



Louisiana HOSA



“HOSA: Leaders of Today, Professionals of Tomorrow”

Welcome!!

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Ahh, yes! Another school year has started! Everyone is fresh after a summer break of vacations, or working, or just chillin' out. We are excited to come back to a new year of HOSA activities, and we are in full swing!! New members, new chapters, and even active Middle School and Collegiate chapters! This is going to be a fantastic year for Louisiana HOSA!

Our state officers did not take a break from HOSA over the summer, but instead were busy meeting, planning, and raising money. They have an exciting year planned for all of you with great conferences and activities, and even a retreat planned for the chapter officers!

So, let me just take this moment to **welcome all of you back** for another year of HOSA. If you are new to HOSA, then **WELCOME!!** You are about to embark on a great year of learning, personal growth, and activities!

We hope to see all of you in October at the Fall Leadership Conference in Carencro!

~Ms. Shirlene Bender, State Advisor

President's Pen

Hello everyone!

Now that we are back in the swing of school again, start encouraging more students to become HOSA members! HOSA has grown tremendously in the last three years because of all the past and present members. You got the word out there and proved HOSA can make a difference! President Obama has been encouraging students to give back to the community and truly make a difference. This is what we do as HOSA members, and people are watching and talking! So get involved in your community now! For ways to get involved, post on our Louisiana State HOSA Facebook page. We will help you get started.

Keep in mind the Fall Conference is approaching, so get registered. There will be awesome speakers with awesome professions, coming to share with us. All those attending will be extremely lucky! Also, we get to vote on a new shirt design and state pin! Before we can vote we must have some entries. (Hint Hint) Also, for chapter officers, the First Annual HOSA Leadership Retreat will be November 11-12 at Lake Fausse Pointe. There are a limited number of officers and advisors that can come, so contact one of the state officers soon.

We look forward to seeing many of you next month at the conference!!

Rebecca Stanley

State President 2011-2012



**Remember to
like us on**

Facebook!

**“Louisiana State
HOSA”**

Bring Out The Artist In You!!

SUBMIT A DESIGN

FOR

The State HOSA t-shirt

or

The State HOSA Pin!! (or both!)

See your chapter advisor for the entry form and details.

We will all be voting on these at the Fall Leadership Conference.

Winners will be announced at the end of the day during the Fall Conference, and the chapter of the winning student's entry will be awarded the traveling trophy!

All attending the Spring Leadership Conference will receive one of the winning pins and t-shirt !!!

We WANT your entry!

Entries due to Ms. Shirlene by September 23rd

HOSA Cup



In our August newsletter, we introduced a new opportunity for all chapters to become more actively involved. The HOSA cup is a trophy to be awarded at the Spring Conference to the chapter with the most points. Chapters will be rewarded with points for accomplishing different goals and students achieving excellence in Louisiana HOSA. Points will be won by individual students but put into a pool to represent the chapter. The HOSA cup will be a traveling trophy given to the chapter and brought back at the next year's spring conference to be re-awarded to the new winner of the HOSA cup. More exciting information about this will be available at the Fall Conference in October. Can't wait to see everyone there!

A #2 pencil and a dream can take you anywhere. -Joyce A. Myers

What's Happening With Your State Officers?

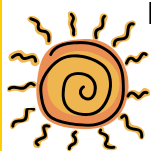


During the summer, your HOSA State Secretary, Diana Huynh, traveled to Vietnam for a month to visit family. There she had many adventures including ostrich rides, mechanical bull rides, and karaoke gatherings. She hopes to one day visit Vietnam again after college.

Recently, your HOSA State Reporter, Morgan Pellegrin, received her bid for Phi Mu Fraternity at the University of Louisiana at Lafayette. She is in the fall 2011 pledge class where she serves as Chaplain. Congratulations Morgan!!



Don't Take the Heat



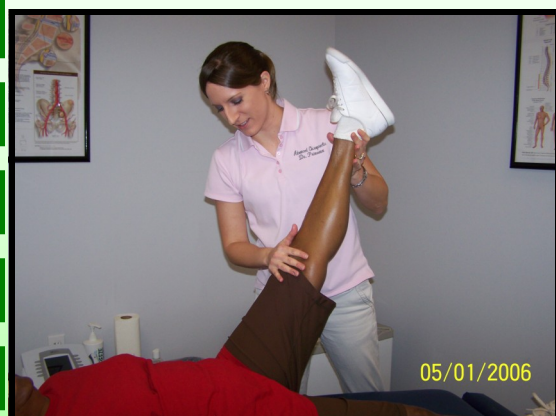
Every year the Center for Disease Control and Prevention estimates that around 6,000 emergency calls are made because of sports or recreation heat illnesses. It is said that every single heat related disease is preventable. The CDC is warning both athletes and coaches to watch for warning signs of heat exhaustion to try to watch for and prevent any heat related attacks. The

symptoms of heat exhaustion are: faintness, dizziness, weakness, rapid pulse, sweating, low blood pressure, nausea and headaches. The University of Maryland suggests these steps to prevent heat illnesses: Drink extra fluids, take cool baths, wear light clothing, pace your exercises, and try to exercise in the cooler parts of the day. For more info: [CDC](#), [UMM](#), [Mayo Clinic](#)

Health Care Limelight

Chiropractic Physician

Sometimes through the course of our everyday activities, we meet people who we know have a lot to offer others...people that we must tell you about! That is the case of this month's Health Career Limelight. Please meet Dr. Jerrilynn Primeaux, whom I met at a fitness center in Lafayette.



Dr. Primeaux was a student in Acadia parish where she attended high school, and participated in AHEC of a Summer. Although she was in Acadia parish, her AHEC of a Summer Program also visited hospitals in Lafayette, in addition to Crowley. She said going through this program made her realize "...the hospital setting was not for me. I knew I wanted to be a Physician, but I didn't want to be held to the hours and setting that a hospital requires. This is one of the reasons I chose to be a Chiropractic Physician. The hours are more flexible and I'm able to be my own boss."

"My chiropractic clinic is located within a fitness center. This setting is very advantageous especially since my practice is centered more towards sports injuries as well as prevention of back pain. Prevention is the key. This is another reason why

I decided to become a chiropractor. Chiropractors get to the root cause of the problem, rather than just treating the symptoms."

Dr. Primeaux also talked about what is required to become a Chiropractic Physician: "Chiropractic school is very rigorous. It requires a 4-year undergraduate degree, plus an additional 4 years of Chiropractic graduate school, where courses such as anatomy, physiology, palpation, pediatrics, geriatrics, orthopedics, neurology, dermatology, and pharmacology are taken (these are just to name a few). The schooling also requires internships and also offers rotations in the areas of neurology and orthopedics."

In addition to being a Chiropractic Physician, Dr. Primeaux is also a trainer at the fitness center. She believes strongly in prevention, and helping the whole person.

We feel privileged that Dr. Primeaux is also going to be conducting a workshop at our Fall Leadership Conference on October 12th. Plan to be there, where she will give you some hands on experiences and talk in more detail about her career, what it entails, and what you need to do to become a Chiropractic Physician!



For Laughs

A doctor is making a routine call to one of his elderly patients. He asks, "How are you doing today Mr. Johnson?"

Mr. Johnson replies, "I feel just fine, doc, but you know it's the strangest thing. Every night when I get up to use the bathroom, the bathroom light goes on for me automatically when I open the door."

The doctor is worried that the old guy is going insane, so he phones the man's son, and the son's wife answers. The doctor tells her, "Mrs. Johnson, I'm a little concerned about your father-in-law. seems that when he gets up to urinate at night and opens the bathroom door, the light some how goes on..."

Mrs. Johnson yells, "Steven! Daddy's peeing in the refrigerator again!"



Are you attending Fall Conference?

This year's conference is located at the Carencro Community Center. You don't want to miss out on all the workshops and activities that are being offered this year!

We are also very excited to hear our guest speaker, Dr. Tina Stefanski. Of course, lunch and snacks will be served along with several opportunities to win door prizes throughout the day. Be there or be square!

More information is available from you chapter's advisor.

HOSA Retreat

First Annual Louisiana HOSA Chapter Officer Retreat!

What: A two-night Leadership HOSA Retreat for all Chapter Officers and their advisors.

When: November 12-14

Where: Lake Fausse Point, St. Martinville, LA

Why: To learn new leadership skills and share ideas while getting to know all your fellow officers from around the state. Details at Fall Conference!

Deadline: Registration and fees are due October 21st

Contact: Rebbecca Stanley, President
s.rebbeca@rocketmail.com



Upcoming Events

October 12	Fall Conference Carencro Community Center
October 29	JDRF Walk to Cure Diabetes Baton Rouge
November 6-12	HOSA Week
November 12	JDRF Walk To Cure Diabetes New Orleans
November 12-14	Chapter Officer Leadership Retreat Lake Fausse Point

Questions? Comments?

Contact: Shirlene Bender, State Advisor

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Ph: 337-989 0001

Fax: 337-989-1401

students2@swlahec.com



Welcome New Chapters & New Members !!

East St. John High School

Advisors: Ms. Martha Hymel, Ms. Chanel Zeno

Deanna Alford	Ra'Shad Green	Darion Monroe	Raquel Rivera
Colby Allen	Terynek Grover	Alexa Mora	Shaquente Robinson
Malon Allen	Terrian Guaff	Jamal Morris	Raven Sancher
Kiri Bernard	Stantazosja Herier	Raja-ne' Morris	Laura Scioneaux
D'Andrea Beverly	Kendall Howard	Tamaira Nettles	Arianne Simmons
Kyelejuan Bolding	Traya Hunter	Keisha Netto	Imani Smith
Bria Branch	Nekiya Irvin	Rachael Nix	Megan Smith
Desonta Burl	Kayla Jackson	Keidra Oppershammer	Megan Vicknair
Kandis Caston	Phillisha Jackson	Kayla Osborne	Jessica Walker
Tae'Lair Clark	Zharya Johnson	Jasmine Pace	Fredrina Wallace
Jyde Clement	Devin Jones	Shannon Pace	Marlese Watkins
Selena Collins	Bria Joseph	Patsy Palmer	Marlon Watkins
Emoni Conner	Ligia Lanza	Briana Pierre	Colesha Williams
Bianca Cook	Andre Lee	Lindsey Pierre	Tailisha Williams
Lauren Delatte	Brittany Levine	Britnie Price	Cassie Wilson
DaVonna Dents	Hailey Marino	Rounda Rendrson	Deljane' Wilson
Alex Doubleday	Tanganika Mason	Elantra Richardson	Sanavia Winfield
Angel Fields	ShaAndra Mitchell	Tiffany Riley	
Angelina Gil	Allise Mixon		

Thibodaux Career & Technical H.S. New Chapter

Advisors: Ms. Stacy Thibodeaux, Ms. Rosey Kyle

Zana Adams	Hailey Griffin	Nia livings	Brittany Sias
Nicholas Alleman	Ashley Hebert	leasha Livings	Tiera Smothers
Lacey Begnaud	Varakiea Jasman	Bailey Magnon	Seth Stelly
Taylor Carriere	Alyshia Johnson	Jessica Meche	Cullen Thibodeaux
Taylor Castille	Brandi Judice	Seth Oliver	Chero'nesia Valliere
Angelique Connor	Jessica Krehbiel	Dolly Peterson	Gabriel Vidrine
Tyler Cormier	Macy Landry	Lexie Prescott	Cameron Waldnon
Jacob Evans	Hanna Leger	Brian Sampy	Courtney Weeks
Lane Faul	Tyreana Leopold	Toby Savoie	Courtney Wenner
Christian Garcia	Cole Livings	La'qwesha Savoy	Desiree Zenon