



# Hey HOSA! October

## FLC'S ARE HERE!

Hey HOSA!

Your state officers are going into the month of October with a newfound sense of their leadership. Towards the end of September, your state officers united for the Washington Leadership Academy in Washington, D.C. Here, they had the opportunity to delve into their leadership strengths and network with state officers from all over the nation and beyond! Our time was put to good use as we worked towards finalizing our plans for Fall leadership conferences! We can not wait to see you soon at a conference near you!



# Competitive Event Synopsis

This month, we are highlighting a competitive event new to us this year— Phlebotomy! If you are seeking to become a phlebotomist or would just like to expand your knowledge on obtaining and processing blood samples, this event is perfect for you! This event consists of two portions: a test and skills. The skills portion will allow you to showcase your understanding of protocols through simulated scenarios.

For more information go to [hosa.org](http://hosa.org) for event guidelines.



## Washington Leadership Academy (WLA)

Two weeks ago, your state officers met HOSA leaders across the globe at the 17th Annual Washington Leadership Academy (WLA). From seeing two of our very own laying the wreath at the Arlington Cemetery: Anna Feng, President, and Nick Ballard, President-Elect, to networking with state officers across the globe, WLA was the experience of a lifetime. For four days, they received Leadership Training through Clifton Strengths with the International Executive Council, building on their passion of serving their HOSA community. Furthermore, they heard from a panel of healthcare representatives including the Medical Reserve Corps and American Association of Family Physicians and were given the opportunity to visit the Smithsonian Museums and experience the Twilight Tour of DC. At WLA, your state officers also lobbied for CTSOs through the Carl Perkins Fund Act, meeting with State Representatives at the Capitol and experiencing a tour of the building— even seeing a press conference by the Speaker of the House. Lastly, during team building time, your state officers finalized FLC and practiced for these conferences coming in October. We're ready and thrilled to meet everyone across the state within the coming weeks!



## BREAST CANCER AWARENESS MONTH

October is Breast Cancer Awareness Month, a time dedicated to raising awareness about the importance of early detection, treatment, and support for those affected by breast cancer. This annual observance serves as a powerful reminder of the prevalence of this disease and encourages individuals to take proactive steps in their breast health, such as self-exams and mammograms. It also provides a platform to honor and support those who have battled or are currently battling breast cancer, as well as to celebrate the advancements in research and treatment that have improved the lives of countless individuals. By promoting awareness and education, Breast Cancer Awareness Month plays a crucial role in reducing the impact of this disease and fostering hope for a future free from breast cancer. Read more about the importance of Breast Cancer awareness here: [breast\\_cancer\\_awareness\\_month\\_2023](#)



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## CAREER HIGHLIGHT: PHLEBOTOMIST

A phlebotomist is a healthcare professional who draws blood on children and adults. The drawn blood can then be used for tests, research, or donation. They label blood samples accordingly for processing. Phlebotomy is one of the easiest jobs in the medical field to enter, so if this field interests you, definitely look into it! To become a certified phlebotomist, you will need a high school diploma or GED, be 18 years or above, have a CPR certification, and a phlebotomy certification from a recognized organization or licensing committee.



# STATE OFFICERS



Samantha Kamineni  
President  
Enloe Magnet High School



Abby Epperson  
President-Elect  
Piedmont-Triad and Southwest Region Representative  
Mount Airy High School



Mansi Goyal  
Post-Secondary Collegiate Vice-President  
University of North Carolina at Chapel Hill



Anya Trivedi  
Vice-President  
North Central and Sandhills Region Representative  
Wake Early College High School



Paytyn Barker  
Secretary  
Western and North-west Region Representative  
Cherokee High School

## MEET MANSI GOYAL!



### Mansi Goyal

Post-Secondary Collegiate Vice President

School: University of North Carolina at Chapel Hill

Region: North Central

Grade: College Freshmen

Favorite Subject: Biology

Competitive Events: Biomedical Debate, Community Awareness, Forensic Science

Hobbies/Interests: Drawing on her Ipad, going to the gym, buying albums, and spending time with friends.

Reason for joining HOSA:

I joined HOSA during my freshman year of high school, seeking an opportunity to engage in a competitive organization and explore the health-care field. However, my HOSA journey has revealed that it's far more than just competitions. It's what enabled me to earn my CNA certification, kickstarting my career as a nursing aide and granting me financial independence. Over the years, I've developed leadership skills and life lessons that have proven invaluable in my professional life. Now, I'm eager to pay it forward, empowering fellow NC HOSA members with servant leadership and unwavering dedication to our organization!

# CALENDAR

Online Testing Opens October 16th, 2023

Online Testing Closes for RLC October 20th, 2023

Elected Regional Officers Announcement October 23rd, 2023

FLC Dates:

North Central: 10/9/23 at Campbell University, Buies Creek, NC

Sandhills: 10/10/23 at Methodist University, Fayetteville, NC

Piedmont Triad: 10/13/23 at Davidson– Davie Community College, Thomasville, NC

Southeast: 10/13/23 at Greene County Wellness Center, Greene County, NC

Western: 10/21/23 at Blue Ridge Community College, Flat Rock, NC

Regional Leadership Conferences Begin: October 28, 2023

RLC Dates:

Southwest: 10/28/23 at Cox Mill High School, Concord, NC

Sandhills: 11/4/23 at St. Andrews University, Laurinburg, NC

Piedmont Triad: 11/4/23 at Mount Airy High School, Mount Airy, NC

Northeast: 11/7/23 at Eastern AHEC Center, Greenville, NC

North Central: 11/9/23 Knightdale High School,  
Knightdale, NC

Northwest: 11/10/23 @West Wilkes High School, Millers Creek, NC

Southeast: 11/18/23 at East Duplin High School,  
Beulaville, NC

Western: 12/2/23 at Blue Ridge Community College, Flat Rock, NC

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## SCHOOL SPOTLIGHT

This month and the first of this year's school spotlight is Wake Early College High School!

Wake Early College is proud of their ability to overcome challenges as a small school to boast a chapter of over 150 members. While they may not be the largest, they have particular success stories as a whole, from medalists to being awarded North Carolina Secondary Chapter of the Year at the 2023 State Leadership Conference. The chapter members believe their commitment is what has led them to these achievements—putting in a tremendous amount of time and dedication to each component of their events. Throughout the year, members stay engaged with events such as a Blood Drive in association with their American Red Cross Club, awareness events including symposiums, and training individuals in CPR and Stop the Bleed. Competitively however, the chapter devotes themselves to growing as individuals in the learning process. From being able to present in front of their peers in small groups before event presentations to direct communication with chapter officers, each individual supports their fellow peers. All in all, Wake Early College's HOSA chapter is ready to dare to create this year!

Fun Fact: Immediate past chair and former International Executive Council member Arjun Keshava is an alum!



## SOCIAL MEDIA

INSTAGRAM: @NCHOSA

FACEBOOK: @NCHOSA

FOR MORE INFORMATION VISIT THE NORTH  
CAROLINA HOSA WEBSITE AT  
NCHOSA.ORG !

## CONTACT US

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