

A fluorescence microscopy image of neurons. The neurons are stained with a green fluorescent marker, highlighting their cell bodies and extensive branching processes. Several neurons also exhibit red fluorescent staining, likely indicating specific organelles or markers. The background is dark, making the glowing structures stand out.

Volume 9 Issue 8

AzHOSA

S Y N A P S E



MIDDLE SCHOOL HOSA!

NEW MIDDLE SCHOOL CHAPTERS

2 New Schools Have Joined

It is Exciting to see Arizona HOSA Expanding!

Welcome Peoria Jr High and Glendale Landmark. Arizona HOSA is proud to have 2 new schools join our Middle School Division. It is important to raise the young generation of health professionals. The middle school division introduces students to HOSA at a young age so that they can be on the Front Line of Health. We hope to see more and more middle school chapters join Arizona HOSA. Maybe your high school can reach out to a middle school near you!

Remember to Register For Chapter Leadership Camp before September 10th

Chapter Leadership Camp is coming soon, it is September 28, 29, and 30, 2017. Chapter Leadership Camp Registration is already open. All attendees must be registered. Please include any food allergies with registration or the camp will not make accommodations.

Click here for more information, a video, agenda, flyer, registration form, PO worksheet, medical liability form, and the student code of conduct.

COMPETITIVE EVENT VIDEO CONTEST

WANT TO WIN FRONT SECTION SLC SEATS?

Make a video to help explain a competitive event

Your Arizona HOSA state officers are excited to announce our first Competitive Event Video Contest! With so many different competitive events offered, it can be challenging to choose what to compete in. Your state office team hopes that this competition will make that decision process easier. Should your chapter

decide to participate, you may choose one or more competitive events to create a video about. Each submission should explain how a chosen competitive event runs and summarize the online event guidelines in an informative and engaging video; make sure to get creative! All videos will be judged with the rubric below, and some submissions

will be uploaded to our official AzHOSA social media accounts. The chapter that creates the best video will be given front section seats at both the opening and closing sessions of this year's Spring Leadership Conference! Please do not hesitate to contact a state officer if you have any questions. Good luck!



ABIGAIL OVERMYER

SEPTEMBER PAST STATE OFFICER INTERVIEW.
ARIZONA HOSA'S 2016-2017 REGION 3 VICE PRESIDENT

What has been your greatest benefit through HOSA?

HOSA has given me so many benefits, it's hard to say what the greatest is. On a personal level, I would say that HOSA has given me confidence. Not only have my public speaking skills improved, I am also more confident when applying to new opportunities. On a professional level, HOSA has allowed me to better understand what I want out of a career, and also shown me how to achieve my goals.

What HOSA experience has left the strongest impression on you?

ILC in Nashville left a very strong impression on me. The sheer number of members present and how much energy every single one had for HOSA really was a mind boggling experience. That conference made me feel like a part of something, and I met so many new people and had so many new experiences while there.

Was the process of getting to the Public Health Seminar difficult?

Not at all! The application is handled through StemPremier, and most of the application is your StemPremier profile. You need two letters of recommendation, a resume, and a cover letter in addition to filling out your profile. I was also fortunate enough to be given a scholarship to help fund the trip.

What was something you learned after visiting the Surgeon General?

Meeting the Acting Surgeon General, Rear Admiral (RADM) Sylvia Trent-Adams was an experience I will never forget and will never stop being amazed by. RADM Trent-Adams is

an extremely inspiring and intelligent woman. Of all the stories she told us, I think the best pieces of advice came when she told us two things: we can still be successful if we get B's, and also that if you let everyone else's opinions get in your head, those voices will close new doors for you.

What are your career goals?

My career goals are actually a little mixed at the moment. I want to be a neonatologist, but after attending the Public Health Leadership Scholars program. I am starting to consider veterinary school as an option as well.

What was your position(s) during your term as a state officer and what were your responsibilities?

I was the 2016-2017 Region Three Vice President. My responsibilities included chapter visits, attending HOSA conferences, working on monthly assignments, and serving the members of Arizona HOSA as best as I could.





CONFIDENCE AND OPPORTUNITIES

WHY DID YOU JOIN HOSA?

I joined HOSA my senior year of high school. I was enrolled in a Health Careers Education class that allowed me to earn my CNA certification. HOSA was co-curricular with the class, but I had no idea when I joined that HOSA would open up so many doors for me.

WHAT WOULD YOU SUGGEST TO SOMEONE CONSIDERING STATE OFFICE?

Being a state officer was one of the most incredible experiences of my life. If you have even a passing thought that you might want to be a state officer, definitely go for it. It was difficult for me to take so much time from school and work during the term, but it worked out as it taught me how to manage my time, which is a skill you'll need for your entire life.

AS A COLLEGE STUDENT DO YOU HAVE

ANY ADVICE FOR POST SECONDARY STUDENTS?

In college, what you put in determines what you get out of it. This is true of your grades and your extracurriculars. My recommendation for new college members is to remember that balance is the key. When it comes to participating in HOSA, balancing time and resources is what will be required for a successful chapter.

WHAT DO YOU DO OUTSIDE OF HOSA?

I am going into my sophomore year at Arizona State University, studying Biological Sciences. I also play the violin, and next year I will be playing with the ASU Philharmonic Orchestra. In my remaining time outside of school, I work part-time at McDonald's and volunteer in the Bottle Baby nursery at the Arizona Humane Society.





Symptoms of Success

With the school year beginning once again, many members may find themselves under stress. Between academics, extracurricular activities, jobs, and life, it can sometimes feel challenging to balance everything and maintain a healthy mental state. We want you all to not only be successful in your HOSA pursuits but in everything you do. Learning these skills will be vital for your future careers. HOSA gives you an advantage learning this skills young, so that you can be on the "Frontline" of health when you enter your fields. These skills can be difficult to learn though. Fortunately, this article shares several helpful tips which can be used to alleviate stress and work well under pressure. Click the picture above for the article.

Practice areas



Take assignments one baby step at a time. Imagine a set of flashcards. Each has a new term written on it. Instead of trying to tackle a paper with all the new vocabulary, you must break it down and learn one card at a time.



Stay balanced during exam periods. As contradictory as it sounds, during busy times relaxation is even more necessary. Think of a scale. You can place a lot on one side, but if one side weighs too much, the whole thing will topple.



Take time for self-care. For this one, imagine a small tool box. In this tool box is first aid and food. In times where your are working at your hardest, you will also need time to recover. Taking care of yourself will allow you to work even harder.



Learn to change your thinking. It is important to keep an open mind. Finally, visualize a sign with directions to different places on it. Think positively and to the future - think of the destination and plan ahead.

SCHEDULE A CHAPTER VISIT

ADVISORS PLEASE SCHEDULE CHAPTER VISITS

Get to know about HOSA from your State Officers

Chapter visits are a wonderful way to get your chapter introduced to Arizona HOSA and familiarized with all of the opportunities and benefits HOSA has to offer! It does not matter if your chapter is located on the border of Arizona or is in the heart of Phoenix, your state officers are willing to make the trip and speak to your members! If you want to schedule a chapter

visit all you have to do email azhosa@gmail.com or one of the Arizona HOSA state officers (contact information can be found at www.azhosa.org under the "governance" tab). We can not wait to hear from you! Thank you to the following chapters for being the first to schedule chapter visits this year!

Bradshaw Mountain High School
Bisbee High School
Glendale Union HCE
Mesa High School
Mountain View High School
Paradise Valley High School
Pima County JTED
Red Mountain High School
West-MEC NE
West-MEC NW
West-MEC SW





Webinars

THE 2017-2018 WEBINARS ON FACEBOOK LIVE

Your state officers will be hosting 4 helpful webinars

Facebook Live has a great platform for webinars, make sure to take advantage of this during the upcoming webinars!

"Live lets people, public figures and Pages share live video with their followers and friends on Facebook. Live is available to all Pages and profiles on Facebook for iOS, Android, and Facebook Mentions.

The video will be published to the Page or profile so that fans and friends who missed it can watch at a later time. The broadcaster can remove the video post at any time, just like any other post.

Videos will appear in News Feed and on the broadcaster's Page or profile while they are live. Once a broadcast has ended, live videos are eligible to show up everywhere that other videos appear. "

When we are recording our Facebook Live Webinars we will be able to communicate with you and vis versa!

The following is a list of the webinars, dates and topics planned for the year. They will have plenty of important information for upcoming events. If you tune in we will be able to answer any questions.

On September 1st, 2017 we will hold a **Pre Chapter Leadership Camp webinar**. This will be hosted by your Region 2 Vice president, Marissa Bower, and your Region 1 Vice President Angelique Manriquez. Topics that will be covered range from what to bring, to what to expect. Additionally, the different teams based off of the color groups will be explained. We also plan on giving you a heads up on what to expect for the conditions.

On October 20th, 2017 we will hold a **Pre FLEX webinar**. This will be hosted by your Secretary, Gregory Carnesi, your Parliamentarian, Ryan O'Hara, and your Historian/ Reporter, Alexandra Rolfness. We will explain how the ticket session will work, what to wear, and how parking will work. We will also go over popular session, and talk about any of the special attractions, and entertainment after the conference. We will also mention the upcoming Online Testing.

On January 5th, 2018 we will hold a beginning of the **New Year webinar**. Topics will range from how to run for state office, to online testing, scholarship applications, and even the competitive event videos contest results.

On March 24th, 2018 we will hold a **Pre SLC webinar**. This will be hosted by your President, Elizabeth Church, and your Region 4 Vice President, Kaylyn Petersen. We will cover everything SLC from, schedule, venue, dress code, wave system, business session, entertainment, ILC qualifications, winner's meeting, and more!

We hope you tune in and watch these webinars!



Instagram

Please follow us at our Instagram. Our user name is @azhosa.



twitter

Please follow us at our Twitter. Our user name is @Arizona HOSA.



Please follow us at our Facebook. Our user name is @Arizona HOSA.

Your 2017-2018 State Officer team recently attended the ASAP Parliamentarian Conference in Prescott



Interested in joining Parliamentarians around Arizona? [Click here!](#)

PARLI PRO WITH RYAN O



LEARN ABOUT PARLIAMENTARY PROCEDURE

With your AzHOSA Parliamentarian



Previously on Parli Pro with Ryan O

- ~ Motions are used to bring business before an assembly, allowing your chapter to make decisions.
- ~ Before a motion can be debated, it must be moved and seconded. A second indicates that another member wishes to discuss the motion, not that they necessarily agree with it.
- ~ Proper phrasing is essential when making motions! To see a complete list of the wording to be used during every step of a motion, refer to the August edition of "Parli Pro With Ryan O."

Hello Again, Arizona HOSA!

Welcome to this month's edition of "Parli Pro With Ryan O!" Once again, I am your state parliamentarian, Ryan O'Hara. This monthly series aims to teach each and every member the ins and outs of parliamentary procedure through short, easily understood articles. Without further ado, I call the third session of "Parli Pro With Ryan O" to order!

In last month's article, we discussed the necessary steps that needed to be taken in order to allow a HOSA chapter

to take a field trip to the Moon

However, while that motion was passed without any dissent or discussion, chapters may find that different members have contentious viewpoints when attempting to pass more controversial motions. This is where debate comes in. Debate, quite simply, is a

discussion of the pros and cons of a specific motion; during debate, each member can express their views on a topic, and can attempt to sway other members to their side. However, as anyone who's ever been in an argument before knows, debating a topic can occasionally get heated. For this reason, there is a very specific set of rules in place to make sure that **parliamentary procedure debate can occur without verbal violence.**

On any particular motion, each member may only speak two times for up to 10 minutes each time (unless your chapter has already set other rules). This allows multiple members to state their views, and prevents a single member from monopolizing debate time. It's important to note that you cannot save or transfer time between your two discussion periods; if you only talk for 5 minutes your first time, you cannot talk for 15 minutes the second time. Unlike the process used in Congress, you may also not transfer your extra time to another member.

Before speaking during debate, a person must be recognized by the chair. In order to be recognized, you must simply stand and address the chair.

Robert's Rules also prevents people from queuing to speak; you must wait until the previous person is done speaking before trying to take the floor.

However, just to make things more complicated, there are three exceptions to the rule that the person who stands to be recognized is allowed to speak next.

1. The maker of the motion is given priority speaking status on their motion one time, even if there are other members standing to be recognized.

2. Someone who has not yet spoken on a motion will be allowed to speak before someone who has already spoken once.

3. In general, contentious viewpoints should bounce back and forth across the floor. If someone who supports a motion was the last person to speak, someone against the motion should generally be allowed to speak next.



What happens if we get distracted?

WHAT DOES GERMANE MEAN

And how can you determine germaneness in discussion

There's certainly a lot of rules regarding the order in which people speak, which can definitely make debate seem a lot more complicated than it needs to be. As a bottom line, the next person to speak is the first person to be recognized after the previous speaker has yielded the floor.

Once you've been recognized, it is important that your debate remains germane. Germane debate is debate that is on topic.

For example, if your chapter is debating whether or not to take that field trip to the Moon, it wouldn't be germane to start discussing your seven new puppies. Even if the puppies are adorable, such

debate would be considered out of order.

It is also important that all debate attacks the topic of discussion, not the opposing speaker. Ad hominem, a logical fallacy in which another person is verbally attacked during a debate, is strictly against the rules and can prevent debate from running smoothly. No matter how strongly you may feel about an issue, insulting another person almost always leads to arguments or hard feelings. In order to prevent debate from getting personal, impersonal and direct statements should be used. When speaking about another member, the speaker should address their statement at the chair. For instance, instead of

“ “ *When moving the previous question, you end all debate on the current topic.* ” ”

WHAT DO YOU DO WHEN PEOPLE WONT STOP TALKING

This is a special kind of motion that can close debate

saying that they “think Lizzie’s point is terrible,” they would say “Madame President, I disagree with the previous speaker’s point.” In general, showing respect to your fellow members is the best way of making sure debate runs smoothly.

Outside of the rule preventing members from speaking any more than twice for 10 minutes each, there is no limit on how long a motion may be debated. If many members decide to talk for the maximum period of time, debate can go on for a very. Long. Time. As such, it can sometimes be helpful to limit debate. In order to limit debate, a motion must be made and passed with a 2/3rds vote. Limiting debate can take many forms: members can limit the amount of time each member can talk, set a maximum period of time that the debate can be discussed, etc. Debate limits can also be extended through the same process. Any

combination of limits or extensions is allowed, so long as said changes are voted in by a 2/3rds majority. However, it is important to note that a motion to limit or extend debate can only be amended (more on that next month), not debated.

But let’s say that your chapter has been discussing taking a field trip to the Moon for the past five hours. You’re getting tired of hearing about space and rocket ships and chapter funds, and want to stop all discussion on the motion. What can you do? You can move the previous question! When moving the previous question, you end all debate on the current topic. Much like extension or limitation of debate, the previous question cannot be debated, and must be passed with a 2/3rds vote after gaining recognition from the chair. Speaking of, I move the previous question to end this article of “Parli Pro With Ryan O.”





NEW AzHOSA STATE ADVISOR

Please Help us Welcome Mr. Aden Ramirez

Email: aden.ramirez@azed.gov

Office Phone Number: (602)542-5770

Direct Phone Number: (602)228-5281

JOIN THE



HIGH SCHOOL
HEROES
CHALLENGE

OCTOBER 2017

HOST AN ORGAN
DONATION REGISTRATION
DRIVE AND COMPETE
AGAINST OTHER HOSA
CHAPTERS TO COLLECT
THE MOST
DONOR REGISTRATIONS!

CHOOSE ONE OR TWO WEEKS
IN OCTOBER TO HOLD YOUR
REGISTRATION DRIVE.

REGISTER PEOPLE AT SCHOOL,
IN YOUR COMMUNITY,
ONLINE, WHEREVER!
THE WINNING CHAPTER
EARNS A PIZZA PARTY
AND TROPHY!

DONOR NETWORK OF ARIZONA PROVIDES EVERYTHING YOU NEED TO COMPETE,
INCLUDING AN ONLINE TRAINING SESSION, PROMOTIONAL ITEMS AND T-SHIRTS.



**FOR MORE INFORMATION OR TO ENTER YOUR CHAPTER
IN THE CHALLENGE, VISIT HIGH SCHOOLHEROES.ORG.**



Mayo Clinic School of Health Sciences and Clinical & Patient Education
Cordially invite Mayo Clinic Employees, their Family members
and High School and Community College students to a

HEALTH CARE CAREER OPEN HOUSE



SATURDAY, SEPTEMBER 16, 2017

10:00 AM – 2:00 PM

MAYO CLINIC EDUCATION CENTER JUANITA KIOUS WAUGH AUDITORIUM

5777 E MAYO BLVD, PHOENIX, AZ 85054

Representatives will be available to discuss the following allied health professions:

- > Biomedical Informatics
- > Central Service Technician
- > Diagnostic Medical Sonography
- > Echocardiography
- > Electroneurodiagnostic Technologist
- > Health Information Management
- > Histology
- > Medical Laboratory Science
- > Nursing
- > Phlebotomy
- > Occupational Therapy
- > Perioperative Nursing
- > Pharmacy
- > Physical Therapy
- > Polysomnography Technology
- > Radiography
- > Respiratory Care
- > Surgical Technician

Please RSVP to Judy Cimochofski at mcamshs@mayo.edu

Suggestions or Questions For Future Articles?

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