



Anish Raju is a senior at Barrington High School.

The Sudden Cardiac-death Awareness Research Foundation (S.C.A.R.F.) was founded in 2012 by Dr. Rubina Nguyen and Dr. Paul Nguyen to increase public awareness about cardiovascular disease and related health issues. Fifty area high school and college students joined the 2019 summer program, which is ideal for future medical students, as well as those seeking other careers.

On Their Way

BARRINGTON AREA STUDENTS SHARE THEIR EXPERIENCE AS S.C.A.R.F. AMBASSADORS

TODAY IN THE AGE OF TECHNOLOGY and social media, when anybody can have access to thousands of people’s eyes and ears, too much awareness is being raised and not enough action is being taken. The future of philanthropy shouldn’t be posting inspirational videos on social media. Inspiration and awareness without action are nothing. S.C.A.R.F.’s three pillars of critical thinking, higher education, and teamwork have taught me how to give even when I have nothing to physically give.

The medical base of education that every S.C.A.R.F. ambassador receives is merely a medium through which our critical thinking and problem-solving skills are honed. S.C.A.R.F. ambassadors learn how to analyze electrocardiograms and come up with treatment plans for advanced cardiac arrhythmias. If high school students can understand and come up with solutions to these complex medical issues, then we can solve any problem that comes our way. The teamwork and critical thinking needed to come up with a diagnosis and treatment are what we learn at S.C.A.R.F., and these skills are applicable to any situation. We learn to truly understand topics and

think about them through varying perspectives to come up with the most innovative and creative solutions possible, so we can maximize our actions to make the biggest impact on our communities. This is what true philanthropy is.

My fellow ambassadors Janki Dave, Ananya Sehgal, and Morish Shah have been perfect ex-


S.C.A.R.F. TAUGHT ME WHAT TRUE PHILANTHROPY IS THROUGH ITS FOCUS ON BETTERING THE COMMUNITY INSTEAD OF INDIVIDUAL SUCCESS.

amples of true philanthropy. All three have come up with creative ways that cost them no money to positively impact their communities. Janki Dave sees a problem with language barriers in healthcare and used the pillars of teamwork and critical thinking to create community outreach days. S.C.A.R.F. ambassadors now go out into the community and ask the hard questions to healthcare providers about language barriers to collect data on the accessibility of AEDs and proper

healthcare; this data can be used to effectively optimize healthcare for people of any race.

Ananya Sehgal sees a problem with current sleep apnea treatment and has developed a prototype to improve a form of treatment by using innovative technology to make it more user compliant and data driven.

Morish Shah sees a problem with patient compliance when it comes to mental health medication. He is developing a smart dispenser that reminds patients to take their medication and informs physicians on their patient’s compliance. As a prospective law student and policymaker, I see these great examples of true philanthropy, and I understand what S.C.A.R.F. offers me. This is why I come back to the S.C.A.R.F. program year after year.

Too many of my peers have the potential to positively impact the world but don’t have the tools to do so. Many believe that the tools needed to make change are money, social status, and power, but the real tools are critical thinking, teamwork, and higher education. With S.C.A.R.F. honing these skills, the future generation of philanthropists is on their way. 



Amani Alvi is a sophomore at Barrington High School.

S.C.A.R.F. has taught me that it is through education and awareness that we can make a difference in our community and save lives.

S.C.A.R.F. has also taught me essential life skills such as teamwork, higher education, and critical thinking in only one summer. The greatest take-away from this program is “being comfortable with being uncomfortable”. Life poses many challenges. Rising to meet those challenges can make the difference between success and failure. Before S.C.A.R.F., I was not comfortable with public speaking or interacting on a professional basis with adults. Having Drs. Rubina and Paul Nguyen as mentors, I have become more confident through mock interviews and poster presentations. They taught me to step outside of my comfort zone.

I believe all young women should feel empowered to excel in their careers and impact their communities in a positive way. S.C.A.R.F. has shown that heart disease is the leading cause of death among men and women. Despite that, it is often misdiagnosed in women. Cardiac disease is also one of the most preventable causes of death. S.C.A.R.F. is a great opportunity for anyone to learn life skills and give back to the community irrespective of the career he or she chooses.



Jeeven Srivastava is a sophomore at Barrington High School.

Through S.C.A.R.F. I have learned to be an effective leader who advocates for my community, guides my peers, and prioritizes innovative thinking.

Martin Luther King, Jr. said that “Life’s most persistent and urgent question is ‘what are you doing for others?’” For two years, S.C.A.R.F. has given me the opportunity to help my community through philanthropic events and by educating my peers through research. Before S.C.A.R.F., I was unsure of how to impact my community, but through my years of mentorship, Drs. Rubina and Paul Nguyen have shown that without our community, we are nothing. S.C.A.R.F. has taught me how to give back by raising funds for AEDs and hosting events that raise awareness of cardiac death. I helped host “Dance For Life” for the past three years, a Zumba event in Barrington that raises funds each year and brings the community together to dance towards a healthier future. Through Drs. Nguyen’s teachings, I discovered my passion for medicine, my voice for awareness, and my potential for success. Whether it be viewing surgeries, participating in mock interviews, learning community outreach, growing my public speaking skills, researching congestive heart failure, partnering with telehealth companies, or making amazing friendships, S.C.A.R.F. has given me a priceless experience.

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