



ERC Newsletter

SPRING SEMESTER BEGINS

As we leap into the Spring Semester, February 1st began the month long celebration of Black History with this years theme “African Americans and the Arts”. Valentine’s Day the day for lovers will be observed Wednesday the 14th. The College will be closed on Monday February 19th in observance of Presidents Day celebrating the birth of both Abraham Lincoln and George Washington. This year February has a Leap Day (29th) which occurs every four years. The Leap Day balances the calendar. The extra day is a corrective measure that synchronizes the calendar with the earth’s almost year-long orbit around the sun. Without Leap Day, a few hours would cumulatively disappear every year, eventually throwing off the calendar and seasons. To learn more about leap years, leaplings and folklore click [here](#).

INSIDE THIS ISSUE

NBNA	2
Famous Black Nurses in History	2
History of Sleep.....	3
Spring Break.....	4
Free Days.....	4
APA Reminders.....	5
Financial Aid Backpage.....	6
Feeling Stressed.....	6

IMPORTANT CALENDAR DATES

- February 15, Application Portal closes for SON Fall Semester
- Monday, February 19, President’s Day, Campus Closed
- March 18-22 Spring Recess
- May 22 Awards Ceremony
- May 23 Graduation

National Black Nurses Association #NBNAResilient



"Care for one...that's love. Care for hundreds...that's nursing."

NBNA
NATIONAL BLACK NURSES ASSOCIATION, INC.

www.nbna.org/affirmations

Affirmations are a great way to think positive and encourage others to do the same.

NBNA: NATIONAL BLACK NURSES ASSOCIATION

The National Black Nurses Association (NBNA) was organized in 1971 under the leadership of Dr. Lauranne Sams, former Dean and Professor of Nursing, School of Nursing, Tuskegee University, Tuskegee, Alabama. NBNA is a non-profit organization incorporated on September 2, 1972 in the state of Ohio. NBNA represents 308,000 African American registered nurses, licensed vocational/practical nurses, nursing students and retired nurses from the USA, Eastern Caribbean and Africa, with 114 chartered chapters, in 34 states. Click [here](#) to visit their page.

The 2024 National Institute and Confer-

ence will be held in San Francisco, California. Dates for the 52nd Annual Conference are July 23-28. This year's theme is Advancing Health Care Across the Lifespan: Through Re-Imaging Nursing and Human Caring.

The NBNA website covers many areas and includes a variety of topics and programs including webinars, podcasts, career center, publications and the NBNA YouTube channel.

Need to be inspired? Check out the affirmations page.

Mahoney's guiding motto was, "Work more and better the coming year than the previous year."

CATHERINE ALICIA GEORGES
1944-PRESENT



Professor

And department of nursing chair at Lehman College, nurse, author and president of the National Black Nurses Foundation.

2

FAMOUS BLACK NURSES IN HISTORY

Please visit [here](#) for the complete story from Chamberlain University's Molly Mattison. An excerpt:

The history of Black nurses in America has been marked by a fight for access – to education, to job opportunities, and most fundamentally, to freedom. Even when lacking formal education, early African American nurses played a vital role as healers to their communities.

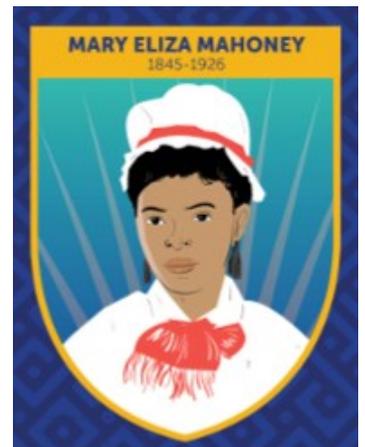
The profession began to change when **Mary Eliza Mahoney** became the first Black nurse to graduate from nursing school and be professionally licensed. Since that day in 1879, African American nurses have continued to strive for equality in the profession.

Mary Eliza Mahoney (1845-1926)

First Black woman to earn a professional nursing license in the U.S.

While many African Americans served as nurses before her, Mary Ezra Mahoney often carries the distinction of being the first Black nurse in history to earn a professional nursing license in the U.S. and the first to graduate from an American nursing school. Born to freed slaves, she worked as janitor, cook, washerwoman and nurse's aide over the course of 15 years at the New England Hospital for Women and Children, according to the National Women's History Museum.

At the age of 33, she entered the hospital's nursing program and graduated 16 months later. As the first professionally trained and licensed Black nurse, she championed increased access to nursing education and fought against discrimination in the profession throughout her career, supporting the creation of the National Association of Colored Graduate Nurses (NACGN) in 1908.



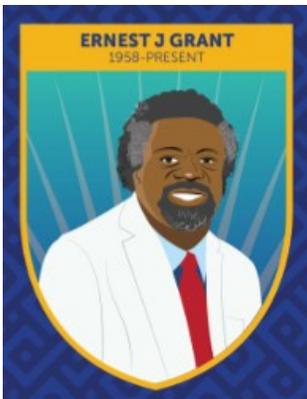
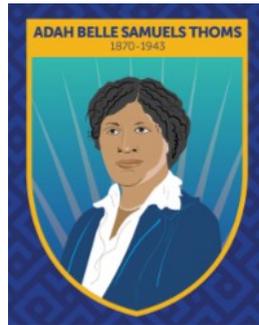
FAMOUS BLACK NURSES IN HISTORY– CONTINUED

Adah Belle Thoms (1870-1943)

National Association of Colored Graduate Nurse cofounders, fought for Blacks to serve as American Red Cross nurses in WWI

In 1906, Adah Belle Thoms was named assistant superintendent of nurses at Lincoln Hospital in New York. While she would spend the next 18 years acting as director, her race precluded her from being given the title, according to the National Museum of African American History & Culture. Thoms cofounded the National Association of Colored Graduate Nurses, and served as the organization's president from 1916 to 1923, and she later successfully lobbied for Black nurses to serve in the American Red Cross Nursing and Army Nurse Corps during WWI. Thoms published the first chronicle of the history of Black nurses in America with her book "Pathfinders: A History of the Progress of Colored Graduate Nurses." She was one of the original inductees to the American Nurses Association Hall of Fame in 1976.

"Mrs. Thoms' leadership is significant not only for her own race, but for those socially minded person of every race who cherish high purposes and unselfish accomplishments that bring promise of better relationships between people," said Lillian Wald, of the Henry Street Settlement, in 1929.



Ernest J. Grant (1958-present)

First male president of the ANA and internationally-known burn expert; named Nurse of the Year for his work treating burn patients after the 9/11 terrorist attacks

As the past president of the American Nurses Association (ANA), Ernest Grant helped represent the interests of America's 4 million registered nurses and has worked to encourage diversity in nursing. He was the first male to hold this office. An internationally recognized burn-care

and fire-safety expert, he was presented the Nurse of the Year Award in 2002 by President George W. Bush for his work treating burn victims from the World Trade Center. Following the killing of George Floyd in 2020, Grant spoke out, encouraging nurses to educate themselves and call for change.

"The Code of Ethics obligates nurses to be allies and to advocate and speak up against racism, discrimination and injustice," he said. "This is non-negotiable. Racism is a longstanding public health crisis that impacts both mental and physical health."

Catherine Alicia Georges (1944-present)

Nurse, author, and academic administrator.

Catherine Alicia Georges, EdD, RN, FAAN, is professor and chair of the Department of Nursing at Lehman College and the Graduate Center of the City University of New York. In 2018, she was elected the national volunteer president of AARP. She is also president of the National Black Nurses Foundation.

Previously, she was a staff nurse, team leader, supervisor, and district manager for the Visiting Nurse Service of New York. She serves on the Board of the Black Women's Health Study and R.A.I.N. Inc. She earned her undergraduate degree from the Seton Hall University College of Nursing, her MA in Nursing from New York University and a doctoral degree in Education Leadership and Policy Studies from the University of Vermont.

HISTORY OF SLEEP: WHAT WAS NORMAL

Did you know that early in Western societies the dominant pattern of sleep was biphasic? "First sleep" lasted around 3 to 3 1/2 hours, usually beginning around 9 and 10 PM. Individuals would wake after midnight and conduct any matter of business for a few hours. Professor Roger Ekirch from Virginia Polytechnic Institute State University explains, "Over the eighteenth-century, progress in urban lighting in Europe and America, fueled by oil from the whaling trade, had rapidly accelerated, only to be followed in 1807 by the introduction of gas streetlights in London." The prevalence of artificial light resulted in later urban bedtimes with no evident change in rising time (typically around dawn). Ekirch explains, "With their drive to sleep heightened, they probably slept continuously for a longer duration and more soundly...in essence, heightened sleep propensity, according to this theory, probably enhanced the quality of slumber, thereby rendering the loss of a second sleep during the nineteenth century more acceptable."

Our circadian pacemaker, located at the base of the brain controls our daily rhythms. Just a few hours of exposure to artificial illumination received via photoreceptors in our eyes can reset the circadian pacemaker.

Continue reading about Professor Ekirch and his study on sleep and insomnia [here](#).



SPRING BREAK—FAST APPROACHING

FREE MUSEUM DAY

Get free admission to over 30 SoCal institutions on March 23.

Initiated almost two decades ago to foster cultural engagement throughout Southern California, this annual event offers free general admission to over thirty museums and cultural institutions, showcasing the rich cultural tapestry of the region.

The link [here](#) includes a list of all the participating museums.

For a comprehensive calendar of free days throughout the year, click [here](#)



GOLDEN DRAGON PARADE & CHINESE NEW YEAR FESTIVAL

Join in one of L.A.'s oldest traditions at the 125th annual Chinese New Year parade and festival in Chinatown. As is fitting for the Year of the Dragon, the main attraction here is the yearly Golden Dragon Parade, which follows its route (kicking off at Hill and Ord Streets, and concluding at Broadway and Cesar Chavez) on Saturday, February 17 from 1 to 3:30pm. The parade coincides with a free festival in the Central Plaza, as well.

Event website:

www.lachinesechamber.org/125th-gdp



From UC Davis Health: Studies have shown that being in nature has a positive effect on our bodies by reducing cortisol levels, muscle tension, and demands on our cardiovascular systems (lowers heart rate and blood pressure). Being out in nature often may lead to lower rates of heart disease. Let's take a look at some local hiking spots that will get you outside and renew your love for Los Angeles at the same time. Most spots are very close to our campus.



Easy Hike, 2.9 miles

Mount Hollywood

2800 E. Observatory Rd., Los Angeles, CA 90027

Start in the Griffith Observatory parking lot and follow the Mt. Hollywood Hiking Trail (Charlie Turner Trailhead) road sign. Climb north on a fire road toward the peak. Pass pine trees and terra cotta benches and picnic tables, with Century City towers visible in the distance on your left. A gradual climb overlooks Griffith Park. At the bend, you'll have a clear view of the Hollywood sign and radio towers on the next peak. Instead of continuing toward the horizon, take a hard left and pass a palm-studded lookout with tiered benches. For additional info and other easy hikes, click [here](#).

Intermediate Hike, 4.0 miles

Bee Rock (Old Zoo Hike)

4730 Crystal Springs Dr., Los Angeles. CA 90027

Park in the Griffith Park Merry-Go-Round lot. Take the road you drove in on past the white barricades. Before you reach more barricades, take a left on the third fire road. Take an immediate right at the fork and gradually climb a fire road that overlooks Wilson Golf Course and the distant Verdugo Mountains. Pass through an open fence to a paved road, with animal enclosures on your right and cages to your left - the remnants of the original L.A. Zoo. Take a left on the paved road. Walk left through a gaping hole in a fence. Climb to a fork in a dirt road and take a right. Look up and you'll see a fenced-in lookout at the top of Bee Rock, your final destination. For additional info and other intermediate

hikes, click [here](#)

Go Chasing Waterfalls, 3.5 miles

Eaton Canyon Falls

Trailhead: 1750 North Altadena Dr, Pasadena 91107

Located in the 190-acre Eaton Canyon Natural Area, this hike in the San Gabriel Mountains is popular with kids and families with dogs—it's mostly shaded, flat, and just over a mile in and mile out. Be

prepared to get your feet wet if you plan to go all the way to Eaton Canyon Falls. Bring water shoes, as the rocks in the streams can be slippery. At the end you're rewarded with a 40-foot waterfall, which you'll hear before you see. Plenty of room to rest on a rock, splash around in the cool mountain water, and have a snack before heading back.

For additional waterfalls click [here](#)

Collapsible walking sticks aren't that expensive and really help with balance and taking stress of your joints. The poles also

diversify the muscles used when ascending and descending large slopes, by spreading out your exertion from your legs and glutes to your biceps and triceps.

Definitely remember to take water, sunglasses, a hat and sunscreen on these hikes.

Please remember to take any trash back with you. Leave no trace so that others may also enjoy our beautiful Los Angeles the way Mother Nature intended.

For difficult hikes in LA click [here](#)



Eaton Canyon Falls



APA REMINDERS



STYLE AND GRAMMAR GUIDELINES | PRODUCTS | INSTRUCTIONAL AIDS | BLOG

References

References provide the information necessary for readers to identify and retrieve each work cited in the text.

Check each reference carefully against the original publication to ensure information is accurate and complete. Accurately prepared references help establish your credibility as a careful researcher and writer.

Consistency in reference formatting allows readers to focus on the content of your reference list, discerning both the types of works you consulted and the important reference elements (who, when, what, and where) with ease. When you present each reference in a consistent fashion, readers do not need to spend time determining how you organized the information. And when searching the literature yourself, you also save time and effort when reading reference lists in the works of others that are written in APA Style.



Reference examples are covered in the seventh edition APA Style manual in the *Publication Manual* Chapter 10 and the *Concise Guide* Chapter 10.

BASIC PRINCIPLES OF REFERENCE LIST ENTRIES	WORKS INCLUDED IN A REFERENCE LIST	ELEMENTS OF REFERENCE LIST ENTRIES	MISSING REFERENCE INFORMATION
REFERENCE EXAMPLES	DATABASE INFORMATION IN REFERENCES	DOIS AND URLS	ARCHIVAL DOCUMENTS AND COLLECTIONS
REFERENCE LISTS VERSUS BIBLIOGRAPHIES	META-ANALYSIS REFERENCES		

If you have APA questions afterhours please visit APA Style Blog [here](#). You can find style and grammar guidelines for just about any situation. This site becomes very useful when you need an atypical reference example. Save it to your bookmarks for safekeeping.

Textual Works

Textual works are covered in Sections 10.1–10.8 of the *Publication Manual*. The most common categories and examples are presented here. For the reviews of other works category, see Section 10.7.

Periodicals Journal Article References Magazine Article References Newspaper Article References Blog Post and Blog Comment References UpToDate Article References	Books and Reference Works Book/Ebook References Diagnostic Manual References Children's Book or Other Illustrated Book References Classroom Course Pack Material References Religious Work References	Edited Book Chapters and Entries in Reference Works Chapter in an Edited Book/Ebook References Dictionary Entry References Wikipedia Entry References	Reports and Gray Literature Report by a Government Agency References Report with Individual Authors References Brochure References Ethics Code References Fact Sheet References ISO Standard References Press Release References White Paper References
---	---	---	--

USING THE CINAHL CITE TOOL

The CINAHL database has a cite tool, please check it out. You can find it when you open an article from the database. It appears under "Tools" right hand column.

Find the APA 7th edition format and copy and paste your citation.

Remember to always check that personal names, capitalization and dates are correct.

Use the CONAH library homepage to find resources on APA formatting, researching, writing tips and database tutorials.

Tools

- Google Drive
- OneDrive
- Add to folder
- Print
- E-mail
- Save
- Cite**
- Export

Reference List Basic Rules-Journal Article

Invert names so that the last name comes first, followed by a comma and the initials. Leave a space between initials. Retain the order of authors' names.

Capitalize only the first letter of the first word. For a two-part title, capitalize the first word of the second part of the title. Also capitalize proper nouns. Do not italicize. End with a period.

Place the year in parentheses. End with a period.

Author, A. A., & Author, B. B. (Year). Title of the article.

Name of the Periodical, volume(issue), #-#. <https://doi.org/xxxx>

Capitalize all major words in the periodical name. Follow with a comma. Italicize the periodical name (but not the comma after).

Italicize the volume number. Do not put a space between the volume number and the parentheses around the issue number.

Include the article page range. Use an en dash; do not put spaces around the en dash. End with a period.

Does the article have a DOI? Include a DOI for all works that have one. Do not put a period after the DOI.

Do not italicize the issue number or parentheses. Follow the parentheses with a comma. **No issue number?** That's okay. Follow the volume number with a comma.

Citation Format

NOTE: Review the instructions at [EBSCO Connect](#) and make any necessary corrections before using. Pay special attention to personal names, capitalization, and dates. Always consult your library resources for the exact formatting and punctuation guidelines.

APA 7th Edition (American Psychological Assoc.)
 References
 Johann, L., & Gruhn, B. (2025). Analysis of laboratory parameters before the occurrence of hepatic sinusoidal obstruction syndrome in children, adolescents, and young adults after hematopoietic stem cell transplantation. *Journal of Cancer Research and Clinical Oncology*, 150(1).

Chicago 17th Edition (Author-Date)
 Reference List
 Johann, Lorena, and Bernd Gruhn. 2025. "Analysis of Laboratory Parameters before the Occurrence of Hepatic Sinusoidal Obstruction Syndrome in Children, Adolescents, and Young Adults after Hematopoietic Stem Cell Transplantation." *Journal of Cancer Research and Clinical Oncology* 150.

Export to Bibliographic Management Software (EndNote, ProCite, Reference Manager, RefWorks, BibTeX, etc.) »



FINANCIAL AID BACKPAGE

The Office of Financial Aid has the following announcements:

Financial Aid

Students can now apply for the [2024-25 FAFSA](#) or [2024-25 CA Dream Act Application](#)!

- U.S. Department of Education announces delay in delivering 2024-25 Institutional Student Information Records (ISIR's) or FAFSA applicant information to institutions until first half of March. The ISIR is used to determine need-based federal and state aid, and scholarships. This means financial aid offers may be delayed, however it will not affect our consideration of your financial aid application.

Scholarships

- Upcoming scholarships:
[Horatio Alger Association: Career & Technical](#) opens March 15, 2024
[Department of Health Care Access Information \(HCAI\): ADN Scholarship Program](#) opens April 2024
- California Organization of ADN Directors (Southern) Nursing Scholarship – the link will be emailed once available
- Currently open scholarships:
[F.A. Davis Scholarship](#) open until April 15, 2024
[QueensCare Scholarship: The John Joseph Brandlin Memorial Scholarship Fund](#) open until May 1, 2024

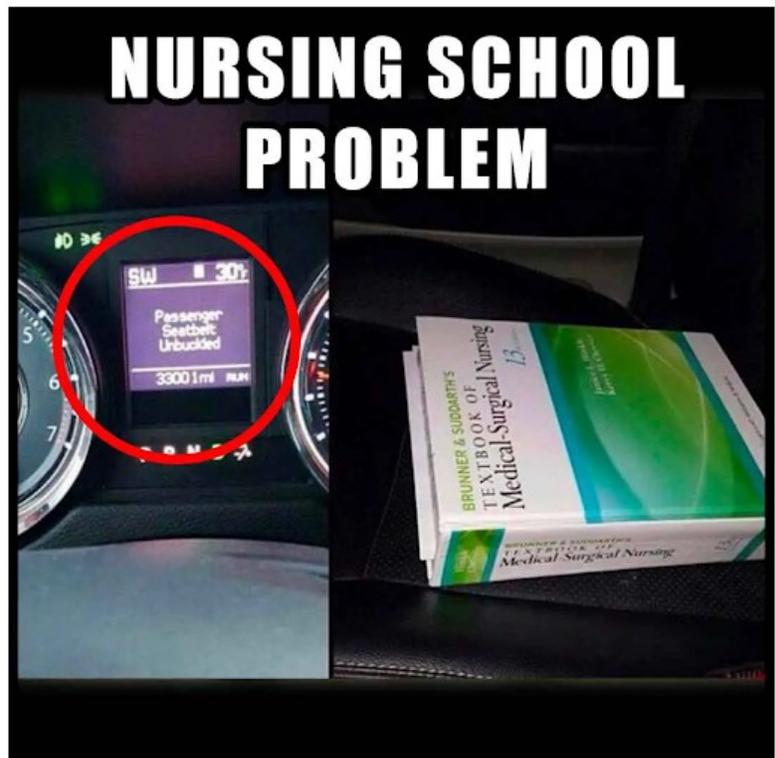
Get those applications submitted!!

For additional information please contact or visit Nerhiza Lim in the Financial Aid Office.

Phone (323) 409-5911

Office Hours: Mon-Fri, 7-11:30 AM & 12:30-3:30 PM

Email: nlim2@dhs.lacounty.gov



FEELING STRESSED? YOU'RE NOT ALONE!



16 Ways to Relieve Stress
<https://www.healthline.com/nutrition/16-ways-relieve-stress-anxiety>

Coping With Stress, Anxiety, & Depression in Nursing School (Video)
<https://www.youtube.com/watch?v=tLRCS48Ens4>

Crying in Nursing School (Video)
<https://www.youtube.com/watch?v=ghh4Qk4GzLo>

Ctrl +
Click links

ComputerHope.com

