

# PUSO PAGES

*Pilipino Pre-Health Undergraduate Student Organization*



**PUSO BOARD '12-'13**

3 NOTES & 15 KEYS

VOLUME 18 ISSUE 6

On behalf of PUSO Board thank you all for a wonderful year! ...Aaaaand PUSO <3

## DIRECTOR'S MESSAGE

As the year comes to an end, we'd like to reflect on all the things that have happened so far. Like the time we all went to our first general meeting and saw our PUSO boys "Spice up your life" or the time we ambushed our Underclass Rep at Hella Fun Day. This past year has been filled with so many memories and as PUSO continues to grow we know these memories won't fade away and will still stay in your PUSOs forever.

First off we want to say congratulations to our seniors! All your hard work has finally paid off and we hope we have made your last year here in PUSO as memorable as we could have. We're so glad to have had you be part of the legacy of PUSO and we will surely miss all of you. PUSO will always welcome you back with open arms and we only wish you the best of luck as you continue outside of UCI. Alumni and seniors, thank you for everything you've contributed to our board and organization. You've definitely set a foundation for us and continue to pave a path for the future of PUSO.

To the general members, thank you for all the support that you've given PUSO. You all are the most important part of this organization and we would be nothing without you're continued support for us. We hope we've made this year one of your best years you can have with PUSO.

To our 15 keys, there is no way we can express how thankful and proud we are to have been your directors. We've seen each one of you grow as a person this past year and we hope it doesn't stop here. Now that the year is ending, we hope you all can see how much your hard work has paid off and that it doesn't stop here, as you are all part of the legacy of PUSO.

With that being said, we'd like to leave on this note. A playlist can be filled with so many different songs with that one song that you'll always have on repeat. No matter how many times you've listened to it, you can never get enough. You know every lyric to the song and always listen to the very end of the song because it just touches you in a certain way. We like to think of your college experience as a playlist on your iTunes. College is filled with so many experiences and throughout your college career, whether you're a freshman or senior, you've experienced so much and have been involved in so many things on campus. We like to think of PUSO as just a track on your playlist, and hopefully that one song that has touched you in a special way with the memories playing over and over again. We'd like to thank everyone for sticking with us till the very end and helping us make PUSO the best it could be. We hope you all keep us in a special part of your hearts as we have a place for each and everyone of you in ours.

We hope you all have a wonderful summer and hope to see you next year! And don't forget, "Take PUSO and run with it!"

MEETINGS: TUESDAYS FROM  
5-6PM DR. WHITE ROOM

## Summer Events



### PUSO doesn't take a break over Summer!

For all of our PUSO loves here for the summer here are some events!

### PUSO Study Hours

#### Finals Week

Let's get those A's! Academic Director, JTan will be posting our finals study hours list soon :)

### P-Grad

#### Alyansa presents: Pilipino Graduation

Watch your Alyansa seniors in this special graduation ceremony on Thursday, June 13 at Crystal Cove Auditorium! Event starts at 7PM

### Summer Beach Day

#### Let's go to the beach-each...

Our 2013-2014 Social Director will be planning a Beach Day during the summer break, so if you're in the area be on the lookout for a date and place :)

From our PUSOs to yours,

**Jessica Tan, Terisha Gamboa, and Rina Ong**  
The "3 Notes"



# PUSO's General Member Spotlight

By: Nikko Mendoza

**Full Name:** Ryan Phillip King

**Year:** 2nd

**Major:** Biological Sciences

**Favorite thing about PUSO?** The people in it. Everyone is very nice, funny, and understanding. It is truly a great organization!

**Favorite hobbies?** I like to try new things, because I never know if I'm good at them or if I will enjoy them. That counts right

**What superpower would you want and why?** I'd like to be able to see into some aspects of the future, so that I can bring the medicines of tomorrow to today.

**Something most people don't know about you?** I was the creator and lyricist of a rap group in high school. Oh and I play the banjo.

**What you're looking forward to?**

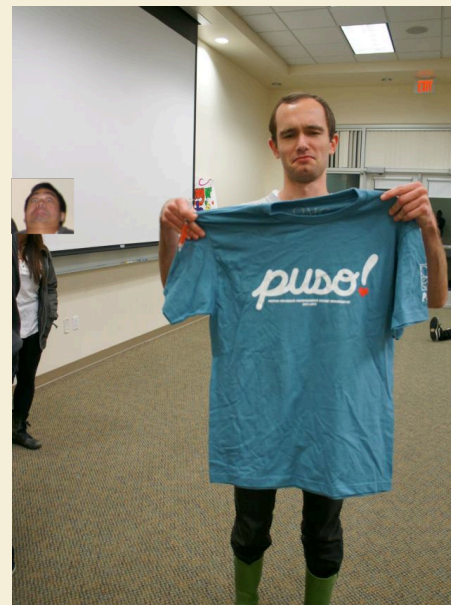
I'm looking forward to meeting new people that can show me I haven't seen before, especially about myself. Likewise, people I can learn from and make me a better person.

**And anything else you wanna say!**

Puso is an amazing organization that not only helps you connect with some truly influential people but also helps prepare you for wherever you want to end up after college. And don't feel like you cannot join because you aren't Filipino or aren't premed. I'm neither and I still enjoy myself thoroughly! While my college journey is far from over, I feel that joining Puso was one of my best decisions thus far!

**Did you know Ryan King was also our Male General Member of Winter Quarter? :)**

## Ryan King



**Did you know?** Summer Session used to offer a Travel-Study option? For about 5 weeks, students had the opportunity to take required UCI courses in a foreign country through the UCI Travel Study Program. PUSO members Symone, Mitch, and Lora all studied in the South American country of Chile to fulfill Public Health and Biology courses! Although the program is no longer available we hope that it can return soon for more students to experience this awesome opportunity.

## SUMMER SCHOOL BY: KIMI ACHACOSO

Have you ever wanted to get ahead in your studies? Or even lighten your load for the upcoming Fall Quarter? The perfect time to do that is taking a summer session at UCI! They offer a good selection of classes in both summer sessions I and II however some classes are only offered during one session. If you wanted to take this opportunity to lighten your second year course load, a good idea would be to take Bio 97, 98, and 99 if you can or even getting a head start on organic chemistry. That way during the year you can focus on just finishing your general education requirements and maybe get a head start on taking upper division biology classes. Taking summer session courses is a good way to go if you are thinking of graduating early.

Another thing to note about summer courses is that there are no prerequisites required for most classes, particularly the upper division biology labs. If for example you wanted to take Limnology lab during the summer, but have not taken the class yet, you can still sign up for the lab! Also, there are no restrictions during summer session, every one signs up for them at the same time. This helps people who have not been able to get the classes they need during the year because of major restrictions or unit restrictions. I am taking advantage of this by signing up for a class that I am not able to get into during the year because of unit restrictions.

I suggest that if you are thinking about taking summer session at UCI, now is the summer to do it! This summer they are offering a "Pay for 8" incentive which means that you can sign up for up to 16 units and only pay for 8 of them!

Before signing up for summer session however, keep in mind that if you are signing up for a 5 week course that it will be accelerated and the classes are almost twice as long as they would be during the school year. Because of this fact, the summer session office restricts students to only 10 units a session. If you are taking a 10-week summer session, those units will be divided to half in summer session I and the other half in summer session II. However, if you want to take more, you can get clearance from your academic counselors.

You can find this and more information by going to [summer.uci.edu](http://summer.uci.edu)



# Tips on Getting Involved This Summer!

By: Terisha Gamboa

The year is ending and summer break is almost here! If you are looking for ways to spend some of your free time and get a head start on your future goals, what a good way to do that than by getting involved in your community? You can definitely have fun this summer just as you are volunteering, interning, working, or whatever it may be. One way to start getting involved is by looking into what your community offers. Most cities have community activities, volunteer programs, and part-time jobs. These can be found in local parks, libraries, civic centers, and pools, which all provide activities geared toward a certain interest, such as kids, animals, and other recreational programs.

Here are some tips to help you get started and accomplish a successful summer:

1. Find activities that interested you and create a list
2. Do your research! Look up locations or programs online, call up the facilities and see the requirements for each of them. **\*\***(This is important, sometimes there are specific documentation, background checks, and qualifications needed beforehand; also, some places, depending on the type of activity require a commitment or minimum number of hours).
3. Narrow down your list. After going through all of the options and requirements, find what you can do and what fits your schedule best!
4. Apply to the facility and then follow up with them. If they do not accept you or accommodate you right now, don't worry! The summer time fills up fast because students are out of school. Don't give up and keep on trying! Other places may be better suited for you as well.
5. After you have your activities set up, make sure you have all of the requirements done and then you can start!

As Humanitarian Director this year, I planned volunteer events we as PUSO can do as a group; however, most opportunities, including pre-health related ones, require individual commitment. So, I have some suggestions of places to get involved to help you as an individual and to get your foot in the pre-health door:

Here is a list of several volunteer activities that you can do individually:

- CHOC hospital volunteer
- UCI Medical center volunteer
- UCI Medical center "music to heal" program
- HOAG Clinical Care Extender program

There is a lot each person can do and there are many other pre-health opportunities and beneficial experiences you can do by yourself or with others, such as CPR or lifeguard certification or activities at the ARC. I want to encourage each of you to go out this summer and get involved. On a final note, I just want to say THANK YOU so much for a wonderful year PUSO members! Each of you has a heart to volunteer and I hope all of you will continue to reach out to the community and help those in need ☺

For more ways to volunteer visit [www.volunteermatch.org](http://www.volunteermatch.org)



# HSO ONE DAY

By: Jester Ceballos



High School Outreach's ONE DAY is a one-day conference hosted by PUSO and PASS where students from our respective long-term outreach programs visit UCI. Last week on Thursday,

May 23, 75 high school students from both Santa Ana and Magnolia and over 40 facilitators participated in HSO ONE DAY 2013. ONE DAY provides the high school students to visit a college campus and experience a day of a college student. Our

theme for this year was SUPERHEROES and our overall message this year is that heroes are not made the powers they are given, but the path they choose. Everyone has the power to choose what paths in life to follow and it's up to us to decide which one we should walk. This year we had presentations from campus admissions representative and a personality workshop given by a PASS alumnus. Following the presentations was a campus tour provided by our facilitators where we made sure to visit the key spots that UCI has to offer.

ONE DAY allows facilitators to share their experiences as college students and hopefully inspire the students to strive for college after graduation. Finally, one of the major highlights of the event is that the students eat lunch at Pippin like any typical freshman. I would just like to say thank you to all the facilitators that participated in this year's ONE DAY and for making it one of the most memorable. To those that couldn't be a part of ONE DAY, I hope you'll apply next year and be a part of this great event.

## Summer Birthdays!

### June

- 2 - Sharlene Quinto
- 6 - Chyna Cotangco
- 7 - James Manahan
- 9 - Melissa Magdangal
- 14 - Anh Le
- 24- John Salazar
- 25- Justin Salamanca
- 26 - Noel Galang
- 29 - Frederick Atienza

### July

- 7 - Jylannie Caro
- 9 - Arayanna Chavez
- 9 - Cyril Rosal
- 12 - Nadine Mendoza
- 17 - Angela McKinney
- 20 - Jeric Julian
- 20 - Jester Ceballos
- 20 - Matthew Santos
- 29 - Kyle Macabasco

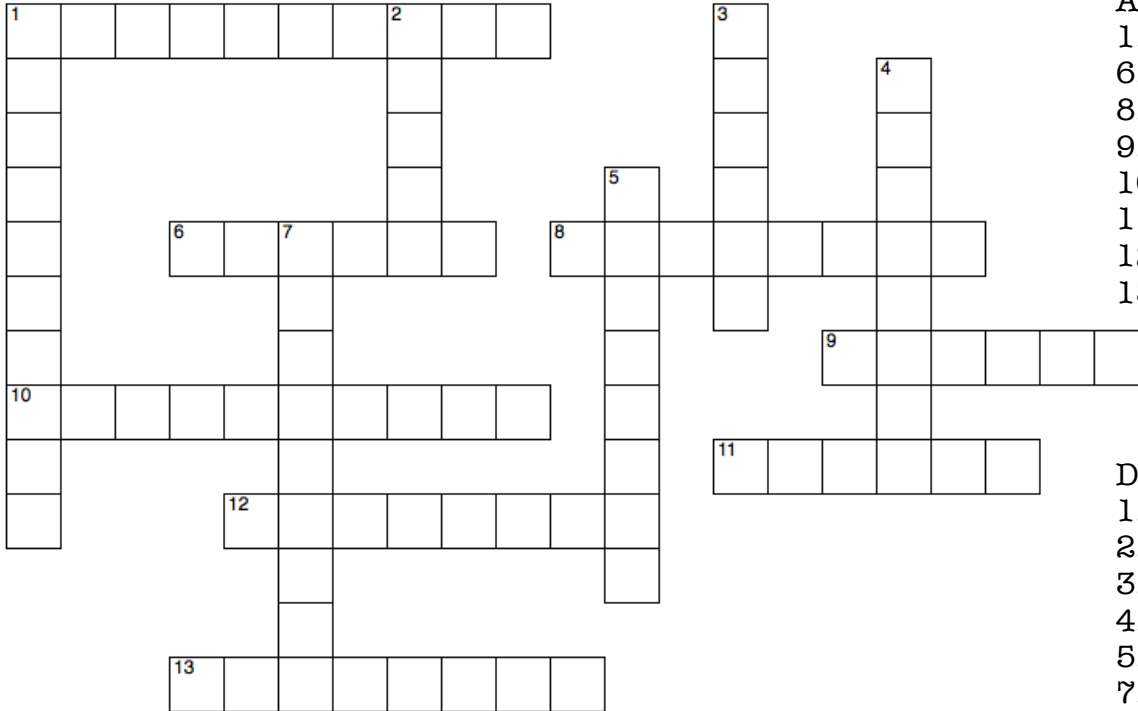
### August

- 11 - Christian Aquino
- 17 - Amanda Baltazar
- 19 - Angelica del Rosario
- 24- John Salazar
- 25 - Griselda Valdez
- 25 - Nicole Borja
- 29 - Regina Flora
- 29 - Frederick Atienza

# PUSOTIVITY PAGE

## What's in your BAON?

Unscramble the words on the right to fill out the boxes with your favorite Filipino dishes!



### ACROSS

1. opacmorhad
6. clnheo
8. ngiudain
9. acpnit
10. oalrzcaodr
11. oalubl
12. errkakaek
13. igasngin

### DOWN

1. capytsiarp
2. obaad
3. mpluia
4. paeamdna
5. iteabpnk
7. ohianchrc

## MOST COMMON FILIPINO DISEASES

Discover them for yourself!

BRONCHITIS  
CHICKENPOX  
DIARRHEA  
GOUT  
HEARTDISEASE

HYPERTENSION  
INFLUENZA  
MALARIA  
PNEUMONIA  
TBRESPIRATORY

## FUN FACT

Although most people are disgusted by the bitter taste of ampalaya (bittermelon), research shows it might help lower the risk of many health conditions, including diabetes and cancer!

## FINDING NIKKO



There are five Nikkos hidden throughout PUSOpages. Try to find them all!

V G G Y T E Z E W J R L C Q F T Q D X M  
D N D R X D G G A K O Z F B F P T I D Y  
R C M O B Z L X Q A K A I B E G M I G S  
F Y E T R K O H W G R W L C Y I V C W X  
A R O A N G Y E T O G W F X G X D L E B  
E H X R C I N R U S F K Q L X R O U G P  
W S Y I E B B T S I S W H O D M J S O J  
J A Z P M M H M I V P K P G Q X W A J U  
H W N S E H E G T M N N N I P F Y I Z K  
G V H E A R T D I S E A S E L F X W V X  
O O Z R S Q T J H K U Y I Q Q X U Z F I  
G U U B L D I E C Q M U N R D T E Y P V  
V R R T E E I I N M O S F I A U Z L B L  
W N V E S V H A O S N M L Q C L G V A Q  
U B B R O C J L R E I K U X V D A H I Q  
N C M T P S G V B R A O E Q G V M M P Q  
F F H F T A R W J R H N N I N C A O R B  
C S E X R Y B W D T H E Z J H P F R K L  
H U M B Y P Z A X G M K A P W U L W G J  
P V G W V G A X B V R D A Z E T F X N T

By: Jessica Tan



# PUSO SENIOR SPOTLIGHT

PUSO would like to congratulate the senior class of 2013 for all of their accomplishments! You leave PUSO with your legacy for years to come and we would like to recognize your hard work and dedication!

**Jester Soquirata Ceballos**, Biological Sciences

Co-High School Outreach Coordinator 2012-2013

**Favorite PUSO memory:** So many to choose from, whether it's retreats, volunteering events, fam hangouts...there are definitely too many. One of the most significant memories I have is my first day of HSO longterm. I was so nervous, excited, and a little scared. However, everything changed when the students started to listen and care about what we had to tell them.

**Words of Advice:** Enjoy the time you have here at UCI. Although this is cliché, time really does fly by when you're having fun. Try new things and be willing to gain new experiences. Do your best to balance everything that's going on in your life. Whether it's school, clubs, relationships, friendships, and etc. Finally, know what your priorities are and rank them. Life always consists of change and as a result your priorities might change, but always know where your priorities lie.

**Franzette Rodela**, Psychology and Social Behavior

**Favorite PUSO memory:** My favorite PUSO memory was the first time I went out to PUSO, and was taken in to the Vans fam<3... Last year's End of the Year Banquet that Elizabeth Navalta brought me out to (#franzabeth)! She introduced me to everyone there and everyone was hella welcoming; it made me hella happy and made me want to keep going out to PUSO

**Words of Advice:** Go out there and take advantage of all the resources available to you

**Jessica Tan**, Biological Sciences

HHSO Coordinator 2010-2012, Academic Director 2012-2013

**Favorite PUSO Memory:** Way too many to name, but if I were to say the ones that impacted me the most I would have to say my first PUSO meeting, which happened to be the sex ed one by Planning Parenthood. I remember Joy Nicolas coming up to me and Cathlene and sounding so excited and trying to get us excited to learn about sex. The next memory that had a huge impact on me was my first HSO One Day with PUSO. I also did PASS's One Day that year and both events had such a huge impact on me. It made me realize how much I loved the HSO program and wanted to be involved in PUSO. I wanted to reach out to others to take advantage of this program.

**Words of Advice:** All I can say after 4 years of being an undergrad at UCI is that college is a learning experience. You make mistakes and you grow from them. You may not realize it now, but when you become a senior and you're sitting in your last lecture, discussion, or lab as an undergrad you realize how fast college has gone. And as you reflect on the past 4 years you've spent at UCI, you may be filled with regret, wishing you've done so much more as an undergrad. So as an undergraduate, try to do as much as you can. Try new experiences even though you might be scared because if there's any time you can try new things and learn from it, it's college. And even if you're reflecting on you last 4 years and feel like you haven't done as much as you could have, it's okay because everything you've done here at UCI even if it's something small, it's helped you grow into the beautiful individual you are. And one more piece of advice is that if there's anything I've learned from all of the affiliations I've been involved with on campus it's that you'll never benefit from something if you're only looking for something that will benefit you. If you truly want to have that feeling that you've done something right or that feeling of self fulfillment it only starts when you put others above yourself.

**Lora Cayanan**, Biological Sciences

**Favorite PUSO memory:** I have so many, but if I could pinpoint one, it would be my first General Member Retreat in 2011. I was one of the only general members that attended and barely knew anybody, but PUSO really made me feel welcomed. Everyone that I met and bonded with was so friendly. That's when I knew I really wanted to stick with PUSO and be involved with such an amazing organization.

**Words of Advice:** As an incoming freshman way back when, my SPOP staffer gave me a bracelet that read: BE BOLD. I've tried to live by these two simple words ever since. Step out of your comfort zone. Do something you've never done before. College is a time where we can focus solely on ourselves. As selfish as it sounds, do things that make YOU happy. 4 years goes by faster than you think and when your days at UCI are nearing its end, hopefully you can look back at all the amazing memories you made and recount the lessons you've learned whether they be both bad and good :)



**Mitchell Timbol**, Public Health Sciences

Intern Educator 2012-2013

**Favorite PUSO Memory:** Too many to choose from! One of my favorite PUSO memory would have to be General Member Retreat 2012 because it was one of my favorite general member/intern experience. A chance to bond with board and general members alike. A few of my others would have to be Winter Board Retreat and of course the day I got my interns!

**Words of Advice:** If i could impart some lasting advice, it would have to be to take advantage of your college experience. You're only in college once so make the most of it and don't be afraid to pursue something here you might be interested in here at UCI. There are so many rewarding opportunities to choose from, so it's never to late to be apart of something that you never knew could have such a lasting affect on you! Heh look at me and PUSO.

**Daniel David**

Academic Director (2011-2012), Treasurer (2010-2011), Outreach Co-coordinator (2009-2010)

**Favorite PUSO Memory:** There's too many to just choose one! If I had to choose one, I'd say helping re-create the High School Outreach program with Santa Ana High with my co-coordinators, Lemuel Zamora and Josh Pineda. We honestly went into this position blind and had to basically build a brand new program with a new school. Looking at it back then and seeing how far it's gotten now is amazing! Having the general members help us make it better through suggestions was also a big plus.

**Advice:** Don't be afraid to not know what or where you want to be in the future. It's okay to not know. Just remember that life is all about exploration, and one day (through trials and errors), you'll see what you're calling in life is.

**Terisha Gamboa**, Public Health Policy Major, Sociology Minor

Intern, Co-Secretary, and Humanitarian Director

**Favorite PUSO memory:** There have been so many wonderful PUSO memories, it's so hard for me to pick just one! But if I had to, I would say my favorite memory would have to be when the year was ending last year and most of us on board went to Turtle Rock to enjoy the nighttime view. We got to stare at the beautiful city below and we all laid down on blankets and looked at the sky, watching shooting stars go by and enjoying each other's company. That moment really stood out to me, but there are so many that I would consider "my favorite" or "the best" because from random hangouts with each other to mingling with members at meetings and after events, every moment is one to cherish because the people make it special.

**Words of Advice:** Make the most out of your college experience by trying as many different things as possible! Get involved in many different aspects of the university. Be willing and open to using your gifts and talents for others as well as educating yourself. Like our core values, be intellectually curious and engage yourself with others on campus, such as your peers, your professors, and find meaning in what you are involved in or what you are studying. Although, sometimes it may not seem like it there is so much to discover and explore at UCI and in the surrounding community, there is. There are so many places and times in which you will find opportunities for personal growth and in which you can help be a light to others; take advantage of them! Sometimes you won't be able to do everything you can possibly think of and there will be tough moments on your journey, but if you make the most out of the situation, do your best in what you do, and have learned lessons along the way, I'm sure you will look back and see how it has shaped who you are today. You won't have this college experience again, so cherish the relationships, the people you meet, the teachers and mentors who guide you, the opportunities that come your way, the dorms and dining halls, and much more! The main thing is, study hard and focus on your education, but also enjoy all that UCI has to offer you and you will find you have a lot to offer it

## EDITORS' NOTES

My fellow PUSO loves,

To have served PUSO as one of this year's co-public relations coordinators has been a humbling and empowering opportunity. From working collaboratively with some of the most dedicated and passionate people I call my board members to sharing my knowledge of experience with our interns and learning from them as well as to dedicating my time and effort to ensuring a memorable experience for our general members, I have gained a great understanding of what it means to "spread PUSO love." The reason "spreading PUSO love" is just as important as our other mission statements is because this organization isn't just a group of students coming together for the cause of sharing health professional knowledge and resources, but is a family built off of our willingness to help each other succeed towards a health professional career or any desired career for that matter. Starting my first year at UCI, I know I wanted to join an organization that either encouraged me to stick to my Filipino culture or provided me with resources and knowledge toward a health profession, so experiencing a fusion of these interests in PUSO has been a fortune. I believed that after a year as an intern I had acquired the skills, experience, and mindset to further my leadership role in PUSO, and from that I was fortunately elected to be one of your co-public relations coordinators this year.

Serving on board as a co-public relations coordinator with my co, Lora Cayanan has truly been a blessing. From brainstorming new ways to make our website more appealing to recruiting new and potential members to PUSO, to annoying our fellow board members on submitting their articles for pages to becoming immersed in the digital art world of photo shop and other marketing techniques, I wouldn't have asked for a better co to share those experiences with than Lora. She has been one of the most reliable people to work with, sometimes more than I deserve. She is one of my inspirations because she always brings innovative ideas and a unique perspective to improve our ways of publicizing PUSO and recruiting members. I admire her passion to serve PUSO and the countless hours she has spent and personal time she has sacrificed on our pub duties, especially on re-establishing the bi-quarterly PUSO Pages. I just want to thank Lora for a great year on board with her and I am honored to have been her Co. I wish her the best in future endeavors! I love you CO!

Sometimes one of the hardest things in life is choosing between two things you are most passionate for; for me it was choosing between continuing to play an active role in PUSO as potentially a board member again and applying for and being selected to become a resident advisor in Mesa Court for next year. Although I chose the latter route, PUSO remains an integral part of my college experience. I attribute being selected for resident advisor to the leadership skills I have gained from my two years in PUSO. Although this isn't a farewell, I am saddened by the idea that I won't be able to continue to play an active role in PUSO, but I know with the newly elected board members, that PUSO will be in its best year yet. I know that from the experiences we have dealt with so far, this new board can use them as experiences to learn from and redefine their PUSO experience.

In just two years, PUSO has become my family, my home base, the one organization that's defined my college experience. Although I have taken up another leadership position elsewhere on campus, PUSO is and always will be my first love. Thank you PUSO for blessing me with this opportunity to serve as a board member and previous intern and I hope for an even great future in the year to come.

Grateful and blessed,

Idda Colcol, 2012-2013 Co-Public Relations Coordinator

Hello PUSO loves!

That might have been one of the last times I get to greet you all with that very special phrase. It's a phrase that's grown dear to my heart and with every status update, email, and newsletter my love for you all has grown immensely. I cannot believe that the year has come to a close, but that doesn't mean it's all over. It's bittersweet to have to end my PUSO journey, but I am graduating soon enough. Joining PUSO my 2nd year has been one of the best decisions I've made. I found a family in PUSO and have not looked back since. All the memories I've made, the people I've met, have all shaped me into who I am today. Having the opportunity to spread this PUSO love as Co-Publicity is a blessing that I am truly thankful for. Thank you PUSO for 3 unforgettable years.

Alas, we've come to our final issue of the Volume 18 series of PUSO Pages. It seems like only yesterday Idda and I were figuring out how to get sixty or so issues printed before our first publication date. We both have come a long way. Amidst the overdue submissions, late nights, printing fiascos, editing horrors, a parking ticket, and all the other stresses that we faced, we are very proud to say that it was all worth it. I have learned so much about hard work and perseverance with each issue published and most importantly, how much love is put into each issue. To see all of you reading our creation makes me smile like no other and we only hope you have enjoyed every edition thus far. Of course, there are a lot of people that go into the creation of PUSO Pages and I want to thank each and every one of them who helped bring our newsletter to life:

To my Co, Idda: Thank you for being my other half this past year. In all honesty, I could not have asked for a better person to call my Co. Thank you for all your love and support especially during some of the stressful nights working on Pages or other publicity duties. You have a knack for all things creative and are so warm and inviting to each and every member of PUSO. Your enthusiasm, positivity, and kindheartedness is like no other and I am thankful that I was given the opportunity to work with someone like you! I have watched you grow since our Beta Class days and I know only big things are in store for you! Good luck next year as an RA and although you will be pursuing other opportunities, PUSO is still lucky to have Ms. Mesa herself! Love you Co!

To the 15 Keys: Thank you all for putting up with our nagging! Although we were annoying, your articles are what really make PUSO Pages the amazing newsletter it is! Thank you for contributing your knowledge, advice, and creativity with each article you write! I love you all and thank you again for making my senior year incredible! To our Co-Publicity Interns Aryanna Chavez & Tiffany Bagnol: Thank you two for being amazing interns. Your eagerness and passion has helped me and Idda like no other. Thank you for your dedication and love! And to YOU, the readers: Thank you all for taking the time to read our newsletter. Whether it was your source for information or entertainment, I hope you enjoyed Pages!

So as we come to an end of Pages, I would like to say it is only the beginning. I would like to formally introduce your new Co-Public Relations Coordinators and future Editors-in-Chief of PUSO Pages: Tiffany Bagnol & Meagan Almazan! Idda and I are extremely excited for you two and cannot stress enough how wonderful this journey known as PUSO Board will be!

I hope you all have a wonderful summer and while I may not be frequenting the Dr. White Room every single Tuesday, I know I'll be back as proud alumni!

With all my PUSO,

Lora Cayanan, 2012-2013 Co-Public Relations Coordinator





**Pilipino Pre-Health Undergraduate  
Student Organization (PUSO)  
Mission Statements**

1. To provide service, guidance, and support to pre-health students.
2. To sponsor programs for minority youth to encourage their entrance into health professions.
3. To increase the number of culturally sensitive health care professionals.
4. To serve the campus and the community of Irvine as well as the Pilipino community at large.
5. To spread "PUSO Love."