



Louisiana HOSA

“HOSA: The Hearts That Believe and the Hands That Achieve”

APRIL 2011

Preparing for Nationals!!

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As our year is drawing to a close, many of the 87 Louisiana HOSA members who qualified at state conference are thinking about attending and competing at the National Leadership Conference (NLC) in Anaheim, California in June!!



During this time, these students are raising money for the trip and studying for their event. We know this will be an exciting conference, and those attending will gain knowledge, meet other students from across the country with like interests, and come home feeling a sense of accomplishment.

We are proud of all of them and wish them all luck in their competitive events!



President's Pen

Hello everyone!

I just want to start off this month's president's pen by welcoming the freshly elected officers. I have no doubt that they will all fulfill their duties to the fullest extent next year. I also want to congratulate all of the qualifiers for nationals once again and wish you the best of luck in Anaheim! Remember guys, the key is to be prepared. For those of you who have not yet experienced the national convention, I want to encourage you to go. No one fully knows what HOSA means until they are surrounded by so many people who are all passionate about the same thing.

Sarah Featherston
President 2010-2011



Hi!

I would like to thank all the HOSA members for giving me the opportunity to serve as State President for the coming year.

A special thanks goes out to all the current State Officers - you all began molding Louisiana HOSA into a great success. I promise to uphold the high standards you have set!

Rebecca Stanley
State President 2011-2012





Need Sleep?

Lots of us get too little sleep, and it shows. Researchers at the Centers for Disease Control and Prevention examined survey data on almost 75,000 adults in 12 states. The researchers say more than one third reported getting too little sleep, which the National Sleep Foundation defined as less than seven hours a night.

The CDC's Lela McKnight-Eily says the effect of that lack of sleep shows up in problems people reported they had at least once a month:

`` More than a third reported unintentionally falling asleep during the day at least one day, and one in 20 reported nodding off or falling asleep while driving."

Upcoming Events

June 22-25	National Leadership Conference Anaheim, CA
September	Membership Drive
September 17-20	Washington Leadership Conference
October 2011	Fall Leadership Conference Date/Location TBA
November 6-12	HOSA Week

***Winning Louisiana HOSA Theme for 2011-2012 submitted by Kelsey Dayton
of Hicks High school:***

" HOSA: Leaders of Today, Professionals of Tomorrow"

Start now planning next year's activities around this theme!

Welcome New Chapters & Members!!

Watch for new members and chapters in future issues!

Coming next year...Middle School Division!!

If you are planning to attend UL at Lafayette, be sure to join HOSA there. Contact Brittney Bradford for details: bradford.hosa@gmail.com

If you are attending other universities or post-secondary schools....let's get HOSA started there!



Another Problem for Overweight Teens

Teens who are overweight tend to have health risks, and a study now says these problems could include weaker bones.

Researchers at Georgia Health Sciences University found the weaker bones in a study of 143 overweight 14- to 18-year-olds. Dr. Norman Pollock:

"Those overweight adolescents that had at least one risk factor for cardiovascular disease and/or diabetes had lower bone mass than the overweight adolescents

that did not have any risk factors."

Pollock says that teenagers with weak bones can make them stronger by being physically active. This includes things like weight training, jogging or sports. Learn more at www.hhs.gov.



Funny Stuff

A new patient was quite upset when the doctor's nurse led him to a small, curtained cubicle and told him to undress. "But I only want the doctor to look at an ingrown toenail!" he protested.

"Our rule is that everyone must undress," replied the nurse as she handed him a very skimpy johnny.

"That's a stupid rule," grumbled the patient, "making me undress just to look at my toe."

"That's nothing," growled a voice from the next cubicle. "I just came to fix the phones!"



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The mission of SWLAHEC is to improve health status through access to information, education and health services.

What's happening in YOUR chapter? Send us stories of events and amazing happenings. We want to share with others, the great work of Louisiana HOSA!!

Send news, questions, or comments to: Shirlene Bender, State Advisor

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