



We're A Cut Above The Rest



Louisiana HOSA

February

2013

President's Pen

Victor Fields-Meaux

Hey Guys!

I hope you're ready for conference; it's less than three weeks away! I am extremely excited to see all of you again and I can't wait to see how you all do in your competitions!

My advice to you is to continue to prepare for your events and have great confidence in yourself when you compete. I have learned in life a positive outlook leads to a positive outcome. I think if you remember those words when preparing you will do very well.

I can't wait to see you and I hope you're ready for a great time!

Thanks,
Victor Fields-Meaux
State President



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Martha Pickett Hymel RN, BSN

We all know our HOSA Chapter Advisors as exactly that, teachers and chapter advisors. What we don't always know is how their career path has led them to that position, and what their professional background has been.

Ms. Martha Hymel, one of the Chapter Advisors at East St. John High School in Reserve, Louisiana earned her Bachelor's Degree in Nursing from Northwestern State University in Natchitoches, LA. She enjoyed 5 years of college life pursuing the nursing field earning her Bachelor's Degree and becoming a Registered Nurse (RN). She has continued education toward her Master's Degree. She currently educates teenagers at East St. John High School. She teaches Health Science and Certified Nursing Assisting, and will also begin teaching Medical Terminology this spring, 2013.

Ms. Hymel initially practiced nursing in Surgery, and teaching Nursing Assisting in Adult Community Education in St. Charles Parish. This opened doors for her in Medical/Surgical (Med/Surge) nursing at Lakeside Hospital. She then became a school Nurse while working weekends and holidays at Lakeside Hospital.

In 1982 she helped open River Parish Hospital and was employed there for 10 years working Med-Surge, Post-Partum, Labor and delivery and eventually House Supervisor until 1992. She had started working in Home Health while at River Parish. She had 2 children and wanted to have more family time and time for their after school activities. Today, she continues to work in Home Health.

In 2008 Ms. Hymel became an educator for St John Parish School Board. She currently remains an educator for this parish as well as a HOSA Advisor for East St John High School. Ms. Hymel said she loves teaching and guiding high school teenagers. Teaching has helped her as a person and a professional to help guide our future health care workers and try to make a difference. HOSA has provided a great strength of opportunity for her and networking as a professional.



In addition to all the work she has done, she provides education as a CPR instructor. She currently is President of the Southeast Louisiana Infusion Nursing Association (SLINS). SLINS is a national organization for education and opportunities for nurses to obtain Infusion Nursing Certification.

Ms. Hymel is grateful for the professional opportunities that have been afforded her as an RN, and can't even imagine doing any other career at this point. She has cherished her career and the doors that have opened for her. As an RN she is able to work anywhere and anytime. Hymel is offered jobs on a monthly basis. Her Spiritual strength and Faith have a very strong influence in her many years of providing care and education to others. Most importantly, she became a Grandma on Dec 26th 2012 and has a new Grandson!!!

Ms. Hymel said that if she could give advice to young teens wanting to go into the medical field it would be, "The opportunities offered for future Health Care workers are wide open with daily progress with technology and the continuous research for healing and curing of illness and maintaining health."

Thank you, Ms. Hymel, for all you do!

Welcome New Members!

Carroll High Medical Magnet

Mr. Keith Trigg

Carroll Jr. High

Jakobeia Baker

Roslyn Banks

Jakyaha Brown

Tyree Burton

Kimberly Weeks

Mercedes Celestine

Andreacia Harris

Garesha Jacob

Tatyana Randle

Viair White

Donmarcquez Sanders

Bernadine Staten

Jaymeon Thomas

Tia Turner

Rikiya York

Comeaux High School

Advisor: Ms. Lisa Ranney

Brandon Champagne

Kaitlyn Collins

Allan Domec

Sydney Dubois

Calvin Griffin

Kyesha Isadore

Tracy Kendrick

Kinzie Leblanc

Caitlin Lewis

Maria Lugo

Kennedi Mason

Alyce Puckett

Brittan Russum

Catherine Torry

Bryanna West

East St. John High School

Freddrica Joseph

Kevonna Lee

Louisiana HOSA

Ms. Jennifer Lipps (also new Board of Directors member)

Rayne High School

Josh Peltier

University of Louisiana at Lafayette

Dondi Arcebeaux

Emily Bratcher

Kristoffer Concepcion

Katherine Delahoussaye

Liliana Gomez

Meghan LeBlanc

An Nguyen

Caleb Spyrrer

Dori Ann St. Julien

Taunya Williams

Vidalia High School

Tori Cothorn

Taylor Rodgers



"You have a rare condition called 'good health'.
Frankly, I'm not sure how to treat it."

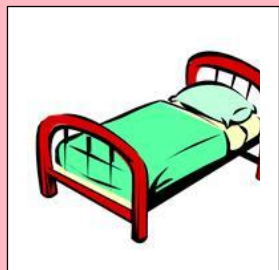
Comical Corner!

When does the Doctor get mad?

When he runs out
of patients!



Why did the pillow go to the Doctor?



Because he was feeling
all stuffed up.

By: Victoria Burris

What Is Caffeine?

Caffeine is a drug that is naturally produced in the leaves and seeds of many plants. It's also produced artificially and added to certain foods. Caffeine is defined as a drug because it stimulates the central nervous system, causing increased alertness. Caffeine gives most people a temporary energy boost and elevates mood.

Caffeine is in tea, coffee, chocolate, many soft drinks, and pain relievers and other over-the-counter medications. In its natural form, caffeine tastes very bitter. But most caffeinated drinks have gone through enough processing to camouflage the bitter taste.

Teens usually get most of their caffeine from soft drinks and energy drinks. (In addition to caffeine, these also can have added sugar and artificial flavors.) Caffeine is not stored in the body, but you Caffeine may also cause the body to lose calcium, and that can lead to bone loss over time. Drinking caffeine-containing soft drinks and coffee instead of milk can have an even greater impact on bone density and the risk of developing osteoporosis.

Caffeine can aggravate certain heart problems. It may also interact with some medications or supplements. If you are stressed or anxious, caffeine can make these feelings worse. Although caffeine is sometimes used to treat migraine headaches, it can make headaches worse for some people.

Cutting Back

If you're taking in too much caffeine, you may want to cut back. The best way is to cut back slowly. Otherwise you could get headaches and feel tired, irritable, or just plain lousy.

By: Melissa Lam

Message From The Editor

If you are interested in being a state officer for the 2012-2013 school year please see your advisor or email Ms. Shirlene Bender (State Advisor). We encourage members from around the state to apply. Applications can also be found on the Louisiana HOSA website at www.lahosa.org.

Be a part of a great organization and make a difference!!

Check out the new National HOSA website www.hosa.org and the **new & improved** Louisiana HOSA website www.lahosa.org. Advisors and members can find helpful information on these sites. On the new Louisiana HOSA website, advisors and members can find resources on upcoming events, forms, flyers, and much more!



Be sure to support Louisiana HOSA by shopping at:
www.louisianagives.org

Upcoming Events

March 11-12	Spring Leadership Conference at the Belle of Baton Rouge Hotel
May 10	Registration deadline for The National Leadership Conference
June 26-29	National Leadership Conference Nashville, TN

Questions?
Comments?

Shirlene Bender
State Advisor

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