



## Countdown to Christmas



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Have you ever wondered when the holiday season actually starts? If retailers have any say, it would be as soon as the Halloween stuff has been moved to the sale rack! After reading an article in Christianity Today, I found some interesting historical facts. If you look back at our Christian ancestors, you'll find that they had other ideas.

Perpetuus, bishop of Tours, in 490, was the first church official to propose special activities for the pre-Christmas period. He advocated fasting every Monday, Wednesday and Friday from Martinmas (November 11) to Christmas Eve. This practice which mirrored Lent, slowly spread throughout France, Spain and Germany. Then it crashed into Rome.

Roman practice of the Advent season took an extremely different tone. While much of Western Europe was fasting, Roman Christians were celebrating. Maybe it was because they had a hard time approaching Christ's birth as somberly as they did His death. By the eleventh century, though, Rome had turned to the more somber ways and Advent meant no feasts, no recreational travel, no marital relations and no weddings. (These prohibitions were dropped in recent centuries.)

In the Orthodox church, Advent still includes fasting, and in most places, lasts from November 15 to December 24. In Syria, Lebanon, Germany and parts of France, St. Barbara's Day, December 4, implies the beginning of the Christmas season.

St. Nicholas Day, December 6, launches the Christmas festivities in Austria, Belgium, Czechoslovakia, the Netherlands and parts of Germany.

Swedes hold off until St. Lucy's Day, December 13, to begin their Christmas celebrations. Lucy had become a Scandinavian favorite when that region converted to Christianity, in the eleventh century. Her yearly remembrance involves a girl from each household wearing a wreath of lingonberry leaves and lit candles on her head and making an early breakfast for the family.

I'll have to agree with the author of the article when she said that though these customs may seem strange or silly, she'd rather have her calendar structured around cultural traditions than around corporate budget forecasts. I also believe that more than anything, we need to remember the giving aspect, not just gifts to our families and loved ones, but to people that don't have that luxury, like the people at the homeless shelters or those who may be shut-ins. Giving to people that may take us out of our comfort zones will make us realize how much we've been blessed.

"You will find as you look back upon your life that the moments when you have truly lived are the moments when you have done things in the spirit of love."

~Henry Drummond

~ Karin Vilanova

## Congratulations to the Class of 2003!

A baccalaureate service and commencement ceremony for MTSA's Class of 2003 was held Saturday, November 1, 2003 at Madison Campus Seventh-Day Adventist Church.

The keynote speakers for the ceremonies were **Lynn Schlisner**, BA, MDiv, Pastor of Madison Campus Seventh-Day Adventist Church, and **Larry Lancaster**, MSN, EdD, ACNP, Professor, Vanderbilt University School of Nursing, and a member of the MTSA faculty.

Forty-three students were graduated receiving a Master of Science degree with a focus in nurse anesthesia. Eight of these students graduated with a 4.0 average: **Melanie Coleman, Heidi Dykes, Brandie Elliott, Marti Hines, Cheril Nelson, Becky Sellars, Scottie Smith, and Tasha Walker.**

The Agatha Hodgins and Bernard Bowen awards, voted upon by the affiliates of MTSA, were awarded to **Brandie Elliott** and **Tasha Walker**, respectively. The Andy Limone Award, sponsored by Gene Turner, M.D., and his wife Anita Turner, CRNA, MS, was awarded to **Chris Lovelace**. The Team Spirit Award, voted upon by the class itself, was also awarded to **Chris Lovelace**. The John C. McAleavy Award, voted upon by the faculty and staff of MTSA, was awarded to **Marc Lindley**, who not only received a plaque (as did all of the above), but was also given \$1,000. Mary Elizabeth DeVasher, Dean of MTSA, presented Patricia "Patsy" Logue with a plaque honoring her 20 years of service to MTSA.

A reception for the faculty, staff, graduates, and their families was held at the School after the graduation ceremony.

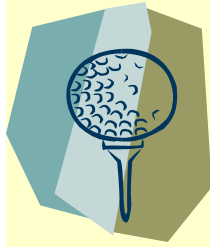
~ Amy Gideon, MTSA Librarian



"I find that there is no worthy pursuit but the idea of doing some good to the world."

~John Keats

## MTSA BULLETIN BOARD



**C**hange your calendars! The dates for the Alumni weekend have been changed! We are now set for the first weekend in May. The alumni banquet will be Saturday night, May the 1st, the CEU will be Sunday the 2nd and the FUNDRAISING Golf Tournament will be Monday the 3rd.

Sorry for any inconvenience this may have caused. We're hoping that this weekend will work out better for more people! More details will be shared as the planning process continues!!

“First say to yourself what you would be; and then do what you have to do.”

~Epictetus

Roman Philosopher



**G**iving is a huge part of Christmas. This year the junior class and the staff of MTSA are going to try to make Christmas a little brighter for two little girls, Korrie & Hailey, ages 3 and 6, who recently lost their daddy. If you would like to help, we will have boxes out where you can drop off gifts or money. If you would like more information, call Mitzi at (615)868-6503.



## Spotlight On ...

### ...Henry Garcia

Henry is originally from Puerto Rico and he was working in Takoma Park, Maryland before coming to MTSA. He was a staff RN at the cardiothoracic ICU. His background in respiratory therapy and nursing peaked his interest in anesthesia.

He has 1 brother and 1 sister, he is happily married and for fun Henry likes to fly kites and play ping pong. In five years from now he sees himself practicing as a CRNA. Makes sense to me!

Dream Car: Hummer H2

Dream Vacation: Europe

Favorite Music: Latin Music

Favorite Movie: Patch Adams

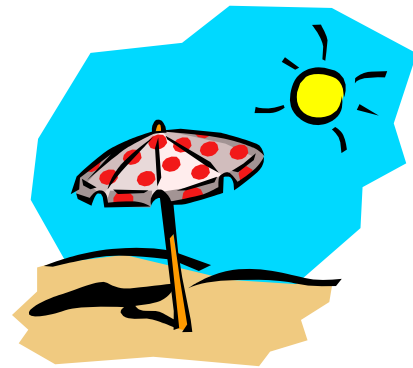
Chocolate or Vanilla: Vanilla

Coke or Pepsi: Coke

Beach or Mountains: Beach

Khakis or Blue Jeans: Blue Jeans

Cat or Dog: Dog



“Courage to start and willingness to keep everlasting at it are the requisites for success.”

~Alonzo Newton  
Benn

### ... Lori Whitaker

Lori is a senior that came to us from Vanderbilt here in Nashville. She was working there as a RN in the SICU. What she likes about anesthesia is that it's a highly detailed profession.

For fun, she likes to go shopping and to the movies. Sounds good to me! In five years from now, she sees herself staying in the Nashville area.

Dream Car: Escalade

Dream Vacation: Alaskan Cruise

Favorite Music: Country

Favorite Movie: Grease

Chocolate or Vanilla: Chocolate

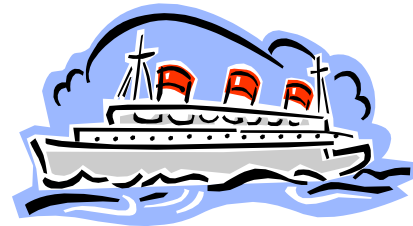
Coke or Pepsi: Coke

Beach or Mountains: Mountains

Khakis or Blue Jeans: Blue Jeans

Cat or Dog: Dog

Advice for Classmates: “Stay strongly bonded - we're much stronger as a group.”



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

### Grandma Sally's Easy Broccoli Soup - Serves 4

1 medium head broccoli  
 1 medium tart apple (such as Rome, Granny Smith, Golden Delicious)  
 peeled, cored, and quartered  
 1 medium onion, sliced  
 6 cups chicken broth  
 1 teaspoon salt  
 1/4 teaspoon cayenne pepper  
 Sour cream for garnish



Cut the stem off the broccoli and separate the florets into large clusters. Place all of the ingredients into a 4-quart soup pot and bring to a boil over high heat. Reduce the heat to medium-low, cover and simmer for 12 minutes. Puree the soup in a blender for food processor in the four batches, using equal parts solids and liquid to help make a smooth puree. Pour into a saucepan, stir well and adjust seasoning. Serve in bowls and garnish with a dollop of sour cream.

"I am seeking,  
 I am striving,  
 I am in it with  
 all my heart."

~Vincent van  
 Gogh

## noteworthy dates

### Dates in December

22~ Winter Solstice  
 24~ Christmas Eve  
 25~ Christmas Day  
 31~ New Year's Eve



### Dates in January

1~ New Year's Day

## noteworthy Birthdays

### Birthdays in December

7~ Ansley Carter  
 10~ Clarizel Concepcion  
 11~ Rodney Rice  
 12~ Dustin Wixson  
 15~ Veronica Nylander  
 17~ Sheldon Millican  
 18~ David Moriarty  
 20~ Christy Menanno  
 20~ Dana Willis  
 25~ Jason Moran



### Birthdays in January

3 ~ Carol Stinson (s)  
 3 ~ Linda Passini  
 5 ~ Mevludin Basic  
 18 ~ Dr. Marc Siegel (f)  
 24 ~ Jason Crafton  
 24 ~ Amanda Reffner  
 29 ~ Jennifer Moser  
 31 ~ Lee LaValle  
 31 ~ Shawn Collins





# Prayer List



So far the requests I'm getting, are the ones that the newest class are putting on a board in the classroom. I would love to hear from alumni and faculty too. If you have a concern or praise that you would like your MTSA family to bring to God in prayer, please come see me, Karin Vilanova, in the library or e-mail me at: [karin@mtsa.edu](mailto:karin@mtsa.edu) and type "Prayer List" in the subject line. Thanks and God bless!!

Following are the newest requests and praises since our first list in last month's newsletter.

### REQUESTS

- Maggie Handlan's mom- possible cancer
- Holly Tate's sister
- Mike McGinley's family-lost his cousin in an accident: leaves behind a wife and two little girls
- Buddona Swafford's friend Terry
- Lorena Milani's friend killed in Iraq
- Dina Velocci-Posey's safe return from Nigeria
- Amber Smith's brother-in-law passed away

### PRAISES

- Dana Willis' grandfather did well with his surgery
- Oscar Lewis' new baby girl
- Tom Moses' new baby boy
- Derek Price's new baby girl
- Tom Neumaier and wife are expecting twins

## Back in 1950...

Here are some interesting bits of information from the year that this school, which we have come to know and love as MTSA, was founded:

**WORLD NEWS:** North Korea invades South Korea on June 25, capturing Seoul.

**NATIONAL NEWS:** The one-piece windshield is offered on the new Cadillac.

**SPORTS NEWS:** World Series Champions - New York Yankees

**PRESIDENT OF U.S.:** Harry Truman

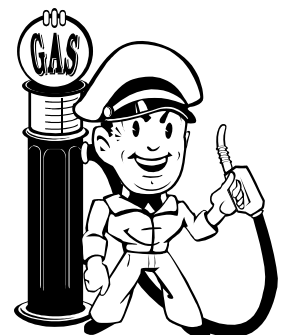
**VICE PRESIDENT OF U.S.:** Alben Barkley

**COST OF LIVING:** New House - \$8,450.00

**COST OF FOOD:** Granulated Sugar - \$0.85 for 10 pounds

**FAVORITE MUSIC:** All My Love (Bolero) - by Patti Page

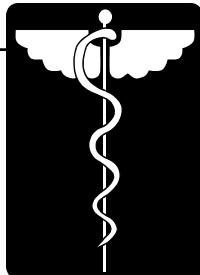
**FAVORITE MOVIE:** All About Eve (Academy Award Winner)



"I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble."

~Helen Keller

## Employment Opportunities



Decatur General Hospital is seeking 3 CRNAs for permanent FT positions. Great benefits! Contact Tamela Seymour at **866-613-0136** or e-mail at **tseymour@crenshawclick.com**

Staff Care, Inc. has Locum assignments in all 50 states. For further information check their website at **www.staffcare.com** and/or call Mike Hogan at **800-262-4194 ext.1785**

Providence Healthcare Group is needing CRNA's in the following areas: Southeastern Lakefront City of 100,000, Heart of the Midwest, Southern Lakefront Community on Texas-Louisiana Border and Southern Illinois. For more info contact them at **800-576-9629**

Staff CRNA position available with great benefits! Located 60 miles from Knoxville. For more info call **606-632-1832**.

CRNA opportunity in Bryan, OH. For more information, please call Amy Remus at **800-528-8286** or e-mail at **amy.remus@stratummed.com**

Opening in Winchester, TN at Southern TN Medical Center. For more information call Dr. Ronald Gordon at 931-962-4061.

\*Positions available at the Sacred Heart Medical Center in Spokane, WA. Competitive salaries. For more info contact Chris Peterson **509-474-5307**

\*Carolinas Anesthesia Search is available to help you find openings throughout the southeastern United States. For more info call Freda Smith at **800-351-2588**

\*Bryan Medical Group in Bryan, OH is seeking to add a CRNA to it's group of 4. If you would like to learn more contact Marilyn Roos at **800-528-8286 ext. 4112** or e-mail: **marilyn.roos@stratummed.com**

\*Openings available in Ohio and Arkansas. Great situations in both areas. For more info call Lyn Michaels at **800-578-9270** or fax your CV to **440-895-0667**

\*Looking for CRNA's in Orlando, FL. Flexible Schedule, limited call, sign on bonus. For more info check out website: **www.JLRMedicalGroup.com** or call **407-667-0444**

\*CRNA position in beautiful Coastal Rhode Island. Outstanding salary and benefits. Contact Margie Quinlan by phone: **800-238-7150** or e-mail: **LawlorRctg@aol.com**

\*Position available in Maryland. No additional state licensure is needed because it's federal. Great schedule. Fax CV with references and state license to **770-322-8698** or call Cassandra Davis at **800-322-7479 ext. 205** for more details.

\*Check out **www.LocumTenens.com** to see their job board.

\*Immediate CRNA opportunity in Dayton, OH. Competitive package. For more info call Karen McIntosh at **937-226-7863**.

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

“Tact is the  
knack of  
making a  
point  
without  
making an  
enemy.”  
~Howard W.  
Newton

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