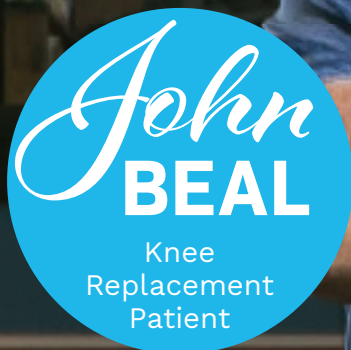


# the PULSE

NOVEMBER 2024

A newsletter for the staff, volunteers  
and friends of CRMC



A *word*  
FROM OUR  
**CEO**

HOSPITAL  
NEWS



# *a* **WORD** *from our* **CEO**

As Thanksgiving approaches, I wanted to take a moment to share my gratitude for each of you and the contributions you make every day. This year has been a year of growth and accomplishments, and I am continually inspired by the dedication, teamwork and resilience I see at our medical center.

Thanksgiving is a time to reflect on what we are thankful for, both professionally and personally. I am grateful for your hard work, giving plus one care, and the way you all are coming together to support one another and our goals. One of the biggest compliments we have received from a patient is, "They treated each other with respect." The milestones we have reached this year is a testament to your commitment and passion for what we do.

As you gather with family, friends, co-workers or patients, I hope you can reflect on the meaningful impact you make every day in ALL those places. Please know you are valued and appreciated.

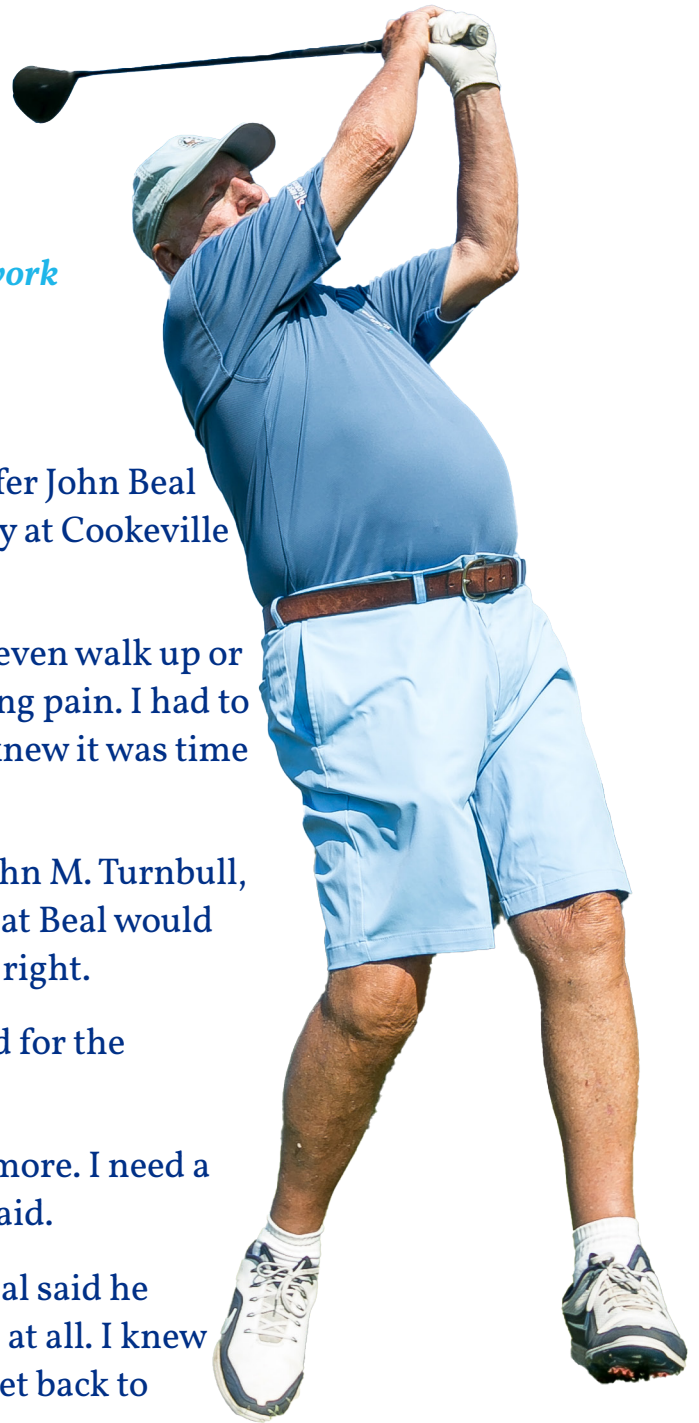
*Wishing you a very Happy Thanksgiving filled with joy and gratitude. Thank you for all you do.*

## **CRMC Moves & 5 West Opening Date**

Cookeville Regional is undergoing several construction projects and department moves. This is exciting, but also causes a little chaos. Thank you for being patient with us. We have not communicated our Professional Office Building (POB) moves because several department's temporary locations are not confirmed; We will continue to keep you up-to-date and send a full list of moves once they are completed. Here is what we can confirm.

- The 5West project will be complete and open Monday, December 16! We are very excited to open this floor to the public. The move will take place over the weekend with the opening to patients on Monday, Dec. 16.
- Education's onsite office is located in the Education Center office
- Marketing and Communications is on the second floor terrace of the North Tower Lobby
- Amanda Aldridge has moved to Patient Registration on first floor of North Tower Lobby

# John Beal



*“Since I retired, I golf four or five times a week. I work outside, and we love to hike when we travel. Before surgery, I couldn’t do any of that without pain, but now I’m back to living my life,” he said.*

When a degenerative right knee caused avid golfer John Beal pain on the course, he knew replacement surgery at Cookeville Regional Medical Center was a hole in one.

“I knew something wasn’t right when I couldn’t even walk up or down hills on the golf course without excruciating pain. I had to walk sideways just to get around; that’s when I knew it was time for surgery,” he said.

A retiree of Cookeville Regional, Beal said Dr. John M. Turnbull, an orthopedic surgeon there, always told him that Beal would know when it was time for surgery – and he was right.

When the moment came, that’s who Beal trusted for the procedure.

“I went in and told him, ‘I can’t live like this anymore. I need a new knee,’ and we scheduled the surgery,” Beal said.

Although knee replacement can be daunting, Beal said he felt confident and prepared. “I wasn’t concerned at all. I knew it was affecting my lifestyle, and I was ready to get back to living without pain,” he said.

Part of what gave him that confidence was a physical therapy class included in Cookeville Regional’s preparation process that teaches patients exercises to do before surgery and sets expectations for recovery.

“It’s not just about the surgery; the physical therapy afterward is crucial. They made sure I was prepared,” he said.



# *John Beal continued*

The day of surgery went smoothly, with a staff who was professional and compassionate. “Everyone was prepared because they do this all the time. I had surgery, went to recovery, and was ready to go home within a few hours,” he said. “The staff made sure I was comfortable, which made the whole experience easier.”

The Cookeville Regional staff also got him moving right away, a key to recovery, and Beal began physical therapy the following day, eventually progressing from walker assistance, to cane assistance, and back to pain-free independent mobility.

Within six weeks – ahead of his predicted eight-week recovery time – Beal was back on the golf course.

“Since I retired, I golf four or five times a week. I work outside, and we love to hike when we travel. Before surgery, I couldn’t do any of that without pain, but now I’m back to living my life,” he said.

Having worked at Cookeville Regional for many years, Beal said his reason for choosing them for his knee replacement surgery and care was simple: trust.

“I know the physicians and the staff. There was no reason to go anywhere else. The care at Cookeville Regional is top-notch,” he said.

His advice to others needing surgery? “Don’t hesitate! And don’t be afraid of the surgery; just be prepared to do the physical therapy afterward because it’s as important as the surgery itself.”

Looking back, Beal said he couldn’t be more pleased with the outcome.

“The surgery gave me the quality of life I want after retirement. I can walk up and down hills and stairs without any issues,” he said. “I’m grateful for the team at Cookeville Regional for making that possible. It’s like I never had a knee problem in the first place.”



# *Safety* Starts With You

*Thank you to everyone that joined us for the safety fair.*





# WOUNDS DAY SPECTACULAR

## PREVENTING PRESSURE INJURIES



Preventing pressure injuries is crucial for maintaining skin health in patients, especially those with limited mobility. Regularly repositioning patients every two hours is key, along with using specialized mattresses and cushions to help distribute pressure. It's important to conduct thorough skin assessments to catch any early signs of redness or breakdown, particularly over bony prominences.

Moisture management is essential—keeping the skin clean and dry while using moisture barriers as needed. Nutrition and hydration also play a vital role in supporting skin integrity. When you notice reddened areas, take immediate action by offloading pressure and repositioning the patient. Remember to utilize resources available within your team, such as seasoned staff and skin champions, for guidance on wound care. By following these best practices, we can significantly reduce the risk of pressure injuries in our patients.

# COOKEVILLE WELCOMES DR. ERIC WALLACE

---

Cookeville Regional Medical Center proudly welcomes Eric Wallace, M.D. to its medical staff. He has joined Middle Tennessee Surgical Specialists.

Dr. Eric Wallace received his medical degree from Vanderbilt University School of Medicine in Nashville, TN. He completed his residency at the University of Iowa Hospitals and Clinics in Iowa City, Iowa and Vanderbilt University Medical Center in Nashville, TN.



Eric Wallace, M.D.

*Dr. Wallace is accepting new patients and is located at 145 W. 4th St., Suite 102. and may be reached by calling 931-528-1992.*

# Happy Retirement

## **Donna Knight**

Donna retired October 11 after 10 years of service. She was the manager in Laboratory.



## **Cheri Cobb**

Cheri retired September 30 after 31 years of service. She was the manager of PFS accounts receivable in Patient Financial Services.



# ALL EMPLOYEES, CONTRACT STAFF AND VENDORS MUST ACCEPT OR DECLINE THE FLU VACCINE BY DECEMBER 1, 2024.

- Staff ACCEPTING the 2024 Flu Vaccine will receive a badge sticker and a meal card.
- Staff DECLINING the 2024 Flu Vaccine complete the declination form found on the CRMC Intranet. See below.



## *Directors who administer vaccines to their own staff members must:*

1. Must first receive the appropriate paperwork from Chriss England, Employee Health. Please email or contact Chriss with the total number of forms that you will need for your department by Monday, October 7, 2024. Chriss will deliver vaccination consent forms, badge stickers and meal cards to you next week.
  - Nursing Departments: Pharmacy will stock the Omnicell daily beginning Monday, October 7, 2024. Directors should not give flu vaccines until they have the vaccination consent forms from Employee Health.
  - All other departments: Should contact Chriss England, Employee Health, to coordinate the delivery of flu vaccines and supplies to their department.
2. Director who administers vaccines must:
  - Ensure staff completes the appropriate paperwork that will be provided by Employee Health; and
  - Give the staff member the YELLOW copy for his/her record, a flu sticker, and a meal card; and
  - Return the WHITE copy to Human Resources. I recommend scanning the documents and emailing to Emily Rich. Emailing the documents will ensure that the documents are not lost in the mail; and
  - Return unused vaccines to Pharmacy if applicable after December 1, 2024.



**Barbara Mofield,  
Registered Respiratory  
Therapist (RRT),  
is the latest recipient of  
the SUNSHINE Award!**

Barbaras nominations reiterated her positive attitude and attentiveness to improving the visitor and patient experience.

Barbara's nominations stated, "This employee never fails to always be there. If you have a high acuity patient, she is there; if you're having a tough day, she is there; if you're busy and the patient needs something, she never hesitates to step in and help! She is essential to our team here in the ICU! During every shift you work with her, she never fails to treat every patient as if they were her own family. She advocates for her patients. She is one of the most compassionate and caring people I have ever witnessed in patient care! No matter how busy we are, she will ALWAYS find the time to compliment you and make you feel better. Beyond just making you feel good as a person, she never hesitates to educate us on any and all things respiratory to better help our patients! She always has some trick up her sleeve! Whether it's bringing baked goods for us all to enjoy or going out of her way to ensure her patients know they are well taken care of! Even on our most challenging days in the ICU, she ALWAYS smiles and is willing to lend a hand. She is a shining star of exactly how we care. She is a patient advocate who will always fight for the right thing, even if all odds are against us. Thank you for all you do."



A patient wrote, "Your staff took great care of my husband and our entire family in the ICU. This RT was so kind and took the time to answer so many of our questions regarding the life support and my husband. She never got frustrated when my daughter came in and had additional questions. She was so caring and genuinely heaven-sent. God bless her and CRMC."

*The Sunshine Award is awarded monthly to ancillary or support members who commit to striving for excellence in their role, consistently deliver exceptional care or service, uphold the highest standards and collaborate with other staff to enhance the experience of our patients, visitors, vendors, co-workers or a member of the leadership team.*

*Nominate an employee for the Sunshine Award by visiting [www.crmchealth.org/patients-visitors/patient-experience/](http://www.crmchealth.org/patients-visitors/patient-experience/)*



## Ann Ake, RN, is the latest recipient of the DAISY Award!



Ake received multiple nominations, with her first stating, “I’ve never felt more at home, safe, and welcome than when my son and I had to stay overnight at CRMC for observation. Being away from home and stuck in the hospital is already a typically miserable and uncomfortable situation. Nurse Ake was so friendly with my son and me. She was over the top willing to help, and went above and beyond to make sure that our stay was as comfortable as possible. She kept us informed on everything we needed to know, explained the process we’d be going through thoroughly, and answered all of our questions.

She tried her best to help me find a missing charger and when it wasn’t found, she went out of her way to find one I could borrow. She was super relatable to my already anxious son and made him feel comfortable, calm, and confident that he was going to be okay. I’ve never had better and more personal-feeling care from any other nurse. This kind of care can only come from someone who genuinely loves

their career/workplace, which says a lot about the hospital!”



Ake’s second nomination stated, “Ann takes time to help everyone get caught up when she doesn’t have to. She helps PCAs and other RNs with all their patients and never fails to have a kind word. Ann treats everyone as family and ensures everyone she is around is uplifted and feels loved, especially the patients and their families. Ann is someone who I want to be like. She brings great energy to every room she walks in. Her kindness is contagious. She has inspired me so much that I am in orientation. She always takes time to check in with me to ensure I do not feel left out and understand what is going on. She gives me encouraging words right when I need them. I honestly experienced a rough week before I met Ann, but I feel like God introduced us at the perfect time. She helped and inspired me to plant my feet here. She made me feel worthy and gave me hope I hold on to today.”



# AVERY TRACE MIDDLE SCHOOL

## 8TH GRADE CAREER FAIR

We have officially started our 8<sup>th</sup> Grade Career Fairs in Putnam County. Our first school was Avery Trace Middle School. The 8<sup>th</sup> grade classes visited our interactive booths and really enjoyed learning about healthcare careers. Thanks to Avery Trace Middle School and all of our departments for making this career fair a success. We will be visiting other Putnam County Middle schools throughout this year and beginning of next year.



Beth LaFever and Cayce Sweeney - Imaging



Douglas Hill and Christa Malone - Therapy Services



Julie Bernhardt and Renee Kellingsworth - Education



Melissa Patrick - Sterile Processing



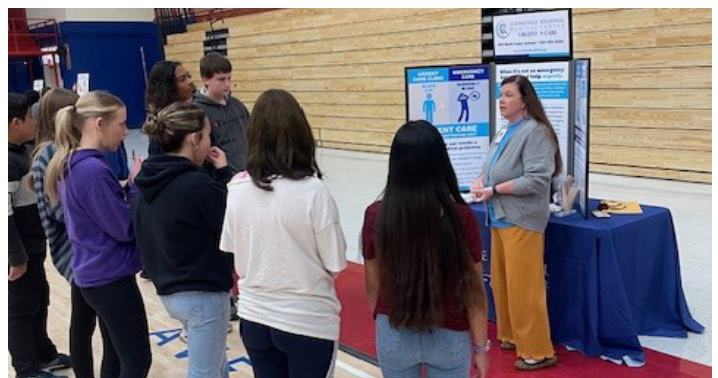
Tammy McCoy, Kim Kennedy and Christa Smith - Lab



Terri Morse and Andrew Colson - Surgery Unit



Will Huffines and Danette Gardenhire - Respiratory

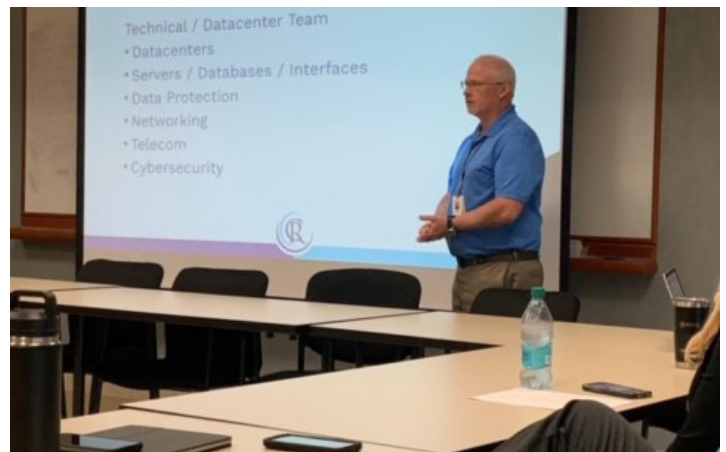


Jessica Birdwell - Urgent Care



# TCAT - LIVINGSTON

TCAT Livingston Computer Information Technology students recently visited CRMC to learn about Information Systems career opportunities and had a tour of the department. Our IS department did an amazing job sharing all of the different IS positions at CRMC and the students were great at asking questions for their future careers. Thanks to Tim McDermott, John Pennebaker, Curt Powers, Casey Moore and the Staff & Students at TCAT Livingston.





**Cindy Setters, from Upper Cumberland Urology /CRMG has won the Time of Service award for September. Congratulations!**



**Kevin Short is the ER Star for the month of October. Congratulations!**

## Heroes for Zero



CVICU was awarded the latest Heros for Zero infections award for maintaining one year without a hospital-acquired CAUTI (catheter associated urinary tract infection).

CAUTIs result in a longer patient length of stay and cost approximately \$13,793 each. Prevention measures including removal of catheters no longer needed is key. Thank you to CVICU for your hard work in preventing these infections!



# Attendance *Superstar* Program



Mr. Scott's 3rd grade classroom at Northeast Elementary School for the highest attendance this past month. We are very proud of them! Dr. Hunter Lambert and Kathy Kirk from Upper Cumberland Urology were there to congratulate them!



Dr. Bert Geer discussed the benefits of Robotic surgery.



Save  
THE  
Date

**DID YOU MISS LAST MONTH?**

Join us on December 11, to hear  
MaKayla Ramsey from Heart of the Cumberland  
talk about seasonal grief.

## CRMC AUXILIARY

2024 Fundraiser Schedule

**\$5 JEWELRY SALE**  
*Education Center*

**December 19**  
7:00 a.m. - 7:00 p.m.



**December 20**  
7:00 a.m. - 3:00 p.m.



# Pumpkin

## DECORATING CONTEST

Thankyou to everyone who participated,  
it was a close competition!

## Carving Contest Winners!



### First Place

Care Management and Social Services



### Second Place - Foundation



### Third Place - OB Department





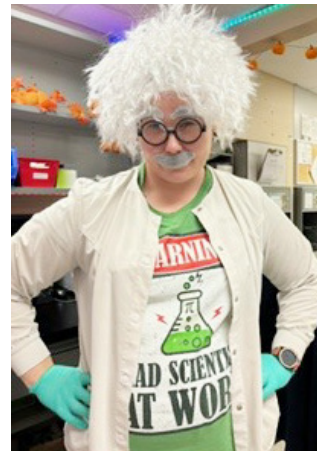
# CRMC Celebrates Halloween



Marie Edgington, Taiah King, Kaitlyn Savage



Rick Gillentine



Patricia Davies



Outpatient Pharmacy



Plant Facilities



John Bell



Urgent Care



Urology



Advanced Wound Care



Cancer Center Radiation



Brent Young



# *Our volunteers are now in blue*

Thank you for serving our patients and making our community a better place!





# CRMC'S *Fall Fun Fest*





# IN THE NEWS

UPPER CUMBERLAND  
BUSINESS  
JOURNAL

**SBK Insurance** Personal • Commercial  
Home/Life • Transportation  
www.sbk.com

Home News Profiles/Features Opinion Partner Content Subscribe Fast Facts About

Home » News » CRMC recognizes united effort to help Cancer patients



## CRMC recognizes united effort to help Cancer patients

November 5, 2024

Share on Facebook Tweet on Twitter Like 0 Post

Pictured from l. to r.: Kandy McGuire, Rachael Pennycuff, Amy Ayers, Senator Paul Bailey, Kosta Yepifantsev, Buffy Key, John R...

### Hundreds of patients benefit from these robes each month

Cookeville Regional Medical Center (CRMC) Foundation recently recogn... and Amy Bailey, Bailey and Yepifantsev have donated funds to sponsor... Center over the past two years, according to the hospital.

"These robes offer comfort and dignity for patients during mammogram s... release.

Hundreds of patients benefit from these robes each month.

"Our patients are so appreciative of the robes. They are soft and relaxing and Oncology.

## Exclusive CitySocial event tickets available

Submitted Oct 30, 2024



COOKEVILLE - CitySocial, a premier high-end food, wine, and spirits tasting event, is set to be held on Thursday, November 7, 2024, at the Monarch in Baxter. Hosted by Happy Hour Wine and Liquor, this exclusive event will feature a variety of local and regional wines, spirits, and appetizers. Tickets are available for purchase at the event or online at www.citysocialcookeville.com.

CitySocial promises an unforgettable evening for guests to mingle and sample an impressive selection of local and regional wines, spirits, and appetizers. The event will also feature live music and a silent auction. Tickets are available for purchase at the event or online at www.citysocialcookeville.com.

Important Details: The event is open to all ages. Seating is limited, so reservations are recommended. The event is held at the Monarch in Baxter, located at 1000 Monarch Blvd, Cookeville, TN 38506. For more information, visit www.citysocialcookeville.com.

## Mofield receives CRMC Sunshine

Oct 22, 2024



Barbara Mofield  
CRMC

Listen to this article now  
Powered by Trinity Audio  
00:00

Barbara Mofield, Registered Respiratory Therapist, received the recently received Cookeville Regional Medical Center's Sunshine Award, and her nominations reiterated her positive attitude and attentiveness.

Barbara's nominations stated, "This employee never fails to always be there. If you have a high acuity patient, she is there; if you're having a tough day, she is there; if you're busy and the patient needs something, she never hesitates to step in and help! She is essential to our team here in the ICU. During every shift you work with her, she never fails to treat every patient as if they were her own family. She advocates for her patients. She is one of the most compassionate and caring people I have ever witnessed in patient care! No matter how busy we are, she will ALWAYS find the time to compliment you and make you feel better. Beyond just making you feel good as a person, she never hesitates to educate us on any and all things respiratory to better help our patients! She always has some trick up her sleeve! Whether it's bringing baked goods for us all to enjoy or going out of her way to ensure her patients know they are well taken care of! Even on our most challenging days in the ICU, she ALWAYS smiles and is willing to lend a hand. She is a shining star of exactly how we care. She is a patient advocate who will always fight for the right thing, even if all odds are against us. Thank you for all you do."

## Fricker receives DAISY Award at CRMC

Oct 7, 2024



Dana Fricker, RN, the latest DAISY Award winner.  
CRMC

Listen to this article now  
Powered by Trinity Audio  
00:00

Cookeville Re...

"enter nurse Dana Fricker, RN, is the latest recipient of the DAISY Award.

were on vacation from the Netherlands when my dad was picked up by ambulance from our ems," reads the nomination for Fricker. "He was taken to the ICU, where they had to tell him stay in the ICU for two weeks before he was able to be taken home by air ambulance. 'lish, the staff at CRMC made sure to make him feel comfortable. Not only my dad, but so welcome, calm and comfortable, they did everything they could.

# COOKEVILLE lifestyle



## MOST INFLUENTIAL PEOPLE CLASS OF 2024

# 2024 Health & Fitness Screening

**MAKE YOUR APPOINTMENT TODAY!**  
**7-10 A.M. • SAT. NOV. 16, 2024**

- + Blood Pressure ..... (free with any screening)
- + Oxygen Saturation ... (free with any screening)
- + Bone Density..... \$15
- + Complete Blood Count..... \$10
- + Pulmonary Function Screening.....\$20
- + Blood Type and RH Factor.....\$25
- + Cholesterol and Lipid Profile .....\$20
- + Complete Chemistry Profile .....\$20
- + Hemoglobin A1C ..... \$15
- + Prostate Specific Antigen .....\$20
- + B-12 Level .....\$25
- + Folate Level (folic acid) .....\$25
- + Thyroid Profile .....\$40
- + Total Testosterone Level .....\$20
- + Vitamin D Level.....\$50
- + \*CT Calcium Score Screening.....\$99
- + \*Low Dose Lung CT Screening .....\$99  
(Qualifying criteria and registration required)  
\*(Screening will be scheduled for a later date)

## VASCULAR SCREENINGS

- + Peripheral Arterial Disease Screening..... \$35
- + Stroke Screening / Carotid Artery.....\$45
- + Abdominal Aneurysm Screening.....\$75
- + Complete Vascular Package *(all three tests)*..... \$145

Fasting is recommended for 12 hours  
before the Complete Chemistry Profile  
or Lipid Profile is drawn.  
Blood is drawn only once even  
if you have all lab studies done.

**For Registration:**  
**Call 931-783-2743**  
or register online at  
[crmchealth.org/healthfair](http://crmchealth.org/healthfair)



**SCAN  
ME**

*You must be 18 or older to participate!*

## DIRECTIONS

Enter through the  
East Entrance next to the  
Emergency Department.

Check in at the desk and the  
Workplace Wellness staff  
will guide you from there.







# CRMC Marketplace

*your favorite Cookeville Regional Apparel*  
**NOW ALWAYS AVAILABLE!**

To view the CRMC Marketplace website, go to the CRMC Intranet and find the CRMC Marketplace icon.



## 2 WAYS TO PAY:

**CREDIT  
CARD**



Print the Order Pending email and bring to the front desk of Human Resources to process your credit card payment.

**PAYROLL  
DEDUCTION**



Total amount of your pre-order will be deducted from the payroll following the submission of your order.

***New items may be introduced to the CRMC Marketplace website periodically - watch for new items!***



# Double *your* Donation Day NOVEMBER 12



Responding with compassion to the needs of struggling patients.

*Charitable programs that build healthier communities.*

We help with critical medicine, equipment, medical services and essential home needs for struggling patients and their families.

Every month, hundreds of local patients rely on caring donors to the Foundation for help with essential medical care and basic necessities.

## DOUBLE THE IMPACT - GIVE TODAY!

# 3 WAYS TO GIVE



BY PHONE  
931-783-2003



ON THE WEB  
[www.CookevilleRegionalCharity.org](http://www.CookevilleRegionalCharity.org)



BY CHECK DATED  
NOVEMBER 12, 2024

# 100%



No portion of gifts are used for overhead or staff expenses.

*Gifts are restricted for programs and services*



COOKEVILLE REGIONAL  
MEDICAL CENTER  
CHARITABLE FOUNDATION

[www.cookevilleregionalcharity.org](http://www.cookevilleregionalcharity.org)





# Join us for

*High-End Food, Wine  
Whiskey, Bourbon and Scotch Tasting*



THE  
**CITYSOCIAL**

— AT THE MONARCH —

December 6  
5:30 pm - 8:30 pm  
at The Monarch

Hosted by: **Happy Hour** 



# NEED A RIDE?



Cookeville Regional's

## CAR *to* CURB service

We are here to help transport patients, visitors and CRMC employees traveling between the hospital and their vehicles, as well as nearby CRMC facilities.



Available  
Monday - Friday  
\*closed on holidays



6:30 a.m.  
until  
7:30 p.m.



Call (931) 252-1281  
or  
ext. 7433 (RIDE)

---

\*At this time, the courtesy transport vehicle is not wheelchair accessible. This vehicle is not to be used in emergent situations, and passengers under the age of 18 years old must be accompanied by an adult. Smoking is not permitted in the patient transport vehicle.



COOKEVILLE REGIONAL  
MEDICAL CENTER

*It's the Way We* **CARE**





# The Christmas Frenzy at CRMC

FRIDAY  
DECEMBER

6

EDUCATION  
CENTER  
7:00 AM  
UNTIL  
7:00 PM



\*  
RESERVE  
A SPOT!  
\*

*Shop various vendors and  
crafters at the The Christmas Frenzy  
at CRMC for Christmas finds!*

CRMC employees who have a personal business and would like to be a vendor at the Christmas Frenzy at CRMC should contact Caye Strong in Human Resources for more information and to reserve your spot. 931-783-2013 or [cwstrong@crmchealth.org](mailto:cwstrong@crmchealth.org)

*Limited vendor spots available!*

*Reserve your spot today!*



# *the* PULSE

A NEWSLETTER for the staff, volunteers and friends of CRMC

## DO YOU HAVE SUBMISSIONS FOR THE PULSE?

*Share with us!*

Send information to [Logen Borie](#) in Marketing  
and Communications at [lrborie@crmchealth.org](mailto:lrborie@crmchealth.org)  
the last Monday of the month for the following month's issue.

CONTENT PUBLISHED IN THE PULSE  
IS SUBJECT TO EDITOR DISCRETION AND SPACE.



Scan the QR code to follow us on socials  
and to stay up to date with the latest news.



# NOVEMBER CRMC BIRTHDAYS

Gloria	Soukasene	01	Cynthia	Maxwell	08	Ashley	Sevier	15	Miranda	Fox	22
Wayne	McCourt	01	Kirk	Maki	08	Rachel	Greenway	15	Sarah	Jeffries	22
Amanda	Demps	01	Alyssa	Bell	08	Danny	Crawford	15	Jean Reill	Gutierrez	22
Stephen	Sarr	01	Madison	Paxton	08	Lacee	Hill	15	Mali	Laws	23
Kendra	Simonds	01	Taylor	Tokoli	08	Autumn	Park	15	Martha	Huckeby	23
Aspen	Jones	01	Audrey	Miller	08	Roy	Carmack	16	Christine	Kinnard	23
Dinah	Carwile	02	Eulalia	Andres-Sebastian	08	Glenda	Breeze	16	Michelle	Spivey	23
William	Blood	02	Lisa	Maynor	09	Leeann	Dunaway	16	Valerie	Coomer	23
Hannah	Marcum	02	Brian	Vaughn	09	Shawna	Worthington	16	Victoria	Nelson	23
Brian	Hose Stebly	02	Jason	Saunders	09	Silvia	Warren	17	Tommy	Sells	24
Teresa	Ret	03	Jessica	Davis	09	Teresa	Bunker	17	Allison	Stalvey	24
Christina	Maki	03	Eve	Caldwell	09	Jennifer	Thacker	17	Sarah	Crawford	24
Erin	Ewing	03	Mark	Wathen	10	Brent	Young	17	Abigail	Tate	24
Amy	Blair	03	Xin	Wang	10	Ashley	Rakes	17	Aislynn	Martin	24
Sarah	DeLoach	03	Angela	Craig	10	Heather	Trosclair	17	Andrew	Beaty	25
Colby	Brown	03	Jocelyn	Mayo	10	Tiffany	Miles	17	Derya	Denham	25
Kaitlyn	Summerlin	03	Amy	McKenzie	10	Amy	Phillips	18	Emma	Baker	25
Olivia	Lewis	03	MacKenzie	Mitchell	10	Timothy	Farris	18	Kenneth	Kudrey	26
Brittany	Insco	03	Dakota	Burris	10	Dana	Fagan	18	Paul	White Jr.	26
Danny	Smith	04	Mackenzie	Sweeton	10	Lori	Norris	18	Allison	Sittig	26
Amy	Wright	04	Ricky	Smith	11	Carol	Cummings	18	Emily	Ervin	26
Lori	Dunham	04	Janie	Medley	11	Chloe	Lee	18	Laura	Price	26
Brittany	Allison	04	Julia	McCann	11	Harrison	Thomas	18	Rossy	Alfaro	26
Heather	Hammer	04	Meredith	Ryan	11	Annie	McDermott	18	Morgan	Woods	26
Jillian	Mahoney	04	Dustin	Petty	11	Trudy	Vaughn	19	Karen	Vanhooser	27
Garrett	Mills	04	Martha	Blackmon	12	Michele	Leonard	19	Angela	Montgomery	27
Warren	Johnson Jr	05	Diane	Glover	12	Rebecca	Martin	19	Jonathan	Reed	27
Andrea	Beyer	05	Michael	Potter	12	Kelly	Stiriz	19	Laura	Miller	27
Tara	Walker	05	Stephanie	Etter	12	Angela	Bandy	19	Chrisinda	Sasser Baker	27
Jessica	Andrews	05	Brandi	Sliger	12	Elizabeth	Davis	19	Tiffany	Strong	27
Autumn	Starkweather	05	Jennie	Littrell	12	Jillian	Iwanyszyn	19	Markham	Smith	28
Ashley	Hayes	05	Anna	Kozlov	12	Ryanne	Norfolk	19	Tina	Brown	28
Abigayle	Finan	05	Brent	Lafever	12	Breanna	Dietz	19	Cherylyn	Tarver	28
Palma	Matheu	06	Haylee	Dailey	12	William	Perez	19	Julie	Bohannon	28
Brenda	Downs	06	Vickey	Cowan	13	Alexis	Rittenberry	19	Janet	Anguiano	28
Susan	Mabe	06	Michelle	DeLong	13	Kenzee	Loftis	19	Megan	Sampler	28
Jessica	Born	06	Kevin	Curtis	13	Ina	Walker	20	Elizabeth	Chaffin	28
Victoria	Monday	06	Elaine	Odum	13	Robert	Livermore	20	Pamela	Oakwood	29
Lesette	Pippin	07	Catherine	Beasley	13	Shauna	Hammock	20	Melvin	Elias Fuentes	29
Kelly	Godowns	07	Alexander	Groundland	13	Lori	McClain	20	Tabitha	Lilly	29
Amey	Palmer	07	James	Sullivan	14	Carlos	Podesta Ornes	20	Lisa	Chaffin	29
Mary	Fish	07	Ronda	Ventimiglia	14	Hannah	Patterson	20	Holly	Dyer	30
Leanna	Garrett	07	George	Krauss	14	Reygan	Lamb	20	Emily	Gentry	30
Jennifer	Pippin	07	Aneta	Ridgeway	14	Jacqueline	Davis	21	Carrie	Trisdale	30
Erica	Elder	07	Kendall	Fox	14	Jennifer	Messersmith	21	Adam	Hudson	30
Jessica	Page	07	Alexis	Waldron	14	Jaclyn	Williamson	21	Melissa	Patrick	30
Brittney	Shaffer	07	Peyton	Roach	14	Elizabeth	Gentry	22	Rebecca	West	30
Taylor	Jones	07	Isabella	Durocher	14	Shelly	Hodges	22	Bethany	Moore	30
Michael	Labroski	08	Donna	Bowman	15	Jill	Johnson	22	Andrea	Lawrie	30
Kathleen	Cavanary	08	Chase	Koch	15	Stephanie	Harris	22	Trinity	Donadio	30
Hester	Burns	08	Amanda	Bergthal	15	Clint	McLerran	22	Ryan	Eggers	30