



Hey HOSA!

THE NC HOSA MONTHLY NEWSLETTER

MARCH EDITION!



beyond
ALL LIMITS 2022 2023
HOSA-Future Health Professionals



The Month of Luck!

Hey NC HOSA Members,

As I am sure you all are aware of, yesterday was St. Patrick's Day! Regardless of if you came across a four-leaf clover, we hope that your day was filled with luck, and we wish the same for the days to come as we lead up to SLC!!

This month can be a useful reminder that sometimes all we need is a little hope- not that luck doesn't help- and that if we believe in ourselves, and hone in on our abilities, we can make dreams come true. This ties directly back to the international HOSA theme of, "beyond all limits!" All it takes is a little faith and hope and we can truly surpass both internal and external roadblocks.

We hope that you can share this mindset as SLC is in less than a month! We wish you the best of luck for your competitive events as well as any future goals that you have set for yourself!

Your state officers have been busy finalizing all the logistics to ensure that our 47th SLC is a great one!

We encourage you to stay connected to us through our social media (@nchosa on Instagram and Facebook) We have some interesting posts coming out soon and you will not want to miss out on our reminder posts!

WANT TO GET FEATURED IN NEXT MONTH'S HEY HOSA?

Well...here is your last chance for this year's HOSA season!

By April 1st, email samantha.kaminen@nchosa.org your article submissions and/or a cover art design for the April Edition of Hey HOSA!

Your article submissions may be about any topic, as long as it ties back to the national theme of "beyond all limits!" We encourage you to be creative if you choose to submit an article and ensure that it represents you or your chapter in any way you see fit! Some ideas for an article -as a starting point- may include a feature about your chapter and how you all go beyond all limits as an entity, what going beyond all limits means to you, or perhaps a collage of photos and a description for what they represent! The sky is truly the limit when it comes to what you can submit, and it's a great opportunity to express yourself!

We are also seeking cover art submissions for the Hey HOSA monthly newsletter for the months of April. This is a wonderful way to showcase your artistic abilities!!

The central theme with the cover art is also "beyond all limits!" so feel free to get creative here! Linked below are the templates that you should use when creating your cover art if possible.



April Cover Art
Template

CAREER HIGHLIGHT

This month's career highlight is a gynecologist- a doctor who prevents, diagnoses, and treats conditions related to the female reproductive organs. According to the Cleveland Clinic, "They deal with all aspects of sexual health like preventative care, cancer screenings, and physical exams."

Some forms of diagnostic measures utilized by gynecologists are pelvic exams, external genital exams, pap tests, and external genital exams.



To become a gynecologist, you must have a doctorate in medicine.

This involves a college education- an undergraduate degree, followed up by medical school, and a residency

If you are interested in this career, don't forget to look into the competitive events: Clinical Specialty and Pathophysiology!

AWARENESS MONTH



March is Women's History Month!

This month reflects on the contributions made by women throughout the course of history, and the women who continue to positively impact our society today. Whether it be the women who played an active role during the suffrage movement or those who invented the countless things we use today, like dishwashers, you can't deny that our society would not be the same if it weren't for the women in this world.

Taking a look into the health care realm, we would also like to acknowledge the women whose voices and contributions were wiped out, simply due to their gender, and those who lack the credit they deserve. One such woman is Rosalind Franklin. Her photo 51 was critical to discovering DNA and its double helix structure and she also pioneered the use of X-ray diffraction. However, much of the credit for the discovery of DNA's structure goes to Watson and Crick, for whom the photo 51 was a pivotal step in framing their own understanding of DNA!

FOR MORE INFO

BEYOND ALL LIMITS



The international HOSA theme of "beyond all limits," is multi-faceted and this theme will strike each of us in various ways. This month's edition's cover art was illustrated by me(Samantha!) and I will be reflecting on my interpretation of this theme as a dandelion blowing through the wind!

I am no artist by any means so if you couldn't identify the cover as a dandelion, I will not blame you!

As a dandelion blows through the wind, the white, fluffy seeds start to flow out, eventually leaving it with the green stem- a remnant of what once was a beautiful, white bulbed dandelion.

We go through this HOSA season with many goals- some of which may seem unattainable or far fetched- but all it takes is a little blow to break free from anything holding us back. A small blow from us leads to what seems like hundreds of dandelion seeds falling out. Similarly, small steps taken by us can knock any goals and obstacles out of the park! As we explore how we can go beyond all limits, we have our foundational knowledge and lessons learned throughout life(like the green stem of a dandelion) to help us stay grounded and true to ourselves!

What does going beyond all limits mean to you?

Your State Officers



Nicholas Ballard

President
Nicholas.Ballard@nchosa.org



Samantha Kamineni

President-Elect
North Central/ Sandhills Region Representative
Samantha.Kamineni@nchosa.org



Erin Greene

Post-Secondary/ Collegiate
Vice President
Erin.Greene@nchosa.org



Leah Kim

Vice President
Piedmont-Triad/Southwest Region Representative

Leah.Kim@nchosa.org



Lexi Denning

Northeast/Southeast Region Representative
Lexi.Denning@nchosa.org

Calendar

State Officer Candidate Interviews & Testing: April 12 at SLC

State Leadership Conference: April 12-15, 2023

International Leadership Conference Deadline: May 8, 2023

International Leadership Conference: June 21-24 2023

Washington Leadership Academy Registration Opens: August 1, 2023

Washington Leadership Academy Registration Deadline: August 31, 2023

Washington Leadership Academy: September 23-26, 2023

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