Surviving an Oklahoma Heat Wave

Oklahoma is known for its extreme weather, and late spring has been unseasonably warm. With July and August looming on the horizon, the heat will increasingly be a safety concern for people and for pets.

Although the sun can be fun, too much of the heat can sap your energy and put you at risk for overexposure. Be mindful of the heat and schedule activities so that you avoid the merciless mid-day exposure.

Drink plenty of fluids, especially water. Don’t wait until you feel thirsty because your body is already dehydrating at that point. Sip cool beverages throughout the day. Limit alcoholic drinks and carbonated beverages as these can impair the body’s ability to regulate its temperature. They also contribute to dehydration.

Avoid hot enclosed places such as cars. NEVER leave children or pets unattended in a car.

Wear loose-fitting, lightweight, light-colored clothing. Light colors reflect sunlight away from your body and the loose fit allows for better circulation.

Eat light meals throughout the day. Take advantage of summer fruits such as melons and berries. They taste good and they provide additional fluids.

Make sure that pets have access to cool, fresh water, too.

Heavy sweating (or losing the ability to sweat), pale skin, muscle cramps, fatigue, feeling confused or disoriented, headache, nausea or vomiting, and fainting are all signs that you’ve had too much heat for the body to handle. Get to a cooler place immediately and begin sipping cool liquids. If possible, take a cool bath. If the symptoms do not improve, or if the person is unconscious, seek emergency assistance right away.

Remember the Date!

There’s still plenty of time to get yourself ready to race on September 17. That’s when the third annual Life Saver 5K and 1 Mile Fun Run, sponsored by the OCCC Nursing Student Association and the Student Physical Therapist Assistant Organization, will be held. Every participant will receive a T-shirt and refreshments. Overall awards for the top male and top female will be given. Also, the top three contestants in each age group will receive awards.

Several vendors will be on hand to offer products related to health, exercise, and fitness.

Local band Countdown to Reno will set the tone for the race with a variety of acoustic pop songs.

Proceeds of the race will go toward student scholarships and emergency student funds. So, get ready to run, or just come out for a great time and support OCCC’s nursing and physical therapist assistant students.
Skin tags are benign little growths that typically appear on the neck, groin, and underarms although they can grow anywhere. While they are not dangerous, they can be unsightly and, depending on their location, uncomfortable.

Your physician can remove skin tags fairly easily. Smaller tags can be removed by freezing them or by using an electrical device to destroy them. Larger skin tags often require the use of a scalpel to cut them off at their base. Depending on where the tags are located, there may be quite a bit of bleeding. Also, if the tags are located in an area that sweats a lot, it is probably better to have them removed during cooler weather to reduce irritation.

Specialists such as ophthalmologists, plastic surgeons, and dermatologists receive training on removing skin tags during residency. Other kinds of doctors, such as family practice physicians may also have received training. It is perfectly okay to ask the doctor about his/her training and also to ask about how many such procedures the doctor has performed.

If you have skin tags and want them removed, consult with your doctor and insurance provider about the best procedure and aftercare for you.

Lead your Kids down a Path of Fitness

Attitudes and behaviors are often set during childhood. For this reason, giving your kids a good start on healthy habits is essential for their future. This doesn’t mean, however, that you have to turn your home into a boot camp. A few simple family habits can put them on the path to a lifetime of fitness and health.

1. Eat together as a family. In our fast-paced world, family dinners have all but fallen by the wayside as we hurriedly gulp down our food while in transit. However, having at least one meal together every day helps keep everyone emotionally connected. The fact that you can control the menu and preparation coupled with the fact that emotional needs are met without food helps family members stay healthier.

2. Don’t get confused and think you run a bed and breakfast. Kids have favorite foods and may insist that you cater to those favorites. However, it’s up to you to set the menu and firmly stick with it. Feel free to include a favorite vegetable or fruit, but don’t get bullied into corn dogs or nachos every night. There are TV ads that suggest that you’re doing a world of harm if you serve food that your children don’t always want to eat, but the reality is that you’re paving the way for them to learn how to adapt to a world that won’t always cater to their wants.

3. Set limits on TV/video game time. It’s okay to watch some things, but electronic gadgets can lull you into mindless sitting.

4. Be active together. We learn, too often, that being fit involves an organized sports regimen and grueling training. Family activities that can survive a lifetime include things such as swimming, walking, or riding bikes. This helps insure that the least coordinated and the two-old-to-be-competitive members of the family can participate, too.

5. Lead by example. Talk is cheap, so let it go. Doing things with your kids teaches them how valuable health is.

Do you have ideas for articles or recipes? Send them to Mary Turner at mturner@occc.edu.
1. **Simplify your Life.**
Look at what's on your to-do list and truly assess whether each task is necessary. Sometimes you have to put off until tomorrow those things that can wait until tomorrow.

2. **Prioritize.**
Life comes at you fast, and before you can blink, other people add things to your list. All of those things aren't equally important, so check your list often to see which tasks can fall off of the “gotta do this right away” section.

3. **Be Flexible.**
It's important to have structure in our lives, but that structure has to flex with us. When changes happen, roll with them. Remember that the tree that can bend in the wind doesn't break.

4. **Hang up Your Cape.**
Deep inside, you may feel 10 feet tall and bulletproof. However, super heroes are meant to be read about or watched at the movies, not lived in real life. It really is okay to be mortal.

5. **Collaborate/Cooperate.**
Competition has its place, but life doesn't always have to be about one-upping someone else. Instead, learn to work together for the common good. The job will get done and you might have some fun along the way.

6. **Laugh.**
Laughter really is good medicine. And I don't mean those polite little stifled laughs that seem as though you're being forced. Let yourself go with those deep belly laughs where you snort at the end and see how much better you feel.

7. **Exercise.**
Whether it's an intense aerobic activity, gentle stretching, or Tai Chi, exercise helps the brain release the good hormones that keep the stress hormones at bay.

8. **Focus.**
Too often these days, life makes us feel like an octopus with every arm busily doing something. Sometimes, we do have to multi-task, but whenever possible, concentrate on one task at a time and experience what a difference that can make.

9. **Set Boundaries.**
Robert Frost said it well when he wrote, “Good fences make good neighbors.” It's important to stake out a special place where you can get away from everything, and especially where you can keep others from imposing on you.

10. **Count your Blessings.**
Ours can be a really narcissistic society, and it's easy to fall into the trap of thinking that our lives are really hard and unfair. Look around, however, and you'll see how blessed your life truly is. Happiness is wanting what you have.

---

**Be Safe on Independence Day**

The fourth of July is a time for celebrating our country's history, honoring those who have fought and died for our freedoms, and for chilling with our loved ones. Too often, though, people are injured or even killed because they are careless with fireworks.

The safest way to enjoy fireworks is to go to a sponsored event where professionals set them off and all you have to do is enjoy yourself. If you really must set off your own, follow a few basic rules to insure that you and your loved ones have fun safely.

It's important to remember that fireworks are not toys; they are miniature explosive devices that get very hot and can do great damage. It's not wise to combine them with heavy drinking.

An adult should always be present if children are using fireworks. Never light them near dry grass or other flammable materials. Do not throw or point fireworks at another person. Do not attempt to re-light “duds”.

Sparklers are pretty in the dark, but they burn at temperatures in excess of 1,000 degrees Fahrenheit. Keep a bucket of water and a hose handy in case something gets out of control.

Happy Birthday America! May it be a safe and happy event for everyone.
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.

Broiled Trout with Tomato and Red Onion Relish

- 3 cups cherry tomatoes, halved
- 1 teaspoon olive oil
- 1/4 cup chopped red onion
- 1/4 cup balsamic vinegar
- 1 teaspoon light molasses
- 1 tablespoon grated lemon zest
- 1 tablespoon chopped fresh flat-leaf parsley
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 teaspoon chopped fresh thyme
- 4 trout fillets, 5 ounces each

Preheat the broiler (grill). Position the rack 4 inches from the heat source.

Arrange the tomatoes cut side down on a baking sheet lined with aluminum foil or parchment paper. Broil (grill) until the skins wrinkle and begin to brown, about 5 minutes. Set aside and leave the broiler on.

In a frying pan, heat the olive oil over medium-high heat. Add the onion and sauté until soft and translucent, about 4 minutes. Add the vinegar and molasses and bring to boil. Reduce the heat to medium and simmer until slightly reduced, about 2 minutes. Add the

Broiled tomatoes, lemon zest, parsley, 1/4 teaspoon of the salt, and pepper. Stir to combine. Remove from the heat; set aside and keep warm.

Lightly coat a broiler pan with olive oil cooking spray. Sprinkle the thyme and the remaining 1/4 teaspoon salt over the fillets and place on the prepared pan. Broil (grill) until the fish is opaque throughout when tested with the tip of a knife, about 5 minutes. Transfer to warmed individual plates and serve topped with warm tomato relish.

Per Serving:
- 259 calories
- 31 grams protein
- 10 grams carbohydrates
- 10 grams total fat
- 84 milligrams cholesterol
- 359 milligrams sodium
- 2 grams fiber
- 863 milligrams potassium
- 108 milligrams calcium