Entertainment will be provided by Countdown to Reno. There will also be numerous vendors on hand to provide information on health, exercise, and fitness topics. Get more information or register at www.occc.edu/lifesaver. If you have questions, please contact Deborah Myers, Race Director, at 682-1611, extension 7138, or Beverly Schaeffer, Co-Race Director, at 682-1611, extension 7344.

The Oklahoma City Community College Nursing Student Association and Student Physical Therapist Assistant Organization will team up this year to sponsor the annual Lifesaver 5K and 1 mile Fun Run. Proceeds from this event are used to provide student scholarships and for emergency student funds.

This year’s event will happen on Saturday, September 17. Starting time for the 1 mile Fun Run is 8 a.m. and for the 5K is at 8:30 a.m. Each participant will receive a free T-shirt as well as food and drinks. Those wishing to purchase T-shirts may do so through the Health Professions office.

Overall awards will be given to the top male and female winners. The top 3 competitors in each age bracket will also be awarded.

Mark Your Calendars

Know When to Call 911

Sometimes, we're inclined to take a wait-and-see approach with our health because many ailments go away on their own. The following situations, however, require immediate intervention.

1. **Anaphylaxis.** This severe and immediate allergic response may compromise the ability to breathe.
2. **Bloody diarrhea with weakness.**
3. **Coma.**
4. **Chest Pain/Heart Attack.** Contrary to the popular email that circulates periodically, you CANNOT stop a heart attack by coughing. Call 911 and get help fast.
5. **Confusion.** Sudden onset especially may indicate that a stroke or some other kind of brain attack has occurred. Ask the person to speak or raise both arms to detect droopiness or inability to move.
6. **Dizziness.** Sudden onset may indicate a problem in the brain or a complication from another health problem.
7. **Drug Overdose.** Time is crucial in getting the substance out of the person's system.
8. **Heat Stroke.** This occurs when the person's core body temperature continues to rise. The person needs an aggressive intervention to prevent brain damage or death.
9. **Shortness of Breath.** There are several causes and many are life-threatening.
Adolescents aren’t always known for making good decisions for themselves. We can blame that on the fact that their brains are still developing and not quite mature yet. That’s why it’s important for us as adults to be aware of what kinds of activities our teens may be exposed to (or perhaps involved in).

**Vodka Eyeballing.** When drinking just takes too long to kick in, you can opt for eyeballing your liquor. Here, you tilt back your head and have someone pour a shot directly into your eye where it can enter the bloodstream more quickly. The fact that this may cause scarring and impaired vision seems to be a small price to pay for some.

**Car Surfing.** What can you do if you live in a landlocked state with no opportunity to hit real waves? Car surf, of course. Climb on top of a car and ride it unsecured on top while someone drives around with you. A variation of train surfing where the rider climbs/rides on a moving train, car surfers may also allow themselves to be pulled along behind a car while riding a skate board, skates, or even a shopping cart.

**Purple Drank.** It’s legal to purchase and mix all of the ingredients in this concoction: Sprite, Jolly Ranchers, and codeine cough syrup. If it’s cool enough for NFL pro’s and hip hop artists, how bad can it be? Since codeine is a narcotic, the effects of this drink can be very bad. In fact, too much can be lethal.

**Rainbow Parties.** If your son or daughter says that he or she is going to a friend’s house for a rainbow party, you might think that it’s going to be a safe evening. Actually, this gathering involves a group of individuals who each wears a different shade of lipstick (applied heavily). These individuals then perform oral sex on one or more males so that they can compare who has the best “rainbow.” Wearing a condom could make this a little safer from an STD standpoint, but self-esteem issues will almost surely surface at some point.

**Synthetic Marijuana (Spice or K2).** Since they don’t contain real marijuana, they are legal, and to many adolescents, that means safe. These actually contain various toxins and contaminants that can make the cheap high much more costly.

**Ball-Tapping.** Guys usually like their private parts so much that they give them names and protect them at all costs. The guys who engage in this fad, however, throw caution to the wind and allow someone to hit or kick them in the genitals as hard as possible. Guys, if you don’t want kids some day, just save your money and get a vasectomy. At least you’ll get anesthesia.

**Flash Mobs.** Remember back in the day when teen movies often involved parents going away for a weekend giving the kids free reign of the house? Through word of mouth, the kids would then invite a group of friends over for a party. Fast forward to the twenty-first century and social networking services such as Twitter and Facebook. Now it really is possible to announce a party and have 100,000 of your closest “friends” show up. Someone should make more dip.

**ChatRoulette.com.** As if it wasn’t hard enough for parents to know who their kids were talking to when mom and dad weren’t around, along comes ChatRoulette.com. This site automatically pairs you with a stranger when you log on so the two of you can video chat anonymously. Just block this site and/or disable the webcam.

**Google Earth Pool Crashing.** Enterprising youth have always found ways to enjoy themselves at someone else’s expense. Today, they get a boost from Google Earth, a search tool that allows them to find local homes that have swimming pools. Once they locate where these are, they can invite all their BFF’s over for a swimming good time. Then they leave before the owners know they’ve been there.

Talk to your kids and let them know there are safer ways to have fun.
The Unhealthy Dynamic of Bullying

It has long been known that the victims of bullying tend to suffer from the experience. Being bullied can lead to physical complaints such as headaches, tummy aches, and nausea, or psychological complaints such as heightened anxiety and fearfulness. A new study released on April 25 of this year suggest that bullies also experience more health complaints. Nearly one in five students may be affected by bullying. This number includes bullies, their victims, onlookers, followers, and defenders.

While bullying historically has been associated with self-esteem issues in the aggressor, attempting to exert some level of control is probably also at play. Children who bully others have often been bullied themselves. They may be simply part of a family dynamic in which aggression is the norm or they may actually be targeted for abuse by an adult or older child. Either way, the bully has learned that this is the way to handle frustration or to get one's way in life.

Bullying robs children of their childhoods and possibly their health. According to the study, both bullies and the bullied visit the school nurse more frequently than do their peers.

Without an intervention, bullying behaviors don’t stay on the playground. Childhood bullies often grow up to be adult bullies because this is the only coping mechanism the person has or because these behaviors still get the results the person wants.

Parents and professionals who work with children should pay attention to the signs that a child is being targeted or is targeting others. Programs that address the needs of both the aggressor and the target can help each child become a healthier person. Victims must learn how to set appropriate boundaries and take care of themselves in uncomfortable situations. Bullies must learn to empathize with their targets and to learn appropriate ways of coping with stress and frustration.

What’s Keeping You Awake?

Everyone experiences an occasional bout of insomnia. We might have a respiratory infection or we feel anxious about an upcoming event and we lie awake unable to breathe or calm our thoughts. Some people, however, suffer frequent or chronic insomnia, and this becomes a vicious cycle if the root cause isn’t isolated and treated. According to the University of Maryland Medical Center, about 35 percent of people who suffer from chronic insomnia have a family member who also has a history of sleep problems. In addition, they identify five categories of health conditions that steal our sleep.

1. **Psychological.** It isn’t always easy to know which came first, the psychological condition or the troubled sleep, but it is important to get help as soon as possible. A combination of talk therapy and medication should make the condition more manageable so that you can get the rest you need.

2. **Gastrointestinal.** Acid reflux symptoms are worse when you’re lying down. Elevating the head of your bed and not eating too close to bedtime may relieve the problem. If not, medication may help.

3. **Respiratory.** A variety of conditions can keep you awake by interfering with your breathing. So can some of the drugs used to treat them. If the situation is chronic, see a doctor.

4. **Rheumatoid.** The pain of arthritis or fibromyalgia can be intense. Anti-inflammatory drugs, rubs, ice or heat packs as well as gentle stretching can help reduce the pain.

5. **Neurological.** Brain trauma or disease processes can disrupt brain function. These can interfere with normal sleep/wake cycles.

Bullying doesn't have to involve physical aggression to hurt. If you wouldn’t want it done to you, don’t do it to others.

Not getting the quantity and quality of sleep you need can affect your health, safety, and productivity.
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/ or call us at 682-7520. We are located on the first floor of the Main Building near SEM Entry 3.

### Steamed Artichokes with Almond Saffron Dip

- 4 artichokes
- Pinch of saffron
- 1 tablespoon boiling water
- 1/4 cup sliced almonds
- 2 tablespoons olive oil
- 1 small onion, chopped
- 2 garlic cloves, finely chopped
- 1 cup nonfat plain yogurt
- 1/4 cup flat-leaf parsley leaves
- 1 1/2 tablespoons lemon juice
- Salt and freshly ground black pepper

Arrange the artichokes in a steamer basket set over at least 3 cups of water and steam, covered, until the leaves can easily be removed (about 1 hour). Let cool. About halfway through cooking, check the water level and add more if necessary.

In a small bowl, stir together saffron and the tablespoon of boiling water. Toast the almonds in a small dry skillet over medium-high heat until beginning to brown, about 2 minutes. Remove the almonds and add 1 tablespoon of oil to the pan. Add onion and cook until beginning to brown (3-5 minutes). Add the garlic and cook until fragrant (about 30 seconds). Transfer to a bowl and let cool. In a food processor, grind the almonds until finely chopped. Add the saffron mixture, the onion mixture, yogurt, and parsley. Puree until smooth. Transfer to a bowl and stir in the lemon juice and remaining 1 tablespoon olive oil. Season to taste with salt and pepper and serve with artichokes.

**Per Serving (1 artichoke and 1/4 cup dip):**
- 200 calories
- 10 grams fat (1.5 saturated; 7 monounsaturated; 2 polyunsaturated)
- 9 grams protein
- 22 grams carbohydrates
- 8 grams fiber
- 170 milligrams sodium

This would make a great little brunch to share with mom on Mother’s Day (May 8).

We love you, Mom!