Upcoming Events
• SLC Round One Winners Posted
  March 16, 2015
• State Leadership Conference (SLC):
  April 7-9, 2015

HIGHLIGHTS
In this issue
2 Letter from President Luke MacNaughton
3 In Brief: Local HOSA Chapter Activities
4 Study Guide for Healthcare Issues Exam
5 What to Expect at State Leadership Conference
6 A Reminder of the Importance of Service
7 Fundraising for National Service Project
8 Review of Activities Thus Far (cont. on page 9)
10 This Year’s SLC At A Glance Schedule

Pictured above: Professional Speaker and Leadership Coach Kelly Barnes takes the LLS Lemon Challenge!
Hey Oklahoma HOSA!

It’s wonderful to be speaking with you again! Last time I wrote, the first semester was coming to a close and our state was beginning to look towards SLC. I hope that your second semester has gotten off to a great start! In this newsletter, we want to recap on all of the awesome things that Oklahoma HOSA has been up to and give you a few pointers for SLC and your competitive events!

The past few months have been busy ones for Oklahoma HOSA. Chapters all across the state have been busy hosting events to raise money and awareness for the Leukemia and Lymphoma Society! As a state, we have also begun our “LLS Lemon Challenge,” which is Oklahoma’s own version of the famed “Ice Bucket Challenge.” For our challenge, someone who is nominated has to bite into a lemon while saying, “Cancer bites, but HOSA bites back.” You can look on our Facebook page for details and example videos! We have also had wonderful alumni events at the University of Oklahoma and the University of Central Oklahoma and member events at an OKC Barons hockey game and a TU basketball game! Keep your eyes peeled for another alumni event coming soon at Oklahoma State University.

I wanted to let you in on what to expect at this year’s SLC. Your state officer team has been working hard over the past few months to plan the best SLC ever! During the three day conference we will have bingo, presenters from different medical professions, a photo booth, the Lemon Challenge, a movie room, Zumba, a LLS walk, a blood drive, a silent auction and much more! Your advisors should receive an email soon with a full schedule of events and more specific details. Just a reminder, make sure you read your competitive event guidelines before the conference begins and bring a copy with you to your competition. You can find all of the guidelines at hosa.org under “Resources.” I know that everyone will do an amazing job!

Until State Leadership Conference,

LUKE MACNAUGHTON, State President
In Brief: Local HOSA Chapter Activities

Northeast Tech Center

Claremore campus Health Careers Education students participated in Power Up, led by Jana Christian from The Etiquette School of Oklahoma!

Moore Norman Tech Center

Part of the wonderful HOSA planning committee at Moore Norman Technology Center preparing for State Leadership Conference!

Putnam City North HOSA Advisor receives National Recognition

Erin Herrman, trainer at Putnam City North High School, received the Gatorade Secondary Schools Athletic Training Award. She was chosen out of all the high schools in District 5 (about 7 states) to win this award based on her achievements with the Athletic Training program at Putnam City North and in the classroom.

She was recognized for being Oklahoma All State Athletic Trainer 5 years in a row, herself and her students winning the state Pink Out challenge by raising the most money in the state for breast cancer awareness, implementing an athletic training class with curriculum to further her students knowledge, creating the district heat illness policy and her achievements with HOSA-Future Health Professionals.

She received a full Gatorade sideline package with coolers, powder, ice chests, a Gatorade Sideline cart, a $1,000 grant to spend in the athletic training room and an all-expense paid trip to the National Athletic Training Convention in St. Louis, Missouri this summer where she will be recognized in front of Athletic Trainers from across the country.

Athletic Trainer Erin Herrman examines an injured football player.
The Healthcare Issues Exam is a 50-item multiple choice test that HOSA members are required to take at NLC. All questions on the test will be centered around the Health section of *USA Today* and *CBS News*. Below are excerpts of articles you might see on the exam.

1. An Israeli company known as RealView Imaging Ltd is in the process of doing something that has never been done before: introducing the first 3D holographic display and interface system.

2. CVS Pharmacy has become the first United States drugstore chain to ban the sale of tobacco products. CVS Pharmacy recognized the paradox in being a healthcare provider and selling cigarettes.

3. Medical professionals most recommend the DASH diet as general healthy eating guidelines. DASH stands for Dietary Approaches to Stop Hypertension.

4. 15 percent of 2-year-olds consume about four ounces of coffee daily. This could prove to be dangerous because studies have shown that caffeine is linked to depression, diabetes, and obesity in children.

5. Researchers say that testosterone supplements could raise your risk of heart attack and stroke. Because of this, the FDA has imposed new regulations to have those risks written on all labels.

---

**2014-2015 Medical Reading Books**

*Check out these books to stay up-to-date on the world of health!*

- **Throwaway Players**
  by Gay Culverhouse.
  Insightful stories of the hardships football players undergo off the field - an essential read for any athlete or sports fan.

- **How They Croaked**
  by Georgia Bragg.
  This book relays all the details of how 19 world figures died, including Cleopatra, Caesar, and Darwin.

- **Living and Dying in Brick City**
  by Sampson Davis.
  An ER doctor paints an urgent picture of the need of medical care in cities.

- **What Every BODY is Saying**
  by Joe Navarro.
  An ex-FBI agent’s guide to speed-reading people via nonverbal behavior.
Five Things to Expect at the 2015 State Leadership Conference

An Exciting Opening Session by Sam Glenn

Known as “The Attitude Guy," Sam Glenn hit rock bottom when personal struggles caused him to have an incredibly negative outlook. Now one of the most sought-after keynote speakers, he will be sharing his uplifting messages with us at SLC!

MEET THE LEADING AUTHORITY ON ATTITUDE™

SAM GLENN

"I used to do nighttime maintenance; now I do attitude maintenance." SAM GLENN

Fundraising for LLS

Our fundraising goal this year is $15,000. To meet this goal, we are going to be hosting LLS Lemon Challenges during SLC. Please remember to bring money to take part and raise money for our National Service Project!

A Blood Drive by the Oklahoma Blood Institute (OBI)

We have a goal of donating 30 units of blood to OBI during SLC. If you plan to donate, please remember to bring a permission slip from obi.org/blood-donors/parental-permission-slip.

Feeling Some Anticipation for Your Competitive Event

In order to be successful, it will be helpful to review your competitive event guidelines often. Practice, practice, practice; you will feel more confident if you know you have prepared well. With hard work, you’ll do great!

Lots and lots of FUN!

We have so much planned for SLC, and the state officer team is so excited to see you all there! With Zumba sessions, professional presentations, movies, and a photo booth, you can be sure that there will be plenty to do at SLC.
Barbara James' Legacy

Upon searching for information about Barbara James, one can only find a miniscule amount of information pertaining to her relations in the healthcare field. Barbara James was a Registered Nurse in South Carolina and a mother of two delightful daughters. Later, she became a consultant at the South Carolina Department of Education for Health Occupations in the late 1970s through 1987. In this position, she advocated for more educational opportunities for those pursuing careers in the medical field. Starting from the ground level, Barbara was a visionary on the state and national level during the technical preparation movement in education. With her leadership as HOSA Board Chair, she helped to publish the first edition of HOSA Handbook Sections A and B. When working with the South Carolina Department of Education, Barbara also took on several roles which she remained dedicated to until she fell ill with breast cancer.

Barbara had a long courageous battle with cancer and engaged in multiple innovative treatments. With these innovative treatments, she was one of the first patients to have a bone marrow transplant. Despite her efforts, she passed away in the late 1980s. Barbara was known as a classy southern lady who was an outstanding face of Health Science Education at the state and national level. Her leadership skills and contributions to HOSA exemplify the caring and compassion of HOSA members. Because of this, an award was created in her legacy to recognize individual HOSA members who have a commitment to community service in different fields of health care.

The Barbara James Service Award was implemented in the fall of 1994 as tribute to a woman who played a major role in establishing HOSA and serving others. This award is used as a symbol to inspire future health care professionals across the United States to get involved with the community and people around them. By getting involved and connecting with others, future health care workers can form a firm foundation of care that will be used for years to come.

Words of Wisdom:

“No masterpiece was ever created by a lazy artist.”

- Anonymous
Hello again, Oklahoma HOSA Members!

First of all, I want to thank you all for you and your school’s hard work in helping us work to reach our state fundraising goal of $15,000 in support of the Leukemia and Lymphoma Society. Along with our annual LLS Run Fundraiser at Spring Leadership Conference, we will also be holding a silent auction with gift baskets and other goodies to auction off during SLC, provided by each participating school and other donators. We are so excited to see what everyone brings to the auction in support of this amazing cause! Tickets for the auction will be available for sale at SLC. If you haven’t already checked out the hilarious videos on our Facebook news feed, we have also initiated the LLS Lemon Challenge! All you need is a lemon, a volunteer, and a camera. After saying our slogan, “Cancer Bites, But HOSA Bites Back,” the volunteer bites into the lemon and then challenges another person. We can’t wait to see your videos on Facebook, and we thank you so much for your help this year in our LLS fundraising efforts. We look forward to seeing you all soon at SLC!

State Service Chair
Sheri Blankenship

This past February, Oklahoma HOSA had a fun and memorable experience during our HOSA Day with the Oklahoma City Barons hockey team! With 57 tickets sold, over $400 was raised for the Leukemia and Lymphoma Society. Way to go, Oklahoma HOSA!

After the game, attendees were able to meet some of the players and get autographs. Above, Francis Tuttle Technology Center students pose with professional hockey player Travis Ewanyk.

How much has OK HOSA raised so far?

$15,000
$12,000
$9,000
$6,000
$3,000
$3,592
State officer team meets Dr. Marcie Mack

During CTSo Day at the State Capitol this February, your state officer team had the opportunity to meet Oklahoma CareerTech State Director Marcie Mack. She was gracious enough to even take part in the LLS Lemon Challenge! Check out the Oklahoma HOSA Facebook page to see the video.

HOSA alumni ice cream social held at UCO

Oklahoma HOSA held its second HOSA alumni ice cream social this past February, but it certainly will not be the last! Look out for other HOSA social events coming to your area, specifically at OSU. These events are a great way to network with fellow HOSA alumni, and you can even purchase HOSA alumni shirts for $10 each!
State officers prepare for SLC

SLC will be at the Norman Embassy Suites once again this year, and the state officers could not be more excited! From practicing our lines for the Opening and Awards Sessions to finalizing the schedule, HOSA State is sure to be one to remember. HOSA is nothing without the dedication of its members, so thanks in advance for participating in SLC!

State Reporter
Tammy Phillips

Exceptional experiences!

Ever since I was 8 years old, I have dreamed of becoming a doctor. Now a high school senior, I have had many opportunities to investigate the healthcare profession, whether that be via volunteering at nursing homes or job shadowing at hospitals. This past November, however, I attended an event that solidified my aspirations of pursuing a medical occupation: the Congress of Future Medical Leaders. As a member of the National Academy of Future Physicians and Medical Scientists, I was invited to this insightful event at Washington, D.C., where I listened to speakers who are leaders in their fields: Nobel Prize winners, the U.S. Surgeon General, the Director of the National Institutes of Health, and many more. To learn more about the Congress, please visit futuredocs.com.
Overview of 2014-2015 SLC Activities

S
LC registration is at an all time high this year at 2704, which is 48 percent of Oklahoma HOSA membership! We will have numerous activities and networking opportunities for you to get involved with in your spare time. See you there!

- Bailey Savage, State Social Chair

Tuesday, April 7, 2015

8:30-9:30 am Photo Booth
12:00 pm Silent Auction Begins
1:00 pm Movie: Gifted Hands
1:00-2:00 pm “What does HOSA Mean to You?”
3:00-3:30 pm Bingo
4:00-5:00 pm “What does HOSA Mean to You?”
7:00 pm Movie: Pitch Perfect
7:00-8:00 pm Photo Booth and Lemon Challenge Social

Wednesday, April 8, 2015

8:30 am OBI Blood Drive
9:00-9:45 am Professional Presentation: LLS Cancer Research
10:00 am Movie: Finding Nemo
10:00-10:45 am Professional Presentation: Orthopedic Cast Professionals
10:00-11:00 am Photo Booth
11:00-11:45 am Professional Presentation: Life After Boom
12:00-12:45 pm Professional Presentation: Epidemiology Career Paths
1:00 pm Movie: UP
1:00-1:45 pm Professional Presentation: Special Forces in Medicine
1:00-3:00 pm Photo Booth
2:00-2:45 pm Professional Presentation: EMS-A Different Job
3:00-3:45 pm Professional Presentation: Athletic Training in Professional Hockey
4:00 pm Silent Auction Ends
4:00-4:30 pm Bingo
4:00-5:00 pm Lemon Challenge
7:00 pm LLS Walk
7:30-8:00 pm Photo Booth
8:00 pm Zumba
10:30 pm Social

Thursday, April 9, 2015

8:00-8:45 am Photo Booth
After Awards for 30 min. Photo Booth

*All activities are free with the exception of Bingo. This is a fundraiser for LLS. The cost is $2 per card or $3 for two cards. Win HOSA t-shirts and tickets for the Silent Auction!*