APRIL 2022

Hey HOSA

The NC HOSA monthly newsletter

NINTH EDITION

HOSA REWIND

SLC LOOKBACK...

Just last month, thousands of future health professionals attended the 46th annual State Leadership Conference in Greensboro, North Carolina! In our first in-person state conference since 2019, students competed in various kinds of healthcare-related competitive events and were able to participate in the NC HOSA Expo featuring educational symposiums and guest speakers. Members got to watch a performance from the UNC Clef Hangers acapella group, attend the NC HOSA dance, and compete in the annual Anatomage team-based tournament. Congratulations to all of our SLC winners; we wish you the best of luck at the HOSA International Leadership Conference in Nashville, Tennessee! North Carolina HOSA, we look forward to seeing even more of you at next year's State Leadership Conference! Delegates also had the chance to vote for your upcoming 2022-2023 NC HOSA state officer team—congratulations to the following students:

Nicholas Ballard, President

Samantha Kamineni, President-Elect

Leah Kim, Vice President

Lexi Denning, Secretary

Erin Greene, Postsecondary/ Collegiate Vice President

EXTRAS:

MORE ABOUT SLC

This year's State Leadership Conference was full of celebration and appreciation for our members and staff who make North Carolina HOSA what it is today. Gold Star Advisors and Century Club Chapters were announced and our community service achievements were celebrated as North Carolina HOSA raised $8,102.88 and volunteered 237 hours for our proud partners *Be The Match*! Thank you, Cannon School Upper School, for raising $3,308! NC HOSA would also like to recognize Greene Central High School for serving 72 hours to raise awareness for *Be The Match!* Congratulations to all of our winners and Barbara James Service Award recipients this year—as our first year back in-person since the start of the pandemic, NC HOSA was glad to see that students were more determined than ever to succeed in their respective competitive and service endeavors!

Pathologist

CAREER HIGHLIGHT

What is an Pathologist?

A pathologist is a healthcare provider who examines bodies, blood, bodily fluids, organs, and tissue to search for medical conditions and illnesses. They are responsible for running lab tests and working alongside healthcare providers to help reach a patient diagnosis. A few areas you can specialize in as a pathologist are forensic pathology, pediatric pathology, blood banking/transfusion, and molecular genetic pathology. Most pathologists work in hospitals and can also be found in independent laboratories and private offices.

How do you become an Athletic Trainer?

To become a pathologist, you must a bachelor's degree (in biology, chemistry, or premed) for 4 years. Graduate school (optional) is a great opportunity to work in a laboratory and assist a certified pathologist for those who are unsure. Those who are ready can proceed to medical school and complete a 4 year residency after, finally requiring certification by the American Board of Pathology in your specialization. Pathologists need to be re certified every 10 years to ensure care.

Competitive Events:

Pathologists study a wide range of sciences such as biology, biochemistry, and anatomy. HOSA events geared towards pathology include pathophysiology, biomedical laboratory science, forensic science, and clinical specialty. You can find more about these and other competitive events at hosa.org/guidelines!

NC HOSA SHOUT-OUT!

CONGRATULATIONS

This year's State Leadership Conference was filled with recognition. Many of our chapter advisors received gold star distinction, while chapters themselves received special recognition for membership growth. Students also had the chance to compete for NC HOSA scholarships, and at our annual recognition session, NC HOSA awarded one chapter advisor with the Honorary Life Member award for her student. Congratulations to the following award recipients:

Scholarship Recipients

Jessica Contreras ($5,000, St. Andrews University)

Brinkley Robinson ($4,000, St. Andrews University)

Baylee Parham ($4,000, St. Andrews University)

Aria Forest ($4,000, St. Andrews University)

Kelsey Waldroup ($4,000, St. Andrews University)

Pooja Gadireddy ($500, North Carolina Health Care Facilities Association)

Sanjana Kambhammettu ($500, Citizen Student Lending)

Sarah Blythe Bacon ($500, Western Carolina University)

Sarah Gibby ($250, Shawn Blanton Memorial Scholarship)

This year, NC HOSA was proud to award **Norah Smitherman**, from Forbush High School, with the HOSA **Honorary Life Member Award**. NC HOSA presented this award to Adrianna Sloan on behalf of Norah Smitherman.

Century Club Chapter Recipients

Cox Mill High School

Marvin Ridge High School

Green Hope High School

Enloe High School

Northwood High School

Hickory Ridge High School

Apex Friendship High School

E. A. Laney High School

Wake Early College High School

Advisors of the Year

Post-Secondary/ Collegiate Division: Annette Webster

Middle School Division: Jennifer Epperson

Secondary Division: Adrianna Sloan

Merit Award Advisors

Jeanette Mintz

Benicia Ledford

NC HOSA would like to thank and congratulate our 3 Partnership Award Recipients, which play a pivotal role in supporting our state association:

Physician East Medical Group

St. Andrews University

Anna Roopchan

NC HOSA would also like to thank the following VIP Award Recipients:

Debora Foerst, Cherokee High School

Michael Hettenbach, Southwest Guilford High School

NC HOSA SHOUT-OUT!

CONGRATULATIONS

This year's **H.E.L.P. award**, given to the school with best overall participation in vision screening programs, was awarded to **Leslie Dick** and the **Swansboro High School** HOSA chapter! The **E.Y.E. award** is also given to the school that has screened the highest percentage of elementary students in their district. Congratulations to **Suddona Murrell** and **Jones Senior High School** HOSA!

Gold Star Chapters

Athens Drive High School
Cherokee High School
Cox Mill High School
Forbush High School
Greene Central High School
Hickory Ridge High School
Highlands School of Technology
Jones Senior High School
Junius H. Rose High School
Madison High School
Mount Airy Middle School
Northwood High School
Perquimans County High School
Robbinsville High School
South Brunswick High School
Southwest Guilford High School
Topsail High School
Wake Early College of Health Science
West Wilkes High School

Top-Performing Blood Drive Hosts, in Partnership with *The Blood Connection*

West Columbus High School
Jordan Matthews High School
Swansboro High School
Smoky Mountain High School
Franklin High School
Cherokee High School

American Red Cross Blood Drive Hosts

Southwest Guilford High School
Robbinsville High School
Asheville High School
Madison High School
Hayesville High School
Pisgah High School
Swain High School
East Mecklenburg High School
West Charlotte High School
South Brunswick High School
DH Conley High School
Dixon High School
East Duplin High School
Greene Central High School
Mount Airy High School
Mount Airy Middle School
Ashe County High School
Forbush High School

COMPETITIVE EVENT SYNOPSIS

HEALTHCARE ISSUES

The Healthcare Issues Exam is a recognition event that provides members with the opportunity to investigate, analyze and apply their knowledge of current health related issues that have occured during the year. This event consists of a 50 question, multiple choice, test and one essay question that will be graded to break a tie. Competitors have 60 minutes to complete the exam. This event aims to inspire members to be proactive future health professionals and stay informed about current issues in the healthcare field. If you think this sounds interesting to you, visit the competitive event guidelines here to learn more about it!

MONTHLY AWARENESS ARTICLE

PARKINSON'S

April is Parkinson's Awareness Month. Parkinson's disease is caused by a loss of nerve cells in a part of the brain called the substantia nigra. This loss of cells leads to a drop in dopamine levels, which in turn leads to the development of Parkinson's disease. Symptoms of Parkinson's disease include tremors (in fact one of the first symptoms is a tremor in one hand), slowed movement, and loss of balance. Although Parkinson's disease itself is not fatal, it's symptoms and complications can be. In fact, the CDC rated complications of Parkinson's disease as the 14th highest cause of death in the United States. To learn more about Parkinson's and what you can do to help, please visit https://www.parkinson.org/.

LINKTREE

North Carolina now has a link tree, a one stop destination for all your NC HOSA needs! You can find our official website, newsletter, social media accounts, and more at linktr.ee/NCHOSA. Be sure to check it out often to catch any updates and important information in the coming months!

ALUMNI SPOTLIGHT

Janique Goodwater | NC HOSA Alumni

Undergraduate Study: University of North Carolina at Chapel Hill

Degree: B.A. in Anthropology, Double Minor in History and Medical Anthropology

Favorite Subject(s): Social Determinants of Health

Career Goals: Janique is currently a Pharmacy Technician and plans to beocom a Physician's Assistant in the near future!

Fun Fact: Janique has played violin for 12 years and performed iwth a chamber orchestra pre-pandemic!

Hobbies/Interests: Cooking, reading, yoga, volunteering and gardening

Reason for joining HOSA: Whenever asked as a child what I wanted to be in the future, I always replied as some sort of physician. This dream of mine continued into young adulthood and I sought out every opportunity that helped me reach that dream, HOSA being one of them. I joined in an effort to gain more knowledge about healthcare as a whole, in an attempt to solidify my future career goals. I stayed involved in HOSA because of the positive impact my local chapter was able to make and the friends I made along the way.

CALENDAR

April 15th
International HOSA Scholarship Deadline

June 22nd-25th
International Leadership Conference

MEET YOUR COUNCIL

The 2021-2022 NC HOSA State Executive Council

Shiva Gadireddy

President
Shiva.Gadireddy@nchosa.org

Nicholas Ballard

President-Elect
North Central/ Sandhills Region Representative
Nicholas.Ballard@nchosa.org

Sarah Whittington

Post-Secondary/ Collegiate Vice President
Sarah.Whittington@nchosa.org

Kady Hillman

Vice President
Piedmont-Triad/Southwest Region Representative
Kady.Hillman@nchosa.org

Jessica Contreras-Murillo

Secretary
Northeast/Southeast Region Representative
Jessica.Contreas@nchosa.org

Harini Kumar

Historian
Northwest/ Western Region Representative
Harini.Kumar@nchosa.org

@NCHOSA

@NC_HOSA

@NCHOSA

NCHOSA.ORG

@NCHOSA

FOLLOW OUR SOCIALS!

Be sure to check out North Carolina HOSA's social media accounts for updates and new information! We will be posting weekly and want to keep you informed, you don't want to miss this!