Hi again, Oklahoma HOSA!

I would like to wish everyone a Happy New Year and new semester! Winter is finally over, and spring is coming, which means the State Leadership Conference is almost here! The State Officer team and I are really excited for the conference, and we hope you are too. Keep working hard on your competitive events (and practicing Zumba), because SLC is going to be awesome!

The State Officer team has been quite busy the past few months. We’ve volunteered at the Regional Food Bank, toured the Tulsa Forensic lab, and put together a scavenger hunt for all our members to participate in at state. We also recently visited the State Capitol along with our sister CTSO’s, and met with our representatives and even the governor! Make sure to read more about our experiences in this newsletter.

Last of all, Oklahoma HOSA, make sure to keep pushing through this school year! Whether you’re in high school or nursing school, just starting or almost out, don’t lose your focus. This year is going to be great, so let’s finish strong!

Best wishes and we’ll see you at SLC,

Tyler Watson
Oklahoma HOSA President
ATTENTION OKLAHOMA HOSA

It’s that time again for State Leadership Conference, with over fifty skills and recognition events for you to choose from! There is nothing like some friendly competition to ease the stress of constant homework, and we will be having Brandon Lee White as our Key Note Speaker this year! So do not forget to study hard and practice for your competition to earn your way to the home of Country music, Nashville, Tennessee. Also, stop by the HOSA store to purchase some amazing Oklahoma HOSA memorabilia and this years’ trading pen! We hope to see you at SLC, and good luck to you from all of your State Officers!

Rikki Weidner
Oklahoma HOSA State Secretary

One of the greatest aspects of Spring Leadership Conference is the Competitive Events. These are some of the best ways that you guys, the Oklahoma HOSA members, can become involved. Some of you may be asking: what if there isn’t a competitive event that’s right for me? Well, as I’m going to explain, this problem will be near nonexistent.

HOSA prepares its members for the terminology of the healthcare field through the Health Science Events. These are a good fit for those of you that are good with words.

- Dental Spelling or Terminology,
- Medical Spelling or Terminology,
- Medical Math or Reading

The medical knowledge tests can also be found in this category and they consist of an exam covering a broad range of aspects in a certain, specified medical field.

- Human Growth and Development
- Pathophysiology
- Medical Law and Ethics
- Pharmacology
- Nutrition

Next, we have the Health Professions Events. These competitions include a broad range of medical procedures and techniques.

- Biotechnology
- Dental Science
- Nursing Assisting
- Sports Medicine
- Clinical Nursing
- Home Health Aide
- Personal Care
- Veterinary Science
- Clinical Specialty
- Medical Assisting
- Physical Therapy

They focus on actual, real life jobs in the medical community.
We also have **Emergency Preparedness Events**. These events prepare our members for the inevitable medical emergencies that all health professionals will face at some time:

- CERT Skills
- Epidemiology
- Public Health
- CPR/First Aid
- Life Support Skills
- Emergency Medical Technician
- MRC Partnership

Next are our **Leadership Events**. These focus on the key aspects of leadership and how to build a solid leadership foundation.

- Extemporaneous Health Poster
- Healthy Lifestyle
- Medical Photography
- Speaking Skills
- Extemporaneous Speaking
- Interviewing Skills
- Prepared Speaking
- Extemporaneous Writing
- Job Seeking Skills
- Researched Persuasive Speaking

Another important skill of a medical professional is teamwork; that can be found in our **Teamwork Events**. These events will prepare for the world of teamwork in medicine while also helping with important future skills.

- Biomedical Debate
- Creative Problem Solving
- HOSA Bowl
- Career Health Display
- Forensic Medicine
- Parliamentary Procedure
- Community Awareness Health Education
- Public Service Announcement

Finally, we have HOSA’s stress on service. **Recognition Events** are unique in the fact that they go along with other competitive events. These are based on service to the community, our national service project, and even your local chapter.

- Life Support Skills
- Emergency Medical Technician
- MRC Partnership
- Forensic Medicine
- Parliamentary Procedure
- Community Awareness Health Education
- Public Service Announcement

As always, any extra information that you may need can be found online at: [http://hosa.org/node/117](http://hosa.org/node/117). This contains Section B of the HOSA Handbook and contains all guidelines of the competitive events. So do your research, find what you like, and we hope to see you prepared for competition at SLC!

Adam Chutek
Oklahoma State Officer Parliamentarian
Alright, so, the National Service Project this year is the Cystic Fibrosis Foundation and do you know what is going to happen at State Leadership Conference? Well, everybody is going to have a chance to help make CF stand for Cure Found! Your state officer, Jordan Rhodes, has been hard at work designing a t-shirt in support of this cause. The main colors will be gray and purple and we will be selling them the whole time during State Leadership Conference.

Every year since 2001 there has been a run in memorial of the Oklahoma City Bombing, which took place in 1995. During the aftermath of the bombing, there was only ONE volunteer who died: her name was Rebecca Anderson. This hits home to HOSA because Rebecca was a State Vice President of Oklahoma HOSA just a couple years before in 1992-1993. Rebecca died as a result from falling debris while looking through the rubble to find the living and the dead. She denied medical attention because she wanted to help others, but she collapsed and was rushed to the hospital. Rebecca Anderson died April 23, 1995 as a result of helping others.

Your state advisor and officers are getting involved this year and they would like to welcome everyone to join! Whether you are going to run or just volunteer, GET INVOLVED! The marathon will be Sunday, April the 27th of 2013. If you would like more information then Google, do some research or ask, ask, ask!! Hope to see you all there!
During the Indian Capital Technology Fest in 2012, former state officer Amanda Plunkett is explaining venipuncture to a sophomore from Muskogee High School. The Indian Capital Tech Fest is designed to allow sophomores from their 22 sending schools to explore the different programs. This Tech Fest also allows HOSA members to explain the benefits and uniqueness of Career Tech and its student organizations.

Alumni Corner

David Arles attended Western Technology Center in Burns Flat, Oklahoma. He was in HOSA for a few years and competed in numerous competitive events.

David Arles emphasized how HOSA provided him with his first experience with professionalism. Before HOSA, he had barely, if at all, worn formal attire and been in a formal environment. HOSA helped him to be more confident and not as intimidated.

“The opportunities for personal growth are there, but you have to be willing to play an active role. Of course, this is true of life in general.”

— David Arles

Rebecca Plunk
Oklahoma HOSA State Reporter

Day at the Capitol

Hi Oklahoma HOSA! At our February meeting, your State Officer Team gathered with our sister CTSO’s at the State Capitol, and we wanted to tell you about our experience. CTSO Day at the Capitol is great for state officers from all seven CareerTech Student Organizations in the state to spread the word about what our members are doing and how we’re using our education to reach our career goals.
Throughout our day at the capitol, we also got opportunities to meet one-on-one with our legislators. I personally spoke with my representative’s assistant, a nearby district’s representative, and my district’s senator. A few of the state officers also caught a moment with the governor during lunch! All of these government officials were inspired to hear about our HOSA stories and what our plans are for the future. They certainly like to hear how bright young students in their districts are working hard to further their education; the great thing is, that doesn’t stop with us! Your state officer team comprises only .2% of OK HOSA’s membership; how much more impressed would our state representatives be if even more members shared their stories with them?

If you would like to share your HOSA experience with your state representative, find them using the OK HOSA webpage! (okhosa.org > “Elected Government Officials” tab > “Contact Your State & National Legislators”) Also, be sure to check out our pictures from the trip on the OK HOSA Facebook page!

Tyler Watson
Oklahoma HOSA State President
“When we are no longer able to change a situation... we are challenged to change ourselves.”
- Victor Frankl

Hope you had a Wonderful & Safe Spring Break!