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April is...



- Alcohol Awareness Month
- Counseling Awareness Month
- Irritable Bowel Awareness Month
- National Autism Awareness Month
- National Donate Life Month

Hold fast to dreams, for if dreams die, life is a broken winged bird that cannot fly.

-Lanston Hughes

For more Information Contact: Paola Ball on 480 285-7160 or via Email on Paola.Ball@pcmail.maricopa.edu

PC Has Spirit!

American Heart
Association
Learn and Live™

HEART WALK 2007



Thank You

Thank you to everyone who supported and participated in the 2007 Heart Walk. Together with Crystal Kill's leadership, dedicated Phoenix College teams and numerous supporters across the campus, Phoenix College met and surpassed their \$6000.00 goal for a second year in a row. Great work everyone!

Special thanks to the following committed team captains and their teams: Walida Hicks and the "Alpha Betas", Lisa Coleman-Jenkins and the "A&R Steppers", Corina Canchola and the "Cardiac Joggers", Genevieve Watson and the "FAO Stars", Jennifer Nez and "Go Far Close to Home", Roddy Randon and the "PC Miracles", Mike Poplin and "Pops Cubbies", Barbara Stratton "Red Lightning" and Crystal Kill and the "WLG Lady Bears".



Alcohol and Athletes

Alcohol is the most wide-spread drug used in the United States and it knows no gender, socioeconomic or cultural boundaries. More specifically, alcohol abuse on college campuses is recognized nationally as a serious problem. When a study was conducted to compare the patterns associated with alcohol consumption among college athletes, college students who were athletes before college and those who were never athletes, the results showed that the non-athlete group abused alcohol less and engaged less frequently in alcohol-related behaviors.

It is believed that the constant extreme pressure associated with competitive sports leads many athletes to use alcohol as an escape. In addition, a lot of misinformation exists regarding the use of alcohol as a performance enhancing aid and its use for "taking the edge off". However, the consumption of alcohol and sport is dangerous and poses a serious concern due to its implications associated with dehydration and the inability to properly detect pain associated with injury.

There are many more risk factors associated with alcohol consumption. If you're into sports and fitness, identify your goals and do all things that will help you achieve that goal. Drinking alcohol will not get you closer to them. Good luck with your training!

Resources

Alcoholics Anonymous (AA)

Web site: <http://www.al-anon.org/alateen.html>

Narcotics Anonymous

Web site: <http://www.na.org/index.htm>

The National Clearinghouse for Alcohol and Drug Information

Web site: <http://www.health.org/>

National Inhalant Prevention Coalition

Web site: <http://www.inhalants.org/>

National Institute on Drug Abuse National Institutes of Health

Web site: <http://www.drugabuse.gov/NIDAHome.html>

-Billy Miller -- Fitness Center Instructor

Nutrition Focus



Food Safety



CLEAN

Bacteria can spread throughout the kitchen and get on to cutting boards, knives, sponges and counter tops. Here's how to Fight BAC:

- Wash hands in hot soapy water before preparing food and after using the bathroom, changing diapers and handling pets.
- Wash cutting boards, knives, utensils and counter tops in hot soapy water after preparing each food item and before going on to the next one.
- Consider using paper towels with sanitizer solution to clean up kitchen surfaces, or if using cloth towels, you should wash them often in the hot cycle of the washing machine.

SEPARATE—DON'T CROSS CONTAMINATE

Cross-contamination is how bacteria spreads from one food product to another. This is especially true for raw meat, poultry and seafood. Keep these foods and their juices away from ready-to-eat foods. Here's how YOU can Fight BAC!:

- Separate raw meat, poultry and seafood from other food in the grocery shopping cart.
- Store raw meat, poultry and seafood on the bottom shelf of the refrigerator so juices don't drip onto other foods and NEVER place cooked food in a contaminated container.
- Always wash cutting boards, knives and other utensils with hot soapy water after they come in contact with raw meat, poultry and seafood.

COOK: COOK TO PROPER TEMPERATURES

The best way to Fight BAC is to:

- Cook roasts and steaks to at least 145°F. Whole poultry should be cooked to 180°F for doneness.
- Cook ground meat, where bacteria can spread during grinding, to at least 160°F. If a thermometer is not available, do not eat ground beef that is still pink inside.
- Cook eggs until the yolk and white are firm, not runny. Don't use recipes in which eggs remain raw or only partially cooked.
- Cook fish until it is opaque and flakes easily with a fork.
- Make sure there are no cold spots in food (where bacteria can survive) when cooking in a microwave oven. For best results, cover food, stir and rotate the dish for even cooking.
- Keep hot foods HOT and cold foods COLD!

CHILL: REFRIGERATE PROMPTLY

Refrigerators should be set at 40°F and the freezer unit at 0°F and occasionally checking these temperatures with an appliance thermometer. Then, you can Fight BAC by following these steps:

- Refrigerate or freeze perishables, prepared food and leftovers within two hours.
- Never defrost (or marinate) food on the kitchen counter. Use the refrigerator, cold running water or the microwave.
- Divide large amounts of leftovers into small, shallow containers for quick cooling in the refrigerator.
- Don't pack the refrigerator. Cool air must circulate to keep food safe.

-Andrea Villarreal, Nutrition Faculty

Autism Awareness

Autism is growing at an epidemic rate in America. The Centers for Disease Control and Prevention (CDC) reported in 2007 that a child is diagnosed with autism at a rate of 1 in every 150 births. Statistics reported by the U.S. Department of Education show that autism is growing at an alarming rate of 10-17 percent per year. At this rate, it is predicted that the number of people diagnosed with autism could reach 4 million.

There is no single known cause for autism, but it is generally accepted that abnormalities in brain structures or brain function cause the symptoms. Researchers are currently investigating several theories, including:

- Genetics
- Problems during Pregnancy or Delivery
- Environmental Factors
- Vaccine Reactions

Autism is a multifaceted developmental disability that usually appears during the first three years of life and is the result of a neurological disorder that affects the normal functioning of the brain, impacting development in areas of social interaction and communication skills. Both children and adults with autism typically show; difficulties in verbal and non-verbal communication, social interactions, and leisure or play activities. Autism is a broad spectrum disorder, and although it is defined by a certain set of behaviors, individuals with autism can exhibit a combination of these behaviors with varying degree of severity.

Autistic individuals process and respond to information in unique ways. In some cases, aggressive and/or self-damaging behavior may be exhibited. Persons with autism may also show the following traits:

- Insistence on sameness; resistance to change
- Difficulty in expressing needs, using gestures or pointing instead of using words
- Repeating words or phrases in place of normal, responsive language
- Laughing (and/or crying) for no apparent reason showing distress for reasons not apparent to others
- Preference to being alone, aloof manner
- Tantrums
- Difficulty in mixing with others
- Not wanting to cuddle or be cuddled
- Little or no eye contact
- Unresponsiveness to normal teaching methods
- Sustained odd play
- Spinning objects
- Obsessive attachment to objects
- Apparent over sensitivity or under sensitivity to pain
- No real fears of danger
- Noticeable physical over-activity or extreme under-activity
- Uneven gross/fine motor skills
- Non responsiveness to verbal cues; acts as if deaf, although hearing tests in normal range



If a child you know exhibits these signs or symptoms, seek professional help. Autism can not be cured but can be controlled and when diagnosed early, autistic children are often able to overcome some of the symptoms that would otherwise hold them back.

Whatever the cause, it is clear that children with autism are born with the disorder or born with the potential to develop it. It is not caused by bad parenting or poor discipline. Autism is a mental illness, and children with autism are not unruly kids who choose not to behave, they are precious individuals who often lack the ability to communicate in a "normal" or socially acceptable way. Patience is of the utmost importance when communicating with a person who has autism spectrum disorder.

If you would like more information on Autism Spectrum Disorder, please visit:

www.autism-society.org

★ Star Athlete



Zach Hall (left) and Ira Brown (right)

This month's STAR Athletes are 2 of our fans!

Zach Hall and Ira Brown embody the spirit of PC Pride! They are pictured above decked out for a volleyball match in official "Blue Crew" attire. I cannot remember the last time I was at a sporting event and did NOT see Ira and Zach. Zach has promoted student support of athletics throughout his 2 years at Phoenix College and has helped to develop quite a fan base for our sports. His hard work is greatly appreciated by all of the coaches and players. Next year, Zach will be moving on to continue his education at Eastern Washington University.

When Ira is not playing basketball, he can be found next to Zach cheering on the Bears. Ira was just named NJCAA 1st Team All American in addition to the many other post season honors he accumulated throughout his 2 year career at PC. Brown will continue his education and basketball career at Gonzaga next year.

Both Zach and Ira will be missed, but we hope that the tradition they started will live on with future students.

Nominated by: Karen Sitkiewicz



BLOOD DONATIONS



A terrific way to express your patriotism and community pride is to donate blood. It is safe, easy, and a great way to demonstrate your ability to help others!

Here are some questions blood donors frequently ask:

- **What's it like to donate blood?**
It is easy and may take about an hour. Most donors find it a painless and heartwarming experience.
- **How will I feel after I donate?**
Most people feel fine! The human body averages about 10 pints of blood. You only donate one.
- **Is it possible to get a disease while donating blood?**
Absolutely not! All the materials used during the donation process are sterile and used only once.
- **What happens to my blood once I donate?**
The blood is transported to the blood center laboratory for typing and testing. It is then labeled, stored at the proper temperature, and distributed to area hospitals.
- **How will my blood be used?**
Most commonly donations are used for surgeries, some forms of cancer treatment such as leukemia, and blood clotting diseases such as hemophilia. Several patients may benefit from your donation!
- **What are the chances that my family, friends, or I will ever need blood?**
It is estimated that 80% of our population will need blood or blood components sometime during our lives!
- **Can I donate blood for myself or ask others to donate for me?**
Yes. If you are planning elective surgery and are healthy enough to donate, you may be able to donate your own blood for your own use. Also, family and friends may donate for you.
- **Whom should I contact if I have more questions?**
There are non-profit, community blood providers in the Phoenix area:

United Blood Services	602-431-9500
American Red Cross Blood Services	602-728-9633

United Blood Services will be doing a special blood drive on site at Phoenix College sophomore square on April 24th and 25th from 10:00am-2:00pm.

-Bill Roberts, Fitness Center Instructor

Just Breath.....



Breath is life. Breathing is the most important element to health, which is why you should breathe effectively. "Natural breathing" optimizes energy and endurance, creates poise and promotes calmness. In addition, "natural breathing" improves and maintains flexibility in the spine, pelvis, and rib cage and can directly improve athletic performance.

So what is "natural breathing"? "Natural breathing" is the natural breathing pattern of a child before he or she has been taught differently. It is full, unrestricted and allows the lungs freedom to expand fully and function optimally.

INHALATION

- Inhale through your nose
- Let your abdomen (belly) expand
- Let your ribs expand and your chest rise slightly
- Let your pelvis rock forward and downward
- Let the floor of your pelvis relax and expand slightly



EXHALATION

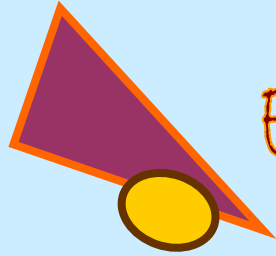
- Exhale through your nose
- Actively contract your abdomen (belly), including the muscles on the sides of your abdomen (oblique muscles)
- Contract your ribcage
- Allow your pelvis to rock backward and upward
- Contract the floor of your pelvis



Setting aside 10 minutes once or twice a day to focus on the above process will soon make this way of breathing feel natural to you.

-Amber Dentz, Fitness Center Instructor

Source: <http://www.theelementsofhealth.com>



Emotional Intelligence

According to Daniel Goleman, people who score highest on Emotional Intelligence measures rise to the top. 'Star' employees possess more interpersonal skills and confidence than 'regular' employees who receive less glowing performance reviews (American Psychological Association website, 1998).

The characteristics of Emotional Intelligence include the abilities:

- To accurately perceive, appraise and express emotion
- To access and/or generate feelings when they facilitate thought
- To understand emotion and emotional knowledge
- To regulate emotions to promote emotional and intellectual growth

Emotional Intelligence:

- Can be learned
- May be vital to personal and professional success
- Helps with effectively managing relationships

There are two types and four dimensions of Emotional Intelligence

- **Personal Competence:** Ability to manage your feelings and emotions in a constructive way. Here are the two dimensions of personal competence:

-Self Awareness: Ability to identify the emotion you are feeling. The person is aware of his/her strengths and weaknesses. A person that has developed a strong degree of self awareness is able to identify what (s)he is feeling and why they are feeling that way.

-Self Management: Ability to handle feelings in an appropriate way. People with developed self management skills with clarity and focus under pressure. They experience their emotions and handle them effectively. They also are able to express their emotions with the appropriate person in the appropriate situation.

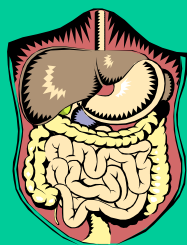
- **Social Competence:** Ability to effectively navigate social situations and manage relationships. Here are the two dimensions of social competence:

-Social Awareness: Ability to empathize and understand other people's emotions. They are attuned to other people and pick up on subtle cues.

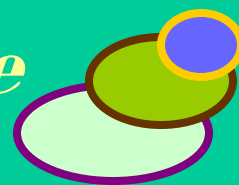
-Relationship Management: Ability to communicate clearly and effectively with others. They are able to show their appreciation to other people. They manage and resolve conflicts in a relationship effectively.

-Fred Amador, Counseling Department Faculty

Source: Emotional Intelligence by Daniel Goleman, 1995 and <http://www.eiconsortium.org/>



Irritable Bowel Syndrome



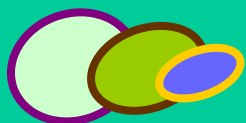
Even though it is a disorder that many people are uncomfortable talking about, Irritable Bowel Syndrome (IBS) is very common with up to one in five Americans experiencing symptoms. IBS is characterized by abdominal pain or cramping and changes in bowel function including bloating, gas, diarrhea and constipation.

Although the cause of IBS has yet to be determined, we do have an idea of what it is and what effects it has on the body. The walls of the intestines are lined with layers of muscle that contract and relax as they move food from your stomach through your intestinal tract to your rectum. Normally these muscles contract and relax in a coordinated rhythm, but people with IBS experience stronger, longer contractions causing food to be forced through the intestines more quickly which contributes to gas, bloating and diarrhea. In some cases, the opposite occurs, food slowly passes through the bowels and stools become hard and dry.

At this time, there is no cure for IBS but medication and lifestyle changes can treat and alleviate symptoms. There are several medical solutions that you may want to discuss with your doctor if you have frequent or persistent symptoms. If your symptoms are mild and irregular, often changes in lifestyle can alleviate the symptoms. By making small, consistent changes over time, the body will acclimate to a new lifestyle.

The following remedies can provide solutions to relieving the uncomfortable symptoms associated with IBS:

- **Experiment with fiber**—for those with IBS, fiber can be a mixed blessing; it helps to reduce constipation but it can also make diarrhea, gas and bloating worse. The best approach is to increase your fiber intake gradually and note the changes your body goes through as a result.
- **Avoid problem foods**—certain foods work as “trigger” foods, meaning when consumed, the symptoms get worse. Common triggers are; alcohol, chocolate, caffeine, medications, dairy products, and sugar free sweeteners.
- **Eat at regular times**—avoid skipping meals and try to eat at the same time each day to help regulate your bowel function.
- **Take care with dairy products**—if you are lactose intolerant, try substituting yogurt for milk. Dairy products are difficult for the body to digest and often IBS sufferers find reducing them can alleviate some symptoms. Be careful not to completely eliminate them as they do have healthful benefits.
- **Drink plenty of liquids**—water aids in digestion and is a vital part of a functional digestive tract. Try to avoid alcohol and beverages that contain caffeine as they are diuretics and stimulate your intestines, which can make symptoms worse.
- **Exercise regularly**—exercise helps relieve depression and stress, stimulates normal contractions of your intestines, and can help you feel better about yourself.
- **Reduce your stress**—do everything you can to reduce your stress levels as stress has been known to significantly increase the symptoms of IBS.



Source: www.mayoclinic.com/health/irritable-bowel-syndrome

A Wellness Story...



Helen T. Skroki, Phoenix College SilverSneaker®

Helen T. Skroki, 78 years young (79 in May) has been enrolled in the SilverSneakers® program at Phoenix College since 2003, where she attends classes and uses the Fitness Center weekly. Helen loves to come in and walk on the treadmill in the Fitness Center, "It's my favorite piece of equipment", she says. It doesn't take long before you get to know Helen, as she always has a spring in her step, is full of spunk and has a wonderful charm about her. Helen is particularly known for her sense of humor, "big hugs" and witty comments about everything— we all love her!!!

In December, Helen wasn't feeling well and made an appointment with her Doctor. After some testing, she was informed that she needed a heart valve replacement. Helen went in for the surgery and everything went well. Her doctor noted that Helen's good eating plan and exercise program at Phoenix College helped her to recover quickly and get through the operation. He also commented that had she not been exercising regularly, she probably would have experienced complications and a risk of not making it through surgery. Helen is very grateful and says she absolutely loves the atmosphere and the instructors at Phoenix College.

For more information about SilverSneakers® or Senior Wellness Programs contact: April Styles, SilverSneakers® Coordinator on (602) 285-7173 or visit our website at:

<http://www.phoenixcollege.edu/SeniorWellness>

Story submitted by:

-April Styles, SilverSneakers® and Aerobic Program Coordinator



It's All About You!

Join the
Fitness and Wellness Center!

Invest in your health by enrolling in an activity class or take advantage of our Fitness Center/Aerobics package offered exclusively to employees at a low price!

Our **Fitness Center and Aerobics program** work together. Once enrolled in one you automatically gain access to the other.

Your Membership will include:

- **Complete Access to the Fitness Center**
- **A Comprehensive Aerobics and Group Exercise Schedule** including Pilates, Yoga, Body Sculpt, Cycling, Dance, and so much more!

How to Enroll (FACULTY/STAFF)

- Obtain tuition waiver from your department chair
- Go to A&R and enroll in **PED115 1790** for Summer classes
- Bring the schedule A&R gives you to the Fitness Center
- Complete the Health Status Questionnaire in the Fitness Center

***NOTE:** a medical release may be required

If you have any questions call (602) 285-7295

or

visit our website:

www.phoenixcollege.edu/fitnessandwellness

Thank You to This Issue's Contributors



- The Counseling Department and Career Center
- The Applied Arts and Human Sciences Department
- Athletic Department
- Health Enhancement Department

We want to hear from you!

Phoenix College is rich with outstanding resources and programs that we can all benefit from. The intent of this newsletter ("PC Pulse") is to increase awareness about wellness, inform people about wellness related seminars, activities and events and feature articles from our extended network of talented and knowledgeable faculty and staff.

We also hope to share stories about your Department and the little things you do to enhance your work environment and promote team work.

To submit an article, please contact:

Paola Ball
Fitness/Wellness Manager
(602) 285-7160

Email: Paola.Ball@pccmail.maricopa.edu

Editors: Paola Ball and Nicole Logan



Wellness Hero



Each month, we want to recognize someone who demonstrates a commitment to wellness. This month **Crystal Kill**, Admissions and Records Secretary, has been selected as the "Wellness Hero". This year, Crystal enthusiastically took the lead as Team Captain for Phoenix College for the American Heart Association Heart Walk. With outstanding support throughout the college, Crystal and her motivated Phoenix College teams met and surpassed the \$6000.00 fundraising goal for the campus. In addition, Crystal devotes her time to the Women's Leadership Group, where she organizes events and looks for opportunities for people to grow in all areas of wellness (Social, Physical, Emotional, Career/Cultural, Environmental, Intellectual and Spiritual).

Congratulations Crystal, you are a "Wellness Hero"!



Crystal Kill, Admissions and Records



Nominate a "Wellness Hero"!

Submit the person's name and a brief description about how they demonstrate a commitment to employee or student wellness.

Submission Deadline: Tuesday May 30th

We look forward to your submissions!