



## HOSA:

*"We Are A Cut Above The Rest !"*

*-Lafayette HS*

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## President's Pen

Hey Guys,

I hope everyone is ready for Christmas/Holidays and the New Year! I trust everyone is more in the spirit of giving rather than receiving; isn't that what this time of the year about? I think everyone as HOSA members should spread joy and cheer by giving to those who are less fortunate than us. This not only shows a great example of leadership but it shows how thoughtful people in the world can be, especially in a world where people constantly want to take and receive. This is a huge deal! I'm not asking you to give material things, I'm asking you to give things that someone will be able to cherish forever. Think of how you, as one person, can change someone's lonely Christmas/Holiday just by having a conversation.



"Love, Joy, and Kindness is the one true gift that will last forever."

Thanks,  
Victor Fields-Meaux

~State President

## A Time of Giving

It's that time of year! It's the time when we think of giving selflessly. It is always a joy to hear when any of our members, or anyone for that matter, give to others.

Pictured is Brittney Bradford, President of the ULL HOSA chapter, giving toy donations on behalf of UL HOSA to the Children's Specialty Clinic, part of the LA Department of Health and Hospitals Office of Public Health. This office is located in Lafayette, and sees children who often come from at-risk families. The clinic has a little store where after special visits, or when they come

in on a birthday or other special occasions, they are allowed to choose a toy from "The Store."

Great job, ULL HOSA!



# Advisor's Message

Happy Holidays!

As this year comes to an end, we are all thinking about how 2013 will be and what it will bring. I hope that when you reflect upon this past year you have many great memories, and accomplished much. If not, then set your goals for 2013 and just work at them one step at a time.

Keep smiling! Wishing you a wonderful Holiday and a very healthy & happy New Year!



Shirlene Bender  
State Advisor

## Healthcare Limelight

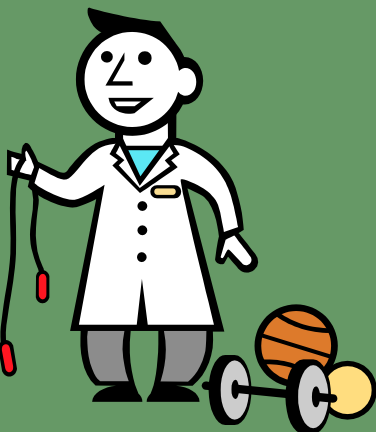
### “Athletic Trainer”

*contributed by State Vice President Maria-*

Athletic Trainers are key healthcare professionals in sports. Athletic trainers work in mainly high school, college, and major league associations such as the NFL. Athletic trainers specialize in preventing, diagnosing, and treating muscle and bone injuries and illnesses.

Their duties include:

- Apply protective or injury-preventive devices such as tape, bandages, and braces
- Recognize and evaluate injuries
- Provide first aid or emergency care
- Develop and carry out rehabilitation programs for injured athletes
- Plan and implement comprehensive programs to prevent injury and illness from athletics
- Do administrative tasks, such as keeping records and writing reports on injuries and treatment programs



Athletic trainers need at least a bachelor's degree, although both bachelor's and master's degrees are common. In most states, athletic trainers need a license or certification; requirements vary by state. This profession pays about \$42,000 a year in most states.

## “Ear Buds Reality”

contributed by State Historian Melissa Lam

Chances are all you know about ear buds is that they're easy to carry around and they sound good. Ear buds are useful little devices as long as they're used at low volumes. But they're basically a pair of tiny speakers that you wear inside your ears, and loud music playing that close to your eardrum can cause permanent hearing loss.

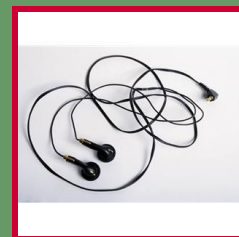
### How Ear Buds Damage the Ears

Believe it or not, ear buds can damage your hearing in the same way that things like chainsaws and motorcycles can. That may seem weird because ear buds are so small, but the damage is all in the volume.

Chainsaws and motorcycle engines create about 100 decibels of sound. That much sound can start to damage a person's ears after less than half an hour. An MP3 player at 70% of its top volume is about 85 decibels. Turning the volume up and listening for long periods of time can put you in real danger of permanent hearing loss. Hearing loss from ear buds is an example of a condition called noise-induced hearing loss (NIHL). This kind of hearing loss is becoming more of a problem among kids and teens.

### Using Ear Buds the Right Way

Noise-induced hearing loss due to ear buds is 100% preventable if you use them in moderation. You've probably heard the saying, "All things in moderation." Not overdoing things is true whether you're eating chocolate cake or using ear buds. The more cake you eat, the faster you'll gain weight. The louder the volume, the faster hearing loss can happen. So what does moderation mean when it comes to using ear buds? Doctors recommend the 60%/60-minute rule: listen to music or play a movie or video game at no more than 60% of the maximum volume. Limit the amount of time you spend with ear buds in your ears to 60 minutes.



Here's another trick you can use to find out if your ear buds are at a safe volume: Ask people sitting near you if they can hear your music. If they can, it's a sign that your hearing is being damaged. Turn the volume down until other people can no longer hear it.

**Be sure to support Louisiana HOSA by shopping online at:**

**[www.louisianagives.org](http://www.louisianagives.org)**

### *Upcoming Events*

- February 11-24 Online testing for State Conference
- February 22 Deadline for State Officer Applications
- March 11-12 Spring Leadership Conference  
Belle of Baton Rouge Hotel

*Questions? Comments?*

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# *Welcome New Members!*

## *Assumption High School*

## *Breaux Bridge High School*

Hunter Theriot      Kylar Wiltz      Reginald Wiltz

## *Carroll High School*

Lonne Hudson      Tikira McClanahan

## *Church Point High School*

Anna Guillory

## *East Ascension High School*

Brandilyn Amorello      Claire LeGrange

## *East St. John High School*

Taryn McAllister-Young

## *Hicks High School*

**Advisor: Ms. Natasha Locke *New!***

Joyselyn Boswell	Taylor Holland	Devin Locke	Shyla Smith
Bianca Bourke	Faith Jones	LaKen Sigler	Mikey Thacker
Alexis Bynog	Erika Ladner	Rachel Smith	Savannah Williams
Katelynn Doucet			

## *Rayne High School*

Anna Bellard	Sarah Doucet	Briley Leon	Cecily Schexnyder
Aaron Cutrer	Emily Dupont	Thalamus Livings	Makayla Senegal
Blair Bergeron	Sidney Fontenot	Matthew McIntyre	Kelli Soulier
Caroline Bergeron	Whitney Fontenot	Claire Menard	Jacquanna Steiner
Jaelyn Bercier	Katelyn Ledoux	Myra Monroe	Kylie Thibodeaux
Emma Comeaux	Anthony Lentini	Victoria Richard	madison Vidal

## *Teurlings Catholic High School*

Rachel Guidry

## *University of Louisiana at Lafayette*

Austin Booty      Chyna Washington

*If you don't like something, change it;  
If you can't change it,  
Change the way you think about it.*