

SNO Flurry

Student Nurses' Organization

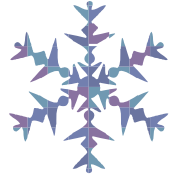


Riverside Community College Student Nurses' Organization Newsletter

April 2006

Message from the Dean/Director

We're at the mid-point now and it's time for –dum, dum dum, dah – academic probation! Don't be depressed if this involves you—get mad! Use that energy to focus on what you need to do to be successful and commit to doing whatever it takes. You can do it! At this time of the academic year, students and faculty alike are starting to drag around even with Spring Break. Don't lose sight of the Pot of Gold (literally!) at the end of the rainbow.



We continue to plan for our new extension program at the March Education Center for Fall 2006. Susan Drummond, Kathy Havener, Lee Nelson, and a newly hired faculty member will be the leading pioneers. We have already filled all Nursing 1 slots for Fall and most for Spring 2007 for both programs. We are excited about our expanded partnership with RCRMC who will be sending their own VN's and hopefully hiring many of our new VN graduates and paying them 20 hours per week to send them to RCC to complete their ADN degree, an exciting opportunity for our VN's that we haven't seen happen for at least 10 years. With the critical nursing shortage, I expect many more of these opportunities will arise over the next several years. There are also a lot of available funds for BSN and MSN education. Please take advantage of them! If you're young (or even if you're not) 15, 20, or even 30 years is a long time to be a bedside nurse. The way to exponentially increase your employment possibilities is to remain in school. My goal is to get an ADN to MSN program here on campus some day but right now we do have a BSN through CSUF. Don't stop!

Hang in there,
Sandy Baker, RN, MSN
Dean/Director

Message from the ADN Chair

From Assistant Dept. Chair ADN Program

You are now well into your semester and have taken your first exam(s). It is our hope that you are doing well. If not, there are resources available to assist you. We have a faculty member, Mrs. Drummond, who can assist you with study skills and test-taking strategies. She is available by appointment. There is also your semester level faculty. If you do not feel like you are doing as well as you would like and you know that you are putting in the study time consult your faculty. We are here to assist you to be successful but you must be sure that you are doing your part. We cannot do the learning for you.

The nursing faculty is incorporating the use of the human patient simulators into block labs. We hope that you are finding this helpful in developing your skills. We are hoping to evolve in the use of the simulators as we become more comfortable with them.

Please give your faculty feedback regarding your experiences. Dr. Kinser would appreciate any feedback or suggestions that you might have on how we can improve this experience. Remember that the simulation lab is a simulated clinical experience and should be treated just as though you are in clinical.

RCC's Nursing Education program has submitted two grant requests to obtain State money to help expand our ADN program. As many of you know, we have a significant nursing shortage in California. If we receive one of the grants the department will be looking at ways to expand our nursing program admissions for entry and advance placement. Since we our maxed out on facilities here on the Riverside campus we will be exploring the possibility of an evening/weekend program or an extension of our program off campus.

The ADN program continues to have a very high NCLEX-RN pass rate; 95%. Our graduates are in great demand in our community. Those of you doing clinical may see some of our former students now working as registered nurses. Just think this will be you one day. You have chosen a wonderful career that will offer you many opportunities to touch lives and make a difference. We want you to be well prepared to go out and work as a registered nurse. We know that this takes a lot of commitment and self-sacrifice on your part. Nursing education is not easy but it will be well worth it when you have successfully completed the program. Keep focused on your goal. Our goal is to help you be successful in completing the program you began and get you out there working as a registered nurse. Good luck to all of you.

Sincerely,

Angie Fawson, RN, MSN

VN PROGRAM NEWS: APRIL 2006

Here it is after Spring Break already and that means it's mid-semester. Wow! Time sure moves relentlessly forward and usually that's a GOOD thing. For students, it means you are moving closer and closer to your goals. For teachers, we grow and learn each day in our efforts to provide the best possible learning opportunities.

The full-time VN students carry a very heavy load of theory and clinical in the spring semester, 12 units of intermediate medical-surgical nursing and three units of mental health nursing. Along with development of Nursing Care Plans, preparing for the home health visit, and writing the objectives for numerous ancillary health department observations, learning the academic portion is a challenge. Through all the hard work, the students have become stronger as their theory base broadens and they can apply the knowledge to client care. Happily, the VN license becomes more tangible by the day and they are counting the 16 weeks left until Pinning Ceremony on August 7 at 3:45pm in Landis Auditorium.

Below is an adaptation of a story entitled "Bend, But Don't Break," which I thought might have application to each of us at times.

Have you ever sat by a river and watched the bamboo trees bend under pressure from the wind and watch them return gracefully to their upright or original position after the wind had died down?

*When thinking about the bamboo tree's ability to bounce back or return to its original position, the word **resilience** comes to mind. When used in reference to a person this*

word means the ability to readily recover from situations that stretch the limits of our emotional resources.

Each of us has probably felt at some time in our lives that we were about to snap or were at the breaking point, but here we are! We have survived the experience to live to talk about it.

Life is a mixture of good times and bad times, happy moments and unhappy moments. Nursing school may be like this. The next time you are experiencing one of those bad times or unhappy moments that take you close to your breaking point, bend but don't break. A measure of hope often helps to take us through the unpleasant ordeal.

*If the going gets tough, show **resilience**. Like the bamboo tree, bend, but don't break!*

A respite from the demanding pace is just what the “primary healthcare provider prescribed” (That’s NCLEX language for “what the doctor ordered.”) and Spring Break fits that perfectly. We on the VN Program faculty team trust that you seized the opportunity for a vacation, even if it was just a short one, from your daily responsibilities. We hope you take good care of yourself by balancing work, study, rest, exercise, and play, including doing something special for yourself.

Sincerely,
Phyllis L. Rowe, RN, MSN, ANP
Assistant Chair, VN Program

VN President

Hi everyone and welcome back from Spring Break – for some of us a much needed Spring Break. At the time I write this, the full time VN students have 113 days (including weekends) or 16 weeks until our pinning ceremony! Not that I am counting or anything.

We have really been busy with tests, class projects, tests, fundraising, tests, pinning ceremony planning, tests, home health visits, tests, care plans and did I mention tests? With all of this going on, how do we manage to stay optimistic? Well according to the current issue of Redbook magazine, did you know that happy, optimistic people are up to 40 percent less likely to experience dementia later in life? Did you also know that optimists are less likely to suffer from high blood pressure or other early signs of cardiovascular disease than pessimists? So all of the hard work of nursing school is really keeping us healthy – imagine that.

Our fundraising efforts are really paying off. Our VN Vice President, Monica Ortiz, organized “Spring Breakaway”, this semester’s raffle theme. The basket had tons of great stuff including gift cards, beach blankets, games, snacks, a carry tote and so much more. The winner of the raffle, Carlos had a great time trying to carry it all out. Not only did Carlos win a prize, but also those who have donated items had their names in a drawing to win a \$25 gift certificate to a uniform shop – Maung was the winner of that prize. The mood of the class was very upbeat considering we were on campus to take another test. There were goodie bags filled with treats for each student, created by Monica. I think we will all remember how nicely Joyce passed out the goodie bags.

Donations for the raffles are greatly appreciated by the class. Thank you to those who donated items to make the raffles wonderful.

With Mother's Day on its way I thought I would add a letter that was written in a magazine:

"I was in the waiting room at the vet's office with our new puppy and my 3 and 4 year old sons. A man walked in with a huge rottweiler and sat down beside us. Suddenly, a terrible smell filled the room. The man next to us leaned down toward his dog, gave him a pat on the head, and asked him if he had gas. To which my 3 year old replied, "No, I think it was my mom." I was speechless."

Happy Mother's Day to all of you hard working moms!

Sylvia J. Tolang-Cruz

VN President

Nursing 1

"You might be a student nurse if you know in your heart that the right answer is not on the test!" Well Nursing 1, we have made it through our first clinical rotation and we have all survived! All in all, it seems that this first rotation was a good one and it is astounding how much more we know than when we started. We also managed to pass our first round of meds...shaky hands and all! Unfortunately it seems that almost all of us have colds that will not go away and I think more than half of us have either been to our doctor, urgent care or ER to try to find out what strange ailment has beset our bodies or that of our loved ones, because we now know just enough now to be paranoid! Spring Break has come and gone and we are now halfway finished with our first semester! Can you believe! Not long now we'll be lying on the beach thinking, "I can't believe I survived! I'm in Nursing 2!" We are all doing a great job and I am so proud of how strong our class has been and how close we have become in just 3 months!

Before I go, I would like to leave you with some nursing school survival tips:

1.) When in doubt, wash your hands. 2.) The correct answer is either "handwashing" or "patent airway." 3.) If it moves, ambulate it. If it doesn't move, turn and reposition it Q2H. 4.) The instructor is ALWAYS right. 5.) See Rule #4.

All my love and so little sleep,

Sam Trout

Nursing 1 Prez

Nursing 2

Nursing 2 is going well. We have 2 tests behind us and are just finishing our second clinical rotations. We can see the light at the end of the tunnel. Hang in there before you know it we will be able to say Nursing 3 here we come.

Linda Clayton

Nursing 2 President

Nursing 3

So here we are in the midst of another exciting semester in Nursing 3. I was thinking it would be great to do something like Nursing 4 does and create a calendar of days left till we graduate, but saying we have 200 and something days until pinning just doesn't have the same exciting ring to it, now does it?

We in Nursing 3 have just finished our second test (the day we came back from Spring Break, Hrrrrumph!!) and for those of us who are still trying to figure out the difference between atypicals, traditionals, cancer drugs and all of their lovely side effects, well, hopefully by the end of the semester, we'll have it down pat (and just in time for the final!)

Many of us have settled quite nicely into our psych rotations and realized that contrary to popular belief, there is not a guy with wild hair who looks like Jack Nicholson wandering around, it is not constant chaos, and that actually, many of our patients have fascinating stories to tell. So what if the patient is maybe not actually talking to us and so what if they claim to know Arnold Schwarzenegger personally and that they can beam thought through walls and that George Bush is an alien (They might be right about that one, can't be sure). It is still very interesting and a great experience.

So the semester rolls on, our second clinicals well under way, care plans and notebooks in hand, we continue to strive to be increasingly competent. Maybe, just maybe, one day soon, we will be.

Rich Mears
N3 Prez

Nursing 4

I can't believe it. We are so close. Just 32 more days and we say goodbye to the RCC Nursing program. It will be a bittersweet day. As you all know it has become our lives. From bed making to Ventilators. WOW! We have come so far in such a short time. We will miss seeing everyone we see everyday, our instructors, Nursing 7, the library, the nursing office, the cafeteria (food court), and the mall (bookstore). What are we going to do with all that time? How do we adjust from count me out, to count me in? I'm ready but it will take some time for sure.

To all those coming up..hold on. It will wiz by you. Study hard, you will be challenged. Remember you can do it. Over the summer, remember to read (they aren't kidding when they say read ahead). If you are eligible, look into the work-study program. It will assist you in the long run, and you can make some cash. Three months is a long time to go without touching a patient. Best of luck to you all.

Crystal McCarthy,
Nursing 4 President

SNO VP

Can this be true? Is this semester almost over? Well, it is! Just about 6 weeks or so left and it feels like we just started! I hope you are all doing well in theory as well as in clinicals (my personal favorite). If not, it is a good time to make some study habit adjustments before the final comes around and it's too late. We have an awesome staff here that is willing to help. Set up an appointment with Mrs. Drummond. She has some

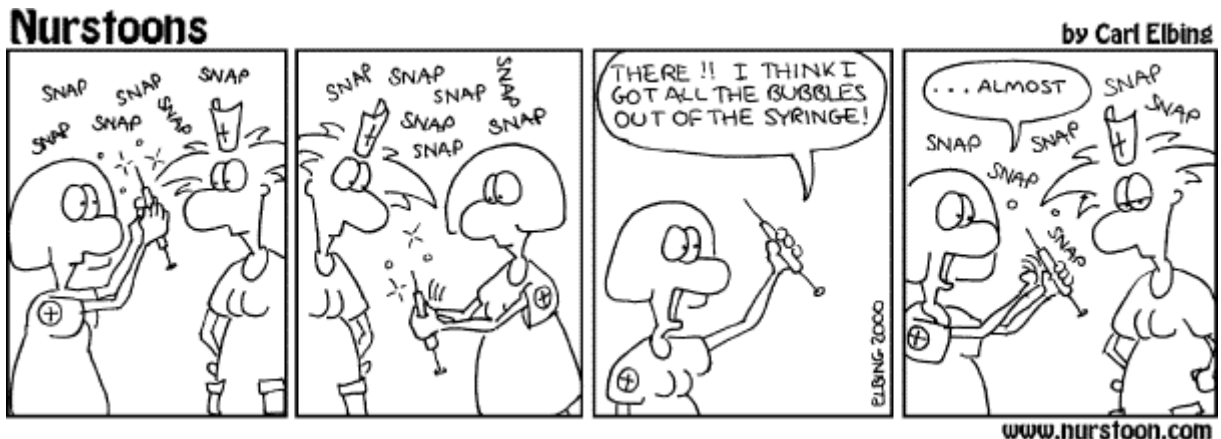
great techniques on how to study smarter and on test taking. Seek out other nursing students because we are in this together!

I attended The National Student Nurses' Association (NSNA) 54th Annual Conference in Baltimore, Maryland and was a voting member in the House of Delegates. There were 19 resolutions that we voted on and out of those 19 only three actually didn't pass. A resolution is a main motion put in writing on a subject of great importance expressed in formal wording. Within NSNA it serves to establish the position of the association on matters of national scope and significance affecting NSNA, nursing students, nursing, and the health needs of the public. It was very interesting to see how business was conducted. The whole process was a learning experience. Outside of the House of Delegates, I was amazed to see the networking amongst all the nursing students, hospitals, and schools. It is a great time to be a nursing student!! I wish you all success in the final weeks to come!!

Ruby Grove
SNO Vice President

SNO Editor

How is everyone? Tired? I heard that. Almost done. Just a little more.



Messages from Our Advisors

I hope you all enjoyed Spring Break and caught up a bit on your rest, I know I did. It's time for the second wind to hit and move all of us along toward semester's end and the summer break.

I want to thank Patty Farnham and all those who helped sign up donors for our Blood Drive May 3rd and also to those who will be helping at the Health Fair on campus on May 4th. I know its hard to do all the extra things with your busy schedules but you always seem to find a bit more time to help out.

Thirteen students and myself had the wonderful opportunity to attend the 54th Annual NSNA Year End Conference in Baltimore, Maryland. The only thing I can say about my trip to Baltimore was that is was incredibly LONNNNNNG. When I lecture on Rest and Sleep I truly have a new appreciation for the Nursing Diagnosis "Sleep Pattern, Disturbed." The trip home was very nice, however. The meetings and focus sessions for

students and faculty were informative. I always enjoy meeting students and faculty from other schools and seeing old friends from various parts of the country.

Besides having inspirational speakers at the Opening and Closing Ceremonies, my favorite part of the conference was the opportunity to tour the USNS Comfort. As we walked up the long Gangplank (They forgot to tell us that only eight could go up at a time.) I was overwhelmed with the size of this all white ship with red crosses painted all over it. It is over three football fields long and has two decks for piloting the ship above the five decks that serve patients and staff. Additionally there are two more decks below that house the engine and other mechanical parts of the ship. They have a helicopter pad on an upper deck, which I'm sure has been a busy place on more than one occasion. All the hospital portions of the ship are just like any regular hospital except everything has to be fastened down to survive the motion of the sea and you have huge open bays for patients with only curtains separating the large numbers of patients. In fact they sustained damage to equipment in a hurricane when some of the strapping couldn't hold the big, top-heavy anesthesia machines and CT scanner arms as well as other, very expensive medical equipment and they toppled over. They have added pediatric and obstetrical units for the civilian work they have been doing. They will be returning to the Indonesia area to follow up with civilian care for those areas hit by tsunamis. It was interesting to tour the staff quarters and see how really CLOSE they live together and the lack of privacy that so many of us take for granted. We also toured the dining room and the Ship's store where we were able to purchase a few keepsakes. They do accept volunteers to serve on both the Comfort and the Mercy. Somewhere down the road if you're looking for a new challenge you might check into this opportunity.

If you get an opportunity try to attend a CNSA or NSNA Conference. You will learn a great deal and come back appreciating your chosen profession—Nursing.

Wilma La Cava, RN-c, MSN
ADN SNO Advisor

Spring 2006

NSNA National Conference Baltimore, Maryland

Well, here we are sitting in a cafe in Baltimore wondering what we should write about. We should probably just start at the beginning. We all made it to Baltimore...eventually. Sam's flight was on time, though very crowded, as was Jen's. Katrina and Mrs. LaCava, however, got more traveling in than they bargained for. They did, however, get to tour beautiful LAX and Chicago Airports and made it into Baltimore only twelve hours late. We learned that twenty-four hours is about as long as Mrs. LaCava can go before needing to re-energize (just in case you were wondering).

The opening ceremony was on Wednesday night and it was beautiful. The party that followed was a lot of fun, complete with dancing pirates, mermaids, and even ships!

Thursday morning started the focus sessions of the conference as well as the opening of the exhibit hall. The focus sessions were amazing, especially "Pharmacology Made Insanely Easy." The exhibit hall was phenomenal! We have never seen so many hospitals and schools in one place! We got so much information on hospitals and graduate programs that our heads are still spinning and our feet are still aching from visiting all of the booths.

Friday was an interesting day. Sam got to take an unplanned and unwanted tour of Johns Hopkins Medical Center and spent the rest of her afternoon in bed. (She was able to recover enough to make it to the Orioles game that night, much to everyone's {especially her} relief.) While Sam was at the Urgent Care, Katrina and Jennifer took a short break to see the nearby aquarium, where they were somewhat freaked out by the free bats hanging over their heads and the great whites chilling in a tank where the only thing separating them from other animals was a chainlink fence held together by zip ties. Then back to the exhibit hall and the sessions. Friday's focus sessions were just as good as Thursday's and we were able to get a very good look at forensic nursing and the opportunities out there for forensic nurses. After the focus sessions and workshops we all went to the Orioles game where we learned that Baltimore fans take their baseball very VERY seriously!

Saturday morning came and we went to our last round of focus sessions. We went to Emergency Nursing first and then to the Nurse Anesthetist session. These were so interesting. We learned a lot of really great things about possible career paths. Finally it was Sunday morning and we were able to take a tour of the USS Comfort, which is one of the military's hospital ships. It was breathtaking! There is so much on her! There were twelve operating rooms that in a pinch could actually accommodate two operations at a time in each room! They can do almost anything on this ship except transplants, but that isn't really a necessity on a ship.

After the ship tour, our trip was over and we had to bid a fond farewell to Baltimore. It was an amazing experience and it was a wonderful opportunity to get to know students from other classes, both from RCC and schools all around the nation. It was truly wonderful and we walked away from it more knowledgeable about our chosen profession and the opportunities we will have as nurses.

Yours truly,
Katrina Talley, Jennifer Ferguson,
Samantha Trout
Nursing 1

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The National Student Nurses' Convention is something that every nursing student should try and go visit. This year we went to Baltimore, MD for the 54th NSNA Annual conference whose campaign was "Sailing off to Wellness." It was a much-needed relief to see that there are other people out there just like us...sleep deprived, stressed, and trying to figure out the fastest way to get a care plan done. We had a great opportunity to get acquainted and bond with each other and other students from across the country. Sharing with others about our school's program as well as listening about their program was enlightening and fulfilling to leave saying, "I think our school is harder/better".

BELIEVE was the slogan of the city as a part of a program to motivate school-age children. Big signs were posted throughout the city simply stating, "BELIEVE" and we agreed that we should adopt the slogan, "Believe", believe that we can make it through nursing school! Conference is a time where you get to feel really good about your teachers and school. After talking to the vendors and recruiters they were really impressed when we told them we had our own computer lab, nursing lab (nursing 7), and

teachers that went above and beyond to ensure that we are getting everything from the program that we possibly can.

We were able to attend review sessions on pain management, emergency nursing, domestic violence and childbearing. We also met with other schools and discussed what tools work for them. We all met potential employers from hospitals across America. They all want us! The NSNA Convention is an indescribable experience that the 13 of us that went will never, ever forget. The experience truly increased our horizon as to what opportunities and new experiences are just around the corner. And on the home front to all our fellow nursing students that were there with us, you know what we mean when we say, "this is the beginning of a beautiful friendship."

Elizabeth Moore, Felicia

Thompson, Nursing 2

Crystal McCarthy, April Pust, Nursing 4

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As most of you know, six of us from Nursing 2 attended the NSNA Annual Conference in Baltimore at the beginning of the month and it is bound to go down as one of the best weeks in nursing school. From the time the plane landed in Baltimore until the very end (on the plane back to Cali) we had opportunity to meet and share experiences with other nursing students and for me, it only served to reinforce what we already know; it's not easy being a nursing student. The good news is, it's not easy for anyone!

As we went from table to table on the first full day of the conference, we had a chance to talk to lots of other student about their programs. They had lots of questions about ours. It seemed that the schools were pretty equally divided between ADN and BSN programs but the stress level appeared consistent, HIGH. Nevertheless, just like here, everyone had words of wisdom and encouragement and everyone was really happy for the June 2006 grads! RCC has a very good reputation across the country with both school and vendors alike; they all seem to want to know more about RCC nurses and how we roll.

As we went through the Exhibit Hall there were lots of hospital and professional organization to talk to including some from California. One of the main themes was to try to find a hospital that has an extensive training program for new grads. Everyone seemed to agree that four weeks on the job training is not enough, so when you are in your clinical settings ask your nurse what the hospital has to offer beyond good money and day shifts. Another good tip was to join professional associations now while we are students. It is cheaper to join now and we start to build contacts and gain learning opportunities.

We attended lots of specialty sessions so if anyone wants to know more about becoming a ER nurse, Nurse anesthetist, or a holistic healing nurse, come and talk to Felicia, Liz or myself and we'll fill you in. Next year the conference is in Anaheim and we'll be in Nursing 4. It's the right time and the right place, so everyone plan on going. You will not be sorry.

Linda Clayton

Nursing 2 President

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Hello Everyone,

Although Baltimore was a lot of fun, it's good to be home! The conference was very informative and there was something for everyone. All of us were able to take sessions that were of interest to us. I attended Pharmacology Made Insanely Easy (I recommend buying the book), Pain Management 101, Cruising Through Exams and Dealing with Test Anxiety, and The Childbirth Experience of Abused Women. Orientation was a lot of fun. We played musical chairs (who knew I could do jumping jacks so fast). Everyone was extremely friendly from the staff to other nursing students. Getting to meet other people going through what we are going through was refreshing. There were plenty of things to purchase at the boutique as well as free goodies in the Exhibit Hall. It wasn't all work and no play we were able to go to an Orioles baseball game, out to dinner, and to Cheesecake Factory for dessert! The weather was strange - rain, snow and sunshine. I would have to say the highlight of the trip was the tour of the USS Comfort what a magnificent ship, the crew was extremely friendly as well as informative. I especially enjoyed all the spring flowers. There were tulips and daffodils everywhere.

Have a great rest of the semester,

Sean M. Bacca

Nursing 2

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Hello to everyone! The question is posed, "So how was convention?" Convention was great! To start everything off, we were welcomed at the opening ceremony that was followed by the first night party. Yes, we all went to the party, some dressed to "sail away on the ship setting sail for a world of wellness" and doing the electric slide! The theme of the convention was promotion of wellness, I didn't make that up.

For those who were new to the convention scene, we attended a special orientation. The stress of this orientation was to get to know different people, make contacts, and most of all to have fun! Then we were all off to different focus sessions where we learned all kinds of information on different topics. Focus sessions were part of our daily routine, among my favorites were the Pharmacology Made Insanely Easy, Pain Management "101," Forensic Nursing, Humor in Nursing, Emergency Nursing, and Wellness From the Inside Out. I also got to finally see where we get all of our little goodies to give out at SNO meetings...the Exhibit Hall! There were lots of recruiters who were interested in getting to know the students, and provide us with lots of goodies like I mentioned before.

Business set aside, we all went on an adventure to eat crab, I say adventure because we loaded everyone into four taxi's and went across town to have dozen's of crabs dumped onto our table. Those who were eating the crab made quite a mess smashing and hammering away. Among all of the school related material that I learned, I took with me knowledge and advice from my fellow nursing students. Thanks to all of you who were there, and hope to see more of you next year! Finally, remember as

Gandhi pointed out, "There is more to life than increasing its speed," so study hard, but slow down and have fun while you're at it!

God Bless,
Lindsay Bacca
Nursing 2

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The NSNA conference proved to be exhilarating and informative. We met many students from around the country in the workshops and also learned how nursing is taught in their schools. It appears that even though we are from different parts of the country, the curriculum is basically the same. So the truth is that the grass really isn't greener on the other side. We are all in the same boat. As a side trip we toured the U.S.N.S. Comfort. The Comfort is one of two hospital ships sent around the world to render aid to our service women and men in times of conflict. The ships also play a significant role in disaster aid around the world providing medical care to those in need. The Comfort and Mercy are fully outfitted with ICU, ED, CT, lab, and surgical facilities. The only procedures they are incapable of performing are organ transplants and heart bypass surgery. Considering the time of year, I felt much better writing the checks to the IRS knowing that those ships are on hand to help save the lives of our brave men and women currently serving our country.

Kris Muller, Nursing 3

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I had the opportunity to attend the annual NSNA Convention in Baltimore April 5-9, 2006. The experience was once again overwhelming. It is amazing to see how nursing education is universal. There were actually three schools from outside the United States represented at the conference.

The Keynote Speaker on the first night, Dr. Barbara Dorsey, was a holistic medicine nurse. Her speech was enlightening and incredible. She referred to Florence Nightingale throughout the entire speech and how she was the first holistic medicine nurse and even with all of our technology we can't forget about alternatives that have been proven to work.

The focus sessions were very informative. I attended Humor in Nursing again this year and learned a unique way to keep at least some of the information we are learning in my head by using humor and body movements. She presented a study that showed that if you incorporate humor and body movement while studying the brain will retain the information longer. Her example was airport city codes. Orlando, Florida has the airport code of MCO. She related these initials to something that Orlando is known for...Mickey and Company...at this point she had us place our hands on our head to make mouse ears. It obviously stuck. So, maybe there is something to the silly acronyms that we all make up.

Baltimore was an incredible city. The architecture, geography, and people were very welcoming to all.

Next year the annual convention will be held in Anaheim. This is an opportunity that everyone should take advantage of. The students who will be in Nursing 3 and 4 should make it a point to attend as it is a chance to see what is out there and just how

much the hospitals will “wine and dine” you to get a chance to see you at their hospital. The health benefits, tuition reimbursement, pay scale, sign-on bonuses are all out there to be had and if you don’t check it out you may never know exactly what choices you have.

I would like to take this opportunity to thank SNO for providing the hotel accommodations, shuttle service, and registration fees. So many of the colleges that were there required the students to pay for everything including the convention fees. We are so fortunate to have a SNO faculty member like Mrs. LaCava who encourages involvement on the national level.

Debbie Larkin,
Nursing 3

Class Officers Fall 2005

Nursing 1

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Vice President AM:	Tabatha Kemp	Treasurer:	Luisa DeLeon
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	Albertazzie, John	Alt:	Sharon Gerdes, Brittany Woodford
	Cagandahan, Jaime		Sarah Dulton, Toni Waer
	Vandenbush		
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Nursing 2

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Nursing 3

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Vice President:	Brian Bischoff	Treasurer:	Molly Bennett-Neuhoff
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	Louanne Norris		Kelly Smith
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Curriculum Representative:	Debbie Larkin		

Nursing 4

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Historians:	Misi Komolafe	Learning Resources Representative:	
	Crystal McCarthy		

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 Flex Vice President: Bridgette Traylor
 Flex Historian: Raquel Banta
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Curriculum Representative:
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SNO Representatives:
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VN

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 Joyce Opyyibo
 Mike Ching
 SNO VP: Diane Odgers
 SNO Reps: Jennifer Haley
 Katrina Culp
 Sharie Malubay

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**SNO Officers
 Spring 2006**

<i>President:</i>	Crystal McCarthy
<i>ADN Vice President:</i>	Ruby Grove
<i>VN Vice President:</i>	Diane Odgers
<i>Secretary:</i>	Candace Hopkins
<i>Treasurer:</i>	D'Ann Park
<i>ICC Representative:</i>	Cheryl Haynes
<i>SNO Flurry Editor:</i>	Donnelle Scherer
<i>Allied Health Commissioner:</i>	Patricia Farnham
<i>Scholarship Chair:</i>	Linda Clayton
<i>Alumni Association Liaison:</i>	Elisabeth Moore Minette Ralleca
<i>Historian:</i>	Lashemia Wilson
<i>Breakthrough to Nursing:</i>	Lindsay Bacca

**SNO Meeting Calendar
Spring 2006**

8:00 AM, in Heritage Rooms, located in the cafeteria (Unless noted otherwise)

May 1, Meeting (Nominations)

May 3, Blood Drive

May 11, 9th Annual Nursing Alumni Reception (Hall of Fame)

May 15, Meeting (Election)

June 28, Blood Drive

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Happy Spring