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Acceso Hispano

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Family Science Page
Washington DC



Changing the Face of Science
www.celebralaciencia.org

Parents

You are great role models for your kids. Although you may not realize it, your kids observe you and try to imitate your actions and your way of thinking. It is important to pass on to them the curious spirit that will allow them to ask many questions. This curiosity will help them in school. If you also present science in a good light, they can use this curiosity in their health and science studies. The Hispanic community needs to be better represented in science and health related fields such as: medicine, physical therapy, radiology technology, and more.

Currently, there are very few Hispanics in careers relating to science and health. As a parent you can encourage your kids to take an interest in the sciences so that they one day can play a very important role in the Hispanic community.

Begin with the activities and experiments found on every Family Science Page that Celebra la Ciencia makes. These activities are easy and inexpensive! Oftentimes it is tough trying to find the free time, but there are many activities that don't require much time or many materials! Take ten minutes today to promote the scientific curiosity in your kids, to guide them toward a promising future and at the same time you are strengthening your relationship with your kids.

RESOURCES!

Call us for free information about parenting issues, helping your child succeed in school, and referrals to fun science activities in your community.

1.800.473.3003

Fall 2005 Calendar

September 11th
Adams Morgan Day Festival
Washington, DC

September 18th
Fiesta DC, 10AM- 7PM
Cardozo High School
Washington, DC

September 18th
Fiesta Musical, 11AM-5PM
National Zoological Park
Washington, DC

October 8th
Brookland Main Street Festival
Brookland Main Street
Washington, DC

October 15th
Wildlife Festival
Occoquan
Lorton, VA

National Museum of Health and Medicine

6825 16th St. NW
(Building # 54),
Washington, DC 20306
Tel.: 202-782-2200
Metro: Takoma (Red Line)

HOURS:

Daily from 10-5:30pm
*for children 10+ years old
** FREE!

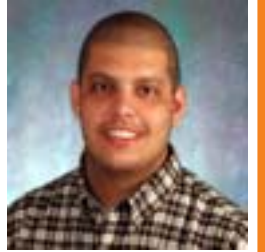
DID YOU KNOW...?

Hispanics are more likely to suffer from cardiovascular illnesses such as diabetes in comparison to white non-Hispanics.

At the same time, Hispanics in general don't receive regular and continuous health care to treat these medical conditions.

Meet a Hispanic Medical Student

Karim Sedek



Karim Sedek is a medical student in his third year at George Washington University's Medical School in Washington, DC. He realized he wanted to become a doctor at age 16 when his parents had to take care of his grandfather when he suffered from a heart attack. "I learned how to care from watching my mom take care of my grandfather, and that is the most important quality you will need in medicine because you have to have that type of relationship with your patients."

When Karim considers his role models in life, he thinks of his parents. "Family is very important and I believe it is a very special part of our Latin culture." Like any other young person, this family bond has helped him in his personal life as well as academic life.

Karim has also found another family in the National Bolicua Latino Health Organization at his university. "It's a unique organization" where he finds support as a Latin student working toward becoming doctors by motivating other Latin students to study medicine as well as teaching non-Spanish speaking medical students how to speak.

By becoming a doctor, Karim wants to help the community. "We are a population that is growing every day." Seeing the difficulty with which his family communicates with a doctor gives him more reason to believe in the importance of having Latin Americans in medical and health careers. "This is going to help us as a larger group. It will help us have better health and better lives."

Karim realizes that medical school is difficult and costly. "You have to study a lot and find different ways to pay for your studies." But Karim knows that all of his effort and his many sacrifices will be worth it when he is helping his patients.

If Karim had one piece of advice for young Latin Americans it would be: to "take your studies seriously and... although school is important, it is also necessary to do things outside of school." Karim, young with many goals and successes already under his belt, wants you to know that "if you can think it, you can achieve it."

Experiment



MATERIALS:

2 potatoes
2 bowls
water
salt



DIRECTIONS:

1. Fill 2 bowls with water.
2. Slice a small potato lengthwise into several pieces that each have two flat sides.
3. Place some of the pieces in one dish and the rest in another.
4. Fill both dishes with water.
5. Add two tablespoons of salt to one of the dishes, and label it "salt water."
6. Let the potatoes soak for 15 minutes.

WHAT HAPPENED?

Compare the two potatoes. Do you see a difference between them? Through osmosis, water moves from areas of low salt concentrations to areas of high salt concentrations. Adding salt to the water creates a higher salt concentration in the dish than in the potato. Consequently, water in a potato that is soaking in salt water migrates out, leaving behind a limp spud!