

Volume 8
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Lifeline

Newsletter



University of Central Florida
Student Nurses' Association

The Editor's Piece: Why I Decided to Become a Nurse

Written by: Amanda Wimmersberg, SNA Media Director

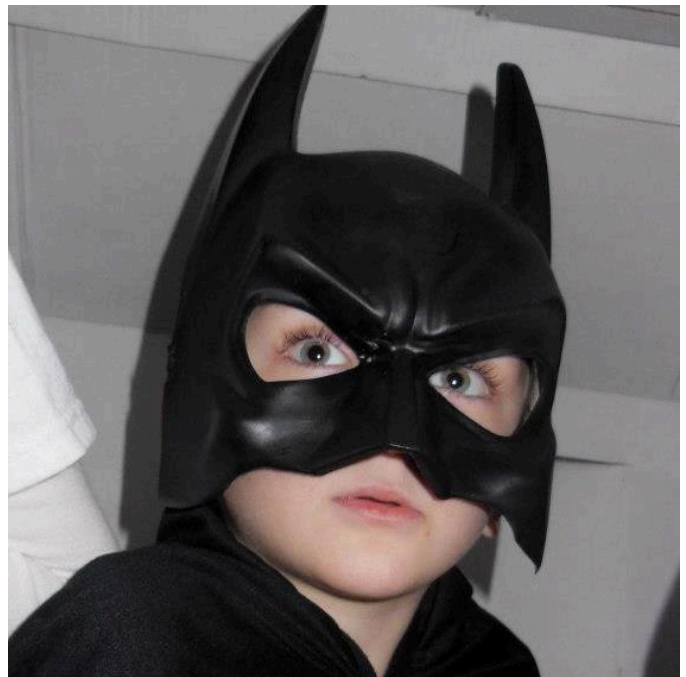
Everyone has a different story of why they wanted to become a nurse in the first place. My story begins with a life event that will remain in my heart forever. My boyfriend and I have been together for 6 years so naturally his family is mine and vice versa. About 3 1/2 years ago my boyfriend's 5-year-old nephew, Colin, had been feeling sick so naturally they brought him to the doctors to get checked out. They thought it was just the flu or something else that he caught at school. After countless tests, the diagnosis came back. It was Acute Lymphocytic Leukemia.



I will never forget that day, because it was really the day that started to change my life forever. Within a week Colin was hospitalized at the Children's Hospital of Philadelphia to start his chemotherapy treatments. For about a year, my boyfriend and I would go visit every single Saturday. Each time I would watch the nurses take care of Colin as if he was their own child. I thought to myself, "Wow, I don't know how these nurses do it." They had so much patience. They showed us so much love. They were so compassionate. They were so knowledgeable. The list goes on. They were truly angels.

After a year of visiting every Saturday, my boyfriend called me on Sunday saying that we needed to go and say our last goodbyes. Colin had developed a secondary infection and his little body was just too weak to handle it and developed sepsis. I will never forget walking into the PICU knowing that we would have to say goodbye to this little boy forever. As we walked in, I turned my head and saw two nurses down the hall hunched over sobbing into their hands. As we said our goodbyes, those same two nurses came in and gave us all hugs and said they were so sorry for our loss. That was when I knew I wanted to become a nurse.

So when people ask me why I decided to become a nurse I tell them... I want to become a nurse, because I want to positively impact, not only my patients, but my community as well. I want to become a nurse, so that I can give away my whole self in order to help someone else. I want to become a nurse, because I want to make a difference in someone's life. There are days where I ask myself why I got myself into this, but then I think back to that day. I remind myself of why I wanted to become a nurse in the first place, and that will always be enough.



Quick Tips for Stress Reduction

Written by: Corrine Medeiros, SNA Historian

As nursing students, it seems as though stress is almost second nature; a permanent part of our personality. We have become accustomed to always worrying about the “next thing” whether that is a check off, upcoming exam, clinical paperwork, or any one (or ten) of the various assignments due. It seems comforting to think of the “great big future” and the days where we will no longer be students, but full-blown registered nurses. Even without having to balance school and clinical rotations, RNs STILL experience stress and this is something I have witnessed through having many nurses in the family and befriending nurses around me. Stress can be a good thing if the body and mind respond appropriately, but too much stress can be harmful to your body and lower your immune system. No one wants to be sick during final exam period, right? Here are some stress reduction tips that I used throughout my first year of nursing school and continue to use to this day.



Find a hobby that you are passionate about. It is very easy to get caught up in the throes of studying for an exam and to neglect your most basic human needs. Burn out does exist and can be very damaging to the mind and body. Throughout my years of college I have learned that setting myself a study goal for the day and dividing that goal into several increments works. In between those increments, I set aside 30-45 minutes of time for myself and spend that time on something I love doing. For me, it is reading a book or playing with my dog! Make sure that while you are taking your break, you are focusing on the present and not concerning yourself with the future. What's the point of a break if you are not relaxing?

Burn a candle while studying. I always have my Bath & Body Works "Stress Relief Eucalyptus Spearmint" candle on hand while studying! Not only does it set a calming atmosphere and make me feel more relaxed, but also the scent is something I can tolerate for hours. Studies have shown that smelling a particular scent when studying, and then smelling the same fragrance upon taking the exam can help you better recall information. So slather on some "Stress Relief" hand cream before you head to the college!



Check in with your body.

Sometimes we do not notice how tense we are until someone points out how stressed we look. If you are feeling particularly uptight and worried, take a minute and check in with your body. Are your shoulders tense and drawn upright? Is your face scrunched up in anxiety? Is your breathing faster than it should be? If you find any of these to be true then it's time for you to take a minute and relax these muscles while slowing your breathing. Drop your shoulders and relax your facial muscles. For me the result is instant and I feel my stress levels drop!

Reach out to friends and family! It is easy to get caught up in your stress and feel alone in your struggles. No one will understand your stress better than your nursing family in the College of Nursing. Talk to your friends and you will realize you are not alone in this. When I am feeling particularly stressed I call my family and catch up on what I have missed and I am often left laughing and forgetting why I was worried in the first place.



Listen to music. I am an avid music lover and spend over 75% of my waking hours listening to music. While studying, I listen to movie soundtracks and instrumental tunes. Before exams, I listen to Beyoncé to boost up my confidence! Studying in deafening silence for hours on end can be almost torture. As someone who loves multitasking, I find the extra sensory stimulus helps me study better and stay focused on the task at hand. Listen to the music you love or try something with less “noise” and listen to nature tracks like waves on the beach, birds chirping, or rain sounds. Spotify has an abundance of options.

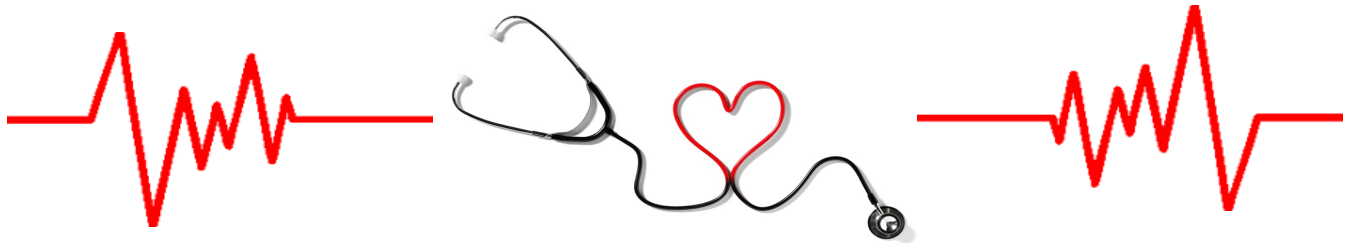
Everyone has his or her own way of dealing with stress but I encourage you to spend some time and find what works for you! As human beings, we are inherently imperfect and cannot withstand stress for long periods of time. Do your mind and body a favor and relax now and then. You would be surprised to find just how refreshing a break can be and will notice a positive change in your grades and wellbeing.



My White Coat Ceremony Experience

Written by: Alexandra Fox, Basic BSN 2018

The night before the White Coat Ceremony, my nerves were at an all-time high. Was I nervous because I had only been in nursing school for about two weeks now? Or was it because I had to walk across a stage filled with my new teachers, as the Associate Dean drapes me with the symbolic white coat, while my whole family watches? I've come to the conclusion that it was a little bit of both.



As the day approached, I made my way to the Pegasus Ballroom ready to make my transition from a student, to a student nurse. Hearing the Key note speaker express her long journey from a student with a business degree, to becoming a student nurse, and eventually going on to become the nurse manager for the Emergency Department at Orlando Regional Medical Center, made me realize that anything is possible with the right mind set. Hearing her speak of the recent Orlando Pulse Nightclub tragedy brought tears to my eyes because of how cruel the world can be sometimes. But then a feeling of contentment struck through my body as she went on to tell how every victim from that night has officially been discharged from the hospital as of now. She no longer refers to them as victims, but as heroes. As she ended her speech, I was touched by her stories and now I no longer look at the survivors of that night as victims, but as heroes who never gave up and stood by each other despite race or gender.

The next part of the ceremony was approaching and we were to be called up alphabetically to be cloaked in our white coats, to mark the transition into our clinical experiences. Adrenaline was pulsing through my veins as I took each step closer to the stage. All of that faded away as Dr. Maureen Covelli simply said, “Hey Allie.” In her eyes, she was just greeting a familiar student, but to me, this meant everything. She had remembered me from class, after only being in two of her classes so far. I felt like a kid in a candy shop with how excited I felt to be acknowledged and remembered.



I then related this feeling to the story from my health assessment teacher, Dr. Gonzalez, how she had been recognized in a store as the nurse who helped save a man’s life after his heart attack. Although we did not become nurses for the glory or the recognition, receiving that recognition puts an entire new outlook on the profession of nursing, and how rewarding and truly amazing it is to be a part of someone’s life during their most vulnerable moments. No one wants to receive bad news, or hear that a family member isn’t going to make it, but knowing you have someone there by your side, even just to say “this must be so hard for you, but I am here,” makes a world of difference. That is what keeps me going every day. Knowing that one day, someone could say to me, because of you, I did not give up.

Although nursing school is tough, and balancing life with school can seem hard, it is just an obstacle in achieving your dreams. “Never sell yourself short, hard work and passion always pay off.” These wise words from Corrine Medeiros remind me every day that believing in yourself and having confidence in the decisions you make, will not only make you a better student and nurse, but a better person.



***Congratulations to both the Basic BSN 2018
and the Accelerated 2018 Classes
on being cloaked at your White Coat Ceremony!***

A Day in the Emergency Department

Written by: Haley Congrove, SNA BTN Director

There are so many questions I get asked on a daily basis. Such as what is a typical day like in the Emergency Department? What is the craziest thing you have ever seen? How is the trauma center? It's funny. Hilarious, actually. Because quite frankly, there is no such thing as a "typical" day in the emergency department.



How my day starts off:

4:45: My alarm goes off. I quickly swipe right and close my eyes until the final buzzard goes off.

0500: *My favorite Dustin Lynch song starts to play* I roll over in bed and read the subtitle "The ED is waiting on you!"

My feet hit the floor, I look at my un-brushed curls in the mirror, and head into the bathroom to brush my teeth.

I grab my lunchbox, my book-bag, my keys, and then head out the door by 0555.

0620: I roll into Dunkin Donuts to greet the morning crew and to pick up my iced coffee.

0630: I walk into the "Bucket" where I am greeted by the most wonderful people, my coworkers. We sit and laugh, eat our breakfast, and pray that we get assigned somewhere with our friends.

0645: It's show-time.

Rewind: 0445-0645: The only "predictable" time of my work day.

The Emergency Department that I work at is also a Level 1 Trauma Center... So what does that even mean?

It means that you are caring for patients during the worst moment(s) of their lives.

It means that anything, and I mean ANYTHING can come crawling, screaming, walking, rolling into those emergency room doors.

Sepsis? Code? Burns? MVC? Attempted Suicide? Open fractures? Stroke? STEMI? Laboring woman? Overdose? Whatever it is. You better be ready for it. Trauma does not discriminate. It affects every age, race, and gender.

When caring for patients at a time like this, it requires a whole new level of patience and understanding. I find myself feeling selfish at times because I tend to get lost in all of it... the stress... the tasks... the craziness... that I sometimes forget that none of this is about my feelings or thoughts, but solely on the well-being of the patient that lies in the bed in front of me. These patients are scared. So scared. Many think that they are going to die. Many patients are so confused by all of the machines, wires, and tubes that their illness intensifies because of the amount of stress their body is enduring.

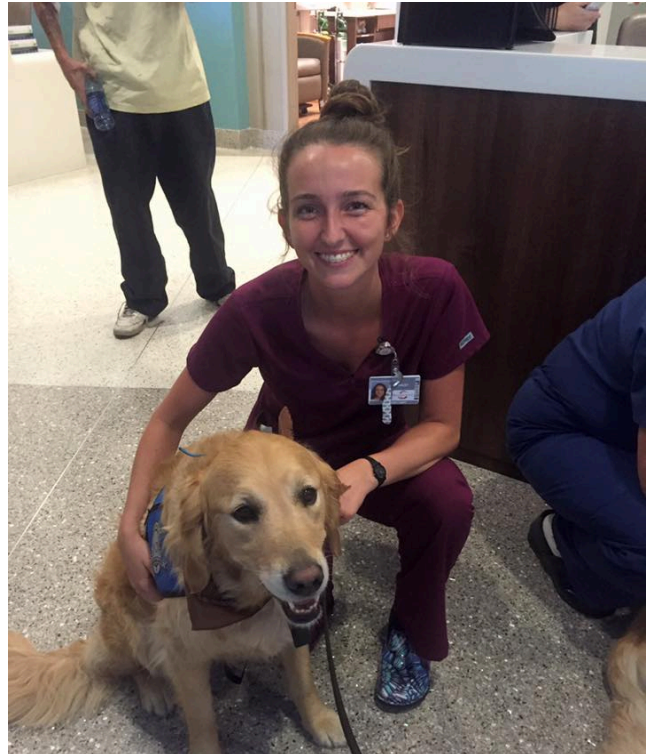


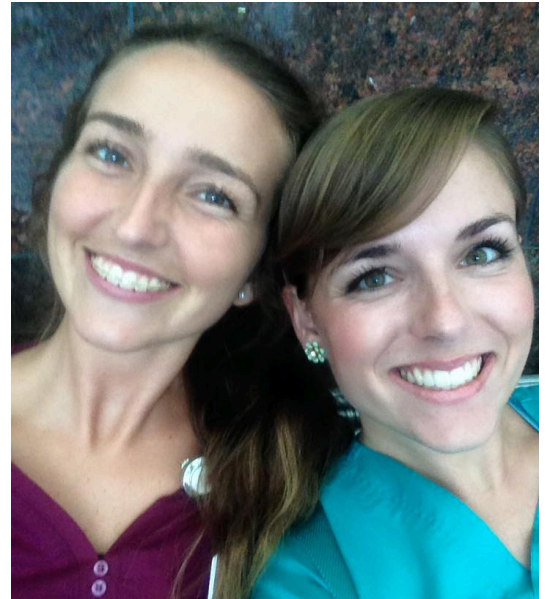
BEEP (Overhead speaker)
“Staff, we have reached ED
Phase I” “We have a level 1
Sepsis Alert” “Person Down”
or my favorite one... “Staff...
There is ice cream in the
bucket”.

Screaming patients.
Impatient family members.
Smells that one cannot forget.
Life advice from a 98-year-
old on their final day. The last
touch of a warm hand. The
heart rate monitors flat
lining. The sound of the
ventilator turning off. The
cries from family members
who just found out that their
loved one did not make it.
Every. Single. Day.

When I first started in the
Emergency Department, I did
not understand how my
coworkers around me were
smiling, laughing, and at ease
when all of these horrific
events surrounded them. It
did not click.

It clicks now.





They are not at ease. However, they are well-trained, knowledgeable, and well-equipped health care providers who are able to work efficiently under very high levels of pressure and stress. They can think on their feet and anticipate needs like I have never seen before. It is one of the most beautiful things to see during a trauma alert. Twenty people surrounding an individual, all working in this chaotic synchronization for the patient in front of them. Every shift, I know that I am surrounded by real life superheroes who are going to implement every life-saving measure needed in order to keep their patients safe and alive.

I walk around all day thinking “why” and “how”. Every patient event fuels my thoughts and motivates me to learn more so that one day I have the knowledge and skills to save them, too.

All in all, every day in the ED is a huge mystery. A huge organized mess. A huge whirlwind of sick people and broken things.

But all of it. And I mean every single part of it. Is worth it. I would not change a single thing.

Faculty Spotlight!

Written by: Dr. Maureen Covelli, Associate Dean & Associate Professor

I feel that I am the epitome of “never say never”. When I finished college, I just wanted to practice. Research, teaching and administration were not for me! My college Dean and my Fundamentals instructor are probably having a good chuckle at my pathways!



I was born and raised in Queens, New York City. When I was 16, my brothers and their friends were playing baseball in the neighborhood park on an asphalt field with cement benches by third base. One player made a great play and slid into third base and the cement bench! Blood was everywhere, and all we could do was stand there! I hated the feeling of helplessness! My mother was a nurse and she always knew how to take care of people. I wanted that knowledge. I decided to become a nurse.

I went to Hunter College in NYC for my BSN. I did my practicum in the Bellevue Hospital Emergency Ward. The EW was a unique, 24 bed multi-specialty level 1 trauma/ICU unit. Usually a nurse needed 1-2 years in the regular ER or ICU to be considered for this unit- but opportunity struck when 4 nursing staff abruptly left and 2 of my fellow new grads and I were hired! My years at Bellevue developed and defined my career and also introduced me and my husband! Two weeks after we got engaged, he was notified that it was time to serve Uncle Sam! It was during the Vietnam era and he had a 2 year commitment to the Navy. I took the opportunity and joined the Navy as a “buddy”. That is how we found Orlando! In 1973, Orlando was a small town and the Orlando Naval Base was a major training center. This NYC girl had some culture shock! The hospital had a great ICU and staff, but buildings were Quonset huts. We would ride bikes on what is now University Boulevard, along cattle and horse farms. Florida Technical University (FTU), now UCF, had 3 buildings and reflection pond. What a difference time makes.



We returned to NYC and Bellevue Hospital. I took advantage of tuition reimbursement and attended New York University. I enjoyed the grad school experience and growth! We eventually moved back to Orlando to raise our family. Our 3 daughters and their families live in the area, and we have 8 grandchildren. I worked at Winter Park Hospital in various capacities and did adjunct teaching. I even had UCF nursing students on my unit. A colleague informed me UCF was looking for an instructor and that I would be a perfect fit. I took the position, thinking that I would try it for a year or two and have summers off. That was in 1989- and I am still here!



UCF and Nursing at UCF have grown. The Nursing Department became a School of Nursing and then a College of Nursing. Along the way, I earned a PhD from the University of Florida. My physiologist mentor inspired my love of research. I had the unique experience of attending UF during the times my 3 daughters were there. The College of Nursing has been a great experience. I have had the opportunity to teach clinical and didactic undergraduate and graduate courses, conduct research, and participate in University activities. Three years ago, I became the Associate Dean for Undergraduate Studies. I realized that I enjoyed the challenges of administration. I continue to teach Pathophysiology and the Professional Seminar. I want to be a part of the education and development of the next generation of professional nurses.

I have taken opportunities to challenge myself and gain knowledge. My pathways were convoluted but mine. Along my nursing journey, I have had great experiences, mentors, and stories to tell. So for you, I wish you joy on your journey and stories to tell!

True or False Questions About Dr. Covelli!

True or False: I am part of the Covelli who own Panera Bread.

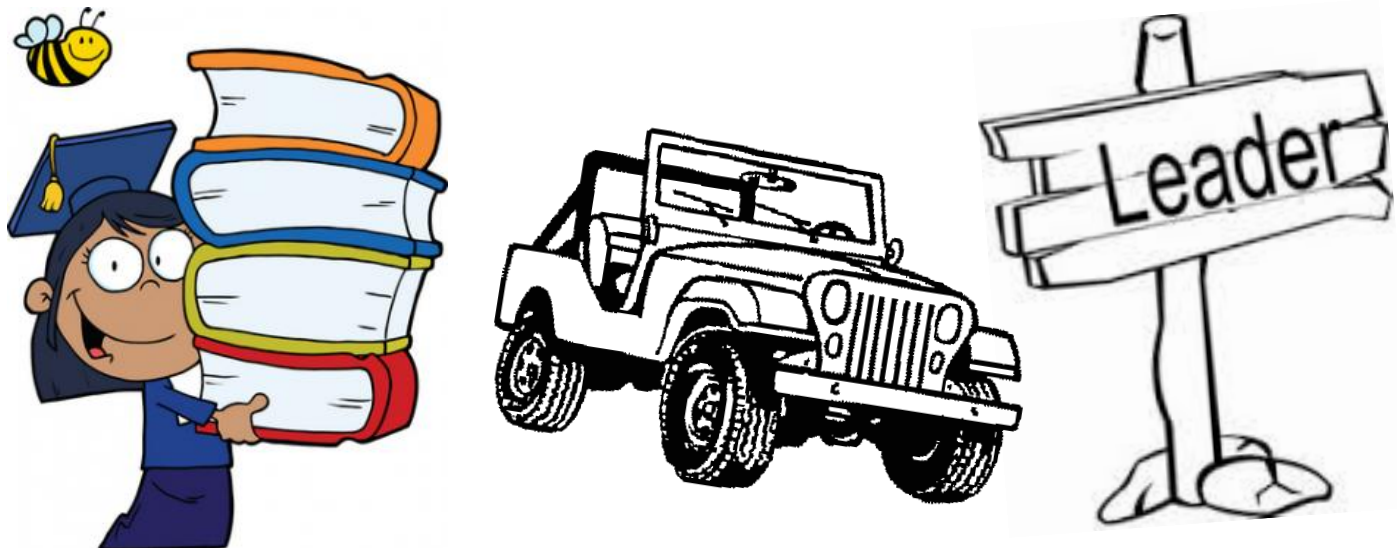
Answer: False. Sorry no free food!

True or False: My class president was Florence Nightingale.

Answer: False. I was!

True or False: I own a Jeep and love taking it to the mountains.

Answer: True!



Catching Up With Cocoa: September Events!

Written by: Alysha Andrus, SNA Cocoa Web Administrator

This month, UCF Cocoa had two main events. A fundraiser at Pizza Gallery of Viera, and the Sock Hop for Down Syndrome and children with special needs. A huge thank you to Pizza Gallery for coordinating “Pizza with a Purpose”! Everyone who mentioned “Pizza with a Purpose” donated 15% of their check to our organization! Thank you to all the SNA members who attended this event!



The night of Friday, September 23rd is one that we will not forget. UCF Cocoa SNA participated in the “Sock Hop for Down Syndrome and children with special needs” at Kiwanis Park in Merritt Island. These kids had such a great time dancing and engaging in all kinds of fun activities. These children had such a great time and are some of the happiest, most confident people we have ever met! We are thankful for the opportunity to meet such great people and hope to see them again soon! We held a hula hoop contest, bubble blowing contests, and supplied everyone with cool, refreshing Root Beer Floats and they were delicious!

Doorway to Daytona: Public Health Nursing!

Written by: Samantha Meere, SNA Daytona Historian

As nursing students, we are constantly reminded of the various routes we are able to take with our degree. However, beginning our clinicals in the hospital this semester may seem overwhelming to some students, and other options may not be in the front of our mind. It is important not to forget there are other work settings available to us such as the ones we were able to observe in our first semester when working in the community.

Public health nursing is another field that has a need for more workers. With such a broad name, “public health” may be a desirable path for some nurses, but what the public health roles for registered nurses are may be unknown to them. The main priority of public health nursing is to promote health, especially through the form of health education.



School Nurses



Here are some ideas for public health nursing career options:

- **Public Health Educator:** Educating the public on an infinite number of health topics, such as prevention or disease management.
- **Public Health Nurse:** Administering vaccines and educating public safety practices to areas, specifically underprivileged communities.
- **Disaster Specialist:** Educates the public on safety during various types of disasters, and how individuals should handle a situation when it occurs.
- **Public Health Inspector:** Monitors the safety of specific public establishments.
- **Public Health Planner:** Looks into public health policies and programs, and their effectiveness in preserving public safety.

Our clinical experience from nursing gives a new perspective on these roles we might not associate with the role of a “nurse.” Knowing all options available to us as students keeps us from limiting ourselves from opportunities.



For more information on public health careers visit:

<http://mphprogramslist.com/17-awesome-job-opportunities-for-nurses-in-public-health/>

Doorway to Daytona: Spreading the Word, One School at a Time

Written by: Maria Crescenzi, SNA Daytona BTN Director

As an organization of future nurses, we are fortunate to have the opportunity to share our knowledge about the nursing community with those around us. We are tackling our third semester head-on, while managing to spread the word about nursing and the opportunities available within the profession. We recently traveled to University High School where we had the privilege of educating high school students in the Biomedical Academy about specific career paths in nursing, as well as acceptance into nursing school and the journey throughout.



As nursing students, we often place our focus on utilizing our acquired skill sets. However, without teaching and communication skills, many individuals and families will lack the confidence and independence needed to provide self-care after discharge. Our experience at University High School provided us an opportunity to not only raise awareness about nursing, but to also practice our teaching skills. We were able to develop a presentation that highlights specific nursing career paths while tailoring the presentation to the students based on their questions, which shows collaboration and the ability to think on our feet.

Every single day we are learning to become increasingly more confident in our abilities to provide patient-centered care. Through events such as this one, we find ourselves applying what we are learning in nursing school to situations outside of healthcare, which really reinforces what we are learning and the importance of it all. University High School was only the first stop! We will be attending Westside Elementary School and Spruce Creek High School in the near future! We are only nursing students for a short amount of time, so we must take advantage of all the learning opportunities that we can while we are here, and SNA is a great way to achieve that goal.



Why Everyone Deserves Proper Care

Written by: Camerin Welsh, Basic BSN 2018

The world is full of nay-sayers and non-believers. Humans will not be able to continue living if we disregard the hard truths of the world. The lack of knowledge found in our general population is unbelievably profound. As a nurse, one of the most important roles is to ensure proper education to every patient that walks in that door. Without the necessary education of reliable information, people cannot make informed decisions or think for themselves.



There are some people who may be argumentative, angry, and closed-minded, but there is NO reason why they do not deserve proper care. People with such ill-characteristics just need education and proper, positive communication. There is no reason someone should be trapped in a world/life of despair and lack of happiness. On the other hand, even the most positive and independent people in the world need help sometimes. Spreading vital knowledge, peace, love, and happiness towards everyone is why I want to become a nurse. I want to help everyone be the best person they can be, while retaining a positive view on life. Isn't that what life's about?

Wise Words to the Seniors from a Alumni

Written by: Jae Lim, UCF College of Nursing Alumni

Hello, everyone! My name is Jae and I graduated from UCF College of Nursing this year. I officially became a Registered Nurse on June 28th (Hooray)! I am not going to lie to you: you don't feel like you are finished with school until you take the NCLEX. The memories during the time I was studying for the NCLEX were my least favorite, but nevertheless one of the most rewarding experiences to a journey I embarked on back in August 2014. Graduating from a nursing school is a feeling like no other: you feel liberated. No one, except other nursing students, can fathom what we have to go through. However, that “finishing” feeling dissipated all too quickly when my peers and I started on our NCLEX Prep course. NCLEX is something that we all dreaded in our last semester of school. It is an exam that will dictate if you have the rights to be a Registered Nurse. Yes, it can be nerve-wrecking and I would be lying if I didn't say so. BUT, I am here to tell you that you will make it through and here's why.

1. In the upcoming semester for you, Seniors, is your practicum. This is your time to connect all the gaps that you have in your brain. Ask questions to your nurse preceptor, and there is no such thing as dumb questions. Most people get afraid to ask “dumb” questions, but it is one of the smartest moves that you can do for yourself. You will only be helping yourself, remember that.



**KEEP
CALM
and
PASS
NCLEX**

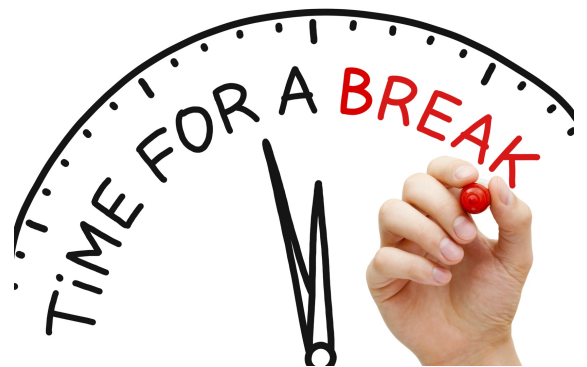
2. Although clinical knowledge is different than NCLEX knowledge, still try to understand the process and the “why’s”. Ask yourself why you are doing certain procedures in certain steps. It is good to get in a habit of this because NCLEX is not about if you can memorize the facts and regurgitate them on the exam, but rather how well you know your information and if you can apply it in a situation.



3. When I was preparing for the NCLEX, I had my test scheduled at 2 PM in the afternoon. As such, I started studying by taking a practice test (75 questions) on the time that I was scheduled. I did this to mentally get my brain to think at that time; I also wasn't much of a morning person either. After I did my practice test, I took a break to decompress myself and then I took my second practice test (75 questions) at night. Some of you may be wondering, what about the book? Did you read the book? Yes, I did read it but only on the chapters that I was weak on and I didn't spend too much time on it. Another question might be, how many questions did you practice before the test? I am one of those students who need to study extra to feel prepared – I practiced over 3,000 questions. No, you do not have to practice this much! It really is case by case. For some people, they needed to practice couple hundred questions to feel ready; for others, they needed to practice more, like me.

4. This is probably the most important one: enjoy yourself and have a break after you graduate. You really need that break right before you dive into your studying. You earned it, too, by finishing nursing school 😊.

Looking for jobs is really not as stressful because nurses are in demand, which is awesome. I am actually not working as a nurse right now. I am in a process of transferring my license to another state, which I was informed would take 3 months. Although it makes me sad to see my other peers working as nurses already, I believe that I needed this gap/break before working as a nurse. I am spending a lot of time with my parents which I never really got to do during college. This decision is entirely up to you whether you want to work immediately after you take your NCLEX or not. Some of you may already get a job offer during your last semester and need to take the NCLEX at a specific time so keep that in mind.



Enjoy, everyone. Nursing school will go by faster than you know it, so take the time to enjoy everything. Best of luck to you all and see you on the other side!

The Major Types of Skin Cancer

Written by: Ryan Woodmansee, Basic BSN 2017

The three major types of skin cancer are basal cell carcinoma (BCC), squamous cell carcinoma (SCC), and melanoma. The BCC and SCC can be grouped into a category called non-melanoma skin cancers (NMSC) and are the two most common types of skin cancer. Both of these NMSCs are highly curable and have an excellent prognosis when detected early and removed properly. ^[1, 2] Melanoma on the other hand, accounts for less than one percent of skin cancer cases, but results in the majority of deaths from skin cancer. ^[3] However, according to the American Academy of Dermatology, melanoma when caught early and treated properly has a cure rate of nearly one hundred percent. ^[4]













Basal cell carcinoma is the most common type of skin cancer. It grows slowly and is usually located on sun-exposed areas such as the head and neck. BCC usually appears as a translucent, pearly papule (smooth, raised bump) on the skin. It is rare for BCC to metastasize, although if left untreated it can grow into relatively close areas and invade the bone or tissues under the skin. ^[5] Unfortunately, BCC has the possibility of returning if not removed completely, and people who have developed BCC have an increased chance of getting BCC in the future in other areas.

Squamous cell carcinoma is the second most common type of skin cancer. It grows faster than BCC and usually appears on the same areas that are heavily sun-exposed such as: face, ears, head, neck, lips and back of hands. Squamous cell carcinoma is usually described as a red scaling bump, and can ulcerate and bleed if not treated promptly. Usually SCC grows into the deeper layers of skin and has a higher chance to metastasize than BCC. It is critical that SCC is detected and treated early because if left untreated SCC can penetrate the underlying tissue which sometimes leads to treatment-related disfigurement such as the loss of an ear, nose or eye.^[6] In a worst case scenario SCC can metastasize to other organs and distant tissue which then becomes life-threatening.^[6]



Melanoma is the deadliest type of skin cancer, although if recognized early melanoma is almost always curable. Melanoma has similar features and qualities of a mole, and sometimes can develop from a mole. The usual description of melanoma is black and brown, but they can also be skin colored. The ABCDE (Asymmetry, Border, Color, Diameter, and Evolving) mnemonic is often used to identify early signs of melanoma, and patients should be notified to seek immediate treatment. Melanoma mostly occurs in adults, but it is becoming extremely more prevalent in teens and young adults from age 15-29 years.^[7] If not treated early, melanoma can metastasize and prove fatal. A contributing factor to many cases of melanoma are repeated and intense UV exposure resulting in sunburn and blisters.^[7]

NORMAL		CANCEROUS
	<p>“A” IS FOR ASYMMETRY</p> <ul style="list-style-type: none"> • If you draw a line through the middle of the mole, the halves of a melanoma won't match in size. 	
	<p>“B” IS FOR BORDER</p> <ul style="list-style-type: none"> • The edges of an early melanoma tend to be uneven, crusty or notched. 	
	<p>“C” IS FOR COLOR</p> <ul style="list-style-type: none"> • Healthy moles are uniform in color. A variety of colors, especially white and/or blue, is bad. 	
	<p>“D” IS FOR DIAMETER</p> <ul style="list-style-type: none"> • Melanomas are usually larger in diameter than a pencil eraser, although they can be smaller. 	
	<p>“E” IS FOR EVOLVING</p> <ul style="list-style-type: none"> • When a mole changes in size, shape or color, or begins to bleed or scab, this points to danger. 	

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Five Fun Fall Freebies!

Written by: Karis Tindell, SNA Clubhouse Director

Fall has officially begun and so have the semester stressors! If you find yourself talking to your mid-cram pumpkin spice latte more than your classmates or friends, it may be time to schedule a break. Whatever you're into, arranging a date night or a short outing may be just the thing you need to keep from becoming a nursing zombie this semester. Here are five ways to enjoy autumn that won't turn your wallet into a monetary graveyard.



Get Cultured! Orlando has a thriving art scene with a little something for everyone. The Grand Bohemian and City Arts Factory downtown boast dozens of the more eclectic styles, while the UCF Art gallery hosts free student and nationally recognized exhibitions. The Cornell Fine Arts Museum (on Rollins campus) and Winter Park Historical Museums also boast a wide variety of pictures you can mutter at while trying to determine what anatomical part Picasso was attempting to paint.

LEGO of it All! If gas isn't an issue, Disney's revamped boardwalk has a cool atmosphere to stroll through too. Be sure to check out the LEGO Imagination Center, where you can jostle amongst youngers for building blocks and be the first one on call when the inevitable ineffective breathing pattern r/t a toy in the nose comes into play.

Pop in for Popcorn! While you're down at Disney, trek on over to the Fort Wilderness Resort for free s'mores, a character viewing, and movie. If Disney isn't quite your speed, redirect yourself to the Winter Park/Central Park/Park Ave area for free 'Popcorn Flick in the Park' hosted by the Enzian Theater once a month.

Stop & Smell The Flowers (while they're still in bloom)! Central Florida has several other natural forests that will help put your mind at ease. You can commune with nature or catch Pokemon at Lake Eola downtown. If you're further north, Kraft Azalea Gardens has Roman architecture to help you get your think on. Black Hammock Adventures on the east side also offers free live gator and bird exhibits along with signature drinks at their Lazy Gator Bar.

Speaking of Drinking... The Lakeridge Winery in Clermont and the downtown Orlando Brewery Company not only give free tours but free booze as well! These are great dates, provided you're of legal age and that it's the one weekend a month you might not be freaking out over an exam.

Each one of these is an excellent stop to make on your quest for the elusive RN. More importantly, they'll leave you refreshed and ready to tackle your next round of BSN projects. So if your desk looks more like a pile of leaves than a pile of assignments – maybe its time to take five!

Ask a Knight Nurse!

What is your favorite thing about the season of Fall?

It would have to be the Food & Wine Festival and Halloween Horror Nights starting back up again!
–Corrine Medeiros

Pumpkin spice lattes! –Jenna Keremes

When daylight savings ends and I get to sleep an extra hour! –
Scotlynn Rose

Everything smells like cinnamon and PUMPKIN SPICE! –Melissa Holgado

Opening up the windows for fresh air, not sweating when I sleep, and having straight hair! –Haley Congrove

Living in Florida, you can still enjoy the beach and catch a tan. –Sarah Snoberger

The great weather for running, and pumpkin spice of course! –Allie Fox

It's socially acceptable to start putting up Halloween decorations! –Lauren Hurley

Halloween Horror Nights, fall clothing colors, and family time! –Shannon Lynn

Pumpkin spice –Hannah Stein

I love the cooler weather, the fall foliage, and the fall holidays (Halloween and Thanksgiving!)
–Kimberly Sarah

Thanksgiving! Family, food, football, and fun! –Meredith Cornell

Although it is fall, many places are beginning to pull out the Christmas decorations! Gives such a lovely sense of nostalgia and eagerness for Christmas! –Eliany Torrez Pon



Sweater weather! –Nancy Rupp

Halloween! –Stephanie Gibbs

Scarves, boots, and oversized sweaters in the chilly weather! –Emma Kaplan

I love the weather when it gets closer to winter –Jade Bowen

Pumpkin flavored everything! Pie, munchkins, iced coffee, cheesecake, coquito, fraps, breads, oreos, seeds, blue moon beer, patches, candles, room fragrances :) –Dhana Concepcion

The cooler weather and the horror movies of course! –
Audrey Thomas

Fall Fiesta in the Park at Lake Eola! –Amanda Sue

PUMKIN SPICE EVERYTHING –Sean Lamphier

Family gatherings and yummy food! –Victoria Wynne

Cooler weather! –Nicholas Gumieny

Announcements & Upcoming Events!



President: I would like to welcome all new positions to the board, especially Carolyn Hair, our President-Elect! Convention tickets are going to cost [\\$15](#) per person for one day for members and [\\$20](#) for one day for non members. We are looking for delegates to come with us for all three days so if anyone is interested, please let us know!

Historian: Keep an eye out for Relay for Life registration information in early October! Also, look out for more news regarding creating the poster for the FNSA convention! We are going to need some artists to help!

Events and Traditions: Our next Events and Traditions event will be the Haunted Lab on October 24th at 6:30 PM on the 6th floor! Admission is \$5 and all of the proceeds will go to our Relay for Life team! We will need volunteers to help set up/break down, scaring, and to help do make up! Please contact Amanda Wimmersberg or Corrine Medeiros with any questions or if you want to volunteer!

Legislative: FNSA Convention is from October 27th-29th! Keep an eye out for more information. Please contact our legislative director, Allison Dascani, with any questions or concerns.

Community Health: We will be attending Knights Give Back on October 22nd where we will be working with the Autism Society of Greater Orlando. The next Share-A-Meal will be on October 30th. Please contact our community health director, Lauren Hurley, with any questions or concerns!

Breakthrough to Nursing: There are a ton of BTN events coming up! We will be going to Timber Creek High School Career Fair on 10/5, Oak Ridge High School Career Fair on 10/11, and University High School Career Fair on 10/12! Please contact our BTN director, Haley Congrove, with any questions or concerns!

Clubhouse: October Breast Cancer Awareness merchandise (shirts, etc.) will be on sale for a mere \$2 each! We also have 5 hour energy drinks available for just \$1! Come by the clubhouse to grab a t-shirt and some energy! Clubhouse hours are on Monday from 12:30 to 1:30!

Fundraising: There will be a Halloween-themed bake sale at the Haunted Lab event on October 24th! Look out for information on our next partial proceeds as well!

Contact info for the 2016-2017 SNA Board!



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Social Media Buzz

Facebook: Student Nurses Association-Orlando
 Instagram: snaucforlando
 Twitter: @snaucforlando
 Website: snaucforlando.com

Top Point Earners

Basic BSN 2017: **Kaman Chang**
 Accelerated 2017: **Amanda Minnis**
 Basic BSN 2018: **Allie Fox**