



NEVADA HOSA

Volume 2, Issue 1

Spring/Summer 2009

President's Update

Hello Nevada HOSA! I am Sean Sheffer, your new Nevada HOSA State President and formally the State Southern Vice President. This has been a great year for Nevada HOSA. It has doubled its leadership statewide and soon everyone will know what HOSA means and stands for!

I want to take a moment to give a special thanks to our former State Officers for all their hard work. Megan Laudenslager, Tiffany Hedges and Sarah Watt have shaped my life and the future of Nevada HOSA. I wish Megan and Tiffany didn't have to leave their offices, but they are moving on to bigger and better things.

This year's State Leadership Conference was pivotal for many involved in Nevada HOSA Chapters. All members who participated created bonds with many within their own chapters and statewide. SLC was important to my life because a new State Officer team was created. This new team consists of Sarah Watt, Amanda Garcia, Kevin Aliado and Jeannica Sacasas. Four of the five state officers come to us from Rancho High School. Congratulations to everyone who attended the State Conference.

Soon the National Leadership Conference will be here, so let's get ready to experience one of life's exceptional moments. Thousands will be there prepared to compete and win. Of those attending; your friends will become your family and your competitors will become your friends.

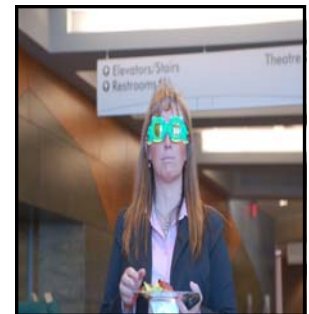
Are you ready to go and make your mark at the National HOSA Conference this year?

Sean Sheffer



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SPECIAL POINTS OF INTEREST

- ◆ Fifty-three Nevadans Competing in Nashville
- ◆ Operation Healthcare Bound 10/17
- ◆ The National Leadership Conference is June 22-28, 2009
- ◆ Have a great summer and prepare for the new school year!

**“Hosa: Where one Person’s Passion
Becomes Another Person’s Hero”**

From Left:

**Amanda Gracia, Sean Sheffer, Sarah Watt,
Anthony Barnett, Kevin Aliado, Jeannica Sacasas**



2009-2010 Officer Autobiographies

Sean Sheffer - President

I am from the class of 2010 at Rancho High School in Las Vegas, NV. Two of my hobbies are playing the acoustic guitar and singing. My future goal is being HOSA National Officer. I am an altruistic person!

Kevin Aliado - Southern Vice President

I am from Rancho High School of Las Vegas, NV, and am from the class of 2010! I play the guitar obsessively, and I also play tennis. Becoming a Cardiovascular Surgeon or Cardiologist is my dream. I am a very assertive person.

Amanda Gracia - Vice President

My school is Rancho High School in Las Vegas, NV and I am part of the class of 2010. Synchronized swimming and riding horses are my two favorite hobbies! I am an optimistic person!

Jeannica Sacasas - Secretary

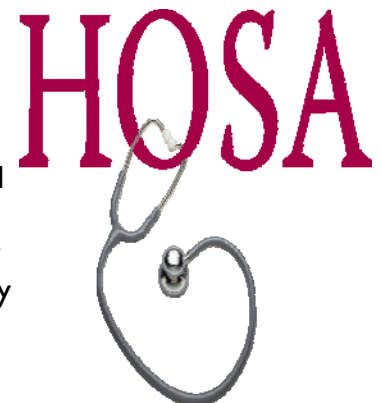
Class of 2010! I attend Rancho High School in Las Vegas, NV. I love to talk and a favorite past time of mine is to read. I plan on working in the Biotechnology field after finishing school. I am a vivacious person.

Sarah Watt - Post Secondary Vice President

I'm going to Truckee Meadows Community College and I graduate in 2011. I am majoring in political science. My hobbies are going to Lake Tahoe and listening to music. I want to be an oncologist. I am a straight forward person.

State Leadership Conference

The State Leadership Conference of 2009 was held at the University of Nevada Reno, March 14-17. The Opening Session created an energetic and enthusiastic atmosphere, which included the opening ceremonies, a key note speaker, state officer candidate speeches, special awards, and the state officer reflection. We were fortunate enough to have a national officer, Mr. Anthony Barnett, as our key note speaker. (cont)



Mr. Barnett is our Region I, Vice President from Houston, TX. Mr. Barnett encouraged us all as he spoke of the mindset for achieving success. After the Opening Session, there was an ice cream social. Also, the results for the second round were posted.

As others began to head home, or back to their hotel, it was now time for the state officer candidates to begin their interviews. Time seemed to stall while the officers awaited their turn. However, time started to fly by as the candidates began to talk to one another and alleviate their tensions. This created the opportunity for the candidates to get to know each other and Mr. Barnett a little better. After the officers were all interviewed, they headed back to their hotel to study for the next day's competitive events, and get some rest.

Competitive events began on March 16, and the students were fitting in some extra studying or practice. Some of the events allowed for an audience, e.g., HOSA Bowl, and Medical Spelling, just to name a few. The day was also filled with leadership workshops to help promote teamwork, organization and communication between the chapters. The day was full of events, competitions, and leadership workshops; it was a day of excitement, work, study, and some new experiences.

On March 17, there was one more competitive event, Veterinary Assisting. The remainder were taking the Kaiser Permanente Exam in the theater. After the exam, it was time for the Breakfast Buffet! People were glad to relax and enjoy the food, as all the exams, competitive events, and activities were over for the year, and there was still the Awards Ceremony to look forward to.

The Awards Ceremony was one of many emotions: sadness for the retiring first state officers of Nevada HOSA. Suspense and excitement as the awards for the competitive events and exams were being presented. Mixed emotions for all as the year in review slideshow was presented, and respect as the new officers for HOSA were installed. The Awards Ceremony left people with different emotions to sense. For the new state officers, there was work to be done. The March 2009 State Leadership Conference was one of success and enjoyment, and one to be remembered!



Save the Date!

The 2009 Fall Leadership Extravaganza!

Registration material available on your
association website August 2009!

All registration must be submitted by

October 2, 2009

Registration fee is \$45.00

Anthony Barnett



**“What’s your
excuse?”**

Rancho HOSA sponsored nine teams for the Relay for Life Cancer Event on Friday, May 8, 2009. Over 90 HOSA and Medical Magnet students participated in the event. Each team raised an average of \$150-300 selling ribbons, having cupcake walks and booths at the event. The total amount donated was \$1485. Students participated from 7PM - 7AM walking around the track in honor of all cancer victims and survivors. Everyone was invited to buy a luminaria and light it in honor of a family member who died of cancer. This was a real bonding time and 12 hours of fun with games, races, and building pyramids. Students are really psyched for next years' "Relay for Life" event .



People who attended the 12 hr Relay for Life for Cancer, from 7pm - 7am

Career Description: Physical Therapist

Therapists examine patients' medical histories and then test and measure the patients' strength, range of motion, balance and coordination, posture, muscle performance, respiration, and motor function. Next, physical therapists develop plans describing a treatment strategy and its anticipated outcome.

Treatment often includes exercise, especially for patients who have been immobilized or who lack flexibility, strength, or endurance. Physical therapists encourage patients to use their muscles to increase their flexibility and range of motion. More advanced exercises focus on improving strength, balance, coordination, and endurance. The goal is to improve how an individual functions at work and at home.



National Leadership Conference of June 2009

The HOSA National Leadership Conference will be on June 24-27, 2009 at Opryland Hotel Nashville, Tennessee. The Gaylord Opryland Hotel and Convention Center has over 600,000 square feet for our National Leadership Conference. If you are not competing you can walk around Gaylord Opryland Hotel's shops, restaurants, and the spa and fitness center, all in the nine acres of indoor gardens with cascading waterfalls. Good luck to all that are competing, and have fun at the June 2009 HOSA National Leadership Conference!

