

# Hey HOSA

The NC HOSA monthly newsletter



## HOSA REWIND

### INTERNATIONAL LEADERSHIP CONFERENCE

At International Leadership Conference, over 300 students from North Carolina had the opportunity to compete, network, and learn about opportunities in the field of health care. Many students were recognized for their hard work and dedication in events, volunteer activity, and various activities. The following students were recognized at the international level:

## CONGRATS, ARJUN KESHAVA!

Arjun Keshava, former NC HOSA State President, has been elected as the new Secondary Board Representative on the HOSA Executive Council. We wish him the best of luck during his new term serving HOSA on the international level. You can read more about the HOSA Executive Council [here](#). For our interview with Arjun, [click here](#).



#### GOLD

- Eagan, Sarah
- King, Maya
- Born, Robert
- Kinsey, Kyerra
- Malenko, Oleksandr
- Wang, Jessica
- Mondragon, Marithza

- Preston, Grace
- Holden, Majesty

#### SILVER

- Jeelani, Arshiya
- Patel, Shivani
- Bayliss, Lexie
- Adams, Mackenzie
- Tupakula, Shreya
- Hester, Makenzie

#### BRONZE

- Narvaez, Jennifer
- Price, Chloe
- Hough, Kamryn
- Lal, Aanchal
- Saner, Katelyn
- Royal, Kaitlyn
- Shah, Salauni
- Parikh, Rhea
- Nguyen, Jade
- Bustamante, Jenna

- Saleh, Sharief
- Lupton, Sophie
- Ma, Daniel
- Martinez, Ricardo
- Anderson, Hailey
- Golder, Jack
- Jackson, Megan
- Shetye, Aditya
- Fritzler, Maria
- Shaikh, Khadija
- Espino-Martinez, Michelle
- Lugo, Laura
- Salmons, Haley
- Tse, Justin
- Sellers, Dalton
- Young, Haleigh
- Wiggs, Alleigh
- Bahhur, Seena
- Gaskill, Autumn
- Stembridge, Kandice
- Premasinghe, Ivana
- Potter, Camryn
- Ashburn, Rylee
- Chintalapati, Bharadwaj



# COMPETITIVE EVENT WINNERS

## Healthcare Issues Exam

Chauhan, Jasmine  
Wake STEM Early College High School  
Brendle, Jacob  
Forbush High School

## Chapter Reflections

Swansboro High School  
Cox Mill High School  
North Pitt High School  
Southwest Guilford High School  
Ledford High School

## MRC Volunteer Recognition

Herrington, Jean  
Creel, Haley

## National Service Project

North Pitt High School  
Princeton High School  
Swansboro High School  
Ledford High School  
Gates County High School  
Plymouth High School  
Highland School of Technology  
South Brunswick High School  
Topsail High School  
Pamlico County High School

## HOSA Happenings

Ledford High School  
Swansboro High School  
Ardrey Kell High School  
North Pitt High School  
Forbush High School  
South Mecklenburg High School  
Highland School of Technology

## Clinical Nursing

3rd Holland Woodard  
10th Marissa Forfar

## Clinical Specialty

8th Arjun Keshava

## Community Awareness

6th Mount Pleasant High School

## Dental Terminology

2nd Joseph Wang

## Extemp Writing

10th Cassie Cubilla

## Health Career Photography

10th Chitra Srinivasan

## HOSA Bowl

5th South Mecklenburg High School  
7th South Mecklenburg High School

## Health Care Issues Exam Mastery Level Recipients

Jasmine Chauhan  
Jacob Brendle

## KT: Medical Law & Ethics

10th Rachita Gowdu

## KT: Pathophysiology

8th Abbie Korenek

## KT: Transcultural Health Care

1st Sylvia Wang

## Medical Math

8th Erin Bass

## Medical Reading

6th Lenora Moore  
9th Namrata Rajaraman

## Medical Spelling

2nd Kartik Tyagi  
9th Mark Williamson

## Medical Terminology

3rd Dedeepya Madineni  
6th Sophie Korenek

## Personal Care

4th Maria Fritzler  
5th Emily Foreman  
10th Malexus Mason

## Public Health

7th Enloe High School

## Public Service Announcement

5th Enloe High School

## Researched Persuasive Writing and Speaking

7th Vatsala Sachdeva

## Extemporaneous Health Poster

7th Adriana Kandabarow

## Prepared Speaking

9th Kiley Wells



# ADVISORS OF THE YEAR

## Lynn Snow

Mount Airy High School Advisor

**If you could be any medical instrument, which one would you be and why?** A stethoscope because with it you can listen to a person's heart. A person's heart holds all the person's dreams, wants, likes, dislikes and true personality.

**What is the funniest thing that has happened to you as a HOSA advisor?**

After a Fall Leadership Workshop several years ago we stopped to get something to eat at a Ruby Tuesday's. I was driving the mini bus. I did a headcount before pulling off and I was one student short. The students assured me that the one student missing was indeed in the minibus and was just laying down on the back bench seat taking a nap. I believed them and started pulling out of the parking lot. The next thing I knew I spotted 6 foot 5 inch linebacker Logan running behind the minibus in my rearview mirror. It was the funniest thing seeing him run after the bus in his "HOSA Blues". I quickly stopped and let him on the minibus. He was not amused.

**What is the most rewarding part of being a HOSA advisor?** Making a difference in the life of a child. Seeing my former HOSA members in their professional lives working as healthcare providers leading the lives they also dreamed of.



## Dave Wells

Western Carolina University Advisor

**What advice do you have for students just joining HOSA?** There are so many directions you can take your involvement – community service, leadership, mentorship, skill acquisition and self-confidence building through competitive events; the more involved you become the more rewarding the payback.

**What is your favorite thing about being a HOSA advisor?** Being able to drive policy forward and instilling leadership ideals to future leaders.

**What inspired you to become a HOSA advisor?** Our university chapter was inactive with no driving force. I thrive in establishing new policy and implementing vision. It was a perfect opportunity to match up my specialties with an established organization to take it to a new level.

**If you could be any medical instrument, which one would you be and why?** After much thought I would say a 'tongue' depressor. It is a simple, non-complex device. Do you know how many things you can do with a simple tongue depressor? The multiple functionality suits my approach to things.



## Miranda Wells

Middle School Advisor

**What first interested you in being a HOSA Advisor?** I was in HOSA in high school and loved it, and my Health Science classes. When I got the job I knew that I wanted to offer HOSA to my students because of my own experiences.

**What has been your favorite memory about HOSA so far?**

I have so many that it is hard to narrow down just one. I have had state officers and national/ international competitive events winners that have motivated me to do more personally. The one thing that really sticks out in my mind, is one young man named James Crouch that was very shy when he first joined and HOSA helped him come out of his shell. Now that he is grown and a health professional he serves with me on the state competitive events team and makes it a priority to give back to an organization that helped him.

**What advice do you have for any new member just joining HOSA or someone thinking about joining HOSA?** Just do it, it could change your life if you let it. Jump into a competitive event and take advantage of all that HOSA has.

**If you could be any animal, what would it be and why?** A small Pomeranian dog because that are loving, intelligent and full of energy.



## 2018 HOSA ILC



The 2018 HOSA International Leadership Conference will be held in Dallas, Texas from June 20-23! Members from all over the world will be in attendance, you won't want to miss this!





# INTERVIEW WITH ARJUN

We sat down to talk with Arjun Keshava, the HOSA Secondary Board Representative and a 2017 Public Health Leadership Scholar.



**First, if you would please explain to us your HOSA story. What made you who you are today and how did you get here, as the Secondary Board Representative and a Public Health Leadership Scholar?** I got involved in HOSA after my advisor, Ms. Nicole Hill, introduced it to me in my BioMed class. I soon became aware of the competition aspect of HOSA and it really caught my eye. I pursued in competition and occasionally volunteered throughout the year. My sophomore year, I realized the opportunities that HOSA provided, so I ran for chapter President. I served in this capacity and also ran for District 3 Parliamentarian. I then got involved in the service aspect of HOSA after my freshman year, and was awarded the Barbara James Service award and the Medical Reserve Corps award. My junior year, I ran for State office; however, I was unsuccessful in obtaining this position. I was able to serve as the District 3 Vice President and pursued State office again. This time, I was elected State President. As State President I saw firsthand the impact that HOSA had on thousands of students around North Carolina and was able to increase membership to over 10,000 members. I realized at this moment how much HOSA has given to me, and decided to run for National Office so that I could give back to HOSA. I was elected as the Secondary Board Representative for the 2017-2018 year. In addition, prior to being elected, I applied for and became a Public Health Leadership Scholar. None of this would have been possible without the ongoing support of my fearless advisor, Ms. Nicole Hill, my parents, and all the others who have played a crucial role in my life. I look forward to sharing my experience with everyone, and help them realize the potential they hold, and how HOSA can help them unleash it.

**What were the most memorable experiences you had as a Public Health Leadership Scholar?** Throughout the week, we were able to meet and talk to top officials throughout the government and discuss the importance of Public Health, HOSA, and educational opportunities such as PHLs. There were several experiences that were very memorable during this trip. Meeting with the Acting Surgeon General was a highlight of this trip. She was so inspiring and impressed with what HOSA is doing and the caliber of students that are in the organization. In addition, we went bowling at the White House. I would definitely recommend this program to anyone that gets a chance to pursue it.

**Now, we know that at this past International Leadership Conference, you were elected the HOSA Secondary Board Representative. How did you feel when you found out that you were going to be elected to this position?** Being elected as Secondary Board representative was a bittersweet moment for me. I was thrilled that I would be serving the 200,000+ members across the world, and knew it was a big accomplishment for me. At the same time, it was difficult as I was running against a very good friend of mine. I realized my purpose in this role is to promote the mission and goals of HOSA and expand upon the opportunities that HOSA provides to its members. I am looking forward to a great year!

**Finally, what are you excited about in this upcoming year as a HOSA National officer?** I am particularly excited about meeting with as many HOSA members as I can. Like I mentioned, the organization has done so much for me, and I want to give back. I want to hear the journeys of members from all across the world. I am also excited to help run the Washington Leadership Academy in September. We have many activities planned, and I think it will be a blast!



## COMPETITIVE EVENT WINNERS PS/C

### Clinical Nursing

- 1st Stacey Hamlin
- 4th Starr Tate

### Dental Terminology

- 2nd Garrett Buchanan
- 3rd Joyce Wei

### Extemp Writing

- 1st Elizabeth Wise
- 5th Fairha Momin

### Job Seeking Skills

- 2nd Lindsay McCracken
- 5th Alexya Collie

### KT: Behavioral Health

- 4th Joshua Parke

### KT: Nutrition

- 3rd Meaghan O'Meara

### KT: Pathophysiology

- 10th Collin Hill

### Medical Reading

- 5th Abril Jauri
- 7th Samantha Strelzer

### Medical Spelling

- 1st Gabielle Wentling

### Medical Terminology

- 1st Elizabeth Smith
- 6th Gill Beck

### Prepared Speaking

- 5th Faith Bowen

## MOST PROFESSIONAL STATE ASSOCIATION

At International Leadership Conference, North Carolina was awarded Most Professional Association!

## OFFICER SPOTLIGHT

Cole Dickerson | District One



School: Gates County High School

Grade: 11th

Favorite Subject: Science

Career Goals: Biomedical Engineer

Competitive Event(s): Medical Math

Hobbies/Interests: Soccer, Weightlifting, Duck Hunting

Reason for joining HOSA: I have a strong desire to make a difference in the lives of people all over the world. Being a HOSA member is an excellent opportunity that not only will advance my knowledge of health care but propel my leadership abilities.

Fun Fact: I look like Wallace from the TV show *Wallace and Gromit*

August 15th

Washington Leadership Academy  
Registration Deadline

September 16-19

Washington Leadership Academy

October 12th

District 7 Fall Leadership  
Conference

October 27th

District 2 Fall Leadership  
Conference

February 2nd

State Leadership Conference  
Registration Deadline

March 21-24

North Carolina State Leadership  
Conference

June 20-23

HOSA International Leadership  
Conference

For the full NC HOSA Calendar,  
click here

## MEET YOUR COUNCIL

The 2017-2018 NC HOSA State Executive Council



Hannah Tuckman

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Kartik Tyagi

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## STAY TUNED!

The next edition of *Hey HOSA* will be released on 9/13/2017. Be sure to check back at [www.nchosa.org](http://www.nchosa.org) for more NC HOSA news, articles, and fun!

Got questions? Contact us at [nchosa@gmail.com](mailto:nchosa@gmail.com)



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