

9-1969

## Caps & Capes - September 1969

Jane Lease

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# Caps & Capes



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## CAPS & CAPES

Dear Little Sisters:

Every Junior knows that when you come we've moved one step farther towards the end of three years. You make us feel that we know a little something. Your questions, problems, and fears bring back memories of the first few months for me at Jeff. A class coming in with new ideas can bring back some of our enthusiasm.

Here are some of our ideas on little sisters:

A little sister is someone .....

1. .... who's just as scared as I was.
2. .... with whom I can relive that glorious Freshman year.
3. ....you want to help so she won't make the same mistakes you did.
4. ....you want to help get through that first year.
5. ....you hope won't be as dumb as you were.
6. ....to fill in my empty place in nursing lab.
7. ....I can look down on.
8. ....to make me feel older.
9. ....who provides an excuse to have a party.
10. ....I can be proud of.

## CLINICAL EXPERIENCE

As a Freshman with a big sister you have no doubt heard about clinical experience (otherwise known as working on the floor) which sometimes is exactly what you do, especially after you drop a patient's tray and can't find a maid. I don't know what each of you expect but maybe I can lessen your curiosity a little by telling you what I remember from my first year.

Your first rotation as you will soon find out is two hours allotted for making one bed. That sounds easy enough, but just wait until you finish and stand back to admire your masterpiece when the Instructor comes in and tugs a little here and a little there. All too soon your masterpiece falls apart.

Finally, after you have acquired the skill of keeping your sheets tight in spite of the Instructor's tug, you get signed off. This means you are able to make a bed without supervision.

Now you start the task of taking temperatures, pulses, and blood pressures, and being checked and double checked by your faithful Instructor. This is not too bad, but when you are a nervous Freshman, the thermometer reads differently to your Instructor and she hears the blood pressure before you even knew you pumped it up.

Next in line in the skills to be learned is the bed-bath and backrub. The bedbath is often more refreshing for the student nurse than it is for the patient. The main reason for this is because you usually end up drenched, especially if your patient happens to play in the wash bowl. Patients always enjoy backrubs, but try not to make the same mistake my roommate did and rub it with mouthwash.

Seriously, your clinical experience as a Freshman will never be forgotten. Silly mistakes and nervousness will be looked back on in a year with nostalgia. Also, as a Freshman, when you'r confronted with a question or problem you can always hide behind your title and say, "I'm only a Freshman." In a year from now this will not work as I am finding out!

GOOD LUCK --- TO THE CLASS OF 1972

SCARED!

The residence was dark and dreary  
As I came in through the door,  
I felt a little leary  
Like I did the night before.

But still I kept on going  
For to show fear was wrong,  
I knew I could be a nurse  
All along.

## SPORTS ANYONE?

The athletic department of Jefferson heartily welcomes you to a year of vigorous activities, sportsmanship, and of course loads of fun and comedy. Yes, relief of headaches from cramming for exams, backaches from sitting in classes for eight hours, or any other complaints will be cured without charge on our famous basketball court, volleyball court, or swimming pool. There is nothing better than running up and down a court or swimming lengths of the pool to forget your problems and worries or drown your sorrows. All you have to do is walk across the street to the Jefferson Commons to take advantage of these and other activities. Of course, we are not to be held responsible for any muscle strains, or any other injuries sustained while engaging in such activities.

So sports lovers, here is your chance to become not just a nurse, but a physically fit nurse; ready to turn mattresses, lift patients, and move beds without any undue strain.

One of the biggest sports activities of the year is none other than basketball! Yes, we do have a funloving team who is out to win every game in this upcoming season. Our team belongs to the Student Nurses' League, and last year we were in third place. Only due to the fact that the officials had poor eyesight. Would you believe they moved the baskets on us? Anyway, we had a great time and we made some unforgettable acquaintances with other student nurses from various nursing schools.

But you ask, where do we obtain our skills, and who masterminds our spectacular plays? Our adorable coach, Mrs. McDowell. She is responsible for initiating our undying spirit and urges us to fight, to win. In plain words she's 5'2" worth of packed dynamite!

So Freshmen, if you know what a basketball looks like and know how to bounce a ball why don't you come to try-outs when they start?

If you don't make the team, don't fret, for there is another way to play by simply joining the intramural team. Of course enthusiastic spectators are always appreciated, and who knows, you may decide to become a professional player after graduation. Yes, you will eventually graduate!

We also have an intramural volleyball and swimming team as well as other numerous activities. Each class forms their own team and competes against each other. An added attraction is the Faculty game where anything can happen.

So girls, never complain of nothing to do unless you are a confirmed deadhead. There is also an added attraction! Since we use the same gym as the medical students and other personnel you are bound to make a few acquaintances.

Oh yes, don't forget to allow time for studying, and the best of everything to the Class of 72.

## SNAP

As a student nurse, I'm sure you are looking forward to the chance for meeting many new and interesting people, and becoming active in the students' professional organization. The Student Nurses Association of Pennsylvania affords you the opportunity of getting together with other students to voice your opinions and share comments. The plans for this coming year are sure to prove valuable in your adjustment to nursing, and to interest you in the many different fields. Each year there is a state convention and it is to held in Lancaster, Pa. for this year. The national convention in Florida is the highpoint of activity. The only way any organization can be effective is if it has active and enthusiastic members. This year you can help make SNAP all that it can be. Any questions .....see me in Room 409.

Anita Gilbert

September 15, 1969

Miss Sairey Gamp  
98.6 Thermometer Lane  
Penicillin, Pennsylvania 180cc

Hi Frosh!

Well, it never ceases to fail that a brand new crop of girls come here each September to take a stab at good ol' Jeff. I know this fortress can meet the test of all you new "pinkies", and this girl here is gonna help you through here, too.

Who am I? History has me recorded as the ideal example of a disreputable and impudent nurse that made visits to the hospital in the 1800's an unforgettable experience. Yes, such is my unworthy fate, for you see, at heart, I really try to do everything according to procedure. But how was I supposed to know that the difference between pink and blue alcohol was more than just color. Oh well, you can't win them all!

I suppose at this time you have many mixed emotions about entering nursing. It's natural and to be expected because everyone has told you how tough it will be. You've asked yourself a million times today if this is what you really want. Of course, it's strange and you feel like the word "Freshmen" is written all over you. Believe me, the upper-classmen are so very glad to see you because it means they have now completed another year.

You'll have some memorable experiences here to tell all the kids back home when you see them again. If you're the average student though, you would be too embarrassed to say anything. Just ask your local big sister if she did anything spastic, and especially in front of about five doctors.

I always like to get my two cents in at the very beginning of your time here so I can give you a few "tips from the top".

You'll be hearing from me real soon.

Love, Sairey

## STUDENT COUNCIL

Before starting this article, I wondered how I would introduce you to our Student Council. Of course, I could start off by welcoming you to Jeff; but probably 80 million people have already wished you good luck. Then I could list the officers and the functions of the Student Council, but you probably would have stopped at the first sentence. So I decided to relate to you some of the activities that were done last year and will be continued this year, we hope!

First, we sponsored a Student-Faculty Picnic early in September to acquaint you with some members of the Staff. Once we were there, we gorged ourselves with hot dogs, potato chips, soda, etc. - only resting to kill a few flies or mosquitoes. Afterwards we attempted to organize some relays and egg-throwing contests. The relays went fine; but the eggs were a mess ending up in faces, laps, and anywhere imaginable. This activity started several other functions such as volleyball, basketball, etc. with the Faculty.

Secondly, you might be interested in our Christmas Dance and Spring Formal. Last year both functions were held in our Jefferson Hall Commons and both were very successful.

Speaking of rules, this year the Student Council managed to revise our constitution and most of our rules. Although it took almost the entire year, we changed some and added other rules and allowances. Most of the students are happy with the rules and regulations presented by the School of Nursing.

Briefly, I have explained some of the Student Council's activities and functions. This year, with Jill Roberts as our president, we plan to have more activities and functions with the help of your new ideas.



## HAPPINESS IS ...

Happiness is not having a class until 10 o'clock.

Happiness is an empty sink in the bathroom when you get up.

Happiness is having a roommate who's good at ironing caps.

Happiness is learning your roommate is just as homesick as you are.

Happiness is having a roommate who will make sure you get up at  
7 A.M. when the alarm goes off.

Happiness is finding out your roommate doesn't want to study,  
either.

Happiness is trying on your uniform and finding out it fits.

Happiness is a roommate who has the record you always wanted to buy.

Happiness is 2 clean sheets outside your door.

Happiness is a roommate who knows all the French words for your  
crossword puzzles.

Happiness is a patient who tells your Instructor how nice you are.

Happiness is adjusting.

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I really hope you've all enjoyed this issue of "Caps 'n Capes" made especially for our "Little Sisters". If it wasn't for all the support of the staff I'm sure I'd still be up to my neck in tons of carbon paper. We're all anxious to see some new faces at our meetings. Lots of help is needed in all areas: writing, typing, etc. Please come and give us a few hours of your time.

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