Richland HOSA is always on the lookout for community service projects. So needless to say, we were more than delighted when approached by Mrs. Patti Clifton, Director of the Giles County Child Development Center. She presented the idea of partnering with RHS HOSA to help promote the CDC’s upcoming fundraising event, “The Little Ducky Race.” This fundraiser was set up to add to the funds currently given through governmental assistance. While we were more than eager to help, we knew nothing about the CDC. In fact, we had never heard of it, let alone what or whom they served. That’s when it was decided that we would approach this as a two-fold project. First, we would help with fundraising. Second, and possibly most important, we would help to promote the CDC and increase community awareness about the center.

The purpose of the Giles County CDC is to provide educational intervention services to children identified as having developmental delays or a specific disability. Early intervention includes assessing a child’s development, identifying and acting in areas enabling the child to reach his or her potential. Play-based interdisciplinary instruction is then provided in an appropriate and natural setting. The educational program includes developmental training in the following areas: communication, social, emotional, adaptive, cognitive, fine motor and gross motor skills. Any child with a developmental delay from birth to thirty-six months is eligible for admission as service designs permit. Operating year round, the CDC provides:

• Two half-day center-based programs in an inclusive environment
• Home based and community based instruction
• One instructor for every three children
• Parental training

To kick off our joint project, Mrs. Clifton came to our first HOSA meeting, which had over sixty members present. Richland HOSA and the Giles County CDC collaborated together to form a fundraiser. We thought “The Little Ducky Race” would be fun and beneficial. Sarah Perry, RHS President; Hannah Woodard, Senior Vice-President; Abby Hagan, Community Service Coordinator; and members Marcia Frazier and Dusti Harris went to the CDC to pre-plan the race. The CDC and Richland HOSA worked together to spread the word around Giles County by creating posters, fliers, and even announcements on the radio.

Contestants bought plastic ducks for $5.00 apiece with a corresponding number printed on the bottom. The ducks were then sent to float down Pleasant Run Creek, and the first to reach the finishing point was declared the winner. In addition to The Little Ducky Race, there were other contests and events held throughout day. One activity featured a jar full of corn in which the winner was determined by the person who guessed closest to the actual number of corn kernels in the jar. There was also a poster contest involving the Giles County Schools. A few people even dressed as ducks to entertain and carry out The Little Ducky Race theme. One of these ducks was Misty Jones, R.N., a HOSA alumni member. Local church youth groups, singers, tumblers, and performing arts groups entertained those who chose not to participate in the activities. Overall, The Little Ducky Race was a complete success for both Richland HOSA and, more importantly, the Giles County CDC.

(continued on next page)
Mrs. Patty Clifton said The Little Ducky Race was so successful that they plan to host another one next year. The duck race raised $7,000 for the Giles County CDC, $500 of which was raised by Richland HOSA alone. Richland HOSA had become a very good friend to the Child Development Center, so around Christmas we decided to help the CDC with their annual Christmas party. We got a list of the names of the children who attend the CDC, which included eight children and their brothers and sisters. The Christmas party provided an opportunity for us to experience one-on-one interaction with the kids and get to know them. We made personalized stockings for the kids and filled them with candies and toys, as well as fruit donated by RHS’s FFA. We played games like Pin the Nose on Rudolph, which the children enjoyed tremendously and we made sure the kids had a special treat of Christmas cookies. Santa even stopped by for a visit and brought books to each child. Ms. Patty Clifton says that they now have a bunch of bookworms on their hands, and we believe it! It was truly touching to see the children exchange gifts with one another; the thrill in their eyes as they ripped off the wrapping paper was priceless. We received a thank-you note from Ms. Clifton for all that we had done over the last few months. She was thankful for our help with The Little Ducky Race and made sure to tell us how much the children enjoyed the Christmas party. It was a lot of work to get everything planned, but it was worth it. We would do it all over again in a heartbeat just to see one child’s face light up.

We are pleased to report that 25 RHS HOSA students worked at The Little Ducky Race, and another 25 students helped with the Christmas party. We have plans to coordinate the CDC Valentine and Easter parties for the 2005 year. As a result of our work, all 130 RHS HOSA students are now aware of the CDC’s mission. The Giles County CDC now has the funds to proceed with their goal of helping the children.

Submitted by:  
Abby Hagan, RHS Community Service Coordinator  
RHS Community Awareness Team:  
Trevan Locke  
Casi Blade  
Amee Rose Motter

Nebraska HOSA continues to strive for excellence. As a growing state association, Nebraska state officers have worked hard to spread awareness about HOSA. We have sent numerous letters to schools to invite them to start a HOSA chapter, and for the first time, Nebraska HOSA had a Pre-State Conference. This conference was a huge success, due in large part to our Millard West Chapter. We had students from across the state compete at Pre-State. Nebraska HOSA is busy preparing for our State Conference. We are planning to have several guest speakers, corporate sponsorships and representatives from local colleges. We are excited and looking forward to Nationals!

By: Kelly Schulz, Nebraska HOSA Secretary
**ACTE Conference**

By: Michelle Pacovsky  
National Region I HOSA Vice President

National HOSA President Lauren Sheldon, President-Elect Reggie Coleman, Region I Vice-President Michelle Pacovsky and Region III Vice-President Ed Callahan were among the 5,000 delegates that attended the Association for Career and Technical Education (ACTE) convention in Las Vegas, Nevada on December 9-11, 2004.

ACTE is vitally important to the promotion and influence of Career and Technical Education. Career and Technical educators from across the country were in attendance, which gave us an opportunity to promote HOSA. The ACTE delegates spent time touring hundreds of booths in the expo that featured new products, services, and organizations that educators and students can take advantage of in the classroom.

As National Officers, it was our responsibility to set up the HOSA booth and provide Health Science instructors with information about the organization and encourage their involvement in HOSA. Many educators from across the country stopped by our booth to find out how they could get involved, and we used that opportunity to share with them the benefits of being a HOSA member. We explained the importance of HOSA and the opportunities it offers, and stressed that HOSA prepares students for medical careers through the Competitive Events Program.

During the convention we attended the opening ceremonies each morning, represented the organization at a breakfast held for health educators, and promoted HOSA each day at the booth in the expo.

At the ACTE convention, our goal as an officer team was to inform all delegates about HOSA and explain the benefits and importance of this organization that we are proud to represent, and I think we did a great job!

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**Career and Technical Education Webcast**

HOSA President-Elect Reginald Coleman joined six officers from Career and Technical Student Organizations (CTSOs) in a webcast hosted by Assistant Secretary Susan Sclafani, Office of Vocational and Adult Education, U.S. Department of Education on Thursday, March 3, 2005 in Washington, D.C.

The topic of the panel discussion was “Contributions of CTSOs Policy Makers and CTSO Student Views.” This was a great opportunity for the student leaders of HOSA, FFA, TSA, SkillsUSA, FBLA, DECA and FCCLA to share their thoughts and ask Dr. Sclafani questions pertaining to each CTSO.

Reggie took this opportunity to discuss with Dr. Sclafani what CTE is doing to help promote the health care industry and address the nursing shortage across the country.

The webcast was broadcast live from 3:00 to 4:30 PM as part of the National Dissemination Center’s 2005 Web Events.

Emergency Medical Technicians and Paramedics

By Michelle Pacovsky, Region I Vice President

What do EMTs and Paramedics do?
EMTs and Paramedics respond to emergency situations where there are people in need of medical attention. Their role is to provide on-site care in emergencies before the patients are taken to a hospital for additional attention.

What are some of the incidents they must treat people for?
They must be able to care for individuals who are in any type of accident such as automobile, fire, drowning, strokes, wounds, and any injury requiring medical attention.

Where do EMTs and Paramedics work?
EMTs and Paramedics can work for hospitals, fire departments, or private ambulance companies, and they must be able to work in a variety of conditions ranging from harsh climates to high stress situations. On average, EMTs and Paramedics will usually work 50 hours per week and can be on call many days, evenings, and holidays to respond to emergencies.

What kind of training is required to be in this field?
Extensive training is required to become an EMT and especially a Paramedic. There are several levels of training that a person can master to be able to respond to more emergencies. The levels that a person can master are EMT-Basic (EMT-1), EMT- Intermediate (EMT-2, 3), and Paramedic (EMT-4). The highest level of certification is Paramedic. EMTs and Paramedics must reregister every two years and continue their education each year they work.

What are the salaries for these occupations?
The typical salary for EMT and Paramedics was $24,030 in 2002. The lowest salary they earned that year was $15,530, but the highest was $41,980. Salaries vary depending on the demand of the location, the level of certification, the experience in the field and the company the EMT or Paramedic works for.

Being an EMT or Paramedic requires mental, physical, and emotional endurance. EMTs and Paramedics are assets in the medical field because they are first on the scene of an emergency and are vitally important in those crucial minutes before the patient is taken to the hospital.
Leadership is defined as the quality one must possess in order to take action. This is an extremely important attribute needed to be a successful healthcare worker. As South Carolina HOSA state officers, we are expected to be student leaders. It is our responsibility to lead by example for the other HOSA members.

In June, our state officer team attended the New State Officer Leadership Academy at the 2004 HOSA National Leadership Conference in Orlando, Florida. Under the direction of the academy leader, Mr. Paul Booden, we began our mission to serve HOSA as the 2004-05 state officer team. We began this mission with strong goals and clear objectives.

We continued to build on these abilities throughout the year. At our 2004 SC HOSA Fall Leadership Conference in October, Mr. Bryan Fiese, “The Motivator” was our keynote speaker. He delivered a lively and inspiring speech on the power of leadership. Over 400 SC HOSA members benefited from the leadership training. That experience was as an excellent opportunity for the state officer team to serve as role models to fellow HOSA members.

Many people ask, “Why is leadership important if you’re part of a group?” The answer is simple; if there are no leaders in a group, then there is no one to take action or work toward improvement. Leadership is an important characteristic for student members and officers to possess. Strong leadership skills will ensure the continued success of HOSA–A Student-Led Association of Future Health Professionals. HOSA encourages us to become leaders and offers many leadership opportunities, such as speaking in front of groups and making decisions about the future of our organization. Our service as student leaders in this organization will certainly prepare us to become future healthcare professionals and leaders.

HOSA encourages us to become leaders and offers many leadership opportunities.
HOSA Dress Code

It’s been in the news for years, and the problem seems to be getting worse. USA Today, Fortune and other media outlets are reporting that clothing in the workplace, and especially in schools, is getting out of control. Bare midriffs and belly buttons, body piercings, mini skirts, and pants that fall well below the waist are quickly becoming the trend. Reports constantly suggest that dress code is one of the most common problems that administrative officials and professionals are facing on a daily basis.

High School administrators are finding that everything from open toe shoes to low rise jeans are causing debate among parents and teachers, and they’re taking steps to stop students from wearing inappropriate clothing. This problem has become so significant that USA Today reported on August 30, 2001 that, “Earl Jones, principal at a Dallas magnet school, has a drawer full of belts and sweatpants…” for any students that do not meet the current dress code.

HOSA seems to be facing the same problems on a national level. HOSA members strive to be the best they can in leadership, education and eventually in healthcare. In anticipation of becoming healthcare leaders, HOSA members should also strive to present themselves professionally in the established HOSA uniform or business attire when attending HOSA events.

A great advantage to being in HOSA is attending Fall Leadership Workshops, State Leadership Conferences, and the National Leadership Conference, which give HOSA members the opportunity to meet with many healthcare professionals. HOSA members serve as representatives of the organization, and dressing in business attire or the official HOSA uniform shows respect and dedication to pursuing a career in healthcare. If dress code is an ongoing problem in workplaces across the country, show the healthcare professionals you meet that you are ready to make a difference.

It is said that a first impression can be formed in three seconds. In a glance, people form opinions about you based on appearance, grooming, body language, greetings and facial expressions. However, in those three seconds, if you have not said anything, the only tool people can use to form their impressions is based purely on your appearance.

HOSA is committed to building a pipeline of future healthcare professionals. The future of healthcare is you. Portray your healthcare goals and ambitions by dressing for success. Don’t let dreams become overshadowed by appearance. Show others that you are proud to be in HOSA and have respect for yourself and the healthcare industry and dress in a professional manner.
**Indiana HOSA**

**SUCCESS STORY**

**Jason Huff** was a member of Indiana HOSA from 1992 to 1995. His local chapter was Evansville North, and Jason was very involved as a HOSA member. During his first year in the Health Occupations program, he served as the Junior Representative on the local HOSA Executive Council. As a member of the Executive Council, Jason attended the Indiana State Leadership Conference. After this experience he decided to run for a state office position. In October 1993, he was elected Indiana HOSA President. It was during this time that the current Indiana Bylaws were written. He also was instrumental in helping the new State Advisor understand how beneficial HOSA is for the Health Occupations students in Indiana.

While serving as Indiana HOSA President, Jason decided he wanted to advance to a national officer position. In June 1994, Jason was a candidate for national office. After passing the officer exam, he was slated as Secondary Member-at-Large. He had two opponents for this office. Jason and his fellow HOSA members at Evansville North led a good campaign, but when the ballots were cast, there was a tie and the voting delegates had to re-vote for the position. When the new officers were announced, Jason had won the vote. It was an amazing experience for him and a great accomplishment for Indiana. As a national officer, Jason served as Secretary of the National Executive Council and on the HOSA, Inc. Board of Directors. In 1995, Jason along with the other members of the National Executive Council presided over the NLC in Louisville, Kentucky.

During his tenure as Secondary Member-At-Large, he was a student in the nursing program at IVY Tech State College and the University of Southern Indiana. He says that, “my involvement in HOSA and Health Science Education have helped shape who I am today.” This experience has helped him succeed in his nursing career. By being able to use the basic patient care skills, medical terminology, and professionalism learned in the high school program, he was already ahead of his peers. After obtaining his RN, he put to use his leadership skills learned in HOSA. These skills helped him move up the ladder quickly at Heritage Health Care. Starting out as a staff nurse, he moved on to nurse manager of the Skilled Care Unit. At the present time Jason is Assistant Director of Nursing.

Although he is a busy person, Jason continues his involvement today as a member of the Local Advisory Committee for Health Science Education and HOSA. Jason has also served on the State Advisory Board for HOSA as an Alumni member, and he provides clinical sites for students enrolled in Health Science Education at Evansville North.

As you can see, Jason’s involvement in HOSA and Health Science Education helped him succeed in his career. And by being a mentor to current and future students in the Health Science Education Program, he will be helping many students make good decisions about their future.

*Submitted by: Evansville HOSA*
Allen Thornton HOSA members in Killen, AL recently participated in an event called Hometown Christmas. The event included a lunch with Santa, a dinner with Santa, entertainment and featured local vendors. The proceeds from Hometown Christmas were sent to the Children’s Hospital to be used for direct patient care, equipment purchases, research, and health and advocacy programs. The Children’s Hospital is the only hospital in Alabama dedicated exclusively to the care and treatment of infants and children. The hospital ensures that every child will be treated regardless of whether parents are able to pay for the treatments. The Allen Thornton HOSA members helped set up for the event and later volunteered for ticket-sales, costume characters, and to help with vendors. There were even students that stayed past their shift to help with the clean up.

By: Lawanda Corum
HOSA Advisor, Allen Thornton
Career Technical Center

From left: Brandi Moore, Brittney Williams, Monica Stevenson, and Kayla Baker, standing in front of the trees they have decorated.
When the tsunami disaster struck Asia in late December, HOSA chapters across the nation raised money through fundraisers and other activities to help the tsunami relief. Chapters continue to participate in the effort to help those in need, and it truly exemplifies the caring nature of HOSA members. Thank you to all HOSA chapters that have contributed their time and energy to the tsunami relief.

**GEORGIA**
Hiram High School donated $1,400 to the American Red Cross for the tsunami relief. The event was coordinated by the Hiram High School HOSA chapter.

**MICHIGAN**
Petoskey HOSA raised $100 for the tsunami relief efforts and chose to donate the money to the USA Freedom Corps through the Quarters From Kids project.

**NORTH CAROLINA**
Plymouth High School HOSA made a $500 donation to the American Red Cross after holding a blood drive.

**NORTH CAROLINA**
The Providence High School HOSA chapter in Charlotte conducted a fundraising campaign for the American Red Cross Tsunami Relief, and over $3,000 was collected.

**OREGON**
Mckenzie HOSA organized a fundraiser for the tsunami relief after winter break. They raised $1,003.78.

**TEXAS**
Abilene High School’s HOSA chapter began planning how they could help with the tsunami disaster relief when classes resumed after the winter holidays. Abilene HOSA challenged the student body to raise funds to create a medicine kit for Interchurch Medical Assistance, Inc. IMA sends the kits to disaster areas immediately. These kits are valued at $500, which includes $350 sent with over-the-counter medicine and bandages. After reaching the IMA, purchased medicines and donated supplies from pharmaceutical companies are added. A complete kit is worth $2000. One kit will provide medical assistance for 1000 adults and children for 2-3 months. With the help of several organizations at the school, Abilene High School was able to send four medicine kits. They also collected supplies to make health kits (general grooming and hygiene items). One hundred health kits were sent to Church World Service, and they have already been delivered to Sri Lanka.

**TEXAS**
Due to the horrific events that took place in Asia, Duncanville High School’s HOSA chapter helped to raise money for those in need. Students designed special buckets that were used to collect contributions. During lunch, Duncanville HOSA members volunteered to pick up spare change donations from fellow students and staff. Over the period of a week, HOSA members were able to collect $649.59 for the American Red Cross. Duncanville HOSA members then traveled to the Dallas American Red Cross Headquarters where they proudly presented the check to a representative for the tsunami relief. Duncanville HOSA’s contributions, along with quarters from fellow HOSA member will hopefully help the relief effort and ease the struggle of the victims of the tsunami.

If your chapter has participated in any tsunami relief efforts, please e-mail sarah@hosa.org for recognition in the next edition of the HOSA E-Magazine.