



# Louisiana HOSA

**"HOSA: Leaders of Today, Professionals of Tomorrow"**

JULY 2011

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## Summer Excitement!

What a great summer so far! Fifty-seven students, chaperones, and advisors attended the National Leadership Conference in Anaheim, California between June 20th and 26th! There were so many wonderful and informative workshops that were attended, fantastic showcases of some of the events, and great opening & award sessions! With over 6,700 in attendance at the conference, we were all proud to be there representing our great state of Louisiana! Our students did wonderful in their competitions and were well deserving of their side trips to Disneyland, Hollywood, and the beaches!!



Delegates from Rayne High School



State officers in Anaheim!

If you would like to share in some of the excitement, you can watch all the general sessions on the HOSA website at [www.hosa.org](http://www.hosa.org) and click on Watch NLC General Sessions. After you watch some of those sessions, start making your plans to join us at next year's National Leadership Conference in Orlando!!

"Like" us  
on  
[Facebook!](#)

"Louisiana  
State  
HOSA"

## President's Pen

Hello Louisiana HOSA!

First, I would like to tell everyone how amazing the National Leadership Conference was. The Executive Council really made the 34th Annual **HOSA** National Leadership Conference fantastic! Also, congratulations to Raven Uzugebu from Lafayette High School, you made us proud!

This year is bound to be great, but we want your help. Please feel free to contact us about suggestions and ideas for the conferences and year-round events. We would love to hear from you. Do not forget to "Like" Louisiana State HOSA on Facebook!

Have a safe and fun summer!

Rebecca Stanley  
State President 2011-2012





# 2011 National Leadership Conference

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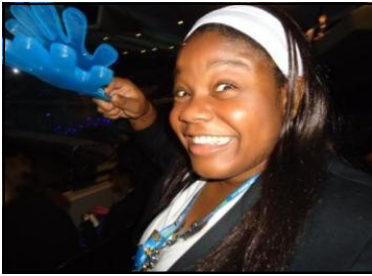


# 2011 National Leadership Conference

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# Congratulations to All!



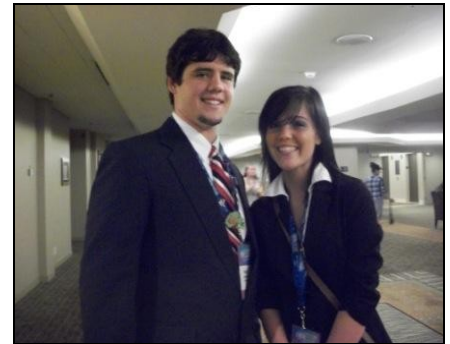
**Raven excited for a general session!**

Louisiana had another successful year at the National HOSA Leadership Conference held in Anaheim, CA!

In competitions, one HOSA member placed in the top ten and two HOSA members made it to round two: Raven Uzugebu, student at Lafayette High School, placed in the competitive event of Medical Photography. Competing against HOSA members from all over the country, Raven placed 9<sup>th</sup>!

Kyle Guthrie & Jessica Whillock, students at Rayne High School, advanced to round two in CPR/First Aid!

WELL DONE, EVERYONE!



**Kyle Guthrie and Jessica Whillock at the NLC**

## Louisiana Wins Big!

### Recognition Event Awards:

#### Outstanding State Leader

#### Barbara James Service Award (President's Volunteer Service Award)

The following received a certificate signed by President Obama in addition to a pin for their service:

Silver Level (175 – 249 hours of community service):

**Kaleb Bennett**, Hicks High School

Bronze Level (100 – 174 hours of community service):

**Rebecca Stanley**, Hicks High School

The following received a pin in recognition of volunteer service:

50 – 99 hours of community service

**Jessi Doyle**

**Dawson Miller**

#### National Recognition Program

**Jessi Doyle**

**Rebecca Stanley**

#### HOSA Week Certificates of Recognition

**Hicks High School**

#### Outstanding Chapter Newsletter

**Hicks High School**

#### Outstanding HOSA Chapter

**Dawson Miller**, Hicks High School

#### Outstanding State Advisor

**Katie Standlea**, Hicks High School

### Louisiana HOSA received three awards for the following:

*Increase in Membership 2010-2011*

*Regional Membership Challenge 2010-2011*

(region with highest membership increase)

*Membership Award Special Recognition 2010-2011*

(52.30% membership gain)





## An Interview with Raven Uzugebu

This year, at the 2011 HOSA National Leadership Conference in Anaheim, California, one of the many incredible students who represented Louisiana placed in the top 10 in the United States in her event! Raven Uzugebu from the Lafayette High chapter sent the Louisiana delegates into a huge, roaring cheer when her name was announced at the secondary award ceremony for the event of Medical Photography! She had the high honor of standing on stage with the 9 others who spent countless hours waiting for that perfect moment to snap the shot.

Raven will be a senior at Lafayette High School this year and is working hard towards becoming a neurosurgeon. UCLA is the college Raven would like to

attend for her undergraduate studies after she graduates from Lafayette High School.

Raven has a wide variety of hobbies such as: learning about her passion, Health Science, throwing it down on the basketball court with her friends, and making music with her incredible flute and piano playing.

Raven told us that her favorite part of HOSA is getting to know all of the amazing people,



Raven proudly holding her certificate

having hotel parties with her roomies and new friends she made in the hallway, and the exciting and educational symposiums offered at the National Conference.

Raven's suggestion to others competing is not to be nervous, be yourself, and give it your all. We asked Raven if she could change one thing about her HOSA experience, what would it be and why? She responded enthusiastically by saying that she wished she could have met and gotten to know every other HOSA member. Raven said next year she will be excited to see all of her old friends, make many new friends, and go to those riveting symposiums!

## Salty Business

From a bag of potato chips to pretzels, salt is found in the foods we consume everyday... whether you know it or not. Eating foods with lots of salt can cause many health issues such as heart attacks and hypertension (high blood pressure).

*Time* magazine describes that high levels of sodium can cause a dramatic increase in the risk of congestive heart failure. Unfortunately, a majority of the salt we intake comes from restaurant meals and packaged foods. The U.S. Department of Health and Human Services says that hidden salt leads most Americans to eat twice their daily limit. This raises the risk of high blood pressure and makes it harder to control.

Federal officials are working with food industry officials on how to reduce salt, but consumers should still choose low-sodium foods to ensure a healthy life.

Learn more at [hhs.gov](http://hhs.gov)

**"...hidden salt leads most Americans to eat twice their daily limit."**



East St. John delegates having a good time in California!

## Support a HOSA fundraiser!

Help HOSA raise money for those who will attend the Washington Leadership Conference!



**BUFFALO WILD WINGS**  
GRILL & BAR

**July 27th**

Open to close at Buffalo Wild Wings located in Lafayette on Ambassador Caffery Pkwy.

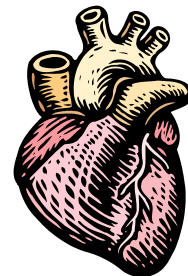
## Funny Stuff...

A man in severe chest pain and pressure is brought to the hospital ER and diagnosed with a massive myocardial infarction. The doctor tells him that he will not live unless he has a heart transplant right away. Another doctor runs into the room and says, "You're in luck! Two hearts just became available, so you will get to choose which one you want. One belongs to an attorney and the other to a social worker."

The man quickly responds, "The attorney's."

The doctor says, "Wait! Don't you want to know a little about them before you make your decision?"

The man says, "I already know enough. We all know that social workers are bleeding hearts and the attorney probably never used his, so I'll take the attorney's!"



***"Anyone who has never made a mistake has never tried anything new."***

-Albert Einstein

### National Service Project:

### Juvenile Diabetes Research Foundation

<http://www.jdrf.org>

Want to stay updated  
in National HOSA  
news?  
Sign up for  
[HOSA's E-Magazine!](#)

## Upcoming Events

<b>July 27</b>	Buffalo Wild Wings Fundraiser
<b>September</b>	Membership Drive Month
<b>September 17-20</b>	Washington Leadership Conference (State Officers)
<b>October 12</b>	Fall Conference Carencro Community Center
<b>November 6-12</b>	HOSA Week

Send news, questions, or comments to: 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."***

