**News, Events, and Activities in Indiana**

**Indiana HOSA** has been busy, busy, busy! In October, we held our Fall Leadership Conference in our big city of Indianapolis. Members of Indiana HOSA participated in leadership and teamwork activities and had the choice to attend a variety of career symposiums. Indiana HOSA rocked out at a Third Eye Blind concert, then cheered on the Indiana Pacers as they played the Miami Heat.

Besides Fall Leadership Conference, the chapters in Indiana have given back their time to the community. HOSA members have volunteered at different H1N1 vaccination clinics, soup kitchens, and helped prevent the spread of illness by cleaning up school classrooms. Some chapters have participated in the making of Thanksgiving baskets, donated gifts for Adopt-A-Child, and helped out Good Samaritan with their shoebox project by collecting shoeboxes. Anthis Career Center’s chapter started a handwashing campaign throughout their school!

As you can see, Indiana HOSA has had a busy schedule! The chapters in Indiana will have a full agenda for spring, especially with State Leadership Conference in April. Indiana officers can truly say they are proud of their members!

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**Gordon Cooper HOSA**

By: Shaina Manuel, President, and Ashley Thompson, Reporter

The Gordon Cooper chapter from Oklahoma HOSA has been preparing for the spring competitions. Anxiety and nerves are very high and they are all excited. They just completed several community service projects including Angel Tree, Coats for Kidz, and 2 food drives. Community service activities really make us all realize how blessed we are. There has also been lots of work completed in their chapter scrapbook which all of the HOSA members at Gordon Cooper have been having fun with.

Congratulations to Spencer Cluff who received one of the 6 awards from the Devon Energy/OKC Thunder Community Hero Award who saw his KidZ4troops efforts. He had a suite for the Thunder game, 16 passes to the game for friends and family, and $1,500 in tickets for his students so they could see him receive his award and talk about his program. Spencer Cluff is an instructor at Metro Tech and his project which involves more than 33 states and sends letters to troops overseas. This is an amazing privilege and we wanted him to know we are so proud of his representation and influences.
Every year, state HOSA organizations pour time and effort into the National Service Project, and this year, one state thought: why not a State Service Project? At the end of every year, when each state HOSA organization learns how much money it has raised for the National Service Project, it is bound to provoke some thought. If a state has the ability to make the contribution on a national scale, then that state HOSA organization has a vast amount of potential to do so much good and service throughout its own state. It was with that attitude that North Carolina HOSA decided to create our own State Service Project.

While NC-HOSA strives to maintain our organization’s strong dedication to the National Service Project, it is also our desire to give back to an organization on the national level as well as to an organization in our communities. The largest concern that the State Officer team had was that there would be possible competition between the National Service Project and the State Service Project. By having two large-scale service projects, NC-HOSA is confronted with the possibility that the time, efforts, and fundraising money of HOSA members would be divided and that neither service project would receive a remarkably large amount of community service due to having too many options.

However, it is undeniable that HOSA chapters engage in other community service projects besides the National Service Project. The State Service Project would be another community service project, but it would focus the efforts and time of the state HOSA members on an organization that would directly benefit families in local communities. It would allow our state HOSA organization to say that the HOSA members throughout our state made a large, collective difference with this particular organization. So, with the hopes of encouraging community service on a statewide level, the State Officer team decided to use HOSA as a vehicle of positive change.

This year, the NC-HOSA Officers selected the Ronald McDonald House as our State Service Project. The Ronald McDonald House (RMH) is an organization that provides services for families of seriously ill children being treated in the hospitals of North Carolina. Once the State Officers selected the focus of the State Service Project, we contacted people at each Ronald McDonald House, explaining the State Service Project. It was surprisingly frequent that the individual did not know what HOSA was, so we were then able to introduce him to HOSA and the mission of HOSA.

For our State HOSA newsletter, we publicized how HOSA chapters could easily raise funds for the Ronald McDonald House, what the funds would go towards, and community service activities that you could do at your Ronald House. If a HOSA chapter was located a little farther than most HOSA chapters from one of North Carolina’s local Ronald McDonald Houses, we provided multiple ways to fundraise so that the HOSA chapter could still help out by mailing a donation to the nearest Ronald McDonald House. This March, at the State Leadership Conference, NC-HOSA will recognize each chapter’s participation in the State Service Project.

By raising funds for this service project, HOSA members feed a meal to a family or give them a place to stay. Although families only have to pay $10 a night to stay at the local Ronald McDonald House, the truth is that only 30% of the families can actually afford that rate. In February, there is Sport-a-Shirt Share-a-Night, an opportunity in which students or sponsors donate $10, receive a t-shirt in exchange, and simultaneously pay for a night’s stay at the Ronald McDonald House for one family. This past November, HOSA members were also offered the option of taking orders for luminary kits on behalf of Ronald McDonald House, giving the orders to the local RMH House, and delivering the luminary kits for Christmas decorations in December. In this manner, you spread the spirit of giving by lighting up houses and lighting up the lives of Ronald McDonald House patients. Across the state, NC-HOSA members are making a difference with the lives of sick children and their families by helping the Ronald McDonald Houses in their communities. Madison High School raised approximately $700 for the Ronald McDonald House in one fundraiser alone. Sometimes, all it takes is an idea and the will to implement it and see what happens. From there, a movement can unfold, and your state HOSA organization can realize just how much it can make a difference.
Kentucky has many proud HOSA members scattered throughout the state. It is now their time to shine from coast to coast! From “Germy Worms” to Unite to Read, Kentucky HOSA has reached to the farthest corner so everyone can share the HOSA love. Everyone in Kentucky is working hard to lend a hand to those who receive it. The following are local HOSA Chapters reaching out, so they deserve a moment to shine.

Unite To Read
Lincoln County High School HOSA members participated in Unite to Read. Unite to Read is a statewide project designed to encourage elementary children to read. The selected books for this year were “Little Freddy Goes to the Kentucky Derby” and “Five True Horse Stories.” The events that were provided to the kids included: group reading by Laura Kirkpatrick from “America’s Next Top Model”, stick horse races, a petting zoo, ring toss games, clowns, face painting, and a pumpkin patch. HOSA members were very excited to see so many students happy with reading and the learning process!

HOSA Week
In honor of HOSA week, Health Science students from the Kentucky Tech Webster County Area Technology Center went to Dixon Elementary School to educate students in grades K-2 about germs. The Health Science students presented a program about “Germy Wormy.” The elementary school students decorated socks like germ monsters and covered their arms with them. They were taught how to cough and sneeze into the sock in order to feed their germ monster and make it grow. For teacher appreciation, HOSA members also gave all teachers an ink pen and offered free blood pressure screenings during the week of November 1-7.

KY HOSA Fall Leadership Conference
Kentucky Health Occupation Students of America officers experienced leadership and officer Training during the month of October. From HOSA members to the advisors everyone had the opportunity to participate in events. The theme for the conference was HOSA CSI (Courage-Service-Integrity) KY. All the students went to many sessions to learn about officer duties and how to manage the position. Officers had the chance to participate in the Statesman Award where they had to study 22 requirements before arriving at the conference. Murder at HOSA Manor was a huge success where members had the chance to crack the case and socialize with other peers. HOSA Alumni had its first “kick off” at FLC where only high school seniors were invited to a special session just for them.
Preparing for State Leadership Conference
as a State Officer

By: Ashley Phrampus, NJ HOSA State Vice President

The road to State Conference has the New Jersey Executive Council working diligently through the school year to provide its membership with an exciting and enjoyable experience. The elected officers begin their travels with a training session to enhance each representative’s skills in the areas of peer interaction, stage etiquette and public speaking. Along the way, design contests are held and many meetings later the council decided on t-shirt and pin designs with special attention given to judges gifts. Through this exhilarating journey the individual officers must also take the time to perfect their abilities for their chosen competition. The New Jersey officers invite you to join us on our path of hard work and dedication to creating a successful State Conference.

Beginning soon after elections, a training session was scheduled with State Advisors. Peer interaction activities were provided as ice breakers which led into proper rules of order for meetings. Skits were established as a technique to learn appropriate stage etiquette. With public speaking being a key part of the conference, the advisors then provided the officers with tips and techniques. These building blocks of skills prepared each council member with the proficiency for their up and coming challenges.

Some of these challenges include hosting pin and t-shirt design contests. After establishing contest parameters and deadlines, the creativity of the members are shown through their imagination and originality in their submissions. The Executive Council carefully considered each entry with the tough decision of choosing the top finalists. These contests provide the membership with articles that are a representation of New Jersey HOSA pride. Judges play an integral part in the flow of events, so prior to the conference, a meeting is held to determine tokens of appreciation to reward to them for their time and effort. Expectations are always set high by the council in order to create an exciting experience for the membership, which also helps individual participants with their own projects.

The Executive Council Members have to prepare for their chosen competitions as well as making sure the conference runs smoothly. Competing in itself is a tough task with competitors needing to thoroughly prepare themselves mentally and physically. To do this duel role, officers must juggle the responsibilities between being a representative and competitor. The year’s experiences and activities leading up to this point have provided the strengths to accomplish this complicated task.

The State Competition will be a clear representation of the excitement and successes of the New Jersey Executive Council. This competition will be an incredible platform for each competitor and translates into experiences and opportunities for future endeavors. Although the road to the State Conference is long and hard, the excellent training, exciting contests, and competition expectations are enjoyable and priceless.
Minnesota State Officer takes on project for Autism Speaks.

Recently, Jakki Thompson, the current MN HOSA State Public Relations Officer as well as the St. Francis HOSA secretary, has taken on a massive project to raise awareness about autism. She started a school-wide fundraiser has grown to a community fundraiser and awareness project. Many students and staff have contributed to her fundraiser and awareness project. Through the process of discovering things that have happened with the growing epidemic of children being diagnosed with autism, Jakki has discovered something about herself and her community. She has realized that everyone has been affected by autism in some way, whether it is your sister, brother, fellow classmate, or an advisor’s child; we are all affected by autism.

In order to help raise awareness about autism, Jakki made blue puzzle piece pins that she gives to people for every dollar they donate. Her goal is to get to 1,000 dollars by the end of her fundraiser. She is ambitious and ready to raise awareness about this growing problem.

Her ambition and motivation behind this is something that is incredibly needed in order for this fund-raiser to be successful. Her fellow HOSA members and officers at St. Francis have been helping her to make sure this is the most successful campaign and fundraiser it possibly can be.

This fundraiser began at the beginning of January and will end about the last week in January, but there is never a reason not to help raise awareness or to not donate money. For more information about autism, please visit www.autismspeaks.org.

MN HOSA Offers Midwinter Competitive Events Day for Students

The Metro Midwinter Competition was held on January 7th, 2010 at Argosy University in Eagan, Minnesota. This has been one of the most successful HOSA events at Argosy University. There were many major successes that occurred at the Metro Midwinter Competition. One of the biggest things that happened at this particular competitive event was an increase in attendance. And due to the high number of participants, most of the events were maxed out to capacity.

Argosy University helped more than ever this year! The university gave HOSA more rooms to use for the day and provided more people to help with registration and with judging. Argosy employees helped students get to their competitions on time and also provided tours to students between competitions.

There were some changes to the Metro midwinter this year. The largest change this year was the fact that there was not an awards ceremony. Candy Leopold, State Advisor, explained, “There was no awards ceremony because of the large number of participants, but also because of the weather.” This leads to the second change that occurred at Metro Midwinter, which was the weather. Most schools showed up late because of the snowstorm that started the previous night, but all schools that showed up were allowed to compete.

The results from Metro Midwinter reflected many things. The scores on the written tests reflected that these students had been preparing and practicing. The scores on the written tests were much higher than they have been in past years; reflecting that students are trying harder and teachers are instructing better and giving their students the knowledge and skills they need to know in order to be successful. The level that these students are competing at will reflect positively at the State Leadership Conference in April.

This Midwinter competition was the perfect opportunity for students who want to continue to compete in HOSA at the Minnesota State Leadership Conference in April and to see what it is like to continue in their HOSA and medical careers. Metro Midwinter at Argosy University was absolutely wonderful. Hopefully, Metro Midwinter next year will be as successful, or even more successful, than it was this year.
Students Wear Purple for Lupus Support

HOSA group members Sheereen Ibtesam, Ria Chakrabarty, Romana Retiwala and Bushra Rashid hosted Desserts Night benefitting the Lupus Research Institute on November 11 to bring community awareness about the disease. “Lupus is an autoimmune disease that affects 1.5 million Americans and 5 million around the world. Raising awareness of a disease that affects many lives is so important,” junior Ibtesam said.

Brownies, cookies, cakes and beignets were served at the Desserts Night which brought together over forty people. The four HOSA members raised over $200 which was donated to the Lupus Research Institute, the world’s leading private supporter of innovative research that helps to prevent, treat and cure Lupus.

The desserts served at the event were made by HOSA members in the Clear Springs culinary kitchen. “We give special thanks to Chef Lann for allowing us to use his kitchen,” junior Chakrabarty said. “We are also thankful to Mrs. Love for attending the Desserts Night.”

In addition to the event, the four members organized a walk team and attended the Alliance for Lupus Research Walk on November 14. “The walk was very fun,” Chakrabarty said. “Since the Houston Aeros were associated with the Lupus Walk, everyone who attended got free Aeros tickets.”

The purpose of the group organizing and planning Lupus awareness events is their participation in a HOSA competition, Community Awareness, which requires the competitors to raise awareness about a health-related issue affecting the school and community. The group will be judged on their abilities at the HOSA area competition on February 12-13.

“We chose Lupus because we know Sarah Moreno, a member of our school, who was diagnosed with Lupus,” Chakrabarty said. “It made it more personal by taking upon her cause.”

To bring more awareness in the community, the group will be holding a Lupus booth at Clear Springs boys’ first soccer game on January 26.
HOSA’s Partnership with Autism Speaks

By: Nyima Sabally NC-HOSA District 6 Representative

Members of HOSA are well aware of the National Service Project. This service project is designed for HOSA members to work with national health organizations in raising funds and awareness of a prevalent disease. Every two years a new service project is chosen, and a project can only be in place for two terms. Autism Speaks has served as HOSA’s National Service Project for the past four years, with this year being the fourth and final year of the amazing partnership. This organization has become dear to many members hearts and the opportunities it has provided us with have been truly life changing. Seeing this is our last year with Autism Speaks, we should make it the most memorable.

Autism is a complex developmental brain disorder for which the cause is unknown. It is estimated to now plague 1 out of every 110 children, affecting 1 out of every 40 boys born. It has become more common than childhood cancer, juvenile diabetes, and pediatric AIDS combined, which is part of the reason Autism Speaks has been HOSA’s main service project for the past four years. There are many fundraisers HOSA chapters all over the United States can participate in, including the tremendous Walk Now for Autism Speaks. This fundraiser takes place in communities all over the United States, from the Carolinas to Texas, and at each event you are sure to see HOSA members walking to raise money, volunteering with the autistic children, and partnering up with big names in the community to raise awareness of autism. The result of this fundraiser and many others by members is outstanding. Last year, HOSA members raised a grand total of $105,490 nationwide. North Carolina HOSA was awarded for being the state to raise the most money in the nation, with a contribution of $9586.

Holding fundraisers in your school and community are also great ways to increase funding and spread the word about autism. A school can have its own walk-a-thon, making it a competition between the different grade levels or even teachers to raise the most money for bragging rights. Another fundraising idea would be to have “Hat Day.” Many schools do not allow students to wear hats during the school day and on this day students could make a donation, which would go to Autism Speaks, to wear their hats. Students who paid the money to wear their hats could be kept track of by placing a small colored sticker on their hat. A way to raise money in the community would be to hold a concert with local bands and have people donate money for admission. All of these ideas would raise awareness for autism by being publicized in the community, schools, and newspapers and raise funding for this disease. As you can tell, there are plenty of ways to get people to give their time and money to an organization dedicated to helping the greater society. The key to fundraising is to be creative! New fundraising ideas can be catchy and even turn into a recurring event.

If you need help getting started there are more ideas on the HOSA Autism Speaks website, http://givenow.autismspeaks.org/faf/home/, or if you just want information about what autism is you can go to, www.autismspeaks.org. Help HOSA go out swinging in the fight to support Autism Speaks!

Every donation made to Autism Speaks funds autism research, raises awareness, promotes advocacy and provides family services.
Did you know that the U.S. Army Medical Corps is one of the largest and most esteemed healthcare organizations in the world?

When you become a physician in the Army Medical Corps, you are joining an organization with a worldwide reputation for excellence in health care delivery and medical research. You will have the opportunity to serve your country by caring for military service members, retired service members and their families. As a physician in the Army, you will provide the high quality of care that is our standard in a health care system at the very forefront of medical science.

Army physicians do not have to worry about such private practice burdens as overhead costs and patient billing. Instead, our physicians get to focus on what they were educated to do — treat patients to the very best of their abilities. Our physicians use the most sophisticated modern technology. Consultation with recognized experts from both military and civilian practice is an integral part of patient care. This highly professional and challenging medical environment offers a multitude of opportunities for professional growth, including serving as faculty in one of our graduate medical education programs, which are some of the finest in the country.

Our excellent reputation as a leader in health care delivery, medical education and medical research is just part of our appeal. We also provide the diversity, professional opportunities and personal benefits that make Army health care an ideal choice for anyone who wants to realize his or her fullest potential as a physician.

A TEAM APPROACH THAT BENEFITS THE MOST IMPORTANT PEOPLE: OUR PATIENTS

Army physicians are part of a truly integrated health care team whose goal is to provide the highest standard of patient care possible. Treatment is strictly based on a patient's needs rather than his or her ability to pay.

As a member of the Army Health Care Team, you work directly with other dedicated professionals from all six corps, which includes the Medical Corps, Medical Service Corps, Medical Specialist Corps, Dental Corps, Veterinary Corps and Nurse Corps, plus enlisted military and civilian employees, all comprising the Army Medical Department. The result is a very comprehensive and holistic approach to patient care.

Teamwork does not mean a loss of autonomy. We designed the Army Health Care Team to allow each of our health care professionals to excel in his or her area of expertise. We also give health care professionals much more responsibility. After all, as a physician and a commissioned officer in the Army Medical Department, you will be trained to be a leader. The high level of personal responsibility that comes with being a physician in the Army is sure to make you grow as a professional.

You will benefit from unique and diverse experiences in Army medicine, including clinical, field and humanitarian missions. Because of the wide scope of the Army's activities, you may have the chance to see and study diseases that are not usually encountered in civilian practice. Likewise, our large patient population means you will see a greater diversity in medical problems.

Regardless of your specialty, you can be certain you'll encounter many stimulating medical challenges while serving in the Army Medical Corps.
PARTNERSHIP

SOME OF THE WORLD’S MOST RENOWNED HOSPITALS - ALL OPERATING ON THE CUTTING EDGE OF MEDICAL SCIENCE

SAN ANTONIO MILITARY MEDICAL CENTER at Fort Sam Houston, near San Antonio, Texas. The center is a modern 450-bed, 1.5 million-square-foot, state-of-the-art facility. Forty beds are devoted to the Army Institute of Surgical Research, which operates the renowned “Army Burn Center.” SAMMC, formerly Brooke Army Medical Center, is noted for cardiology, cardiothoracic surgery and emergency medicine, as well as oncology, orthopedic and ophthalmology care. Its outpatient clinics report over a million visits a year.

EISENHOWER ARMY MEDICAL CENTER at Fort Gordon, near Augusta, Ga. Eisenhower provides primary care to over 50,000 active duty Soldiers and their families, and military retirees. The hospital has joint venture agreements with the Augusta Veterans Affairs Medical Center and the Medical College of Georgia. Eisenhower also offers Graduate Medical Education in family practice, internal medicine, orthopedics, oral surgery, psychiatry and general surgery.

LANDSTUHL REGIONAL MEDICAL CENTER, near Kaiserslautern, Germany. Landstuhl is the main referral center for Army personnel and their families throughout Europe needing specialty treatment or hospitalization. It has 220 beds and receives 24,000 outpatient visits a month.

MADIGAN ARMY MEDICAL CENTER at Fort Lewis near Tacoma, Wash. Madigan serves more than 950,000 outpatients and 140,000 emergency visits annually. It’s equipped with the latest imaging equipment, filmless X-rays, a linear accelerator for radiation therapy, a cardiac-catheterization lab, stereotactic breast biopsy machine, an automatic supply conveyor system and a 400-computer network. As a training hospital, Madigan graduates over 100 residents from Graduate Medical Education yearly.

TRIPPER ARMY MEDICAL CENTER in Honolulu, Hawaii. Tripler is the largest military medical facility in the Pacific. In 1997, Tripler was named one of the top seven hospitals in the United States (out of 3,000 civilian and military facilities) by the Joint Commission on Accreditation of Healthcare Organizations. Tripler is also a world-class leader in fiber optic technology, and telemedicine development and research.

WALTER REED ARMY MEDICAL CENTER in Washington, D.C. Walter Reed annually treats 24,000 inpatients, performs 9,000 surgical procedures, including organ transplants and open heart surgery. More than 60 clinics offer a full range of medical specialties and sub-specialties. Also located on the Walter Reed campus are the Armed Forces Institute of Pathology and the Walter Reed Institute of Research.

WILLIAM BEAUMONT ARMY MEDICAL CENTER at Fort Bliss in El Paso, Texas. William Beaumont is a regional trauma unit serving 15-25 percent of local civilian emergencies and has a residential treatment facility for drug and alcohol rehabilitation. It is also the largest teaching facility in a 250-mile radius, offering a range of Graduate Medical Education programs.

WOMACK ARMY MEDICAL CENTER, Fort Bragg, near Fayetteville, N.C. Womack is the Army’s newest medical center. It provides quality health care to more than 167,000 military beneficiaries while focusing on its primary mission of readiness. Womack is the Army Medical Department’s Center of Excellence for primary care.

A PERSONAL LIFE TO GO ALONG WITH YOUR PROFESSIONAL LIFE

The professional demands of a physician may require long days, whether one is a civilian or in the military. However, Army physicians benefit from the Services’ commitment to an excellent quality of life. Most Army installations offer a wide variety of recreational facilities, such as golf courses, tennis courts, health clubs and swimming pools. You may find the community clubs, theater and libraries sources of entertainment, too. And, for the outdoor enthusiast, biking and hiking trails, camping, hunting and fishing areas are usually located nearby. In addition to providing an ideal living environment, the Army offers the following personal rewards as well:

Army physicians benefit from the Services’ commitment to an excellent quality of life.
LIFESTYLE BENEFITS
- 30 days of vacation with pay earned annually
- Opportunities to travel across the United States and around the world
- A comfortable home on post or a generous housing allowance if you live off post
- Commissary and post exchange shopping privileges
- No-cost or low-cost medical and dental care for you and your family
- Low-cost life insurance
- Attractive retirement benefits after 20 years of qualifying service
- Thrift Savings Plan — a flexible, portable retirement savings and investment fund similar to a 401(k)

WE NEED YOU TO BE THE BEST PHYSICIAN YOU CAN BE
Once you become a part of the Army Health Care Team, we do all we can to encourage you to expand your horizons and pursue your career goals. That includes providing you with numerous opportunities for professional growth through our many continuing education programs.

The Army medical facilities used for training are affiliated with nearby medical schools, and are equipped with the necessary resources to ensure a first-rate education, including laboratory, medical, surgical, radiological and research facilities.

FIRST-YEAR GRADUATE MEDICAL EDUCATION, RESIDENCY AND FELLOWSHIP PROGRAMS
Students graduating from medical school enter active duty in the Army’s First Year of Graduate Medical Education (FYGME) program. This first year of postgraduate training may be in a categorized or transitional year. Selection is competitive, and FYGME applicants are eligible due to participation in the Health Professions Scholarship Program (HPSP), Uniformed Services University for Health Sciences (USUHS) or Reserve Officers’ Training Corps (ROTC). The Army’s First Year of Graduate Medical Education is conducted at:

- San Antonio Military Medical Center, San Antonio, Texas
- Dwight D. Eisenhower Army Medical Center, Augusta, Ga.
- Madigan Army Medical Center, Tacoma, Wash.
- Tripler Army Medical Center, Honolulu, Hawaii
- Walter Reed Army Medical Center, Washington, D.C.
- William Beaumont Army Medical Center, El Paso, Texas
- Womack Army Medical Center, Fort Bragg, N.C.
- Darnall Army Hospital, Fort Hood, Texas
- DeWitt Army Hospital, Fort Belvoir, Va.
- Martin Army Hospital, Fort Benning, Ga.

In addition to superb clinical training, residents are taught the unique military aspects of their specialties. Our full-time teaching staff is composed of board-certified or board-eligible specialists. With the advent of Tricare, managed care principles have also been incorporated into the curricula. Residencies conducted by the Army Medical Department are fully accredited by the Accreditation Council for Graduate Medical Education (ACGME). Each Army training hospital maintains excellent civilian consultant programs and close ties with nearby universities. Visits by outstanding civilian specialists are regularly scheduled.

Residents are given both clinical and didactic teaching assignments. They are encouraged to carry out research projects, attend seminars and conferences and join professional societies.

Fellowship opportunities are offered in military and Army-sponsored civilian programs.

WE WANT TO MAKE IT WORTH YOUR WHILE TO BE AN ARMY PHYSICIAN
We want our physicians to know they are highly valued and respected in the Army. So we do all we can to make sure they are adequately compensated for their services.

As an Army physician, you will be paid as a commissioned officer, and, in addition to your base pay, you could be eligible to receive a number of special pay incentives. Altogether, the Army offers you a financial package that promises a good, comfortable life for both you and your family.
SPECIAL PAY INCENTIVES

- Healthcare Professional Bonus Program (HPB) — This program provides a $75,000 recruitment bonus for board/certified/board eligible physicians in designated specialties. The bonus is paid at $25,000 a year for three years.

- Variable Special Pay (VSP) — Paid monthly to all Medical Corps officers and is based on years of creditable service, with annual rates ranging between $1,200 to $12,000. Board Certification Pay (BCP) — Paid monthly to physicians who are awarded certification by an American Medical or Osteopathic Specialty Examining Board recognized by the American Board of Medical Specialties or the Advisory Board for Osteopathic Specialties. Annual rates range from $2,500 to $6,000.

- Medical Additional Special Pay (MASP) — Paid at a flat rate of $15,000 in a lump sum to Army Medical Corps officers who sign a written agreement to remain on active duty for one year from the execution date of the agreement. Physicians in their internship or initial residency training are not eligible for MASP.

- Incentive Special Pay (ISP) — Paid annually and currently authorized for all Army Medical Corps specialties. This incentive requires a written agreement to remain on active duty for one year from the agreement effective date. Depending on your specialty, ISP amounts range from $15,000 to $80,000.

- Multi-year Special Pay (MSP) — Paid annually and requires either a two-, three-, or four-year active duty agreement. Payment amounts depend on both your specialty and the total number of contract years served, and range from $6,000 to $14,000.

- Health Professions Loan Repayment Program — Provides up to a maximum of three years of repayment of qualified education loans. Payment is made in increments of $40,000 annually for each year of participation for a total of $120,000. Active duty obligation is three years.

OTHER FINANCIAL INCENTIVES

Health Professions Scholarship Program (HPSP) — This program provides one- to four-year scholarships to medical students. These scholarships include full tuition, a monthly stipend of more than $1,992, adjusted each July, any required fees for medical school and reimbursement for other allowable expenses. Qualified medical students are also eligible to receive a $20,000 sign-on bonus. While you are in medical school, you will be commissioned as a second lieutenant in the Army Reserve. Upon graduation, you will become a captain on active duty.

Obligation:
You incur an active duty service obligation of one year for each year you receive a scholarship, with a minimum of two years of active duty. Those electing to receive the $20,000 sign-on bonus must accept a four-year concurrent commitment.

Eligibility:
- Be a U.S. citizen with a baccalaureate degree from an accredited school.
- Be enrolled in or have a letter of acceptance from an accredited medical degree or doctor of osteopathy degree program located in the United States or Puerto Rico.
- Maintain full-time student status during the entire length of the program.
- Be eligible for appointment as a commissioned officer in the Army Reserve.

WHAT DOES IT TAKE TO JOIN THE ARMY HEALTH CARE TEAM?

We are able to maintain our tradition of medical excellence because the standards we set for Army physicians are extremely high. An Army Health Care Recruiter can provide answers to your specific questions and discuss your individual qualifications, interests and objectives. If you wish, he or she can arrange for you to speak with an Army physician or visit an Army medical facility.

Find out why the Army represents an excellent opportunity for any physician seeking not only a fulfilling medical career, but also a rewarding personal life. Once you talk with an Army Health Care Recruiter, we know you’ll agree. For the telephone number and address of the Army Health Care Recruiter nearest you, call 1-800-USA-ARMY. Or visit our Web site at healthcare.goarmy.com.

TO BECOME PART OF THE ARMY HEALTH CARE TEAM, YOU MUST

- Be a graduate of an accredited U.S. School of Allopathic or Osteopathic Medicine. Accreditation must be by the American Medical Association or the American Osteopathic Association. Foreign graduates may apply if they have an Educational Counsel for Foreign Medical Graduates (ECFMG) certificate or 5th pathway.
- Meet the prescribed professional, physical and ethical standards for appointment as a commissioned officer in the Army Medical Corps.
- Be a U.S. citizen.
- Have a favorable security investigation completed.
- Have a current, unrestricted license to practice medicine in a state of the United States, District of Columbia, Puerto Rico or a territory of the United States.
For as long as she can remember Second Lieutenant Martha Morales has had a natural curiosity and fascination with dentistry, and it has continued to be a constant influence in her life. Even her own family dentist was supportive of her aspirations and went out of his way to teach her what he could when she was in his office.

Morales’ mother, who came to the United States from Mexico City at sixteen years old, also encouraged her to follow her dreams of attending dental school. She made sure Morales had time to complete an eighty-hour dental assistance course at the Kendall Pointe Dental Career Institute in Oswego, Ill. while she was still in high school.

It is this natural drive and passion that many who pursue a healthcare career in the U.S. Army have in common, and Second Lieutenant Morales is no exception. Morales credits her father, who served in the Air Force, for giving her the motivation and a sense of pride in giving back through military service. But it wasn’t until orientation at the University of Illinois that she realized she could be part of the U.S. Army and fulfill her dreams of going to dental school at the same time.

“I have always had a strong desire to be a part of the military in some way, but I never thought it was possible because my goal in life was to become a dentist. When I found out that I could do both I was sold on the idea.”

Second Lieutenant Morales applied for the U.S. Army’s Health Professions Scholarship Program (HPSP) and was awarded the full cost of her tuition, books and fees, and a monthly stipend of $1,992. Currently in her third year of dental school at the University of Illinois at Chicago, the HPSP scholarship allows Morales to focus on her studies and patients without worrying about finances and finding a job after graduation. She plans to graduate and begin her career as an officer in the U.S. Army Dental Corps in May 2011.

Morales not only looks forward to the many benefits Army Health Care offers, such as medical coverage and the ability to hone her skills in a group practice, but also to having Army Soldiers as her patients. She feels it’s a great way to give back to the men and women who serve our country and is fascinated by the personal stories of Soldiers and their journeys. She is also very interested in history and enjoys reading compilations of letters sent home by Soldiers overseas.

“I have so much respect for the bravery and selflessness of these Soldiers and it will mean a lot to me to be able to care for them.”

Second Lieutenant Morales is bilingual in English and Spanish, and an active volunteer for Invisible Children, an organization helping to spread awareness about child soldiering in Uganda.

Morales is also very skilled in public speaking, which she perfected by participating in pageantry such as the Illinois Junior Miss and the National American Coed Pageants.

To earn extra money – and to have a little fun – Morales has enjoyed a hair modeling career on the side for the past nine years and worked with many well-known brands such as Matrix, Redkin, L’Oreal, TIGI and Paraná.
Another very exciting partnership with National HOSA is the Medical Reserve Corp. This is a national organization that focuses on emergency preparedness. There are two levels: the regular Medical Reserve Corp that adults that want to help in the event of a community emergency and the Junior Medical Reserve Corp which is the same as above except youth under the age of 18 can join. A big part of the MRC is making sure that the community is prepared if there is an emergency.

Local MRC chapters hold events where they assist local citizens with projects such as creating an emergency preparedness kit with water, a first aid kit, a radio, etc. or act as victims for disaster drills. You can join your local MRC group. If there is not one in your area, start your own. This is a great way to serve your community and enhance your HOSA experience. For more information visit www.medicalreservecorps.

LT Schaffzin Visits H1N1 Clinic

LT Samuel Schaffzin, Office of the Civilian Volunteer Medical Reserve Corps and the Office of the Surgeon General, recently had his H1N1 shot at a vaccination clinic in Southern Nevada sporting his HOSA logo shirt.

Lt Schaffzin serves as a member of Junior Officer Advisory Group (JOAG) and Chairs a workgroup of junior ranking PHS officers who are committed to developing an informal mentoring program for HOSA members. More about JOAG and HOSA is discussed in the article, Working with HOSA to Engage the Public Health Leaders to Tomorrow, which can be found in this issue.
As junior officers, we tend to find ourselves seeking resources and mentorship opportunities that will help enhance our leadership skills and overall professional experience. Seeking and taking on leadership experiences at different levels that provide us with opportunities to give back and influence others is a crucial component to our professional development. In collaboration with other USPHS entities, JOAG will be partner with the Health Occupations Students of America (HOSA) to create opportunities for junior officers to build on their leadership skills while mentoring high school and college students.

**HOSA: A Background**
HOSA is a national student organization that promotes career opportunities in the health care industry. HOSA provides knowledge, skills and leadership development opportunities to high school and college students. To date there are 107,000 HOSA members, 44 chartered HOSA State Associations, and more than 3,000 secondary and post-secondary HOSA chapters. Since its inception in 1976, HOSA has recruited, developed, and encouraged more than 1.2 million students to pursue a career in the health professions.

**USPHS Commissioned Corps and HOSA**
The USPHS Commissioned Corps began to work closely with HOSA in 2006 when then Deputy Surgeon General RADM Kenneth Moritsugu provided the keynote address at the HOSA annual conference and met with HOSA leadership on a follow up visit to Washington, D.C. These interactions opened the door to what has become a strong working relationship between the Office of the Surgeon General (OSG), the USPHS Commissioned Corps, and HOSA.

Since then, RADM Robert Williams (Acting Deputy Surgeon General) and CAPT Robert Tostado (Director of the OSG/Office of the Civilian Volunteer Medical Reserve Corps) have served as keynote speakers at subsequent HOSA annual conferences, student leadership academies, and state advisor meetings. Following the 2009 HOSA Leadership Conference, RADM Williams characterized the growing relationship with HOSA by stating, "I simply cannot find enough good words to describe what HOSA means to those of us who are building America’s future healthcare system; and, further, what the ever growing relationship between HOSA and the Office of the Surgeon General means to me”.

**Current Initiatives**
Through leadership of the Division of Commissioned Corps Recruitment, the Commissioned Officers Association, the Office of the Civilian Volunteer Medical Reserve Corps, the USPHS Commissioned Corps continues to have a presence at HOSA conferences, leadership academies, state advisor meetings, and chapter events. Our USPHS colleagues have invited HOSA members to shadow officers and have encouraged officers to serve as judges and guest speakers at HOSA events. At this time, an OSG sponsored internship for HOSA student leaders is being developed. Finally, JOAG recently established the JOAG HOSA Workgroup, whose primary goal is to develop a mentoring program between junior officers and HOSA members.

These efforts will undoubtedly give junior officers additional opportunities to get involved and build upon the existing partnership between HOSA and the USPHS Commissioned Corps. Junior officers have an opportunity to influence others through their participation in USPHS/HOSA activities. In doing so, we will inevitably enhance our skills and capabilities as leaders, and together will help HOSA and USPHS Commissioned Corps achieve a common goal of cultivating the public health workforce of tomorrow.

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In November, I had the wonderful experience of attending the annual ACTE conference in Nashville, Tennessee, at the Gaylord Opryland Hotel. The ACTE conference is a huge event for thousands of career and technical education teachers across the nation. While I was only there for a few nights, I met many new people, spread the word about HOSA, and collaborated with other members of the HOSA National Executive Council.

Working side-by-side with a few of my fellow national officers, we were primarily responsible for informing as many people as possible about HOSA. Surprisingly, there are actually quite a few educators and other professionals who do not even realize that an organization like HOSA exists.

In addition to working the HOSA tables, we provided free blood pressure screenings to the conference delegates. One ACTE adult officer told us, “Had it not been for HOSA’s blood pressure checks a few years ago, I would have died.” He continued by saying that he did not even realize how high his blood pressure was until he stopped by the HOSA booth. Due to the quick thinking of the HOSA officers volunteering their time and energy at that year’s conference, this man received the medical treatment he desperately needed at the Emergency Room.

While at one of the opening sessions for the conference, Mrs. Kristen Davidson, the Immediate Past Chair of HOSA, Inc., won an outstanding award for her service and dedication to ACTE and HOSA. Mrs. Davidson was selected for the exceptional Arch of Fame award. We are very proud of her. Please be sure to thank her for her commitment to students around the nation.

The National Executive Council also had the pleasure of hosting a luncheon for HOSA advisors and healthcare teachers. Our keynote speaker was Assistant Secretary Jane Oates of the United States Department of Labor. Politics aside, Secretary Oates was very down to earth, humble, and very gracious for the opportunity to talk with and answer questions for the luncheon attendees. One HOSA advisor put it this way, “This is the first time that he have been able to sit down, ask questions, and receive support from someone in the current administration in a long time.” Secretary Oates made it very clear that she will do her best in ensuring that high school and college students will be thoroughly prepared for a career in whatever field they choose.

On behalf of your national officers, I would like to thank all HOSA advisors and students for making our organization so meaningful and purposeful. Continue to prepare for your state and national competitions; they are only right around the corner!
In effort to further enhance our understanding of anatomy and physiology, my teacher decided to take my peers and I to the Franklin Institute in Philadelphia to see the Body Worlds 2 exhibition. To our surprise, our experience was one that we will never forget.

“It was amazing,” said Jhinatta Perez. “Everything was real. People actually donated their bodies for the world to see,” she said. “It was an eye-opening experience to see the relationship between each body system,” said Yahaira Ortiz. Ashley Martinez, a 10th grader, was particularly impressed. “We got to see what vessels look like inside our bodies,” she said.

Among other students who were fascinated by the exhibition was Alex Figueroa, an 11th grader who absolutely loves anatomy and physiology and aspires to become an orthopedic doctor. “Body Worlds 2 had everything from an embryo in a tiny tube to a pregnant 5 month old woman with the baby still inside the womb,” Alex said. “My favorite model was one posing as a skateboarder. It showed which muscles of the body are used during skateboarding,” he said.

Kelsey Loeper, 10th grader, said “The exhibits explained how the body functions. There were a lot of hands-on activities. I recommend Body Worlds for all students to see.”
Want an exhilarating career were you could be a detective, teacher, and have the ability to diagnose diseases? Then pathology is a great career for you to look into! Pathology has a special appeal to those who enjoy solving disease-related problems by using technologies based upon fundamental sciences ranging from biophysics to molecular genetics.

Pathology is the study of medicine in which diseases are diagnosed through the examination of organs, tissues, and body fluids. A pathologist is a physician who specializes in the diagnosis and management of human disease by laboratory methods. A unique part of being a pathologist is that they do not interact directly with patients. Instead they serve as a consultant to other physicians about what possible disease a patient might have. Some tasks that pathologists perform are diagnosing diseases such as cancer and performing autopsies. Another aspect of their job is to be the Medical Laboratory Manager, which means that they oversee medical labs and ensure that correct diagnoses are being sent out to clinicians.

There are two different branches of pathology that a pathologist could study. The first is anatomical pathology, which is the study of the body tissues and fluids through a gross or microscopic means. The next is clinical pathology, which is the study of body fluids using laboratory means such as chemistry, microbiology, and hematology. Most of the time pathologists participate in a combination of the two, which is known simply as general pathology.

One of the most widely known subspecialties is forensic pathology, which is a branch of anatomical pathology. Most of you probably know about these from crime shows like CSI. A Forensic Pathologist or a Medical Examiner primarily performs autopsies. These pathologists do detective work and figure out what happened to cause someone’s death. This is a great career for those of you that like variety and to be challenged daily.

Medical school graduates in the United States need three to four years of accredited residency training to prepare for a career in pathology. There are accredited training programs in many hospitals throughout the United States. There are also many varied opportunities for subspecialty study after residency such as forensic pathology. During training, the resident becomes familiar with all activities of a pathology department by performing autopsies and studying body tissues and fluids.

Are you up to the task to improve and possibly save someone’s life and also to help solve the mysteries behind deaths? Then becoming a pathologist might be the right career path for you!
HHS Secretary and Surgeon General Join First Lady to Announce Plans to Combat Overweight and Obesity and Support Healthy Choices

First Lady Michelle Obama, U.S. Department of Health and Human Services (HHS) Secretary Kathleen Sebelius and U.S. Surgeon General Regina Benjamin announced plans today to help Americans lead healthier lives through better nutrition, regular physical activity, and by encouraging communities to support healthy choices. At a YMCA in Alexandria, VA, they talked directly with national and local leaders, parents and health professionals about reducing overweight and obesity in adults and children.

The First Lady recently announced that she will launch a major initiative on childhood obesity in the next few weeks and has asked HHS to play a key role. Today, HHS released The Surgeon General’s Vision for a Healthy and Fit Nation. In her first release to the nation, Dr. Benjamin highlights the alarming trend of overweight and obese Americans, and asks them to join her in a grassroots effort to commit to changes that promote the health and wellness of our families and communities.

“The surge in obesity in this country is nothing short of a public health crisis that is threatening our children, our families, and our future,” said First Lady Michelle Obama. “In fact, the health consequences are so severe that medical experts have warned that our children could be on track to live shorter lives than their parents. The paper released today is an incredibly important step in directing the Nation’s attention to solving the obesity epidemic and we do not have a moment to waste.”

The prevalence of obesity has more than doubled among adults and has tripled among children and adolescents from 1980 to 2004. Currently, two-thirds of adults and nearly one in three children are overweight or obese. Increased food intake, a sedentary lifestyle, and environments that make it difficult for people to make healthy choices but easy to consume extra calories, all contribute to the epidemic of overweight and obesity. This epidemic threatens the progress we have made in increasing Americans’ quality and years of healthy life.

“Curbing the obesity epidemic requires committed people and organizations across the nation working together to take action,” said Secretary Sebelius. “Today, we outline a vision for the nation that requires parents, neighborhoods, the medical community, employers, schools and individuals to take a coordinated and comprehensive approach to combating overweight and obesity.”

Additionally, many racial and ethnic groups and geographic regions of the United States are disproportionately affected. For instance, African American girls and Hispanic boys are more likely to be obese compared to non-Hispanic whites. Among adults, American Indian and Alaskan native adults have the highest rates of obesity. The sobering impact of these numbers is reflected in the nation’s concurrent epidemics of diabetes, heart disease and other chronic diseases. Researchers warn that if trends are not reversed, our children will be seriously afflicted with medical conditions such as diabetes and heart disease in early adulthood.

“Americans will be more likely to change their behavior if they have a meaningful reward - something more than just reaching a certain weight or dress size,” said Dr. Benjamin. “The real reward is invigorating, energizing, joyous health. It is a level of health that allows people to embrace each day and live their lives to the fullest without disease or disability.”

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HHS Secretary and Surgeon General Join First Lady

The recommendations in The Surgeon General's Vision for a Healthy and Fit Nation include:

Improving our communities – Neighborhoods and communities should become actively involved in creating healthier environments. The availability of supermarkets, outdoor recreational facilities and the limitation of advertisements of less healthy foods and beverages are all examples of ways to create a healthier living environment.

Healthy Choices and Healthy Home Environments – Change starts with the individual choices Americans make each day for themselves, their families and those around them. Reducing the consumption of sodas and juices with added sugars; eating more fruits, vegetables and whole grains; limiting television time; and being more physically active help us achieve and maintain a healthy lifestyle.

Creating Healthy Child Care Settings – It is estimated that more than 12 million children ages 0-6 receive some form of child care on a regular basis from someone other than their parents. Parents should talk with their child care providers about changes to promote their children’s health.

Creating Healthy Schools – To help students develop life-long health habits, schools should provide appealing healthy food options including fresh fruit and vegetables, whole grains, water and low-fat beverages. School systems should also require nutrition standards and daily physical education for students.

Creating Healthy Work Sites – Employers can implement wellness programs that promote healthy eating in cafeterias, encourage physical activity through group classes and create incentives for employees to participate.

Mobilizing Medical Communities – Medical care providers must make it a priority to teach their patients about the importance of good health. Doctors and other health care providers are often the most trusted source of health information and are powerful role models for healthy lifestyle habits.

To view The Surgeon General's Vision for a Healthy and Fit Nation, visit www.surgeongeneral.gov
As a percentage, more doctors of osteopathic medicine (DO) are commissioned into the Army than allopathic medical doctors (MD). Many of the family practice physicians who serve in the Army are DOs, rather than MDs, but what is osteopathic medicine really all about?

A doctor of osteopathic medicine is a fully qualified medical physician, someone who has completed four years of basic medical education and has completed internships or residencies in their areas of specialty. According to the American Osteopathic Association (AOA), both DOs and MDs can choose to practice in any specialty area of medicine — such as pediatrics, family practice, psychiatry, surgery or obstetrics.

The major difference between the two types of medicine is that osteopathic medical schools emphasize training to be primary care physicians, as opposed to surgeons. According to the AOA, DOs practice “a whole person approach to medicine. Instead of just treating specific symptoms or illnesses, they regard a person’s body as an integrative whole.” Further, the DO “focuses on preventive health care.”

A doctor of osteopathic medicine receives advanced training in the musculoskeletal system. A DO is trained to understand intimately how the body’s interconnected systems of nerves, muscles and bones work together to help prevent illness and injury. They are taught that illness in one part of the body can cause issues in the other part of the body.

Though first acknowledged as an equal medical degree during the mid-1960s, osteopathic medicine has been around since 1874 when Taylor Still, MD, DO, developed a philosophy of medicine that focused on the unity of the human body. Dr. Still understood that the body could heal itself and stressed preventive medicine, eating properly and keeping fit. Today, osteopathic physicians serve vital roles in the Army and have risen to high ranks. In fact, in 1996, Ronald Blank was named Surgeon General of the Army, the first osteopathic physician to achieve that rank.
Free Tickets
BUT READ THE FINE PRINT

Have you heard about the Disney “Give a Day – Get a Day” promotion? HOSA members who qualify can earn a free ticket for a Disney Theme Park while attending the HOSA National Leadership Conference in Orlando in June 2010. This is a great offer IF you meet the criteria and follow the rules for earning the free ticket.

As HOSA advisors, you spend time teaching students how to follow the instructions and understand the details. You also teach soft skills like time management, following through on obligations, and making sure you have the right information and documentation when you need it.

If you plan to bring students to NLC 2010, show them the “Give a Day – Get a Day” website at http://disneyparks.disney.go.com/disneyparks/en_US/WhatWillYouCelebrate/index?name=Give-A-Day-Get-A-Disney-Day Use this as an opportunity to teach HOSA members how to read the fine print, determine if they are eligible to participate, and then take the necessary steps to earn their free ticket.

Ticket eligibility is very specific. A parent or someone 18 years old or older must sign up for the program, but then other members of their household, including children age 6 and older, can participate. (Up to 8 members per household.) It does not appear that a HOSA member traveling with an advisor could get the ticket by himself/herself without a parent.

HOSA advisors and members of their immediate family are eligible for the free tickets, as are HOSA members over age 18, and HOSA members who travel to the NLC with a parent.

The number of free tickets is limited so don’t wait too long before you register.

This might be a good opportunity for HOSA members to earn a free theme park ticket, and is clearly an opportunity to help HOSA members read the fine print, understand the rules, and follow through with their plans. The result could be a day of magic at NLC 2010!
The benefits of healthy eating and physical fitness are important for everyone, but particularly for teenagers. We know that the high school years bring a unique set of challenges for most students. For HOSA members, the burden is greater. Not only must they pay attention to their personal health, but they must also think about being a role model as a healthcare professional.

Your HOSA chapter is invited to “Put Some Fun in Fitness” by making fitness a part of your HOSA chapter’s goals. Strategies could include:

- Guest speaker to talk about nutrition or fitness
- Sponsor a school-wide 5K to raise money for a charitable cause
- Spend the first 5 minutes of each HOSA meeting doing Yoga
- Make posters to put around the school encouraging a healthy lifestyle
- Include fitness articles in your local chapter newsletter
- Sponsor a chapter activity that includes physical exercise, such as a kickball game

HOSA competitive events also offer opportunities to “put some fun in fitness.” Consider a fitness-related topic for Health Education or Community Awareness.

Putting fun in fitness through HOSA will help you and your chapter members be more prepared to handle today’s pressures and tomorrow’s challenges.
A True Success Story

By: Kendra Campbell

One out of eleven children, Andrew Demers, along with all of his siblings, attended a career and technical education program that offered them each education and guidance that helped them succeed.

Andrew attended Southern Maine Community College where he majored in Cardiovascular Technology and received his Associate of Science Degree upon graduation in 1996. He received his Bachelor of Science Degree at Kaplan University in 2004; majoring in Business Management and Marketing. Andrew worked as a Registered Invasive Cardiovascular Technologist for eight years while living in Derry, New Hampshire. Andrew then worked as a Medical Device Sales Representative at Medtronic Inc. He worked for the company for seven years; moving to Hartford, Connecticut and then to Albany, New York.

Andrew was not only a student; he also was an avid hiker during his twenties. He completed all the 4,000 foot mountains in New Hampshire, and he also hiked the entire 2,176 mile Appalachian Trail in 1999. This took him five months total as he hiked from Georgia to Maine. Andrew didn’t stop there; he then hiked the entire Long Trail which is the entire state of Vermont. This adventure only took him three weeks to complete. Finally, Andrew hiked the Tour de Mont Blanc. It took him seven days as he went through France, Italy, and Switzerland through the Alps. Andrew, being an outdoors type of man, owns a 29 foot cabin cruiser which he keeps on the shore of Connecticut.

Andrew now 36 years old, is married and has two children ages 2 ½ years and 10 months. He lives in Westfield, Massachusetts, owning two businesses and a rental property in Albany, New York. Andrew’s best advice is “Stay productive and never pass up on an opportunity.” Andrew took his vocational program as an opportunity to succeed, and he is now very grateful for the education and guidance that came from the program. Now, every chance he gets, Andrew spreads the word about career and technical education programs just like HOSA.
HOSA members at the National Leadership Conference in June, 2010 will be very busy with competitive events, participating in general sessions, attending Educational Symposiums, and visiting exhibits. The focus of the HOSA NLC is preparing for a future in the health professions, and while all HOSA members come to the NLC to work and do well, they will also find themselves asking the all-important question – what’s for lunch?

Disney’s Coronado Springs Resort will be the host hotel for conference activities. When HOSA delegates get hungry, they will have many options for finding a bite to eat.

The Maya Grill is a “reservations recommended” restaurant. They are open for breakfast and dinner, and feature a generous breakfast buffet. The price range for dinner entrees is $22 - $34.

The Pepper Market is a large, open air Food Court. Upon arrival, you are escorted to a table and presented with a ticket. You walk around to multiple serving stations, selecting the foods you want. When you exit the Pepper Market you pay your bill. A 10% gratuity will be added to your bill.

Breakfast service begins at 7:00 am and the restaurant stays open until 11:00 pm. You can find a menu at http://allears.net/menu/menu_pm.htm Before you order, take a look at the portion sizes. HOSA members may be able to save money by sharing an entrée.

And for you early risers, the Pepper Market has a bakery window that serves coffee, soft drinks and bakery products beginning at 6:00 am.

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Café Rix will be a popular spot for HOSA members. It provides counter service for a quick bite to eat, and gives you the option of outside eating, overlooking the lake. It is open from 6:30 am to midnight.

If you want to save some money, consider buying a souvenir mug as soon as you arrive at your resort. Write your name on it with a permanent marker, and then carry it with you. You can get unlimited refills of coffee, soft drinks and tea throughout your entire stay.

Panchitos is the gift shop at Disney’s Coronado Springs Resort that also sells soft drinks and snack items.

**Other Dining Options**

All Disney resorts provide free transportation to the theme parks, water parks, and Downtown Disney. There are 18 restaurants and snack food locations in Downtown Disney.

The nearest McDonald’s is about a mile south of the hotel, just past Disney’s Blizzard Beach.

HOSA members at Disney’s Port Orleans Resort have two food courts to choose from – one at Port Orleans Riverside and one in the French Quarter. Port Orleans guests can also catch a boat to Downtown Disney which is a very quick and convenient option for having a meal.

**Dining Reservations**

Quick serve locations on Disney property do not take reservations, but table-service restaurants do, and they fill up quickly. If you wish to plan a special meal with your delegation when you are not involved in HOSA conference activities, you will need to do some research to find your dining options, and then make reservations early. The more popular dining locations fill up months in advance. Call 407 WDW-DINE to make reservations.
Nebraska HOSA hosted a breakfast for senators at the State Capitol on February 11, 2010. There were 6 senators and 8 legislative aides in attendance. Nebraska HOSA officers were on hand to discuss their future aspirations in health care, to do blood pressures and to discuss HOSA and its mission. A special thanks to Sheila Page, legislative aide for Senator Colby Coash, for organizing the event. Sheila is a good friend to Nebraska-HOSA!
Meet the New Surgeon General

In October 2009, Dr. Regina Benjamin was confirmed as the United States Surgeon General. HOSA congratulates Dr. Benjamin and wishes her success in her role as America’s doctor.

What do you know about the role of the Surgeon General? You can find information about Dr. Benjamin and the office of the U.S. Surgeon General by going to http://www.surgeongeneral.gov/

Take a few minutes to look at the resources available on this website. What resources are of particular value to HOSA members in the study of health science education and the pursuit of a health career?

Of particular interest is the Surgeon General’s Vision for a Healthy and Fit Nation. This resource provides excellent information on the public health challenge of obesity, and steps that we (that includes you HOSA members!) can take to combat this serious health problem.
HOSA has partnered with National Recognition Products (NRP), a leading manufacturer of high school class rings, to offer a custom side design exclusively for HOSA members.

Not only can you create your own piece of history by designing a class ring on NRP’s state-of-the-art ring designer, you can rest assured that your creation will be protected with the Industry’s Best Warranty!

Simply go to www.nrponline.com, type in your zip code, choose HOSA from the drop down list and then click on the class ring page. Choose from several ring styles in one of our three collections. The options available to customize your ring are endless! Select your custom HOSA side design, metal type, stone and much more. It’s easy to order and fun to design your ring and see the results right before your eyes!

If you have any questions about this exclusive HOSA offer, please contact Loren Adair, NRP and HOSA authorized sales representative. ladair@nrponline.com

Design your HOSA ring online today!