



the pulse



Volume 7 Issue 4 (2014-2015) CENTER FOR WELLNESS AND MEDICAL PROFESSIONS NEWSLETTER May 2015

Important Dates :

MAY

- 5/1 Prom @ Ruth Eckerd Hall
- 5/4-5/8 Teacher Appreciation Week
- 5/25 Memorial Day—No School
- 5/27 Senior Breakfast
- 5/29 CWMP Grad / Cords Banquet

JUNE

- 6/2 Last Day of School
- 6/3 Graduation—Tropicana Field
- 6/4 -6/5 Freshman Meet & Greet

AUGUST

- 8/20 Varsity Home Game 7pm
- 8/24 First Day of School
- 8/25 CWMP Board Meeting
- 8/28 Varsity @ East Lake 7:30pm
- TBA Back to School Night

SEPTEMBER

- 9/7 Labor Day—No School
- 9/15 1st CWMP Parent Meeting
- 9/18 Homecoming Game 7:30pm



Newsletter Items

If you would like to submit items to the newsletter, please contact Helen Feininger at phuhsmmNews@gmail.com



From the Desk of Ms. Dupee

As we come to a close of the 2014-2015 school year, I want to say thank-you for a wonderful second year as Program Coordinator of such a great program. I have met so many great parents, students and staff members and I look forward to many years to come.

I want to thank all the students who competed in HOSA States and congratulate our winners. All the students did such a great job representing our medical program. In addition, I want to thank all of our nurses and chaperones for without them our students would not have been prepared to compete.

Good luck to all my seniors as they enter the next chapter of their lives and I hope everyone has a safe and restful summer as we look forward to the 2015-2016 school year.

Sincerely,

Peggy Dupee,

Assistant Principal/Program Coordinator



Tireless Teacher



April Mr. Espallat



March Ms. Jackson



February Mr. Falcon

Medical Magnet Booster Club

A message from the President,

With only a handful of weeks left to the school year, the Booster Club is working overtime preparing for the Teacher Appreciation Luncheon (May 8th), the Freshman Meet and Greet (June 4th/5th) and the biggest event of them all- the Senior Banquet and Medical Cord Ceremony (May 29th). If you have any interest in helping at these events or for events next school year, please contact me! We always work hard and we always have fun!

Although it's not over yet, I can say proudly that this year has been a stellar one for the Booster Club. Not only is membership higher than it has seen in years, we held our first Sophomore Breakfast this year and also held our first 5K charity race! Attendance at parent meetings gets better and better and we hope that means you are finding the agendas and presentations we prepare useful and informative.

Thank you for your support via memberships, donations, your volunteer time and being there at our events and meetings. I look forward to doing it all again-bigger and better next year!

Sincerely,

Gina Kugler

CWMP Booster Club President 2014/2015

CNA Class Getting Hands on Experience



CWMP BOARD POSITIONS '15-16'

President—Gina Kugler
phuhsmp@gmail.com

Vice President—Colleen Bemis
phuhsmp@gmail.com

Secretary—Jeanne Davis
phuhsmps@gmail.com

Treasurer—Sheryl Bartolotti
phuhsmt@gmail.com

Communications—Ellen Martin
phuhsmmc@gmail.com

Newsletter—Helen Feinger
phuhsmmNews@gmail.com

Ways and Means—Bonnie Gustafson
phuhsmmwm@gmail.com

Senior Banquet—Tammy Mitchiner
phuhsmmCords@gmail.com

OPEN BOARD POSITIONS:

Special Events—OPEN

Adopt A Teacher—OPEN

Membership—OPEN

Volunteer Coordinator—OPEN

Senior Celebration Co-Chair - OPEN

EVENT POSITIONS:

Senior Shirt Sales—Tammy Mitchiner

Holiday Luncheon—Sharon Shulman

Spirit Wear Sales—Colleen Bemis

Jr Scrubs Ceremony—Kristi O'Connor

HERricane 5K Glam Run—Toni/Gina

Freshman Meet & Greet (June) OPEN

Back to School Night (Sept) OPEN

Website (Year round) OPEN

Discovery Nights—(Dec/Jan) OPEN

Freshman Pinning (April) OPEN

Staff Appreciation Lunch (May) OPEN

Donut Day—(3x Year) OPEN

If interested in serving, please email
Gina Kugler at phuhsmp@gmail



Did You Know?



Did you know you can choose to automatically donate .5% of your Amazon.com purchases using Amazon Smile at no cost to you?

Simply

- Go to Smile.Amazon.com
- Select "Palm Harbor University High School Center for Wellness and Medical".
- Shop as usual!
- .5% of all qualified purchases goes to PHUHS CWMP Program.

HERricane GLAM RUN 5K

October 10, 2015

Business Sponsors Needed

for our HERricane 5K Glam Run. Call Out to parents who own their own businesses - Please consider becoming a sponsor for our HERricane Glam Run.

Sponsorships start at \$300.

Email phuismmwm@gmail.com for more information.

MAKE SURE TO "LIKE" OUR FACEBOOK PAGE!



HOSA State Competition Orlando - March 26-March 30, 2015



PUBLIC SERVICE ANNOUNCEMENT

1ST Place Jetta Brady, Bryce Leitchenschlag,
Aaron Schauer, Steven Herndon,
Nick Fatolitis & Brooke Zelinsky

SPORTS MEDICINE

3rd Place Eddie Harrison

MEDICAL READING

3rd Place Bria Fitz

MRC Partnership

4th Place Ashley Milleman, Trent Percy &
Kendal Midkiff

Congratulations to the 80 students who competed at HOSA States. 8 Seniors qualified to advance to Nationals in Anaheim, California in June, but will be preparing to attend college.



Program Events

Freshman Pinning Ceremony

9th Grade students
at the Freshman
Pinning Ceremony



10th Grade students
enjoying the first
Sophomore Breakfast

Sophomore



Breakfast

Senior Accomplishments



SALUTATORIAN

We are proud to announce **Robin Rives** as this year's Salutatorian. Congratulations Robin!



ATHLETIC SCHOLARSHIPS

Congratulations to our CWMP Senior Student Athletes who have received scholarships to continue on with sports in college. We are very proud of their accomplishments!

Softball

Logyn Lilley—University of Tennessee
Katie Flanagan—Florida Atlanta University

Soccer

Christina Cesta—University of North Florida
Kayla Mouton—University of Alabama
Marisa Ruland—Pace University
Tyler Mitchiner—West Point Military Academy

Swimming

Morgan Perrotti—Rutgers

Volleyball

Ameije Ismaili—Florida State University

Wrestling

Andrew Nevins—University of Central Florida

Tennis

Shannon Cruz—Oglethorpe University

Chamber of Commerce's Student of the Month



Palm Harbor Chamber Education Committee sponsors a Student of the Month award. Four of our Senior CWMP students were chosen this year.

Winners are invited to attend a lunch at Carrabba's Italian Grill with Mrs. Gonzalez and the members of the Chamber of Commerce.

- September: Nicholas Fatolitis
- January: Kerry Satchfield
- March: Morgan Davis
- April: Halee Cecere



Morgan



Nick



Kerry



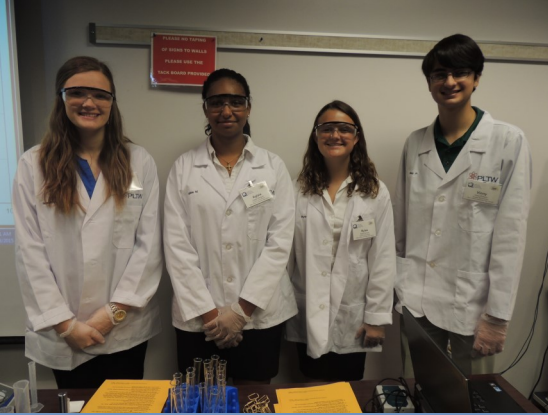
Halee

Senior students are chosen from Palm Harbor University, East Lake, Countryside, and Tarpon Springs High School.

Teachers nominate students based on the following criteria:

- | | |
|---------------------------------------|-------------------|
| * Excellence in art or music | * Friendly |
| * Positive influence in the classroom | * Caring |
| * Respected by peers & adults | * Responsible |
| * Community Service | * Hard working |
| * Top Academic Achiever | * Good Attendance |

Biomed Career Technical Educator's Breakfast

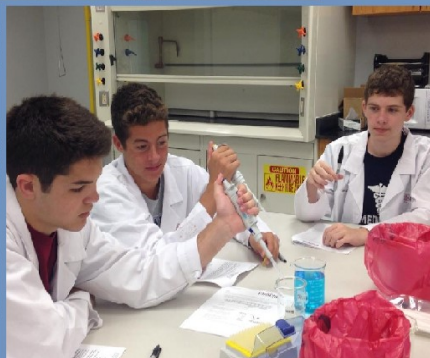


Biomed Student Presentations

Our Biomed students presented an experiment at the Career Educational Breakfast for school board employees and guests.



Biomed Field Trip to the University of Florida



Biomed Students getting Hands on Experience

Our Biomed Students attended a field trip to the Biotility lab at the University of Florida to perform experiments as well as visit the College of Health to view jobs which utilize a Biomed degree.

Pictured are students testing body fluids for antigens.

Guidance Corner

Pinellas Virtual School

Now enrolling

Health Opportunities through Physical Education
(HOPE)

May 4 -22, 2015

Go to www.pcsb.org/virtual to register.

St Petersburg College/ SAT Prep Classes

SPC offers a 6-week after school SAT Prep class twice a year on the PHU campus (Fall and Spring). All books and practice tests are provided. Look for classes starting in October to prepare for the December test. Email Mrs. Weaver at weavera@pcsb.org for more information.



About the ACT

The ACT is based on actual high school curriculum. The ACT is accepted by all four-year colleges and universities in the U.S. Exam ends about 12:15 pm (No Writing) or 1:00 pm for ACT Plus Writing.

ACT Test Date	Registration
June 13	May 8



About the SAT

The SAT is an aptitude & reasoning test offered seven times each year. It is offered in October, November, December, January, March, May and June.

How Long Is the SAT?

The SAT is made up of 10 sections:

- A 25-minute essay
- Six 25-minute sections (mathematics, critical reading and writing)
- Two 20-minute sections (mathematics, critical reading and writing)
- A 10-minute multiple-choice writing section
Total test time: 3 hours and 45 minutes
- Answer questions that you know are correct, to avoid the penalty for a wrong answer.

When to Take the SAT

Students take the SAT during their junior or senior year of high school. At least half of all students take the SAT twice — in the spring as a junior and in the fall as a senior. Most students improve their score the second time they take the SAT.

SAT Test Date	Registration
May 2	April 6
June 6	May 8

Senior Superlatives

Class of 2015



Most Likely to be Famous

Eddie Harrison & Nicole Tripodis

Best to Bring Home to Mom & Dad

Lukas Decker & Sara Daou

Most Likely to Return as a Teacher

Sebastian Silva & Kelly Roshten

Most Likely to Become President

Ameer Basta & Missy Abdullaj

Teacher's Pet

Dev Naik & Marissa Griffith

Most Likely to Travel Around the World

Ayman Salhab & Katie Flanagan

Funniest

Steven Herndon & Jetta Brady

Most Likely to be a Billionaire

Shay Phillips & Lexi Marangos

Most Likely to be Late for Graduation

Alec Boyette & Kerry Ekberg

Most Twitter Followers

Grant Buckner & Jude D'Amico



Most Likely to be a Brain Surgeon

Conner Fletcher & Jenna Thompson

Most Likely to Develop a Cure

Eugene Choi & Alyssa Gizzo

Most Compassionate

Jackson Morse & Morgan Perrotti

Most Likely to Faint at the Sight of Blood

Nick Fatolitis

Most Athletic

Tyler Mitchiner & Kayla Mouton

Most Likely to be on a Reality Show

Desmon Silva & Paityn Kowalski

Best Laugh

Ivan Talanga & Kayla Dimilta

Most School Spirit

Connor Norris & Andrea Tripodis

Selfie King & Queen

Bryce Leichtenschlag & Sofia Konstantinidis

Best Ambulance Driver

Bejadin Redzepi & Kaley Davis



Frick & Frack (Most Inseparable pair)

Andrew Bartolotti & Matthew Bartolotti

Logyn Lilley & Lea Sisc

Senior To Do List

SENIORS MUST COMPLETE THE FOLLOWING BEFORE GRADUATION:

1. Complete the Student Florida Financial Aid Application
2. Complete the Senior Survey
3. Apply for Bright Futures Scholarship



To Apply for a Bright Futures Scholarship, you MUST submit a completed, error free Initial Student Florida Financial Aid (FAAA) during your senior year (after December 1 and prior to graduation). You may apply BEFORE meeting all requirements but no later than graduation. ACT and SAT Test scores for June 2015 will be included in the final evaluation.

You MUST apply for Bright Futures during the last year of High School or you will FORFEIT all future eligibility for a Bright Futures Scholarship.

Directions for Completing the Senior Survey:



1. Log onto Portal account.
2. Under Student Programs on the right, click on Counselor Connect.
3. This will take you directly to the website. A pop up will appear that states "You have an Incomplete Survey. Please fill in the Survey HERE."
4. Click on the link and begin the six question survey.
5. Students will continue to get the pop up message when logging on until the survey is complete.
6. If the student closes the pop up, he/she can also access the survey on the Dashboard by clicking on the Survey button.

GRAD FEES & CAP and GOWN

1. Pay your Grad Fee (\$20.00) to Miss Swisher in Room 11-109 before or after school.
2. Order your cap and gown (www.balfour.com).
3. Turn in your signed Graduation Code of Conduct to Miss Swisher or Ms. Elliott before or after school. Code can be found on the Senior Page).



You will not receive your cap and gown until these three things are completed:

Cap and gowns will be distributed at the Senior Breakfast on **Wednesday May 27th** 8am at Innsbrook. Students not attending the Senior Breakfast can get their cap and gowns after school the same day in Room 5-204.

SENIOR BREAKFAST Slide Show

Email pictures to PHUHS-Senior-Class@hotmail.com by **May 8, 2015**.

- Please resize the files so they are not too large (kilobytes vs. megabytes).
- This is the slide show for the entire senior class. If you are submitting pictures somewhere else for the CWMP senior banquet and cord ceremony, that is separate and not related to this.
- Please do not send baby pictures for this slide show.



Congratulations

Teacher of the Year Finalist: Ms. Jackson



Congratulations to Ms. Valerie Jackson for being recognized as an outstanding teacher finalist.

CTE 2nd Place Winner: Mrs. Webb



The Career Educator Award recognizes an individual for her outstanding teaching efforts in the classroom using hands-on, rigorous and relevant educational instruction. Kelly received a \$500 classroom grant.

Senior Medical Cords Banquet

May 29, 2015—Innsbrook Resort
Inverness Hall



Our Senior Medical Cords Banquet is a special event celebrating our graduating seniors on May 29th at Inverness Hall at Innsbrook Resort.

- Seniors will arrive at 5:00pm
- Banquet will begin at 6:00pm.
- Senior dance will follow the banquet.

GRADUATION

June 3rd, 2015—8:00 am
Tropicana Field



Graduation is set for Wednesday, June 3rd at Tropicana Field at 8am. **All information and updates can be found on the Senior Page** under the "Resources" tab on the PHU website. An information letter will be sent out the week before graduation regarding parking, dress code, etc.



Under the Microscope *Senior - Marissa Griffith*

The Pulse is highlighting Marissa Griffith, a senior in our medical magnet program.

Marissa is the NHS President, Vice President of Theatre, Vice President of Taking Education Abroad, Social Director for Chorus. She is a member of the After School Specials A Capella group and a member of HOSA and on the tennis team. She is also very involved with her Catholic youth group and participates in triathlons.

Marissa is still deciding on which college she will be attending, either Emory, Wake Forest, UF (Honors), or Holy Cross—Notre Dame gateway program.

The majority of Marissa's volunteer hours were in the toddler daycare at Kimberly Home Pregnancy Center. She also did some hours by singing with a group at Ruth Eckerd Hall that visited and sang at hospitals.

The Pulse: What are your thoughts on the Medical Program and did it meet your expectations?

Marissa: I chose the Medical program for the smaller group of people, advanced classes and the great teachers. I really like knowing the people in all of my classes. I liked that each year was challenging and engaging because of the great teachers in the CWMP program. All of my expectations were met, but in addition I have had the benefit of enjoying learning about health more than I thought I would have. It is more difficult than I expected, but that is due to my course load of 5 AP classes this year.

The Pulse: What is your favorite class and elective?

Marissa: Chorus has always been my favorite elective, but I have definitely gotten a lot out of my medical electives. English is normally my may favorite subject but my Biology classes from both freshman and senior year have been my favorite at PHUHS.

The Pulse: Do you have a favorite teacher or role model?

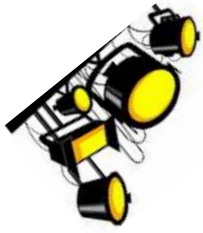
Marissa: Mrs. Bride, my AP Calc teacher is my favorite. She is incredibly dedicated and hardworking. She spends the half hour before school and many afternoons helping out all her students who have questions. She is more knowledgeable in her field than any teacher I know. She is very positive and fun and always makes the class engaging. Math is challenging for me, but Mrs. Bride videos all her classes and posts them on portal so you can review the lessons again when needed.

The Pulse: What is the most interesting thing you have learned by being part of the Medical Program?

Marissa: I have learned about a lot of really cool medical careers, such as Personal Trainer and Speech-Language Pathologist. I also have really enjoyed learning about the heart!

The Pulse: What advice do you have for other medical students?

Marissa: Don't be afraid to challenge yourself in your classes and to try new things in your extra-curricular activities! There are lots of opportunities through PHU and the medical program. Take advantage of them because every new experience has worth to it.



Teacher Spotlight

Mrs. Touma



This is Laurie Touma's first year teaching at PHU as one of our C.N.A. instructors. Before coming to PHU she taught in a Bachelor of Science Nursing Program (BSN) for 13 years and then taught for 8 years at a high school C.N.A. program in Bloomington, Illinois. Mrs. Touma is from a small college town in Mt. Vernon, Iowa. She first received an Associates Degree in Nursing (ADN) from Kirkwood Community College in Cedar Rapids, Iowa then received her Bachelor of Science in Nursing (BSN) from Pensacola Christian College in Pensacola Florida; and her Master of Science in Nursing (MSN) from the University of South Alabama in Mobile Alabama.

Teaching is something that she just fell into and has absolutely loved it! She loves seeing student's progress in healthcare and stays in touch with them and enjoys hearing their success stories. She just received an email from a former student who has just finished their Physician Assistant (PA) education.

She is always impressed when she sees her students CARE about others no matter the setting. Her advice to her students is for them to think about their decision now as they WILL affect your future! You cannot make a new beginning but you CAN make a new ending!

Mrs. Touma is married with three children; Grant, Blair and Reese. When not at school she enjoys socializing and being with family and friends. Kayaking and HGTV are her favorite hobbies. Her children's Basketball and Volleyball teams are her favorite sports teams. 😊

Mrs. Touma loves lots of restaurants especially the ones that serve black bean burgers! Her ideal vacation spot is anywhere with a beach and her favorite book is the bible.



Spring Sports



Congratulations to all our Center for Wellness and Medical Professions Participants
The Medical Magnet program strongly encourages our students to be involved in PHUHS activities.

Girls JV Cheer Team

Kaitlyn Ordway
Rebecca Ranson
Jenna Stephenson

Boys Baseball

Andrew Bartolotti
Matthew Bartolotti
Jeffrey D'Amico
Daniel Hollander
Joseph Mattei
Shane Mullen



Boys Tennis

Christian Alfaro
Elias Anastasopoulos
Eytan Levin
Nash Misener
Eric Nguyen
Lertchai Saengfah

Boys Track

Kylar Barrett
Ryan Brogan
Garrit DuBois
James Gelep
Lucas Gelep
Will Morlan
Aleksander Perekhodko
Alex Thurin



Girls Varsity Cheer Team

Olivia Alford
Tessa Delgo
Katie Feininger
Daniella Klima
Samantha Lorenzo
Cara Mallory
Carly McCullough
Kyndal Midkiff
Ashley Milleman
Brooke Montaudo
Paeton Parks
Brittany Rhodes

Girls Tennis

Shannon Cruz
Marissa Griffith
Gabrielle Muchnok
Ali Rahman
Melodie Zuelke

Girls Track

Sarah Devine
Isabel Fraley
Jana'e Gatlin
Anna Hamilton
Amanda Lewis
Ashley Milleman
Renee Mussler
Isabelle Oleck
Taylor Rinderle
Kelly Roshten
Ashley Thomas



JV Flag Football

Julia Incorvaia
Aglaia Margaris
Alexa Orbesen
Amanda Pailes
Carlin Patterson
Kendall Phillips
Ashley Thomas

Varsity Flag Football

Quinlyn Gardner
Autumn Hughes
Paeton Parks
Morgan Serio

Girls Softball

Sydney Amon
Katie Flanagan
Bianca Haire
Isabel Ionata
Logyn Lilley
Tara Martin
Julianne Morrill
Brittini Norwood
Taylor Scott
Kayla Shipley
Emma Stallwood





Where Are They Now? PHU CWMP Alumni



Chrissy Tabulov-CWMP Class of 2012



Chrissy graduated from Palm Harbor University's medical magnet program in 2012. In the fall of 2012, Chrissy began the pre-pharmacy track at Nova Southeastern University in Fort Lauderdale, FL and is majoring in Biology. Chrissy is member of Alpha Chi Honor Society that admits the top 10% of all upperclassmen at NSU and Beta Beta Beta National Biological Honor Society, the Biology major honor society. After playing 1 year of NCAA Division 2 softball at NSU, Chrissy decided to join Alpha Phi Omega Service Fraternity to fulfill her passion of serving others in her community. In addition, Chrissy works as a Career Ambassador at the Career Development Office to help NSU students reach their career-related goals. This coming

May, Chrissy will graduate with her Bachelor of Science degree with honors after completing only three years of study. After graduating, Chrissy is excited to attend the University of Florida College of Pharmacy starting in August. Her career goals are to become a clinical pharmacist that specializes in pharmacogenomics and cardiology.

Summer Assignments

All levels of English (Regular, Honors and AP) have a summer assignment to complete before the first day of fall classes. The assignments will be posted to the www.phuhs.org sometime in mid May. Early College and Dual Enrollment students do NOT have summer assignments for English. If you have any questions please contact the Language Arts Department Head Mrs. Weaver at weavera@pcsb.org

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CDI Services

