

Officer puts training to test in job with DPS

BY ALEX BOLES
Assistant Features Editor

It's not all about the rough and tough.

Officer Nate Williams from Kansas City joined the Truman Department of Public Safety three months ago. Williams said his parents told him he had wanted to become a police officer since he was five years old.

Although it was his dream to be a police officer, he said he went through other career options first, he said. Before he became a police officer, he decided to enlist in the military for three years.

"I thought the military was kind of the route to go, kind of being the world police officer, but after that, it didn't so much pan out," Williams said.

Williams said he was stationed in New Jersey and New York but was honorably discharged from his duties. He went to the Police Academy in the summer of 2007.

"Before I even went into the Academy, I got into the criminal justice program online, and I went through with that and got my degree and was like, 'Wow, this stuff is pretty interesting.' So that's when I decided to go to the Academy," Williams said.

He said the Academy trained him well for his career.

"We have practical applications — for self-defense and stuff — to actually demonstrate that we could perform the proper techniques from what the instructor showed us," he said. "... [We learned] what the trade of being a police officer would be like, and it's not all the rough-and-tough kind of image because we do serve the people be-



cause the people do give us our salary and pay taxes."

Williams said he likes talking to people and that serving people is really what his job is all about.

Williams said that during his first ride-along in Boise, Idaho, on a street much like Baltimore, a man pulled a knife on one of the officers. He said it was a good taste of what he was getting himself into.

"At the time, I hadn't had any cabin training ... so I was kind of scared, but at the same time, your adrenaline's going," he said. "By the time we got there, there was like 20 other police officers, so I was like, 'Oh, OK.' But I will say, after going through the academy and after running down all the laws — what to do and what not to do — it is a little less nerve-wracking."

One of Williams' former roommates at the academy already had been hired at the University and recommended that he look into joining the force.

"[My roommate] said, 'Oh, you should try there,'" Williams said. "So it was just kind of a shot-in-the-dark kind of thing because I didn't know if I was going to get hired or not."

Williams said he had to go through a polygraph test, psychological test, medical exam and a stress test as part of the interviewing process.

He said his duties include patrolling the campus grounds and sometimes dealing with high school students as well. Williams said he sees more students than other community members. During the holiday seasons, work can get a little slow, and he normally works about 10 hours a day, he said.

When he's not in uniform, he enjoys nature and listening to the sounds around him, he said.

"I'm an outdoorsy person, so I usually try to be outside," Williams said. "Hunting, fishing, camping, hiking, you know. Sometimes I stay around and watch movies. ... Even though I just came from Kansas City, I'm not really a big-city person."

Williams said he likes every aspect of his job as an officer.

"I'm kind of flying by the seat of my pants for right now," he said. "I mean, I am very content with my job right now. I think this is a really good job... Basically my career goals right now [are] to learn as much as I can and get as much training as I can, making just a little bit of a ripple in the water as far as Truman University goes."

Williams said not all police officers are bad cops and encourages students not to be afraid to stop them and say hello.

"We're people in this like everybody else," he said.



Mark Hardy/Index

Officer Nate Williams from the Department of Pulic Safety joined Truman's police force after three years with the military and training in the Police Academy.

Blood shortage calls for willing donors at drive

BY KARA SAVAGE
Staff Reporter

Students and faculty have the opportunity to save three people's lives.

January is dedicated to donating blood because of a shortage of blood units throughout the area due to the winter season. Michael Waddle, donor recruitment manager for the Red Cross, said northern Missouri currently is experiencing a critically low number of blood units.

"Every December and January the Red Cross experiences Emergency Appeal, which is when our blood supply gets critically low," Waddle said. "And right now, we are under a half of a day's supply of blood, which is really somewhat dangerous."

Occurrences like a major car pile-up or people not donating blood due to the winter weather can cause shortages of blood, he said. People also have the tendency to get wrapped up in the holiday season and forget how important it is to donate their blood, Waddle said.

"Our territory in the north of Missouri experienced really bad snow and ice, so we had enough blood drives that we had to cancel because the weather was so bad. We lost over 1,000 units of blood," Waddle said.

On Feb. 7 and 8, Blue Key and Cardinal Key will host their semi-annual semester blood drive to help the Red Cross gain more units of useable blood, Waddle said.

For a person to donate blood, there are a few requirements he or she must meet: the donor must be in good health, weigh at least 110 pounds and be 17 years of age or older, he said. A person is able to donate every 56 days and as many as six times a year, he said.

"Our goal for this drive is 500 productive units," he said. "Which means we will have to see about 600 donors because we will have a number of people deferred for iron and there will be some people that traveled on vacation where they might be deferred because of the risk of malaria."

He said most people do not think anything bad is going to happen to them or to their families but unexpected things happen to college students as well as their parents. A student, parent or grandparent could develop cancer or get in a major car accident, which would require blood transfusions, Waddle said.

"If you are looking for a New Year's resolution that will make a difference in 2008, then donating blood is one of the

best ways to do that," Waddle said. "When donating blood, you are actually saving up to three people's lives."

Senior Nick Zarkadis is the blood drive chairman for Blue Key and is a strong advocate of blood donation. As a blood drive chairman, he said his main purpose is promoting the blood drives as well as getting people excited to donate blood.

It is vital to stress the importance of giving blood to students, and in order to reach more students and the community, Blue Key and Cardinal Key work closely together in planning and promoting the blood drives each semester, Zarkadis said. The blood drives take place in the Student Union Building, which is convenient for all students, he said.

"We come to you in order to eliminate excuses for donating blood," Zarkadis said.

Each student has the potential to save many lives, so if a person is scared, sick or afraid of needles then he or she should try to recruit someone to give blood because that is equally as important as giving blood, Zarkadis said.

"The joy and fulfillment of giving blood should outweigh the cost of a needle in your arm," Zarkadis said.

To help the donating process go more smoothly, it is important for the donor to drink a lot of fluids the day before and the day of giving blood, he said. Zarkadis said it also is impor-

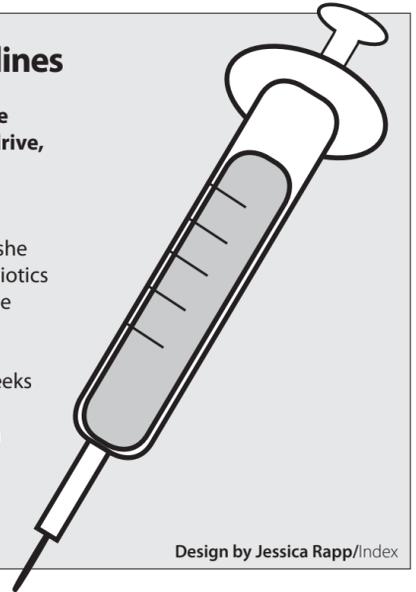
Donor Eligibility Guidelines

Donating blood can save up to three lives, so for the Feb. 7 and 8 blood drive, here are some ways to prepare. The donor:

- must be healthy which means he or she cannot have a fever or be taking antibiotics
- must be at least 17-years-old (in some states, the age is 16)
- must weigh at least 110 pounds
- cannot have donated in the eight weeks or 56 days prior to giving blood
- must wait three years after living in a country with malaria
- cannot be pregnant

Information courtesy of Redcross.org

Design by Jessica Rapp/Index



tant to eat three good meals, which can help reduce any side effects that a person might experience when giving blood.

"There are always blood shortages, and also, not all of the blood donated is useable," Zarkadis said. "That is why it is important to give often and as much as you can."

This past semester, students and the Kirksville community donated 503 pints of useable blood, which is the most that Blue Key has collected in 50 years, he said.

"I had a hand in getting the

highest number donated, but it is more than that to me," Zarkadis said. "It is about encouraging students as well as the community to donate blood in order to save people's lives."

Senior Katie Portnoy has been donating blood since her junior year of high school and has continued to contribute at Truman. Portnoy said she tries to donate as often as possible but that she has side effects from donating blood that hinder her from donating every 56 days.

"I think people should do it if

they don't get scared or get sick because it literally takes such a short amount of time and makes a difference," Portnoy said.

Going with a friend always is a helpful method of getting over the fear of giving blood, she said. Portnoy said she continues to see students and faculty with bandages on their arms, showing that they gave blood during the blood drives.

"I feel it is so easy to donate blood and it can save so many lives and it only takes a half an hour at most, so why not save someone's life?" she said.

LASIK | Student weighs benefits of eye surgery that doctors say offers safe alternative to contacts

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People with thin corneas, large pupils or problems with dry or irritated eyes are not the best candidates for LASIK.

Junior Emily Dack has qualified for and undergone the LASIK procedure. Dack, who had the surgery over Winter Break, said she had been looking for an alternative to the glasses and contacts she wore since grade school.

"I have an astigmatism, or had I guess, so I had weighted contacts, and every time I'd blink, they would have to readjust," Dack said. "It drove me crazy, and I had headaches and stuff from them. I talked to my parents about it, and they thought a new contact would be better, and I changed different contacts several times."

Dack said that last year her doctor suggested LASIK instead of continuously changing contacts. Once she and her parents made the decision, Dack said they were recommended to Hunkeler Eye Institute in Kansas City, Mo., by her mom's coworker who had the operation there.

"I had always thought, 'Wow, wouldn't that be nice? Wait until the insurance pays for it, and then, I'll do it when I'm like 30 or whatever,'" she said. "But I never would have ever thought to do it if [my doctor] wasn't like, 'Really, you should weigh the benefits.'"

Dack said the surgery was quick and painless and that her vision now is 20/15. She hasn't had any complications and is happy she decided to have the procedure done at this time, she said.

"For me, my contacts bothered me every day — like every 10 minutes I was being driven nuts with them," she said. "So for me, it's a lot more worth it to pay the cost of the price than deal with it day-to-day. And my eyes are probably going to be healthier in the long run."

"It is just one option"

Although LASIK is becoming a more common procedure, Miller said people should remember it is just one option. Some people are content with wearing glasses or contacts, he said. In addition to LASIK, there are several other refractive eye surgeries that are more suitable for some people, including ICL, implantable contact lens surgery.

Miller said it also is important to remember that because LASIK is a surgery complications can occur, although less than 5 percent of people have problems.

"We wish we could tell people that it's 100 percent guaranteed," he said. "... But we tell people that there are sometimes complications. Fortunately they're rare, and we know how to thwart them and keep them minimized."

Kim Moody, optician and owner of New Vision Optical, said he knows between 30 and 50 people who have had LASIK and that he thinks it can be a good solution. Moody said that although he owns an eye glasses business now, he probably would have had the surgery if it had been available when he was much younger.

"I think it really is a good surgery, and I can

see why people do it," Moody said. "It's really good if you're younger right now because you're going to have a longer time to enjoy the ... advantages and what it does for you. But someone that's in their late 30s or something like that, they can have it done, but they're still going to need reading glasses in a few years."

Moody, who has followed the development of LASIK in trade magazines he gets, said he has read thousands of cases of people who have good results and only of one who had severe allergic reactions.

Moody said he also has read that LASIK can cause the onset of presbyopia — loss of the ability to see close-up objects well — to occur sooner in life. He said he doesn't know if this is true, but something that concerns him about the surgery is its newness and how doctors won't know about the actual long-term effects of the surgery for several more decades.

"It seems too good to be true," Moody said.

Miller said patients considering LASIK, or any other surgery, must remember that success cannot be ensured prior to the procedure. But he said he has not had patients who were disappointed with the procedure and would recommend that people consult their doctors or a specialist for more information.

"We're obviously trying to get as close to perfect vision as we can," he said. "We don't use the word perfect, but we do try to raise the bar and give people the best quality vision that they can possibly get."

STRIKE | WGA reports discussion in the works for negotiations

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Leno and David Letterman shows have also been a form of entertainment affected, Clark said.

"They are members of other unions and other guilds that have chosen to respect the writers' strike. So performers like those on 'Desperate Housewives,' 'Grey's Anatomy' and their crews may have chosen not to go to work in respect for the writers' strike."

There are sister unions of other professions that have chosen to support the writers' strike.

One of these, called Teamsters, is comprised of lighting and grip work crews. Members of this union work for television, Broadway and conventions, Clark said.

The writers' strike not only affects the companies working for them but also the viewers to the shows. Freshman Allie Toepfer used to watch a number of shows that are now cancelled. She and her friends would get together to watch shows like "Grey's Anatomy," "House," "Gossip Girl" and "Heroes."

"Along with the writers being on strike, I've seen actors and actresses refusing to cross the picket lines," Toepfer said. "Also, the Golden Globes were cancelled because no one would appear on the award show."

Toepfer said she doesn't think the strike will end any time soon because she has seen that broadcast networks are pulling shows from cable networks like "Psych" and "Monk" to fill time slots.

According to an article in the Jan. 7 issue of USA Today, Marc Cherry, who works on the Writers Guild of America negotiating committee, said he believes that the strike will go on for a month. Many others share this belief, including Clark.

"In terms of really positive signs that talks are under way or negotiations are going to be successful, I haven't seen any real promising signs that it will be over in the next couple of weeks," Clark said.

According to a WGA update, informal talks started on Jan. 23.