Dear Future Health Scientists,

This newsletter you are currently reading is going to be one of many sent to you during your time in the program. Because this program is for you and about your future, we decided to hold a contest to let you pick the name of the newsletter.

HERE IS HOW IT WORKS:

1) Decide on a name for the newsletter
2) Submit your suggested name by calling 405.271.2390 (you may leave a voicemail) or email ann-wittmann@ouhsc.edu
3) The newsletter names that are submitted will be narrowed down and voted on by YOU!
4) The person who submitted the winning name will win a prize!!!

PILLOW PITCH:

Why do we sleep anyway? That’s 9 hours I could be playing video games, practicing my free-throw, or even studying—what a waste!

No way is sleep a waste! Sleep is an important part of your health and energy—it ranks right up there with diet and exercise. Sleep gives you the energy to play video games and basketball, and to study. Even if you could study for 9 hours straight without getting tired, you’ll remember what you studied more if you sleep after studying. While you sleep, your body stores memories. And not sleeping enough can make you clumsy—that’s no good while you’re on the court.

While scientists are a little baffled about why all this recharging can happen only when we sleep, they all agree that we do need to sleep.

SLEEPING TIPS

Falling asleep isn’t as easy as falling off a log.

To fall asleep and sleep well, try these tips:

Go to sleep and wake up at the same time every day, even on the weekends.

Use your bed only for sleeping—don’t do homework or talk on the phone when you’re in bed. That way, your body starts to know that once you’re in bed, it’s time for sleep.

And . . .

Don’t drink coffee, sodas with caffeine, or drinks and snacks with lots of sugar. They can make you feel too wired, and caffeine can make it hard to fall asleep even hours later.
Smart Snacking

Snacks to try:
- Fruit
- Trail Mix
- Peanut butter and Celery
- Applesauce

Check out MyPyramid.gov for individualized eating and exercise suggestions. You can also download worksheets from the website that help you track what you are eating and your activity level on a daily basis.
Anesthesiologists are physicians who focus on surgical patients and pain relief. They administer anesthetics, which are medicines to prevent patients from feeling pain and sensations; closely monitor patients’ vital signs during surgery and adjust anesthetics accordingly; monitor patients through the first recovery stages after an operation; and administer appropriate medications during recovery. The anesthesiologist is responsible for a patient’s life functions as the surgeon and other members of the medical team operate.

**MAD SCIENTIST CORNER!**

**Breaking news! Newspaper turned into paper! Here’s how...**

**Materials Needed**
- 4-5 Sheets of Newspaper
- Glass Bowl
- Hot Water
- Cornstarch
- Measuring Spoons
- Aluminum Foil
- Wooden Spoon
- Scissors
- Sharp Pencil
- Decorations for your paper, like construction paper scraps, dried flowers, confetti, or glitter.

**Instructions**
Check with a grownup before you begin:
1. Start by cutting the newspaper into small pieces, about 4 or 5 sheets of newspaper will be enough to make two small pieces.
2. Put the newspaper scraps into bowl, cover them with hot water and mix it up until all the paper is wet.
3. Let the paper sit for a few hours, until it’s all mushy. Stir it occasionally. When it looks and feels like oatmeal, you’re ready to make new paper.
4. Add a few tablespoons of cornstarch and a little more hot water. Mix it all up once more. (Now you have pulp)
5. Get rid of extra water. You can make a strainer to help.
6. Take a piece of aluminum foil and fold into a square or rectangle about the size of the paper you want to make. Punch holes in the aluminum foil with a sharp pencil. (This is your strainer)
7. Now it’s time to make the paper. Take a new sheet of aluminum foil and put it on top of extra newspapers.
8. Then, spoon some pulp on top. When the aluminum foil is covered with a layer of pulp, use your strainer to press out the extra water. The pulp left behind will become your new sheet of paper.
9. Add decorations if you want. You can use confetti.
10. Pinch together any holes in the paper.
11. Finally, put aluminum foil and books on top of your paper and press it flat. Then take off the books and the top layer of foil and live it out overnight so that it can dry.
12. When it’s done, peel the paper from the aluminum foil. You can leave the edges rough or trim them to look like a card you would buy in the store!
Health Careers

Word Search!

AUDIOLIGIST
BIOLOGIST
DENTIST
DIETITIAN
NURSE
OPTOMETRIST
PHARMACIST
PHYSICIAN
RESEARCHER
SCIENTIST

Quick Facts!

Did you know that...

- The Sahara Desert in North Africa is the largest desert in the world!
- There are Volcanoes in Iceland (it is actually Greenland that is ICEY!!!).
- There are 40 different muscles in a bird's wing.
- The left side of your brain controls the right side of your body.

Fun! Fun!! Fun!!!

"Looks aren't everything. It's what's inside you that really matters. A biology teacher told me that."

Cartoon of the Day!

Word Search Puzzle!