

The Pinnacle

Destination Known

Vol. 30 | February 2023

It's a new semester here at OTC, and I can't emphasize enough how hard all of the members of our officer team, including brand new representatives just beginning their tenure this semester, have worked to make bringing you an edition of The Pinnacle this early possible. Articles were due from the officers to me with less than two weeks back in class to work on them, yet as you can see, we were able to assemble yet another *lovely* edition of The Pinnacle to deliver to all of you. (If that pun doesn't make sense to you now, double back to this cover after you've read a few of the articles in this volume.)

If you're reading this and you'd like to contribute to future editions of The Pinnacle, as always, you can reach me at wilsonda@otc.edu to discuss specific details about submissions, or you can get in touch with the Honors Office by emailing ptk@otc.edu or dropping by ICE 354 on Springfield Campus. We are always accepting submissions, but if you'd like to see yours in the next edition, please get in touch with me before midnight on March 12th. That's right before Spring Break officially starts, so you should be able to save the date!

Thank you,
Darla A. Wilson

**OZARKS TECHNICAL
COMMUNITY COLLEGE**

HONORS PROGRAM



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Logic Puzzle

	Composition II	Biology	Calculus	US History	Springfield	Republic	Table Rock	Richwood Valley
Autumn								
Amelia								
Jessica								
Stephanie								
Springfield								
Republic								
Table Rock								
Richwood Valley								

1. Amelia is taking either a calculus or biology course.
2. Jessica does not take classes on Table Rock campus.
3. The student who attends classes in Republic is either Autumn or the student taking calculus.
4. Stephanie is taking history.
5. Amelia attends classes on the Springfield campus.
6. The student taking biology attends classes in Richwood Valley.

College Project Wrap-Up

Maggie Leavitt

Paul Young, Alpha Psi Tau's Vice President of Leadership, led the efforts for the College Project this year focused on one thing that college students can never seem to get enough of: Sleep!

Our idea was to do something tangible towards raising awareness and providing alleviation for the sleepest OTC Students. Our research confirmed that college students are statistically more sleep deprived than the average person, and that this has consequences for their health.

We started on this front with the idea of some kind of "nap room," which wasn't possible for various reasons. This led us to focus on spreading helpful information to combat sleep loss and raise awareness of chronic sleep loss occurring in most college students. To this end, we all agreed that a website would be beneficial to the effort.

We approached Counseling Services to get their input, as well as their permission to add our sleep deprivation website to their online collection of helpful resources. We were then set to build an awareness campaign around the creation of the website. Some of us were assigned to create flyers and pamphlets to pass out to students. Others were assigned to the creation of the website and additional research for the project overall.

Each of our meetings brought us closer to the end goal we had set out, and in general we ran into relatively few problems. By the end of the semester, we had distributed the flyers, talked with several students at tables across the various campuses, and passed out pamphlets with the most critical information emerging in our research. It seemed like we had made a real difference by making this more visible.

Our plan moving forward is to continue to build up the data on the website, as long as we get the green light to. If that happens, there will be announcements later this semester about the new College Project. I would encourage anyone interested in contributing to a meaningful project that improves the wellbeing of our fellow students to reach out to the project lead at that time. It will likely involve reading some research documents or brainstorming.

Whatever happens, the upcoming Spring semester will provide new challenges and exciting developments for Alpha Psi Tau. The Sleep Deprivation Awareness page can be found at: <https://students.otc.edu/ptk/sleep-deprivation-awareness/>

Campaigning for Regional VP of Leadership

Robert-Thomas Gumersell

Ever since I became a member of Phi Theta Kappa in June of last year, I've become as involved as I possibly can with this wonderful organization. Over the last 7 months, I've become an official Representative for Alpha Psi Tau, helped with our chapter's College Project, volunteered at our annual induction ceremony, and wrote a quality Hallmark entry for this year's Distinguished Alumni award.

The experiences I've had as a Phi Theta Kappa chapter representative have been life-changing, and it's inspired me to take it one step further by running as the Phi Theta Kappa Heartland Regional Vice President of Leadership. For those unfamiliar with how this works, PTK has different regions both throughout the country and internationally, each of which have annual elections to choose regional officers to represent them. As of last year, Missouri's region has merged with Kansas and Nebraska to form the "Heartland" region. This is going to be a historic regional election because it's the very first one we're going to have as this newly-formed region.

I'm running for regional office not only to serve my region, but also to represent OTC's Phi Theta Kappa chapter to the best of my ability. If I'm elected regional officer VP of Leadership this March, I'll make it my priority to make sure I carry out these responsibilities.



Work Study Positions

Cassidy Bright

Do you qualify for federal work study? If so, consider working in the Honors Lounge (ICE 354) here on the Springfield Campus! We have several open positions this Spring semester and we'd love to have you join us for everything behind the scenes with PTK and the Honors Program. Make money in between classes, right here on campus. As an Honors Lounge Assistant you'd be involved in many activities including, but not limited to answering phone calls/emails, making coffee, helping assist with PTK events, and keeping the study space clean and welcoming to students and staff. Come develop your skills on the job, and help students learn about PTK and the Honors program. We will train you on the job, so no need to know anything about us to apply!

To find out if you qualify for work study, go to: <https://students.otc.edu/financialaid/federal-work-study/>

Once you know you qualify or for more information email honors@otc.edu and we'd be happy to discuss the position more with you. We hope you consider joining us for a fun and eventful semester!



Distinguished College Administrator Jessica Schneeweis

Phi Theta Kappa's Hallmark Awards encourage excellence, reflect fairness, recognize quality, and foster the growth of the students and the chapter while honoring outstanding success in Phi Theta Kappa's programs.

I was designated to write the Distinguished College Administrator Award, which is given to an individual that demonstrates a strong level of support for their chapter during their tenure. Our nominee was an effortless decision on the part of Alpha Psi Tau; there was no one more fitting for the award than our very own Provost and Vice Chancellor, Dr. Tracy McGrady.

I had the pleasure of sitting down and interviewing Dr. McGrady back in November, where I learned of all the spectacular ways she has supported our Phi Theta Kappa chapter. Some of the ways include allocating for spending money, attending chapter induction ceremonies, appointing advisors who are actively engaged in student success, regularly promoting Phi Theta Kappa at the college, virtually and at campus convening, and giving us our Honors Lounge. With all my great information, I compiled an award submission that I felt effectively conveyed Dr. McGrady's hard work and dedication.

I am delighted to share that Dr. McGrady was chosen as this year's recipient of the Distinguished College Administrator award. This is something big to celebrate, so if you see Dr. McGrady out and about, don't forget to congratulate her for the Distinguished College Administrator award.



Balance: College, Life, and Relationships

Darla Wilson

Being in college is hard. Being in a relationship is arguably harder. And trying to balance both at the same time? It's nearly downright impossible!

When Amelia and I first started dating when we were sixteen, our relationship dynamic was obviously different. I was an early high school graduate who didn't go straight into college or work, so I spent most of my days just sitting around home or hanging out with our friends, while her entire curriculum was designed to balance itself. There weren't many days where either of us were too busy to see each other.

Now, we both work on campus, on top of being full-time students with wildly different degree programs, bills, and of course, our officer duties. When she was still managing the HIA project, most of our nights were spent discussing what to do about the project, and talking about our meetings and deadlines was practically a part of our morning routine. I can't tell you the number of times I reminded her to answer an email as we got in the car and she practically started hyperventilating. In short, college has been stressful for us.

Yet we've managed to stay strong as a couple. In a lot of ways, we've been rocks for each other. When one of us feels like we aren't equipped to handle everything and like we should just quit, the other one is there to remind us about our achievements. When we set impossible standards for ourselves (and really, what Honors students haven't?), the other is there to point out how well we're already doing. In a lot of ways, our relationship is part of balancing the rest of our lives, and it makes us both stronger.

I think when most people are asking for advice about how to balance their relationships with other aspects of their lives, whether that's school, work, or some other commitment, they're hoping there's some sort of easy cheat code. I wish I could sit here and tell people that the secret to keeping your relationship strong while in college is to study together or to have a date night every week. While those things can definitely help, the most important thing to remember is that college is just one part of your lives together. For us, that means finding time to do things together even when we're both busy and doing a lot of work to communicate about our needs, wants, and goals. For other people, that means any number of other things. As infuriating as I know it is to hear, every relationship is different and is going to need different solutions. All I can say is that having a strong relationship in college is not only possible, but actually helpful.



Toys for Tots

Stephanie Cruz

From November until December, Phi Theta Kappa hosted a toy drive to collect toys to donate to the Marine Toys for Tots program. The Marine Toys for Tots foundation is a nonprofit organization with a mission to assist the U.S Marine Corps in providing a tangible sign of hope to economically disadvantaged children during the Christmas season.

I set up boxes all around the OTC campus where students and community members were welcome to come and drop off a new, unwrapped toy. The toy drive was a great success, as the end result was a collection of over 100 toys. I am so happy to have had the opportunity to do this and I hope that the children really enjoyed their toys.



Valentine's Day

Autumn Seely

As our brains are waking back up for the Spring semester, so are our hearts this Valentine's Day. After a refreshing Winter break, OTC is livening back up with their first ever Honor's Lounge Valentine's party. Sweethearts and grams are being given out to friends and lovers in a charming, traditional, elementary-style setting. Students will decorate shoe boxes in the spirit of Valentine's and spread the gooey love and cheer that we all enjoy so much during the chilling month of February. If you want to see these boxes, stop by ICE 354 on Springfield campus on February 13th or 14th. There's nothing like a playful get-together to start the 2023 Spring semester off with a loving bang. Go Eagles!



Pine Ridge Crisis

Dee Lancaster

In the last issue of The Pinnacle, I submitted an article about the Pine Ridge Indian Reservation in South Dakota. I would now like to give an update on that article.

In December of 2022, just before Christmas, a massive snowstorm caught many of us by surprise. What was a bitterly cold but lovely white Christmas for most of us here in Southern Missouri was anything but for the Oglala Sioux on the Pine Ridge Reservation. On December 16, the reservation was blanketed by over 30 inches of snow. High speed winds not only kept the temperature at sub-zero levels for over two weeks, but caused the roads in and around the reservation to be completely impassable. Drifts built up to over 8 feet deep. The temperatures were so low that the heavy equipment was too dangerous to attempt to use to reach members of the tribes who were trapped in their homes. Most of the people living here depend on wood or propane for heat. People were unable to access wood supplies, and propane trucks were unable to reach them to fill tanks. Many residents were trapped, unable to obtain food, baby formula, medicines, or badly needed medical treatment.

Many of the already poverty-stricken residents of Pine Ridge were forced to burn furniture and clothing in desperate attempts to try and keep their families alive. While Governor Kristi Noem did activate the Nation Guard to assist the Oglala Sioux people, much more help is needed. Organizations such as First Families Now and Friends of Pinewood Reservation are asking for donations of urgently needed blankets, heaters, and clothing, as well as monetary donations to help purchase firewood for the people living in Pine Ridge Reservation.

The truly concerning part is that this storm struck the reservation in December, at the very beginning of winter. Without help, the lives of many of the residents could be at further risk with several months of winter yet to come to this year.

If you would like to help, you can send blankets, heaters, new or gently used clothing, and monetary donations for firewood to:

**First Families Now
2900 BIA 27
Porcupine, SD 57772
605 407-0414**

ccSmart, Your Guide to Community College

Maggie Leavitt

Community college. What does that pair of words make you think of? For a lot of people in years and decades past, it represented not being able to make it into a real college, or that you had jeopardized your future journey through education and the world. I'm here to share with you that that is simply no longer true.

ccSmart is an initiative by PTK to help reduce the stigma associated with attending community college. Five students had a great experience with community college and felt the need to share what it had done for them and students like them.

Through a website they put together found at <https://ccsmart.org>, they are bringing you the info you need to have to make the most of your college experience. The website has a lot of sections. There's one with testimonials about how community college has changed their lives for the better. The transfer resources section is very helpful to students trying to transfer to a four-year university at the end of their associates degree. The workforce resources section highlights the opportunities and pathways available to improve your skills even if you aren't part of a credit-based program. This means that you can use this website to find access to good jobs and pay even if you don't plan on completing an associate degree. Under the financial assistance heading there is a breakdown of all the types of financial aid available and the ways to get ahold of them, and there are a few articles here on how to create a budget.

They also continue to add to the project by contributing to their onsite blog covering topics such as "5 College Hacks We Learned from TikTok." If you like the website and happen to want to contribute to the project, there are links available for that as well. PTK facilitates projects like this all the time. If you are in community college and want to make a difference too, consider joining PTK to test your limits and grow as a human and as an academic.



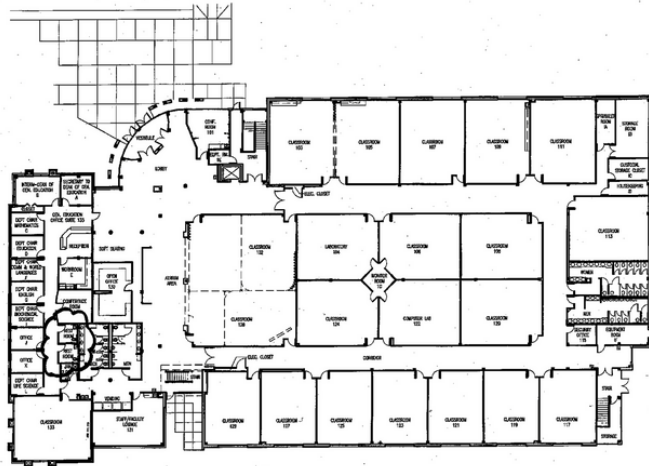
Gender Neutral Restrooms (Springfield Campus)

Amelia Lai

It is unfortunate that the students most in need of access to gender neutral restrooms can also be the least likely to ask for help finding them. The most memorable part of my first day at OTC back in the fall of 2021 wasn't navigating through the second floor of ICW or meeting the first of many great instructors that I would have, but struggling to find the unisex restroom that was promised to exist not far behind sets of doors labeled as staff only. By my third day of class, the map highlighting all-gender restrooms had been changed to the one in use now, but students were officially given access to the restroom I had tried to find and signage was being updated.

The present map, with its birds' eye view over the campus, does a fantastic job showing how many facilities there are, but I struggle to actually find them based on the descriptions available. It's impossible to miss the one with the automatic doors immediately through the entrance into ICE from the northern parking lots, but wandering through to the back of an office suite without a clear picture in my head of where exactly I am going is too nerve-wracking for me to attempt. For your convenience, I have maps of NKM's first floor and ICW's second with their facilities circled. More maps—which are also shinier and newer—can be found under the label Campus Floor Plans lower on the page with that overlook of the Springfield campus.





NORMAN K MEYERS — FIRST FLOOR PLAN

Scale: Scaled to Fit



INFORMATION COMMONS WEST — SECOND FLOOR PLAN

Scale: Scaled to Fit



African American Read-Ins

Darla Wilson

Please join the Carol Jones Writing Center as we participate in the National Council for Teachers of English's African American Read-In event. We will be hosting meetings twice a week, on Tuesday mornings and Friday afternoons, for four weeks, skipping over Spring break. The official dates and times for these meetings will be:

- **Tuesday, February 28th, 1:30 PM**
- **Friday, March 3rd, 9:30 AM**
- **Tuesday, March 7th, 1:30 PM**
- **Friday, March 10th, 9:30 AM**
- **Tuesday, March 21st, 1:30 PM**
- **Friday, March 24th, 9:30 AM**
- **Tuesday, March 28th, 1:30 PM**
- **Friday, March 31st, 9:30 AM**

These meetings will be hosted in the Carol Jones Writing Center, which is in IC 200 on Springfield campus, with an option for Zoom attendance. There will be snacks and coffee provided to attending students for free at each meeting. Additionally, each meeting you attend will enter your name in a raffle to receive a \$25 Starbucks gift card.

We will be reading a diverse selection of authors of color as we extend Black History Month beyond the boundaries of February. And, in the interest of celebrating intersectionality, we will select with a particular focus on African American women. Look out for famous names such as Maya Angelou, Toni Morrison, and Octavia Butler.



Campaigning for Heartland Regional President Timothy Drake

When I think of this country, I think of 'division'. It doesn't matter the news channel you turn to, they agree on one thing – we are divided. No matter which news agency you turn to, you see pictures of people picketing, throwing rocks at each other, breaking into stores, starting riots. From the look of what we we're shown, the country stands on the brink of collapse.



I would like to present a different picture; a truer picture; a more honest picture. I say, if you look deeper, past the surface, you will see that we are not divided. If we put aside bias for a moment, and look at the heart of the matter, we're all fighting for the same thing. Justice. Fairness. Protection for the innocent. A healthy life for us and our children. THAT is what is truer than the division.

Don't let those who say everything is dark cover up reality. We are all on the same team, and if we looked at it in THAT light, then maybe we'd be able to come to a peaceful consensus. Our ancient ancestors used to kill each other to get their way, and then someone had this great idea. If instead of axing the guy next to you, we VOTE, then maybe the guy standing next to us won't axe us. BRILLIANT!

Instead of deciding that the other side is wrong, let us find where they are right. Let's be humble instead of proud, reasonable instead of angry, and instead of taking up arms, let us take up ballots. Let voting do what it was made to do – bring peace to the land. Disorganization is built out of a lack of vision, low morale, misunderstanding. I think I can clear some of that up. If elected President of the Heartland Region of Phi Theta Kappa, I'll work to inspire, excite, and bring sanity to chaos. I hope I am given that chance.

HIA Wrap-Up

Amelia Lai

The end of a calendar year marks the end of an Honors in Action project, but it also begins a new one. PTK will be keeping its overarching topic of Play, but that does not mean that we must move forward with the same work. Six themes remain outside of the one we narrowed in on last year, and many new possibilities still exist within the theme we selected. To choose our next move, a committee of members interested in pursuing scholarship is needed again.

My term as one of your Vice Presidents will wrap up with this semester, opening a space on the officer team for anyone prepared to fill it. The chapter member who replaces me will be responsible for representing the project, keeping HIA on track through the varying availability of students over a semester and across the summer into this fall, and writing the final report that is sent to PTK.

However, the project cannot survive with only one person. Aside from the other officers, interest among a wide spread of members is imperative. Each stage of HIA requires many voices to reach its highest potential starting from the very beginning. Regular meetings of the HIA committee will start up again soon, so show up if you are curious about learning more and creating the foundation of this year's work.

Last year we chose to look into the "Architecture and Design of Play." We investigated the relationship between play and productivity. Research took us from the art of toy design to illicit attempts to make work entertaining, from management strategies to child development.

In the end, we mostly looked at the benefits and drawbacks of attempting to make them intersect, which brought us to analyzing how students used a variety of spaces in order to target specific improvements that could be made.

In the Honors Lounge specifically, we invested in updates to the space for student enjoyment, particularly during finals week. The final report was submitted in early January, ending the project in name only, as more items financed by its original funding continue to filter in.

All of that was last year. Where will you take us this year?

Logic Puzzle Answers

Autumn	<input type="radio"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Richwood Valley
Amelia	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Table Rock
Jessica	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Republic
Stephanie	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Springfield
Composition II	<input type="radio"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Biology	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Calculus	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
US History	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Springfield	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Republic	<input type="radio"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Table Rock	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Richwood Valley	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	

Featured Review

Hi, Darla –

I wanted to thank Dee Lancaster for her article on her work with the Pine Ridge Reservation. It's hard to believe the conditions she describes are a routine part of the lives of anyone in the United States, and I'm thankful to her for shedding light on a population in need of care.

Tara Hathcock, MSAS, RT(R)

We got several reviews thanking both individuals and myself for all of the hard work that went into the last edition of The Pinnacle. Thank you to everyone who wrote a review, even if I didn't highlight it here. It means the world to me and to the students whose work you compliment to read them, which is part of why I put them in the end of editions of The Pinnacle. Ultimately, none of this would matter if it wasn't for the readers of this newsletter. All of you are what make it worthwhile.

If you would like to send a review of Volume 30 that may be featured in the next edition, check out the contact information on the front cover!