

# HSA TIMES

HSA Newspaper Guest Writers: Max Ewins, Ravynn Johnson, Junior Lin, Marie Rizo, and Kayla Shin.

Guest Photographers: Sierra Matsudo and Elise Zimmerman.

Editors: Jack Kotoff, Maryam Murad, Megan Schneider and Heather Varnes.

Newspaper Advisor: Neil Murphy.

MVP Candidates: Back Row (left to right): Justin Cordero, Xavier Resendez, Tiffany Sorto, Christabella Forest, Angelica Framel and Amber Gonzalez. Front row (left to right): Malia Cacheiro, Nicholas Liang, Elora Seeckts, Hailey Shin, Julia Silva and Angela Gao.



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## HSA 2017 MVP

The following fourteen seniors were nominated by HSA staff members for the 2017 MVP award: Franki Barrios, Malia Cacheiro, Justin Cordero, Christabella Forest, Angela Gao, Amber Gonzalez, Angelica Framel, Joseph Li, Nicholas Liang, Xavier Resendez, Elora Seeckts, Hailey Shin, Julia Silva and Tiffany Sorto. Each of the aforementioned candidates made a lasting impression on an HSA staff member.

The next step in the MVP process was verifying each of the nominee's GPA, number of service hours, number of internship hours and leadership activity in the Academy (Examples: being a club officer, running an HSA activity or event, leading a conference, etc.).

Based on the MVP criteria, HSA staff members voted for **Angelica Framel** to be the HSA MVP for 2017. Angelica obtained 100-plus hours of internship experience, participated in HSA's lunchtime tutoring program for a year and published an article in the *HSA Times*. Currently, Angelica is the publicist for the HSA Club. -by HSA Staff

Photos by Sierra Matsudo (Angelica Framel pictured left).

## Readers' Forum Contact Information

The *HSA Times* welcomes feedback from its readers. If readers have ideas for feature stories, health-related news articles and/or want to submit article corrections or critiques, please e-mail Mr. Murphy at [neil\\_murphy@chino.k12.ca.us](mailto:neil_murphy@chino.k12.ca.us). HSA does, however, reserve the right to edit comments for language conventions and length.



## Every 15 Minutes Motorcades into CHHS

Every fifteen minutes a drunk driver kills a person. This message is communicated often, but to actually witness the events was dramatic and quite surprising. The staged accident was created in front of CHHS to show 11<sup>th</sup> and 12<sup>th</sup> grade students how important it is not to drink and drive.

Mr. Harrington, an HSA teacher, stated, "A lot of the workload [for the staged accident] was prep work and assigning duties to the HSA kids." His main job behind the scene was to direct the volunteers where to go and what to do, so they could get the job done on time. Mr. Harrington further elaborated over why he volunteered; he wanted to help create the accident scene because

he believed it was for a worthy cause. He strongly stated, "... drunk driving is a serious issue, and if we can prevent one death, then it's a job well done for all of us." Overall, Mr. Harrington believes that what he did was for an important reason, and without the HSA students' cooperation, it would have been a highly stressful endeavor.

Megan Schneider, an 11<sup>th</sup> grade HSA student, helped put together *Every 15 Minutes* by organizing all the food, obtaining donations, helping with the control center on the day of the event and getting V.I.P.s to the correct area. She commented, "The whole [event] was something that I won't forget." For Megan, this whole

event was very impactful and eye-opening.

Arron Buffington, another 11<sup>th</sup> grade student, edited *Every 15 Minutes* for the Husky Highlights. He came to the editing room about halfway through the process. "I mainly fixed up the hospital scene where all of them were in the hospital, and I [also] worked on music in that section." It took Arron six hours to edit.

Thanks to the HSA volunteers who helped create the tragic scene, students attending CHHS were able to learn about the fatal consequences of drunk driving firsthand.

**by Kayla Shin**

## Post High School Plans (Health Science Academy Seniors)

**Joshua Abadies:** UCI (Biology).

**Lexi Abbona:** Cal Baptist University (Early Childhood Studies).

**Adshayaa Balakrishnaiyer:** CSULA (Nursing).

**Franki Barrios:** CSUSB (Biology).

**Cadence Boan:** La Sierra University (Biology & Chemistry).

**Macey Campbell:** CBU (Health Science).

**Ashley Carnahan:** UCI (Business).

**Kiara Cheeks:** Navy (Hospital Corpsman/Medic).

**Albert Chen:** UCI (Pharm Science).

**Justin Cordero:** Massachusetts Institute of Tech (Biology).

**Megan Davison:** Mt. Sac (Undeclared).

**See Post H.S. Plans, Page 4**



## HSA All-Star Staff Members

### The Road to Success by Marie Rizo

Ms. Hughes is currently the Health Science Academy (HSA) counselor at Chino Hills High School. She has been an educator for 20+ years. Ms. Hughes went between teaching and counseling in past callings. Before arriving at Chino Hills High School, she worked as a counselor at Don Antonio Lugo High School. She graduated with a bachelor's degree at Cal State Los Angeles. She then acquired her teaching credentials at Cal Poly Pomona, and afterward, obtained her



master's degree in education from Azusa Pacific University in conjunction with her Pupil Personnel Services (PPS) Credential.

**Q:** You won a counselor-of-the-year award. When did you win this award? What does the award mean?

**A:** I obtained the counselor-of-the-year award at the end of last school year. This award means that you are honored by the District for the effort you give and everything you do for the students, such as, inspire and support them through their high school career.

**Q:** Explain what a typical counseling day looks like for you?

**A:** There is no typical counseling day; every day is different. Sometimes you have scheduled meetings you need to attend, or a student in crisis comes in with need of support. Other times students need counseling in career, social/ emotional issues, setting up classes, etc.

**Q:** Explain why being part of HSA extends the length of your workday?

**A:** I do what every other

counselor does, in addition to supporting the Health Science Academy program. Supporting the program includes attending meetings, selecting representatives, making sure HSA students get shadow opportunities in the medical field.

**Q:** What excites you most about your career as a counselor?

**A:** What excites me most about my career in counseling is that I get the opportunity to guide my students in the right direction; the direction where my students are able to reach their fullest potential and become successful in their own careers.

### Meet Ms. Zeigler, a Teacher who has helped five other School Districts set up Internship Programs

Linda Zeigler is a teacher at CHHS who oversees the internship program and helps prepare students for careers. She is also the liaison on the State Board for Internship Experience. During passing periods and lunch, Ms. Zeigler's classroom is always filled with students who have questions or need assistance.

**Q:** Why were you videotaped in a conference room in Ontario last October?

**A:** I was given questions and did a day of filming in order to provide templates for all required legal documents, such as training agreements, work permits, and liability waivers. I also gave examples of duty and task sheets, which require weekly instruction and special projects. A major part



**Pictured Top-Left Marie Rizo interviewing Ms. Hughes. Pictured above is Ms. Zeigler. Photos taken by Sierra Matsudo.**

of the training and coaching is to teach schools how to work with communities, private business and non-profit organizations.

**Q:** Why have your work-based coordinator documents been

**See Meet Ms. Zeigler, Page 4**

## Meet Ms. Zeigler continued from Page Three

distributed to all of the CCPT Partnership Academies?

**A:** There was a standard on *California Work Experience Guidelines*. I have spent many years refining task and duty sheets. I have also done training on job development and coached other schools with their Link Learning programs.

**Q:** You work long days; why does your day typically end at 6:00 PM or later?

**A:** Students intern afterschool, so I often visit them during the evening. I also look to develop other internships. I meet with mentors and visit every medical center that students can drive to, and I'm always trying to find opportunities within private and public medical practices.

**Q:** What do you do when you visit HSA's internship partners?

**A:** I observe students. Depending on the location, I ask them to show what they have learned or

are learning. I also talk to supervisors about skills that students need to be trained in and if there are any suggestions, and I work with the mentors to revise task and skill sheets each semester. By trying to find industry standards for medical procedures, I am learning just as much as my students.

Overall, it was an honor to be able to interview Ms. Zeigler.

by **Junior Lin**

### Austin Hurd (HSA Alumni)

Austin Hurd, a 2016 CHHS graduate, is a student-athlete at Cal Poly SLO. He is a pitcher for Cal Poly's baseball team. I asked Austin questions about the HSA Academy, college academics and about college life in general.

**Q:** Which HSA activities did you participate in and why?

**A:** I participated in the banquets, lunchtime meetings and pizza parties.

I participated in these because I felt these were the ways that I could stay committed to the Academy.

**Q:** Which HSA internship did you participate in?

**A:** I was not able to participate in any HSA internships due to my dedication to baseball, which then led to a scholarship to Cal Poly San Luis Obispo.

**Q:** What was your most memorable experience in HSA?

**A:** My most memorable experience was the senior-year HSA banquet.

**Q:** What attracted you to apply to Cal Poly San Luis Obispo?

**A:** What sparked my decision were the location and also the character of the campus that was like no other. [Moreover], the athletic scholarship I received from Cal Poly SLO surpassed

**Q:** Are you thinking of changing

## Austin Hurd Alumni Interview Continued / Post H.S. Plans Continued

that offered by Iowa, Bradley University, Stanford, and UCSD.

**Q:** Are you thinking of changing your major?

**A:** Yes, Biological Science tends to be hectic at times paired with baseball. I am in the process of switching to Kinesiology, which will have a much lighter workload for my student-athletic schedule.

**Q:** What is student life like?

**A:** Student life is awesome, but I still have to manage my schedule with homework, studying for exams, eating and getting enough sleep.

**Q:** What tips do you have for surviving your first year of college?

**A:** The biggest tip is quickly learning to manage your time. If you fail in doing that, get ready to feel like you're in a rat race. Also, prepare to study 25 to 35 hours per week. --by **Max Ewins**

### Post High School Plans cont.:

**Dev Desai:** UCSD (Human Biology/Neurobiology).

**Alexa Dizon:** Undecided (Biology).

**Elisia Estrada:** Mt. Sac (Sociology).

**Angelica Framel:** Mt. St. Mary's University (Nursing).

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## MVP Finalists



**Angela Gao:** Angela amassed a 4.30 GPA, participated in HSA's tutoring program for a year and is currently the Chairperson/ Treasurer for the HSA Club.



**Justin Cordero:** Justin amassed a 4.37 GPA, obtained well over 50 community service hours, and is currently the vice president of the HSA Club.

Photos by Elise Zimmerman

## Post High School Plans continued:

**Angela Gao:** UCLA (Mechanical Engineering).

**Ryan Geeting:** NAU (Engineering).

**Amber Gonzalez:** CSUF (Health Science).

**Alliah Patrice Lim King Han:** Grand Canyon University (Nursing).

**Casey Harshfield:** Chaffey College (Psychology).

**Lindsey Hayden:** CSUF (Biological Science).

**Alexis Jordan:** UNLV (Kinesiology).

**Lauren Kline:** UCI (Biological Sciences).

**Sara Kramer:** Mt. St. Mary's University (Nursing).

**Joseph Li:** UC Berkeley (Biology).

**Nicholas Liang:** Undecided (Chemistry or Biology).

**Sebastian Llamas:** Air Force (Cryptic Language Analyst).

**Tatiana Lopez:** UCI (Biology/Pharmacology).

**Veronica Mamisay:** UCI (Nursing).

**Amanda Mass:** Cal Poly Pomona (Biology).

**Mary Joy Medina:** UCI (Biology).

**Judith Min:** UCI (English).

**Kendra Mitchell:** Boise State University (Mathematics Secondary Education).

**Dante Montoya:** Chaffey (Business).

**Hayley Naquin:** CSUF (Child & Adolescent Development).

**Kayla Nguyen:** UCI (Biological Sciences).

**Matthew Niño:** Mt. Sac (Aviation Maintenance & Technology).

**Linzey Ortiz:** Mt. Sac (Psychology).

**Jake Patten:** CSUF (Business Marketing).

**Amber Pettengill:** FJC (Undeclared).

**Kaylee Ramirez:** CSULB (Communications).

**Xavier Resendez:** CSUSB (Nursing).

**Pierce Richards:** CSUF (Business/Finance).

**Heban Roble:** UCI (Biological Sciences).

**Christopher Salinas:** Massachusetts College of Pharmacy & Health Sciences (B.S. in Premedical Studies).

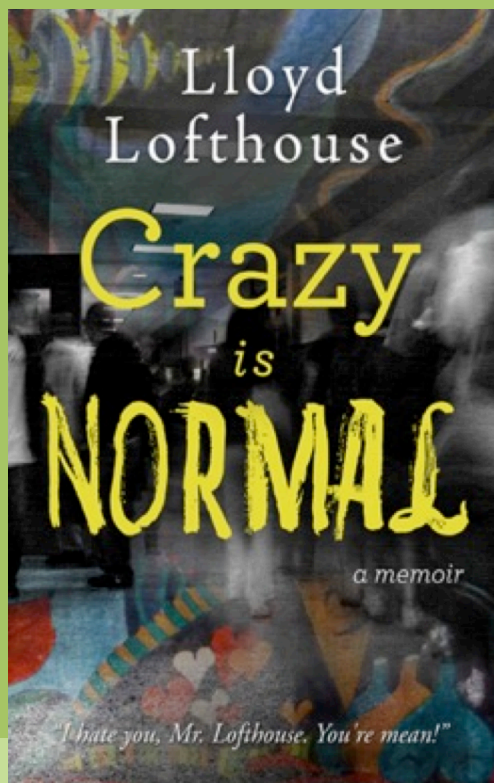
**Jarod Santiago:** UCI (Undeclared).

**Elora Seeckts:** FJC (Nutrition, Communications, Biomed).

**Hailey Shin:** UCI (Biological Sciences).

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## Readers' Forum



**Lloyd Lofthouse**, a former high school English Teacher and Journalism advisor of the award-winning *Scroll* newspaper at Nogales High School, author of *Crazy is Normal* (memoir about his teaching experience) and blogger of *iChina* and *Crazynormal* sites, critiqued the March edition of the *HSA Times*.

“I [Mr. Lofthouse] liked the advice and comparisons between college and high school. . . I also think that Shreena Patel’s piece about a boarding school in Ahmedabad, India for visually impaired girls from ages five to thirty-two was interesting, but I want to suggest a follow-up feature that walks [the readers] through the school as if [they] are there so [they] can smell, hear and see the school and its students and teachers. . . One element I never care for, even in the mainstream media, is continuing stories on other pages. I prefer to read without interruption and do not want to go hunting for the rest of the story on another page.”

### Post High School Plans continued:

**Tiffany Sorto:** CSULB (Kinesiology).

**Claudia Soto:** Cal State Northridge University (Nursing/Kinesiology).

**Daniel Tandarki:** CSUF (Business Management/Marketing).

**Alexis Vera:** UCR (Undeclared).

**Rita Vogt:** Dallas Baptist University (Business).

- By Ravynn Johnson

### Readers' Forum continued

**Lofthouse critique continued:** “Austin McCullah told 11<sup>th</sup> graders that college classes work at a much faster pace. Professors never review and they never look back. His advice is to stay on track and don’t fall behind in any classes. This is particularly important due to the fact that many final exams are worth about 40% . . .”

### Breanna Rios (graduated from CHHS last school year):

“Thank you so much for the e-mail [forwarding HSA’s newspaper]! It’s great knowing that HSA is still going strong and making a difference!” [The *HSA Times* Staff e-mails its on-line newspapers to HSA Alumni]

### Austin McCullah (graduated from CHHS last school year):

“I really enjoyed [the article about me]. Riley Davis did very well.”

**Ms. Panagiotou (an HSA Parent):** “Thank you for sharing the newspaper. I was very proud that you pointed out Isabella’s [Ms. Panagiotou’s daughter] contribution as an editor, so I copied and pasted ‘Editors, Jack Kotoff, Isabella Orozco and Isabella Panagioutou, caught many editing and layout mistakes,’ and then shared with [my] family. My husband teased me that I didn’t catch the irony. Panagiotou was spelled incorrectly [in the newspaper].”

### Mr. Mel Ewald (editor and reporter from the *Chino Champion* newspapers):

Mr. Ewald critiqued the Nov., 2016 edition of the *HSA Times*.

“Devoting an entire publication to a single topic [Prop 64] is risky when the topic is not one that dominates the public discourse. Readers who are not interested in this question will find nothing of interest in the entire publication.