SUP Arizona HOSA! We are so proud of everyone that advanced to round two of competition and hoped all Seniors had fun last night at the Senior glow party. We are looking forward to seeing you at the Recognition Session and we hope to see seniors at the Alumni Reception! This week is moving fast so don’t forget to spread some kindness with your kindness cards. These cards don’t have to be shared with just Arizona members so let’s try to spread kindness to each state and country in attendance. We hope you've had an amazing week so far and can’t wait for another great day at ILC!

Make sure to get your friends and advisors to subscribe to the Synapse. Checkout the Arizona HOSA theme for 2019-2020 and read about what to do in Orlando, workshop reviews, ILC special events, daily challenges and much more. In addition, make sure to follow our social media to keep track of the fun activities planned for this week!

Instagram: @AZHOSA
Twitter: @ArizonaHOSA
Facebook: @ArizonaHOSA
SUP HOSA!
We hope you’ve had an exciting day of competitions! If you’re searching for a way to relax after a long day, we recommend visiting the beach closest to the Disney resorts: Cocoa Beach. The scenic waves, beach, and views make up for the hour long drive. In addition, Cocoa Beach Pier has many eateries and shops for you to enjoy during your visit.

Another location to visit is Lake Eola Park, 40 minutes away from the Coronado Springs Resort. While there, you can relax by renting paddle boats, photographing the scenery, going to a concert, or just enjoying the spectacular view of Orlando’s skyline.
FOOD REVIEW

Smoothies

For those who aren't big coffee or tea drinkers, a smoothie may be a better option for you. Flavors vary from mango and wild berry to strawberry banana. These smoothies are great for a quick breakfast and as a cool afternoon treat.

Bagels

Running late, but still need breakfast? Grab a bagel! There's a wide variety of flavors ranging from cinnamon, to “everything”, or a classic plain bagel. You can ask for them to be toasted and served with either butter or cream cheese. Overall, our officers enjoyed the bagels and would recommend them as an item to eat on the run!

Chicken Fingers and Chips

Not super hungry, but your advisor is making you eat? Check out the to-go area in the Mercado Market! Grab a tray of chicken fingers and chips. It's small and light on the stomach. Add a little ketchup and VOILA, you have a meal that will make your advisor smile! It's easy to take along with you on the go as well!
Day 4 of HOSA puns is officially here! Remember, pun submissions are bolded. See if your puns made it on our list!

Post your favorite puns with the hashtag #supazhosa, and yours may be featured in our next edition!

If you don’t mind, stimulate your brain at the educational symposiums today! They run from 8am - 2pm.

Hungry for some social interaction and a light snack? All seniors are welcome to attend the Alumni Reception today at 5pm.

Please acknowledge that the recognition session is tonight at 7:30 pm in the Veracruz room.

There is a hands-on suturing lab today from 9:30 am - 11 am at the Yucatan 1 & 2 rooms. If you do not wish to attend, suture self.

I strongly advise all the new advisors to attend HOSA U 401 in the Monterrey 2 room from 8:30 am - 12 pm.

Learn the cutting truth about anatomy by attending the Anatomage 3D Virtual Cadaver Dissection in the Coronado C room from 2 - 3 pm. (This is only for advisors).

ILC you all tomorrow!
DISNEY WORLD

WHEN WE WERE KIDS WE USED TO SIT IN FRONT OF THE T.V. AND WATCH THE FICTIONAL CHARACTERS “WOODY” AND “BUZZ LIGHTYEAR” HOPING THAT OUR TOYS WOULD COME TO LIFE TOO. ONE OF OUR FAVORITE RIDES IN DISNEY WORLD FEATURES ONE OF THESE LEGENDARY CHARACTERS? BUZZ LIGHTYEAR IS THE HERO IN “BUZZ LIGHTYEAR’S SPACE RANGER SPIN” AND IN ORDER TO BECOME A “GALACTIC HERO”, YOU MUST SCORE 900,000 TO 999,999 POINTS.

GOOD LUCK!

UNIVERSAL STUDIOS

THERE ARE MANY GREAT RIDES AT UNIVERSAL THAT ARE CONSTANTLY BEING UPDATED. EVERY RIDE AT UNIVERSAL HAS BEEN CHANGED EXCEPT FOR THE E.T. RIDE, EARTHQUAKE ATTRACTION, AND HORROR MAKE-UP SHOW. THESE RIDES HAVE BEEN UPDATED WITH NEW TECHNOLOGY, BUT STAY TRUE TO THEIR ROOTS. THE RIDE THAT HAS CHANGED THE MOST IS THE EARTHQUAKE ATTRACTION. THIS IS BECAUSE UNIVERSAL DECIDED TO TAKE OUT THE PRE-RIDE DEMONSTRATIONS FROM THE 1974 MOVIE “DISASTER!” AND ADD NEW EVENTS INSTEAD.
MOVIN' ON TO ROUND TWO

Congratulations Arizona!

**Biomedical Laboratory Science**
- **Adrian Kwiatkowski** - Red Mountain

**Creative Problem Solving**
- **Jimani Cardenas, Jenny Nguyen, & Philana Nguyen** - Desert Edge HS
- **Anya Chaudhry, Jessica Condon, Alexandra Rodriguez, & Meiven Yang** - Desert Vista HS
- **Sophia Marcinowski, Corinn Olson, Jessica Williamson** - Mountain View HS - BIO

**CERT Skills**
- **Koreanna Aguirre & Nate Miller** - Andrada Polytechnic HS

**Healthy Lifestyle**
- **Reagan O'Rourke** - Queen Creek MS

**Home Health Aide**
- **Courtney Davis** - GIFT
- **Kassandra Garcia** - Glendale Union HS

**Medical Assisting**
- **Sophia Marquart** - West-MEC
- **Rachel Howard** - West-MEC
- **Deziray Wheeler** - CAVIT

**Medical Innovation Original**
- **Alexxis Quilliam, Amber Smith, Taylor Smith, & Sara Taut** - Verrado HS

**Clinical Nursing Health Professions**
- **Kate Baker** - Saguaro High School

**Pharmacy Science**
- **Tyanna Almarz** - West-Mec NE
- **Harshita Bellad** - West-Mec NE
- **Haley Outhenthapanya** - West-Mec NE
MOVIN' ON TO ROUND TWO

Congratulations Arizona!

Nursing Assisting Health Professionals

Vivian Dole-Vy - Saguaro High School
Moriah Guy - GIFT - PS
Jayden Orr - Basha High School

HOSA Bowl

Amrit Ammanamanachi - ASU - Tempe
Dean Drake - ASU Tempe
Adam Khan - ASU Tempe
Kira Perry - ASU Tempe
Zoe Danielson - Paradise Valley CREST
Mac Mcgraw - Paradise Valley CREST
Riley Reed - Paradise Valley CREST
Isabella Santoni - Paradise Valley CREST
Geethika Ameneni - Red Mountain HS
Riley Drayna - Red Mountain HS
Eliseo Gomez - Red Mountain HS

Emergency Medical Technician

Adam Ramirez - EVIT PS
Dakota Varela - EVIT PS

Katarina Clardy - EVIT PS
Tessa Mackiewicz - EVIT
Sierra Moores - EVIT
Rebecca Beard - GCU
Jared Taillon - GCU

Sport's Medicine

Hallie Powell - Lee Williams HS
Kylie Hoobler - Campo Verde HS

Health Career Photography

Melina Miranda - West-Mec SW

Parliamentarian Procedure

Tiffany Barallardos - Douglas HS
Pamela Duarte - Douglas HS
Frida Gracia - Douglas HS
Camila Ruelas - Douglas HS
Tracy Tran - Douglas HS
Luis Flores - Douglas HS
Bryan Guitierrez - Douglas HS
MOVIN' ON TO ROUND TWO

Congratulations Arizona!

Public Service Announcement
Matthew Miranda - Millennium HS
Macie Noell - Millennium HS
Tena Christian - Millennium HS

Physical Therapy
Mario Hernandez - Dysart HS
McKayla Wilson - GIFT PS

Emergency Medical Technician
Adam Ramirez - EVIT PS
Dakota Varela - EVIT PS

STRENGTH
UNITY
PASSION
ARIZONA HOSA
HUMANS IN SPACE: NEW FRONTIER FOR MEDICINE

Dr. Saralyn Mark was thrilled to speak about the many changes the human body endures when traveling to space. She is the author of the book, Stellar Medicine. She highlighted the differences between the male and female bodies as they travel into space. Did you know the hormone estrogen dilates your blood vessels, whereas testosterone causes them to constrict?
Brian Adkins shared insights with members on what it is to be a Neurodiagnostic Technologist. Essentially, a Neurodiagnostic Technologist uses special equipment in order to register the normal and abnormal electrical activities that happen in the nervous system. By recording the electrical activities of body parts such as the brain, heart, eyes, and limbs doctors can diagnose conditions such as epilepsy, seizure disorders, degenerative brain disease, and others. Some of the exams that they perform include electroencephalograms, polysomnographs and evoked potential studies others.
The weather forecast, predicts a high of 92 degrees and a low of 76 degrees. There is a 20% chance of precipitation with 60% humidity.

Tips for the day:
1. If you’re outside, make sure to wear sunglasses.
2. Carry deodorant in your backpack and reapply throughout the day.
3. Don’t forget to carry around your mini fan!