



HSA Howler: Student Edition

HSA Club wins the Homecoming Float Competition for a Fourth Year in a Row!

HSA Newspaper Staff: Jennifer Antunez Albert Chen, EdenMarie DiGerlando, Angelica Framel, Marissa Howdershelt, Jackie Mattingly, and Rhiannon Rivas.
Newspaper Advisor: Neil Murphy.



IN THIS ISSUE

- Pages 1-2** HSA Homecoming, Book Review, and Chipotle Fundraiser
- Pages 3-4** Right-to Die (Physician-Assisted Suicide) Legislation
- Pages 5-6** Relative Spotlight (Mrs. Richards) and HSA Happenings.
- HSA Club Meetings** First and third Wednesday of each month--Room 176

HSA Homecoming by Angelica Framel

HSA decided again this year to build a float for the Homecoming Game. The theme for this year's Homecoming was CARNIVAL. The game took place on September 25, 2015, and our Husky football team vanquished Downey High School.

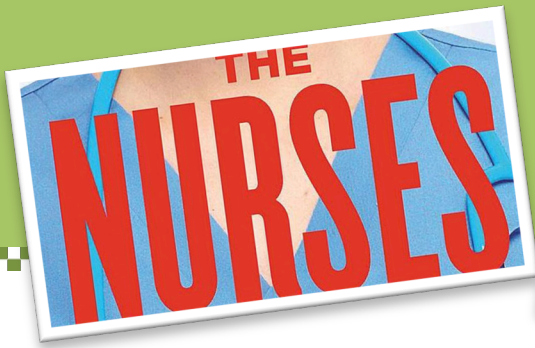
During halftime, various clubs and academies, such as HSA, AVID, Club ED, etc., participated in showing off the floats they had created. HSA built its float using plywood to make the circus animals and PVC pipes to hold up the animals. With support from the Dog Pound and enthusiastic HSA students who walked alongside the float, HSA was able to win the "BEST FLOAT AWARD" for the fourth year in a row.

Thank you to everyone who helped to create and assemble the float. Your hard work, dedication and love for the Academy enabled HSA to win! Also, a special thank you to Mrs. Kleeburg for providing food to the students who walked alongside the float, and Mr. Sabbara for providing the materials and spending so many days after school to oversee the construction of the float.



HSA Contact Information

Mr. Sabbara- Department Chair sam_sabbara@chino.k12.ca.us
Ms. Hughes- Counselor melissa_hughes@chino.k12.ca.us
Ms. Zeigler- Work-Based Learning Coord. linda_zeigler@chino.k12.ca.us
Homecoming Photos- Courtesy of Angelica Framel and Mr. Sabbara.



HSA's Book Recommendation by Jennifer Antunez

Images--Courtesy of Google

The Nurses: A Year of Secrets, Drama, and Miracles with the Heroes of the Hospital, by Alexandra Robbins, is a definite must read if you are aspiring to be a nurse or just curious about the daily lives of these heroes. Published on April 14 2015, the novel brings light to the hidden struggles of being a nurse in this generation. Robbins follows the dramatic lives of four ER nurses whose stories range from a failed conception to drug abuse. By the end of this novel, you will either be more determined to become a nurse or running in the other direction.

Life as a nurse in the ER

can be beyond hectic, especially for these four nurses who work in inner-city hospitals. These incredible nurses manage to balance their dangerous overload of patients and excruciatingly long hours without sometimes even taking a lunch break. Not only that, but they are also dealing with their own personal struggles: Lara is fighting a drug addiction and a crumbling marriage; Sam is trying her hardest to prove herself as a new nurse; Juliette is being excluded by her fellow nurses; and Molly is trying to conceive a child. Robbins does an amazing job describing the difficult lives of nurses, and in a way saying that nurses are the

real heroes.

This novel is rightfully on the HSA reading list because it depicts the reality of being a nurse. Students will learn the secrets that hospitals have tried to conceal about those nurses who've been abused, bullied and harassed by fellow workers and/or patients. They will also learn that nursing is not an easy job, and can be extremely dangerous. Robbins also includes a plethora of medical terminology and ER codes. For these reasons, I highly recommend *The Nurses: A Year of Secrets, Drama, and Miracles with the Heroes of the Hospital* to all of the aspiring nurses in HSA.

Chipotle Fundraiser --by Jackie Mattingly

Image-courtesy of Google

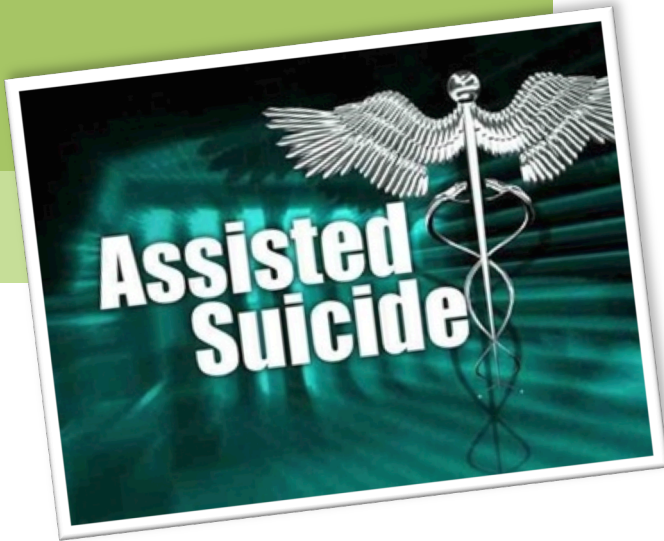
The Health Science Academy on the CHHS campus hosted a fundraiser at Chipotle in September. I interviewed Mr. Sabbara regarding the outcome of the night. He thought the turnout was fantastic and was very pleased with the result. The Health Science Academy raised \$2,500 dollars, which was \$1,000 more than last year. Although Mr. Sabbara

expected the Chipotle night to be a success, he was pleasantly surprised that the amount exceeded his expectations. Mr. Sabbara had also told me that the money would go toward HSA field trips, transportation fees, the banquet, student recognition awards, HSA clothing, and the homecoming float. Mr. Sabbara would like to do this fundraiser again.



Also, he appreciated the fact that the HSA officers, HSA booster parents, and HSA teachers, and finally the HSA students themselves, made the Chipotle fundraiser a HUGE success.

Physician-Assisted Suicide



Governor Brown just signed the “End of Life Option Act” (SB 128) earlier this month. SB 128, also known as Physician-Assisted Suicide, will not go into effect until 2016. Healthcare experts predict that this bill will cause significant changes in California’s medical landscape.

Physician-Assisted Suicide: Murder or Liberation?

Governor Jerry Brown recently passed a bill legalizing physician-assisted suicide for terminally ill patients in California. Because it is a matter of physically killing another human, there is a large amount of controversy behind the issue. Many argue that it is not ethical to perform such a harmful procedure on a patient. However, are doctors really doing a service to patients by giving them an expiration date then sending them home to miserably live it out?

When deciding whether this new bill is right or wrong, one must imagine the situation from an ill patient’s perspective. It is easy to say that the whole situation is completely unethical and inappropriate while leading a healthy, normal life. But, what about those who are given just a couple months? Surely these poor people don’t want to sit and wait for death to come upon them and die possibly

unconscious and/or in extreme pain on top of a hospital bed. Instead, doctors could offer a fast, simple solution to painlessly end an already ending life and allow for a proper goodbye to be given to family members. Skeptics may also want to consider what is done with beloved pets when they are in critical condition. Dogs and cats are commonly “put to sleep” with a lethal injection when they are no longer able to live happily. With pets, death is considered the right thing to do, but suddenly when the conversation entails humans, it is incredibly cruel and obscene to even consider this option. Pet owners put their pets out of their misery because they care about them and find it difficult to watch something they love be in so much pain. Why is it any different for the people we love?

The choice must be made available to those diagnosed with a terminal illness. Physician-assisted suicide is not a mandatory solution, it is

simply an option to allow sick people some kind of control in a situation in which they have virtually none. Other states in America have made the decision to allow assisted suicide, and by leaving out California, a large number of sick people who would like to end their lives would have to travel uncomfortably in order



With pets, death is considered the right thing to do, but suddenly when the conversation entails humans, it is incredibly cruel and obscene to even consider this option.

to receive treatment. In addition, those who are too ill or do not wish to travel may take matters into their own hands and commit suicide themselves, most likely in a more gruesome manner.

Physician-assisted suicide would only provide a sense of comfort to terminally ill patients by giving them their own choice in the comfort of their own home. This newly signed bill is completely justified and will provide a great service to those who are too weak to live any longer.

-by Rhiannon Rivas

Hospitals: Where Patients Go To Die?

The new End-of-Life Option Act, which was recently signed by Governor Brown of California, has caused quite the controversy. This act gives physicians the right to aid individuals to end their lives as a form of pain relief for terminal, uncontrollable illnesses. Although some may perceive it as beneficial, this act contradicts the duties of a physician and jeopardizes motivation for the advancement of finding cures

for terminal illnesses.

A hospital is often perceived as a place where individuals seek medical help to benefit their lives. With the passage of this new act, this persona will drastically change. Physicians are often seen as motivators for their patients' health, but by allowing patients to shorten their lifespan, are physicians really fulfilling their medical duties under the Hippocratic oath? Although some terminal illnesses do seem quite morbid, a little sense of hope and encouragement are vital to the health and wellness of the patient. As long as a patient thinks he may get better, then the placebo effect, the spiritual healing effect, or the unexplained medical miracle effect can have a chance to improve a patient's health. Although the chances may be slim at times, by allowing a patient to choose to die, would leave absolutely no chance of

survival.

This act, in a sense, gives both the physician and patient an easy way out. Physicians will soon change their mindset about patient treatment and won't have any motivation to conduct research in order to develop viable treatments for serious illnesses. If numerous patients were to be happier dying, then there would be no necessity in finding cures. Physicians and other health care workers must look at the situation holistically for the sake of the future of medicine. They must encourage wellness in their patients and further research for treatments to treat such devastating illnesses. Letting people die one by one may represent an expedient option, but it does not represent an ethical solution for terminal illnesses.

by Marissa Howdershelt

Relatives of HSA Students in Health Science Fields—Mrs. Richards Interview

I had the honor of interviewing my aunt who is not only the President and CEO of Hospital Operations of KPC Health but has two other titles as well. Her two other titles are CEO of Orange County Global Medical Center and CEO of Victor Valley Global Medical Center.

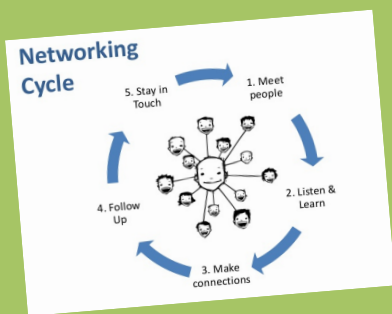
Mrs. Richards' college background includes an Associates Degree in Nursing at Cypress College, Bachelor

Degree in Nursing at California State University, Fullerton, Master's Degree in Public Health with an emphasis in Biostatistics (using statistics to manage uncertainties in the field of medicine) at Loma Linda University and Master's Degree in Business Administration at University of California, Irvine.

Mrs. Richards was able to go through all her difficult

classes by dedicating her time to studying. She would complete all of her assignments to the best of her ability; then, if she couldn't figure them out, she would make appointments with the instructor to obtain help in mastering complex concepts. She would also attend tutorials if they were available.

She currently is overseeing the entire hospital



Take all the opportunities that are given to you. Learn to network with people who have the job you want. Find someone to mentor you with opportunities so that you apply for a job you already have experience.



Volunteer or work at a hospital management position; you would need to join ROP and become a Medical Explorer or complete an application to become a volunteer, which they call “volunteer.”

Images-courtesy of Google Images

Continued

management organization, a Level 2 trauma center, and the oldest hospital in Orange County. I asked Mrs. Richards if she enjoys her career. She replied, “I enjoy taking care of people, either as my employees or my patients.” A typical day for Ms. Richards is exhausting; she meets with staff and doctors, negotiates deals, reads financials, and does numerous presentations. Dealing with all the different personalities would have to be the most difficult aspect about her career. She oversees over 6,000 employees and 1,500 physicians, and sometimes her employees don’t get along. She spends a tremendous amount of time as the negotiator, arbitrator, and peacemaker. She also doesn’t enjoy firing people. She spends an eon of time on boundaries and defining people’s jobs.

I also asked her if she could give HSA students advice about a career in the health sciences field? Mrs. Richards responded, “Take all the opportunities that are given to you. Learn to network with people who have the job you want. Find someone to mentor you with opportunities so that you apply for a job you already have experience.” Mrs. Richards also added, “Volunteer or work at a hospital management position; you would need to join ROP and become a Medical Explorer or complete an application to become a

volunteer, which they call “volunteer.”

Mrs. Richards had a lot of advice for HSA students who are in the Health and Science Academy. I was very impressed with all of her experience and knowledge. She really gave me an insight on what could possibly be an HSA path for the future.

by EdenMarie DiGerlando

HSA Happenings

General Lunchtime Club Meetings:

First and third Wednesday of each month.

INTERNSHIPS:

The following internships are available for the **second semester**: Chino Valley Medical Center, Priceless Pets, Fun Club (after school day care), etc. **Applications** may be submitted beginning on **Nov. 16th** and ending on **Dec. 10th**. Please submit internship applications to **Ms. Zeigler in room 108**.

HSA Fundraiser

Harkins Theatre Fundraiser on **Thurs., Nov 19** from 3:00 PM to 10:00 PM.

HSA Lunchtime Tutoring

In room **232**, advanced HSA students tutor students on Tuesdays, Thursdays, and Fridays in English, Foreign Language, Math, and Science.