

Josie McMillan, MMT
Graduate of Spring 2019
Honors Classes:

English Composition II
Introduction to Philosophy
History of the American People 1877 to present
General Psychology
General Sociology



Doing homework in the Honors Study area

Paths Taken on the Road to the Future

About me:

My name is Josie McMillan. I started Northwest Arkansas Community College at the age of twenty-seven in the fall semester of 2016. I am a Master Massage Therapist. I am currently the Public Affairs Representative for the Northwest Arkansas Young Marines where I volunteer my time. I am also a spokesperson for Hands-On Chiropractic, Inc where I work. I volunteer with Healing Hands of Mercy Massage Foundation offering free and discounted massages to individuals in need and deemed financially unable to receive them otherwise. I am a healer and protector. I am a single parent of a nine-year-old little girl named Ariana. I encourage her to participate in physical activities. I support her and attend all of her practices, games, and drills. I am driven and goal oriented and I try to teach the same to my daughter. I am a part time student pursuing my Doctorate in Chiropractic and following that up with Nutrition.

How the *Honors Program* helped me:

Before I joined the Honors Program, I kept to myself. I was only ever on campus for business, to go to class. I didn't participate in any of the on-campus events or clubs. I was quiet in class, only participated when I had to. The Honors helped me become more personable. After joining, and taking Honors classes, I became more open in class. I shared my perspective on most things, still do, in Honors and regular classes. I also get to hear the perspectives of other students. In Intro to Philosophy we had regular debates on real life issues and situations. It was interesting and mind opening to listen to other people's beliefs and ideas. In History of the American People 1877 to Present, we had discussions too. I thoroughly enjoyed listening to Dr. Huggard's theories and such. Being a part of the Honors "family" has really sparked my desire to be more social and involved on campus. I am in HSA, Phi Theta Kappa, Non-Traditional Student Organization, and Sigma Delta Kappa. I have made many close friends and connections. Most of them personal, but some of them professional. A lot of these connections I can use in other aspects of my life, such as the youth organization I volunteer with the Northwest Arkansas Young Marines. Not only has the Honors program helped me on different things, but it has also offered opportunities for me to help others. With the HSA, I have been able to make valentine's day cards for Ashley Health and Rehabilitation residence, help keep Bentonville clean by doing street clean up, and visit and read poetry to the residence at Magnolia Place Alzheimer's Special Care Center. With Phi Theta Kappa I have been able to make cards for the individuals at the Arkansas Children's Northwest Hospital, as well as pillows and pillow cases for the families.

How the *Honors Program* prepared me:

I'm a nontraditional student, so I came back to school after not having any real homework or assignments to complete for about fourteen years. After such a long stint of time with no school, I did not know how to study anymore. My first semester was kind of rough. I only took three classes equaling seven semester hours, but that felt like a lot considering. My second semester I took an Honors class and knew from that point, I wanted to take as many

Honors classes as I possible could. I think during this time I learned how to better cope and delegate my time where needed. Being around the amazing Honors professors, staff, and students, really helped me feel more comfortable in the college environment. The professors showed they really care about the students and their successes. They encouraged me and guided me to push through my struggles. I do not think I would be as successful of a student if not for the Honors professors. Not only has the program helped prepare me mentally for continuing into my Doctorate program, but it has financially too. Finances play into successes a lot of times. As a single parent, my finances are always on my mind. The Honors scholarship was a tremendous help towards paying my bills. With that financial help, it took a little stress off of my mind, which allowed me to complete assignments easier.

Experiences obtained while a program member:

There are so many experiences that I could tell about. I think one of my favorites would be in my Honors history class for the service-learning requirements. We were required to do twenty hours of service learning for the class or write an essay, so naturally I chose the service learning. I decided to do my service learning with the sustainability project. One of the big projects they were working on was the NWACC Butterfly Garden. At the time there was not much more than a square marked off for the area. We had meetings to determine what all we needed to do. My job was to find rocks for the garden. After some research, reaching out to some local rock businesses, and talking to random people I finally found a connection. I was talking to one of my patients and he said he knew where some rocks were, so he got me in contact with the land owner and I asked permission to retrieve some rocks. With the stipulation of a release of liability signed, permission was granted. So, several of the project members got together and we set out with Dr. Chris Huggard to collect some rocks. (See pictures below) There were big rocks, little rocks, and medium sized rocks. As we gathered, we cut up, sang, and joked around with each other. Most of the rocks were heavy, but we collected a trailer and truck bed full of them. It was hard work but a complete blast. After unloading and positioning the collected rocks, we realized that we needed more rocks. We set a date and set out to collect more. After collecting the trailer and truck bed full, Dr. Huggard had us stop at the Shore Stop store and get their famous ice cream cones. This was a lot of hard work, but I would not trade the experience for anything. I also had to do service learning in my English class. Ms. Megan Looney required her spring students to participate in the Reginal History Day judging. We were assigned Junior group websites for judging. It was very time consuming and tedious. However, it was also very informative. The theme that year was "Taking a Stand in History." I learned quite a bit of history from the websites, I had seven websites to judge, so I learned several different topics within the History Day theme. After judging them on paper, we then got to interview the students in person. It was awesome to see the middle school age kids excited about history and education. I am so thankful we were required to participate in the Reginal History Day judging. I have participated every year since. I recommend everyone try it at least once.

Advice for new members:

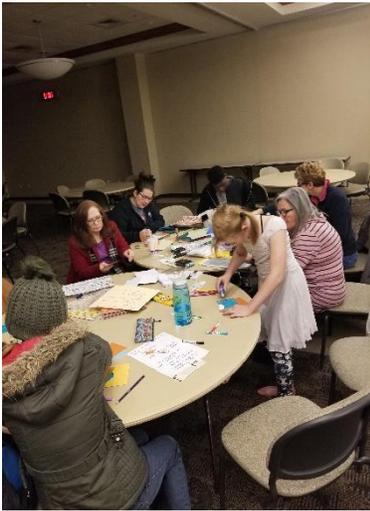
My advice for all new members, or students in general, is to be as engaged as you can with the program(s), community, and extracurricular activities. Use the Honors classes and program to explore different perspectives, ideas, and opportunities. Be open minded to other people's opinions. Make connections with your fellow students. Take full advantage of everything the Honors program, and the college, has to offer. You will leave as a well-rounded person and be better off on several levels.



Butterfly Garden at NWACC Spring 2018



Rocks collected for the Butterfly Garden at NWACC



Adopt a Street: Street Clean up

Jack the Ripper for Public Speaking Making cards for the Children's Hospital

Sleep for Sanity

Josie McMillan
Sr. Staff Writer

"Insufficient sleep is a path to health issues," according to the Centers for Disease Control and Prevention. As a rule, long weekends, sleep apnea, like several chronic stress factors, work and other activities. However, studies show that performance decreases with less sleep.

A person who has gone just one night without sleep is as impaired as a legally intoxicated individual. The CDC suggests adults get seven to eight hours of sleep per night.

Tim Basso, assistant dean at Washington University in St. Louis and lecture in Psychological and Brain Sciences, said, "A number of studies have shown that a full night's rest translates to higher ratings of happiness, enthusiasm, and energy, and lower ratings of anger, nervousness, or disappointment throughout a college student's day."

Some students might think they can make up the hours later, but, according to Basso, "Even though someone who gets four hours of sleep one night and 10 hours the next is getting the same amount of awake time, someone who sleeps seven hours both nights is the one who will perform better in going to be better off."

Basso also states that the brain works while asleep. A fact that seems to be confirmed by Dr. Alan Hart, DC and professor of Anatomy and Physiology I at North West Arkansas Community College, who said studying before and after sleep will help you retain the information obtained.

Lack of sleep can cause some serious problems. According to Carolyn Dean, MD, ND, a sleep expert, "Research has shown that people who get about six or less hours of sleep a night have higher blood levels of inflammatory proteins than those who get more sleep."

The American Sleep Association names all the side effects of sleep deprivation, which can include daytime sleepiness, lack of attention, confusion, memory problems, depression, weight loss, diabetes, hypertension, growth hormones, even weakening the immune system, depression, energy usage, ability to control reactions to stress, and even car drives. Insufficient sleep has been linked to health and wellness issues such as depression, weight gain, obesity, weight loss, metabolism, cardiovascular disease, and immunity.

Poor sleep is a big factor in insufficient immune systems.

"If you're not sleeping properly there can be significant issues in terms of your body's ability to fight off infections," said Dr. Chris Winter, owner of Charleston's Neurology and Sleep Medicine in Virginia.

A 2008 study in The Archives of Internal Medicine shows that researchers found that people who get less than seven hours of sleep were nearly three times as likely to develop a cold than those who get eight hours or more a night. The immune system produces cytokines, proteins that help against infection, while sleeping less sleep can lower the body's ability to fight illness. A 2013 trial conducted by University Hospital Case Medical Center in

Cleveland Ohio found that this necessary was 30 percent higher in individuals who had good quality sleep over those with poor sleep. According to Medical News Today sleeping less than five hours a night increases the risk of death from all causes by 13 percent.

Paul Rubin, MD and vice advisory editor for the peer-reviewed journal of Health Magazine, said lack of sleep can cause an increase in impulsive behavior, so, the ability to decide whether to have another candy or not becomes more difficult. Effects are necessary increase in sleeplessness.

"When you're tired, you're usually not paying a whole lot of attention to what's going on when trying to make a decision," Winter said. For college students, memory is an important part of good grades.

Another aspect of good grades would be the ability to problem solve and manage time. Professor of neurology at Northwestern University in Chicago, Kelly Benson, said, "Sleep deprivation can affect speed and higher-level cognitive processing." So, the ability to react to something quickly is decreased. For example, someone always had a job, but you are always the ground, you may not be able to react in time to catch a ball, how it hits you.

The ability to focus is also affected by sleep. "When you're tired, there's a lapse in how you neurologically function in general. When sleep deprived you can't process particularly well," Winter said.

Not worried, there is a way to form better sleep habits. Associate professor at the University of Cincinnati College of Medicine, Dr. Ann M. Kamalian, said, "Setting a cut-off time for studying — and then sticking to it — is helpful, as is keeping that schedule regularly."

She also suggests reducing time exercise within four hours before bed, and trying to relax and unwind 90-120 minutes before getting into bed. Caffeine and nicotine can take hours to wear off and can cause some major interruptions in the quality of sleep. Alcohol might be a depressant, but it can cause sleep disruptions as its effects wear off. It is important to avoid heavy or large meals within a couple of hours before bed. According to the Mayo Clinic, you should go to bed and get up at the same time every day. Doing some activities before bedtime, such as taking an Epsom salt bath, or using relaxing techniques might promote better sleep. If sleep is not achieved within 20 minutes, leave the bedroom and do something relaxing there, when you are tired, go back to bed and try again. Another factor that affects sleep is room temperature. A 68-degree temperature is the ideal setting. Electronic devices also disrupt sleep. Putting the electronic devices away from the sleeping area should help promote sleep.

Remember, sleep deprivation, which is anything less than seven hours of sleep each night, can affect your performance inside and outside of the classroom. So, when you feel stressed, lagging, and just cannot focus on anything, consider spending more time in bed sleeping.

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Stress Effects and Relief Techniques

Josie McMillan
Staff Writer

With finals around the corner, stress levels are rising. Increased stress can cause serious health problems. When we are overly stressed, internal worry and external situations alike, a response in the body is triggered, this is referred to as "fight or flight" response. "Fight or flight" causes breathing to hasten, blood to be redirected from the digestive system to the muscles and extremities.

Blood redirection feeds the muscles to prepare for a fight or to be able to run away. We become prepared, physically and mentally, for fight or flight. There is evidence that stress hormones buildup in the body. If not properly metabolized, over time, excessive stress can lead to disorders of our autonomic nervous system causing headaches, irritable bowel syndrome, high blood pressure, and similar ailments.

It can also cause disorders of our hormonal and immune systems creating susceptibility to infection, chronic fatigue, depression, and autoimmune diseases like rheumatoid arthritis, lupus, and allergies, according to Dr Neil F. Neimark, MD, author of *3 Simple Ways To Master Your Stress & Take Back Your Health*. It is also common to clench teeth when stressed.

According to Dr. Barry

Henbest, DDS, PA, of Henbest Dental in Pea Ridge, clenching the teeth can cause damage to the teeth such as fractures in the enamel, the roots, and all the supporting structures. Clenching also impacts the temporomandibular joint (TMJ) causing loss of blood flow and pain as well as headaches. Mitzi Peronia, PT, of Alpha and Omega Sports and Physical Therapy in Pea Ridge said, "I think migraines, although they are visceral, have a tension component." The way we think is also an important step in stress relief.

Negative self-talk creates biochemical changes and neural connections in the brain that perpetuates an unhealthy lifestyle and leads to disease processes.

"Your body operates as a whole, which means what affects your physical condition changes your attitudes and feelings. Likewise, the way you feel and think affects your body," according to Dr. Lauren Morter, DC, with Hands-On Chiropractic, Inc in Pea Ridge, AR. Positive thinking can help relieve stress and anxiety. Massage addresses a variety of health conditions, the most prevalent being stress-related tension, which accounts for 80-90 percent of disease.

Massage has also been proven beneficial in treating fatigue, sleep disorders, and TMJ disorders. Stretches can also help reduce or relieve stress related tension. A couple

of simple stretches are to sit in a chair, grab the bottom of the chair, and try to shrug. Hold the shrug up for ten seconds, then relax. You can also reduce tension in your neck by pushing your head back into your vehicle head rest and holding for a count of ten.

You can resist pushing your ear to your shoulder where you are engaging the muscle but not allowing movement, hold like that for ten seconds.

Breathing is also very important to reduce stress and anxiety. One technique used by Dr. Morter is called four square rhythmic breathing, breath in through your nose for four seconds, hold for four seconds, breath out through your mouth for four seconds, hold for four seconds, repeat. A quote by Louis Pasteur says, "Chance favors the prepared mind." Likewise, Professor Dr Alan Hiatt, DC said, "If you prepare before a test it will reduce stress and anxiety. And always sit in the same spot when you take a test. Be prepared when you go into the room way ahead of the test."

When Ms. Peronia said massage, breathing, and muscle stretching is beneficial for stress, she summed up what most of the research has shown. So, when you feel anxiety rising, stress taking over, just take a moment and release the tension. With less stress, you will feel better, as well as score better.

Realities of Nicotine and Vaping

Josie McMillan
Staff Writer

During the Drug and Alcohol Awareness event held March 1 at NWACC, Student Association of Respiratory Studies displayed information on the effects of vaping, e-cigarettes and nicotine.

I had the pleasure of interviewing Michelle Frazier, the director of the Respiratory Therapy program offered by NWACC, and members of the SARS class. We discussed the short term effects e-cigarettes and vaping have on a person's life. Studies have just been approved to examine the long-term effect of vaping which are expected to take at least 10 years to complete. The senior SARS class presented a few myths and facts about electronic smoking on their display board at the Drug and Alcohol Awareness event.

One myth commonly believed is that electronic smoking devices are harmless because they emit only water. The reality is the aerosol emitted by ESDs is not water vapor. The aerosol contains many substances, including nicotine, ultra-fine particles, volatile organic compounds, and toxins known to cause cancer.

Further research shows when propylene glycol and glycerin, some of the chemicals in e-juice, are heated and vaporized, they can degrade into formaldehyde and acetaldehyde, according to Dr. Michael Siegel, a tobacco researcher



Photo courtesy of pixabay.com

and professor of community health sciences at the Boston University School of Public Health Electronic. He said smoking aerosol is considered poisonous. The e-juice flavors and colors are attractive to children who are consuming them resulting in major health concerns.

Ashlyn Duncan and Dennis Miller, seniors of the Respiratory Therapy program and members of SARS, displayed images of what could happen with the

lithium-ion batteries that the ESDs utilize. Cases have been documented of the batteries exploding from over heating. Batteries in ESDs can explode while in your pocket causing injury to the body, or when being used resulting in severe injuries to the face and hands.

Another myth commonly believed is nicotine is no more harmful than caffeine. The facts are quite startling. The National Center for Biotechnology Information

reported nicotine links to negative impacts on developing fetuses, impacts on teenage brain development, infertility, impotence (erectile dysfunction), cancer, macular degeneration of the eye, heart attacks, high blood pressure, increased susceptibility of the common cold or flu, loss in taste and smell sensors and the list goes on.

Because of the toxicity levels of nicotine on humans, it was discontinued as a pesticide, according to the

Center for Disease Control. Stop smoking news said "When it comes to the brain, nicotine is more addicting than cocaine, morphine, heroin, or alcohol."

The Food and Drug Administration has recently extended age related regulations to include electronic cigarettes. However, they are not regulating the nicotine contents.

The Arkansas Department of Health offers the Arkansas Tobacco Quit line.

By calling 1-800-Quit-Now (1-800-784-8669), participants can get support from a quit coach and have access to tobacco replacements such as nicotine gum, patches, micro tabs, inhalers, lozenges, and nasal spray. The road to a healthier body begins with the decision to take the first steps.

For more information about SARS, find them on Facebook at "Student Association of Respiratory Studies at NWACC."