



Heartbeat of HOSA

Volume 2, Issue 3, Spring 2005

The Fever Continues!

BY LINDA GAYLOR
Cal-HOSA State Advisor

California Department of Education

Congratulations, Cal-HOSA on achieving yet another key milestone! The 2005 State Leadership Conference included the largest number of delegates ever. Over 750 members, advisors, and staff participated in the 2005 Cal-HOSA SLC.

In addition to the registered delegates, the conference also welcomed 187 members of education and the healthcare industry as judges for our competitive events. This represents a huge investment on the part of our corporate and community partners and demonstrates their commitment to you, the individual HOSA members, and to our shared mission on ensuring that you are as ready as you can be to enter the health care profession of your choice ready to make a difference and be a leader!

An event such as the State Leadership Conference requires an enormous amount of work and coordination.

Much of what goes on to make these events a success is unseen by those in attendance. However, as an organization, we want to express our deepest gratitude to those who truly go above and beyond in making our conference so successful:

-Margie Shamblin and her State Conference committee for organizing and coordinating the overall conference;

-Dee Neidringhaus, the competitive event category chairs, event managers, and tabulators for making competitive events a positive experience for all;

-Carolyn Lee and her crew of volunteers (alumni, board members, courtesycorps, and industry partners) who managed conference headquarters;

-and above all the State Officer Team who lead the conference with professionalism and confidence.

The Cal-HOSA State Leader-

ship Conference was indisputably a team event!

Cal-HOSA's delegation to the National Leadership Conference will be 175 strong! Our top competitors and leaders will be in Nashville to

represent Cal-HOSA at the National Leadership Conference, June 22-25, 2005. We wish them the very best and know that they will make us proud and show the rest of the country that all of HOSA's best are right here in the great state of California!



2005 Person of the Year

BY MARIBEL HERMOSILLO
Cal-HOSA State President

This past month, Mrs. Gower received the Galaxy Award for being the person of the year. The award was presented to her by the Contra Costa Business/Education Collaborative. Mrs. Gower exemplifies collaboration, compassion, and selflessness-all to make sure that the youth succeed. She's a teacher at Ygnacio Valley and Los Medanos College also she is a former California Teacher of the Year; has served on the state HOSA Board and on the Career/Technical Education State Standards Committee. She has helped to guide the County Health Career Fair; has laid the foundation for the growth of HOSA Chapters and an e-mentoring program for the students and has brought attention to National Health Care Skills Standards in Contra Costa. She is an

awesome advisor and is very looked up to by her students. Congratulations Mrs. Gower on your award. Cal-HOSA is very proud of you!



Meet your new state officer team on Page 4!

We caught the fever!

BY STEPHANIE BETZENDERFER
Cal-HOSA State Officer

The 2005 California HOSA State Leadership Conference in Irvine was a booming success! Over 750 HOSA students showed up at the Hyatt Regency to compete in various medical related competitions, to further their leadership skills, and have fun! Everyone did a miraculous job in their events and really proved to how great Cal-HOSA is!

The State Leadership Conference started off with a bang at the opening session with keynote speaker, Cary Trivonovich, who truly touched the hearts of every single audience member. His heartfelt stories and amazing pantomimes won't be forgotten and we thank him for his presentation at our conference.

Our region meetings, led by your Cal-HOSA State Officers, were fun, exciting and spirited. The students were pumped, advisors were proud and everyone had an awesome time!

HOSAWOOD was a great addition to the conference program. There was music, food, cartoonists, stars, and more! The presidents' breakfast, business meeting and reception all ran smoothly and were thoroughly enjoyed by the students and advisors.

Two new state officers were elected at the 2005 SLC. Stephanie Betzenderfer and Laura Wiervoin-ski pledged to lead California loyally and dutifully for their one year term. We are excited to have them as part of our state leadership team and look forward to their contributions!

To those of you who attended the State Leadership Conference or who had any part in making it a success, thank you! To those who weren't able to join us this year, we hope to see you next year!

SLC Competitive Event Champions

Category I - Health Occupations Related - Gold Winners

SECONDARY

Dental Spelling: Justine McClure, Baldy View ROP DA
Medical Spelling: Krista Sao, Reseda HS
Dental Terminology: Crystal Santamaria, Baldy View ROP DA
Medical Terminology: Jigisha Patel, Stockdale HS
Medical Math: Ally Ha, Andrew Hill HS
Human Growth & Development: Vishali Patel, Stockdale HS

POSTSECONDARY

Dental Spelling: Christa Vandervoort, Baldy View ROP DA
Medical Spelling: Sarah Collett, Mt. San Antonio College
Knowledge Test Pathophysiology: Maria Witherspoon, North OC ROP 1
Medical Terminology: Tiffani Martinez, CRY-ROP
Medical Math: Ruth Galang, Simi Valley AS&CI

Category II - Health Occupations Skills - Gold Winners

SECONDARY

Dental Assisting: Clarissa Diaz, Baldy View ROP DA
Administrative Medical Assistant: Parita Patel, Stockdale HS
Medical Assisting - Clinical: Christopher Rodriguez, Palmdale HS
CPR/First Aid: Lizeth Rodriguez & Margaret Montalvan, LAROP-Kaiser
Sports Medicine: John Henry, Palmdale HS

POSTSECONDARY

CPR/First Aid: Tanya Seneriches & Francesca Marchese, North OC ROP 2
Administrative Medical Assisting: Cynthia Lomas, Tri-Cities ROP
Medical Assisting - Clinical: Brenda Menses, Tri-Cities ROP
Nursing Assistant: Saharith Lopez, Mt. San Antonio College
Practical Nursing: Lyndsey Westfall, Simi Valley AS&CI

Category III - Individual Leadership - Gold Winners

SECONDARY

Extemporaneous Health Poster: Destiny Ferrer, Seaside HS
Extemporaneous Speaking: Seng Mouacheupao, Duncan Polytechnical
Job Seeking Skills: Michelle Leal, San Diego ROP - Oceanside HS
Prepared Speaking: Christina Grossman, Oakmont HS
Extemporaneous Writing: Amber Hilden, Apple Valley HS
Research Persuasive Speaking: Elyse VanZandt, Palmdale HS

POSTSECONDARY

Extemporaneous Speaking: Carlos Salazar
Prepared Speaking: Patricia Bush, Mt. San Antonio College
Extemporaneous Writing: David Haiby, Simi Valley AS&CI

Category IV - Team Leadership - Gold Winners

SECONDARY

HOSA Bowl: Patel/Afshar/Patel/Sepulveda, Stockdale HS
Community Awareness: Lipscomb/Seymour, Oakmont HS
Career Health Display: Johnson/Ray, Oakmont HS
Biomedical Debate: Nieblas/Patel/Shahen, Stockdale HS
Medical Reading: Parabia/Song/Haghighi, Stockdale HS
Health Education: Ratnayake/Albert, Stockdale HS
Creative Problem Solving: Hancock/Baca/Barth/Brenner, Stockdale HS

POSTSECONDARY

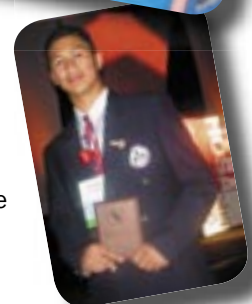
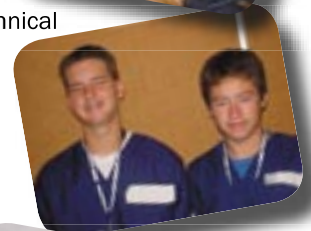
HOSA Bowl: Marchese/Hernandez/Lam/Seneriches, North OC ROP - 1
Career Health Display: Perito/Ballesteros, Southeast ROP
Biomedical Debate: Westfall/Smith/Rodriguez/Marz, Simi Valley AS&CI
Creative Problem Solving: Wiget/Garcia/Fosmo, Mt. San Antonio College

Category V - Recognition - Outstanding HOSA Chapter Gold Winners

POSTSECONDARY: Ashley Zamudio, Palmdale HS

SECONDARY: Christa Vanderwoort, Baldy View ROP DA

For a complete list of SLC Winners, visit the Cal-HOSA website at www.cal-hosa.org



Nashville, Here We Come!

BY LAURA WIERZBINSKI
Cal-HOSA State Officer

Break out those Johnny Cash CD's! Dust off those cowboy boots! Get ready, Cal-HOSA, for this year's National Leadership Conference!

From June 22 - 26, one hundred and seventy-five Cal-HOSA members and advisers will join thousands of our peers from around the country at the 2005 National Leadership Conference in Nashville, Tennessee. The NLC will be held at the world famous Opryland Hotel - one of the largest hotels in the world and a destination in its own right.

Did you order your pins? Are you going to trade? Have you been studying for your events? And most important-

ly . . . are you ready to have fun?

Nashville has endless opportunities for fun and entertainment which include The Grand Ole' Opry, Dollywood, The General Jackson dinner boat, and The Hermitage Museum.

Get ready, Cal-HOSA, for a week full of Learning, Leadership, and Line Dancing! We look forward to seeing "Ya'll" there in your HOSA wear, ready to work hard, have fun, and bring home the Gold!

For details about the conference, a sample schedule, or a virtual tour of the hotel, check out the National Leadership Conference link on our state website.



Look Your Best ... Be Your Best

BY MARIBEL HERMOSILLO
Cal-HOSA State Officer

California is known for its style! From fashion to culture to technology to entertainment to language, the rest of the country follows our lead. This year's National Leadership Conference in Nashville gives us another opportunity to set the standard for the rest of the country to try and emulate.

One of our goals this summer is to bring home the first annual "Best Dressed State" award. As part of our national effort to raise the standard for attire at HOSA conferences, this new award will be given to the state chapter that best represents the ideals of HOSA through their professional attire. California needs to start things off right by winning the first year's award - setting the standard once again.

Be sure to bring your HOSA uniform and to wear it to the Recognition session, the Awards session, and at all other times designated in the conference program. Of course, wearing the HOSA uniform isn't enough ... it also has to be pressed, neat, clean, and complete!

Your uniform must consist of navy blue blazer with the HOSA emblem over the heart and the official HOSA member pin centered on the left lapel of the jacket. Gentlemen should be in navy blue or white slacks; ladies should wear either navy blue or white slacks or skirts. Ties for both men and women are either solid navy or maroon.

Shoes must be closed toed and can be either black or navy blue. Remember that tennis and track sneakers/shoes are not appropriate when in HOSA uniform. Ladies, make sure your hair is pulled back and above the shoulder; guys, your hair needs to be styled. Finally, remember that your natural hair color is the one that works best for you!

During the Recognition and Awards sessions we will sit together as a state association and be dressed in official HOSA attire. During our California State meeting, members can be dressed in their Cal-HOSA State Leadership Conference t-shirts.

California Health Occupations Students of America, it is time to show the rest who is BEST! Let's bring home the award for the most professionally dressed state association at the National Leadership Conference!

California HOSA's 2005 NLC State Cheer

Cal-HOSA is first rate! Cal-HOSA is first rate!

That's why we're the golden State!
That's why we're the golden State!

First Rate, Golden State. First Rate, Golden State

Caaaalll HOSA!!

Modification Proposed to National HOSA Uniform Policy

There has been a motion to change the official HOSA uniform policy. The modification to the policy would allow an additional option in terms of the color of slacks/skirts that can be worn by members as part of their uniform. The change would allow members to still choose between the current options of navy or white slacks/skirts, and would also allow grey as a new choice.

Because the official HOSA uniform policy is part of what guides our nation's dress, this change must be approved by the voting delegates at the National Leadership Conference. This proposal will be brought before the voting delegates attending the Na-

tional Leadership Conference during the business session. Because our voting delegates from California will be voting, we are going to discuss this proposed change at our state meeting at NLC. Now is the time for each chapter to discuss their position on this proposed change, so you can then let the state know your position at the California state meeting. After the state meeting, your voting delegates will cast their votes at the business session according to the state's position. If approved, the official HOSA uniform policy would include expanded uniform choices and would be in effect for the 2005-2006 membership year.

California State Meeting!

Wednesday, June 22 at 9:00am
in Bayou C

Good luck to competitors!

Meet your 2005-06 State Officers!



Motivated by her chapter advisor to run for state office, **Briana Lee**, your Region 4 VP, is all about spreading the fever of HOSA in her chapter and region. This young aspiring ER M.D.-to-be is currently at the age of 20 years old, and as of right now is attending the North Orange County ROP program at her school. Her goals are to graduate and attend the University of California, Los Angeles for Med School. Brianna likes to volunteer her time and energy for the North O. C. CNA program at her school. Brianna is a compassionate, caring, firm believer in studying. She enjoys going to the movies, watching her all-time favorite movie, *The Truman Show*, on her couch. Some other fun things she likes to do is spend time with her good old dog, Buddy. And last but not least, her all time favorite

Region 3 VP **Camille Silva** is 16 years old and has one brother and one sister. She attends California High School and hopes to attend Georgetown College after she graduates. Through the California High School Health Academy, she is actively engaged in a CNA program. Some of her hobbies include water polo, swimming, and watching old movies. Camille is excited to be a state officer and continually strives to be the best she can be. Camille has big plans for HOSA and plans on increasing sponsorships and communication between the local chapters and the state.



Cal-HOSA Secretary/Treasurer **Laura Wierzbinski** was born and raised in Apple Valley. She currently attends Apple Valley High School as a junior. She is in the top ten percent of her class because she is a dedicated and goal-oriented young woman. She describes herself as an outgoing, spontaneous, and fun-loving person. She loves to go shopping, be outdoors, do mocktrials and participate in debates. But most importantly, she loves Disneyland and Del Taco. She joined HOSA originally because of her brother's inspiration. Her fascination with law and medicine has led her to the career path of a malpractice attorney. She has a busy schedule with HOSA, her job, her family, and school. Her determination and dedication will help her to successfully lead California and achieve her goals.

Cal-HOSA President-elect **Stephanie Betzenderfer** has been dedicated to achieving her goal of becoming a surgeon since she was very young. This dedication inspired Stephanie to join HOSA where she has taken several steps towards achieving her dream! Stephanie is a junior at Ygnacio Valley High School in Concord where she has lived her whole life. Despite her many activities outside of school such as acting, Improve, playing soccer, and hanging out with friends, Stephanie has still managed to achieve her academic excellence. Stephanie has succeeded to maintain a position in the top twenty students in her class as well as becoming a Certified Nursing Assistant. Stephanie describes herself as outgoing, perky, and determined. She loves her cat, Princess, and enjoys spending time with her chapter and especially her advisor, Mrs. Gower. Stephanie hopes to further pursue her dreams of becoming a surgeon at the University of Portland. "Someday," Stephanie says, "I will be rich and famous."



Maribel Hermosillo, your state President, is a current senior at Ygnacio Valley High School and is serving as her local chapter Secretary/Treasurer. Some of her achievements include receiving 4th place in career display board, state finalist in dental terminology, bronze medalist in creative problem solving; she is also serving as the Region 2 Vice President. Some of her goals for her local chapter are to increase membership, increase involvement, network with nearby schools, develop partnerships, and develop her chapter. She sees herself as becoming a Registered Nurse and being a CEO of a hospital in her future. Maribel is very involved in her chapter and some of the events she has participated in are the Alzheimer's Walk, Halos for Healing, Lance Armstrong, Fairy Godmother

Cupboard, and providing first aid kits in every classroom at Ygnacio Valley High School. Her plans for HOSA as the Region 2 VP are to expand HOSA, increase involvement and be the best state officer she can be. Some of her personal involvement at Ygnacio Valley High School are being in sports medicine, being an athletic trainer, working, playing soccer, baseball, involvement in church, and volunteering at John Muir during her spare time. She is a very involved student and a great addition to the state officer team.

Chapter News

HOSA Alumnus is Inspiring BY DANIELLE COMFORTI Ygnacio Valley High School

Ygnacio Valley High School HOSA students have participated in many exciting and interesting activities. One, being a fieldtrip to Saint Mary's College and Samuel Merritt School of Nursing. Most students in HOSA want to have a future career in the medical field. Yet, a lot of them are not positive as to which field they would like to pursue. Going to Samuel Merritt School of Nursing made many students excited and thinking about attending this college and becoming a nurse. While we were there, we had several guest speakers and one of those guest speakers happened to be a HOSA alumnus from Ygnacio Valley High School. She explained how HOSA had helped her to begin to focus on nursing. She was the gold medal winner in nursing assistant event in 2000. She said fondly about HOSA, "it was the most helpful and fun thing that she did in high school". She offered to be a big sister and have students come with her to her classes at Samuel Merritt. I am looking forward to going there next month. She is a great role model.

Gaining Insight with Empathy Activities BY TAMANA ERGASH Ygnacio Valley High School

People who do not endure a disability take some of life's greatest gifts for granted daily. For example, sight. I know I don't think about it at all. Our class recently had the opportunity to meet and learn from a woman who is legally blind. Her courage and fortitude showed us that we are very lucky to be able to see. She had a wonderful personality and described her trials and challenges being legally blind. She brought her guide dog, Astair, and explained how this marvelous animal assists her with her daily activities. Did you know that the dogs are raised by people who then give the dog up to the Guide Dog School when they are one and one-half years old? We thought this would be very difficult to do. These dogs then go to school to learn how to lead their blind person and prevent their owner from getting hurt. It costs \$70,000.00 to raise and train a guide dog. We were also introduced to a puppy named Nelle and a dog in training named Mariposa. They were beautiful, gentle, and very smart.