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Dear Fellow HOSA Members,

Hi there, I hope that everyone is having a strong ending to their school year and is excited as the 2018 International Leadership Conference is nearing us! This is the Knights of HOSA Executive Board, from the University of Central Florida, and we are humbled to be able to share the story of our beginning with anyone that is interested.

College can get overwhelming to say the least; especially when you are a freshman away from your family staying in a dorm being on your own. That’s why it was important to search for things that you enjoy and find people that you like. There are around 50,000 students at our school and tons of organizations for them to find their fit. For all of us here, that thing that we enjoyed was HOSA!

We all began to search to see if our school had an active chapter and decided to message our amazing State Advisor Lloyd DeVault. He was generous enough to reply and told us that our school was actually in debt! After hearing this, we decided to change this and reboot Knights of HOSA. We asked all of our other friends if they were interested in being in HOSA and ran our first meeting without even having a classroom! We believed that not many people would actually come to our General Meeting but around 25 people came! In high school, we would have thought that this was such a small number but in college, this was a big step to the right direction.

We were able to collect dues and raise money to accomplish paying off our debt with our state and international HOSA. Some things that we were not told, though, when first restarting our chapter was how much work would be involved. We had to open a bank account, be in charge of General Meetings, hold Executive Board meetings every week, obtain paperwork from our members, and send the required materials in on time for us to compete. If you have an active advisor at your school and are reading this, then please hug them and surprise them with your appreciation!

If you are a senior in high school and about to go to college, check and see if your college has a HOSA chapter. You can do this by messaging your State Advisor or searching on the internet. Don’t ever believe that you are too old for HOSA, as the postsecondary/collegiate members have an opportunity to positively impact the younger members. We challenge anyone that reads this to challenge themselves and be just as driven or even more. You might be surprised where you take yourself!

Currently we hold regular meetings and have no intentions of giving up on HOSA. The plan is to have Knights of HOSA established and to be strong enough that when we graduate it will continue!

Remember, HOSA is for everyone. Make it happen in your school! Go Knights!!!
An ambitious and naive five-year-old, I often told others that I would like to become a scientist finding the cure to cancer or an astronaut; adults two heads taller than me would raise their eyebrows and say, “that’s impossible” or “you’re unwary”. Dreaming big and finding ways to proliferate my skills have enabled me to challenge myself daily and always question “what if” or “what else”, introducing me to numerous topics to continuously explore and learn more. Looking back on what I’ve done, including working with a Nobel Peace prize co-recipient, speaking in the General Assembly Hall, and being a moderator for the International Day of Women and Girls in Science forum at the United Nations, I don’t think any of these memorable experiences could have occurred if I hadn’t participated in remarkable programs, joined incredible organizations, and worked with even more incredible people.

Earlier on, I was incognizant of the myriad of opportunities available in a STEM career. I thought you had to choose between an engineer, computer programmer, or doctor, with nothing in between. Through HOSA, however, I learned about the interdisciplinary nature of science and the health sciences, and how health meant more than surgeries and medicine. In grade nine, my partners and I competed in biomedical debate and were top 5 in the country. From that experience, I learned more about GMOs and considered the issue on a medical, social and economic level. In grade ten, my partners and I competed in public health, where we got fourth place. As part of my project, I worked with Dr. Brad Bass, a Nobel Peace Prize Co-Recipient, and the software he programmed called “COBWEB” (similar to an online laboratory), and wrote a research paper on the zika virus, which is about to be published. My dream job as a sixth-grader was to become the director general of WHO, and going through the process of researching the zika virus and even building a model to study it on the epidemiological level gave me a taste of what it would be like to work with the WHO. This year, I’m participating in researched persuasive speaking, and I’m very excited to share my love for debate and research writing with the world of CRISPR. These past two years, I’ve grown so much with HOSA as a scientist and as a person; the HOSA experience is truly invaluable. It has embellished my personal growth in countless ways, and it is something I’ll take with me as I progress as a scientist.

My overarching goals include cancer research and medicinal chemistry, where these wishes are derived from my desire to help others. My uncle, grandfather, and family friends’ son passed away from cancer; these unfortunate events planted seeds in my head at a very young age, and since then, I’ve always wanted to improve the lives of the people around me and alleviate their quality of living. When I entered high school, I began finding all sorts of opportunities to get involved. In grade nine, I emailed Dr. Dicks and Dr. Quinlan from University of Toronto to audit their organic and physical chemistry courses to further my interest in medicinal chemistry. I became involved with different organizations such as HOSA, Ovarian Cancer Canada, Sustainable Youth Canada, Future Business Leaders of America, the Foundation for Student Science and Technology, and the Junior Academy of the New York Academy of Sciences, to name a few. I still remember when NYAS invited us to contribute videos and photos for the International Day of Women and Girls in Science Forum. Because I always go that ‘extra step’, in addition to attaching photos of myself, I talked about my journey in science. I’ve been involved in the Foundation for Student Science and Technology, a National Nonprofit in Canada, for three years now, where I chaired the Research in Science Exhibition, which provides students with the opportunities and connections to do research, and I have written a research paper about the zika virus which is about to become published. I’m a National Executive for FSST and I have represented the organization and assisted at COBWEB workshops, whereby I’ve reached out to over 500 students across the province.
At school, I'm in a specialized program for the sciences, where this program has been ranked by the Maclean's magazine as the best in the country. I was a Yale Young Global Scholar at their Applied Science and Engineering program this past summer, and travelled to Ecuador to further my interest in sustainability, gender equality, public health, and education. I am also a Sustainable Development Goals advocate, where I've been a Canadian youth representative at the Commission on the Status of Women Youth Forum and the President of General Assembly High Level Event on Education at the UN. It was a lengthy email that I sent, but I truly wanted to share my story with the world, and I am so glad that I did.

I remember when Princess Dr. Nisreen first contacted me. I read her email at 6:45 am and was unable to open my eyes fully, but when I read the lines “I am very proud of you and your achievements and I believe that your voice should be heard around the world. I would like to invite you to participate at the 3rd International Day of Women and Girls in Science Forum. I also would like to invite you to Moderate the Girls in Science Panel," a plethora of emotions swept my mind: I was surprised, speechless, and beyond ecstatic. I was so pumped that I finished my questions for the girl’s panel two days later. On the first day of this year, Princess Nisreen called and asked me if I’d like to be the opening plenary moderator. My jaw dropped, I was lost for words, and even to this day I am still trying to comprehend everything that has happened in the past few months.

At the forum, I had the opportunity to meet aspiring scientists from around the world and hear their stories in the sciences. I was also buoyant to speak with the Executive Council of HOSA-Future Health Professionals and share my experiences with them. Through this forum, I truly understood what the Yale professor meant when he said, “No one achieves greatness alone.” It was so powerful what happened in the first Girls in Science panel, where worlds connected and bonds formed, and I am so thankful and grateful to come out with so many future colleagues I’ll continue my journey with. Thank you, Princess Dr. Nisreen, all my mentors, and HOSA for making my dreams come true.
Career Exploration

Types of Medicinal Approaches

When discussing medicine in classrooms, at the doctor’s office or even at public health internships, you might hear words like “allopathic” or “osteopathic.” Perhaps even “naturopathic!” Upon newly entering the field of healthcare, these words might not mean much, but as you continue along your journey to become a future health professional, these words embody the entirety of medicine. These are the different types of medicinal approaches!

Allopathic medicine

Allopathic medicine and osteopathic medicine are the more known forms of medicine, but between the two, most people tend to associate healthcare with the allopathic ideal. Allopathic medicine is the principle of using modern medicine, technology and procedures (like surgery) to diagnose, treat and prevent injury in a patient. If someone were to accidentally break a bone, the process that is assumed to happen would be to go in, have an x-ray (diagnosis), have surgery if needed (treatment), receive medication (treatment) and heal over time. This is an allopathic approach as modern medicine, technology and procedures are the focus of the healthcare given and received. This approach is also called “Western medicine,” where the body is studied, the issue is diagnosed, and drugs and technology are used for healthcare.

Osteopathic medicine

Osteopathic medicine, though very similar to allopathic medicine, tacks on a holistic approach to healthcare. While allopathic medicine focuses on studying the body and using pharmaceuticals to combat pathophysiological ailments, osteopathic medicine doesn’t just focus on a specific symptom and prescribe procedures and medication. Rather, allopathic medicine takes into account the entire body, while addressing the problem from both a medical and lifestyle perspective. This means that while an allopathic approach is to diagnose a specific issue and treat it with modern medicine, an osteopathic approach is to understand the symptom in relation to the entire body, understand why it happened and its effects (lifestyle & medically) and then form a treatment plan that incorporates lifestyle. If you were to break a bone, an osteopathic approach would to be understand how the broken bone disables/affects the entire body, and prescribe a treatment plan that may involve lifestyle exercises or physical therapy to help ease the transition back into normal daily life. Discussion about lifestyle may also occur to resolve any prevention matters. Rather than honing in on medication, a holistic stance is taken. However, unlike naturopathic medicine, osteopathic medicine still uses modern technology and medicine.
Between allopathic and osteopathic medicine, you can earn a M.D. (allopathic) or D.O. (osteopathic) degree for each field. Although both fields mean that you can diagnose, prescribe medication and conduct specialty surgeries, osteopathic studies can train you in more specialty areas than allopathic medicine. Most medical schools however train students with both types of medicine and your preference is up to you!

The lesser known form of medicine, naturopathic, is a form of alternative medicine that focuses on diagnosing, treating, and preventing ailment for the patient through therapeutic means and the body’s natural healing. This employs not only modern/ scientific medicines, but traditional and empirical practices. This includes things like lifestyle/diet change, herbal supplements, natural birth, and homeopathy. The principle is to let the body’s native healing and the patient’s lifestyle, with the support of therapeutic, non-toxic, medicinal approaches to organically treat and prevent the ailment. Naturopathy focuses on understanding why the problem occurred, rather than looking at a single symptom. Most commonly, earaches and allergies are dealt with naturopathy, and naturopathic doctors tend to avoid surgeries or prescribing medications. Although acupuncture, acupressure, oriental/Chinese medicine and aromatherapy might not precisely fall into naturopathic medicine, many naturopathic health professionals also recommend these. All of these, including naturopathic medicine, fall under the umbrella of alternative medicine (medicines besides allopathic and osteopathic approaches). If you were to pursue a future in this form of medicine, you can earn a N.D!

As you approach your academic future and healthcare career exploring different fields, keep in mind the different forms of medicine as you will very soon be choosing your path! With the entanglement of modern medicine, technology, holistic stances and natural medicines, a wide variety of medicines can be used to give quality healthcare!
NAMI offers a variety of presentations to help spread awareness surrounding mental illness and ending the stigma. You can contact your local NAMI representative to find out how to have a presentation shared with your local chapter or state association!

**NAMI Ending the Silence**
NAMI *Ending the Silence* is an in-school presentation designed to teach middle and high school students about the signs and symptoms of mental illness, how to recognize the early warning signs and the importance of acknowledging those warning signs.

**NAMI In Our Own Voice**
NAMI *In Our Own Voice* is a presentation for the general public to promote awareness of mental illness and the possibility of recovery. This program is also available in Spanish, En Nuestra Propia Voz de NAMI.

**NAMI Parents & Teachers as Allies**
NAMI *Parents & Teachers as Allies* is a presentation for teachers and other school personnel to raise their awareness about mental illness and help them recognize the early warning signs and the importance of early intervention.

**NAMI Compartiendo Esperanza**
NAMI *Compartiendo Esperanza* is a bilingual presentation for Latino communities designed to promote mental health awareness, explore signs and symptoms of mental health conditions and highlight how and where to find help.

**NAMI Sharing Hope**
NAMI *Sharing Hope* is a presentation for African American communities designed to promote mental health awareness, explore signs and symptoms of mental health conditions and highlight how and where to find help.

**BENEFITS:**
- Powerful presentations can help students understand the significance of the organization
- Different presentations are available to cater to different audiences
- Can be a great way to unify community and break the stigma surrounding mental illness
In an effort to raise awareness for mental health, four students who are members of HOSA-Future Health Professionals are raising money for the National Alliance on Mental Illness.

In pairs of two, the students have been visiting businesses and giving away rocks with information about NAMI as well as mental health statistics.

Businesses are encouraged to place the rocks along with the statistics in a place visible to customers, allowing patrons to learn more about NAMI and the warning signs for some mental illnesses.

While this campaign focuses on bringing more awareness to mental illnesses, this is also part of a community awareness event at the State HOSA competitive event in April.

One student was concerned by the recent suicides within the community.

“Hearing the story of suicide made me want to do something about it in Mountain Home,” said Cole Lancaster.

Lancaster, along with HOSA members Kaila Coley, Esperanza Zarate and Emma Binion, hope to complete the project in the next few weeks.

Donations will be accepted but are not required.

HOSA members are placing rocks in various businesses to bring awareness to mental illness.
“Sadly, we hear every year of people that were previously healthy and active and they get influenza and die and for reasons we don’t understand,” Brammer said. “[But] if you get sick and you’re not getting better...call your doctor.”

Those ranging from ages 3 to 58 have all experienced deaths from the flu, from symptoms of influenza and pneumonia following afterwards.

Deaths from influenza and pneumonia, which are closely tied to each other in the winter months, were responsible for 1 of every 10 deaths at one point this year. There were 40,414 deaths in the United States during the third week of 2018, the most recent data available, and 4,064 were from pneumonia or influenza, according to the CDC data.

These statistics weren’t mentioned to arouse a sense of fear or trauma. It is a simple caution to not be afraid to immediately go to a doctor when there are any evident flu symptoms, which include pain in the muscle areas, dry cough, phlegm, chills, dehydration, fatigue, fever, flushing, and loss of appetite, body ache, sweating, congestion, runny nose, or sneezing. In extreme cases, there can also potentially be chest discomfort, head congestion, headache, nausea, shortness of breath, sore throat, or swollen lymph nodes.

It is unfortunate to hear stories and instances when doctors and healthcare professionals simply brushed a patient aside, assuming that antibiotics and Tamiflu were sufficient enough to cure a patient diagnosed with the flu, which later due to lack of effective care led to grieving deaths.

Though the flu season has recently settled down, that idea should not prevent people from continuing to seek the adequate healthcare they need. Additionally, take this as an encouragement for all HOSA members, and so many others, to continue to strive to be future health professionals who can one day provide patients the ideal care and protection they deserve.
PHARMACY SCIENCE
Anyone?

HOSA–Future Health Professionals 2018 International Leadership Conference will see a new opportunity for competitors—the Pharmacy Science pilot event. A pilot event is a brand new event, one that is being reviewed, revised and edited reconsidered. The event is made available to all states that are interested in sending competitors.

The pharmacy science event will include a round one written test and a round two with performance of selected skills by competitors. After 2018 ILC, the event will be carefully evaluated and a recommendation will be made by the Competitive Events Program regarding moving to a regular event or continuing in pilot status for another year.

This year’s Pharmacy Science event is being hosted at Richland Community College in partnership with CVS Health.

According to the Occupational Outlook Handbook, careers in pharmacy should continue to grow about six percent (6%) from 2016 to 2026. It is also noted that careers in pharmaceuticals should continue to increase with demands for prescription medication.

If the career interests you, see the competitive events guidelines on HOSA’s website at www.hosa.org under competition/guidelines.

Louisiana HOSA President-Elect Peyton Pipher attended HOSA’s Washington Leadership Academy in September, but he just wanted to spend more time in Washington, D.C. So, he asked his father if on their next vacation they could go to Washington! That vacation came about five months later.

Before they left Washington, Peyton called and made an appointment to visit personally with his U.S. Representative Steve Scalise. Representative Scalise was one of the people shot last June during a Congressional baseball practice, forcing him to undergo numerous surgeries during his six-week stay in the hospital.

Peyton had a visit with Representative Scalise on Ash Wednesday where he learned that the Representative strongly supports HOSA-Future Health Professionals and CTSO’s, and will definitely support reauthorization of the Perkins bill, if it gets back to the house. Peyton also presented the Representative with a Louisiana HOSA goody bag.

Great job, Peyton!
A unique art exhibit that focuses on children living with a rare disease was on display at Nemours/Alfred I. duPont Hospital for Children in Wilmington.

The traveling art exhibit of portraits called Beyond the Diagnosis was hatched three years ago by Patricia Weltin, founder of the Rhode Island-based Rare Disease United Foundation. “There’s 7,000 different rare diseases and they affect, in the United States, about 15 million kids,” said Weltin, whose own two daughters suffer from a rare disease that affects their connective tissue. “We’re kind of invisible to a lot of the medical community, the research institutes, mostly the government.”

Artists from around the world donated their time and talents to paint a portrait for the exhibit. When Weltin first started the exhibit, she had 17 portraits. Three years later, she’s amassed more than 100 and she’s reaching a larger audience than she could have ever imagined. Weltin was just asked to bring the exhibit to Botswana.

“I’m an extremely practical human being, but for me, this seems like magic,” Weltin said.

A unique art exhibit that focuses on children living with a rare disease is now on display at Nemours/Alfred I. duPont Hospital for Children in Wilmington.

Because 95 percent of all rare diseases lack treatment of any kind, Weltin hopes Beyond the Diagnosis raises awareness, increases funding for research, and most importantly, puts a face to some of these little-studied diseases.

“We need the FDA to see these kids. You know, this is who you work for. This is who everybody is working for. We’re all working. In the end, it’s for these kids and to find a treatment for these kids. I mean, I would prefer a cure, but I’ll settle for a treatment,” she said.

Joanna Costa’s portrait is the newest addition to the exhibit. The South Jersey native was born with Arthrogryposis Multiplex Congenital (AMC), which affects the muscles and joints. In Costa’s case, the rare disease keeps her from raising her arms above her shoulders and she can only use two fingers on each hand, but she doesn’t let her condition hamper her life. Costa, 19, studies at Temple University and loves playing the piano.

“My favorite part of this exhibit idea is that it doesn’t emphasize the disability. It shows the person’s face and I really like that. We’re all people; that’s my favorite part of it,” Costa said. Biomedical engineer Dr. Tariq Rahman works at A.I. and has worked with Joanna for 15 years. When he heard the exhibit was coming to his hospital, he knew he wanted to paint Costa’s portrait.

“I’ve seen her grow from a 5-year-old who came into our lab eating Skittles, to now she’s a junior at Temple. So I’m seeing that progression,” Rahman said. “[The exhibit will] bring visibility to rare diseases. It helps the kids enormously.”

Weltin, one day, hopes to have a portrait for all 7,000 rare diseases.
Two students at Franklin Career and Technical Center want every classroom in the district to have a life-saving device-tourniquet.

Sydney Donovan and Thelma Boteng, juniors at the Franklin County school, said they thought of the idea to add safety kits to classrooms as part of the HOSA chapter, a group for future health professionals.

“In an emergency situation,” said Boteng, “minutes count.”

“A tourniquet may be the only way possible to get to a person and help them,” she said.

The teens have put together kits that could be placed in each classroom in the district. They hope to raise about $1,500 to purchase the nearly 400 kits they need.

“In an emergency situation,” said Donovan, “it could be the difference between life and death.”

A tourniquet can be used to prevent someone from bleeding out if they are injured. The teens said the idea became especially important to them after the school shooting at Marshall County where two students died.

“When I heard about Marshall County, it was scary because, you know, that could happen where I go,” said Donovan.

HOSA and the Campaign for Tobacco-Free Kids are joining forces to offer HOSA members FREE Taking Down Tobacco trainings that include the dangers of many types of tobacco products and how youth voices can help create the first tobacco-free generation.

What Can I Do NOW? Host a Taking Down Tobacco 101 training by May 31, 2018

What Can I Plan for the Next School Year? Host a Taking Down Tobacco 101 training between August 6 & December 15, 2018

- The first 50 chapters or Advisors to host trainings and report them online receive $100.
- Chapters that train 75 youth or more are entered to win one of three $1,000 cash prizes.

For More Information CLICK HERE
For most middle school students, the real world seems so far away. They are constantly being asked what they want to be when they grow up and, for most of them, the answer is “I don’t know”. It is hard to answer that question when you don’t even know what things interest you beyond videogames, sports, and sleepovers.

When I joined the first middle school HOSA in North Carolina I was the same way and I had no idea how much this organization would change my life at the time.

When I joined in the seventh grade I was curious about the medical field and what job I may want. We talked about different careers in the medical field, leadership, teamwork, and competitions. I became the first middle school student in North Carolina to compete in a HOSA competition. I competed in medical terminology and fell in love with HOSA. I then ran for a middle school officer position and became secretary. I learned how to be confident in myself and my abilities through HOSA, and it all started at the middle school level.

In High School I competed in medical terminology for the first year and clinical nursing three years after that. I placed first and second at state competition consecutively and third place internationally. I also became the first freshman to run for a state office position. Without Middle School HOSA, I would have never run for a state office position. The following years, I was elected school Vice President and Vice President of District Two. Over the summer, I obtained my EMTb certification and graduated early to gain my AEMT certification to get experience for medical school.

It is my honor to serve as the HOSA middle school liaison for Topsail Middle School. I would not have accomplished any of this without middle school HOSA, and I am so grateful I get the opportunity to help other young adults the way others helped me. My role is to help them understand the privilege of becoming a future health professional and the importance of learning all they can about the medical field, teamwork, leadership, and what HOSA can do for them. Most weeks, I contact medical professionals to see if they will speak at HOSA meetings about what they do, the time it takes, and the education requirements. This exposes these students to different medical professions they may find to be of interest and if they think it is worth pursuing. So far we have had a skin care specialist, a chiropractor, an EMT, a labor and delivery nurse, a dentist, fire medics, and an army medic serve as speakers. We also do teamwork and leadership exercises on the weeks there is not a guest speaker. Throughout this year, it is apparent how much these young adults have grown and matured. It is so incredible to watch them get excited about what they are learning and get involved. I hope to continue to do this in the years to come and help as many middle school HOSAs as I can.
Start Your Recovery

Helping people overcome substance misuse — without perpetuating stigma

March 15, 2018

Of the 21 million people in need of substance misuse treatment, only 3.8 million are receiving it.\(^1\) And while 72 percent of people search online for health information,\(^2\) there are few credible and approachable websites for those seeking support for substance use disorders. Many sites lack scientific rigor or offer a poor user experience that makes it difficult to find useful information. A dismaying number use stigmatizing language in discussing substance misuse, which can discourage people from seeking help.\(^3,4\)

StartYourRecovery.org was designed to deliver information about substance misuse in plain, nonstigmatizing language that’s easy to digest. The website is a collaboration between Reingold, a leading social impact firm, and clinicians and researchers who specialize in substance use disorders. With calls to action strategically deployed in a low-pressure way, StartYourRecovery.org offers avenues for pursuing treatment without overwhelming people who may misuse substances.

StartYourRecovery allows visitors to customize their site experience by selecting whether they’re browsing for themselves, a loved one, or a patient. Whether visitors are exploring treatment options or need help identifying symptoms, each page provides clear, objective resources tailored to meet their needs. The StartYourRecovery brand stresses the importance of choice by presenting visitors with the full range of options available to them.

StartYourRecovery co-founder Brooks Lape says the website is based on the ITrans theoretical model of behavioral change, or “stages of change” model, which researchers have long used to examine the role of decision-making in addiction and recovery.

“We found that a model for reaching people already existed, and we identified ways to segment our content based on that model,” said Lape, who is also a digital director at Reingold. Other byproducts of Reingold’s initial research include the site’s emphasis on peer-to-peer messaging, such as firsthand video accounts representing each audience segment.

Until now, individuals evaluating treatment options for substance misuse issues had very limited options for accessing relevant, objective resources online. Built on behavioral research, StartYourRecovery.org reflects best practices in both addiction recovery and web user experience, alleviating some of the stress associated with searching for substance misuse information. See how this site takes a contemporary approach to the topic of substance misuse at https://startyourrecovery.org.

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Kindness isn’t something you can look at under a microscope. It’s not something you find when you dissect a frog or explode a baking-soda volcano. However, some HOSA-Future Health Professional members in Harrisburg, South Dakota, know that science and kindness go hand-in-hand. HOSA is an international organization that allows students to explore careers in the healthcare field while developing leadership skills. Harrisburg HOSA, the largest chapter in South Dakota, is ninety members strong. Throughout the year, members complete projects that positively impact the community. For example, in January, HOSA members sold Cold Stone ice cream at school to raise money for the National Alliance of Mental Illness, a mental-health awareness organization.

Every few months, Harrisburg HOSA students host Science Saturday, a day where students in grades three through five can visit the high school to learn about science. During the event, the elementary schoolers travel to different classrooms, each one featuring a unique science activity. These activities range from making slime to experimenting with dry ice, and each activity helps students understand a different science concept. To prepare for a Science Saturday, HOSA students work in teams to design hands-on activities for the elementary students. Each Science Saturday has a different theme and February’s theme was, “The Science of Love” in honor of Valentine’s Day. This month, the activities included dissecting sheep hearts, and mixing baking soda and vinegar to explode heart-shaped volcanoes. Students also made homemade lava lamps, fizzing play dough, and balloon rockets.

Lauren Schnetter, Harrisburg HOSA treasurer and high school senior, knows that Science Saturdays have a positive impact on the community. She enjoys interacting with the younger children and teaching them about science. Oftentimes, Lauren says, the kids’ favorite activities are simple experiments that they can recreate at home.
One Saturday, Lauren helped the students make ice cream from scratch, and she said they really enjoyed the activity. Her favorite experiment that day was using carbon dioxide gas from dry ice to fill up bubbles.

Lauren says her favorite part of Science Saturdays is “seeing kids learn new things and having fun,” and additionally, helping kids “spark their interest in science.” Lauren believes that the purpose of Science Saturdays is to bring HOSA out into the public and give back to the community.

All students in grades three through five are welcome to participate in Science Saturdays and Lauren estimates that about fifty kids attend each event. This school year, HOSA has experienced an increase in the number of children who attend each event and in the number of children coming from other school districts. Lauren says that most of the kids are interested in science and many of them want to pursue a career in the healthcare field when they grow up. She believes Science Saturdays are a learning experience for the HOSA members, too.

“I learned that I like teaching a lot and I like working with kids,” Lauren said.

By sharing their passion for science with younger children, Harrisburg HOSA students gain leadership skills and spread kindness to the young scientists in the community.
The first logo you see is the original Emblem of HOSA. The HOSA logo with the stethoscope was used in the early 2000s, as the organization began the transition from Health Occupations Students of America to HOSA-Future Health Professionals. And the third logo, adopted in 2004 by the HOSA, Inc. Board of Directors, is currently the official HOSA brand logo!

HOSA should NEVER be referred to as ‘Health Occupations Students of America.’ It is now simply referred as: “HOSA-Future Health Professionals.”

Did you know? In June 2004, the voting delegates at the National Leadership Conference voted to make HOSA-Future Health Professionals the official name of the organization.

There are also three ways in which you can use the HOSA logo…

Anatomy of the HOSA Brand

The encircled triangle had long been the emblem of HOSA and will be key in retaining familiarity with the past and celebrating our organization’s history since 1976. The points on the triangle will continue to represent what they did when adopted: the three aspects of humankind’s well-being—social, physical, and mental.

HOSA’s typography is kept lowercase, to support the friendly nature of the identify since future health professionals are patient-centered.

More questions about the brand? Go to: www.hosa.org/brand
5 ways to get creative with your Chapter Meetings!

1. Superlative Day:
   Assign everyone in your chapter with a superlative at the end of a semester!

2. Photo-Shoot Day:
   Take professional headshots for scholarships.

3. Homework with HOSA:
   Host a study hall meeting with your chapter. Study for competitive events, the SAT/ACT, or perhaps an AP exam!

4. HOSA Scavenger Hunt:
   Host a scavenger hunt at your school’s chapter meeting! Include areas around your school and maybe even the HOSA website (www.hosa.org).

5. Field Day:
   Take your meeting outside and host a field day! You could even have members sign up on teams! Turn the field day into a FUNdraiser by having everyone contribute $2 to play! Donate half the money to NAMI!

Do you have any other creative ideas?
HOSA 2018
HEALTH SCIENCE CERTIFICATE LAB
More information at ilc.hosa.org

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