Dear Alumni and Friends,

Over the past several months, the School community—including alumni, students, faculty and staff—have done nothing short of a stellar job of making me feel welcome as the “new dean.” I’ve enjoyed talking with and meeting some of you and learning about your concerns and ideas regarding the future of our School.

Now it’s my turn to welcome you—to invite you to join me and the School’s faculty and staff as we celebrate a half century of Nursing at Carolina. If you’re reading this issue, you have had a hand in the successes your School has experienced over the past 50 years. I am grateful and thank you for your participation, your work, and your contributions.

We kick off a year’s worth of celebration by introducing to you some changes in your alumni magazine. I hope you will sit down with this issue and enjoy our new look. Our editors hope to continuously improve the ways in which we share with you the happenings at the School of Nursing and the Alumni Association.

Along with a new name, Carolina Nursing, we’re trying out several new features. Noteworthy Nurses gives us a chance to focus on someone (or a group) whose everyday heroics deserve our attention. Roll Call will highlight faculty, staff, student and School accomplishments, while SONdries (read sundries!) is the everyday news that keeps our lives interesting.

Of course, our golden anniversary celebration merely begins with this magazine. We have a slate of activities planned for this year, culminating with the 50th Anniversary Gala Weekend in November. Take a look at the article on our 50th celebration for more information.

With so many schools here and around the nation struggling to recruit outstanding faculty, I can’t help but mention one of our first surprise celebrations in this anniversary year. On page 8 of this issue, you will read about Mrs. Helen Umphlet, who has generously honored her husband’s memory with a gift that creates a new distinguished professorship. We hope to be welcoming our Umphlet Professor during this special year.

I hope you will enjoy your new alumni magazine. As always, we welcome your thoughts on this magazine, on the Gala celebration, or on any other issue relating to the School.

With warmest regards,

Linda R. Cronenwett, PhD, RN, FAAN
Dean
Celebrating 50 Years of Nursing Education

2 Our 50th Year
The School of Nursing turns the corner into a new millennium by celebrating 50 years of excellence in nursing education.

3 Looking Back
The challenges and triumphs of the School of Nursing’s early years.

5 Noteworthy Nurses: Carolina’s First Nightingales
Get a glimpse of what life was like for the first classes of nursing students.

A Gift of Love

8 Distinguished Professorship
Helen Umphlet establishes professorship to honor “Dr. Tom” and his deep respect for the nursing profession.

Alumni Day 1999

12 Highlights
12 Student Address
13 Alumna of the Year: Anne Fishel

Regular Features

9 Roll Call
Welcome Lisa Ware

11 SONdries

16 Alumni Notes

18 Continuing Education Calendar
As we turn the corner into a new millennium and kick off this year of celebration, we want to share with you many of the changes you can expect to see around the School and with your alumni magazine. You may also want to get out your calendars as we preview the events planned to commemorate our first half-century.

If you didn’t notice, go back to the front cover of this magazine. Yes, that’s right, we’ve changed our name. Alumni and students alike, faculty and friends of the School all refer to our program as “Carolina Nursing.” It follows then that our cornerstone publication should bear that name: Carolina Nursing.

We hope you will continue to turn to Carolina Nursing throughout the coming years to learn of milestones in the lives of your fellow alumni and highlights of the School’s research and academic endeavors. Please help us to do an even better job of reporting this information to you by keeping us informed of your activities (see page 1 for our mail and e-mail addresses).

We hope also that, with the addition and modification of some regular features throughout this issue, Carolina Nursing will help you feel better connected to the School, to your former classmates, and to the faculty and students who are here today.

In this issue, we are pleased to incorporate the School’s new logo. This image represents the connection between the School and the university—both institutions of renown among their peers. The use of the Old Well and Carolina blue symbolizes the University, while the flame, the universal symbol for nursing since the days of Florence Nightingale and her lamp, represents the School and the nursing profession.

We hope that this image will evoke memories of wonderful times spent on campus in Chapel Hill and, for those who are yet to follow in your footsteps, the logo symbolizes the pride we have in our school, our university and our profession.
In 1950, Dr. Elizabeth Kemble took her post as Dean of the new School of Nursing, the first at a university in North Carolina. It was to be a busy year for her. She had no students, no faculty, and no curriculum. By the fall of 1951, she had all three.

The first class of 27 “girls” arrived on a campus where there was no one in whose footsteps to follow. Nervous and excited, they were pioneers in more ways than one. Not only were they to be the first nursing students; they were also the first full class of freshman women on a campus that, until that year, had only admitted women as transfer students.

(continued on next page)
Many challenges, including inadequate funding and space and few new recruits, threatened the School’s existence.

Looking Back, continued

Although the campus had accepted the women into the nursing program, it did not yet have a permanent place to house them. After several delays and months of students’ living in a wing of the hospital, the first School of Nursing building opened in the fall of 1952. Fondly referred to as the “Nurses Dorm,” it housed both classrooms and student living quarters.

The excitement of a permanent home for the School was tempered by a debate within the academic community regarding the need for collegiate programs to train bachelor’s prepared nurses versus the established hospital diploma programs. Dean Kemble felt that the School’s building symbolized those philosophical differences.

Although considered an independent program, the School of Nursing did not occupy an independent building. Rather, students and visitors alike had to pass through the School of Medicine to reach their Nursing classmates and colleagues. The hospital’s machine shop was also located in the School of Nursing, resulting in a noisy atmosphere and frequent interruptions.

There were other challenges. Inadequate funding and space, as well as small numbers of new recruits entering nursing schools, threatened the School’s existence.

To combat these issues, the president of the Medical Foundation of North Carolina, Major McLendon, convened in 1953 what became known as “Mrs. Carrington’s Committee,” an advisory committee to the School.

Chaired by Mrs. Elizabeth Scott Carrington, a nurse, the committee was charged with soliciting funds, planning for recruitment and promoting extension of facilities for educating nurses. The committee’s and the School’s staunch and energetic supporter during these days was Dr. Henry Clark, the head of UNC’s Division of Health Affairs. During a presentation to Mrs. Carrington’s committee in the fall of 1953, he emphasized the pioneering responsibilities of the School as a leader in the field.

“Dean Kemble knew she had my support during those early years,” commented Dr. Clark. “I often told her that the ‘end result’ would be something to be proud of despite the struggle.”

Throughout the mid-1950s, Mrs. Carrington and her committee worked tirelessly to obtain funds to provide scholarships for deserving students. Her greatest achievement in this endeavor was bringing the James M. Johnston Scholarships to

Ramelle (Hylton) Starnes ’55 and Janet (Merritt) Littlejohn ’55 practice taking blood pressure readings on fellow student Louise (Norwood) Thomas ’55.

(continued on page 6)
Carolina’s First Nightingales

It started in the fall of 1951... but it certainly didn’t end with graduation on June 5, 1955.

The first class of 27 UNC nursing students blazed a trail that over 6,000 have proudly followed. Here’s a glimpse at what life was like for these “girls,” as the press, and sometimes the University, called them in the early ’50s.

In addition to recruiting her faculty, writing a curriculum, working on facilities issues, raising money and so on, Dean Elizabeth Kemble spent her first year in Chapel Hill recruiting the best freshman nursing students she could. All 27 were hand picked by the Dean and her faculty of three.

At that time, admission wasn’t announced to the students until late summer, just prior to enrollment. And the letter of acceptance was accompanied by several pages of “Regulations for Freshmen in the School of Nursing 1951-52.” These regulations were stricter than those for other co-eds on campus, since nursing students were the first large class of freshmen women.

Rules for the Class of ’55 included hours that co-eds must be in the dormitory: 11:00 p.m. – 5:00 a.m. during the week and 12:00 midnight on weekends. Closed study hours of 7:30 – 10:00 p.m. meant students were expected to be in their own rooms, with no radios played.

The students were also required to sign out of the dorm if they planned to be out past 7:30 p.m., and even this was allowed only for limited reasons such as campus activities, library work or other outings as permitted by parents. Overnight guests could stay in the dorm on weekends (girls only, of course), but there was a 50 cents per night fee.

Once students learned the ropes and made it through a week of freshman orientation, the real work started. Commented Joy Smith Burton: “The ‘nurses’ were quickly recognized on campus by the speed with which we walked. Ten minutes from the hospital to campus took some hustling and tardiness was not tolerated.”

It didn’t take long for the rigors of the academic program to become clear. As one student described it: “Chemistry and zoology with the ‘med boys’ certainly seemed to take their toll, and English was definitely not a shoo-in. We were well aware that there was no room in the curriculum for course failure.”

The sophomore and junior years for this first class included rotations through the medical and surgical units of UNC Memorial Hospital, including scrubbing in the OR. Many alumnae comment that this is really when “we started to feel like nurses.”

“We were paid 75 cents an hour for our time,” recalls Patsy (Colvard) Johnson.

The fourth and final year for these first nursing students included rotations in public health departments and rural area hospitals. This was novel not just for the nursing students themselves, but for the communities they served.

There seemed to be a never-ending supply of newspaper articles about these “new” student nursing activities. Local newspapers reported on the arrival of these students with headlines such as “UNC Senior Nurses Will Train in Johnston Hospital ... New Program Seeking Nurses for Rural Areas” and “Cabarrus Health Department Gives Field Training to Student Nurses.”

“Theyir training here is a course ‘peculiar’ to the university and not usually associated with hospital nursing schools,” is how the Concord Tribune explained Winnie (Williams) Cotton’s and Louise (Norwood) Thomas’s month-long rotations.

(continued on page 7)
“[We should] make nursing more socially acceptable in North Carolina... Young girls want to know what nursing has to offer them as a career.”

MRS. CARRINGTON, stating the mission of the School of Nursing.

Looking Back, continued

campus. Her success in convincing Mr. Johnston, her cousin, to provide scholarships for nursing students continues to benefit the School. Today, the James M. Johnston Foundation provides $240,000 annually to nursing students, only a small portion of what is awarded by the foundation to students university-wide.

A statewide awareness campaign, involving community leaders from every county in the state, helped Mrs. Carrington recruit qualified students to the school. As she stated it, her mission was to “make nursing more socially acceptable in North Carolina... Young girls want to know what nursing has to offer them as a career.”

In 1955, the first class of 16 received their diplomas and passed their state boards. That same year, the National League of Nursing accredited the School. By 1956, enrollment had leapt to a remarkable 174. The years of hard work had paid off, but the School needed a new building, and it needed it fast.

In 1960, the University finally included the new building in their long-range plans. It took another decade before Carrington Hall, named in honor of the School’s leading founder and staunchest supporter, was built.

Other early milestones for the School included the inception of the first Master’s of Nursing degree program in the state. With just one student in the 1955 Master’s class, Audrey Booth (now a professor emerita) clearly paved the way for what is today one of the top-ranked graduate schools of nursing in the nation.

The debts that alumni, students, faculty and staff of the UNC-Chapel Hill School of Nursing owe to Elizabeth Carrington, Dean Kemble, her first three faculty, and first 16 graduates are immeasurable. With a number of top-ten rankings, there is no doubt that the school has reached a full measure of success thanks to the groundwork laid during the early years.

Please follow along in the next several issues of Carolina Nursing and on the School’s Web site as we celebrate our 50 years of growth and change. Throughout this year, we will continue to pay tribute to those who had a hand in making the School of Nursing what it is today.
“School wasn’t all work,” noted one alumna.

“Parlor Teas or Open Houses were popular in our freshman year,” explained Janet (Merritt) Littlejohn. “Our dorm mother wanted us to have these to meet other students. Most of these students were male. As freshmen, the ratio of boys to girls was seven to one—we had our pick, didn’t we!”

There were also late-night runs to the Scuttlebutt for snacks with blue jeans rolled up under raincoats, and the time the nursing students voted down safety lighting on the path to the dorm “because it would ruin the romance of our social lives.”

There were picnics at Hogan’s Lake and balls and dances to round out the social calendar. It may be these activities that the Class of ’55 remembers best. However, it was the 16 young nurses, whose names were read individually by then Governor Luther Hodges as they accepted their diplomas on June 5, 1955, that have lead the way for all Carolina Nursing alumni.

“One of my favorite memories,” writes Patsy (Colvard) Johnson, “occurred during the last few days of school. We were having a special luncheon with Dean Kemble, during which someone asked what would happen if one of us failed ‘Boards.’ Our beloved Dean looked around and stated in her indomitable way, ‘No one will.’ And no one did or would have dared to.”

Indeed, Carolina’s First Nightingales rose to the occasion every step of the way those first four years and in the decades since then. Congratulations Class of 1955!

A Special Thank You

The alumni office extends a special thank you to all Class of ’55 alumnae who shared their thoughts and experiences for this article. Especially, we thank Mrs. Winnie Williams Cotton for sharing her detailed scrapbook of those first years of Carolina Nursing.

Newspaper Announces: History Made at University

This week 27 young women, all but two from this State, enrolled in the School of Nursing, a division of the rapidly growing University Health Center.

...Dean Elizabeth Kemble of the Nursing School, who has been in Chapel Hill a year building up her staff and making preparations for the opening of the program this fall, is extremely pleased with her first class. “I must confess,” she says, “that I am very proud of my girls. They have been carefully selected, and I feel that they will all do well in this course.”...

Members of this history making class were Mary Anderson, Durham; Donna Lee Blair, Winston-Salem; Sara Catherine Blaylock, New Bern; Annie Marie Browning, Bryson City; Patsy Proctor Colvard, Durham; Patricia Ann Corbett, Swansboro; Shirley Anne Daniel, Durham; Bette Leon Davis, Morganton; Virginia Dare Edwards, Durham; Betty Genevieve Goodwin, Valdosta, Ga.; Gloria Huss and Gwenlyn Huss, identical twins from Thomasville; Jane Ramelle Hylton, High Point; Barbara Dale Matthews, Durham; Janet Marie Merritt, Chapel Hill; Margaret Arlene Morgan, Morganton; Jean Worth Myers, Burlington; Louise Norwood, Winston-Salem; Rosemary Ormand, Gastonia; Sally Maxine Parrish, Bryson City; Martha Jeanne Prillaman, Roanoke, Va.; Joy Pharr Smith, Charlotte; Geraldine Snider, Fayetteville; Diane Bonsall Westerfield, Chapel Hill; Winnie Lee Williams, Fayetteville; Sally Perkins Winn, Henderson, and Martha Evelyn Yount, Hickory.

Headed by Dean Kemble, the nursing staff to date includes Ruth Mary Boyles, professor of nursing in charge of basic curriculum; Mrs. Alice Gofford, professor and coordinator of public health nursing; and Ruth Dalrymple, associate professor in charge of nursing arts program.
A Gift of Love
Distinguished Professorship in Nursing
Established by Helen Umphlet

“I just feel so good about making this gift to the School of Nursing.”

HELEN UMPLHLET, summing up the admiration she and her husband have for the nursing profession.

When Helen and Thomas Umphlet met in a Cary retirement community in March 1996, they each knew immediately that they had found someone special.

“We had a whirlwind courtship and were married that June—fewer than three months after we met. We just fell deeply in love. He was a wonderful, kind man and lots of fun,” said Helen.

The road to one another was long. Thomas Umphlet attended Carolina in the early 1930s for two years before transferring to Wake Forest College, where he earned his degree in medicine. His distinguished career as a Raleigh physician spanned 40 years. Married twice, he lost both wives to illness.

He retired in 1978, but not before serving as chief of medical services at Rex Hospitals for ten years. After retirement, he remained active in North Carolina’s medical community, and, in September 1997, he was named the Rex Classic Distinguished Physician of Merit for his leadership at the hospital and his support of medical education at the Wake Forest University School of Medicine.

Helen Umphlet grew up in Vance County and moved to Raleigh in the early 1940s. She received a degree in business and worked with the attorney general’s office and the state supreme court before retiring in 1976. Her first two husbands passed away after lengthy illnesses.

Helen and Tom were married only 18 months before his death in December 1997. In addition to his wife, Tom left behind many friends and colleagues; most still refer to him affectionately as “Dr. Tom.”

As his colleague Dr. Annie Louise Wilkerson noted: “To know Dr. Tom was to love him.”

Tom clearly was respected by the nurses who had worked with him over the years. Following his death, these nurses began a tradition of gathering with Helen to observe Tom’s birthday.

According to Helen, Dr. Tom returned his nurses’ admiration ten-fold every day of his practice. “Tom had such respect for the nursing profession,” commented Helen. “He felt he could take a good nurse and practically raise the dead.”

Although their time together was brief, Tom’s regard for nursing made a strong impression on his wife. “I grew to have a deep admiration for the nursing profession after spending a lot of time in sick rooms with my first two husbands and then learning from Tom’s professional experiences with nurses,” said Helen.

It became clear to Helen that any remembrance of her husband would be incomplete without including nurses. To honor Tom and share with others his lifelong respect for nursing, she created the Helen W. and Thomas L. Umphlet Distinguished Professorship in Nursing. Established in October 1999, it also serves as a lasting tribute to the love Helen and Tom had for each other.

The $500,000 endowed professorship will help fill an area of critical need within the School of Nursing. The gift of $333,000 will be supplemented with $167,000 in state funds from the Distinguished Professors Endowment Trust Fund and will enable the School to attract a faculty member of renown in the field of gerontological nursing to the school.

“We are most grateful to Helen for this heartfelt memorial to Dr. Tom Umphlet,” said Dean Linda Cronenwett. “Helen recognized the School of Nursing’s tremendous need to recruit world-class faculty in the coming years,” she continued.

Helen emphasizes, “I wanted to do something to remember my husband that would have a direct and immediate benefit. I believe the professorship will help the School bid competitively around the nation for new faculty. I also was very impressed with the state matching program— I know a good bargain when I see one.”

“Good nurses make all the difference.”

Franklin Clark
School of Nursing Foundation Board President

“A professorship such as this empowers the Dean to recruit outstanding faculty to fill our needs and to maintain the prestigious nature of our School.”

FRANKLIN CLARK
School of Nursing Foundation Board President
Congratulations to Professor Joanne Harrell on receiving the American Heart Association’s 1999 Research Article of the Year Award. The award, given to a Council member who “provides clarity to language which communicates a nursing perspective in the context of cardiovascular research, practice and theory,” was presented at the Association’s Scientific Sessions in Atlanta last November and included an honorarium.

At the annual statewide convention last fall, NCNA selected our own Professor Dee Lowdermilk as the North Carolina Nurses Association Academic Nurse Educator of the Year. Her nominators noted that she is “an outstanding professional role model” and “former students routinely speak of her classes with fond nostalgia.”

Professor Judy Miller received the Carolina Center for Public Service’s Service Learning Course Development Award for her Care of Frail Elders course. The $8,000 award allows Miller to add a service component providing academic and professional support for Elder Care Assistants to this elective course.

The 2000 spring semester is the first time the course was offered under this grant.

Congratulations to Professor Mary Lynn and Betsy Kelley (a Clinical Nurse Specialist formerly at Rex) for having their article, “Effects of Case Management on the Nursing Context—Perceived Quality of Care, Work Satisfaction, and Control Over Practice,” selected by Sigma Theta Tau International’s Board of Directors as the 1999 recipient for the Best of Image award in the category of Research.

Congratulations to Kathy Alden and Vivian Welsh, clinical faculty who recently secured practice contracts. Alden’s clinical work is as a lactation consultant at Rex Hospital; she will continue to teach half-time in the undergraduate maternity and newborn course (N73). Welsh will work as an FNP with our Student Health Services while also teaching in the PC-FNP courses.

At the 1999 meeting of the Gerontological Society of America, Barbara Waag Carlson was awarded the Gerontological Society of America’s Clinical Medicine Research Award. This award is given to a new investigator (within five years of getting a PhD) from any of the health professions. Waag Carlson, who is a research fellow in the Biobehavioral Lab and a post-doctoral fellow at the School, was selected from all the abstracts presented at the GSA conference in San Francisco. The Clinical Medicine Research Award is one of several biological sciences awards given annually by the society which is the national professional association for researchers in the field of aging.

Congratulations to Becky Christian on her promotion to Associate Professor as of January 1.

Diane Kjervik, Associate Dean for Community Outreach and Practice, has been elected president-elect of The American Association of Nurse Attorneys. She will become President in January 2001. This follows five years of service as a member of the Board of Directors. Kjervik has also served as Editor-in-Chief of the Journal of Nursing Law for five years.

Former faculty member Dr. Eloise R. “Pattie” Lewis dies

Remembered as an early leader of the School of Nursing at Chapel Hill, the founding dean of the UNC-Greensboro School of Nursing, and a nationally respected nursing advocate, Dr. Eloise Rallings Lewis died October 23, in Greensboro. She was 79.

Lewis was a professor at the School from 1953 to 1960 and an assistant dean from 1960 until 1966. She was also made an Honorary Alumna by the School’s Alumni Association.

She earned degrees from Vanderbilt University, the University of Pennsylvania and Duke University. Among her many activities, she was a former president of the American Association of Colleges of Nursing and the first editor of that association’s Journal of Professional Nursing. She was also past president of the NCNA and a charter fellow of the American Academy of Nursing.

In 1976, Lewis received the O. Max Gardner Award, the highest award to a new investigator (within five years of getting a PhD) from any of the health professions. Waag Carlson, who is a research fellow in the Biobehavioral Lab and a post-doctoral fellow at the School, was selected from all the abstracts presented at the GSA conference in San Francisco. The Clinical Medicine Research Award is one of several biological sciences awards given annually by the society which is the national professional association for researchers in the field of aging.

Congratulations to Becky Christian on her promotion to Associate Professor as of January 1.

Diane Kjervik, Associate Dean for Community Outreach and Practice, has been elected president-elect of The American Association of Nurse Attorneys. She will become President in January 2001. This follows five years of service as a member of the Board of Directors. Kjervik has also served as Editor-in-Chief of the Journal of Nursing Law for five years.

Former faculty member Dr. Eloise R. “Pattie” Lewis dies

Remembered as an early leader of the School of Nursing at Chapel Hill, the founding dean of the UNC-Greensboro School of Nursing, and a nationally respected nursing advocate, Dr. Eloise Rallings Lewis died October 23, in Greensboro. She was 79.

Lewis was a professor at the School from 1953 to 1960 and an assistant dean from 1960 until 1966. She was also made an Honorary Alumna by the School’s Alumni Association.

She earned degrees from Vanderbilt University, the University of Pennsylvania and Duke University. Among her many activities, she was a former president of the American Association of Colleges of Nursing and the first editor of that association’s Journal of Professional Nursing. She was also past president of the NCNA and a charter fellow of the American Academy of Nursing.

In 1976, Lewis received the O. Max Gardner Award, the highest award to a new investigator (within five years of getting a PhD) from any of the health professions. Waag Carlson, who is a research fellow in the Biobehavioral Lab and a post-doctoral fellow at the School, was selected from all the abstracts presented at the GSA conference in San Francisco. The Clinical Medicine Research Award is one of several biological sciences awards given annually by the society which is the national professional association for researchers in the field of aging.

Congratulations to Becky Christian on her promotion to Associate Professor as of January 1.

Diane Kjervik, Associate Dean for Community Outreach and Practice, has been elected president-elect of The American Association of Nurse Attorneys. She will become President in January 2001. This follows five years of service as a member of the Board of Directors. Kjervik has also served as Editor-in-Chief of the Journal of Nursing Law for five years.
One for Our Team
Office of Advancement Welcomes
New Associate Director of Public Relations

Along with record-setting wintry weather, January brought the Office of Advancement a new associate director of public relations.

Lisa Mincey Ware comes to the School from the University of North Carolina Press and brings with her seven years of marketing and public relations experience, most of which she gained in her hometown of Wilmington. Among the many pleasures unique to the Chapel Hill experience, she has particularly enjoyed being introduced to Carolina sports. “Before I came to Chapel Hill, I did not consider myself a sports fan,” Lisa said. “Now I’m right there in the stands shouting and stomping for the Heels.”

As a recent recipient of a Master’s degree in English from UNC-Wilmington, Lisa brings a unique perspective to public relations at the School of Nursing. “As graduate students in a small English department, we relied heavily on support from alumni, the University, and the surrounding community for everything from guest speakers to scholarships,” Lisa said. “Keeping these groups informed about the important work being done in the department had an enormous impact on the quality of education I received.”

In her role as associate director of public relations, Lisa assists the School with communicating information to the state and national press, the University community, and to constituent Health Affairs Schools. She also writes and edits Carolina Nursing, as well as overseeing content on the School’s Web site.

“Lisa’s wide range of skills in writing, marketing and public relations made her a great choice for the position,” says Dee Blake, Director of Advancement. “We couldn’t be happier to have her on board.”

School Receives Full Funding for Master’s Program in Wake AHEC

The School received full funding of $140,000 for one year of an off-campus master’s program in the Wake AHEC region. The funding provides distance education, using video teleconferencing and the Internet, for the nurses in the Wake AHEC.

This proposal was written by Associate Dean for Graduate Studies Carol Hogue (below) and Diana Bond from Wake AHEC, with the support of many others within the School and the AHEC.

Notably, this is one of only two proposals that were fully funded by the distance education grants provided by General Administration funding for off-campus programs.

The first course in the program was offered via video teleconference to two sites in Raleigh and one in Henderson, NC, in the fall of 1999. The second course is currently underway at the same sites.
Students Contribute to Relief Effort

The Class of 2000 donated 2000 dollars that is, to Hurricane Floyd relief efforts.

Money was raised by holding CPR classes for the class of 2001 and through the very popular “potluck” style lunches known as “Feed the Faculty and Staff” where the students bring in food and charge a nominal fee to anyone around Carrington who wants a great lunch.

This act of generosity follows on the heels of considerable volunteer hours by the School’s students, faculty and staff. Approximately 60 volunteers from the School worked last fall in hurricane relief efforts—15 faculty/staff and 45 students. Work ranged from mopping and scrubbing to crisis counseling and patient care.

Nursing: “The Most Honest Profession”

In Gallup’s annual Honesty and Ethics poll, expanded this year to include nurses for the first time (and 19 other “new” occupations), nearly three-quarters of Americans deem nurses’ honesty and ethics as either very high or high, putting them at the top of the list. 73% of American’s consider nurses the most honest, followed by pharmacists, veterinarians, medical doctors and teachers. Way to go!

Familiar Faces

Professor Diane Holditch-Davis made the news in November when she was called on to share her expertise with Fox News Online. Fox quoted Diane repeatedly in an article related to the McCoy Septuplets.

Welcome to Brant Nix, who has joined the Biobehavioral Lab as a Laboratory Manager and Biomedical Technical Support Consultant. One of his major functions will be training and helping faculty and graduate students use lab instruments.
Student Megan Harris, vice-president, class of 2000, addresses the alumni

Good afternoon. On behalf of the Class of 2000, I would like to welcome you to Chapel Hill and Carrington Hall. What a beautiful day to be in Tar Heel Heaven.

As I began to put my thoughts together for this speech, I found that I wanted to talk to you about my unique experience as a UNC nursing student, but I quickly realized that mine was the only experience I knew anything about. How could I speak to a group of alumni about what being in nursing school is like now, when I didn’t know how it might have been or how it might have changed?

Then, just this week, I discovered that one of my professors had received her BSN here at UNC. I decided to ask her what her time as a student was like. I wanted to know which aspects of her experience here were different from mine and which had remained the same through the years. What I learned from her amazed me. I knew nothing of starting at the School of Nursing as a freshman, or living together with my classmates in a nursing dorm. I knew nothing of strict dress codes or nursing caps.

My experience has been altogether different. I am what we call a nontraditional student—one among what comprises about half of our class. We are those students with previous degrees and even former careers. We are wives and husbands, mothers and fathers. My class ranges in age from the early 20s to early 40s. We live primarily off-campus, some from as far away as Raleigh and Graham. We are a class immersed in technology. We take courses on the Internet, rely on a computer program called PowerPoint for our lecture notes, and have even learned to start an IV using virtual reality.
Anne Fishel receives Alumna of the Year Award

Professor Anne Hopkins Fishel, recipient of the 1999 Alumna of the Year award, began her career at the School of Nursing as a student in the BSN ('62) and MSN ('65) programs. A faculty member since 1965, her work in psychiatric nursing has gained her national and statewide recognition. In an emotional presentation, Margaret Raynor (BSN '67) told the Alumni Day audience about Fishel's research and activism, as well as her enthusiasm for anything Carolina. Raynor also described a dedicated teacher and practitioner, respected and admired by students, faculty and fellow practitioners.

Fishel is known professionally for her advocacy of psychiatric nursing. As a member of the Association of Psychiatric/Mental Health Nurses, she has made it her business to ensure that clinicians around the state understand the importance of psychiatric issues in patient care. She was instrumental in arranging the Psychopharmacology classes for advanced practice nurses that are now offered as a continuing education program through the School. This program gives clinical nurse specialists the knowledge they need to prescribe and use medications for psychiatric conditions. (continued on next page)

However, as much as things about nursing education at UNC have changed, many things remain the same. In my time as a nursing student, I have:

• Laughed and cried,
• Experienced the beginning of life and its end,
• Been unsure, self-conscious, confused and even scared,
• Been knowledgeable and confident, and
• Made a difference.

These are the experiences we all have in common—the experiences that make us UNC nurses. Through the years, one of the things that has made me most proud of my Tar Heel heritage is its tradition. The School of Nursing here at UNC has its own tradition—one of high standards and excellence. It is for establishing this tradition that I would like to thank you.

Because of you, a UNC nurse has a wonderful reputation both in this state and throughout the nation. Because of this reputation, UNC nurses are being recruited this year by such prestigious medical institutions as Johns Hopkins. Because of the reputation you have established, my classmates and I can look forward to continuing our education in the nation's best programs. I have no doubt that no matter where life's road may take me, my heritage as a UNC nurse will keep my career running full-steam ahead. For this, I thank you.

Thank you, too, for letting me share this day with you. Now, have a wonderful time at the football game—and remember—GO HEELS!

“One of the things that has made me most proud of my Tar Heel heritage is its tradition. The School of Nursing here at UNC has its own tradition— one of high standards and excellence.”

Megan Harris
Fishel’s devotion to practice keeps her teaching fresh, just as her research and teaching help keep her practice innovative.

"Anne and I went to Washington D.C. to represent the NCNA's views on nurses needing to know the best uses for psychiatric drugs," commented Raynor. "I was so impressed with how passionate she is on this topic; others were too. This is what makes her such an important voice for nursing."

Raynor continued: "She is seen by many as being a leader in shaping the role of the advanced practice registered nurse." Fishel was appointed by the ANA to help develop the American Nurses Certification Center's certification exam for Adult Psychiatric Mental Health Nurses during 1991-1994. On the local front, she received the North Carolina Nurses Association’s Advanced Practice Nurse of the Year award (in Psychiatric Mental Health nursing) in 1989.

At the School, Fishel's research interests focus on women's mental health, family violence, and parenting after divorce. She is a frequent speaker on these topics. Over the years, her teaching activities have included both classroom and clinical supervision for undergraduate and master's students. In addition to teaching psychiatric-mental health nursing courses at the graduate level, she teaches mental health assessment and brief intervention for nurse practitioner students.

She has always believed that in order to teach well, she has to practice. And a natural part of practicing for her is participating in the peer supervision program, which provides the opportunity for advanced practice registered nurses to review their cases and discuss the progression of psychotherapy treatment plans with a peer nurse. Working to create and strengthen this program is one of Fishel's greatest contributions to psychiatric nursing in North Carolina.

"Peer supervision is a critical part of the integrity of our field," Raynor noted. "Anne is often in the position of working in peer supervision with nurses who were her students. She is so good about encouraging them to fly on their own."

Fishel has practiced as a crisis counselor, psychiatric nursing liaison/consultant, community mental health case manager, and outpatient therapist. Notably, she was instrumental in the development and ongoing success of the Orange-Person-Chatham Mental Health Center's treatment program for emotionally disturbed youth and their families.

It is this devotion to practice that keeps her teaching fresh, just as her research and teaching keep her practice innovative. "It is so clear in all that she does professionally — her teaching, research and practice — that she loves nursing," said Raynor.

"It has been a joy to know Anne Fishel over the last 30-some years," she concluded. "She is a wonderful colleague and a very loyal friend."
Get online... Stay in touch

Use the newly redesigned School of Nursing Web site to keep in touch with us and to stay informed of what is going on in and around the School.

VISIT OUR ALUMNI WEB DIRECTORY
Looking for a long-lost friend? Needing an address for a former classmate? Hoping to find alumni in the area you’re about to move to? The new SON alumni Web directory has the information you need. Visit the directory online at: www.unc.edu/depts/nursing/alumni/alumdir.html to find your answers.
We want to hear from you!
To update your address or to share your news with fellow alums, please send in the form on page 20. Thank you!

1973
Janet (Opp) McPherson (BSN) has two children attending UNC: Laura, a junior NC Teaching Fellow, and Chris, a freshman Pogue scholar. Her third child, David, is in the 9th grade. She stays busy working with a crisis pregnancy center, teaching a Bible study and volunteering at school. Last Easter, Janet enjoyed a wonderful 10-day trip to the British Isles, including her daughter Laura, who spent her spring semester as an exchange student in St. Andrews, Scotland.

1976
Cheryl (Dilday) Angel (BSN, ’85 M BA) left her position in May as Executive Director of Rehabilitation Associates Network, a multi-state network of rehabilitation professionals she started in 1993. She now is East Coast Regional Manager for Consensus, Health, a San Francisco-based company that develops, implements and manages networks of alternative/complementary and wellness providers for health plans across the nation. Cheryl enjoys the experience and the trips to California! She will be featured in an upcoming edition of Nursing Matters. In April, she and husband David enjoyed an extended trip to Ireland and England.

Melinda Jean Moore (BSN) won this year’s Home Care Association of Washington’s (HCAW) “Wizard” Award for her tireless efforts on behalf of HCAW. She is currently the Director of Home Health and Hospice for Multicare Health Systems in Tacoma, Washington.

Her daughter, Paige Brotherton is currently a senior at UNC in the Kenan Flagler Business School. Melinda has taken her maiden name following a divorce. She plans to be in Chapel Hill for graduation in May.

1981
Monica Lee Miller (BSN) was married to George W. Muldoon Jr., on March 19, 1999, in Maui, Hawaii. She has taken her husband’s name and is Monica Miller Muldoon. She will be relocating to Atlanta, GA, in the spring of 2000.

1982
Myrtle Magdalene Maness (BSN) was promoted to Administrative Director for Surgical Services, First Health Moore Regional Hospital. Prior to this promotion, Myrtle was the Director of Women & Children’s Services at the same hospital. She is the proud parent of one son: William Jeffrey Smithers. He is 12.

1984
Kimberly Hunter (BSN, ’87 MSN) and her husband relocated to Scottsdale, AZ, in the summer of 1999 so that he could begin work as a faculty member at Arizona State University in the College of Business after receiving his Ph.D. from UNC. Kimberly began work at the Mayo Clinic Scottsdale in July as a Senior Systems Engineer. She provides internal consulting services to the Clinic and the Mayo Clinic Hospital and works on a variety of projects involving re-engineering clinic processes and participating on performance improvement teams and other Clinic committees and workgroups. She and her husband became parents when their first child, a son named Joshua, was born at UNC Hospitals on February 19, 1999.

1991

1994
Jennifer (Grauel) Winstead (BSN) has been working for Lenoir memorial Hospital in Kinston since graduation and has just completed her 4th year as a nurse in the Family Birth Center. She teaches a Spanish course for healthcare professionals and was a recipient of the NC Great 100 Nurses award for 1999.

Erica Prater (BSN) was elected President of District 11 of the Georgia Nurses Association. District 11 represents Athens-Clarke County and nine other surrounding counties. She also serves on the board of directors for the Athens Nurses’ Clinic, a non-profit clinic that provides free health care to the poor, uninsured residents of her area, serving the homeless and Hispanic populations, primarily. The staff consists of one paid RN, one paid NP, one Spanish interpreter and many volunteer RNs, NPs and nursing students. She continues to enjoy her position as a Nurse Educator and ACLS Coordinator for the Staff Development department at Athens Regional Medical Center, where she has been for two years.

1999
Myrtle Magdalene Maness (BSN) was promoted to Administrative Director for Surgical Services, First Health Moore Regional Hospital. Prior to this promotion, Myrtle was the Director of Women & Children’s Services at the same hospital. She is the proud parent of one son: William Jeffrey Smithers. He is 12.
You’ve helped us make history.

Help us make the future, too.

Support the Carolina nursing student of tomorrow.

Your annual gifts to the School of Nursing ensure the continued excellence of nursing education at UNC. Please use the enclosed envelope to send in your gift today. Thank you!
# Continuing Education Calendar
## Spring and Summer 2000

### March
- **Neonatal Nursing Update**
  - March 3
- **Developing Clinical Data Management Skills (CDM)**
  - March 4, 18, April 8, 15, 29, May 6
- **Developing Clinical Research Associate Skills (CRA)**
  - March 4, 18, April 8, 15, 29, May 6
- **Advances in Pediatric Care**
  - March 8-9
- **Clinical Skills Update**
  - March 16-17
- **Chronic Illness**
  - March 29

### April
- **11th Annual PACU Conference**
  - April 1
- **Breast Health Update 2000**
  - April 6
- **Sexual Assault Nurses Forensics Training**
  - April 11-14
- **Psychiatric Mental Health Nursing Institute:**
  - Focus on Depression in Women
  - April 14

### May
- **History Taking and Physical Examination:**
  - Sharpening Your Skills
  - May 3, 10, 17, 24, 31 (See June)
- **11th Annual MAYDAY Trauma Conference**
  - May 6
- **Cutting Edge: Focus on Pain**
  - May 11

### June
- **History Taking and Physical Examination:**
  - June 7, 14, 21, 2000
- **Instrumentation 2000**
  - June 12-16

### July
- **Fifth Annual Institute in Qualitative Research**
  - July 16-22

---

For more information or to register for a Continuing Education program, contact the School of Nursing Office of Continuing Education.

E-mail: nursing.ce@unc.edu
Phone: 919-966-3638
Fax: 919-966-0870
COME CELEBRATE WITH US
DURING OUR
50th ANNIVERSARY GALA WEEKEND

November 10–11, 2000
In Chapel Hill

From a gala evening of dinner and dancing on Friday to barbecue and football on Saturday, this will be a weekend to remember. Look for your invitation this summer.
The School of Nursing Alumni Association is now taking nominations for the following alumni awards. Please nominate that colleague or friend who has meant much to the profession and the Carolina School of Nursing.

The Alumna/us of the Year Award is earmarked for that person known for their distinction in the area of nursing, either through their scholarly endeavor, their promotion of health care or their tireless service. This person must be a graduate of a Carolina School of Nursing Program.

The Honorary Alumna/us Award goes to that person who possesses distinction in the area of nursing and has demonstrated outstanding support for the Carolina School of Nursing. This person is not a graduate of any Carolina School of Nursing program.

The Carrington Award for Exceptional Community Service is awarded to that person who has given remarkable service to the community, state or other beneficiary organization and has reflected favorably on the School of Nursing through their extraordinary efforts to benefit society (though not necessarily through direct nursing activity).

<table>
<thead>
<tr>
<th>Name of Nominee</th>
<th>Class Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>For which award are they being nominated?</td>
<td></td>
</tr>
<tr>
<td>Reasons why this person should receive this award:</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Your Name</th>
<th>Class Year (if applicable)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone Number</td>
<td></td>
</tr>
</tbody>
</table>

WHAT’S NEW With You?

Keeping up with each other is hard to do these days. Please let Carolina Nursing share your news! Whether it’s a new job, an interesting trip, or an addition to your family, we’ll be happy to get the word out for you.

<table>
<thead>
<tr>
<th>Name (please include maiden name):</th>
<th>Class Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ My address has changed. My new address is:</td>
<td></td>
</tr>
<tr>
<td>News:</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Please send news and nominations to:
Kelly Almond, Alumni Association Director
School of Nursing
UNC-Chapel Hill
Carrington Hall, CB 7460
Chapel Hill, NC 27599-7460
E-mail: sonalum@unc.edu