

# SYNAPSE



AUGUST

2020



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ARIZONA HOSA

# Running for State Office

Lessons from  
Karly Barnes -  
Region 1 VP





# My Family

A lot of my inspiration comes from my family. They always let me know they are proud and encourage me to pursue my goals. This was especially important during the State Officer application process. My mom helped me make copies, edit posters, proofread text, prepare for trainings, and submit documents. I will be a first-generation college student, and I am grateful to say that being a State Officer is helping me toward that goal more each day. Through the application process, I learned simple confidence and workplace readiness skills.

## Email after email...

My State Officer interview went well, and I left the room feeling satisfied with my answers. Even though most of our mock sessions were full of giggles, I have to thank my family and friends for helping me prepare! Taking the test was easy because I had spent hours and hours studying. The interview process wasn't just a test and interview. We did fun things too like team bonding. The most agonizing part of this whole process was waiting for the email that said whether or not I was slated.



When I did get the news of getting slated, my advisor and I jumped with joy in the hallways! After that, the rest was all super exciting, even though things are different this year because of Covid-19. I got to meet tons of new people and develop new skills. For example, I am a pro at Zoom, and the one that helps all my family. I got to make fun posters with my mom and bond with my sisters when we did mock voting delegate questions.



HOSA has helped me in so many ways! I have barely started my term and already I have learned so much, had lots of new experiences, and met lots of people. At first, all the work may seem hard or tedious but eventually you will see how much it pays off. Before I applied to be a State Officer, I knew nothing about HOSA. One thing I know for sure now is that I love HOSA! If anybody who is reading this is thinking about running for State Officer, please do it! All you need is strong family support, and that can be immediate family, school family or friend family! You need determination and you need perseverance. Then on top of that, you just have to sprinkle some confidence and trust in yourself. With that, you can impact HOSA and HOSA can impact you just like it did me.





## Hello, Arizona HOSA!

We have exciting news about the HOSA Service Project! From 2020-2022, HOSA will be partnered with Be the Match for the HOSA Service Project!

### What is Be the Match?

- Be The Match is a nonprofit organization that runs the largest and most diverse bone marrow registry in the world.

### How can I help?

- Helping with Be The Match contributes directly to saving lives! Register to be a blood stem donor today, and then help spread the word!

### How do I sign up:

- 1) Register Online
- 2) Swab Cheek
- 3) Get Matched
- 4) Donate

**I'M COMMITTED  
TO SAVING A LIFE**



For more information visit [www.bethematch.org](http://www.bethematch.org)



# BROMELAIN

## AND ITS ROLE IN OUR BIOLOGICAL HEALTH

Could the sting of pineapples be a new avenue for cancer research?

Have you ever felt a stinging feeling while eating a pineapple?

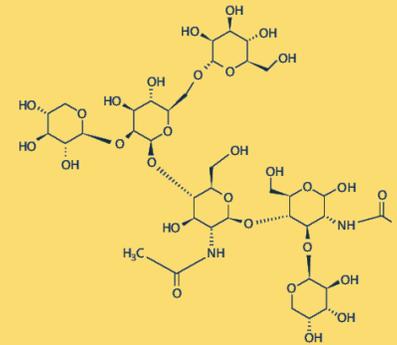
This is due to an enzymatic protein bromelain, which has recently been investigated for its cell growth inhibiting properties, specifically relating to metastatic tumor growth. The findings indicate that bromelain may present as a promising candidate for the development of future anticancer therapeutic strategies.

Enzymes are proteins that help speed up the biochemical reactions inside of cells. One of the kinds of enzymes, proteases, breaks other proteins apart by cutting the chains of amino acids. Bromelain is, more specifically, a cystein protease, meaning that it breaks apart proteins wherever they have a cysteine amino acid.

Metastatic means the development of secondary

malignant growths at a distance from the original site of cancer. Metastasis is the cause of the high mortality rates that come with cancer. The most interesting part of bromelain's possible anti-cancer role is its inhibitory effect on cancer metastasis. It inhibits cell surface adhesion proteins that are essential in cell migration and immigration to other parts of the body.

Additionally, a study by Dr. Glaser that evaluated the influence of bromelain on platelet count and platelet activity in vitro shows that tumor cells possess the capacity to surround themselves with platelets, forming tumor-platelet aggregates that protect tumor cells from immune recognition. Bromelain has the ability to inhibit platelet activity, preventing the formation of tumor-platelet aggregates by



uncoating the cancer cells and exposing them to the body's immune system.

Because of all this, Bromelain is characterized as a phytotherapeutic agent. Phytotherapy is the treatment and prevention of disease via the use of plants, plant constituents, and medicines containing these. As an emerging field, homeopathic medicine such as this is becoming an area of increased interest because of the detriments observed by the usage of allopathic treatments.

So the next time you have a pineapple, think about the science behind the sting. Now you know!

THE IMPORTANCE OF

# HEALTHY EATING

AZ HOSA SYNAPSE

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## HEALTH

Healthy eating is a great way to gain great benefits to help make you feel better. Benefits of eating healthy can include less hospital visits because of chronic gastrointestinal diseases, a lower risk of developing type 2 diabetes, and lower risks of developing multiple types of cancer!



## WEIGHT

It is no secret that eating healthily contributes to weight loss. The important thing about keeping the weight off is making eating healthy a lifestyle and not a temporary solution.



## CONFIDENCE

Developing a healthy relationship with food can really improve confidence in oneself. This is not only because of weight loss but because healthy foods have the ability to boost one's mood.



## ENERGY

All foods give us energy. However, not all foods give us lasting energy. Incorporating fruits and vegetables do just that. Other foods that give you a good boost of energy include fatty fish, brown rice, sweet potatoes, eggs, and water.



### **Why Healthy Eating Matters**

<http://www.foodincare.org.uk/eating-well/why-healthy-eating-matters>

### **Importance of Good Nutrition**

<https://www.hhs.gov/fitness/eat-healthy/importance-of-good-nutrition/index.html>

### **Nutrients and Health Benefits**

<https://www.choosemyplate.gov/eat-healthy/vegetables/vegetables-nutrients-health>

# Back to SCHOOL



## **Tips and Tricks to Dominate the School Year.**

By Allyssa White

Preparing and attending school this year may be completely different from what any of us expect it to be. Here are some tips, tricks, and opinions about how to absolutely rock this school year!





## High School:

For those of you who are going into High School the one thing that I have to stress is organization.

While it can be a pain at first, organization is absolutely helpful in the long run. Keeping track of deadlines and due dates is a necessity in order to stay on top of your game. My suggestion would be to either have a physical planner or keep track of the dates on your phone. My second suggestion is do not procrastinate. I was probably one of the biggest procrastinators of all time. I always said that it wasn't a problem as long as I got good grades. However, it ended up coming back to haunt me. When things start to pile up it is so easy to succumb to the stress and panic, and while lots of work may be unavoidable, not procrastinating can greatly reduce your stress!

Most importantly, have fun! Yes, focusing on school is crucial but enjoying yourself is essential to avoid burnout and make amazing memories by yourself. Go hangout with your friends, join clubs or sports, just enjoy yourself!

## College:

For the rest of you going into college there are still things to focus on. Similar to High School, organization is key!

Whether that means keeping your dorm clean or having a planner for each class, don't lose track of all the different things that come with college.

My second suggestion is to do what you love. Make sure your degree is something you enjoy and don't force yourself to stick with something that you have no interest in. If you don't like your major, change it, don't settle. My last suggestion is network. Meet new people! Join clubs, volunteer, and make study groups. Meet as many people as you can. This is your time to make a difference.

# HOW TO STAY SANE DURING A PANDEMIC?



## HELLO ARIZONA HOSA

Welcome back to the Arizona HOSA monthly synapse! Hopefully everyone is staying safe and healthy. August is finally here, and with it comes the end of summer and the beginning of a new school year. Although things are going to be different this year, as many of us will be attending school virtually due to the Covid-19 pandemic. It can be difficult to know what to expect this year, leading to a lot of apprehension about returning to school and increased mental health struggles. In the following article, we want to share with you how to stay positive during these abnormal times, even when it gets difficult to find or focus on the positives.

We are all used to have a certain amount of stability in our lives. Unfortunately, in these past couple of months there has been a notable lack of stability, resulting in many people dealing with a much higher than normal level of anxiety. And this isn't surprising, as anxiety thrives on the unknown. This is because our brains will often create worst-case scenarios that are based on false information in an attempt to make sense of the environment surrounding us. These thoughts can create negative energy, overtaking any positive thoughts and hopes that things can go back to normal, resulting in long periods of sadness or panic.

Despite our anxious brains focusing on the bad aspects of life at the moment, it is important to keep reminding ourselves that there is always hope. There are many things that you can do to help boost your sense of confidence during this crisis. Here are some ways to help you do that!

**Focus on what you can control:** The best first step is to acknowledge that there are many things that we simply cannot control. For example, our thoughts and feelings and the actions of others.

However, if we focus on the aspects of life that we can control, it can help restore some sense of power and self-confidence. Some things that are in your control range from simple things like what you eat in a day to complex things such as your beliefs and goals. An activity that can help relax your mind is to write a list of the things that you have control over.



**Limit your media intake:** We are all waiting for the moment when our lives can go back to normal. And while it's important to get ahead of the virus and stay up-to-date on the CDC's and WHO's guidelines, most of us end up spending too much time on our phones reading the latest news on both the spread of the virus and the advances in finding a cure. However, the amount of information that is being put out to the public can quickly become overwhelming. By limiting how much time you spend watching television and keeping up with the news, you can help restore a sense of normal while reducing your sense of dread.

There are many other things that you can do to help you, such as setting a personal schedule/goals and investing time in uplifting others around you in the community! Remember to surround yourself with positive friends and family members to help you stay sane during these hard times and always remember Arizona HOSA loves you!

Article Link:

<https://www.psychologytoday.com/us/blog/stronger-fear/202003/how-stay-positive-during-the-pandemic>

# Gardening 101: The Basics



Gardening is a wonderful way to stay connected with nature from the comfort of your own home. Some may think it's a daunting task but gardening can be quite simple. It all depends on what you plan on growing! With this guide you can learn more about different types of plants and how to care for them. However, before that you need to learn the basics of gardening.

So, where to start? You don't need much, it all depends on what you want to plant. For starters, you'll need a watering can, a container for your plant, compost, and most importantly your seeds! These items are super easy to obtain or you can even make them yourself, minus the seeds of course.

For pots, you might wonder what type you will need. In this case, the best thing to do is to research the plant you want and buy the proper type of pot. Most planters should come with drainage holes on the bottom to get rid of the excess water. If it's an indoor plant make sure to put a tray under it to catch the water that drips out. You can even make your own tray out of old milk jugs that have been washed!

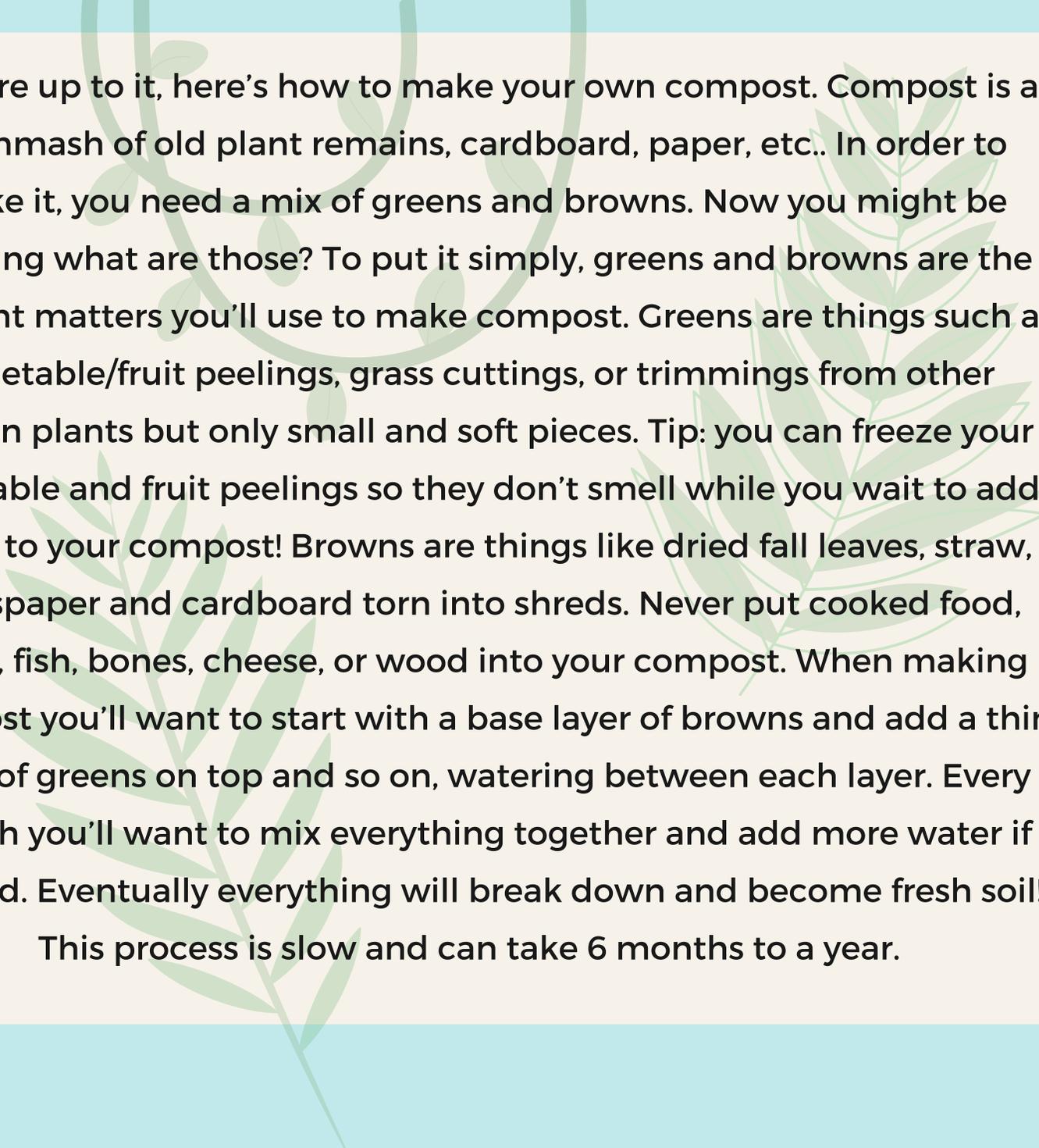
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# Watering and Compost

You don't even need to buy a watering can, you can just use a normal cup. Be careful not to overwater. When watering, pour evenly across the compost until it feels damp. You'll want to water it about every other day or whenever the compost feels dry. Always water when you've repotted a plant or planted seeds. All plants will be different so read the instructions on when and how to water your plant. Now some tips for watering! Water your plants during the morning or evening, this helps set a schedule for you to follow. Water around the leaves instead of directly onto them, this can prevent mold and leaf scorch. If your plant has a drip tray pour the water into that instead of on top of the plant. After an hour you can get rid of the water, as the plant has soaked up what was needed.



Lastly compost: you can make your own compost or buy some from the store. Use compost specifically. Garden soil may not help your plants flourish like compost will. When starting out, you will want to buy compost as making your own can take up to a year. Note: Always use store bought compost when sowing seeds.



If you're up to it, here's how to make your own compost. Compost is a mishmash of old plant remains, cardboard, paper, etc.. In order to make it, you need a mix of greens and browns. Now you might be thinking what are those? To put it simply, greens and browns are the different matters you'll use to make compost. Greens are things such as vegetable/fruit peelings, grass cuttings, or trimmings from other garden plants but only small and soft pieces. Tip: you can freeze your vegetable and fruit peelings so they don't smell while you wait to add them to your compost! Browns are things like dried fall leaves, straw, newspaper and cardboard torn into shreds. Never put cooked food, meat, fish, bones, cheese, or wood into your compost. When making compost you'll want to start with a base layer of browns and add a thin layer of greens on top and so on, watering between each layer. Every month you'll want to mix everything together and add more water if needed. Eventually everything will break down and become fresh soil!

This process is slow and can take 6 months to a year.

***Have fun  
planting!*** ...



# Anything is PAW-sibble When You Own a Pet

## The Benefits of Having a Pet



Written by: Charli Wilson | Secretary

### Benefits for Children

Growing up can be challenging, however a pet can help a bit in smoothing the way. Raising a child with an animal in the house comes with many benefits such as learning how to be responsible early on. Caring for another living creature requires you to feed it, give it water, make sure it gets adequate exercise, and more. Having a child help with this procedure can teach them not only how to be responsible early on, but can also help them become more independent.

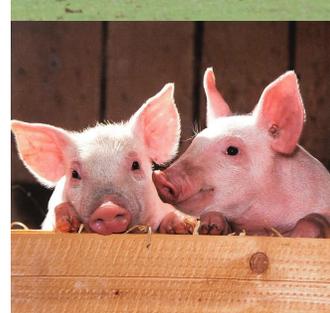
Furthermore, the rewarding feeling of teaching your pet a trick, like how to sit, can encourage kids to be more driven and motivated to work towards their goals so they can feel this sense of accomplishment again. Also, taking care of a pet from a young age can improve a child's social skills because they learn the importance of empathy and companionship. Not to mention that growing up with an animal in the house can reduce a person's chances of getting asthma or allergies.

## Benefits for Adults

Owning a pet is not only good for the younger generation, but benefits adults too. An older person can also learn about empathy and responsibility through a pet, however a sense of companionship is perhaps the most important element. People like to create bonds, and as people age they begin to feel lonelier. Having a pet reduces a person's sense of loneliness.

## Benefits for All

Animals truly are a person's best friend. As stated previously, they teach people valuable skills and provide a loyal companion to anyone. However, that is not all they have to offer. They actually play a key role in a person's mental health by helping reduce anxiety, depression, and stress. They do this by giving people not only a distraction but a sense of purpose in life. Studies have found that owning a pet has boosted people's self esteem and that pet owners are usually better at regulating their emotions. Pets also fulfill a person's need for touch; something as simple as a stroke of a dog's back can make a person happy. However, it isn't just a person's mental health that improves, but their physical health too. Owning an animal encourages people to go out and exercise either by taking their pet on a walk or playing a game of tug-o-war. Something to keep in mind is that the pet doesn't have to be a dog or cat, but just watching a fish in an aquarium can bring a person a sense of peace.



### Sources

- <https://www.helpguide.org/articles/mental-health/mood-boosting-power-of-dogs.htm#:~:text=Pets%2C%20especially%20dogs%20and%20cats,valuable%20companionship%20for%20older%20adults.>
- <https://www.mentalhealth.org.uk/a-to-z/p/pets-and-mental-health>
- <https://www.newportacademy.com/resources/well-being/pets-and-mental-health>

# PARLIAMENTARY PROCEDURE

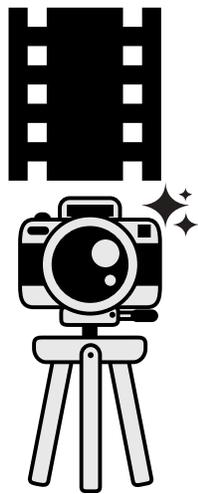


**FOR THIS MONTH'S ISSUE OF PARLIAMENTARY PROCEDURE, WE WILL BE TALKING ABOUT ADDING AN EXTRA DIMENSION TO RUNNING GROUP MEETINGS ONLINE THROUGH RECORDING OR STREAMING THEM.**

First, let's discuss some reasons you might want to record or stream a meeting you have online. You may simply want to hold onto the footage for later use or utilize it to verify details members have forgotten. An audio recording may be enough if you're worried about a large file size. Just upload the recordings on a shared Google Drive folder and viola! You've made a database of all your meetings. Also, video recordings are a great way to fill in members who weren't able to attend the meeting. Instead of referring to a brief summary of a meeting in a text message, they can access the complete discussion and be on the exact same page. These are general purposes for recording meetings, but I encourage everyone to get creative!

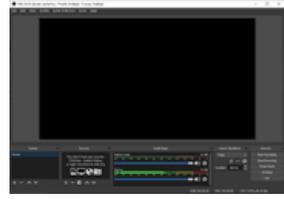
Chapter Officers: use this feature to make videos for your members. For example, you could put together a video to use for recruitment. Who knows, maybe that'll create a spike in new members and this'll become a new tradition for your chapter!

With the right software – which will be discussed on the next page – you could even stream your meetings live on YouTube! This will be particularly effective if you have a large organization. Maybe you can get together live and do Q&A's for your members. You could up the scale on this and host a Q&A with other CTSO chapters at your school. Use streaming as a way to hold elections on an unprecedented level. You could even use this as a way to recognize individual members; you could interview them live and allow other members to ask them questions. Streaming allows you to engage with your members in real time, and this can be priceless. Again, get creative and have fun trying out new ways to grow your organization!



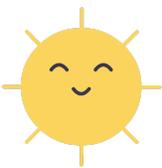


Now let's talk about the tools you can use to bring these ideas to life. I recently learned about Open Broadcaster Software, which, as stated on their website, is a "free and open source software for video recording and live streaming". It's a desktop screen recorder that will let you execute all of the previously suggested ideas. There are tons of videos out there that'll explain the details of how to use the program. It seems complicated at first, but once you start using it, you'll be surprised at how simple it is to do the general tasks. I had no experience recording or editing on a computer, yet it didn't take that long for me to get the basics down. I recorded a small video with one of my friends to test it out, and everything worked out fine. If you're hesitant to start using this because it's not something you have experience with, don't be. Trust me, if I could figure it out, you most certainly can too.



**MY INTENTION FOR WRITING THIS ARTICLE, AND EVEN GENERALLY REVAMPING THIS SECTION OF THE SYNAPSE, WAS TO INSPIRE MEMBERS TO KEEP THEIR CHAPTER ACTIVE DESPITE THE LIMITING CIRCUMSTANCES. I HOPE YOU'LL TAKE SOME OF THIS INFORMATION AND FIND A WAY TO APPLY IT TO YOUR INDIVIDUAL CHAPTERS!**

**SEE YOU NEXT TIME ON PARLIAMENTARY PROCEDURE,  
SPANDAN GANDHI**



P.S. I tried to make the top of these past two pages look like a sunrise, because a sunrise is a new day and it's symbolic for the new school year starting. I thought it was pretty cool. Yes, I know it was gratuitous to point that out but I did anyways.

SEE YOU NEXT  
TIME!

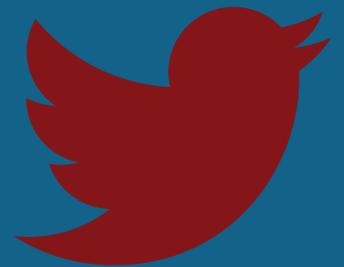
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