This month, Arizona HOSA would like to recognize the outstanding chapter leaders that attended the Fall Leadership Conference! Introducing the outstanding chapters that attended the FLEX!!! Over 2800 HOSA members and advisors participated in the conference from the following schools.

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<tr>
<th>Agua Fria HS</th>
<th>Dysart HS</th>
<th>Millennium HS</th>
<th>Rio Rico HS</th>
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<tr>
<td>Bradshaw Mt. HS</td>
<td>EVIT - EAST</td>
<td>Mohave HS</td>
<td>San Luis HS</td>
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<td>Buckeye HS</td>
<td>EVIT</td>
<td>Monument Valley HS</td>
<td>San Tan Foothills HS</td>
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<td>Buena HS</td>
<td>Estrella Foothills HS</td>
<td>Mountain Pointe HS</td>
<td>Sandra Day O'Connor HS</td>
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<td>Canyon del Oro HS</td>
<td>Flagstaff HS</td>
<td>Mountain Ridge HS</td>
<td>Shadow Ridge HS</td>
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<td>Casa Verde HS</td>
<td>Ganado HS</td>
<td>Mountain View HS</td>
<td>Sierra Linda HS</td>
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<td>Catalina Foothills HS</td>
<td>Gila Ridge HS</td>
<td>NAU</td>
<td>Sunrise MT. HS</td>
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<td>CAVIAT - Med PRO</td>
<td>Glendale Landmark MS</td>
<td>Newell Barney MS</td>
<td>Tempe HS</td>
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<td>Centennial HS</td>
<td>Glendale Union HCE</td>
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<td>Chino Valley HS - SM</td>
<td>Kingman HS</td>
<td>Paradise Valley CREST HS</td>
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<td>Cochise County JTED</td>
<td>Kofa HS</td>
<td>Paradise Valley HS</td>
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<td>Combs HS</td>
<td>La Joya HS</td>
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<td>Coolidge HS</td>
<td>Lake Havasu HS</td>
<td>Payson HS</td>
<td>West-MEC SW</td>
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<td>Copper Canyon HS</td>
<td>Lee Williams HS</td>
<td>Perry HS</td>
<td>West-MEC NE</td>
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<td>Deer Valley HS</td>
<td>Marcos de Niza HS</td>
<td>Pima County JTED</td>
<td>Westview HS</td>
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<td>Desert Edge HS</td>
<td>Mesa HS</td>
<td>Queen Creek HS</td>
<td>Willow Canyon HS</td>
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<td>Desert Vista HS</td>
<td>Mesa Mountain View HS</td>
<td>Queen Creek MS</td>
<td>Winslow HS</td>
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<td>Dobson HS</td>
<td>Mountain Institute JTED</td>
<td>Red Mountain HS</td>
<td>Youngker HS</td>
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Thank you to all the members and chapters that attended FLEX in Phoenix. We are also thankful for all the chapters that brought cans to donate to St. Mary's Food Bank! We appreciate your support! The State Officer team can't wait to see the same enthusiasm at SLC!!!
Mountain Ridge High School’s Project Lead the Way Biomedical Innovation/ HOSA

Mountain Ridge High School’s Project Lead the Way Biomedical Innovation/HOSA students took their four years of critical thinking, experimental investigation and problem solving skills outside of the classroom in November. The fourth year students, who are also HOSA members served as citizen scientists to collect photographic evidence for the Accessing Drinking Water in Schools Research Project from The University of California Nutrition Policy Institute.

Mountain Ridge is one of thirteen schools nationwide selected by American’s Tooth Fairy: National Children’s Oral Health Foundation to participate in this study. We are the only school in Arizona selected.

Students received webinar training from the principal researchers to properly document and collect photographic evidence of drinking water at four schools in our area: Mountain Ridge High School, Hillcrest Middle School, Sierra Verde STEM Academy and Terramar School. Researchers hope to use the evidence to shape policy to improve free drinking water access for school age children.

Students in photos: Darien Colley, Inanna Nissan, and Sarah Walls. Advisor Kim Rodgers
Valley High School Celebrates National HOSA Week
Friday Custodian Appreciation Day!

Valley High School HOSA, Sanders, AZ would like to share the event our HOSA chapter did. This week we held our HOSA Week here at Valley High School. The National HOSA Week was last week; we moved our week to this week to accommodate Native America Week (last week).

This morning Shanika A. (HOSA Vice-President), Cheyenne M. (Secretary), Asyalie F. (Treasurer), and myself presented gifts of appreciation to our VHS Custodians: Evelyn and Vicki for their work and keeping our school/classrooms clean. HOSA Week--Friday Custodian Appreciation Day!

Thank you for your support,
Mrs. Eutanya Yazzie
Valley High School HOSA
High School Heroes Challenge Winners!

And now, to announce the winners. Winners were determined based on school size. There is a first, second and third place based on registrations only. Honorable mentions were determined by pledge forms collected. The first place winners in each category will win a pizza party for their HOSA chapter and will be presented a trophy at the 2017 Spring Leadership Conference in April. Second place, third place and honorable mentions will be recognized at the conference.

**Large Schools:**
1st place: Dobson High School
2nd place: Sierra Linda High School
3rd place: Copper Canyon High School
Honorable mention: Buena High School

**Medium Schools:**
1st place: Sunrise Mountain High School
2nd place: Buckeye Union High School
3rd place: Dysart High School
Honorable mention: Estrella Foothills High School

**Small Schools:**
1st place: CAVIT Schools
2nd place: San Luis High School
3rd place: Cochise County JTED - St. David High School
Honorable mention: Cochise County JTED - Benson High School

Congratulations!! I will be contacting the first-place schools to arrange their pizza parties.

Thank you for helping to save & heal lives!

Ashley Espinoza
Project Coordinator
Donor Network of Arizona
602.222.2481
This month, Operation Recognition is recognizing one of Arizona HOSA's Past State Officers, Katy Marie Becker. She served as the Secondary Vice President for the Central Region from 2009-2010 and President from 2010-2011. She is a graduate of ASU College of Nursing. Katy-Marie Becker, BSN, RN is the Interim Clinical Education Specialist, Behavioral Health, BTMC, a Clinical Instructor and HOSA Advisor at Glendale Union High School District HCE, and serves as the Secretary, AzHOSA Advisory Board of Directors.

**How has HOSA helped you in your current career?**

HOSA and being a state officer is the reason I have my career. When I interviewed for my position, the unit I interviewed with was hesitant to hire a new graduate RN. However, they saw the leadership and teamwork experience I had gained with HOSA as a state officer and decided to take a chance on me. The leadership and teamwork skills that HOSA cultivated in me, has allowed me to perform in several different roles as a nurse, especially considering I have been a nurse for only 3 years. Being involved in HOSA has also allowed me to explore my other passion: teaching. When I reconnected with my high-school advisor at a HOSA event and found out they needed a clinical instructor and advisor at my old program, I jumped at the opportunity. I never would have even had that opportunity if I had not continued to be involved with HOSA.

**How much would you attribute your success to HOSA?**

I would attribute a great deal of my success to HOSA. I feel that I already had leadership, teamwork, and public speaking skills. However, they were raw and
unpolished. HOSA really built upon those skills. HOSA also gave me opportunity to network, travel, and build references.

**Given the opportunity would you be a state officer again?**
Of course! The experiences I have had and the people who are now in my life because of HOSA have changed me for the better and to undergo that experience again would be awesome!

**How has HOSA changed your life?**
In so many ways! It has given me opportunities I never even imagined. It has led to me getting jobs, networking, and building upon my leadership skills. HOSA helped me a lot but the people who make up the organization have had the greatest impact. The advisors who mentored me, the fellow members who motivated me, my fellow state officers who pushed me and inspired me, and most recently my students who inspire me, make me proud, and reassure me for the future of health care. It is the compassionate, intelligent, motivated, and talented people who make up HOSA that have had the greatest impact. HOSA changed me, and I couldn't be more thankful!

**Do you stay in touch with your fellow Past State Officers (PSO)?**
Yes, I do. I stay in touch with my past advisors, HOSA members, and PSOs- often through social media. I still see many of them at HOSA events and have developed lasting friendships with them. I love to see all the successes they have and adventures they go on!

**How did being a State Officer change your life?**
So much of the beginning of my HOSA journey is tied into being a state officer. The traveling I was able to do, the people I met, networking I did, and the experiences I gained. I really don't think I would be where I am today if I was not a state officer for two years. A lot of that has to do with the experiences but more of it has to do with my wonderful advisors and the impact they had on me.
Hello Arizona HOSA members! I’m your Parliamentarian Gregory Carnesi, and this is yet another edition of Parli Pro Tips! Previously we’ve discussed secondary motions and their applications. Today, we’ll be covering committees and referring motions to them. So without further ado, I call this edition to order!

Committees are specialized groups within your assembly that have a certain purpose. For example, the motion on the table is for chapter to host a car wash, and in debate you quickly find that there are too many details to reasonably discuss in your meeting. When and where will it be? Who will be there? Who’s going to bring items like hoses and sponges? Is it a fundraiser or a charity event? Your chapter can spend hours debating these details, or you can be more efficient by moving to commit (or refer) the motion to a committee. Committees meet by themselves to discuss all of these details, and then bring their recommendations back to the assembly for approval. There are two types of committees, being standing committees, and special committees.

Standing committees are made with a lasting function in mind. Examples of standing committees would be fundraising or community service committees, as these committees can organize any fundraising or community service event your chapter decides to host. Members of a standing committee typically serve as long as officers, and are typically selected based on your chapter’s bylaws. This means that methods of selection may vary depending on your chapter. Normally, they are appointed by the president at the start of their term, or voted on at the same meeting as your officer election. To refer a motion to a standing committee, a member should gain recognition from the chair during debate and say something along the lines of, “I move that the motion be referred to the community service committee, and that the committee be instructed to report at the next meeting.”

Committing a motion to a special committee is a similar process, and only differs in the type of committee that the motion is being referred to. Special committees have a specific purpose, and are disbanded once that purpose is fulfilled. A special committee is created by the motion to refer a motion to a committee, compared to a standing committee which already exists when a motion is referred to it. Members of a special committee are chosen either by the presiding officer, or by including the names of the
members in the motion to refer. To refer a motion to a standing committee, a member should gain recognition from the chair during debate and say something along the lines of, “I move to refer the motion to a special committee, the chairman to be Mr. Washington, with six additional members to be chosen by the president, and to instruct the committee to report at the next meeting.” As previously stated, the members of the special committee can be included in the main motion, making it look like this, “I move to refer the motion to a special committee, the chairman to be Mr. Washington, with the members being Mr. Jay, Mr. Hamilton, Mr. Jefferson, Mr. Madison, Mr. Marshall, and Mr. Knox and to instruct the committee to report at the next meeting.”

The motion to refer is typically a secondary motion, meaning that it can only be brought up in debate. The motion is debatable, with debate being about whether or not the motion should be referred to a committee or the details of the referral, such as what committee or when to report. During debate of a motion to refer, you can only discuss matters related to the referral, and you may not debate the merits of the main motion itself. The motion to refer requires a majority vote to pass, and is able to be amended to change any instructions to the committee, or to change the members of the committee in the case of special committees.

While this isn’t typically how I end editions of Parli Pro Tips, I’d like to wish everyone a Happy Holiday! I hope you all enjoy spending time with your friends and families as you come together to celebrate the holidays and New Year. I’ll see you all in 2017 – 2016 is adjourned!