

MARSHALL STREET HEALTHY BULLETIN

VOLUME 5, NUMBER 3

Black History Month Special Issue

MARCH 2012

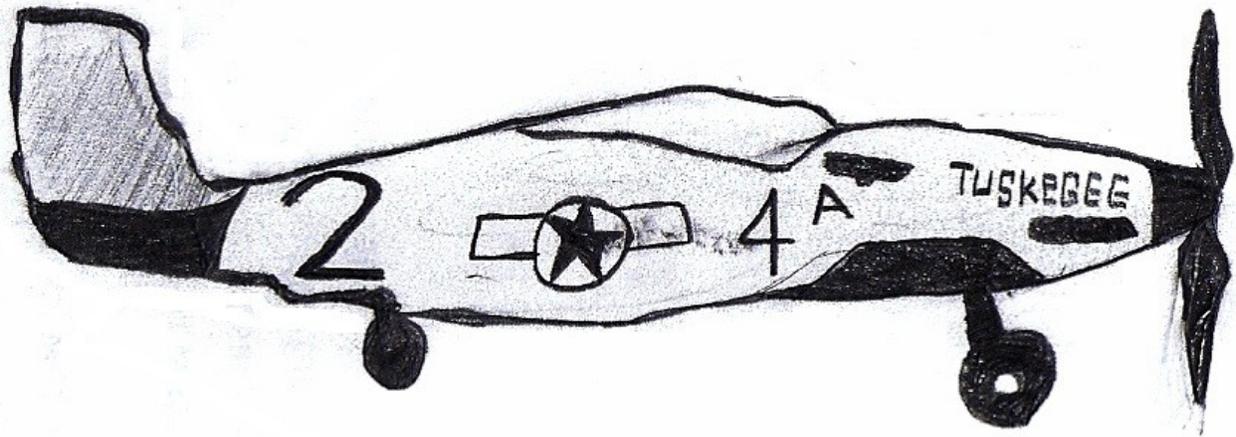


Illustration by John Bitting

Tuskegee pilot shares wisdom

The Tuskegee Airmen were an elite fighter squadron who battled racism and the Nazi enemies at the same time.

Mr. Eugene Richardson was one of those pilots. He recently told their story to about 150 people at the Norristown Library for Black History Month.

"If you want to be successful, stay focused," Mr. Richardson told the audience, which included members of the *Healthy Bulletin* staff.

The Tuskegee combat program started in 1941 to train African Americans to become military pilots.

The African American pilots had to earn the chance to be in combat. They were highly successful, said Mr. Richardson. The airmen escorted and protected bombers.

Mr. Richardson completed the Tuskegee program in March 1945, but did not fight in Europe because the war was over a month after his graduation.

He said that being a pilot required the 3 Ds: the dream, desire, and discipline.

(See *Airman* on Page 2)

Everyone has a role in health, even kids

PHILADELPHIA – Kids can make a difference in their community's health, according to former Pennsylvania Secretary of Health Dr. Calvin Johnson.

They can participate in programs that relate to health. They can be role models by eating nutritious food and staying active. Most importantly, they can start their own programs to help others.

Dr. Johnson has helped others stay healthy in a number of ways. He is a pediatrician. He has worked in hospitals. In his job as Pennsylvania's Secretary of Health, helped more than 12.5 million people who live in Pennsylvania stay healthy.

He says one pressing health issue is that people in African American and Latino communities often have difficulty getting health care. He says they may not have health insurance which pays for doctor and hospital visits. They also may find it hard because they don't speak English.

Dr. Johnson says his parents inspired him to succeed in school and life. He attended Morehouse College in Atlanta, Ga. It is among the nation's top historically black colleges and universities.

(See *Helping* on Page 2)

Plant looks beautiful and can treat burns

The *Healthy Bulletin* staff created a healthy Valentine's Day gift for a family member.

No candy was included.

The reporters potted plants with the help of the Norristown Garden Club. In the pot, they put flowers, leaves, and an aloe vera plant. They also stuck two hearts onto a stick and then placed the hearts into the pot. They put the plants in baskets with many different colors.

The main plant the staff used was aloe vera. The plant has soft spikes and is delicate. Aloe vera is a native of Africa. It does not like a lot of water.

The plant produces a gel that some people use to treat burns and frostbite, according to the government website, MedlinePlus.gov

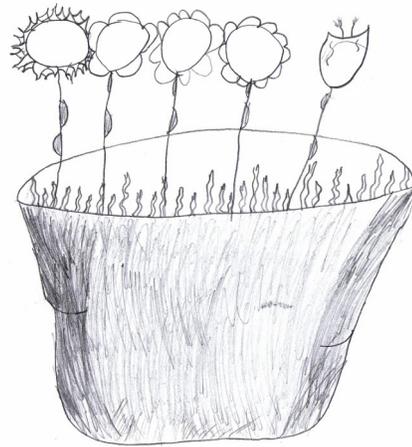


Illustration by Wilchon Seward and Javon Long

"The students had an opportunity to improve their health mentally and physically while creating something beautiful," said Ms. Freeman, the *Healthy Bulletin* editor and a fourth grade teacher.

—By Austin Montgomery

Book about doctor gets thumbs up

Gifted Hands

By Greg Lewis and Deborah Shaw Lewis

This book tells the story of an angry boy from the city named Ben Carson. When he was in school, people would call him the class dummy. His mom had faith in him and helped Ben succeed. He fell in love with learning.

When Ben grew up, he became a successful surgeon at Johns Hopkins University. He became known for a case when he separated German



twins who were joined at their head. Another surgery in South Africa did not end well. The twins died after they were separated. When Ben was leaving, he asked himself, "Why?"

When I started this book, I thought it would be a boring story about a doctor. As I read it, I said to myself, "this is a really good book." I think whoever reads it will

be amazed.

— Story and illustration by Wilchon Seward

Airman shares advice about staying healthy

(Continued from Page 1)

Mr. Richardson had the rank of second lieutenant. He said an important lesson he learned in the military is to stay on task. To cope with the stress of being one of the first African American military pilots, he stayed away from problems when he could.

He is nearly 90 years old. He said he eats healthy foods such as broccoli, spinach, apples, and bananas. He exercises and gets eight hours of sleep a day. He also doesn't drink or smoke.

His advice for children: Try to stay away from sweet drinks and eat fruits, vegetables, and whole wheat. —By Healthy Bulletin staff

Helping others stay fit

(Continued from Page 1)

He wanted to become a doctor because he loved science and he wanted to help people. He decided to become a pediatrician because he likes children.

A healthy day for Dr. Johnson and his family involves a good night's sleep, a healthy breakfast, and exercise for the body and the mind.

He says the greatest gift a parent can give his or her child is "unconditional love."

—By Jorge Palau and Wilchon Seward

Do you have something to say?

The *Healthy Bulletin* would love to hear your ideas about health and wellness. Write us a letter and it may be published in our next issue.

Kids can help adults with Alzheimer's

Kids can make a difference for someone with Alzheimer's disease.

They can raise money to help find cures. They can make other people more aware about the disease. Just spending time with someone who has the disease is helpful, says Ms. Wendy Campbell.

Ms. Campbell is the chief executive officer of the Alzheimer's Association – Delaware Valley Chapter. She said the mission of the group is to eliminate the disease and provide care.

As the head of the group, she said every day is different. The group helps people who look after friends and relatives with the disease.

The Alzheimer's Association has a 24-hour hotline that people can call for help and information.

Alzheimer's is a brain disease. It is one kind of dementia. Dementia is when people start forgetting a little more every day.

"Gradually their memory disappears," Ms. Campbell said.

Usually Alzheimer's affects people who are older, but it can occur in people who are as young as 35, Ms. Campbell said. It can be hard work to care for someone who has Alzheimer's. The patients have many needs. People, on average, live with the disease for nine years, she said.

Ms. Campbell said children should understand that Alzheimer's is a disease. They can offer to help. If the person with Alzheimer's doesn't want the help, children should respect his or her wish.

Ms. Campbell said Alzheimer's is a complicated disease and there are many reasons why some people get it. Her advice for everyone is to keep their brain active. Learn something new or try to do something differently, she said. It helps keep the brain healthy.

—By Healthy Bulletin staff

Group raises money with chocolate

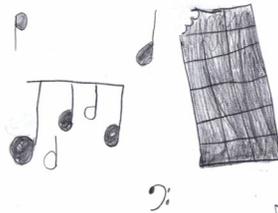
The Alzheimer's Association has a "Chocolate Symphony" every year to help support its work.

They are trying to help patients and their families today. It also support research that is seeking cures.

The Alzheimer's Association – Delaware Valley Chapter raises more than \$100,000 from citizens who support the event and want to end the disease, too, according to Ms. Wendy Campbell, the chief executive officer of the chapter. More than a dozen chocolatiers bring their fine chocolates to the event. A chocolatier is someone who makes chocolate.

* * *

Scientists are trying to find out whether chocolate has health benefits, says the National Institutes of Health.



The idea comes from studying the health of people who live on the Kuna Islands off the coast of Panama. They have a reduced chance of getting heart disease, according to the National Institutes of Health. However, they eat chocolate differently than most Americans.

They make beverages with the cocoa bean. They only add a little sweetener. The chocolate that Americans eat is combined with a number of ingredients, including milk, according to the National Institutes of Health.

While people are learning more about the health benefits of chocolate, everyone should remember that it does have calories. Eating too many calories isn't a good idea. —Story by Chaz Clark

Illustration by Wilchon Seward

African American doctor helped Dr. Alzheimer

Alzheimer's disease became known more than 100 years ago in Germany, said Ms. Wendy Campbell of the Alzheimer's Association – Delaware Valley Chapter.

Dr. Alois Alzheimer identified the disease and it was named after him.

The first African American psychiatrist, Dr. Solomon Carter Fuller, worked with Dr. Alzheimer, Ms. Campbell said. A psychiatrist helps people with their mental and emotional problems.

Dr. Fuller first had been trained as a pathologist. A pathologist is a doctor who examines tissues and blood to understand a disease.

He then studied neurology. A neurologist understands how the nervous system works.

Dr. Alzheimer chose Dr. Fuller as one of only five foreign graduate students to work with him in his laboratory, according to the U.S. National Library of Medicine.

Sickle cell disease poses challenges

Sickle cell anemia is a life-threatening disease, according to KidsHealth.org. Kids with the disease can get tired more easily and it can be quite painful. Sometimes patients have to go to the hospital.

However, new treatments help most kids "grow up to live relatively healthy and productive lives," according to KidsHealth.org.

Sickle cell disease is more common among people of African heritage. It affects about 90,000 to 100,000 Americans, according to the Centers for Disease Control and Prevention.

Here is some information from KidsHealth to give you a better picture about sickle cell disease:

- Sickle cells are red blood cells that look like a crescent moon. Normal red blood cells are round. Red blood cells transport oxygen around the body.
- Because of their shape, sickle cells can get stuck, especially in smaller blood vessels.
- Sickle cell disease is diagnosed with a blood test.
- Sickle cell disease is inherited through both parents' genes. People can't get it through a sneeze or a cough.
- The only cure for sickle cell disease is a complicated medical procedure called a bone marrow transplant. The bone marrow is where red blood cells are produced. A person with healthy bone marrow volunteers to donate some of his or her bone marrow to the person with sickle cell disease.
- Kids with sickle cell disease often take a vitamin supplement called folic acid. It helps make new red blood cells.
- Like all kids, those with sickle cell disease should eat nutritious food and get plenty of sleep. —*By Chaz Clark and Wilchon Seward*

To find out more information about sickle cell disease, log on to www.kidshealth.org or www.cdc.gov.

Stretch your mind!

Here's a challenge. See if you can match the correct name with the person's accomplishment and check out your answers at the website below:

- | | |
|---------------------------|----------------------|
| Dr. Joycelyn Elders | Dr. Helen O. Dickens |
| Dr. Solomon Carter Fuller | Dr. Ben Carson |
| Dr. Alfred Day Hershey | |

1) Worked in the lab of Dr. Alois Alzheimer.

2) First African-American woman to be admitted to the American College of Surgeons.

3) First African-American to share the Nobel Prize in physiology or medicine.

4) Led 70-member surgical team at Johns Hopkins Hospital.

5) First African-American woman appointed as U.S. Surgeon General.

Answers can be found at:

<http://www.mclibrary.duke.edu/hom/exhibits/blkhist/bhmtime>

Source: Duke University Medical Center Library

Marshall Street Healthy Bulletin

A publication of the Marshall Street Elementary School in the Norristown Area School District in Norristown, Pa.

Student staff members for this issue include John Bitting, Chaz Clark, Adam Jarhale, Michaela Johnson, Austin Montgomery, Fatima Ouadah, Jorge Palau, Victoria Rhodes & Wilchon Seward.

*A Healthy NewsWorks® project
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Healthy NewsWorks is a member of New Beginnings Non-profit Incubator at Resources for Human Development in Philadelphia. Healthy NewsWorks receives funding from individuals, organizations and foundations, including the Claneil Foundation, First Hospital Foundation, and Independence Blue Cross Foundation.

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