Fly the U. S. Flag with Pride

On July 4, Americans will celebrate 237 years of independence. For some, this day is a chance to be off work and to spend some fun time in the sun with family and friends. For others, the meaning runs much deeper than just another holiday. Wherever you may fall along the way, you may choose to fly the flag as a gesture of your feelings for the country.

There are some specific guidelines for flying the flag at your home or at other locations. The flag should be clean and in good condition. There should be no holes or tatters or other damage on it. If there is, the flag should be properly disposed of and replaced by one in good repair.

If you plan to fly the flag at a location other than your home, find out what the requirements are and get the appropriate permission to do so.

The flag should be flown during daylight and lowered at night. If you do plan to fly your flag at night, it must be lighted so that it is clearly visible. Raise the flag at sunrise. It should always be raised quickly. Take the flag down, in a slow, ceremonious way, at sunset. The flag should never touch the ground, and it should be folded properly when it is taken down. If two people are taking down the flag, they may fold it as soon as it is removed from the flag pole. If you are lowering and removing the flag by yourself, carry it inside and lay it out on a flat surface. Fold the flag in half lengthwise so that it forms a long rectangle. Start at one end of the flag and create a triangle shape by folding the flag over. Continue folding in this triangle shape until the flag is completely folded.

Regardless of what your favorite sport or team is, those flags must never fly above or at the same height as the American flag. The U. S. flag flies at the highest point, followed by the state flag, and then any team flag.

If the U. S. flag is flown with flags from other nations, all flags should be the same size and should all fly at the same height.

If you have a flag that is worn out and needs to be retired from service, contact the American Legion, the Boy Scouts, or the Girl Scouts. All of these organizations know how to properly care for and dispose of old flags.

What the Colors Mean

<table>
<thead>
<tr>
<th>Red</th>
<th>White</th>
<th>Blue</th>
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<tbody>
<tr>
<td>Hardiness and valor</td>
<td>Purity</td>
<td>Vigilance</td>
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<tr>
<td>Represents the blood of</td>
<td>Innocence</td>
<td>Perseverance</td>
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<tr>
<td>American patriots</td>
<td>Courage</td>
<td>Justice</td>
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<tr>
<td>Bravery</td>
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Except for sentimental Americans, the colors of the flag really have no true meaning as ascribed by the founding fathers. The colors of the Great Seal do, however.

www.usflag.org
The fact that our veterans come home doesn't mean they leave their combat experiences behind. For many, PTSD is a constant reminder of the horrors they faced.

Animals can become stressed by the sound of fireworks. Keep your pet inside to help it feel safe.

Fireworks and PTSD

If you are like millions of other Americans, you are looking forward to the Fourth of July so you can celebrate with food, fun, and explosive festivities. It is important to note, however, that as we celebrate our independence, some may find the festivities less festive.

About 5.2 million American adults experience symptoms of post-traumatic stress disorder (PTSD) each year. PTSD is a condition that may occur after a person has experienced some traumatic event severe enough to make the person feel as though he or she is trapped in a situation and might die. Combat veterans are most commonly diagnosed with PTSD, although those who have survived domestic violence, physical or sexual assaults, or natural disasters may also develop symptoms. Experiencing fear is a normal physiological response to situations we perceive to be harmful for us. What sets those with PTSD apart is that they experience one or more symptoms in three different categories long after the actual threat has passed.

1. **Re-experiencing symptoms:**
   - Having flashbacks or reliving the trauma over and over, including physical symptoms like a racing heartbeat or sweating
   - Having bad dreams
   - Having frightening thoughts

   Re-experiencing symptoms may cause problems in a person's everyday routine. They can start from the person's own thoughts and feelings. Words, objects, or situations that are reminders of the event can also trigger re-experiencing.

2. **Avoidance symptoms:**
   - Staying away from places, events, or objects that are reminders of the experience
   - Feeling emotionally numb
   - Feeling strong guilt, worry, or depression
   - Losing interest in activities that were enjoyable in the past
   - Having trouble remembering the dangerous event

   Things that remind a person of the traumatic event can trigger avoidance symptoms. These symptoms may cause a person to change his or her personal routine. For example, after a bad car accident, a person who usually drives may avoid driving or riding in a car.

3. **Hyperarousal symptoms**
   - Being easily startled
   - Feeling tense or "on edge"
   - Having difficulty sleeping, having angry outbursts

   Hyperarousal symptoms are usually constant, instead of being triggered by things that remind one of the traumatic event. They can make the person feel stressed and angry. These symptoms may make it hard to do daily tasks such as sleeping, eating, or concentrating.

(www.nimh.nih.gov)

If someone you love suffers from PTSD, remember that nothing says you must have noise and fireworks to have a good time. Feel free to do what brings you joy.

Fireworks Safety Tips

By far, the safest way to enjoy fireworks is to relax and let the professionals handle them for you. If you want to shoot your own, the following reminders can help make the experience as safe as possible for you and your loved ones.

- **Always** use legal fireworks (these will have the name of the manufacturer and the directions for use on the label.) Think of these as explosive devices and not as toys. Every year, children and adults sustain serious injuries and death from the misuse of fireworks. These risks increase with the use of illegal fireworks.
- **Never** allow young children to play with fireworks. Older children must be supervised by a responsible adult. Those pretty sparklers appear to be harmless because they don’t explode. They burn at temperatures hot enough to melt gold (up to 1800° Fahrenheit).
- **Shoot** fireworks outside, and have a bucket of water or a garden hose nearby. Avoid areas where brush or debris may catch on fire.

- **Leave** duds alone. If it didn’t light or explode the first time, it is likely to be unstable. Likewise, do not pick up pieces of fireworks after an event. They may still be able to burn or explode at any time.
- **Think** about your pets. Animals have sensitive ears and can become extremely frightened or stressed by fireworks. Keep pets indoors to help them feel safe and to reduce the risk of injury.

**Be** safe and have fun.
Fun Facts for the Fourth

1776  Approximately 2.5 million people lived in the thirteen colonies that formed the United States.
2013  Approximately 316.2 million people reside in the United States today.

Benjamin Franklin, John Adams, Thomas Jefferson, Roger Sherman, and Robert R. Livingston comprised the Committee of Five. This committee wrote the first draft of the Declaration of Independence with Thomas Jefferson as the lead writer.

Back then, the British were our enemies. Now, Great Britain is our sixth largest commercial trading partner with the dollar value in trade hitting $109.8 billion last year.

As of March, 2013, the U. S. was home to more than 65.9 million hogs. The states that are home to the most hogs and pigs are Iowa (20.3 million), North Carolina (8.9 million), and Minnesota (7.8 million).

Texas weighs in with the largest beef production at 6.3 billion pounds. Nebraska (531 billion pounds) and Kansas (3.8 billion pounds) rounded out the top three beef producing states.

The top six chicken producing states are Georgia, Arkansas, North Carolina, Alabama, Mississippi, and Texas.

(Where the heck is Oklahoma in all of this!)

Idaho has the most acres planted with potatoes (345 million) and Washington is second with 165 million acres.

Congress made the Fourth of July an official unpaid holiday for federal employees in 1870. Congress made it a paid federal holiday in 1938.

American Cancer Society
Sun Safety Quiz

1. I can’t get skin cancer because my normal routine (such as work, drive to work, hobbies, and vacations) doesn’t include any outdoor activities.
   a. True  
   b. False

2. My husband should use sunscreen at football games, even though he only goes (and gets a burn!) once or twice a year.
   a. True  
   b. False

3. If I’m wearing sunscreen, I can stay in the sun as long as I want.
   a. True  
   b. False

4. A sunscreen labeled SPF 30 blocks twice as much UV radiation as one labeled SPF 15.
   a. True  
   b. False

5. It’s safe to let my children stay in the pool all day if they put on a t-shirt after a couple of hours and reapply sunscreen to their faces, arms, and legs.
   a. True  
   b. False

6. How often do you need to reapply water-resistant sunscreen?
   a. Every 2 hours or sooner  
   b. After sweating/swimming  
   c. After you towel dry  
   d. All of the above

7. Getting a “base tan” at an indoor tanning salon is a good way to prevent sunburn when I go to the beach later this summer.
   a. True  
   b. False

8. What are the two most common (and painful) sunscreen mistakes?
   a. Choosing an SPF below 15 and missing spots  
   b. Using too little and waiting too long to reapply

9. Now put it all together. You applied sunscreen at 12:00 noon for an afternoon of reading beside the pool. At 2:00 p.m., which one of the following actions would best protect your skin?
   a. Slip on a long cotton sundress  
   b. Move to the shade  
   c. Reapply sunscreen

Answers:
1. B  
2. A  
3. B  
4. B  
5. B  
6. D  
7. B  
8. B  
9. B

Oklahoma may not be one of the major food producing states, but we have no problem cooking and consuming our share.

Having more pigment in your skin is inadequate protection against the sun. Everyone should use safety precautions to protect against skin cancer.
Student Support Services houses a variety of services designed to enhance the performance and well-being of students at Oklahoma City Community College. All services are confidential and free to current students.

- 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 licensed providers.
- Learning support specialists 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.

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**Teriyaki Pork Chops with Blueberry-Ginger Relish**

4 bone-in center-cut pork chops (about 1 3/4 pounds), trimmed of fat

**Marinade**
3 tablespoons reduced sodium soy sauce
2 tablespoons dry sherry (preferably sold in a wine or liquor store to avoid the high sodium content of “grocery store” sherry)
2 cloves garlic, crushed
1 teaspoon brown sugar
1/4 teaspoon crushed red pepper

**Blueberry-Ginger Relish**
1 cup fresh blueberries, coarsely chopped
1 shallot, chopped
1 Serrano chile, seeded and minced
1 tablespoon chopped fresh cilantro

1 tablespoon lime juice
1 teaspoon minced fresh ginger
1/4 teaspoon salt

To marinate, place pork chops in a large sealable plastic bag. Whisk soy sauce, sherry garlic, brown sugar, and crushed red pepper in a small bowl. Add the marinade to the bag, seal and turn to coat. Marinate in the refrigerator for at least 2 hours or overnight.

About 20 minutes before grilling the pork, combine blueberries, shallot, chile, cilantro, lime juice, ginger and salt in a small bowl.

Preheat grill to high. Remove the pork chops from the marinade and discard the marinade. Grill the chops 3 to 5 minutes per side. Let them rest for 5 minutes before serving with the relish.

**Per Serving:**
229 calories; 8 grams fat (3 grams saturated, 4 grams mono); 81 milligrams cholesterol; 7 grams carbohydrates; 0 grams added sugars; 30 grams protein; 1 gram fiber; 273 milligrams sodium; 440 milligrams potassium.