leaders who keep reading, keep succeeding

Relevance, research, and impact

Become a parliamentary procedure pro
STRENGTH
UNITY
PASSION
ARIZONA HOSA
If there's one thing Arizona HOSA members all have in common, it's their undeniable passion for healthcare. This passion is one of the many qualities that unite all members of Arizona HOSA. This unity allows us to find strength in both our similarities and differences. Recognizing our similarities allows us to create a common goal and work together to accomplish it. Realizing our differences allows us to assign one another roles according to our unique strengths.
Victor Anaya has gone beyond all limits to represent Douglas High School's HOSA chapter! He is always eager to change the lives of those in his community. He is compassionate, caring and is always willing to help others. Victor is inspired to change the world of medicine and help those in need.
Welcome back to another session of parliamentary procedures! In last month’s edition, we discussed the different roles the presiding officer and secretary play during meetings, the quorum and its importance, and the standard order of business. In this chapter, we will examine how decisions are made at meetings will define what motions are and how each is handled. Let’s get started!

Motions are one of the most important parts of running an effective HOSA chapter. Motions are what keep your chapter running and working effectively. A motion is defined as a formal proposal put forward by a member during a meeting for the group to discuss and make decisions on.

A main motion is different from a regular motion in that a main motion is one that is introduced at the beginning of the meeting to bring business before the entire assembly. There can only be one main motion before the assembly for action at a time.
HOW DO YOU GET TO SPEAK AT A MEETING?

In order to make a motion or speak while debating, you first have to be recognized by the chair. In order to do this, you have to stand and call out “Madam/Mister Chair/President”. The chairperson may acknowledge you as the next speaker by calling out your name or your title. Once you are recognized, you will "have the floor" and are able to speak before the entire delegation. Once you are done speaking, you can yield your time by sitting.

The proper format to make a motion is to stand and say, “I move that...” and then clearly state the proposal. For example, “I move that the library opens study rooms for juniors and seniors enrolled in city high schools”. It is very important to be clear and concise when stating this motion as the group will vote on exact language and not a vague idea. In the end, each motion has to be written down in the minutes verbatim by the secretary. The secretary can not come up with the language he or she thinks was used to describe the motion.

The next step is getting a second for the motion to move to the group. Seconding the motion shows that at least two members want the motion to be considered and discussed. If a motion is not seconded, then the motion is not put before the group for discussion. To second a motion, you can simply call out “second”. You may remain seated when seconding a motion, but may need to be identified for the purpose of the minutes.
HOW THE GROUP CONSIDERS A MOTION?

After a motion is seconded the presiding officer must state the question on the motion by simply saying, “it is moved and seconded that” and then repeats the exact words that were used to make that motion. For example, “It is moved that the library opens study rooms for juniors and seniors enrolled in city high schools”.

When a main motion is stated by the presiding officer and is on the floor, it is also said that the motion is pending. It is then up to the group to discuss and debate this action. Debate is the process of evaluating the advantages and disadvantages of the motion. In the case that there is no debate regarding the matter that is being discussed then the presiding officer will ask the question “Is there any further debate” which essentially ensures that the group is ready to vote on the matter proposed and skip the debating. If there is not debate after the question is asked then the chair will stand and put the question to vote by saying “The question is on the adoption of the motion that...” and then repeats the exact wording of the motion to be voted on by the members.

When the voting is complete, the presiding officer will announce the results which consists of three parts, reporting which side “has it”, declaring whether a motion is adopted or lost, and finally, indicating the effect of the voter. Immediately after the results are announced, then the presiding officer opens up with the next item of business.
Taking Initiative

Leadership Lowdown

How many of us have been in a situation where no one took initiative?

As leaders, taking initiative is one of our most important roles. Depending on your leadership style, you will want to take initiative in different situations and may be asked to take initiative in a situation you aren’t comfortable in. For example, our Region 4 Vice President Alex Lopez likes to take initiative in meeting new people. As a leader Alex loves to connect and socialize with ALL of the members! Geethika on the other hand likes to take initiative in working on projects and setting goals. Both are different but equally as important.

Despite where you might be comfortable, you will be asked to take initiative in situations that you are not comfortable in. Don’t freak out! Taking steps outside your comfort zone will make you into a well rounded leader. For example, Emily Hakes, HOSA President, prefers to take initiative in projects, organization and making sure everyone is on task. It wasn’t always like that though as at the beginning of her term as President, she has said she was nervous to speak in front of her team. Sharing her ideas and thoughts seemed really hard. As she learned more about who she was as a leader and who she wanted to become she was able take more initiative. It was really uncomfortable at first but the more you practice taking initiative the better it will be!

Why is taking initiative important?

Taking initiative is the difference between being efficient and staring at a group of people not knowing what to do. Leaders take initiative, they don’t wait to be acted upon, they act. Your chapters need people who are willing to take initiative. People who are willing to step outside of their comfort zone, to be a little bit uncomfortable, and to LEAD! If you have great ideas, plans, or goals for the future take initiative and start working toward them now. As we focus on this years theme it perfectly correlates to taking initiative. Have the STRENGTH to take initiative, create UNITY in your chapter by acting instead of reacting and let your PASSION drive you to new heights.

#AZHOSALEADS
#SUPAZHOSA
Researchers discovered the genetic response to changes in oxygen concentration.

2019 Nobel Prize Winners in Physiology or Medicine

READ THE STORY BELOW!
Oxygen is essential to life. It allows our cells to carry out their various functions to keep us alive. As Dean Dr. Daley of Harvard Medical School states, “Without oxygen, cells can’t survive” (Kolata, 2019). When levels go down, this can negatively affect many body processes. At the same time, too much oxygen “also can be deadly” (Kolata, 2019). Although we can see this on a large scale through instances such as drowning and cancer proliferation side effects, the exact metabolic processes for how a cell responds to a change in oxygen levels has never been described.

Three scientists just solved this mystery and won the 2019 Nobel Prize in Physiology or Medicine for their research.

Researchers William Kaelin, Jr., Peter Ratcliffe, and Gregg Semenza all work at different institutions, but all of their research was linked by finding the genetic mechanisms that respond to oxygen depletion. Semenza and Kaelin are both from the North East part of the United States, while Ratcliffe is from England.
Semenza is a researcher at Johns Hopkins University who specifically studied mice and how their gene expression changed when mice were exposed to low oxygen levels. He found that a transcription factor called HIF-1α is no longer being degraded, which allows it to bind to another gene that eventually leads to increased red blood cell formation. He calls this protein complex hypoxia-inducible factor (HIF).

Ratcliffe studied this same gene in England.

Transcription factors determine what genes are converted from the DNA source to a protein. The image to the left is an example of a different transcription factor. The transcription factors that Seemenza identified specifically lead to red blood cell formation as determined by oxygen concentration.

Since low oxygen concentration, (often described as hypoxic), conditions create red blood cells to compensate, cancer cells will take advantage of this mechanism. They will trick the body into thinking it is in this state to allow for the growing cancer cells to keep a steady oxygen supply. This critical link between cancer and hypoxia caused Kaelin in Boston to study a genetic condition known as Von Hippel-Lindau (VHL) disease. This disease “greatly increases the risk of certain cancers in some families” (Lewis, 2019). It causes an overproduction of red blood cells and the hormone that stimulates the production of them. Kaelin reasoned “it had something to do with oxygen sensing,” (Kolata, 2019) but the reason why this occurred was always a mystery to researchers until now.
These three researchers made a discovery that “is already leading to clinical applications” since lowering “HIF-1α gene [expression] could limit a tumor's ability to grow a new blood supply” (Lewis, 2019). The scientists also get to split a grand prize that is worth $907,695.

This work is so universally important to genetic and metabolic studies that Randall Johnson of the Nobel Assembly called it a “textbook discovery” (Kolata, 2019) since even high school biology students will be taught this new genetic mechanism.

If this research interests you, consider pursuing cellular biology, genetics, or any other bioscience fields in your future. Remember, you do not have to become a doctor to make a big difference. These researchers made a discovery that can help create treatments that can potentially save millions of lives!

Works Cited


WORD SEARCH

1- Alzheimers
2- Radiculitis
3- Tonic Epilepsy
4- Poly neuritis
5- Toxic psychosis
6- Parkinson's
7- Apoplexy
8- MS (Multiple Sclerosis)
9- Seizure
10- Migraine

Hint: Look for the words that are bold.
We are thankful for the support of our HOSA members!

WHAT ARE YOU THANKFUL FOR?

#SUPAZHOSA