resource Center. If you are struggling in a course, don't wait to get help. Talk with your instructor and the academic advisor to develop a plan to get back on track.

*Realize you may need to make adjustments in your life to complete your degree and begin your career.*

Everyone would like to have a schedule that is a perfect fit for their lifestyle. But the reality is, both in college and as you begin your career,

it's important to be flexible. As an entry level professional, you may not get the exact job you want, in the exact facility you want, working the exact shift you want. Use your college experiences to train yourself to be adaptable and to approach "less-than-perfect" situations with a good attitude. You will be building characteristics that are considered very valuable to a future employer.



## From Your Student Senate President

*Corey Meeks  
President  
Student Senate*

The fall semester has been going by very quickly. In September, we had our first Student Senate meeting with our new members and discussed what we wanted to accomplish. One of our first activities is a bake sale on Oct. 24-25. Stop down in the cafeteria and grab a snack in between classes. Proceeds will go towards future Student Senate activities. On Oct. 26-28, we will hold our town hall meetings. This semester we have decided to make this a topic-based town hall. We have chosen the Learning Resource Center as the topic. Come and make your voice heard about subjects such as student space, computer availability, tutoring services, etc. If you have any other concerns, be sure to share them with your student senators. Photos of this year's senators are posted on the second floor bulletin board by the elevator. We're here to represent you!

## Student Senate Bake Sale

**Oct. 24-25  
10 a.m. – 2 p.m.  
Cafeteria**



## Men in Nursing

Four Aultman College nursing students are joining together to re-ignite interest in the Men in Nursing association. Josh Mink, Jay Clutter, Mark Dye, and John Anderson invite all male nursing students to be part of the group. The immediate goal is to promote career advancement by providing members with networking opportunities that will allow them to build a strong support system of male nursing professionals. "We want to have social activities off-campus, along with more formal on-campus programs, to help open the doors to the opportunities available for male nurses," said Mink. The group is also planning to raise awareness and funds to support men's health issues, such as prostate cancer.

The organization is planning to apply to become an official chapter of the American Assembly for Men in Nursing ([www.aamn.org](http://www.aamn.org)). Faculty advisor is Jo Ann Weinland, with additional advisory support from Student Life coordinator Courtney Halter. Male nursing students interested in being on a contact list for the organization should email John Anderson at [john.anderson@aultmancollege.edu](mailto:john.anderson@aultmancollege.edu). In addition, any interested student is encouraged to join the guys for breakfast on Mondays at 9:15 am in the cafeteria.

# News You Can Use!

## Alumni Phone-A-Thon

Nov. 1-3

Talk with your instructor about earning student service hours by assisting with the Alumni Phone-A-Thon. Funds generated from these evenings are used to provide scholarships for deserving Aultman College students. Volunteers arrive at 5:30 for a meal and prep time. Phone calls take place from 6 – 8 pm. Volunteers are provided with a script and a detailed pledge history that makes it easy to converse with alumni. For more information or to sign up, contact Kelly Hettinger, alumni coordinator, at [khettinger@aultman.com](mailto:khettinger@aultman.com) or 330-363-1178.

## Flu Vaccines Available in HR

Protect yourself, your classmates, and any patients you come in contact with by getting a free flu vaccine. If you haven't gotten your flu vaccine yet, a station will be set up from 11am – 2:30pm in the Founder's Room and next to the LRC on October 21. Badge stickers will be issued following receipt of the vaccine. This is part of a county-wide policy affecting all health care institutions. Anyone who doesn't get the vaccine must sign a declination form and wear masks while in a clinical area. If you are unable to attend the college flu vaccination clinics, you may get your vaccine in Health Services. You must comply with this requirement by Nov. 1, 2011.

## National Information Literacy Awareness Month Scavenger Hunt

In 2009, President Barack Obama proclaimed October to be National Information Literacy Awareness Month. "National Information Literacy Awareness Month highlights the need for all Americans to be adept in the skills necessary to effectively navigate the Information Age," according to a White House press release. "In addition to the basic skills of reading, writing, and arithmetic, it is equally important that our students are given the tools required to take advantage of the information available to them. The ability to seek, find, and decipher information can be applied to countless life decisions, whether financial, medical, educational, or technical."

Aultman Health Sciences Library will be promoting National Information Literacy month with an Information Scavenger Hunt. Pick up your scavenger hunt form in the Library or in the hallway near the Sim Lab. Once you have completed the hunt, turn in your form to the Library to be entered in a raffle to win a \$20 gift certificate to Aully's Nest. Forms can be completed up until Monday October 31st.

## Fall Fun!

### Door Decorating Contest

Help us decorate the college for Halloween by entering the door decorating contest. You will be assigned a classroom door to decorate beginning on Oct. 25. Doors will be judged on Oct. 28 with the winner announced on Oct. 31. Decorators of the winning door will win a \$20 gift certificate to Aully's Nest. To enter, sign up outside the Student Life office.

### Trunk 'n Treat

Oct. 28 at 6 p.m.

Bring your family out to go car-to-car for Trunk 'n' Treat. Student, staff, and faculty vehicles will be set up in College lot 8 with trunks full of candy from 6pm-8pm. If you are interested in filling your trunk with candy and dressing up for a night of family fun, sign up outside the Student Life office! Candy donations are also being accepted.

## Fear Factor Game Night

Thurs., Oct. 20

6 p.m.

\$100 grand prize winner

Sign up outside the Student Life office.

**Fear factor**

# Dear Diary: The ONSA Convention

By Ashley Mace

**Editor's Note:** Along with 12 of her classmates, Aultman College Student Nurse Association president Ashley Mace attended the Ohio Nursing Students Association annual convention on Oct. 8-9 at the University of Toledo. Pulse asked Ashley to keep a diary of the convention activities.

## Friday

*12:00pm: Lexie, Zoey, and Danette pile into my car to head to Toledo. We chat it up about our classes this semester and what we are looking forward to most about this weekend. We stop on the turnpike for some Burger King and to fill up the gas tank.*

*3:30pm: Arrive at the hotel in Toledo and meet Courtney in the lobby to get our key. We freshen up in our room and head down to pile into the hotel shuttle van with the other girls to go to the Brain Bowl. The boys decide to walk because it's right around the corner. Of course, they got lost!*

*5:00pm: The Brain Bowl starts and there are about 14 teams (4 of them are from Aultman). The competition looks tough and everyone has their game faces on. After two intense rounds, there are three Aultman teams still standing. Dinner was catered from Jimmy Johns for the break before the final round. The last three Aultman teams hung in there, missing only a few questions collectively. It was the University of Toledo that was victorious in the end.*

*7:15pm: Students boarded the UT Rocket buses for the ride to the Fat Fish Comedy Club. The comedian that evening was a hypnotist. Several nursing students and advisors from other schools volunteered to go under the hypnotist's spell. No one from Aultman was brave enough! For an hour and a half, the hypnotist had them doing things they would probably never do otherwise. It was hysterical!*

*10:00pm: Students boarded the UT Rocket buses back to the hotel. Everyone had so much fun! The excitement on the bus was crazy! Everyone was laughing and having a good time.*

*10:30pm: Students arrived back at the hotel and hung out in their rooms and in the lobby bar with other nursing students from all over Ohio.*

## Saturday:

*8:00am: We arrived at the convention excited to get to our first breakout sessions and visit the exhibitors. There was an announcement made during the House of Delegates that the number of nursing students in attendance for the day was 136! (Throughout the day, as we would pass the volunteers from the comedy club the night before, we couldn't help but giggle remembering the things that they did up on that stage!)*

*11:30am: We broke for lunch and sat together to enjoy the meal and talk about the different things we had learned so far. The pharmacology class taught some great mnemonics for remembering some important drugs while others had learned great study tips for taking the NCLEX exam.*

*12:15pm: All students headed to the exhibitor hall to gather information on furthering their education through RN to BSN programs and masters programs as well. There were also some opportunities to talk to potential employers from all over Ohio and learn about some unique nursing opportunities outside of the U.S. It was so great to see all of the students who already are planning to further their education after graduation!*

*2:30pm: We attended more breakout sessions including a practice NCLEX exam and also a trauma simulation and tour of the simulation labs at the University. The trauma simulation lab was very exciting! UT has an amazing mini-hospital set up with 5 "METT's", 2 pediatric "METT's", and 1 infant "METT". They also have some very neat 3D simulation rooms that looked like something out of a movie!*

*4:30pm: We head to the closing notes and awards presentation. The closing notes speaker really hit home with her speech, reminding us that graduation is not the end but rather the beginning. The awards ceremony kicked off with some very deserving individuals receiving awards. When the president of the ONSA began reading the nomination submission for the Ohio Nursing Student of the Year award, I was thinking that this person sounded kind of familiar. As she read on, a lump began to form in my throat. She was talking about me! No! Wait?! Me?! Then when she said "Ashley Mace", my eyes filled with tears. As I walked to the front to accept my award I thought to myself, "Wow!" I was so honored and Courtney's nomination letter was so nice! I was on cloud 9!*

*6:00pm: Time to head back to Canton. We left Toledo with new friends and a new appreciation of the opportunities that will be ahead for us. I encourage everyone in the nursing program to consider becoming involved with the Aultman College Student Nurse Association. I'm so happy I did!*



## Ashley Mace Named Nursing Student of the Year

For the fourth straight year, an Aultman College student was named Ohio Nursing Student of the Year at the Ohio Nursing Student Association annual convention. Ashley Mace, president of the Aultman College Student Nurse Association (ACSNA), was awarded the honor for the work she has done to promote and grow the Aultman College chapter of the organization. Ashley was nominated by Courtney Halter, advisor for the chapter. In her nomination letter, Courtney stated, "Ashley became president of ACSNA in Fall 2011 and has been actively recruiting students by sharing her experiences of attending the ONSA convention over the last two years. To date, Ashley has recruited 14 new members to the NSNA and the ACSNA; five in Spring 2011 and nine already this Fall 2011." Congratulations, Ashley!



### Aultman College Brain Bowl Teams

*Top left: Lexie Williams, Zoey Cunningham, Danette Smeltzer*

*Bottom left: Bridget Wheeler, Melissa Higham, Diane Macky, Debra Reym*

*Top right: Jim Kelley, Ashley Mace, Corey Meeks*

*Bottom right: Thad Chastain, Christine Jurovcik, Danielle Rollins, Kim Daniels*

# Golden Owl



## Student of the Month October

Zach  
Perv



The Golden Owl Student of the Month recognition program recognizes student accomplishments in academics, clinical settings, patient care, service learning and effort. Students may be nominated by faculty, staff, hospital employees, patients or other students. The Golden Owl Student of the Month is acknowledged in The Pulse newsletter, on the *WiseLine* and by posters in the hallway kiosks. One of the perks of the award is a reserved, front-row parking space in the Aultman Education Center parking lot. Nomination forms are available on the *WiseLine* or outside the Student Life Office.

Zach Perv was nominated by an Aultman College staff member for coming to the rescue of a fellow student in the LRC. While Zach was working on his own assignment, another student ran into a system problem while trying to print her assignment results. Zach overheard the other student describing her dilemma and offered his assistance. Even though he was pressed for time, Zach went the extra mile to help solve the problem. Zach is known for always being courteous and respectful to faculty, staff and fellow students. For his team spirit and excellent attitude, Zach is the October Golden Owl Student of the Month. Congratulations, Zach!

### Q & A

#### Learn More About Zach!

#### *What led to your decision to pursue your Associate's degree in Nursing?*

"I graduated high school and was looking to start paramedic school. But I realized then that there were many more nursing jobs available, that nurses get to spend an increased amount of time with patients, and that nurses are exponentially cooler than paramedics."

#### *Why did you select Aultman College for your education?*

"I chose Aultman College because it was the highest quality associate degree program in the area. I want to begin working as a nurse as soon as possible. I heard many good things about the program from former students, and I thought its proximity to an actual hospital could provide many advantages."

#### *What characteristics do you feel are important to be a successful nursing student?*

"A successful student nurse is a lean, mean, Smeltzer-reading machine. You ought to have a singular focus on the goal of graduation and be willing to buy out from your busy schedule a sufficient amount of time for homework and study. At the same time, it is important to take everything one day at a time or you will be overwhelmed by the sheer amount of everything. Set short term goals and take pride in each small victory (every quiz passed, every skill competency passed, every clinical completed, etc)."

#### *Is there any information you would like to share about your hobbies or family?*

"I graduated from Jackson. I work at Tinseltown movie theater. I have two cats and a turtle. I live still with my parents and older brother. I am excited to be planning with friends a road trip out west next summer."

**Favorite Food:** Sushi, goat cheese on crackers, and blueberries. Ice cream is my guilty pleasure.

**Favorite TV Show:** Firefly, Gilmore Girls

**Favorite Book:** A Game of Thrones by George R. R. Martin, Startide Rising by David Brin

**Favorite Way to Spend Your Free Time:** Reading, listening to copious amounts of music (Orphaned Land > your favorite band)

**Favorite Class (so far):** Med Surg III

**Best Advice For First Semester Students:** Be selfless with your time and help your classmates out. Tomorrow they may well be helping you!

# Diversity Digest

It is our goal at Aultman College to promote and encourage a culturally diverse and inclusive environment. We strive to be a facility where differences are recognized, accepted, appreciated and celebrated. Each month, the Diversity Digest section of the Pulse will share multicultural concepts and information, understanding that a diverse student body has far-ranging and significant benefits for all students, as well as the community at large.



## LGBT History Month 2011 Icons:

### October is LGBT History Month

*LGBT History Month celebrates the achievements of 31 lesbian, gay, bisexual, or transgender icons. Launched in 2006, the goal of LGBT History Month is to provide role models, teach history, build community, and make an important civil rights statement about the contributions of the LGBT community. In 2010, the federal government recognized the project with Secretary Arne Duncan launching LGBT History Month ceremonies at the US Department of Education.*

*Each day in October, an icon is featured with a video, biography, bibliography, downloadable images and other educational resources. These resources are available at [www.lgbtHistoryMonth.com](http://www.lgbtHistoryMonth.com).*

- Kye Allums – Athlete
- John Ashbery – Poet
- Alison Bechdel – Cartoonist
- John Berry – Government Official
- Dustin Lance Black – Screenwriter
- Keith Boykin – Commentator
- Rita Mae Brown – Author
- Dan Choi – Activist
- Aaron Copland – Composer
- Alan Cumming – Actor
- Denise Eger – Rabbi
- Lady Gaga – Singer
- Michael Guest – Diplomat
- Neil Patrick Harris – Actor
- Daniel Hernandez Jr. – Hero
- Langston Hughes – Author
- Frida Kahlo – Artist
- David Kato – Ugandan Activist
- Michael Kirby – Supreme Court Justice
- Victoria Kolakowski – Judge
- Dave Kopay – Athlete
- Ricky Martin – Singer
- Amélie Mauresmo – Athlete
- Constance McMillen – Youth Activist
- Ryan Murphy – Writer/Director
- Dan Savage – Journalist/Author
- Amanda Simpson – Government Official
- Wanda Sykes – Comedian/Actress
- Lilli Vincenz – Gay Pioneer
- Virginia Woolf – Author
- Pedro Zamora – AIDS Activist, MTV Personality

# What's Going On?



## ... A Night of Fun!

Classrooms 1 & 2 were hopping the evening of Sept 30 as more than 30 students, faculty and family members battled it out, Family Feud-style, for pride and prizes at the third annual Aultman College Game Night. Walking away with the grand prize for the evening, an iPod Nano, was a member of the Danielle Rollins' party.



*Jim Kelley and Megan Diedrick race for the buzzer during a game of Family Feud.*



*Jo Ann Weinland, Kristine Skalsky, Bettie Allen, Sheryl Baird and Jo Ann's son pose for the camera.*



*The family of Aisha Watkins gets ready to take their turn at the Feud!*



*Chrissy Blankenship, Danette Smeltzer, Beth Brothers, and Robbin Rennie made up Team Teacher's Pet for Family Feud Night.*

# Doing It For NAMI

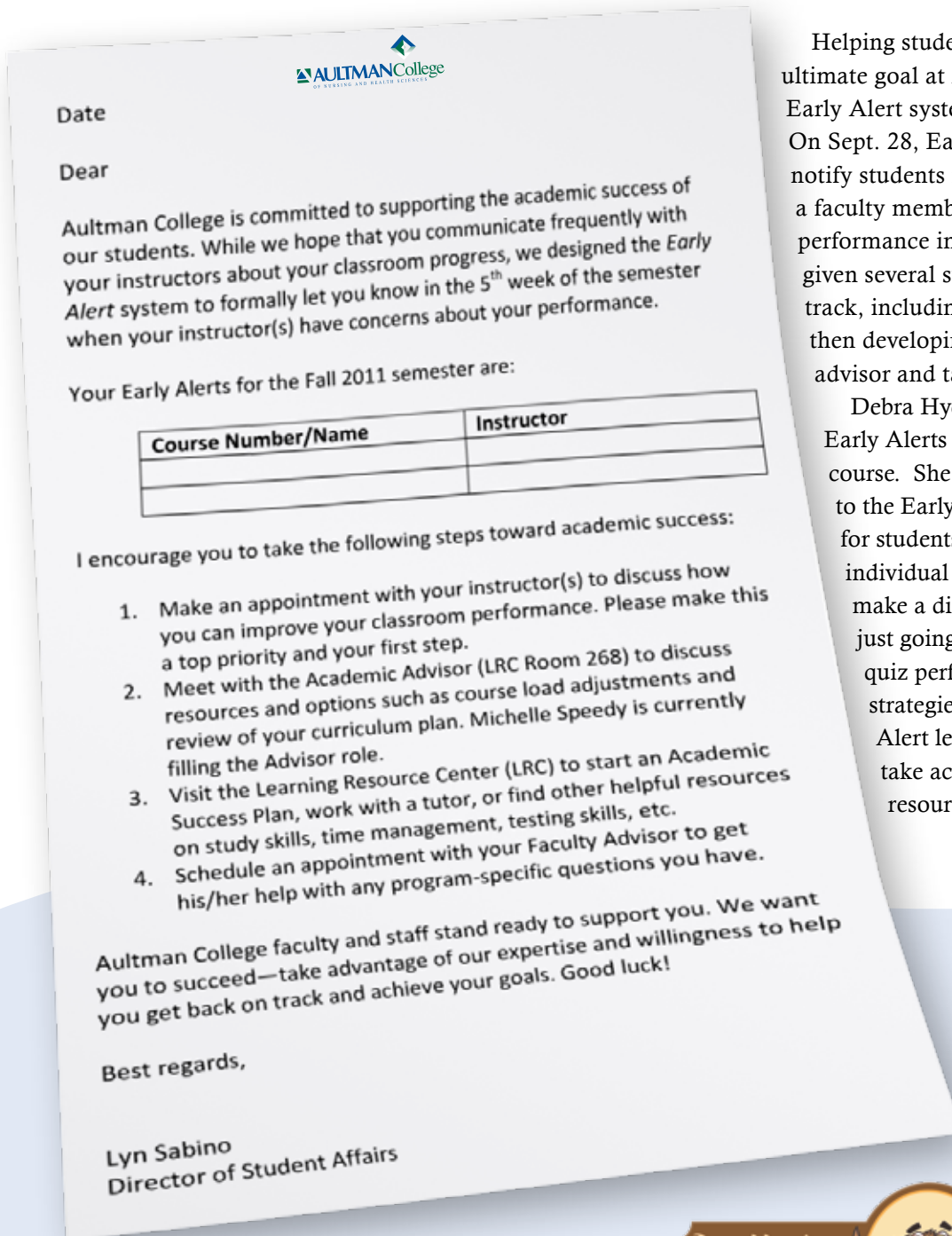
Nearly a dozen Aultman College faculty and students braved some miserable weather on Oct. 1 to be part of the first Moving Forward for Mental Health walk to benefit the Stark County chapter of the National Alliance on Mental Illness. Participating in the walk were Chelsey Landis, Natalie Dobina, Melissa Higham, Bridget Wheeler, Scott Schulz, Jessica Sproat, and Zoey Cunningham, along with faculty members Dr. Shannon Helfinstine, Kelli Henderhan-Miller, Debra Hyde, and Perri Concialdi. “Jessica and her family did a great job bringing pumpkins for painting and decorating. Children who were there were able to enjoy that activity. Chelsey and Natalie arrived at sunrise (oh...I forgot...there was no sun that day) and braved the elements to post signage around the park,” said Concialdi, instructor for the NRS 240 Psychiatric Nursing course. “They all represented Aultman College well! I am proud to call them “my” students.” To raise money for the walk, NRS 240 students held a bake sale in the cafeteria on Sept. 28. The students raised more than \$160 in donations.

## NAMI Video Contest

Psychiatric nursing instructor Perri Concialdi encourages all creative Aultman College students to consider participating in the NAMI “Put A Ribbon On It” Mental Illness Video Awareness Contest. “This could be a great opportunity for our students or classes of students to continue to make a name for themselves and Aultman College in the forefront,” said Mrs. Concialdi. “When students get a chance to work with individuals with mental illness, they often recognize that they are human beings first and an illness second. We really are more alike than different.” See the “Put A Ribbon On It” flyer on the back cover for contest details.



# Aultman College Starts Early Alert Program



Helping students succeed and graduate is our ultimate goal at Aultman College. That’s why the Early Alert system was put in place this semester. On Sept. 28, Early Alert letters were mailed to notify students in the fifth week of the semester if a faculty member had concerns about a student’s performance in a particular course. Students were given several suggestions about how to get back on track, including first meeting with instructors and then developing a success plan with the academic advisor and taking advantage of LRC services.

Debra Hyde, assistant professor, issued several Early Alerts in her Maternal-Child Nursing course. She has not had many students follow-up to the Early Alert letters. “I think it’s important for students to understand that scheduling an individual meeting with the instructor can make a difference,” said Hyde. “Sometimes just going over the syllabus, reviewing poor quiz performance, or discussing study strategies can help.” If you received an Early Alert letter, there’s still plenty of time to take action. Aultman College offers many resources to help you reach your goals!



**For all your Aultman College logowear**

Don't forget the 10% off coupon in the back of your Student Planner!



# LRC Tutoring Services



Chemistry Tutoring with  
Molly Winters  
Monday noon to 3pm  
Wednesday 10am to 1pm

Math Tutoring with  
Jenner Mbobi  
Tuesday and Thursday  
11:00am - 1:00pm



Chemistry Tutoring with  
Bruno Chirumbolo  
Monday 5:45pm to 7:45pm  
Wednesday 5:45pm to 7:45pm

A&P Tutoring with  
Jen Hillyer  
Monday & Tuesday  
9:30am - 11:30am



Nursing Tutoring with  
Cathy Rainieri  
Monday and Wednesday  
4:30pm - 6:30pm

Writing Consultations with  
Molly Fuller  
Monday 3pm - 4:30pm  
Tuesday 10:30am - 12:30pm  
Wednesday 3pm - 4:30pm  
Thursday 10:30am - 12:30pm



Nursing Tutoring with  
Selena Riordan  
Tuesday and Thursday  
4:00pm - 6:00pm

**GET HELP WITH ANY WRITING ASSIGNMENT, NOT JUST ENGLISH!**

Writing Consultations with  
Rita Palmer  
Wednesday 8am-11am  
Friday 8am-11am



Micro Tutoring with  
Tinnelle Luck  
Monday and Thursday  
4:30pm - 6:30pm

## VIDEO CONTEST OFFICIAL RULES

### 1. HOW TO ENTER:

- Create a video that is no less than 15 seconds and no longer than 60 seconds.
- Upload your video on to YouTube, Vimeo.com or other online video hosting website.
- E-mail the link to your video to [namiohio@namiohio.org](mailto:namiohio@namiohio.org). Include your complete name, mailing address, phone number, and e-mail address. In the subject line, type in "Put a Ribbon on It Video Contest."
- Limit one entry per person.
- Inappropriate material will not be considered.
- Be as creative as you can!
- Deadline for links to be e-mailed to NAMI Ohio is November 30, 2011.

### 2. PRIZES:

First Place	\$1,000
Second Place	\$750
Third Place	\$500

### 3. JUDGING:

- The NAMI Ohio Board of Directors will select the winners. In the event of a tie, the NAMI Ohio's Executive Council will break the tie. The judges' decisions are final and binding.
- Videos will be judged using the following criteria:
  - Content/message (30 pts.)
  - Originality (30 pts.)
  - Level of entertainment (20 pts.)
  - Video quality (20 pts.)
- Winners' will be notified by phone and/or email by 12/15/11.

### 4. GENERAL RULES:

- No purchase or donation necessary.
- The video contest is void where prohibited by law.
- Employees of NAMI Ohio and their immediate family members are not eligible.
- All federal, state, and local taxes are the sole responsibility of winners.
- All federal, state, and local laws and regulations apply.
- The winners must execute an Affidavit of Eligibility/Release of Liability and Publicity within 10 days after receipt of same, certifying that entry is his/her own original video. Non-compliance within this time period may result in disqualification and an alternate will be selected. In the event that a minor is selected for a prize, the minor's parent or legal guardian must sign the required paperwork on behalf of the minor.
- All entries must be original works that have never been previously posted, and must not infringe on any third party rights.
- By entering the contest, the entrant gives NAMI Ohio the right to use, and/or post the entry without further compensation. The winning entrants assign all copyrights to NAMI Ohio.
- By accepting a prize, the winner agrees to hold NAMI Ohio, their respective directors, officers, employees and assigns, harmless against any and all claims and liability arising out of use of prize. Winner assumes all liability for any injury or damage caused, or claimed to be caused, by participation in this promotion or use/redemption of any prize.
- Entrants agree to be bound by the Official Rules and the decisions of the judges. NAMI Ohio is not responsible for any error in the posting of the offer, administration of the contest or in the announcement of the prizes. NAMI Ohio is not responsible for lost, late, or electronic transmission errors resulting in omission, interruption, deletion, defect, delay in operations or transmission, of entry materials, or for technical, network, telephone equipment, electronic, computer, hardware or software malfunctions or limitations of any kind, or inaccurate transmissions of or failure to receive entry information by Sponsor or presenter on account of technical problems or traffic congestion on the Internet or at any website or any combination thereof.



**"Put a  
Ribbon  
on It"**

Mental Illness Awareness  
Video Contest

Sponsored by

 **NAMI Ohio**

*The National Alliance on Mental Illness of Ohio (NAMI Ohio) is seeking short videos to post on its website which convey imaginative and meaningful messages to reduce the stigma of mental illness. Entrants are asked to include a blue ribbon somewhere in their video in recognition of the role that NAMI plays in helping to raise awareness about mental illness.*

**NAMI Ohio**

**Phone: 614-224-2700 / 800-686-2646**

**Email: [namiohio@namiohio.org](mailto:namiohio@namiohio.org)**

**Website: <http://www.namiohio.org>**