Letter from the President

Hello Oklahoma HOSA!

I know you all are not necessarily looking forward to it, but summer is drawing near its end; however, that just means you are even closer to Fall Leadership Conference and closer to preparing for your competitive events for State Leadership Conference next spring. So look on the bright side of a new year of HOSA!

I just want to congratulate everyone who competed at National Leadership Conference for representing Oklahoma so well! I am so proud of all of you! To all those who did not have the opportunity to go to Nationals or are just starting their HOSA journey, just remember there is always next summer. With hard work, dedication, and knowledge, anyone can make their HOSA dreams a reality.

My term as Oklahoma HOSA president as well as the rest of the state officer team is coming to an end, but that means that there is a opportunity coming up unlike any other; it is an opportunity I would recommend to anyone who loves HOSA and can commit time to the organization. This opportunity is to become a state officer. If you are interested, please look into it! It will be worth your time!

As your president, I hope that I have and will continue to serve you all well, and I want you to know that because of you we are the strong and outstanding organization that we are. Keep up the good work, keep your sights set on your future, and dig deep into your local and state HOSA chapters to access your endless possibilities!

Sincerely,

SAMUEL N MOFFATT
Oklahoma HOSA President
Get to know your state officers!

What is your favorite quote?

Jawnna Brooks: "A loving heart is the truest wisdom" - Charles Dickens

Stephanie Enciso: "Be who you are and say what you feel, because those who mind don't matter, and those who matter don't mind." - Bernard M. Baruch

Colby Holman: "Remember, make it a great day, or not. The choice is yours." - Mike Lingo

Samuel Moffatt: "Some people are worth melting for" - Olaf

Megan Mueggenborg: "All our dreams can come true if we have the courage to pursue them" - Walt Disney

James Macnaughton: "I've heard there are troubles of more than one kind; some come from ahead, and some come from behind. But I've brought a big bat. I'm all ready, you see; now my troubles are going to have troubles with me!" - Dr. Seuss

Jawnna Brooks: "A loving heart is the truest wisdom" - Charles Dickens
Hello Oklahoma HOSA! This is your state parliamentarian, Luke MacNaughton! I’m currently in Taiwan with a program called AID, Assisting Individuals with Disadvantages. 425 other students and I spent three weeks teaching English in schools all throughout the country. Our only training was one week of preparation when we first got there! It’s been a fantastic experience and I’m very proud to be able to represent HOSA over here!

I personally taught at a school called Jen Shin Elementary School in the Chang Hua province on the Western coast of Taiwan. There were 8 of us teachers and we taught a total of 54 students. Two other teachers and I taught the youngest class made up of mostly second and third graders. We taught them the alphabet, colors, numbers, emotions, food, family and a bit of American culture. They seemed really excited to learn and very interested in America. Hopefully they learned a lot! They will start formal English education this next year but our program provided a sort of summer camp to help get the students a head start.

All in all this was a great experience. Taiwan is an awesome country with a lot of very nice people and great places to visit. It also seems like a place where good healthcare workers could easily find work, especially people in the dental industry as many of the students oral health wasn’t very good. Nevertheless if you ever get the chance, you should definitely visit! I thoroughly enjoyed staying here and would recommend coming to anyone who had the opportunity to!

Luke MacNaughton
State Parliamentarian
I participated in the STEP Summer Bridge program at the University of Central Oklahoma. My internship was under Dr. Wei Chen, and we studied laser immunotherapy for the treatment of metastatic tumors! It’s a mouthful to say! Essentially, myself and five other incoming freshmen at UCO spent the summer learning about this novel new approach to the treatment of cancer. At its core, the process involves using infrared radiation to burst tumor cells and stimulate the immune system. When the tumor cells are destroyed, they release a combo of proteins and antigens. Then, glycated chitosan, an immunoadjuvant, is introduced into the subject to further stimulate an immune response. The laser irradiation and the glycated chitosan work together to allow the body to learn how to identify and attack the remaining cancer cells. The treatment has a number of benefits, but most importantly, unlike chemotherapy and radiation, it bolsters the immune system and preserves pre-cancer quality of life.
During the summer, we spent our time in a variety of ways. Part of our time was used learning how to analyze and publicly present research papers. We also spent time producing Standard Operating Procedures, allowing us to become more proficient in the lab. However, the majority of our time was spent "lasering" as we liked to say. We produced these things called Phantom Gels (basically super-sciencey jello) that allowed us to mimic tumor tissues, and we irradiated the Phantom Gels to study how heat spreads in a tumor. We also spent a good deal of time working with lab rats and mice. While we were unable to perform laser immunotherapy on the rats during our summertime at UCO, we were able to practice handling and shaving rats, and observed rats being given cancer and rats being treated for cancer. All in all, I would say it has been an enjoyable and informative summer, and I'm looking forward to continuing research throughout the year!

Caleb Mohr
State Secretary

We are who we constantly strive to be! So, I ask you this, where do you see yourself in 5 years? No matter what your dream is, Oklahoma HOSA knows you can accomplish it! HOSA offers many opportunities to take you to the next level. Always remember, this is your time! Believe in your own power and accomplish your goals. OKHOSA knows that you can do it!

Colby Holman
State Chaplain
POMEGRANATE SPICED TEA

1 KETTLE 2 OZ POMEGRANATE JUICE
1 GA. JUG/JAR 4 C. SUGAR/SPLENDA
2 BAGS BLACK TEA 2 CINNAMON STICKS

In the kettle, bring water and tea bags to boil. In the gallon jar add sugar and cinnamon sticks. Pour the tea over the sticks, and allow to infuse for 15 minutes. Remove the sticks and tea bags. Add pomegranate juice and fill with water to the rim. Serve hot or iced and enjoy a spiced version of an Oklahoma tradition with the freshness of healthy antioxidants.
Have a great school year!

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