A Bright Future in Nursing: Together We Can!
It is my pleasure to welcome you to a new school year. You have acted wisely in selecting both Rutgers and nursing. Nursing is a career, and not just another occupational choice. Nursing is academically challenging, physically demanding, and emotionally draining; and will demand life-long choices between personal and professional priorities. Yet, there is no field of work that holds the satisfaction found in the nurse-patient relationship, and presents the opportunity to climb the career ladder to efficiently as nursing. Beginning as a registered nurse after four years of study, the natural progression is to complete a master’s degree, followed by a doctorate if that is part of your life plan. All of these educational experiences are available at Rutgers College of Nursing. But you will not start at the top, and the Rutgers experience will be filled with occasions to care for children, adults, and the aged across varied degrees of health and illness. To the nurse, even illness represents a new trajectory of wellness. The question is always what the patient can do for themselves, and what they would want to do if they had the resources to act.

And from the beginning you will be a Rutgers nurse “in the making” and after graduation a Rutgers nurse “for real.” Rutgers as the “flagship” university for New Jersey holds an eminent national reputation. Our graduates are actively sought by employers from coast to coast throughout the world. The Rutgers nurse is intellectually gifted, clinically astute, assertive and first and foremost the advocate of the patient. Decisions on care are made based on evidence and the preferences of the patient, always the preference of the patient. The Rutgers nurse is often the only ink between the patient and an intimidating experience in the health care delivery system. Your responsibility is great, but your rewards will be greater.

Nursing has richly endowed my life, and I can only wish as much for you!

Sincerely,
Lucille A. Joel, EdD, RN, FAAN
Interim Dean

“Don’t say you don’t have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michelangelo, Mother Teresa, Leonardo Da Vinci, Thomas Jefferson and Albert Einstein.”
~H. Jackson Brown, Author
When I was asked to give words of wisdom, I thought about it for a long time. It isn’t easy giving advice and I wanted to make sure I give words of wisdom that will be used and passed on to others. Here are ten statements of wisdom that I want to share with you:

1. Appreciate the opportunity that you have been given. As an EOF student, you have been given access to resources that other students do not have. Recognize that others have made sacrifices so that you can earn a college degree. Your family, friends, teachers and the entire EOF family expect you to do your best.

2. Use the resources that are available to you. Make sure that you go to support classes, professor’s office hours and seek the assistance of your EOF Counselor. The entire EOF department wants to see you succeed. However, you must do your part! This means going to class, seeking assistance when you need help and asking for clarification on matters that you are unclear about relating to course work or adjusting to the college experience.

3. Be prepared to work at earning a degree. If college degrees were easy to earn, everyone would have one. College is serious business. Make sure that you go to class on time, pay attention in class (no side bar chats or playing with electronic devices), do the assigned readings and submit assignments to professors on time.

4. Get to know your professors. Visit your professors during her/his office hours. Make a point of visiting early and often—even when you don’t have a question. Professors enjoy discussing their research and coursework with students. Let the professor know that you take your coursework seriously.

5. Take care of yourself. You only have one body. Treat it well. Make sure that you get enough rest, sleep and eat healthy, well balanced meals. Take advantage of the Health Center. They have a variety of workshops to enhance your health and emotional well being.

6. Avoid toxic people, relationships and habits. Stay connected with people who share the same goal that you have: earning a college degree. Relationships are wonderful. However, being involved with the wrong people can ruin your life. Stay clear of people who do not have your vision of becoming a nurse. Drugs, alcohol and staying up all night will only distract you and possibly get you dismissed from the university because it will eventually bring down your grade point average. Guard your GPA with your life! Once it goes down, it is very hard to bring it back up again.

7. Good manners will get you in where money will not. Treat everyone with respect and courtesy. Show respect to the EOF staff, your professors, the custodians, and to ALL employees of the university. Do NOT call any person by their first name unless they give you permission to do so. Give respect and it will be given to you as well.

8. Dress appropriately for class. Make sure that you give yourself enough time so that you don’t arrive to class in your pajamas! First impressions matter. If you are not sure what to wear, ask yourself: will my family approve of what I am wearing? You can always check with your counselor if you need help in this area.

9. Limit the number of hours that you work. You are in college for a reason: to earn a degree. You will have the rest of your life to work. College is to prepare you to get the nursing position that you want and to earn a good salary to support yourself. Keep your eye on the prize: a college degree.

10. Enjoy the next four years. Participate in clubs and activities that will make you a well rounded student. Meet new people; take time to find out what your passion is. Graduation will be here before you know it and it is up to you to make the best out of your college experience.

Much success to all of you,

Dr. Valerie Smith Stephens, EdD, LCSW
Assistant Dean, Nursing EOF Program
About the Educational Opportunity Fund Program
At Rutgers College of Nursing

The Educational Opportunity Fund (EOF) Act became law in 1968. As conceptualized by its authors, the purpose of the EOF program is to provide an opportunity for New Jersey students from disadvantaged backgrounds to participate in the state's higher education program. In over 35 years of existence, the New Jersey Educational Opportunity Fund has been the single most important vehicle for low income and minority access to higher education.

The College of Nursing EOF (CN-EOF) program was established in 1977 by Dr. Bobbie Jean Perdue. It is the only EOF program in the state that is tailored to the needs of EOF nursing students. In accordance with state guidelines, the CN-EOF program provides financial, academic and counseling support services to qualified students who demonstrate potential and are in need of support.

In its commitment to excellence, the College of Nursing has developed a flagship EOF program. The program is administered by a Director and is staffed by an Administrative Assistant, Senior Counselors, several coadjuvant faculty, peer tutors, peer counselors and a Computing Specialist. The CN-EOF curriculum consists of 1) a six-week summer scholars institute; 2) concurrent support courses in the Sciences, Math and English; 3) counseling seminars; 4) special topic seminars in writing, test-taking and the nursing process; 5) a pre-junior clinical summer enrichment program; 6) a NCLEX-RN state board review; and 7) student leadership development programs. Individual and group tutoring and counseling services form the cornerstone of our comprehensive, student-oriented service model.

The CN-EOF Program consistently receives the highest ratings in the sector among EOF programs statewide according to the Program's Performance Criteria (PPC). The CN-EOF Program is recognized as a national model and has made significant contributions in the retention and graduation of ethnic minority nurses prepared at the baccalaureate level.

Graduates of the CN-EOF Program have assumed leadership roles as professional nurses in urban hospitals, community agencies, colleges and universities and as school nurses. Increasing numbers of our alumni have returned to graduate school and have completed Masters degree programs in clinical nursing, administration, public health and business. In 1996, Veronica Clarke-Tasker was the first graduate to complete her Doctoral degree in nursing, and many others have followed since then.

The most valuable resource of the CN-EOF program continues to be our students. Primarily recruited from urban districts, CN-EOF students represent the finest that New Jersey has to offer. In the spirit of the excellent tradition that CN-EOF students have brought to the college, we welcome you to Rutgers, The State University of New Jersey, College of Nursing Educational Opportunity Fund Program.
Letters From the Editors

Essence Burrows, Samarah Hall

Dear Class of 2013,

Congratulations! You are one step closer to becoming a graduate of the College of Nursing at Rutgers University. Better yet, welcome to the College of Nursing-EOF family. Just a year ago, I was in your shoes and I truly understand the struggles you went through and the pressures imposed upon you during the six week readiness program. However, I also understand how important it is to overcome those struggles and pressures in order to become a successful student. Each of you, to a great extent, have surpassed our expectations and for that I congratulate you. In the words of W.E.B. DuBois, “The most important thing to remember is this: To be ready at any moment to give up what you are for what you might become.” Along this journey to becoming a nurse you will encounter many obstacles that compel you to be better than yourself, even when you think you are incapable of overcoming those odds. Yet you must never forget, no matter what you are going through, you will always have the support of your CN-EOF family.

-Essence Burrows

Dear Class of 2013,

Over this summer you may have accomplished a task thought to be impossible. Throughout your college career as well as your future-nursing career, you will encounter similar situations. To maintain your motivation, work ten times harder than expected with the assurance that you will succeed. At the end of the tunnel there is always a light. That light contains you all receiving your Nursing degree in the spring of 2013. Encourage others as well as one another. Pull each other though this very tough curriculum and most of all know that the CN-EOF family are routing for you. Congratulations on your acceptance to the Rutgers College of Nursing and see you on campus!

-Samarah Hall

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2009 Summer Professional Staff

Dr. Valerie Smith Stephens
Director, CN-EOF Program

Mrs. Anne D’Italia Papianni
Administrative Assistant

Ms. Lori Van Walters
Senior Counselor

Ms. Paula Venable
Senior Counselor

Mr. Issa Abbasi
Unit Computing Specialist

Ms. Geraldine Cadlaon
Office Assistant

Ms. Katherine Perez
Social Work Intern
2009 Summer Faculty & Course Descriptions

Algebra Skills
This course is primarily designed to explore the world of algebra. Throughout the program, students will gain knowledge of Algebraic topics such as, Linear Equations, Polynomials, Rational expressions, Functions, Quadratic Equations and other fascinating topics. The objective of this course is to reinforce student’s algebraic, problem solving and critical thinking skills through the use of homework, class-work, board-work, group work, journal writing, and reading assignments.

Ms. Crystal Coble

Writing Skills
This course provides an introduction to college writing through critical reading, analysis, organization, writing and revision. The course calls for expository writing based on non-fiction readings, emphasizing the development of critical reading skills and the ability to present complex ideas and information to a defined audience in precise language. The course is designed to provide strong preparation for the work that will be expected of students in English 101 and beyond.

Mr. Damein Beaton

Anatomy & Physiology
This course is designed to prepare students for the challenges and expectations associated with college level Anatomy and Physiology (A&P) by introducing them to fundamental concepts of structure and function. The course content covers a wide range of topics including anatomical terminology, basic chemistry (inorganic and organic), cytology, histology and osteology in addition to clinical aspects of A&P. The course objectives are met through a series of lectures, class discussions and lab exercises.

Dr. Jose Chestnut
2009 Summer Faculty Course Descriptions

Learning Skills
Learning Strategies is designed to expose and reinforce skills and techniques that students should employ throughout their college academic experience. The course focuses on concepts, procedures, critical thinking time, and test management, study skills and learning resources. Through practical applications students learn ideas for self-discovery of how to manage subject matter for positive outcomes that can be applied to negotiating complex course requirements.

Mr. George Davis

Statistics
This course is designed to strengthen students’ familiarity and comprehension of statistics. The course also allows for each student to expand their mathematic abilities, and gives them the opportunity to explore mathematics as a way of thinking. The overall goal of the course is for each student to value mathematics and become confident in his or her ability to be proficient in math.

Mr. Thomas McGrath

Critical Thinking
The objective of this course is to enhance the student’s critical thinking skills through group presentations, class discussions, and exam preparation. The course also introduces the student to the healthcare field with emphasis on the professional nurse.

Ms. Eveline Munoz

English Skills & Health and Well Being
This course will focus on a number of in-class essays. These essays are geared towards developing the students’ writing skills in a formal, systematic manner. Students will be required to analyze, interpret, and explain these works, and to provide well-thought-out responses to all assignments. Finally, the course will focus heavily on grammar and mechanics. The objective is to equip students with sound reading, writing analytical skills that will enable them to move on to—and excel in ensuing writing courses.

Mr. Lionel Wynter
CN-EOF 2009 Summer Student Staff

Luthfa Ali  
Pathophysiology Tutor

Stephanie Barrera  
Statistics Tutor

Essence Burrows  
English Skills Tutor/TA

Tynetta Eleazer  
Renewal Program Coordinator

Maxlenyn Fabian  
Anatomy & Physiology Tutor

Indeya Fletcher  
Residence Life Coordinator

Samarah Hall  
Writing Skills Tutor/TA

Mayleen Lopez  
Learning Strategies Tutor/TA

Sarju Patel  
Algebra & Math Skills TA

Dumar Rivera-Herrera  
Critical Thinking Skills TA

Jo-Annie Sanchez  
Statistic Skills TA

Cassandra Val  
Academic Planning/Evaluation Coordinator
CN-EOF 2009 Pre-Freshpersons

Ruth Damaghi
Janice Jones
Jude Lespinasse
Catherine Lora
Jenise Ly

Wasteful Ponders
Ruth Damaghi

As I slowly pour my water into your glass,
Filling up so quickly, with so much reason
Guilt, love, Pain, lust, regret, these memories of our pasts
I have no reason for this barrier, no excuse for my faults.
Forgiveness to my broken promises, new bonds will hopefully last.
Providing myself with weakness, rather than hope.
Strength is nothing, love is fake. Will we make it?
I simply cannot take it, these wasteful ponders.
I am ultimately the weak one. My mind often wanders.
Will never benefit but rather break it. Some will go through wasteful ponders.
Manifesting on the brain, on the relationship that keeps on falling
I can never, we are one full of fruitful ponders.
Becoming the exception, the difference between all.
Entering my mind, diminishing at the start.
These wasteful ponders will never break us apart.

A Message from the Assistant Dean
Dr. Valerie Smith Stephens

Dear Class of 2013:
I want to acknowledge all of our hardworking first-year students, renewal students and student staff. Special recognition to Ms. Lori Van Walters, our Summer Readiness Director, Ms. Paula Venable, our Pre-Junior Clinical Director, Mrs. Anne Papianni, Administrative Assistant and Issa Abbasi, our Unit Computing Specialist. Last but certainly not least: a very hearty welcome to Ms. Katherine Perez, our Social Work Intern.

Summer is always an exciting and challenging time for CN-EOF students. For our first-year students, it is a six week program that will prepare them for the new experiences they will have as they enter the fall term.

The renewal students are also working hard to maintain excellent grades and for our new Juniors, it is the exciting time as they work on their Pre-Junior Clinicals. Our student staff and work study students are busy too.

This is my second summer program and it is even more fun the second time around! I can’t wait to see everyone at our Culture Kitchen and Rites of Passage Ceremony on August 14th.

Finally, I want everyone to remember of our acronym: CEC. Commitment, Excellence and Compassion, let’s make it a part of our everyday living.

-Dr. Valerie Smith Stephens
The Name Game
Edyta Wisniewska

“Finally, it’s a girl!” exclaimed my father, as he happily presented the news of my birth to my grandma. She rose at the news of her first granddaughter’s birth and proclaimed, “Her name must be Urszula.” Before my mother took my grandma’s advice, my father went to the head nurse to name me Edyta Kinga. To my father’s surprise the birth certificate already read Kinga Edyta (my mother’s idea), so he instantaneously requested for it to be reversed. On June 3, 1990, the name was finalized as Edyta Kinga Wisniewska.

Long before my brother or I were born, my father desired to have a daughter. He wanted for her to be named Edyta, after one of the characters on his favorite German TV series. Therefore, at the news of my birth he instantly knew what I was going to be named. After some thorough research I learned that the name “Edyta” is in fact Teutonic, of German origin. The most popular meaning of the name is “wealthy gift”, however; there are others such as “prosperous in war” and “fortune and strife.”

The “wealthy” part of the meaning of my name is hopefully a pleasant foreshadowing of my future. While the “gift” part fits my being perfectly, because I truly was my parent’s “gift”. During my mother’s pregnancy with my brother she was terribly ill and almost died giving birth. She was dissuaded from having more children due to the possibility of them being unhealthy. However, my father really wanted a daughter and with God’s blessing I was born a happy healthy baby.

Some other “wealthy presents” that have contributed to the popularity of the name are Edyta Sliwinska (Dancing With The Stars), Edyta Gorniak (singer), and Edyta Bartosiewicz (singer). The bearers of the popular English translation, Edith, are Edith Sedgwick (film actress and muse of Andy Warhol), Edith Bunker (actress from All in the Family) and Edit Roosevelt (wife of Theodore Roosevelt); just to name a few. The name is also popular among other languages. The Hawaiian version is Ekika, Hungarian is Edit, Czech is Edita, Portugese is Edite, and Italian is Editta.

Although my name is easily mispronounced and associated with the sneaker brand Adidas, I have grown to love it. It is popular in my home country, but quite unique here, which benefits me because it distinguishes me as a unique individual. Unlike the Monicas, Kellys, and Patricias; I do not have to worry about being confused with somebody else. I am one of a kind and since my name is unusual, I am not easily forgotten.
nursing is viewed as a feminine career. History could possibly also play a factor in why there are so few male nurses. Since nursing has always been considered a woman’s job, men who are interested in the medical field often pursue a doctor’s role. Doctors were males the majority of the time and nurses were females. Sexism definitely reveals its ugly head when it comes to nurses versus doctors. I believe that men still wield some sort of superiority over women even though women have come a long way ever since the Women’s Right Movements. Is the role of a doctor superior to the role of a nurse? Certainly not! After all, the doctors are the ones that make the call and the nurses are just a step below them. I believe that is why there are more male doctors than male nurses.

Lastly, the stereotypes that males are put under when it comes to nursing would be proven wrong if more males enter the nursing career. There are many successful male nurses today and I believe a male could have as much “nurturing” characteristics as females. The majority of men however, might feel as though they would not be as masculine as society would like them to be. Their pride may be in the way from even thinking about entering the nursing field. I also believe that men have the mentality of “second to none”. Either they reach their goals of becoming a doctor or they don’t become a doctor, but rarely will they settle for nursing. That brings me back to main question of this topic: should there be male nurses? I do not believe that nursing is only for women because a man can be as great a nurse as a woman, if not better. We need men to enter this field to break the assumption that nursing is only for females. If more males enter this field, it would start a revolutionary change which could possibly inspire more men to join.

All in all, I strongly believe in having males in the nursing career. It would not only benefit the patients but it would also be an encouragement to all the males who want to pursue nursing but do not because of the stereotypes. With the fast paced changes the world goes through today, nothing is the same as before. Does history repeat itself? I believe it does, but when it comes to gender and racial roles in society, it will continue to change each and every day.
Male Nurses

Jenise Ly

The nursing career has drastically changed over time. The nursing field has always been considered a woman’s job. In the past, a picture of a nurse is typically depicted as Caucasian women in a white uniform caring for a sick patient. Today, a nurse can be any ethnicity or gender and the number of Caucasian nurses has lessened due to the increase of minority groups in the nursing field. Despite the major changes the field has gone through, one factor that affects patients, particularly women, is gender. Female nurses are more accepted than male nurses. Studies show that women patients almost always prefer female nurses to examine them than a male. As understandable as that may be, it has led to male nurses experiencing discrimination. The controversial question that pops up about this topic is: are male nurses acceptable? In my opinion, male nurses are 100% acceptable and are actually essential. This topic has always been a mute point for discussion. However, male nurses are essential because there are male patients who prefer males to females when it’s time to have a nurse examine them. The numbers of female nurses in the profession is significantly higher than the number of male nurses. I am of the conviction that with the changes that are occurring in societies all over the world, if more males enter the nursing profession, it would break the barrier of stereotypes that are given to male nurses.

The topic of male nurses has always been from the view of women. If it were to be reversed and be prospected in the eyes of males, it would be clearer, and the opinions of a male would be more considerable. The main argument that is always presented about this topic is how women do not like men examining them. However, this fails to take into consideration males who do not want women to examine them. Surely not every patient is a woman and the male’s opinion is just as important. I believe if there were more male nurses, it would give patients a wider option of who they would like to examine them.

Although there are increasing numbers of male nurses, the number of female nurses still surpasses the amount of male nurses. This particular career seems to attract females because the role of a nurse is to care for patients. Since females have a natural motherly character, it could possibly play a role in why females enter the profession. Males are expected to take up a more masculine position in society and
The Lion King: A Broadway Classic

Jenise Ly

On the 17th of July, I was able to attend my third Broadway show. I have always been a great fan of musicals and was lucky enough to be able to see The Phantom of the Opera and Spamalot. The Lion King has always been on top of my “To See” list for a very long time, and I am very glad to have seen it with my new group of friends and professors. There is only one word to describe the show: breathtaking. From the atmosphere to the costumes and stage, everything was so detailed and precise that there was absolutely no place to criticize. Although not many people appreciate Broadway shows, I actually know the hard work and dedication these devoted performers put into their job. In my opinion, the effort and talent really paid off because what I and many others saw last Friday night, was pure talent.

The singers and music were the best. The Lion King has been one of my favorite classic cartoons ever since I was young, and to hear these familiar songs brought back so much memories of my childhood. In reality, the fact that I am in college still has not struck me yet I was singing and dancing along with the tunes as if I was a child again. The characters brought a smile to everyone’s face and the humor and moral of the story never cease to touch people. I have always wanted to perform on Broadway since I was little. I’ve loved music, instruments, and acting, and always hoped to one day make it big in the spotlights. Broadway to me is the street of dreams. Passion and enthusiasm fills the famous street as people hustle and bustle about. The well-known classic shows that we’ve all known are being resurrected and with the classics, there are newer generation shows such as Rent that has a meaning behind the musical. Whatever your taste and interests are, Broadway has it all.

The Lion King is great for all ages and is a fantastic show. My favorite characters would be Rafiki and the hyenas. Their unique sense of humor grabs hold of everyone’s attention. The music left me in awe. The drums and the foreign tunes really captivate the audience and I believe no one left that theatre unsatisfied. It was truly a memorable experience and I would like to take my family to see it. Everyone should try and see a Broadway show at least once in their lives. The Lion King should be one of the first shows to see because it’s a classic and it will leave an everlasting impression on the viewer. I truly recommend The Lion King for anyone who has never seen it before or who has never seen a Broadway show.

Searching for a Balance in Life: Article Review (cont’d)

patients. She would have to hide her sadness and enter the room of her next patient with a smile on her face. The assistants would be able to stay with the patients and comfort them and in turn it would also comfort Nakisbendi to know that her patients are in good hands. As in every situation, there are the bad consequences, having assistants that would provide emotional support for the family will not allow Nakisbendi to release her own emotions. She would keep all her feelings bottled up. She expresses that “Inside, [she] was still mourning the baby girl who had not made it earlier that day” (657). Grieving is a process that takes time and not having this opportunity would evidently result in the building of more stress and tension, thus diminishing her ability to practice efficiently.

On the other hand Nakisbendi has an option of sticking to her job. Although this would not be the proper option for her, as she clearly states, “And if I can’t practice the way I believe is necessary for good patient care, I won’t practice” (655). If she had picked this option, Nakisbendi would have regretted it for the rest of her life. Working in a stressful environment would have prevented her from working to her full potential. She felt that each individual patient should be receiving the utmost care from care providers. Staying in a field in which she feels stressed all the time would be morally wrong because sticking to a job that is making one stressful can lead to severe consequences. For example, it can lead one to take shortcuts to get ones work done faster, resulting in a possible mistake which can in turn lead to a malpractice lawsuit.

Patients expect doctors to take care of them not caring if they had any sleep the night before or are stressed. Patients cannot understand that doctors encounter physical and emotional stress on a regular basis. As a result of moving to another facility, Dr. Nakisbendi has reduced the amount of work that she has to do. She no longer has to do as much paperwork as before because patients are the ones that directly deal with the insurance. But most importantly she is finally able to take the advice that she gives to her patients: “find a balance in life”. And she has certainly found it.
The medical field is known to be one of the most strenuous fields to work in. It is not only physically demanding, but it is also mentally taxing. In the 21st century, doctors are feeling more pressured than ever because they do not know how to find a balance between their family and work life. When working in such an intense field a doctor’s career has to become their number one priority. Such a lifestyle can lead to a stressful life such as the one portrayed in “Doctor Takes Her Own Advice” by Dr. Kara Nakisbendi. This story depicts the life of a typical obstetrician working some crazy shifts that leave her no time to spend with her family or simply take a breather. Despite this unfortunate norm, however, doctors have the ability to make choices in order to make their lives a little simpler. Doctors have to know that there is a variety of options to choose from. For instance, Nakisbendi can change her career path to a less demanding one; she could ask the hospital for more assistance; or could just stick to what she is doing and finish what she has started despite the inevitable repercussions.

One of the options that Nakisbendi has is to change her career path to a less strenuous one. For example, she may consider opening a clinic as a family doctor with office hours of 8 A.M. - 5 P.M. A “clinical job” would give her the opportunity to spend time with her family, dedicate time to herself, and practice medicine with a different specialty. However, she might not be satisfied working in a field that she does not enjoy as much as obstetrics. It can lead her to believe that she does not have enough strength or dedication to handle the job of an obstetrician. This idea of feeling helpless may degrade her self-esteem; and she may gradually fall into depression from leaving a field that she loves. Not only will the fact of leaving her job affect her emotionally but in addition to this it may be considered morally wrong. She has so many patients that depend on her and the fact that she is leaving them alone to better her situation may be frowned upon by society as an act of selfishness. Leaving the hospital to open her own clinic may have some legal ramifications. Nakisbendi could possibly be breaking some kind of contract for leaving the hospital. This would just complete the task of adding more stress to her plate.

Furthermore, Nakisbendi has another possible pathway; she could request more staff in the hospital. This will help her ease the workload that is currently concentrated on just one person. Hiring aids whose job will be to stay with the patients from beginning to end and provide emotional support to the family if necessary is something that could be considered. A big concern of Dr. Nakisbendi is that she is not able to help the family grieve. This was obviously emotionally tearing her apart, as is evident in her utterance: “I had to swallow my grief” (656). Nakisbendi did not have sufficient time to stay and comfort her patients.

On July 10, 2009, we went on the annual retreat for everyone to get to know each other. It really was a great experience because we all got to connect with and find things out about each other. At first everyone thought that it was a waste of time and that we were not going to get anything from it. Some people just looked at the trip as an escape from all the work that we were getting the first week of the program. However, by the end of the retreat everyone came to realize that we all came to the retreat to find out that we are all family and that we all need each other to be successful in becoming future nurses.

If I had to pick a day that I enjoyed the most, it would have to be the second day. The first day was fun-filled, but it was more about filling out papers and not much moving around. Some of the good things that happened on the first day were that everyone got to express how they felt and how they arrived at where they are now. We all learned things about each other that we would have never known if we hadn’t gone to the retreat. It was a learning experience for all of us because in the end, we were all united more and realized that we are a family that will be successful in anything that we set our minds to.

The second day was more fun to me than the first day. I really enjoyed it because of the variety of activities that we engaged in. I really enjoyed the ropes course because we learned how to work together and also have fun. We learned about each other’s strengths and weaknesses and by the end of the day, we did all the courses and never gave up. I really enjoyed it because I came back knowing everyone a little more.
In the movie *Enchanted*, starring Amy Adams and Patrick Dempsey, the lead actress Amy Adams is a cartoon character that drops into a waterfall and ends up in Times Square as a human being. In like manner, the entire set of *The Lion King* in the Disney movie turned musical metamorphosed into natural beings in Times Square on July 17, 2009. As I entered the theater, the dimness of the room made the facial features of the people around me unclear. However, as soon as the lights of the stage came on, my eyes grew as big as a bowling ball as the colors and areas lit up the whole room. It was my first time seeing a Broadway show, and I was not sure what to expect.

Although the story line was not surprising, I felt extremely excited to see how well the production captured every scene from the movie. For example, the lighting that formed the stars on a dark night made me feel as if I was really outside staring at the sky with them. Moreover, my favorite scene is when Mufasa dies. The scenery is an illusion of a stampede that rushed up and down among many hills. However, the overall scenery throughout the play was clever and creative. I also noticed that some of the music was not a part of the original movie, but the voices of the actors and actresses made the songs suitable and even better than the original movie. Those actors and actresses wore costumes that were creatively displayed. They played their roles so well that they did not seem human to me anymore; they merged into their character but added their own original twist. For example, Rafiki is a male monkey in the movie, but in the Broadway show the gender is irrelevant. The actress who played Rafiki blows away the audience with her strong, insightful voice that embodies the strength and wisdom of the character she portrays. The transformation from a movie to a play was correctly planned, written, and decorated.

*The Lion King* was humorous, creative, and powerful. When the show ended, reality hit me in the face. Unlike my Disney videotape at home, I was upset that I could not rewind the show and watch it from the beginning again.
**A Colorful Life**  
*Angela Tang*

*The Lion King* is the classical cartoon-turned musical that everyone is talking about. Most of us have seen this cartoon while growing up. It is simply a Disney cartoon that sits in people’s DVD cabinet. However, the musical on Broadway is much more than that. On the night of July 17, 2009, I saw *The Lion King on Broadway*. It was not a play that could simply be classified as humorous, dramatic, or melancholic. *The Lion King* has all of the above and much more; it is play amazing in many respects. My most memorable recollection of the play is the brilliant colors that brightened each scene. This play truly lives up to its name of being a classical tale. Colors and colors everywhere I look; not a single pigment out of place. Each scene is filled with yellows, browns, reds, oranges, greens and so much more. All these colors are earth colors which signify life. The hues from every light used sent out a powerful message to the audience. As an artist, I am particular about how colors work as a whole. When I create my art, I carefully plan what colors should be next to each other or what to blend together. The lights are perfectly used in terms of the feeling from each scene. With amazing colors comes a successful play.

A play is nothing without actors and music; these elements serve as a foundation. Similarly, a cake needs a base layer before more can be added on top. The actors are then layered with the colorful costumes, the lights, and the music. As for *The Lion King*, no one aspect was weaker than the other. The actors have great voices which made the music enjoyable to listen to. In addition, they performed well, full of energy and movement. A work of art that captures the audience’s every detail is a successful piece. You want the audience to see the meaning as a whole rather than concentrating on one area. The movement in this play was continuous and the audience is never bored from anything. This is what makes the audience like the art being offered.

*The Lion King* is everything you can ask for in a cartoon made into a live play. Even now, I constantly remember clearly in my mind how vibrant and full of life this play is. This classic story will forever shine the way it was destined to.

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**A Lionastic Experience**  
*Alex Ortiz*

The curtain rose and the crowd applauded. Little did we know we were going to experience something magical right before our eyes! As we arrived in New York, anticipating what the next couple of hours had in store, I, living in the moment, was simply amazed at the work of art, present in the city. Although this was not my first time viewing *The Lion King on Broadway*, it was, however, my first time in the midst of the majestic Times Square. The incredible lights, massive billboards, the ample assortment of restaurants and the overall technology were a sight to behold. As we approached Times Square, the CN-EOF students and staff decided to grab a quick bite, and this afforded us the opportunity to explore some of Time Square, in depth.

As instructed, we headed back to Broadway, welcomed by the enormous display with the bright white lights and the words, *The Lion King on Broadway*. Instantly I became excited all over again. Due to the previous years of seeing *The Lion King on Broadway*, I had knowledge of what is expected throughout the musical, but surprisingly I was more so thrilled about the idea that those individuals who had yet to see the musical did not know what to expect because I knew they were going to have a rich experience. We entered the absolutely grandiose theater that has the most talented performers in the world, found our seats, became comfortable and anticipated what was on the other side of the curtain. “The Circle of Life,” is ideally the opening song, derived, like so many other elements from *The Lion King* movie. It serves a greater purpose right before our eyes. Animals such as the giraffes, lions, elephants, baby elephants, a cheetah, birds and almost anything and everything one could think of was on that stage. As the plot began to develop it was clear, once again, that the most outstanding characters were the adult Simba (the son of the former king, Mufasa) and Rafiki, the monkey character who guided Simba throughout the movie and the musical. The talent was simply overwhelming, the night in New York was unforgettable and to experience something so breathtaking as *The Lion King on Broadway* alongside individuals I’ve grown to love, made the experience all the better.
Midway through, I can confidently say that The CN-EOF program equates to boot camp. Dr. Stephens is the general. She makes all the rules and finds just the right people to adequately prepare us for war. Ms. Van Walters and Ms. Venable are the Colonels who deal with all possible issues before they are brought to the general. Teachers are the Majors who execute our orders and set certain academic expectations of us. Members of the student staff are the Captains who willingly direct us when we seek direction and enforce rules to ensure our success. We, thirteen students, are the Sergeants; who work diligently to succeed at every task that is thrown our way. The rank we represent is much higher than a private because nursing is too respectable of a profession to equate to a mere private. We are the sergeants!

This boot camp aims to strengthen our academic skills, character, and relationship with one another. Training started once we said our last farewells to our parents. Immediately, we were thrown out onto the battlefield. After orientation we took our first exam. This marked the beginning of millions of homework assignments and tests which encompass our training for the start of the real battle in September. However, as we struggle to succeed, it is made evident to us that help will always be there. The teachers use every test, not as a means to punish us, but as a means to figure out how they can better prepare us for what lies ahead.

The CN-EOF program impacts our character greatly and molds us to not only be better students but also better individuals. We learn to strive not only for ourselves but also for all the people who made this program possible to show how much we appreciate the opportunity that we have been given. The program may be difficult but its design is well-balanced because every time we begin to fret over the overwhelming amount of work that we have, we go out on a relaxing trip such as the retreat, the Broadway show, or the Bodies Exhibit. As a result we relax and are reminded that hard work is always accompanied with a reward, and for us that reward is becoming a nurse.

Lastly, the CN-EOF program really works to enhance our relationship with one another. When we participate in little things like activities night or major events
Where there’s a Will, there’s a Way: Article Review

Alex Ortiz

“Doctor Takes Her Own Advice”, written by Kara M. Nakisbendi, entails the inevitable reality that doctors, primarily obstetricians face while pursuing a career in healthcare. Nakisbendi, a former obstetrician, provides a descriptive view of how hectic her life as an obstetrician was and what components drew her to establish her own practice in gynecology, leaving her former career in the shadows. In any given situation, opportunities are always available and in Nakisbendi case, the options to improve her career as an obstetrician were abundant. As opposed to putting aside her career as an obstetrician, Nakisbendi could have requested to be transferred to another department within her facility, she could have contacted management in regards to the recruitment of more obstetricians and staff assistant’s or could have easily continued with her career under certain stipulations that rendered a lesser workload; as these are realistic alternatives that could have ultimately influenced her decision in regards to her career.

One of the many benefits of working in a hospital is the ample amount of opportunities that it provides. As a healthcare professional, the ability to be exposed to new things and specialize in different fields of medicine is almost “guaranteed.” As an obstetrician at that moment in time, Nakisbendi had the advantage of transitioning to a more suitable department while remaining in her own confront zone, being at the hospital. In doing so, she could have drastically diminished the stress, anxiety and time consumption that her career demanded. Adopting another career could have mostly influenced the bonds that Nakisbendi established with her patients; disregarding how vital she is in the progression of her patient’s childbirth. Nakisbendi could have ultimately been destroyed due to the loss of her career. She may be obligated to fulfill the term of her contract as an obstetrician, which can consequently result in a court of law. I believe Nakisbendi’s decision could be a rewarding one; broadening her horizons while pursuing what she knows best, medicine.

Administrations, within any establishment whether retail, concierge or the medical field, have the ability to make the necessary changes within the workplace to better assist their employees. As a prominent figure of her facility, Nakisbendi could have approached management with the proposal of hiring new obstetricians for her unit as well as staff assistants who could alleviate the workload and stress that develops unavoidably. The hiring of additional staff is considerable because it assures patients that they are receiving the utmost care; interacting with doctors and staff assistant’s who are alert at all times, compassionate and continually providing efficient medical attention. The additional aid could provide Nakisbendi with a positive outlook about her career, as it would no longer require the energy from just one person. The employment of new obstetricians and staff assistants will allow the workload to be equally distributed among Nakisbendi and the new staff, thus making her profession a more manageable one. The hiring of new employees may perhaps go against the hospital’s quota of how many health care professionals the facility can hire and could ultimately affect the budget; as the facility may be instructed to stay within a certain range of spending funds.

CN-EOF Program: Three Weeks Later (cont’d)

like our retreat, we are always reminded that we all share something with one another and for that reason alone we should strive to be there for each other when necessary. Our boot camp aims to show us that we will struggle on our way to becoming future nurses but at the same time shows that we will not struggle alone.

Thus far, the CN-EOF program has created intensity necessary to discipline us to be the best students that we can be. By encouraging us to build friendships between not only ourselves, but also among the student staff, teachers, and other respected administrators, the program continuously provides us with security. Together, we have already made it midway through the obstacle course and together we must bravely endure three more weeks of intensive training.

Ode to My Old Security Blanket

Karinna Rae Sabas

When I was scared,
you covered and protected me from my fears.
When I was sad and thought no one cared,
you wiped away my tears.

When someone tried to take you away
you fought back and made sure our separation would not last
When I fractured my arm one day,
you wrapped my arm with comfort as if you were a cast,

But when time seemed to fly by fast,
when I was too old to have you in my arm,
you let go at the right time
Seems you knew I could protect myself from fears, tears, and harm.
A Broadway play is an event everyone has to experience at least once in his or her lifetime. The first time I attended a Broadway play was Friday July 17. I saw *The Lion King*, a Broadway musical that has been around since the late 90s. The performance was truly magical and everything worked together to create a show that is out of this world. It is no surprise that they have won more than 5 Tony awards. Watching the play for the first time was nothing to compare to. The stage, music, costumes and performers elaborately worked together to create an experience that gives you the gift of being on stage.

As the play first started the music and drums made you feel as if you were truly in Africa. The opening song was the best; the way the animals came together to form an actual kingdom was beyond expectation. To have performers look and move like animals you must have great discipline and skill, especially for the person who played the cheetah. The job was well done.

The musical and the movie were very similar; I would have thought the play would differ from the movie because of the different effects that have to take place. One of my favorite parts of the play was when they reenacted the stampede. It was surprising how they pulled it off. Another great part was the incorporation of the lights when Symba saw the reflection of his father; the lights were formed in his image.

The performance reminded me of my childhood. It brought me back to the first time I saw the movie. It was an extraordinary play that made music and storytelling come together to form an unforgettable night. The performers were great. They had enthusiasm and their voices were radiant. The performers did their job to a “t.” I especially liked Rafiki. She as did the hyenas, added comic relief to the play.

This Broadway play was my first play, but not my last. I will definitely be coming back to Broadway to see another performance. The magic is addicting and I cannot wait to get another dose. I left the theatre with a feeling of awe and astonishment. The ride back to campus was filled with conversations of the play. It was an amazing experience and I am glad I experienced it with my new family, the CN-EOF.
Reflection of EOF
Judeline Marcellus

The past few weeks have been filled with emotional struggles and as each day went on those struggles turned into blessings. I was no longer at home with the people that I knew all of my life but with strangers that I met 5 weeks ago. As the days turned into weeks, my emotions ranged from high to low. There were certain days that I cried for the comfort of my home and other days where I laughed with my classmates. I shed more tears being here than I had in the past six months, but all of those tears were well worth having the CN-EOF experience. I would not trade this experience for anything in the world because it has helped me grow mentally and prepared me for the next four years.

Coming to Rutgers Newark to major in Nursing has been my goal since freshman year of high school. When I received the phone call that I was accepted, I wanted to throw a party and celebrate with the people closest to me. July 5th was the day that my dreams became reality; here I was, at the school of my dreams and I was a nervous wreck. Since there was no turning back, I had to kiss my family goodbye and step up to face the challenges that lay ahead. On my road to success, I encountered 12 other students that have the same determination and strive to be successful. With each day those 12 students accepted me for who I am and the bond between us will forever be cherished.

Acceptance of others is an issue I struggled with for many years. Letting people in my life is a hard battle because I had many disappointments. Being here not only educated me, but also taught me how to build trust. At times when I could not call on my family for support, I had TAs and classmates to turn to. I made special bonds with people that I probably would have never talked to. I found it easy to talk to certain people and when I was stressing about issues at home, I found comfort by talking to the upperclassmen, who dealt with similar problems. I learned that I had insecurities that enabled me to put up a brick wall that hid my emotions from others. This program allowed me to break down that wall and expose my fears with whoever would listen. Being able to express myself to others gave me the confidence that I was lacking.

This program gave me the experience to appreciate everything I have. I learned a lot about other people and their backgrounds, the obstacles that they faced, the power to overcome those trials and tribulations to make it here. I learned about myself and at the same time I learned about others. Life is more than just taking, you have to give back, and that is what this program is about. Everyone here made it possible for the 13 of us to be comfortable. From the administrators to the student staff everyone pitched in and helped us through this journey. I believe that they gave back not out of obligation, but out of the kindness of their hearts. I just want to say thank you for having me here and that all of the hard work does not go unrecognized.
Review of the Retreat
Catherine Lora

The retreat was an unexpected but interesting experience. By the end of the weekend I felt closer to my peers, big sisters, professors, and advisors. We managed to become more comfortable with one another through various exercises. Although we were only expected to have a little fun, I believe that everyone can honestly say that we had lots of fun and laughter. I was also amazed that many of the students and advisors were able to inspire me to work even harder for my BSN.

We began the retreat by arriving at the Imperia and completing a number of exercises. Some of the exercises provided that we break into groups and learn more about each other. We discussed a few facts about ourselves that we didn’t know about before. There was also a time when we had to list the things everyone in our group had in common. That task was kind of hard for my group but we managed to have a few things in common. We eventually went to a sumptuous lunch that was being hosted by Dr. Stephens who taught us the basics of etiquette. I really liked that part of the day because where I am from, we don’t typically have a routine or set of rules for dining.

While we were at the Imperia, everyone had to present their artifact, something of importance to each person. During the presentation, we experienced many breakthroughs. Students and advisors shared their stories of struggles that they overcame. This touched me very much because I realized that all of the people sitting in the room with me went through some type of challenge in life just like me. If the adults and the student staff were able to rise up and achieve greatness then I know I am able to do the same one day.

Now I don’t mean any disrespect to Dr. Stephens but she was wrong when she said we would have little fun. We had a lot of fun! When we arrived at the Comfort Suites Inn all the fun began. We all engaged in an exciting game of Taboo and the others also completed a hilarious scavenger hunt (there are pictures to prove it). The next day we headed to Rutgers in New Brunswick to complete the Ropes Course. The Ropes Course was an extension of more fun and teamwork. My group learned how to communicate without speaking, seeing, and from a far distance. We also discovered how well we all can take direction and work together. The Ropes Course was lots of fun but it also gave great life lessons in trusting and communicating the people that are around to help us out.

Overall I had a great time during the retreat. I don’t know how my relationships with everyone else would have been if we didn’t have it. I can’t explain how much closer I feel to my peers and advisors. I’ve grown to appreciate the love and support I received from the retreat, the CN-EOF staff and students, and my fellow classmates. I’m thankful for the experience and I shall use everything I learned to help me on my road to success.

Observations
Janice Jones

In life, we often let the little things go unnoticed. Nursing students must learn to pay attention to small details. For this writing exercise, students were asked to imagine that they have landed on an alien world (or are alien visitors to Earth!) and must describe something in nature in great detail, so that their friends back home can know what they saw. Can you guess what they were describing?

The surroundings around me are magnificent, the world around me is nothing compared to the world at home, everything seems so alive unlike at home where the rocks are the only things that keep you company. This planet is green and filled with color and texture. The large brown cylinder has tons of life on it; it houses birds and many small creatures. It is tall and has personality, something I never knew would be possible with an object that stands so still. The top of this natural born creature is green, the toppings are like hairs to shelter creatures from the beaming sun; I myself also took cover.

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The structure of the creature was so bizarre. They were a completely different color than the rest of the world it seemed, as the higher up you go the brighter the world is. The lower you go, the darker it appears. It seemed true because below the green the color of the ground was a dark brown color. The creatures that were on the first level below the green stringy ground were also a dark color. They were camouflaged with the bottom part of the green ground. Their structure was so unique they almost looked like animals that belonged on my planet. They had antennas on their heads and their bottoms were bigger than their top.

They were astounding and looking at them made me realize that this new planet was filled with life. Even the very slightest of creatures had a part in this incredibly great and complex world. Everyone had a place in which they belonged and a job to do. I am glad I could experience this new magnificent planet.
Observations

Wei Ren

In life, we often let the little things go unnoticed. Nursing students must learn to pay attention to small details. For this writing exercise, students were asked to imagine that they have landed on an alien world (or are alien visitors to Earth!) and must describe something in nature in great detail, so that their friends back home can know what they saw. Can you guess what they were describing?

On this strange land, I observed many interesting things that I have never seen before. The most fascinating thing that I observed were these tiny creatures. These tiny critters are about 2mms in length, about the size of a grain of rice. Their body is light brown colored, with a white spot on the end of the body. I named these critters “Speckles” to make it easier for me to identify them. From what my naked eye observed, Speckles' bodies are separated into three parts, the head, the mid-section (body), and the end-section. The head contains two pincers, two long antennas that are as thin as a hair, and two black tiny eyes that are the size of a grain of sand. They have six twig-like legs that are connected to the mid-section. The end-section is big and round, it is also white instead of the light brown colored. There are many Speckles on this land; they emerge from the cracks of the ground. They are all very fast and are constantly on the move. All of them are running around in zig-zags as if they are insane. I tried to approach one with my feet, but every time that my foot gets close to one, it ran off in the opposite direction. After many failures of trying to get closer to one, I decided to give up. With that in mind I did not want to disturb them anymore so I left my new tiny friends alone to do whatever it is that they had to do.

The Bodies Exhibit

Wei Ren

Every time that I am in New York, when I ride the subway, I always see the ad for the Bodies Exhibit. When I heard that our summer program was going to the Bodies Exhibit, I was very excited because I had always wanted to see the exhibit. On Friday July 24th, our group took the bus to New York for the exhibit. When we got there, we were allowed to go shopping at Pier 17. At 12:45 we met back at the museum to enter the exhibit.

The bodies that were on display were very nicely preserved. I really like the way that the bodies were displayed because most of the pieces that were on display were not kept behind a glass container. Without the glass between me and the piece that was on display, I was able to get much closer and observe all of the details of the body.

The part of the exhibit that I remember most was the blood vessels and the babies. The blood vessel display was really impressive because there were so many of them and the capillaries were so small, but the exhibit was still able to display them so well. The part with the babies in jars was fascinating because every single person was once that size. The jars had embryos from one week to birth size fetuses. I was really interested in one of the displays that had the mother with her belly open and there was a fetus inside the uterus.

It’s really amazing how well the doctors were able to preserve such complicated pieces. I learned a lot from the trip because of our tour guide, Professor Chestnut. Every display that we went to, Prof. Chestnut explained in full detail about the specific display. This was a great learning experience and it will help me with my Anatomy class.
What is there possibly to mention through this 6 week CN-EOF summer readiness program? Firstly, to be accepted into a program that is notorious for selecting the best and the brightest students in the state should be in a category of its own. Through the midst of 200 applicants and dozens of interviews, we came out victorious. And when I mention we, I mean we as in the class of 2013. We are students who carry the pressures, burdens, and expectations of family and friends. Indeed we truly are special and contain the fire that keeps us motivated and in positive spirits.

My experiences through this program can be explained in a multiplicity of ways. The significant and highly noticeable experience must be the surplus number of assignments. Night after night we are engulfed by assignments and their due dates. My high school was never this intent on making sure homework was assigned for every class (this probably led to the high dropout rate in my high school). This is something that I’m gladly experiencing now rather than in the fall when credits are actually being counted. This program is laying a foundation that will keep me sturdy and firm for the next four years. Honestly, I cannot remember the last time I slept with no worries about assignments or quizzes. It’s an experience that is not favorable, but needed in order to become successful.

Another experience that was very intriguing was the free housing provided by the program. Our own suite with a fridge, computer, and kitchen topped off the excitement of this very upscale apartment complex. We were given $12 food cards to spend on any food of our likings. This included Starbucks, Quiznos and the RaiderMart. Living so closely with your peers, allows you to have enough time to bond with each other. To speak about similarities that we share while still having mixed viewpoints is an experience that is not usually seen in the outside world.

Through these rigorous assignments shines the bright light of campus activities and field trips. The Lion King, Bodies Exhibit and Retreat were all fantastic trips conducted by the CN-EOF program. The number of locations we traveled in less than a month was staggering. We were on the road so many times we could have been mistaken for a famous rock and roll band. The trips were all wonderfully coordinated, and precisely planned. This experience has taught me to explore life and leave no rock un-turned. My peers and I must journey together through this experience to fully understand what life has stored ahead of us.

Lastly, being away from home for a certain amount of time does in fact take a toll on your body. At first it was very awkward having to sleep and share a room with someone only 10 feet away. There was no one responsible to clean after my mess or to make dinner whenever my stomach began to growl. Also, I was very much responsible for doing my own laundry and ironing my clothes. This experience allowed me to fully mature and take responsibility for my actions. There are counselors and TA’s that can assist me if needed, but learning to adjust and do things on my own was a priority. If things reached a limit where I needed assistance, it was very comforting to know that I did not have to go very far. My siblings were always with me the entire time; all twelve of them. Together we form a chain that is unbreakable as it grows day-to-day. A chain that inter links all of our qualities, thoughts and experiences into an unbreakable bond.