

SNO Flurry

Student Nurses' Organization



Riverside Community College Student Nurses' Organization Newsletter

December 2008

Message from the Dean

HO! HO! HO! Do I smell cookies baking??? Not yet perhaps, but soon! It is finally cooling down in time for either: a) graduation, or b) intersession.

As you approach your last exams, I would ask you to remain focused on your goal of becoming a nurse. Even if your grades are not where you would like them to be, don't panic, but hunker down. Use all your resources, and STUDY! It's not over until your grades are posted! For a variety of reasons, it has been a stressful semester for both faculty and students and I would like to thank each of you for your dedication to our program's success.

As we prepare to merge both campuses in the next two years, our challenge remains how to best meet our community's need for nurses while delivering a quality-nursing curriculum. On-line testing, use of simulation, and 12-hour shifts are just three of the many major changes we have incorporated in just the two year period. Some changes we have practically been forced to accept, but others are a reflection of the world today. Now, we are purchasing pod-casting software! Change is exciting, but, yes, it is stressful, too!

To our new nurse graduates congratulations! Next to marriage and parenting, your Associate Degree Nursing Program will be the hardest thing you ever do! Your BSN, MSN, and doctoral degrees will be a snap in comparison! So pat yourself on the back, but don't relax until you have studied for and passed NCLEX. Then please let us know how you did on the test, and where you're working. Stay in touch. However you choose to celebrate the Season, may the New Year be a prosperous and happy one for you and your families.

God Bless,
Sandy Baker, DNP, CNE
Dean, School of Nursing

Message from the Associate Dean/MEC

We are in full swing of the holidays, but we still have a few minor things (like a final) to go! you have all worked so hard during the semester, but don't let down just yet. Soon you can take a deep breath and spend some needed time with family friends and maybe even find some time to sleep!

Take this time to reflect upon how much we all have to be thankful for! Many of our community members have lost homes, jobs, and even health during this past year. You are in a wonderful position to make a significant difference in the lives of your patients and their families. Health care consumers depend on us to take quality care of their lives!

Have a fun and safe holiday season and we all wish you the happiest of holidays and a healthy and successful New Year to come!

Dr. Lisa Howard, Faculty and Staff
The March Education Center

Message from the ADN Chair

Happy Holiday Season to Everyone!!

Congratulations on the completion of yet another semester (or your very first semester) of our Nursing Program. I would like to take this opportunity to wish you all a very wonderful, restful, stress-less Holiday Season. Reintroduce yourselves to your families and thoroughly enjoy just spending time with them again. I hope you take this time off to clear your mind and soul. Meditate and focus on what's really important in life, and be ready to come back to school (or start your new job) with a refreshed sense of self and well-being. Happy Holidays!!

Tammy Vant Hul, MSN, ANCP
Assistant Department Chair, ADN Program

GREETINGS FROM THE VN PROGRAM

Vocational nursing students in both the full time and part time programs have been 'burning the midnight oil' in preparation for the last few weeks of the Fall 2008 semester. Final exams are around the corner and the upcoming weekends should be devoted to concentrated study.

Farm out the children (to a safe environment, of course) and tell your employer that you will not be working until after finals. We commend our students for dedication to their nursing education, for their efforts will produce competent and caring performance that is valued by the nursing profession and society.

A message from the CEO of the National League for Nursing, Beverly Malone, PhD, RN, promoted the principle that there is a place for nurses at all levels of the Nursing Career Ladder! There are so many reasons this is the fair, just, and decent thing to do. It provides for:

1. Individuals who need time to adjust mentally and prepare academically/financially for their climb up the Career Ladder.
2. Congruence with the Nightingale Pledge in which nurses promise equal treatment of all. Flexibility for nurses to meet their life responsibilities while attaining their ongoing nursing education.
3. Every nurse to hold their head high with the knowledge that they are valued for the unique contributions they make.
4. Attracting the best minds and most honorable persons, those who would view the nursing profession as a community of competent practitioners and scholars rather than a group of bickering rivals.
5. The nursing profession to spend its energy and resources growing and enhancing our profession, rather than in the unproductive debate about who or what is the best.

The NLN can stand proud in its strong position that encompasses, indeed embraces, the diverse educational preparation within the nursing profession. This position operationalizes the NLN core value of DIVERSITY, by affirming the uniqueness of and differences among persons, ideas, values, and ethnicities. Dr. Malone's leadership gives great hope for the future of our great

profession. At this time of the year, when the spirit of giving thanks flourishes, the bounties in our lives become apparent.

We, in the United States, have much for which to be grateful, including freedom and a country of beauty and riches. Paired with a loving family, good health, and interesting work, for what more could we ask?

The VN Program team members wish the December 2008 ADN grads the best in achieving their personal and professional goals and all students a joyous HOLIDAY SEASON and BLESSED NEW YEAR!!!!

Sincerely,
Phyllis L. Rowe, DNP, RN, ANP
Associate Professor,
Nursing Assistant Chair VN Program

VN Class

Happy Holidays to All !!

The VN students are seeing light at the end of the tunnels. Our most recent labs included irrigation/instillation into body cavities, bandages, binders, and the understanding and performing of lab tests. Now at our clinical sites empowered with our new skills we feel more a part of the health care team. Have a great, safe, healthy holiday season.

Joy Harris
VN Class President



In any earnest struggle, there come crucial challenges-mountains that must be scaled and conquered if we are to win. In any faith, we face such crucial challenges. If we hope to advance world peace and attain clarity and obtain our goals, then we must prevail over these mountains.

(Daisaku Ikeda)

Nursing 1 (City Campus)

Oh so bitter sweet! Our final week of hospital clinical has just passed and with it our last plan of care for the semester. I see the tears welling up in your eyes as you read this. There,

there, wipe those eyes. Smile. I'm sure you are as pleasantly surprised as I am to find that it's all starting to make sense.

Lecture and reading material, block nursing lab, clinical experience, countless hours spent in N7, MLK and the library are coming together forming an exquisite kaleidoscope of knowledge and skills. When you stop and think of it are you not impressed with how much you have integrated?

I would once more like to thank our instructors for their efforts. You have done an excellent job always going above and beyond. To my classmates, thank you for allowing me to be your class president during this intense N1 semester. It has truly been an honor and privilege. We've had quite the ride together.

Class, just a couple of additional hurdles and we'll be there, the magical end of Nursing 1. Soon you will be reminiscing under the holiday tree, spiked eggnog in hand, laughing with loved ones over your nursing school tribulations, receiving praise for the countless challenges met. Have a fantabulous holiday season and enjoy the winter break!

Susan Eyman
N1 President , City Campus

Nursing 1 (March Education Center)

Hello everyone!

It seems like, since our very first day of class, we came in and hit the ground running. I can honestly say that with all we've been through this past semester, this has been the fastest moving, most grueling, toughest, and yet one of the most rewarding times of my life. We have learned an incredible amount of information, every last drop of it important. We have all had the least amount of sleep in the most amount of time in our lives. We have all dug deep inside when we were just plain exhausted to give it just a little more, to really give it all that we had. I think we've all reached the point at one time or another during this semester where we've wondered if it all was worth it.

I can honestly say that a question was answered with every patient I had the privilege of working with. That is the whole reason why we put in so much time studying, working on care plans, working in the simulation labs, spending time away from our families and friends and lives outside of school (does anyone still have that?). It is the reward of helping so many people who are unable to help themselves, the ability to help a crying patient who misses her family by just sitting down and listening to her, the admiration I have for the woman who jokingly has nicknames for her bilateral amputations instead focusing on being depressed about her lot in life that makes it all worth it for me.

The thing is, I know that I am not unique. We've all had new experiences that have affected us over this short amount of time. We all have stories of patients whose lives we touched or that have influenced us somehow. That is what has made it all worth it. That is what has kept me going. We are all tired. But the finish line is right within our reach. So "let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up" (Galatians 6:9).

I look forward to working with all of you in Nursing 2 (woo hoo!). Congratulations. We made it.

With respect,
Melissa J. Dunigan-Hernandez
N1 President, MEC

Nursing 2 (City Campus)

Here we are nearing the end of the semester and the end of the first half of nursing school. We are entering our final week in the hospitals. No more clinical competencies, dosage calculation tests, or major care plans, at least until Nursing 3 anyway. With just one more clinical day, a couple of lectures, and a final left on our Nursing 2 agenda, it is still hard to believe how rapidly it has all passed us by. This semester has been very rigorous with many obstacles to overcome. Each of the three clinical rotations gave us unique new challenges and opportunities to learn new skills and practice those that were learned in Nursing 1.

The contrast between working in OB, Pediatrics, and Med-Surg allowed for an enriching experience in three very different areas of nursing. Although it was inevitable that each rotation would offer its own unique experiences, it was our clinical instructors that really made the difference.

Thanks to all of the Nursing 2 staff for making this experience so meaningful. Besides making this semester challenging you also made it fun which was greatly appreciated. In the midst of all of the good times this semester there were also some tragedies and our hearts and prayers continue to go out to Mrs. Indermuehle and our classmate Shalyn.

Our best wishes also go to our two classmates who will be bringing new life into this world very soon. Congratulations, once again, to Amber and Lisa.

Congratulations and good luck to all of our friends in Nursing 4. We wish you the best of luck on the NCLEX exam. Good luck also to everyone in the nursing program on your upcoming finals. I wish everyone a blessed and joyful holiday season filled with some well-deserved quality time with your families.

Tony Barraza
N2 President, City Campus

Nursing 2 (March Education Center)

No Class during Fall 2008

Nursing 3 (City Campus)

Here we are at the end of the semester for Nursing 3. This has been tough one for us. We have had to learn a lot about Psych and add to our Med-Surg knowledge. I want to thank the N3 staff for their support and teachings. This has been an interesting lecture group, with wonderful music from Mr. Moncrieff and exciting subject matter from Mrs. Havener and Mrs. Lowry, and of course the toughness of Dr. Schutte. We have run the gamut of emotions from laughter to tears but it has been a great semester. I think we have all felt overwhelmed at times, but this semester I have really started to feel like a nurse and I hope you all have as well. We have N16 to look forward to during the break and I hope some of you will take advantage of N94 to perfect your skills, I know I am!

Finals are coming quickly and I hope everyone is studying hard and getting in groups to test your knowledge on each other and don't forget to practice your clinical competencies for Monday the 15th. Hang in there everyone, the end is almost in sight and supporting each other through these stressful times will help all of us succeed. I want to thank my clinical group (you

know who you are) for helping me through the psych rotation (you know how much I loved it!) and keeping me from running out the door!

Finally I want to say congratulations to Nursing 4! Yeah, you did it!! Seeing the culmination of their hard work will help to motivate all of us to work, and pray, hard for our 4th semester to be done. N3 will be there to help them and cheer them on when they walk down that isle (and be jealous we aren't there yet!) and to get ideas for our pinning!

Thanks for another wonderful semester everyone!

Paula Stacey,
N3 President, City Campus

Nursing 3 (March Education Center)

We have made it to the end of another semester. Our journey is 3/4 over. Where has the time gone? We head off for a much needed and long over due winter break. We pass on our thanks to all the instructors, adjunct faculty, and clinical site administrators and staff. Without all of you this would not be possible. To our families we say thank you for all of your patience and hard work while we accomplish our goals. We hope you can take advantage of this small break before we become strangers again. We look forward to rekindling relationships. Happy Holidays to you all!! We look forward to seeing each and every one of you next semester. And of course, humor...an article by me is not complete without a joke. Enjoy!

Hospital regulations require a wheel chair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman who insisted he didn't need my help to leave the hospital. Already dressed and sitting on the bed with a suitcase at his feet, after a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him. 'I don't know,' he said. 'She's still upstairs in the bathroom changing out of her hospital gown.' (writer/source unknown).

Larry Lee
N3 Class President, MEC

Nursing 4 (City Campus)

We're at the end!! At the time of publication, we have how many more days? 5?! I am in shock and I can't deny it. This program has been an amazing experience and we all can't believe it's almost coming to a close. There will be a period of adjustment once we realize that we won't be sitting next to our friends in LS208 a couple days a week, but we'll still be relieved it is over. This last semester has been particularly challenging. We are finishing up our clinical experiences in the intensive care units, cardiac cath labs, neonatal intensive care units, et cetera.

After seeing the majority of staff nurse roles, we are beginning to make our decision as to what department we would like to work in. Several of us have been scheduling interviews, attending open houses, and sending out resumes. I know that several individuals have already received official job offers and others are in the process. I would like to send out a simultaneous congratulations and good luck to everyone in seeking out their first RN position!

As we work on our goal statements, I am also seeing how many of us are planning on continuing our education to obtain a BSN or MSN. For future opportunities, it is important that we all use our ADN as a stepping-stone to complete higher education. Every student has heard stories about how an advanced degree opens the door. We have the desire, we have the knowledge, and we will gain the experience to support our aspirations. Along with that, we must

have the appropriate credentialing and the proper degree. (Don't forget, it's an MSN to teach at the Riverside Community College's School of Nursing.)

I have had a wonderful time in this program, both as a student and as class president. I will miss everyone. I will miss the jokesters of the class who call out 'order!' or use Photoshop to create a funny picture, the intellectuals who intimidate me with their complex questions during lecture, the reserved ones who open and share themselves in quiet ways, the creative ones who decorate countdown walls and share their artistic ideas, and of course, the guys who carry the heavy stuff. I genuinely have love for all of you and I wish everyone the best.

Your fearless leader, signing out.

Sarah Lassek
N4 President, City Campus

Nursing 4 (March Education Center)

WHOOOO HOOOOO !!!! ☺ Almost there! It's all so surreal...it still hasn't sunk in. As of today 12 days and counting! Do you think NANDA will add "Graduate, Actual" to their list of nursing diagnosis's? Sure why not?

Thank you RCC Staff!!! What an inspiration you all have been. Your excitement, your knowledge, your caring, your time, and your commitment to provide us with the best education that has formed us into the nurses we have endeavored to become...you are all truly remarkable. Thank you for giving us the tools we'll need to be successful and professional RN's.

Thank you Ms. La Cava for all of your guidance as well. It's been truly been a pleasure being involved in SNO. I will think back fondly of you and the great times we've had at our meetings and conferences. It's been a great avenue to gather information and learn about where our professional nursing career can take us.

Hard to believe this is my last SNO Flurry letter as class president. And as MEC class president I want to thank you all for your understanding, caring, kindness, friendship and especially your support of each other these last two years. We've climbed a huge mountain and I'm so proud to have climbed it with all of you. Not just MEC but the city campus class has become great friends as well and I personally can't wait to work along side of you all.

Thank you Sarah! You are a very bright young lady that will be a treasure wherever you decide to work. It's been wonderful sharing the "Presidency" with you!

Lastly, I want not to say goodbye, but see you soon, as we will see each other again. Nursing is really a smaller world than you may think and I only hope that our paths cross again soon.

Best wishes, Merry Christmas and Happy New Year!

Sandra Brock
N4 President, MEC
SNO Vice President

SNO President

Hello all! Happy Winter!

SNO has had an amazing semester, thanks to all of the enthusiasm, dedication, and long hours given by both students and faculty advisors. At our last meeting of the semester, we chose our new Board of Officers for the upcoming Spring semester. We have a wonderful group of students up there and I know that Spring semester will hold many fun and exciting activities for all of you. Congratulations to all who were elected.

SNO members voted on December 1st to reserve a set amount of funds for registration fees, shuttle fees, and hotel costs for the upcoming NSNA Annual Convention in Nashville, TN. If you are interested in attending this convention (which takes place during Spring Break!) you must contact Mrs. La Cava, attend at least four SNO meetings or events, and write a review of the conference upon your return. This will no doubt be a popular convention and we only have a limited number of spaces, so if you are interested, please speak with our SNO advisors and be an active participant in SNO over Winter Session and Spring semester. Priority is given to those students who have an ongoing participation in SNO.

At the ASRCC Awards Banquet on December 5th, students were recognized for their community service and volunteer hours this past semester. Several nursing students received awards for giving 50 or more hours of their time. It was an especially elaborate ceremony this semester. The theme was ‘Bollywood’ and Bradshaw cafeteria was beautifully decorated in Indian decor. Punjab Palace Restaurant from Riverside catered the event; we were able to step outside and see an authentic Tandoori clay oven cooking up fresh garlic Naan bread. ASRCC had a pre-party event, a raffle give away (in which nursing students walked away with five Indian prizes!), and even a booked a group of belly dancers. It was a lot of fun. I encourage all of you to keep track of your service hours so that you can participate in this awards banquet, which is held every semester.

Thank you to all who donated food for those in need during Thanksgiving. We had a large amount that we were able to give and I know it was appreciated.

On January 28th, we will be having our next Blood Drive. If you are interested in helping sign-up donors or are looking for information to donate blood yourself, please contact myself, Michelle Olson, our Allied Health Commissioner, or Mrs. La Cava. With this Blood Drive being in the Winter Session, we will have a challenge getting donors to come back on campus. If you are interested, please give a little time and stop by Riverside campus on January 28th.

If your child’s school or an organization you know is having an upcoming event where SNO can attend and speak about RCC and our well known School of Nursing know, please let me, Joy Harris, our Breakthrough to Nursing representative, or Mrs. La Cava know. We can arrange for students to be there with appropriate materials, whether that is coloring pages or pamphlets. It is important for us to take advantage of every opportunity to speak about the wonderful career we have chosen. One conversation may be all it takes to encourage a future nurse.

This is my last SNO Flurry as a nursing student and as your SNO president. The past two years have been a wonderfully positive experience and SNO has been a huge part of that. SNO introduced me to all that CNSA and NSNA have to offer, which has changed the course of my career. I want to thank our advisors, Mrs. Stone, Mrs. Valadez, and Mrs. La Cava, as well as all of the students who have given their time and enthusiasm. You are wonderful and I will miss you all!

Sarah Lassek
Outgoing SNO President

**NSNA Conference in Reno, NV
Review:**

In November, I had a wonderful experience participating in the NSNA Mid-Year Conference in Reno, NV. As Chair of the NSNA Resolutions Committee, I was invited to attend the Council of State Presidents (COSP), which was a meeting among all of the state association presidents. I was able to speak to them about writing a resolution for their school or state constituency, as well as hear about all of the unique activities and successful fundraisers happening throughout the country. When talking about state conventions, I was surprised to find out that the majority of states have one or two-day conventions. California is rare in having three days with informative sessions, a resolutions hearing, a House of Delegates, and a large exhibit hall for students.

I was also able to attend the school president's forum where I spoke with other students who were presidents of their own school's Student Nurse Association (or Organization). We shared experiences, gave advice and support. I was surprised to hear how many schools recognize student involvement in NSNA or CNSA with academic credit, extra credit, and special recognition. I hope that perhaps our own School of Nursing may develop an academic recognition program for students involved in these student associations.

I am looking forward to the NSNA Annual Convention in Nashville, TN and hope to see many of you there!

Sarah Lassek
N4 President, City Campus

Our Moment of Zen





Messages from Our Advisors

I attended the 26th Annual NSNA Mid-Year Conference in Reno, NV in November where I was able to attend both faculty and student workshops. I wanted to share aspects of one presentation that was done for both faculty and students. The presenter was Kathleen Bartholomew, RN, MN who for her Master's project researched hostility in nursing. She has presented her research in the book "Ending Nurse-to-Nurse Hostility Why Nurses Eat Their Young and Each Other."

It was interesting to view behaviors and experiences we all have had from a different perspective. I was surprised at times yet not surprised at times when I thought back to experiences I have had or observed in different settings. She discussed **horizontal hostility** according to Dunn (2003) as "Sabotage directed at co-workers who are on the same level within an organization's hierarchy." She further provided information that it is "a constant (hidden) pattern of behavior designed to control, diminish, or devalue another peer or group that creates a risk to health and/or safety." She described nurse-to-nurse hostility as persistent downgrading experienced from a peer that eventually undermines confidence and self esteem. It is a serious problem in nursing due to increased tasks and job pressures, decreased time together and a history of powerlessness—**but the biggest problem is that nurses accept these behaviors as "normal"** and that threatens our profession on every level. She discussed it as a form of aggression in the workplace going by other titles such as interactive workplace trauma, anger, bullying, verbal abuse in the context of nurse-to-doctor, patient-to-nurse and nurse-to-nurse relationships which wound those who are subjected to it. Some examples she gave were: (1) Overt—name calling, fault-finding, backstabbing, criticism, intimidation, gossip, shouting, blaming, using put-downs, raising eyebrows, etc. (2) Covert—unfair assignments, sarcasm, eye-rolling, ignoring, making faces behind someone's back, refusing to help, whining, refusing to

work with someone, sabotage, isolation, exclusion, fabrication, etc. She discussed **lateral hostility** in terms of “uncaring behaviors of peers such as undermining, dumping, in-fighting at all levels that ‘nobody sees’ as it is insidious and not in the realm of awareness.” It creates high levels of stress which can have physical results such as a decreased immune response affecting resistance to infection, increase in stress related disease, and cardiac arrhythmias with increased risk of heart attack due to continuously circulating catecholamines and elevated triglycerides. Being subjected to continued hostility can lead to (1) Post-traumatic stress disorder (PTSD) with 50% of people continuing to suffer five years after the incident, (2) Burn-Out from depersonalization and lack of control, (3) Maladaptive responses, (4) Decreased job satisfaction, and (5) Increased intent to leave. These things impact educators, current nurses and future nurses that we expect to end the nursing shortage. “Hostility impacts nursing in recruitment and retention, increased use of sick days due to stress and burnout, creates a toxic work environment, and can affect patient safety when one cannot think straight.” Statistics were provided that “60% of newly registered nurses leave their first position within six months because of some form of lateral violence.” For horizontal hostility to thrive it requires “secrecy, shame and silent witness.” It behooves us to look for some solutions. Some actions suggested were: be aware of the signs and symptoms of horizontal hostility, confront the aggressor in private, understand the many forces affecting nurses today, speak your truth to co-workers and managers, evaluate your belief system, teach/practice assertiveness (confrontation skills, crucial conversation skills), take the time to reflect on your practice, compliment each other often, never be a “silent witness” standing by and listening as one co-worker slams or talks negatively about another co-worker, educate the staff about hostility (call it what it is) Wheatley in 2002 said **“The future. . . materializes from the actions, values and beliefs we’re practicing now. We are creating the future every day by what we choose to do. . . .If we want a different future we have to take responsibility for what we are doing in the present.”**

As we finish the fall semester and the end of 2008 I want to thank those who helped with at Festival of Trees helping finish our tree “Cars and Toys and Things That Go.” We received many comments as to how cute our tree was. It was purchased by K.H. Metals for \$2,000 with the proceeds going to the RCRMC NICU and Pediatric units. I want to also thank the almost 50 of you who selected names of children in shelter homes from the ASRCC Christmas tree in the Bradshaw Center to provide a Christmas gift for. I know they will be appreciative and it shows the true spirit of giving to another you all exhibit.

The ASRCC Awards “Bollywood” Banquet was spectacular. For those who attended what a lucky table we had winning prizes. We also had 11 Bronze (50+ service hours) and 1 Silver (100+ service hours) award winners. Thank you for finding the time to add service to others to your already overloaded schedules.

Congratulations to all who were elected to office in SNO for the Spring semester. Please don’t forget our Blood Drive on January 28th. We will be signing up donors on January 21, 22, 26, and 27, 2009. If you’d like to help, leave a message for Michelle Olson (VN class).

Congratulations to our Nursing 4 graduates as you prepare to take finals and prepare for the **Big Final—The NCLEX**. Good luck to you as you go out to begin your nursing careers. Stay in touch.

Take some much deserved time during the break to re-acquaint yourselves with family and friends. Enjoy your winter break. See you in February 2009.

Wilma La Cava, RN-BC, MSN

SNO ADN Advisor

Class Officers Fall 2008

Nursing 1

Main Campus

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Vice Presidents: Kristin Ebert (AM), Christie Ann Gutierrez (PM)

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Nursing 1

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Curriculum Rep: Katie McCafferty

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Learning Resource Reps: Debbie Tustin, Debbie Ward (Alternate)

Curriculum Rep: Jodi Torske, Charlotte Jones (Alternate)

Nursing 3

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Nursing 4

Main Campus

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Learning Resources: Kim Halbert

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Nursing 4

March Education Center

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VN

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Vice President: Nick McGowan

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Treasurer: Mary Ann Van Fossan

MAC: Sean Bernard, Joy Harris, Sarah Murray, Obiora Eneh

Historians: Jose Cardenas, Obiora Eneh, Yreri Equihua, Theresa Vinyard, Angelina
Flahiff, Patricia Gregorio, Richard Ingram, Sean Bernard, Jan Garcia, Patricia Gregorio

SNO Reps: Mary Ann Van Fossan, Nicholas Ragusa, Joy Harris, Jan Garcia, Obiora Eneh, Diane Hensinger, Danielle Goodban, Sarah Murray, Nick McGowan, Sean Bernard, April Pankratz

Environmental Engineers: Pamela Salmon, Brenda Olmo

Learning Resources Representative: Ryann Kelce, Kristina Mayfield, Elizabeth Murray

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**SNO Officers
Fall 2008**

<i>President:</i>	Sarah Lassek, N4
<i>ADN Vice President:</i>	Sandy Brock, N4
<i>VN Vice President:</i>	Michelle (Larkin) Olson, VN
<i>Secretary:</i>	Brandy Casey, N2
<i>Treasurer:</i>	So Mi Ko, N4
<i>ICC Representative:</i>	Tony Barraza, N2
<i>SNO Flurry Editor:</i>	Melva Cooksey, GVN
<i>Allied Health Commissioner:</i>	Michelle Olson , VN
<i>Scholarship Chair:</i>	Amber Melonson, N2
<i>Alumni Association Liaison:</i>	Megan Alcantar, N2
<i>Historian:</i>	Shalyn Stanfield, N2
<i>Breakthrough to Nursing:</i>	Joy Harris, VN

SNO Meeting Calendar Spring 2009

- January 28, 2009, Blood Drive
- March 2, New Student Welcome, Hall of Fame 8:45-9:45
- March 7, Back to School, Hall of Fame 1-2:30
- March 16, Meeting
- April 6, Meeting
- April 15-19 NSNA Year-End Conference, Nashville, TN
- April 20, Meeting
- April 29, Blood Drive
- May 4, Meeting (Nominations)
- May 7, 12th Annual Nursing Alumni Reception, Hall of Fame, 6-8 p.m.
- May 18, Meeting (Election)
- July 1, 2009 Blood Drive

**Newly Elected SNO Officers
Spring 2009**

<i>President:</i>	Shalyn Stanfield
<i>ADN Vice President:</i>	Amber Melonson
<i>VN Vice President:</i>	Michelle Olson
<i>Secretary:</i>	Brandy Casey
<i>Treasurer:</i>	Megan Alcantar
<i>ICC Representative:</i>	Pending: Susan Eyman Coordinating
<i>SNO Flurry Editor:</i>	Tony Barraza
<i>Allied Health Commissioner:</i>	Kristen Ebert and Susan Eyman
<i>Scholarship Chair:</i>	Dawn Mignuolo
<i>Alumni Association Liaison:</i>	Nick McGowan
<i>Historian:</i>	Melissa Boyd and Jennifer Helfrich
<i>Breakthrough to Nursing:</i>	Joy Harris

HAPPY HOLIDAYS!

HAPPY BREAK!