

Louisiana HOSA



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*“HOSA: Leaders of
Today, Professionals
of Tomorrow”*

-Hicks HS

Awesome Conference!!

Hi Everyone!

For those of you who attended the Louisiana HOSA Spring State Leadership Conference, thank you! You all inspire me and make me want to do all I can to help you with your futures in health care!

We had more than 200 in attendance, and I heard nothing but compliments from the hotel staff, judges, and workshop presenters about the awesome group of young people attending the conference! In fact, one person told me their faith in young people and in our future has been renewed because we will have people like all of you involved! You should all be very proud of yourselves. All of you are true leaders and have made it clear to everyone that you have so much to offer the world.

Congratulations to all those who went home with certificates, medals from your competitive events, and to all those who qualified to compete at Nationals in Orlando this June! For those who did not, know that you are a winner because you made a decision and a commitment to be there and learn all that you could. A job well done!!

Shirlene Bender

Louisiana State HOSA Advisor

President's Pen

Hello,

I would like to congratulate everyone that went to the Louisiana HOSA State Leadership Conference. You all really did an amazing job! I look forward to hopefully seeing all of you in Florida for the HOSA National Leadership Conference. We had very inspirational speakers at the conference. I know I left the next day refreshed and with a high morale again. If you ever get a chance, please thank someone that touched you.

Also, a huge thanks goes out to all the judges, event assistants, and most of all, the advisors. The students would not be able to succeed to such lengths without all of your support and help. As for all the students, it is all of you that reminded me that everything we do is worth it. Your dedication is astounding and inspiring. I hope to work along side all of you someday.

Quick reminder: Seniors, please sign up as an Alumni Member. (it is free!) If you are interested in starting a chapter at your prospective college, please contact me at rebecca.stanley@yahoo.com

Rebecca Stanley

Louisiana HOSA State President



Spring State Leadership Conference 2012

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Spring State Leadership Conference 2012

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It's Raining Men . . . and Sugar-Sweetened Sodas

Sugar-sweetened sodas can lead to weight gain and diabetes, but a new study finds just how harmful the beverages can be on the heart, especially for men. Researchers from the Harvard School of Public Health found that those drinking about 6.5 sugared beverages a week were 20% more likely to have a heart attack during the study's nearly two decades than those who never consumed them. The results came from 22 years of follow up of the eating habits and heart disease rates among 42,883 men enrolled in the Health Professionals Follow-Up Study. Every few years from January 1986 to December 2008, the participants, aged 40-75, answered questionnaires about their diet and health habits. They also provided blood samples halfway through the study so the researchers could measure possible confounding effects, such as cholesterol and glucose levels, as well as factors that could explain how excess sugar contributes to heart disease, such as inflammatory protein markers. Indeed, the results show that men who sip more sugary beverages like sodas, lemonade and fruit drinks, have a higher risk of heart disease possibly due to increased levels of inflammation and harmful lipids in their blood, which are biomarkers for heart disease. Women who drank more than two servings of sugary beverages daily had a nearly 40 percent higher risk of heart disease than women who rarely drank sugary drinks. The American Heart Association recommends limiting the daily amount of calories we consume in added sugars. Women should aim for no more than 100 calories per day, or about 6 teaspoons of sugar. For men, the recommendation is to top off at 150 calories per day, or about 9 teaspoons.

To learn more about this, [visit this website.](#)



Louisiana HOSA in the News!

Read all about the National Executive Council's most recent blog about the 2012 LA HOSA State Conference!

<http://hosanec2012.blogspot.com/>

HOSA



True Story

Dad: "I went to the eye doctor because I was sure I needed a stronger prescription, and during the exam my cell phone rings. The doctor asks, 'Didn't you see the sign saying turn cell phones off?' I answered, 'No, ma'am, maybe I can't see as well as I should...'"

Me: "Did she laugh or was she annoyed?"

Dad: "She thought it was funny, but sadly she didn't give me any special discount."

Coming in April: Louisiana HOSA Website!

Check out the latest e-newsletter
from National HOSA!

{ [http://hosa.org/emag/articles/
emag_winter_2012.pdf](http://hosa.org/emag/articles/emag_winter_2012.pdf) }



Middle School Conference Participants

Shop online and support LA HOSA!

www.louisianacommunitymarketplace.com/lahosa



Upcoming Events

June 20-23

National Leadership Conference
Orlando, FL

Coming Next Month:

Listing of National Qualifiers for
Competitive Events,
Recognition Events, and New Officers!!

Senior Year?

Become a HOSA Alumni today!



Click on the logo to register

Questions? Comments?

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