HOSA MEMBERS VOLUNTEER IN THE COMMUNITY

By Anissa Sirois and Breanna Franklin
Deltona High School (FL) HOSA Seniors

HOSA is not only an organization that teaches the value of leadership and teamwork, but an organization that strives to help others. Volunteer work is the most beneficial way to help local members residing in your community. There are many different ways to help your community, whether it be participating in a charity walk such as the Leukemia and Lymphoma Society “Light The Night Walk”, and Autism Speaks walk, or the March of Dimes. You chapter can help out with these local agencies and participate as a “team” or lend a helping hand and assist as event personnel.

Chapters can also reach out to the local fire departments during fire awareness week and safety day by setting up informational booths and assisting with vital sign check stations. Hospitals, too, are in need of volunteer help within their Teen Volunteer Programs. HOSA members of any given school can volunteer their time to organize a school-wide health fair for all students to attend, as well as hosting a blood drive for students to be able to help save a life.

Helping others helps us grow as individuals and as leaders…so get out there and volunteer!!!

News from NEVADA HOSA

By Megan Laadenslager, Sean Sheffer, Tiffany Hedges, Sarah Watt

NEVADA FLX IS A HUGE SUCCESS
This October, state officers and HOSA members attended the Fall Leadership Extravaganza, or FLX as it is commonly referred to. The Fall Leadership Extravaganza was a one day conference that was packed with a lot of useful information. Along with FBLA and DECA, HOSA members were exposed to many new contacts from both organizations. During the workshops, state officers helped chapters with membership, fundraising, and leadership. Also, members got to enjoy a luncheon in which they got to learn parliamentary procedure and etiquette training. For our first time attending the Fall Leadership Extravaganza, it was an absolute success!

STATE LEADERSHIP CONFERENCE
Get ready Nevada HOSA members! March 15th through the 17th is the State Leadership Conference in Reno, NV. At SLC, HOSA members will be able to compete in a chosen event, attend educational symposiums, and meet fellow HOSA members.

Opening Session will be on the 15th and it will include slide shows, State Officer presentations and afterwards a social where HOSA members can meet State Officers and other members of Nevada HOSA! The 16th will be when competitive events will be held in various places around the Truckee Meadows including UNR, and TMCC. New events for Nevada this year: CERT, Career Health Display, Medical Reading and more.....

The 17th will be Closing Sessions and the Award Ceremony. This will take place in the Student Union Theatre and new State Officers will be announced. Hope to see everyone there and good luck!

LEGISLATIVE EXPERIENCE IN CARSON CITY
This February 25-26, HOSA State Officers will join Nevada FBLA, DECA, FCCLA, FFA and SkillsUSA officers in Carson City to learn about legislation. Along with learning about what Nevada Legislators do, we will be meeting with our local assemblymen and senators to promote support of Career and Technical Education. The State Officers will have a refresher course in Parliamentary Procedure.
East Valley Institute of Technology Students

Raise Funds for Autism

‘Tis the season for giving, and students enrolled in health classes at the East Valley Institute of Technology (EVIT) set a national record for giving this season. They collected over $2,000.00 in contributions for autism research. Students enrolled in Allied Health, Medical Assistant, Health Occupations, Nursing Assistant and Massage Therapy also belong to the national organization, Health Occupations Students of America (HOSA). Through HOSA students support the efforts of the nonprofit organization, “Autism Speaks.”

The students created a competition among the classes to encourage students to sell puzzle pieces for a tax-deductible donation of one dollar during a two-week period. The results even surprised the teachers.

“The students really embraced this fundraiser. We were all surprised at the amount of money that was raised. Our goal was to raise $500 and instead we were able to donate $2270,” said instructor Sharon Black. “While checking out the donations of other HOSA chapters nationally, we’ve raised more than any other chapter.”

Becky Adams, junior from Dobson High School raised $741.00 by herself.

“I collected from friends, family and neighbors,” Adams said. “I felt that this was a very important cause and that everyone in the health field should take it seriously.”

Every donation made to Autism Speaks funds autism research, raises awareness, promotes advocacy and provides family services.

Indiana HOSA Fall Leadership

Conference with the Indiana Pacers

On November 14, 2008, over 200 members of Indiana HOSA attended the annual Fall Leadership Conference with the Indiana Pacers at Conseco Field House in Indianapolis. During the conference, the members enjoyed teamwork and leadership activities led by Ted Weise. For lunch, they munched on hot dogs, chips, vegetables, and soda provided by the Conseco Field House. Following lunch, the students and advisors had a chance to meet with the members of the Pacers medical staff, including the Head Athletic Trainer and Strength/Conditioning Coach. The Pacers medical staff discussed the different roles that are needed in maintaining the health and wellness of the basketball players. The Pacers tipped off to the Philadelphia 76ers that evening. At halftime, the Indiana HOSA officers were introduced on center court. The announcer shared HOSA’s mission with the audience. Overall, the 2008 Fall Leadership Conference was a success. The students learned more about HOSA and its sponsors. This conference was a great way to celebrate Indiana HOSA!
Leadership Opportunities
for Idaho HOSA

By Jewels Carpenter
Idaho Division of Professional Technical Education

John Maxwell once said, “Becoming an effective leader requires principles and skills to lead the people above, beside, and below you in the organization. Improve your leadership, and you can impact your organization. You can change people’s lives. You can be someone who adds value to and influences people at every level of the organization.”

These basic concepts, combined with HOSA, have a huge impact on developing future health care leaders. I have witnessed amazing student leaders involved in the HOSA organization in the state of Idaho. As their State Advisor, I have the honor of supporting these student leaders in their many leadership training events. Among these are the traditional HOSA Conferences, both State and National. Idaho’s Fall Leadership Conference, in October, and the State Leadership Conference, in April, showcase our students’ confidence in coordinating guest speakers, judges, equipment and prizes for this event.

Each year in August, our State Officers plan for the Joint Student Leadership (JSL) Conference held in Boise, Idaho. JSL is a three-day event, bringing all Idaho Student Organization State Officers (FFA, BPA, DECA, HOSA, SkillsUSA, FCCLA, and TSA) together to learn teambuilding and leadership skills. It’s also a time for HOSA Officers to create their Strategic Plan.

The Legislative Luncheon, in January, is another opportunity for the State Officers from all student organizations to share with industry and State Representatives, the importance of Professional/Career and Technical Education to their future success.

These events are the culmination of many conference calls, weekend meetings and lots of hard work. As the Idaho State HOSA Advisor, I believe it is my responsibility to provide our HOSA students the skills and confidence to develop the “leader within,” giving them an opportunity to lead at an even higher level in the future.

“Becoming an effective leader requires principles and skills to lead the people above, beside, and below you in the organization. . .”

— John Maxwell
New Jersey HOSA Chapters are filled with very active and community-minded members. They have done many types of service projects within their community which has not only affected other peoples, but the members themselves. Members help with various organizations as part of their own organization.

The Salem County Vo-tech Chapter has done many projects that have benefited their community. They started out by collecting donations for Autism Speaks at the county fair. Also, the chapter has volunteered at Angel Food Ministries, a food distribution service, where they unload, pack and bring people food. Other activities include a non-perishable food drive for local food pantries, a coat drive for needy families, and caroling at the county nursing home. All these actions have inspired members to pursue community service projects on their own.

The Middlesex-Woodbridge chapter has done many projects in their local healthcare community. This includes a blood drive, a walk for breast cancer research, and performing clinical activities at Raritan Bay Medical Center. They also visit with people at nursing homes and day-care centers. They have done food drives for local churches and clothing drives for the Lupus Foundation. The members have been affected positively and have become more involved in HOSA.

Other chapters have been quite involved in their communities and have shown what HOSA is all about, specifically projects involving children. Bridgeton High School’s Chapter participated at the Cohansey Zoo’s “Boo at the Zoo”. Sixty members cleaned and carved close to seven hundred pumpkins for children. HOSA has also impacted this chapter by encouraging members to become healthcare professionals. The Bergen County Vo-tech Chapter goes to a local day-care center biweekly. There they read to the children and teach them basic hygiene habits such as washing their hands and brushing their teeth. HOSA realizes it is important to help the youth, as they are a part of our future.
Members of the HOSA Freedom Chapter at Reading Muhlenberg CTC have designed and spearheaded their new community awareness campaign called, “Step It Up (No Bullying) Be the Better Person.” Concerned over the increased violence among youth resulting from bullying, the Freedom members decided to take a stand to combat bullying.

This year-long campaign targets students in elementary schools and after school programs in the City of Reading. Wearing T-shirts with their anti-bullying logo, the HOSA Freedom members convey their message by providing verbal and written information to their target audiences. Using power point, statistics, skits and a question-answer format, the members are teaching anti-bullying skills to youngsters who are likely to come face to face with bullying. In addition, the members share information from their own anti-bullying web site which is available on CD for classroom use.
The U.S. Department of Health and Human Services (HHS) today announced a $487 million multiple year contract with Novartis Vaccines and Diagnostics, Inc., to build the first U.S. facility to manufacture cell-based vaccine for seasonal and pandemic flu. Because cell-based influenza vaccine can be made faster and in greater quantities than traditional vaccine, the new facility is expected to increase the U.S. capacity to make pandemic influenza vaccine by at least 25 percent.

HOSA, in partnership with PTA, FluBusters, and Novartis Vaccines, is part of a national initiative, Let’s Fight Flu Together! The goal of this initiative is to Educate, Motivate, and Vaccinate.

Cell-based vaccine production could more easily meet surge capacity needs because cells could be frozen and stored in advance of an epidemic or developed rapidly in response to an epidemic. Cell-based vaccine production also dramatically reduces the possibility for contamination and promises to be more reliable, flexible, and expandable than egg-based methods.

Currently, influenza vaccines licensed by the U.S. Food and Drug Administration (FDA) are made in specialized chicken eggs using a process that has changed little in over 50 years. In place of eggs, cell-based vaccine production uses laboratory-grown cells that are capable of hosting a growing virus. The virus is injected into the cells where it multiplies. The cells’ outer walls are removed, harvested, purified, and inactivated. Using this technology, a vaccine can be produced in a matter of weeks.

“Today we are taking an important step in our ongoing commitment to pandemic preparedness,” said Dr. Robin Robinson, director of the HHS Biomedical Advanced Research and Development Authority (BARDA), which will oversee the contract. “In a pandemic we would need vaccine ready within six months. That’s why the National Strategy for Pandemic Influenza set domestic surge capacity as a goal in preparing the nation for a pandemic. That goal could not be accomplished using the traditional egg-based method of producing flu vaccine.”

New cell-based influenza vaccines provides an option for people who are allergic to eggs and, therefore, unable to receive current flu vaccines. Cell-based production avoids other problems that egg-based production has, such as a potential shortage of eggs due to poultry-based diseases.

The cell-based vaccine technology can also be used to make vaccines for seasonal influenza and other major emerging infectious diseases.

Under the contract, Novartis and HHS share the cost of the new cell-based influenza vaccine manufacturing facility in Holly Springs, N.C., with the HHS contract covering 40 percent of the cost and Novartis bearing 60 percent.

Also under the contract, Novartis will provide two new flu vaccines for seasonal flu or for pre-pandemic use. The contract builds on progress made through a previous HHS contract award to Novartis to accelerate the development of cell-based influenza vaccine.

The new contract also will fund scientific studies, called clinical bridging studies, to compare existing Novartis vaccines to new ones, including those developed in the new facility, to show that these new ones are also safe and effective. By comparing new and existing vaccines, the company can provide information quickly to the FDA to request licenses for the new vaccines.

If licensed by the FDA, the new cell-based vaccines made in the United States could be purchased for by the federal government for vaccine stockpiles.
Free Courses for HOSA Advisors

The Southwest Center for Public Health Preparedness and Oklahoma Department of Career and Technology Education with the support of the Oklahoma Healthcare Workforce Center announce the offering of free courses for health science teachers. The courses are located on the ICAT site of the Oklahoma Department of Career and Technology Education.

You can access these courses by going to http://icat.okcareertech.org/cgi-bin/WebObjects/OKCT.woa/wa/room?id=MiqYN and following the instructions below.

The courses that may be of interest to HOSA advisors are:

- Disaster Volunteer Toolkit
- Food Safety Toolkit

http://icat.okcareertech.org

Then Click on Agency Divisions

Then Click on Health Careers Ed

Then Click on SWCPHP

Then Click on Disaster Volunteer Toolkit
Leadership Lesson Plan:  

**HEROES**

This year’s HOSA National Theme is “HOSA: Where one Person’s Passion Becomes Another Person’s Hero.” As a classroom teacher and chapter advisor, can you use the concept of “hero” to teach leadership?

This lesson plan is a reading and writing assignment with class discussion that requires evaluation and problem-solving. At the conclusion of this lesson, students should be able to:

1. Understand their own definitions of leadership and hero.
2. Describe the story of Frances Kelsey.
3. Understand the importance of leadership in the health care professions.

**LESSON PLAN**

1. Divide students into small groups of 4-6. Assign a group leader and recorder. Give groups 5 minutes to answer the question: **What are the characteristics of a good leader?**

2. Have students read the article about Frances Kelsey at http://www.fda.gov/fdac/features/2001/201_kelsey.htm This can be done as a homework assignment or in class.

3. Have students return to their small groups and answer the questions from the “Heroes and Leadership” page. The group leader should assure that all group members take part in the discussion. The group may wish to refer to the notes previously taken by the recorder. The recorder should also take notes on the “Heroes and Leadership” page. Give groups 20 minutes to complete this assignment.

4. As a conclusion, ask students to write a one-page essay on “The Importance of Leadership in the Health Professions.”

HOSA invites you to send your favorite essay to hosa@hosa.org, along with the name of the author and a digital photo. We may include your student’s essay in the next HOSA E-magazine!
1. Did Frances Kelsey demonstrate any of the characteristics of good leadership that you identified?

2. Would you consider Frances Kelsey to be a “health care hero?” Why or why not?

3. Are all leaders heroes?

4. Are all heroes leaders?

5. Who are your heroes?

6. How important are healthcare heroes to you in your pursuit of a health career?
When I started out in HOSA (Health Occupations Students of America) around five years ago, I was a very drawn back and a shy individual. I had been thru a lot of battles in my life from cancer to being a rape victim.

I still remember my first day of health science class, I was originally signed up for band, but I got mad at the director and switched classes the second day of school. When I signed up for health science I was looking for a class that I thought would be easy to pass and that I wouldn’t have to do much in. My first semester of health science was a breeze and is when I decided to join HOSA. Our instructor at the time really did not know much about the organization, so we really did not do anything. My second semester of health science our school hired a new health science instructor. This woman is one of the most dedicated, hardworking, and determined women I know. Her first day she explained to our class what she thought HOSA was. Within weeks she started getting us involved in HOSA, of course I was always held back and never wanted to get involved in the group activities.

Later one day our new health science instructor took us to the local hospital to see what doctors and nurses really go through everyday. I knew as soon as I walked in that hospital I wanted to be a doctor. Although most of my childhood was spent in the hospital due to cancer I never thought I was smart enough to work in the health care field. Finally one day I told my teacher I wanted to go into the health care field one day. She looked me straight in the eyes and told me I could do whatever I set my mind to. For the first time in my life I felt like someone believed in me.

My instructor later pushed me to run for local HOSA office, however, I told her over and over I was going to lose, and I did not want to humiliate myself like that. Come election day, I found out later that afternoon I had been elected my local HOSA historian. The next year I decided to run for a higher office, because serving as historian gave me the experience I needed to do a good job. I then was elected as my local HOSA president.

After being elected my local president my advisor talked me into taking my experience further and run for state office. Excited as I was when I got to the state conference I broke down in tears telling myself, I could not do it, it was just to much for me to handle. My advisor set me down later and calmed me down, she talked me into going ahead and giving it a try. Later that evening I was elected the 2007-2008 Alabama HOSA president. All I could think of that entire day was how far I had come, from being that held back shy individual. I thought this was the happiest day of my entire life, until I went to my second National HOSA Conference in Dallas, Texas.

Over a portion of the year I had decided on myself to run for a National HOSA office. I am not going to lie when I arrived at the conference I was sure to myself I would not make it to the executive candidate interviews, but for some reason the 2007-2008 HOSA executive council saw something in me and chose me to run for region 2 vice president. After giving my campaign speech I was sure that I had not won, and I was ready to say congratulations to my opponents. Then when I least expected the night of the awards ceremony my name was called as the 2008-2009 National HOSA Region 2 Vice President. To this very day that was the happiest day of my life.

I am still currently serving my position as National HOSA Region 2 Vice President. I serve this position with pride and determination and do the best of my abilities. After all the disappointments in my life HOSA gave me an experience of a lifetime. It gave me something that I can truly say not many others have done.

That is my HOSA success story.
ACTE Honors Lifetime HOSA Member and South Carolina HOSA Chapter Advisor

Carolyn Warner, a HOSA Lifetime Member, was honored with the Carl Perkins Humanitarian Award from the Association for Career and Technical Education at the National Conference in Charlotte on December Fifth. Mrs. Warner is a long time supporter of HOSA and career and technical education in Arizona and around the country. In 1995 Mrs. Warner was presented with an Honorary HOSA Lifetime Membership at the National Leadership Conference in Louisville, Kentucky.

The Carl Perkins Humanitarian Award is given annually to recognize individuals who have made outstanding meritorious contributions of state or national significance to the improvement, promotion, development and progress of career and technical education. Mrs. Warner has served as the Superintendent of Public Instruction for the State of Arizona as well as on four Presidential commissions on education. The Arizona Education Foundation was founded by Warner and she currently serves on the Board of Directors. Mrs. Warner believes in and uses the motto, “We don’t know what the future holds, but we know who holds the future.”

HOSA was also honored to have a chapter advisor from South Carolina, Grace Decken, recognized as one of the finalists for the ACTE Teacher of the Year. Mrs. Decken is a HOSA advisor and health-science educator at Daniel Morgan Technology Center in Spartanburg, South Carolina. In only seven years while at Daniel Morgan Mrs. Decken has increased the size of Health Science Technology program from two courses to eight including Clinical Studies, Pre-Medical, Anatomy Based Medical Terminology, Health Science Work-Based Learning and First Responder, and she has also increased the student participation from nearly 80 students to around 200.

Decken currently serves as the President of South Carolina ACTE and was honored as this year’s Teacher of the Year for ACTE Region II. Mrs. Decken was one of the five regional Teachers of the Year who were nominated for National Teacher of the Year. Recipients of this award must have made significant contributions toward innovative, unique and novel programs that are
Washington, D.C. - Most people would find teaching or attending college a very rigorous or demanding task. However, some people manage to do it all; a profession, school, family, friends and several other obligations. This case proves evident with the newly selected 2009 Miss Black Kentucky USA, Tamira A. Cole. A beauty queen, an author and teacher all at the age of 24!

Cole, a Jackson, TN native, is a current graduate student at Austin Peay State University in education carrying a 3.7 grade point average, is not only a student, but an English teacher at Northeast High School and author of the upcoming provocative fictional drama, HUSH. The book, published by Xlibris Publishing Company is set to hit bookstores in January 2009. Cole, selected by the National Miss Black USA Recruitment Team and Panel in October, balances her time between all four roles and has even in her short reign, as Miss Black Kentucky USA, began a unique start with her platform YOuth in Action. She is a member and works with the youth at Gods Sanctuary Church.

Her platform deals specifically with the development, mentorship and education of youth of all ages through civic involvement, peer education, adult mentorship and community activism. She has already been selected to be the first and only female member of the Africa Challenge International Board of Directors. Her program, Reach Out has its inaugural class of ten youth from Ghana. She has even began developing the pitches for university presidents to endorse the first ever, U.S. Public Service Academy, which will be the nation’s first undergraduate institution in Washington, D.C. Vice President-Elect Joe Biden has already co-sponsored the bill, in hopes that President-Elect Barack Obama will sign for the support of the institution.

Cole, a 4-Her of 14 years and former National Region Vice President of the Health Occupations Students of America Organization (HOSA), received her undergraduate degree in English from APSU. She is a 2004 USA Today Academic College Team Honorable Mention (top 100 colleges students in the country), 2005 Glamour Magazine Top 22 College woman in America, U.S. Congressional Bronze Medal Award for service and the youngest selected outstanding alumna of Chi Omega Women’s Fraternity. She has studied at Princeton and Brown Universities, lectured at Columbia University and was crowned Homecoming Queen in 2005.

Cole, who traveled to Ireland and Canada to study abroad this past summer, was also featured in SHAPE Magazine as a model of fitness in August 2008. Cole lost a total of 20 pounds a year ago in pursuit of competing in either the Miss America or the Miss Black USA Pageant. It had been a dream for her to compete and become an author.

When asked how it felt to live out so many of her dreams at once she stated, “God is so wonderful. I never thought in a million years that everything would come so fast and so quickly in my life. I never planned to travel to Ireland and Canada in the same year nor get my first teaching job or become a state titleholder. It has been a wonderful journey. I encourage my students to work hard and aspire to do and be great. Never settle. When I lost my first pageant I was determined that I would reach my goal. I did and I am proud to represent not only Kentucky, but for all young women around the world,” Cole said.

Cole will advance to the Miss Black USA Scholarship Pageant in Washington, D.C. on July 28-August 4th. The Miss Black USA Scholarship Pageant is the largest contributor of scholarships for women of color totaling more than $300,000 in its 21 year history.

Only time will tell what’s next for Cole. Could she be the 2009 Miss Black USA? A New York Times Best Selling author? Teacher of the Year? The sky’s the limit and she’s teaching her student’s just that.

For more information on Tamira Cole, Miss Black Kentucky USA 2009 and her platform, visit www.tamiraacole.com.

For more information:
Miss Black Kentucky USA,
missblackkyusa@hotmail.com

Miss Black USA Scholarship Pageant,
info@missblackusa.org

Cindy Kelly, saleswebdecorators.com
Join HOSA’s National Executive Council and nearly 6,000 HOSA members and guests in Music City to find out “what’s goin’ on!” With a multitude of outstanding workshops, exhibits, general sessions, leadership academies, Nashville sites and entertainment, it will be an experience you will not want to miss!

HOSA’s 32nd NLC will offer competitions in 57 health care related events located at the Gaylord Opryland Hotel, Remington College and Belmont University, which will be sure to provide an excellent setting for the over 4,000 competitors in the largest gathering of future health care leaders. (All event competition guidelines can be found at www.hosa.org.)

While at the conference, HOSA members will have the opportunity to elect the next group of leaders to serve on the National Executive Council. To become a candidate, please contact your state advisor for the National Officer Application.

HOSA Leadership Academies are where the “best of the best” go to hone their skills, network with other members, and prepare for the future. Make sure you register to take part in the HOSA Leadership Academy!

You will want to watch HOSA’s web site for updated information regarding the conference plans as they are finalized. If you want to suggest a workshop topic or recommend a speaker, contact National HOSA by e-mail at info@hosa.org. If you would like to be highlighted as a singer at one of HOSA’s general sessions, please forward an audition VHS or DVD to National HOSA at 6021 Morriss Road, Suite 111, Flower Mound, TX 75028. Audition tapes/DVDs must be received by April 1, 2009.

2009 NLC Registration & Hotel Rates

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You’ll find it all right here in Nashville, June 24-27, so join us for an experience of a lifetime!
February is CTE Month

February is Career and Technical Education month. As an important component of Career and Technical Education (CTE) HOSA is proud to salute the important contributions to education that are made in health science classrooms. We invite you to join with us in celebrating CTE month by learning more about the value of CTE as a cornerstone of education, and in answering the CTE Trivia questions below.

Career and Technical Education Fact Sheet

FACTS ABOUT HEALTH SCIENCE TECHNOLOGY AND CAREER AND TECHNICAL EDUCATION

- Career and technical education prepares both youth and adults for a wide range of careers, from registered nurse to computer technician. These careers may require varying levels of education—from high school to postsecondary certificates to two- and four-year college degrees.
- Health Occupations is one of the areas that falls under the Career and Technical Education area and has program areas including (nursing, dental, and medical technicians);
- Career and technical education is offered in middle school, high school, two-year community and technical colleges and other postsecondary schools.
- There are 11 million secondary and postsecondary career and technical education students in the U.S., according to the U.S. Office of Educational Research and Improvement.
- Across the country, career and technical education programs are offered in about 11,000 comprehensive high schools, several hundred vocational-technical high schools and about 1,400 area vo-tech centers, which serve students from several “sending” high schools. About 9,400 postsecondary institutions offer technical programs, including community colleges, technical institutes, skill centers and other public and private two- and four-year colleges.
- According to the U.S. Bureau of Labor Statistics, thirteen of the twenty-eight fastest growing occupations within the next decade are in the Health Occupations area.

For more information on career and technical education, visit the ACTE Web site at www.acteonline.org.

CTE Month Trivia Questions

1. Find four celebrities that have graduated from a CTE program.
2. What is the main federal legislation that funds career and technical education programs?
3. What is the nation’s largest not-for-profit education association dedicated to the advancement of education that prepares youth and adults for successful careers?
4. Who are your Congressional Representatives from the House and Senate?
5. Name the Career and Technical Student Organization that represents Health Science Technology.
6. How many students are enrolled in career and technical education in the U.S.?
7. Find three CTE articles related to your state.
8. Which state agency runs your CTE program?
9. What are the fastest growing jobs, according to the U.S. Department of Labor?
10. What year did the Association for Career and Technical Education change its name from the American Vocational Association?
11. What percentage of high school students take one vocational course?
12. Where was Carl Perkins from?
13. Where is the Association for Career and Technical Education located?
14. What do the initials OVAE stand for?
15. For how much did Congress fund the Carl D. Perkins Act during FY 2008?
16. Find two television shows that correspond to each of the health career cluster:
   - HS: ER, Grey’s Anatomy, Private Practice, House, Scrubs
   - Science Technology.
17. True/False: CTE Month was recognized on the House floor during CTE Month 2008.
18. How many ACTE Divisions are there?
19. Find four celebrities that have graduated from a CTE program.
   - Bob Villa, Emeril Lagasse, Bobby Flay, Sandra Lee, Marc Jacobs (fashion designer, NY High School of Art and Design), Amy Hecklering (film director, NY High School of Art and Design), George Lucas, Venus Williams (athlete/designer, Art Institute of Fort Lauderdale)
20. List 5 skills that CTE students learn in class.
   - thinking outside of the box, leadership skills, teamwork skills, time management, hands-on skills, job interviewing/workplace skills
21. What law did President Woodrow Wilson sign in 1917, which started federal funding for vocational education?
   - The Smith-Hughes Vocational Education Act (http://www.acteonline.org)
22. What is the Smith-Hughes Vocational Education Act (http://www.acteonline.org) as of the 2004-05 school year.
23. You can find the answer at the Bureau of Labor Statistics:
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CTE Month Trivia Answers

2. Carl D. Perkins Act (www.acteonline.org)
3. The Association for Career and Technical Education (www.acteonline.org/about/whoweare.cfm)
5. Health Occupations Students of America (HOSA), ACTE National Board for the Certification of Teachers (www.acteonline.org/programs/boards)
6. There are a list of possible shows that fit into the Health SCI cluster:
   - HS: ER, Grey’s Anatomy, Private Practice, House, Scrubs
   - Science Technology.
8. It’s either the Workforce Investment Boards or the Department of Commerce.
9. You can find the answer at the Bureau of Labor Statistics:
10. December 1998
11. 96.6% of high school students take at least one vocational course, according to the 2004 NAVE Final Report (http://www.acteonline.org/resource_center/upload/CTEeffects.doc)
12. Kentucky
13. Alexandria, VA
14. OVAE stands for the Office of Vocational and Adult Education.
15. During FY 2008 Perkins received $1.27 billion in funding.
16. Here are a list of possible shows that fit into the Health SCI cluster:
   - HS: ER, Grey’s Anatomy, Private Practice, House, Scrubs
   - Science Technology.
17. True: CTE Month was recognized on the House floor during CTE Month 2008.
18. 12 divisions (www.acteonline.org)
19. Name the Career and Technical Student Organization that represents Health Science Technology.
20. Thinking outside of the box, leadership skills, teamwork skills, time management, hands-on skills, job interviewing/workplace skills
21. What law did President Woodrow Wilson sign in 1917, which started federal funding for vocational education?
   - The Smith-Hughes Vocational Education Act (http://www.acteonline.org)
22. What is the main federal legislation that funds career and technical education programs?
23. Find four celebrities that have graduated from a CTE program.
   - Bob Villa, Emeril Lagasse, Bobby Flay, Sandra Lee, Marc Jacobs (fashion designer, NY High School of Art and Design), Amy Hecklering (film director, NY High School of Art and Design), George Lucas, Venus Williams (athlete/designer, Art Institute of Fort Lauderdale)
24. Where is the Association for Career and Technical Education located?
25. What is the nation’s largest not-for-profit education association dedicated to the advancement of education that prepares youth and adults for successful careers?
26. Who are your Congressional Representatives from the House and Senate?
27. Name the Career and Technical Student Organization that represents Health Science Technology.
28. How many students are enrolled in career and technical education in the U.S.?
29. Find three CTE articles related to your state.
30. Which state agency runs your CTE program?
NOVA has an outstanding reputation for providing quality programming in a variety of science disciplines. Now, you can go to the NOVA website and watch NOVA programs, free of charge. Many NOVA programs are available to watch online, divided conveniently into chapters and closed captioned for deaf and hard-of-hearing viewers. Here are just a few of the options available from NOVA.

Aging (Jan. 2007)
Will research into "longevity genes" help us live longer and healthier lives? (13 mins.)

Animal Hospital (Feb. 1998)
High-tech health care comes to veterinary medicine—radiology to surgery, intensive care to sports medicine. [http://www.pbs.org/wgbh/nova/vets/program.html](http://www.pbs.org/wgbh/nova/vets/program.html) (52 mins.)

Brain Trauma (July 2008)
Even so-called "mild" head injuries turn out to be anything but. [http://www.pbs.org/wgbh/nova/sciencenow/archive/date-20080730.html](http://www.pbs.org/wgbh/nova/sciencenow/archive/date-20080730.html) (11 mins.)

The Cancer Warrior (Feb. 2001)
Judah Folkman and other researchers pioneer a novel approach to cancer treatment. [http://www.pbs.org/wgbh/nova/cancer/program.html](http://www.pbs.org/wgbh/nova/cancer/program.html) (52 mins.)

(continued next page)
NOVA: Watch Online
http://www.pbs.org/wgbh/nova/programs/int_heal.html

Dying to Be Thin (Dec. 2000)
Life-threatening eating disorders such as anorexia and bulimia are on the rise among America’s youth.
http://www.pbs.org/wgbh/nova/thin/program.html (51 mins.)

Forgotten Genius (Feb. 2007)
Against all odds, African-American chemist Percy Julian became one of the great scientists of the 20th century.
http://www.pbs.org/wgbh/nova/julian/program.htm (108 mins.)

Killer Microbe (July 2008)
A relatively benign bug becomes a highly lethal pathogen, known to U.S. soldiers as Iraqibacter.
http://www.pbs.org/wgbh/nova/sciencenow/0303/04.htm (8 mins.)

Life and Death in the War Zone (Mar. 2004)
An American combat hospital mobilized in Iraq faces a daily drama of wartime treatment.
http://www.pbs.org/wgbh/nova/combatdocs/program.html (50 mins.)

Life’s Greatest Miracle (Nov. 2001)
Lennart Nilsson’s microphotography chronicles the growth of a baby from embryo to newborn.
http://www.pbs.org/wgbh/nova/miracle/program.html (52 mins.)

Marathon Challenge (Oct. 2007)
Explore what it takes—physically and mentally—for novice runners to make it through a classic test of endurance.
http://www.pbs.org/wgbh/nova/marathon/program.html (50 mins.)

Mirror Neurons (Jan. 2005)
A recently discovered system in the brain may help explain why we humans can get so worked up watching other people. http://www.pbs.org/wgbh/nova/sciencenow/3204/01.html (14 mins.)

Obesity (Oct. 2006)
Examine the biology behind the compulsion to eat.
http://www.pbs.org/wgbh/nova/sciencenow/3313/03.html (12 mins.)

Pandemic Flu (Jan. 2006)
Will the virus that causes bird flu develop the ability to move from person to person?
http://www.pbs.org/wgbh/nova/sciencenow/3302/04.html (6 mins.)

Personal DNA Testing (July 2008)
Genetic testing to assess risk factors for a handful of serious illnesses is now commercially available. But is it a good idea? http://www.pbs.org/wgbh/nova/sciencenow/0302/01.html (12 mins.)

Sleep (July 2007)
Why do we need sleep? Part of the answer may be to strengthen memories.
http://www.pbs.org/wgbh/nova/sciencenow/3410/01.html (13 mins.)

Stem Cells Breakthrough (July 2008)
Three separate teams overcome a biomedical hurdle—creating stem cells without the use of human embryos.
http://www.pbs.org/wgbh/nova/sciencenow/0305/03.html (13 mins.)
It’s the HOSA Way

By Kristen Davidson
2008 Board Chairman
HOSA, Inc. Board of Directors

It’s the HOSA way...

… to come to know that each individual is unique.

… to meet and greet with a hug.

… to understand that our life can be what we make it.

… to take the days at NLC just one at a time. (It feels like one long day.)

… to dress professionally.

… to remember to count your blessings and learn from your troubles.

… to train the youth who will be the health care leaders of tomorrow.

… to know that you will make it through whatever comes along.

… to look for the good in others.

… to be kind and show respect for all.

… to know that through hard work, dreams can and do come true.

… to strive for the best that is within us.

… to make a difference in the lives of others.

… to recognize that not getting what we want right now can be a blessing.

… to laugh, to cry, and to share with one another.

... to realize that one of life’s greatest treasures is a HOSA friend.

It’s the HOSA way!
HOSA MEMBER RECEIVES DISTINGUISHED HONOR

Washington, DC—December 17, 2008—A 2009 American Society for Microbiology (ASM) Raymond W. Sarber Award is being presented to Travis D. Hull, an undergraduate student at Juniata College, Huntington, PA. This award recognizes students at the undergraduate and predoctoral levels for research excellence and potential. It is presented in honor of Raymond W. Sarber and his contributions to the growth and advancement of the ASM.

Travis Hull is an active member of the HOSA chapter at Juniata College.

Mr. Hull has conducted independent research in the microbial genetics laboratory since 2006 where he has accomplished several things in the field of microbial development. His research has focused on the study of prokaryotic development, using transposon mutagenesis as a genetic tool in the model organism, Streptomyces coelicolor. He has characterized several interesting cell division and developmental mutations. Mr. Hull spent the summer of 2008 in the laboratory of Gregory Stahl at Harvard Medical School and Brigham and Women’s Hospital where he researched immunology and physiology using eukaryotic mouse models. He received an American Heart Association Undergraduate Summer Fellowship which provided extramural funding for his summer project.

He has recently completed his secondary applications for M.D./Ph.D. programs where he would like to pursue a career in infectious disease research and the medical profession.

The Raymond W. Sarber Award will be presented during the 109th General Meeting of the ASM, May 17-21, 2009 in Philadelphia, Pennsylvania. ASM is the world’s oldest and largest life science organization and has more than 43,000 members worldwide. ASM’s mission is to advance the microbiological sciences and promote the use of scientific knowledge for improved health and economic and environmental well-being.

Article submitted by:
Jim Sliwa
1752 N Street, NW
Washington, DC 20036-2904
tel: 202-942-9297
e-mail: jsliwa@asmusa.org
New CareerTech teachers in high schools and technology centers across Oklahoma donated care package items to the 86th Combat Support Hospital nurses stationed in Baghdad. This community service project was initiated at the state’s CareerTech New Teachers Academy.

Now, students are modeling their teachers’ efforts through HOSA’s Fall Leadership Conference service project. HOSA’s Fall Leadership Conference was held on Oct. 14 at Clarion Meridian Convention Center in Oklahoma City. HOSA has more than 4,400 members in 100 chapters across the state.

HOSA is the CareerTech student organization affiliated with Health Careers Education. The project involves collecting items for healthcare providers in the armed forces who are stationed in Iraq. HOSA chapter officers who attend the conference will be asked to bring donations for troops from their local chapters. The chapter that brings the most items by weight will be awarded $50 to their chapter treasury.

“Our project allows potential healthcare workers across Oklahoma to get involved and lend a hand in the industry now,” said Debbie Shumaker, state HOSA adviser. “Their donations will make a big difference to the nurses in Baghdad.”

“We proposed the community service project as part of leadership development in teaching standards,” said Lara Skaggs, state program administrator for Health Careers Education at the Oklahoma Department of Career and Technology Education. “The response was outstanding. Most came back with big bags full of donations.”

More than 25 teachers attended the conference, held July 22-23 in Stillwater. The teachers were given a list of items needed, and the group filled 10 boxes.

The idea for the project came from Skaggs’ summer experience with an ROTC leadership training course for educators in Fort Knox, Ky.

“While I was at Fort Knox, we listened to a nurse briefing from the 86th Combat Support Hospital in Baghdad,” Skaggs said. “They are there on an 18-month deployment, while most people stay six months.”

Skaggs and others wanted to help the nurses in Baghdad, so they asked Col. Susan Raymond, who is in charge of support at the hospital, if there was anything they needed.

“Col. Raymond told us anything would be greatly appreciated,” Skaggs said. “They suggested we send things like magazines, gum and packets to flavor water.”

Having new teachers across the state donate items was a perfect fit, according to Skaggs. She said the teachers quickly embraced the project, donating everything from cookies and crackers to ink pens and disposable cameras.

The state CareerTech agency is also collecting items to send to troops stationed overseas.

“We believe community service should become a lifelong habit,” Skaggs said. “From students to new teachers to state staff, everyone wants to help support those serving our nation.”

Letter from SUSAN M. RAYMOND
COLONEL, Army Nurse Corps
Chief Nurse, 86th CSH
TF Baghdad, Iraq

Your boxes and contributions are so appreciated, especially as the holidays are approaching. Although we will be leaving at the end of December, this will be our second Christmas away from our families. We are counting the days until we are home again.

I’ve attached a few photos of our nurses here. A photo of me in combat gear, nurses preparing for a mass casualty in the ER, and sharing your treats!

You can continue to send donations to myself or to “Chief Nurse, 86th Combat Support Hospital” - then I will ensure they are distributed to our nurses. If you choose to continue your donations, or if your packages arrive late after we are already gone, they will be received by the Chief Nurse of the new hospital - the 10th Combat Support Hospital. I will let the incoming Chief Nurse know about you and your group - I know her very well and she will also highly appreciate your gifts.

Once again - a BIG thank you from all the nurses at Ibn Sina Hospital in Baghdad, Iraq!

Susan Raymond
HOSA Announces Partnership for NLC 2009

HOSA is pleased to announce partnerships with two colleges in the Nashville area who will host events for the 2009 HOSA National Leadership Conference. These two schools are Remington College and Belmont University. In announcing this partnership, HOSA’s Director of Competitive Events, Anne Regier, noted that “Both schools are ideal for HOSA competition. The facilities and equipment that each school offers is among the finest and their professional staff members recognize the importance of preparing future healthcare professionals. We are delighted at their willingness to work with us and provide the best possible event experience for HOSA members in 2009.”

Remington College is a leading private school system offering career-oriented programs. At the Nashville campus, their mission is to prepare graduates for employment by providing them with practical, hands-on training in a number of different careers, many in the health sciences.

The Nashville campus offers health science diploma programs in Dental Assisting, Medical Assisting, and Medical Insurance and coding. Their clean and modern building makes it ideal for HOSA competitive events.

If you visit their website at http://www.remingtoncollege.edu/nashville-tennessee-career-schools-overview and scroll down the page, you will be proud to see that Remington College has served as a site host for Tennessee HOSA competitive events in previous years.

In addition to the Nashville site, Remington College has campuses in:
- Mobile, Alabama
- Little Rock, Arkansas
- Colorado Springs, Colorado
- Orlando, Florida
- Tampa, Florida
- Honolulu, Hawaii
- Baton Rouge, Louisiana
- Lafayette, Louisiana
- Shreveport, Louisiana
- Cleveland, Ohio
- Memphis, Tennessee
- Dallas, Texas
- Fort Worth, Texas
- Houston, Texas

Belmont University is the proud home of the Gordon E. Inman College of Health Sciences and Nursing, and very new, impressive and modern building on the campus that hosts a number of nursing programs and options, in addition to programs in occupational therapy, pharmacy, physical therapy a social work.

- The Department of Social Work offers a baccalaureate degree as a social worker.
- The School of Nursing offers the Bachelor of Science and Master of Science in Nursing degrees, with the MSN including advanced practice clinical specialization as a Family Nurse Practitioner as well as preparation as nursing educators.
- The School of Occupational therapy offers a Master of Science and a Doctorate in Occupational Therapy and the School of Physical Therapy offers a Doctorate in Physical Therapy.
- The School of Pharmacy offers the Doctorate of Pharmacy degree and its first class enrolled in August 2008

How impressive is the Gordon E. Inman College of Health Sciences and Nursing. Go to the School of Nursing website at http://www.belmont.edu/nursing/index.html and scroll down to the bottom of the page. There you will find a link to an informational video about their facility. Click on “Please click here to watch our video presentation of the Gordon E. Inman College of Health Sciences and Nursing lab spaces”.

HOSA is grateful to the administration and staff at Belmont University’s Gordon E. Inman College of Health Sciences and Nursing and to Remington College for their support of HOSA and willingness to provide an exciting competitive events environment for NLC 2009. Representatives from both schools will have exhibit booths at the NLC. Stop by and talk to them about the exciting educational opportunities they have to offer.
**Emergency Preparedness Program Chart**

Through various opportunities for involvement, HOSA members can play an important role in the Emergency Preparedness efforts of their schools and communities. The options are many, and the benefit to the community can be the greatest benefit of all – helping to save lives.

Take time to look at the events in HOSA’s Emergency Preparedness category of competitive events. The great news is – options exist for all HOSA members, regardless of your years in Health Science education or emergency response training. The Emergency Preparedness events include events for both individuals and teams.

There are a number of agencies, both non-profit and government agencies, who cooperate to provide emergency response and disease relief in communities throughout this country. Take a few minutes to analyze the chart below, and then determine how your HOSA chapter can get involved with existing agencies to become partners in emergency preparedness.

<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
<th>Website</th>
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</table>
| Citizen Corps   | The Citizen Corps is a part of the Department of Homeland Security and a partner with FEMA. It consists of local councils whose goal is to get emergency preparedness programs and other activities started in the local community, in an effort to promote volunteer service activities that support homeland security and community safety. There are a number of programs that are part of the Citizen Corps, including:  
  • Ready.gov  
  • PandemicFlu.gov  
  • CERT  
  • MRC                                                                                                                                  | [http://www.citizencorps.gov](http://www.citizencorps.gov)                                      |
| Ready.gov       | A campaign sponsored by the U.S. Department of Homeland Security to encourage preparedness in an emergency. Ready America focuses on individuals and families, Ready Business has a business focus, and Ready Kids is geared toward children in grades 4 and 5.                                                                 | [www.ready.gov](http://www.ready.gov)                                                      |
| Emergency Management Institute | Sponsored by FEMA, the Emergency Management Institute (EMI) is based in Maryland and includes on-site as well as independent study courses. The self-paced courses are designed for people who have emergency management responsibilities and the general public. All are offered free-of-charge to those who qualify for enrollment. | http://www.training.fema.gov/IS/ |
| CERT | Community Emergency Response Team | CERT is a training program that prepares people to help themselves, their families and their neighbors in the event of a disaster in their community. Through CERT, citizens can learn about disaster preparedness and receive training in basic disaster response skills such as fire safety, light search and rescue, and disaster medical operations. With this training, volunteers can provide critical support by giving immediate assistance to victims before emergency first responders arrive on scene. | http://www.citizencorps.gov/cert/index.shtm |
| MRC | Medical Reserve Corps | MRC strives to improve the health and safety of communities across the country by organizing and utilizing public health, medical and other volunteers who want to donate their time and expertise to prepare for and respond to emergencies. | http://www.medicalreservecorps.gov/ |
| PandemicFlu.gov | The PandemicFlu.gov website is a government clearinghouse for information about pandemic flu and avian flu. It includes historical information, current news, planning & response, and research activities. | http://pandemicflu.gov |
| American Red Cross | The American Red Cross is the nation's premier voluntary emergency response organization. In addition to domestic disaster relief, the American Red Cross offers compassionate services in five other areas: community services that help the needy; support and comfort for military members and their families; the collection, processing and distribution of lifesaving blood and blood products; educational programs that promote health and safety; and international relief and development programs. | http://www.redcross.org |
The United States Army Medical Department (AMEDD) through its F. Edward Hebert Armed Forces Health Professions Scholarship Program (HPSP) is one option for students seeking a way to pay for their graduate medical, dental, veterinary or nursing degree. HPSP provides students with the full cost of tuition; school related fees and books; as well as a stipend of more than $1,900 per month during the school year. In addition, HPSP recipients are eligible for a one-time $20,000 (less tax) sign-on bonus.

For Sara Michael, a second year medical student at the University of Maryland School of Medicine, the scholarship enables her to stay focused on her education, “I’d say I’m less anxious about the future because my financial situation is more stable. That’s a huge perk.”

According to a 2007 study by the American Association of Medical Schools, the average student loan debt is more than $150,000 after graduation and is a barrier for many students. The report estimated that physicians who are on a standard 10-year loan repayment plan would see half of their after-tax earnings go to their loan payment.

“In a time of economic uncertainty and difficulty obtaining loans, the prospect of mounting debt is daunting,” said Colonel Rafael Montagno, commander of the U.S. Army Medical Recruiting Brigade. “Army Health Care provides students with a first rate education, advanced training and experience – and many students will be surprised to learn that they can specialize in forty-seven practices ranging from anesthesiology to vascular surgery, and have access to research opportunities that can take them around the world.”

The scholarship is available in 2, 3 and 4-year increments and provides benefits during school and after graduation for those planning a career in health care or who are currently enrolled in a graduate medical or dental program. In addition to a full tuition scholarship to the medical or dental school of choice, the program pays for required books, non-expendable equipment, other academic fees and a monthly stipend that is adjusted annually for cost-of-living increases. Upon graduation and entry into active duty, AMEDD Officers receive increases in salary and new opportunities for a broad range of residencies, fellowships and special pay incentives. Acceptance of the Critical Skills Accessions Bonus includes a four-year active duty and four-year Reserve service obligation, which can be fulfilled concurrent with service obligations related to HPSP upon completion of residency programs and becoming licensed to practice.

Graduates of the HPSP program receive all the benefits of active duty Officers including:
- Paid continuing education courses, seminars and conferences
- No-cost or low-cost medical and dental care for you and your family
- A comfortable home on-post or a generous housing allowance if you live off-post
- Opportunities to travel throughout the world
- Attractive retirement benefits with 20 years of qualifying service
- A flexible, portable retirement savings and investment plan similar to a 401k
- 30 days of vacation earned each year
- Rank and privileges of an Army Officer
- Low-cost life insurance

About the Army Medical Department (AMEDD)

From nurses and entomologists to veterinarians, dietitians and physicians, Army Health Care offers more than 90 professional health care career paths – more than any other military service.

Army Health Care annually employs more than 73,500 active-duty professionals and 72,000 Reserve Soldiers who interact with more than 200,000 patients in an average day. The Army’s Health Care system is an $8 billion per year venture, employing 145,000 people and managing the care of three million beneficiaries. The active Army Medical Team is augmented by a Reserve Component, comprised of health care professionals in Reserve units throughout the United States and abroad.

One of the largest health care networks in the world, AMEDD operates more than 600 world-renowned hospitals, clinics and facilities around the globe. AMEDD encompasses six corps: Dental, Medical, Medical Service, Medical Specialist, Nurse and Veterinary.

For more information about HPSP and the Critical Skills Accession Bonus, please visit www.goarmy.com/amedd/hpsp.jsp or phone 800-USA-ARMY (800-872-2769).
Nervous About Taking State Boards?

Special Conference
Price! $150 per student payable upon HOSA registration

NCLEX-PN Review Course Offered at HOSA National Conference
June 24 - 8:30am - 3:30pm
June 25 - 10:30am - 5:30pm

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- Learn Exciting New Test Taking Strategies to Help You Answer Those "I Have Noo Clue" Questions!
- Review of Body Systems
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Website: NCLEXPNReviewCourse.com
Email: UPassBoards@aol.com For Questions - Contact: 405.503.4491