

JUNE 18

2019

SYNAPSE

ARIZONA HOSA



WEATHER FORECAST
FOR FLORIDA

WELCOME TO ILC

WHERE TO EAT

W E L C O M E T O I L C !

SUP Arizona HOSA! Welcome to the International Leadership Conference! We hope all of you had great flights to Orlando and are excited for this week. It is going to be filled with different networking and leadership opportunities, so make sure to take advantage of it. Your state officer team will be working hard to keep you updated this week with what is taking place at ILC through our synapse. We hope you got some rest last night and start getting excited for the Opening Session!

Members, make sure to get your advisors, friends, and family to subscribe to the Synapse so they can keep up on all thing relating to ILC and read many of our exciting articles. We will also be releasing the 2019-2020 Arizona HOSA Annual Theme via the ILC Synapse. In addition, make sure to follow our social media in order to keep track with some of the fun activities that we have planned for the week!

INSTAGRAM: @AZHOSA

TWITTER: @ARIZONAHOSA

FACEBOOK: @ARIZONA HOSA

We are excited for this week and will see you all at
Opening Session!

KINDNESS CARD CHALLENGE



In order to show the rest of HOSA what Arizona has to offer, we are implementing our Kindness Card Challenge for the first time at this International Leadership Conference! Your advisors were given multiple business cards with a specific act of kindness written on the back of it. Your mission, if you chose to accept it, is to perform the act of kindness on the card and spread the kindness by giving the card to someone else. Make sure to suggest that they also perform the same action on the card to someone else.

Check out your bag of pins to find them!

Studies show that doing something nice for someone else is an effective way to increase someone's happiness.

These kindness cards are a fast, yet impactful way to accomplish this. When you are trading pins this week, take an opportunity to use your kindness cards. We want every attendee at ILC to get their hands on at least one card by the end of the conference! We can accomplish this if we all take part, one act of kindness at a time.

Let us know your progress by tagging us with the hashtag #supazhosa. For your convenience, we linked our social media to the back of each card.



PUNS FOR FUNS

Greetings Arizona HOSA, and welcome to the 2019 International Leadership Conference! Your state officer team loves puns, and we would like to share our favorites each day. For your convenience, each pun will be bolded.

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



We hope your travels were just **plane** amazing. Unlike this article since we are **winging** it.

Start off on the **right foot** and check out our Instagram story to see how many steps you should take today for our daily health challenge.

If you see a snake or frog around any trees during the conference, please **leaf** them alone.

If you run into one of us during the conference, be careful since we are **delegate**.

ILC you all tomorrow!

Weather Forecast

WEDNESDAY JUNE 19TH, 2019

Tomorrow's weather forecast, predicts high of 88 degrees and a low of 76 degrees. There is a 90% chance of precipitation with 78% humidity.



Tips for the day:

1. Stay hydrated - Drink lots of water
2. Keep an umbrella or rain poncho handy as it may rain!
3. Wear sunscreen - the Sun's UV rays can pass through clouds

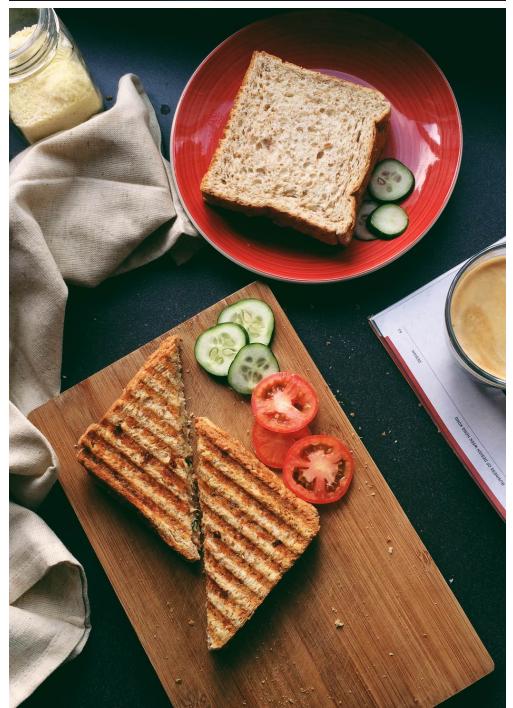
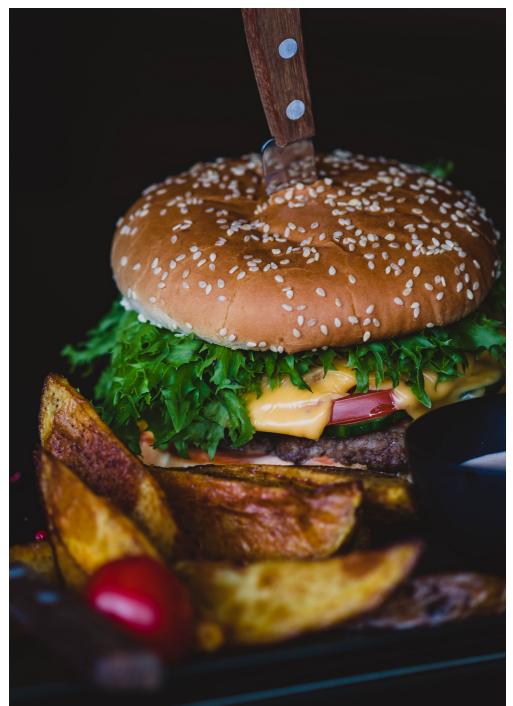
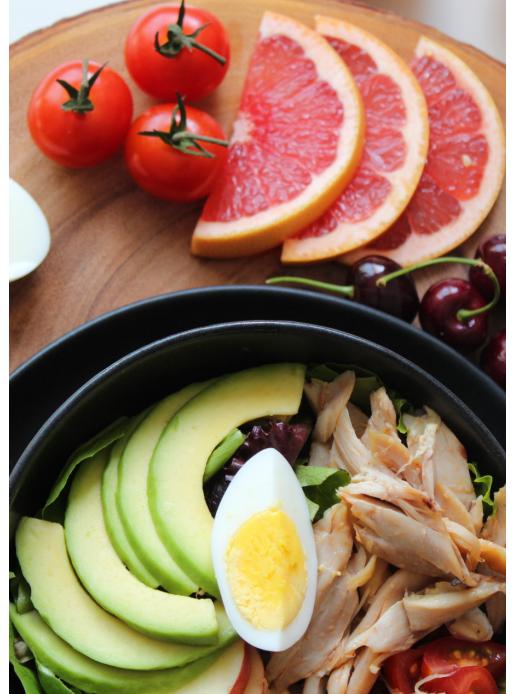
FOOD REVIEWS

SUP AZ HOSA !

Your state officer team has been in Orlando for a few days now and wanted to do a food review section for you. There are multiple eateries around the Coronado Springs that we recommend. For example, El Mercado de Coronado, Cafe Rix, and other food things. El Mercado de Coronado is a sit-down food court style eatery that features Mexican and American meals. You can also go to Cafe Rix for snack time to get some fast-eats like smoothies and pastries. Here are some of the favorite items your State Officers have had over the past few days:-

The Beyond Burger: This is a burger made out of peas, potatoes, and beets. In addition to the patty, it's topped with roasted red bell peppers, goat cheese, baby arugula and Peruvian pepper aioli and served with choice of fries or potato wedges. This burger is a great option for those who are vegan or vegetarian. The chefs are very kind and will customize the burger to dietary needs.

Cheese Omelette: This is an omelet with cheddar cheese and home fries. If you have a small appetite or want something small to start your day, this is a meal for you! This is also a great choice for cheese lovers out there. High in protein, this is a great way to start your morning.



WHAT TO DO IN ORLANDO?



Hello Arizona HOSA!

Welcome to the lush state of Florida! We want to ensure that outside of the HOSA conference, you are able to enjoy all the sights that Orlando has to offer. If roller coasters and movies are not your thing, and you prefer delving into rocket launches and taking part in science in motion, then the Orlando Science Center and the Kennedy Space Center Visitor Complex could be amazing options for you.

1. The Kennedy Space Center has been NASA's primary launch center of human spaceflight. The center is organized into Mission Zones, allowing you to weave your way through the U.S. Space Program in chronological order: Mercury, Gemini, Apollo, Shuttle and beyond! As the lead astronaut, you are in charge of designing your own space mission.

Blast off!

2. Are you a science enthusiast? You are in luck! The Orlando Museum that has different floors with different themes, which means there is no reason to be bored! There are many different hands-on props and exhibits so make sure to take advantage of it. If you are getting a little tired of looking, don't worry. Exhibits like the Kinetic Zone, Nature Works, Dino Digs, and Our Planet will bring out the inner-child in you. In the center, you will even be able to even see and touch different animals (turtles, snakes,frogs,etc.). Remember to

“SAVE THE TURTLES!!”



DISNEYWORLD

V.S.

UNIVERSAL STUDIOS



DISNEY WORLD

Disney World in Florida opened its gates October 1, 1971 and on opening, was nothing like it is today. It has been described as being "dramatically different from the park that we know today. It was oddly barren, and many of the landmarks that have stood the test of time are still somehow different in appearance."

Things have changed since that first day though. Today, Disney World is approximately the size of San Francisco, or two Manhattans. We know that this seems large, but think about all the parks that make up Disney World!

UNIVERSAL

Universal Studios opened June 7, 1990 but the grand opening was nothing close to grand. On the first day, none of the rides worked, leaving the guests unhappy. In fact, the only way they could get people to stay was to offer free waivers for them to come back once once needed adjustments had been made.



FUN FACTS

- In November 1965 at the Cherry Plaza Hotel in Orlando, Florida, Walt Disney announced plans for Disney World in Orlando.
- On May 30th, 1967, groundbreaking begins for Walt Disney World in Florida.