

The Electron



Affiliate of the ASRT

Volume 62, Number 2
Winter 2010

IN THIS ISSUE

Presidential Perspective	1
Scholarship Information	2
Calendar	2
VSRT Educational Opportunities	3
News from the Districts	4
Welcome!	4
VSRT Update	5
VSRT Annual Meeting photos	6
Message to Students	12
Thank You!	12
Dave Lamanca Memorial Golf Tournament	13
District Directory	14

P R E S I D E N T I A L P E R S P E C T I V E

Travis Prowant, R.T.(R)(CV)(CT)
VSRT President

(From installation address presented at VSRT Annual Meeting)

I am truly honored to be here today and for the opportunity to serve as your President for the next year. Oftentimes, we have less confidence in ourselves than do others around us. I truly appreciate those that have confidence in me enough to believe that I can do such a prestigious job, for such a professional organization as the VSRT. Again, thank you!



My brief history is that I have been in the radiology field for a little over 20 years. I have a lovely wife **Lori**, who works as Director of Women's Imaging at Bon Secours St. Mary's Hospital in Richmond. I have a stepson, Jeffrey who is in his third year of spending all our money at Old Dominion University.

I received my training while serving my 20 years in the Navy. I feel extremely blessed to have been forced by the Navy into a field that has really ended up matching my personality.

I believe that most are here today because you enjoy that same "warm fuzzy" that I get when taking care of my patients. There is no greater feel-

ing than having that patient who just does not feel good, and you have an opportunity to make them smile before they leave your imaging department. That's why I am here!

It has always been my belief that I am NOT doing my patients any favors

by taking their x-ray; conversely, they are doing me a favor. I have a wonderful career, and I get to meet people from all walks of life. The radiology field has allowed me to enjoy diversity and experiences far beyond my imagination and now just being here today

affords me yet another opportunity.

If 20 years in the Navy taught me anything, it was the use of acronyms... A CPO is a Chief Petty Officer, USN, USMC, DOD, OJT, PPD, etc... Well, I am still a big fan of acronyms because they help me remember things. So, in an effort to help you retain some of what I have to say today and to hopefully get you all motivated, let's use an acronym that will be easy for you to remember.

Let me preface the acronym with its background. I recently wrote an article for the ASRT Legislative Newsletter, titled "What it takes to become

(continued on page 10)

One of the VSRT Scholarship Opportunities:

Mary C. Harris Bencoach Scholarship

Radiologic Technologists and Radiation Therapists... Perhaps you are considering a new modality or continuing your education in an area related to the radiation sciences. If so, this scholarship is for you!



Scholarship Deadlines

(Please note new deadlines)

Mary C. Harris Bencoach Scholarship

Deadline for submitting applications: **May 15th**

Laura Ford Student Scholarship

Deadline for submitting applications: **May 15th**

For more information on the Mary C. Harris Bencoach Scholarship or Laura Ford Student Scholarship, or to request an application packet, please contact:

**Mark Nehlen, R.T.(R)
VSRT Scholarship Committee Chair
John.Nehlen@CHKD.org
(757) 668-8153**

Please note: Scholarship applications must be mailed to the Scholarship Chair because transcripts must be included.

CALENDAR

Jan. 27 - Feb. 2, 2010

**Society of Nuclear Medicine
Mid-Winter Educational
Symposium**
Albuquerque, N.M.

Feb. 23 - 25, 2010

**Association for Medical
Imaging Management
(AHRA) Spring Conference**
San Diego, CA

March 7 - 9, 2010

R.T. in D.C.

March 20, 2010

**VSRT Board of Directors
Meeting**
Lynchburg General Hospital
9:30 a.m.

April 8 - 10, 2010

**Virginia/NC Student-
Educator Meeting**
Virginia Beach

May 15, 2010

**Bencoach Scholarship
Deadline**

May 15, 2010

**Laura Ford Student
Scholarship Deadline**

Continuing Education Opportunities

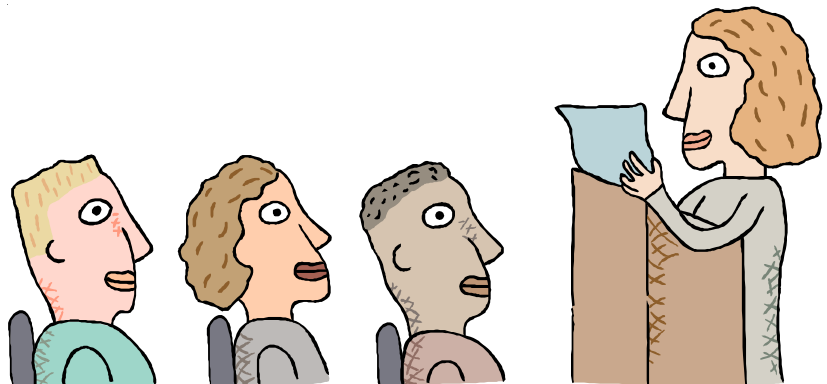
2010 Student / Educator Meeting

**April 8 - 10, 2010
Wyndham Va Beach Oceanfront
Virginia Beach**

2010 VSRT Annual Meeting

**October 1 - 2, 2010
Sheraton Richmond West
Richmond**

**Check the
VSRT Web site,
www.vsert.org
for additional
meeting
information**



NEWS FROM THE DISTRICTS...

Appalachian

We are working on our fall seminar, date to be announced, but usually the weekend before or after Rad Tech Week, at **Virginia Western Community College**.

My goal this year for the ADSRT is to get the district on an electronic basis, with e-mail addresses from all members, so that we may communicate with them effectively and inexpensively. Budgets are, as everyone knows, very tight and electrons are about as cheap as one can get for communications.

*Leon Jester, R.T.(R)
President*



2009 - 2010 Appalachian District officers

Central VA

The Central Virginia District held its last meeting on October 31, 2009 at **Lynchburg General Hospital** with about 100 people in attendance. There were 6 lectures with 6 credits approved by the ASRT. Topics ranged from Orthopedics to Professional Organizations to join.

New officers were elected and will be installed in March. The CVDSRT scholarship for second year students was approved and will be granted in the fall. A committee was appointed to work on new bylaws for the district; they will be reviewed at the next meeting. The district officers encouraged all to join and be a part of the VSRT.

*Priscilla Liggon, R.T.(R)
Vice President*

Welcome New VSRT Members!

Active

Dereje Bekele, RT(R)
Carolyn Carter, RT(R)
Hassel Estep, RT(R)(CT)(MR)
Kerry Gravely, RT(T)

Student

Hailee Blankenbeckler
Tiffany Brewster
Tabitha Jennings
Belinda Settle
Kathryn Streb

VSRT Update

News and Information from the VSRT Board of Directors

Nick Gimmi, R.T.(R)(CT)
Chair, VSRT Board of Directors

Greetings to all of Virginia's Imaging professionals! I want to first congratulate the VSRT for an excellent annual meeting in Roanoke in October. The venue for the meeting was terrific. **Kim Whitlow** did a terrific job at organizing with the Appalachian Board.

We have much to celebrate with the top caliber of technologist we represent in our state. Congratulations to our Hans Geissberger lecturer, **Priscilla Liggon**, on her presentation. I would also like to congratulate **Joyce Hawkins** on receiving the Nalley-Graves Distinguished Achievement Award.

The VSRT Board of Directors met on December 12 in Lynchburg. We had a very productive meeting. The topics of the meeting included the VSRT's challenges for the upcoming year. Our goal is to provide our membership with excellent venues for continuing education, scholarship opportunities and representation at state and national level for laws that affect our jobs and our patients. The VSRT is looking towards promoting our Dave Lamanca Memo-

rial Golf Tournament as a separate event to create a better means of supporting our scholarship offerings. The VSRT is looking forward to getting ideas from our members to enhance our services to maximize our effectiveness for you. We need all members to take an active role in promoting the organization to fellow technologists and ask them to join. We are only as strong as our group.

The VSRT will be enhancing our Web site in the upcoming year by adding opportunities for technologists to navigate to friendly Web sites, have discussion blogs and a "jobs" section. We want to thank David Kusterer for his help with instituting our Web site over the last several years and welcome **Becki Keith, B.S., R.T.(R)**, VSRT Vice President, as our new Webmaster. The Board welcomes any ideas that our members may have that will enhance the site.

We would like the membership to know that our first electronic issue of The Electron will be posted on the Web

site. A member's only section is forthcoming and will include future issues. The Board feels this is the prudent way to go to enhance our financial position.

We wish to thank **Ferell Justice** for serving as our Parliamentarian who, after 2 years, is resigning this position. We welcome **Ruth Kusterer** to this role. Ruth is currently serving as our co-Conference manager.

The executive board will be meeting on February 27 in Luray to discuss long range plans for the organization. Please feel free to contact any Board member if you have any ideas towards enhancing the organization.

Our next Board meeting will be on March 20, 2010 at **Lynchburg General Hospital** in the cafeteria meeting room. As always, we invite the membership to attend.

See What's New...

Check it out!

The VSRT can now accept membership applications and renewals online.

Select Join/renew at www.VSRT.org

There's a new e-mail address!
VSRT@VSRT.org

VSRT 2009 Annual Meeting

October 8 - 10, 2009

Roanoke, Virginia



Larry Meeks, R.T.(R) and Jan Clark, R.T.(R) enjoy catching up.



Nick Gimmi, newly installed Board Chair, presents outgoing Chair Ruth Kusterer with a plaque.



Jason Ferguson spoke about Field Based Immobilization.



Robert Williams, MD and Kara Campbell, R.T.(R) provided an informative and moving session about Breast Cancer.



VSRT Life Members present at the Annual Meeting include (l-r seated): Mary Loritsch, Elizabeth Nalley, and Shirl Lamanca. Standing (l-r) are Rickie Goodman, Lloyd Bittinger, Ferell Justice, Beth Meixner and Joyce Hawkins.



District representatives include **Travis Prowant** (Tidewater), **Rickie Goodman** (Southwest) and **Deborah Berry**.



Travis Prowant, newly installed President presents the Past President pin to **Deborah Berry**.



ASRT Board Chairman **Linda Holden, M.S., R.T.(R)(QM), RDMS, FASRT** prepares to install VSRT officers.



Representing VSRT districts include (*l-r*): **Priscilla Liggon** (Central Virginia), **Stacy Whittington** (Capital) and **Amanda Matney** (Appalachian).



Linda Holden and **Mary Loritsch** catch up on ASRT happenings.



Congratulations to **Kim Whitlow, R.T.(R)** for spearheading an excellent meeting.

VSRT 2009 Scholarships Awarded



Stephanie Gentry-Reynolds, Laura Ford Student Scholarship recipient.



Susan Nolley is awarded the Mary C. Harris Bencoach Scholarship.



Amie Hollar, Laura Ford Student Scholarship recipient.



Michelle Williams, Laura Ford Student Scholarship recipient.

VSRT 2009 Honorees



Priscilla Liggon, R.T.(R) presented the 2009 Hans Geissberger Memorial Lecture, "Is Diagnostic Imaging Becoming a Dinosaur?".

Congratulations!



Miss **Elizabeth Nalley, R.T.(R)** presents **Joyce Hawkins, R.T.(R)(M)(CT)** with the 2009 Nalley-Graves Distinguished Achievement Award.

President's Perspective

(continued from page 1)

a Radiologist Assistant” and as I worked on the article, the more I thought that a portion of the article may be fitting for my speech today. However, I’m going to change the title for today to “What it takes to help your profession?”

And our acronym is DESIRE. **D.E.S.I.R.E.** Let’s say it out loud...DESIRE!

-D- Dedication...to yourself, your community and your chosen profession.

-E- Excellence...in your attitude, your demeanor, your work ethic and your interactions with both internal and external customers.

-S- Sustained superior performance (a phrase we often used in the military). Sound judgment. Skillfully perform your job with **STRONG** professional pride.

-I- Integrity. Initiative. Intelligence. Impeccable appearance.

-R- Respect...for ourselves first and foremost, for our families, for our peers, for the chain of command and most importantly, for each and every patient you encounter. They deserve our best!

-E- Education. Become a lifelong learner who is an exemplary expert that epitomizes professional competence and exemplifies endless zeal and enthusiasm and takes exceptional pride in a job well-done and ensures that everyone around is better than when they began.

Please understand...this list is not all-inclusive, so feel free to insert other descriptive words that you feel may fit.

Now, on to the business of the VSRT. As your new President, I view my role as not only a leader, but somewhat of a cheerleader. A motivator, encourager....

I would like to use my year in the Presidency as one that rekindles the fires that make people join the VSRT in the first place and, along with the rest of the Board, I plan to use three simple principles to help guide us in this endeavor:

The first principle is to: **STAY CONNECTED.** Technology is transforming our lives, both at home



and in healthcare. Many of you were born with a cell phone in hand, and had an extensive Facebook network by the age of 18. Did you know Americans send 18.7 billion text messages every month!? I ask you though...are we truly connected?

Think about our modern radiology departments...While it is wonderful to have the world literally at our fingertips, technology has the potential to increase our breadth of knowledge while at the same time decrease our depth. Advances in PACS cannot replace patient care, honesty and integrity. Remember folks, when we work with human lives, the errors we make cannot be reformatted or taken away with the delete button because life is not digital.

The VSRT wants to stay connected with you in a couple ways. We’ve implemented the use of CVENT, which is the computerized program that sent your registration information for this event and we plan to use it in even greater detail in the future. Additionally, the Web site has always been a valuable tool to staying connected. Look for some exciting changes to the Web site in the near future. Remember...this is where you will find The Electron in the future.

And even though we are wired in every way possible these days, myFace, spacebook, tweetle-dee...whatever.. I personally feel that real live HUMAN INTERFACING a.k.a. NETWORKING is how we truly stay connected. We do this through meetings like this. Thanks for being here.

The second principle is to:

LIVE GENEROUSLY:

Technologists around this great state bring life through their generosity, and though they are fully aware that is easy to make a couple bucks, they feel it is very tough to make a difference. However, many continue to give of their time, efforts and finances with a cheerful heart. What really amazes me is the hospitality and generosity that Rad Techs provide on a daily basis. It’s interesting to me that the Greek word translated as hospitality is actually a combination of two words: Philo, meaning love, and Zenos, meaning stranger. Literally, the word means, “to love strangers”. After learning this, it got me thinking a bit. Let’s just round off the number of techs in Virginia to an even 7000. And for giggles, we’ll say they each work 2080 hours per year. If each worked at a rate of one patient per hour, then Virginia technologists would

have loved over 14,560,000 patients in one year. Simply amazing!

In his book, *Run with the Horses*, Eugene Peterson writes about seeing a family of birds teaching their young to fly. Three young swallows were perched on a dead branch that stretched out over a lake. One adult swallow got alongside the chicks and started shoving them out toward the end of the branch- pushing, pushing, pushing. The end one fell off. Somewhere between the branch and the water four feet below, the wings started working, and the fledgling was off on his own. Then the second one. But the third was not to be bullied. At the last possible moment his grip on the branch loosened just enough to that he swung downward, then tightened again, bulldog tenacious. The parent was without sentiment. He pecked at the desperately clinging talons until it was more painful for the poor chick to hang on than risk the insecurities of flying. The grip was released, and the inexperienced wings began pumping. The mature swallow knew what the chick did not – that it would fly – that there was no danger in making it do what it was perfectly designed to do.

Giving is what we were designed to do. Some of us try desperately to hold onto ourselves, to live for ourselves. We look so bedraggled and pathetic doing it, hanging onto the dead branch of a bank account for dear life, afraid to risk ourselves on the untried wings of giving. We don't think we can live generously because we have never tried. But the sooner we start, the better, for we are going to have to give up our lives eventually, and the longer we wait, the less time we have for the soaring and swooping life of grace. Come soar and swoop with the VSRT; there are lots of great mentors standing by to help.

Our last principle is:

KEEP GROWING:

In 2004, my wife and I visited California. We mainly went to tour Napa Valley to see if they had any good wine. We finally found some after about 10

stops. Had to try them all you know. Wink, wink!

While in California, we also wanted to see the redwoods. It was amazing. At the entrance to the park, they had a cross-section of one of the trees and there were labeled historic events across the over 2000 rings. Well, the center started around the birth of Christ and then you can fill in the rest. World Wars, you name it. After some research into the redwoods after the trip, I found out that Hyperion is the world's tallest tree at a whopping 379 feet tall. That is amazing!

But what I am about to say next is will leave you scratching your head. In an article published by National Geographic, David Neale states, "The coastal redwoods found in the narrow strip along the Pacific Coast of California and southwestern Oregon have roots that only grow to a depth of 15 feet". Now I don't know about California, but that's not how things work here in Virginia. We have weeds with deeper roots than that. Redwoods are a family tree and they only grow in groves. Rather than having one large taproot, they have vast system of roots that spread out up to 80 feet and are interconnected just below the surface. Although their strength is unseen, when

the wind blows, they stand together because of the bonds that have formed in common ground.

I use this illustration because, as I envision the VSRT and its membership, I truly feel that we are all connected by a common ground. When we stay connected, we grow. I say...Let the winds blow, because this VSRT family will stand strong, while **STAYING CONNECTED, LIVING GENEROUSLY and GROWING!!**

In conclusion, I'll end with my favorite quote. It comes from a famous movie but it refers to my passion for being involved with our profession and the VSRT, and that quote is from *Forrest Gump*:

"I may not be a smart man, but I know what love is...."

Thank you very much!



2009 - 2010 VSRT officers (*l-r*): President-elect **Stacy Whittington**, Chair-elect **Deborah Berry**, Chair **Nick Gimmi** and President **Travis Prowant**. (Not pictured: Vice President **Becki Keith** and Recording Secretary **Diane Kenney**.)

THANK YOU FOR YOUR DONATION!

VSRT General Fund
Deborah Beckel, BSE, RT(R)(CT)
Frankie Easley, AAS, RT(R)
Joyce Hawkins, BS, RT(R)(M)(CT)
Sandra Russell, MBA, RT(R)
Andrea Nelson, RT(R)
Terry Eastman, RT(R), FASRT

**Laura Ford
Student Scholarship**
Elizabeth Meixner, RT(R)(MR)(CT)



VSRT Student Interns (l-r): **Rachel Cochran, Hollie Lacy, Kala Corbin.**

Message to Students...

*Priscilla Ligon, R.T.(R)
VSRT Student Liaison*

Happy New Year to all the students in the Commonwealth. We hope your Holiday break was both restful and joyous with your families. The year 2010 is here and with new expectations for all of us in the field of Radiology. As students in this field, it is time to start thinking about your future beyond school. If you are planning to specialize, now is the time to gather information from programs and consult with your program directors for guidance.

The spring semester is also a time to begin to perfect all your learning skills and practices in the field. It will not be long before you will enter the real workforce.

Don't forget the Student and Educator Seminar in April at the beach. We hope to see you all there. Continue to check the Web site for student scholarships and student interns for the VSRT. Apply if it is something that appeals to you.

Thanks to all the VSRT interns who helped us at the Annual Meeting in Roanoke. Have a good winter and play in the snow; it reduces stress. Smile.

Dave Lamanca Memorial VSRT Golf Tournament

The Dave Lamanca Memorial VSRT Golf Tournament was played at Blue Hills Golf Course in Roanoke, VA on October 7, 2009. It was a gorgeous day to play and everyone had a great time.

The **Lamanca brothers** came in with the lowest score and took the first place trophies home.

Deborah Berry did a great job with prizes and every player was able to go home with a prize! Thanks for your help, Deb.

Look for a new tournament structure in the near future. The next tournament is planned for May in Richmond. Details to follow!



Part of the puzzle is missing... and it may be YOU!

The VSRT wants all Virginia technologists and therapists to have a voice in their future.

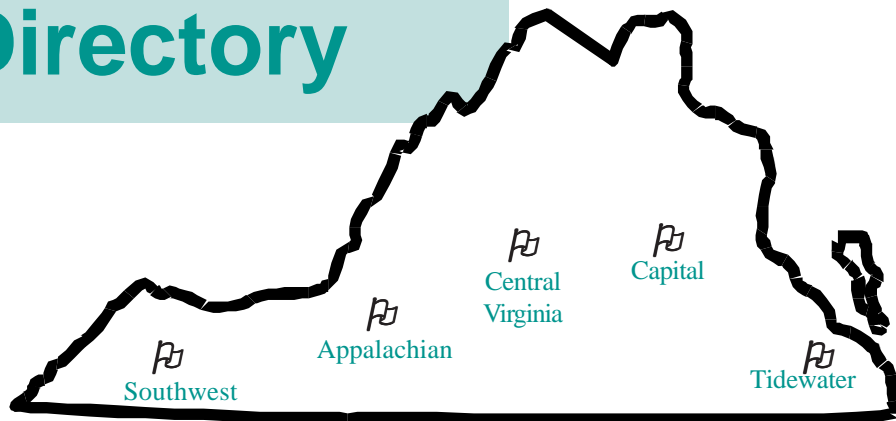
If you're not yet a VSRT member, go to www.VSRT.org and select "Join VSRT". You can make the difference.



District Directory

Appalachian District

Area represented: Roanoke*
President: Leon Jester, R.T.(R)
Phone: (540) 520-7481
E-mail: rmlwj1@gmail.com
Meetings: To be announced



Capital District

Area represented: Richmond, Petersburg, Hopewell*
President: Stacy Whittington, R.T.(R)(M)
Phone: (804) 627-5374
E-mail: Stacy_Whittington@bshsi.org
Meetings: To be announced

Central Virginia District

Area represented: Lynchburg*
President: Robert Moeller, R.T.(R)
Phone: (434) 947-3090
E-mail: Robert.Moeller@centrahealth.com
Meetings: see District report

Southwest District

Area represented: Abingdon*
Meetings: Inactive Status

Tidewater District

Area represented: all of Tidewater
President: Mark Nehlen, R.T.(R)
Phone: (757) 668-8153
E-mail: john.nehlen@chkd.org
Meetings: 3rd Tuesday bi-monthly

check the VSRT web site (www.vsrt.org) for
ADDITIONAL information about
District meetings

* includes surrounding areas

Be sure to provide the VSRT with a current e-mail address so you can receive reminders of continuing education activities and be notified when the newest issue of The Electron is available.



Send your e-mail address to:
VSRT@VSRT.org

X-RAY
 ENGINEERING CO. OF VA.
 708 DAWN STREET • RICHMOND, VA. 23222
 (804) 321-3033 • 1-800-842-3033 • FAX 804-321-9125

FOR ALL YOUR X-RAY NEEDS:

Film
 Solutions
 Supplies
 X-Ray Equipment/
 Processors
 Accessories
 Service/Preventative Maintenance

24 HOUR ON-CALL SERVICE

Serving Virginia for more than 30 years.



DISTRICT PRESIDENTS

Appalachian	Leon Jester, R.T.(R)
Capital	Stacy Whittington, R.T.(R)(M)
Central Virginia	Robert Moeller, R.T.(R)
Southwest	
Tidewater	Mark Nehlen, R.T.(R)

**COMMITTEE CHAIRS,
 REPRESENTATIVES AND APPOINTEES**

Advertising Coordinator	Ferrell Justice, RT(R)
ASRT Delegates	Rickie Goodman, R.T.(R)(M)(MR)(CV)(QM) Kevin Murray, R.T.(R)(QM)
Awards	Nick Gimmi, R.T.(R)(CT)
Conference Managers	Ruth Kusterer, R.T.(R) Deborah Berry, R.T.(R)(M)
Corporate Sponsor Liaison	Lori Prowant, R.T.(R)(QM), CRA
Education	Rickie Goodman, R.T.(R)(M)(MR)(CV)(QM)
Historian	Debbie Beckel, R.T.(R)(CT)
Imaging Modalities	Stacy Whittington, R.T.(R)(M)
Legislative Affairs	Joyce O. Hawkins, R.T.(R)(M)(CT)
Long Range Planning	Deborah Berry, R.T.(R)(M)
Marketing & Public Relations	Deborah Berry, R.T.(R)(M)
Membership	Becki Keith, R.T.(R)
Nominating	Deborah Berry, R.T.(R)(M)
Parliamentarian	Ruth Kusterer, R.T.(R)
Scholarship	Mark Nehlen, R.T.(R)
Student Liaison	Priscilla Liggon, R.T.(R)
Web Site Liaison	Travis Prowant, R.T.(R)(CV)(CT)
Student Intern	Rachel Cochran
Student Intern	Kala Corbin
Student Intern	Hollie Lacy
2010 Student/Educator Seminar	Joyce Hawkins, R.T.(R)(M)

The Electron

Official Publication of the Virginia Society of Radiologic Technologists

Elizabeth L. Meixner, R.T.(R), Editor

(804) 828-9104 / fax # (804) 828-5778 / emeixner@vcu.edu



The Electron (ISSN 0279-8662) is published quarterly by the Virginia Society of Radiologic Technologists. \$2.00 for a subscription to *The Electron* is included in membership fees. Publishing office is located in the Department of Radiation Sciences, 701 W. Grace Street, Room 2101, Richmond, VA 23220-4116. Periodical postage rates are paid in Richmond, VA.

POSTMASTER: Send address changes to *The Electron*, E. Meixner, R.T.(R), Box 843057, Richmond, VA 23284-3057. Editorial and business offices are located at 701 W. Grace Street, Room 2101, Richmond, VA 23220. Telephone (804) 828-9104. Fax number is (804) 828-5778. Email address is emeixner@vcu.edu. Office hours are Mon. through Fri., 9:00 a.m. to 3:00 p.m.

VIRGINIA SOCIETY OF RADIOLOGIC TECHNOLOGISTS

Cheryl Cunningham, R.T.(R)

Executive Secretary

P.O. Box 1114

Salem, VA 24153

Long distance phone (800) 929-VSRT

Web site: www.vsr.org

Local phone for fax: (540) 375-3228

E-Mail Address: vsrt@vsrt.org

BOARD OF DIRECTORS

PRESIDENT

Travis Prowant, R.T.(R)(CV)(CT)

Richmond, VA

(757) 613-4126

psivart100@yahoo.com

PRESIDENT-ELECT

Stacy Whittington, R.T.(R)(M)

Richmond, VA

(804) 627-5374

Stacy_Whittington@bshsi.org

VICE PRESIDENT

Becki Keith, R.T.(R)

Springfield, VA

(703) 451-3743

rkeith@nvcc.edu

RECORDING SECRETARY

Diane Kenney, R.T.(R)(M)(CT)

Woodbridge, VA

(703) 878-1151

bridi@comcast.net

CHAIR

Nick Gimmi, R.T.(R)(CT)

Arlington, VA

(703) 664-7067

gimminick@gmail.com

CHAIR-ELECT

Deborah Berry, R.T.(R)(M)

Shipman, VA

(434) 981-9605

missnelsonco@aol.com