

Following My Dreams

"When I grow up, I want to be a firefighter, or a doctor, or maybe even a dentist." Many kids say it, and what they say usually changes day to day. But some people stick with their dreams. It's not always easy; but somehow, if we want it bad enough, we fight for our dream. Currently a junior at Garden City High School, I find myself often wanting to give up on my dream to be a radiologist. Many people snicker when I tell them my dream, and later ask, "What is that?" But there are many at my high school, trying to help me achieve my dream.

The many who are doing so include my school administrators, counselors, and, of course, my Health Careers Investigation teachers and local HOSA advisors, Mrs. Schneider, and Mr. Bascue. To be in any Health Careers Investigation classes, you must first take Biology. Then you move on to Health Careers Investigation I. After you go through the many medical terminology videos and become a pro at looking up health related-problems on the internet, you are ready to move on to Health Careers Investigation II.

In the Health Career Investigation II class, we spend most of our time job shadowing at our local hospital, St. Catherine Hospital. Although I was in the class the first semester of this year, I am in it again this semester. This semester, we are shadowing at a local funeral home, eye doctor, and the local hospital; and it's an experience I will never forget.

We are on a schedule, usually spending about 2-3 days in one location; and it's nothing like you would imagine it to be. I have scrubbed in with many doctors and nurses, getting ready to witness a surgery. I have also been in the room when the doctor has told a patient she has cancer. Seeing her face was a heart breaking moment, but there is just something about the medical field that amazes me.

When shadowing, I have sometimes seen and smelled some unpleasant things! For example, while learning about and observing wound care, a lady with poor circulation came in to get the wound on her leg cleaned, and it was the size of a baseball. The lab is also an area where you sometimes encounter strange sights and smells. When we have been in the lab studying cultures in Gross Anatomy, and the storage bin in the refrigerator has been opened, I have sometimes seen what looks almost like a green fog coming out, like something you might see in a cartoon!

Through my experiences, I've come to appreciate even more the critical importance of our team of doctors who take care of us, the lab techs who run our blood work, the radiologists who read our x-rays, and the nurses who take our temperatures at school when we are sick.

I hope that you will reflect on your dreams and seek out people who can help you to succeed, as well as opportunities, such as those available through HOSA, so that you may one day achieve them.



Mackenzie Nix
Kansas HOSA
Treasurer

Serving others through HOSA

by Jennifer Suleiman, Nebraska HOSA President

HOSA's motto, "The Hands of HOSA Mold the Health of Tomorrow," exemplifies the fact that continuous service towards others benefits everyone in the end. The fact that HOSA members have the ability to serve others is unbelievably important to every community. As the current Nebraska HOSA State President, I have had the privilege to witness several acts of service that deeply impacted countless people.

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One of the main reasons it is crucially important for HOSA to service others is because so many people can benefit from these selfless acts. For the first year at my high school, my local HOSA chapter helped organize two blood drives that achieved a lot: we educated the students about giving blood; and helped countless others in need with all the blood that was donated. In addition to this, many of the HOSA chapters in Nebraska have come together for a greater cause in wanting to support each other.

By constant encouragement and friendly competition, the Nebraska HOSA chapters have managed to achieve the goals that they set every year. This, in my opinion, is another example of how HOSA's determination to serve others can positively affect everyone involved, not just the recipients of the good deeds performed. With this idea, one can see how communities

around the state are greatly impacted by the never-ending desire to serve and help anyone and everyone in need.

Although various chapter activities are a great way for people to serve others through HOSA, there are several other opportunities HOSA offers that can also affect those around us. By volunteering, community service, or other forms of voluntary effort, everyone can benefit from what each HOSA member has to offer. Furthermore, the importance of selfless work is crucial to the quality of every community and individual. Without the generous help and work of HOSA members, many communities and individuals might not be as fortunate as they are today.

Being a witness to so many great deeds done by several chapters in my state has been truly amazing, such as Scrubby Bear and Autism Awareness. I am absolutely certain that the purpose of HOSA is carried out with high standards through the individual efforts of HOSA members and the group efforts of HOSA chapters, all working hard to serve others and see others excel. The excellent efforts done by each chapter, and many other chapters around the nation, have only added to the great wonders of HOSA. The effect of serving others through HOSA is completely worth the hard work when everyone benefits in the end.

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