Oklahoma City Community College is committed to providing a safe and healthy environment to its students and employees. The latest move toward this commitment is to prohibit the use of all tobacco products on college property beginning August 1, 2011. Currently, those who smoke or who use other tobacco products may use these products outside on college property, but they may not use them inside the buildings. In June, the OCCC Board of Regents adopted a resolution to develop a new tobacco use policy that will prohibit the use of tobacco products on all college property.

The policy is currently being drafted by the Tobacco-Free Campus Advisory Committee, a task force headed by OCCC Executive Vice-President, Dr. Jerry Steward. The task force features all populations of the campus community to help OCCC transition into this new philosophy. Dr. Steward carefully considered whom he would invite to serve on this committee to make sure the views of faculty, staff, and students were all represented.

The Tobacco-Free Campus Advisory Committee seeks not only to prohibit the use of tobacco on campus, but also to help those students and employees wishing to use this opportunity to quit. Every effort is being made to help all members of the college community make this change as smooth as possible.

To help in this transition, students and employees are encouraged to respond to an online survey during the next couple of weeks. The survey is geared toward three categories: someone who has never used or currently does not use tobacco products; someone who currently uses tobacco products, but is interested in taking this opportunity to quit; or someone who currently uses tobacco products, but who is not ready to quit and who may need help with complying with the new policy. Employees will be able to access the survey from the Employee Homepage. Students will be able to access the survey from the Current Students page. You may also click on the link below to access the survey.

Three employees have recently been trained and certified by the American Lung Association as certified smoking cessation facilitators. They are Penny Hampton, Director of Professional Development, Erin Logan, Director of Student Relations, and Mary Turner, Learning Support Specialist.

To get more information about the new policy and the resources that are available, log onto: www.occc.edu/tfc.

Click here to take the survey:
http://www.surveymonkey.com/s/DQ9W2KN

“A cigarette is the only consumer product which when used as directed kills its consumer.”
Handling the Symptoms of Recovery

Recovery symptoms vary from person to person, but essentially are your body’s way of saying that it really wants you to smoke. Remarkably, nicotine is out of your body within about 72 hours of your last use. However, there may be cravings, irritability, difficulty sleeping, lack of concentration, etc. for quite some time. It’s important to remind yourself that quitting was the easy part of this process. Every hour that you can resist these symptoms brings you an hour closer to making a permanent lifestyle change.

Make sure that you get plenty of sleep to combat the fatigue and irritability that accompany quitting. Drinking plenty of fluids is also very important. Since your taste buds are recovering, too, you may find that you are hungrier than usual. Be prepared with low-calorie munchies such as veggie sticks and fruit. Sugar-free gum and candy can also help take the edge off your hunger without leading to the weight gain that some people fear (and risk experiencing).

Lastly, have a buddy whom you can call just to talk about what you’re feeling. A good buddy (or cessation coach) can help you work through your feelings and find more acceptable behaviors as you make this difficult transition.

Remember to be good to yourself. Take life one day at a time and move forward. You’re worth it.

What to Expect from OCCC Smoking Cessation Classes

If you’ve made the decision to quit using tobacco products, you may be wondering what the Freedom From Smoking © classes that OCCC will offer will entail. Freedom From Smoking © is a program developed by the American Lung Association. The program runs for seven (7) weeks with two sessions held in week four.

Session 1: Thinking About Quitting: This is a welcome session that helps attendees decide whether they are ready to quit smoking or using tobacco in other forms. The session will also address triggers and coping skills.

Session 2: On the Road to Freedom: This session lays the foundation for group support and addresses the health benefits of quitting. Other topics include stress management, learning to relax, and information about medications.

Session 3: Wanting to Quit: The focus of this session is on motivation and conditioning. The “Quit Plan” is introduced. Participants are encouraged to select a buddy who will help them with the emotional support that is needed to make a permanent lifestyle change.

Session 4: Quit Day: This session includes a formal ceremony for quitting. Participants are asked to make a personal and public commitment to quit tobacco use. Participants sign a contract to stay quit for two days (48 hours).

Session 5: This session takes place 48 hours after Session 4. The participants discuss their experiences and explore the transitional stage of becoming tobacco free. The grieving process is also covered as are strategies for continuing to be a former user.

Session 6: The New You: This session emphasizes the importance of launching a new lifestyle and redefining yourself without tobacco.

Session 7: Staying Off: Session 7 emphasizes the importance of physical activity, creating structure and new routines, and assertive communication.

Session 8: Celebration: This session includes reflections over the past seven weeks and discusses strategies for managing relapses. The goal is for participants to celebrate their new lifestyles.
E-Cigarettes: Not Your Friend in the Digital Age

Electronic cigarettes are also being included in the list of tobacco products prohibited on campus under the new tobacco use policy. E-cigarettes are battery-powered nicotine inhalation devices made in China that have seen increased media attention in recent months. Manufacturers of these products make unsubstantiated claims that E-Cigarettes are safer to use than are traditional cigarettes. However, these devices deliver nicotine to the user through a propylene glycol solution. That eliminates the problem of second-hand smoke, but the user is still getting a large dose of nicotine.

Nicotine replacement products contain a very low dose of nicotine, so using them for the rest of your life is safer than smoking a regular cigarette. There is no evidence that these cigarettes are safer than regular cigarettes, or that they help people quit smoking. In fact, available flavors include fruit and bubble gum, so it is obvious this is another attempt to market tobacco products to children. In 2009, the U.S. Food and Drug Administration (FDA) classified E-Cigarettes as a drug delivery device, but attempts to regulate the product have been blocked by a federal judge.

The position of the American Lung Association is that E-Cigarettes are a drug-delivery device and should not be sold until the FDA has determined their safety and efficacy.

What’s in Your Cigarette Smoke?

Far from being a harmless organic herb, cigarettes, with the help of crafty manufacturers, actually contain a cocktail of substances designed to get you addicted and to keep you that way.

Of the more than 4,000 compounds added to cigarettes during their manufacture, about 50 of these are known carcinogens.

Among these various compounds is ammonia, added specifically to transport nicotine to the brain more rapidly. Formaldehyde helps to hide the unpleasant smell of tobacco and acts as a preservative.

Benzene, a known carcinogen associated with leukemia, is used as a solvent in fuel and in chemical manufacturing, and it is an additive in cigarettes.

Carbon Monoxide is the main gas found in cigarette smoke. It is formed when the cigarette is lit. This is the same odorless, tasteless gas that comes from car exhaust and which is fatal in high doses.

Other lethal additives include lead, vinyl chloride, cadmium, arsenic, urethane, nitropropane, polonium-210, hydrogen cyanide, DDT, and benzene. Food additives may also be used to enhance flavor.

Teach your kids to say no to cigarettes, no matter what trendy colors and flavors they are.

If you wouldn’t ingest a poison on its own merit, why would you inhale it in your cigarettes?

Go Ahead. . .Breathe
Student Support Services houses a variety of services designed to enhance the performance and well-being of students at Oklahoma City Community College.

- 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/ or call us at 682-7520. We are located on the first floor of the Main Building near SEM Entry 3.

Cherry Berry Pie Cups

- 1 package refrigerated pie crust
- 1 20 ounce can no-sugar added cherry pie filling
- 1/4 cup SPLENDA © granulated sweetener
- 1 pint fresh raspberries
- Light whipped topping for garnish

1. Preheat the oven to 425 degrees. Place one pie crust on a cutting board or flat surface and roll out lightly to an 11-inch diameter. Using a 4-inch round cutter, cut out six rounds. Set scraps aside. Repeat with the second pie crust.

2. Lightly press the pastry rounds into 12 muffin cups, pressing into the bottom and up the sides. Set aside.

3. In a medium bowl, mix together the cherry pie filling and the sweetener. Gently fold in the raspberries. Spoon about 3 tablespoons of the filling into each crust-lined cup.

4. Make leaf designs from the scraps and prop into filling.

5. Bake for 17 to 19 minutes, or until the edges are golden brown and the filling is bubbly.

6. Let cool slightly and serve warm or cool. Garnish each pie cup with a dollop of whipped topping.

Per Serving:
- 135 calories
- 7 grams fat
- 5 milligrams cholesterol
- 18 grams carbohydrates
- 1 gram protein
- 1 gram fiber
- 150 milligrams sodium
- 12 grams sugars

Life can feel like a bowl of cherries with this easy and festive dessert.