



Native American Heritage Month: A-State students share their stories



Photo by Rachel Rudd | News Editor

Savannah Blades, a doctoral student studying nurse anesthesia.



PHOTO COURTESY OF KESLEY GIRTY

Kelsey Girty a graduate student studying school counseling.



PHOTO COURTESY OF CRYSTAL SOLTOW

Crystal Soltow, a Ph.D. student studying education.

RACHEL RUDD

NEWS EDITOR

Savannah Blades

Savannah Blades is a doctoral student studying nurse anesthesia from Clayton, Oklahoma. She enjoys taking walks with her French bulldog Ladybird and traveling to historic locations. Some of her favorite locations include Savannah, Georgia, and New Orleans, Louisiana.

"I enjoy haunted history. My mom really enjoyed that too, so we like places that have a lot of culture to them," Blades said. "I'm not really sure why it's so fascinating to me, but I think more so than anything, the history and understanding where different cultures came from and how we've kind of advanced today is interesting."

Blades is part of the Comanche tribe. She is a direct descendant of Cynthia Ann Parker, a white woman who married Peta Nocona. Parker was the mother of Quanah Parker, the last Comanche chief.

"Being a part of the Native American heritage more than

anything really means not only remembering and honoring your past and your culture, but also trying to preserve that moving forward," Blades said.

Blades graduated from high school in a class with 36 people, which for her town was a large class. After graduating, she went to Southeastern Oklahoma State University where she originally majored in English and minored in political science. She originally planned to go into law.

"I did a lot of interning over the summer and that's when I really learned that wasn't something that I really had in my heart," Blades said. "I've always liked medicine. I did a little bit of research and I had most of the prerequisites for nursing school. I found this accelerated program at Oklahoma State University and got into it."

Continued: Blades, 4A

Kesley Girty

Kesley Girty is a graduate student studying school counseling. She is from Warner, Oklahoma.

Girty currently works as a

school counselor for eighth grade students and after graduation, plans to stay in that field.

Girty enjoys camping, going on long walks, longboarding and swimming. She also enjoys watching reality TV and scary movies.

Girty is Cherokee. Her grandmother was full-blooded Cherokee and taught her a small amount of the language.

"It was the era where it wasn't really cool to be Cherokee. It was not really a good thing to be Native, so she didn't teach us a lot," Girty said.

Girty is a Cherokee Promise Scholar, which means the Cherokee Nation paid for her entire undergraduate education. She attended Northeastern State University and majored in business, with a double minor in psychology and Cherokee culture.

"I remember the first time I ever counseled anyone, I was actually in high school and it was at a church camp. This girl was talking to me, she came forward because she needed someone to talk to her," Girty said. "So I just sat down and

I talked to her and then I was just thinking 'this is what I love to do. I love helping people. I love being there just to listen.'"

During her undergrad years, Girty learned more of the Cherokee language, traditional values and crafts. She said this helped her to connect with her family and grandmother.

"We enjoy beadwork, basket weaving and cooking traditional foods. My dad loves to hunt and forage for mushrooms. We try to keep the traditions alive and we are very proud of our Cherokee heritage," Girty said.

Continued: Girty, 4A

Crystal Soltow

Crystal Soltow is a Ph.D. student studying education. She is from Broken Arrow, Oklahoma. She is a member of the Cherokee Nation and works as an assistant principal for Union Public School 6th/7th Grade Center.

Soltow enjoys spending time outdoors and cooking food from a variety of cultures. She said cooking is a way for her to connect with her grandmother, which is where her Cherokee

lineage comes from.

"She was one who loved to take care of anyone that came to her door and needed anything and so I feel like that's where I've gained this love of cooking. It's something that I just enjoy, but then also it's like a stress reliever for me," Soltow said.

Soltow started out at a community college, before being pushed by one of her professors to apply to the University of Tulsa. She got her degree in elementary education and entered the teaching field immediately upon graduation.

She has worked with middle school students for 22 years. During this time, Soltow worked toward her master's. She said she decided to pursue a master's degree because her coworkers said she could do more.

"I had two really phenomenal administrators in my life who just kept asking me to take on some leadership roles," Soltow said. "There was one administrator in particular, who said to me 'you really need to continue your education. I can see you making an even bigger impact.'"

Continued: Soltow, 4A

Study Day and Final Examination begin Dec. 7

The last day of class will be Dec. 6 followed by study day on Dec. 7.

Final examinations take place Dec. 8-14. For full exam schedule visit astate.edu

All grades are due on Dec. 19.

A-State presents "Jazz for the Holidays"

"Jazz for the Holidays" will be at 7:30 p.m. at Riceland Hall inside the Fowler Center. The event will feature Jazz Lab Ensemble, Jazz Orchestra and A-State Dancers.

Environmental Club Clothing Swap Today

The A-State Environmental Club is hosting a clothing swap on campus from 3-7 p.m. in the Mockingbird Room on the third floor of the Reng Student Union.

The swap is to promote sustainable fashion in an affordable way. For \$5 you can get a reusable tote to fill with any clothing items of your choice. If you bring a donation of clothes you items and tote will be free.

Spring 2023 housing application open

The spring only 2023 housing application is now open and available online. This is for those who will be new to University Housing; current residents do not need to apply.

OPINION, 2A

- Shocking news: Bezos pretends to care about climate change
- Bring the old bookstore back

NEWS, 3A

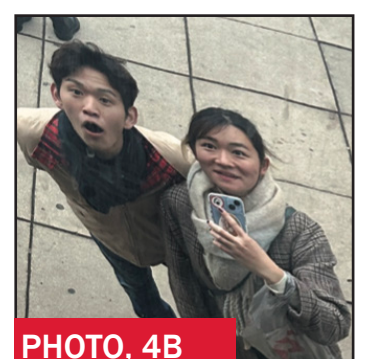
- Nora Bouzihay to leave Arkansas State University
- Campus Crime

NEWS, 4A

- This week's puzzle

LIFE B1

- This Week's Pop Pick
- Horoscopes



PHOTO, 4B

- Thanksgiving review

Combining alcohol with antidepressants has dangerous consequences

REBECCA ROBINSON

EDITOR-IN-CHIEF

Combining alcohol with antidepressants has dangerous consequences. Drinking alcohol has seemingly become an essential part of the "college lifestyle" however when combined with prescription drugs commonly used to treat depression, drinking can have dangerous consequences.

According to the Mayo Clinic Health Center, 44% of college students report symptoms of depression and anxiety, with 15.8% to 24.5% of college students on some form of antidepressants, anti-anxiety, or mood stabilizers.

Many of the medications used to treat depression and anxiety come with warning labels instructing users to not combine the prescribed medication with alcohol.

Depending on the class of antidepressants or anti-anxiety medications symptoms and danger may vary.

Types of antidepressants:

Antidepressant medications have different classes. These classes are selective serotonin reuptake inhibitors (SSRIs), serotonin and norepinephrine reuptake inhibitors (SNRIs), norepinephrine and dopamine reuptake inhibitors (NDRIs), noradrenergic and specific serotonergic antidepressants (NaSSAs), nonselective cyclics and monoamine oxidase inhibitors (MAOIs).

"It depends on the depressant that the student might be on. Most of the time it's going to cause depression in the central nervous system. The things that regulate your temperature, how fast or how slow you breathe, or your heart rate, are basically controlled by your brain, so using an antidepressant and alcohol

together is going to further depress the central regulatory systems. That's going to cause somebody to be more tired or sedated, it can cause a coma, it could cause a tremor," Dr. Brianne Wehner from the New York Institute of Technology (NYIT) Jonesboro said.

Editor's Note: The order of class for the list below is in order of which they are most commonly prescribed according to the Centre for Addiction and Mental Health which is located in the province of Ontario, Canada. NaSSAs and nonselective cyclics side effects and information are included at astatetheherald.com

SSRIs

Selective serotonin reuptake inhibitors are the most commonly prescribed. SSRIs can also be used to treat other conditions besides depression such as anxiety, obsessive-compulsive disorder, and a number of other

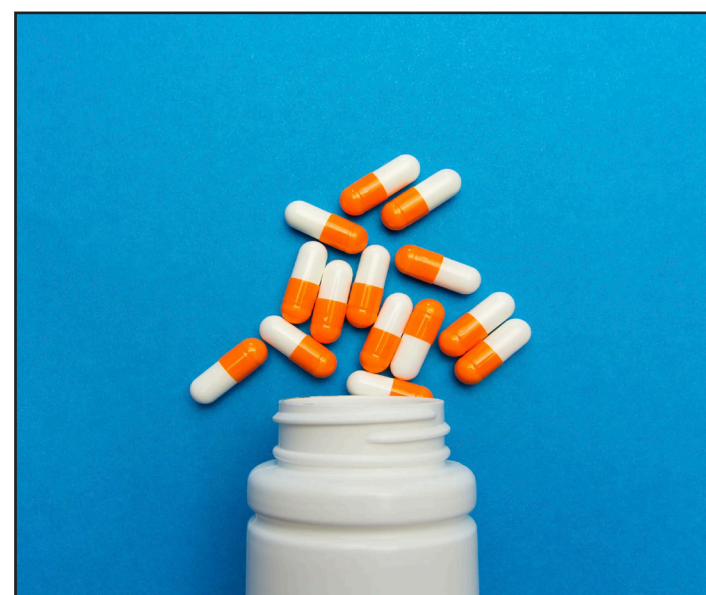


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Antidepressants when combined with alcohol can lead to drowsiness, impaired judgment, seizures and other side effects.

mental health conditions. SSRIs include Celexa, Lexapro, Prozac, Paxil or Pexeva, and Zoloft. In general, alcohol can have

negative effects when combined with any antidepressant.

Continued: Dangerous consequences, 4A