

hosa future  
health  
professionals

**Build a better  
YOU!**

WINTER 2012



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### GET CONNECTED!

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## FOUNDED: 1976

In 1976, HOSA was founded around just one demographic - the student. Our programs, events, and culture are all engineered to inspire and push students to the highest level that they can achieve more both in and out of the classroom. Over 2.1 million Future Health Professionals have used HOSA as a launching pad for leadership, and while this is impressive, all great leaders know that good is never good enough.

### We've only just begun.

We're building our members up, because we know that they'll deliver. Our national theme for this year is **HOSA: Build a Better You!** This epitomizes what HOSA set out to accomplish all those years ago. When your 2012-2013 National Executive Council inherited such a dynamic and diverse membership, we knew that we had our work cut out for us. As a team we crafted dreams for what HOSA can do. Already in place were exciting changes that will directly impact the way that you'll interact with HOSA on even the most basic level. As we gear up for these changes, we're constantly improving the way that we distribute information across the nation.

One of our really incredible dreams is to extend officer leadership experiences to our entire membership. We'd also like to connect with you personally, which is made easier than ever due to our team's geographic diversity. In each region of the nation, our team is set on making HOSA known. We encourage you to join us in this cause, and to make HOSA an active part of your community's healthcare pipeline. Along the way, we'll be streamlining every part of what we do. So it's easier for you to take part in what you love. With the key word being easier. And love.

We're reaching out, up, and beyond what we think is already awesome. We encourage you to do the same. Welcome to **HOSA: Build a Better You!**

*David Kelly*  
*President*  
*HOSA - Future Health Professionals*





**Adam King** Former National Region III Vice President (2009-2010)

I have worked as a nursing assistant in intensive care for over two years, but having the ability to work alongside an experienced preceptor in intensive care at a prestigious hospital allowed me to act, think, and feel more like a nurse.

“Where are you from and why on earth would you choose to work in the midwest? Don’t you know that the winters here are brutal?” At first I was shocked by these first words out of my patient’s mouth at the beginning of the shift, but all I could do was smile and laugh. In an effort to establish a personal connection, I turned the question back around to the sweet 90-year-old female patient. “Where do you think I am from, ma’am?” I asked in a voice surely to be indicative of a southern origin. “Well it sure isn’t from around here. I would say either Missouri or New York.” In reply, I simply told her that I was from North Carolina. She could not believe that I would even think about working in a state so far away from home, but at the same time, I was wondering how in the world she thought I was from New York.

Aside from many similar questions and comments from patients and staff members about my accent, I experienced many eye-opening practices and situations during my 10-week nurse externship on the Surgical Trauma ICU this summer at Mayo Clinic in Rochester, Minnesota. Mayo Clinic is consistently recognized as one of the best medical institutions in the world. As the beginning of my senior year of nursing school was rapidly approaching, I knew that I

needed to gain even more experience to market myself as a top-notch candidate for new nurse positions come May 2013. I have worked as a nursing assistant in intensive care for over two years, but having the ability to work alongside an experienced preceptor in intensive care at a prestigious hospital allowed me to act, think, and feel more like a nurse.

Prior to the program, I admit that I was somewhat ignorant to nursing practice and available resources outside of the hospitals in my state. However, some of the things that I saw this summer would astound any of my nurse colleagues or fellow nursing students in North Carolina. I was not prepared to encounter the abundance of “wealth” and superior employee satisfaction at this hospital. For example, this hospital has teams for nearly everything that you could imagine: teams that start all IVs in the hospital, teams that perform all urinary catheterizations, teams that hang and monitor all blood transfusions, and there are probably teams to let you know who to call if you are unsure. “There’s a team [app] for that,” was a running joke among my group of externs.

After getting over this initial shock, every day continued to amaze me. I found out that the nurse to patient ratio is

*“I experienced many eye-opening practices and situations during my 10-week nurse externship on the Surgical Trauma ICU this summer at Mayo Clinic in Rochester, Minnesota.”*

*“Although nurse externships are not the easiest to find sometimes, I highly recommend the experience to all nursing students.”*

usually only 1:1 on the unit if the patient is receiving mechanical ventilation or on pressors to control blood pressure. Even more exciting, the nurse practitioners and other midlevel providers in this institution have a lot of autonomy and respect from the medical staff. They even function in the role of junior and senior residents on some floors. Every unit even has a nurse educator and certified nurse specialist. I could go on with the list of comparisons, but it would take several pages to thoroughly do so.

As a nurse extern, I was not able to actually administer medications or receive verbal orders, but I did have the ability to assume primary care of my patients by performing and documenting assessments, interacting with the multidisciplinary team, and asking many, many questions. I learned more about intensive care and nursing's role in caring for these critical patients than I have in any other situation. My thought process at the beginning of the program was that this would be a “cool way to build my résumé.” Although it is true that I essentially survived a 10-week interview process, an externship in a major hospital away from home is an invaluable experience. I had the opportunity to live and work outside of my comfort zone to see if this area of nursing is the right fit for me. In a way, the institution almost pampers us, as they know that this program is a powerful

and effective recruitment tool (77% of last year's externs were hired back as new nurses). As a result of hard work and ambitious networking, I have already been offered a position on this particular unit upon successful completion of nursing school and the NCLEX. Though this started out as just another summer job, it is now quickly turning into the making of a future career with a great outlook.

Although nurse externships are not the easiest to find sometimes, I highly recommend the experience to all nursing students. I do encourage nursing professors to explore these options with their students. As mentioned, it is a great way to network, but it also presents great learning moments to help with role transition. Having this firsthand knowledge will make my final year of nursing school seem a lot more bearable. I also have the luxury of not stressing out too much about finding a job opening upon graduation. As a result of this decreased stress, I can focus all of my energy on passing the NCLEX and striving to learn all that I can as I finish nursing school!

The views expressed in this article are my own and do not reflect the views of Mayo Clinic.

## Andrew Rubley Alumnus in the News



“HOSA provided me with crucial experience needed in the competing workforce and very well structured hands on training and learning that I will take with me for the rest of my life.”

I just started my first day yesterday (May 14th) and it will come to a halt on June 28th with ACTE. My senior year of high school I decided to participate in HOSA and my younger brother had two years experience with CTE in the welding program. In 2007, I competed in physical therapy, resume building and interview process and got to the state competition. HOSA provided me with crucial experience needed in the competing workforce and very well structured hands on training and learning that I will take with me for the rest of my life. Right after I graduated I went to Kellogg Community College located in Michigan for two years. I also took the CNA (Certified Nurses Assistant) class at KCC. Soon after I transferred to Saginaw Valley State University (also located in Michigan) and I am now majoring in Political Science and next May I will graduate. Last summer I had an internship with State Representative Stacy Erwin Oakes in the Michigan legislature and in July I'll be interning for Senator Levin in DC. I am currently working in the Public Policy Department of ACTE. A couple of projects I am working on right now are building a "Career Readiness Web Site" and, also, in the near future I will be making "state fact sheets" for all states and how their CTE programs are doing. Upon graduation next year I look to move in the DC sphere. I am beyond excited to be working with the Association for Career and Technical Education and making sure that our children will have a bright future on their horizon and gain the proper skill sets through the use of career and technical education and so that they may be career ready.

Best,

Andrew Rubley  
Alumnus, Michigan HOSA  
Vice President, Disc Golf Club  
Secretary, College Democrats  
General Assembly, Tau Kappa Epsilon  
Saginaw Valley State University

# hosa alumnus

## RECEIVES NEW PROFESSIONAL AWARD

**Dr. Adam Barry** Assistant Health Education and Behavior Professor of the University of Florida is the recipient of the Southern College Health Association 2012 New Professional Award! The American College Health Association will formally give him the award later this year. Dr. Barry acquired a Bachelor and Master of Science in Health Education from Florida State University and his PhD in Health Education from Texas A&M University. As HOSA Congratulates him on his award we interviewed him on his experiences during his HOSA years.



### When were you a HOSA member?

I was in HOSA during the late nineties. Specifically, I was a member from 1997-1999.

### What Chapter/ School / State

The Academy of Health Professions, Tampa Bay Technical High School, in Tampa Florida.

### What competitive events were you involved in?

I competed on the "Biomedical Debate" team. To be honest, I have no idea how we performed. I feel like I would remember if we won state or something like that, so it makes me think we must not have done so well!

### What is your favorite HOSA memory?

I would say my favorite memory would be the camaraderie with my fellow debate team and chapter members. We had a fun group of really smart people. We were all classmates and good friends. Looking back, I wish I could remember the competition questions and how we responded. I wonder what I said, and if it made sense or was a rationale argument. Also, it would be fun to try and compete now as a team answering those questions. I'd hope we would do a better job now...

### How has HOSA contributed to who you are today?

I now have memberships in a number of national health-related organizations (e.g., American College Health Association, Society of Public Health Education, etc.), but HOSA was the first health-related organization I ever belonged to. HOSA sort of got me started in the health field and really set the trajectory for my future studies and career. HOSA was a jump start for me.

### What advice would you give to HOSA members?

I would advise HOSA members to really take advantage of the opportunities they have. Get involved. Network. Talk with other members about what they want to do, what they want to study, what they think is important. Soak in this experience and use it to your benefit.

Get involved.

# SCHOOL BELL:

## Dozier-Libbey instructor interns in D.C.

**Cyndi Soraoka** was in elite company as one of only four advisers from HOSA-Future Health Professionals at the Office of the Surgeon General.

The Dozier-Libbey High instructor spent a week in a summer internship in Washington, D.C.

Soraoka said she was “privileged to learn about our public health system,” including the Medical Reserve Corps, the U.S. Public Health Service and the U.S. Public Health Commissioned Corps, “which is on par with the Army, Navy, Marines and Coast Guard in service to our country.”

The week included visits to the Department of Human Services, learning about the Emergency

Management System (a nationwide medical service) and the Secretary’s Operation Center, which serves as the “nerve center for public health emergency preparedness.”

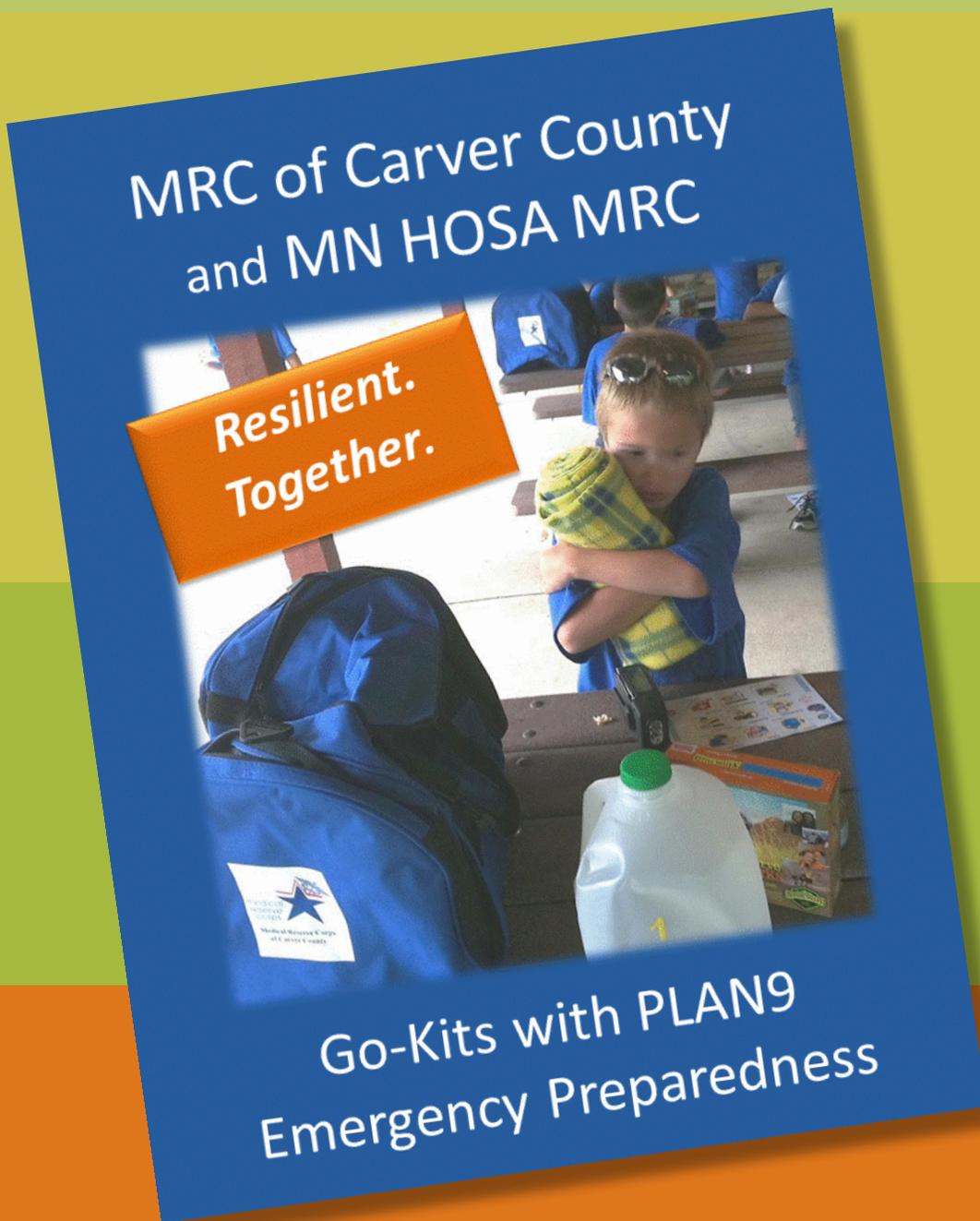
Soraoka was privileged to meet Dr. Regina Benjamin, the surgeon general, even nabbing a group photo with her.

“It was a once-in-a-lifetime experience,” she said.

The Antioch teacher said she plans to share what she learned with the Dozier-Libbey HOSA chapter and will be incorporating it into the 10th-grade health science curriculum.



## MRC and MN HOSA: *Resilient, Together.*



During Chaska's annual Safety Camp, MRC and MN HOSA came together to teach elementary students the importance of preparedness in the face of an emergency. Students put together PLAN9 kits which incorporated the nine essential items needed in a disaster including water, food, clothing, and medicine. Hands-on activities were a key theme as kids played games and interacted with the items. By the end of the session, the students couldn't wait to make kits of their own with their families!

# OPERATION



What do mock plane explosions, simulated third degree burns, and eager Arizona HOSA members have in common? They were all a part of Maricopa Medical Center's Mock Disaster Drill on October 13<sup>th</sup> in Phoenix, Arizona! Maricopa Medical Center tested the members of its community as well as its hospital staff by holding "Operation Rapid Tombstone"—a mock disaster that involved a plane explosion, resulting in the sudden arrival of 150 "patients" in various conditions at the hospital unexpectedly. These mock patients included many members of Arizona HOSA, including the entire State Officer Team, as well as members from Liberty HS, Payson HS, Willow Canyon HS, Arcadia HS, and The University of Arizona.

Hayley Owen, AzHOSA State President, was fortunate enough to be able to shadow the Disaster Manager during the drill. While most of the volunteers were involved in the public view of the drill, Hayley was able to get a hands-on, behind-the-scenes experience of

the Operation Command Center during the drill. While in the Command Center, Hayley observed the detailed plans the hospital had put in place in order to function successfully during a disaster. All within the first hour, Hayley witnessed the Command Center team develop an extensive Communications Plan minutes, organize the distribution of care to patients, assemble a labor pool of on-call doctors and nurses, organize a blood bank, and create an Action Plan for the 48 hours following the disaster. During the 3 hour drill, the team of logistics, planning, finance, and operations coordinators also dealt with unexpected results of the mock disaster, like distraught family members of the 'patients,' and "suspicious" unidentified box, and the overall chaos of having 150 critical patients. The drill ran well overall, and the areas that the staff needs improvement on were identified throughout the drill—which is why Maricopa Medical Center runs Mock Disaster Drills twice every year. Hayley was grateful to be part of the fast-paced, quick-thinking, and efficient Command Center Team that allowed the disaster to be handled smoothly and successfully!

# Rapid Tombstone



Operation Tombstone contained over 150 patients, with a number of injuries from the plane's massive explosion. At first, each patient had to be given a triage card, telling them and the hospital staff the severity of their injuries, as well as their vital signs. Next, it was time to look the part! Each patient was sent to a moulage room where their injuries would be brought to life, from third degree burns to lacerations. The drill was set to start, and faces were filled with excitement as the first white ambulance picked up the first five patients. As the patients arrived at the Maricopa Medical Center, the triage unit was ready. They classified each patient as green, yellow, red and black depending on the level of injury and the length of time they could wait before needing medical attention. Next, the patients were escorted by either stretcher or wheelchair to the unit that corresponded with their color, and were treated. For AzHOSA's Historian/Reporter, Lesleigh Zerby, this was an amazing event to watch as she photographed every moment of the drill. The staff worked quickly, and acted as though the drill was real, so they would be prepared. In a matter of hours each patient was seen

and treated--and Operation Rapid Tombstone was successfully completed.

Each disaster drill, like Operation Rapid Tombstone, is treated like the "real deal" so all the hospital staff will be ready for an event at any given moment. Not just does the hospital staff have to be prepared for these unknown events--disasters affect the police department, fire departments, National Guard, and ambulances so it is important that effective communication be present between all. Through the disaster drill, they are able to establish these lines of communication, so that in a real disaster they will be able to effectively communicate with every member of this team, and most importantly increase the number of lives saved. Disaster drills can happen in one hospital, county wide, or even state wide, to help prepare a hospital staff, as well as police officers, fire men and paramedics in the case of a real disaster. The AzHOSA State Officer Team as well as the many AzHOSA members that participated in Operation Rapid Tombstone was happy to be a part of such a memorable learning experience for both the hospital staff and the community!

# Juniata College Sigma Theta Alpha HOSA Chapter

## Annual Report 2011-2012

### Officers for 2011-2012

**President:** Megan Russell, Pre-Physical Therapy

**Vice President:** Amanda Skoner, Education

**Secretary:** Barrett Richard, Pre-Medicine

**Treasurer:** Matthew Fernandez, Pre-Medicine

**Webmaster:** Peter DeMuth, Pre-Medicine

### Officers elected for 2012-2013

**President:** Sarah Holmgren, Pre-Physician Assistant

**Vice President:** Emma Dahmus, Pre-Medicine

**Secretary:** Clayton Cooper, Pre-Medicine

**Treasurer:** Barrett Richard, Pre-Medicine

**Webmaster:** Jared Richard, Pre-Dentistry

### Finances

**Beginning Balance:** \$480.86

**Ending Balance:** \$1628.01

### Fundraiser:

**Power Up Gambia Sustainability Event (4/4/12)** – HOSA members worked with local high school students to sponsor a fashion show with sustainable attire to raise money to provide solar panels for Gambian hospitals.

## Fall 2011 Events

The club held biweekly meetings and weekly officer meetings.

Throughout the semester, HOSA students volunteered at the J.C. Blair Memorial Hospital and the Huntingdon Manor Nursing Home.

**Lobsterfest (9/3/11)** – At this student body gathering, we decorated a table with National HOSA items, offered an educational activity and facts about alcohol awareness, and encouraged incoming students to sign up for HOSA.

**Homecoming Health Professions Connection (10/1/11)** – During Homecoming Weekend, students and alumni in the health professions gathered for presentations by fellow students and alumna Jessie Mosley, D.O., a local osteopathic family physician. Student Marie Boller presented her research and experiences working in Ecuador, Brianne Rowan spoke about her internship at Fox Chase Cancer Center, Clarissa Diniz talked about her volunteer, shadowing, and research experiences, and Adam Weaver presented a statistical research project.

**Scott Grugan Memorial Run (10/15/11)** – This annual memorial run is held in memory of a local physician. Students helped organize and volunteered at the event.

**Healthy Harvest (10/15/11)** – HOSA students set up a booth emphasizing nutrition for this festival in downtown Huntingdon for health awareness. The booth included information, games, and activities about nutrition.

**Healthy Halloween (10/26/11)** – This event encouraged healthy alternatives for children trick-or-treating in the town. HOSA students provided healthy food options and organized games, activities and crafts. Students also decorated the lobby of the science center, and we partnered with other student organizations to present laboratory demonstrations and activities for the children.

**Chronic Disease Panel (11/14/11)** – Eight students with different chronic diseases held a panel to talk about their ailments.

**Christmas-Themed Stress Buster (12/7/11)** – The club organized a stress buster for the student body during the last week of classes.

**Christmas Caroling (12/9/11)** – HOSA students sang Christmas carols to residents at the Huntingdon Manor Nursing Home and then went to Dr. Kirchhof-Glazier's home for cookies.

# Juniata College Sigma Theta Alpha HOSA Chapter

## Fall 2011 Speakers

**Ms. Alicia Foster (9/19/11)** – Associate Director of Admissions at the Ross University College of Medicine (medical and veterinary programs)

**Dr. Artamarie Barclay, O.D. (9/21/11)** – Optometrist

**Mr. Ryan Ross (9/27/11)** – Assistant Director of Admissions at the University of Medicine and Health Sciences at St. Kitts (medical and nursing programs)

**Sergeant Mikel Jazuk (10/5/11)** – Sergeant First Class, U.S. Army Health Recruiter

**Mr. Ryan Hollister (10/13/11)** – Assistant Director of Admissions at Salus University

**Ms. Charlene Brantner (10/19/11)** – Occupational therapist

**Mrs. Katie Mehall (10/19/11)** – Physician assistant

**Ms. Colleen Baillie (10/20/11)** – Director of Enrollment, Recruitment, and Retention at the Drexel University School of Public Health

**Mr. William Houser (10/20/11)** – Admissions Recruiter/Counselor at the University of South Florida College of Medicine

**Ms. Debbie Bisbee (10/21/11)** – Admissions Representative from the Lake Erie College of Osteopathic Medicine

**Ms. Kim McCrea (10/27/11)** – Admissions Representative from the New York Chiropractic College

**Dr. David Skoner, M.D. (11/2/11)** – Pediatric allergist

**Dr. Bill Olstein, D.O. (11/2/11)** – Family physician

**Mr. Joe Dionisio (11/9/11)** – Professor of Practice and Director of External Relations and MHA Professional Development from Pennsylvania State University

**Dr. Frank Pessolano, M.D. (11/16/11)** – Radiologist

**Dr. Gordon Handte, M.D. (11/16/11)** – Pathologist

**Dr. Burt Fazi, M.D. (11/30/11)** – Cardiovascular surgeon

**Dr. William DeMuth, M.D. (11/30/11)** – Orthopedic surgeon

# Juniata College Sigma Theta Alpha HOSA Chapter

## **Spring 2012 Events**

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The club held biweekly meetings and weekly officer meetings.

Throughout the semester, HOSA students volunteered at the J.C. Blair Memorial Hospital and the Huntingdon Manor Nursing Home.

**HOSA Inductions Ceremony (1/25/12)** – This was a formal ceremony to induct new members which featured presentations by Dr. George Zlupko, Juniata alumnus and lung specialist, and HOSA officers Megan Russell, Amanda Skoner, Barrett Richard, and Peter DeMuth.

**Bingo at DeForrest Apartments (3/16/12)** – HOSA students volunteered to help set up and play bingo with largely elderly and disadvantaged apartment residents.

**Accepted Students Panel (4/11/12)** – Students accepted into various professional schools spoke about their educational pathways and applying and interviewing experiences.

**Relay for Life (4/14/12)** – HOSA students formed a team to participate in the college's Relay for Life event.

**Senior Citizen Prom at Huntingdon Manor Nursing Home (4/15/12)** – Students organized and held a prom for the senior citizens at the local nursing home.

**End-of-the-year Celebration (04-27-12)** – The group hosted a picnic, distributed awards, and commented on the success and activities of the year. Special guests included JC Blair Interim CEO Lisa Mallon, Pam Grugan (widow of Dr. Scott Grugan), and Marsha Hartman, Executive Director of the JC Blair Memorial Hospital Foundation, which initiated a Dr. Scott Grugan Memorial Award this year that was presented to Megan Russell.

# Juniata College Sigma Theta Alpha HOSA Chapter

## Spring 2012 Speakers

**Dr. George Zlupko, M.D. (1/25/12)** – Specialist in pulmonology, hyperbaric medicine, undersea medicine, and internal medicine

**Mr. Anthony Willis (2/8/12)** – Fourth year medical student at the Temple University College of Medicine

**Dr. Jeffery Hartman, D.M.D., PC (3/14/11)** – Holistic dentist

**Dr. Jennifer Keyser, D.D.S. (3/14/12)** – Oral surgeon

**Dr. Jason Brooks, V.M.D., Ph.D. (3/28/11)** – Veterinary pathologist

## Awards

**HOSA Certificate of Appreciation 2011-2012:** Marie Boller, Clayton Cooper, Elizabeth Ebbets, Lauren Frantz, Daniel Gray, Valerie Maguire, Veneka Mahomva, Erika McKissick, Jared Richard, Natasha Rosler, Brianne Rowan, Megan Schneiderman, Sarah Sexton, Joseph Sforza, Chloe Swanger

**HOSA Distinguished Service 2011-2012:** Emma Dahmus, Peter DeMuth, Matt Fernandez, Sarah Holmgren, Barrett Richard, Megan Russell, Amanda Skoner, Morgan Sweeney, Thomas Tuyen, Arev Varjabedian, Michela Vawter, Aaron Womer

**Outstanding HOSA member 2011-2012:** Megan Russell (as voted by peers)

**Penn HOSA Scholarship-** Brianne Rowan and Megan Russell

**National HOSA Scholarship-** Brianne Rowan

# MINNESOTA

## MN HOSA AND MRC: Preparing the Next Generation

Last year, MN HOSA became the first state to become affiliated with the Medical Reserve Corps. The two organizations came together this summer to present Emergency Preparedness as Chaska's Annual Safety Camp. MN HOSA State Officers, Mariah Jo Wanless, Tiana Pederson, and Gabby Plyum, along with National Officer, Nusla Mohamed, taught elementary students how to put together PLAN9 Emergency Kits. Students learned about the nine essential items they would need in any kind of disaster, ranging from tornadoes to power outages. Essential items included: water, food, clothes, medicine, flashlight, radio, hygiene items, can opener, and first aid kit.



Students participated in hands on activities and played games geared to encourage them to remember the items, while having fun. Each student was able to help put together a sample kit. By the end, they were asking how they can make their own kit!





MRC Regional Coordinator, Deb Larsen, believes the event has a positive impact on a child's life. "The great thing is, the kids talk to their parents and siblings about what they learned. It is something they won't forget for a long time." State Officer Tiana Pederson couldn't agree more. She encourages anyone offered an opportunity to work with MRC to take advantage of it as her experience was "very fulfilling".



This event is the first among many MN HOSA has planned for this upcoming year. You can be sure MN HOSA will be taking full advantage of the opportunities MRC provides.



# NORTH CAROLINA

## Fall Conference

Mrs. Debbie Beam and the District 6 President, Deep Patel planned the conference very well. They had a team building activity-corn maze, guest speaker from Cystic Fibrosis Foundation- Charlotte Chapter, workshop for Plan of Work.





The District 6 Officers were also elected at this conference. It seemed many of the local officers learned a lot and also had a lot of fun. At the closing session, Mrs. Debbie Beam wanted me to give a closing statement as a National Officer, to encourage more students to take advantage of what HOSA has to offer: scholarships, internship, competitions, and especially leadership.



Students received Fall themed snacks in between: carmel apple and halloween cupcakes. Lunch also went along with the fall theme, as local chapters bonded over a picnic.



# ACTE VISION

## 2012 CONFERENCE

National officers Gregory Cotes, Christian Harrison, and Darby Lacey traveled to Atlanta, Georgia on November 28th for the annual Association for Career and Technical Education Vision Conference. The national officers had 4 busy days of educating and networking to promote HOSA to educators and industry professionals alike.

After arriving in Atlanta, the national officers set straight to work setting up the HOSA booth in the exhibition hall. The booth featured our new brand, HOSA hand sanitizer bottles, and the 2013 HOSA promo video. The video was an excellent way to showcase all of the opportunities HOSA provides members to “Build a Better You”! The national officers also provided blood pressure screenings for booth visitors. During their two days at the trade show, the officers visited with many local and state advisors, as well as current and potential industry partners.

Greg, Christian, and Darby were privileged to attend the ACTE Awards Banquet on Wednesday night, where educators and industry partners were honored for their contributions to career and technical education. Denise Abbott, HOSA, inc. Board of Directors Chair-Elect, was recognized as the Outstanding Teacher in Community Service for her region. Congratulations and thank you to Mrs. Abbott for her exceptional leadership in the classroom, in her state association, and in our national organization! HOSA also congratulates the other health science instructors who were honored at the awards banquet.

Thursday was a busy day for the officers as HOSA hosted a health science luncheon and a workshop. Many health science instructors, HOSA advisors, and partners attended the luncheon. Darby welcomed all in attendance, Christian introduced special guests, and Greg introduced the keynote speaker, Jerome Huff. Mr. Huff encouraged luncheon attendees to create personal connections with their students to truly make an impact in the students' lives. Georgia HOSA President Sabrina Singh joined Darby to present a workshop focusing on all the ways HOSA can engage students. Participants left excited to grow HOSA within their schools. Both Darby and Sabrina are grateful for the opportunity to share their favorite aspects of HOSA with advisors.

## **Congratulations, Denise Abbott!**



Friday was spent manning the HOSA booth at the trade fair, and interacting on a personal level with booth visitors. National HOSA President David Kelly joined Greg, Christian, and Darby on Friday night as he was selected to give greetings at the Closing Ceremony. The officers enjoyed their final night in Atlanta and prepared for the final day of the conference. They were up bright and early Saturday morning for the Closing Session of ACTE Vision 2012. David brought greetings on behalf of all career and technical student organizations and career and technical students. He highlighted how career and technical education has made an impact in his life and thanked educators for helping students in all career and technical areas build a better future.

The ACTE Vision Conference was a success. Greg, Christian, Darby, Sabrina, and David are all very grateful for the opportunity to share the HOSA-Future Health Professionals story through this exceptional and innovative conference. HOSA is grateful for ACTE's continued partnership with HOSA and their commitment to all career and technical education students.

# PCHS ATHLETIC TRAINER ROBBIE RAUZI

## Local HOSA Advisor Honored

*Christopher Kamrani, The Park Record*

A few years ago, Robbie Rauzi fielded a phone call from a parent. An athlete on the Park City High School girls' soccer team had severely sprained her ankle and needed Rauzi's help. So at around 10 p.m. he performed a special taping procedure to help compress the sprain and reduce the swelling. Rauzi, who was living in Ogden at the time, finished up and then took the two-hour car ride home on a school night back to his young family.

"He probably shortened her injury time by three weeks. It was a really bad sprain," said Park City girls' soccer coach Chip Cook. "Robbie was able to get her back on the field and playing in time for the playoffs."

Rauzi, now in his sixth year as the head athletic trainer at Park City High School, is arguably one of the most important people on the sidelines. He sees things others don't, knows things most people don't, and provides the necessary care when an injury should happen.

**"We have the best trainer out of any high school I have ever seen," said Park City head football coach Kai Smalley. "I've never seen a guy like that."**

### GIVING BACK

Rauzi grew up as an athlete at 5A Fremont High School near Ogden, participating in football, baseball, wrestling and track & field. He went to nearby Weber State University where he received his sports medicine degree. As a freshman, he became a prominent athletic trainer on the Wildcats' football team and traveled with the squad to every game for four years. Those spots are usually reserved for upperclassmen, but as evidenced during his time at Park City, Rauzi is one of the best in the business.

After his time at Weber State, he interned with the Los Angeles Dodgers and did some work with Layton Christian Academy before being hired by the Park City Medical Center as an athletic trainer.

When he's not roaming the sidelines at any number of certified high school athletic events, Rauzi is teaching three different classes at Park City High School. There's anatomy and a sports medicine class as well as an EMT class, which he said is unique among all high schools in the state. Partnering with the Park City Fire District, Rauzi's EMT class is the only one in the state offered during hours in a high school classroom setting.

He also has students from his sports medicine class shadowing him and some of his co-workers at various Miner sporting events. It's his way of giving back and promoting the field which he fell in love with at such a young age.

"It's one of the increasing fields," he said. "A lot of us, we have that athletic experience and we want to do something medical and help, and this is a great career to be involved with sports. Sometimes people ask me what I do and I tell them, 'I get paid to watch football games.'"

**"I had a lot of unique and special opportunities which allowed me to become the athletic trainer I am today."**

### SUPERDAD

The person he is today is a dedicated one. He spends hours upon hours each week after school at practices or games in the event a student-athlete should get injured. When he's not teaching, grading papers, helping out interns or bagging ice, he's a dad. He and his wife have three children and now live in Heber. Two of his children have cystic fibrosis, a chronic genetic disease that affects the lungs and digestive system of about 30,000 children and adults in the United States, according to the Cystic Fibrosis Foundation.

"It's a little crazy," he said, laughing. "My wife and I were both athletes and she's very supportive. She knows what it was like as life as an athlete. She comes to the games as much as she can. (The job) does take a lot of time, but me being here allows for her to be at home with the kids."

To Smalley, who has two young children of his own, Rauzi is an inspiration.

"He's probably the best dad I've ever seen," he said. "He does everything for them, he's there for them all the time, and then he puts his heart and soul into working for us. I'll be honest, it almost brings me to tears when I think about what he does for his family."

**If there was an appropriate term, it might be "Superdad."**

"It's unbelievable how much time he puts into it," said Park City boys' basketball head coach Caleb Fine. "He's obviously a great trainer, but there's a lot of great trainers -- the thing that makes Robbie different is he puts in a lot of time."

## Rauzi is a teacher, trainer, full-time family man and is atop of his trade

**“He’s an asset and he’s someone who deserves a lot of props for someone who gives so much of his life up in order to help others.”**

### **LIKE CLOCKWORK**

But that’s what Rauzi loves to do. When play stops and there’s an injury to any player, his brain begins to diagram what happened and what necessary steps need to be taken.

“You start running out there and your mind starts to think, ‘OK, what did he do?’” he explained. “You’re surveying the scene, making sure you have what you need and that you’re covered that way, but you never know for sure what you might encounter. We practice and practice and practice these skills, so when you are in that situation, it can become like clockwork. There’s definitely a routine, but there’s also times when you get stumped.”

Rauzi also considers himself lucky. During his time at Park City, he has yet to encounter a serious head or neck injury.

“The worst for me are the ones that are more catastrophic,” he said. “Things that I don’t have X-ray vision on. I can tell if the leg is broken, but I can’t tell if the neck is broken.”

In the last two years, both Wasatch High School and South Summit High School have had to deal with catastrophe as a student-athlete at each school has been paralyzed in practice or in the field of play.

“All we can do is try and maintain life, keep airways open and taking the proper steps to move forward,” Rauzi said. “I’ve been fortunate so far.”

### **A CALMING INFLUENCE**

His name doesn’t end up in the record books for wins or losses, but Rauzi’s place at Park City is an essential one. He has established bonds with various coaches and players and can be a voice of reason when the passions of sport take over.

“My personality type is, if you can go, you go,” Fine said. “He’s a calming influence and keeps us a little sane. If Robbie says they can play, then they can play. If Robbie says they can’t play, they’re not going to play. I don’t think all the coaches in this state have that. I have that.”

“He’s such an integral part of our team,” Cook added. “He always keeps track of the clock for us. He definitely is much more than an athletic trainer to all the teams, kids and coaches.”

**However, Rauzi, who some say is the nicest person they’ve encountered, is not afraid to lower the hammer when necessary.**

“The biggest thing is that he holds the players accountable,” Smalley said. “It’s a tough job. And you have to worry about the liability, the ‘Do I hold this kid out? Do I take the chance that he’s going to play?’ He’ll walk right up to our kids and lay into them about practice, and he knows what he’s talking about. It’s about having somebody like that who has my back, whether it’s football or being a trainer -- it’s everything.”

### **KEEPING A WATCHFUL EYE**

“We’re here for injuries, but also to prevent injuries,” Rauzi said. “The sooner I can get an athlete on ice or wrapped up, the sooner they’re going to get back on the field.”

**“If you build a rapport with the coaches, parents and athletes, they usually trust you. You have to build that trust. I feel like I’m good at what I do. I’m not the best by any means, but I try.”**

On Friday night, freshman lineman Hawken Knight suffered a lower leg injury in the first quarter against visiting Snow Canyon. Throughout the game, Rauzi worked with Knight and kept a watchful eye on him. When the start of the fourth quarter rolled around, Knight had put his pads back on and was insisting Park City assistant coach John Moritz put him back in.

“Robbie, tell him I can go back in!” Knight pleaded.

Rauzi looked at Moritz, gave a calm nod and Knight erupted before strapping on his helmet and entering the game.

“I love stuff like that,” he said shrugging his shoulders.

# Leadership Opportunities for Texas Future Health Professionals

*By Abigail Sanchez Texas HOSA State Report and the Texas HOSA State Officers*

Texas HOSA has a multitude of leadership activities for its members all across the state. These include the Leadership Development Institute (LDI), the Washington Leadership Academy which our state officers attended in September, and our Area Fall Leadership Conferences.

Due to the size of the state, Texas HOSA is divided into 7 areas which all are led by an executive council of secondary officers and a post-secondary Vice President. In August, the state and area officers met in Austin for the annual LDI. This training gives the officers the opportunity to meet with each other, the Fall and Spring Leadership Conference Chairpersons, and the HOSA, TA Board of Directors members from their area. The Area officers work on their program of work, setting in place their budgets, designing their Area's Spring conference t-shirt, and planning the details for their Fall and Spring Conferences. The state officers gave 3 presentations over key information to help the area officers fulfill the duties of their position to the best of their ability for the coming year. The state officers also met with the State Conference Chairperson and began developing Texas' State Leadership Conference and the budget to be used for the year ahead. All of the officers worked on focusing their Spring conference themes around this year's state theme "Waves of HOSA, Oceans of Opportunities". The developments from each of the areas created exciting prospects for Texas HOSA for the coming year. All of the officers participated in "Upward", a leadership training program by Motivated Performance. The training included a variety of team-building activities, which the Area officers will use at their own Fall Conferences. The officers also received instruction on stage presence and listening skills. All of the training gave the officers the tools to lead Texas HOSA. The Leadership Development Institute kicked off the year as everyone got the opportunity to plan for the coming year.

With Fall just settling in, the Area Officers are busy implementing their plans started at LDI for their Fall Leadership Conferences. The Fall Leadership Conferences are held on a Saturday between the months of September and November. Not only limited to chapter officers, the conferences are open to any students who are interested in HOSA and leadership. There are 2,344 students expected to attend this year's Fall Leadership Conferences. The students receive leadership training from Motivated Performance assisted by the Area officers. The "Upward" training is separated into levels of leadership in which students advance as they complete higher levels of training. The break-out sessions of the Fall Leadership Conference include team-building activities and training on communication, power presenting, job skills, and goal setting. The training offers the members of Texas HOSA the skills necessary to become professional and successful leaders.

**"Waves of HOSA, Oceans of Opportunities"**



**With a goal of reaching 23,000 members this year, Texas HOSA is busy making the 2012-2013 year successful in order to prepare the future's health professionals.**



## Great things are happening in Hawaii . . .

### CONGRATULATIONS HAWAII HOSA!!

Brooke Nacua  
Maui High School



# Clay Teacher Robert Bundy

## RECEIVES OACTE AWARD



Congratulations to Clay teacher **Robert Bundy** who was the recipient of the Ohio Association for Career & Technical Education's (OACTE) Distinguished Service Award this past summer during the OACTE All Ohio Conference in Columbus.

Mr. Bundy serves as the Treasurer as well as the Public Relations and Legislative chairman for the Health Science Education & Technology division of OACTE. This award is presented to one individual from each of the 12 divisions of OACTE to recognize their superior teaching and professional commitment to education and who have made the highest contributions to improvement, promotion, development, and progress of career-technical education.

But that was just one feather added to the cap for Mr. Bundy this summer. As well as serving as the Chairman of Competitive Events for the Health Science division during the National HOSA - Future Health Professions convention in Orlando, Florida, he was also the recipient of a Gilder Lehrman teacher seminar grant to study at The University of California-Irvine for a week. The competitive seminar grants are designed to give teachers from across the country access to current scholarship and university resources in a variety of fields. It introduces them to innovative approaches to traditional ideas and subjects, to explore and collaborate on new curricular possibilities, and to provide a variety of cultural, social, and imaginative experiences. Jeff Thompson, principal of Clay HS said, "Mr. Bundy is an example of the type of quality educators we have at Clay. He takes pride in the education profession. He is committed to improving his students and himself and understands the importance of giving students a positive educational experience."

# hosa

future  
health  
professionals



*The mission of HOSA is to enhance  
the delivery of compassionate, quality  
health care by providing opportunities  
for knowledge, skill and leadership  
development of all health science  
education students, therefore helping  
students to meet the need of the  
health care community.*

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