GEORGIA STATE

Officer Retreat

Hard Labor Creek State Park in Rutledge, Georgia served as the meeting place for the Georgia State Officer Retreat on January 23-25, 2004.

Kimberly Kennedy, East Vice-President; Akilah Glasby, Secretary; Andrea Ramos, Reporter; Kimberly White, West Vice-President and Tran Nguyen, State President were in attendance with their respective local advisors and state director. The plans for the weekend included team building, State Leadership Conference preparation and a lot of fun.

Taking on the biggest challenge first, the officers mapped out the details for the State Leadership Conference in February. However, the work did not end there. Strategies for recruiting new members, further informing current HOSA members on how to make the most of their HOSA experience, and reviewing and critiquing the past year were all tasks accomplished during the retreat.

Overall, everyone involved in the Georgia State Officer Retreat left with a sense of achievement and a knowledge that this year was going to be a success.

TENNESSEE HOSA

Meets with Legislature

By: Sarah Sexton, 2003-2004 Reporter/Historian

In February 2004, members of the Tennessee HOSA Executive Council traveled to the Tennessee State Capitol to participate in Youth and Government Week. On the first night of their stay, they met for dinner with officers of other organizations and were able to enjoy their meal while listening to special guest speakers from the House and Senate. The next day, the Tennessee HOSA officers had the opportunity to meet with their local representatives and senators to discuss the role of Career and Technical Education and the organizations they represent. Later that evening, each officer had the privilege of serving as a Page at the Legislative Business Session. They were able to witness their representatives discuss many different political issues, as well as hear Governor Phil Bredesen present his plan for next year’s budget.

Throughout the next several days, the officers attended many seminars and events where they were able to meet with members from the House and Senate to find out how the state legislature operates. During this time, a few of the Tennessee HOSA officers had the opportunity to travel with their representatives and senators to committee meetings where they were able to hear about selective issues. The week was a complete success and a worthwhile experience.

Members of the Tennessee HOSA Executive Council would like to give a special thanks to each member of the Tennessee Legislature for taking time out of their busy schedule to meet with the officers, and for their ongoing support of HOSA!
HOSA State Leadership Conference

The Virginia HOSA 24th annual State Leadership Conference was held in Hampton, Virginia on March 19-21, 2004 at the Hampton Holiday Inn. This conference kicked off the 25th year of HOSA in the state of Virginia.

This conference marked the largest number of delegate attendance in the state’s history with more than 857 Virginia HOSA members registered to attend. Distinguished guests included Shelonda Richardson, Region II Vice-President from Tennessee, and Hampton area included Mayor Charles Wornom of the City of Hampton, Virginia, who extended the HOSA delegates a warm welcome.

Friday, March 19 began the celebration, and the Virginia State Executive Council warmed up the audience by singing and dancing to a song about HOSA set to the tune of YMCA. The HOSA spirit was high. Everyone was energized and excited about the days to come and were looking forward to a fun-filled educational weekend. The candidates for the 2004-2005 Executive Council were introduced to the assembly once the opening session was underway. After the session was dismissed, there was a talent show for all the delegates to enjoy.

Saturday was busy for most. Competitions took place all day, and workshops were available for delegates to attend. Saturday night, everyone attended the Virginia HOSA banquet and awards sessions honoring the winners in Categories I and V. At the conclusion of the session, the members were offered many options for entertainment that would appeal to all, including: BINGO, Wheel of Fortune, dancing, watching Finding Nemo or attending a Magic Show.

Sunday morning, the delegates met for the last time, and the 2004-2005 Executive Council members were announced. The winners for Categories I, III and IV were also announced, and the last session of the 24th annual Virginia State Leadership Conference was adjourned.

The Conference was a huge success thanks to Virginia HOSA! This event was a very educational and unique experience, and congratulations go out to all who attended and competed. We all look forward to the 25th annual Virginia State Leadership Conference next year!

Kelli Cline
VA State Reporter, 2003-2004
Pharmacists play a key role in dispensing prescriptions and monitoring their pharmaceutical aides who fill prescriptions. In addition to that role, pharmacists are also used for advice and as a reference for patients who have questions about prescriptions. Because it is so important that patients understand how to properly take their medications, pharmacists must be detail-oriented. Pharmacists are constantly learning on the job as new medications emerge because it is important for them to understand the possible allergic reactions their patients might experience. As with most careers in healthcare, it is essential for a pharmacist to be confidential when dealing with patients and the medications they are taking. A pharmacist is required to know what medications can be combined and what medications are unable to interact. Learning these specifications is essential for a pharmacist because of the reactions patients can have to the incorrect pairings of medications. The job of a pharmacist requires a moderate level of patient interaction and the anticipation of long hours and the possibility of working on the weekends.

Minimum of 6 years. All states require a pharmacist to obtain a license to practice pharmacy from an accredited pharmacy program. To receive the degree of Doctor of Pharmacy (Pharm.D.), a minimum of six years of coursework is required in courses such as math, biology and chemistry.

Average Salary: $70,000
The alarm rings in the morning, and you sleepily reach over to turn it off. You climb out of bed and begin the daily routine: brush teeth…check; shower…check; get dressed…check; apply deodorant…wait. Or should you? New studies indicate that you may want to rethink this unquestionable, everyday task. Researchers are trying to determine whether there is a correlation between women who use deodorant or antiperspirants and those that are diagnosed with breast cancer, which may or may not indicate that you should think twice before applying deodorant.

According to a study published in the *Journal of Applied Toxicology*, Dr. Philippa Darbre and her colleagues at the University of Reading in the United Kingdom tested 20 human breast tumors and found that all contained parabens, or synthetic preservatives. Parabens are ingredients found in most cosmetic or personal care substances—including deodorant. Because the underarm region is located so close to the breast area, these findings might suggest that deodorant does in fact play a role in causing breast cancer.

Apparently, there are questions across the globe about deodorant’s link to breast cancer. Janet Boivin, RN, published an article for *Nursing Spectrum* about a study performed by Chicago physician Kris McGrath who was determined to reach a conclusion over this debate. Boivin said McGrath’s study “suggests the absorption of aluminum salts, a primary ingredient in antiperspirants, combined with frequent skin disruption caused by underarm shaving, may play a role in breast cancer.” McGrath’s research involved 437 women who had survived breast cancer. However, he was still unable to find a concrete relationship between deodorant, underarm shaving and breast cancer. According to Boivin, McGrath found that “women who shaved under their arms three times a week or more and applied deodorants two to five times a week or more were diagnosed with breast cancer 22 years earlier than nonusers and 12.5 years earlier than minimal users.” Unfortunately, McGrath’s cause and effect conclusions are still uncertain. He admits that more research is needed in this area. For the time being, McGrath suggests using an organic or natural deodorant that does not contain the chemicals in question.

As always, there is another side to this debate. An article published in the *Journal of the National Cancer Institute* states that there is no proven link between the use of antiperspirants or deodorants and breast cancer. This urban legend, as some are calling it, has circulated through e-mail causing great concern among the female population, even though there is still no conclusive evidence on a cause-effect relationship. Boivin also wrote in her article that, “the US Food and Drug Administration, which regulates food, cosmetics, medicines, and medical devices, also does not have any evidence or research data to support the theory that ingredients in underarm antiperspirants or deodorants cause cancer.”

We can only hope that current and future studies will help us in our fight against breast cancer. However, in a time of speculation, theories and uncertainty about what may or may not cause breast cancer, it is a personal choice as to how we will protect ourselves now and in the future.
The National Association of Parliamentarians, one of HOSA’s partners, has begun a campaign to create a US Postage stamp to honor General Henry M. Roberts, author of Robert’s Rules of Order the most widely used authority on parliamentary law. The NAP Citizens’ Stamp Committee is actively working to get this stamp into circulation, and they need your help.

The first step in this effort is to ensure the government that there is strong popular support for this stamp across the country. The Youth Chairman of the National Association of Parliamentarians has asked that HOSA members sign the stamp petition and return it to Jim Williams, chairman of the Citizens’ Stamp Committee. In addition, HOSA members can make copies of the petition and obtain signatures around their community in support of this stamp.

As a partner with the National Association of Parliamentarians, HOSA has agreed to help in this effort at the National Leadership Conference in June. There will be opportunities throughout the conference for delegates to sign the petition if they choose to support this effort. If you would like to participate now, the State Association board members have requested that each individual sends a letter addressed to the Postmaster General in support of this stamp.

For more information on this project, visit www.parliamentarians.org/Stamp.htm, and find out how you can help in this effort to honor General Henry M. Roberts.

**PETITION**

We the undersigned support the effort to commission a postage stamp to honor General Henry Martyn Robert (1837-1923), distinguished military engineer for forty-four years, civil engineer, lecturer, churchman, and author of Robert’s Rules of Order in 1876, Robert’s Rules of Order Revised in 1915, Parliamentary Law in 1921, and Parliamentary Practice in 1923. Robert’s system of parliamentary procedure continues as the leading authority for deliberative assemblies. The book has been published continuously by the Robert Family.

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Return to: Jim Williams, Chair, Citizens’ Stamp Committee, 927 Trimble Pl, Sagamore Hills, OH 44067-2239
Albert Einstein is reported to have said that creativity requires taking “a leap into the unknown.” If that statement is true, there are times when creative persons must put their beliefs, reputations and resources on the line. They may suffer the slings and arrows of ridicule because they see things differently, but creative people are able to go against the mainstream. They see things not as they are, but as they could be.

The successful person is not imprisoned by the bars of traditionalism or the frustration of change. Most successful people are usually described as “creative people.” The successful person must look at reality with a different perspective—another point of view.

Respond to each exercise providing what information is requested:

**Exercise #1**
How many uses can you think of for an upside down chair?

**Exercise #2**
How many uses can you think of for a brick?

**Exercise #3**
How many cubic inches of dirt are there in a hole 1 foot wide by 1 foot long and 1 foot deep?

**Exercise #4**
A rather unusual man is traveling across the country with a tiger, a rabbit and a basket of carrots. The man must transport the tiger, the rabbit and the basket of carrots across the river one by one. This is necessary because the tiger cannot be left alone with the rabbit, and the rabbit cannot be left alone with the basket of carrots. The only means of transportation is a small motorboat that will accommodate only him and one other thing at one time. How can the man transport the tiger, rabbit and carrots across the river safely?

**Exercise #5**
Place a one-dollar bill flat on the table. Turn an empty bottle upside down so that its mouth rests on the center of the bill. Without tipping over the bottle—and allowing nothing to touch the bottle other than the bill or the table—remove the one-dollar bill from beneath the bottle.

**Exercise #6**
Three missionaries and three cannibals must cross the river. They can’t swim. They have a small motorboat, which will carry only two persons. Each of the missionaries knows how to operate the boat. One missionary can be alone with a cannibal, but if one missionary is left with two cannibals the missionary will be immediately eaten by the two cannibals. How can the missionaries cross the river so that all six are safely delivered on the other side of the river?

**Exercise #7**
How many triangles are there in this figure?

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**Advisor Corner**

Solutions to Creative Exercises:

**Exercise #1**: How many uses can you think of for an upside down chair?
- As a sled for children
- As a seat for a small child
- As a stand for holding a book
- As a plant stand
- As a lamp base

**Exercise #2**: How many uses can you think of for a brick?
- As a building block
- As a garden brick
- As a fire starter
- As a weight in an animal pen
- As a tool for cleaning

**Exercise #3**: How many cubic inches of dirt are there in a hole 1 foot wide by 1 foot long and 1 foot deep?
- Volume of a rectangular prism = length × width × height
- Volume = 1 ft × 1 ft × 1 ft = 1 cubic foot

**Exercise #4**: A rather unusual man is traveling across the country with a tiger, a rabbit and a basket of carrots. The man must transport the tiger, the rabbit and the basket of carrots across the river one by one. This is necessary because the tiger cannot be left alone with the rabbit, and the rabbit cannot be left alone with the basket of carrots. The only means of transportation is a small motorboat that will accommodate only him and one other thing at one time. How can the man transport the tiger, rabbit and carrots across the river safely?
- Transport the rabbit across first.
- Then, transport the tiger across.
- Return to the starting point and transport the carrots across.

**Exercise #5**: Place a one-dollar bill flat on the table. Turn an empty bottle upside down so that its mouth rests on the center of the bill. Without tipping over the bottle—and allowing nothing to touch the bottle other than the bill or the table—remove the one-dollar bill from beneath the bottle.
- Roll the bill in a tight curl against the neck of the bottle, which will gradually pull the bill from underneath the bottle. The cylinder formed by the rolling bill will prevent the bottle from creeping toward you.

**Exercise #6**: Let M-1, M-2 and M-3 represent the missionaries and let C-1, C-2 and C-3 represent the cannibals. C-3 is the cannibal to operate the outboard motor. This is how they crossed the river:
- C-1 and C-3 cross, C-3 returns
- M-1 and M-2 cross, C-3 returns
- M-1 and M-2 cross, C-3 returns
- M-1 and M-2 cross, C-3 returns
- C-1 and C-3 cross, C-3 returns
- C-2 and C-3 cross

**Exercise #7**: How many triangles are there in this figure?
- There are 35 triangles.
You must first believe in yourself if you are to accomplish your goals. Success and happiness only come to those who believe in themselves and are willing to put forth a total effort in accomplishing their goals. Success and happiness are not destinations. They are exciting, never-ending journeys.

Your journey will begin as soon as you have a map to your destination. Your map must be a detailed plan as to how you can accomplish your goal. If you do not have a map, it will be impossible to reach your destination in the shortest amount of time and with the greatest amount of ease.

What is a goal? A goal is something you want to accomplish. A goal gives your life purpose. A goal, however, is more than a dream. A goal is an action plan to get where you want to be. A goal tells you where you want to be, not where you’ve been.

How do you learn to set goals? It’s simple. Start with a plan. Remember, most people fail not because they lack talent, money or opportunity. They fail because they never planned to succeed. You must plan your future if you want to succeed.

What is a creative goal setter? A creative goal-setter is able and prepared to meet challenges without relying upon someone to help overcome them. A creative goal-setter is not defeated by frustration and anxiety caused by change.

Progress toward accomplishing a goal is only made one step at a time. The creative goal-setter is patient. The creative goal-setter knows that a house is built brick by brick. A football game is won play by play. A goal is achieved step by step. Every big accomplishment is a series of small accomplishments linked together.

Something to Think About…

What would you be doing with your life if you knew that you could not fail?

What would your goals be?

What would you dream if you knew that your dreams could come true?

What goals would you set for yourself if you had unlimited resources to accomplish those goals?

What career would you pursue if you had the talents, skills and interest to overcome any obstacles?

The successful leader does not ask, “Can I do it better?” He or she knows the answer is yes. Therefore, the question is phrased “How can I do it better?”
Now that summer is fast approaching, you might want to start thinking about how you will spend all your free time. For many, volunteering is becoming a popular option and is not only a rewarding experience for the community but for the individual as well.

It is well known that there are many ways to get involved in your community. Perhaps the most obvious is to contact local hospitals and retirement homes and offer to spend time with patients and residents.

Are you interested in volunteering your time to help win the fight against cancer? The American Cancer Society offers a variety of unique ways to get involved in your community. If you visit www.cancer.org and click on the volunteer section, you can search for opportunities in your area. The American Cancer Society has a number of events that you can participate in such as Relay for Life, Making Strides Against Breast Cancer and Coaches vs. Cancer. You can also search for events in your community or find out ways to contact your legislature and voice your concerns. The more people in each community that get involved, the more effective the fight against cancer becomes.

You can also volunteer in your community through the American Red Cross, which offers a wide variety of services for volunteers. Red Cross is dedicated to providing disaster relief to communities and to helping citizens prevent, prepare and respond to emergencies. Visit www.redcross.org and learn about their volunteer opportunities. Most communities have a local Red Cross, so all you need to do is contact the representative from your area to find out how you can get involved.

Do you like to work with kids and peers? Special Olympics’ mission is focused on empowering individuals with intellectual disabilities to become physically fit, productive and respected members of society through sports training and competition. Much like other organizations, Special Olympics would not be able to provide the wide variety of activities to their athletes if not for volunteers dedicating their time, energy and support. To find out how you can get involved with Special Olympics on a local level, log on to www.SpecialOlympics.org and find a location near you.

Another popular place to volunteer are animal shelters, such as the Society for the Prevention of Cruelty to Animals (SPCA) or the Humane Society, who are always in need of young volunteers to help walk and feed the animals. You can contact the SPCA at www.aspca.org and the Humane Society at www.hsus.org to learn more about protecting the welfare of animals.

However, maybe these options aren’t right for you, or maybe you want to find something different and unique. If you are overwhelmed with the idea of starting from scratch to find a way to volunteer in your community, www.VolunteerMatch.org is a useful website dedicated to helping people in your situation. VolunteerMatch has done the hard work for you by building a database of volunteer opportunities. This website is straightforward and easy to access. You simply enter your zip code and a list of volunteer opportunities in your area will appear. They have also given specific information about each organization: the amount of time they require, the number of volunteers needed, and what qualities the organization is looking for. You can also search this database by the opportunities that are offered or by the organization’s name/purpose; depending on how certain you are of what you want to do. VolunteerMatch offers over 30,000 opportunities, so it should be easy to locate something that interests you.

In addition to the positive impacts volunteering has in your community, hands-on community service is always a major plus when applying to college or for a job in the medical field. If you dedicate time to others, people will recognize that as a contribution, and it can have positive impacts later in life.

Hopefully, if you are inspired by the idea of volunteering, you will act on that inspiration and undoubtedly impact the lives of others and spread joy throughout your community.
On Thursday April 22, 2004, HOSA #1912, sponsored by Susan England, MSN, RN, was named Marbridge Villa Retirement Home Volunteer of the Year. Currently, 59% of teenagers volunteer an average of 3.5 hours per week— that’s 13.3 million volunteers. It is with pleasure that some of these extraordinary teenagers are at Marbridge Villa. For the past two years, HOSA #1912 and Susan England have not only given of their time but also their hearts.

As one ventures down the hallways and into the dining room of Marbridge Villa on Friday mornings, it is not uncommon to see teenagers and residents engaged in meaningful conversations or completing group projects. Nor is it uncommon to hear the energy of 20 youths and over 70 residents competing against each other in a volleyball game.

Because of this interaction, the HOSA #1912 volunteers stand out from others for many reasons. First, they are dependable and fulfill their commitments. Because a volunteer does not get paid for their services, depending on a volunteer group to fulfill their duties can be a risky venture. In general, the motivation for a volunteer group to follow through on their commitments must be a high level, and this group’s constant dependability and loyalty to their mission proves that they are motivated to help the residents of Marbridge Villa. Second, this group has a desire to learn from the residents. Their goal is to learn what it takes to become compassionate and thorough healthcare professionals, which makes them more observant to the residents’ behaviors and more responsive to their needs. Members of HOSA #1912 genuinely enjoy spending time with the residents and getting to know them. It is outstanding and unique to meet a group of teenagers who would choose to come to a nursing home dance on a Friday night, and not only enjoy themselves, but bring their friends to volunteer at the nursing home as well.

In his State of the Union address on January 22, 2002, President Bush issued a national Call to Service urging Americans to dedicate two years or 4000 hours over the course of their lifetime to serving their communities. It is with pleasure that Marbridge Villa benefits from this Call to Service. It has truly made a difference in the lives of the residents at Marbridge Villa, instilled a sense of community responsibility in the youth and has broken down the negative stigma of nursing home life in our community. For this, HOSA #1912 was recognized for providing the vehicle to reap the benefits and for instilling volunteerism into the youth of our community.

Susan K. England, MSN, RN, CSN
Health Science Technology Education
Hays High School, Buda, Texas