



# Health News Update

## New on the Web

Tips for Candidates with Disabilities brochure: [http://jcdisability.jobcorps.gov/html/ra\\_testing.htm#record](http://jcdisability.jobcorps.gov/html/ra_testing.htm#record)

Centers Participate in Disability Employment Awareness Month: [http://jcdisability.jobcorps.gov/html/in\\_the\\_news.htm#centers](http://jcdisability.jobcorps.gov/html/in_the_news.htm#centers)

National Bullying Awareness Prevention Week information: <http://jchealth.jobcorps.gov>

Boston Region post-conference materials: <http://jchealth.jobcorps.gov/conferences/r1-2006>

Atlanta Region post-conference materials: <http://jchealth.jobcorps.gov/conferences/r3-2006>

## Controlling Stress

Shannon Bentley, RN, Regional Nurse Consultant, Boston and Dallas

*"Miss, I can't stop smoking. Job Corps is so stressful and smoking helps me to relax."*

Does this sound familiar? Chances are a student comes to your wellness center daily with stress-related symptoms or with complaints about stressors. They may cite stress as the reason they smoke or initiate other unhealthy habits.

You and your staff may start to wonder, *"Just how stressful can Job Corps possibly be?"*. After all, these students did not live stress-free lives of luxury before coming to the program. Many Job Corps students have been victims of abuse, poverty, and violence. Although students are not new to dealing with stressful

situations, they face a very different type of stress when on a Job Corps center. Think about some of the environmental and emotional changes these students undergo throughout their stay on center:

**- Job Corps students are expected to follow many new rules when on center.** Many of these students come from upbringings where rules have not been strictly or consistently enforced. Suddenly, they find themselves in a very structured environment and may not know how to respond.

**- Students are expected to be productive and motivated to learn.**

In the past, many students have been unsuccessful at school or work and have not had support or motivation from parents or teachers. This may be the first time in their lives when people put real pressure on them to succeed.

Continue reading online at:

<http://jchealth.jobcorps.gov/health-topics/general-health/general-health-articles/>



## I think I ate something bad...

- Julie Luht, MPH, Health Analyst, Humanitas

This summer, my father-in-law grilled chicken kabobs when my husband and I were visiting. He brought the kabobs out to the grill on a platter and put them onto the grill using tongs. *Okay so far.* He turned the kabobs during cooking using the same tongs. *How long is he going to use the same tongs?* Then, he removed the kabobs from the grill using the same tongs and placed the kabobs on the same plate on which they were brought to the grill! *What are you doing?* I had to scream.

Could it be possible that everyone doesn't know basic food safety techniques like using a new platter for cooked chicken? Perhaps my father-in-law does not cook very often or never learned food safety in a class. Nonetheless, he somehow missed the proverbial food-safety-education boat.

Perhaps many Job Corps students, who in a very short amount of time will be on their own, cooking their own food, have not heard that meat

and poultry need to be cooked to a certain temperature. Maybe they are not aware that food should not be left out of the refrigerator for more than two hours or that refrigerated food should be kept below 40 degrees. *Gasp!*

Read online for tips to help students avoid foodborne illness:

<http://jchealth.jobcorps.gov/health-topics/student-safety/student-safety-articles/food>

