



Kentucky News from Local Chapters

CASEY COUNTY

This year, the Casey County HOSA chapter took part in the Great Outhouse Blowout held at Penn's Store on September 8, 2007. The outhouse race is a great tradition that has been carried out by the people of our community since 1992. Every year around September, people from all over come to race, socialize, and just relax and have a good time.



The outhouse race is actually a race with outhouses. Each team consists of four runners and one rider. Outhouses on wheels are built every year just for this event. The teams race along

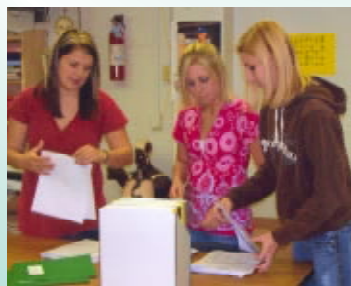
a 300-foot track located in front of Penn's Store. The one to cross the finish line first wins that match but by the end every team will have raced each other. The winners are rewarded with cash prizes and trophies.

Penn's Store has been around since 1845. It is the oldest country store in America in continuous ownership and operation by the same family. It was at this store that the community's first post office originated. Penn's Store is a "meeting place" for people from everywhere. The store is located in the knob region of central Kentucky, known as Forkland.

This year was the first year the outhouse race had an all girls division due in part to the participation of the Casey County HOSA Chapter. HOSA had two all girls teams that participated. Our HOSA members brought back a third place trophy and the Humdinger award. The Humdinger Award was presented to the HOSA team for having the best-decorated outhouse. HOSA members worked very hard to paint, carpet, and decorate their outhouse and were ecstatic when they received this award for their hard work. The outhouse race was great, rewarding, and a challenging experience that we have all learned from. Teamwork is the only way to get anything done.

WEBSTER COUNTY

Webster County HOSA members recently helped the Connection/Family Resource Center prepare for the Mini TLC (Teen Leadership Conference). Mini TLC is an annual event presented to Webster County 8th graders.



The purpose of this event is to promote a drug free lifestyle, encourage abstinence, and enhance leadership skills. Many area agencies participate and sponsor this event. HOSA was active in preparing for the event by sorting and making folders for each of the participants. Informational articles on drug use, tobacco use, and other important topics were included in the folders.

HARRODSBURG ATC

The Harrodsburg ATC HOSA chapter served the community this year with disaster relief awareness. This is a very important topic in today's society. As evidenced by recent disasters, many people are not prepared and rely on the government for support. As young citizens, we need to educate ourselves in how fast disasters can strike and ways to help prepare them.

As HOSA members, we decided to help our community prepare by bringing them this information at our community festival.

A poster was prepared showing different types of disasters, such as floods and hurricanes. We also promoted disaster relief by coordinating a blood drive at Mercer County High School. HOSA members helped donors register and educated them on what was going to be done with their donations. By talking one on one with the donors and stressing to them the importance of eating and drinking before and after giving blood, the process was made easier. Ninety one units of blood were donated that day. Each pint will help save three adults or six infants.



The HOSA chapter also assisted the Mercer County Health department with a drive-thru flu shot clinic. In this event, each car was timed to determine the average time needed to vaccinate the passengers. In the average time of six minutes, the drivers completed health information forms and drove to the next station where payment was accepted, and then received their flu vaccination. This was done as a trial to see how long it would take to vaccinate each resident in the county in the event of a wide-spread disease.

Disasters can be a frightful and unexpected thing. Harrodsburg ATC HOSA members and advisors plan to be trained as emergency responders, and will be able to assist in the event of a disaster. We also would like to help our communities to be better prepared for this type of event.

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MARTIN COUNTY ATC



Blood squirts from your arm as the nurse misses the vein. Immediately, things go pitch black. You are out like a light. If this thought is what makes students reconsider

becoming blood donors, they need to think again. Why? Because nightmare instances like this rarely occur since most nurses are highly experienced in taking blood from donors.

Small needles awaited fellow students attending Sheldon Clark High School. Seventeen and eighteen year-old pupils lined the gymnasium, patiently awaiting their turn to have their blood seized—all to help save lives.

On September 11, 2007, many faces expressed fright and confusion as HOSA sponsored the yearly blood drive. Some faces even appeared pale and discomforted by what was to greet them—a needle in the arm. Some bodies staggered around after giving their blood while the light of darkness made others fall to the floor, passing out without notice. Of course, after eating a cookie or a few pretzels, students who appeared light-headed and weak recovered fairly quickly.

Indeed, the process of giving blood is fairly simple, lasting approximately twenty-minutes to complete. Blood pressure is checked, blood is checked for iron levels. Seventeen-year-old students willing to donate blood must have a permission slip signed by a parent or guardian in order to give blood. However, anyone eighteen years old or older can donate without parental consent.

Without a doubt, all people should consider donating blood to save lives. Once a donor's blood is taken, the process is complete. In the end they can reap the reward by knowing the one day they will be considered a lifesaver.

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