



## HOSA:

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

~Lafayette HS

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## *President's Pen*

Hello everyone,

For some of us school has already started, and others, you are getting ready as the first day approaches. Whichever the case may be, as HOSA members, you must strive to make a difference in your school, in your life, and in the lives of others. This school year do something completely different than you have done in the past: Make new friends, join different organizations, and be spontaneous! Most of all have fun, and make lasting memories during your school year.

Seniors, make your last and final year in high school the best yet! Don't miss out on anything if possible. Take the last chapter of your high school life and have a great ending. Remember this:

*"Your life does not end with your Senior Year; it is only the beginning of Life's great journey for you." - V. F. Meaux*

Thank you and God Bless,  
Victor Fields-Meaux  
LA HOSA State President



## *Advisor Message*

Hi Everyone!

Welcome back to a new year of school, new friends, new experiences, and a great new HOSA year! This year promises to be the best yet, with a great Fall State Leadership Conference planned, many new chapters and members already joining us, and many exciting opportunities being orchestrated.

Now is the time to set your goals for the year, and for your future. Decide now what you would like to get out of HOSA this year. Decide now what you would like to contribute to your HOSA chapter this year. Decide now what you would like to do in your community this year to help others! It's a fresh start!

I wish for you the best year in school and in your life. I look forward to seeing you and hearing about your accomplishments this year!

Shirlene Bender  
LA HOSA State Advisor

## *“Heat Illness”*

*contributed by State Historian Melissa Lam*

Our bodies, which create a tremendous amount of internal heat, are normally cooled through sweating and radiating heat through our skin. Under certain circumstance, such as unusually high temperatures, high humidity, or vigorous exercises in hot water, this natural cooling system may begin to fail, allowing internal heat to build up to dangerous levels. The result maybe heat illness, which can result in heat cramps, heat exhaustion, or heatstroke

### **Heat Cramps**

Heat cramps are brief, severe cramps in the muscle of the legs, arms, or abdomen that may occur with vigorous exercise and cause the body to lose salts and fluids. Although painful, heat cramps aren't serious.

**What to Do:** Most heat cramps don't require special treatment. A cool place, rest, and plenty of fluids will help the discomfort. Massaging cramped muscles may also help.

### **Heat Exhaustion**

Heat exhaustion is a more severe heat illness that can occur when someone in a hot climate or environment hasn't been drinking enough fluids.



## **September Is HOSA Membership Month!!**

There are many students in your school who want a career in health care... find them,  
then ask them to join your HOSA chapter!

## *Healthcare Limelight*

### *“Dietitians & Nutritionists”*

*contributed by State Vice-President Mariana DuPont*

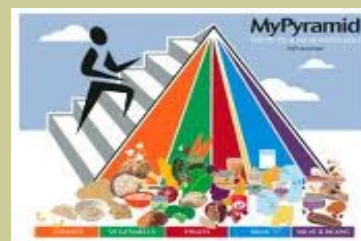
Dietitians and nutritionists are experts in food and nutrition. They advise people on what to eat in order to lead a healthy lifestyle or achieve a specific health-related goal. The goals of dietitians are to provide medical nutritional intervention, and to provide safely prepared dishes.

Different professional terms are used in different countries and employment settings, for example, clinical dietitians, community dietitians, dietetic educators, foodservice dietitians, registered dietitians, public health dietitians, therapeutic dietitians, or research dietitians. In many countries, only people who have specified educational credentials and other professional requirements can call themselves "dietitians" — the title is legally protected.

The term "nutritionist" is also widely used; however, the terms "dietitian" and "nutritionist" should not be considered interchangeable — the training, regulation and scope of practice of the two professional titles can be very different across individuals and jurisdictions.

Dietitians and nutritionists work in many settings, including hospitals, cafeterias, nursing homes, and schools. Some are self-employed with their own practice. Most dietitians and nutritionists have a bachelor's degree and have participated in supervised training. Also, many states require dietitians and nutritionists to be licensed.

The median expected salary for a typical Dietitian in the United States is \$53,746.



## Humor

**Contributed by State Reporter Victoria Burris**

A women went to the doctor's office. She was seen by one of the new doctors, but after four minutes in the exam room, she just burst out the room and ran down the hallway screaming! An older doctor stopped and asked her what the problem was, and she explained.



The older doctor marched back to the first and demanded, "What's the matter with you? Mrs. Terry is 67 years old, has four grown children and 7 grandchildren, and you told her she was pregnant?"

The new doctor smiled smugly as he continued to write on his clipboard. "Cured her hiccups though, didn't I?"

## Plan To Be There!!

### The Fall State Leadership Conference

**Tuesday, October 9, 2012**

**To be held at:**  
Opelousas Civic Center  
1638 Creswell Ln.  
Opelousas, LA



Meet Other HOSA Members ~ Guest Speakers ~ Competitive Events Overview ~ Chapter Officer Leadership Session ~ Advisor Learning Session ~ Conference open to all current members and anyone thinking about membership!

\$20 per person includes continental breakfast, lunch, snacks

Remember shop online at [www.louisianacommunitymarketplace.com/lahosa](http://www.louisianacommunitymarketplace.com/lahosa) to help LA HOSA with much needed funds.

## Upcoming Events

October 8	Fall Leadership Conference in Opelousas, LA
September 2012	HOSA Membership Drive
September 21	Deadline to register for the ACT October 27 Test
November 4-10	HOSA Week
November 9-11	HOSA Chapter Officer Retreat

*Questions? Comments?*

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