

ALABAMA

What Alabama Did This Summer

Submitted by Alabama HOSA

The Alabama HOSA Executive Council has participated in numerous activities this year. BLAST OFF was a three-day leadership development workshop in which we worked closely with state officers from SkillsUSA, FBLA, TSA, FCCLA, DECA, and FFA. Officers participated in this motivational officer-training workshop. The primary focus of the workshop was to orientate state officers to the role and duties of the state office positions. HOSA state officers were able to interact with student state officers from across Alabama. The HOSA Executive Council met for our first session and began the 2004 – 05 program of work. We identified our state theme: HOSA – opens windows of opportunity and the Health Science motto: *Connecting your talents*.

National Leadership Conference (NLC) in Orlando, Florida, provided opportunities for participants to hear keynote speakers such as Mark Scharenbroich, participate in Competitive Events, attend Educational Symposiums such as Code Blue- A Novel Approach to Health Occupation Education,

Fighting Cancer in Your Community and Exercise Your Legal Health. Additionally, we met HOSA members from all over the United States and even had time for fun at the Disney Parks.

Words just cannot describe the feel of nationals. It is very exciting and fast-paced. We met many new friends, most of whom we still have contact. There were so many things to do and so little time to sleep. Cody Moore, Alabama HOSA president was able to go behind the scenes at Sea World and work closely with the veterinarians. This glimpse behind the scenes at Sea World is a very rare event, and I am sure that Cody will remember this for years to come.

Summer Conference was a two-day meeting of all the Career/Tech teachers in Alabama. We facilitated the Health Science teachers' meetings. Officers sponsored an exhibit in the Birmingham Jefferson Civic Center demonstrating the proper way to perform monthly self-examinations for breast and testicular cancer. We also took the IC3 certification test, which determines computer literacy.

MAINE

Fall HOSA Leadership Conference

Health Occupations Students from all around Maine participated in the Fall HOSA Leadership Conference on October 22, 2004. Presenters were: Kim Sewall, Vice-President of Maine Health Occupations Educators of America; Vanessa Cousins, Junior HOSA member; Kaitlyn Bossie, 2003-04 State HOSA President; Gary Crocker, Maine Humorist and Motivational Speaker; Roanne Seeley, Department of Education; and Susan Braziel, Maine Alzheimer's Association.



We would like to thank **Mrs. Gail Mazzaro, State Advisor; our local advisors, and the staff at the Four Point Sheraton for a wonderful conference. Pictured are our Masters of Ceremonies: both from Tri-County Technical Center (Dexter).**



Students also elected their new state HOSA officers. Pictured from left to right are: (Front) Ashley Caler, Point Keeper from Tri-County Technical Center (Dexter); Tiffany Sprague, Historian from Tri-County Technical Center (Dexter); Elizabeth Bowden, Vice-President from Westbrook Regional Vocational Center; Elizabeth Mathie, Secretary from PATHS (Portland). (Back) Sierra Reed, Reporter from Tri-County Technical Center (Dexter); Ashley Williams, Social and Recreational Chair from Tri-County Technical Center (Dexter); Ashley Robinsons, President from Bath Regional Vocational Center; Danielle Adams, Parliamentarian from Foster Applied Technology Center (Farmington); and Ashley Trask, Treasurer from Foster Applied Technology Center (Farmington). Other schools that participated were Brunswick Region 10 Vocational Center, Caribou Regional Applied Technology Center, HOSA (Portland), Region 9 Vocational Center (Rumford) and Region 3 Stearns High School (Millinocket).



ARKANSAS

Marion High School

The year has started off with a bang for the Marion, Arkansas HOSA chapter. To date, the Marion HOSA members have taken part in many events, still with many more to come.

The first event that we participated in was the Memory Walk for the Alzheimer's Association, which was held in the glorious Autozone Park in downtown Memphis, Tennessee. The walk was definitely a success in the sense that a lot of funds were raised and the participants had a great time. The next event for us was the State Leadership Conference that was held in Conway, Arkansas on the campus of the University Of Central Arkansas. At the conference, we heard from two guest speakers: One spoke about Alzheimer's, and one presented the pros and cons of stem cell research. Also sandwiched between the guest speakers were a series of "break-out sessions" with activities and presentations that tested each person's leadership abilities.



Marion AR HOSA Officers

However, not all significant events have taken place off-campus. Most of the year's highlights have taken place in the classroom. Since the start of the school year, we have had three guest speakers come to our school to teach us about their respective professions and careers. Included in these guests were a speech therapist, a dental assistant and a very interesting speaker from the Mid-South Eye Bank. October was the first in a series of months that we will show our appreciation for different positions in the medical profession. We sent thank you cards to the physical therapists from the area as a small token of our appreciation for everything they do for this community. The recognition did not stop there, however. We made, and passed out pink ribbons to the faculty of MHS to recognize breast cancer awareness month, a disease that has only grown since its discovery so many years ago. Of course, as the case so often is in high schools, it has not been all work and no play. The Marion HOSA chapter took part in the Mock Homecoming pep rally, in which things are never as they seem. After much preparation, the HOSA royalty representative won. Sonny Tarar, a senior, was said to be the best in class of all the guys dressed up like gals. HOSA also had representatives as a cheerleader and a football player. As it is with everything in life, the work is truly never done. With a fundraiser on the horizon and many more exciting opportunities to come, you can be sure that the Marion HOSA Chapter will be active from here until the end of the year, and for years to come.



Memory Walk - September 18, 2004

By Charlie Livingston, HOSA Reporter

Cabot High School

Cabot High School HOSA participated in a donation drive for Heaven's Loft in Arkansas. Members donated items such as diapers, baby wipes, blankets, baby bottles, toys, and clothing for families in need. HOSA members included Mallory Morgan, Kaci Williams, Amanda Gassman, Ashley Stewart, Abby Wiesnewski, Kim Sitzmann (Local HOSA Chapter Vice-President), Carrie Blackburn, Andy Roller, and guests.



ARKANSAS

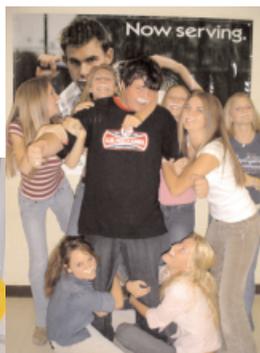
Quitman High School

Did you know that less than 50% of all third graders are deficient in calcium consumption? Quitman, Arkansas HOSA teamed up with Southern Arkansas University Youth Apprenticeship Program to educate third graders about calcium consumption — the importance of, serving sizes, and calcium sources. Funding was given through a grant provided by the MidWest Dairy Council to promote “3-A-Day” (three servings a day) to third graders in the area. Teaching began September 28, 2004, and will continue until funds are depleted. To date, Quitman HOSA members have been involved in teaching third graders at three elementary schools in Arkansas. Third graders participated in learning activities for one hour a day for a week, and then concluded the week by creating “Milk mercial” skits for video, and by milking a cow model. Terry Brady and Allison Alexander, project coordinators for Southern Arkansas University, along with Quitman HOSA Advisor, Sheila Hoyt, assisted with the program.



Girls teach: HOSA members Megan Rooney, Shainea Bettis, and Merry Dowel teach third graders about sources and servings of calcium.

Football commercial: Third graders perform their milkmercial in the form of a “cheer” (M-I-L-K).



HOSA members Jeremy Glasby and Cameron Lester compare the human skeleton to the framework of an umbrella.

Allen & Girls - Quitman HOSA members have fun demonstrating how strong they can be if they get their “3-A-Day”.



PENNSYLVANIA

Promoting Careers in Healthcare

Health Careers Week – November 8 – 12, 2004

As an extension of National HOSA week, HOSA Chapters across Pennsylvania are promoting careers in healthcare by participating in activities in their local middle schools.

Governor Edward G. Rendell has designated November 8-12 as Health Careers Week in Pennsylvania due to the increasing demand for qualified workers in the healthcare field. Secondary HOSA students will be present in the middle schools at a live web cast dealing with various health care careers in demand.

Sponsored by the local Workforce Investment Boards, the primary goal of Health Careers Week is

to promote career opportunities in healthcare – particularly those occupations with shortages – such as nursing, direct care, pharmacy, medical imaging, clinical laboratory sciences and respiratory therapy.

The Commonwealth’s focus for Health Careers Week 2004 is increasing youth awareness of the variety of health care career options. There are over 300 occupational choices for individuals interested in working in the healthcare industry. Engaging youth early creates a new pipeline of potential workers and allows students to begin to attain the foundational education required to pursue a health career. It is important that we begin to educate students now about the career opportunities that will exist when they enter the workforce.



HOSA CAREER SPOTLIGHT

Plastic Surgery Behind The Mask

By Tyler Webster: National
Secondary Board Representative



It is easy to see that with shows such as Nip/Tuck, The Swan, and Extreme Makeover, Plastic Surgery is gaining popularity. Many people are interested in this medical field because it is innovative, exciting, and uplifting. A Plastic Surgeon's work is fulfilling because reconstructing and repairing what others may view as defects generally improves the self-esteem of most patients.



Education

Requirements: The typical Plastic Surgeon must receive a four-year bachelor's degree and a four-year degree from medical school. An aspiring Plastic Surgeon is also required to have no less than five years in surgery and Plastic Surgery residency, which makes the training program in this field of medicine one of the longest in the industry. A person interested in Plastic Surgery should be one who is dedicated and willing to endure this long process.

In 2003, cosmetic procedures increased by 20% in the United States, and it is expected to increase even more in the upcoming years. The average annual salary for a plastic surgeon is between \$150,000 and \$420,000.



Controlling your

NERVES

Have you ever been so nervous before a conference or competition that you thought they might have to peel your stomach off the floor when it was over? We thought so. News flash: That's not mental, that's biological. Here are some hints for thwarting the biology of nerves with the power of the mind:

1. BREATHE.

Sometimes we forget to breathe when we're nervous. And this is never a good thing. Trust us: The long-term implications of not breathing are quite serious. So if you start to feel clammy and tingly and mildly asphyxiated, take a few deep breaths.

2. DON'T RAMBLE.

You know when people get uptight and talk so fast that you can't understand them? Don't let that be you. Slow down, and don't be afraid of pausing even if no one appears to be responding. Give them a moment. And remember that silence is not a bad thing. The pause is there for a reason. The pause is your friend.

3. NO SWEAT.

Sweaty palms can lead to embarrassment, not to mention potential accidents on stairwells. Here's a trick: Spray your hands with antiperspirant. The powder will absorb the moisture. But don't use roll-on; that's both messy and stupid.

4. DON'T LOOK AWAY.

Maintain eye contact, even if it hurts. People tend to look away when they're nervous. This is, obviously, considered to be rude. Focus on the other person. Even if you don't want to listen, pretend that you're listening.

5. USE THE ALPHABET.

Old Eleanor Roosevelt trick: When she couldn't find something interesting to talk about at a social function, she'd run through the ABC's, starting with, say, the apple crop that year. If you're really fumbling this can help, though if you get all the way to Xanax you might be in trouble.

ABC



Kentucky National Officer Spotlight



Kayla Sullivan

Kayla Sullivan, a senior at Graves Co. H.S. and a health sciences student under the direction of Sheryle Guess at the Mayfield/Graves Co. ATC, serves as this year's State HOSA president. She has previously held the post of parliamentarian in her local HOSA chapter. Kayla has also participated in her school's FFA chapter by serving on many committees and placing first regionally in team soil judging.

Kayla has received student of the month honors at the ATC in both her junior and senior years. She has also earned a distinguished score on her CATS test.

Her many community activities include working the local Walk-a-Thon for St. Jude's over the last three years and volunteering at the local nursing home.

Kayla plans to attend Paducah Community College in the nursing program.

"The health sciences program has given me real work experience for my future career," said Kayla. "I have been able to get a practicum assignment in a local doctor's office which has been an invaluable experience."

2004-05 NATIONAL
EXECUTIVE COUNCIL
EXTENDS WARM
HOLIDAY WISHES
AND A
HAPPY NEW YEAR.



HOSA Leadership Fever!

CATCH HOSA'S LEADERSHIP OPPORTUNITIES!

By California HOSA State President Jessica Rojas

There is an epidemic sweeping through the HOSA membership. It's spreading fast and YOU could be next! The condition does not discriminate based on height, color, gender, ethnicity, or even personality. However, it does target anyone who is an active member of HOSA.

The symptoms include: rapid pulse, lack of sleep, rapid breathing, an increase in blood pressure, a rush of endorphins and even uncontrollable shaking! The fever attacks the gray matter of the brain and the right and left ventricles of the heart. In extreme cases, it can spread to the oral and peri-orbital areas around the eyes and mouth and eventually attack the joints and muscles.

The only treatment for this condition is actually increased doses and more intense encounters with those who have it. And as a carrier of this condition, I can tell you that it is life changing if you catch it!

What is this affliction that is sweeping HOSA?

It's HOSA *Leadership Fever*

and no member is immune to the condition!

Catch the Leadership Fever—IN YOUR CHAPTER!

The leadership fever starts in the local chapter through active membership, attending meetings, serving as a chapter officer, becoming a voting delegate, and volunteering for projects. Introducing new members, schools, and professionals to HOSA is a superb way to get started in leadership. Volunteer to fundraise or speak to local organizations about HOSA. Organize alumni and leaders from the health care community to speak or train your chapter in leadership.



The best way to catch the leadership fever is to fully explore all the opportunities of HOSA membership and then GET INVOLVED! The fever is contagious and once you decide to get active—your leadership journey begins!

Catch the Leadership Fever—IN YOUR COMMUNITY!

Through our national partnership with the Alzheimer's Association you can bring great benefits to your community and exercise your leadership skills at the same time. Take charge or get involved with your chapter's existing community service efforts. Download the Memory Walk Team Captain Kit from www.hosa.org. Recruit volunteers. Organize a fundraiser. Invite speakers to educate about the affects of Alzheimer's. Planning and implementing a community service project is a key way to build your leadership skills.



Catch the Leadership Fever—IN YOUR STATE!

Leadership is a cornerstone of HOSA and there is no place to find better opportunities than through your state. Attend the fall conferences, and be sure to plan on participating in regional events and the annual State Leadership Conference. It's an exercise in leadership just to make the commitment to go to these

important leadership events. By networking, attending training, meeting other leaders, and gaining new ideas, you'll continue to develop your skills.

Catch the Leadership Fever—IN YOUR OFFICE!

Perhaps the best way to experience leadership opportunities is by running for local, state, or even national office. Just by running for office you gain critical skills in preparation, interviewing, speaking, and campaigning to be selected to serve your fellow members. And once elected, the training and leadership development never stops! As an officer you will attend officer trainings, work with other dynamic leaders, set goals, and gain vital professional, etiquette, and speaking skills.

Catch the Leadership Fever—IN COMPETITION!

HOSA offers incredible leadership development opportunities through the Competitive Events program. Events like Parliamentary Procedure, Speaking Skills, Biomedical Debate, HOSA Week, National Recognition Program, and more all provide opportunities to learn and apply leadership skills.



Catch the Leadership Fever—IN THE HANDBOOK!

Leaders are readers! One of the best ways to learn about leadership opportunities but also expand on your leadership skills as well is simply by reading the HOSA Handbook. It's big. It's bulky. Indeed there is a lot to read. But, that is because HOSA is so full of leadership opportunities! Go to www.hosa.org and download Section A, B, and C. There is even a HOSA Student Handbook full of great leadership opportunities just waiting for you!

Catch the Leadership Fever—IN AMERICA!

The best of HOSA leadership can be found at our National Leadership Conference! Held each year in a leading city, this incredible event brings together thousands of the best HOSA leaders from all corners of the nation. The Leadership Academy is a way to develop your leadership skills through team building activities. The educational symposiums bring top leaders from the field of health care to train and share about the skills needed to excel as a health care professional and leader. And, the keynote speakers found at the National Leadership Conference can't be beat! You'll experience the full symptoms of HOSA Leadership Fever at the NLC!

Catch the HOSA Leadership Fever—TODAY!

I was inspired by a quote from a favorite HOSA leadership speaker Mr. Byron Garrett when he said "Leadership: If not now—when? If not you—then who?" You are destined to lead, but first you must decide to do it! Why wait to get started? You only delay becoming the leader you were meant to be! Contact a state or national officer—they can be your personal leadership guide! Whatever you do—don't delay or the HOSA leadership fever will pass you by!



California Votes “Yes” for Stem Cell Research

Californians went to the polls on November 2, 2004 to cast their votes not only for president, state and local political leaders but also for 16 statewide propositions ranging from the election rights of political parties to funding children’s hospital projects. However, one of the most publicized and controversial propositions on California’s ballot this year was Proposition 71: Funding for Stem Cell Research.

Proposition 71, which recently passed in the elections with 59% of the votes, financially supports research of stem cells that are taken from adults, cord blood, and embryos. It will ultimately provide \$3 billion over the next 10 years for stem cell research in California. The California Stem Cell Research & Cures Initiative describes stem cells as, “...‘unspecialized’ cells that can generate healthy new cells and tissues. As a result they have the potential to provide lifesaving cures for many different diseases and injuries including diabetes, cancer, heart disease, Alzheimer’s, multiple sclerosis, HIV/AIDS, Parkinson’s, ALS, osteoporosis and spinal cord injuries.” The \$295 million per year funding for Proposition 71 will be taken from state tax-exempt bonds, and the stem cell research will take place at leading universities and research institutions within California.

In an interview with ABC on June 10, 2004, California Gov. Arnold Schwarzenegger (R) went against his political party’s stand on stem cell research and said, “I support stem cell research. I think it is very, very important that the whole nation pulls together on a federal and a state level.”

With high profile supporters such as Brad Pitt, Michael J. Fox, Nancy Reagan and many more, Proposition 71 was in the spotlight long before it was passed by the voters in California. Many are hopeful that the results of Proposition 71 will prove to be beneficial in curing life threatening diseases.

It’s no secret that stem cell research has been widely debated across the United States from the country’s top political leaders to families reaching out for a cure for diseases affecting their loved ones.

Because of the moral issues surrounding stem cell research, many people are opposed to the idea of providing national or state funding. This is especially true when the issue of embryonic stem cell research is confronted. Embryonic stem cells are said to have the greatest potential to provide cures for incurable diseases, but many people are morally against producing embryos purely for their use in stem cell research. As this topic faces much debate in Congress, it will most likely be difficult to achieve national funding for stem cell research in the upcoming years. President Bush and other highly influential political leaders have publicly campaigned against stem cell research in the past, and they appear to have no plans of supporting it in the future unless the process becomes more ethically desirable.

Because of the conflicting viewpoints across the country, states such as California and New Jersey have passed motions to fund stem cell research from within the state. They are hopeful to get a head start on the research as the nation decides what position it should take to either support or oppose stem cell research.



HOSA

Icebreaker

Materials:

Colored paper, pens, markers

Procedure:

Cut the colored paper into squares of 2x2 inches and place a number (1-10) on each square. Make about 30 sets of numbers and place in a large bowl. Mix the numbers up and ask each member to draw a number out of the bowl. The number corresponds to the number of things that they must explain about themselves.

Lesson:

This icebreaker allows each person to tell information about themselves that people in the group do not already know. This allows each person to introduce him or herself in a unique manner.

