

Feb. 4-10, 2007

THIS WEEK

MAGAZINE

Traveling nurse

Busy professional
includes recreation
in her travel plans

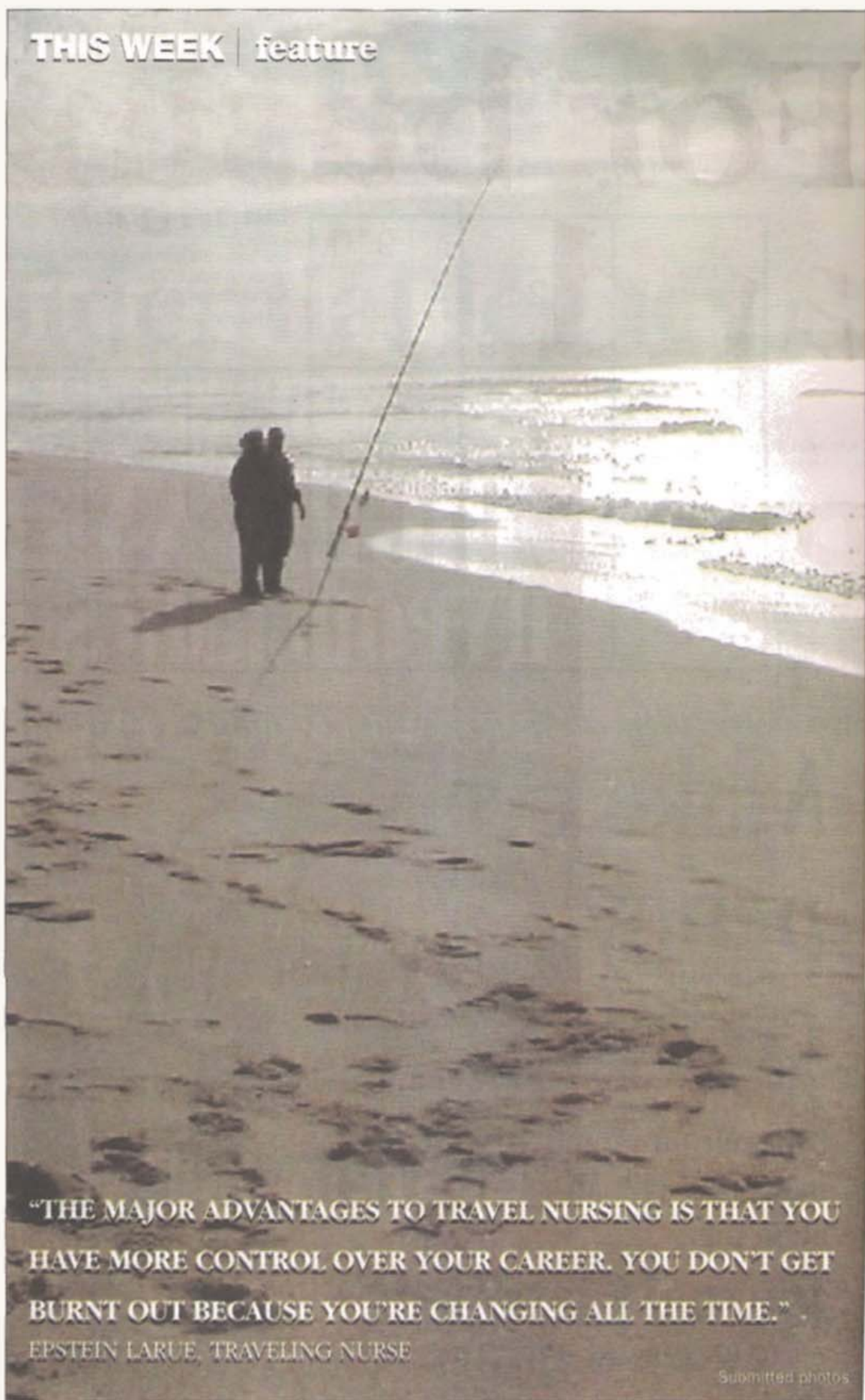
ALSO: Wholesome oatmeal

PLUS: Restaurant guide, events calendar and TV schedule



Traveling nurse
Epstein LaRue
doesn't let her
business
travels keep
her from
having a good
time. She
shares her
secrets to
mixing work
travel with
recreation in
her books.

THIS WEEK | feature



**"THE MAJOR ADVANTAGES TO TRAVEL NURSING IS THAT YOU
HAVE MORE CONTROL OVER YOUR CAREER. YOU DON'T GET
BURNT OUT BECAUSE YOU'RE CHANGING ALL THE TIME."**

EPSTEIN LARUE, TRAVELING NURSE

Submitted photos

For business and pleasure

By Daniel Mooney
Journal Writer

POCATELLO — Epstein LaRue has traveled to more corners of the country than most, and when asked, “Business or pleasure?” she answers, “Both.”

LaRue, 39, is a traveling nurse, a career she discovered in 2003 while working at Bannock Regional Medical Center in Pocatello: Since then, she has worked on 13-week contracts around the U.S., serving at hospitals in nine different states and enjoying every minute of it.

“The major advantages to travel nursing is that you have more control over your career,” she said. “You don’t get burnt out because you’re changing all the time.”

And LaRue’s support of travel nursing doesn’t stop with her own career. She just published her second book on the subject.

“Highway Hypodermics: Travel Nursing 2007” was released in January, the sequel to LaRue’s 2005 travel nursing book, “Highway Hypodermics: Your Road Map to Travel Nursing.” LaRue wrote the books to aid nurses interested in travel nursing, including everything from how to pick your travel company, how to pick your hospital and what to look for in your travel nursing contracts.

HIGHWAY HYPODERMICS

TRAVEL NURSING

2007

Epstein LaRue
RN, BS, Travel Nurse

TO LEARN MORE

For more information or to order any of LaRue’s books, visit www.epsteinlarue.com.

“The contracts are written to protect the hospital, but nurses need to realize that they need to add stuff in to protect themselves,” LaRue said.

The two nursing manuals weren’t her first published works, so writing them was easy, LaRue said.

Years earlier, in 2001 she published “Love at First Type: An Online Romance,” a romance novel about she and her husband’s meeting on the Internet.

“I just thought that the whole story about us getting together online against all the odds was just an amazing story, so I wrote it down,” she said.

In 2003, she followed the romance novel with a second book that incorporated her experience with nursing. She called it “Crazy Thoughts of Passion,” the story of a psychiatric nurse who falls in love.

All of LaRue’s books are self-published, and that’s the way she likes it.

“I just have more control over it that way,” she said. “And I’ve designed all the graphics for the covers.”

Even without a publishing agent, she said sales have been good. Her company, Highway Hypodermics, is self-sustaining, and the first shipment of her most recent novel is already a quarter sold.

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Submitted photos

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The prolific writer has also been published in *Nursing* 2004, a popular nursing magazine.

LaRue was born in Guyton, Okla., growing up with dreams of being either a nurse or a teacher. She attended Pan Handle State University and earned a teaching degree, later working as a substitute teacher for three years. But she realized her true passion was in nursing, so she went back to school and got her nursing degree in 1992.

She worked as an LPN for five years, and when she and her future husband, a Pocatello native, sparked romance online, she moved to Pocatello.

Now the town is more like a home base, where she, her husband, John, and their home-schooled son, Kalen, spend only 30 days a year.

"We're just about always on a contract, but we have to come home for at least a while every year during the summer to go fishing," she said.

Her plans for the future include much of the same thing she's doing now. In addition to a book that's already slated for January 2009, called "Highway Hypodermics: On the Road Again," she plans to continue traveling.

"I just want to go north in the summer and south in the winter," LaRue said. "I want to be a snowbird."

