



# HIGHWAY HYPODERMICS

THE E-ZINE NEWSLETTER

SEPTEMBER 17, 2004

VOLUME 1, ISSUE 8

[HTTP://WWW.HIGHWAYHYPODERMICS.COM/](http://www.highwayhypodermics.com/)

## From The Editors

## GETTING MOTIVATED

BY DONALD GRAHAM

Motivation is commonly defined as the internal process that creates and maintains the desire to move toward goals. Keeping your self and staff motivated is one of the hardest things to achieve when striving for your goals and objectives. Things may get tough, you may take some knocks along the way and people may say you are crazy

Weather you work alone, with others or have your own personal goals you must find people, objects and situations that push you to achieving your target. In this article I shall cover a few simple processes everyone should cover on a daily basis to enable them to live a happy and fulfilling life.

Setting goals is the measurable, specific, and realistic statements that are the key to helping you meet your objectives. "Goal setting is a standard technique used by top-level athletes, successful business-people and achievers in all fields. It gives you long-term vision and short-term motivation. It focuses your acquisition of knowledge and helps you to organize your resources." <http://www.mindtools.com/page6.html>

I'm a firm believer in setting your own goals and sticking to them. Setting goals and objectives build on the previous steps of visioning and taking stock. Goals are simply and a clear statement of your visions, specifying the accomplishments to be achieved if the vision is to become real. Here is a site for helping you set your goals. <http://www.mygoals.com>

A mentor is a wise and trusted counselor or teacher. We should all have someone we want to be, admire, look up to, these people allow us to have a dream. I achieve help, guidance and motivation from them just by reading their books, finding articles on them and watching them on the news. These people will also have mentors that have helped them achieve where they are today. One other mentor I have is my father; I can talk to him about ideas, my progress, goals and objectives. Having the right people around you is so important to achieving positive results.

What is your life long objective? You should ask yourself this all the time.

What are you going to do to get there? Do you want to be the best in your profession and earn a lot of money, while helping others?

If you want to be a multi millionaire running your own business, driving a nice car or have the body to die for with an amazing family around you. You must remind yourself of this on a daily basis.

Put pictures up of the car you will own, the body you will have, the second or third home you will own. You must remind your self of why you are doing what you are doing; it is all too easy to slip into the day-to-day rat race of life that may never fulfill you.

I have only touched on 3 things you should do achieve your goals and objectives. There are a whole host of others, but by to doing the above the rest will come naturally.

*Article and motivation quotes in newsletter contributed by Donald Graham, motivational speaker and author. For more information on daily motivation visit his website at <http://www.donaldgraham.co.uk> or send him an email to [Donald@donaldgraham.co.uk](mailto:Donald@donaldgraham.co.uk).*

*"Trust yourself. Create the kind of self that you will be happy to live with all your life. Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement"*  
(Foster C. McClellan)

# Destination Spotlight

## ***CHARLESTON, NORTH CAROLINA BY EPSTEIN LARUE***

On July 21, 1669 “The Fundamental Constitution of Carolina” was written by the philosopher John Locke that guaranteed religious freedom to immigrants who would sail from London, England, to “The New World” on three ships named the Albemarie, the Port Royal, and the Carolina.

On November 2, 1669, the colonist encountered a violent storm in which the Albemarie was destroyed and the two remaining ships were severely damaged. Their long journey was finally over on March 15, 1670, upon arriving in Seewee at the north side of Bull’s Island. In April “Charles Town” is founded as the capital city of Carolina. The original town site is across the Ashley River from its current location on the main peninsula. It quickly grew into 30 homes with some 300 settlers within only a few years.

In 1690 Charles Town is officially moved to the current site on the peninsula. With a population of 1200 colonist, it is the fifth largest city in North America. Only three years later, the “Liberty of Conscience” was authenticated, pledging the right of the locals to worship as they please.

The more Charles Town grew, the more plantations could be spotted around the countryside. Soon Charles Town became the

business center and main harbor for trade with European countries and with African countries for slaves to work in the fields.

In 1712 the state of “Carolina” was separated into two separate states, each with its own governor; bringing about the beginning of North Carolina and South Carolina.

On July 7, 1774, Edward Rutledge, Henry Middleton, Thomas Lynch, John Rutledge, and Christopher Gadsden are named as delegates to the First Continental Congress. Later that year, Henry Middleton was chosen President of the Continental Congress.

Although they battled courageously, on May 12, 1780, Charles Town was surrendered to the British, as the greatest victory of the Revolutionary War. This begins a 2.5-year British occupancy of the city.

It wasn’t until August of 1783 that the city became incorporated and the city officially adopted the name of Charleston. In 1786 the capital of South Carolina was moved from Charleston to Columbia, where it remains today.

The bustling City Market dates back to the late 1700’s, although the present-day structures were erected in the 1840s. At the beginning of the line of booths, Market Hall accommodated the Confederate Museum until damage by Hurricane Hugo in 1989. The

museum’s anthology includes the original and final flags to sway above Fort Sumter, memories of Robert E. Lee and Jefferson Davis, and other Confederate artifacts.

Today Charleston has grown into a vivacious city full of not only all this history and culture, but also a major attraction for sports fans that love golf and tennis. The food and the cultural events of Charleston makes it a city that you won’t want to leave after three months!

The Moja Arts Festival is a celebration of African-American and Caribbean Arts. The Arts Festival includes a wide range of music from classical and dance, to jazz and blues. Other literary events include theatre productions and children’s activities. The food that can be found there is like no other that you will find world wide.

For tennis fans, you will find Charleston to be the host of the 2004 Davis Cup. These annual matches hosts teams from different countries battling it out for the prestigious cup. Countries involved this year include Spain, France, Belarus, and the United States.

Golf enthusiast will find the Charleston Municipal Golf Course, which is the oldest course in Charleston. Built in 1937 in the marshlands, it boasts 18 holes of bermuda grass dotted

with 30 plus bunkers. With over seventy thousand rounds played, this course is open all year. The low green fees are just perfect for the average golfer.

For a more challenging course, the travel to North Charleston is worth the quality you get at the Wescott Plantation Golf Club. The trifeagle greens and fairways play tight surrounded by a horde of sand bunkers. With five tees, this course will play tough for the high handicapper and the low

handicapper. With 27 holes offered, it's like three different 18 hole courses in one.

For those who enjoy the haunted side of Charleston, you won't want to miss the Tombstone Tour. Full of skulls, crossed bones, angels, and rosebuds, these indigenous burial grounds are art porticos full of tales, inscriptions, and myths. Join a stroll through colonial and antebellum cemeteries. Discover this unique portrait of the past found only the graveyards of Charleston

Other tours of interest in Charleston include a "Steeplechase," which tours several of the historical churches. Included in this tour is the First Baptist Church, (the "mother" church of Baptists in the South, St. Mary's Catholic Church, (the "mother" church of the Roman Catholics in the Carolinas), and the Temple Beth Elohim, which is the oldest Jewish reform congregation in the world.

## MORE MOTIVATIONAL QUOTES

SUBMITTED BY DONALD GRAHAM

*"Desire is the key to motivation, but it's the determination and commitment to an unrelenting pursuit of your goal - a commitment to excellence - that will enable you to attain the success you seek. "* (Mario Andretti - racecar driver.)

*"The harder you fall, the higher you bounce"* (Anonymous)

*"The things we accept as normal and enjoy today were considered impossible twenty-five years ago and beyond the power of man to achieve. The early "Buck Rogers" and "Flash Gordon" comic strips were fantastic and considered outside the realm of man's attainment. They were considered figments of man's imagination, but now many of these miraculous, imaginative things have become realities and man is pushing onward toward new and higher goals of achievement. We are now mentally prepared for every new invention and advancement in technology and the sciences, but, nevertheless, stand amazed at man's powers to create and achieve. These outstanding accomplishments, which approach the miraculous, to me are unquestioned evidence of man's divine nature. Man has sent up satellites, which circle the globe. He has taken the breathtaking, miraculous ride about the earth. He expects to circle the moon and even land man on the outer planets; also he considers feasible floating platforms in outer space as intermediate stations for interplanetary travel"*

(Delbert L. Stapley)

*"The key to happiness is having dreams. The key to success is making your dreams come true"* (Anonymous)

*You will find that the most successful people in the world have mentors, people they can turn to for advice or guidance, this person does not have to be someone you know, many of my mentors are people I may never even meet. Richard Branson, (Robert G. Allen and Sebastian Coe are a couple of my mentors)*

*"Encouraged people achieve the best; dominated people achieve second best; neglected people achieve the least"* (Anonymous)

*"Keep these concepts in mind: You've failed many times, although you don't remember. You fell down the first time you tried to walk. You almost drowned the first time you tried to swim. . . . Don't worry about failure. My suggestion to each of you: Worry about the chances you miss when you don't even try"* (Sherman Finesilver)

# Company Spotlight

## **CIRRUS MEDICAL STAFFING**

[WWW.CIRRUSMEDICALSTAFFING.COM](http://WWW.CIRRUSMEDICALSTAFFING.COM)



*Your website states that I can enjoy "the adventure of a lifetime." What kind of adventure can I expect with your company?*

You can expect a professionally fulfilling adventure chocked with lifetime experiences! We have contracts throughout all 50 states and work with hospitals of all sizes and flavors (for profit, not-for-profit, Indian Reservations, Military, government, etc.). We won't stand for our travelers being limited, so we encourage our travelers to try them all. The adventure of exerting flexibility in a small hospital to crises driven adventures of Level I trauma centers allow our travelers to become a more seasoned professional. Cirrus travelers develop into the type of professional who has worked with various management styles and has the acquired talent to share with other facilities. The Cirrus adventure allows our travelers to remain true to their "calling" without losing touch with him/herself.

*How am I guaranteed 36 to 40 hours a week? What about low-census or if I'm sick?*

Cirrus contractually ensures that through the facility, which you are assigned. Furthermore, if you're sick or have an emergency, not only will you be supported by your Cirrus recruiter, you will be allowed to make up your lost time. If you're sent home for low census, you're still paid; however, we also arrange for floating responsibilities to similar units so not to cause undue financial hardship for our travelers.

*If I want to travel to somewhere that you don't have listed, am I referred to a "sister" company or will you attempt to get me an assignment where I want?*

We will first market you to individual hospitals in areas that you prefer to be located. We have had a unique success in our attempts to provide "location service" for our travelers desiring preferred locations. In the event we can't situate our travelers in preferred locations, we offer top dollar to accept another suitable location until we've accomplished your location preference. Alternatively, we may choose to refer you to another of our "partnered" companies, which may better serve the traveler's location need. your hours are guaranteed.

*Most companies pay for housing, but will you help me out with utilities?*

Your utilities will be placed in Cirrus' name and we pay a monthly utility stipend that our traveler's find comfortable and fair.

*What makes Cirrus Medical Staffing different than the other travel companies?*

Cirrus Medical Staffing makes a difference in the fact that we give our travelers the individual attention that they need to perform their job successfully. We've been by their side to celebrate their joy and to support them through tragedy. With a single phone call, you will speak with a Cirrus employee 24 hours daily, 365 days a year. We go the extra mile to ensure our travelers are safe, housed properly, supported with their issues, and treated with the respect that's deserved. Our travelers are treated as family members and served as our most important asset (because they are).

*For more information contact:*

**Cirrus Medical Staffing**  
2725 Water Ridge Parkway  
Suite 160  
Charlotte, NC 28217  
Phone: 704-887-3900

# Hospital Happenings

**DRISCOLL CHILDREN'S  
HOSPITAL**

*BY EPSTEIN LARUE*

According to several travel nurses, Driscoll Children's Hospital is the best place in Corpus Christi, Texas, to work as a travel nurse. This teaching hospital is affiliated with the Texas A&M Health Science Center as one of only a few pediatric residency programs in the nation.

This hospital located at 4533 Alameda Street is all about caring for the small patients. According to the 2004 demographic sheet, over 6,500 children were admitted to the hospital last year with over 40,000 emergency room visits. Many of those treated in the emergency department were transported there by ground ambulance, fixed wing

ambulance, or helicopter. The hospital includes a 20-bed Pediatric Intensive Care Unit and a 52-bed Neonatal Intensive Care unit. Physicians cover 19 medical fields and 10 surgical specialties. Among the services at Driscoll, include cardiology, genetics, psychiatry, neurology, neurosurgery, and endocrinology.

Their injury prevention program has goals that are geared towards preventing accidents that are common in children through education. The program includes classes on water safety, automobile safety, and bike safety. A teen alcohol awareness program is also available which attempts to give older children an alternative to drinking, and how to overcome

early drinking behavior.

As a travel nurse at Driscoll, you are expected to give quality patient care in a pleasurable work environment. You will be taking care of patients on units that have up to date technology for the management of neonates, babies, toddlers and older children with critical and life changing diseases and ailments.

The thing that makes Driscoll Children's Hospital such a great place to work at is the teamwork demonstrated between the auxiliary staff, staff nurses, travel nurses, and physicians. This creates an extraordinary place for children. Their specialized team gives the children of Corpus Christie the offering of optimism and restoring health.

**Thank you for subscribing to the Highway Hypodermic newsletter!**

Epstein LaRue, Owner and Chief Executive of Highway Hypodermics

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