

SNO Flurry

Student Nurses' Organization



Riverside Community College Student Nurses' Organization Newsletter

November 2008

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Message from the Dean/Director

Happy Fall!

The weather is finally a little cooler as we head into the final stretch of the semester. Do not lose momentum because the end is near!

Recently, the School of Nursing was asked to write a report for the RCC Board of Trustees to let the Trustees know more about who we are and what we do. Do you know that last year we were the #2 ADN program in the entire state for number of RN graduates? And, that nationwide we are #24 in number of Hispanic RN graduates? And that we are among the only 10% of ADN programs in California that is NLNAC accredited? And that our VN and RN programs consistently have the best NCLEX pass rates in the state? Or, that we hold 45% of all grant funds at RCC? These facts among many others show why we really do have the best nursing program in the state!

Congratulations to all of you who took time out of your busy schedules to participate in Halloween Town – you are a credit to our department! I can't wait to see your "Cars, Trucks and Things That Go" tree for Festival of Trees in a couple of weeks. And finally, thanks for all your professionally worded reports at the Joint Student/Faculty/Faculty Committee. I am sure it was very uplifting for the facilities to hear your words. I and the rest of the faculty truly appreciate your dedication and service to our program.

Here's hoping for a quick and productive end to the semester!

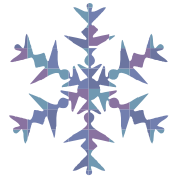
Sandy Baker, RN, DNP
Dean, School of Nursing

Message from the Associate Dean/MEC

Greetings from the March Education Center!

The semester is 2/3rds over and we can all see the light at the end of the tunnel. Keep focused on your goals, persist in being committed to attaining your dreams, and you will be successful.

In light of the recent integrity concerns that have surfaced in our programs we all need to be diligent in remaining true to the standards of our profession. These standards are what set us above and apart from other professions. Nurses are the most trusted of all professions and there are excellent reasons that our patients have entrusted their care to us! We need to adhere to those very standards that inspire that trust! Don't be tempted to take short cuts, take the easy way out, or compromise your ethical and moral standards. You will be harming the profession of nursing, our program, yourself, but most importantly, your patients! Think carefully and thoughtfully about the choices you make!



Well, we are now well into November and we will be soon into the holiday season! Even though our nation's economy is struggling and we may be facing some challenges, we have much to be thankful for. We are all associated with a wonderful profession where we can make a significant contribution to the health care of our community. We can and do make a difference in the lives of all of our patients and families.

Have a wonderful Thanksgiving time with your family, friends, and loved ones. Keep positive thoughts for all of those less fortunate that we are.

Lisa Howard-York, RN, EdD
and the Faculty and staff at the March
Education Center

Message from the ADN Chair

Hello All Nursing Students,

I am always amazed at how fast the semester seems to progress. I hope you are all keeping up with your studies and are right where you need to be with your grades. I can't emphasize enough that you have so many resources available to you, just be assertive in seeking them out. Don't wait, be proactive!

I would like to take a moment to examine two ideals this month in reference to your nursing education and future career. The first concept I wish to explore is excellence. I was recently asked to define excellence. It is a very abstract ideal that is not easy to define. We all know what it is, but how to define it is a different story. And then further, how do you define it in terms of "nursing" excellence? While I may not have known how to put the definition into words, I knew what excellence was not. I knew nursing excellence could not simply be defined by performing skills perfectly every single time that is simply a demonstration of nursing competence. I also knew that nursing excellence was not performing a procedure better than some one else, that only demonstrates nursing proficiency. I believe nursing excellence comes through persistent application of a habitual attitude of doing well in everything that is done. It is a virtue of character, a descriptor of someone's being. It becomes a part of who you are. The quote I found that seemed appropriate is the following, "Excellence is not a skill. It is a conscious attitude." I hope you all apply the habitual and conscious attitude of nursing excellence, striving to be well and do well. One last quote for thought, "Every job is a self-portrait of the person who does it. Autograph your work with excellence." ~Author Unknown

The next concept I wanted to discuss is integrity. Again, like excellence, integrity is a virtue, a characteristic of being. When someone has or demonstrates integrity (or lack thereof) it is a quality that comes from within. We all have moments where we don't always behave the way we know we should, however, the individual with integrity is able to acknowledge their discretions and correct them because they are driven to do so. I found two quotes that I thought might be applicable to demonstrating integrity. First, "Wisdom is knowing what to do next; integrity is doing it." (Unknown author); and "The time is always right to do what is right." (Martin Luther King, Jr.).

Integrity and excellence in nursing is imperative because our patient's lives depend on our commitment to both. As students, you are in an excellent position to incorporate these qualities into your daily learning experiences so that you will carry them into your future nursing career.

Have a great month. Let me know if I can assist you in anyway. Keep studying, your patients are depending on your diligence.

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

GREETINGS FROM THE VN PROGRAM, November 2008

With the semester more than half completed, thoughts turn to the accomplishments, knowledge acquisition, and skill development that have taken place since week one. VN students who started the program this semester are learning an entirely new language, words of which are creeping into everyday conversations. Have you been regaling your family with talk about HAND HYGIENE, immunocompromised individuals, nutritional deficiencies, body defense mechanisms, and parenteral meds? VN students enrolled in the Fundamentals of Nursing course have completed the study of assisting clients with ADLs and are now embarking on the administration of medications. They are beginning to recognize the responsibility for high quality nursing care that being an “RCC Nurse” entails.

I am so proud of our country at this moment. We have elected a highly competent leader who exudes hope for and confidence in the future, with solid plans to achieve our most essential and cherished goals. Furthermore, we are moving toward full realization of the principles on which our country was founded. Equal rights for all individuals is a value expressed by our founding fathers and shared by the nursing profession. Our country’s growth in the direction of equality and dignity for every citizen mirrors the oath we nurses take when we repeat the Nightingale Pledge. This is an especially blessed and exciting time to be an American.

This is the time to calculate your course average and take immediate corrective measures if the grade needs improvement. Use the resources available to you within the School of Nursing (instructors; SOS; and Skills, Sim, and MLK Learning Labs) and the college (tutorial, library). Remember, your education is one of your most precious assets.

Have a lovely fall!

Sincerely,

Phyllis L. Rowe, DNP, RN, ANP

Vocational Nursing Class

Hello Everyone,

WOW! Week nine, we are over half way through this semester. Since last publication the VN class has learned to create a sterile field, care for catheters, clean wounds, and completed our first working care plan this semester. We have just finished our first rotation and have switched to our second clinical site. Our nerves are thin, fatigue is setting in, and we are all wondering how we can fit more into our day. Hang in there, Thanksgiving is coming.

“If you summon your courage to challenge something, you will never regret it. How sad it would be to spend your life wishing, ‘If only I had a little more courage.’ Whatever the outcome, the important thing is to take a step forward on the path that you believe is right. There is no need to worry

about what others may think. It is your life, after all. Be true to yourself.”
by Daisaku Ikeda

Thank you, VN class, for providing so much candy toward Halloween Town, and your participation the day of the event. Your Ninja warrior spirit has shown pure providing 7202 pieces of candy. Great job!

Joy Harris
VN President

Nursing 1 (City Campus)

Nursing 1 has now added the skill of passing p.o. meds to our growing list of abilities. Our assessments and plans of care are getting better and we have just begun practicing injections in block. We were surprised to find that intradermal injections went more smoothly than expected. Before the month is out I am sure we will all be old pros with the injections.

Halloween Town was a sweet success and Nursing 1 won \$50.00 for the most candy collected. Thank you Mrs. La Cava for your enthusiasm with the extra projects, Nursing 1 is happy to help out when we can. We are so excited to see the decorated tree that is to be sent to the Festival of Trees this year. Also, to those who ordered them, the RCC Nursing School t-shirts will be distributed before holiday break if not sooner. Oh and don't forget to bring in cans/plastic bottles for the recycling project.

I would like to extend a thank you to my classmates for helping each other out and to the students in other semesters for sharing their experiences. Truly we raise one another up. No potential "nurses who eat their young" types here. With just a little over a month to go, I wish you all strength and focus. Soon we'll be able to push the pause button on school and enjoy the holidays.

See you in class,
Susan Eyman
Nursing 1 President, RCC

Nursing 1 (March Education Center)

Hello everyone!

Can you believe how quickly time has gone? We're over our halfway mark for our first semester, and my, how much we've grown! I don't know about you all, but I remember being terrified of the prospect of giving and getting shots from one another, and look at us now! Already learning how to give each other IMs, subQs, and IDs like old pros. We've already given PO meds to our patients and now we're learning how to give them injections. I'm even starting to feel like a nurse a little bit, how about you all?

Now we're putting away our summer clothes and starting to put a sweater on over our lovely white uniforms. 'Tis the season. Part of being a nurse is the desire to reach out and help other people. It is so good that we can participate in events that make a difference in other people's lives. Everyone who went to Halloween Town had a really good time. Thanks to those who participated. Now we are gathering food for a Thanksgiving collection and are getting volunteers to participate in the Festival of Trees to auction off a Christmas tree. Whether in these events or in others, it is good to reach out and help others. It is part of the profession we chose as Registered Nurses.

Melissa J. Dunigan-Hernandez
Nursing1 President, MEC

Nursing 2 (City Campus)

Here we are with one clinical rotation, one more major care plan, and a final exam until we are ready to move on to Nursing 3. It is true what the nursing staff says about the rapid pace of this program. It has been most evident this semester.

We just finished up with our second rotations and, again, the feedback has been very positive from everyone. That twelve hour shift is starting to get a little easier. Our five rotation groups will be wrapping up the last clinical rotation in Pediatrics, Obstetrics, or Meg-Surg.

We have been given many opportunities during the clinical assignments to practice new learned skills and hone skills already learned from Nursing 1. We're really starting to feel like nurses while working in the hospitals. Our clinical instructors and the nursing staff at the hospitals have all been very helpful, patient, and supportive.

Class officers from all of the Nursing classes had an opportunity recently to extend our personal thanks and gratitude to representatives from some of the hospitals our program is involved with. Our class recently finished our first clinical competencies test a couple of weeks ago. From what I understand everyone did pretty well. We will have our other clinical competency test on November 14th. Good luck to everyone.

I want to thank our two class vice presidents Amber Melonson and Shalyn Stanfield for all of their hard work and effort with our license plate fundraiser. They have really gone above and beyond to help our class with the money needed for our pinning ceremony next year. We still have a ways to go and any help with our fundraisers would be greatly appreciated.

On a personal note, it was announced this week that there is an integrity problem with regards to some students and cheating on tests at our school. This is very disheartening and concerning to me. We are students of one of the finest nursing schools in the state and country. It is the responsibility of each and every one of us to uphold the high level of integrity and effort that has awarded the RCC nursing program the reputation it has. Rewards come with hard work and only shame and dishonor come with cheating. Good luck to everyone during the last clinical rotation.

Tony Barraza
Nursing 2 President, RCC

Nursing 2 (March Education Center)

No students during Fall 2008

Nursing 3 (City Campus)

Two rotations down and one more to go and this semester will be over. I hope everyone has inserted an IV (or 2 or 3) and are getting certified. Has everyone hung IVPB's, spiked bags, and d/c'd heplocks? I hope so since we will all have competencies to pass. Don't forget to practice your competencies and don't forget the colostomy! We have to turn everything in December 1st so make sure you have everything signed off. We have one more test to go and then the final so study hard, pass this semester and lets get on to the next.

Paula Stacey
Nursing 3 President, RCC

Nursing 3 (March Education Center)

Well, we made it through another rotation. The mere fact that I am able to write this lets you know I made it out of Patton State Hospital. So no need to forward my mail or come visit me; however, we were able to identify a few "problems" that I have. The good news is that with a little therapy and a lot of drugs I may just be normal again. LOL. The completion of this rotation means we are 2/3 complete with this semester. Is it too soon to be thinking of Christmas? I hope this article finds you all studying hard and successfully making your way through this journey. I want to thank all of our instructors (theory and clinical alike) for all their hard work and dedication. For without all of you this would not be possible! So here is to another milestone and I will see you all at finals!!!

Just a little humor for y'all:

A man spoke frantically into the phone: 'My wife is pregnant and her contractions are only two minutes apart'. 'Is this her first child?' the doctor asked. 'No!' the man shouted, 'This is her husband!'

Larry Lee
Nursing 3 President, MEC

Nursing 4 (City Campus)

Hello everyone! We are more than half-way through our fourth semester in the School of Nursing, counting down each day! We have about 5 weeks to go before our final exam. We just finished up our "Mock Code Blue" week in which we learned about ventilators, ACLS, and the beauty of epinephrine. We used the sim-lab in Nursing 6 and took advantage of Software for Nurses in MLK.

We just received the information on our final care plan for RCC. All of the hours and concentrated effort we gave to care plans in previous semesters have prepared us for this final care plan. Like many other teaching points in Nursing 4, we are looking at case studies and patient plans of care, and we find ourselves saying "It's all coming together!"

Some advice for the upcoming semesters: stick with it! Understand as many concepts as you can. Obviously, there is a certain amount of memorization that comes with the teaching points. However, memorization will not stick with us throughout our careers. Once we understand the concept behind treatments and various pathologies, those lessons will not leave us.

The same information is brought before you time and time again, whether in Nursing 4, on the NCLEX, or when you're a staff nurse caring for your patients. With a conceptual understanding on what it is nurses do on the floor, you can develop your skills to become an efficient, responsible, and safe nurse. For now we have our faculty to assist us along with our reference materials. However, it is up to us to take initiative!

Good luck with the rest of the semester to all the classes out there. We hope you're planning on coming to our pinning ceremony. We're almost done with all of the planning and we hope to see you there!

Sarah Lassek
Nursing 4 President, RCC

Nursing 4 (March Education Center)

Hey Nursing 4 and a half.....Now we're really on the down hill slope!!! Can you believe it? Only 5 weeks to go (well 4, by the time you get this)! Pinning is right around the corner and many of us have already put applications in with prospective employers. Anxiety is high, with exam 3, 4 and the final soon. The PEEP is on, the nitro lit.... ICU here we come....bring it all on...the suctioning, the drips, the pushes and the zeroing. We're ready and we'll fly through this rotation before you know it. Seriously though don't lose focus, and continue support your fellow students. Believe in one another, but most importantly, believe in yourself. You've studied hard and all that hard work will be paying off soon.

It's hard to believe that we'll be able to actually catch up on some sleep soon...but even harder to think that we'll not be seeing each other every week. You guys have been awesome, helping and supporting each other, especially in tough times. I really want to thank everyone from both campuses and all semesters for supporting me recently...although it doesn't surprise me. That's what we do; we care...that's why we're the nurse! Soon enough, we'll actually get paid for it! Whoo Hoooooo!

Sandra Brock

Nursing 4 President, MEC

SNO President

Hello All and Happy Autumn!

SNO has enjoyed a large influx of active nursing students and I want to take this opportunity to say thank you! We have had many students participate in various SNO activities. With several students on the SNO board moving towards our pinning date, it is refreshing to see so many enthusiastic faces lending a helping hand.

Many of these fresh, smiling faces made Halloween Town a tremendous success. "Ninja Nurses" were on site, teaching children how to "kill germs" and reminded them to "wash your hands!" Nursing 1 won the \$50 prize for donating the most candy. It was a very close race! Thank you to everyone from every class who donated candy to this wonderful community event. In the end, SNO won an award for bringing the most pieces of candy to the event.

Coming up this month, we have the Festival of Trees. This event is where various trees are purchased, decorated, and auctioned off for charity. The proceeds will benefit RCRMC's NICU and Pediatric units. The trees will be on display at the Riverside Convention Center starting Thanksgiving weekend. There are about fifty trees to see. Oftentimes, families will come and see the trees and then walk around the Mission Inn, which will be lit and decorated for the holiday season. This year, our theme is "Cars, and Trucks, and Things that Go". We need volunteers to help finish wiring decorations for our tree, as well as decorating the tree itself. I had the privilege of helping out during 2007's Festival of Trees. It was a lot of fun, and plus, by volunteering you're able to see the other amazing trees that going to be auctioned off for charity. I hope that some of you are able to donate your time and help out in this wonderful event.

This semester, please keep track of your volunteer service hours. Activities associated with SNO and those within the community qualify as service hours. Your

forms need to be turned in by Friday, November 14th to be eligible for a service hour award as well as the service award banquet.

The NSNA Reno, NV Conference is coming up November 13th through the 16th. For those who are not able to attend the conference in Reno, NV, I hope you will consider attending the Nashville, TN convention next year! NSNA and CNSA conferences are always interesting and extremely informative. This year, I have the honor of presenting an educational seminar on resolutions. The next SNO Flurry will include a report on my conference experiences as well as a report on the Festival of Trees.

Thanks again for all of your volunteer hours and supportive attitudes! I look forward to meeting more of you around campus and at various functions. SNO has been going strong this semester and it is truly exciting to be a part of. Enjoy your Thanksgiving break and remember to work on your scholarship applications before December!

Sarah Lassek
SNO President

CNSA Conference October 2008

We shook the hand of a woman who shook the hand of Mother Teresa, Oprah and the Dalai Lama. This was one of the highlights of our experience at the CNSA convention. Anne Ryder, previous news anchor from NBC and current President of Ryder Media LLC, spoke to us about her experiences as a journalist, as a patient, and the impact of nurses on her life.

We also attended a session called "Show me the Money" by Emil J. Belvin, CRTP, RCP. During this session, he informed us of various ways to manage finances, pay off student loans, home loans offered to nurses and various tax services offered by his company EZX Co. Then we went to the exhibit hall which consisted of a variety of representatives from hospitals, colleges, scholarships, NCLEX review, nursing websites, and volunteer programs.

This was a great opportunity for us to meet with perspective employers and develop networking skills. All in all it was a great learning experience and we recommend it to all nursing students. One of the things we took with us from this convention is, "It's not how much we do, its how much love we put into it"-Mother Teresa

Megan Alcantar
Melissa Boyd
Brandy Casey
Jennifer Helferich
"The W's"
Nursing 2, RCC

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In nursing school we are so busy studying for exams, doing care plans, practicing skills and sometimes we may think, "why are we doing this"? I went to the CNSA conference in Los Angeles a few weeks ago and I was reminded "why" I am here and what we must do to make it in this fabulous career called Nursing.

The first night we had a key note speaker who was outstanding and Saturday I went to one of the courses that was let by Judy Martin-Holland, Asst. Dean from UCSF School of Nursing. Her speech was about Lifelong Learning and how not to get lost in nursing. She gave us 7 key ways to achieve this:

1. GET UNCOMFORTABLE - Change needs to happen and we need diversity. We must pick up new skills and every exit is the entrance to somewhere else.
2. BE REAL AND TRUE TO YOURSELF - Listen to what it is that you have done and what you feel accomplished in. Seek opportunities.
3. MENTORS AND OTHER POSITIVE PEOPLE - All aspects of life you can learn from your patients. Have positive people in your life.
4. BUILD RELATIONSHIPS - Share with people and if you have a positive experience, bring somebody along.
5. KNOW NURSING, WHAT IT IS AND WHAT IT IS NOT - Nursingworld.org “policy statement” know clinical practice standards. “Code of ethics” we cannot fulfill all codes on our own. Look into specialty organizations.
6. BE A LEADER - “Fake it till you make it” Motivate others and support them. Magnet program = Identify hospitals that value nursing.
7. TAKE TIME FOR YOURSELF - Don’t fill space with activities. Celebrate the little things and transform yourself.

I can honestly say that going to this conference, as well as nursing school thus far, has changed my life and made me see things differently. It is so true that we learn from our patients when we care for them. Not only are we making a difference in their lives but, without them even knowing it, they are making a difference in ours. I would highly recommend to all students, RN and LVN, to try to come to the next conference in the spring because you never know, you may just get the answer.....

Dawn Mignuolo
Nursing 2, RCC

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HELLO everyone! We are on the last few weeks of our nursing program and our trip to the CNSA conference was extremely helpful!

There were some seminars that really helped us to study for the NCLEX and another one to prepare us for interviews and resumes. The great thing about these seminars is that we are using them now. We are talking to Unit Managers and submitting our resumes and of course, studying for the NCLEX! We as nursing 4 students really

encourage you guys to go out there and explore everything SNO has to offer. It really makes you aware of what's out there for you and helps you be prepared!

We wish everyone GOOD LUCK and remember, we can do it!

Joannis Garcia
Grace Fontanllia
SoMi Ko.
Nursing-4 RCC

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In October, I had the opportunity to attend the California Nursing Students' Association (CNSA) annual state convention. While there, I enjoyed a moving opening ceremony featuring Ms. Anne Ryder, a great Oscar-themed welcome party, free educational sessions, and great food.

The first educational session I attended was about interviewing for your first nursing job, presented by Mrs. Sharron Hadick. Her presentation focused on the art of interviewing, such as what to emphasize, what to avoid, and how to conduct yourself. She provided a list of commonly asked interview questions and gave sound advice on what would increase your likelihood of being hired.

I was also lucky enough to attend an NCLEX strategy seminar presented by Mrs. Marlene Hurst from Hurst Review Services. This session was by far the most memorable. With her wit and strong southern accent, Mrs. Hurst is an amusing figure who has the ability to deconstruct an NCLEX question, making it sound ridiculously simple to find the correct answer.

Last but not least, I was able to sit with other students during the Resolution and Bylaws hearing and debate in the House of Delegates, listen to Candidate Presentations for next year's CNSA officers, and vote for resolutions, bylaw changes, and candidates. As the NSNA Resolutions Committee Chairperson, I found the House of Delegates particularly interesting. This year's convention was a great experience and I hope that many of you will be able to attend next year's convention in Sacramento!

Sarah Lassek
Nursing 4 President RCC
SNO President

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I attended the seminar "Finding the Right Coach", led by Sue Faron, RNC, MN, CNS. It was a tremendously informative and enriching experience. I was impressed by the profoundly positive effects of intentional, purpose-driven mentoring, and, by contrast, the potentially negative effects of the absence thereof. The mentor, one chooses, will ideally possess character traits such as honesty, discipline, tact, job dedication, and persistence.

Working under the instruction and influence of such a mentor demands willingness to listen, ability to tolerate critique of work, interest and willingness to learn, intelligence, enthusiasm, and professional commitment. My goal is to locate a formal

mentor at my first place of employment, and use that relationship to pursue excellence in nursing.

Jennifer Morgan
Nursing 1, RCC

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This year's CNSA conference in Universal City, CA was a blast. It was nice spending time and getting to know my fellow classmates outside the classroom and clinical areas. The conference itself was very informative and such an eye opener. I arrived not knowing what to expect and left with such a new perspective and respect for my nursing career. I am so thrilled to discover that there are many different opportunities that exist. It was also reassuring to learn that many employers offer new grad opportunities and programs designed to help you in the transition from student to nurse. The experience has ultimately introduced so many possibilities and definitely will influence where I go with my nursing career.

Lynn Rodriguez
Nursing 1, RCC

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It was a great experience staying the entire weekend for the CNSA convention. There were so many interesting lectures that we didn't know which to attend. Susan and Angela had the opportunity to attend the House of Delegates board session wherein the California Student Nurses' Association 2008-2009 Board members were elected. It was wonderful to be a part of that and most importantly to be a representative for RCC. Thank you to the 2nd semester SNO reps for allowing us to stand in your stead while you studied for your exam.

We were able to attend a very moving lecture given by Anne Ryder who was so uplifting in sharing her experiences with us about meeting Mother Theresa. We were all struck with the realization of how important our role as nurses is to other people, especially those less fortunate than us. One line that struck us the most is when she said that to be a great person one should wait and be patient. It takes time to be the best but that it will all be worth it in the end. She also said that sometimes we have to empty ourselves from ourselves because we are our own worst enemy. In other words, we should stop being so hard on ourselves! Sound familiar to anyone? If we free ourselves of ourselves we will be able to see what we truly want in life and be better able to reach our goal and finally make a difference. As they say "no man is an island," this convention proved to us that in order to effect changes in the different areas of nursing, whether it will be politically or professionally, we must be united.

Being a part of this convention made us realize that our choice to be a part of the nursing profession also means that we are a part of a very large and committed community. As nurses, sharing our experiences with one another will not only empower us in our role as nurses in society, but also one another. After this weekend we go home with a new sense of commitment and pride in the profession that we are all working so hard to achieve. The future is truly wide open to each and every one of us. Let us

continue to reach for those goals by obtaining the wisdom and knowledge that will help us help others in the very near future.

Angela Buchler
Susan Eyman
Glecy Lua
Angela Le
Patsy Benline
Nursing 1, RCC

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Sometimes during our nursing school venture, when we are bogged down by studies, late night care plans, juggling our family and jobs, we may stop and wonder how we are going to make it or why we wanted to become a nurse in the first place. I had no idea that by attending this conference, I would be reminded why.

We were lucky enough to stay at the Universal Hilton, and had a fantastic view of Universal Studios. We kicked off Friday night with one of the most moving and inspirational keynote speakers I have ever heard. Anne Ryder, a journalist from Indianapolis, spoke of her life changing experiences with nurses and her interviews with Oprah and Mother Theresa. She came full circle and had the room laughing one minute and moved to tears the next. Later that night, we had a great party themed “Lights, Camera, Nursing in Action” with goodies, dancing, and a lot of fun! The next day was jammed with many classes to choose from, hospital employment opportunities, and continuing education schools to visit, with lots of free goodies to come home with. It is amazing how many hospitals are there for YOU!

I attended a session on choosing a mentor once out on your own. Each hospital has different programs that enable you to receive guidance in those first scary months out of school. A good tip: choose someone who is not your preceptor and who can meet with you each month away from the hospital setting; someone you feel comfortable talking to. In between studying for our Nursing 2 exam that following Monday (yikes!), I had the privilege of sitting in on the delegate nominations and debate/voting on the resolutions presented in the House of Delegates. I felt as though I was in a mini House of Representatives. It is amazing what a voice even nursing students have.

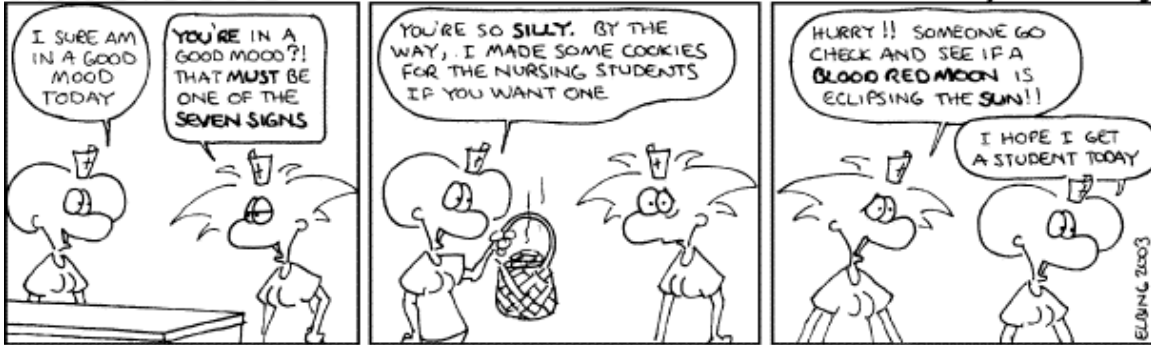
I feel very fortunate to have been able to attend this conference through SNO. It has given me so many opportunities in our school, in the community, and now among other students in our nursing discipline. I encourage you to participate and join us at the NSNA conference in Nashville in the Spring!

Shalyn Stanfield
Nursing 2 VP, RCC

Our moment of Zen...

Nurstoons

by Carl Elbing



www.nurtoon.com

Next article will be due December 5, please email to mcooksey@student.rcc.edu.
For proper credit, please include your name, semester N-1, 2, 3, 4, VN location, City or MEC.

Messages from Our Advisors

Here we are moving at hyper speed it seems toward the conclusion of the Fall semester. Thank you to all who donated candy and participated in "Ninja Nurses" at Halloween Town. I know the children of the community appreciated your community spirit. Thanks also go out to Nursing 1 at MEC for their "huge" donation of non-perishable food items for the Thanksgiving Baskets. ASRCC was so grateful as will the recipients as it fills their Thanksgiving tables. Thank you also to those who have glued and wired ornaments and made bows for our tree "Cars and Trucks and things that go." We will be finishing our tree at the Riverside Convention Center on November 24th so do stop by and hang an ornament or two. Try to bring your family to Riverside for the lighting of lights at the Mission Inn on Friday, November 28th. It will raise your spirits as the holiday season begins. All 50 trees will be on display throughout the Thanksgiving weekend before they complete their journey to their destinations to be viewed throughout the Inland Empire during the holiday season. The money raised will go to purchase equipment and address special needs of the NICU and Pediatric Units at RCRMC. Last year over \$250,000 was raised to fund these units.

Congratulations go out to Brandy Casey, Nursing 2, who was selected as a student textbook reviewer by Elsevier. Her name will soon be seen print.

Last but not least the ASRCC Awards Banquet in December will honor those who have turned in their service hour logs with over 50 hours of service. We will have both Bronze and Silver awards given our members. Many of you give freely of your time and energy and although you may not be honored at that time we still appreciate all that you do.

SNO won an award for having the most chapter representatives at the CNSA conference in October. While many could not attend the NSNA Mid-Year Conference in Reno, November 13-16th, please mark your calendars for the NSNA Year-End Conference in Nashville in April. It promises to be worth your time!!

Have a great remainder of the semester. Enjoy your time with family and friends over the Thanksgiving weekend. Don't forget to complete your Scholarship Applications.

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

Class Officers Fall 2008

Nursing 1

Main Campus

President: Susan Eyman
Vice Presidents: Kristin Ebert (AM), Christie Ann Gutierrez (PM)
Secretary: Vina Eslava
Treasurer: Lynn Rodriguez
SNO Representatives: Patti Hawkins, Laura Scellerup
Alternates: Johnny Betham, Vanessa Arcenas
Historians: Ashley Adams, Fernando Ortega (AM)
Adrienne Solo, Catherine Benner (PM)
Alternates: Sandi Alcala, Shannon Ward

Nursing 1

March Education Center

President: Melissa Hernandez
Vice President: Tuan Nguyen
Secretary: Melissa Morren
Treasurer: Greg Harriman, Arlene Mejia
SNO Representatives: Sheila Woods, Alicia Cruz
Historians: Heather Gish, Liz Martinez, Heidi Gallegos

Nursing 2

Main Campus

President: Tony Barraza
Vice Presidents: Amber Melonson, Shalyn Stanfield
Secretary: Michelle Barilics, Brandy Casey
Treasurer: Megan Alcantar
SNO Representatives: Audra Bayan
Historians: Audra Bayan, Jennifer Helferich, Danielle Howe, Amanda Poindexter,
Shalyn Stanfield, Michelle Wagner
Learning Resource Reps: Samantha Wood
Curriculum Rep: Katie McCafferty

Nursing 3

Main Campus

President: Paula Stacey
Vice Presidents: Karan Kalkat and Sarah Porter
Secretary: Crystal Perez
Treasurer: Chelsey Howe, and Christina Dautrich

SNO Representatives: Rachel Rodriguez, Rebecca Clarkson
Historians: Vanessa Elevazo, Kristin Santiago, Connie Alvarado, Kim Lunetta, Chelsey
Howe, Amy Bernacki
Learning Resource Reps: Debbie Tustin, Debbie Ward (Alternate)
Curriculum Rep: Jodi Torske, Charlotte Jones (Alternate)

Nursing 3
March Education Center

President: Larry Lee
Vice President: Dawn Dehdashtian
Secretary: Lindsey Vander Meulen
Treasurer: Dalene Knight, Erin Goetz
SNO Representatives: Mike Buffington, Mercedes Lorenzo
Historians: Holly Gannon, Carla Carter, Dalene Knight, Kim Scotese, Judie Black,
Shelley Burgoon
Learning Resources: Karina Burrotto, Kendra Green (Alternate)
Curriculum Rep: Ariana Robles, Tina Winston (Alternate)

Nursing 4
Main Campus

President: Sarah Lassak
Vice President: Jose Batac
Secretary: Julie Sanchez
Treasurer: Jazelynne Yusi
SNO Reps: Monica Ortiz, So Mi Ko
Historians: Jennifer Giron, Anna Hurtado, Eric Cathey, Delana Lloyd
Learning Resources: Kim Halbert
Curriculum Representative: Amy Buckler

Nursing 4
March Education Center

President: Sandy Brock
Vice President: Amber Harris
Secretary: Simuoko Nau
Treasurer: Kim Eisenman, Crystal Ceballos
SNO Representative: Camille Marquez
Learning Resources Representative: Maria Barr, Hilda Avalos
Curriculum Representative: Melissa Matthews, Hayel Salha

VN

President: Joy Harris
Vice President: Nick McGowan
Secretary: Reina Ixtlahuac
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 Olmos
 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 (Larkin) Olson , VN
<i>Scholarship Chair:</i>	Amber Melonson, N2
<i>Alumni Association Liaison:</i>	Megan Alcanter, N2
<i>Historian:</i>	Shalyn Stanfield, N2
<i>Breakthrough to Nursing:</i>	Joy Harris, VN

SNO Meeting Calendar Fall 2008

November 13-16, NSNA Mid-Year Conference, Reno, NV
 November 17, Meeting (Nomination)
 December 1, Meeting (Election)

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

New articles, additions or corrections should be emailed to:

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or

SNO Faculty Advisor, Mrs. LaCava: wilma.lacava@rcc.edu

HAPPY THANKSGIVING