



Diego Figueroa - State President

As a native of Miami, there are few times in my life when I have the opportunity to be enveloped by the hands of nature. However, every year I travel north, leaving my bathing suit, the palm trees, and the sand behind, to attend Florida HOSA's renowned Leadership Development Conference (LDC).

This year, Florida HOSA will be sending its members back into the centuries, eras, and decades that have molded modern day leaders. That said, I am thrilled to unveil our Leadership Development Conference theme - "Learn From the Past, Prepare for the Future." Inspired by our National theme - "HOSA: The Future Starts Now," LDC 2013 will present workshops, activities, performances, and fundraisers that give life to the figures and time periods that defined leadership at all levels. In doing so, attendance will catalyze social growth and will emphasize the importance of teamwork-based leadership. Over the years, we have learned to couple informational leadership sessions with events that entertain and invigorate. Accordingly, we will focus on achieving a healthy balance between work and play.

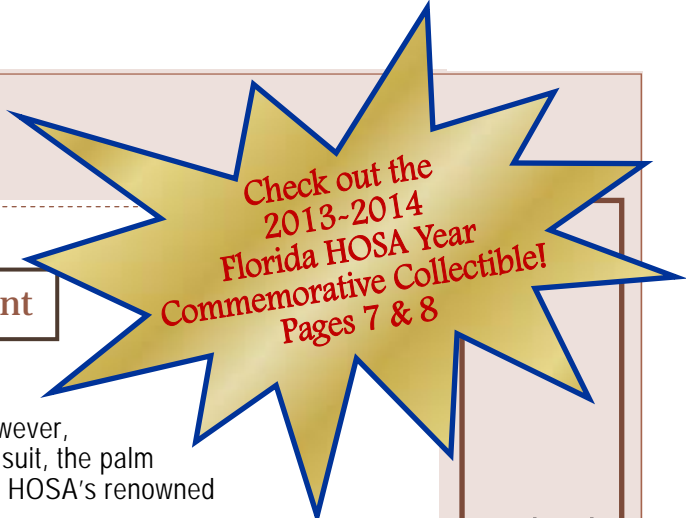
Devindra Persad, former Florida HOSA State Officer and current National Postsecondary/Collegiate Vice-President, will be joining us to present a workshop on "Leading at the Speed of Trust." Feel free to talk to Devindra or ask any questions concerning National HOSA and its plan of action for the year. Our State Officer Team is working hard to make sure that this LDC is a great experience for our dedicated members and outstanding advisors! This year's Leadership Development Conference will take place November 15 - 17 at Lake Yale Baptist Conference Center in Leesburg, Florida. Yes, this is a new venue, but although change is imminent, it does not reflect degeneration. On the contrary, our new location has allowed us to embody ideas that were previously constrained. So to new members and old members alike, be prepared to embrace the wilderness, face new challenges, and, most importantly, have fun! On that note, whether it be in the past, present, or future, I look forward to seeing you all very soon!

Stephanie Guimaraes - State President-Elect

It is officially that time of the year! Go through your pockets, search under the couch cushions, and break open those piggy banks: Penny Wars has begun! For our new players, Florida HOSA hosts a Penny Wars competition every year to raise funds for our National Service Project, this year the Cystic Fibrosis Foundation. Throughout the year, it is your job to collect as many pennies as you can for your region. At our State Leadership Conference, April 3-6, 2014, we will set up jars for each region by the Conference Headquarters room where you can deposit your year's earning of pennies into your region's jar for positive points, and - here comes the fun part - you may also collect and put silver coins or bills into other region's jars to subtract points from their total! For example, if your region raises \$1,500, but at the end of the conference there is \$500 made up of silver coins and bills, your region's total points would be \$1,000. The region that wins Penny Wars with the highest amount of points will be recognized at the State Leadership Conference with a plaque.



This is a highly competitive and strategic game, but don't forget that it is going to an outstanding cause. About 1,000 new cases of cystic fibrosis are diagnosed each year, and since 1955, the Cystic Fibrosis Foundation has been the driving force behind the pursuit of a cure. At our last SLC, we broke our giving record with a total of \$24,960.13 raised and Region 2 being crowned the champs collecting \$17,386.03! So, which region will prevail this year? As Mr. Abraham Lincoln himself once said, "You cannot escape the responsibility of tomorrow by evading it today." Let's get up and start gathering those cents to help with the fight for finding a cure!



Region VIII's Exciting Activities

by Neha Aitharaju - Regional President



Region VIII HOSA has many exciting events planned to make this year one of the most successful. We have coalesced to launch projects to raise awareness and money to combat Cystic Fibrosis. A number of schools are selling donuts and candy, while other schools are organizing various events. For example, the Region VIII Bowling Competition "Strike out Cystic Fibrosis" will be held during HOSA Week, Cypress Bay High School is having a Kickball Tournament in January, and Western High School is having a Dodgeball Tournament in February.

Many additional community service events are planned: numerous schools are hosting blood drives; Western High School's ongoing project is the harvest and hygiene drive; Cypress Bay High School is hosting a Pink Tea and a door decorating contest for Breast Cancer Awareness throughout October and there will be "Trick or Treating" for canned goods. In addition to these service

projects, individual schools have been coordinating events to promote HOSA. Flanagan High School has begun a new tradition called HOSA Night in which members get a chance to interact. Cypress Bay is showcasing their chapter primarily through HOSA Week when there will be a career fair focusing on the health care field, as well as people playing some medical games. With all these plans in store, I am confident that we will have an amazing year!

"Make sure you have the latest Competitive Event Guidelines". Visit <http://hosa.org/node/116> for the Competitive Event Topics and to see the event changes this year.



Follow the Dress Code

Travis Markham - State Northern VP, Secondary



Follow these steps to Choose the Right Event

Greetings, Florida HOSA! I hope everyone's school year has gotten off to a fantastic start and all is well. Your State Officer Team has been working hard to ensure that this is one of HOSA's best years to date! With fall conferences already under way, that means spring conferences will be here before you know it! Here are a few quick tips about competition to make sure you're always prepared and have the best possible chance of succeeding: 1.) Read your event guidelines! They contain important information about your event and it is required that they be in your possession when you report to your event's orientation. Also, be aware that some events may have changed since last year, so make sure that you use the latest Competitive Event Guidelines, which can be found at www.hosa.org under "Resources". While on that page become familiar with the General Rules and Regulations. Also, be sure to look at the Competitive Events Resources page as it offers great event samples and other helpful links. 2.) Start studying now! As I said before, competition will be here before you know it, so it's always good to get a head start. Besides, no one likes cramming everything the night before. 3.) Know what you need to wear. Refer to the latest edition of your guidelines to see the dress code for your event. Also, check out Understanding the HOSA Dress Code PowerPoint. Bonus points are often a nice incentive for being dressed properly, plus it helps convey a professional attitude and purpose. 4.) Last, but certainly not least, remember to have fun! Participating in a competition can be a

very rewarding and exciting experience if you're willing to put in the effort. That's all for now, Florida HOSA! Good luck to all of you in your various competitive events! I look forward to seeing many of you at various regional conferences, as well as our annual Leadership Development Conference!

Astrid Leonardo - State Northern VP, Postsecondary

Hello, Florida HOSA! Can you believe that our Leadership Development Conference is right around the corner!?! This year there are many scholarships available to members. At LDC, we have planned some amazing activities to raise money for the Florida HOSA Foundation Scholarship. This and the [HOEAF Scholarship](#) applications are available on our website at www.flhosa.org. Applications are due February 15 and March 1 respectively. The National [HOSA scholarship](#) application automatically makes you eligible for over 40 other scholarships and will be available to download in February.

If you like to dance, then prove your skills by dancing with the State Officers during our "Dance with the State Officers" fundraiser at LDC. Choose your favorite song from the list and for just \$3 you can join the State Officers on stage. There are also some new items available this year which will help raise funds for the Foundation Scholarship - the 2013-2014 Florida HOSA Year Commemorative Collectible (please see the order form in this newsletter), a long sleeved HOSA t-shirt, and HOSA Fever Bracelets. The commemorative collectible will serve as a memorable keepsake of this year to be displayed on your desk, as a gift for departing seniors or conference volunteers/ guest speakers, or as a gift to your advisor. We all know it gets chilly during LDC, so long sleeved HOSA t-shirts were made available for pre-order during the LDC on-line registration. Some extras will be sold at LDC, first-come, first-served. Also, be sure to purchase a cool HOSA Fever bracelet for \$1 so you can always remember your experience at the best LDC yet! Get ready, Florida HOSA, because this year is guaranteed to be a success. See you all soon!!! ☺



West Florida High School HOSA Visits the Peach State by Jayana Benavenete, WFHS, Biomedical Sciences Chapter President



This past September, members of HOSA at West Florida High School had the unique opportunity to visit our neighbor to the north, the state of Georgia. Forty students made the 300+ mile drive from Pensacola to Emory University in Atlanta. Members learned of college life and medical programs at this highly selective school.

The next stop was the world-famous Georgia Aquarium where they were able to study animal behavior.

"We did a behind-the-scenes program. We saw their veterinarian services department and saw the animals from above the looking glass. I'm pretty sure a whale shark waved at me, too," stated senior Lauren Dye.

The HOSA students also took an up close and personal look at human anatomy as they explored **BODIES...the Exhibition** in Atlantic

Station. The exhibit showcases plastinated bodies of the former living.

Students did take a break from their learning and enjoyed some of the fun attractions that Atlanta had to offer. They hiked around Stone Mountain and took in the excitement of a professional baseball game as the Braves battled the San Diego Padres. The group was also treated to a tour of Turner Field, compliments of Braves relief pitcher, Scott Downs.

"It was really cool that he set up a tour for us. We got to see the history of the organization and learn about different careers offered in sports," said Sports Medicine HOSA Chapter President, Jenny Spears.

The whole trip was organized by Christine Manrique, the Biomedical Sciences & Sports Medicine instructor at West Florida High. "I really enjoy putting trips like this together. Not only do students get to learn about healthcare and science, but they also learn about the world beyond our small town. Every other year or so, we take students on trips to some of our nation's most popular cities to explore science exhibits and healthcare opportunities in our country. We've visited the CDC, various science museums, and toured a few universities," said Manrique. Previous trips include Chicago, Houston, New York City, and Washington, D.C.

Washington Leadership Academy Highlights September 21-24, 2014

Our Florida HOSA State Team had unforgettable experiences in Washington! On one of the days we visited the Smithsonian National Museum of Natural History's exhibition [Genome: Unlocking Life's Code](#). Imagine this: all of our genetic information is stored in the nucleus of one cell, which represents the genome. In other words, a person's complete set of DNA makes his/her genome and over 20,000 genes are present in the human genome. The Human Genome Project started in 1990 and took 13 years to complete. Its goals were to discover the whole set of humans genes, make them available for further study, and to discover the complete sequence of DNA bases (A, C, G, T) in the human genome. Through this project scientists and clinicians have the most powerful tools to date in developing better diagnostic instruments/tests and offer new treatments for various diseases.

Another highlight was visiting [Arlington National Cemetery](#). We all hopped on a narrated trolley tour which provided historical background while denoting the specific areas and historical figures buried on the hallowed grounds. HOSA also had a unique opportunity to dedicate and lay a wreath during the ceremony at the Tomb of the Unknown Soldier. The year 2014 marks the 150th anniversary of the cemetery so a variety of events will take place.

On our last day we visited several congressional offices. In Representative Patrick E. Murphy's office we met with his Legislative Director, Christopher Fisher. We also met with: Kelsey Moran, Legislative Assistant in Congresswoman Lois Frankel's office; Jacqueline Thomas, Legislative Correspondent in Congresswoman Debbie Wasserman Schultz's office; Lee Footer, Sr., Legislative Assistant in Congresswoman Corrine Brown's office; James Walsh, Legislative Assistant in Congressman Ted Yoho's office; and Emily Bouck, Legislative Aide from Senator Marco Rubio's office. They all heard about the State Officers' experiences as HOSA members. Jacqueline Thomas shared how impressed she was with the great opportunities HOSA brings to young people. Several offices offer internships for high school and college students based in the district offices, several of which are located in South Florida. Some internships may be available in our nation's capital. If you would like more internship information, contact the Florida HOSA State Office. If you'd like to find out who your U.S. House of Representatives member is, first visit the [United States Postal Service](#) to get your 5-digit zip code plus the 4-digit numbers that follows it. Then visit <http://www.house.gov/> and enter that complete zip code.

Allina Hernandez - State Southern VP, Secondary

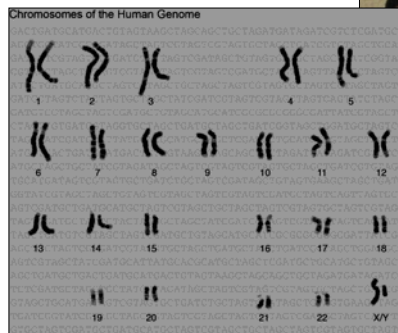
Hi, Florida HOSA! I hope you all have been having a great school year and that everyone is getting back into the HOSA groove. The State Team recently had a chance to visit Washington D.C. and attend the Washington Leadership Academy. There were over one hundred State Officers in attendance, along with all the National Officers. While we were there, we had the opportunity to learn things that we will be bringing back to our state in the hopes of making Florida HOSA even better. Throughout the whole conference, we were placed in random groups with other State Officers from all over the country so that we could meet everyone and learn how other state organizations run their conferences while learning leadership skills.



Our first night at the conference was unforgettable! Vice Admiral Matthew Nathan, U.S. Navy Surgeon General and Chief, Bureau of Medicine and Surgery, presented us with a warm welcome to the conference. He gave us an inspirational speech on being a leader in the health care field and shared his personal journey in becoming a leader. He also shared a video on the humanitarian missions of the U.S. Navy Ship, *Comfort*, that provides medical care to underserved and disaster areas throughout the world. Visit <http://www.youtube.com/watch?v=1JNNYaINshQ> for a look inside this ship-hospital and what exciting health career opportunities it offers.

At the end of the conference, each State Officer met with the congressional representative from the district they live in. We explained to them what HOSA is doing for the future of health care and what the organization means to each one of us. This helped to raise awareness for HOSA, as well as Career and Technical Education. It was truly an unforgettable trip, so thank you all for this amazing opportunity and for allowing us to represent Florida HOSA!!

Vice Admiral Matthew Nathan



Courtesy: Darryl Leja, NHGRI



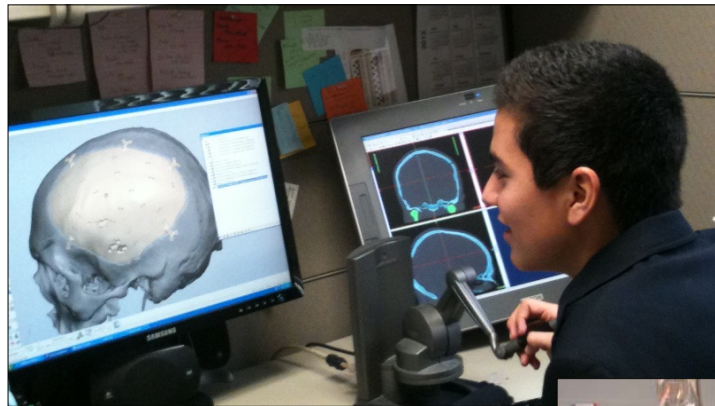
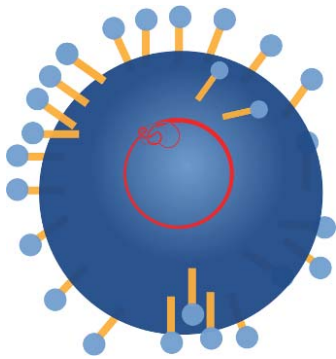
State Officers make their presentations at the Rayburn Office Building closing luncheon

Uniformed Services University of the Health Sciences

One of the tours during the Washington Leadership Academy was at the [Uniformed Services University of the Health Sciences](#) (USUHS) in Bethesda, MD where prospective medical students do not have to have prior military experience to apply. They also do not pay tuition nor fees and receive a full salary and benefits of a uniformed officer during the 4 years of medical school. Benefits include a housing allowance, free medical care, free books and 30 days leave per year. However, in exchange, upon completion, they are committed to active duty for 7 years.

The tour included the Walter Reed National Military Medical Center simulation areas equipped with mannequins used by nursing and other medical students. Some HOSA members were able to visit the 3-D Medical Applications Center and experience the software hands-on with the help of a biomedical engineer and techs. One of the areas that was highlighted was craniofacial reconstruction. The center is unique because the entire process, from start to finish, occurs there - the doctor works directly with the patient who needs the implant, the implant is designed based on the scans, it is then manufactured on site, and it is finally surgically implanted.

The University has several other programs: [Graduate School of Nursing](#), [Postgraduate Dental College](#) and [Graduate Programs in Biomedical Sciences and Public Health](#). The latter college's programs are available to civilian students. Student benefits include: no tuition nor fees, a stipend, and the opportunity to work with top research facilities such as the National Institutes of Health, Walter Reed Army Institute of Research, Center for Neuroscience and Regenerative Medicine and others in a community just outside Washington, DC. Feel free to explore these possibilities through their websites if you think this may be of interest.



Hands-on exploration at the 3-D Medical Application Center



Interacting with a patient mannequin in the simulation area

Genome Resources for Students

- <http://unlockinglifescode.org/learn/learning-tools>
- <http://www.yourgenome.org> activities and links
- <http://learn.genetics.utah.edu/>
- <http://www.genome.gov/GenomicCareers/>
- <http://www.genome.gov/Glossary/index.cfm> – Talking Glossary of Genetic Terms

Genome Resources for Teachers

- <http://teach.genetics.utah.edu/>
- <http://unlockinglifescode.org/learn/resources-teachers> will offer curriculum in November
- http://www.yourgenome.org/landing_teachers.shtml



Florida HOSA State Officers at the USUHS in Bethesda, MD



Clayton Sims - State Parliamentarian

Hello, Florida HOSA! I hope everyone is having an exciting and successful school year. Remember to work and study hard, but be sure to leave some time to relax and have fun as well! HOSA Week, for example, gives you an opportunity to also have fun as a HOSA member. HOSA Week is a week-long event, during which HOSA members can find interesting and innovative ways to help their communities while promoting and building HOSA. Traditionally, HOSA Week has been the first full week in November. Since HOSA Week is no longer a competitive event on it's own, you shouldn't feel confined to this time frame. HOSA Week activities are now incorporated in the Outstanding HOSA Chapter event. If your school or region has other events planned in November, then just try to fit in HOSA Week at another time. HOSA Week is often used to build a community's knowledge of

and support for HOSA, as well as to help contribute in meaningful ways to the community. Members frequently provide community support services such as canned food or book drives, or HOSA support events that show appreciation to members, advisors, alumni, and business partners. The most important thing to remember about HOSA Week is that it is, above all, an opportunity to inform and aid the community, network, and support HOSA. Some schools hold a different event for each day during HOSA Week, and others hold week-long events with an underlying idea, goal, or theme. The method doesn't matter as much as the goal: promote HOSA and become a contributing member of your community! I know that regardless of your plans for HOSA Week, Florida HOSA members and chapters will do an outstanding job! If you need help with finding ideas for HOSA Week, a quick Google search or a visit to the National HOSA website at <http://www.hosa.org/node/122> could be a good place to start. Good luck, Florida HOSA! We can't wait to hear about some of the creative activities you are going to be a part of!



Meeting with Legislative Assistant, Kelsey Moran in Congresswoman Lois Frankel's office

Washington Leadership Academy



Changing of the Guard at the Tomb of the Unknown Soldier



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Florida HOSA State Officers at The Capitol Building



Meeting with Legislative Assistant, James Walsh in Congressman Ted Yoho's office

