

MTSA

# AIRWAYS

Volume 8, Issue 7

July 2003

## Welcome-Class of 2005!

We are so excited to see our new class get started! Here is a list of all the new students and where they are from:

- |                                          |                                         |
|------------------------------------------|-----------------------------------------|
| 1. Amy Adams - Lebanon, TN               | 26. Matthew Johnson - McDonald, TN      |
| 2. Mark Anderson - Franklin, TN          | 27. Adrienne Kelley - Carthage, TN      |
| 3. Jeff Ashby - Greensburg, KY           | 28. Todd Lane - Picayune, MS            |
| 4. Brent Baker - Culleoka, TN            | 29. Tommy Lane - Picayune, MS           |
| 5. Michelle Bigler - Valdosta, GA        | 30. Lee LaValle - Cape Girardeau, MO    |
| 6. Ronnie Bower - Sellersburg, IN        | 31. Ashley McPhaul - Excel, AL          |
| 7. Steven Brown - Birmingham, AL         | 32. Jill Meckes - Florence, AL          |
| 8. Missy Burrow - Cornersville, TN       | 33. Lorena Milani - Clarksville, TN     |
| 9. Zohn Centimole - Madison, TN          | 34. Sheldon Millican - Ooltewah, TN     |
| 10. Casey Clark - Terry, MS              | 35. Jason Moran - East Patchogue, NY    |
| 11. Allen Collier - Scott City, MO       | 36. Jennifer Moser - Chattanooga, TN    |
| 12. Clarizel Concepcion-Hermitage, TN    | 37. Faith Nance - Soddy Daisy, TN       |
| 13. Katie Cooper - Jacksonville, NC      | 38. Veronica Nylander - LaVergne, TN    |
| 14. Dana Cowles - Madison, TN            | 39. Lanette Officer - Columbia, TN      |
| 15. Stephanie Creel - Birmingham, AL     | 40. Amanda Orrand-Nashville, TN         |
| 16. Brad Ferrell - Castalian Springs, TN | 41. Linda Passini - Franklin, TN        |
| 17. Dana Flinner - Bradyville, TN        | 42. Joey Puckett - Muscle Shoals, AL    |
| 18. Jeff Ford - Nashville, TN            | 43. Lisa Rabold - Bowling Green, KY     |
| 19. Henry Garcia - Silver Spring, MD     | 44. Amanda Reffner - Knoxville, TN      |
| 20. Heather Goodwin - Clarksville, TN    | 45. Rodney Rice - Madison, TN           |
| 21. Maggie Handlan - Mt. Juliet, TN      | 46. Lisa Richard - Joelton, TN          |
| 22. Amanda Harper - Nashville, TN        | 47. Budonna Swafford-Hendersonville, TN |
| 23. Kevin Hopwood - Boaz, AL             | 48. Holly Tate - Franklin, TN           |
| 24. Amy Howden - Madison, TN             | 49. D'Lynn West - Beechgrove, TN        |
| 25. Ryan Hulzebos - Franklin, TN         | 50. Dana Willis - Hermitage, TN         |

We would also like to welcome the new **faculty** members to our school:

**Dr. Ronald J. Gordon**, an Anesthesiologist from Winchester, TN will be teaching our Pain Management Class this summer.

**John Shields**, CRNA and MTSA's alumni will be teaching our Respiratory course. John works at Vanderbilt Medical Center.

**Karla Underwood**, CRNA and another MTSA alumna, will be teaching our Obstetrics class, and also will be helping with Broadfields Orientation. Karla works at Gateway Hospital in Clarksville, TN.

*We warmly welcome each of you and wish for you a blessed journey!*

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*"If you have the courage to begin, you have the courage to succeed.*

*~David Viscott*



## MTSA BULLETIN BOARD

**J**ULY 3rd DEADLINE - Senior Students - Have all Senior Elective paperwork finalized by July 3. Please see Mitzi for help in getting your Senior Elective taken care of.

**E**xciting news for all the shop-o-holics! We will soon have an official **MTSA on-line store!!** It should be up and running by midJuly. Check it out! If it does well, we'll be adding more merchandise as time goes by. Order on-line or to save shipping charges come by the school and do your shopping "in-house". All profits are going to the new school building fund.



### **S**TUDENT LOAN REPAYMENT!!

**\$80,000**=\$50,000 student loan repayment/\$30,000 bonus program .  
*These programs are currently offered to the following specialties:*

- |                        |                             |
|------------------------|-----------------------------|
| 1. General Surgery     | 10. Preventive Medicine     |
| 2. Orthopaedic Surgery | 11. Diagnostic Radiology    |
| 3. Thoracic Surgery    | 12. Emergency Medicine      |
| 4. Neurosurgery        | 13. Psychiatry              |
| 5. Family Practice     | 14. Oral Surgery            |
| 6. Urology             | 15. General Dentistry       |
| 7. OBGYN               | 16. Prosthodontics          |
| 8. Ophthalmologist     | <b>17. Nurse Anesthesia</b> |
| 9. Otolaryngologist    | 18. Optometry               |

*For a little as 38 days per year of Army Reserve service you can also receive:*

- Professional Development & Networking
- Continuing Educational Opportunities
- Prestige of Being an Army Officer
- Pride in Serving Your Country
- Promotions & Career Progression
- Added Annual Income
- Low Cost Life & Dental Insurance
- Low Cost Travel & Recreation
- 20 Year Retirement Program

For more information contact:

**Sergeant First Class Doug Welbaum**

Cell: (615) 218-7597 E-mail: [douglas.welbaum@usarec.army.mil](mailto:douglas.welbaum@usarec.army.mil)

*"Without a struggle  
there can be no  
progress."*

*~Frederick Douglass*

## Spotlight On ...

### ...Julie Hanson

Julie was a staff nurse in the neuro care unit at Vanderbilt before she started classes at MTSA. She's originally from Dallas, TX and says she'll probably end up working somewhere in Texas after graduation.

She is the oldest of five and has 3 brothers and 1 sister. She is married and has an 11-year old daughter. For fun she likes to do anything that will get her out of the house, for example mountain biking, movies and going on vacations. In five years, she sees herself free from school loan debt! Awesome goal!

Dream Car: Toyota Landcruiser  
 Dream Vacation: Steamboat Springs, CO (in the winter)  
 Favorite Music: Anything Sting  
 Favorite Movie: 1938 Charles Dicken's "A Christmas Carole"  
 Chocolate or Vanilla: Definitely Chocolate  
 Coke or Pepsi: Neither - Dr. Pepper  
 Beach or Mountains: Mountains  
 Khakis or Blue Jeans: Blue Jeans  
 Cat or Dog: Definitely Dog  
 Advice for Classmates: "Hang in there!"



*"You can easily judge  
 the character of others  
 by how they treat those  
 who can do nothing for  
 them or to them."*

*~Malcolm Forbes*

### ... Dorian Grunig

Dorian was working at the University of Utah Hospital as a CCU Staff RN before he decided to come to MTSA. He is originally from Utah and found out about us through an AANA webpage.

He has 1 brother and 4 sisters! Dorian is married and has 2 children, a 6-year old girl and a little boy that is about to turn 1-year old. For fun, he likes to camp, ski and snowmobile. In 5 years he sees himself out West!!

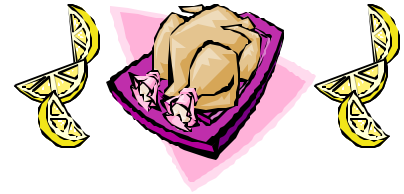
Dream Car: Ford Dually Quad Cab Diesel  
 Dream Vacation: Island in the Caribbean  
 Favorite Movie: The Godfather 1-3 (Part 2 the most)  
 Chocolate or Vanilla: Chocolate  
 Coke or Pepsi: Coke  
 Beach or Mountains: Mountains!!!!  
 Khakis or Blue Jeans: Blue Jeans  
 Cat or Dog: Dog  
 Advice for Classmates: "If I can...you can!"



# Fast Food - A Quick and Easy Recipe for Busy People

## Lemon-Thyme Chicken with Orzo

- 1 tsp. olive oil
- 1 lemon
- 1/2 cup low-sodium chicken broth
- 2 skinless, boneless chicken breasts
- 1 tsp. dried thyme
- 1 cup orzo or small pasta shape



*"All's well that ends with a good meal."  
~Arnold Lobel*

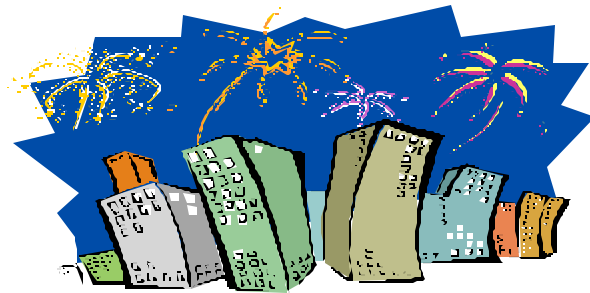
- 1) Preheat oven to 400 degrees. Smear 1/2 teaspoon olive oil in the bottom of a small baking dish. Cut one-half of the lemon into thin slices; juice the other half. Spread lemon slices in the dish. Add chicken broth.
- 2) Set chicken breasts on top of lemon slices, drizzle with remaining olive oil and lemon juice. Sprinkle with thyme leaves, salt and a generous grinding of pepper. Bake for 15 minutes or until cooked through.
- 3) While the chicken bakes, cook orzo in boiling water. Drain and toss with pan juices before serving.

*(P.S. - I've already tried this and it is good! Very refreshing dish for the summer heat!)*

## Noteworthy Dates

### July Dates

- 4 ~ Independence Day



## Noteworthy Birthdays

### Birthdays in July

- 17 ~ Dr. Melissa Rose(f)
- 17 ~ Anita Turner(f)
- 22 ~ Dr. Larry Lancaster(f)
- 22 ~ Karin Vilanova(s)
- 26 ~ Dr. Rex Elmore(f)
- 30 ~ Kelly Lomax
- 30 ~ Jim Tucker
- 31 ~ Amy Gideon(f)

### Birthdays in August

- 1 ~ Lynn Schlisner(f)
- 1 ~ Greg Lewis
- 5 ~ Donna Gouge
- 11 ~ Daniel Graves
- 11 ~ Kari Preuss
- 12 ~ Pam Gann(s)
- 18 ~ Zoreh Khanzadeh
- 22 ~ Chelsea Soapes(pts)
- 24 ~ Matthew Korgan
- 25 ~ Leah Richards
- 26 ~ Brandon Nolen
- 30 ~ Heidi Dykes



*"The great man is he who does not lose his childlike heart."*

*~Mencius*

## Financial Advice - Jane Pennington

### STILL MORE INFORMATION REGARDING CONSOLIDATION OF STUDENT LOANS

I feel that I may be "preaching to the choir" on this issue. My experience with MTSA students and graduates to-date has been that most of you are very money savvy. BUT – I want to make sure that all of you have access to this information. So here goes...

I have already alerted you to the radical student loan rates drop that becomes effective July 1, 2003. This appears to be an ideal time to consider consolidation of student loans. Consolidation loans allow you to combine different types of federal student loans to simplify repayment. Even if you have just one loan, you can also choose to consolidate it. There are both advantages and disadvantages to consolidating your loan as detailed later in this article.

As stated in the June newsletter for the period of July 1, 2003 to June 30, 2004 the interest rates for Stafford Loans will be dropping to 2.82% during in-school, grace and deferment periods. During repayment the rate is 3.42%.

But be careful. Do your research before you consolidate. Make sure you know your lender. If you consolidate too hurriedly or with the wrong company the benefits could be overcome by the loss of benefits. I have listed here some of the considerations of which you need to be mindful:

- Consolidation extends the repayment time beyond the standard 10 years. This lowers payments, but you will be paying more interest over the life of the Consolidation loan. This extra interest could add up to thousands of dollars in addition to the original principal.
- Consolidation eliminates many of the deferment options available to borrowers. Students attending graduate school, or working in certain shortage area positions, can often defer payment for several years. After consolidation these options are no longer available.
- Consolidation loans will cancel any borrower benefits your lender or servicer may provide, such as a reduction in interest rates for on-time monthly payments.
- READ THE FINE PRINT - carefully. Across the country, there are hundreds of financial companies cashing in on the student loan consolidation business. Not all of them have the best interest of student borrowers in mind. DO NOT LET THEM RUSH YOU INTO SOMETHING.

You may receive the same benefits of consolidation by combining your loans with one lender. Combining your loans does not pay off your current loans with a new consolidation loan. Rather, each loan remains "active" but you make only one monthly payment and retain all deferment and borrower benefits of each loan. Talk to you lender or lenders, as the case may be, regarding this possibility.

### **Eligible Loans**

The following federal education loans are eligible for Consolidation Loan:

- Federal Direct Subsidized and Unsubsidized Loans
- Federal Subsidized and Unsubsidized Federal Stafford Loans
- Direct PLUS Loans and Federal PLUS Loans \*\*
- Direct Consolidation Loans and Federal Consolidation Loans
- Guaranteed Student Loans (GSL)
- Federal Insured Student Loans
- Federal Supplemental Loans for Students (SLS)
- Auxiliary Loans to Assist Students
- Federal Perkins Loans
- National Direct Student Loans
- National Defense Student Loans
- Health Education Assistance Loans
- Health Professions Student Loans
- Loans for Disadvantaged Students
- Nursing Student Loans

(Continued on page 6)

*"Let him who would enjoy a  
good future waste none of  
his present."*

*~Roger Babson*

(Continued from page 5)

Even defaulted student loans, can be included in a consolidation loan if satisfactory repayment arrangements have been made with the current holder.

### Interest Rate

Like new Stafford loans, the maximum interest rate for consolidation loans is 8.25 percent. However, consolidation loan rates are **fixed**, rather than variable. Consolidation loan rates are determined by taking the weighted average of the interest rates of all loans being consolidated and rounding the average up to the nearest 1/8th of a percent.

### Benefits of Student Loan Consolidation:

- Reduce your monthly payment by as much as 53%.
- Pre-apply during grace period and lock in a lower interest rate for the life of the loan.
- Make one loan payment a month.
- Repay the loan early without penalty.
- Match your repayment plan and term to your financial situation.
- Reduce your interest rate by as much as 1% by paying on time.
- There are no credit checks, application, origination, or processing fees.
- If your loans are with different lenders or loan servicers, you must keep track of more than one payment schedule. Managing paperwork and due dates for multiple loans can be a hassle. A Federal consolidation loan repays all your loans with one monthly payment. You will have only one check to write each month.
- Federal Stafford Subsidized and Unsubsidized Loans carry variable interest rates that are adjusted annually. The rate on a Federal Consolidation Loan is fixed for the life of the loan.
- Borrowers submitting a consolidation application during their grace period are eligible for rates based on those reported by their lenders. This could mean lower fixed rates for some.
- The federal government will continue to honor interest subsidy benefits for any subsidized FFELP or direct loans included in a Federal consolidation loan.
- Consolidating your student loans might help ease the pressure on your monthly budget. Consolidation can reduce the monthly payment on your student loans by 10 to 60 percent, depending on your loan balance, the length of the repayment period, and the interest rate on your Federal consolidation loan.
- Even if making your monthly payments is not a problem, by consolidating you may be able to strengthen your personal financial position.
- Most Federal Student Loan consolidation programs allow borrowers to lower their interest rates more than 4% below the cap (8.25% Stafford cap).

There are no prepayment penalties for accelerating repayment. Several repayment options are available to the borrower, including graduated and income-sensitive repayment, as well as deferment and forbearance benefits.

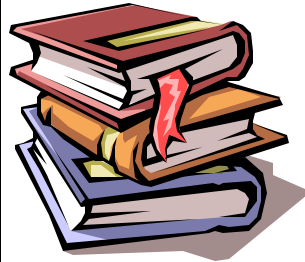
M. Jane Pennington  
MTSA Director of Financial Aid  
jane@mtsa.edu

*"Nowhere can a man  
find a quieter or more  
untroubled retreat than  
in his own soul."*

*~Marcus Aurelius*

## OUT AND ABOUT...

Hello future CRNAs,



On behalf of the TANA Education Committee I just wanted to thank **Dina Velocci-Posey** SRNA from Nashville, Jennifer Powers SRNA from Knoxville, Patty Stansberry SRNA from Knoxville, Carla Carter SRNA from Knoxville, Ruth Longway SRNA from Chattanooga, Tim Lewis SRNA from Chattanooga, and Kathy Phillips SRNA from Chattanooga for attending the TANA Board of Directors meeting in Nashville on June 28. As you observed, lots of hard work by dedicated

CRNAs and affiliate staff go into keeping our state's professional organization viable. Their work and the work of our national professional organization allows CRNAs the freedoms of practice that we enjoy and the compensation packages we enjoy.



Your active involvement in these associations as students is encouraged and greatly appreciated. Your continued support and active participation in your professional organizations as a CRNA are critical. Without continued involvement of dedicated CRNAs and affiliate

personnel in our professional organizations to insure the protection of our scope of practice, no longer would we be able to enjoy the freedoms of practice and salaries of today.

Please share with your fellow classmates and with the CRNAs at the various institutions in which you are trained about the tremendous time and effort that our TANA Board of Directors and committee members dedicate to help protect and foster our professional futures. Also, please encourage them to become actively involved in TANA/AANA.

Sincerely,

Rachelle Dyess CRNA, MSN  
TANA Education Committee Chairman



*"The roots of true achievement lie in the will to become the best that you can become."  
~Harold Taylor*

## Appreciating The Performing Arts

It looks like opera season is done until September and I've had luck in finding only one performance by the Nashville Symphony in July.



### Nashville Symphony ~ (615) 783-1212

July 5-6 ~ "Beethoven's First & Last"

"Words make you think a thought.  
Music makes you feel a feeling.  
A song makes you feel a thought."  
-E. Y. Harburg



*"Nowhere can a man  
find a quieter or more  
untroubled retreat than  
in his own soul."*

*~Marcus Aurelius*



**And the newest edition to our free or inexpensive showcase is.....**



## Tennessee State Museum

Those of you who have come to MTSA from other parts of the country, might find this interesting...Admission is free!

### The State Museum

Open: Tuesday - Saturday: 10 a.m. to 5 p.m. & Sunday 1 to 5 p.m.

### The Military Museum

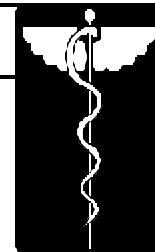
Open: Tuesday - Saturday: 10 a.m. to 5 p.m.

### The State Capitol

Open for guided tours Monday - Friday 9 a.m. to 4 p.m.

(Closed on most major holidays)

## Employment Opportunities



Anesthesia Associates of Boise, P.A. is looking for 2-3 CRNA's. Visit **Gasworks.com** Job #7649 or call Mark Geraty at **208-381-2625**

CRNA Opportunity at Kentucky Hospital . For more info call Martha Edmondson at **336-427-7999** or e-mail at **marthaedmonson@earthlink.net**

Full time position in the Tampa suburbs on the Gulf of Mexico will be opening in the spring/summer of 2004 in a brand new hospital. Please e-mail resume to **prhealth@hotmail.com** or fax resume to **866-340-3033**

CRNA needed in Detroit area. Generous sign on bonus! E-mail your resume to **careers@hiretoptalent.com** or fax to your resume **613-831-5653**

Full time positions available in Tulsa, OK. For more info contact Dr. Darrell Heck at **918-252-2463** or e-mail at **heckdd@cox.net**

CRNA opportunity in Louisiana at a community hospital. For more info call Chris Mooradian at **800-970-7798** or e-mail your resume to **chris@medgigs.com**

Opportunities in East Bay, CA. Call Kara Aley at **510-675-6858** or forward your resume to **kara.aley@kp.org**

Awesome opportunity in Lancaster, PA. No call, no weekends, no holidays, no nights, no hearts, neuro or OB. No Kidding...Fax your C.V. to **717-291-6625** attn: Robert Baker, Chief CRNA or call him at **717-239-4230**

\*CRNA position available in July 2003 at Southeast Medstaff, Inc. in Seymour, TN. Great benefits. Call Michael K. Johnson at **866-908-6232**.

\*Positions available across the country. Call Lyn Michaels at **800-578-9270** or e-mail at **lmichaels000@att.net**

\*Position available at Upper Cumberland Anesthesia Associates, P.C. For more info call Kris Faier, Office Manager at **931-528-7877**. E-mail: **Kfaier@MedpMgmt.com**

\*Positions available in Southern Michigan, North Central Missouri, Indiana and Central Wisconsin. Contact Kristen Faust. Phone: **800-467-9117** Fax: **888-238-4276**  
E-mail: **kfaust@besmith.com**

\*CRNA Opportunity in Louisiana. Call Chris Mooradian at **800-970-7798** or send resume to **chris@medgigs.com**

\*CRNA's needed in Fort Worth, TX. Great benefits. Send resumes and salary history/requirements in a Word attachment to **mark@dfwaccountants.com**

\*Seeking CRNA in a southern lakefront community. Virtually no call! For details call Steve Strippling at **800-576-9629** or e-mail **steve@provdoc.com**

\*Opportunity in the heart of Illinois. For specific details call Kelley Moore at **800-576-9629** or e-mail **kelley@provdoc.com**

\*North Arkansas University Community seeking a Chief CRNA! For detail call Kristie Knight at **800-576-9629** e-mail **kristie@provdoc.com**

\*CRNA opportunity in beautiful Georgia community. Short drive from Atlanta Metro area. For more info call Andy Guenther at **800-576-9629** or e-mail **andy@provdoc.com**

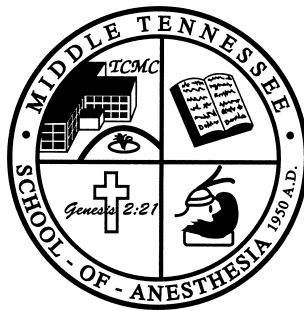
(THE ASTERISK \* INDICATES THE NEW ADDITIONS SINCE THE LAST NEWSLETTER)

*"The harder the conflict,  
the more glorious the  
triumph."  
~ Thomas Paine*

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**Reflecting Christ in  
Anesthesia Education**

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