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## Caps & Capes - December 1970

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# Caps 'n Capes



dec. '70

## EDITORIAL

Jefferson on the whole is a totally unpredictable place, but on one thing you can rest assured - that is the steady flow of nursing students trudging home on Friday afternoon for the long awaited weekend. Our numbers have recently been reinforced by our new Freshman class. Welcome to the club, and I'm sure SEPTA is glad to see you too.

This commuting is a real racket, and every man for himself is the game. With our unique agility, we have no difficulty balancing two suitcases while trying to get through those crowds to make the "EL" before rush hour. As usual, you missed grabbing the last empty seat on the train, but now at least you'll be able to take full advantage of all the bumping and jostling back and forth, - Gee, all for 30¢. At Bridge-Pratt the real test comes, where you try your best to maneuver through those gigantic shopping bags that are being firmly clutched by those 70 year old ladies. I'd like a dime for every pair of nylons I've ruined in the process.

Some of our handicaps could be alleviated if we could only resist our impulses, and leave some of our beloved "junk" in one spot. The sight of you struggling with all these things gives you an opportune advantage in meeting a big, strong, "hunk". I though, usually encounter some of those delightful "old gents" who await you at each corner. With Gray's Anatomy and Brunner's Med-Surg crashing on their toes accidentally, it soon sends them scuffling off in the opposite direction.

My suggestion may not eliminate all of your troubles, but you'll beat SEPTA.

RELAX ----- RIDE THE READING !

WELCOME  
TO  
JEFF



## 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 bad, but when you are a nervous Freshman, the thermometer reads differently to you 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're 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 1973

THRU THE EYES OF A FRESHMAN

"I don't believe it", " My friends at home say to me, "You're going to be a nurse",.... but you have such a weak stomach", " You glance over at them and have no idea what to say... there isn't anything to say... this is what you want to do with your life. (Now just think of all the engineering, newspaper, and archeological careers you passed up). It appears as if no one at home understands why you chose nursing. "It's such dirty work", and "you should go to college", are some of the frequent comments your hear. What can you do? You, yourself can relate the reasons as to why.

I suppose many people don't understand because it takes a certain type of individual to enter such a career, or shall I say way of life.

The long summer bridge broke one Tuesday morning when we entered Jeff. We began working toward the specific goal of becoming a good nurse, initially began a new way of life. I don't feel as I can truly put it into words... "the end of a perfect day , three inches of dark circles under the eyes, and of course the pink uniforms we have hanging in our closets. It's hard work, back breaking, and a tedious life...but just think the better person we will be for it all.....

## NEW YEAR'S RESOLUTIONS

What are your plans for the coming year? Making a New Year's resolution is an age-old tradition which makes me think (at least once a year) of things I should change.

Some of the members of the junior class have a few ideas that are probably similar to yours.

I hereby promise to...

- ... not date weirdos, doctors, med students, psychology majors, or guys who are engaged.
- ... learn to play it cool.
- ... lose 20 lbs.
- ... stop smoking, stop biting my nails, and lose weight.
- ... act my age.
- ... stop eating cafeteria food.
- ... stop getting into situations I can't get myself out of.
- ... not wait until the night before to do care plans, drug abstracts, and newspaper articles.
- ... run when my friend says her mobile is tangled.
- ... straighten my underwear drawer.

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## DECEMBER HOROSCOPE

Sagittarius (November 23 - December 21)

People born under this sign are often freely generous with material objects - even to the point of their own poverty. Christmas time often finds them overly demonstrative - they're the ones with 23 genuine reindeer, a 20 foot red sleigh, a miniature manger scene, 3 Santas, a paper fireplace, blue and pink lights on every bush, and a lopsided styrofoam snowman all stuffed into their front lawn.

You must guard against your personal eccentricities (singing Jingle Bells in April, organizing caroling groups of 56 neighborhood children, spraying artificial snow on car windows). On the whole, however, you are friendly, always cheerful, and fun to be with (even when you mimeograph you 14 page Christmas list and hand it out to all of your friends). Have a Merry Christmas - and forget the blue and pink tree lights this year, okay?

Do



Your



Spring



Planting



B. Aissy '71



Early





## THROUGH THE STETHOSCOPE

1. A.M., a certain Junior is being followed by that med student B.P. and loving every minute of it.
2. Happy days are here again for N.S. now that T.P. is home.
3. J.F., a certain Junior whose Sunday panties are missing.
4. Best wishes to Pat Appell (Aug. 22nd) and Ellen Zettler (July 3rd) on their engagements.
5. Who brought her boyfriend and grandmother to a strip joint... unintentionally, of course.
6. Who was the first senior to wear a midi... D.M.; naturally.
7. Seniors: These are the cottonballs?
8. I need another glove, K.S.
9. S.P. is busting out all over.
10. Certainly, L.S. loves to pour functionals on 11th Pavilion.

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### RUPTUS RIGHTS

February - March - January; May - June - April

August - September - July; November - December - October

Always three steps behind - I can't win for loosing.

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Be happy for those who are joyous,

Be sad for those who are full of woe,

Be understanding and kind,

But don't pity - it is unwanted.

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### FRESHMEN FRIDAYS

- waking up with a different kind of feeling,

- sitting in Chemistry thinking about the weekend,

- skipping lunch to finish packing,

- being dismissed at 3:40, then running like mad to catch the 3:45,

- missing the bus and waiting 30 minutes for the next.

Finally, the last feeling one has on Friday is sadness because Monday is so close.

THERE'S NO PLACE LIKE HOME !

Films being shown lately usually involve some deep message or meaning. Frequently, they try offering solutions to our world problems. How often though, do you see a movie where you can just watch for the sake of relaxing and enjoying it?

One of these rare movies is making its tour of Philadelphia. The name of this picture is "THE OUT-OF-TOWNERS" starring Jack Lemmon and Sandy Dennis. There is no real story behind this film but it is worth seeing just to enjoy two hours of laughter. With all the problems plaguing society, few people find time to "give a good chuckle". These two stars present a typical, moderately-wealthy suburbanite couple spending one evening in the cold, cruel city - New York. Their escapades keep the audience in uproarious laughter from start to finish.

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Any article or comments will be appreciated - send to Rm 429

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