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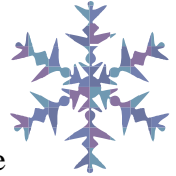
Student Nurses' Organization



Riverside Community College Student Nurses' Organization Newsletter

May/June 2009

Message from the Dean



Well, we are over the “hump” of the semester and the end is near! Soon we will all be on a beach with a cold beverage in hand and reading a romance novel (or something like that)!

But in case this is NOT your reality (it unfortunately isn't mine, either), I wanted to make sure you are aware of some summer nursing options.

We have several extra courses in which you may wish to participate. One is NRN-6—the full computer, simulation, and skills labs will be open Mondays and Tuesdays from 10am to 6pm. NRN-17 is available for VNs wishing to transition into the RN program; NRN-91—Work Study offers limited employment opportunities for 3rd and 4th semester students. NRN-93 is a Dosage Calculation class—who couldn't use a review of that? NRN-94 is a chance to participate in clinical to better prepare you for the upcoming semester, and NXN-81 is a Critical Care course for graduates and other RNs. So if you can't get enough of us, here are some additional ways to keep occupied this summer!

Congrats to our Students of Distinction:

ADN: Simeon Callender and Cleidi De Souza

VN: Nicholas McGowan and Margaret Kennedy-Ross.

Students like these are why we are the best!

Sandy Baker, DNP, CNE

Dean, School of Nursing

Message from the Associate Dean/MEC

Greetings from the March Education Center!

Well, the semester is almost over and it is time for all of us to have some R and R!! Before you go, focus on the last days of clinical, plans of care, and of course the final! Hang in there, you can do it!!! Study hard!

The Back to School Event was held at the March Education Center on May 16th! It was a huge success with lots of students, families, and faculty. We had a wonderful time sharing with everyone! The Simulators were performing and behaving! Thanks to the SNO Advisors and everyone who helped make this a very special day! SNO will be hosting both of these events each semester, so please mark your calendars for the fall!

Have a restful summer with your families, and take some time for you!!

Dr. Lisa Howard, Faculty and Staff

The March Education Center

Message from the ADN Chair

Hi Nursing Students,

I know you are all very busy as we head into the last weeks of this semester. I know your study loads are heavy and the course work seems intense, but take a few minutes to go back with me to the days when all you had to learn to be successful was your ABCs. I would like to challenge you to relearn your ABCs in order to achieve your dreams....

"To Achieve Your Dreams Remember Your ABC's"

Avoid negative sources, people, places, things and habits. **B**elieve in yourself. Consider things from every angle. **D**on't give up and don't give in. **E**njoy life today, yesterday is gone, tomorrow may never come. **F**amily and friends are hidden treasures, seek them and enjoy their riches. **G**ive more than you planned to. **H**ang on to your dreams. **I**gnore those who try to discourage you. **J**ust do it. **K**eept trying no matter how hard it seems, it will get easier. **L**ove yourself first and most. **M**ake it happen. **N**ever lie, cheat or steal, always strike a fair deal. **O**pen your eyes and see things as they really are. **P**ractice makes perfect. **Q**uitters never win and winners never quit. **R**ead, study and learn about everything important in your life. **S**top procrastinating. **T**ake control of your own destiny. **U**nderstand yourself in order to better understand others. **V**isualize it. **W**ant it more than anything. **X**-cellerate your efforts. **Y**ou are unique, nothing can replace **YOU**. **Z**ero in on your target and go for it!" **Wanda Hope Carter**

Your faculty and I are here to help you achieve your goals. Please don't hesitate to seek us out.

Tammy Vant Hul, MSN, ANCP

Assistant Department Chair, ADN Program

GREETINGS FROM THE VN PROGRAM

Congratulations to Margaret Kennedy-Ross and Nicholas McGowan, who were selected by the VN Faculty Team as Students of Distinction for 2009. We believe each of our students is outstanding and possesses unique qualities to contribute to the nursing profession!

At the Spring Conference of the California Vocational Nurse Educators (CVNE), RCC was awarded the CVNE Scholarship. This is a \$250 award that is given to a school for the benefit of vocational nursing students. The VN faculty team decided to use the funds to give two \$125 scholarships. Congratulations to recipients Angelina Flahiff and Brenda Olmos.

Do you recognize the magnitude of Florence Nightingale's contributions to the nursing profession? She was a visionary far beyond her time and even into the present 21st century. We are all well aware of the Nightingale Nurse's Pledge, which rings as true today as it did 100 years ago. We find beauty in her assertion that nursing is "the finest of the fine arts" and stand in awe of her reduction of the death rate of soldiers in the Crimean War from 52% to approximately 2%. How many of us know, though, that by the age of 37 she was world-renowned as a mathematician and statistician? She conducted research by the tried and true scientific method of gathering data, analyzing it, and publishing the results. Today we call this "evidence-based practice." Furthermore, we know from her *Notes on Nursing* that she envisioned nursing as spiritual (loving kindness) practice. This nurse feels great pride that a human being of such substance and intellect is the founder of modern nursing.

Our nurse leaders wish to recognize the centennial of Florence Nightingale's death, 2010, by officially declaring 2010 as the International Year of the Nurse. Moreover, the years, 2011-2020 would be pronounced the global "Decade for a Healthy World." This is in keeping with Ms. Nightingale's proactive advocacy for the health of humanity. More than one million people across 40 nations and six continents have signed a proclamation to this effect, entitled the

Nightingale Declaration. Please let your voice be heard in support of the nursing profession's concern for the health of the world community by signing the declaration. Go to <http://www.nightingaledeclaration.net/> to read about the initiative, then click on "sign the Nightingale Declaration" to add your name to Ms. Nightingale's call for a "better way."

Thank you to our WONDERFUL VN adjunct and full-time faculty. We know that the quality of our program is dependent upon the support of these dedicated individuals.

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

VN Class

Whilst reflecting upon what sort of clever piece to write this month, I couldn't help but feel overwhelmed with the daunting list of items I still must address before this semesters end. Have you ever felt as if there was simply not enough time in the day to do everything you needed to do? I sometimes wonder; if 'time' could actually be purchased, how much would it cost? What sort of value does it hold to each of us? Is time as valuable to you as it is to me? I think that among the many things I have learned while in this program, I have learned the value of time. For instance: You don't realize the value of 1 year until you meet a student who just failed a final exam. I didn't realize the value of 9 months until I met a mother who gave birth to a still born- or even the value of 1 month, until I cared for a mother who gave birth to a premature baby. I hadn't realized the value of 3 minutes until I cared for a child who was brain dead after drowning in a swimming pool. To a hurried nurse, the value of 1 minute to verify medication can mean the difference between life and death. I quickly learned the value of 1 minute when I tried to save it by running a red light. (Those cameras are everywhere now!) Even the value of 1 second hadn't occurred to me until I learned how a patient of mine survived a car accident. And so it seems that as we advance through our lives, time becomes more valuable yet less available. Once it is gone, you cannot get it back. And to me, that is priceless...

"To get all there is out of living, we must employ our time wisely, never being in too much of a hurry to stop and sip life, but never losing our sense of the enormous value of a minute." (Robert Updegraff)

To those of you in Nursing 4 that will be graduating this June: May you find success and happiness in your future endeavors. The very best of luck to you and CONGRATULATIONS, you made it!

Nicholas McGowan
VN Class President

Nursing 1 (City Campus)

Well, it really happened...and just like everyone said it would...we're actually finishing up Nursing One (yaeee)!!! It truly went by so quickly and we're on our way to a long summer break (some of us).

Before we go, I would like to say a big thank you to everyone from the RCC campus and MEC for making our cultural pot luck such a big hit. The food was fantastic and it was so nice to just sit down together and kind of decompress for a bit.

With finals coming up just around the corner, I want to wish everyone in the nursing program good luck especially Nursing 4 as you're finally wrapping it all up...way to go Nursing 4!

Thank you as well to all of our wonderful Nursing 1 instructors, you have been a true asset to our learning and we are forever grateful for what you have done for us. We will miss you in Nursing 2.

I would also like to personally thank all of the class officers. All of you are such a pleasure to work with and you have all done an amazing job. Next semester will be even more fun!

Okay everyone, have a lovely summer, rest up and lets get ready for round 2!

Warm Regards,
Nicole Figueiredo
N1 Class President, City Campus

Nursing 1 (March Education Center)

OH my how the time has passed... Can you believe it's already May??? Only three more weeks and we will be finished with N1!!! However, let's not get too ahead of ourselves. We may be on the downhill slope of the semester, but the workload seems to be more on the demanding side. Have no fear, just look at how far we have come. Our patho and tactis libraries are filling up. We have given intradermal injections. Windshield and group agency presentations are done and our abnormal lab analysis papers are turned in. O.k., so I know we still have to master SubQ and IM injections (remember the flick!!). The dreaded major care plan is looming in the near distance, one more exam AND a final, but we have made it this far, right? And let me remind you my fellow MEC'rs, we are the only class that has ten-hour clinical days, one day a week!! We know what it's like to hold our own for a full shift and get the full scope of what a nurse does during that typical shift. That's knowledge that only our class is privileged to have. And this is also the first year that the MEC campus had our own "Open House" day, May 16, 2009 11-12:30. So keep up all your hard work studying, reading and care planning..... The end is finally in sight!!! Beaches, here we come!!!! Si se puede!!

Balinda Ballinger
N1 Class President, MEC

Nursing 2 (City Campus)

On behalf of Nursing 2, I would like to say first and foremost, that we have been blessed with good health, good minds, great senses of humor, and unwavering 'stick-to-itiveness throughout our second semester. It wasn't too long ago, that I had mentioned just how much we needed our winter break, so as to recover from the arduous regimen of Nursing 1, and to prepare for Nursing 2.

How ill prepared we were! Yet, now is not the time for putting our err's on the table, rather it is the time for each of us in Nursing 2 to be thankful that we not only had our own belief system in place to help us though our days, trials, and tribulations, those that can only be expounded on individually, but we also learned some very difficult and team-splitting lessons about friendship, teamwork, and trust.

As we leave our newly learned home of OB/Peds, and Med-Surg, each of us walks away with a healthier respect for the education that we gained from being able to participate in both the theory and clinical environments. However, we cannot go forward without it being said that

each one of our instructors has had a tremendous impact on our lives, both personally and scholastically. So many bumps in the road, so many hurdles, so many lessons that were taught...and learned, so many times we wished we never had to listen to another lecture, yet as the semester now comes to a close, how so many thoughts run through our heads, wondering if we finally 'got' what the professors were teaching us and, are we really ready for Nursing 3!

The fundamental scholastic knowledge is a major component of being successful for us to move on. So is the development and fine-tuning of our clinical skills, so as to be successful in each of our rotations. It goes without saying that each of us have invested in our futures by paying the price to be able to hold onto our coveted space in this awesome Nursing Program here at RCC.

And, with this being my last SNO letter for Nursing 2, as a class we would like to take this opportunity to thank Mrs. La Cava for all of her help, support, and guidance with SNO and its programs, announcements, events, and plans for a better representation for student nurses.

We would like to thank Mrs. Indermuehle for all of the knowledge that she imparted on us, getting each of us to truly appreciate the world of Obstetrics, Post-partum, and the Nursery---many, many new things were learned during this rotation, some really BIG lessons! Her vast knowledge of her chosen field of OB; her passion for teaching; her sincere pursuit in ensuring that no questions went unanswered; her willingness to open her office door, graciously extend a gesture for a student to sit down and review exams, study methods, test preparations, and/or to offer any tool in her proverbial 'bag of tricks' that she 'knew' would promote a students' success in N2; yet, all the while, getting in our face and teaching us to 'own it'! Her unwavering beliefs in personal accountability and taking personal responsibility for our own actions are invaluable lessons that each of us have not only been exposed to, but hopefully have benefited from. Time will tell. "THANK YOU!, Mrs. Indermuehle, from the bottom of our hearts!"

Mrs. Huerta 'comes to the table' with a very impressive background and well-earned level of respect in Emergency medicine, Emergency Medical Services, the Fire service, and also as a well-known and sought-after Nurse Practitioner in the community. She provided some of the most interesting lectures that included many inter-digitations of various patients, personal experiences, and a phenomenal knowledge base that complimented each lecture. She was able to teach those of us that were lucky enough to have her as clinical instructor, with some pretty phenomenal 'tricks of the trade', and never let up on HER pursuit to ensure that we had our questions answered, any issues clarified; she too, would open her office door to any of us that needed to speak with her. You could never walk away from her office, or anywhere for that matter, after having engaged her in a conversation about scholastics, clinicals, the world of medicine, or even medical-surgical skills, without having gained a vast appreciation for how hopeless you felt initially...and how hopeful you felt after you took the time to really 'listen' to her, and what she had to offer you. Mrs. Huerta, to you we say, "THANK YOU!", as well!

Mrs. Valadez taught us about how to truly respect the pediatric population with respect, both clinically and didactically. So many of us approached our pediatric rotations with a true apprehension and fear; her ability to provide the necessary information in our theory classes, as well as in the clinical setting enabled many of us to gain a healthy respect for the pediatric patient and not to fear 'the little people'! Mrs. Valadez, "THANK YOU!" doesn't seem enough for us to say!

To Mrs. Leifer, thank you for sharing your years of personal experiences to make clinicals come to life. You are truly dedicated to helping us learn Pediatrics.

Lastly, a BIG, BIG “THANKS!” goes out to each of the adjunct staff that provided assistance in our didactic and clinical education. To Mrs. Fontaine, Mrs. Kroetz, Mrs. Anich, and Mrs. Richards....each of you were awesome! Each of you helped us make it over the bumps in the road that leads us down the path to our destiny. You have left an indelible mark on each of us, for which we are truly thankful!

In closing, I personally would like to thank the students in N2 for allowing me the opportunity to serve as your class president and to represent each of you, as well as the nursing program on campus, at meetings, at the SNO meetings, with the instructors, with members of the community, and with our fellow nursing students in N1, N3, and N4 on both campuses. I am honored to hold this position and will continue to do so with passion, dignity, compassion, and our best interests in mind! Have a great summer!

Linda Carroll

N2 Class President, City Campus

Nursing 2 (March Education Center)

The end of another semester is just around the corner! Only a few weeks away and we will be free to see our families, clean our houses, play with our pets and even sleep all day if we want. We started off as scared Nursing One students, not knowing what the days had in store for us and now we are almost half way done through our journey as nursing students. This has been such an amazing semester getting to know each and every one of you a little more, learning new exciting skills, and strengthening our abilities as nurses. Remember "we are the nurse, not just a student". I can't believe how far we have all come. Have you all put in a Foley yet? Or helped deliver a baby? I hope that you have all had the opportunity to do so and if not, we still have a few weeks of school left... SO, don't be afraid to ask our professors and the nurses for a chance. Our time to "practice" is now. I know it's scary, but there are times when we are going to do well, and times when we're going to fail. But neither the doing well, nor the failure is the measure of success. The measure of success is what *you* think about what *you've* done. So, just get out there and do whatever it takes to make you succeed!

I was able to attend MEC's first annual Back to School night on May 16th. It was a great success!! We all really appreciated having a chance to bring our friends and family members into our small little facility and show them where we spend all of our time. I hope you can all make it out next semester

~ OK... Now, down to business~ (☺LOL) Like I said in the beginning, summer vacation is in a few weeks! (yay!!!) I know it's exciting, but we have to stay focused on the fact that we still have test # 4 and our Final coming up. We can and will be successful! Just hang in there for a few more weeks guys. Let's ALL study hard, read all of our notes, listen to our lectures over and over and let's pass our tests. Once we pass (and we ALL will) we can sit back, relax, and enjoy our vacation. I guess all I can say now is that I hope you have an amazing time off and I will see you in the fall!

Liz Martinez,

N2 Class President, MEC

Nursing 3 (City Campus)

Just a couple more weeks of clinicals and lectures and the final and we're done with Nursing 3. I can't believe how fast this semester has come and gone. Looking at the faces of the majority of our classmates as well as the instructors, it appears obvious that everyone is looking

forward to a break. Well, hang in there everyone, it's almost over. Thanks to all of you who stepped up to the plate this semester and took on officer roles in our class, in SNO, and in several cases both. If any of you have not already done so take a look towards the end of this newsletter and see just how involved our class has been with SNO this semester. Several of our classmates have offered to step up once again next fall. I wish everyone the best of luck during the remaining couple of weeks. Judging from the hugs and prayers and overall support that everyone was extending before the last exam it is obvious just how close we have all become over the past three semesters. This is such a great class and I know that many lifelong friendships have been made already. A big thank you also goes out to all of the Nursing 3 staff. You're all wonderful. Thanks for the constant encouragement and enthusiasm throughout this semester.

Good luck to everyone on the final!!

Tony Barraza

N3 Class President, City Campus

Nursing 3 (March Education Center)

We are almost done with Nursing 3 here at MEC with just a few more lectures and clinicals before Finals. We have grown closer together as a class and look forward to a summer break and Nursing 16, as we get ready for Nursing 4. We have learned so much from our faculty and clinical experiences to prepare us to Be the Nurse.

Have a great summer. Take some time to catch up with family and friends and have a little rest and some fun. See you in the fall.

N3 Class, MEC

Nursing 4 (City Campus)

Here it is, our last month before we finish this program that we started. It has been a difficult journey but one well worth it. Our instructors this semester have been very supportive and wonderful to learn from. I love Ms. Christiansen and Ms. Fawson teasing each other during class. Ms. Vant Hul is so funny, she makes things seem so simple and makes us laugh too! I believe we are all looking forward to the time when we don't have a test to study for and can get back to a "normal" life with a real job that pays! Yeah! One more test to go and the final and we are done. Stay focused and study hard so we will all walk down that aisle on June 10th.

It has been a pleasure and a privilege for me as well to serve as your class president for 3 semesters and I hope I have represented our class well (although I think Monica would have done a wonderful job of it too!).

Paula Stacey

N4 Class President, City Campus

Nursing 4 (March Education Center)

Greetings from Nursing 4 MEC. Once again this semester is flying by us so fast. I can't believe we are approaching graduation. We started Nursing 1 with an overwhelming load of information. In Nursing 2 we had to worry about mothers giving birth. Nursing 3 was the Psych patients.....OK, maybe for some of that was like being with family. So maybe 3rd semester wasn't so bad. LOL. Now here we are in 4th semester. We were worried about having to take care of critical patients in the ICU. But once again our instructors were right...we can do it. We have done it. Now our goal is to look ahead and plan for our futures as Nurses! So with little

more than a few weeks left for us, we continue working hard and studying for tests. So if you see us walking around campus, mumbling to ourselves. We are probably working over vent

settings or thinking about titrating drips. We should be back to normal soon. So try not to worry.

Larry Lee
N4 Class President, MEC

SNO President

I can't believe this is my last article of the semester...just a few more weeks and the sweet smell of summer will be upon most of us! For many of you, it will be a nice break to enjoy your friends and family again. For those of us who are taking summer session, especially our LVN students, I hope you take a little time out for some R&R! It has been hard semester for everyone, but we have all learned so much! Congrats to our new RN and LVN graduates; I wish you all the best of luck as nurses. You can be proud to call yourself RCC nurses!

Since our last article, I had the great opportunity to attend the NSNA conference in Nashville. Be sure to read my article on my experience. I hope to see some more of you at the next conference! We held our 12th Annual Alumni Reception during Nurse's Week! It was great to see all that went through this program before us and are out living our dreams of being nurses! Thank you to all those that were able to attend and help set up! We also had a great turn out at our recent blood drive on April 29th. Thank you for all those who took the time to donate blood; your efforts help save lives! Join us at our next blood drive over the break in July! I was able to stop by to see the health fair on the Riverside campus on May 5th. Many of our students signed up to take blood pressures; it was not only beneficial to students on campus but great practice for all the students who participated. The last event for SNO this semester was our 1st annual Back to School at the MEC campus on May 16th. I enjoyed seeing the facility and all the family and friends of our MEC students.

Thank you to all the students who participated in SNO this semester; I hope you enjoyed the experience and hope to see you all back next semester as we have a lot of great events in the fall! I would like to give a special thank you to the SNO board for all their hard work this semester: Amber Melonson, Michelle Larkin, Brandy Casey, Megan Alcantar, Nick McGowan, Dawn Mignuolo, Melissa Watkins, Jennifer Helferich, Tony Barazza, Kristen Ebert, Susan Eyman, and Joy Harris. I had a great time with them all! Lastly, to the advisors: Mrs. Valadez, Mrs. Stone, and Mrs. La Cava, you go above and beyond to make this organization as strong as it is. I look forward to working with you all again next semester!

Congrats to the new board for next semester, your time spent in SNO can be as great as you want it to be! Again, enjoy your summer and I will see you all next semester! Nursing 4, here I come!!

Shalyn Stanfield, Nursing 3
SNO President

NSNA Conference

I thoroughly enjoyed my time at conference this semester. The most meaningful experience for me, however, came at the end of the trip.

On the last day, Susan, Claudia, and I exited the airport shuttle, and waited at the curb to

collect our luggage. It took about a minute for me to realize that one of my bags was not there. I was missing my rolling computer bag, which contained my laptop, a textbook, handwritten notes, and my flash drive, with recorded lectures and every care plan I'd written to date. I panicked. I ran into the airport, frantically attempting to track other people who had been on the shuttle, who had, perhaps, mistakenly taken the wrong bag. Everyone had dispersed quickly, though, and I saw no sign of it.

I felt utterly helpless. Susan and Claudia had already begun to help. Claudia was searching around, and Susan was making phone calls, both while trying to drag their own luggage. It was getting closer boarding time. I froze. Claudia grabbed my ticket and remaining luggage and checked in for me. Susan wrestled through the line somehow with both her and Claudia's bags. They both peppered me with comfort and reassurance. I will never forget their faces; it seemed that they might even be sorrier about my misfortune than I was.

We were going to have to walk to the Gate soon. I started thinking about some ways I could replace what would be lost, but it didn't help. We all want our *own* things, especially when we've invested so much of ourselves in them.

Then my cell phone rang. The hotel found my bag; it had apparently fallen off the luggage cart. We were all so happy. The hotel said that they would mail it to me. I began giving my address, and then Susan asked for the phone. The hotel decided that they could send someone over with it right away instead.

I absolutely could not have gotten through that experience without my wonderful friends. And this is one thing I took away: the empathetic support and intervention they exercised with me is the same that we will use in practice as nurses, both with patients and with one another. What a privilege! I can't wait.

Jennifer Morgan, Nursing 2

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“Get Fired Up”

This is one memorable quote I came home with from conference! Carol Grace Anderson wrapped the weekend up with an unbelievable, motivating speech that literally got me fired up. What a way to depart from the 56-acre Opryland Resort and come back to reality. I would recommend visiting her website @ www.getfiredup.com for more information. She has amazing material that will keep you positive and motivated.

I would like to thank RCC School of Nursing/SNO, Mrs. LaCava and classmates (new friends) for the great time and wonderful opportunity I had at NSNA this year. It was an experience to remember, from attending great learning seminars, listening to keynote speakers who had very inspirational speeches, to sitting in as an alternate delegate in the forum listening to debates. I had the opportunity to see the political side of Nursing that I wasn't familiar with and enjoyed hearing the passion behind the fellow students from colleges all over the United States.

We did do a little sight seeing, which included visiting the Grand Ole Opry and hearing some great music, touring downtown where we were able to see the filming of “So You Think You Can Duet” from CMT and took up a little line dancing at the Wildhorse Saloon. Again it was a great, fun-filled week. I would strongly suggest attended a conference if you have the chance.

Kelly Deyoe, Nursing 1

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Over spring break, I had the privilege of attending my 2nd nursing student conference through SNO. This time was the big leagues; the 57th Annual NSNA conference held in Nashville, TN. Myself, Mrs. La Cava and five other students attended to represent not only RCC but as a part of the state of California. Having been lucky enough for it to fall over our spring break, I thought it might be a great chance to get away, learn valuable info, network, and relax some! Well, I was right about everything but the relax part; our trip was jam packed from the beginning and I loved every minute of it!

We were lucky enough to stay at the amazing Gaylord Opryland Resort and Convention Center, a hotel under a 50+ acre dome with multiple arboretums, waterfalls, and plenty to do! It took us two days just to find our way around! Most of us got in on Tuesday and were able to register and enjoy a wonderful Irish restaurant and band in the hotel. The next day started early, a few of our Nursing 2 students took advantage of the Drexel 3-day NCLEX review while I got off to selling license plate frames early! I was able to attend a school president's forum with the NSNA president, Jenna Sanders, and share some of our events for SNO as well as gather information about other great ideas to involve our students more! RCC represented California with two delegates in the "House of Delegates" where all the association business and debate/voting of resolutions/officers is conducted. We took turns sitting in all the meetings throughout the week, and I must say that I am truly fascinated by the process as well as the amount of dedication and passion nursing students all around the country have to the nursing profession! The opening ceremonies were truly grand. We were able to listen to many great speakers including our keynote speaker, Rear Admiral Carol A. Romano, Assistant Surgeon General, Chief Nurse Officer of US Public Health Service who spoke on the theme's topics: "Making it Big-Nursing Students Stepping Up and Stepping Out." The first night party was a country jamboree, fitting to the Nashville setting. We all dressed the part and had a great time with lots of goodies and dancing!

The next day was jammed with many classes to choose from and House of Delegate meetings. Our very own new graduate and past SNO President, Sarah Lassek, conducted the Resolution meetings as the National Chair of the committee (it was great to see her up there representing RCC so well!) We were able to dine/shop at the great Cracker Barrel country store and restaurant that night and do a little sightseeing around the hotel. Friday was a day with many classes to choose from again, as well as bylaws and resolutions to debate and vote on! Most of us attended an amazing pharmacology class by one of the authors of the illustrated cartoon study tools. We learned many mnemonics and songs to remember different classes of drugs by; it truly made it easy! The vendor hall had over 300 booths of nursing schools, hospitals, clothing/supplies, and book sales handing out free goodies and giving conference special prices on products! It is amazing how many hospitals are here for YOU! That night we finally made time for some sightseeing and attended the famous Grand Ole Opry and were able to see Darius Rucker along with many other country greats perform! Thank you Mrs. La Cava!! Saturday was just as busy, with more classes and plenary sessions to attend and of course the last minute push to sell license plate frames! :) Thank you too all the girls who helped me sell them! The closing ceremony was one of my favorites. Our guest speaker, Carol Grace Anderson, was truly motivational and gave us many wonderful quotes and songs to get you through those rough times or just need that extra boost. We enjoyed a late night downtown and were able to visit the

famous Wild Horse Saloon. We enjoyed great food while we watched the taping of CMT's "Can You Duet" reality TV show and followed it up with some good ole' country line dancing to top off our trip!

It was an exhausting but amazing experience I won't soon forget! Thank you to Mrs. La Cava, Susan, Jennifer, Claudia, Kelly, and Crystal for sharing it with me! I feel very fortunate to have been able to attend this conference through SNO. It has given me so many opportunities in our school, in the community, and now among other students in our nursing discipline. I encourage you to participate and join us at conference Sacramento and Phoenix in the fall!

Shalyn Stanfield, Nursing 3, SNO President

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Crack that Barrel!

It was Saturday, April 17, last day of the NSNA 57th annual conference. My classmates and I were completely exhausted from trying to cover everything that was been offered from lectures to the Career Expo, from NCLEX mini-review to politics in the student nursing field. I finally had a chance to take break four hours before I had to leave Nashville, TN. I have no complaints; hotel was beautiful and the convention was more that I could have expected. However, my stomach was hungry and my pockets were broke. Finally, my classmates and I decided to go outside the hotel and get some delicious breakfast at Cracker Barrel at an affordable price. Of course that was not the first time there. I had already tried their breakfast and dinner and I knew that I had to have my final meal there. Even though it was past noon, I had to get their breakfast: the old fashioned Barrel breakfast, which had eggs, turkey sausage, muffins, and a wonderful potato casserole. While having our breakfast, we started to recall our wonderful time in Nashville, TN and how fast our days went by. I have to be honest; I never thought this was going to be that much fun and informative on what is going on outside the school.

Hopefully, you get to experience one of the NSNA conferences in the future while you are in the program because you can get a lot of information on possible employers and how to keep going in the nursing profession. Finally, I want you to remember this: if you go to Nashville, TN, you have to go to Cracker Barrel for a good breakfast.

Claudia Hernandez, Nursing 2

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We hopped on the hotel shuttle, full of anticipation. We imagined what an amazing experience the 2009 NSNA Conference in Nashville, TN would be. We were not disappointed. The National Student Nurses' Association Annual Conference is a unique opportunity to get to know fellow nursing students from around the country. We sat in on the House of Delegates representing our state on a daily basis. We listened to and voted for pro and con arguments to proposed amendments of current NSNA bylaws. These bylaws are statements that NSNA as a group hold to be true. For example, the Student Nurses' Association of Pennsylvania proposed disallowing current RN's from being a part of NSNA including ADN RNs enrolled in continuing education. We felt this was unfair. RNs who are continuing their education have the right to be a member of NSNA and should be allowed to sit on the board. In the end, the proposed change lost by a landslide. We were jubilant. You may download the bylaws at <http://www.nсна.org/activities/bylaws.asp>. NSNA's bylaw statements are sent out to other

organizations including the American Nurses' Association or ANA. I feel I have only begun to scratch the surface of a much larger world; one I would like to learn more about. I want to better understand what sort of impact NSNA has on nursing in general. Currently, I see NSNA as an incredible opportunity for training in the politics of nursing, something we should all seriously consider being involved in. I truly believe that many coming together can make a real difference. Politics are not the only reason to attend conferences. As the NSNA's website states, yearly over 3,000 nursing students participate in NSNA's Annual Convention, which features leadership and career development activities, opportunities to listen to renowned nursing leaders, hear about job opportunities and the chance to network with hundreds of other students. The program includes a state board exam mini review. Truly there is something for everyone at conference. Consider it...by the way, next year's national conference will be at Disney World in Florida. As such, I'll leave you with these words, "It's kinda fun to do the impossible"- Walt Disney.

Susan Eyman, Nursing 2

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Hello Everyone. My name is Crystal and I am from Nursing 1. I can't believe the semester is almost over! I was fortunate enough to be able to go to the NSNA conference just a few weeks back. It was a lot of fun and I'm so happy to have been able to meet and hangout with some fellow nursing students I wouldn't have gotten the opportunity to otherwise.

I signed up to go with a little hesitancy just thinking about the cost and knowing how much I've already spent at school just on food alone. Then I thought about how I may not get to do something like that again, and I do have to say it was worth it. Sitting in, as a delegate for our state and school, was a unique opportunity which allowed me to see how we can play a part in voicing, what we think is in the best interest of our nursing program as well as programs throughout the nation.

We were able to attend various classes such as Pharmacology Made Incredibly Easy, a career expo, and trying our best at selling the license plate holders at our booth. Kelly and I made out like bandits with lots of free stuff that we've given away to some classmates as well as to Mrs. LaCava for the student welcomes and other events. I've already received information packets in the mail from school such as UCLA and Johns Hopkins. The career expo was a great way to network and find out about the different opportunities available to us after we graduate. It was really exciting to hear about all the programs out there for residency training in trauma care, which is where I'd love to be.

The Opryland hotel with its waterfalls and courtyards, and the little bit of Nashville we were able to get out and see was really beautiful. I can't thank Mrs. LaCava enough for our visit to the Grand Ole Opry, and none of us can forget about the good ole Cracker Barrel either! We even got to watch the taping of Can You Duet at The Wild Horse Saloon.

Crystal Frazer, Nursing1, SNO Rep. Alternate

Our Moment of Zen

Love a Nurse PRN



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"Introducing the government's new, cost-effective nursing model..."

Messages from Our Advisors

Here we are at the end of another school year. This semester saw the Blood Bank 175 units richer from SNO's Blood Drives in January and April. We will no doubt add to that number July 1st with our next Blood Drive. The NSNA Year-End Conference during Spring Break in Nashville, TN was an excellent conference with six nursing students able to attend and participate in all kinds of educational and leadership workshops, listen to great speakers, participate in the House of Delegates representing RCC and the California Nursing Students Association, and visit exhibitor booths in the Exhibit Hall. I was able to attend some excellent faculty workshops as well as some of the student workshops. The Grand Ole Opry was fun to see as well.

The 12th Annual Nursing Alumni Reception was held during Nurses' Week with Chekesha Culbertson, Class of 2005, sharing her thoughts about nursing at Riverside Community Hospital and her experiences as a nurse. It was apparent that she truly enjoys being a nurse—an RCC Nurse!

The MEC Back to School was a great success. It was nice to see all the students and their family and friends on May 16th and then join the Nursing 2 fund raiser at Jason's Deli in Moreno Valley.

The Nursing Scholarship Awards were held at the Alumni House on May 8th and over \$36,000 was awarded to our hardworking nursing students. Congratulations to all the recipients. Congratulations in advance to the new SNO officers for Fall and thank you to all those who served this semester. Congratulations also go out to our Nursing 4 and VN classes as they complete the semester and get ready for RN and VN NCLEX.

Have a great summer break. Get reacquainted with your family and friends and come back refreshed in the Fall.

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

Class Officers Spring 2009

Nursing 1

Main Campus

President: Nicole Figueiredo

Vice Presidents: Kelly Deyoe, Trisha Zepeda

Secretary: Naquita Paul

Treasurer: Kejal Patel

SNO Representatives: Missy Rogers, Troy Harkins

Alternates: Lisa Gonzalez, Crystal Frazer

Historians: Mark Locsin, Meagan Brannen

Alternates: Melissa Backstrom, Alicia Hernandez

Nursing 1

March Education Center

President: Balinda Ballinger

Vice President: Vergil Cuenca

Secretary: Danielle Paquin

Treasurer: Teenamarie Herrera, Erika Trujillo

SNO Representatives: Tiffany Ramelb, Nicole Castro, Jeff Gutterud

Historians: Mark MacAbuhay, Lizette Sarkissian, Tiffany Ramelb

Nursing 2

Main Campus

President: Linda Carroll

Vice Presidents: Kristen Ebert, Zach Saxton

Secretary: Glecya Lua

Treasurer: Lynn Rodriguez

SNO Representatives: Susan Eyman, Christie Ann Gutierrez, Patti Hawkins,
Claudia Hernandez

Historians: Mimi Adugna, Vanessa Arcenas, Catherine Berner, Susan Eyman, Claudia
Hernandez, Fernando Ortega, Jeannie Reed

Learning Resource Reps: Vanessa Arcenas

Curriculum Rep: Zach Saxton

Nursing 2 (March Education Center)

President: Elizabeth Martinez

Vice Presidents: Alicia Cruz, Andrea McKnight
Secretary: Alissa Haywood, Carmela Hongthong
Treasurer: Arlene Mejia, Katie Ramirez
SNO Representatives: Josette Bustamante, Andrea McKnight
Historians: Kimberly Adtoon, Heidi Gallegos, Tuan Nguyen
Learning Resource Reps: Alissa Haywood, Melissa Morren
Curriculum Reps: Melissa Dunigan-Hernandez, Tonna Wright

Nursing 3

Main Campus

President: Tony Barraza
Vice Presidents: Amber Sparks, Shalyn Stanfield
Secretary: Brandy Casey
Treasurer: Megan Alcantar
SNO Representatives: Melissa Boyd, Jennifer Helferich
Historians: Danielle Howe, Michelle Wagner-Douglas
Learning Resource Rep: Samantha Wood
Curriculum Rep: Katie McCafferty

Nursing 3

March Education Center

President: Toni Tapia
Vice President: Amy Bernacki
Secretary: Jeremy Louden
Treasurer: Priscilla Rosal
SNO Representatives:
Historians: Jacqui Woods (Flex), Maggie Stevens, Jennifer Vazquez
Learning Resources:
Curriculum Rep:

Nursing 4

Main Campus

President: Paula Stacey
Vice President: Carrollyn Wakefield
Secretary: Crystal Perez
Treasurer: Chelsey Howe, Christina Dautrich
SNO Reps: Stack Hook, Rachel Rodriguez
Historians: Connie Alvarado, Kristen Santiago, Chelsey Howe, Vanessa Elevazo
Learning Resources: Charlotte Jones
Curriculum Representative: Jodi Torske

Nursing 4

March Education Center

President: Larry Lee
Vice President: Ariana Robles
Secretary: Lindsey Salapare

Treasurer: Erin Goetz, Dalene Knight
SNO Representative: Mercedes Lorenzo
Learning Resources Representative: Kendra Green
Curriculum Representative: Kim Scotese
Historians: Holly Gannon, Dalene Knight, Carla Carter, Judie Black, Kim Scotese, Melissa Marty, Helma Guinn, Shelley Burgoon

VN

President: Nicholas McGowan
Vice President: Hillary Strong
Secretary: Reina Ixtlahuac
Treasurer: Mary Ann Van Fossan
MAC:
Historians: Angelina Flahiff
SNO Reps: Mary Ann Van Fossan
Environmental Engineers: Pamela Salmon
Learning Resources Representative: Ryann Kelce

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**SNO Officers
Spring 2009**

<i>President:</i>	Shalyn Stanfield, N3
<i>ADN Vice President:</i>	Amber Melonson, N3
<i>VN Vice President:</i>	Michelle Olson, VN
<i>Secretary:</i>	Brandy Casey, N3
<i>Treasurer:</i>	Megan Alcantar, N3
<i>ICC Representative:</i>	Susan Eyman, N2 Coordinating
<i>SNO Flurry Editor:</i>	Tony Barraza, N3
<i>Allied Health Commissioner:</i>	Kristen Ebert, N2 and Susan Eyman, N2
<i>Scholarship Chair:</i>	Dawn Mignuolo, N3
<i>Alumni Association Liaison:</i>	Nick McGowan, VN
<i>Historian:</i>	Melissa Boyd, N3 and Jennifer Helfrich, N3
<i>Breakthrough to Nursing:</i>	Joy Harris, VN

SNO Meeting Calendar Spring 2009

July 1, 2009 Blood Drive

**SNO Officers
Fall 2009**

<i>President:</i>	Shalyn Stanfield, N3
<i>ADN Vice President:</i>	Amber Melonson, N3
<i>VN Vice President:</i>	Open until Fall
<i>Secretary:</i>	Brandy Casey, N3
<i>Treasurer:</i>	Megan Alcantar, N3
<i>ICC Representative:</i>	Kelly Deyoe, N1
<i>SNO Flurry Editor:</i>	Tony Barraza, N3
<i>Allied Health Commissioner:</i>	Kristen Ebert, N2
<i>Scholarship Chair:</i>	Jennifer Morgan, N2
<i>Alumni Association Liaison Halloween Town:</i>	Hillary Strong and Theresa Vinyard
<i>Historian:</i>	Crystal Frazer, N1 and Jennifer Helfrich, N3
<i>Breakthrough to Nursing:</i>	Joy Harris, VN and Linda Carroll, N2

SNO Meeting Calendar Fall 2009

- September 14 Welcome Tea
- September 19 Back to School, RCC
- October Back to School, MEC
- October 5 SNO meeting
- October 16-18 CNSA Annual Conference, Sacramento, CA
- October 19 SNO meeting
- October 29-November 1 NSNA Mid-Year Conference, Phoenix, AZ
- November 2 SNO meeting
- November 16 SNO meeting
- December 1 SNO meeting

Happy Summer