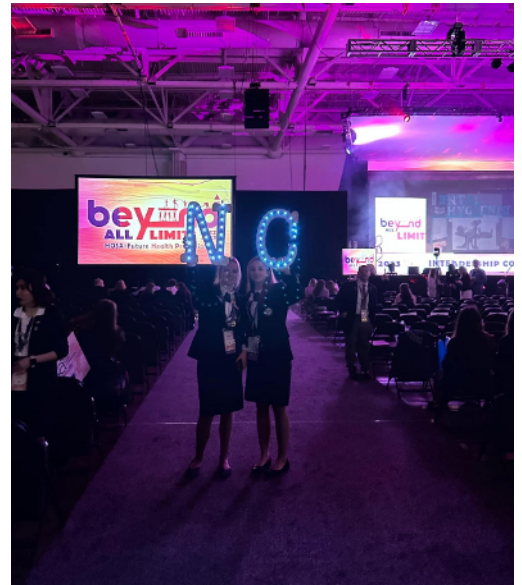




# Hey HOSA! February

## SLC IS ON THE HORIZON

Hey HOSA members! As we wave goodbye to the chills of winter, let's warm up with excitement for the upcoming NC HOSA State Leadership Conference starting on April 3rd. That's right, we're only a hop, skip, and a jump away—just 62 days until we converge to showcase our dedication, skills, and passion for healthcare. February is the perfect time to fine-tune your knowledge, sharpen your skills, and get your game face on. Let's make every second count on our countdown to greatness! Keep your eyes peeled for more updates, and let's get ready to make this conference the best one yet!



# Competitive Event Synopsis

Curious about phlebotomy? HOSA's new health profession competitive event provides an outlook for students to learn about this career path. Sponsored by the American Medical Technologists, students learn about both the career and relevant information, alongside the skills necessary for this role. This event holds two rounds as well in which students are encouraged to use their critical thinking skills and learn about the clinical setting present! Find out more here: [23-24-PHL](#)



## Competitive Events Tips

Conquering HOSA events requires dedication and focus, but most importantly **PASSION!**

Throughout your studying process, be sure to maintain a positive attitude; after all, your competitive event is an outlet through which you can expand on your skills and grow as a future health professional! Prior to diving into your event, familiarize yourself with the event guidelines and content, and pace yourself throughout these next two months to avoid burn-out. Good luck!

## AMERICAN HEART MONTH

As we step into February, American Heart Month brings attention to our heart health. Heart disease remains a prevalent and devastating reality within our population. Whether it's through incorporating regular physical activity, embracing a balanced diet, or managing stress effectively, small steps can pave the way for significant change. Engaging in regular health screenings and open communication with your healthcare provider are equally crucial in order to maintain your heart health.

Every action and every conversation has the potential to impact lives. Let's make this February a month of positive change for our hearts and the collective well-being of our communities.

To learn more,

[february-is-american-heart-month-national-wear-red-day-black-history-month-and-more](#)

FEBRUARY IS  
**AMERICAN  
HEART  
MONTH**



## CAREER HIGHLIGHT: MEDICAL LABORATORY SCIENTIST

A medical laboratory scientist is like being a detective in the world of healthcare. These unsung heroes work behind the scenes, analyzing samples and running tests that are crucial for diagnosis and treatment. It's a blend of biology, chemistry, and medicine, and the work they do impacts countless lives, even though they're not often in the spotlight. With technology evolving, there's always something new to learn, which keeps things super interesting. Plus, there's a growing need for these skilled professionals, so job security is a big plus. If you love solving puzzles and science, this could be the perfect healthcare career for you!



# 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 Northwest Region Representative  
Cherokee High School

## MEET MRS. EPPERSON!



Jennifer Epperson

Executive Director, North Carolina HOSA-Future Health Professionals

University: Surry Community College (Associate in Arts 1998)

Winston-Salem State University (Bachelor of Science in Nursing 2011)

Region: Piedmont-Triad

Favorite Subject in School: Anatomy and Physiology

Hobbies/Interests: Reading, Watching Grey's Anatomy, and Traveling

Reason for joining HOSA:

I was never in HOSA as a student. I was the Chapter President of Future Business Leaders of America in high school and actually competed in state competition. After graduation I attended NC State University as a business/accounting major and worked in doctor's offices on the business side. Over time I was able to watch procedures and fell in love with the clinical side. I ended up leaving NC State as they did not have nursing as a major. Ultimately, after some health problems, I went to Winston Salem State University, completed my Bachelor's Degree in Nursing, and became a Registered Nurse. After several years of clinical practice I went into teaching health science to middle school students and started a HOSA chapter at my school. Not long after I was elected to serve on the NC HOSA Board of Directors and served as the Board Chair before being hired as the Executive Director. It is my honor and privilege to serve all of the members of HOSA - Future Health Professionals!

# CTE MONTH

In February we celebrate and bring awareness to CTE through CTE Month! CTE stands for “Career and Technical Education”. HOSA is a proud CTSO, which means we are an organization built on the foundation of career and technical education. CTE programs prepare students in high school and college for skill-based and certification heavy careers. This month we celebrate advancements and accomplishments of our CTE companions! Take to social media and shout out someone who has just received a certification, or is studying hard for an upcoming skills test, or who aspires to obtain a certification or become proficient in a CTE based skill! Spreading awareness and recognizing the benefits of CTE is very important to maintain and expand this valuable curriculum in schools!

Learn more about CTE month [here!](#)

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## CALENDAR

Hotel Reservations Open: February 12, 2024

SLC Registration Deadline: February 15, 2024

Digital Uploads Deadline: February 22, 2024

National Anthem Singer, Pin, and T-shirt Design Contest Deadline, :  
February 22, 2024

State Officer Application and Recommendations Deadline: February  
22, 2024

Hotel Reservations Deadline: March 12, 2024

State Officer Candidate Interviews & Testing: April 3rd at SLC State  
Leadership Conference: April 3– 6, 2024

International Leadership Conference Intent Form: April 22, 2024

International Leadership Conference Deadline: May 8, 2024

International Leadership Conference: June 26– 29, 2024

## SOCIAL MEDIA

INSTAGRAM: @NCHOSA

FACEBOOK: @NCHOSA

FOR MORE INFORMATION VISIT THE NORTH  
CAROLINA HOSA WEBSITE AT  
[NCHOSA.ORG](http://NCHOSA.ORG) !

## CONTACT US

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