



# HSA Times

**HSA Newspaper Guest Writers:** Jia Albaran, Riley Davis, Malia Garcia, Shreena Patel, Josh Rodriguez, Megan Schneider, and Noah Zappala.  
**Newspaper Advisor:** Neil Murphy.

**Guest Photographers:** Riley Davis and Najia Saleem.  
**Guest Editors:** Jack Kotoff, Isabella Orozco and Isabella Panagioutou.

**Pictured Right, Front Row (middle)-** Shreena Patel along with Students from Andh Prakash Gruh School in India.

Shreena Patel and Priya Patel (HSA Alumnus) are pictured below in front of Medical Donations.



Shreena Patel provided pictures of her trip to India.

## IN THIS ISSUE

Pages 1-2

Medical Donation Drive; Alumni- Jackie Mattingly and Joshua Zappala

Page 3

Austin McCullah- HSA alumnus who graduated in 2016-- presented to Mr. Murphy's 11<sup>th</sup> grade students

Pages 4-5

Kindness for Blindness continued (Medical Donation Drive); HSA Club Updates; Kylee Mackenzie

Page 6

**Next Issue: Seniors**

Joshua Zappala continued; Samantha Agustin; Readers' Forum; Answers to Brain Teasers



## Kindness for Blindness by Shreena Patel

Andh Kanya Prakash Gruh is a school located in Ahmedabad, India. The Andhkanya Prakash Gruh Trust founded this boarding school in June 1954. In 1966, the Gujarat Government allotted a 10,000 square plot, where the organization began to expand. Andh Kanya Prakash Gruh is a boarding school for visually impaired girls from ages five to thirty-two. Currently, there are 184 girls who attend Andh Kanya Prakash Gruh.

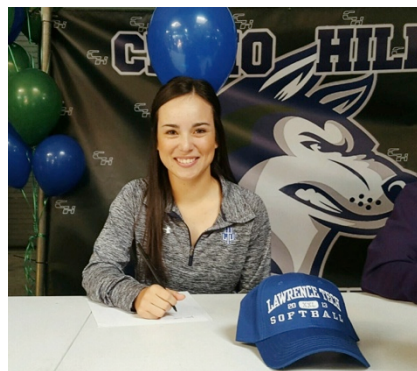
The school's main goal is to educate these talented girls and provide them with the means necessary to help them lead a future filled with happiness. Some other goals that this school strives to achieve are to provide education, train girls to help achieve self-reliance, develop musical talents, teach home management, rehabilitate the girls into society, and find them suitable marriage partners. These talented school girls even make a wide variety of items, such as office files, foot mats, food items, rakhis (Indian bracelets), diyas (candles), etc. These items can also be purchased, which is how I found out about this organization. Over the years,

See Kindness for Blindness, Page 4

## HSA Times Contact Information

The HSA Times welcomes feedback from its readers. If readers have ideas for feature or news articles, readers want to submit an article for publication and/or submit article corrections, please e-mail Mr. Murphy at [neil\\_murphy@chino.k12.ca.us](mailto:neil_murphy@chino.k12.ca.us). The HSA Times does reserve the right to edit submitted articles and critiques. Thank you.

Editors, Jack Kotoff, Isabella Orozco and Isabella Panagioutou, caught many editing and layout mistakes.



Alumni students provided photos of themselves.

Jackie Mattingly is pictured left at Lawrence University and right at her softball signing press conference.

### Jacklyn Mattingly

Jacklyn Mattingly is a former HSA student who now resides at Lawrence Technological University. She has very fond memories of her high school years. By her apparent involvement in HSA activities, such as the field trips, the disability dance, and her internship at Chino Hills Pediatrics shadowing Joel De La Merced, it is no mystery as to how she got into the college of her choice. As an experienced wizard of academics, she possesses knowledge she wishes to share.

**Q:** What tips do you have for current HSA students?

**A:** *I would advise any HSA students to keep volunteering and take advantage of all of the internship connections they have!*

As time moves on so do students, and after graduating from Chino Hills High, Jacklyn was attracted to LTU because LTU offered her a softball scholarship, along with the fact that she would receive a prestigious education at a private university. She is currently majoring in Biomedical Engineering.

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

**A:** *So far, I'm very interested in my major and plan to stay with it.*

**Q:** How is the pacing of your college classes different than that of high school?

**A:** *College classes are different because we go through the material quicker than a high school class; however, there is a little less homework [written homework assignments] because professors expect you to study more often.*

**Q:** How is student life at Lawrence Tech?

**A:** *Student life at Lawrence Tech is pretty small, which is good because I can take advantage.*

**Q:** What percentage of your grades were your final exams worth?

**A:** Most of them were worth 30%.

**The article above was written by Josh Rodriguez.**

**In this issue, HSA featured former HSA students. HSA Times reporters will continue to feature former HSA students so that current HSA students will have a better understanding of what college academics will be like.**

### Joshua Zappala

After conducting an interview with Chino Hills High student alumni Joshua Zappala, it was explained how important it is being in the HSA Academy and what to expect going into the first semester of college. When asked what tips could be given to students currently in

the HSA Academy, Joshua thoughtfully responded, "Take advantage of the great teachers you have; also, use the time to see if you are truly interested in the health sciences and find your niche in science if possible." Joshua concluded that his most memorable experience in HSA was "going to the cadaver lab and learning all about the human body"; he remarked that it was

"great to see [human body systems] up close and personal and to be hands on."

Joshua Zappala is currently a freshman attending the University of San Diego; when asked about what attracted him to this university, his response was "It has a great science department, great location, and a beautiful

**See Joshua Zappala, Page 6**

## Austin McCullah's College Presentation



Pictured Above: Austin McCullah is addressing an 11<sup>th</sup> grade HSA English class.  
Photo by Riley Davis



Pictured Above: Alexis Lopez, Himlal Bistal and Jorell Belandres are considering Austin's major points. Photo by Riley Davis

On January 12, 2017, Austin McCullah, a former Chino Hills High School student, addressed Mr. Murphy's 11<sup>th</sup> grade English class regarding high school and post-graduation plans. Austin currently attends New York University, which is located in Manhattan (a borough of New York City). He is currently pursuing a Bachelor's Degree in Mechanical and Aerospace Engineering.

During high school, Austin was in the Health Science Academy. He was an active member and participated in helping with the HSA homecoming float, attended HSA meetings, various field trips and banquets, and was the junior ambassador. He also participated in an HSA internship at Priceless Pets. His favorite memory of participating in his internship was when he adopted a bulldog that he was caring for at Priceless Pets. Austin's most memorable experience from participating in HSA was meeting different friends, many of whom he still maintains contact with. His advice for students currently in the HSA program is to make sure to stick around with the right group of friends and continuously push each other.

Austin spoke about the difference between academics at Chino Hills High School versus a University. He talked to the 11<sup>th</sup> grade class about the pacing of college courses. He told the class 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% at the college level.

Another point Austin made was to look for a university or college that has the right student life. NYU is a very diverse school with about 20% of the students being foreigners. The school also has a lot of opportunities for internships and getting out in the real world. In addition, NYU doesn't have any parties; however, it does have a lot of other social opportunities. Austin's closing remarks were with regards to surviving senior year and the first semester of college. A few of the things he recommended to have a more rewarding senior year were to step out of comfort zones, say no to drugs, and go to all available activities. As far as college is concerned, he recommended avoiding procrastination and to be prepared



to meet all kinds of different people and professors. --by Riley Davis (NYU image above-- courtesy of Google Images; Stats below--courtesy of Investopedia.com and usnewsrankingsandreviews.com )

**Annual Tuition at NYU: \$46,170**

**Rank in the nation according to U.S. News:**

**Annual Tuition with room and board at NYU: \$63,472 Number 6**

## Kindness for Blindness cont.

my family has purchased rakhis that are made by these visually impaired girls.

My cousin, Priya Patel, and I wanted to give back to these girls because of the awesome items they make. On October 19, 2016, I was given an amazing opportunity to be able to go to India and meet up with the girls who are enrolled at Andh Kanya Prakash Gruh. Priya and I had set a goal to donate 200 dental kits to the school in India. In these kits we included a toothbrush, toothpaste, tongue scraper, floss, washcloth, and a toothbrush cap. Priya and I set up a page on [www.youcaring.com](http://www.youcaring.com) to get our donations started. We sent this link out to family and friends, informing them of our goal and asking for donations. All together, we raised over \$1,000. Using this money, we were able to purchase all the

self-hygiene items needed to organize 200 dental kits. Although Priya was not able to come to India with my mother and me due to a new job opportunity, she helped by raising money, spreading the word, and assembling the dental kits. Priya graduated from Chino Hills High School in 2010. Six years later she graduated from West Coast University and is now an NICU nurse at the Queen of Valley hospital.

Helping out others for a change and taking part in a charity work has always been a dream of mine. By visiting Andh Kanya Prakash Gruh and donating these dental hygiene kits, I was able to achieve that dream. Meeting up with these kind girls and being able to do something for them gave me a great feeling, and I would like to continuously have that feeling my whole life. By going on this trip to Andh

Kanya Prakash Gruh, it helped me open my eyes to all of the wonders that come with being a part of the Health Science Academy at Chino Hills High School.

## HSA Club Update

As the 2016-17 year comes to an end, HSA students get to look back and forward to the activities that the HSA Club has done.

HSA Club advisor, Mr. Sabbara, and the Club President both agree that the greatest achievement of the year was bringing the Academy out of debt.

This upcoming year the HSA Club will be joining HOSA (Health Occupations Students of America). HOSA provides numerous opportunities for students interested in joining a national organization, provides assistance in filling out

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## HSA Club Updates continued from the top

resumes, and gives the chance to compete against other schools. As HOSA joins HSA at CHHS, the time has come for students to get involved. Officer positions include the following: 1) President-responsible for the leadership role and is the voice for club members. 2) Vice President-the right-hand man to the

President; she makes sure that all club functions run smoothly. 3) Secretary-responsible for taking the minutes and attending club functions. Etc.

If any HSA student is interested in representing her class, the officer applications will be available at the end of April 2017. Elections will be held at the beginning of

May and to run for an officer position one must be prepared to give a 30 to 60-second speech on why she should be elected. To obtain an application, see **Mr. Sabbara in Room 211**. To see monthly updates from HSA officers, follow them on Twitter [@HSACHinoHills](https://twitter.com/HSACHinoHills) and on Instagram [@ChinoHillsHSA](https://www.instagram.com/ChinoHillsHSA). by- **Malia Garcia & Megan Schneider**



### **Kaylee Mackenzie**

I had the privilege of interviewing HSA Alumni Kaylee Mackenzie, who is now attending Metropolitan State University of Denver. She is majoring in Biology and minoring in Chemistry. Mackenzie was offered a scholarship to play on the women's soccer team, which allowed her to study at MSU Denver. She is satisfied with her current major and does not plan on changing it. Mackenzie has given wonderful advice regarding college and information about her previous years as an HSA student.

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

**A:** Honestly, I didn't do many HSA events until my senior year; even still it was mainly just my internship.

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

### **Kaylee Mackenzie cont.**

**A:** I participated in the Loving Hands Animal Hospital internship.

**Q:** What was your best memory about the HSA internship?

**A:** My favorite thing about my internship was getting hired and becoming a member of the staff. Eventually, I became good friends with my coworkers which always made the long days fun. I still keep in touch with them even after leaving for college.

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

**A:** I would definitely have to say my internship or job experience was the most memorable just simply because it was fun and is what I want my career to be.

**Q:** What tips do you have for students currently in the HSA Academy at CHHS?

**A:** My advice is to be involved in events and make as many connections as possible through the internships. I get that being involved means a busy schedule, but you'll be glad later.

**Q:** How is the pacing of your college classes different from the pacing of classes at CHHS?

**A:** I have to say that it's completely different from CHHS. You have a lot more time to do assignments; however, the assignments

are significantly harder and longer. And, yes, we actually have to study for exams.

**Q:** What is student life like at your university?

**A:** My school is mostly a large commuter school, but we do have tons of athletics games to attend, and several on-campus clubs to join.

**Q:** What percentage of your grades were your final exams worth?

**A:** The majority of my professors made my finals worth 25% of my grade. Sometimes I get lucky and my instructor drops the lowest test grade from the semester, including the final.

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

**A:** Make friends with your professors! Your professors won't be willing to help you raise your grades if they have no idea who you are.

**Q:** The average college freshman gains 15 pounds during his/her first year of college? Has the Freshman 15 been a problem for you?

**A:** Since I am also an athlete, the freshman 15 hasn't really been a problem because I work out literally every day. I have gained weight in muscle mass, and also as an athlete, we learned to only focus on our weight outside of competition season, so we don't stress ourselves out. But be careful, you can lose weight just as easily in college because of the increased stress.

**by Jia Albarán**



## Joshua Zappala cont.

campus; being recruited for football also helped.” According to Joshua, student life at USD is great in the sense of diversity and entertainment. He observed that there are “endless ways to get involved and make friends.”

What Josh really stressed in the interview was that “having the right priorities and making friends whose priorities are right, is a big key to being successful in college and staying focused.” **by Noah Zappala**

## Samantha Agustin

Samantha, a 9<sup>th</sup> grade HSA student, developed the t-shirt design for HSA. If one were to examine the bottom picture, one would immediately discern that Samantha has a future in fashion.

**Photographer- Najia Saleem (top photo)**



**Pictured Above: Joshua Zappala**

**Pictured Below: Samantha Agustin**

## Answers to January’s Brain Teasers (Student Health Science Internships):

- 1) telemetry office
- 2) Center Nurses Area
- 3) Accel
- 4) surgeon’s knot
- 5) hematology (study of the physiology of the blood)
- 6) tourniquets
- 7) phlebotomists
- 8) excision
- 9) Lidocaine (a numbing agent)
- 10) cryotherapy (liquid nitrogen to freeze suspicious skin growths- actinic keratosis)

January’s brain teasers winner: Anai Villicana (11<sup>th</sup> grade Student).

## Readers’ Forum

Please read below and find out what readers have to say about the *HSA Times* newspaper.

“Thank you again for the quality leadership and innovation you use in guiding our [HSA] students to excellence. . . I am proud of their [HSA reporters and HSA interns] work ethic, detail and dedication to community positive news in a creative and interesting way.” --Ms. Zeigler (HSA Work-Based Coordinator)

“. . . I wanted to inform you that it was Agnes Yoon and I, Jennastyn Velasquez, in the photo on the first page [January edition]. The newspaper currently says Nishta was in it.” --Jennastyn Velasquez (an HSA student)

“Thanks for sharing [your newsletter]. Another great job with your newsletter. I found the stories of the students’ intern experiences very interesting.” --Ms. Marks (*Chino Champion* Newspaper Reporter)

HSA wants to thank its readers for responding to its *Readers’ Forum* section of the paper.