



ST. LOUIS AMERICAN NEWSPAPER IN EDUCATION

The St. Louis American's award winning NIE program provides newspapers and resources to more than 8,000 teachers and students each week throughout the school year, at no charge.

STEM

science, technology, engineering, and math

Questions or comments? Contact Cathy Sewell
csewell@stlamerican.com or 314-289-5422

CLASSROOM SPOTLIGHT

Dr. Katie Harper Wright
Elementary
School 4th grade
head teacher
Alecia Johnson

shows students Na'Zayo Abdi, Janila Hill, Xziyah Isaac and Dezmond Isaac lessons inspired by the newspaper's STEM page.
Photo by Wiley Price/ St. Louis American.

Teachers, if you are using the St. Louis American's NIE program and would like to nominate your class for a Classroom Spotlight, please email: nie@stlamerican.com.



SCIENCE STARS

**AFRICAN AMERICAN CELEBRITY DENTIST:
Dr. Catrise L. Austin**



Catrise L. Austin was born in Michigan on May 2, 1970. When she was visiting an orthodontist to receive braces, she knew immediately that she wanted to become involved in dentistry. In 1988, she graduated from Flint High School and was voted prettiest smile. Austin received her B.A. degree in psychology, in 1991, from the University

of Maryland. Five years later, she received her PhD in dental surgery from the same school. After moving to New York, she completed her advanced dental training at Brooklyn Lutheran Medical Center.

In 1998, she opened her own practice, called VIP Smiles. Many famous celebrities are her patients: Toni Braxton, Paula Abdul, Missy Elliot, Common, and many more. Austin has appeared on the Discovery Health Channel, The Queen Latifah Show, The Ricki Lake Show, and Good Morning America. She has been profiled in magazines including *Glamour*, *Essence*, *Self* and *Black Enterprise*.

Austin was named one of the 25 Most Influential Black Women in Business in 1999. She belongs to numerous professional organizations including the American Dental Association, New York County Dental Society, American Association of Women Dentists, American Academy of Cosmetic Dentists, Academy of Sports Dentistry, National Association of Black Female Executives in Music and Entertainment, Black Sports Agents Association, and Alpha Kappa Alpha Sorority.

You Can Visit Dr Austin's Website at:
<https://www.thesmilist.com/catrise-austin-dentist>

Learning Standards: I can read a biography about a person who has made contributions in the fields of science, technology, and mathematics.

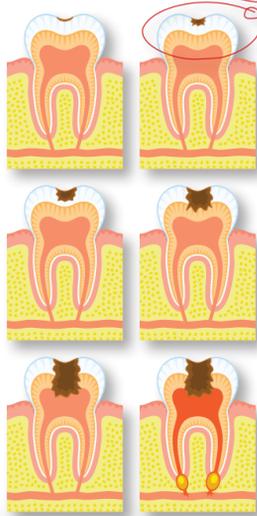
SCIENCE CORNER

The Science of Tooth Decay!

Tooth decay is an important and serious childhood illness. If it isn't treated, it can affect eating, speaking, learning, and self-esteem. Untreated tooth decay can also lead to bacterial infections.



How can you prevent tooth decay? First, look at your diet. You need nutrients, such as calcium and magnesium to make sure your teeth are strong. Eating a healthy diet will provide nutrients to strengthen your teeth. Make sure you limit sugary snacks and juices. Brush your teeth immediately after eating these snacks. Soda and tea



can also damage the enamel that covers your teeth and protects them.

Next, you need to keep your teeth clean. You should brush your teeth twice a day and floss your teeth regularly. It's very important to brush your teeth before you go to bed so that food residue does not build up on your teeth.

For More Information, Visit: <http://www.eschooltoday.com/tooth-care-for-children/tooth-gum-dental-decay.html>.

Learning Standards: I can read nonfiction text for main idea and supporting details.



SCIENCE INVESTIGATION

DOES FLUORIDE STRENGTHEN TEETH?

Background Information:

Have you noticed the word "fluoride" on your toothpaste? In this experiment, you will observe the effect of fluoride on your teeth.

Materials Needed: • 2 Hard-Boiled Eggs
• Fluoride Gel or Solution, 4 oz. to 6 oz. • 3 Clean Plastic Containers • Several Cans of Dark Soda
• Water

Process:

- Put a hard-boiled egg in a plastic container, cover it with the fluoride gel and let it soak for 24 hours. After 24 hours, remove the egg and rinse it with water.



- Place the egg from step 1 in a clean plastic container and label it "treated with fluoride."
- Place the remaining hard-boiled egg in the remaining clean plastic container and label it "untreated."
- Cover both eggs with dark soda. Change the soda solution every 12 hours for the next two days.
- Compare the two eggs—color, texture, etc.

Analyze: Which egg was stronger? Which egg had a brighter color? What can you conclude about the effectiveness of fluoride?



Learning Standards: I can follow sequential directions to complete an experiment. I can analyze results.

MATH CONNECTION

BRAIN EXERCISES WITH MATH!

Try these fun math activities to celebrate good dental health!

GRAPHING: Create a graph that represents your class' favorite toothpaste flavor: mint, bubblegum, fruit, etc.

AVERAGE: How many baby teeth have you lost? Calculate the class average of the number of teeth lost.

OVER OR UNDER: Dentists recommend brushing your teeth for two to three minutes. Have a partner time you as you brush your teeth. Were you over or under the suggested time?

TOOTH FAIRY TRAVELS: Choose a city mentioned in the newspaper. If the tooth fairy had to travel to your house from that city, how many miles would they need to travel?

Learning Standards: I can add, subtract, multiply, and divide to solve a problem. I can create a visual graph to represent data.



DID YOU KNOW?

According to the Academy of General Dentistry, the average person only brushes for 45 to 70 seconds a day, although the recommended amount of time is 2-3 minutes. Set a timer when you brush your teeth!

In ancient times, the Romans used a mixture of bones, eggshells, oyster shells and honey to clean their teeth.

In China, September 20th is an official holiday known as "Love Your Teeth Day."

The hardest tissue in the body is the enamel covering our teeth. Just like fingerprints, tooth prints are unique to each individual.

MAP CORNER

Use the newspaper to complete the following activities.

Activity One — Tone:

Have you ever had someone tell you they didn't like your tone? They are referring to your attitude. In literature, tone is the author's attitude toward a topic. It can be serious, playful, sarcastic, sympathetic, etc.

Choose three articles from different sections of the newspaper and identify the author's tone.

Activity Two — First Impressions:

A first impression is the opinion you form about someone when you first see or meet them. Look for photographs in the St. Louis American of people you think would make good

friends. Describe why you chose the pictures. Did you choose them because of the words (text) or the photograph?

Learning Standards: I can use the newspaper to locate information. I can identify author's tone and describe first impressions.



This special Newspaper In Education initiative is made possible, and delivered to classrooms, through The St. Louis American Foundation and its NIE Corporate Partners:

