

# National High Magnetic Field Laboratory

I'll be honest. The first time they mentioned the field trip to the magnet lab, I wasn't all that ecstatic. Magnets just really do not sound very interesting. So, when we loaded up the buses (very early in the morning, I might add) to leave for Tallahassee, I was already wanting the day to be over. I was sure in for a shock.

When we reached the lab, we went into a room, where we played around with little magnets. We were taught a bit about magnetic fields, and why the paper would spin around when placed in the water. After we were finished with that, we got to hear all about the crazy magnets located in that magnet lab, and all over the rest of the world. We learned about the tesla, and about how the magnet lab there in Tallahassee has the strongest magnet in the world right now, which reaches 40 teslas. Then, we started to hear some even more interesting stuff. They do all kinds of experiments with magnets there. They look at cancer cells and do experiments with them, and all sorts of other neat things. Also, the scientists who are studying there basically can do whatever they want, and all the resources are provided, as long as they promise to publish their results. Scientists come from all over the world to work on experiments there.

Then, we were taken on a little tour of the lab. They taught us the structure of magnets, and why they're built like they are. Magnets are actually composed of many layers of metal, with small slats in them so that water can be run through them, because if the magnets get too hot they'll explode. They showed us all the different rooms with the different sized magnets, as long as we stayed behind the lines. This is because the slightest vibration could cause a disruption in the experiment, or, more importantly to us, the magnetic field can mess with cell phones and credit card magnetic strips. Some of those magnets were just huge. We got to see the biggest magnet, and it was absolutely awe-inspiring. It was gigantic. It's amazing that a magnet that big is legal to use. While that magnet is technically the most powerful in the world, there are "pulse magnets" that can reach much higher than 40 teslas, but only for fractions of a second. Other countries, however, are working to make a magnet stronger than 40 teslas.

We even got a souvenir from our field trip. You see, every part of every magnet is hand-checked for perfection. If there is the slightest deformity in the magnet, like a scratch or a crease, the part is discarded. So, our guide picked up a stack of deformed magnet coils and handed them out. We, of course, thought that was the coolest thing ever.

When we had to leave, we were all pretty sad. They do so many awesome things with magnets there, including taking pictures of things like perfume, computer chips, etc. I learned more about magnets there than I ever knew, and there's still so much more that can be learned. Magnets are much more intricate and interesting than any of us thought. It was really a great, informative experience. So maybe next time I won't suspect the worst out of a seemingly boring field trip- because I was definitely surprised about this one.

- Catherine Stewart  
11<sup>th</sup> grade SSTRIDE student



# FSU College of Medicine 8th grade SSTRIDE Brain Bee



# Northwest Florida Blood Center Trip

On Friday December 4<sup>th</sup> our 10<sup>th</sup> grade SSTRIDE Honors Chemistry class visited the Northwest Florida Blood Center in Pensacola. The students were given an overview of just how important the blood center is to everyone in our surrounding area. The students were then taken back into the lab where the blood is inventoried, processed, and separated into it's various components.



## Teachers Spotlight

Lavonda Deale teaches the SSTRIDE Honors Chemistry and Advanced Placement Chemistry at Crestview High School. We are very proud to have her teaching our students. Here is an excerpt that Mrs. Deale wrote about herself.

"I am fortunate to be a part of the SSTRIDE program and have the opportunity to teach Chemistry and tutor students preparing for a career in the medical field. With degrees in Chemistry and Biology, I hope to provide real experiences for students at the interface of these two disciplines. Chemistry is often misunderstood and its importance in the medical field is understated. This is the one course that can stand in the way of students reaching their goals. In addition to learning chemical concepts, students will learn perseverance as they study this difficult topic. Furthermore, my industry experience allows me to give students a glimpse into the real world and to develop workplace skills that will serve them in college and beyond. Learning is a lifelong endeavor and I am available any time via phone, email, or in person to assist these dedicated SSTRIDE students."

- Mrs. Lavonda Deale

Mr. Darron Dubose teaches SSTRIDE Biology Honors and Advanced Placement Environmental Science at Crestview High School. Mr. Dubose earned a B.A. in Education from Southeastern College and a Masters in Education from the University of West Florida. We are excited to have Mr. Dubose on board with us. Here is an excerpt written by Mr. Dubose.

"I taught gifted education at Richbourg Middle School for nine years before coming to CHS in 2003. I now teach five classes of advanced placement Environmental Science and one SSTRIDE class. I have three beautiful daughters 9, 7 and 5 and a wonderful wife at home. I've been scuba diving since I was 16 and we love to travel to America's National Parks. I love teaching and being with your kids but trust me hiking 80 miles in the Himalayas or swimming with Bull Sharks is nothing compared to teaching high school students."

- Mr. Darron Dubose

## ACT Test Prep Course

In order to better prepare our SSTRIDE students for testing, we will be offering an ACT test prep course. We are very excited to offer our students this course as it will not only improve their test taking skills but it will aid in their college acceptance as well increase their competitiveness for scholarship money.

The course will be administrated through Educational Testing Consultants, Inc. The founders/owners of this company write test questions for standardized tests such as the ACT and SAT. Mr. Darron Dubose who teaches our SSTRIDE Biology class and AP Environmental classes at CHS will be teaching the class. All juniors and seniors who have not scored a 28 or above on the ACT will be required to attend the course in order to be eligible for SSTRIDE to continue paying for their ACT test. The course will be taught on Mondays in Mr. Dubose's room 2:15 - 4:15 PM on the following dates:

Time	Date	Place
2:15 - 4:15 PM	02.01.10	Mr. Dubose's room @ CHS
2:15 - 4:15 PM	02.08.10	Mr. Dubose's room @ CHS
2:15 - 4:15 PM	02.22.10	Mr. Dubose's room @ CHS
2:15 - 4:15 PM	03.01.10	Mr. Dubose's room @ CHS
2:15 - 4:15 PM	03.08.10	Mr. Dubose's room @ CHS
2:15 - 4:15 PM	03.15.10	Mr. Dubose's room @ CHS
2:15 - 4:15 PM	03.22.10	Mr. Dubose's room @ CHS
2:15 - 4:15 PM	04.05.10	Mr. Dubose's room @ CHS
2:15 - 4:15 PM	04.12.10	Mr. Dubose's room @ CHS
2:15 - 4:15 PM	04.19.10	Mr. Dubose's room @ CHS

### Contact Information:

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### Upcoming Events:

Dec 18<sup>th</sup>—Jan 1<sup>st</sup>: Winter Break

Jan 5<sup>th</sup>: Parent Meeting — CHS Media Center @ 6pm

Jan 5<sup>th</sup>: Parent support group meeting immediately following the parent meeting

Jan 7<sup>th</sup>: Chamber of Commerce blood pressure checks @ 6:45 am

Jan 24<sup>th</sup> — 25<sup>th</sup>: 11<sup>th</sup> and 12<sup>th</sup> grade field trip to Shand's

Jan 26<sup>th</sup>—27<sup>th</sup>: HOSA Competition

Blood Pressure checks at Compass Bank— Time/Date TBA

February 1<sup>st</sup>: ACT class begins

**The SSTRIDE website will be updated with new information and pictures by 12.23.09. Check it out!!**



## Welcome to December!

Wow, it just doesn't seem possible that the first semester is drawing to a close! We have had a busy semester and spring semester will be even busier. We want to thank all of you, students, parents, and teachers for working so hard. You have not only maintained the SSTRIDE requirements set forth by FSU, but you are making it even better! Here in Okaloosa County, we are continually looking to the future, and the future

demands excellence. Speaking of excellence, we want to congratulate all of our SSTRIDE I students and their teachers, Mrs. Richardson and Mrs. Blaylock for their hard work in preparation for the Brain Bee, the Jeopardy style competition about the central and peripheral nervous systems, held in November at the FSU College of Medicine. We are especially proud of the two teams from Davidson that placed 1<sup>st</sup> and 3<sup>rd</sup>.

Members of the 1<sup>st</sup> place team were Kristen Bufkin, Hailey Curtis, Austin Henderson, and Chancer Teel. The third place team was composed of Jordan Harlow, Hailey Marshall, Emily Parker, and Evan Stegner. Congratulations again!! We hope that everyone will have a restful holiday filled with friends, family, and good times. See you in January!

- Penny Eubanks

## Red Ribbon Week Presentations

Last year we asked our 11<sup>th</sup> and 12<sup>th</sup> grade SSTRIDE students to present Tobacco and Drug Awareness presentations to the 9<sup>th</sup> grade classes at CHS during Red Ribbon Week. We received very positive feedback from the SSTRIDE students as well as the 9<sup>th</sup> grade students who heard the presentations last year. So, this year we decided let our 11<sup>th</sup> and 12<sup>th</sup> grades students give their presentations to the 8<sup>th</sup> grade classes at both DMS and SRMS. We asked a Tobacco and a Drug specialists to present

information to our students on the effects of Tobacco and Drugs. Groups of students used this information to collaboratively prepare their own presentations/videos. Each group presented their presentations to the 8<sup>th</sup> grade students on Friday October 30<sup>th</sup>.

Both the 8<sup>th</sup> grade teachers and students thoroughly enjoyed our students presentations again this year. We believe these presentations made a difference in the lives of our students as well as those

listening. It also gave our students an opportunity to develop presentation and public speaking skills. In addition our SSTRIDE students receive community service hours for their time spent preparing and giving the presentations.

We have decided to continue this event both for our SSTRIDE students benefit as well as the benefit of our upcoming generations.

-Karen Molek, PhD

**A Parent Meeting will be held on January 5<sup>th</sup> at 6:00 pm in the Media Center at CHS. There will be a parent support group meeting immediately following the parent meeting. Please plan to attend both meetings as we are in the process of trying to plan fund raisers for the Spring semester.**