

HSA Times

HSA's 2017 Fall Semester Interns



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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.

It is your turn to Intern by Kaitlyn Alanis (10th Grade)

Interested in interning? Talk to Ms. Zeigler in room 108 to set up an internship! She provides various internship opportunities to fit anyone's specific interest. She provides internships for non-HSA and HSA students alike. For HSA students, you can simply tell her your interests or a career you have in mind. If Ms. Zeigler does not already know of an internship where you would like to intern, she could recommend a few for you. If those do not work, you could recommend your own internship. For non-HSA students, the process is completely identical; just explain a few interests, and then you will be set. A number of internships Ms. Zeigler already provides are Priceless Pets, Chino Valley Medical Center, Fun Club, Loving Hands Animal Hospital and a few private practices.

While interning at Priceless Pets, you get the opportunity to help give dogs vaccinations and medications. You also learn how to correctly walk multiple dogs at once. Upon completing a year at Priceless Pets, you have the opportunity to intern at Loving Hands Animal Hospital. While interning at Loving Hands, some of your basic responsibilities are shadowing surgeons or doctors, hands-on experiences with animals; for example, carefully holding cats for vet techs while the cats get their blood drawn and/or receive their

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Guest Reporters: Kaitlyn Alanis, Hanna Atif, Shreya Arcot, Isabelle D'Antuono, Sierra Matsudo, Marcus Oddie and Hayley Skripko.
Newsletter Advisor: Neil Murphy.

HSA Times Guest Staff Members and Certificated Staff Leaders

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Guest Editors: HSA Lunch-Time Tutors

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HSA Work-Based Coordinator (Internships): Linda Zeigler

2017 Fall Internships (Pictorial Display by Isabelle D'Antuono, Hanna Atif & Sierra Matsudo)



Fun Club Interns are pictured left to right: Abigail Coleman, Kylie Bardwell, Kaitlyn Alanis, Julissa Ibanez, and Kristen Taylor.



Priceless Pets Interns are pictured left to right: Aban Domingo, Enson Wong, Joseph Joo, Brian Jia, Amber Seader, Julina Lothyan and Sydney Mendez.



Private Practice Interns are pictured left to right: Isabel Carandang, Julian Gonzalez, Josie Ma, Diane Li, Gerard Pablo, and Jacob Sensi.



Chino Valley Medical Interns are pictured from left to right: Melissa Alvarez, Stephanie Ramirez, Nathaniel Cardenas, Sierra Matsudo, Ekene Aniemeka, Hayley Skripko, Giovanni Vargas and Selena Parga.

Ms. Zeigler, HSA's work-based coordinator, places students in various internships in Chino, Chino Hills and other nearby areas. Ms. Zeigler also makes on-site visitations in order to facilitate an intern's medical learning experience and fosters relationships.

One Legacy Blood Drive by Marcus Oddie (12th Grade)

On the day of November 30th, many caring students of Chino Hills High School participated in the annual *One Legacy Blood Drive*. *One Legacy* partnered with another company called *Bloodstream* to help students donate blood and to learn about signing up to be an organ, eye, and/or tissue donor. This year there were numerous students who came out to help donate blood. Moreover, there were many HSA students who proudly

volunteered to help the nurses of *One Legacy* (Michael Banta, Isabel Caymo, Riley Davis, Maya Desai, Cerena De La Torre, Rachel Hanlon, Isabella Orozco, Hana Roble, Megan Schneider, Jazzlyn Schmidt, Jennastyn Velasquez, and Kerragan Velasquez). These HSA students helped encourage their peers to donate blood and helped CHHS students to donate 170 pints of blood. HSA students helped student donors recover after their blood donation. Overall, HSA students helped other students give the gift of life to people in Southern California.



Pictured above: **Mr. Casey**, Social Studies and Health Science **AP Psychology** teacher, spearheaded the **blood drive**.

As humans, we are accustomed to waking up when it's light outside and sleeping when it's dark. But how does this all work? Well, it starts with the pineal gland in our brains. This gland produces a chemical, called melatonin, when it's dark outside. Melatonin causes us to feel sleepy. Then, in the morning, melatonin levels drop and we feel refreshed. The article, "Melatonin And Sleep," states "Melatonin levels in the blood stay elevated for about 12 hours - all through the night - before the light of a new day when they fall back to low daytime levels by about 9 am." However, when humans enter their teenage years, the pineal gland starts producing melatonin about three hours later. This means that teens are unable to sleep properly because they are awake till about 11pm to 12am and then have to wake up early to go to school. This leads to teen sleep deprivation. This is a problem that is very unhealthy, but plagues numerous teens. In fact, according to the article, "Among teens, sleep deprivation and epidemic," written by Ruthann Richter, "...more than 87 percent of high school students in the United States get far less than the recommended eight to 10 hours [of sleep]..." To address this problem, multiple schools have changed their start times to provide more sleep for students. Minnesota is one of the states that has done this, as some of the schools in this state start at 8:30. The article, "Research links later school start times to benefits for teens," by Kelly Smith, states that late school start times leads to "...higher test scores, better grades and fewer teen car crashes..." Emulating the state of Minnesota, California Senator, Anthony Portantino, introduced a bill, SB-328, that would push middle and high school start times to 8:30.

In a survey conducted in some English classes at CHHS, 83 out of 130 students believe that this bill should be passed. Also, 67 out of 126 students say that they would be more awake during their first two periods if this bill were to pass. Some parents believe that more sleep will improve academic and athletic abilities in students. However, this bill only obtained "... 26 of the 41 votes it needed for passage. . ." according to the article, "Later school start times for California students laid to rest for the year,"

by Patrick McGreevy. SB-328 did not pass because some parents may find it difficult to leave to work on time since they have to take their kids to school. Furthermore, 60 out of 129 students at CHHS say that they would go to bed later since school would start later. This is a problem because the point of this bill is for teens to get extra sleep.

Another issue that must be considered when deciding the fate of this bill is high school sports. Students on high school sport teams usually leave school early to get to their games on time. If school starts an hour later and ends an hour later, then those students will miss more classes to get to their games on time. To avoid this problem, games may start later. However, students will then have to play when there isn't as much light outside. They also might stay up later than usual to do homework. Moreover, some parents believe that it does not matter if this bill passes because determined students will always accomplish their goals, no matter what time school starts. These are also the aspects that must be taken into consideration.

Maybe through some revision and editing, this bill will see better results when it is reexamined next year.

Health Science Academy Financials

Fundraising

- The *Snapraise* fundraiser netted \$8,000.
- The *Subway* fundraiser netted \$100.
- The *Chipotle* fundraiser netted \$400.

Upcoming and Past Expenditures

- Busses for field trips (Casa Colina {9th grade}, California Science Center Bodies Exhibit {10th grade}, possibly the Cadaver Lab at Western Medical {11th grade} and Pomona Valley Medical {12th grade} [seniors already attended this field trip])
- Lab equipment (fetal pigs, sheep hearts, etc.)
- Banquet (awards, decorations, etc.)
- HSA Spirit-ware (scrubs, hoodies, t-shirts, etc.)
- Premedical Conference (busses, registration fees, etc.)

vaccinations. Agnes Yoon, a sophomore, comments, "Priceless Pets was such an educational experience and [it] really helped me get a slight taste of a real job." She further added, "For anyone who wishes to intern at Priceless Pets, grab the opportunity!"

Additionally, you may get the opportunity to observe medical procedures. At the Chino Valley Medical Center (CVMC), you rotate through many stations throughout the facility. The stations are Central Sterile (sterilizing medical equipment), Intensive Care Unit, Telemetry (watching and analyzing heart monitors), Discharge Office, Emergency Room, Phlebotomy (blood work) and more. Sierra Matsudo and Stephanie Ramirez recently interned at CVMC this past semester. Sierra noted her internship as "My experience at CVMC was very educational and I really enjoyed it there. The staff [members] were really nice and didn't mind taking the

time to explain [procedures] to us." Stephanie Ramirez reminisced about her internship and explained it as "Interning at CVMC was an awesome experience filled [with] many learning opportunities. I met a lot of very interesting people who made volunteering a fun and memorable time." This internship is very popular due to all of the incredible experiences interns get from CVMC. **Fun Club** is an after-school service for children whose parent or guardian cannot pick them up directly after-school. Ms. Zeigler works with you to pick an elementary school comfortable for you to intern at. At Fun Club, you do creative activities with the kids, supervise, clean and prepare the classroom for snack-time. "Spending my time at Fun Club and being with the little ones, who had grown attached to me, really awakened my inner child, which was 100% awesome!" says Abby Coleman who also recently

interned this past semester. If none of these internships spark your interest, then Ms. Zeigler works with you individually to find a private practice more detailed to your liking. A couple of private practices that are active right now range from a dental office, optometrist office, ABC Publication, Otto Instruments, to even the City Hall of Chino.

HSA has opened up numerous medical internship opportunities, such as CVMC and Loving Hands, which not only HSA students benefit from but non-HSA students as well. CHHS students acquire exposure to different health care occupations and can end up with an interest and/or insight on what exists for them in various medical fields.

Please see **Ms. Zeigler in room 108** for more information over medical and non-medical internships. Ms. Zeigler's school e-mail address: linda_zeigler@chino.k12.ca.us.

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Personal Internship Accounts (Julina Lothyan): Entry # 1

This week at Priceless Pets was kind of busy; I was able to help a lot with adoptions, and I even got to help hold pets while the manager did vaccines on them. With cats, you hold them still so that the vaccine could go in the neck. With dogs, you put your arm over their head to hold them steady while they are being vaccinated. This was a great experience since I want to be a

veterinarian. Hopefully, I get to help assist with more vaccinations.

Entry # 2: What a week! This week at Priceless Pets I found out that once you have a favorite dog, it's going to be hard to let him go. I made a special bond with 11-year old Buckeye who didn't get much love, but after spending some time with him, I found out he was the biggest cuddle bug. I even volunteered an extra day

to spend more time with him.

Hayley Skripko:

At the Chino Valley Medical Center (CVMC), we had the opportunity to observe and learn about each department in a hospital. As a student intern, I was able to shadow a plethora of medical professionals throughout my internship. One of my favorite departments was Triage in the Emergency Room. Triage **See Personal Internship, Page 6**

HSA's Lunchtime Tutoring Pictorial Article by Sierra Matsudo (10th grade student)

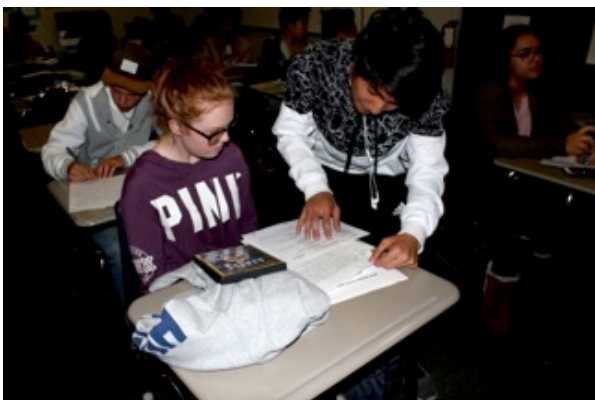
Opening the Door to Understanding

Top HSA students provide tutoring in the following subject areas: English (9th, 10th and 11th), Math (Integrated I, II and III) and Science (Biology, Biomed and Chemistry).

Tutoring occurs on Tuesdays, Thursdays and Fridays during lunch in room 232. Tutoring is open to HSA and non-HSA students alike.

How does a tutoring session work? A student arrives during lunch, signs the sign-in sheet and indicates what subject area he wants to open the door to understanding. Students may eat while they get tutored.

How does HSA obtain its tutors? Can any HSA student become a tutor? HSA tutors are actually handpicked by Mr. Murphy. Mr. Murphy selects students from his HSA 9th grade English classes at the end of the second semester. What is Mr. Murphy looking for when he handpicks tutors for the lunchtime tutoring program? Students with strong listening, reading, speaking and writing skills. Next, Mr. Murphy looks at a student's transcripts. If a student is doing extremely well in math and/or science as well, he will approach the math and or science teacher for a recommendation. Essentially, Mr. Murphy is looking for students who can tutor in multiple subjects. He also asks his top current tutors to return as tutors for the following school year.



Heathe Bago, a sophomore tutor, is helping Kaylee Dunn, a HSA freshman, with her English assignment.



HSA's Tuesday's Tutors (back row--left to right): Isabella Panagiotou (11th), Jia Albaran (10th), Jennastyn Velasquez (11th), Courtney Price (11th), Bryan Lee (10th) and Aban Domingo (10th). Front row--left to right: Agnes Yoon (10th), Shreena Patel (10th), Sahar Zaidi (10th), Heathe Bago (10th) and John Kim (10th).



HSA's Friday Tutors (back row--left to right): J. P. Fuertez (10th), Sunho Lee (10th), Kayla Hashimoto (10th), Nishtha Mistry (10th). Front row--left to right): Alex Kwon (10th), Najia Saleem (10th), Mitwa Joshi (10th) and Aaron Chien (10th).

MURPHY	LUNCHTIME TUTORING	2017-18
Date (E.g. 9/2/17)	SPONSORED BY HSA Name (please print first and last name)	Desired Subject Area (Tutoring)
5/4/17 (Example)	Juan Doe	Math I
11-14-17	Kaylee Dunn	ELA
11-14-17	Jolie Bergman	ELA
11-14-17	Thomas Kelly	ELA
11-14-17	Theresa Smith	ELA
11-14-17	Shreena Patel	ELA
11-14-17	Raifun Jun	ELA
11-14-17	Christina Hernandez	ELA
11-14-17	Mexis Diaz	ELA
11-14-17	Leonardo Lopez	ELA
11/14/17	Miguel Jethar	Int. Math 3H
11/14/17	Rynn Lo	ELA
11/14/17	Hanna Anip	ELA
11/14/17	Isabelle P'Anhem	ELA
11/14/17	Melissa Rios	ELA
11/14/17	Valerie Kozelko	Int. Math 1

Tues, Nov. 14 (10)

Pictured above is a tutoring sign-in sheet. Mr. Murphy, the tutoring advisor, e-mails sign-in sheets to interested parents and HSA teachers.

Personal Internship, continued from page 4

is the first step in order to be treated in a hospital. It is there that patients are screened for their blood pressure, temperature, weight, height and any previous known medical conditions. While in this department, I was able to learn how to properly perform an EKG on a patient. An electrocardiogram (ECG or EKG) is a non-invasive test that is used to reflect underlying heart conditions by measuring the electrical activity of the heart.

One patient I met was 104 years old. Despite his/her age, he/she was still extremely active and could hold a conversation for hours. Being able to experience and watch the different ways the heart pumps as people get older was one of my favorite moments of my internship.

I also watched and learned about the end-of-life procedures in a hospital in the ICU. Overall, the CVMC internship has truly inspired me to pursue my future career in medicine. The Health Science Academy is an amazing gateway for high school students to explore a variety of medically related jobs, while learning and growing in a community of fellow students with the same mindset.



Pictured right are Julina Lothyan (10th grade) and Hayley Skripko (10th grade). Photo by Sierra Matsudo

Brain Teasers (Answers) {December Edition}:

- 1) Youth Education Program
- 2) national landmarks
- 3) Constitution
- 4) carbon dioxide
- 5) renewable energy
- 6) *The Good Doctor*
- 7) Phynex Perry
- 8) EpiPen
- 9) legislation
- 10) Pharma Bro

December's winner: Sweta Prajapati (9th grade HSA student).

Next Edition (May):

HSA Times reporters will be spotlighting 12th grade HSA seniors and their post high school education plans. Plus, Ms. Tasanont's Gel Electrophoresis Lab will be featured.

Readers' Forum (December Issue)**Mr. Latimore (CHHS 11th Grade English Teacher and Varsity Boys Head Basketball Coach):**

I enjoyed reading about the Y.E.S. program and Isabella Orozco's trip to D.C. to debate important issues facing the nation today. The entertainment section wrote a great piece separating fact from fiction in the television show The Good Doctor. I'll have to check out the next episode.

Dawn Marks (Education Reporter from The Chino Champion):

The HSA newsletter consistently offers a nice variety of relevant and intelligently written articles. I have only one overall suggestion, and that is to give your readers a little more information . . . For example, in the Solar Competition recap story from last year, I was curious to know if there will be a team this year at the school. And when (and where) would the 2018 competition be held? How can students wanting to get involved this year join the team? Or is it too late to get involved this year?

Sometimes it's as simple as putting a line at the end of the story that says: Information: contact name, phone number and/or website . . .