



# Louisiana HOSA

October  
2012



**HOSA:**

*"We Are A Cut  
Above The Rest"*

*-Lafayette HS*

## President's Pen

*Hello Everyone,*

*First, I would like to express my excitement that I had seeing all of you guys who attended the Fall State Leadership Conference (FLC)!! I hope everyone had a great time! The executive council and myself really appreciated the comments and concerns you left on your comment cards.*

*Second, I hope everyone takes something they have learned from FLC and go back to their chapters and use the knowledge. Please go and ask to join the Facebook Group and let us know what you are doing in your chapters.*

*Last, Chapter Officers please fill out and turn in your Officer Retreat forms, I am really excited it is so close and I hope many of you attend.*

*I would like to leave you all with these words: "Do not follow where the path may lead. Go instead where there is no path and leave a trail." - Harold R. McAlindon*

*Thanks,  
Victor Fields-Meaux  
State President*



## A Great Time!

*What a beautiful time of year! It's that time when you want to just be outside and enjoy the fresh air and just relax! Another way to get out and enjoy the great weather is to do some community service and help others. Check out the event guidelines for the recognition events, and make a plan with your chapter to do some of those events! It will make you feel great!*

*For those of you who were at the great Fall Conference, we know you took a lot of knowledge back with you. It was a full day for over 400 of you, with awesome speakers and a lot of ideas and information flowing. Thank you for being there!*

*To the chapter officers, we look forward to seeing you at the retreat in November! You will take a lot away from the weekend and be able to help your chapter.*

*I hope you all have a very happy, fun-filled and safe Halloween!!*

**Trick or Treat!!!**

*Mrs. Shirlene Bender  
State Advisor*

### INSIDE THIS ISSUE:

Advisor's Message	1
President's Pen	1
2012-FLC	2
Informational	3
National Service Project	3
State Pin & T-shirt Design	4
Humor	4
Upcoming Events	4
Contact Information	4
Hurricane News	5
New Members	5-7
News Flash	7

Editor:	Alex Doubleday
President:	Victor Fields-Meaux
Vice-President:	Mariana Dupont
Secretary:	Alex Doubleday
Reporter:	Melissa Lam
Historian:	Victoria Burris
State Staff:	Brittney Bradford
State Advisor:	Shirlene Bender

[www.lahosa.org](http://www.lahosa.org)

[www.hosa.org](http://www.hosa.org)

# “5 Ways To Fight the Flu ”

contributed by State Historian Melissa Lam

The flu is annoying enough on its own. So it doesn't help that flu season falls at one of the most exciting times of the year. To avoid missing out on sports events, Halloween parties, Thanksgiving feasts, and holiday fun follow these tips:

1. **Get the flu vaccine.** It's the best way to protect yourself from the flu. Hate shots? Most teens can get the flu vaccine as a nasal spray. Getting vaccinated just doesn't protect your own health. It also helps the people around you because there is less chances you'll catch the flu and pass it on.
2. **Wash your hands often.** In addition to getting the flu vaccine, hand washing is an important line of defense against germs like flu viruses. Why? The body takes about 2 weeks to build immunity after a flu vaccine — and even a vaccine isn't foolproof if a new strain of virus starts making the rounds. Hand washing also helps protect against other germs and illnesses that there aren't vaccines for, like the common cold. Wash your hands after using the bathroom; after coughing or sneezing; before putting in or removing contact lenses; before using makeup; and before eating, serving, or preparing food. The great thing about hand washing is it's easy protection. So get in the habit of washing your hands when you come home from school, the mall, a movie, or anywhere else where you're around a lot of people.
3. **Keep your distance if someone is sick.** Flu viruses travel through the air, so try to stay away from people who look sick. Of course, people who have the flu virus don't always look sick. That's where vaccines and hand washing come in. It's also a good idea to avoid touching your nose, eyes, and mouth — three places flu viruses can easily enter the body.
4. **Cough or sneeze into a tissue or your elbow-not into your hands.** That way, you're not spreading the virus when you touch surfaces that other people may touch too.
5. **Stay home if you have the flu.** You don't want to pass your germs to someone else. And staying home is a great excuse to curl up and watch your favorite movie, play video games, or read. Rest can help the body recover faster.

You also can fight the flu on a daily basis by keeping your immune system strong. Some great immune boosters are getting enough sleep, eating healthy foods (including five or more servings of fruits and veggies a day!), drinking plenty of fluids, and getting regular exercise.

Don't let the flu mess with your fall and winter fun. Fight back!



## National Service Project

### “Cystic Fibrosis”

contributed by State Vice-President Mariana DuPont

Our National Service Project is Cystic Fibrosis.

Do you understand Cystic Fibrosis? In the 1950s, few children with cystic fibrosis lived to attend elementary school. Today, advances in research and medical treatments have further enhanced and extended life for children and adults with Cystic Fibrosis. Many people with the disease can now expect to live into their 30s, 40s and beyond.

Cystic Fibrosis is a disease passed down through families that causes thick, sticky mucus to build up in the lungs, digestive tract, and other areas of the body. It is one of the most common chronic lung diseases in children and young adults. It is a life-threatening disorder. About 1,000 new cases of cystic fibrosis are diagnosed each year.

People with CF can have a variety of symptoms, including:

- ⇒ very salty-tasting skin
- ⇒ persistent coughing, at times with phlegm
- ⇒ frequent lung infections
- ⇒ wheezing or shortness of breath
- ⇒ poor growth/weight gain in spite of a good appetite
- ⇒ frequent greasy, bulky stools or difficulty in bowel movements

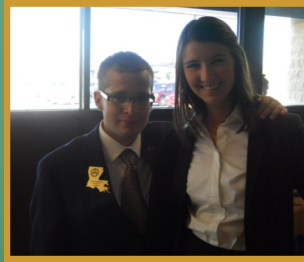


People living with cystic fibrosis must follow a regular treatment routine to stay healthy and maintain optimal lung function. Most often, treatment for cystic fibrosis begins with techniques to trigger strong coughs that help loosen and clear thick mucus from the airways. Of course, airway clearance is just one part of the treatment routine. Nutrition and drug therapies are also important for children and adults with cystic fibrosis.

**Make a commitment to participate in this year's National Service Project! Go to [www.hosa.org](http://www.hosa.org) and check out the guidelines for participation in this event. Make a difference!**



*The 2012 Fall Leadership Conference was held on October 9, at the Opelousas Civic Center, and was the LARGEST fall leadership conference ever! Give your self a round of applause LA HOSA.*





# 12-13 LAHOSA

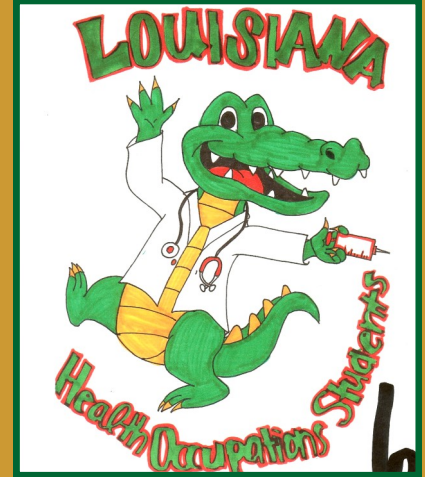
## State Pin & T-shirt Design



State Pin Designed by:  
Brenai Love, East St. John HS

### ***Congratulations Design Winners!!***

*All who attend the State Leadership  
Conference in March will receive a pin  
and t-shirt!*



State T-Shirt Designed by:  
Brooke Sims, Vidalia HS

Be sure to support Louisiana HOSA at:  
[www.louisianagives.org](http://www.louisianagives.org)



It's simple: 1) Go to above site 2) choose a cause– Louisiana HOSA 23 SHOP!!

By taking this extra step and going to this site, the store you shop at will donate to Louisiana HOSA!

## ***Upcoming Events***

November 2	Deadline to register for retreat
November 4-10	HOSA Week
November 9-11	HOSA Chapter Officer Retreat
March 11-12	Spring Leadership Conference in Baton Rouge

Questions? Comments?

Shirlene Bender, State Advisor

103 Independence Blvd.

Lafayette, LA 70506

Ph: 337-989-0001

[students2@swlahec.com](mailto:students2@swlahec.com)



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

## Hurricane Help

Louisiana HOSA was proud to present a check to East St. John HS during the Fall Conference. Funds came from the nationwide fundraising effort to help this chapter, the Advisor, and members after Hurricane Isaac in August. During the hurricane, East St. John High School was flooded. Students are now at other schools for this entire year, while restoration is being done to their home school of ESJ.



When this happened, Louisiana HOSA contacted National HOSA, who then sent out a plea to all HOSA chapters nationwide to help out these members who lost so much. Money continues to come in from all over the country. It is heartwarming to know there are so many students all over our great country willing to lend a hand!

## Welcome New Chapters and Members

### *Assumption High School*

**Advisor: Ms. Alaina Paine**

Magan Adams	Kaila Flynn	Jada Jones	Emily LeBlanc	Leslie Prejean
Haley Borne	Rana Freeman	Tiah Larvadain	Kelsey Martin	Cody Rivere
Jenni Boudreaux	Adrianna Gros	Janell LaCey	Gabriella McLean	Lindsey Stewart
Destiny Boutain	Johnishia Harris	Haylie Landry	Jesus Medrano	Whitney Veron
Brooke Daigle	Yasmin Jacobs	Mariah Landry	Mai Phu	Shaylon Williams
Breonka Fleming	Leah Johnson			

### *Breaux Bridge HS* **New!**

**Advisor: Ms. Christina Riley**

Dylan Davis	Blake LeBlanc	Mallory Soileau
Morgan Laviolette	Valerie Simon	Amber Stelly

### *Carroll High Medical Magnet*

**Advisors: Ms. Catherine Johnson, Ms. Georgia Jones, Ms. Shandria Newton**

Myroniesha Baker	Breonna Freeman	Brian Harris	John Quinn, Jr.	Amanda Washington
Candedra Beard	Hannah freeman	Gabrielle Jackson	Charlesia Smith	Robyn Washington
Diamond Carter	Jasmine Gayden	Na'Keisha Lenard	Anaya Thomas	D'airess Williams
Carla Edmonds	Jo'Kia Greely	Claudetteia Love	Ayala Wade	Jazmene Williams

### *Church Point HS*

**Advisor: Ms. Karin Gibbs**

Chasity Citizen	Mariana Dupont	Emily Leger
Rachel Darbonne	Taijarae Guidry	Brittany Winberly

### *East Ascension HS* **New!**

**Advisor: Ms. Sharon Darnell-Madere**

Erika Bankston	Maci Copeland	Eric Martin	Alondra Mendoza	Spencer Smith
Michael Bernard	Jasmine Darville	LaRissa Mayorga	Brittney Ramage	Macie Stokes
Anastasia Britton	Monica Goloforo	Cameron McAllister	Mason Rebaldo	Kennedie vige
Treyton Cherniak	Miah Jordan	Shelby Melancon	Sedrick Scott	Christy Williams
Rachel Conerly	Catherine Little			Tamlyn Williams

### *East St. John High School*

**Advisors: Ms. Martha Hymel, Ms. Chanel Zeno**

Barriana Conner	Deja'lynn Hicks	Gabrielle Jefferson	Chad Murray	Jessica Taylor
Ranise Fields	Corielle Irvin	Brenai Love	Darian Perry	Kimberly Weber
Kori Gray	Da'morria Ivey	Eduardo Melgar		

### *Ferriday HS*

**Advisors: Ms. April Cavin, Ms. LaWanda Toles**

Abby Chamblers	Monica Charrier	Shatterrica Gilmore	Geneva Nix	Sankari Washington
Jasmine Brown	Shanbrieka Collins	Rayna Hathcox	Miguel Paige	Fandra White
April Cain	Allen Cummings	Jakia Lee	Marquisha Plains	Jeromesha White
Cheyenne Cavazos	Qu'Neal Curry	Givanna Leonard	Jesselyn Simmons	LaQuisha White
Alexis Ceasor	Kayiana Garrison	Victoria McGee	Tiesha White	Nakia Thornton
Megan Naquin	Craig Nations			

# Welcome New Chapters and Members

## *Lafayette HS*

**Advisors: Ms. Jennifer Morrow, Ms. Carmon Simon**

Caitlin Achee	Tommy Doan	Nikka Khorsandi	Quyen Nguyen	Orianna Roberts
Taylor Amos	Sydney Escott	Shaya Khorsandi	Steven Nguyen	Gip Santapun
Madison Arceneaux	Toni Faulk	Kallie Kilchrist	Sui Par	Amber Savoie
Sydney Babineaux	Monica Gamboa	Jessica Kim	Tylor Paine	Takare Sias
Amari Baker	Sam Guess	Melissa Lam	Cynthia Perez	Blair Simon
Hannah Balle	Terry Hamilton	Chalandus Landor	Regan Perrodin	Christina Smith
Victoria Burris	Nadia Harris	Amber Lauchner	Alyson Pham	Daniel Tamez
Amanda Campos	Aleshia Hector	Bradley Louvier	Emily Pham	Jesus Tamez
Sydney Carriere	Nina Hoffpauir	Kyreon McBride	Vincent Pham	Miriam Tariq
Jordan Chaisson	Angela Huynh	Bria Meaux	Hailey Phillips	Kelsey Thibodeaux
Arianna Clark	Angelina Huynh	Sarah Minnick	Camille Pollard	Alyssa Thomas
Destanee Collins	Victoria Huynh	Faron Mitchell	Ambeka Rajvanshi	Samaria Thomas
Disharee Collins	Jalyne Jack	Meghan Narcisse	Diana Rashmawi	Tori Wiley
Brooke Davidson	Nia Jolivet	Ali Nguyen	Julia Rashmawi	Wei Zhao
Haley Delahoussaye	Taylor Joseph	Casi Nguyen	Jillian Reed	Weipan Zheng
Kaitlin Dinh	Taseen Karim	Julie Nguyen	Lauren Richard	
Kristie Dinh	Kantrell Kennerson	Kimberly Nguyen		
Thomas Doan	Kayla Kennerson	Larry Nguyen		

## *Literacy & Technology Center*

**Advisors: Ms. Deborah Anderson, Ms. Leann Covington, Ms. Wendy Ayo**

Alexander Alexander	Treavor Darnell	Kortny Hughes	Brittany Oliver	Caitlin Stafford
Shelby Alford	Madeleine Dehner	Chrissy Hunt	Shelbi Penny	April Story
Emily Ballard	Ruth Deich	Darlyn Johnson	Sayuri Perera	Lucas Sullivan
Kristen Baudoin	Erin Dennis	Brigette King	Payton Pevey	Casey Tessmer
Taylor Bellue	Heart Faust	Haylee Kirkland	Katie Pizzolato	Ashley Thacker
Keagan Benoit	Hannah Kay Frazier	Kylah Klein	Taylor Rabalais	Kali Thompson
Jonathan Blahut	Haley Fletcher	Victoria LaBoyteaux	Alexandra Roach	Laci Trapp
Victoria Bonvillian	Lauren Frazier	Lydia Lemoine	Brianna Russo	Rachael Valentine
Brooke Bosarge	Hallie Fuentes	Cassie Lowry	Holden Sanches	Yauyen Vu
Marlen Breve	Nicholas Giacone	LaCey Main	Brennan Sanders	Wade Wheat
Quavonna Burton	Gage Glascock	Morgan McMillan	Krista Schelter	Rebekah White
Brittany Caves	Cherie Godwin	Charlotte Meyer	Maddie Scivicque	LaShondra Williams
Megan Clausen	Jonathan Gordon	Madeline Miley	Gerald Sibley	Kelsey Williamson
Tyronee Coleman	Skylar Groce	Brandi Moore	Sarah Spano	Christen Woods
Brittany Covington	Evangeline Hebert	Courtney Odom	Casey Spencer	Makayla Woodward
Bethany Creel	Shawn Holland	Alana Oliver	Morgan spring	
Paige Creel	Jace Hood	Nikki Hughes		

## *Louisiana HOSA*

Ms. Shirlene Bender  
Ms. Shirley Solis

## *Rayne High School*

**Advisors: Ms. Cassie Ancelet, Ms. Paige Dupont**

Miriah Beard	Tevin Davis	Brittany Leger	Mary Peltier
Mariah Charles	Adagio Kanonu	Mary Katherine Mire	Alaina Thibodeaux

## *University Of Louisiana at Lafayette*

**Advisor: Ms. Lisa LeBlanc**

Matthew Ballard	Victor Fields-Meaux	Vu Ho	Michelle Norman
Alex Bourque	Kelsey Fox	Susan Jackson	Kentrel Smith
Brittney Bradford	Christian Gobert	Joanne Nguyen	Maria Van Alta
Jessica Ector	Ryan Handy		

# Welcome New Chapters and Members

## St. Amant HS

**Advisors: Ms. Shawn Bourgeois, Ms. Christina McDaniel**

Benjamin Atkinson	Maddie Coleman	Jude Graham	Lily Lowery	Nicole Rodemann
Brendi Babin	Tatyana Dace	Cassidy Gravelle	Hailey MacKay	Kimberly Rusk
Brynn Babin	McKenzie Debarge	Saray Gray	Rebecca Martin	Katie Scarbrough
Shelby Beavers	Claire Derise	Brooke Guillot	Morgan McCrory	Bree Smith
Berman Berthelot	Holly Dicharry	Dane Holeman	Carlie Melancon	Kachelle Smith
Kaitlyn Biri	Trang Dinh	Nicole Joyeaux	Autumn Merath	Taylor Talley
Tiffany Borne	Andrew Dunn	Daley Leblanc	Emily Montgomery	Mikayla Tudor
Deja Boudreaux	Ashley Earls	Ali Lebourgeois	Logan Morin	Kelcie West
LaRissa Bourgeois	Rachel Eddy	Zachary Ledet	Jose Olivas	Grace Wilson
Maddie Bourgeois	Danna Fekete	Kelsey Ledoux	Ricky Plaisance	Haleigh Winston
Rachel Bourgeois	Sarah Fontenot	Shelby Leveron	Candice Prejean	Kaitlyn Young
Stephen Bourgeois	Alexis Gardner	Andre Liotta	Brianna Riley	

## Teurlings Catholic HS

**Advisor: Ms. Lauren Schomaker**

Jillian Bailey	Danielle Coleman	Katie Guidry	Amelia Lormand	Katie Stelly
Grant Bernard	Alexis Davis	Shea Hebert	Brianna Malbrough	Shelbi Talley
Amber Bordelon	Gabbi Earnest	Gabrielle Johnson	Gareth Olivier	Alex Thibodeaux
Matt Boudreaux	Kylin Fernandez	Logan Lahood	Delena Phung	Madison Trahan
Amanda Breau	Taylor Girouard	Elizabeth Latolais	Ginny Saltzman	Zach Trahan
Taylor Brown	Bailey Grimsley	Maddie LeBlanc	Sarah Sherwood	Hillary Washington
Kathryn Burkhardt	Jessica Guidry	Taylor Burleigh	Ashley Sonnier	Reagan Lindley

## Thibodaux Career & Technical HS

**Advisors: Ms. Stacy Thibodeaux, Ms. Rosey Kyle**

Alyssa Alfre	Taylor Castille	Shelby Hicks	Haley Miller	Jenny Perry
Nicholas Alleman	Skylar Champagne	Rio High	Morganie Montgomery	Bryce Raymond
Aisha Auter	Daniel Cobb	Brandi Judice	Cheyenne Mosher	Falyn Rieker
Kelci Belson	Hallie Efferson	Michael Leblanc	Victoria Murphy	Briana Sampy
Brittney Bokar	Jade Guidry	Emma May	Toni Ozene	Cheronesia Valliere
Tatiana Castille				

## Vidalia HS

**Advisors: Ms. LaWanda Toles, Ms. April Cavin**

Tracee Albert	Trenton Guillory	Victoria Johnese	Savannah McCarver	Abby Chalmers
Desiree Barnett	Christen Chatman	Haleigh Johnson	Ashley Morales	Hailey Wilson
Kaleigh Beaver	Ashleigh Cole	Kaitlin Jones	Kaitlyn Nawadny	Annalee Forman
Trishton Bell	Logan Dallalio	Jamine Mayes	Kira Toles	Rachel Buford
Alanna Bonnette	Tara Ellis	Jordan Mazique	Allyson Townsend	Brooke Sims

## News Flash!!!

State Advisor, Ms. Shirlene Bender, has been invited by National HOSA to join the Competitive Events (CE) Program Management Team.

As a Lieutenant on the CE team, Ms. Shirlene will help assure that the Event Managers in the Health Science & Recognition events have the tools and information needed to successfully manage their assigned event. She will also play a role in planning the future of the HOSA competitive events program, and gain valuable national expertise that she can share with Louisiana HOSA.

Ms. Shirlene feels honored to have been invited to join this important team at HOSA, and looks forward to all that she will learn!

