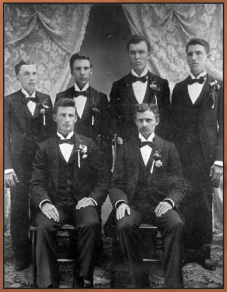


OKLAHOMA STATE
Portraits

**Celebrating the Centennial:
OSU contributions**



In 1896 Arthur and Homer Adams were members of Oklahoma A&M's first graduating class and at least three generations have followed their

lead. Considered the first family of OSU, the Adamses were among the earliest Stillwater residents, arriving during the 1889 Land Run. When OSU opened, Homer Adams was first to enroll. Four years later Arthur became the first to graduate.

More than 30 of the Adams brother's descendants have attended OAMC/OSU. When asked why the family comes back to OSU generation after generation, Bob Adams a 1947 graduate replies, "Love. We love the college, we love the campus, we love the community."

The Adams family story is just one of many featured in Oklahoma State Portraits: Celebrating the Centennial of Oklahoma Statehood.

Counseling center serves student mental health needs

College-aged students are more likely to experience depression than other age groups, according to mental health organizational studies and statistics and observations by professionals working with college populations.

University Counseling Services at OSU and, especially, the Student Counseling Center exist to assist students who become distressed while struggling with the rigors of higher education.

According to the 2005 National College Health Assessment, 25 percent of college students surveyed reported they "felt so depressed it was difficult to function" and 21 percent reported they "seriously considered suicide" at various times during the year. Survey respondents also ranked depression among the top 10 impediments to academic performance.

"College students aren't immune from psychological disorders like depression and anxiety," said Jason K. White, Ph.D., Student Counseling Center coordinator. "On top of that, the added stresses of college life – exams, living away from home for the first time, financial worries, all these transitions you go through in forming an identity and relationships – can create problems."

The tragedy at Virginia Tech heightened sensitivities nationwide about identifying students in distress and getting them help. Such horrific incidents are extremely rare but, like suicides, illustrate that it can become too late to do something after learning a friend or acquaintance is having psychological problems.

"The vast majority of people with psychological disorders aren't violent, but we certainly don't ever want to be in a position of regretting an act of omission," White said.

According to White, organizations such as Residential Life and Campus Life and orientation instructors who advise new students on stress management help ensure that awareness is high among OSU students about assistance they can receive at the Student Counseling Center. At the same time, the center is a resource for anyone on campus who knows a student in distress.

"One of the services we do is consultation," White said. "We can talk over the phone or in person with parents, faculty, students, anyone who is concerned about a person they know, and provide advice on how to talk to that person, make a referral for counseling and what kind of counseling is most important."

"We also have information on our website about recognizing students in distress and making referrals," he said.

White said the first step to helping a friend in distress is simply talking with her or him.

"Just talking and sharing your observations and concerns – 'I notice you sleep too much and are missing a lot of classes. You are crying a lot.' – and saying, 'here is a number you can call for help,' that's pretty much the way to go," he said.

The Student Counseling Center website may be viewed at www.okstate.edu/ucs/counselingservice.htm. Or call 405-744-5472 for more information.

Are you ready? Sign up for emergency alerts

To ensure the alert system has the most accurate information, individuals should log into their O-Key account (okey.okstate.edu). Once logged in:

Emergency Voice Alerts

- Click on "Emergency Contacts" in the left-hand nav bar.
- Under the emergency contacts section, use the drop-down menu to select "Emergency Voice."
- Submit emergency contact number.

Emergency Text Alerts

- Repeat the process, selecting "Emergency Text" under the emergency contacts section.
- Once a number is entered, select a cell carrier to match the number with an email address.
- Be sure to request a test message.

Contact the IT help desk (405-744-HELP or helpdesk@okstate.edu) with questions or problems. Information should be updated with any changes.

Library to host 'Flags of Our Fathers' author



James Bradley, author of The New York Times bestseller "Flags of Our Fathers," will headline the latest installment of H. Louise and H.E. "Ed" Cobb Speaker Series at the OSU Library.

Tickets are \$75 for the Nov. 2 event that includes a dinner, lecture and book signing, and sponsorship opportunities are also available.

Bradley is the son of Iwo Jima flag raiser John Bradley. His quest to learn more about his deceased father's past became the book "Flags of Our Fathers."

Bradley's second book, "Flyboys," also recounts American courage during World War II. The previously classified story of a group of U.S. military aviators who were shot down and executed by their Japanese captors on the island of Chichi Jima also became a bestseller.

Bradley's keynote speech will draw on stories from his books and his encyclopedic knowledge of America's role in World War II.

For more information or to request invitations call 405-744-2535.



The 2007 OSU Fall Convocation, a ceremony honoring exemplary performance by faculty and staff members over the past year, included a special, national student recognition. Business management senior Jeffrey Swinford received the Commandant's Trophy, the U.S. Marine Corps' award for superior performance at Officer Candidate School. He graduated first among all Marine officer candidates nationwide in the Senior Platoon Leaders Class at Marine Base Quantico, Va., last summer. Appearing with Swinford are Interim OSU System CEO and President Marlene Strathe and U.S. Marine Corps Maj. Adam Chalkley, commanding officer of Recruiting Station Oklahoma City.

Chang-An Yu, Regents and Sarkeys Professor of biochemistry, was presented the Eminent Faculty Award by Interim OSU System CEO and President Marlene Strathe. The top faculty honor given each year during the OSU Fall Convocation, the award recognizes the highest level of scholarly achievement. Yu, who joined the OSU faculty in 1981, is regarded internationally as one of the top researchers working in the area of biological energy transduction. In support of his nomination, a student said, "Dr. Yu stands committed to encouraging his students to achieve their best in each of their academic and research areas."



Homecoming parade goes global

The 2007 Sea of Orange Homecoming Parade will make its world premiere Saturday.

A link to a live webcast of the parade will be provided at 8 a.m. on the OSU Alumni Association's web site, www.orangeconnection.org. The webcast includes a pre-parade show that begins between 8 and 8:30 and the parade at 9.

Traditionally, the broadcast has only been

seen on Stillwater cable and throughout Oklahoma on Cox and Suddenlink cable systems. The online broadcast will allow OSU alumni and fans to watch the parade for free from anywhere in the world, spreading this year's theme of "An Orange STATE of Mind" to an even bigger audience.

OSU School of Journalism and Broadcasting students have produced a half-hour pre-parade

show highlighting some of homecoming's greatest traditions. The pre-parade show will be followed by the parade broadcast in its entirety, anchored and crewed by OSU students.

The OSU Institute of Teaching and Learning Excellence is providing support for the web stream and archiving, allowing anyone who can't catch the live online broadcast to watch it later.

Academics at a glance. . .



Art department; Arts and Sciences

Offers bachelor's degrees in studio art and art history, bachelor's of fine arts degrees in graphic design and studio art, and a master's degree in art history • 14 faculty and approximately 243 undergraduate students • DEPARTMENT HEAD: Sallie McCorkle, MFA (2005) • The Gardiner Art Gallery will feature "The Centennial: Annual Faculty Exhibition," a collection of works by the department's faculty, from Oct.17 – Nov. 9.



Entomology and Plant Pathology department, Agriculture

Offers bachelor's, master's and Ph.D. degrees in entomology and plant pathology • 23 faculty and approximately 6 undergraduate and 41 graduate students • DEPARTMENT HEAD: Dr. Jonathan Edelson (2005) • Maintained by the department, the OSU Insect Zoo is seen by approximately 300,000 people each year, including at Youth Education Center workshops on campus as well as mobile exhibitions at schools throughout Oklahoma and the State Fair.



School of Chemical Engineering; Engineering

Offers bachelor's degrees in chemical engineering with options in pre-med, biomedical/biochemical and environmental, and master's and Ph.D. degrees in chemical engineering • 15 faculty and approximately 55 undergraduate and 35 graduate students • DEPARTMENT HEAD: Dr. R. Russell Rhinehart (1997) • For nine consecutive years, OSU's student chapter of the American Institute of Chemical Engineers has received the Outstanding Chapter Award from the national AIChE organization, recognition among the top 10 percent of chapters in the country.



Geography department; Arts and Sciences

Offers bachelor's degrees in geography with an option in applied resource management, and master's and Ph.D. degrees in geography • 15 faculty and approximately 55 undergraduate and 45 graduate students • DEPARTMENT HEAD: Dr. Dale Lightfoot (2000) • Faculty in the department headed OSU's participation in the Oklahoma Wind Power Initiative and helped develop the state's sustainable electric power resource with studies on economic feasibility and ideal site locations for wind farms.