Day 4, Can't Wait for More!
JUNE TWENTY SECOND

SUP Arizona HOSA! We loved seeing you at the Recognition Session last night. Congratulations to those recognized last night and we're proud of all you've achieved. Take some time today and enjoy Universal Studios or Disney World with your chapters! After that, get ready to celebrate all the achievements from this week at the Awards Session. Can you believe it’s our last day of ILC? Neither can we! We are incredibly proud of your achievements and can’t wait to make some final memories at the dance with all of you. Make it a great day!

Make sure to get your friends and advisors to subscribe to the Synapse, to get monthly updates throughout the year. In addition, make sure to follow our social media to keep track of AZHOSA news and valuable information!

Instagram: @AZHOSA
Twitter: @ArizonaHOSA
Facebook: @ArizonaHOSA
We are glad to see you are still willingly reading this feature of our daily newsletter. As always, pun submissions are bolded. See if your puns made it on our list!

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

Remember not to medal in another attendees personal matters unless they want you to.

If you are going to one of the parks to celebrate your hard work this year, remember to bring Minnie ($) with you.

If you forgot to put on sunscreen, remember to Donald Duck under any shade you can find at the parks.

Remember to cruise on over to the Vera cruise room tonight at 5 pm to come to the first awards session. The second session begins at 8:15.

If you do not place top ten in your competition, remember that you still set the stage for a fantastic summer by expanding your leadership abilities.

I know you have been on an emotional rollercoaster this week, so please decompress by riding on a real one at a theme park today!

ILC you all tomorrow!
We hope you have enjoyed ILC and took advantage of all of the networking opportunities, symposiums, and the HOSA Expo! At the Expo, there were over 100 booths filled with exhibitors from all around the world. Some highlights included the Army, Microsoft and Life University. Arizona state officer Elizabeth López, liked the simulation equipment at the Reality Works booth. The equipment allowed people to empathize with what patients feel. Share with us your Expo experience, by using the hashtag #SUPAZHOSA
Disney World
Little girls dream of growing up to be a princess, marrying the perfect prince, and living happily ever after in a castle. Now, you can really be a princess and get married at Disney World. But, to make things even better, the altar from Disney World’s Wedding Pavilion has the view of Cinderella’s Castle, just a reminder that one day you may create your happy ending as well.

Universal Studios
For those of you headed to Universal, we want to help you make the most of your time by sharing the top 10 attractions.
1. Harry Potter and the Escape from Gringotts
2. Revenge of the Mummy
3. Hollywood Rip Ride Rockit
4. E.T. Adventure
5. Men in Black Alien Attack
6. Hogwarts Express
7. The Simpsons Ride
8. Despicable Me Minion Mayhem
9. Transformers 3-D Ride
10. Race Through New York with Jimmy Fallon
Remember to stay hydrated and make lots of memories!

Fun Facts
Gum is not sold at Disney World stores. If you want to chew gum you must take some yourself.

Butter Beer is the most popular drink in Harry Potter, but have you ever heard of a Pumpkin Fizz? It can be found at the Three Broomsticks or Hog’s Head Pub.
MEMBER RECOGNITION

AZ HOSA

06 - 22 - 19

HOSA ILC
ORLANDO

S. U. P.
#SUPAZHOSA
West-MEC SW
Glendale Union HS
West-MEC NW
West-MEC NE
Glendale Union HS
West-MEC NW
West-MEC NE Med Asst
West-MEC NE Pharm

Hannah Campbell - Bradshaw Mountain HS
Adrian Kwiatkowski - Red Mountain HS
Lane Vazquez-Luna - Dysart HS

Medical Reserve Corps

Zachary Merhavy - Grand Canyon University
100-174 Community Service Hours

Nicole Babbitt - Bradshaw Mountain High School
Terry Smith - Buckeye Union High School
Maria Daniela Torres - Douglas High School
Victor Anaya - Douglas High School
Gael Vasquez - Douglas High School
Luis Figueroa-Gonzales - Dysart High School
Mackenzie Mitchell - Dysart High School
Elijah Bedonie - East Valley Institute of Technology
Vanessa Gonzalez - East Valley Institute of Technology
Abdullah Madi - East Valley Institute of Technology
Carly Jancho - East Valley Institute of Technology EMT
Maria Anaya Prez - East Valley Institute of Technology Winstead
Ruth Garnica Cordero - Glendale Union High School District
Angelica Gomez - Glendale Union High School District
Cheyenne Ackman - Glendale Union High School District
Aryam Garcia - Glendale Union High School District
Johnathan Pap - Glendale Union High School District
Matthys Swart - Glendale Union High School District
Cindy Zayas - Glendale Union High School District
Mohammed Alshemery - Glendale Union High School District
Juana Armenta Tapia - Glendale Union High School District
Ashley Padilla - Glendale Union High School District
Amanda Spence - Glendale Union High School District
Denym Boydston - Grand Canyon University
Sarah Peelman - Grand Canyon University
Barbara James: Bronze

Madeline Mattox - Marcos de Niza High School
Ayesha Babbrah - Paradise Valley High School CREST
Amulya Bhaskara - Paradise Valley High School CREST
Paige Nye - Paradise Valley High School CREST
Kaitlin Turley - Paradise Valley High School CREST
Sarah Leung - Paradise Valley High School
Lauren Sutkowski - Paradise Valley High School
Reagan O’Rourke - Queen Creek Middle School
  Sophia Manso - West-MEC Ma1
  Deja Jackson - West-MEC Ma1
  Calista Koenig - West-MEC NE Med Asst 3
  Yalin Liu - West-MEC NE Med Asst 3
  Sara Mohamed - West-MEC NE Med Asst 3
  Melissa Sernas - West-MEC NE Med Asst 3
  Samantha Ferra - West-MEC Vet Asst 3
  Naia Temple - West-MEC Vet Asst 3
  Halima Abdullahi - West-MEC NE MA2
  Molly Street - West-MEC Med Asst 4
  Madisen Wohrle - West-MEC Med Asst 4
  Laurella Espinoza - West-MEC NE Pharm 1
  Zomorod Mohammed - West-MEC NE Pharm 1
  Savannah Schlagel - West-MEC NW - MA4
  Johnathan Barron - Westview High School
  Maggie Gomez - Westview High School
  Chyler Martinez - Westview High School
  Erika Rascon - Westview High School
  Erica Stanley - Westview High School
Barbara James: Silver

175-249 Community Service Hours

Francisca Segundo - Bradshaw Mountain High

Katherine Hernandez - East Valley Institute of Technology Winstead PM

Miriam Artalejo - Glendale Union High School District

Savahna Aleman & Parmila Pyakurel - Glendale Union High School

Haley Von Dem Bussche - Mountain Ridge High School

Esha Manage - Paradise Valley High School CREST

Nina Tran - West-Mec NE Med Asst 3
Barbara James: Gold

250+ Community Service Hours

Mira Raju - Catalina Foothills High School
Alaya Alshemari - Glendale Union High School
Masooma Barat Ali - Glendale Union High School
Alex Duong - Glendale Union High School
Amy Barnett - Glendale Union High School
Daniela Mejia - Glendale Union High School
Ashley West - Glendale Union High School
Hailey Wyman - Glendale Union High School
Rebecca Beard - Grand Canyon University
Camden Bole - Grand Canyon University
Marin George - Grand Canyon University
Cheney Huls - Grand Canyon University
Kylor Kawaihae - Grand Canyon University
Allison Martinez - Grand Canyon University
Zachary Merhavy - Grand Canyon University
Jared Taillon - Grand Canyon University
Rishika Bysani - Paradise Valley High School
Mac Mcgraw - Paradise Valley High School
Arianna Pezzano - Paradise Valley High School
Sofia Renteria - West Mec Vet Asst. 3
Jolie Sanders - West Mec Vet Asst. 3
Jennifer Pop - West Mec NE
Dr. Jerome Adams is currently the 20th Surgeon General of the United States. He gave an inspirational and insightful speech about current health issues facing our communities. He reminded us to take the L.E.A.P. to:

- Learn about our communities
- Engage in outreach
- And
- Persevere through all our endeavors
Don’t forget the check out the Surgeon General’s Advisory Guide that contains a wealth of information about e-cigarettes.

Wise words from Dr. Adams
"No one is perfect. The key is to make more healthy choices overall."
FOOD REVIEW

Today we will be highlighting different food locations around the Coronado Springs. These options are ones to consider as they serve delicious dishes.

RIX GRILL

The mango habanero boneless wings come with the choice of four sauces - barbecue, mango habanero, buffalo, and Asian sesame flavor. We especially enjoyed the Mango Habanero sauce which has a sweet taste with a little after taste of mango. You can order 8 wings or 10 wings, depending on how hungry you are.

FOOD TRUCKS

The great thing about the food trucks is that they all accept cash and some allow you to pay with the Disney wristband. Lines are long but the food is worth the wait. There are different food trucks; Mexican Food, Chicken, and a Coronado Springs truck has several different types of bowls. The variety of appetizing options makes it a great place to eat.
The weather forecast, predicts a high of 92 degrees and a low of 76 degrees. There is a 20% chance of precipitation with 57% humidity.

Tips for the day:
1. Apply chapstick throughout the day.
2. Bring a poncho with you in case of rain (or flume rides).
3. Wear a hat to prevent sunburns!