

Word on the Hill

What do you do to stay fit?

By Ashley Holloway



"Lift weights."
Tim Burnett
Master's of
Business
Administration



"Run cross country and track."
Alyssa Carter
psychology
sophomore



"I jog 30 to 40 minutes."
Crystal Peng
computer science
instructor



"I like to walk."
Marsha Branch
mail center clerk



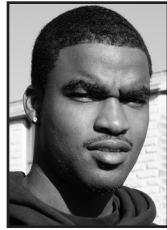
"Drink water and workout."
Alwyn Jordan
sports
management
junior



"Play basketball."
Amy Laible
nursing
senior



"Volleyball practice, and run daily."
Laura Fobes
nursing
sophomore



"It's natural."
Mike Lavine
business
administration
senior

Cancer affects one in eight women

• 182,000 women and 1,600 men will be diagnosed with breast cancer in 2007



April McCormick

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My cousin died from it. My grandma has had several close calls. So has my mom. I will always have to be vigilant. Breast cancer hits close to home.

October is National Breast Cancer Awareness month. One woman in eight either has or will develop breast cancer in her lifetime. According to www.thebreastcancersite.com, each year 182,000 women are diagnosed with breast cancer and 43,300 die. In addition, 1,600 men will be diagnosed with breast cancer and 400 will die this year. If detected early, the five-year survival rate for breast cancer exceeds 95 percent. Breast cancer is the leading cause of cancer deaths among women ages 40-55.

Early detection is the key to survival. Mammography is among the best-known methods of early detection. Better treatment options include chemotherapy and lumpectomy procedures as well as mastectomy. Yet 13 million U.S. women 40 years of age or older have never had a mammogram.

The National Cancer Institute and U.S. Department of Health and Human Services recommends that women in their forties and older have mammograms every one to two years.

One website gives people a chance to help fund mammograms for uninsured and underinsured women under the age of 50 across the country. In 2005 the Pink Ribbon Challenge at www.thebreastcancersite.com broke all records.

More than 600 women received life-saving mammograms. In 2006, visitor clicks funded 2,612 mammograms and visitors who made purchases at the site store funded an additional 2,955 mammograms,

totaling 5,567 mammograms for the year.

Except for skin cancer, breast cancer is the most commonly diagnosed cancer among American women, according to the Center for Disease Control. Breast cancer is the most common cause of death from cancer among Hispanic women and the second most common cause of death from cancer among white, black, Asian and Pacific Islander, American Indian and Alaska Native women.

The National Cancer Institute estimates in 2007, there will be 180,510 new breast cancer cases in the U.S. Of those cases, 178,480 will be female, and 2,030 will be male. The Institute estimates 40,910 will die of breast cancer. The deaths will include 40,460 females and 450 males.

There are ways to lower the risk of having breast cancer. Both men and women should control their weight and exercise. Individuals must know family history of breast cancer. Limiting the amount of alcohol is

one final way to help lower the risk of breast cancer, according to the CDC.

Another way to lower the risk is self breast examinations. This involves checking breasts for lumps or changes while standing or lying in different positions and while looking in a mirror to note any changes in appearance.

When performing a self examination, use the pads of your fingers and start at the nipple. While firmly pressing down, move outward in a circular rotation, up and down or in a wedge pattern.

It is important to remember to put the arm on the side that is being examined up over your head. It is best to check about a week after your period, when breasts are not swollen or tender, using the same method each time. If you no longer have a period, or if you are a man, examine yourself on the same day every month.

Breast self-examinations should not replace regular clinical breast examinations by a health professional and mammograms.

Lack of preparation causes aggravation

Lately I've been reminded of the saying, "Every time one door closes, another one opens." I have a closed door to thank for giving me the opportunity and the inspiration to voice my dissatisfaction of a situation that has been ongoing over the past couple of days.

First off, I want it to be known that I'm all for the improvement of campus, and safety should be first priority. However for some reason, the only thing these newest upgrades have saved me from is myself.

I live in Wallingford and I am unable to unlock any of the doors that lead into the building.

I can't begin to describe how deflating it is to come back from the cafeteria on a Saturday afternoon, looking forward to the mere one hour of down time you have before you have to go film the latest episode of "Game Face" just to tug on a door

that does not budge even with a fully turned key. Campus security came and unlocked the doors and instead of relaxing I'm here marinating in frustration.

Just yesterday (Friday for those of you keeping score at home), I got back from work early which was a blessing on a normal day and a sheer miracle on this one in particular. I had a very limited amount of time to write a paper that I had forgotten all about and the north doors were locked tight.

I started to make my way down to the south doors only to see a fellow Wallingford-ite pounding and pulling on that entrance as well.

Back up to the north entry way, thankfully a nice man sweeping the third floor hallway was there to let me in. He informed me that his key wouldn't unlock the doors ei-

ther.

He said he had mentioned it to the higher-ups, whom told him the problem would be addressed. I lucked out despite locked out, and got my paper done after losing 10 minutes of precious, precious time.

Beings how those events I depicted took place on a Friday and Saturday and the newspaper doesn't come out until Thursday, it would be pessimistic to think the locks on the Wallingford doors would not be changed. But until they are you can expect to see Wallingford residents, risking a level three violation using one of the patio chairs, a rug, or even an empty 12 pack box of Vault energy drink to keep the door propped open.

The new doors on Wallingford are a stark contrast to the ones before where a person could walk right in

whenever they pleased, no key (or chairs) necessary.

After all the echoed hammering and clanging during the installation of the new doors and Wallingford residents dropping nearly \$2,200 to live in the building, now we can't even get inside of it. Would it not make sense to make sure the student's keys work before you install the doors?

Once the locks are changed everything is going to be fine, I realize that. I just feel that someone has severely dropped the ball. The new doors look slick, it's a step-by-step process, somehow the steps have been done out of order, and just like the freshly cemented steps leading to the North Wallingford entrance, this first step has proved to be a doozy.

Nate Jones
Communication junior

—Runners from page 1

Anderson said, "They were one block over, so we didn't really get to see them or anything."
Franklin said, "I swear I saw the very same truck the very next morning, just by the sound of the engine, and it was the same big black diesel engine truck that Katie described when I asked her about her run."
Baltzer, who had briefly exchanged words with the man that followed her said, "He was in his 40s probably, dark hair, might have been Hispanic. But that's about all I can describe him with."
Lieutenant Detective Frank Owens of the Winfield Police Department said he is concerned with the issue.

Owens said, "We haven't received any reports of anyone being followed, so obviously we don't have anything to follow up on. But we like to know when these things do happen. Sometimes people think we wouldn't do anything about it,

but we do respond to these calls and check out those situations.

"Those people are usually doing other things or building up to even more serious offenses down the road, so if we get that information, we pass those things along, and spread this type of information around."

Owens also provided some ideas on how to run safely after the sun has started to set.

He said, "Run in well lit areas and streets and run with a cell phone. They make them so small now, it shouldn't be a big deal. Or, if you think you're being followed, go to the closest public location and call for assistance. Even if you have a cell phone, go to a gas station or grocery store. And let someone know where you're going. Let your suitemate or roommate know when they should expect you to be back."

"I recommend not turning around

to confront or get a tag number, but if the occasion arises and you can get this kind of information safely without putting yourself at risk, it would help all of us."

Drew Logsdon is a senior majoring in communication. You may e-mail him at drew.logsdon@sckans.edu.

Nov. 1.

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Barbie doll world seeks one image

People love to think of America as the land of impartiality and equal opportunity for all individuals. We are given jobs because we possess admirable characteristics, such as being a hard worker, or truly knowing the field we are working in. Or so we like to think.

But in all reality, a vast majority of positions are being handed out, not to the most qualified individuals, but to the most attractive. When we look around us it appears that the Jennifer Anistons and the Justin Timberlakes of our society have everything so much easier. And the sad fact is that it is true.

There are countless instances where people are hired for positions over someone else because they fit a desired image. A great example of this is endorsements. When Nike handed out their 2006 endorsements, their first choice was Matt Leinart, quarterback for the Arizona Cardinals. He is an attractive 24-year-old with an impressive endorsement, but according to ESPN he is only ranked 23rd among 32 NFL quarterbacks in passing yards. Other players who are older and less attractive are ranked much higher on the list, and yet their faces are not seen all over television. Instead of choosing qualified individuals who are known for the impressive work they do, companies are continuously choosing people that are less qualified, and more attractive.

Even in less prestigious work related situations, people who are considered to be less attractive are finding it difficult to advance and make the money that their skill level indicates they should be achieving. This discrimination has even infiltrated the negligible workplace of McDonalds.

According to ABC News, a man named Joseph Conner has experienced the effect of this discrimination first hand. He was offered a job at McDonalds while attending a job fair. When he showed up for work he was asked his pant size. He

replied that he had a 54 inch waist, and weighed 420 pounds. He then left and awaited the call to come into work. When he failed to receive a phone call he contacted the restaurant and was told that his pants had yet to come in. This continued for some time. When Conner went to the restaurant to speak with a manager he was told that there was no one for

him to speak with. When Conner looked behind the counter at the workers, he saw the same people that had been hired at the job fair he had attended. They were working without uniform pants on. At that time Conner decided to get a lawyer and sue McDonalds for discrimination.

In our Barbie Doll world this form of discrimination has a name, and it is lookism. It is a term that can now be found in dictionaries and is defined as "discrimination or prejudice against people based upon their physical appearance." It may seem like people are making a big deal out of nothing. A lot of people reason that if you are not attractive, than you really do not deserve some of the positions being offered. But, lookism is a form of discrimination. There have been rules instated that protect people from discrimination based upon skin color and ethnicity. Yet there are none to protect those people who are overweight, or just considered to be unattractive.

"It's a non-conscious process," said Tom Cash, a psychologist at Old Dominion University. "People assume that more attractive people have an array of valued characteristics. We should add the bias of 'lookism' to sexism and racism. But we don't need to institute a federal program." And the rest of attractive America may agree that a federal program is unnecessary. But if we asked the 60 percent of Americans who are considered to be overweight, it just might get a different response.

Peggy Williams is a sophomore majoring in English. You may e-mail her at peggy.williams@sckans.edu.

There will not be a newspaper published next week. The next regular issue will be published Nov. 1.

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