

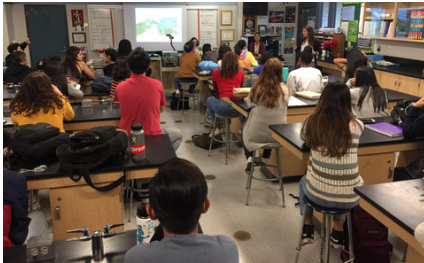
*Editor-in-Chief: Nishtha Mistry*

*Advisor: Michael Wiechert*

*Contact: [hsatimes@gmail.com](mailto:hsatimes@gmail.com)*

## what's inside

- 01 Can UC the Path to Becoming a Physician?
- 02 Needles & Pills: America's Worsening Opioid Epidemic
- 03 Casa Colina
- 04 Wellness Center
- 05 - 06 Mindfulness Club Interview  
Mindfulness Club Comic
- 07 Crossword



The first thing that stood out to me was the attitude going into undergraduate school. High school students place so much importance on attending a prestigious school, but that isn't all that necessary to gain admission into medical school as I was surprised to learn. Clelia attended community college for part of her undergraduate studies, and she emphasized that doing well wherever you end up is of more importance. Another indispensable piece of advice given was to find your passion and to continue developing that passion throughout your academic career. For example, Clelia took martial arts classes throughout high school, and she continued her passion for martial arts throughout undergrad as a martial arts instructor. This made her really stand out as a medical school applicant.

I could go on and on about the invaluable information learned from the presentation, but it will suffice to say that the presentation meant a lot. It was encouraging to have medical students talk to us like we were their equals. Medical school seems so far off for us high school students, but these future physicians made it feel like it was within our grasp. The Health Science Academy is very appreciative, and we would love to host more speakers in the near future.

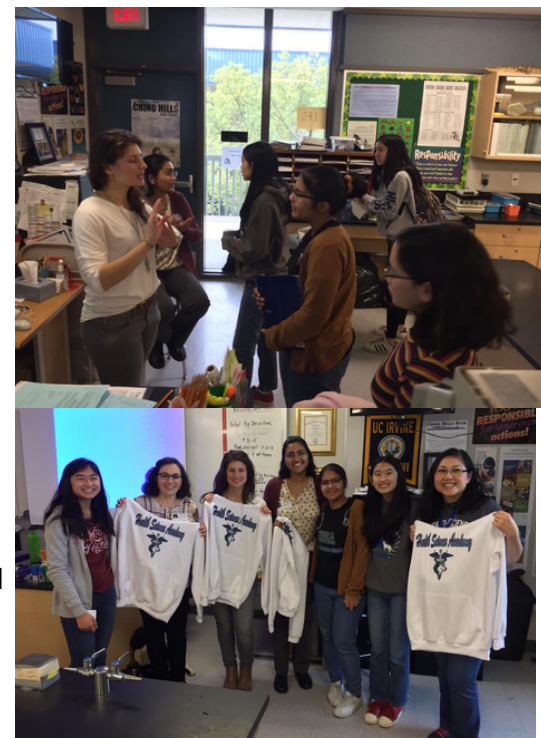
## Can UC the Path to Becoming a Physician?

Najia Saleem | Grade 11



More than 11 years after graduating high school. That's about how long it takes to become a physician, but for many it takes even more of a commitment of time and effort. Most high school students wouldn't be aware of the sacrifices made by doctors, but many members of HSA are. How can a 14 year old be mature enough to understand this commitment?

Well, it was thanks to the efforts of UCI medical students that many students became aware of the obstacles they may be facing throughout their undergraduate and graduate studies. Ruzan Orkuzyan, Clelia Clark and Raji Nagalla were the students who generously donated their time. Ruzan is an aspiring pediatrician, Clelia is an aspiring emergency medicine doctor, and Raji is studying for a double doctorate with an MD and PhD in biomedical engineering. That's right a double doctorate! Clearly, we could learn a thing or two from these accomplished women.



# Needles & Pills: America's Worsening Opioid Epidemic

Ryan Lo | Grade 10



To most people, the numbers 11-41 don't mean anything. However, in police dispatch, an 11-41 code means an ambulance is needed. Every year in America, EMT's race to the aid of all types of medical emergencies from gunshot wounds to heart attacks. In the midwest and various cities in the east, an 11-41 is synonymous with a drug overdose.

To simply put it, an overdose is when an individual ingests too much of a drug. And to put it simply, it's happening way too often. According to the National Institute of Drug Abuse, 130 Americans die from an overdose every day. Based on CDC statistics, states like West Virginia, Ohio and Pennsylvania lead the nation in overdoses. In 2017, it was declared a national public health emergency; however, with no formal plan from Washington and graveyards filling with overdose victims, there seems to be no end in sight.

History repeats itself. America has had a long history of opioids. In the 1890's, companies like Bayer pharmaceuticals marketed drugs like morphine and heroin for pain relief. The government soon began to notice spreading dependence on these medications and implemented restrictions on their distribution. Although mostly dormant, drug addiction kept lingering on in America. Fast forward to the 90's, Purdue pharmaceuticals markets a pain control drug called oxycontin. It was "non-addictive," they said as they sucked up to doctors across the nation. Due to the claim of not being addictive, doctors began to over-prescribe the drug.

Slowly but surely, the pills began to draw its victims into addiction. Once again, the government tightened the restrictions around drugs. This and other factors, like the rising cost of prescriptions, caused some to settle on a handful of illegal drugs. The most notable of these was street heroin. Without pharmaceutical regulation, street heroin users had no clue what they were injecting into themselves, which can be dangerous since a user can't tell how much of heroin is being consumed or what's in it. This leads to more overdoses. Recently, a synthetic opioid called fentanyl has begun to worsen the crisis. According to the CDC, It's 50 times more potent than heroin, making a bigger headache for healthcare workers and law enforcement. As of now, the response to the crisis has not been uniform with responsibility to the epidemic delegated to individual municipalities. The light at the end of the tunnel is hazy. Many good organizations are working diligently to end the opioid crisis, but it's not likely that they will be able to independently take down the crisis without government intervention. It's unclear what the president would do to tackle the crisis. However, one thing is clear, the opioid crisis is going to be one of the most difficult public health problems in the 21st century.

# Casa Colina

Jenna Min | Grade 9



On March 5th, HSA students were given the opportunity to experience the daily life and careers at Casa Colina. Casa Colina was designed to treat patients who suffer from traumatic events, illnesses, or were born with them. During this trip, the 40 HSA students rotated tables to listen to employees, who specialized in different fields. These categories consisted of occupational therapy, audiology, nursing, speech therapy, and physical therapy. One career that stood out to me was the pharmacist who informed students to go to a college that would help you get better grades, instead of a prestigious school, like Harvard, which would get you worse grades. This genuinely helped me realize that it's okay to not attend an Ivy League school. In the middle of these 15-minute sessions, Felice Loverso, the CEO of Casa Colina entered the room with tea in his hand. Loverso gave an incredible speech about his personal life and how he made many difficult sacrifices, but successfully made it to the top. Loverso is a phenomenal human being, who helped me realized that staying true to myself is key. He preaches that staying true to yourself will create a beautiful end result by allowing you to do what makes *you* happy.



After Loverso presented his speech, we continued our sessions and got separated into “teams.” In our teams, we toured around the hospital. One of the rooms that grabbed my attention was the operating room. Unfortunately, we could not enter the room; however, the tour guide helped us visualize the rooms by comparing it to Grey’s Anatomy. A fellow HSA student cited that his favorite part of going to Casa Colina was the RTC, also known as the Recreational Transfer Center, because it’s used to help people transfer back into the “real world.” Visiting Casa Colina has given me a better understanding of different medical careers. Most importantly, Casa Colina taught me a lesson that others and I will never forget: always stay true to yourself.

# Wellness Center

Courtney Price | Grade 12



The stress of a full academic schedule, athletic commitments, and preparing for a higher education are just a few of the aspects of student life that can take a toll on mental health. When everything seems to be too much, there is a place for all students to go to ease the nervousness and stress. The Wellness Center is designed to be a safe space in which students can destress during the hectic hours of the school day. It is one of the many resources on campus that students can utilize to check in on their mental health.

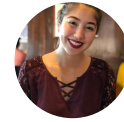


As school, extracurriculars, and home life can become overwhelming, students are encouraged to come in this room (located in the counselors' office) to talk to one of the advisors, practice meditation and stretching, or simply relax. With another resource on hand for the student population, it is hoped that more students will reflect on their mental wellbeing and take charge of their health. It is open every day with an advisor or counselor available to speak with students during their visit. Students are encouraged to come whenever necessary; there is always a time and place to discuss mental health.



# Mindfulness Club

Isabella Pantagiotou | Grade 12



The Mindfulness Club is a club any student can join that meets every Monday in room 232 during lunch. Here is an interview we conducted with its advisor, Mr. Murphy.

## **What is your mission statement?**

“[We] aim to help fellow students learn about mindfulness techniques, to deal with stress in a productive way, and to make their brain more efficient navigating the content of school classes, making life decisions, etc.”

## **Who should join this club?**

“A student who gets stressed out easily.”

## **You have always taught us to treat our bodies as temples – did you just mean physically?**

“Yeah, I just meant [healthy] eating. I forgot how powerful emotions are. I forgot that emotions can lead to cancer, heart disease, and other problems.”

## **What activities do you do?**

“We’re going to be doing mindfulness techniques, like different yoga positions. We will take a field trip to the wellness center so they know where that’s located in case there’s an emergency that comes up and we can’t address it during lunch, and to also go over the research – so there’s gonna be a PowerPoint presentation showing them research behind mindfulness and how it can actually alter the physiological response of the brain.”

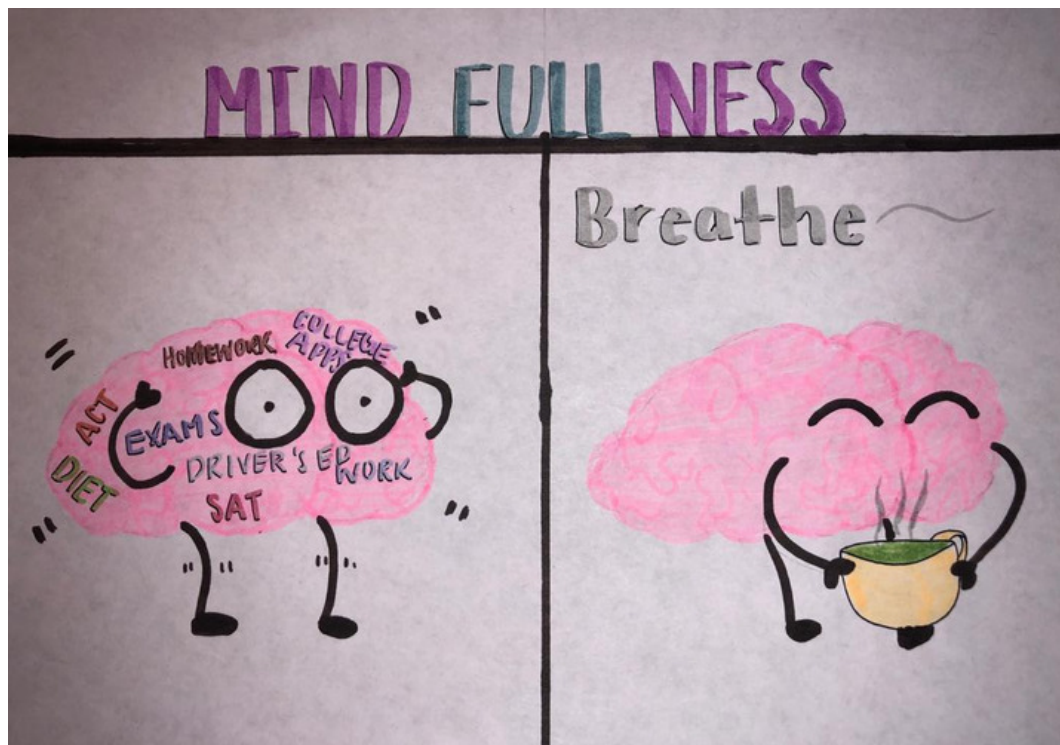


Mrs. Spawn speaking with the students in the Mindfulness Club about dealing with stressors in a healthy ways.

## What impact do you think this club could make?

"I think it can make a more calming atmosphere on campus.

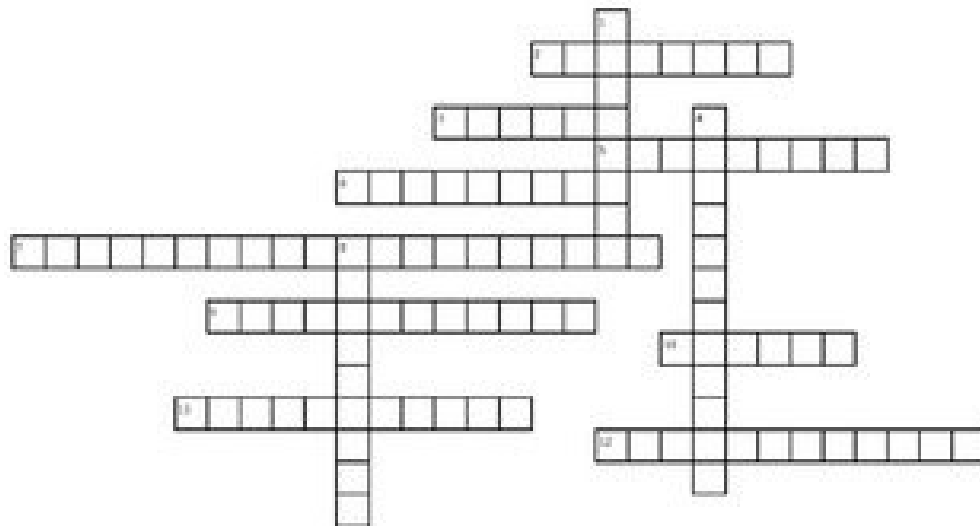
Unfortunately, we've had some suicides here the last couple years. There are quite a few students who don't react to stress too well, but hopefully we can show them techniques where people don't see a problem as the end... We'll help them [find] an inner peace... so they can tackle problems in a more thoughtful and clear way."



Allen Aparacio | Grade 11



# OPIOID EPIDEMIC CROSSWORD PUZZLE



## Down:

1. a drug that is 50 times more potent than heroin
4. the opioid epidemic was declared a national \_\_\_\_\_ emergency
8. the dependency on a drug

## Across:

2. 130 Americans die from a \_\_\_\_\_ everyday
3. having a greater effect or strength
5. 11-41 means that an \_\_\_\_\_ is needed
6. pain control drug made in the 90's
7. introduced heroin in the 1800's
9. oxycontin was said to be \_\_\_\_\_
10. this pharmaceutical company created oxycontin
11. regulating the prescription of pills forces addicts to turn to these
12. a state with hundreds of overdoses

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