

**Indiana HOSA****Indiana  
PACERS**

## Fall Leadership Conference with the Pacers

Indiana HOSA held their Fall Leadership Conference with the Pacers on Friday, November 2<sup>nd</sup>, 2007, with over 200 members in attendance. Indiana HOSA teamed up with the NBA team, Indiana Pacers, to hold the event at Conseco Fieldhouse in Indianapolis. During the conference, the members heard Ted Wiese speak, were involved in leadership training, Indiana HOSA updates and Pacers personnel career profiles.

The members had the opportunity to meet with Indiana Pacers personnel such as the Strength and Conditioning Coach, Athletic Trainer, Team Internist, Vice President of Human Resources and Vice President of Operations. The members attended the Indiana Pacers v. Miami Heat NBA game. During halftime, the Indiana HOSA State Officers were introduced on the floor of Conseco Fieldhouse.

The Metropolitan Indianapolis Central Indiana Area Health Education Center (MICI AHEC) provided several scholarships for Indiana HOSA members to attend.



# Pacers



## MAINE HOSA

HEALTH OCCUPATIONS STUDENTS FROM ALL AROUND MAINE participated in the Fall Health Occupations Students of America Leadership Conference on Friday, October 26, 2007. Students heard from Mary Brennan the Treasurer of Maine Health Occupations Educators of Maine and Margaret Harvey who is a motivational speaker. Christopher Eastman and Carol Wing, Dexter Regional High School, presented information on last year's National HOSA Conference. Students elected their new state HOSA officers.

We would like to thank Mrs. Gail Mazzaro, Maine's State Advisor, Elaine Briggs, Promotional Director, the local advisors and the staff at Governor's Restaurant in Waterville for a wonderful Conference.



**Pictured from left to right are: (Front Row) Loren Weiland (Social & Recreational Chair) from MVR 10, Brunswick, Ashley Richardson (Secretary), Alicia Norris (Historian), Allison Burr (Vice-President), and Kezzie Webber (Parliamentarian) all from Tri-County Technical Center, Dexter. (Back Row) Emily Rice filling in for Brittany Rideout (Web Master) and Brittany Randall (Point Keeper) both from Portland Arts & Technology High School, Christopher Eastman (Treasurer) and Christopher Whittington (President) both from Tri-County Technical Center, Dexter and Michael Soucier (Reporter) from Region 3, Maine Applied Technology Center-Millinocket.**

## UTAH HOSA *Takes the Hill*



Senator Orrin Hatch gets his blood pressure taken by 17-year-old Timpview nursing student and HOSA member Maria Stone during Utah ACTE career day at the Utah Capitol. The students are doing great work for CTE and HOSA!

Utah HOSA members with U.S. Senator Bob Bennett at the Utah State Capitol.







## Thanks to FLORIDA HOSA

This past November, Jude Alcide, National HOSA Postsecondary/Collegiate Board Representative, Raelise Emard, National HOSA Secondary Board Representative, and Jennifer Roesch, Postsecondary/Collegiate Vice President, had the pleasure of traveling to Alachua Florida to attend the 2007 Florida HOSA Leadership Development Conference (LDC)! Each year the Florida HOSA state team spends several planning sessions choosing a theme and creating several workshops, skits and events in order to plan the conference for the Florida HOSA members. Each item highlighted on their agenda is geared towards developing the member's leadership skills while also making new friends and learning about our great organization! This year the State Team got members motivated with a HOSA High School theme. Each state officer dressed as a different high school stereotype and the members broke into groups where they entered competitive events and fun filled workshops! One of the workshops was taught by Jude and Raelise and

they gave valuable information on teamwork. There was also time to answer any questions members had about National HOSA and running for different officer positions. Other workshops led by the Florida State Officers included public speaking, communication, breaking stereotypes and leadership.

President Jan Rodriguez was very pleased with the turnout this year and he certainly wasn't the only one. Each HOSA member and advisor in attendance found themselves participating and learning with such enthusiasm. Despite their lack of sleep, members were roaring with excitement until the very end. At the conclusion of the three-day conference, members were teary eyed as they prepared to say goodbye to their new friends, but were excited to go back to their chapters with their new ideas. Thanks, Florida HOSA, for allowing the HOSA's National Officers from Florida to enjoy in your wonderful conference. We certainly took a lot of valuable information away with us!



**Florida HOSA State Leadership Team, under the direction of President Jan Rodriguez, and three national officers from Florida, work together to ensure a great conference for all members.**



**National Officers worked with two of Florida HOSA State Officers at the Region 12 Fall Conference. Pictured with the National Officers are: Sadie Abboud, State Northern Vice President-Secondary, and Jan Rodriguez, Florida State President.**



**Jennifer Roesch, Postsecondary/Collegiate Vice President; Raelise Emard, Secondary Board Representative; and Jude Alcide, Postsecondary/Collegiate Board Representative, participate in one of the leadership activities at the Florida HOSA Region 12 Fall Conference.**



## Helping to



## the Fastest Growing Menace in America

by Mike Glover, CAVIT Advisor and students, Roger Mortensen, Jimi Padilla and Leticia Valencia

As a result of a class presentation on methamphetamine delivered to CAVIT (Central Arizona Valley Institute of Technology) students last November, several students were motivated to take what they learned and create a lesson to teach 4<sup>th</sup> and 5<sup>th</sup> grade children. This age group was chosen because children are “sponges”, absorbing all that is shared. Students researched websites to become meth experts. CAVIT students learned that the best strategy for preventing meth use is to educate students at an early age about the harmful effects of meth drug use. CAVIT students used video clips and included meth drug pictures. The video clips and pictures provided a realistic view of the horrible effects of meth use. Students developed a skit, a Powerpoint, children’s activity and pre/post test assessment to determine changes in students’ attitude towards meth use. Results from feedback surveys indicate that children’s attitudes towards drug use changed and awareness of meth use increased after the student presentations.



**Students field answers from children about meth dangers.**

HOSA Members, this is bad stuff!

- More than 12 million Americans have tried meth, and 1.5 million use it regularly.
- Meth is made from battery acid, drain cleaner, lantern fuel, antifreeze and other toxic ingredients.
- Meth causes bone loss, rotten teeth, sleeplessness, aggressiveness, heart damage and failure, seizures, coma and even death.
- Young people addicted on meth say that the drug’s grip on the user makes it a particularly tough habit to break.
- Meth street names include: Ice, Glass, Tweak, G, Tina, Chicken Feed, and Crank.



**Students perform a skit about the behavior changes in people due to meth use.**

**CAVIT students learned that the best strategy for preventing meth use is to educate students at an early age about the harmful effects of meth drug use.**





## GEORGIA HOSA



**L to R: Janie McGhin, Rosemary Martin, Jordanna Lundgren, Allen Seigler, Curlena Pippins.**

The evening session was facilitated by Kim Smith, National HOSA Assistant Director, and included an introduction to the HOSA National Competitive Events Program and a review of HOSA's 5 new competitive events. Then groups of advisors analyzed questions related to the National Competitive Events Program, and shared their conclusions with the entire audience.

### Success Day February 8-9, 2008

Georgia HOSA advisors had an opportunity to learn more about the National HOSA Competitive Events Program at a special workshop sponsored by Georgia HOSA and directed by Allen Seigler, GA HOSA Executive Director. Nearly 74 advisors attended the Georgia HOSA Success Day on February 8 and 9, 2008, at the Atlanta Marriott Gwinnett Place.



**L to R: Phyllis Johnson, Cheryl Batts, Mark Elsey, Paulette Diener, Anne Free, Janice Tallant, Jama Kirkland**



**L to R: Cheryl Boots, Georgia Advisor; Connie Liles, Presenter from North Carolina; and Phyllis Johnson, Program Specialist, State Department of Education.**

The featured speaker for Saturday morning's workshop was Connie Liles. Connie is a local advisor from Myers Park High School in Charlotte, North Carolina, and a member of the National HOSA Tabulations Team. Connie shared her personal experiences as a chapter advisor, and gave workshop participants an opportunity to judge a Researched Persuasive Speech, a number of Extemporaneous Health Posters, and a few other events. Georgia advisors also had a chance to see examples of Outstanding HOSA Chapter, Medical Photography, Health Education, Clinical Specialty, and Chapter Newsletters.

The GA HOSA Competitive Events Management Team, under the direction of Chris Smith, CE Director, met and planned the GA HOSA State Competitive Events. Georgia HOSA is moving ahead and looking forward to NLC 2008 in Dallas, Texas.



# HOSA Hosts Luncheon at Dirksen Senate Office Building

Luncheon Speakers included: Representative Michael Burgess (TX); Michelle Chin, Senator John Cornyn's office (TX); Senator Lisa Murkowski (AK); Representative Charles Gonzalez (TX); Representative Michael Castle (DE); Representative Tim Bishop (NY); David Weinreich from Representative Bob Etheridge's office (NC); and Angela Mikolajewski, Senator George Voinovich's office (OH).

A variety of issues were shared by the delegates in attendance. The #1 issue addressed was the S-CHIP legislation that would help with the insurance needs of children as well as the critical shortage of health care workers. Emergency preparedness was also highlighted as a major concern. It was evident from the congressional delegates that the health related issues impacting our Nation are extremely important to national security and well-being.

U.S. Senator Lisa Murkowski shared the needs of rural hospitals in Alaska and around the country. The shortage is hitting rural areas particularly hard. She shared how important it is to keep the pipeline full of qualified young people and thanked HOSA for its mission to help ease the health care shortage.

Representative Michael Burgess (TX), met with HOSA for a second straight year and brought his unique perspective as a medical doctor serving in the House of Representatives. Representative Burgess serves the congressional district where the National HOSA Headquarters is located.

The HOSA Day on the Hill and Congressional Luncheon was an extraordinary success. We believe that the efforts of those involved will prove helpful in resolving our Nation's health care shortages!







## Helping America's Youth Initiative

HOSA is pleased to be a partner in President Bush's initiative called Helping America's Youth (HAY) with First Lady Laura Bush as the spokesperson for the Administration. Helping America's Youth is a nationwide effort to raise awareness about the challenges facing our youth, particularly at-risk boys, and to motivate caring adults to connect with youth in three key areas: family, school, and community.

HOSA members, serving as volunteers at a recent regional meeting in Dallas, Texas, are pictured with First Lady Laura Bush—Nicholas Carmona, Caleb Smart, Jessica Faber, Damaris Sifuentes, Shawna Taylor and Matt Phillips.

On February 7th, Dr. Jim Koeninger, Executive Director, and Karen Koeninger, Associate Director, attended a reception at the White House hosted by President Bush and The First Lady honoring the 3rd Anniversary of the Helping America's Youth Initiative. The purpose of the reception was to sign an Executive Order to institutionalize the Youth initiative. There were eight members of the Cabinet in attendance when the Executive Order was signed by President Bush in the East Room at the White House. It was a great honor for HOSA to be represented at the reception and signing. More information regarding Helping America's Youth can be found at [www.helpingamericasyouth.gov](http://www.helpingamericasyouth.gov).

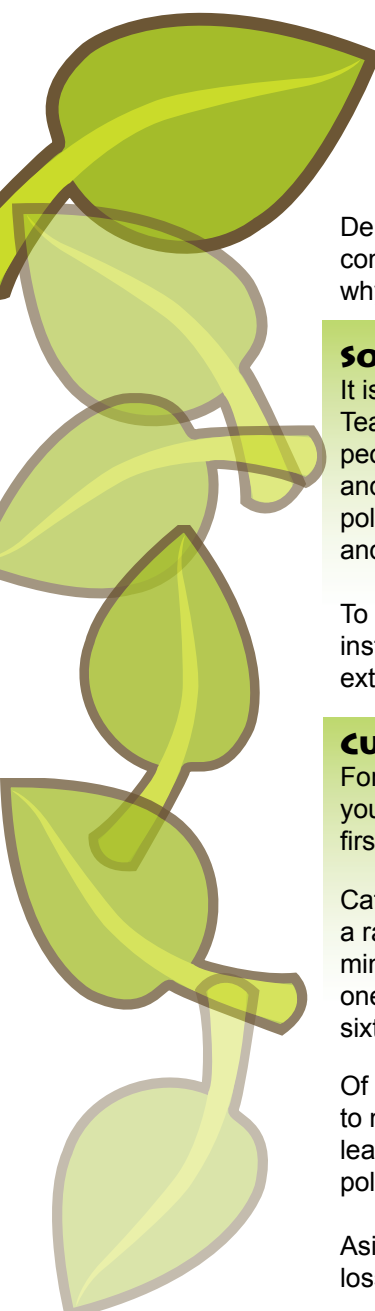
*"Caring adults connecting with youth is vital in the lives of our nation's young people, particularly at-risk boys, in helping them become healthy and successful adults."*

*-Mrs. Laura Bush*

*When adults offer young people a chance, their love and support can show struggling youth the hope that lies beyond their future, and sometimes that hope makes all the difference.*

*-Mrs. Laura Bush*





# Tea: *The Elixir of Life*

Delicious, low-calorie, and brimming with antioxidants, tea is quickly becoming the most commonly consumed beverage worldwide, after water. Even in the U.S., its popularity is rapidly growing. And why not? With the health benefits you stand to gain, you, too, will want to drink up.

### SOAK UP THE HEALTH BENEFITS

It is no wonder that tea is the beverage most commonly enjoyed by centenarians around the world. Tea is full of powerful antioxidants that improve concentration, gently boost energy, and make people happier. The free radical-inhibiting property of tea is more potent than that of vitamin E, and tea is a proven preventive and treatment for atherosclerosis (hardening of the arteries). The polyphenols in tea, especially the catechins, are powerful antioxidants that help ward off diabetes and cancer.

To get the most health from your tea, brew it fresh from tea bags or loose leaves and herbs, as instant and bottled teas contain less active compounds. Let the tea steep for three to five minutes to extract the most beneficial compounds. Drink to your health!

### CUT THE MORNING COFFEE

For many people, the first thing they reach for in the morning is coffee. Although it may initially give you a jolt, coffee actually depletes your vital essence, “borrowing” energy that you didn’t have in the first place.

Caffeine acts as a central nervous system stimulant. It causes you to experience stress, anxiety, a racing mind, and even insomnia, working against your attempts to relax the body and calm the mind. A healthier alternative to coffee is herbal tea. On average, a cup of black tea contains about one third of the caffeine you would get from the same cup of coffee. Green tea contains about one sixth of that amount.

Of course, caffeine content will vary depending on the particular tea and the brewing time. One way to naturally decaffeinate your tea is to steep for 45 seconds, pour out the liquid but keep the tea leaves, then add fresh boiling water and let it steep for 3-5 minutes or longer to allow the beneficial polyphenols to be extracted from the tea.

Aside from the health benefits, tea is a zero-calorie beverage, making it your best choice for weight loss. Pass on the diet soda, loaded with sugar and bone-weakening bubbles, and go for tea.

It is best to drink tea unsweetened and without milk, which can minimize some of the health benefits. To sweeten the tea without the extra calories, forgo the sugar and try instead honey, stevia products, or a stick of cinnamon.

### THE HEALTHY VARIETIES OF HERBAL TEAS

Aromatic and chock full of amazing health benefits, herbal teas are made from various leaves, roots, bark, or flowers. Here are just a few:

- Ginger: Soothes the digestive system and keeps your energy fired up
- Chamomile: Settles the stomach and is calming and soothing for the nervous system
- Peppermint: Increases healthy gastric secretions, relaxes the intestines, and settles the stomach
- Dandelion: Detoxifies and supports healthy liver functions
- Valerian: A natural herbal substitute for sleeping pills







## Training for a Job in the Growth Industry of Health Care

The Princeton Review

Healing the nation's sick and injured brings together people from varied backgrounds and diverse interests using not only cutting edge technology and sophisticated medical techniques, but intrinsic values such as compassion and caring.

**The health care industry provides 11 million jobs for Americans -- a number that continues to grow.**

The U.S. Department of Labor projects that jobs in health care will increase 26 percent by 2008, **which translates into 2.8 million new jobs.** For those interested in a career in health care, the choices are unprecedented in the nation's history.

According to the latest figures, the national average nursing salary is \$45,000, and the U.S. Bureau of Labor Statistics reports that **jobs for RNs will grow 23 percent by 2008.** A registered nurse needs an associate degree in nursing and if working in a hospital, is usually assigned to an area such as surgery, maternity, pediatrics, emergency room, intensive care, oncology or rehab.

Vanderbilt University professor Peter I. Buerhaus, a health care economist, recently predicted that a **current nursing shortage of about 100,000 nurses could grow to eight times that size by 2020.**

"Just as the legion of baby boomers is about to swell the need for quality health care, America's hospitals and other institutions need more nurses, especially those who deliver specialized care," states a report by Sigma Theta Tau International, the honor society of nursing.

Other health care areas include radiology, which uses X-rays in diagnosing medical problems, and lab positions. The growth of HMOs has created many positions in outpatient services, at-home care and preventive medicine. In tandem, there is a need for health care administrators and managers, as well as patient reps, chief financial officers and managers with a business or finance background.

**Adding to the health care crunch is an anticipated shortage of people entering the field.** Recognizing this critical need, especially in light of studies pointing to the correlation between the level of patient care and the adequacy of hospital staffing, health care advocates are promoting the positive aspects of nursing and other related areas to students.

If you're interested in a health care position, experts say that education and experience are key. They suggest:

- **Obtaining a part-time job** at a clinic or nursing home to see whether its geriatrics or pediatrics that fulfills you.
- **Volunteering** at a hospital or doctor's office to see whether a faster or slower pace of work suits you.
- **Trying again** if the experience is not positive.

Once you're working, you can expect lots of on-the-job training, as well as the necessity for continuing education courses to stay up-to-date on the latest medical and technological advances.

While hospitals, physician offices and health care settings have changed dramatically in the past few decades, **some elements of the profession have remained constant -- the feelings of compassion and caring that motivate graduates to enter the profession.**





## WORKING WITHOUT A BACHELOR'S DEGREE Can Pay Off

Feel like the absence of a bachelor's degree on your resume is forcing you to settle for a second-rate job? With today's myriad opportunities to earn certificates and associate degrees, you can change your career, your salary, and your life in just a short amount of time.

Check out these five high-paying careers -- no bachelor's degree required!

### 1. Dental Hygienist

Employment of dental hygienists is projected to grow much faster than average for all occupations through 2014, ranking among the Bureau of Labor Statistics' list of fastest-growing occupations.

To practice in a dental office, hygienists must earn an associate degree or certificate from a school accredited by the American Dental Association Commission of Dental Accreditation. A base of biology, chemistry, and math courses are advised, and program coursework will include clinical, laboratory, and classroom instruction.

*Median annual earnings: \$58,350.*

### 2. Nursing-Associate Degree

Nursing is a large health care career with space for people with varying amounts of training. Licensed practical nurses, for example, need only around one year of training at a degree program from a vocational school or community college, completed online or on-campus. Licensed practical nurses' duties include feeding and bathing patients, recording patients'

vital signs, applying dressings, and giving injections. The best employment opportunities for license practical nurses should be in areas outside traditional hospitals, such as home health care services. Registered nurses need more schooling, but they also have more job responsibilities and higher salaries than licensed practical nurses. Registered nurses generally have completed bachelor's degree programs or associate's degree programs. The nursing path you choose will depend on your goals for your career.

*Median annual earnings: \$35,000 - \$52,330.*

### 3. Diagnostic Medical Sonographer

Also known as ultrasonographers, diagnostic medical sonographers can specialize in obstetrics and gynecology, abdominal or breast sonography, or neurosonography.

A strong background in math and science is recommended, as associate degree coursework will include anatomy, physics, and physiology. A good bedside manner enables the sonographer to explain complex procedures to patients and reassure those who fear the health matters the testing may reveal.

*Median annual earnings: \$52,490.*

### 4. Forensic Science Technician

You've seen the TV shows -- these professionals collect and analyze physical evidence and document laboratory methods and findings. Computer skills and attention to detail are crucial as collection and

processing of materials must be spot-on to safeguard evidence.

Forensic science technicians should develop a strong base in math and science as preparation for their associate degree, typically earned in applied science or science-related technology. Coursework will include laboratory work and hands-on learning. Once in the field, technicians can choose to specialize in a certain type of analysis or examination.

*Median annual earnings: \$44,010.*

### 5. Radiography

If you're looking for a health care job with good hiring prospects, look no further than radiography. Radiographers produce and analyze patients' x-ray films to diagnose medical problems. In addition to preparing patients and operating equipment, radiologic technologists keep patient records and adjust and maintain equipment. They also may prepare work schedules, evaluate purchases of equipment, or manage a radiology department.

Some radiographers specialize in computed tomography (CT), and are sometimes referred to as CT technologists. Radiographers also can specialize in Magnetic Resonance Imaging as an MR technologist. MR, like CT, produces multiple cross-sectional images to create a 3-dimensional image. Unlike CT, MR uses non-ionizing radio frequency to generate image contrast. Another common specialty is mammography.

*Median annual earnings: \$48,170.*







## The Gift of LIFE

By Sameera Mangena, Kansas HOSA President

Just before his 16th birthday, Eric came down with what his family thought was the flu. A blood test at the hospital revealed that the situation was much more serious — Eric had leukemia. He commenced immediate treatment, but what saved his life was blood donated by complete strangers. Over the course of his treatment, Eric needed 25 units of red blood cells and over 30 units of platelets. Thanks to donors, he is now 19, in remission, and attends the University of Idaho. ([www.giftlife2.org](http://www.giftlife2.org))



This story had a happy ending; but the fact is, for every happy ending, there are a thousand stories about other people who weren't as fortunate. Blood donation has risen in recent years due to a heightened awareness throughout the United States, but that is still not enough. As members of HOSA, it is our job to be ambassadors for those in need and spread the message to our peers that donating blood is a relatively simple procedure that could have a priceless effect on someone's life.

It would probably be a good idea to know something about the process of donating blood before trying to convince others to do it. Only 5 percent of eligible donors across the nation donate blood, but the number of transfusions nationwide increases by 9 percent every year. About 38,000 units of blood are used each day in the United States, and one unit is about the equivalent of one pint. Twenty five percent of us are going to need a blood donation at some point in our lives, but blood cannot be manufactured; it has to come as a gift from people. Each blood donation takes only 45 to 60 minutes, and one donation can help up to three people. ([www.mayoclinic.org](http://www.mayoclinic.org), [www.mybloodyourblood.org](http://www.mybloodyourblood.org))

As you can see, blood donation is an opportunity that not nearly enough people take advantage of. For most, the reason they don't donate is because they don't know anything about it or how to go about doing it. Now that the first part has been taken care of, the question is, where can you go to donate blood? For high school students, there is always the opportunity to organize a blood drive. Get the word out to your fellow students that donating blood is a very safe and easy procedure. Organizations such as the Red Cross get the majority of their blood donations through blood drives. If there isn't a local blood drive somewhere, look online for places to donate in your area.



**American Red Cross**

There are so many people like Eric out there in need of blood that only we can give. As a young generation of future healthcare professionals, it is our job to get the message out there about what people can do to make someone's life better. You never know when you might be in a situation where that gift of life could help save you or someone you love.

**Kansas HOSA State Officers 2007-2008 (left to right): Mackenzie Nix, Treasurer; Jerry Carmona, Sentinel; Allyson Fowler, Secretary; Carly Spooner, Chaplain; Skylia Jordan, Historian; Michael Roberson, Parliamentarian; Miesha Brison, Vice-President, and Sameera Mangena, President.**





AUTISM SPEAKS™  
It's time to listen.



# Change Her World

And so they do..... Desperately hoping that their child will catch up!

**Autism – 67 children diagnosed today!**

**A new case is diagnosed every 20 minutes!**

The band, Five for Fighting, is generously donating \$0.49 to Autism Speaks for **\*each time\*** the video attached in the link below is viewed. The funding goes toward research studies to help find a cure. When you have a moment, please visit the link below to watch the video and pass it along to your friends and family. They are aiming for 10,000 hits, but hopefully we can help them to surpass this goal.

<http://www.whatkindofworlddoyouwant.com/videos/view/id/408214%A0>

*What kind of world do you want? Let's help Claudia and others like Claudia by sharing the video with others.*



**For more information about  
Autism, please go to  
[www.AutismSpeaks.org](http://www.AutismSpeaks.org), HOSA's  
National Service project.**





## *Students Succeed with* **Medical Reserve Corps Project**

Captain Robert J. Tosatto, R.Ph., M.P.H., M.B.A., U.S. Public Health Service, serves as the Director of the Medical Reserve Corps. The MRC is dedicated to establishing teams of local volunteer medical and public health professionals to contribute their skills and expertise to improve the health and safety of communities across the country. The MRC was founded after President Bush's 2002 State of the Union Address, in which he asked all Americans to volunteer in support of their country.

HOSA established a partnership with the MRC which will provide HOSA members the opportunity to learn firsthand how to prepare for and respond to emergencies, promote healthy living, and supplement existing emergency and public health resources.

Tori Hicks and Samantha Scott from Indian Capital Technology Center in Oklahoma won first place in the

Secondary Division at the 2007 National Leadership Conference for their Community Awareness Project. The project was centered on setting up a local MRC chapter and bringing together multiple local and Indian Reservation services to form a MRC chapter. Tori and Samantha shared the process and steps they took to make this happen and how it succeeded with the State Advisors. Tori and Samantha were recognized by the Office of the Surgeon General for setting up a MRC unit in their rural community, thanked them for their effort and presented them with a coin that is bestowed on MRC personnel.

The partnership with the MRC reinforces the value of HOSA chapters and members gaining experience in disaster preparedness in the community and on the campus of schools with HOSA chapters. HOSA is looking forward to more success stories involving the Medical Reserve Corps and local HOSA chapters.



## **HOSA White House Policy Briefing**



HOSA delegates were welcomed to The White House by Katie Loois, Associate Director of Public Liaison for the USA Freedom Corps, for an official briefing by White House staff in the Indian Treaty Room in the Eisenhower Executive Office Building.

President Bush created USA Freedom Corps (US AFC) to build on the countless acts of service, sacrifice, and generosity that followed September 11th. Ms. Loois encouraged HOSA to promote volunteerism and the

opportunities available for recognition through USAFC and commended HOSA's leadership for its outstanding work through the Barbara James Service Award. Attending the briefing on behalf of First Lady Laura Bush was Sara Armstrong, Deputy Chief of Staff. Captain Robert Tosatto, Director of the Medical Reserve Corps, brought greetings and shared his encouragement for the future of the HOSA-MRC partnership. HOSA was fortunate to hear about the medical care that is given to the President and First Lady from Robert O'Sullivan, White House Physician Assistant. A special thanks to Carrie Underwood, Deputy Director of Policy and Projects, Office of the First Lady, for securing Robert and for her continued support of HOSA. HOSA is sincerely appreciative to the USA Freedom Corps for hosting HOSA in the historic Indian Treaty Room.





## HOSA Takes the Hill!



At the State Advisors' Management Conference in Washington, DC, HOSA state leaders and officers met with nearly 200 Congressional Delegates and staff addressing health care workforce issues. It is evident that the shortage of qualified health care providers is real—and it is time to focus on the recruitment of qualified young people upon which this Nation will depend to deliver quality health care to all Americans.

In January 2008, HOSA leaders met with Congressional leaders to review the partnership between HOSA and the Medical Reserve Corps designed to provide HOSA members and advisors with emergency preparation training as well as experience in responding to disasters involving the Medical Reserve Corps. Likewise, HOSA chapters are committed to providing members with training and experience in emergency preparation practices and greater awareness of the career opportunities in the public health service.





# 1<sup>st</sup> Annual Washington Leadership Academy!

**T**he First Annual Washington Leadership Academy was held in Washington, DC, September 20-25, 2007. Fifty (50) state officers, representing 19 HOSA State Associations participated in the 5-day event. The keynoter at the Opening Dinner Session was Amy Gallimore who used humor in a unique and enjoyable manner for the purpose of self-assessment.

Day 2 was spent in Capitol Mall participating in a leadership-based team building activity —becoming more familiar with the nation's capital in a unique and fun manner. Today's leadership session included preparation for a series of meetings with congressional delegates on Capitol Hill. After a full day of learning, academy participants relaxed and participated in an art project titled, "HOSA Town". The art produced will be displayed at the 2008 National Leadership Conference in Dallas, Texas.

After a morning of leadership sessions on Day 3, the state officers and advisors were treated to a VIP Tour of the United States Capitol followed by a reception with the State Advisors at the Eisenhower Old Executive Office Building in the Indian Treaty Room hosted by the USA Freedom Corps. Highlights of this event can be found on page 3.

Day 4 concluded the WLA with HOSA Day on the Hill where the leadership of HOSA met with nearly 200 Congressional Delegates to emphasize the importance of HOSA and its impact on the health care community.



*HOSA does make a  
difference!  
The 2<sup>nd</sup> Annual  
Washington Leadership  
Academy is in  
September, 2008.*





# Strength to Overcome Failure

by Eddie Erickson  
J. Everett Light Career Center

*It seems that I have been battling obstacles my entire life – obstacles that seem to always set me up for failure. I feel like the biggest obstacle I had to overcome was the separation of my parents when I was three*

It seems that I have been battling obstacles my entire life – obstacles that seem to always set me up for failure. I feel like the biggest obstacle I had to overcome was the separation of my parents when I was three. With an over fifty percent divorce rate today, divorced parents do not appear to be an obstacle but when I was young, it was a hard. People always asking, “Where’s your mom?” or “Where’s your dad?”. Terms used like “broken home” made me feel like a failure and to this day, it still bothers me. It is something that I have come to understand and accept but it still hurts.

I lived with my father, grandparents and younger brother for the first half of my life in Indiana. I started school like all other kids my age and did my homework. My mother moved to Chicago with her parents and I rarely saw her due to her financial issues and drug problems. Needless to say, I struggled to succeed in school. In grade school, I was diagnosed ADD, put on medication and moved back a school grade. My brother was a year younger which didn’t make things any better for me. I refused to take the medication and to this day never have.

The rest of my grade school days were not the easiest days of my life. I still continued to struggle, and having my younger brother’s success held over my head didn’t help my self esteem. I was away missing school because of false illness and fighting with my brother and his friends. In the 6th grade my father remarried and now I had a step-brother and sister. At first, I didn’t want anything to do with the marriage but have only recently realized that it was a very good thing for all of us.

I continued to struggle until the 7th grade when I decided to move out with my mother when she moved to Indianapolis. I felt like anything was better than living in a place where I was al-

ways a failure. I started to get more one on one attention and help with school work. My grades started to improve through middle school and I made some friends. I started to learn how to control my anger and temper through music. Although I never learned how to play an instrument it was a way for me to get away and let it all out by relating the lyrics with my anger. When I moved to Indy, I also reconnected with my very good friend Chris Anderson. We went to kindergarten together and then he moved to Indy in the 6th grade.

The one obstacle that I had to overcome was the day I got the call about my brother doing drugs and underage drinking. I’m not talking about your normal pot use; I’m talking about cocaine and heroin. My mother became stressed which came down on me having to deal with the aftermath. He was in and out of detox wards along with my step-brother.

I started high school at North Central High School and started to hang out with Randy Badger my best friend still to this day. He helped me further channeling my anger by getting involved with a Bible group. However, new obstacles arose with my step-father’s alcoholism. He was in and out of jail and causing us to move a lot due to the lack of money from the bail and the damage that was done. We moved five times while I was in high school. The day he stopped drinking was the day the cops were called for a domestic battery. He went to jail and then to rehab the following day. He’s been clean to this day. To this day, I regret not making my mother join him in the rehab so that she could kick her drug habit as well.

All through high school, I managed to keep my mouth shut about my mother’s habit in fear that I would be without a roof over my head. I also managed to stay as busy as I could to stay out of the house and start thinking about how I wanted to live my life. So I joined JROTC to keep my self occupied. I learned valuable

(continued)





leadership and discipline traits. I also took advantage of joining the military to help pay for college. I was discharged for Asthma that no one knew about.

My junior year of high school I got involved in the J. Everett Light Career Center and took the veterinary assisting class. I went to the HOSA state competition and won 2nd place. I was unable to take the second year course my senior year but did manage to help out by being a student helper for the class. I applied for a scholarship to take the advanced year course as an adult student and received just that.

I graduated North Central High School in 2003 with a grade point average of 3.7 as apposed to the 0.7 that I came to Indy with. I never took advantage of my IEP for my ADD and never used any kind of illegal drugs.

Since I graduated, I used my career skills and acquired a job with the Indianapolis Humane Society. There I fine tuned all my skills and gained new ones along the way. I was there for one and a half years and became burned out from euthanasia. I also met my soon to be wife. After leaving the veterinary field, I turned to some good friends of the family for work. They hired me to build pools for Indianapolis Pool &

Spa. With them, I refined other handyman skills and gained an abundant amount of knowledge with electrical work. My mother and I have stopped talking because of my protest about her needing to get help with her addictions.

Last February I took a new job back in the Veterinary field and had to relearn everything. I assisted Dr. Jerry Risser and the staff of Fall Creek Veterinary Medical Center to open a brand new clinic in the Fishers area of Indy. The experience will always stay with me as something that I was a part of and had an opinion in what happened. Currently I have left Fall Creek Vet due to lack of hours and business and took a job at the J. Everett Light Career Center as a teacher aide for the Veterinary Assisting class.

Goals and things to come for the future include my upcoming wedding to my one and only true love. As well as helping the career center's veterinary program grow by becoming another teacher. My involvement with a program like HOSA really does make a difference in a person's life – my life is just one example.

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