



Heartbeat of HOSA

FROM THE DESK OF THE PRESIDENT

Brittany Woods, Cal-HOSA State President



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Cal-HOSA State President

Cal-HOSA members, give yourselves a standing ovation because you all were phenomenal participants at the State Leadership Conference, hosted in Ontario, California last March. Your enthusiasm during the opening and closing sessions was at an all-time high.

Although school is coming to a close in a few weeks for most of us, Cal-HOSA still has more to come with our 2010 National Leadership Conference in June which will be in Orlando, Florida. Come prepared to

show off your Cal-HOSA pride, because this is when you're going to need it the most! So when you're packing your suitcases, and getting ready to board the plane, don't forget to bring along the enthusiasm you had at the State Leadership Conference!

Every single HOSA member throughout the nation is a leader. Therefore, I challenge and encourage all HOSA members to utilize their leadership qualities on a daily basis. Having a fellow peer or a younger sibling look up to you as a leader will most likely make your day. John C. Maxwell once said, "A leader is one who knows the way, goes the way, and shows the way." In other words, be the one who sets the good example, and others will see the leader instilled within you.

I truly believe, that every Cal-HOSA member contains a special quality that will help them meet their goals in life. Don't be afraid to live your dreams and let your talent shine. According to William Arthur Ward, "If you can imagine it, you can achieve it, if you can dream it, you can become it." Focus on these words of encouragement until we meet again at the National Leadership Conference in June!

CALENDAR HIGHLIGHTS

June

23

**Mandatory California NLC
Registration Meeting - Fiesta #5**

23-27

National Leadership Conference
in Orlando, Florida.

28-30

Health Science Educators'
Institute – Sacramento

July

18-22

Board Meeting Retreat at
Rancho Cucamonga

Can't wait to see everyone at the
National Leadership Conference

a

manpreet Virk
from Washington Union High
School in Fresno won \$1,000
National HOSA Scholarship!

Thanks Marti Hipp for encouraging
your student to apply.

FOR THE MOST CURRENT INFORMATION, DATES, AND NEWS, log on to www.cal-HOSA.org

Tweet, Tweet, Cal-HOSA

Vicky Yu, Region IV Vice President

The 2010 State Leadership Conference (SLC) was attended by over 1,200 dedicated Cal-HOSA members. With membership increasing and the advancements in technology; we are utilizing new and inventive ways to keep everyone connected. In addition to the Cal-HOSA Facebook page and the official state website (www.cal-hosa.org), Cal-HOSA has now entered the world of Twitter.

Twitter will now be used in a variety of ways such as: providing links to interesting medical news, real-time updates at conferences and events, reminders about registration deadlines, and information on upcoming activities.

The 2010 SLC marks the first time Cal-HOSA implemented the popular social networking tool. Twitter was used to announce winners of events, remind competitors of event starting times and links for pictures. This new tool is especially useful in getting out short messages quickly to members, advisors and other interested parties.

One example of how Twitter already has benefited our organization was at the SLC. When the SLC Planning Committee realized there was a need for a few last-minute additional judges a quick 140-character tweet was sent out and two volunteers responded and were able to serve as competitor judges. Making the event run smooth and efficiently for all the competitors - thanks to a quick tweet and two incredible volunteers.

Welcome twitter to Cal-HOSA's social media plan designed to spread the word about students pursuing their passion in the healthcare industry. Make sure to tune into Cal-HOSA's Twitter at www.twitter.com/calhosa. And if you haven't already yet become a fan of Cal-HOSA on our official Facebook page, www.facebook.com/calhosa, I

encourage you to do so now. This page is a great resource and discussion center where member fans can find up-to-date information, as well as postings and photos about the Cal-HOSA organization.



www.twitter.com/calhosa

&

www.facebook.com/calhosa

COMPETITION PREP FOR NLC

Carolyn Lee, Executive Director

Congratulations to all who are going to the NLC. Those of you in competitive events - you are the California official representatives in displaying our great health science/careers educational programs to the nation. You have achieved top scores in a specific competitive event at the state level.

Now your challenge is to achieve greatness at the national level. Let's show the other states that California ROCKS and is the best in the nation!!!!

In 2009, California had 2,081 secondary members and 23 of them were in the top 10 at the national level and ranked 12th . At the post-secondary level we had 189 members and 37 in the top 10 finalists and ranked 6th. Let's beat those numbers this year.

TIPS FOR SUCCESS

1. READ & FOLLOW THE DIRECTIONS

At the 2009 NLC almost half of all competitors did not study the guidelines and follow every detail. Many of those competitors lost points and it made a big difference for those who went home with a medal and those who went home empty-handed.

2. BE PREPARED

Reread your event guidelines. Identify all of the "no brainers" (things you can do for easy points. i.e. wear correct HOSA dress, bring your guidelines to your orientation, etc.). Learn as much as you can and practice your skill.

a. In the skill events, you must perform the procedure at 70% accuracy or higher in order to be recognized. That takes practice. Also don't forget to use the alcohol based hand wash. That was the biggest problem on the 2010 SLC rating sheets.

b. In events that require knowledge, the key is to know more about the topic than the other competitors.

GOOD LUCK TO ALL

CEDAR-SINAI SPOTLIGHT

Sonlie Cano, Post-Secondary Representative



One of our most influential industry partners in Cal-HOSA is Cedar-Sinai. As this partnership has grown over the years so has Cedar-Sinai involvement in Cal-HOSA at both the state and local level. This partnership provides many wonderful opportunities for both Cal-HOSA member and Cedar-Sinai. At the lead of this partnership is Ms. Andrea Perry. Ms. Perry has been a part of Cedar-

Sinai for over 20 years and can take credit for starting the Cedar-Sinai industry chapter of Cal-HOSA.

At Cedar Sinai, Ms. Perry has many roles including Program Coordinator of the youth employment and development of health careers academy. She is also part of the Workforce Planning Committee. Ms. Perry is also a caregiver to her mother. With so much responsibility on her shoulders she still finds the time to continue her passion for Cal-HOSA.

Ms. Perry serves on the Board of Directors as the Region 2 Representative and Board Chair. Cal-HOSA is grateful for her continued service and link to Cedar-Sinai.

When asked what brought her to Cal-HOSA she responded, "I wanted to look at ways to get my students more involved and connected. I believe it's important for students to become involved in a professional organization early because it sets a foundation."

Health Science Events				
		GOLD	SILVER	BRONZE
Dental Spelling	SS	Annemarie Gerro San Bernardino ROP #1	Emanuel Maya Palmdale HS	Rafael Malapitan Reseda HS
	PS	Caitlin Puraci Baldy View ROP-DA		
Medical Spelling	SS	Joshua Le Stockdale HS	Vicky Yu Oxford Academy	Keelan Coburn Blair Health Academy
	PS	Katrina Cardiel Mt. SAC	Justine Cenidoza Southeast ROP	Artemisa Robles CRYROP #1
Dental Terminology	SS	Paige Calamusa Apple Valley HS	Yessenia Hinojosa Southwest HS	Brandy Tovar Antelope Valley HS
Medical Terminology	SS	Justin Vivar Blair Health Academy	Danyal Kazmi Stockdale HS	Welby Huynh Stockdale HS
	PS	David Thielmann CRYROP #1	Amanda Tynan NOCROP	Rebecca Villegas Southeast ROP
Medical Math	SS	Jeffrey Molloy Nordhoff HS	Akash Jain Stockdale HS	Raul Hasbun Ygnacio Valley HS
	PS	Fredrick Abarientos Simi Valley Adult	Tuba Nemati John Muir Health	Roseanne Deocampo NOCROP #2
Knowledge Test Basic Concepts of HealthCare	SS	Alan Xu Stockdale HS	Zurriat Syed Stockdale HS	Joshua Cohen Stockdale HS
	PS	Adriana Abelar NOCROP	Brian Ragland Mt. SAC	Issac Villarreal Brawley Union HS
Knowledge Test Human Growth & Development	SS	Natasha Patel Stockdale HS	Isheeta Madeka Stockdale HS	Emily Thompson Oakmont HS
	PS			Elizabeth Meneses Mt. SAC
Knowledge Test Nutrition	SS	Alicia Moreno Arvin HS	Maribel Patino Arvin HS	Kyle Suico Reseda HS
	PS	Claudia Galan John Muir Health	Angelica Barba NOCROP	Kavita Seth NOCROP
Knowledge Test Pharmacology	SS	Christian Elders Esperanza HS	Joshua Ip Reseda HS	Jinah Park Oxford Academy
	PS	Lynne Porter NOCROP #2		Alyssa Lee Mt. SAC
Knowledge Test Pathophysiology	SS	Jordan Grady Oakmont HS	Tony Hernandez Ygnacio Valley HS	Chase Ward Oakmont HS
	PS	Elizabeth Carpio NOCROP	Andrew Garcia Mt. SAC	Monica Kimani Mt. SAC
Health Professions Events				
Dental Assisting	SS	Sophia Marroquin Southwest HS	Esther Gonzales San Bernardino ROP #1	Matthew Huerta Baldy View ROP-DA
	PS	Carmen Gervas Mt. SAC	Danielle Osiecki San Bernardino ROP #2	
Medical Assisting	SS	Steve Escalante Palmdale HS	Amy Garcia Sonora HS	Julissa Rodriguez Serrano HS
Nursing Assisting	SS	Brianda Villalobos Brawley Union HS	Chiqui Perez Cedars-Sinai Health	Alma Paredes Brawley Union HS
Clinical Nursing	SS			Prizma Barajas Casa Grande HS
	PS	John Paulino NOCROP	Jessica Gonzalez NOCROP	Autum Estrada NOCROP #2
Sports Medicine	SS	William Smith Palmdale HS	Isis Abejar Palm Springs HS	Karina Romero Palm Springs HS
	PS	Sonilie Cano Southeast ROP	Gonzalo Peralta Southeast ROP	
Leadership Events				
Extemporaneous Health Poster	SS	Lenna Nguyen Vista del Lago HS	Esther Gonzales San Bernardino ROP #1	Grace Primalia Dozier-Libbey Medical HS
	PS	Rebecca Villegas Southeast ROP	Jose Christopher Aguirre John Muir Health	
Extemporaneous Speaking	SS	Juvenal Quinones Andrew Hill HS	Dahren Doss Ygnacio Valley HS	Anika Alam Vista del Lago HS
	PS	Lynne Porter NOCROP #2	Eric De La Cruz John Muir Health	Caitlin Puraci Baldy View ROP-DA
Extemporaneous Writing	SS	Raul Hasbun Ygnacio Valley HS	Lily Fu Oxford Academy	Rudy Contreras Cedars-Sinai Health
	PS	Anum Parvez Cedars-Sinai Health	Roseanne Deocampo NOCROP #2	Jordan Castleberry John Muir Health

Emergency Preparedness Events

CPR/First Aid	SS	Arlette Mayoral Roxanne Nava Palmdale HS	Shane Gutierrez Nicole Pivnick Palmdale HS	Zuivanna Rivas Christina Ayala Palmdale HS
	PS	Hiram Diaz-Diaz Gabriel Arce NOCROP	Lorena Delgado Heather Botelho NOCROP #2	

Teamwork Events

Biomedical Debate	SS	Shiromi Ratnayake Zurriat Syed Savina Kim Stockdale HS	Shatara Townes Lovkarn Riar Reem Suleiman Stockdale HS	Jose Gurrola Marco Perez Juan Moreno Maribel Patino Arvin HS
Career Health Display	SS	Jenny Asuncion Gissele Beltran Cathedral City HS	Anh Thu Tran Soo Park Oxford Academy	Christian Elders Phillip Young Esperanza HS
	PS	Ahmed Danawala Zoya Sait John Muir Health	Mayra Mejia Daisy Martinez Cedars-Sinai Health	Joe Nunez Chiara Gigliotti Southeast ROP
Community Awareness	SS	Phylicia Williams Rhiana Mitchell Jaylene Taberdo Jamie Tolentino Palmdale HS	Maritza Canchola Laura Mora Vivianna Zarza Arlin Echevarria Bassett HS	Jairo Perez Rocio Arellano Kristie Pena Manual Rodriguez Bassett HS
Creative Problem Solving	SS	Alexandra Kennedy Rachel John Courtney Walsh Cathedral City HS	Jaclyn Lucas Roxie Lemus Ashkay Kohli Reseda HS	Michelle Zhao Mario Mejia Adrian Manuel Bryan Interiano Cedars-Sinai Health
	PS	Cleo Ashmore Elizabeth Meneses Brian Ragland Monica Kimani Mt. SAC	Andrew Garcia Alyssa Lee Carmen Gervas Katrina Cardiel Mt. SAC	Lauren Caswell Heather Botelho Kelly L. Huynh NOCROP #2
HOSA Bowl	SS	Ruslan Gurvits Tony Hernandez Jesse Dumont William Quach Ygnacio Valley HS	Mitchell De Leon Tim Hancock Kunal Dave Bhavin Joshi Stockdale HS	Michelle Senar Danyal Kazmi Joe Feghali Akash Jain Stockdale HS
	PS	Kavita Seth Erin Morgan Elizabeth Carpio Angelica Barba NOCROP	Amanda Tynan Ruby Liu Alexandria Ishak Hiram Diaz-Diaz NOCROP	Sara Solario Lorena Delgado Maria Janet Alvaro NOCROP #2
Health Education	SS	Gabriela Degaldo Jennifer Umana Yolanda Ceballos Jennifer Gomez Palmdale HS	Cintya Marin Blanca Ramirez Erika Torres Bassett HS	Emily Lamb Josh Sonico Jonathan Casetllanos Alexandra Prudencio Cathedral City HS
	PS	Regina Vuong Cathy Pascale John Paulino Jessica Gonzalez NOCROP		
Medical Reading	SS	Tuyen Mai Antonio Hernandez Ethan Mahoney Dozier-Libbey Medical HS	Kathleen Clancy Mary Bueno Connor Patton Dozier-Libbey Medical HS	Amrutha Hebbala Joshua Cohen Summer Wang Stockdale HS
Biomedical Debate	SS	Shiromi Ratnayake Zurriat Syed Savina Kim Stockdale HS	Shatara Townes Lovkarn Riar Reem Suleiman Stockdale HS	Jose Gurrola Marco Perez Juan Moreno Maribel Patino Arvin HS



HONOR ROLL

SECONDARY

Inderdeep Singh – Vista Del Lago
 Masuma Syed – Stockdale
 Krandalyn Goodman – Vista Del Lago
 Tania Miller – Stockdale
 Dalila Valdez – Vista Del Lago
 Jacquelin Kurian – Stockdale
 Lenna Nguyen – Vista Del Lago
 Janel Samuels – Palm Springs
 Jocelyn Perez – Vista Del Lago
 Connie Hua – Ygnacio Valley
 Gee Seok Oh – Oxford Academy
 Ruslan Gurvits – Ygnacio Valley
 Anh Thu Tran – Oxford Academy
 Melissa Ford – Ygnacio Valley
 Vicky Yu – Oxford Academy
 Darian Dungey – Ygnacio Valley
 Soo Park – Oxford Academy
 Laura Nguyen – Ygnacio Valley
 Jesmin Ngo – Oxford Academy
 Raul Hasbun – Ygnacio Valley
 Lacey Clark – Manteca
 Juan Villanueva – Ygnacio Valley
 Cory Anderson – Manteca
 William Quach – Ygnacio Valley
 Phylicia Williams – Palmdale
 Mai Tran – Ygnacio Valley
 Anna-Alicia Smith – Palmdale
 Clarisse Ruszel – Ygnacio Valley
 Arlette Mayoral – Palmdale
 Kayla Patel – Ygnacio Valley
 Casie Lee – Oxford Academy
 Anthony Delcid – Dozier-Libbey Med.
 George Kuruvilla – Oxford Academy
 Antonio Hernandez – Dozier-Libbey
 Jennifer Ly – Oxford Academy
 Ethan Mahoney – Dozier-Libbey Med.
 Vanessa Wu – Oxford Academy
 Rashid Goshtasbi – Dozier-Libbey
 Jessica Tran – Oxford Academy
 Maureen Gil – Dozier-Libbey Medical
 Llewellyn Tan – Oxford Academy
 Alirameen Akram – Dozier-Libbey
 Jenny Lee – Oxford Academy
 Jaylene Taberdo – Palmdale
 Yong Wan Kim – Oxford Academy
 Jamie Tolentino – Palmdale HS
 Lily Fu – Oxford Academy
 Hannah Harmon – Palmdale
 Eun Hae An – Oxford Academy
 Roxanne Nava – Palmdale

Rebekka Lerma – Brawley Union
 Lydia Messele – Casa Grande
 Dominique Pierremont – Casa Grande

POST-SECONDARY

Amy Seberger – San Bernardino ROP #2
 Rebecca Villegas – Southeast ROP

HOSA Week

SECONDARY

Antonio Hernandez
 Dozier-Libbey Medical

SCHOLARSHIPS

Sutter Leadership:

Loren Benn, Blair Health Careers
 Academy

Merit (secondary): William Quach,
 Ygnacio Valley HS

Jacob Hefter Memorial Scholarships:

Rebekka Lerma, Brawley Union HS;
 Arlette Mayoral, Palmdale HS; Phylicia
 Williams, Palmdale HS

Founder's Scholarships:

Region 1 – Erica Candido, Manteca
 Region 2 – Dominique Esther
 Pierremont, Casa Grande HS
 Region 3 – Hannah Harmon, Palmdale
 Region 4 – Evelyn Sanchez, Cedars-Sinai
 Health;
 Region 5 – Rebekka Lerma, Brawley
 Union HS

Inez Tenzer Nursing Scholarships:

Roxanne Nava, Palmdale HS; Hannah
 Harmon, Palmdale HS;
 Amy Huynh, Cedars-Sinai Health System

OUTSTANDING HOSA CHAPTER

SECONDARY

Palmdale HS – Rosario Araujo
 Bassett HS – Rozana Pena
 Dozier-Libbey Medical HS –
 Grace Primalia

OUTSTANDING ALUMNI MEMBER

Diane Bartosch – Southeast ROP

NATIONAL SERVICE PROJECT

Jamie Tolentino – Palmdale HS
 Daisy Buelina – Southeast ROP
 Antonio Hernandez – Dozier-Libbey
 Medical HS
 Ahmed Danawala – John Muir Health
 William Quach – Ygnacio Valley HS

Kaiser Permanente NATIONAL HEALTHCARE Issues Exam

SECONDARY

Payal Bhavsar – Stockdale HS
 Jacquelin Kurian – Stockdale
 Anh Thu Tran – Oxford Academy
 Laith Abboud – Encina Preparatory HS
 Michael Pan – Manteca HS
 Bryan Interiano - Cedars-Sinai Health

POST SECONDARY

Lynne Porter- NOCROP #2
 David Thielmann – CRYROP #1
 Heather Botelho – NOCROP #2
 Elizabeth Carpio – NOCROP
 Gabriel Arce – NOCROP
 Hiram Diaz-Diaz – NOCROP
 Monica Kimani – Mt. SAC
 Angelica Barba – NOCROP
 Andrew Garcia – Mt. SAC
 Bianca Hernandez – CRYROP #1

NEWLY ELECTED BOARD MEMBERS

Tobias Spencer – Encina HS
 Heather Kenward – John Muir Health
 Sarah Steen – Dozier-Libbey Medical HS
 Debbie Curtin – Blair Health Careers
 Academy



OUTSTANDING ALUMNI: Diane BARTOSCH

Brittany Woods, President

From the first day Diane Bartosch stepped into a HOSA meeting at Southeast ROP, she was excited to be part of such a wonderful student organization. After completing her first health careers class she enrolled in additional ROP courses so she could remain an active Cal-HOSA member. As an active member in Cal-HOSA, Diane won medals at both the state and national levels. Even though she eventually ran out of classes to take, she decided it would not be the end of Cal-HOSA for her.

Diane became an alumni member in 1997 and volunteered to help her local Cal-HOSA chapter by coaching students preparing for the competitive events at both Regional and State Leadership Conferences. In addition she took time off from her regular work schedule to assist with the State Leadership Conferences.

In 1999, Diane served as the Cal-HOSA database coordinator. While in this position, she worked with advisors to improve the organization of the awards

session at the State Leadership Conference. This included the development of a slide show presenting the winning students. She has also been instrumental in developing a data base and process for SLC judges to register online. Diane has been a speaker at the Professional Development Institutes for new advisors.

In 2001 Diane served as volunteered for the National HOSA Leadership Conference tabulation team and continues to be active on the team each year. In 2008 Diane served as a mentor for Nevada's first HOSA State Leadership Conference. Her experience and expertise lead to a permanent role as Nevada's HOSA database coordinator.

For the past 13 years Diane has made Cal-HOSA an important part of her life. Her leadership, contributions, and dedication have proven that she deserves to be our Outstanding Alumni of 2010!



NEWLY ELECTED OFFICERS HAVE BEEN CHOSEN TO SERVE IN NEW POSITIONS

B RITTANY WOODS, PRESIDENT



Brittany is a former chapter officer from Apple Valley High School. She is excited to serve the members throughout California and looks forward to meeting them at the National Leadership Conference in Orlando next month.

Britany is grateful for Cal-HOSA and the strength it has brought to her as she pursues her dream of becoming a nursing professor.

G URDEV ANAND, VICE PRESIDENT



Gurdev, from Yorba Linda, is in his third year as an active Cal-HOSA member and is delighted to have the opportunity to serve as a state officer.

He is a senior at Esperanza High School and involved in many extra-curricular

activities including music lessons and community service. He has found a great fit in Cal-HOSA as he furthers his knowledge in Sports Medicine.

J ESSICA TRAN, SECRETARY



Jessica is a junior at Oxford Academy and has served for the past two years as a local chapter officer, once as Project Chair and once as Secretary.

Now she is excited to be a state officer who can give back to Cal-HOSA, an organization that has

undoubtedly brought her closer to her dream of a future career in optometry. She enjoys the specialized work of optometry and looks forward to helping people with vision problems in the future.

A SONDRA RUSSELL, REP. AT-LARGE



Asondra is in her third year as an active member of Cal-HOSA at Palmdale High School and is looking forward to serving the members statewide.

Asondra has enjoyed learning all about the variety of healthcare

related careers and is looking forward to obtaining MA and EMT training while pursuing a career as a doctor or a nurse. She is dedicated to working hard and putting her best efforts forth in Cal-HOSA.