THE SAGEBRUSH STANDARD

OCTOBER 2026

Get the Scoop!



- News & Updates
- Student Executive Council
- Challenge Yourself
- Student Challenge
- Chapter Highlight
- WLA Update
- Pin & T-Shirt Design



- October 30, 2026 - Submission deadline for t-shirt and pin contest
- November 9-20, 2026 - Prepartory Competitive Events Online
- March 1-2, 2027 - State Leadership Conference in Rock Springs

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WYOMING

MEET YOUR EXECUTIVE STUDENT COUNCIL



Alexis Teschendorf
Executive Student President



Ida Lantier
Executive Student President-Elect

We are looking for State Officer Candidates!
To be eligible for a position, you must belong to a local chapter, complete an application and be willing to serve.

Please let Tammy Macy at advisor@wyomingosa.org if you are interested or visit https://wyominghosa.org/student-resources to complete the application.

Could be YOU!
Post-Secondary Vice President

Could be YOU!
Secretary

Could be YOU!
Historian

Could be YOU!
Northwest Region
Represntative

Could be YOU!
Northeast Region
Represntative

Could be YOU!
Southwest Region
Represntative

Could be YOU!
Central Region
Represntative

Could be YOU!
Southeast Region
Represntative

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A Message from your Executive Student Council President

Dear Wyoming HOSA,

As our state begins its first year as a HOSA charter, I am deeply honored and excited to serve as your Wyoming HOSA State President. Already, HOSA has given me so many opportunities to grow as a leader, explore my interests in healthcare fields, and network with so many amazing students who share the same passion for not only pursuing a healthcare career, but making a difference in it.
When I first had the idea to start a HOSA chapter in Wyoming, I had no idea just how impactful it could be. My experience at the Washington Leadership Academy (WLA) showed me what is possible if we come together and build a welcoming HOSA community, where anyone and everyone can make a difference.



One of the things I love most about HOSA is that you don't need to know exactly what you want your future career to be. HOSA allows all of us to explore different healthcare areas, challenge ourselves, develop new useful skills, and discover our true passions. The healthcare industry needs people like you—people who are kind, hardworking, and most importantly passionate about helping others.

This year, I encourage you to step out of your comfort zone, whether that is choosing a competitive event to compete in, volunteering in the community, taking on a leadership role, or simply connecting with other HOSA members. Every experience is an opportunity to gain something new, and I truly believe that if you put time and effort into HOSA, it will pay off more than you can imagine.

I am so excited to see what we can accomplish this year together.
Let's make the first year of Wyoming HOSA a year to remember!
Sincerely - Alexis

A Message from your Executive Student Council President-Elect

I know that HOSA can be a doorway to almost any opportunity I could dream of, whether that is showcasing my skills in a specific field to developing leadership. As President-Elect for Wyoming HOSA, my goal is to help open that door for students across the state. I am honored and excited to serve in this role because of the vast and varied opportunities HOSA can provide. I hope to connect students from different communities with one another while also encouraging them to become more involved with their own communities.



I also hope to expand HOSA membership and give more students the opportunity to explore healthcare beyond the classroom. Most importantly, I want every member to have an experience that is meaningful, rewarding, and genuinely enjoyable.

Best,
Ida

CHALLENGE YOURSELF

Wyoming HOSA is starting a tradition of hosting monthly "Challenge Yourself" tasks to increase school spirit and involvement in Wyoming HOSA. Every time your chapter completes a challenge, with photo or video proof, your chapter earns 5 points. The chapter with the most points earned by February 15th, 2027 will be awarded a plaque for **"Challenge Yourself"** winner at the Spring Leadership Conference.

OCTOBER CHALLENGE
Make Breast Cancer Ribbons with your Chapter

October is Breast Cancer Awareness Month. The pink ribbon is a symbol for hope and support for breast cancer survivors and the fight against the disease. For this challenge, please create pink ribbons with your chapter to support Breast Cancer Awareness. You can also turn these ribbons into pins by attaching a safety pin to the back! You can also sell these pins and raise money for Breast Cancer Research by donating to the Breast Cancer Research Foundation or American Cancer Society!

Here is a link to an idea:
How to Make Breast Cancer Awareness Ribbons In 3 Simple Steps

Places to donate:
Breast Cancer Research Foundation | BCRF End Cancer As We Know It

Submit a photo or video of your activity to advisor@wyominghosa.org
Please include Chapter Name, Chapter Number, Name of Chapter Advisor, Chapter President Name, Challenge Yourself Event

Commemorating Breast Cancer Awareness

The month of October is Breast Cancer Awareness month, this is a global campaign led by leading breast cancer charities and organizations in hopes of raising awareness, promote early detection as well as research. This tradition started in October of 1985, by the American Cancer Society and Imperial Chemical Industries.

Since the start of 2025, 316,950 new cases of breast cancer were identified, as of now, 42,170 of those cases had died. (source : https://seer.cancer.gov/statfacts/html/breast.html) Certain people are more prone to develop breast cancer. If you,

- Have a family history of Breast Cancer
- Are over the age of 50
- Are overweight or obese
- Are physically inactive
- Smoke
- Consume alcohol
- Have been exposed to certain chemicals and pesticides

You have a greater chance of developing breast cancer. Please note that men can also develop breast cancer, though it is a rarer case. About 1 in 726 for men are diagnosed for breast cancer. Though some people are at higher risk, we encourage everyone look out for common signs and symptoms, such as:

- A new lump or mass in the breast
- Thickening or swelling of part of the breast
- Change in breast size or shape
- Dimpling or puckering of the breast skin
- Nipple discharge



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Student Challenge!

🏆 Wyoming HOSA General Rules & Regulations Scavenger Hunt

Calling all Wyoming HOSA-Future Health Professionals!

Are you ready to test your HOSA knowledge and win a prize? Prove that you know the ins and outs of the official rules before stepping into competition. Complete the 10-question scavenger hunt below using the official HOSA General Rules & Regulations available at hosa.org.

📋 The Scavenger Hunt Challenge

Answer all 10 questions accurately based on the official guidelines:

1. Handshake Policy: What events allow handshakes with judges before and after the competition?
2. Identification Requirements: What is the penalty for competitors who do not bring a proper photo ID with them to the competition?
3. Roster Deadline: In order to be eligible to compete in ILC 2027, what is the last date members can be added to the chapter roster if they are enrolled in the spring semester?
4. Accessibility & Support: Where can you find details on event accommodations and how to request them?
5. Conference Capacity: What is the maximum number of competitors/teams that chartered associations may submit for participation in the International Leadership Conference per event per division?
6. Code of Conduct: If a competitor violates the HOSA Code of Conduct during HOSA's International Leadership Conference, what may be the consequence?
7. Team Eligibility: What percentage of the winning team from the state/country level must be included for a team to be eligible to participate in competition at ILC?
8. Section Fairness: Where can information be found regarding the way fairness between sections is determined?
9. Punctuality Penalty: What four events would being over five minutes late for the competition mean you may not be allowed to participate?
10. Document History: When were the HOSA General Rules and Regulations last updated?

📬 How to Submit Your Entry

Once you have completed the worksheet, send your finished answers directly to:
State Advisor: Tammy Macy
Email: advisor@wyominghosa.org
Subject Line: Rules & Regulations Scavenger Hunt Submission - [Your Name]

Submit your completed entry to earn your prize and get ready for an extraordinary HOSA competition season!

CHAPTER HIGHLIGHT

Jackson Hole High School HOSA Leads the Way as Wyoming's Inaugural Chapter

Jackson Hole High School holds the distinction of being the very first affiliated chapter in the State of Wyoming. Led by Chapter President and State President-Elect Ida Lantier, alongside local chapter advisor Sammie Smith, the chapter has set a inspiring benchmark for HOSA's growth across the state.

A Message from Advisor Sammie Smith:

"What a difference a year makes!

It started with a pretty simple question after class about a year ago: 'Mrs. Smith, would you be willing to be the advisor if I started a club at school for students interested in healthcare?'

I think most educators would tell you that there are moments during their career that you'll always remember because you either said 'yes' or 'no' to a question. Since I was already the advisor for our school chapter of the National Honor Society, my gut instinct was to say no. What I said instead was, 'Let me think about it over the weekend, and I'll let you know'. When I actually had a few minutes to think about what this would mean for students at Jackson Hole High School and how a club like this would support some of the fun changes we were making both in the CTE department and schoolwide with a new CTE diploma track, I realized the answer was super simple, and it was an emphatic 'YES!'

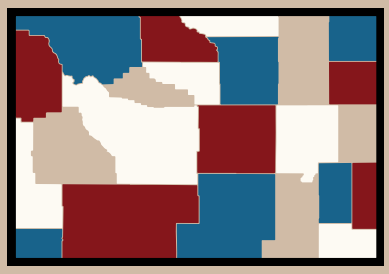
With a star leader, Ida Lantier (10th grade last year) took the yes and ran with it. She persuaded many of her fellow 10th-grade students in my BioEngineering class and a handful of seniors interested in healthcare careers to jump on the bandwagon, and we launched our unofficial HOSA chapter. Club members spent the year getting certified in CPR, engaging with guest speakers, and researching various healthcare professions to share during our biweekly lunch meetings. My favorite thing they did last year was to focus on the monthly national health observances by creating posters to put up around the school and promote awareness to students and staff by highlighting the main points over the morning announcements.



This year, we had around 30 additional students express interest in joining our HOSA chapter, which would bring our total membership to around 50 students. The leadership team is busy planning for the school year and adding some fundraising activities to their agenda. Currently, our members are looking ahead to the Leadership Conference in early March and planning out what events they want to participate in. We are thrilled that HOSA is now an officially affiliated CTSO in Wyoming and looking forward to growing HOSA chapters elsewhere in the state!"

Wyoming HOSA is still looking for Chapters to affiliate.

If you know a school that may be interested please contact State Advisor Tammy Macy at advisor@wyominghosa.org.



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Leading the Way:
Wyoming HOSA Champions Take On the Washington Leadership Academy

The future of healthcare leadership in Wyoming is brighter than ever. Representatives from the newly chartered Wyoming HOSA – Future Health Professionals community recently embarked on an inspiring journey to Washington, D.C., to participate in the prestigious Washington Leadership Academy (WLA).

Representing Wyoming at the national capital were Casper Chapter advisors Stephanie Jensen (Natrona County High School) and Chellsie Johnson (Kelly Walsh High School / Pathways Innovation Center), alongside local Casper HOSA President and State President Alexis Teschendorf. The Wyoming team engaged in intensive leadership training, interactive workshops, advocacy experiences, and unforgettable networking opportunities.

This maiden voyage to the Washington Leadership Academy represents just the beginning of Wyoming HOSA's growth. The lessons, resources, and connections brought back from D.C. will directly benefit local classroom instruction, chapter fundraising, and state-level leadership strategy. Looking ahead to next year, Wyoming HOSA is excited to expand access and offer even more opportunities for local students to attend future leadership conferences, compete in health science events, and advocate on national platforms.

A special thank you goes out to Wyoming HOSA leadership for sponsoring this transformative trip, as well as the welcoming advisors and student mentors across the country who helped pave the way for Wyoming's delegation. To learn more about HOSA event rubrics, competitive event guidelines, and leadership resources, visit the official website at hosa.org.

Transforming Passion into Local Impact
Alexis Teschendorf, Wyoming HOSA State President & Casper Chapter President
"WLA was such an amazing experience for me! I was able to network with like-minded people from across the United States and share unforgettable moments with them. Everyone I met was so welcoming and kind... I already feel as if my leadership and public speaking skills have improved; I now feel much more prepared to take on the role of President of Wyoming HOSA. Some of my favorite memories were playing Just Dance during leadership session 'brain breaks' or making a fundraiser pitch in a 'Shark Tank' style challenge. Additionally, having the opportunity to go to Capitol Hill and possibly make a difference on a larger scale was incredible. I loved seeing all the major monuments through the twilight tour, and witnessing the wreath ceremony at the Tomb of the Unknown Soldier at Arlington Cemetery was truly eye-opening. I can't wait to implement everything I have learned to make Wyoming HOSA better than ever!"

Building a Foundation for Wyoming HOSA
Chellsie Johnson, MEd, LAT, ATC, Kelly Walsh High School & Pathways Innovation Center
"The Washington Leadership Academy was an empowering experience. As an advisor in a new chapter in a newly-chartered state, I felt slightly overwhelmed with where to start and how to provide a clear direction to our students and student leadership. Upon returning from WLA, I feel much differently about HOSA! We made connections and now feel like we have a network of HOSA advisors from around the country who have offered guidance, advice, and support. We attended several valuable workshops for advisors that will help us guide our members, including tips for fundraising and incorporating HOSA into the classroom. The experience and knowledge gained at WLA will help us advisors and our state/chapter president provide a clear direction for the future of Casper HOSA and Wyoming HOSA as a whole!"

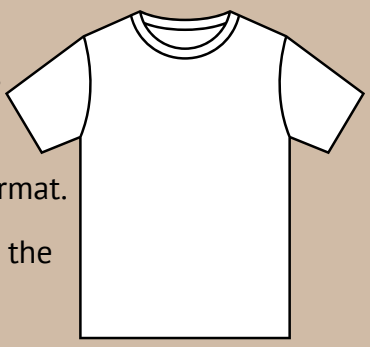
Inspiring the Next Generation of Healthcare Professionals
Stephanie Jensen, IB Biology / Scientific Research & Design Teacher, Natrona County High School
"Sitting in a room with hundreds of the best and brightest students from the US and beyond, all with similar goals of working in healthcare, was humbling, to say the least. The advice and insights from state and local advisors, as well as officer coaches, will be invaluable as we move Wyoming HOSA forward.
The activities, explanations of competitive events, and use of rubrics were my biggest learning takeaways. I cannot wait to share these with students and begin preparing for our first State Leadership Conference (SLC). The nation's capital was the ideal backdrop for learning and inspiring the next group of leaders in healthcare. I am excited to see how Alexis incorporates her learning and takeaways into Casper HOSA as well as Wyoming HOSA."







Wyoming HOSA wants YOU to design a t-shirt logo for the 2027 State Leadership Conference (SLC)!



The criteria includes:

- The designer must be a Wyoming HOSA member in good standing.
- All entries must include Wyoming HOSA and the HOSA theme "Redefine the Standard."
- The design should be drawn at least 5' in size.
- Only one drawing/submission per student.
- Entries should be emailed to the State Advisor at advisor@wyominghosa.org in jpg format.
- Include designer's name, school, address and t-shirt size in submission email.
- All designs submitted become the property of Wyoming HOSA. Please understand that the submitted designs are concepts that a professional artist will render a complete and finished design including the necessary elements, if missing.

All designs must be received by October 30, 2026. The Board of Directors will choose the top 3 designs based on originality, concept and theme interpretation. From November 5-10th members of Wyoming HOSA can go to the Wyoming HOSA website to vote for their favorite design. The design that receives the most votes will receive a $25.00 Amazon Gift Card and will be recognized at the 2027 State Leadership Conference!

Wyoming HOSA want YOU to design a Pin logo for the 2027 State Leadership Conference (SLC)!

Wyoming HOSA is extending you the opportunity to submit a creative, fresh, and unique design that represents Wyoming HOSA! The pins will be traded at International Leadership Conference (ILC)!

The criteria includes:

- The designer must be a Wyoming HOSA member in good standing.
- All entries must include Wyoming HOSA and the HOSA theme "Redefine the Standard."
- The design should be drawn at least 5' in size.
- Only one drawing/submission per student.
- Entries should be emailed to the State Advisor at advisor@wyominghosa.org in jpg format.
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HOSA Creed

- I believe in the health care profession.
- I believe in the opportunities that my training offers.
- I believe in education.
- I believe that by using my skills, knowledge and experience, I can contribute to my community.
- I believe in myself.
- I believe that I will become more aware of myself, and become a more responsible citizen.
- I believe that each person is important and therefore I will treat each person with respect and love.
- To this end, I dedicate my training, my skills, and myself to serve others through HOSA-Future Health Professionals