

Local author publishes etiquette book

By **HEATHER GACH**
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Though the title contains the word "nurse's," Kathleen D. Pagana said her new book offers something for everyone.

Her book, "The Nurse's Etiquette Advantage: How Professional Etiquette Can Advance Your Nursing Career," published by Sigma Theta Tau International, the honor's society of nursing, is available at Pagana's Web site or the society's Web site. The 224-page paperback offers

helpful hints and lessons on proper business etiquette, with examples focusing on nursing situations.

"If you have (etiquette), you're not worried about little things. You can focus on the job," said Pagana, of Williamsport. "It's a wide variety of etiquette ... there's networking etiquette, business card etiquette, hand-shaking etiquette, etiquette on business trips, etiquette with correspondents, voicemail, e-



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mail ... cocktail party etiquette."

Pagana, a professor emeritus at Lycoming College and president of Pagana Keynotes and Presentations, holds a bachelor of science degree in nursing from the University of Maryland and a master's degree and doctorate in nursing from the University of Pennsylvania.

She started studying etiquette, she said, while working with Brody

Professionals in the Philadelphia area, when she was asked to take over its business etiquette program while a co-worker went on maternity leave.

"It's an area that just resonated with me," Pagana said. She said that from her service in the Army Nurse Corps, she knew the importance of things such as dressing properly, shaking hands, saluting properly and introducing people in proper order.

Pagana is the author of more (See LOCAL, Page B-4)

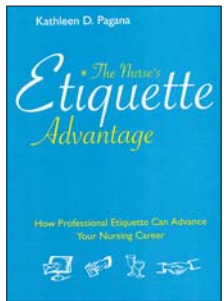


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The Mansfield University Concert Choir and the Mansfieldians previewed their World Choir Games program during a special concert during Alumni Weekend on June 14.

Mansfield to compete in World Choir Games

MANSFIELD — The Mansfield University Concert Choir, under the direction of Peggy Dettwiler, will travel to Europe in July.

The highlight of the trip will be the fifth World Choir Games in Graz, Austria, from July 9 to 14, where the Concert Choir and the Mansfieldians, a select 12-member ensemble of Concert Choir members directed by Sheryl Monkheien, will compete.

With its slogan "Singing together brings nations together," the World Choral Games brings together more than 15,000 singers in 400 choirs from 80 countries.

"We talk a lot about being ambassadors for Mansfield and the USA," Dettwiler said. "We try to emphasize leadership as we gather together for something like this. We want to do well in the competition but we talk about winning the hearts of the audience rather than necessarily winning a medal because this is what is so rewarding about going to these things. You have thousands of people in the audience and they're all there because they love choral music."

Ruthanna Jo Williams, a senior from Newfoundland, Pa., is making her second European trip.

"I love languages and we get to hear other choirs from all over," she said. "They inspire you and amaze you all at the same time."

Ryan Howe also is a European trip veteran.

"To experience the culture is amazing and musically these competitions are fantastic," the senior from Milroy said. "It's a

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PHOTO PROVIDED

The Mansfield University Concert Choir and the Mansfieldians previewed their World Choir Games program during a special concert during Alumni Weekend on June 14.

Life in a college town: A good drive to get away

By **DENISE N. CRAWFORD**
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I have a tendency to not make up my mind.

There are days when I feel my head is going to explode from thinking too much and obsessing about things. During these times, I do not eat, sleep or want to do anything. I also want to get away.

I recently had the time and money to do so.

A few weeks ago, I decided a nice long road trip by myself was what I needed to help me get through a difficult time in my life. The car ride to visit family members in Ohio would

be my therapy session, and when I got there, I would enjoy time in someone else's environment.

Most people would rather take their best friends or boyfriend on such a getaway. But I wanted to go alone.

Besides, my cousins are like my best friends! They moved to Ohio a few years ago and it's a rare occasion that our schedules don't conflict and that we can spend some time together.

My cousins, Diana and Kristin, also were experiencing problems in their lives similar to mine. I was



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looking forward to not only hearing their advice, but also hanging out with them. It had been a few years since my last visit because I've been so overwhelmed with college and work, so I was looking forward to the trip.

I got to Wadsworth, Ohio, on a Thursday afternoon.

Although I originally was going to stay until Sunday, I ended up getting homesick and leaving on Saturday afternoon.

My aunt, uncle and cousins are fun to be around. During my trip, we went out to eat — a lot. Kristin also dyed her hair, which

seems to be a tradition when I visit them, because I always come home with a different hair color. We went shopping, celebrated one of their friend's 21st birthday, and just caught up. It was the kind of therapy I needed.

I know it sounds more like a vacation than time for me to evaluate the things in my life and make some much-needed decisions, but it was both.

I had my aunt and both cousins giving me advice about the situations in my life. I listen, but I don't always agree with what everyone suggests.

I try to do what I think will be

best for me, though not everyone may agree. I can only hope that everyone supports me, no matter what path I decide to take in life.

So far this summer, I'd have to say those three days were my favorite, even with the four-hour drive there and back.

I got to see some of the people I love, met some new people and I accomplished what I intended.

I hope I can go again soon, because I miss my cousins already!

Crawford, of Williamsport, will be a senior this fall at Lock Haven University. She is pursuing a bachelor's degree in mass media.

Writer's Nook

Student Author of the Week

May's Magic Horseshoe, Part 2

By **ALICIA HAMILTON**

May was sitting with Dalton, eating lunch, when Dalton paused.

"May, I was wondering if maybe you would ... " Dalton started, choking the words out. May finished.

"... Help you improve on horseshoes?" replied May. "Yes, and want to go see a movie with me?" asked Dalton.

"Sure, I'd love to," May said.

The next day, May showed Dalton how her father had taught her to play. They practiced day after day. The horseshoe competition was next week. May was one of the competitors, but so was Dalton. They were at separate arenas until the finals, where May was going against Dalton once again.

May had made a decision. She let Dalton go second. She stepped up and threw her first horseshoe in the air and it landed perfectly on the pole.

Dalton worried May would once again get a perfect score. May threw her second horseshoe and it also landed perfectly against the ring.

Dalton knew he would lose if she made the next shot perfectly, like she had last year. May grabbed her final horseshoe, but this time closed her eyes as she threw it and it landed against the wall, giving her a final score of 10, 10, 0.

Dalton made his three throws, getting a 10, 9, 9 — beating May.

He accepted his trophy, but it wasn't the golden medal, it was May. He put his arms around her and kissed her on the lips.

The next day, they were boyfriend and girlfriend and horseshoe champions.

"Sometimes you need to lose in order to win," May told Dalton and he held her hand throughout the entire movie.

Hamilton, of Cogan Station, is a junior at Williamsport Area High School.

Like to write?

We are seeking student submissions for the weekly **Writer's Nook**. Entries may be e-mailed to education@sungazette.com





PHOTOS PROVIDED

Montgomery Area School District recently held graduation ceremonies for the 2007-08 Pre-K Counts pre-school class. This was the culmination of a school year filled with fun and educational opportunities for the students. Through the Pre-K Counts initiative, the Montgomery Area School District provided an educational experience for young learners. The program provides an opportunity for 4-year-old students to build a strong foundation for success in school and in life.



PHOTO PROVIDED

In Pennsylvania, the "Keystone Stars" program to promote continuous quality improvement in early learning and school age environments. The requirements to reach the four levels of the program include mandated growth and development training for staff and directors annually, student observations, an environmental rating scale and additional criteria must be met as the levels increase. The Children's Development Center, 625 W. Edwin St, has achieved level 2 of the Keystone Stars program and is well on its way to Star 3. The Children's Development Center's preschool is a full-day program offering breakfast, lunch and a snack. Above, a teacher works with students at the facility. The center is accepting applications for enrollment in the preschool program for the 2008-09 session. For more information, call 326-0565, ext. 101.



PHOTO PROVIDED

Malori R. Richards, a graduate of Susquehanna Health's Volunteer Program, recently received an auxiliary scholarship to be used to further her education in a health-related field. This is the third year that the three auxiliaries of Susquehanna Health — Muncy Valley Hospital, Divine Providence Hospital and The Williamsport Hospital and Medical Center — have partnered to present the scholarship. In order to be eligible for the funds, the student must have been involved in the Volunteer Program at one of the three hospitals, served 150 hours in volunteer service, 30 of those hours in his or her senior year of high school and must be planning on attending college in a health-related field. Marie Zurinsky, right, past president, Divine Providence Hospital Auxiliary, presents the scholarship to this year's recipient, Malori Richards, who plans to study nursing at York College.

Local author writes nurse etiquette book

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 than 60 articles and 20 books, including "Mosby's Diagnostic and Laboratory Test Reference" and "Mosby's Manual of Diagnostic and Laboratory Tests," which have sold more than one million copies with translations in five languages. Nursing, she said, became her "niche" to getting her business etiquette book published.
 "I tell nurses that they lose their power as a professional if they walk into the room and the patient thinks they are the cleaning person, the pharmacy tech, the dietary aid, because nurses don't all wear white," Pagana said. "You see a blur of people when you're a patient and you don't really

know who that professional nurse is unless he or she is clearly identified."
 From her teaching experience, Pagana said there's something for everyone in this book.
 "We teach students when they graduate how to apply for their jobs, but they don't learn those essential etiquette skills you need for career success," Pagana said. "We need this (etiquette) in nursing. We need this in everything."
 Pagana said most people think etiquette can be a "stuffy" subject, so in writing this book, she said she tried to include real-life examples, frequently asked questions, illustrations and summary ta-

bles to hold readers' interest.
 "It's entertaining and fun to read," Pagana said. "It has a unique format where it's set up by questions and answers ... if you're not interested in the question, you just go on to the next question. It has faux pas," which are funny and they tell you problems that people had. There's also good examples."
 She hopes to have the book available at local retailers soon.
 "I put my heart and soul into that book," Pagana said. "I love to write and make things interesting."
 To order, visit klingpa-gana.com or www.nursingso-ciety.org/Publications/Books.

Incoming freshmen receive scholarships

BLOOMSBURG — Incoming fall freshman of Bloomsburg University were recently awarded scholarships. Local residents, their hometowns, majors and scholarships are:

- Kristine Crandell, Troy, elementary education, Hoffman.
- Lindsey Meter, Bloomsburg, communication studies, Presidential; Ashley Ortmann, Bloomsburg, special-elementary education, Hoffman;
- Meredith Womer, Bloomsburg, special-elementary education, Presidential.



- Julianna Currinder, Hughesville, mathematics, Mifflin; Elizabeth Garmes, Montoursville, business administration-marketing, Presidential.
- Jamie Keister, Mifflinburg, nursing, Dilworth; Jared Young, Lewisburg, computer forensics, Presidential.

New freshmen will arrive at BU for Welcome Weekend, Aug. 22 to 24.
 During the weekend's events, new students will participate in activities and workshops that will help them get settled at BU and meet other students, faculty and staff before classes begin Aug. 25.

Summer camps announced

BLOOMSBURG University's Quest program will hold the Kids' Amazon Adventure Outdoor Day Camp for youths ages 10 to 14 from 9 a.m. to 3 p.m. Monday to Friday, July 7 to 11, on Bloomsburg University's upper campus.
 Participants will be able to experience activities such as rock climbing, kayaking, hiking, orienteering and high ropes at locations including the upper campus climbing wall and the Danville rock climbing area.
 Parents are responsible for providing transportation and must pick up campers at 3 p.m. every day.
 Registration fee is \$120 per child. For information or to register, call 380-4323.
 For more information, visit <http://quest.bloomu.edu/adventurecamp.cfm>.
 Two additional sessions recently were added, as well, and they include Monday to Friday, July 21 to 25, and Monday to Friday, Aug. 4 to 8. Quest has been in operation since the early 1970s.

Final quarter honor rolls

Watsontown Christian Academy

HIGH HONOR ROLL
 Kindergarten — Brittany Wright, Cole Yoder.
 Grade 1 — Jacob Burt, Justin Corles, Taylor Tinsley.
 Grade 2 — Nathan Dearler, Dakota Wright.
 Grade 3 — Elizabeth Latisha.
 Grade 4 — Garrett Edinger, Zachary Prochaska, Isaac Summers.
 Grade 5 — Emily Edinger, Jenelle Yarger.
 Grade 6 — Charles Feininger.
 Grade 12 — Kline DeWine.

Button, Brandie Camp, Kevin Caton-Plyler, Kayla Deszuelo, Todd Farr, Chase Gee, Shauna Heffner, Paige Hughes, Kristin Jensen, Clayton Jones, Nicole Jones, Kelsey Kaufmann, Caroline Kasper, Jacob Keiser, Alysa Mitchell, Katelyn Rank, Laurie Smith, Amanda Tanner, Eric Thompson, Cory Townsend, Deanna Wheeler, Seth Wheeler, Cody Wolfe.
 Grade 5 — Nicholas Besley Vincent Coates, Kyle Cobb, Brandon Cummings, Amelia Deery, Steven Fyfe, Rebekah Guim, Kyle Heilbrun, Chelsea Knapp, Chelsea Knapp, Chelsea Knapp, Stephanie Phillips, Courtney Plank, Halie Plank, Colleen Plank, Grant Robbins, Hillary Root, Justin Rowdell, Justine Stage, Stephanie Talasa, Rebecca Trudau, Ben Welch, Alycia Wilbur.

Honor Roll

Grade 1 — Connor Cahill.
 Grade 5 — Tyler Bostman, Tanner Feaster.
 Grade 6 — Galdo Baker.
 Grade 7 — Graham Feaster, Natalie Michael.
 Grade 10 — Margaret DeWine, Emily Michael.
 Grade 10 — Cameron Yarger.

Grade 12 — Kayla Brant, Caitlin Camarda, Britany Cummings, Stacie Farn, Nicole Farn, Daniel Griffey, Amy Griswold, Tyler Huggs, Matthew Hubert, Allen Losinger, Christina Neumann, Tanya Calkins, Lawrence Penner, Sarah Peterson, Stephanie Phillips, Courtney Plank, Halie Root, Troy Jared Raper, Cassandra Setzer, Kendall Snyder, Michael Steele, Aron Stone, Brittany Terry, Robert Tompkins, Laura Uvalde, Aaron Westlake, Jessica Wheeler, Nicole Whipple, Cynthia Wilbur.

Williamson High School, Tioga

HIGH HONOR ROLL
 Grade 7 — Rachael Bailey, Kristen Bell, Brianna Cain, Brittany Hagitt, Randi Porlar, Desiriah Hamilton, Catherine Hunt, Cheyenne Jones, Jessica Kent, Melanie Lewis, Joshua Lockwood, Cody Munyon, Mary Pardo, Anthony Sabury, Sara Savelly, Kyle Smith, Samantha Taylor, Jenna Townsend.
 Grade 8 — Sarah Adanson, Kaleb Allen, Shannon Bailey, Helena Barker, Allison Bellinger, Ryan Belz, Brittany Bonomo, Jennifer Burris, Masony Butler, Jordyn Corles, Marshawn Damm, Teaska Farn, Jacob Gruver, Allison Haslund, Lindsay Heck, Derek Heilbrun, Kayla Heintzelman, Isaac Howe, Kelsey Jones, Brianna Keiser, Joseph Keiser, Lori Marchant, Alysa Monice, Chelsea Satterly, Troy Sewell, Destiny Sorko, Alexis Sporker, Jennifer Stage, Shelby Stinger, Allison Watkins, Zachary Whitney, Tyler Wood.
 Grade 9 — Kristen Alexander, Ciara Arnold, Patrick Auld, Andrew Bailey, Alexia Barber, Jolissa Beach, Bailyne Botha, Ashley Brown, Rebekah Corwin, Phillip Deitz, Britany Gee, Ryan Gee, Amber Gillies, Marka Gordon, Tiffany Kelly, Ryan Keiser, Madison Kessler, Alyssa Ceshin-houdt, Kelsey Paddock, Renee Penner, Nathan Ritter, Douglas Robinson, Angela Rutty, Colin Sellock, Krystal Smith, Shelby Stone, Jason Thompson, Melissa VanCamp, Chelsey Whitte, Kaitlyn Wirth, Megan Wood, Kaitlyn Young.
 Grade 10 — Dustin Bogaczyk, Abram Bonham, Maconzie

Elmsport Elementary School

DISTINGUISHED HONOR ROLL
 Grade 3 — Madison Dunkle, Lynn Dean, Alexis Evangelista, Leah Thomas.
HONOR ROLL
 Grade 3 — Jacob Moore, Zachary Shade, Lewi Lowe, Maconzie Wozit, Taylor Bower, Morgan Strayer, Kaitlyn Miller, Jerrianna Showers, Jalen Hill, Kaitlyn Corles, Donny McCoy, Tetina Wise, Amber Beaver, Nichole Koon, Hannah Kunst, Samantha Thomas, Alysa Baehista, Amy Drick, Ryan Kunst, Bailey Evered, Kyle King, Isaac Drick, Jeremy Wolfgang, Jenna Lutz, Michelle Steele, Natasha Houtz.

Honor Roll

Grade 7 — Kaitlyn Bailey, Anthony Blackwell, Katherine Bolt, Savannah Bradshaw, Kimberly Daugherty, Theodora Doly, Logan Everett, Jesse Grog, Brooke Gotthard, Brooke Greenwall, McKenna Greenwall, Heather Hamilton, Catherine Hunt, Cheyenne Jones, Jessica Kent, Melanie Lewis, Joshua Lockwood, Cody Munyon, Mary Pardo, Anthony Sabury, Sara Savelly, Kyle Smith, Samantha Taylor, Jenna Townsend.
 Grade 8 — Sarah Adanson, Kaleb Allen, Shannon Bailey, Helena Barker, Allison Bellinger, Ryan Belz, Brittany Bonomo, Jennifer Burris, Masony Butler, Jordyn Corles, Marshawn Damm, Teaska Farn, Jacob Gruver, Allison Haslund, Lindsay Heck, Derek Heilbrun, Kayla Heintzelman, Isaac Howe, Kelsey Jones, Brianna Keiser, Joseph Keiser, Lori Marchant, Alysa Monice, Chelsea Satterly, Troy Sewell, Destiny Sorko, Alexis Sporker, Jennifer Stage, Shelby Stinger, Allison Watkins, Zachary Whitney, Tyler Wood.
 Grade 9 — Kristen Alexander, Ciara Arnold, Patrick Auld, Andrew Bailey, Alexia Barber, Jolissa Beach, Bailyne Botha, Ashley Brown, Rebekah Corwin, Phillip Deitz, Britany Gee, Ryan Gee, Amber Gillies, Marka Gordon, Tiffany Kelly, Ryan Keiser, Madison Kessler, Alyssa Ceshin-houdt, Kelsey Paddock, Renee Penner, Nathan Ritter, Douglas Robinson, Angela Rutty, Colin Sellock, Krystal Smith, Shelby Stone, Jason Thompson, Melissa VanCamp, Chelsey Whitte, Kaitlyn Wirth, Megan Wood, Kaitlyn Young.
 Grade 10 — Dustin Bogaczyk, Abram Bonham, Maconzie

Slippery Rock University

HONOR ROLL
 Grade 3 — Hannah Byrner, Amanda Kilps, Destiny-Sierra Kelch, Andrea Millie, Gabrielle Shreck, Brooke Rupert, Alexis Miller, Delaina Diem, Morgan Bloom, Trevor Barnett, Corinne Bennett, Sarah Taylor, Tyler Miller, Cara Evangelista, Jennifer Kloe, David Byrner, Benjamin Kopp, Cameron St. James, Jacob Thomas.
 Grade 4 — Melina Fields, Ryan Miller, Crisena Haren, Marissa Gomez, Joshua Sabins, Richard Miller, Dylan Rupert, Matti Evered, Kaitlyn Roberts, Kaitlyn Taylor, Trevor Diagan, Kendra Tompkins, Alysa Forrestal, Jennifer Manthey, Napha Barkhart, Jeffrey Lowmester.
 Grade 5 — Taylor Fensing, Emily Sampsell, Austin Rupert, Jared Hawkins, Holly Lester, Anita Holmes, Alexis Bus, Rachel Wertman, Austin Rupert, Matthew Miller, Dylan M. Smith.

Do you have a question?

If there's a question you would like Susan Bacchieri to ask local students as the Question of the Week, e-mail it to education@sungazette.com and include your name, age and school. If your question is chosen, you will be given credit in an upcoming edition.

Recent college graduates

Slippery Rock University
 WILLIAMSPORT — Lisa M. Benson, bachelor's, elementary education; Kristen A. Vail, bachelor's, criminology and criminal justice.
MONTOURSVILLE — Sarina M. Dumbleton, bachelor's, exercise science.
NEW COLUMBIA — Amanda J. Herman, bachelor's, safety and environmental management.
WEST MILTON — Gregory S. Roskovensky, bachelor's, exercise science.
Lebanon Valley College, Anville
HUGHESVILLE — Karissa L. Beecher, bachelor's, health education; Sarah Louade, She was named to Phi Alpha Epsilon Honor Society.
Norwich University, Northfield, Vt.
COGAN STATION — Benjamin Stuart Anderson, degree in mechanical engineering.