Plan to Attend the Health and Wellness Fair

The OCCC Health and Wellness Task Force is pleased to announce its third annual Health and Wellness Fair. The event will take place Wednesday, February 16, from 10 a.m. until 2 p.m. in CU 1, 2, and 3. Currently, about 45 vendors have registered and will have tables set. All employees, students, and community members are encouraged to attend.

Students who attend will receive water bottles and insulated lunch bags for as long as they last. Also, students who visit at least 10 vendors will be entered into a drawing. Each hour, two lucky students will each win a travel exercise pack that contains a pedometer, a jump rope, and exercise bands. Students must be present to win the hourly drawings.

At the end of the day’s event, a drawing will be held and two students will each receive a $50 gift card to Wal-Mart. Students need not be present for this drawing.

Brochures listing all of the vendors participating will be available the day of the fair. Students will simply write their name and OCCC student ID number on the form and then get it initialed by at least 10 vendors. On their way out, they can drop these off with the Learning Support Specialist.

Information Sessions Scheduled in February

As OCCC transitions to a tobacco-free campus beginning August 1, information sessions are being held to help students and employees who may be impacted prepare for the change. Employee sessions will be led by Penny Hampton and are listed in the Professional Development Learning Opportunities that appear at the bottom of the employee homepage.

Information sessions for students will be led by Erin Logan, Director of Student Relations, and Mary Turner, Learning Support Specialist. These sessions will all be held in Room 1F6 in the Main Building (across from Student Support Services).

Sessions will be held:
- February 14 at noon and at 4 p.m.
- February 15 at 1:30 p.m. and at 4 p.m.
- February 16 at 4 p.m.

Information will also be available at the Health and Wellness Fair that runs from 10-2 on February 16.

NATIONAL EATING DISORDERS AWARENESS WEEK is February 21-25. Watch the OCCC website for information about activities, speakers, screenings, and so forth. Please contact Jenna Howard in Student Support Services if you want to know more or would like to participate in activities.
Public bathrooms are not known for being pristine environments. In fact, they can be pretty disgusting. Using one, however, is usually better for us than trying to ignore the need to go until we can get home.

So, how do you manage going when the seat is not exactly clean? Your mother probably taught you some sort of squatting technique that either has your thighs quivering in pain within a moment or two or that has you perched in a balancing act on the seat trying not to fall off or in.

Mothers are often right about things, but not in this case. Squatting might let us think that we’re doing the right thing, but according to physical therapist Miriam Graham, hovering over the seat keeps us from allowing our pelvic floor muscles to fully relax. The result is that we don’t completely empty our bladders. This increases the risk of getting a bladder infection. Over time, she says we tend to compensate for this by pushing harder. This can lead to pelvic organ prolapsed, a condition in which the bladder or other organs drop from their normal position and push against the walls of the vagina. The result can be urinary incontinence (Can you say, “adult diaper”?) or in painful intercourse.

Instead of squatting on those seats, carry a travel pack of sanitizing wipes so you can void with confidence.

**Don’t Be a Squatter, Ladies**

When most people are asked where germs hang out, most will mention the toilet and probably door knobs. However, if you think something is dirty, you’re more likely to spend some time cleaning it. As a result, your toilet bowl may be less germy than some of the following areas in your home.

1. **The Kitchen Sink.**
   Sure, you rinse it after you do the dishes or if you drop something in it, but when was the last time you really cleaned your sink? Viruses and bacteria love warm, moist places, and the kitchen sink certainly fits the bill. Wash your sink once a day with a solution of bleach and water. Then let the solution run down the drain.

2. **Your Toothbrush.**
   Twice a day, you spend a few minutes cleaning icky stuff off your teeth. Then you rinse, shake, and place your toothbrush back in its holder. Now it’s all warm and wet and ready to attract germs. Store your toothbrush where it can dry quickly. You should replace it at least every 3 months, but if you’ve been sick, replace it more often.

3. **Salt and Pepper Shakers.**
   Everyone touches them. Not everyone cleans them. Not everyone cleans them. Clean them after every meal.

4. **TV (and other) Remote Control.**
   This is often one of the most popular items in your home. People sit on it. It gets stuck in the cushions. The kids cough and sneeze on it. The family dog slobbers on it. Make a habit of disinfecting it on a regular basis.

5. **Computer Keyboard.**
   Sneeze on it. Lick your fingers while you eat and touch it. Kitty sleeps on it while you’re away. Yep. Grab the disinfecting wipes.

6. **Bathtub/Shower.**
   You might think that the place where you clean yourself would get clean in the process. It doesn’t work that way, though, so be sure to thoroughly clean and dry these surfaces (Did I mention that germs love water?). If you have a whirlpool bathtub, be sure to clean the pipes regularly.

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Don’t let a public potty get the best of you. Carry disinfecting wipes and fight back.

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You have to be diligent in the war against germs. Disinfect regularly.

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Do you have ideas for articles or recipes? Send them to Mary Turner at mturner@occc.edu.
Vegetables: Get Your Five Servings Every Day (Even if You Don’t Like Broccoli)

When George H. W. Bush was elected President of the United States, one of his first proclamations was that he hated broccoli and that since he was President, he wouldn’t eat it any more. While his refusal to even allow the green vegetable in the White House amused some and angered others, two facts remain: broccoli is good for you, and not everyone likes it.

Whether you’re one of those people who can’t bear to be in the same room with broccoli, or if you’re just tired of eating it, know that you have lots of nutritious options that may or may not be familiar to you.

Alfalfa sprouts. One cup of raw sprouts offers a healthy amount of potassium and phosphorus, and even a little calcium. Yet, it only packs 8 calories.

Artichoke. One medium artichoke has 3.47 grams of protein and 64 calories. It delivers well on potassium and vitamin C.

Asparagus. Half a cup of this delicate green veggie serves up 2.16 grams of protein and 20 calories. It’s also a good source of vitamin A.

Kale. One cup cooked has 36 calories. However, it’s loaded with vitamins A and C, as well as potassium, phosphorus, and magnesium.

Lima Beans. One cup of cooked lima beans provides potassium, phosphorus, magnesium, calcium, selenium, and iron. They also contain 14.66 grams of protein and 13.2 grams of fiber. This veggie is calorie dense, however, at 216 calories per cup.

Mushrooms. Half a cup of raw mushrooms will set you back only 8 calories, but they will give you about a third of your daily adequate intake of vitamin D.

Potatoes. Often vilified because we eat so many fried or loaded with extra stuff, the lowly potato is actually a very nutritious choice of vegetable. One medium baked potato contains 4.33 grams of protein and 3.8 grams of fiber, yet it contains only 161 calories. Considering that it also gives us 926 milligrams of potassium, 121 milligrams of phosphorus, 48 milligrams of magnesium, and 26 milligrams of calcium, it should be a regular staple in our diet. Potatoes are also a decent source of vitamin C and some of the B complex vitamins.

Pumpkins. Most people only think of this member of the squash family during Halloween and Thanksgiving, but it is tasty and nutritious year round. One cup of cooked pumpkin has only 49 calories but offers generous amounts of minerals and vitamins.

Spinach. Contrary to what Popeye used to claim, spinach isn’t a fabulous source of iron although it does contain some. A cup of raw spinach has 7 calories, 30 milligrams of calcium, and lots of vitamins A and K.

Spirulina. More commonly known as seaweed, a cup of dried spirulina is very calorie dense with 325. However, it offers more than 64 grams of protein and 4 grams of dietary fiber in addition to its other nutrients. It’s a great source of potassium and a decent source of iron and vitamin A.

Sweet potatoes. A medium baked sweet potato has 103 calories, 3.8 grams of fiber, and almost 22,000 milligrams of vitamin A. They are also rich in vitamin C and potassium.

Swiss Chard. One cup cooked is packed with potassium, phosphorus, magnesium, calcium, vitamin C, vitamin A, and vitamin K. You get all of these nutrients and they will only cost you 35 calories.

As you can see, the vegetable doesn’t have to be broccoli (or even green) to be good for you.
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.

Remember that February is healthy heart month. Take care of your heart and it will take care of you.

### Whole Wheat Pasta
**With Asparagus and Turkey Sausage**

- 8 ounces whole wheat rotini or penne
- 1 tablespoon plus 1 teaspoon olive oil
- 10 ounces (3 links) sweet Italian turkey sausage, removed from casing
- 3 large cloves garlic, minced
- 1 teaspoon red pepper flakes
- 1 pound thin asparagus, ends snapped off, cut into 1-inch pieces
- 1 14.5 ounce can diced tomatoes, drained
- Kosher salt and freshly ground black pepper
- 1/2 cup grated parmesan

**Cook pasta in salted water until al dente. Drain, reserving a little pasta water. Set aside.**

In a large nonstick skillet, heat 1 tablespoon olive oil over medium high heat. Add turkey sausage and brown, 5 to 8 minutes, breaking it up into bite-sized pieces. Spoon meat onto a plate and set aside.

Add remaining 1 teaspoon olive oil to skillet. Add garlic and red pepper flakes and cook 30 to 60 seconds, until fragrant, stirring frequently.

Add asparagus and cook 3 to 4 minutes, stirring occasionally.

Pour in tomatoes and cooked sausage. Heat through, 1 to 2 minutes. Remove from heat.

Add salt and pepper to taste.

Add pasta and stir to combine. If the mixture is too dry, add some reserved pasta water.

Spoon pasta into bowls and sprinkle with parmesan.

Four Servings:
443 calories
15 grams fat
6.5 grams fiber