

# Hey HOSA

The NC HOSA monthly newsletter

FIFTH  
EDITION

## HOSA REWIND

### DISTRICT LEADERSHIP CONFERENCE

Thank you to all students who participated at District Competition. We would also like to thank all volunteers, advisors, and other staff that helped to make our District Competitions possible. All students



who were awarded in the top five of their respective event will be eligible to compete in the same event at the State Competition except for those who competed in Sports Medicine, Nursing Assisting, and CPR/First Aid. These competitions will allow the top ten competitors to advance to the State Competition. The State Officer Team would also like to thank all chapters for showing professional courtesy in each district. Without students like you

we would not have such a wonderful state reputation or affiliation.

Once again, we thank you all for your participation. We hope to see every student at the **42nd State Competition** Wednesday, March 21st through Saturday, March 24th at the Sheraton Greensboro at Four Seasons!



HAPPY  
HOLIDAYS

Your Executive Council, would like to thank you for all of your hard work and congratulations on a great year so far. NC HOSA has experienced record membership growth and successful district events and it is all thanks to our collaborative efforts from the Executive Board all the way to you, our members. In the coming weeks, we will all be able to take some time off of school and HOSA activities- so enjoy your holiday break and relax so that we can come back into the new year refreshed and ready to go! Once again, thank you for an amazing year so far and we can't wait to see you in Greensboro!

## CAREER HIGHLIGHT

# PHYSICAL THERAPY

**ADVISOR SPOTLIGHT**  
**MS. CRESS**  
HOLLY SPRINGS

Physical Therapy is a different side of what most would consider the medical profession. Physical therapy affects the patient after a major incident, whether that be a surgery or a traumatic injury. PT's are extremely similar to their sister profession, an athletic trainer. While an athletic trainer focuses on injuries that come from a result of a sport, PT's improve the health of a patient regardless of the cause of the injury.

To become a physical therapist, a student must complete a bachelors degree and go back to school to obtain their doctorate in Physical Therapy.

The field of Physical Therapy is growing in need

with an excepted **25% growth in jobs** and they make around **\$85,000**.



This job growth is higher than the average job growth making Physical Therapy a great choice in career.

### Competitive Events

Physical Therapy

Health Career Display

This month's advisor spotlight is Ms. Faye Cress, HOSA advisor at Holly Springs High School!

### What is the most rewarding part of being a HOSA Advisor?

Having students succeed in their efforts. Be it in Competitive events or a community service.

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

I can't choose just one. I have been involved for so long that I have many great memories of HOSA trips and different students. I would not want to say any of them are a favorite.

### What inspired you to become a HOSA advisor?

When I took my first job as a Health Science teacher being a HOSA advisor was expected. I did the best I could that first year but during my first summer conference I was elected to the HOSA board as the district representative and I jumped in with both feet running and have been active ever since.

## NCHOSA PSC WINTER WORKSHOP

Attention Postsecondary members! NC HOSA will be holding the inaugural Winter Workshop for postsecondary HOSA members. We will be holding discussions on topics such as leadership, creating chapters, fundraising, and partnerships with our communities. Come out to network with postsecondary students across the state! Registration now open!

## COMPETITIVE EVENT SYNOPSIS

# BIOMEDICAL LABORATORY SCIENCE

Do you have a passion for biomedical sciences or an interest in a biotechnology career? If so, the event Biomedical Laboratory Science would be perfect for you. Biomedical Lab Science is divided into **two rounds**. In round one, competitors take a test that consists of 50 multiple choice questions about a variety of biomedical science topics. The highest scoring individuals will advance to the next round, where competitors will be presented with a written scenario that calls for them to perform the skill portion of the event. The skill is chosen from a **list of seven**, and skills range from using a microscope to inoculating and streaking an agar plate. The scenario may call for more than one skill to be performed, and in each scenario there is a challenging component that requires critical thinking from the competitor. **Biomedical Lab Science is only offered at the State and National levels.**

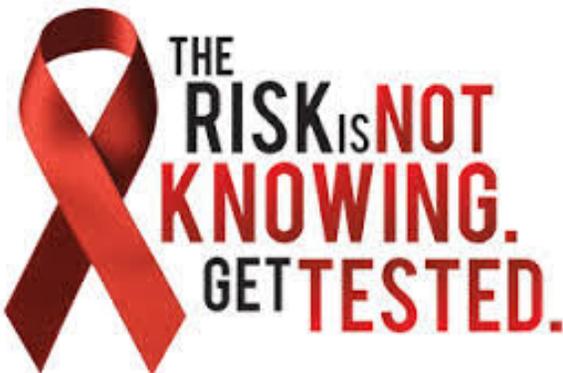


HIV is a virus that attacks the body's immune system and can be spread by certain bodily fluids. The virus can spread through sexual contact, the sharing of used needles, and during pregnancy, birth, or breastfeeding. Once transmitted, the virus attacks the cells that fight against cancer and infections making the immune system weaker and weaker as one progresses through the stages of the disease. The first stage is an acute HIV infection where people experience flu-like symptoms. Then there is a second stage of clinical latency where HIV is still active but reproduces in very low amounts. Lastly, in stage three the disease progresses into AIDS where people will have such damaged immune systems and easily acquire opportunistic illnesses.

## HIV/AIDS

## MONTHLY AWARENESS ARTICLE

Currently there are no known cures for HIV/AIDS, but HIV can be controlled with **antiretroviral therapy (ART)**. ART has helped people with HIV live longer, healthier lives while lowering their risk of transmission. It is always important to take safety precautions and avoid possible transmission of HIV. It is recommended that everyone between the ages of 13 and 64 should get tested at least once as a part of routine health care. For more information about HIV/AIDS visit the **Center for Disease Control and Prevention** website.



## OFFICER SPOTLIGHT

Jailyn Smith | District Three



**School:** Forsyth County Career Center

**Grade:** 12th

**Career Goals:** Anesthesiologist or Surgeon

**Competitive Event:** Nursing Assisting

**Hobbies/Interests:** Dancing

**Reason for joining HOSA:** My chapter advisor mentioned HOSA to my class, being the curious person I am, I researched it. I saw that it was an amazing opportunity for me to embark on my journey to deliver quality, compassionate health care. I also knew that it would be an experience that would get me out of my comfort zone and break some of my shyness. I am so thankful that I have had this opportunity to not only be a part of such a remarkable organization but also serve you all on the NC HOSA Executive Council, it has been amazing.

**Fun Fact:** I had a full conversation with an NBA player, and didn't realize it was an NBA player until I saw him on TV a few hours later.

January 19th

PSC Winter Seminar

February 2nd

SLC Registration Deadline

February 18th

SLC Hotel Registration Form Due

March 21st

State Leadership Conference (21-24)

June 27th

ILC (27-30)

For a full calendar, please visit [nchosa.org](http://nchosa.org)

## MEET YOUR COUNCIL

The 2017-2018 NC HOSA State Executive Council



Hannah Tuckman

President  
District Six Representative  
[nchosadistrict6@gmail.com](mailto:nchosadistrict6@gmail.com)



Kartik Tyagi

Vice President  
District Three Representative  
[nchosadistrict3@gmail.com](mailto:nchosadistrict3@gmail.com)



Cole Dickerson

District One Representative  
[nchosadistrict1@gmail.com](mailto:nchosadistrict1@gmail.com)



Bogue Dick

District Two Representative  
[nchosadistrict2@gmail.com](mailto:nchosadistrict2@gmail.com)



Samantha Gephart

District Four Representative  
[nchosadistrict4@gmail.com](mailto:nchosadistrict4@gmail.com)



Jailyn Smith

District Five Representative  
[nchosadistrict5@gmail.com](mailto:nchosadistrict5@gmail.com)



Kinley Adams

District Seven Representative  
[nchosadistrict7@gmail.com](mailto:nchosadistrict7@gmail.com)



Ebanie Bailey

District Eight Representative  
[nchosadistrict8@gmail.com](mailto:nchosadistrict8@gmail.com)



Burgin Mackey

Postsecondary President  
[nchosapostsecondary@gmail.com](mailto:nchosapostsecondary@gmail.com)



## STAY TUNED!

The next edition of *Hey HOSA* will be released on 1/10/2017. 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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