Choose the Right Shoe for your Workout

Choosing the right workout shoe is just as important as choosing the right workout. For the novice just getting started with a program, making a good choice can feel overwhelming. WebMD offers some practical advice on selecting what will be best for you.

All activities are not created equally with respect to the demands they place on your shoes, and ultimately, your feet. For example, running and playing basketball may involve some of the same moves, but they place different demands on your feet and joints. By selecting footwear designed for your primary activity, you decrease the likelihood of injury and increase your benefit from the sport. This may mean that you need more than one pair of shoes if you are active with more than one sport.

Once you have selected the appropriate shoe, reserve them for your workout. Wearing them just to hang out will decrease the life of your shoes.

Don’t get too attached to them, either. If you are seriously working your shoes, they will need to be replaced fairly often. This doesn’t mean that you can’t lounge around in them or do yard work, but once they have broken down, they won’t provide the right kind of support for your exercise.

There is a reason why specialty athletic stores exist. These stores are staffed with people who are trained to help you make good choices when selecting the type of shoe you will need and the fit of the shoe on your foot. They can also assist with selecting inserts and proper socks for the sport. Putting your feet into the hands of professionals helps minimize your risk of injury and increase the chance that you will stick with your exercise program.

Tequila Suicide? Don’t Try This at Home

Have you ever wondered what it means to be “the life of the party”? Well, it doesn't necessarily mean that you're having a good time. Rather, it usually means that others are having a good time at your expense while you’re doing something amusing.

One of the latest fads that falls into this category involves tequila, salt, and lime, but not in the traditional sense. A tequila suicide involves knocking back a shot of tequila followed by snorting salt and then squeezing lime (or lemon, if you prefer) juice into your eye! While I haven’t personally tried this, I’m sure I would find it much more pleasant to watch than to do.

Alcohol-related issues aside, consider that the salt you snort up your nose is the same salt that will turn a garden slug into a watery goo. Imagine what it will do to your nasal passages. And the juice in your eye is citric acid. It cleans and disinfects things in your home. It can also cause blurry vision and temporary blindness.
We are all involved in interpersonal relationships even if we don’t have that “special someone” in our lives. We may be someone’s parent or child, a sibling, a friend, a coworker, or a significant other. Most of the time, physical abuse in an intimate relationship involves male on female abuse (between heterosexual couples). However, there are times when female on male abuse is documented. Same-sex couples are not immune from this type of hurtful relationship dynamic and one partner may be physically assaulted by the other. Physical abuse is not the only characteristic of a toxic relationship. Verbal and emotional abuse can be just as damaging as physical abuse, and these may be a precursor to the latter. Abusers tend to be subtle. They slowly weave a web that can keep their victims tightly in their control.

Warning Signs:
- The person comes on really strong and may overwhelm you. He or she may tell you that you’re the best thing ever and try to rush you into a relationship. Remember that a healthy relationship takes time to build. If the person tries to rush you, there may be a hidden agenda.
- The person begins to isolate you from family and friends. This should raise a huge red flag for you. The more you allow yourself to be cut off from other people, the greater the control this person has over you.
- The person talks about or finds fault with everyone else. This can put you in the trap of either agreeing (which helps isolate you) or defending the other person (which can escalate the abuse).
- They make you feel as if you aren’t entitled to have problems. If you have car trouble, it’s because you’re too stupid to take care of one properly. If you have a disagreement with a coworker, it’s your fault. The bottom line is that you should have problems because you’re unworthy.
- The toxic person tends to be excessively jealous. You stop being a person and become an object. Not only do you become an object, but you are expected to be a perfect object and fulfill this person’s every need.
- Your friends and family don’t want to be around the person. They can often see what you cannot. Instead of making excuses for this person, heed the warnings of those who are outside of the relationship and can see more clearly.

Before becoming defensive, ask yourself why you have to defend this “poor, misunderstood” person all the time.

Breaking Free:
If you find yourself in an abusive relationship and the abuser rejects any suggestions for making the relationship healthier, one of the first things you need to do is build a support system. Especially in intimate relationships, this can be difficult if you’ve let yourself become isolated. For get about your wounded pride and embarrassment. If you live, these will get better. If you die, they won’t.

Find a safe place to be so that it’s harder for your abuser to get to you.

Cut off contact. Take legal steps if necessary. Abusers tend not to give up easily, so be prepared for the person to escalate attempts to contact you and possibly control you.

Get counseling. You need an opportunity to cleanse yourself of this bad experience. If you have a history of abusive relationships, it’s important to find out why so that you can break that cycle once and for all.

Listings of free and low cost resources are available on the Student Support Services website at http://www.occc.edu/support/Community.html.
### Milk Versus Milk Alternatives

<table>
<thead>
<tr>
<th>Type of Milk</th>
<th>Calories (per cup)</th>
<th>Fat (grams)</th>
<th>Protein (grams)</th>
<th>Added Sugar (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cow’s (skim)</td>
<td>90</td>
<td>0</td>
<td>9</td>
<td>0</td>
</tr>
<tr>
<td>Soy (plain)</td>
<td>90-110</td>
<td>4</td>
<td>7</td>
<td>6</td>
</tr>
<tr>
<td>Soy (vanilla)</td>
<td>100</td>
<td>3</td>
<td>6</td>
<td>10</td>
</tr>
<tr>
<td>Rice</td>
<td>120</td>
<td>2.5</td>
<td>1</td>
<td>10</td>
</tr>
<tr>
<td>Almond</td>
<td>60</td>
<td>2.5</td>
<td>1</td>
<td>7</td>
</tr>
<tr>
<td>Hemp</td>
<td>100</td>
<td>6</td>
<td>2</td>
<td>6</td>
</tr>
<tr>
<td>Coconut (light)</td>
<td>150</td>
<td>13</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>Grain (unsweetened)</td>
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<td>3</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Goat’s</td>
<td>170</td>
<td>10</td>
<td>9</td>
<td>0</td>
</tr>
</tbody>
</table>

1. Cow’s or goat’s milk is the best choice for children unless they have an allergy. Children under one year of age should not drink cow’s milk as it doesn’t contain all of the nutrition they need. From one year to two years, children should drink whole milk. After age two, they should switch to a lower fat content.

2. Only animal milks have naturally occurring calcium which is more easily absorbed by the human body. The other milk alternatives (except for coconut) are fortified with calcium.

3. Avoid raw milk because it has not been pasteurized and may contain listeria. This harmful bacterium is especially dangerous for children, the elderly, and pregnant or breastfeeding women.

### Half of Men Have Genital HPV

According to a study by the National Cancer Institute, about half of adult men have genital human papillomavirus (HPV). HPV is the most common sexually transmitted infection, and most people who are infected don’t know they have it. There are more than 100 types of HPV and about 40 of them affect the genitals. HPV can cause genital warts, but it is also the leading cause of cervical cancer in women. Less frequently, HPV causes cancers of the penis, anus, vulva, vagina, and some cancers of the oral cavity, head, and neck.

To reduce the risk of contracting HPV, limit the number of sex partners you have. Condoms are not completely effective in reducing the spread of the infection because HPV is spread by skin to skin contact. The infection may also not cause symptoms. If you are sexually active, it is recommended that you have frequent check-ups and testing.

Some genital warts are harmless, but others lead to certain types of cancer.
Student Support Services houses a variety of services designed to enhance the performance and well-being of students at Oklahoma City Community College. Services are free and confidential.

- Services to Students with Disabilities, including providing accommodations for documented disabilities, interpreting and captioning services for deaf and hard of hearing students, and assistive technology.
- Professional counseling by a licensed provider.
- Learning support specialist to assist with academic needs such as learning styles, study skills, test-taking, and general health and wellness issues.
- TRIO Grant Programs (Upward Bound and Trio Student Support Services) designed to help first generation college students learn more about college before they arrive and how to be more successful once they are here.

For more information about our services and how to access them, please visit our website at [http://www.occc.edu/support/](http://www.occc.edu/support/) or call us at 682-7520. We are located on the first floor of the Main Building near SEM Entry 3.

### Chicken with Sugar Snap Peas and Spring Herbs

- 1 cup reduced sodium chicken broth
- 1 teaspoon Dijon mustard
- 1/2 teaspoon salt
- Freshly ground pepper to taste
- 2 teaspoons plus 1 tablespoon flour, divided
- 1 pound thin-sliced chicken breast cutlets
- 1 tablespoon extra virgin olive oil
- 2 cups (8 ounces) sugar snap peas cut in half
- 1 14-ounce can quartered artichoke hearts, rinsed
- 1/4 cup sprouted beans (not bean sprouts), optional
- 3 tablespoons minced fresh herbs such as chives, tarragon, or dill
- 2 teaspoons champagne vinegar or white wine vinegar

Whisk broth, mustard, salt, pepper, and 2 teaspoons flour in a small bowl until smooth. Sprinkle both sides of the chicken with the remaining 1 tablespoon of flour. Heat oil in a large nonstick skillet over medium-high heat. Cook the chicken in two batches, adjusting heat as necessary to prevent burning, until golden (about 2 minutes on each side).

Transfer the chicken to a plate; tent with foil to keep warm. Stir the broth mixture and add to the pan along with the snap peas, artichoke hearts, and sprouted beans (if using). Bring to a simmer, stirring constantly. Reduce heat to maintain a gentle simmer and cook until the snap peas are tender-crisp, 3 to 5 minutes.

Return the chicken to the pan, nestling it into the vegetables. Simmer until heated through, 1 to 2 minutes. Remove from heat. Stir in herbs and vinegar.

Per Serving:
- 248 calories
- 6 grams fat (1 saturated; 4 monounsaturated)
- 63 milligrams cholesterol
- 19 grams carbohydrates
- 29 grams protein
- 7 grams fiber
- 605 milligrams sodium
- 603 milligrams potassium