

# SYNAPSE

ARIZONA HOSA



**WELCOME TO ILC**

**PUNS FOR FUNS**

**WHERE TO EAT**

The Executive Council set the stage for a great week

# Welcome back to the Synapse!

SUP AZ HOSA!

Welcome back! It's day two of ILC! Remember, like we learned at the opening session, familiar takes less energy, but new is what makes us grow. Don't be afraid to meet new people from new places, and try to make everyone feel included. We all need someone to lean on, so be sure to support your fellow members throughout this week.

Today is the start of testing and we couldn't be more excited to start competitions! We wish you the best of luck and are cheering you on!

Don't forget to subscribe to the Synapse to check out Arizona's theme for the upcoming year! In addition, make sure to follow our social media in order to keep track of the activities that are planned for this week!

**Instagram: @azhosa**

**Twitter: @ArizonaHOSA**

**Facebook: @Arizona HOSA**

KINDNESS  
CARD  
UPDATE





**We hope you all received your kindness cards yesterday at registration! Please don't let these cards collect dust. You all have the unique opportunity to ignite a flame of positivity that can burn across all of HOSA. All it takes is a quick conversation with someone.**

**You can share a kindness card this when you are trading pins, walking towards your next session, when you are on the shuttle, or any other time.**

**As Dr. Steve L. Robbins said last night, we can choose to define others as insiders or outsiders. Using these cards gives you a great opportunity to make an "outsider" into an insider and, as he said, "make more homies."**



**If you see any of us today, tell us the experiences you have had with these cards. Remember, the cards are not important but the interactions you have with others are.**



**STRENGTH**

**UNITY**

**PASSION**

**ARIZONA HOSA**



SUP Arizona HOSA!

We hope you're as excited as we are for  
this year's theme.

#SUPAZHOSA





# Strength:

the capacity of an object or substance to withstand great force or pressure.

Emily:

Strength is the ability to choose the right decision rather than the easy decision

Alexandro:

Strength is the ability to keep a positive attitude and an optimistic outlook even when times get tough







# Unity:

the state of being united or joined as a whole.

Geethika:

Unity is supporting one another even when you disagree and listening to other perspectives with an open-mind

Mac:

Unity is recognizing the hidden strength in weaknesses and using that to reach your fullest potential

Fatma:

Unity is coming together as one and working together despite your differences





# Passion:

strong and barely controllable emotion.

Alaya:

Passion is remaining dedicated and going the extra mile in all that you do

Elizabeth:

Passion is loving what we do so much that what we love becomes part of who we are

BriyaMarie:

Passion is showing an undeniable love in all that you do.





# WHAT TO DO IN ORLANDO?



For those who may want to spend their time strutting along the streets of Orlando, International Drive is the perfect place for you. I-Drive, as the locals call it, is a 10-mile stretch of some of the best designer and athletic shoe/clothing shops and most popular restaurants in Orlando. It is known as the main artery of tourism in Orlando.

At the heart of the I-Drive is one of its main attractions: The Wheel at ICON Park, recently renamed the Orlando Eye. The 400-foot tall Coca-Cola observation wheel is the largest on the East Coast. It offers 360-degree views of Central Florida, including nearby theme parks and attractions, downtown Orlando and the Kennedy Space Center. There is something for everyone, so you won't regret checking it out!

# Class of 2019 Party



Hey Arizona HOSA!

Just a reminder that Thursday night is the special senior event! If you graduated high school this year, you are invited to join the rest of the class of 2019 for a glow party. There will be music and LOTS of dancing. This is a great opportunity to network with rising college freshmen all around the world and share some of those kindness cards! At the event, you will also learn more about getting connected to HOSA's 2.5+ million Alumni members.

# FOOD REVIEWS

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## SUP AZ HOSA !

As promised, here is today's food review and these foods don't disappoint. Again, as stated before, the El Mercado de Coronado has a lot of variety. From good old pizza to the amazing mickey mouse waffles provided, this sit-down food court will become your go-to place throughout this action-packed week.

Baked Pasta: Chicken and Broccoli Alfredo, Bolognese or Marinara served with a Breadstick. This is a go-to meal for the pasta lovers out there! The cheese and breadstick came together to form a great meal that is filling and will satisfy your pasta cravings.



## BELGIUM MICKEY WAFFLES

Belgium style Mickey waffles: Waffles with fruit compote and a choice of meat. The waffles are amazing because they show that you are never too old for Disney. They may be small, but they are perfectly cooked - crispy on the outside and soft on the inside! These are a sweet morning meal!

If you have any food recommendations to possibly be included in the next edition of the food review, please submit your suggestions to Arizona HOSA through our social media listed on the introduction page of this edition of the Synapse!



# Weather Forecast

THURSDAY JUNE 20TH, 2019

Tomorrow's weather forecast, predicts a high of 91 degrees and a low of 76 degrees. There is a 20% chance of precipitation with 64% humidity.



Tips for the day:

1. Expect the unexpected, even a tornado warning!
2. Take a minute to enjoy nature by taking a walk outside on a break.
3. Wear an undershirt to prevent sweat stains.