



# Heartbeat of HOSA

Volume 3 Issue 1, Fall 2005

## It's Round Up Time!

BY MARIBEL HERMOSILLO, *Cal-HOSA State President*

Greetings Cal-HOSA Members! Welcome to another wonderful year of membership in California HOSA! This year you are all in for a real Cal-HOSA treat with even more opportunities, programs, and exciting activities planned for you! It's time to "catch the wave of the future Cal-HOSA style!"

Catch the wave of leadership at our one of our three Fall Leadership Invitationals (FLI)! Get ready for our exciting line up of Invitational speakers, activities, workshops, state officer elections, and leadership tracks for members and chapter officers. Learn about HOSA, set your goals, and prepare to succeed at our FLI

events this fall. This year we'll host three leadership events in Southern, Central, and Northern California! Catch the wave of the future this fall with Cal-HOSA!

The surf is up in Spring 2006 as all of California heads to the State Leadership Conference (SLC) at the Burbank Hilton in March! The Cal-HOSA SLC promises to be better than ever with more recognition, scholarships, awards, and

events planned just for you! Make sure your chapter is working hard and that you are practicing for your HOSA competitive events so you do not wipe out and miss the wave of opportunities this spring.

In Summer 2006 it will be time to bring out the big boards as the HOSA National Leadership Conference (NLC) heads to the Golden State!

That's right! Cal-HOSA and the city  
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### Calendar of Events

#### OCTOBER

- 3: State Officer candidate applications due
- 7: Registration for Southern FLI due
- 14: Registration for Northern & Central FLI due
- 15: Southern FLI
- 22: Central FLI
- 22: Northern FLI

#### NOVEMBER

- 4: SLC Planning Meeting (BVRP)
- 7: National HOSA Week
- 23: Theme and pin designs due
- 30: HOSA membership due

#### DECEMBER

- 9: BOD Meeting
- 9: State Officer Training
- 30: First semester membership due

#### JANUARY

- 15: Heartbeat distribution
- 20: Planning Meeting
- 20-21: Advisor Leadership Institute
- 27-28: Advisor Leadership Institute

Watch out for the next edition of the HOSA Heartbeat for more dates or check out the Cal-HOSA website.

Visit our website for more information!  
[www.cal-hosa.org](http://www.cal-hosa.org)

### The Pulse

BY LINDA GAYLOR

*Cal-HOSA State Advisor*

*California Department of Education*

Where did the summer go? A question asked my most students, parents, and teachers just before a new school year begins. The summer for some, not all, is a time of vacations, hanging with friends, and enjoying time away from school.

While you were off enjoying summer, Cal-HOSA was busy working; creating, planning, and organizing many events for the coming year. To begin with your Cal-HOSA board of directors, committee members, and state officers worked hard to design the program of work for the organization during their three day meeting in July. Some of the upcoming events include the Fall Leadership Invitational (FLI), State Leadership Conference (SLC), and the National Leadership Conference (NLC). New for this year will be the Cal-HOSA Honor Roll, Ambassadors Program, and Advisors Leadership Institute.

#### Attention: Advisors

Following the program of work the headquarter staff (Carolyn and Mary) put together a new Advisors Handbook. The handbook was mailed to all HOSA advisors during the first two weeks of September (if you haven't received yours, please call the office, 909-869-5337).

Please take the time to read through your handbook it contains vital information such as:

- Contact Information
- A detailed calendar of HOSA events for the coming year
- Tips on membership recruitment
- Alumni
- 100% Affiliation Program Special Recognition ...join this elite group and be honored during the recognition reception the SLC
- New... Cal-HOSA Health Careers Honor Roll
- New... Ambassadors Program
- Revised...state officer election guide
- National Facts and competitive events update
- Updated Scholarship Guide
- New format for the FLI... there will be three break-out sessions just for new members, returning members, and advisors.
- And much, much more...

New for this year will be an Advisors Leadership Institute (2 days), which will bring all HOSA advisors together for professional development. The expenses for the two day institute will be funding through a grant and Cal-HOSA. The institute will be offered during January and February on a Friday and Saturday (time and

locations to be announced), watch for the details and plan on coming.

#### Calling all HOSA members:

Your first state HOSA activity will be the FLI. This dynamic leadership opportunity brings together the best of Cal-HOSA to plan for the BEST year possible! Discover innovative solutions! Find the best techniques for chapter growth! Find out the latest HOSA opportunities. New this year are break-out session...if you are new to HOSA, we have a session for you. Been there, done it...then we have a session just for the returning HOSA member.



Catch the Wave of the Future: Cal-HOSA Style will be the theme for the year. As we kick off the new HOSA year, Catch the Wave of Helping and Caring... get involved in the Katrina Relief effort,

there are many innovative ways to help; raise funds, put together relief bags, adopt a HOSA chapter from Louisiana or Mississippi, join a group to go and help rebuild the area. Let us know what you are doing and will highlight your chapter in the next edition of the Heartbeat. You can also reach out to your community and of course don't forget the HOSA National Service Project, the Alzheimer's Memory Walk.

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of Anaheim will host all our fellow HOSA members and advisors at the 2006 NLC! The top three individuals in and teams at the SLC will be eligible to attend the NLC. Get ready to join Mickey and all the magical members and friends from HOSA at the Disneyland Resort for the HOSA NLC! All of these great benefits and more are yours IF YOU catch the wave of the future with Cal-HOSA! Be an active member! Become a local or state officer! Volunteer for fundraisers and our important service events benefiting Alzheimer's and Breast Cancer research. We've got waves of opportunity—but you are the ones who have to catch them! Surf's up Cal-HOSA! Have an awesome year!



# Cal-HOSA Fall Leadership Invitational

All Cal-HOSA chapters are cordially invited to participate in the annual Cal-HOSA Fall Leadership Invitational (FLI). The Invitational is designed exclusively for chapter advisors, officers, voting delegates and new and prospective chapters. This dynamic leadership opportunity brings together the best of Cal-HOSA to plan for the BEST year possible! Learn ideas to improve your chapter! Discover innovative solutions! Find the best techniques for chapter growth! Find out the latest HOSA opportunities! Plan to heat up with HOSA this year!

- Saturday, October 15:** Regions 4 & 5 - Southern Cal-HOSA FLI (Registration due Oct 7)
- Saturday, October 22:** Regions 1 & 2 - Northern Cal-HOSA FLI (Registration due Oct 14)
- Saturday, October 22:** Region 3 - Central Cal-HOSA FLI (Registration due Oct 14)

Professional trainers, the state officer team and Board of Directors are conducting the Invitational. Highlights of the Cal-HOSA Fall Invitational include:

- Leadership development
- Community service
- Fundraising ideas
- Advisor in-service, mentoring and updates
- Public relations & visibility
- Chapter growth & activities
- Conferences and competition updates

In addition to training and networking, the Invitational will also host the Fall state officer elections where candidates will be tested, screened and give their speeches. Local chapter voting delegates leaders will cast their ballots and elect one (1) officer from each region.

## Call for Panel Members

In order to provide a variety of expertise and experience, a panel discussion of experts (Cal-HOSA advisors!) are being recruited to share tips and suggestions for chapter development. If you have some "tidbits" to offer in the areas of fundraising, leadership development, chapter building and recruitment, field trips and/or competitive events, please sign-up to serve on a panel to share your expertise.

## Cal-HOSA Invitational Details

- Who:** Local chapter advisors, chapter officers and/ leaders as well as new and prospective chapters
- Fee:** \$12.00 per person (includes lunch and chapter supplies). Due on-site (see "Registration" below for details)
- Time:** Program 9:30 AM to 4:00 PM (Registration begins at 8:45 AM)

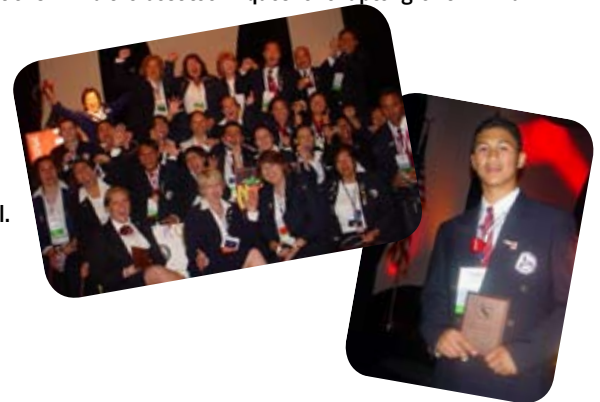
## Locations:

- Southern Invitational:** Mt. San Antonio College , 1100 N. Grand Ave., Walnut, CA
- Northern Invitational:** John Mier Medical Center, Ball Auditorium, 1601 Ygnacio Valley Road, Walnut Creek, CA
- Central Invitational:** Stockdale High School, 2800 Buena Vista Road, Bakersfield, CA 93311

**Registration:** Please fax or call participant registration numbers by the designated date (see above) to Cal-HOSA Headquarters. This will assure an adequate refreshments, lunch and materials. Payments are due on-site. Each site must have a participant count to provide adequate resources.

## Special Attention - Advisors

- 1.) National HOSA has implemented a new Membership Registration procedure this year. All HOSA chapters must register their members on-line. Cal-HOSA will be equipped to assist chapters in their on-line registration process at each FLI. Those wishing to participate, please bring your National chapter affiliation password and list of chapter members for registration.
- 2.) Please bring your newly distributed Advisor Handbook to the FLI



Join us for the Cal-HOSA Fall Leadership Invitational and watch your chapter **burn** with success!

# Cal-HOSA National Conference Results

## SECONDARY

### CATEGORY I

|                  |              |                         |     |
|------------------|--------------|-------------------------|-----|
| Medical Spelling | Anu Gupta    | Stockdale High School   | 5th |
| Medical Math     | Ally Ha      | Andrew Hill High School | 8th |
| KT Nutrition     | Joyce Truong | Reseda High School      | 4th |

### CATEGORY II

|                |              |                       |     |
|----------------|--------------|-----------------------|-----|
| Admin Med Asst | Parita Patel | Stockdale High School | 9th |
|----------------|--------------|-----------------------|-----|

### CATEGORY III

|                |                 |                       |     |
|----------------|-----------------|-----------------------|-----|
| Extemp Writing | Stephanie Labou | Stockdale High School | 4th |
|----------------|-----------------|-----------------------|-----|

### CATEGORY IV

|                    |                     |                       |      |
|--------------------|---------------------|-----------------------|------|
| Career Health      | Mark Habib          | Palmdale High School  | Gold |
| Career Health Disp | Derrick Metriyakool | Palmdale High School  | Gold |
| Biomedical Debate  | Gatz Nieblas        | Stockdale High School | Bron |
| Biomedical Debate  | Prit Patel          | Stockdale High School | Bron |
| Biomedical Debate  | Jon Tanaka          | Stockdale High School | Bron |
| Biomedical Debate  | Shahzeb Shaheen     | Stockdale High School | Bron |
| Creative Prob Solv | Carolyn Rice        | Galt High School      | 4th  |
| Creative Prob Solv | Angela Brush        | Galt High School      | 4th  |
| Creative Pro Solv  | Natalie Keville     | Galt High School      | 4th  |
| Creative Prob Solv | David Hancock       | Stockdale High School | 7th  |
| Creative Prob Solv | Courtney Baca       | Stockdale High School | 7th  |
| Creative Prob Solv | Laura Barth         | Stockdale High School | 7th  |
| Creative Prob Solv | Ian Brenner         | Stockdale High School | 7th  |
| Medical Reading    | Mike Saied          | Stockdale High School | 4th  |
| Medical Reading    | Miri Song           | Stockdale High School | 4th  |
| Medical Reading    | Nikki Haghighi      | Stockdale High School | 4th  |
| Health Education   | Justine McClure     | Baldy View ROP        | 5th  |
| Health Education   | Clarissa Diaz       | Baldy View ROP        | 5th  |

### CATEGORY III

|                   |                   |                         |      |
|-------------------|-------------------|-------------------------|------|
| Extemp Speaking   | Defina Osby       | Mt. San Antonio College | Bron |
| Extemp Writing    | Colleen Shields   | Mt. San Antonio College | Gold |
| Extemp Writing    | Carlos Villarreal | Mt. San Antonio College | 5th  |
| Prepared Speaking | Patricia Bush     | Mt. San Antonio College | 6th  |

### CATEGORY IV

|                    |                    |                         |      |
|--------------------|--------------------|-------------------------|------|
| Biomedical Debate  | Ricardo Cayas      | N. Orange County ROP #1 | Bron |
| Biomedical Debate  | Nicole Coye        | N. Orange County ROP #1 | Bron |
| Biomedical Debate  | Karie Moreno       | N. Orange County ROP #1 | Bron |
| Creative Prob Solv | Jacqueline Noone   | Mt. San Antonio College | Bron |
| Creative Prob Solv | Randy Luttrell     | Mt. San Antonio College | Bron |
| Creative Prob Solv | Saharith Lopez     | Mt. San Antonio College | Bron |
| Creative Prob Solv | Sarah Collett      | Mt. San Antonio College | Bron |
| Creative Prob Solv | Supaphan Wiget     | Mt. San Antonio College | 9th  |
| Creative Prob Solv | Brandell Garcia    | Mt. San Antonio College | 9th  |
| Creative Prob Solv | Jaime Fosmo        | Mt. San Antonio College | 9th  |
| HOSA Bowl          | Francesca Marchese | N. Orange County ROP #2 | Silv |
| HOSA Bowl          | Jessica Hernandez  | N. Orange County ROP #2 | Silv |
| HOSA Bowl          | Kiet Lam           | N. Orange County ROP #2 | Silv |
| HOSA Bowl          | Tanya Seneriches   | N. Orange County ROP #2 | Silv |
| HOSA Bowl          | Dianna Castner     | N. Orange County ROP #1 | 4th  |
| HOSA Bowl          | Diana Vasquez      | N. Orange County ROP #1 | 4th  |
| HOSA Bowl          | Nemesio Enriquez   | N. Orange County ROP #1 | 4th  |
| HOSA Bowl          | Yanet Carache      | N. Orange County ROP #1 | 7th  |
| HOSA Bowl          | Sandra de Los Rios | N. Orange County ROP #1 | 7th  |
| HOSA Bowl          | Chelsey Burke      | N. Orange County ROP #1 | 7th  |
| HOSA Bowl          | Joel Flores        | N. Orange County ROP #1 | 7th  |
| Career Health Disp | Luzvinda Perito    | Southeast ROP           | Bron |
| Career Health Disp | Maria Ballestros   | Southeast ROP           | Bron |
| Career Health Disp | Ashley Morales     | Southeast ROP           | 7th  |
| Career Health Disp | Jennifer Draper    | Southeast ROP           | 7th  |

## POSTSECONDARY/COLLEGIATE

### CATEGORY I

|                    |                     |                             |      |
|--------------------|---------------------|-----------------------------|------|
| Dental Spelling    | Christa Vandervoort | Baldy View ROP              | Bron |
| Medical Spelling   | Angela Trejo        | Colton Redlands Yucaipa ROP | 6th  |
| Med Terminology    | Tiffani Martinez    | Colton Redlands Yucaipa ROP | 4th  |
| Med Terminology    | Susan Sambrano      | Tri-Cities ROP              | 5th  |
| Med Terminology    | Saonia Galindo      | N. Orange County ROP #1     | 7th  |
| Med Math           | Gener Garcia        | N. Orange County ROP #1     | 4th  |
| KT Nutrition       | Marie Villoria      | N. Orange County ROP #1     | 6th  |
| KT Pathophysiology | Maria Witherspoon   | N. Orange County ROP #1     | Gold |

### CATEGORY II

|                   |                   |                          |      |
|-------------------|-------------------|--------------------------|------|
| Admin Med Asst    | Cynthia Lomas     | Tri-Cities ROP           | Bron |
| CPR/First Aid     | Neal Peters       | N. Orange County ROP #2  | 7th  |
| CPR/First Aid     | Trung Nguyen      | N. Orange County ROP #2  | 7th  |
| CPR/First Aid     | Arika Epps        | Southeast ROP            | 10th |
| CPR/First Aid     | Alice Blakelee    | Southeast ROP            | 10th |
| Dental Assisting  | Arely Pena        | N. Orange County ROP     | Silv |
| Med Asst Clinical | Brenda Menses     | Tri-Cities ROP           | Gold |
| Med Asst Clinical | Jennifer Razo     | Tri-Cities ROP           | Bron |
| Med Asst Clinical | Marlene Serrano   | Tri-Cities ROP           | 4th  |
| Nursing Assisting | Elizabeth Lopez   | Mt. San Antonio College  | 4th  |
| Practical Nursing | Lyndsey Westfall  | Simi Valley Adult School | Gold |
| Practical Nursing | Kristin Ruddock   | N. Orange County ROP #1  | Bron |
| Practical Nursing | Paulyne Jardeleza | N. Orange County ROP #2  | 7th  |

### CATEGORY V

|                          |                |      |
|--------------------------|----------------|------|
| Outstanding HOSA Chapter | Baldy View ROP | Gold |
|--------------------------|----------------|------|



**Congratulations to our winners!**

Check out [www.cal-hosa.org](http://www.cal-hosa.org) for a complete winners list and competitive event reports and statistics.

# Living On Purpose: It's Your Thing!

BY BYRON GARRETT  
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*Excerpted from the book GO M.A.D.*

While growing up as a teen a popular song gained national recognition which is still very real today, "It's your thing, do what you wanna do!" It is very difficult to make a difference when you are not living your life on purpose. As we journey through life, we are faced with many difficult decisions and tough choices for which we will later be held accountable.

While you are growing up you must realize the power of the choices that you make now. Did you know that what you decide today has a direct impact on the rest of your life? Most people don't get it, they really miss the boat. Everything you do now has a direct impact on what you can and cannot do later.

I know many people simply dislike school. There are dozens of reasons why people dislike school including the teacher, other students, the lunch, as well as too much or not enough homework. In most cases we dislike school because it is a "have to" situation. We have people tell us when we can eat, who we sit next to, what classes we should take, where we can and cannot go - school is full of directions and instructions. I considered it to be almost like the military because we are even told when we can go to the bathroom. Our reasons for disliking school are actually irrelevant.

Even though school is a "have to" situation, it is the critical link to getting us to the point of doing the things we "want to" do. Time and time again we have been presented with the fact that the more education you have, the greater your opportunities for success. During high school you learn information that you don't consider to be important,

but then again, you don't get it. You should use your education as an opportunity to gain information and insight to determine what you want to do. So many people are frustrated, mad, and just plum crazy because they are not doing what they want to do, but rather what they have to do, and there is a distinct difference.

I frequent fast food restaurants about 2 times per week. As I visit, I always wonder when I see an adult working at McDonald's or Burger King, if they are working there because they want to or because they have to in order to make ends meet. Don't miss my point, it does not matter where you work be it Microsoft or Taco Bell, American Express or Wal-Mart, as long as you are doing it because you want to, not because you have to. People are always quick to say, "I have bills to pay," "I have a child to care for," and a host of other responses. In reality, most people do the things they do because they "have to" instead of because they "want to." Their reasoning lies within accepting responsibility for the choices they have made. It's that simple.

If you truly want to make a difference in life, you can begin by figuring out your thing - your purpose and doing it.

*Originally from Greensboro, N.C., Garrett obtained his Bachelor of Arts in Human Relations from High Point University. As an undergraduate, Byron served as a National Youth Spokesperson for Junior Achievement, Inc. and a member of the Executive Committee of the National Association for Campus Activities (NACA). Garrett completed a Master of Arts in Organizational Management from the University of Phoenix. Currently, Byron is pursuing his doctorate in education, leadership, administration and policy at Pepperdine University.*

## New Recognition for Cal-HOSA members!

Do you enjoy being recognized for all of your hard work? Would you like to receive a cash award? Are you an outstanding Health Careers Student? Do you achieve an academic Grade Point Average of 3.75 or higher? If so then Cal-HOSA has just the award for you! Recently, the Cal-HOSA leadership committee has developed two new ways to receive recognition at State conference. These awards were implemented to give outstanding students another opportunity to be honored by their fellow Cal-HOSA members.

The first new addition to Cal-HOSA's recognition program is the Member of the Month program. Each month, every chapter advisor will have the opportunity to nominate a student from their chapter who has demonstrated a positive attitude and has done something which makes them stand out among the rest of their fellow classmates. From the nominations, a panel will review then, and select a Cal-HOSA member of the month which will be recognized at State Leadership conference with a Certificate, a pin, and a ribbon. Advisors, this is your time to recognize those outstanding students, and students this is your time to shine!

The second new addition is the introduction of the Cal-HOSA Health Careers Honor Roll. This is your chance to join the elite group of HOSA members who achieve academic excellence. To qualify to become a member of the Honor Roll a student must be enrolled as a secondary member in good standing. These members must then receive a weighted academic Grade Point Average of 3.75 or above for the first semester of the current school year. Your transcripts must then be sent to HOSA Headquarters by the SLC registration deadline. If you meet the qualifications, you will be recognized on stage at SLC, Receive a pin, button, and your name will be submitted into a random drawing which will occur on stage at SLC for a cash prize of \$250 sponsored TRI Leadership Resources. Students and Advisors, please do not miss the opportunity to recognize those who have achieved excellence. These awards were designed to benefit those who are dedicated, demonstrate good character, and work hard. Take advantage of these opportunities!!