A blister is your body’s way of saying that skin and tissue are being injured. Common causes of blisters are friction and heat. The most common places to get friction blisters are on the hands and feet. Preventing blisters involves wearing protective clothing such as gloves and socks, and by wearing shoes that fit well. Sometimes, blisters may occur anyway.

For small blisters, the best course of action is to cover the area with a protective bandage and give it time to heal on its own. It usually takes about a week for the body to reabsorb the fluid in the blister.

If the blister is large, you may choose to drain it to help it heal faster. Wash the affected area with soap and water and pat dry. Next, wipe the blister and a sewing needle with alcohol (sterilizing the needle over a flame may allow soot to get into the wound). Poke the blister once or twice at its edge, then slowly and gently push the fluid out. Do not remove the top skin as this provides a protective barrier for the blister. Apply an antibiotic ointment and cover with a bandage to prevent further irritation at the site. When possible, remove the bandage and let the area breathe to promote the healing process.

Never open a blister that has been caused by a burn. These and very large blisters should be treated by a physician.

Watch for signs of infection. Redness, red streaks spreading out away from the blister, and pus are all signs of infection and should be treated by a doctor as soon as possible.

On Saturday, September 25, the OCCC Student Nurses Association will host their second annual 5k race and 1 mile fun run. There is still time for you to prepare to be a part of this event and support the OCCC Student Nurses Association. Proceeds from this event will provide scholarships to students in the nursing program.

For additional information, go to www.occc.edu/lifesaver. Early registration fees are:
- 5K $20 non-student
- 5K $15 student
- 1 mile $12

Late registration fees (after September 23) are:
- 5K $25 non-student
- 5K $20 student

It’s Almost Time

You don’t have to be a competitive runner to have fun and support OCCC’s nursing students.

Please call Deborah Myers at (405) 682-1611, extension 7138, or Beverly Schaeffer at (405) 682-1611, extension 7344 if you have questions.

Goody bags and t-shirts will be available while supplies last.
Introducing solid foods to your baby is an important milestone in his/her development. Breast milk is the most ideal food for an infant, but newer formulas have been designed for easier digestion and are fortified with the nutrients that babies need. The proteins in cow’s milk are very hard for babies to digest, and it lacks many of the nutrients that growing babies require. It is best to avoid milk or milk products until the baby is at least a year old.

Another food that should never be fed to babies who are less than a year old is honey. Honey is a sweet and delicious treat for older children and adults, but it may harbor botulism spores that young babies cannot tolerate. In a baby’s intestines, these spores may produce life-threatening toxins.

Peanut butter is another treat that should be withheld until the child is older. The thick, sticky consistency is hard for babies to swallow and poses a choking hazard. Because a baby’s kidneys are not yet strong enough to filter much sodium, salty foods should be withheld in the first year. Other foods to avoid include undiluted fruit juices, low-fat foods, artificial sweeteners, raw eggs, and foods with high fat content, added spices, and seasonings.

Foods that may pose a choking hazard should be cut or diced into small pieces.

What Not to Feed Your Baby

The “freshman 15” refers to the phenomenon of college students gaining weight during the first year of college. While most students won’t gain that much (the average is closer to 5 pounds), some will gain much more while others may actually lose weight.

There are many possible reasons for this gain, but with some awareness and advanced planning, you can avoid a gain and stay healthy.

For many of us, going to college represents a new found freedom and the opportunity to make our own choices about food and activity. We may find that our eating patterns become more irregular and that we eat more processed or convenience food. The demands of college may also mean that we are tied to a chair more often and not able to get the exercise that we need every day. Combined with the stress of working and living on our own for the first time, we may find that we spend more time eating fast food on the go or from a vending machine.

One of the easiest ways to keep your weight in check and be good to your wallet is to purchase and prepare your own meals. Instead of putting yourself at the mercy of fast food places, go to the store and purchase whole grain bread, lean cuts of deli meats, low-fat cheese, and fruit. It takes only a few minutes to put together a satisfying and nutritious meal that you can carry with you. Cook whole grain pasta with chicken or veggies, and you can have great leftovers for lunch the following day.

Finding enough time to exercise can also be a challenge. Walking is a fabulous activity that almost anyone can enjoy, so instead of driving frantically, burning gas and time, just park at the far end of the parking lot and walk briskly into the building. When the weather is too intense for you, walk OCCC’s indoor walking trail.

Students are also able to use OCCC’s recreation and fitness area for free if they use their college ID card. Besides keeping you in shape, exercise can help lower your stress and boost your energy, two things that the average college student (and sometimes the rest of us) needs.
How Green is Your Clean?

In today's health conscious atmosphere, there is sometimes a struggle for those of us who want to be environmentally safe, but who also want to know that our cleaning products are really doing the job on germs. One product that has been around for ages is a tough disinfectant, and it's economical and environmentally friendly. That product is white distilled vinegar. Some of the many uses of white vinegar include:

1. Clean and deodorize a drain by pouring in 1/2 cup of baking soda and then 1/2 cup of hot white distilled vinegar. Let it sit for 5 minutes, then run hot water down the drain.

2. Clean and deodorize a garbage disposal by using white vinegar ice cubes. Freeze full strength vinegar in an ice cube tray. Run several cubes down the disposal while flushing with cold water.

3. Remove odors from a lunch box by placing a slice of bread soaked in white vinegar inside and leaving it overnight.

4. Cooking something smelly? Put a small open container of white vinegar on the stove to absorb the odors.

5. To clean a grease splattered oven door window, saturate it with full-strength white vinegar. Keep the door open for 10-15 minutes before wiping with a sponge.

6. Clean the shelves and walls of the refrigerator with a half-and-half solution of water and white vinegar.

7. Clean countertops with a cloth soaked in white vinegar. This will make them smell sweeter, and the acidity will sanitize the surfaces.

8. Add about 1/2 cup of white vinegar to a load of laundry to help remove odors and stains.

9. Remove stains and odors from plastic food containers by wiping them with a cloth dampened with white vinegar.

10. Kill germs all around the bathroom with a spray of full-strength white vinegar. Wipe clean with a damp cloth.

11. Rid a faucet of lime deposits by tying a plastic bag containing 1/2 to 1/3 cup of white distilled vinegar around it and leaving it in place for 2 or 3 hours. Any mineral deposits that don't just wipe away can be easily removed using a hard-bristled toothbrush.

12. Deodorize the toilet bowl by allowing 3 cups of vinegar to sit in it for about half an hour before flushing.

13. Clean a scummy showerhead by pouring 1/2 cup of baking soda and 1 cup of white vinegar into a sandwich bag and tie it around the showerhead. Let this sit for about an hour after the bubbling has stopped. Remove the bag and turn on the water to rinse.

14. Clean the wheel of a can opener by using white vinegar and an old toothbrush.

15. To remove a label, decal, or price tag, cover with a cloth soaked in white vinegar. Leave on overnight, and the item should slide off.

16. Shine colored porcelain sinks by scouring them with undiluted white vinegar.

17. Create your own window cleaning solution by combining 1/2 cup non-sudsy ammonia, 1 cup white vinegar, and 2 tablespoons of cornstarch in a gallon of water.

18. Remove paint splatters from windows with full-strength vinegar applied with a clean paintbrush.

19. Clean up pet accidents by blotting the area, then adding a vinegar and water solution. Blot until almost dry. Sprinkle baking soda over the area and let it dry. Vacuum up the residue the next day.

Don't expose your family and pets to harmful cleaning products. Use "green" cleaners such as vinegar and baking soda.
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.

**Crab Cakes with Spicy Cream (4 servings)**

- Canola oil cooking spray
- 2 teaspoons canola oil
- 2 scallions, thinly sliced, green and white parts
- 1 medium green bell pepper, finely diced
- 1 jalapeno pepper, finely diced
- 1 tablespoon finely grated fresh ginger root
- 2 cloves of garlic
- 1 pound of crab claw meat, picked over
- 1 teaspoon finely grated lime zest
- 2 tablespoons fresh lime juice
- 1/4 cup finely chopped fresh cilantro leaves, plus 18 whole cilantro leaves
- 1 large egg, beaten
- 1 cup Panko breadcrumbs or regular unseasoned breadcrumbs
- 3 tablespoons canola mayonnaise
- 1/2 teaspoon salt
- 1/3 cup nonfat, plain Greek-style thickened yogurt
- 1 teaspoon hot chili-garlic sauce

Preheat oven to 425 degrees; spray a baking sheet with canola oil cooking spray.

Heat the oil in a nonstick skillet over a medium-high heat. Add the scallion, green pepper, and jalapeno and cook until the peppers soften slightly, about 3 minutes. Add the ginger and garlic and cook for one minute more. Set aside to cool slightly.

In a large mixing bowl, combine the pepper-scallion mixture with the crab, lime zest, lime juice, cilantro, egg, 1/2 cup of the breadcrumbs, 1 tablespoon of the mayonnaise, and the salt.

Put the remaining breadcrumbs on a plate. Form the crab mixture into 8 crab cakes and gently roll each in the breadcrumbs and place on the prepared baking sheet. Spray the tops of the crab cakes with the canola oil cooking spray to coat lightly.

Bake the crab cakes until they are golden brown on the bottom, about 10 minutes. Gently turn them over and bake for 10 minutes on the other side. While these bake, stir together in a small bowl the yogurt and the remaining 2 tablespoons mayonnaise and the chili-garlic sauce. To serve, top each crab cake with about 1/2 teaspoon of the spicy cream and one cilantro leaf.

300 calories
14 g fat 29 g protein
14 g carbohydrates
2 g fiber
770 mg sodium
170 mg cholesterol