

September 3, 2013

Volume II, Issue 2

YIKES! Is That Lice?

by Jessica Stiffy

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Last Meeting of the Semester

Monday
September 9
2:00 PM
Room 134

Nomination of Officers

Bring a dish or snack to share

NEWSLETTER STAFF

Editor—Debbie Anderson
Co-Editor—Laura Beall
Writers—Waltina Currie
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What are lice, you ask? Lice are parasitic insects that can infest your head and body. They survive by feeding on human blood. There are three different kinds of lice, *Pediculus humanus capitis* (head lice), *Pediculus humanus corporis* (body lice), and *Phthirus pubis* (pubic lice, aka crabs). Only the body louse is known to spread disease.

Lice infestations are spread most commonly by close person-to-person contact. Head lice are common among school children. Since school starts soon, let's discuss head lice.

Lice irritate the scalp which causes it makes it itchy. Lice and their eggs, called nits, can be seen by examining the scalp. You will likely see the nits first. They attach themselves to the hair shaft and appear as tiny yellow, tan, or brown dots. The lice themselves are no bigger than a sesame seed and are grayish-white or tan.

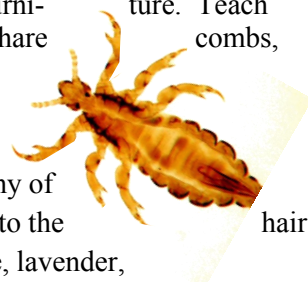
The classroom provides plenty of opportunity for close person-to-person contact and therefore opportunity for children to come in contact with lice. If your child does get lice, don't panic. It doesn't mean that you, your child, or his classmates are dirty. Lice are a common problem, especially for kids ages 3 years to 12 years, and girls get lice more often than boys.

Several treatment options are available as a prescription or over-the counter in

the form of shampoo, cream rinse, or lotion. Medicated lice treatment usually kills the lice and nits within two treatments, but it may take a few days for the itching to stop. For very resistant lice, an oral medication might be prescribed. You should remove the nits and lice by using a fine-tooth comb on your child's wet, conditioned hair every three days for two weeks after the last live louse was seen. Medicated lice treatments are not safe for children two years or younger.

To avoid re-infestation, wash bed and bath linens and head gear in the hottest water possible. Vacuum carpets, mattresses, and upholstered furniture. Teach your child not to share combs, brushes, and hats.

Home remedies for treating lice are to apply any of the following oils to the hair and scalp: tea tree, lavender, neem, clove, eucalyptus, aniseed, cinnamon leaf, red thyme, peppermint, or nutmeg. The oil treatments must be followed with the same combing routine as when medicated treatments are used. Home remedies may or may not be doctor recommended.



Tips for a Successful Interview

by Patti Wolford

You have just landed an interview for a wonderful job. Now what? It can be a little scary, but with the proper preparation you will be successful and overcome that dreaded interview anxiety. Here are some tips to have a positive interview and land that perfect job.

Take a practice run to the location to find out where it is and how long it takes to get there.

Research the company to learn about its services, products, and competition. When you understand the company, you can sell how you are the perfect fit.

Dress for success. Check your outfit for spots or stains and iron it. Dress one level above what is worn in the ordinary work environment. You won't be overdressed unless you wear a tux or evening gown.

Be on time. NEVER arrive late to an interview. Enter the building 10 – 15 minutes before the scheduled interview time.

Show enthusiasm. Give a firm handshake, make eye

contact, and don't fidget or slouch. Have good posture.

Answer questions quickly and intelligently. If you are unsure of your answer, ask if you can give it some thought and come back to it.

Freshen your breath. Spit out your gum. Don't douse yourself in perfume and keep jewelry to a minimum.

Portray confidence when you speak. Know what you know and know it with confidence.

After the interview, shake hands and thank them.

Verbalize your gratitude and excitement.

Send a follow up letter. Say thank you and explain what sets you apart, how you can do the job well, and why you would be an asset.

Interviewing is a learned skill. With proper preparation and practice it will get easier. Good luck, but you don't need luck when you have skill.

Sources: Mrs. Hogue's Career Development class notes, Jobsearch.about.com, Workcoachcafe.com, and Worksmart.com.

WORDS FROM THE WISE

by Melissa Langdon

Many of you may not know that I am a former student and graduate of Laurel Technical Institute. I started in September, 2008 and graduated in May, 2010 with a degree in Business Administration. I did my internship here at LTI in Career Services/Human Resource Department. I was approached 6 weeks before graduating about the Administrative Assistant position. I tested and interviewed for the job and was hired on April 5, 2010. I believe these key factors contributed to my being hired at LTI.



Attendance- You have to show up for class. Your education builds class by class, course by course, and chapter by chapter. Missing a day equates to a blank space in your education. The day you missed may have been the day you would have learned the exact skill you need to land and keep your perfect job.

Make an Impression- I went to my internship and conducted myself as a professional, using integrity, accountability and excellence as my guiding principles. I dedicated myself to working hard on every task.

Go Above and Beyond- I didn't just complete class assignments; I "kicked" it up a bit. I would look for a second article, read up on the subject, or add a cover to a report.

Take it One Day at Time- I am currently working on my Bachelor's Degree in Accounting at Thiel College. I

take one class in the spring and one in the fall. I have five more classes to earn my degree. It will take me another 3 years to finish, but I don't "see" in years. I "see" in days, hours, and sometimes minutes. I do what I need to do to get through the moment. Every moment lived is one moment closer to my goal.

Accept & Learn from Mistakes -When I took the front desk position I was nervous and afraid. It was my first experience as an administrative assistant. I made mistakes. I accepted that it was going to take time and that my mistakes were learning opportunities. I now am learning a new role as fiscal assistant. I will continue to work at this new role with the same hard work and dedication that I have given in the past.

Laurel Technical Institute has an amazing faculty and staff. They are willing to go the extra mile to help students achieve their goals. Keep working hard and you will be successful in your future plans.

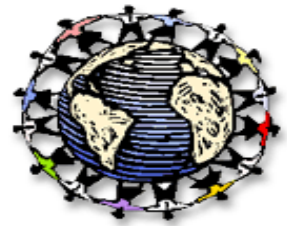
Friendship Appreciation Day

Hats off to Megan Patton for organizing the first Friendship Appreciation Day fundraiser. Students and employees purchased carnations which were delivered in-house by HOSA members. For a few cents extra, HOSA made a singing delivery. The real fun was when the recipient paid an extra dollar to avoid the singing! The event was a great success and we sincerely thank all who contributed to the fun.





Community Service



HOSA Provides Health Services During WaterFire Event

by Laura Beall

On Saturday, August 3, HOSA participated in Sharon's first of three WaterFire events, ArtFire. It was a beautiful day for this monumental event in our small town! HOSA collaborated with McGonigle and Elite ambulance companies to provide and staff two first aid stations.

McGonigle Ambulance Company was set up next to Penn State, behind Huntington bank. On the other side of the State Street Bridge, Elite Ambulance was set up in the Primary Health Network parking lot, across from Quaker Steak and Lube. These locations were chosen to provide visibility and coverage for the entire downtown area.



Volunteers: Mrs. Listopad, Debbie Anderson, Vicky Ayres, Crystal Potase, and Casey Morton.

HOSA also partnered with St. John's Episcopal Church to set up a cooling station in the Primary Health Network parking lot. It included a shaded chaise lounge, privacy area for nursing mothers, changing table, fans, and ice water.

We arrived at 8:30 a.m. to set-up and we did not stop until 9:30 p.m. when the river lighting ceremony was over. HOSA was designated as the "go-to problem solvers," assisting the WaterFire Staff in handling issues as they arose throughout the day. Laura Beall and Judy Gregg had to



police the parking lot to assure that our ambulances could get in and out in case of an emergency. Laura also directed people so that vendors could

close up their displays and pack their cars. Our own Cori Abbott was chosen to be a torch bearer for the lighting ceremony.

Thirty-five thousand people attended WaterFire. The music was representative of many cultures and included a variety of musicians. Free dance lessons were offered. Artists displayed their talents and sold their wares. WaterFire attendees could contribute to the community art project. There was something to see, hear, taste, smell, or touch at every corner.

The next WaterFire event is September 14 and the theme is WorldFire. Sign up with Mrs. Schliep today to volunteer.



Dock Street Landscaping

by Emma Lash

Our landscaping project at the Dock Street School was a great success. We worked very hard for five hours. Mr. and Mrs. Decker are very pleased with the results. As you can see from the before and after pictures it is looking pretty good. Many thanks to our HOSA members for their hard work: Mrs. Schliep, Debbie Anderson, Megan Patton, Nikki Reda, and Emma Lash. HOSA members extend a special thanks to Mark (Snakeman) Tomack, and Ron (Hedge Trimmer). Hats off to a job well done. Note: HOSA applauds Emma Lash for maintaining the weeding at both school locations.



Congratulations HOSA Graduates! by Jessica Stiffy

After all your hard work and dedication you have finally done it! You are graduating. We are proud of all the Laurel Technical Institute graduates but have a special bond with the grads who took time from their busy schedules to join HOSA. We talked with them to find out what they thought of their experience here at LTI and in HOSA. Here is what they had to say:

Elizabeth Vanditta is in the Medical Assisting program. Her favorite class was Anatomy. She has been a member of HOSA for four semesters. Elizabeth's favorite HOSA event was the pasta dinner. "It was great to see everyone come together and achieve what seemed to be an impossible task," she commented.



Liz chaired several fundraising lunches, participated in the Heart Walk and March of Dimes walk, helped decorate the AWARE shelter, and attended several Lunch and Learn seminars and LTI Family Night, and served on the Masquerade Madness committee. When asked if she thought her participation in HOSA gave her an employment edge, she stated, "I have learned to talk in a professional way to possible employers and it has boosted my self-confidence. Elizabeth has applied to Thiel college to continue her education. Her goal is to become a nurse practitioner.

Emma Lash will be graduating with an associate's degree in Health Information Technology. Her favorite class at LTI was computerized medical billing. Emma has been a member of HOSA for five semesters and her favorite event was the pasta dinner. She has helped with two pasta dinners, and has chaired two semesters of planting flowers and landscaping at the Sharon campus and one semester at the Dock Street campus.



She has participated in egg coloring at the senior citizen home, served as chairperson for t-shirt sales twice, and helped with the senior health fair. She walked in the Veteran's Day parade for Red Cross and has been a contributing writer for *HOSA Happenings*. Emma attended the AWARE seminar, walked in the American Heart Association Heart Walk, and was chosen for the Stat MedEvac Fly-Along. She helped with lunches and flower sales, and sold hearts for the American Heart Association. Emma thinks HOSA has helped her be more outgoing, and she feels that it will help her in the future. Her plans after school are to get a job in coding and billing.

Amanda Bello will be graduating from the Medical Assisting program and her favorite class was clinical.



Amanda has been a member of HOSA for five semesters. Her favorite HOSA event was the Halloween party. Amanda has made gift baskets, solicited donations, helped with the Easter Egg-stravaganza and pasta dinner., and walked in the American Heart Association Heart Walk. We asked Amanda if she thought her experiences in HOSA improved her

professionalism and would help her get a job. She replied, "I think it did because I learned how to work as a team player and get things done on time." Amanda plans after graduation are to get a full time job in her field.

Patti Wolford is in the Health Information Technology program. Her favorite class at LTI was medical terminology. She has been a member of HOSA for four semesters. Patti's favorite HOSA event was competition. Patti made LTI proud by bringing home a state gold medal and a national bronze medal in medical reading. She said,

"Competition was a lot of preparation but was a lot of fun and very rewarding." In addition to competition, Patti also participated in the Heart Walk, wrote a narration for the senior health fair brochure, contributed an article for the current issue of the HOSA newsletter, and attended the AWARE seminar. Patti remarked, "HOSA has helped me professionally. I have learned the formalities of a business meeting and the importance of team playing. It has boosted my self-confidence and has been very rewarding." Patti's plans after graduation are to apply her knowledge and skills in her new career.



We are proud of everyone for working hard and accomplishing your goals. We know everyone will continue to excel in life and wish you the best of luck in everything you do!



*Thank you to
contributors in this
issue:*

*Emma Lash
Jessica Stiffy
Megan Patton
Patti Wolford
Mrs. Melissa Langdon*

We appreciate your efforts!

Get Ready Now to Compete in 2014 by Megan Patton



Now is the time to prepare for the 2014 HOSA leadership conference and competition. It may seem too early, but I know from experience that time flies between your decision to compete and your arrival at the conference. It is not too early to assess your

strengths and the event in which you can apply those strengths.

HOSA's website (www.hosa.org) provides a wealth of information about HOSA. Visit the site and click on the *More* button under the *Compete* headline. In the next screen you will see the words *Competitive Events Resources*. This section provides links to all things competition. To find a listing of events, click on *Competitive Events Guidelines*. Scroll through the sections and read about any and all events that happen to catch your eye by clicking on the event name. Jot down the three events that peak your interest. Be aware that a lot of time outside of regular class work must be dedicated to your preparation for competition. You wouldn't have a picnic without bringing something to eat, would you?

The website provides a clear picture of what is expected in each event, how the event is judged, event dress code, study resources, sample test questions, and topics. The topic may be in the form of a veiled clue if the event is an extemporaneous one. Check that you meet the qualifications to compete by clicking the Competitive Events Resources tab on the HOSA website and on the LTI HOSA Member Fact Sheet posted on our HOSA bulletin board.

I participated in Extemporaneous Health Poster. Winning first place at the State Leadership Conference in Lancaster guaranteed my spot at the 2013 National Leadership Conference in Nashville, where I placed fifth. I am glad I chose to compete. It is something that will stay with me forever. The conferences provided the perfect time to network with current and future professionals who shared my passion for healthcare.

If you have questions, please email me at pattonm@laurel.edu. I cannot wait to hear the events you are considering.

Longietti Lunch & Learn by Tina Currie

Sandra Day O'Connor, the first woman justice to be appointed to the U.S. Supreme Court, once said: "As a citizen [of the United States], you need to know how to be a part of it, how to express yourself--and not just by voting." This view that government should be accessible to and understood by the people is what State Representative Mark Longietti discussed on August 19. He covered the differences between state and federal legislature, membership of the legislature, population-based representation, how government affects everything in the country, and the process of getting a bill passed.

Using a bill that he sponsored as an example, Mr. Longietti walked us through the long, laborious and often frustrating process of passing legislation. The purpose of his education bill was to promote financial literacy in children. He felt strongly that, "If people get to retirement and don't have any assets or savings, and have [incurred] bad debt...it will create serious problems for the government." He explained that teaching children about personal finance, good/bad debt, how to save and manage money is crucial to the health of the country.

With several cosponsors and his party in the majority, Longietti anticipated that his bill would be passed with no problem. The idea is that 'the more people you get to co-sponsor a bill, the best chance it has at becoming a law. The bill was passed in the House, amended and approved in the Senate for approval, but vetoed by the Governor. Its passage looked grim.

Our representative did not lose faith. He rallied a group of House and Senate members to advocate for the bill's passage despite the "lame duck" session. Against all odds, they overrode the Governor's veto and the bill was signed into law. It took almost two years for this to be done.

This Lunch and Learn was fun, informative and memorable, especially for Nicole Reda. Rep. Mark Longietti presented Nicole with a citation from Pennsylvania's House of Representatives for her exemplary academic performance as a HOSA State and National winner in medical spelling.

If you are interested in being more informed about your rights, roles, and duties as a citizen, visit www.icivics.org (a website created by former Justice Sandra Day O'Connor). Questions or concerns about state-related issue can be referred to Rep. Longietti, 2213 Shenango Valley Freeway, Unit 2-E, Hermitage, PA 16148, phone (724) 981-4655.

NETWORKING OPPORTUNITY by Debbie Anderson

On Thursday, July 18, I attended a summer picnic with Mrs. Schliep at the Masonic Lodge Picnic Grounds in Hermitage. It was the annual fundraiser for State Representative Mark Longietti. It was a wonderful opportunity to network with community members and leaders. I was introduced to many and even discussed internship and employment possibilities with a few.

HOSA and the American Red Cross

The LTI HOSA Chapter has chosen to support the American Red Cross for over three years. On August 15, two regional Red Cross directors came to say thank you. They provided a Lunch and Learn opportunity in which participants learned about Red Cross services, health and safety classes, and internship, volunteer, and career opportunities.