



# HSA Howler: Student Edition

HSA Newspaper Staff: Kaitlyn Arias, Nicole Boyd, Tyler Cordero, Megan Kleeburg, Sabrina Lam, Austin McCullah, Lucas Mercado, and Amya Webb.  
 Font Color Editor: Angela Gao.  
 Editors: Megan Kleeburg and Austin McCullah.  
 Photographer: Anthony Henkes.  
 Newspaper Advisor: Neil Murphy.



## IN THIS ISSUE

- Pages 1-2** HSA Students win Awards at Healthcare Competition, HSA Club Officer Elections and Post High School Plans (HSA Seniors)
- Pages 3-4** Bodies Exhibition 10<sup>th</sup> Grade Field Trip, HSA Alumni and Post High School Plans (Seniors)
- Page 5** Post High School Plans (HSA Seniors) and Parent Interview (pediatrician)
- HSA Banquet** Tuesday, May 17<sup>th</sup>  
6:00 PM to 8:00 PM

## HSA Students “Posterize” Competition by Austin McCullah

Some Chino Hills High Huskies made HSA proud in a recent research project and poster contest, “Health Care for ME in the IE.” Out of 164 entries, our Huskies took home three of the five awards given. First place went to Kaitlyn Arias, third place went to Phoebe Moore, and Derek Kutsnai received an honorable mention.

Kaitlyn Arias credits her win to the bright colors and numerous cut outs she used in her poster. She was awarded an iPad Mini and a \$125 scholarship. It took Phoebe Moore a single night and a few feet of caution tape in order to concoct the poster that helped her reel in third place and a \$250 scholarship. With an honorable mention, Derek Kutsnai won a backpack full of supplies. He says that he thinks the reason his poster stood out was because it was very detail orientated.

All three winners are a part of Mrs. Tasanont’s Human Body’s systems class, and all three have made Chino Hills High School and HSA proud. –*Indirect Quotes obtained by Nicole Boyd and Anthony Henkes (Also Mrs. Tasanont’s students)*

## HSA Contact Information

- Mr. Sabbara- Department Chair [sam\\_sabbara@chino.k12.ca.us](mailto:sam_sabbara@chino.k12.ca.us)
- Ms. Hughes- Counselor [melissa\\_hughes@chino.k12.ca.us](mailto:melissa_hughes@chino.k12.ca.us)
- Ms. Zeigler- Work-Based Learning Coord. [linda\\_zeigler@chino.k12.ca.us](mailto:linda_zeigler@chino.k12.ca.us)





## HSA's Annual Officer Elections

Article & Photos by Sabrina Lam

On Wednesday, April 13th, 2016, HSA's annual executive board election took place. The candidates- Justin Cordero, Angelica Framel, Albert Chen and Sabrina Lam- were all meticulously campaigning. Justin Cordero and Angelica Framel were candidates for HSA's 2016 to 2017 Vice President position. Along side them were Albert Chen and Sabrina Lam running for the office of HSA President. The election process included speeches to club members from all of the candidates, and afterwards, club members were given ballots to vote for their new Vice President and

very exciting and riveting event as well as a nerve racking, fun experience for those in the running.

During the election though, HSA Sophomores were on a field trip to the Human Bodies Exhibition and were unable to attend. Due to this, results were delayed; however, HSA's sophomores voted the following day. Election Results were then announced on Friday the 15<sup>th</sup> of April.

Our new HSA Executive Board Officers for the upcoming year of 2016 to 2017 are Justin Cordero as Vice President and Albert Chen as President.

Congratulations to these two candidates for their new officer positions. A few words from the candidates...

*"I am happy for Justin Cordero and Albert Chen. I hope they can live up to making HSA great again." - Angelica Framel*

*"I was extremely nervous during my campaign because I knew I was going up against tough competition. I was relieved and surprised that I was chosen to be next year's VP. I will do my best to make HSA great again, and I know Angelica will make a great publicist."-Justin Cordero*

## Post Secondary Plans for this Year's Seniors--by Megan Kleeburg & Austin McCullah Image—courtesy of Google



**Michel Au**--UC Riverside (Sustainability Studies)

**Jonathan Carale**--UC Riverside (Biomedical Engineering)

**Kyle Ayento**--CS Fullerton (Kinesiology)

**Nicholas Carandang**--Cal Poly Pomona (Psychology)

**Katlyn Baeza**--Biola University (Kinesiology)

**Kyle Charles**--Marine Corps (Training, Medical Schooling)

**Kylee Bohlander**--Chaffey (Undeclared)

**Breanna Cisneros**--Navy (Dental Hygiene)

**Gavin Brenner**--SDSU (Public Health)

**Mikayla Cutter**--APU (Nursing)

**Domanek Davis**--San Joaquin College (Criminal Law)

**Damian DeCasas**-- San Francisco State (Biology)

**Continues on page 4**

## *Bodies Exhibition Field Trip --by*

**Amya Webb (article continues on page 4)**

**HSA teachers, Mr. Sabbara, Ms. Zeigler and Ms. Tasanont, have organized spectacular field trips for HSA students this school year. Ninth graders visited Casa de Colina, eleventh graders visited a morgue, and HSA's tenth graders just visited Buena Park's Bodies Exhibition. HSA is very fortunate to have teachers who work tirelessly to make all of the preparations for this year's field trips.**



This past week, on April 13, 2016, Chino Hills High School's HSA Sophomores and Staff took a field trip to the *Bodies Exhibition* in Buena Park, California. HSA decided to take this trip to learn more about the enchanting structures, functions, and wonders of the human body and its systems.

The *Bodies Exhibition* is a museum full of real preserved bodies! The bodies go through an extensive preservation process to prevent decay and odor. First, the human specimen is temporarily preserved to stop decay. Then, the specimen is dissected to feature specific systems and structures. The dissected specimen is immersed in acetone to evacuate all the excess body water. Then the dehydrated specimen is placed into a silicone polymer bath in a vacuum chamber. Under the vacuum, the acetone leaves the body,

in gas form, and is replaced by the silicone polymer on the deepest cellular level. In the curing process, the silicone polymer hardens leading to a permanently preserved specimen, with all structures intact, that is displayed for study and examination.

"I can't believe those were real bodies!" exclaimed Isabel Muñoz during the field trip. Akeila Dougan described the *Bodies Exhibition* as "Very fun" and "Informational", and she "would love to visit it again." Learning such fascinating information can really put on an empty stomach, so HSA students and staff took a trip to Chick-Fil-A and Subway for lunch. You could say that lunch was a little longer than usual this time. HSA students shared laughter, new knowledge and bonded together on this fantastic trip to the *Bodies Exhibition*.

Ansleigh Mendoza described the exhibit as

"great" and was excited about "learning the mysteries of the human body." Josh Stroup described the *Bodies Exhibition* as "a great experience!"

The informative, yet very entertaining field trip to the *Bodies Exhibition*, was an unforgettable experience for



*HSA 10<sup>th</sup> grade students are on their way to the Human Body Exhibit in Buena Park. Photos are courtesy of Amya Webb. Amya Webb also authored the article-- Bodies Exhibition Field Trip.*

all the HSA students and staff.

Unfortunately, the *Human Body Exhibit* in Buena Park closed its doors at the end of April. However, one docent at the *Human Body*

Exhibit provided hope for future HSA students: *We're scouting other locations in order to re-open.*

## HSA Alumni

### **Kathryn Ciancitto**

A former HSA Alumni, **Kathryn Ciancitto**, is now attending Grand Canyon University. She chose to go to GCU because it is a smaller private school, and she could get a better relationship with her professors. Her experience at GCU has been full of spirit while attending the basketball games and being part of the *havocs*. She recommends not thinking that college will be just like high school. The work might be easier but there is more of it, and if you need help, go talk to your professors. They are there to help you succeed. She recently changed her major from Nursing to Health Care Administration. With this new major, she plans on becoming a health care administrator. --by **Nicole Boyd**

### **Lena Cacheiro**

**Lena Cacheiro**, an HSA Alumnus, attends Grand Canyon University; an affordable Christian University that gave her scholarship money where she can venture on her own. GCU is a really warm place that provides a lounge to find tutors for help or to work out at a gym to relax. Lena provided advice on how she survived the first semester GCU: "... if you want to succeed, you should surround yourself with people who motivate you to be better, and don't bring you down." Lena feels being apart of extracurricular activities contributes to her GCU acceptance; in CHHS HSA Lena was involved in clean ups, field trips, CVMC and athletic training. Lena plans on majoring in nursing, it's something where she will save lives, make smiles, and ease the pain of patients. --by **Kaitlyn Arias**

### **Jacob Kleeburg**

In an engaging interview with recent HSA President (2014-

2015), **Jacob Kleeburg**, Kleeburg expressed his enthusiasm greatly for the Academy. After graduating from Chino Hills High with the position of HSA-President underneath his belt, Jacob chose to attend Azusa Pacific University. He acclaimed that his involvement with the Health Science Academy enhanced his resume greatly since he was able to highlight his leadership experience and volunteer opportunities made possible through the Academy. When asked why he chose Azusa Pacific, Jacob responded, "I chose a private school like Azusa Pacific over a state school because of the small tight-knit community that it has and the small class sizes. The teachers actually take the time to get to know you, where in a state school you are more of a number to the teachers."

Jacob was accepted as a Biology major in the fall term of 2015 and described his experiences thus far as "incredible." by **Lucas Mercado**

## Post Secondary Plans for this Year's Seniors—by Megan Kleeburg and Austin McCullah

**Taylor DeKnikker**--Cal Poly Pomona (Kinesiology)

**Julia Diaz**--UC Irvine (Biology)

**Heather Dungca**--Cal State Fullerton (Nursing)

**Tessa Ferrari**--UC Davis (Animal Science)

**Blake Gabel**--UC San Diego (Bioinformatics)

**Daniel Gaviria**--UC Riverside (Neuroscience)

**Ian Gerodias**--Cal Poly Pomona (Computer Engineering)

**Brooke Hanlon**--Boise State (Health Sciences/Nursing)

**Joanna Hsu**--Cal Poly Pomona (Computer Science)

**Austin Hurd**--Cal Poly San Luis Obispo (Biological Sciences)

**Kevin Kim**--La Sierra University (Biology)

**Megan Kleeburg**--APU (Business Management)

**Kelly Kotoff**--Azusa Pacific University (Kinesiology)

**Kaylee Mackenzie**--Metropolitan State University of Denver (Biology)

**Jaclyn Mattingly**--Lawrence Technological University (Biomedical Engineering)

**Austin McCullah**--New York University (Mechanical/Aerospace Engineering)

**Continues on page 5**



*Pictured Above: Kyle Charles. Kyle has already signed with the Marine Corps. He will be in boot camp in San Diego (MCRD). The training Kyle will receive from the Marine Corps is security forces.*



*Pictured Above: Hugo Padilla. Hugo has already signed with the Army. Hugo will be in boot camp at Fort Leonard Wood (Missouri) beginning on August 15<sup>th</sup>, 2016. Hugo will receive medical training so that he could become an LVN.*

*HSA wishes both of our patriotic Academy members a safe journey as they pursue their endeavors in the military.*

*Pictures-courtesy of Anthony Henkes*

## Continued

**Christopher Montoya**--Grand Canyon University (Kinesiology)

**Patty Natividad**--UC Berkeley (Undecided)

**Vi Nguyen**--UC Riverside (Film Production/Toxicology)

**Daniel Nwaogwugwu**--Cal State Dominguez Hills (Finance)

**Juliana Ospina**--Cal State Fullerton (Kinesiology)

**Komal Oza**--Cal Poly Pomona (Biochemistry)

**Hugo Padilla**--Army (Medical, Drill, Weapons Specialist)

**Saloni Patel**--UC Irvine (Biology)

**Simran Patel**--Massachusetts College of Health Sciences & Pharmacy (PharmD)

**Ashley Perez**--Chaffey College (Kinesiology)

**Rhiannon Rivas**--Cal State Long Beach (Psychology)

**Lexie Rivera**--Chico State University (Nursing)

**Taylor Sims**--Undecided (Biology)

**Nicole Truong**--Cal State San Bernardino (Nursing)

**Vanessa Tsang**--UC San Diego (Physical Sciences)

**Elijah Valdez**--Cal Poly Pomona (Engineering/Kinesiology)

**Joshua Zappala**--University of San Diego (Biology)

## HSA Parent Interview

I had the pleasure of interviewing my mom, Alison Nguyen-Cordero, who is a pediatrician at Kaiser Permanente in Fontana, California.

Dr. Nguyen-Cordero attended college at UCLA where she obtained a Bachelor's of Science Degree and majored in psychobiology. She attended medical school at St. Louis University and earned a Medical Doctor's degree.

A typical day for my mother at Kaiser Permanente consists of many tasks including doing physicals for both healthy and sick children. If a child has an illness, she will then have to examine and treat the ailment. I asked Dr. Nguyen-Cordero what she enjoys most about her career, and she responded, "The best thing about my career is seeing my patients grow from being an infant into a healthy young adult." I also asked her what is difficult about her career. She replied, "The most difficult aspect of being a pediatrician is seeing a child with an incurable disease and knowing that no matter what I do, it is still not enough." This is something that the general public least understands about my mother's career. She mentioned to me that she has seen numerous children die, and that it is very heartbreaking to tell the family of the child what is going to happen.

Her advice for HSA students who want a career in the health sciences field is to work hard during school and to always give 110 percent. She also added, "If you are planning to go to college, you might want to look into volunteering for your community, or by getting an internship at a local hospital."

Overall, Dr. Alison Nguyen-Cordero had tons of advice for students who want a future in the health sciences field. She has a lot of experience and intelligence, which are very admirable.

**-by Tyler Cordero**