



# Louisiana HOSA

November  
2012



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## HOSA:

*"We Are A Cut  
Above The Rest"*

- Lafayette HS

## President's Pen

Hello Everyone,

First, I would like to say thank you to all of the members who attended the Officer Retreat, and I hope you guys and girls had a wonderful time and learned a lot. I know I got to learn a lot more about a few members of LA HOSA and for that I am very grateful and feel really close to some of you that attended.

Second, I would like to ask all chapters to keep the Executive Council informed on what you decided to do for HOSA Week and tell us how things have turned out. It is really important to participate and share your success with everyone; you can also do that by posting on Facebook.

Third, I hope you guys have considered what competitions you will participate in for Spring State Leadership Conference. The date is closing in and you need to be prepared and ready for all the friendly competitions that will present themselves.

Last, on a personal note, I would just like to express how great it is to be State President of Louisiana HOSA; I have never been more passionate about something in my life. This is all possible because I am surrounded by people like you who are serious about making an impact in the world and also who are serious about impacting their own lives. Just like this year's National Motto is "Build a Better You." To be able to achieve this you have to believe in yourself and in everything you do and know that what you do in the world will have a great impact.

Always remember:

*"You can't live a Positive Life, With a Negative Mind."*

— The Secret

**Victor Fields-Meaux**

*State President*



## State Advisor's Message

### Gobble Gobble!!

I hope everyone had a wonderful Thanksgiving Holiday with family and friends, and created many memorable moments. We all have many blessings, and much to be thankful for. We should all be thankful for what we have and who we have in our lives, not what we lack.

The year 2012 is quickly coming to an end, and we are already busy planning the State Leadership Conference in March. I encourage you to be saving up to attend, and planning what you will compete in. As Victor said, you need to be prepared! Each year the competition is getting tougher, but you can do it!

I would like to remind all of you that you are free to email me or contact me at anytime if you have questions, or would like to give me contacts at other schools who want to start a HOSA chapter.

Also, please remember to share the Louisianagives.org site with parents and friends for their online shopping! Funds raised from this go to Louisiana HOSA, and ultimately to help keep costs down for you.

Have a wonderful December!

Shirlene Bender  
*State Advisor*



# 2012 Louisiana HOSA Officers Retreat

*During November 9th -11th, local HOSA chapter officers from around Louisiana attended the Chapter Officer retreat. The weekend was filled with leadership workshops, games, and so much more. Thank you to all the chapter officers who participated !*

## The Retreat Participants



*True Leaders*



# The Retreat Activities



*Leadership ~ Professionalism ~ Responsibility*



## “The Flu”

contributed by State Historian Melissa Lam

### Flu

Its full name is '**Influenza**'. Often people say they have 'flu' when all they have is a cold and a bit of a temperature. Real 'flu' is caused by one of the many influenza viruses, which infect your throat but **make you feel unwell all over**. These viruses give you a high fever, aching muscles, a headache, make you feel shivery and rotten and all you want to do is to lie down and feel ill. Sometimes you may get a cough. These problems usually last 3-4 days.



### Seasonal

This is the most common type of flu and occurs in yearly cycles, with **most** infections in the winter. The influenza virus causing this form of influenza tends to change a bit from the year before and so most people have some natural resistance to it. You may still become a bit unwell for a few days from 'Seasonal Flu' but only very old people, babies and those with a serious lung disease (e.g. bad asthma, cystic fibrosis) are **at risk from a serious infection**. Every year they make a vaccine for the 'Seasonal Flu'. So, if you have a bad lung disease, speak to your General Practitioner in the autumn about having the vaccination.

### What to do

Lie down; take paracetamol as directed on the packet; get mum or dad to look after you; drink lots of clear fluids; stay away from others or you will spread it to them; hang on in there till you feel better remembering it is all over in a couple of days or so! 'Flu' jabs are only recommended for older people or if you have some other serious illness for which you are receiving treatment.

## Can You Help?

### It's time to think about the Spring State Leadership Conference!!

Every year, at the State Leadership Conference, we are in need of helpers. HOSA conferences are always run by volunteers, both at the state and national level!

#### Can You Help?

Right after the holidays, we will be sending out information about the conference, along with what we need help with.

If you are interested in helping out, even for an hour or so, please send me an email now and I will add your name to a list of volunteers. If you are new to HOSA, this is a good way to learn more about it!!

Then, after the holidays, Victor or Ms. Shirlene will contact you about how you can volunteer at the conference!

**Reminder: Choose your competitive event now, look up the event guideline for it, and start learning!**

**If you are a college student** this year, sign up as an alumni....it's free! Then consider how you can help. Judging? Workshops? Other?



## HOSA Week News - Comeaux High School

What did your chapter do for HOSA Week? Comeaux High School concentrated on the well being of their school and decorated the door of the school nurse, and gave her a gift basket. They also baked cookies for the student trainers, gave the athletic trainer a gift card, and gave the First Responder teacher baked goods and flowers! To top it off, they treated the guidance counselors to lunch to thank them for their commitment to the well being of the student body.

**Great Job, Comeaux HOSA!**

## HOSA Week News - Rayne High School

Rayne Hosa had a daily activity at their school during HOSA week. One day, band-aids were handed out to fellow students, and HOSA was promoted. Another day, they checked blood pressure of students and teachers. Another day, they held a Health career fair with colleges and health professionals talking to the students.



**Great Job, Rayne HOSA!**



*Send Us Your Chapter News And Pictures!!*

Why did the house  
go to the doctor?



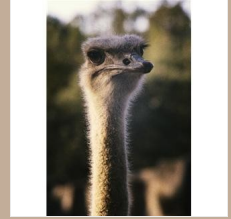
It had window panes!

What does the dentist  
call his x-rays



Tooth Pics!

What do you give  
a sick bird?



Tweet-ment

Be sure to support Louisiana HOSA by shopping at:

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

Just go to this link, choose Louisiana HOSA as the cause, then click “shop.”

Do your normal shopping from the stores listed!

## Upcoming Events

March 11-12     Spring Leadership Conference  
in Baton Rouge

*Questions? Comments?*

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