Congratulations to the following full-time students who achieved honors for quarters finished in October & November.

**President’s List**

- Ebony Harding
- Elizabeth Gray
- Jessica Gordon
- Krystol Ferguson
- Joseph DeGrella
- Sametha Cunningham
- Angela Coffee
- Chris Illar
- Ashley Houchens
- Jennifer Holsapple
- Kelley Hoff
- Kimberly Herdt
- Erin Helm
- Jamie Harris
- April Gross
- Crystal Cartee
- Dawn Blanton
- Erika Blair
- Katarina Alexander
- Curtis Bass
- Joelene Nelson
- Christal Monahan
- Jessica Marvel
- Michelle Lopez
- Melissa Logsdon
- Tanya King
- Kathleen Dobson
- April Johnson
- Katherine Ycles
- Jennifer Love
- Crystal Clark
- Reena Humphry

**Honors List**

- Damarion Clowers
- Anika Clemons
- Angela Coffee
- Angela Clemons
- Anthony Claytz
- Anaya Causey
- Erica Chavez
- Summer Chiles
- Crystal Clark
- Megan Kellem
- Sandra Kennedy
- Stephen Kester
- Jena Kim
- Victoria Kirchner
- Selina Knyeks
- Alicia Krages
- Eugenia Lay
- Judy Leake
- Kristal Light
- Velissa Lipford
- Keith Livemore
- Carolyn Lockard
- Ashley Martin
- Melissa Marvel
- Andrea Mason
- Kim Mattingly
- Melissa Mattingly
- Amy McKenny
- Mary Jane McCrady
- Lon McMullan
- Jennifer Medley
- Rachel Meredith
- Jessica Meredith
- Debbie Michum
- Brittany Miles
- LaTanya Montgomery
- Yvadis Morrell
- Nicole Navarro
- Sarah Norris
- Kathy Onsager
- Kristina Onsager
- Amber Patterson
- Athena Pellman
- Tanna Pendleton
- Denise Pheugley
- Nicole Pierce
- Jasmine Presley
- Mindy Presley
- Stephanie Pulido
- Cara Raiser
- Cynthia Roper
- Angela Reynolds
- Brook Rose
- Lawrence Samson
- Hope Sargent
- Amber Scaff
- Angela Scruggs
- Michael Shane Seemans
- Kendra Shamburger
- Casandre Shields
- Darlene Shoulders
- Kendra Sigler
- Felicia Simpson
- Suzanne Sims
- Brady Smith
- Jennifer Smith
- Kimberly Smith
- LaDonna Smith
- Porsche’ Smith

- Sara Smith
- Tammy Smith
- Amber Snyder
- Lila Sosa
- Lauren Soto
- Emilee Spalding
- Monica Stearns
- Brian Terry
- Gina Thompson
- Kimberly Tingle
- Sheila Todd
- Andrea Vaca
- Leslie Walker
- Andrea Ward
- Cynthia Washington
- Brittany Weatherford
- Sheila Wehe
- Priscilla Westmoreland
- Tacara Wheeler
- James Williams
- Pamela Williams
- Michelle Wilson
- Christy Wright
- Quintanna Wynter
- Lisa York
- Rachel Zetko

**President’s Pen**

Great news! As we begin a new decade, we are encouraged by a survey from the Bureau of Labor Statistics which projects the health care sector will lead the way in creating new jobs.

As future health care professionals, you have an important role in our community and your health should come first. So we’re focusing on healthy living in this issue of Career Courier. Let’s face it. It only makes sense that as you prepare to be health care professionals, you take a moment to evaluate your personal health and make some improvements if needed.

Not only do we want to equip you with the skills and qualifications you need to succeed, we also want to be a resource for embracing healthy living - both professionally and personally.

Have a great session,
Don Jones, ATA President

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**Program Spotlight**

Phlebotomy

ATA expects big draw from fast, new program

This past fall, we added phlebotomy to our list of diploma options. The fast-track phlebotomy program requires just 10-months and trains students in collecting samples from patients through classroom instruction and hands-on labs. Students are able to practice various phlebotomy techniques and learn to operate equipment.

According to the Bureau of Labor Statistics, employment for phlebotomists is expected to increase 14% over the next seven years. Phlebotomists enjoy flexible hours, good pay and are employed throughout the health care system. For those who want to work hands-on with patients and have a keen eye for detail, phlebotomy is an excellent way to get started in the medical profession.

For more information about Phlebotomy, speak with your admissions representative or call 371-8330.

**Success Skills in action**

Each term, students from the Success Skills class are broken into groups and given a project. They are then asked to select, research and put together a 20-25 minute presentation on a local or national health care organization. They can be as creative as they want. A group from Evelyn Kaufman’s Thursday morning class chose the American Red Cross.

As they were researching and preparing their presentation, Cathy Barnett, Janice Epps, Jennifer Medley, Angela Scruggs and Alethia Smith decided to take the project a step further and plan ATA’s first-ever blood drive. They took the initiative to get approvals, schedule the blood drive as well as create and distribute the flyers. After they finished, eight students in the class signed up to give blood while others planned to tour the bus. Needless to say, the project went over very well and the blood drive was a big success.

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**American Heart Month**

February is American Heart Month. Show your support and wear red on February 5.
We're serving up our best health & fitness tips. If a lifestyle change is what you need, don’t feel like you have to change everything all at once. Baby steps is the approach to take to make healthy changes stick - for good.

**HEALTHY LIVING STARTS WITH YOU**

**DID YOU KNOW?**

- Adults need 30 min. of physical activity 5+ days a week.
- 30-60 min of activity broken into 10-15 min bursts throughout the day has significant health benefits.
- Daily physical activity can reduce the risk of heart disease, type 2 diabetes and certain cancers.
- Daily physical activity helps lower blood pressure and cholesterol, prevents or slow osteoporosis, reduces symptoms of anxiety and depression and symptoms of arthritis.

**GREAT WAYS TO IMPROVE YOUR DAY:**

- Start with breakfast (always)
- Move it!
- Snack smart
- Work up a sweat at least once a day
- Don’t eat too much of one thing
- Balance is key
- Get fit with family or friends
- Eat more grains, fruits & vegetables
- Make healthy eating and exercise fun
- Get 5-7 servings of fruits & vegetables
- Get 2 servings of dairy
- Drink 8 glasses of water, one before each meal
- Eat lean proteins
- Fix your own food
- Plan ahead
- Get plenty of sleep
- Check with your doctor before starting an exercise routine

**HOME HEALTH CARE CEUs**

- Nuts and Bolts of performing a thorough assessment in Home Health (2 CEUs)
- The attention is rice, but don’t get greedy. Give someone else the mika.
- It’s all about you and the other person. Focus on their business what you’re working on.
- How do you expect others to know what you want if you don’t make it clear?
- Head a challenge to your authority off at the pass. Let them know who’s boss.

**HOME HEALTH CARE CEUs**


**HOME HEALTH CARE CEUs**

- Write your goal in the positive instead of the negative.
- Be specific and realistic - think your goal through.
- Set your goals at the right level - not too high, not too low.
- Write your goal out in detail with measurable outcomes such as dates, amounts, etc.

**HOME HEALTH CARE CEUs**

- Write your goal out in detail with measurable outcomes such as dates, amounts, etc.
- A goal can’t contradict any of your other goals.
- 3. Develop goals in the 6 areas of life:
  - Family & home
  - Financial & career
  - Physical & health
  - Mental & educational
  - Spiritual & ethical
  - Social & cultural
- 4. Write your goal in the positive instead of the negative.
- 5. Be specific and realistic - think your goal through.
- 6. Set your goals at the right level - not too high, not too low.
- 7. Write your goal out in detail with measurable outcomes such as dates, amounts, etc.

**HOME HEALTH CARE CEUs**

- Give someone else the mike.
- The attention is nice, but don’t get greedy. Give someone else the mika.
- Sometimes (even it you don’t want to), try to be content with a supporting role.
- How do you expect others to know what you want if you don’t make it clear?
- Head a challenge to your authority off at the pass. Let them know who’s boss.

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