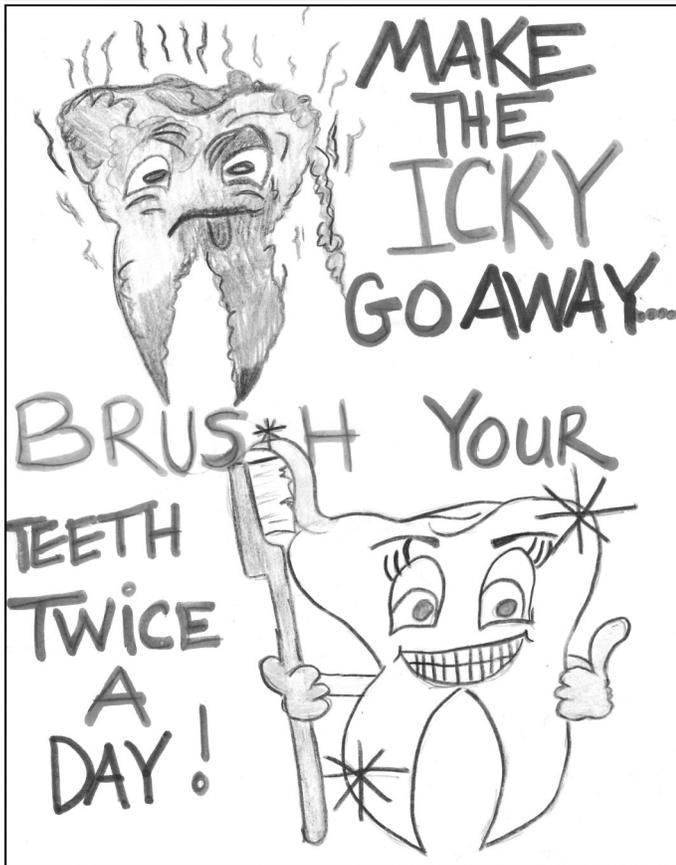


# EISENHOWER

# HEALTHY PANTHER

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**Congratulations, Shayla Simmons!** She won the Healthy Smiles poster contest for Eisenhower with the illustration above. For more details, please see Page 2.

## Dental students urge you to take care of your teeth

Teeth help you chew, speak, and smile, said Mr. Jack Davies, a dental student at the University of Pennsylvania.

He and Mr. JV Kracke, who is also a Penn dental student, recently visited with the *Healthy Panther* to share information about keeping teeth healthy.

They offered some important tips, including:

- \* Use a toothbrush with soft bristles. Change your toothbrush every three months.
- \* Brush your teeth twice a day and floss them at least once a day.
- \* Use mouth rinse that has fluoride in it.

The two dental students also said it is important to pay attention to what you eat and drink. Specifically, you should limit the amount of sugar in your diet. If you consume something sugary, drink water afterwards to help remove it from your teeth, the dental students said.

*(Please see **Keep** on Page 2)*

## Reporters to publish article in book

Five fifth grade reporters on the *Healthy Panther* staff will be published authors this spring.

An article they wrote will appear in the Healthy NewsWorks book, *Leading Healthy Change In Our Communities 2016*. The reporters are Felix Carmona, Arianna Green, Yamile Olivares, Ixchel Reyes, and Orlando Wright-Burruss.

They interviewed Ms. Karen Hudson, who leads the Homeless Health Initiative at The Children's Hospital of Philadelphia (CHOP). Like all children, those who are experiencing homelessness need regular health checkups.

Ms. Hudson is one of 12 health leaders in the Philadelphia area who will be featured in the book. They have been selected because they are making people's lives healthier in the Philadelphia area.

The 2016 *Leading Healthy Change* is the fifth in a series published by Healthy NewsWorks. Classroom sets of the 2016 book will be donated to the school.

Mrs. Shallow has classroom sets of the four earlier editions, from 2012 through 2015. Eisenhower students contributed to all four volumes.

For more information or to view the books online, visit: [HealthyNewsWorks.org](http://HealthyNewsWorks.org).

# Keep your teeth healthy!

(Continued from Page 1)

So what happens if you don't take care of your teeth? Mr. Davies said the germs in your mouth will produce acids that will eat away at your teeth. Eventually, cavities will form.

It's important to see your dentist regularly so he or she can help you keep your teeth healthy. If you have a cavity, the dentist can treat it.

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Mr. Davies and Mr. Kracke are finishing their third year of dental school. They said people who want to become dentists first need to go to college for four years. And then they train as dentists for another four years.

Mr. Kracke said he wants to be an orthodontist. He will need to attend school for three more years after he finishes dental school. An orthodontist corrects teeth that aren't in the right position. Mr. Kracke said he had crooked teeth when he was growing up. He wore braces. Now, he wants to help other people who need braces.

Mr. Davies said he likes his job because he helps people have a healthy smile. He enjoys getting to know his patients too. He knew he wanted to become a dentist when he was in middle school.

Mr. Davies and Mr. Kracke volunteer with a group called Kids Smiles. Kids Smiles is a nonprofit group that provides dental care and education.

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Did you know? The outer part of a tooth is made of enamel. It's the hardest substance in the human body, according to the North Carolina Division of Public Health. Pulp is at the center of the tooth. It is soft and contains blood vessels and nerves.

—By Healthy Panther staff

### Eisenhower Healthy Panther

A publication of the Eisenhower Science and Technology Leadership Academy in the Norristown Area School District. Student staff members include Sofia Alvarado, Felix Carmona, Arianna Green, Efrain King, Zachary Kniezewski, Deshaun Matthews, Yamile Olivares, Cesar Ramirez-Menes, Ixchel Reyes-Avila, Carlyn Sanchious, Ciana Thomas-Ware, Jordan Thomas, Pedro Valdivinas, Orlando Wright-Burruss, and David Wylie. The *Healthy Panther's* faculty advisors are Mrs. Guy and Mrs. Shallow.

A Healthy NewsWorks® project \* [www.HealthyNewsWorks.org](http://www.HealthyNewsWorks.org)

Healthy NewsWorks is a member of New Beginnings Non-profit Incubator at Resources for Human Development. Funders include Claneil Foundation and First Hospital Foundation. Special thanks to Kids Smiles for coordinating the visit with JV Kracke and Jack Davies.

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Illustration by Karla

The illustration above was a runner-up in the Healthy Smiles poster contest.

## The winners are ...

Healthy NewsWorks is proud to announce winning entries in its Healthy Smiles Poster Contest at Eisenhower Science and Technology Leadership Academy.

Shayla Simmons, a fifth grader, won first prize for her illustration that appears on Page 1. She will receive a \$25 gift card, and her picture will be part of an art exhibit organized by Healthy NewsWorks.

The entry submitted by fifth grader Felix Carmona that appeared in the Winter Issue of the *Healthy Panther* received honorable mention honors. His picture also will be featured in the exhibit. He will receive a kids' cookbook that has healthy recipes.

The two winning illustrations are drawn in color and will be posted on the Healthy NewsWorks' website later this spring: [www.HealthyNewsWorks.org](http://www.HealthyNewsWorks.org).

### Answers to crossword puzzle

Across: 2. toothbrush 7. wisdom teeth 8. acid 9. dentist  
Down: 1. baby teeth 2. teeth 3. uvula 4. crown 5. floss 6. nerve

# Learning sportsmanship is vital

Arguments sometimes arise when kids play games. So what should you do?

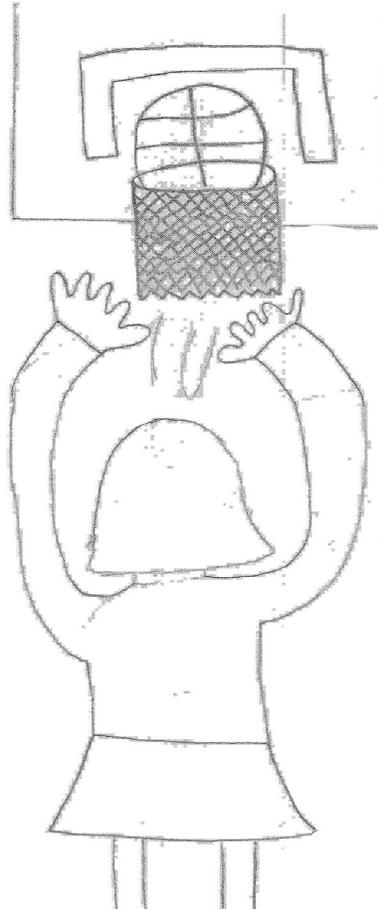
KidsHealth.org says you should be fair. That can mean giving the other team the benefit of the doubt. For instance, give them the point. You have set a good example of how to be a good sport.

The *Healthy Panther* asked several staff members about how they define good sportsmanship. Each teacher shared similar definitions but they also had their own perspectives on it. Here is what they said.

"Good sportsmanship is playing fairly and by the rules," said Officer Peterson, the school resource officer. "It is important because it helps you become a better person in life and it helps you compete at a higher level."

He said good sportsmanship helps to prevent conflicts "because you learn to work with other teammates and you learn to problem-solve as a group."

Mr. Fahler, a physical education teacher, said good sportsmanship is important. "You keep your emotions under control, no matter what," he said. It's about showing a good attitude.



Ms. Harper, a seventh grade teacher, said, "Good sportsmanship is important because it helps people work together and accomplish goals."

Mr. Raffle, a health and PE teacher, said the word "respect" is the word he uses to describe sportsmanship. You need to respect competitors, teammates, officials, and equipment.

Ms. Mayurnik, a fifth grade learning support teacher, defines good sportsmanship as "encouraging your fellow teammates and making sure everyone is having fun."

Mr. Milligan, the computer science teacher, said students can become good sports by learning how to control their actions and avoid taking things personally.

Mr. Panzullo, the technology education teacher who also coaches football and baseball, said you should compliment your opponent and shake hands.

Mr. Williams, the sixth grade science teacher defined good sportsmanship as "being able to win or lose humbly."

Learning to be a good sport is necessary, he said. You need "to understand that there are more important things than winning and losing," he said.

—*Story by Healthy Panther staff; illustration by Carlyn Sanchious*

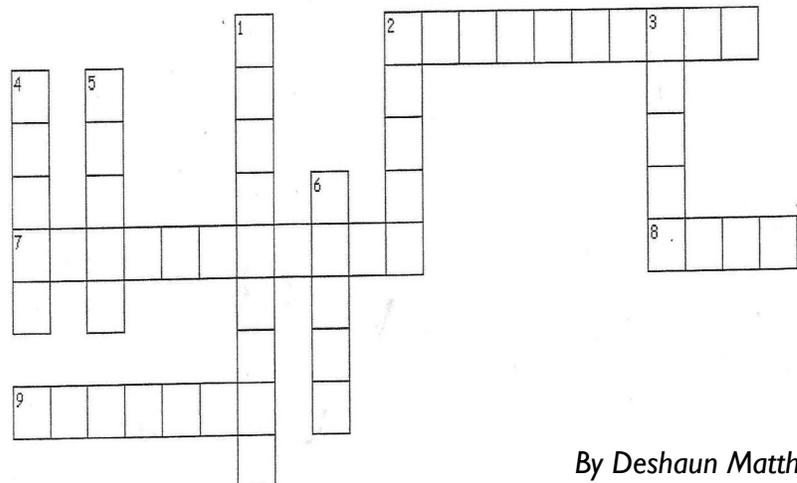
## Teeth

### Across

- 2. Tool you use to clean your teeth
- 7. Last 4 to appear in mouth (2 words)
- 8. Ruins enamel on teeth
- 9. Tooth doctor

### Down

- 1. First set in your mouth (2 words)
- 2. You use them to chew
- 3. Small fleshy flap at the back of your throat. It looks like a punching bag
- 4. Kings and teeth can have one
- 5. String used to clean teeth
- 6. Fiber that tells brain if something is hot or cold



By Deshaun Matthews  
Answers on Page 2

## Nutrition Mission

# Not all apples taste the same

Are apples healthy for your teeth? Yes, but taste matters too!

It's important to find the kinds of apples that you like to eat so you eat them regularly, said Ms. Amy Deahl-Greenlaw, a registered dietitian. She recently led *Healthy Panther* reporters in an apple taste test.

The group tried three kinds of apples: Honeycrisp, Fuji, and Gala.

Seventy percent of the newspaper staff gave Honeycrisp the top rating followed by Gala and then Fuji.

Apples have many teeth-friendly qualities, according to Ms. Deahl-Greenlaw. They are full of nutrients like vitamin C, fiber, and water. The water and fiber help produce saliva (or spit). Saliva and water help get rid of acids and food particles that can harm teeth. Vitamin C helps keep gums healthy, Ms. Deahl-Greenlaw said.

Students were surprised to learn that identifying apples by just their color—red, green or yellow—isn't enough.

Pennsylvania is the fourth-largest producer of apples in the United States.

Apples grow in all 67 counties of Pennsylvania.

Source: [pennsylvaniaapples.org/apples/facts/](http://pennsylvaniaapples.org/apples/facts/)

According to the website, *Pennsylvaniaapples.org* (an organization dedicated to promoting apples sales in Pennsylvania), Pennsylvania grows hundreds of varieties. Every apple variety has a name, like Gala, Honeycrisp, or Fuji. Each variety tastes differently.

But like the famous saying suggests, *An apple a day keeps the doctor away*, you have to eat apples regularly in order for them to be helpful, Ms. Deahl-Greenlaw said.

Efrain summed it up this way, "A lot of people should buy apples because they are healthy and can help your teeth. Most people like apples." Felix said, "I think apples are a tasty way to keep your teeth healthy."  
—By Healthy Panther staff

# Check the ingredients on labels

The *Healthy Panther* staff tasted two types of water: plain water flavored with orange slices and seltzer water flavored with a splash of 100-percent orange juice.

Taste test results revealed that most reporters preferred the seltzer water flavored with orange juice but many did not care for either. While the taste test did not make them fans of seltzer, many found investigating beverage containers downright shocking!

"Just because it had the key word 'water' doesn't mean that it does not have sugar," Carlyn said.

"Tooth-friendly" is how The American Dental Association describes plain water. It aids in washing away food particles such as sugary foods that may cling to teeth and harm them.

Water can be plain or bubbly, explained Ms. Amy Deahl-Greenlaw, a registered dietitian who led the *Healthy Panther* reporters in their taste test.

"But, many beverages have added sugar," she said. "Even with water you have to be careful what types you choose."

"Seltzer water is just plain water with carbon dioxide gas added to make bubbles," said Ms. Deahl-Greenlaw.

The process of adding the bubbles is called carbonation. It is the same process used to put bubbles in colas and other soft drinks or sodas.

The reporters discovered that the words, "soda" and "water," can be tricky.

Students compared the ingredients, calories, and sugar content of four beverages: seltzer water, club soda, tonic water, regular soda. The containers listed carbonated water as the first ingredient.

Tonic water and regular soda listed high fructose corn syrup as the second ingredient. "High fructose corn syrup," said Ms. Deahl-Greenlaw, "is just sugar."

Pedro said he learned that a type of soda is actually healthier than a type of water. In this case, club soda is better than tonic water, he said.

He and his fellow reporters discovered that club soda and seltzer water are both just plain carbonated water with no calories or added sugar.

"Be careful of what you drink," Felix said. "It might sound healthy but make sure you check what it has."

"Water is a good choice for healthy teeth because it doesn't have calories or sugar," Jordan said.

The reporters' advice: Check the ingredients.

—By Healthy Panther staff