



Louisiana HOSA

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

JANUARY 2011

Happy New Year!!

INSIDE THIS ISSUE:

Happy New Year	1
President's Pen	1
Not Even One	2
Hero Corner	2
New Chapters & Members	3
Health Career Limelight	4

Check out HOSA:

www.hosa.org



We're Looking...

....for the **Most Outstanding Chapter Advisor**. What makes your advisor rise above the rest? Write and tell us, and they may be chosen this year and honored at NLC 2011 !!

It is January, and in HOSA, that means we are really into the swing of planning for the Louisiana HOSA Spring Leadership Conference! You may have already received information from your advisor, or will very soon.

This year, we have a phenomenal conference planned! There will be many more people competing than ever before in the history of Louisiana HOSA, and you get to be a part of it! In addition, we have numerous workshops that will be both great learning experiences AND FUN! You will definitely walk away from this conference KNOWING you joined a great organization with a good mission!

If you are questioning whether or not you should attend this conference, my advice to you is this: **GO!!!** Don't think twice about it, even if you already attended the Fall Conference! You will be so glad you did! You will meet many new like-minded students, and you may even qualify for Nationals!! This is a great opportunity!

Now, you say, "How do I get the money to go to Spring Conference, and maybe Nationals?" Have you done any babysitting lately? How about washing someone's car, or cleaning the office of a family friend? Is your doctor interested in making a donation to you for a good purpose? How about a donation from other business people you or your family know? Just put on your imaginative thinking caps and it will happen!

So...any questions? You are always welcome to email me or one of the state student officers with questions. We want you to enjoy the conference, and most of all....succeed!!

See you there!!

President's Pen

Hello everyone! I hope your new year is going well!

I just wanted to let everyone know that the spring conference is coming nearer and we need to prepare. The key to success in any competition is to be prepared, and in the case of this competition being prepared ahead of time is even better, so start studying!

I recently visited Hicks High School and answered questions about competing, it was a blast! Just let Ms. Shirlene or I know if you'd like a state officer to visit for a meeting, it may be arranged. Also, we are looking into setting up a conference call to answer questions so if you guys e-mail us questions you have, we can begin preparing information for you. If at anytime you have a question, do not hesitate to e-mail us, we would love to hear from everyone!

Sarah Featherston,
Louisiana HOSA President



Not Even One

From the U.S. Department of Health and Human Services

How much smoking is safe? The answer is in a Surgeon General's report – just inhaling one puff from one cigarette raises the risk of sickness and death.

The report looked at what in smoking causes death. There are lots of causes, including cancer, heart disease, stroke and emphysema. Surgeon General Regina Benjamin has an example that reaches right into your cells:

"When inhaling even the smallest amount of tobacco smoke, the chemicals damage your DNA, which can lead to cancer."

Dr. Benjamin says tobacco also weakens your ability to fight cancer.

And she says tobacco's damage is immediate. The chemicals reach into your lungs as soon as you inhale, and then get carried by your blood vessels to every organ in your body. And the blood vessels get damaged, too.

- Learn more at www.hhs.gov.



*Join Us on
Facebook!*

*Action may
not always
bring
happiness,
but there is
no happiness
without
action.*

*- Benjamin
Disraeli*

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

"Hero Corner"

To All,

If you have recently been watching the news, you have no doubt heard about the press accounts of the Arizona shootings and one of the heroes that was responsible for saving the life of Congresswoman Gabrielle Giffords at the "Congress on Your Corner" event in Tucson. As noted on national news accounts, Daniel Hernandez was the courageous man who ran to his boss and immediately applied pressure to the entry wound on her forehead while he waited for EMT's to arrive.

As reported, "Daniel Hernandez heard gunshots. Most people would get as far away as possible -- but he ran towards them. And his courageous decision likely saved Representative Gabrielle Giffords' life. He pulled her into his lap, holding her upright against him so she wouldn't choke on her own blood. She was conscious, but quiet. He never let go of his boss."

Hernandez' response: "It was probably not the best idea to run toward the gunshots, but people needed help."

Yes, Daniel Hernandez is quoted as a hero - and, yes, Daniel Hernandez is a former member of HOSA.

The 20-year old intern in Representative Gabrielle Giffords' office was a former Health Science student and HOSA member of Cathy Monroe at Sunnyside High School in Tucson both his junior and senior years. In 2008, Daniel Hernandez and 378 HOSA members took the Kaiser Permanente Health Issues Exam and he was recognized as a national finalist in the event and at the Arizona HOSA State Leadership Conference, he received first place winner in the same event as well as a 1st place in Medical Laboratory Assisting. While in high school, Daniel completed his CNA and is currently a student at the University of Arizona. The day of the shooting was his third day on the job as an aide to Representative Giffords.

A special thanks to George Sifakis for getting on top of this story once we were able to verify that Daniel Hernandez was a Health Science student and HOSA member at Sunnyside High



School in Tucson. Hopefully, this and other life-saving stories involving HOSA members and alumni will inspire and motivate other HOSA members to prepare themselves to be future health professionals and always prepared to use their knowledge and skills to save the lives of others.

Jim Koeninger, Ph.D.
Executive Director
HOSA-National Headquarters

Welcome New Chapters & Members!!

Comeaux High School:

Samantha Biddick	Toya Breaux	Will Clark	Jaylyn Darby
Rachel Ducote	Jordan Holliday	Tobi Jackson	Robert Kroungold
Courtney Majcina	Victoria Marcel	Layna May	Lauren Meyers
Christian Peleous	Katelyn Petitfils	Lauren Plaisance	Xiao Zhang

East St. John High School:

Kyelajuan Bolding	Jessica Brown	Richard Butler	Paul Coleman
Michael Foret	Ayanna Hall	Martha Hymel	Nijah Lewis
Hailey Marino	Darion Monroe	Alexa Mora	Aleshia Murray
Tamara Nettles	Keisha Netto	Keidra Opperhammer	Briana Pierre
Arianne Simmons	Domonique White	Chanel Zeno	

Hicks High School:

Bianca Bourke	Shelbi Gordy	Amber Nichols	Angel Poe
Cheryl Pollock	Mary Alice Poole	Lacie Wingate	

Lafayette High School:

Michael Artigue	Kaylon Benjamin	Jannet Bux	Zoe Chatman
Nina Collazos	Tiffany Daily	Brittany Esie	Kody Franz
Sam Guess	Lexus Hector	Erika Holmes	Alice Huang
Maddie Lambert	Jessica Mendez	Kimberly Nguyen	Steven Nguyen
Aubrie Parker	Wesli Richard	Julia Schulze	Yvonne Sereal
Rosalia Silva	Precious Talbot	Tyler Trahan	Raven Uzugebu
Alex Zamora			

Literacy & Technology Center:

Lauren Bezar	Nicholas Campbell	Elizabeth Ford	Herlanie Fox
Brooke Galvin	Hanna Gill	Trent Gordan	Michelle Guidry
Kayla Hano	Olivia Jessup	Bailey Johnson	Megan Jozwiak
Brandon Landry	Lorena Mazulera	Devin Myles	Paige Peyton
Emily Richhart	Kacie Watson	Allie Williams	

Rayne High School:

Keavin Richard	Amber Willis		
----------------	--------------	--	--

St. Amant High School:

Megan Benoit	Brooke DeVeer	Holly Dicharry	Leslie Halstead
Shelby Hebert	Jennie Keller	Landyn Leblanc	Aliyah Malancon
Kayley Naquin	Kiersten Rapp	Rebecca Smith	Taylor Talley
Ashton Thomason	Cami West	Kelsie West	

Zachary High School:

Jasmine Young			
---------------	--	--	--

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

103 Independence Blvd., Lafayette, LA 70506 Ph: 337-989-0001 Fax: 337-989-1401

students2@swlahec.com

Health Career Limelight:

Public Health Nurses

When Lake Charles hosted its second annual My Fair Baby community baby shower last October, mothers- and fathers-to-be celebrated the impending arrival of their newborns in typical baby-shower fashion—with presents, snacks, cake, games and even Latin dance moves.

But there was a serious, potentially lifesaving, message mixed in with the fun. Parents-to-be learned the importance of preparing a safe place for baby to sleep—on his back, alone, in an uncluttered crib surrounded by a smoke-free environment.*



Nancy Roach, RN, pictured top left with other SWLAHEC/OPH employees

The baby shower celebration was planned that way by public-health professionals intent on reducing the risk of sleep-related infant death in Southwest Louisiana. The event planners came from a variety of disciplines. Among them were public-health nurses and McNeese State University nursing students and faculty.

The idea for My Fair Baby was sparked by community discussions arising from the findings of two public-health programs: the Child Death Review Panel and the Fetal and Infant Mortality Review. Family-Nurse Partnership nurses participated at all levels of the process.

My Fair Baby is one example of the many ways public-health nurses and other public-health professionals work to promote health and prevent illness in the communities of

Southwest Louisiana.

- Article by Nancy Roach, RN

Nancy is the Fetal and Infant Mortality Review Coordinator for the Office of Public Health/ Southwest Louisiana AHEC. The main goal of the FIMR Coordinator is to reduce the fetal-infant mortality rate in targeted areas by increasing access and utilization of prenatal care, social support services, education, counseling and community based outreach.

*American Academy of Pediatrics Task Force on Sudden Infant Death Syndrome

doi:10.1542/peds.2005-1499 PEDIATRICS (ISSN 0031 4005). Copyright © 2005 by the American Academy of Pediatrics

Funny Stuff



Patient: Doctor, I think I need glasses.

Teller: You certainly do! This is a bank.

Upcoming Events

January 14, 2011	Chapters should all have received registration info for Conference
January/February	Online competitive testing to be announced
February 18	Online Conference Registration Closed
March 12	Acadiana Walk for a Cure - JDRF
March 13-14	Louisiana HOSA Spring Leadership Conference, Pineville, LA



Southwest Louisiana AHEC
103 Independence Blvd.
Lafayette LA 70506
337-989-0001
(800)435-AHEC
Fax: 337-989-1401
students2@swlahec.com
www.swlahec.com

Sign up for the HOSA E-Magazine:

Click [HERE](#)

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