



# HSA Times



General Club Meeting Photos--courtesy of Maya Desai.

Will Cutter from *Snap Raise* (pictured left) addresses members.

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The *HSA Times* welcomes feedback from its readers. If readers have ideas for future articles and/or want to provide constructive feedback, please e-mail Mr. Murphy at [neil\\_murphy@chino.k12.ca.us](mailto:neil_murphy@chino.k12.ca.us). Thank you.

## Behind the Scenes of Chino Hills High School's Health Science Academy by Sahar Zaidi (10<sup>th</sup> grade)

How do HSA students receive amazing medical opportunities you ask? HSA officers meet the second and fourth Wednesday of every month to discuss further medical opportunities for Academy students. During the meetings, officers organize fundraisers, merchandise sales, guest speakers, field trips and more. Officers also discuss which information needs to be announced at HSA general meetings. Our HSA Sophomore Ambassador, Nishtha Mistry, says, "I believe our officers work very well [with] each other to keep this Academy moving forward. We make sure to listen to any and all suggestions from each other and make sure to keep [all members] involved."

HSA holds its general meetings on the first and third Wednesday of each month during lunch at the pool deck in the Aquatic Center. Officers, along with Mr. Morales, ebulliently present information regarding upcoming fundraisers, field trips, activities, such as preparing HSA's float for the Homecoming Game, etc.

Officers persuade Academy students to attend the meetings by wearing their academy merchandise and giving out candy. Currently, officers are working on a *Snap Raise* Fundraiser; a Chipotle fundraiser will be presented later in December, and HSA's director, Mr. Morales, is constantly working on organizing more field trips for HSA's students.

### HSA Times Guest Staff Members

**Guest Photographers:** Riley Davis, Maya Desai and Sierra Matsudo.

**Guest Editor:** Heather Varnes

**A Special thank-you to Mr. Lindemulder!!! Mr. Lindemulder helped the HSA Times staff solve formatting issues on page three.**

**Guest Reporters:** Riley Davis, Nathan Han, Mackenzie Hernandez, Isabella Panagioutou, Courtney Price, Josh Rodriguez, Kayla Shin, Heather Varnes and Sahar Zaidi.

**Newspaper Advisor:** Neil Murphy.

## HSA Leaders of Tomorrow by Riley Davis (12<sup>th</sup> grade)

To an HSA freshman student, the title of 9<sup>th</sup> grade ambassador means everything. Many students covet the 9th grade ambassador position. In fact, five candidates solicited their classmates for their votes this year.

What do ambassadors do? Ambassadors communicate with their classmates about upcoming events, such as HSA meetings, field trips, the annual basketball fundraising tournament, etc. Additionally, ambassadors manage the *HSA remind*. On Friday, September 1st, all five candidates went to both Mr. Murphy's and Mr. Morales' first period classrooms to deliver their compelling campaign speeches. The voting results were announced on that same day on the HSA website. Phynex Perry ended up winning HSA freshman ambassador for the 2017-2018 school year.

As evidenced by Sweta Prajapati, all of the students took great pride in preparing their speeches: *...let's start off by saying that leaders are people who guide others along the right path. I'd like to share with you some of my good qualities. I am very creative and organized; I have amazing interpersonal skills, very accountable [and] I communicate well with others. I'm [also] affable, enthusiastic and committed to my responsibilities.*

*I put others before myself when they are in need. I really enjoy helping out and meeting new people because I would really love to tell people what a great learning opportunity HSA [provides].*

*If a student needs assistance or guidance of any kind, I'd be more than willing to help them out to the best of my ability, and if I don't know the answer, I will make sure to seek an appropriate individual for further information.*

*I [would] be honored to be your ambassador. I wish you all a fantastic day...*

Later that day, the candidates were interviewed over their candidacy and decision to run. Wynn Phaychanpheng was asked, "What made you decide to run?" She replied, "I wanted to run because I wanted to help others gain opportunities and experiences while having fun in the high school environment."

Sophia Barrows prepared for her speech by writing it "... a week prior, and [she] spent the remaining days until the speech studying [it]."

The current 9<sup>th</sup> grade ambassador, Phynex Perry, hopes to accomplish a lot in the upcoming year. She wants to make this "... an exciting year where everyone learns the most science. Academy members love what they are doing, and the kids aren't doing it just for the grades."

Overall, HSA is blessed to have ninth grade students willing to provide leadership for the Academy.

**Pictured Left (below): Phynex Perry is passionately delivering her campaign speech in Mr. Morales' classroom. Pictured Right (below): Shreya Arcot explains to her classmates why she would be a rock-solid candidate for the 9<sup>th</sup> grade Ambassador position for the 2016-17 school year.**



HSA candidates are pictured from left to right: Wynn Phaychanpheng, Sophia Barrows, Sweta Prajapati, Phynex Perry and Shreya Arcot.



Americans have long been burdened by high prescription drug prices. They often skyrocket without rhyme or reason, leaving many patients struggling to afford necessary medications. In addition, because of the rising cost of prescription drugs, the overall cost of health coverage premiums has become more expensive. For example, in Emily Willingham's article, "Why Did Mylan Hike EpiPen Prices 400%? Because They Could," she stated that the expense of EpiPens experienced a dramatic increase due to a monopoly in the industry. What once cost about \$57, was now a whopping \$500 or more. The 400% increase in cost has Americans wondering how an everyday tool is burning holes in their wallets.

The Drug Price Transparency bill attempts to



Martin Shkreli, Ex-Pharma CEO, testifying before Congress about the 400% increase in price in the EpiPen. *Image courtesy of Google Images*

explain this phenomenon. It would require pharmaceutical companies to justify any price increase over 16%. In the article, "California Assembly passes drug price transparency bill," Tracy Seipel stated, "It would enable health insurers to negotiate lower prices for drugs or, in many cases, replace those drugs with cheaper alternatives." The bill has undergone two years worth of setbacks, as the drug lobby did everything it could to ensure the law wouldn't be passed. To the relief of patients around California, Jerry Brown finally signed Senate Bill 17 on October 9<sup>th</sup>, 2017.

Will the bill really work to reduce the cost of medication? Most experts say no. In the

article, "California Governor Signs Law To Make Drug Pricing More Transparent," written by April Dembosky, Priscilla VanderVeer, a spokesperson for the drug industry, stated that "... there is no evidence that SB 17 will lower drug costs for patients because it does not shed a light on the large rebates and discounts insurance companies and pharmacy benefit



Governor Brown, surrounded by Sacramento legislators, is signing off on the new Drug Transparency Bill. *Photo--courtesy of Google Images.*

managers are receiving that are not always being passed on to patients."

Not only does the drug industry question the effectiveness of the bill, but doctors themselves do as well. In an interview we conducted with Dr. Geover Fernandez, we discovered that the advertised efficacy of the bill was greatly exaggerated. Upon asking Dr. Fernandez if he thought that requiring justification for price increases would combat spikes in prices, he stated, "Oh, absolutely not... All [insurers are] gonna say this: 'Please give me a reason why you're increasing the price' [and drug companies will respond,] 'Okay, well, we're increasing our price because of our operating margins... they're always gonna find a reason why, so [justifying a price change] isn't gonna be hard to do.'" If pharmaceutical companies can find loopholes around the justification required, it renders The Drug Price Transparency Bill obsolete.

The bill is a valiant, but ultimately shortcoming attempt at controlling drug prices. However, it may set the stage for more effective bills to take shape in the future.



**HSA Students Speed-Boating Ahead -by Josh Rodriguez (10<sup>th</sup>) & Kayla Shin (10<sup>th</sup>) Mr. Misawa (above)**

HSA students participate in numerous activities at CHHS. Many of them participate in extra curricular activities, such as cheer, band, athletics, etc. Other HSA students pursue their extra curricular interests in different capacities. Josh and Kayla decided to sharpen their STEM skills, which represents a vital skill set for most HSA careers. By joining the Solar Boat (S.B.) Club, which specializes in engineering a solar powered boat to race against schools from all across Southern California, students learn about electrical engineering, water conservation, renewable energy and boat racing.

Solar Cup is the largest Solar Boat competition in the nation. CHHS participated in this competition on May 19-21, 2017, along with 43 other schools. The competitions began at 7:30 AM and ended at approximately 4:00 PM. The members of the solar club are Josh Rodriguez, Kayla Shin, Sydney Gavela, Weeince Tsang, Alice Chen, Jeff and Jerry McDonald, Matt Bennett, James Kiralla, Jared Rendon and Allison McAnally. The Solar Club's sea-worthy boat was driven by Weeince Tsang and Josh Rodriguez. Weeince was in 10<sup>th</sup> grade and Josh was in 9<sup>th</sup> grade at the time of the solar boat competition.

From an ecological perspective, carbon dioxide levels in the atmosphere are too high, which leads to health complications, such as respiratory failure, asthma, lung cancer and a plethora of other lung diseases. Water conservation is also a serious issue facing a drought-stricken California; hence, members of the Solar Club are required to make a public service announcement (PSA) to inform people about water conservation. The Metropolitan Water District of Southern California challenges students to not only build a boat, but to think about the environment as well. Water conservation is a main goal of this whole competition as well as teaching students about teamwork and renewable energy.

Mr. Keane Misawa is the dedicated advisor of the Solar Club. When asked why he decided to advise the S.B. Club, Mr. Misawa remarked, "I wanted a unique opportunity to be available to the students on our campus. I wanted students to take advantage of something other than the classroom, or grades or extra credit. I wanted to be able to work with other students and use what they learned in the classroom for real-world application and competition. I wanted them to believe in what they are doing."

Matthew Bennett, a senior, discussed what skills he learned while he was on the S.B. Club team. He reminisced, "Going to workshops allowed me to learn more about electricity and how it powers the world around us. I developed skills from handling electrical systems to wiring a boat."



### Lunchtime Tutoring:

HSA provides tutoring for HSA and non-HSA students in room 232 during lunch on Tuesdays, Thursdays and Fridays. Tutors help students improve their academic skills in Math (Integrated I, II and III), English (9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup>) and Science (Biology, Biomed and Chemistry). Moreover, Mr. Murphy has textbooks for all of the aforementioned subjects.

### Counseling Corner

There are many health-related scholarships available for both HSA and non-HSA 11<sup>th</sup> and 12<sup>th</sup> grade students. With on-line research and/or a meeting with Ms. Hughes, HSA students will be able to discover medical-related scholarships that are right for them.

### HSA Stohls

HSA seniors must meet certain requirements in order to obtain

an HSA stohl. Students must have at least a 3.0 academic GPA, along with 100 internship/medical hours and 50 volunteer hours. However, starting next year, the 50 volunteer-hour requirement will be changed to 20 hours within the academy (working on floats, tutoring, etc.), and 30 volunteer hours outside the academy. Students need to manage their grades and hours!

### Interesting Internships

In order to become an intern, students must sign up via their counselors. Ms. Zeigler will send out the internship applications to students who signed up after Thanksgiving Break. There are internship opportunities for almost every job! Students interested in pediatrics, for example, can intern at Fun Club for the following elementary schools: Butterfield, Chapparral and Liddell. In addition, students who are interested in becoming

veterinarians can intern at Priceless Pets and Loving Hands. Other ideas for internships or places students can intern include Casa Colina, hospice, private practices, Chino Valley Medical Center, Pomona Medical and more.

### HSA Club and Activities

Field trips are great opportunities for students to expand their knowledge of a sundry of careers that could potentially be their future jobs. The 9<sup>th</sup> grade field trip to Casa Colina is coming up on February 8<sup>th</sup>. Additionally, the Health Professions Conference will be held March 22<sup>nd</sup>. On the second and fourth Wednesday of every month, a confederation of HSA officers discusses further options for Academy students. HSA club members attend general club meetings on Wednesdays to be informed of HSA fundraisers, merchandise sales, guest speakers, field trips, internships, and more!

**The HSA Times welcomes feedback from its readers. Please contact Mr. Murphy at [neil\\_murphy@chino.k12.ca.us](mailto:neil_murphy@chino.k12.ca.us) if you want to contribute articles, story ideas, corrections, etc.**

### Say Y.E.S. To Government

Have you thought about what you're going to do this summer? HSA's own Isabella Orozco found the Youth Education Summit while she was searching for summer opportunities. The Y.E.S. Program strives to give students the opportunity to explore their interest in the U.S. government. It also encourages the attendees to

become responsible citizens who are involved in leadership and return to their communities with passionate voices for the Second Amendment.

To be considered for the program, an applicant must submit the following: applicant information, extracurricular and volunteer activities, a high school transcript, a three-page essay

on the second Amendment, a one-page personal statement, and three letters of recommendation.

The students who partake in this program are presented with opportunities to interact with political leaders, visit historical monuments, and utilize and enhance their speaking and debate skills. Participants also vied for college scholarships by **See Y.E.S., Page 7**



Pictured above is Freddie Highmore playing the role of the surgical resident Shaun Murphy. -from Google images



Pictured from left to right (main cast): Hill Harper (Dr. Marcus Andrews), Freddie Highmore (Dr. Shaun Murphy), Antonia Thomas (Dr. Claire Browne), Nicholas Gonzalez (Dr. Neil Melendez), and Richard Schiff (Dr. Aaron Glassman).



Mackenzie Hernandez (9<sup>th</sup> grade)-pictured above. Photo-Riley Davis.

### Behind the scenes (*HSA Times*):

Mackenzie Hernandez informed the *HSA Times* advisor about *The Good Doctor* television show. The advisor then directed Mackenzie to write an article reviewing the show. Mackenzie submitted two rough drafts, but later, Nathan stated that his father identified numerous examples of unrealistic medical depictions in various episodes. Eventually, Nathan converted Mackenzie's rough draft into a final draft. Nathan added an interview with his father, incorporated different word choices, identified medical depictions that were unrealistic, changed the order of the content of the article, etc.

The television show, *The Good Doctor*, depicts an autistic surgeon who struggles in the work force due to his lackluster communication skills. Originally a Korean drama, television network ABC bought the rights to produce the series in the United States. The television show streams from ABC on Mondays at 10PM Central Time with episodes ranging approximately 40 minutes long.

The *Good Doctor* tells the story of a young surgical resident, Dr. Shaun Murphy (Freddie Highmore), and his experiences at San Jose St. Bonaventure Hospital, a fictional facility. The autistic character Shaun Murphy has savant syndrome, which limits his abilities to communicate effectively with patients and co-workers.

Savant syndrome is a condition where an individual remarkably excels in a certain area of brain processing, but is deficient in another. Consequently, Dr. Murphy's minimalistic skills in communication can cause others to doubt his qualifications and intelligence. For instance, he is often very blunt in his answers and may unintentionally startle a patient as well as cause other residents to worry about his mental stability when in the operating room.

However, Shaun Murphy's savant syndrome has also proven itself to be a commendable asset. Where Dr. Murphy lacks in communication, he redeems himself in fascinating medical knowledge and near photographic memory. The autistic physician has the awe-inspiring capability to accurately map out a patient's medical problems and provide a feasible solution. This personal ability has given Shaun and his co-

workers new insight to saving lives that were deemed near impossible.

Although the show represents some real-life application to the medical field, HSA students should be wary that the show is dramatized for the public eye. For example, in episode two of *The Good Doctor*, Shaun Murphy orders an emergency surgical operation for a small girl rushed to the ER. According to Dr. Paul Han MD of Kaiser Permanente, "...a junior surgical resident does not have the authority to call and perform an emergency operation. Junior surgical residents are still physicians in training and need confirmation from their superiors." Additionally, in episode six of *The Good Doctor*, one of the surgical residents returns to a crash site to search for a missing individual. Dr. Han clarifies, "the physician's time and skills are better served in the hospital where he/she is needed most. Physicians would never go to the field in search of the injured. That is a job for a first respondent." These added details are likely implemented to increase drama and supply entertainment for viewers. The actions should not be confused by HSA students for real hospital life. After all, the goal of the television series is to generate money and entertainment; not to become a source of education.

Despite the fact that *The Good Doctor* occasionally contradicts real-life medical guidelines, I would still recommend the series to any HSA student. The show still has the aptitude to provide a viewer with the basics of a hospital environment. Overall, *The Good Doctor* captures the essence of what a surgical profession may be like.

**Work Cited Entry:** Han, Paul. Personal Interview over the Legitimacy of *The Good Doctor*. Internal Medicine Physician. Chino Hills. 5 Nov. 2017.

**Mackenzie Hernandez contributed to this article; she wrote the rough drafts.**



**Y.E.S. Program continued from Page 4**

showcasing strong leadership skills and participation throughout the week.

Isabella Orozco spent six days in our nation’s capital. During her trip, Isabella prepared for and engaged in debates, listened to famous, historical speeches, and visited museums and other national landmarks. Some topics that Isabella debated over included “Should guns be allowed?” and “How far does freedom of speech really go?” When asked how she prepared for the debate and speech topics, Isabella responded, “I [researched] and [took] notes as well as picked a side [of the debate] and [found] the major points of the argument so that I was prepared.”

The Y.E.S. Program was a wonderful opportunity for Isabella to expand her knowledge and consider pursuing a career in government.

So, will you say “Y.E.S.” to government?

-by Alyssa Tejada (10<sup>th</sup> grade student)

**Brain Teasers: G \_ v \_ rn \_ r Br \_ wn**

Answer: Governor Brown

- 1) Y \_ \_ th \_ \_ d \_ c \_ t \_ \_ n Pr \_ gr \_ m
- 2) n \_ t \_ \_ n \_ l l \_ ndm \_ rks
- 3) C \_ nst \_ t \_ t \_ \_ n
- 4) c \_ rb \_ n d \_ \_ x \_ d \_
- 5) r \_ n \_ w \_ bl \_ \_ n \_ rg \_
- 6) T h \_ G \_ \_ d D \_ ct \_ r
- 7) Ph \_ n \_ x P \_ rr \_
- 8) \_ p \_ P \_ n
- 9) l \_ g \_ sl \_ t \_ \_ n
- 10) Ph \_ rm \_ Br \_

December’s winner will be announced in the next edition and receive a Starbuck’s gift card:

**Readers’ Forum (October Issue)**

Ms. Marks (Education Reporter for the *Chino Champion Newspaper*):

“Thanks for sending such an informative newsletter. Good use of photos to explain the pig dissection process. I also very much liked the article from the CHHS graduate-it seems it would be helpful to high school students to hear from someone who has traveled their path and is now working in the field.”

**Lloyd Lofthouse (former high school newspaper advisor of the award-winning *Scroll* newspaper for Nogales High School and author of the book *Crazynormal*):**

“I thought the Q and A pieces with Simran Patel and Mr. Morales offered human interest and should have started on page one. Page two could have continued the Q & A with that sidebar that identified the staff. [Moreover], I wonder why [reporters] didn’t interview some of the students doing the [pig] dissection and record their reactions. The photographs are nice, but [there are] no names and Q & A from the students in those photos.”