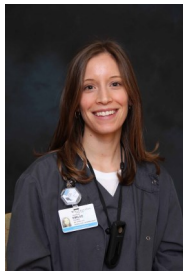




Ohio Society of Radiologic Technologists

Bimonthly Newsletter of the OSRT

January/February 2018 • Volume 44 • Issue 5



Palmer's Post

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Happy New Year! It's hard to believe we are bringing in 2018 already. When I think of the beginning of a New Year, I think about resetting where improvement is needed, and goals that can be accomplished to make it a better year. Professionally speaking, this allowed me to dream big for this organization and get ready for an exciting year with the OSRT.

This year, the OSRT Education Committee has planned a JRCERT Standards Revision Review event in February. This event is for educators and will provide an opportunity for collaboration regarding proposed standards and the effect on programs, policies, and procedures. The OSRT Health Policy Committee is working on planning an Advocacy Day at the State Capitol to inform leaders of who we are as a profession and what we do. This is one part of how this organization builds relationships to protect our profession. The OSRT Annual Meeting will be in April, in Cincinnati, with some great topics and speakers lined up! If you have never taken the opportunity to earn CE in person, I would encourage you to consider trying it. There are always a variety of interesting topics, including unique sessions on Human Trafficking and the Opioid Crisis facing us, great speakers, and for me, I get more education and reward from in person continuing education. There is also an OSRT surprise that will be revealed during the opening ceremony. Register online today, you don't want to miss this!

The OSRT Strategic Planning committee has been working hard to finalize the next five year strategic plan, which will hopefully be approved at the Pre-Annual Board of Directors meeting, effective immediately thereafter. We are excited for this organization and its potential growth over the next few years. Please volunteer today to help us meet our strategic initiatives, and ultimately better the OSRT, and our profession in its entirety.

The OSRT will be hosting its voting of board members and president elect this month. Please be sure to vote, every vote counts. We appreciate the time you take to participate in our state society activities and hope that you will get more involved in your state society to open endless opportunities within your profession, whether it's a new role or volunteering and leading at the state or national level to promote and preserve your profession.

I hope you have some personal goals for the year that will bring you Joy and Happiness throughout the year!

Emma Palmer
OSRT President

"Happiness lies in the joy of achievement and the thrill of creative effort."

-Franklin Roosevelt

DON'T FORGET TO SAVE THE DATE

WHAT IS IT?	WHEN IS THE DEADLINE?	HOW TO LEARN MORE?
78th Annual Meeting Information and Registration April 4 - 7, 2018	March 31	Visit: http://www.osrt.org/annual-meeting/244-2018-annual-meeting/475-2018-annual-meeting-registration
Competition Information and Applications: Quiz Bowl, Case Study Poster, Professional Poster, and Essay	March 1	Visit: http://www.osrt.org/annual-meeting/competitions
Grant Information and Applications	March 1	Visit: http://www.osrt.org/foundation/education-and-research-grants
Technologist of the Year Nomination	January 15	Visit: http://www.osrt.org/component/rsform/form/7-rt-of-the-year-award-nomination-form
Leadership Academy Information and Application	February 15	Visit: http://www.osrt.org/news/426-osrt-leadership-academy-wants-you

ATTENTION Medical Imaging and Radiation Therapy Educators!

The Ohio Society of Radiologic Technologists' (OSRT) is hosting a workshop regarding the JRCERT Accreditation Standards Proposed Revisions on February 3, 2018 from 8:30 a.m. to 4:30 p.m. at the University of Cincinnati Blue Ash College. The proposed revisions to the Standards will be posted on the JRCERT website soon so please review them and bring a copy with you to the workshop. During the workshop we will discuss the current JRCERT Standards, proposed revisions to the Standards, the correlation between educational best practices and the proposed revisions, and implications for program policies and procedures. This workshop has been submitted to the ASRT for six (6) category A continuing education credits. Online registration for this workshop is available now through January 26th with a fee of \$30.00 which includes lunch. Breakfast is not provided so drive thru your coffee shop on your way in! Pre-registration must be completed and paid for by January 26th registration deadline. A \$15.00 fee will be assessed for late and onsite registration, and in such cases, lunch cannot be guaranteed.

Use this link to register for the workshop: <http://www.osrt.org/connex/education-connex>

**Please join me in congratulating
the 2018-2019 Ohio Society of
Radiologic Technologists Student
Director and Student Leaders!**

Student Director: *Breanna Stillion, Zane State College*

Student leaders: *Allison Hermance-Moore, Fortis College
Haili Mossing, Owens Community College
Haley Powell, The Ohio State University*

ATTENTION ALL FUTURE LEADERS!

Yes, we are talking to you! OSRT is pleased to offer the **2018 OSRT Leadership Academy** that will take place at Zane State College on **Saturday, March 17 and Sunday, March 18, 2018**. Block hotel rates are being secured at the Hampton Inn and the cost will be covered by the Leadership Academy.

The Leadership Academy is a two-day session (**12.0 Category A continuing education credits** pending ASRT approval) that will acclimate participants to the ins and outs of volunteering and leadership in a professional nonprofit organization. If you have been thinking about volunteering and becoming involved, but maybe were overwhelmed with where to start, this is your perfect opportunity. Participants will have some preparatory materials prior to the session in March to get ready for some great activities and discussion during the Academy. You will gain a better understanding of volunteer board organizations with specific emphasis on OSRT functions and operations. You will collaborate with colleagues and board members (past and present) to gain insight into professional volunteerism.

Leadership Academy Information

- The Academy is limited to no more than 15 participants in an intimate session with individual attention.
- Those interested must **submit an online application** (see below) by **Thursday, February 15, 2018** along with a PDF file of your resume that includes OSRT and ASRT activities, such as committee participation, etc, if applicable.
- Hotel lodging for Sat. March 17, 2018 will be provided by the OSRT. Check in is at 3:00pm and check-out is 12:00pm, so participants will need to check out before attending Sun. March 18 session. The sessions will be held at Zane State College, Advanced Science and Technology Center, Room 210. (1400 Newark Road Zanesville, OH 43701).
- Participants are responsible for travel and dinner. Breakfast will be provided both days at the hotel with lunch and snacks provided during the sessions.
- During the session, participants will be assigned as a member of an existing OSRT committee and will work with that committee throughout the next year.

Click the read more link below to complete the online application for the Academy and upload your resume.

The N.W. Ohio and S.E. Michigan Imaging and Therapy Professionals again presented the 7th annual recognition event for clinical excellence on Monday, November 6th. Each year, this event is held in Toledo during NRTW. At this event, speakers and awards are presented and baskets are raffled. Congratulations to this year's chosen professionals:

-Featured Speaker: **Dr. Mary Beth Crawford**

-Rising Star Awardee: **Samantha Cooper**

-Lifetime Achievement Awardee: **Terri Henning**



Terri Henning is pictured here with nominator, Nancy Dome-Hatfield.

The OSRT had activities and awards in which members could participate to celebrate NRTW.

Thank you to everyone who participated in the scavenger hunt! We had an overwhelming response to this activity and hope to be able to make something similar next year!! **Congratulations to the winner, Beth McCarthy!**

Inspiration Award: Jared Huffman

Thank you Jared, for being an inspiration to your peers and patients throughout your radiography profession.

Social Media Award Winner: Kristin Seitz

Memory Share Award Winner: Tricia Leggett

"I have so many wonderful memories since my participation with OSRT. In my early days of becoming an educator and participating in a small way with the OSRT, I had a mentor push me to run for the Board of Directors. Dr. Julie Gill was trying to persuade me to run for the Board, but in my less confident and sheepish voice, was rationalizing my reasons not to run. Her peer pressure worked and it has been one of the most important aspects of my life! My professional involvement has stemmed from that office conversation. So in this current day of instant gratification and "What's in it for me?" mentality, take a few minutes to pay it forward in honor of all of those individuals who took a chance on you. Become involved in your state and national societies to promote this wonderful profession of radiologic technology!

It's election time!

The 2018 OSRT Board of Directors and Technologist of the Year Award nominees are presented below. **Voting must be completed by February 1.** All eligible voting members of OSRT will be notified via email and provided with a link to cast a vote once the voting period begins. You will vote for one President-elect nominee, two Board of Directors' nominees and one Technologist of the Year Award nominee.

Your vote matters! Vote today!

President-elect Board of Director Nominee (Vote for one)



Julie Gill, Ph.D, R.T.(R)(QM)

As a current and past member of the OSRT Board of Directors, I am seeking election as President-elect. I have extensive experience within the OSRT which includes service on multiple committees and tasks forces. I am very familiar with the OSRT's Bylaws and Procedure Manual as well as the culture of the organization. I have also served on the ASRT Board of Directors for five years, serving as Treasurer/Secretary, Vice President, President-elect, President, and Chairman of the Board of Directors. I am keenly aware of the relationship between the ASRT and the OSRT and how the two organizations work collaboratively to advocate for our profession. My experience with the OSRT and the ASRT will help me to serve in the role as President-elect for the OSRT as well as the eventual positions of President, and Junior and Senior Chairperson of the Board of Directors. I look forward to continuing to serve the members of our profession through executive leadership within the OSRT.

Board of Director Nominees (Vote for two)



Amy Crofts, MHA/Ed., R.T. (R)(QM)

OSRT member for a number of years as well as make a priority of my students and faculty. I find the educational benefits offered by the OSRT to be extremely helpful and important for all to be involved in. I am passionate about the educational benefits that can be and are offered by the OSRT and I am looking forward to playing my part in this process. I am involved in the Education committee and have presented at OSRT Education Sessions in the past. The involvement and dedication that is in the OSRT, its members and its board of directors is contagious! Thank you for this opportunity for consideration.



Judy Miller, BRIT, RT(R)(CT)

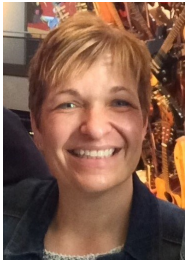
Judy graduated from the Associate of Applied Science degree in Radiologic Technology at Kent State University at Salem in 1993. She earned a Bachelor of Radiologic and Imaging Science degree from Kent State University at Salem in 2008 with a concentration in CT. She was employed as a staff radiologic technologist at Salem Community Hospital from 1993-2008. During this time she worked in interventional radiology and CT and was a Continuous Quality Improvement Coordinator. She was employee of the Year at Salem Community Hospital in 2007. In 2009, she was hired as the Clinical Coordinator for the associate degree program in radiologic technology at KSU Salem and continues in that position today. She currently serves as a JRCERT Site Visitor. Judy served on the 2012 and the 2016 OSRT Annual Meeting committees. She has been a member of the OSRT since 1993 and ASRT since 1997.

Board of Director Nominees, continued (Vote for two)



Debra Myers, M.Ed, R.T.(R), RDMS, RDCS, RVT

I have been an OSRT member since 2008. I have served on several committees for the OSRT including membership committee, marketing, and annual meeting committees. I am also a member of the OSRT Foundation Board. I am the chair for the ASRT Sonography Chapter. I have also served as a Sonography Chapter Delegate for the ASRT. I hold credentials as an ARRT (R), RDMS, RDCS, and RVT. I have my M. ED. I am the current Program Director for Medical Imaging Programs at Marion Technical College. Marion Technical College provided the Ballinger Mock Exam for the 2016 OSRT Annual Meeting.



Kristin Seitz, BSMT, R.T.(R)(MR)(CT), MRSO (MRSC)

I have been an MR/CT technologist for over 25 years. I am proud to have served on the OSRT Health Policy Committee for the past two years and on the Membership Committee this past year. Participating in Advocacy Day at the Statehouse and the OSRT Leadership Academy over the past year has broadened my perspective to issues that affect technologists from not just Central Ohio, but the entire state. I am also honored to represent Ohio as a Delegate and Co-Chair of the MR Chapter of the ASRT, and as a recipient of an ASRT/ARRT Advancing Your Profession: Educational and Professional Growth Grant for 2018. I feel that I have the ability to make a positive contribution to the OSRT and look forward to learning from the experiences of other OSRT Board Members.

OSRT Technologist of the Year Award Nominees (Vote for One)



Terri Bruckner, Ph.D., R.T. (R)(CV)

Terri Bruckner has served the OSRT in many capacities over the years. She served as a co-chair of the Membership Committee, the Policy and Procedure Manual Task Force, the Quiz Bowl Committee, and the Executive Board Committee. In addition, she has been instrumental in rewriting and reformatting the OSRT Policy & Procedure Manual this past year. Terri served as the 2014-2015 OSRT Board President and is now currently serving as the Senior Board Chair. Terri's first term as Senior Board Chair was in 2016-2017. Due to the resignation of an executive board member, Terri stepped up and accepted an appointment for the Senior Board Chair for a second year, even though she should have been enjoying her retirement!



Christine Gialousis, M.Ed., R.T. (R)(M)(CT)(MR)

Christine has devoted an extensive amount of time to education and service in the profession of imaging throughout her 30 years as a registered technologist. She is currently the Educational Coordinator for the CT/MRI Program at the Cleveland Clinic School of Diagnostic Imaging and teaches courses in CT, MRI, and Radiology. At Cuyahoga Community College she is adjunct faculty for the Mammography and Radiologic Technology Programs. Christine also teaches MRI courses at Kent State University, Salem Campus. She has been a member of the OSRT since 1991 and has held many positions. She currently serves on the Board of Directors and is the Social Media Appointee.

The OSRT Twitter Account is managed by Christine. She has also served on the OSRT Annual Meeting Committee, Technology and Innovations, Education Committee, and Membership Committee. At the ASRT, Christine has been a Practice Standards Subcommittee member, Alternate Computed Tomography Chapter Delegate, MRI Chapter Delegate and Chairperson, and Practice Council MRI Subcommittee. She also wrote a CT module for the ASRT. Christine also taught MRI safety to the Lake Milton Fire Departments and the Cleveland Clinic EMS students by presenting "MRI Safety and You".



William (Bill) Robinson, R.T. (R)

Bill Robinson joined the OSRT in 1976. In his 42 years of membership, he has never missed an Annual Meeting. Bill has served as a committee member for numerous Annual Meetings in the Cleveland area. For many years, Bill has been appointed to serve as Sergeant-at-Arms at most of the annual business sessions, a duty he takes very seriously. Bill has been an employee in the Medical Imaging Department at the Louis Stokes Cleveland VA Medical Center for 45 years, where he is responsible for QA and is the PAC's administrator. Bill is responsible for computer access for everyone who comes into the department. He assists in department orientation and is the back-up clinical instructor. Students at this clinical site are very appreciative of his instruction and guidance and the fact that he is always available to help. In addition to his position at the VA, to maintain his technical skills, Bill works part time at Southwest General Hospital as a staff technologist. To his family and community, Bill is known as a compassionate caregiver. Bill is very much a "behind the scenes" guy. He is a loyal, reliable and hard working member of the OSRT.

The OSRT is proud to recognize the following members in the upcoming 2018 ASRT Chapter Delegate election!



Angie Arnold, M.Ed., R.T.(R) *Education*

It is an honor to be nominated for ASRT Education Chapter delegate. As a longtime educator, Education Chapter delegate, Education Commission member, Reference Committee member, radiography curriculum project team member and affiliate delegate, I feel I have the experience and ability to speak on educational issues in the field. I am in my 32nd year as a radiographer with more than 20 years of my career spent full time in education. I am a two-time president of the Ohio Society of Radiologic Technologists and I currently serve as OSRT historian and 2018 OSRT annual meeting co-chairperson. I have been active in OSRT and ASRT my entire career and in that time, I have adapted to the changes in our profession. I believe the decisions made in the ASRT House of Delegates are vital to the leadership of the profession and I would be honored to represent the nation's educators as an Education Chapter delegate.

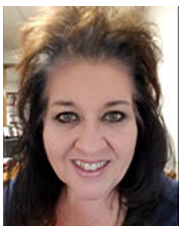
If elected I will communicate as often as needed to gain input from educators throughout the country and provide information on practice issues, concerns, etc. In a timely manner, I will provide electronic communication, articles, answer calls and reply to emails in order to make sure I have input from Education Chapter members. I will also rely on member input to cast my votes in the House of Delegates, which will be based on the needs of the Education Chapter members and not solely on my own program needs.



Heather Moore, M.Ed., R.T.(R) *Education*

I have been a radiologic technologist for 27 years and an educator for the past 13 years. I have been involved in my profession at the state and national levels for many years as a committee volunteer, committee chairperson, and in elected board and delegate positions. My experience with nonprofit organizations includes both my state society and foundation boards. I love the synergy that happens in the state and national professional organizations and plan to stay involved for many years to come!

If elected as a chapter delegate, I will stay current on local and national issues and utilize the communication tools available via the ASRT to make sure the chapter members are aware of the issues that affect them and the medical imaging and radiation therapy profession in general.



Christine Gialousis, M.Ed., R.T.(R)(M)(CT)(MR) *Magnetic Resonance*

I began my magnetic resonance imaging career in 1990. I have been lucky to work in many different types of MRI facilities and each taught me something new about my chosen career. Most recently, I had the good fortune to work with many MRI professionals on the Practice Standards Council Magnetic Resonance Subcommittee where we shared ideas openly and made significant updates to a dated standard. I am proud of our work and hope to continue this work as a delegate in 2018. This is the second time I have worked on the Practice Standards Council Magnetic Resonance Subcommittee, having served in 2010 -2011. I believe my work at the Cleveland Clinic gives me insight into the things that are new in the field and helps me develop innovative ways to provide clinical scanning experience to the students in MRI.

The ASRT Communities were a great addition to the ASRT. I would continue to provide information via the ASRT Communities portal, but I would also work on a social media presence that was professional and connected to the younger members to keep them engaged and active in the ASRT.



Nicole Douglas, M.Ed., R.T.(R)(M) *Mammography*

I am also working with the University of Cincinnati and Blue Ash College to design and implement a similar mammography technical certificate program. I have spoken at the ASRT Educational Symposium on the topic of mammography and at two Siemens Innovations Conferences. I recently received my master's of education in health professions education and am planning a full day seminar for Cleveland Clinic mammographers worth 5 continuing education credits. In addition to this project, I am in the process of designing an online orientation program for all Cleveland Clinic mammographers. I plan to stay up to date with issues affecting the practice of mammography as I try to do currently. If I am elected as a delegate, I will spend more time getting involved with the mammography forum on the ASRT website. I have thought about creating a Directed Reading for CE credits and I would like to speak at the Symposium again if possible.



Lucas Gross, M.S., R.T.(N), NMTCB CT, CNMT *Nuclear Medicine*

After graduating, I began working in the field at a large academic teaching facility. My primary responsibility was clinical, but I took additional responsibility to help develop and implement improvements in diagnostic protocols, enhance image quality and reduce the patient's radiation dose. I initiated an internal website for our department that helped to centralize, standardize and provide access to our imaging protocols. I presented lectures on nuclear medicine to cardiology fellows and offered job shadowing to radiology residents, which they found useful in understanding the techniques and procedures. My professional outreach extends beyond the clinic through presentations at continuing education events. I recently changed roles in nuclear medicine becoming an instructor at a nuclear medicine technologist program. I am a current member of the Philadelphia Society of Radiologic Technologists, Pennsylvania Society of Radiologic Technologists and Ohio Society of Radiologic Technologists. I am currently a member of the OSRT Technology and Innovations Committee. I have begun working on a Ph.D. in health sciences. One of the challenges facing the chapter is the proliferation of hybrid fusion modalities, such as PET/CT, SPECT/CT, PET/MRI and optical imaging may soon join in. Pathways must be developed and implemented through relevant boards that would prepare technologists for cross training in relevant modalities of hybrid cameras. I would like to work through ASRT committees to organize this process in order to facilitate career development for technologists who would be prepared to provide quality service to the patients. This requires immediate attention before the third party payers and general public begins to scrutinize this area of imaging, which may possibly lead to reimbursement cuts and job losses. I would like to represent the nuclear medicine stakeholders and ensure that high-quality care and standards of care are maintained.



Julie Gill, Ph.D., R.T.(R)(QM) *Quality Management*

I have been in an educational management position for most of the past 25 years. I have also been very active in the Ohio Society of Radiologic Technologists, the ASRT and the Association of Educators in Imaging and Radiologic Sciences. Through experience, my management skills have developed and I value every team member with which I work. All team members have strengths that can be leveraged for the good of the team and I try to work with team members to benefit all colleagues. I fully understand the need and value of compliance with policies and regulations and I strive to make sure that those who I work with do the same. We work hard and that work ethic has led to success.

If elected as a chapter delegate, I would use the chapter community page to provide information and to ask for feedback and input from chapter members. As chapter members ask questions, then I would make every effort to find the answers and post them promptly. In an effort to learn from each other, I would encourage chapter members to post questions and issues on the community page so that we can interact with each other regularly. There is vast experience among chapter members and we have so much to learn from each other!



Ohio Society of Radiologic Technologists

Bimonthly Student Edition

January/February 2018 • Volume 17 • Issue 5

And just like that, we say “good-bye” to 2017 and usher in 2018! The New Year brings with it the end of the first year of program studies for some, and for others it will soon bring graduation. The saying is that time flies when we’re having fun, so it’s my guess that these milestones will be upon us before we know it. 2018 is sure to be a year full of new experiences and excitement!

Speaking of how quickly time flies, the 2018 Annual Meeting is quickly approaching! The 78th annual meeting will be held at the Holiday Inn Eastgate in Cincinnati, Ohio on April 4 – 7, 2018. Make sure to register prior to March 31, 2018 in order to avoid the \$50.00 late fee. Also, there is a special nightly room rate of \$110.00 to attendees who reserve their rooms prior to March 21, 2018. Whether you are planning to stay solo or share a room with a few of your classmates, make sure to get your room reserved quickly – there are only so many available at the special rate so get yours now!

Here are some other reminders for Annual Meeting events. Be sure not to miss the **March 1, 2018 deadline**, and if you need more information visit www.osrt.com.

Quiz Bowl – to enter your school in to the competition, complete the online application form and submit the \$20 application fee only one team per institution with no more than eight student members per team)

Case Study Poster Competition – all application materials must be submitted via www.OSRT.com (rules and guidelines for the Case Study Poster Competition can also be found on the website by clicking “Annual Meeting” and then selecting “Competitions” from the drop-down menu)

Professional Poster Competition – all application materials must be submitted via www.OSRT.com (rules and guidelines for the Professional Poster Competition can also be found on the website by clicking “Annual Meeting” and then selecting “Competitions” from the drop-down menu)

Essay Competition – all application materials and essays must be submitted via www.OSRT.com (rules and guidelines for the poster competition can also be found on the website by clicking “Annual Meeting” and then selecting “Competitions” from the drop-down menu)

Education & Research Foundation Grants – grant applications must be submitted via www.OSRT.com

Philip W. Ballinger Self-Assessment Exam – open to 2nd year students; don’t forget to register for this exam when you register for the meeting! For an additional \$15.00, take this exam to brush up for the ARRT exam! (Preregistration is required for this event.)

Also as a reminder to **all** students, be sure to attend the Student Open Forum at the 2018 Annual Meeting for networking and fun activities! I can’t wait to see all of you there!

I want to wish everyone the best of luck in the New Year! Whether you are completing your first year of studies or expect to be looking for work after graduation, I know you will all do great things! I am very excited for the next few months and I look forward to what 2018 has in store!

As always, I welcome any questions or comments regarding involvement with the OSRT. Please feel free to reach out to me at any time!

Jessica Bates, Student Director

just.me.jess.d@gmail.com





OSRT VISION

The OSRT will be the voice of Ohio medical imaging and radiologic science professionals.

OSRT MISSION

The OSRT will advocate for medical imaging and radiologic science professionals by advancing professional practice to enhance the quality of patient care.

The Foundation Corner

The Mission of the OSRTERF is to fund students and professionals engaged in education and research to promote the highest quality patient care. The Foundation's Vision is to promote professional excellence through scholarly pursuits across the radiologic science practice arena in Ohio. To encourage those pursuits, the OSRTERF funds educational grants and competitions each year, with judging and awards at the OSRT Annual Meeting. **One of our most productive and entertaining Fundraisers is the Foundation Silent Auction at the Annual Meeting.** What started as a basket auction has expanded over the years to include foods, wine, jewelry and objets d'art. Please consider donating to the Silent Auction this year. If you want to donate but cannot attend the meeting, please call Sheryl Bacon at 440-382-5607 to arrange for pick-up.

Now is the time to submit applications for grants, poster competitions, essay competitions and the newly added case study poster presentation. **The deadline for submission is March 1, 2018.** Information, requirements and applications can be referenced on the OSRT website. Go to osrt.org, click on the Annual Meeting tab and select "Competitions". If you have questions, please contact the OSRT Executive Office at [mailto:osrt@osrt.org?subject=OSRTERF Competitions](mailto:osrt@osrt.org?subject=OSRTERF%20Competitions).



Sheryl Bacon
OSRTERF Chairperson

Thanks to you, our dedicated members, for your continued support!

Do you have a topic you would like to see included in the next edition? Send it in so others can hear your voice!

We would like the membership to notify us of any members who have passed away during the last year. Any information on the technologist would be appreciated.

Please send notice to domrt62@yahoo.com.

Thanks in advance,

Deborah O'Mellan, R.T.

A Note from the Editor

Hello readers and HAPPY NEW YEAR!

The holidays are in the past, so life is starting to slow down again. And if you are like me you may be considering New Year's resolutions. Do you ever make resolutions related to professional development? Whether that be taking on a new project, being more productive, or more patient/student/department focused there is always possibility for growth and improvement. Write out your goals and create a plan! 2018 is going to be great.

Thanks for reading! I welcome feedback or suggestions for improvement. Please feel free to contact me: e_hemme@yahoo.com

Thanks!

*Lizzy Hemme
Cardinal Rays Editor*

