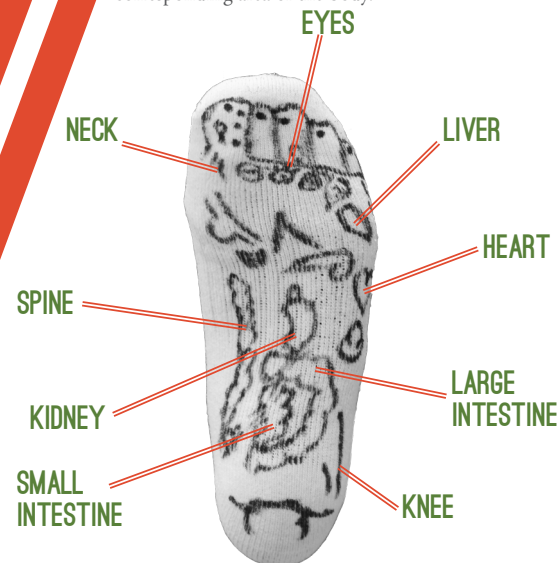


IN TOUCH

REFLEXOLOGY SOCKS EXPLAIN RELATION TO NERVOUS SYSTEM

Reflexology is an alternative medicine involving the application of pressure on specific areas of the foot or hand to relieve pain or pressure in the corresponding area of the body.



ARTIST IN THE MAKING // Drawing on her socks, Alex Widener (12) creates her reflexology socks for an assignment. "I was drawing the different sections on our reflexology socks for Medical Magnet," Widener said. "We were learning about the nervous system, so [Medical Magnet teacher] Mrs. [Sandy] Hunt had us make our own reflexology socks by drawing on them with sharpies." *Photo by Bailey Strickland.*



MEDICAL MAGNET SENIORS HAVE SPA DAY DURING INTEGUMENTARY SYSTEM LESSON

Design by Colton Taylor.

Makeup was removed and headbands pulled hair out of faces. Pandora played spa music and students rested on top of desks. Oatmeal and egg whites were applied to faces and cucumbers placed on their eyes. Their unusual and anticipated test review allowed Medical Magnet students to relax while experiencing the benefits of natural products on their skin.

"I had never imagined that we would make face masks in Medical Magnet, especially not when learning about a particular system of the body," Elizabeth Barker (12) said. "However, I feel as if this activity was one that made learning the integumentary system much more interesting and interactive. Making the face masks was a very nice change-of-pace from typical lectures and projects, because it truly showed how the skin can react to organic products being used on the face."

With options to choose from, Barker and Alaina

Moore (12) picked masks that worked best for their different skin types. As they waited their turn, they laughed with classmates as they tried to blindly take selfies with cucumbers over their eyes.

"I was one of the last people to get a mask, so it was funny to see everyone else laying in different places around the classroom with oatmeal all over their faces and cucumbers over their eyes," Moore said.

With their lesson about the body's integumentary system, or skin, there came the usual lectures, notes, and studying. To relieve stress from the upcoming test, Medical Magnet teacher Sandy Hunt believed a relaxing day to unwind and hang out with friends was the best way to prepare.

"I think the class benefited from participating in this activity because it gave us all a chance to just joke around and have fun with each other and Mrs.

Hunt," Moore said. "We didn't spend a day having to be quiet and listen to her teach. We all got to laugh with each other, listen to spa music, and relax instead of stressing out and worrying ourselves over making sure we'd reviewed everything we would need to know for our test the next day."

Basing the face mask activity off information they learned made the spa day enjoyable. They gained a more hands-on understanding of the knowledge they learned in class after seeing how their skin reacted to the various types of face masks. *Story by Haley Burke.*

"I FEEL AS IF THIS ACTIVITY WAS ONE THAT MADE LEARNING THE INTEGUMENTARY SYSTEM MUCH MORE INTERESTING AND INTERACTIVE."
ELIZABETH BARKER (12)

MASK ON, MASK OFF

MASK ON // Placing the first facial mix of oatmeal and honey on Katie Miller's (12) face, Medical Magnet teacher Sandy Hunt began the spa day experience for her class. "One of my favorite parts of teaching any subject is making fun, relevant connection to what were learning," Hunt said. After putting the mask on Miller, Hunt moved to other students. *Photo by Haley Burke.*



CHICKEN CONNOISSEUR // Following the instructions of Dr. Ann Thompson, a Medical Magnet guest speaker and director of physical therapy at Armstrong, Coco Xu (12) pulls apart a chicken wing to observe muscles and tissues. "Dr. Ann Thompson brought in fried chicken wings, which is homologous to human arms. She taught us about the histology we can learn through tearing them apart," Xu said. The chicken wings had similar muscles and tissues to humans, so they aided in teaching Thompson's lesson. *Photo by Chandler Prevatt.*

SELFIE MASTER // Laying down on a table in the classroom, Alan Gibbs (12) takes a selfie on Snapchat with his facial on. "That day we put on organic facials made of egg, oatmeal, honey, and water. We were studying the integumentary system so the facial fit with what we were learning about. I also couldn't miss out on the opportunity to get my face and everyone else's in the snap. I felt so rejuvenated after wearing the oatmeal concoction on my face for the entire period," Gibbs said. He successfully took multiple pictures and posted them to his Snapchat story. *Photo by Haley Burke.*

LOOK, A PHENOMENON // Pointing out the socks he just drew, Rickie Lin (12) calls for the class to look at his work. "I was telling [Medical Magnet teacher] Mrs. [Sandy] Hunt I didn't know how we fit a size 6 sock over Alan [Gibbs' (12)] feet," Lin said. "We were drawing therapy socks for Medical Magnet." *Photo by Bailey Strickland.*



"(IF I COULD CHANGE THE WORLD,) I WOULD (END) PEOPLE'S HATE TOWARDS EACH OTHER."
MAKENZIE HINTON (10)



"WHEN I WAS YOUNGER, I WOULD SHOP AT JUSTICE, BUT NOW I WILL SHOP AT VICTORIA'S SECRET."
TAGERRIA WILSON (6)



"WHEN I WAS YOUNGER, I PLAYED FOOTBALL, BASKETBALL, AND BASEBALL. NOW I ONLY PLAY FOOTBALL."
CAMERON SLAYMON (6)