

# STARSTRUCK

## STELLAR RECAP

Hannah Meyer

It has been an exciting week for the STAR students! After having a long weekend due to the Fourth of July holiday on Monday, we got right back to business working on our projects and meeting with our scientists. Along with testing for different blood types and visiting the blood lab, we also learned about flight care, pediatric orthopedics, the history of cardiology, and the ethical treatment of animals. We are also enjoying the fun medical terminology and are excited to visit Ochsner Baptist later this week!



## BLOOD WORK

Christopher Ross

As the STAR students entered the Ochsner blood donation center on Tuesday, July 5<sup>th</sup>, curiosity and excitement filled the room. Fortunately, the well-esteemed Dr. Bobby Rodwig effectively described the blood donation process as his loyal listeners soaked up the wisdom. Afterward, Dr. Rodwig guided the group through the blood storage areas while explaining the methods of separating and



preserving the red blood cells, platelets, and plasma. After the tour was completed, Dr. Rodwig eloquently taught the biology of blood to the STAR students. Then each individual performed a series of blood typing test that provided hands-on experience to draw all the concepts together. Clearly, this opportunity provided the STAR students with a fun and beneficial way to learn about the biology of blood and the practices involved with this fundamental component of the human body.

## THE STARS TAKE FLIGHT

Shirley Hong

It was a warm Wednesday morning when the STAR students witnessed the miracle of flight. By warm, I mean hot. By hot, I mean scorching, searing heat that penetrated your soul. But that didn't stop us from enjoying the amazing experience. Mr. Ian met the STAR crew in the lobby of the Emergency Room. There, we waited for the shuttle bus. While waiting, Mr. Ian described the basics of Ochsner's Flight Care program, answering our numerous questions about topics ranging from the model of the helicopter to specific emergency calls. Once we reached the helicopter, we met the other members of the helicopter crew, Mr. Lonnie, Mr. Michael, and Mr. Leroy. After telling us more about flight care and letting a few people climb about the helicopter, they took the aircraft for a demonstration flight. The STAR students would like to extend their gratitude to the entire Flight Care crew for taking the time to fly out just for us.



## BROKEN BONES BE GONE

Hannah Meyer

On Wednesday, July 6<sup>th</sup>, Dr. Waldron met with the STAR students to teach us about pediatric orthopedics. He gave a fantastic presentation filled with pictures of X-rays that, interestingly enough, made you want to look away even though you couldn't take your eyes off of them. Along with his informative lecture, Dr. Waldron also brought some of the hardware he uses to fix broken bones. Two lucky students even got to get a cast applied to their forearms. Of course, we had to sign the casts before they came off!



## BEING FIT MEANS BEING HAPPY

Camryn Dinvaut



Last Friday morning, the STAR students began the day by sleeping in late, taking a tour of the amazing Elmwood Fitness Center, and then...Boot Camp. We did pushups, squats, wall sits, and everything in between to the point where it felt as though we were practically drowning in sweat. Though I felt like I was dying, weirdly enough, I felt awake, refreshed, and ready to take on the rest of my day. Following our intense workout, most of us proceeded to eat lunch while some of the

guys opted to play basketball. After lunch, all the STAR students spent an hour in Kids Sports together. We jumped, we played, and we laughed without any cares in the world. Any onlooker would have thought we were six year-olds trapped in sixteen, seventeen, and eighteen year-olds' bodies. Following our time in Kids Sports, we ended our day with a yoga session. Cracking joints, a stiff back, and a lack of balance did not help me to excel during the session, but it was not for lack of trying! However, I do believe I, just like most of the other STAR students, took away the most important lesson: peace and relaxation. So what exactly did we get out of this experience as a whole? Well, I can report that a workout "team" of STAR

students was established following our time at the fitness center, more students have expressed the desire to live a healthier lifestyle, and if nothing else, we have all gotten an amazing experience that we can keep with us for the rest of our lives.

## CONTACT US

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# WHAT'S COMING UP NEXT WEEK

Monday: Robotics and Respiratory Care

Tuesdays: Morgue and UQ Mock Clinical Exam

Wednesday: Clinical Research and Presentation Skills

Thursdays: Neurosurgery and Skills Training

Friday: Bio Bank and International Medicine

## MEDICAL TERMINOLOGY MATCHING

Gastr-

Hepat-

Crani-

Rhin-

Odont-

Cheil-

Ophthalm-

