

Gambino's provides pizza with hint of history

By Amanda Smith
Staff reporter

With a juke box in the corner and a wall of old pictures chronicling Winfield's railway history, Gambino's, located on the right side of north Main St., is not your usual pizza parlor. Locally owned, the restaurant with its dimly lit lights and antique brick walls is a hallmark in the small community.

Nestled into the shell of an old train depot, Gambino's is the perfect place to kick back and enjoy a fresh meal. The atmosphere of the old station can't be rivaled, double dipping into history and delicious food; it is the perfect place for late night meals or afternoon lunch. The mood is set when you walk through the door, abandoning the ominous sun rays for the sparsely lit restaurant. An

old railroad sign looms overhead. In the corner of the entry way sits the largest gum ball machine that I yet to see, teasing and taunting wide eyed children, and robbing parents of their pocketed quarters. The versatile environment is perfect for family and friends. Located off winding concrete and wooden stairs a large room can host team parties and business meetings.

The menu is not elaborate, offering only pizza, sandwiches, and pasta dishes. However, the food is prepared quickly and the service is polite. Classical sandwiches with a side of chips, pasta dishes including Italian favorites such as chicken Alfredo, spaghetti, and lasagna, and a variety of pizzas ranging from traditional pepperoni oozing with gooey cheese to Hawaiian speckled with bright yellow pineapple are

offered. Gambino's pizza is unique in the fact that it is not as greasy as its competitors, leading one to believe that it is the healthier choice. Their desert pizzas, including cinnamon streusel, chocolate chip, my personal favorite, and apple or cherry crisp, are to die for.

Gambino's also has a lighter side with a fully furnished salad bar. Go once, go twice, go three times to the salad bar, it's up to you. The cost of a one trip salad is not too much less than an all you can eat.

The prices are reasonable with sandwiches for \$5 and pasta dishes for \$6 to \$7. Pizza price varies according to size. Specializing in pizza, the restaurant doubles as a delivering service bringing their masterpiece creations right to your

door. During the week, Gambino's offers a lunch buffet with a never ending supply of pizza, pasta, and salad. The all you can eat buffet, open at 11 a.m., is a steal costing only \$7 per person. Make sure to beat the crowd if you're in a hurry because the

lunch rush is known to draw a large number of famished customers.

Gambino's with all of its class and character is the perfect place to go for a slice of Italian tradition without the grease. For one night be unfaithful to Pizza Hut and head north to the old train depot for local service and a freshly prepared meal.

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Photo by Amanda Smith/Collegian photographer

Gambino's, housed in an old train depot, offers a traditional menu with an Italian twist, serving sandwiches, pasta dishes, and pizza. The restaurant is part of a nation-wide chain, but locally owned. The small town comfort of the pizza parlor is one of its strongest assets.

Cellular phones distract drivers' attention

By Jessica Bernhardt
News editor

You see it every day. It doesn't matter if you're driving down the street to the grocery store or cruising down the interstate for your three-hour trip home. You rarely reach your destination without passing a car with the driver on their cell phone.

Do these people realize how unsafe it is to drive while on the phone? Do they realize the hurdles other drivers have to leap to drive with them while they're so concerned about what will be for supper? Obviously not, or else it wouldn't be happening.

Several states have taken action to prevent drivers from talking on their cell phones. However there are too many states that haven't. According to the Insurance Institute for Highway Safety, 24 of the 50 states have no restrictions for cell phone usage. There are 13 states that restrict school bus drivers from using their phones. For 15 states, if you hold your learner's permit, are under 18, or are an intermediate license holder, all cell phones are restricted.

For hand held phones, including Bluetooth, only six states have bans and six states are determined by jurisdiction.

Kansas is one of those 24 states that doesn't have any restrictions. According to www.cellular-news.com, a bill was introduced to ban cell phones but failed in 2000. A national ban is being debated at this time. If a bill is passed in the federal government, it will override any local legislation.

Talk of cell phone use also brings me to another point. Don't you love going out to eat a nice meal with your family only to be interrupted by the sound of a phone ringing at the next table over?

With the advancement in technology, more often than not that ring won't just be a normal telephone ring. It will be some rap song that is a No. 1 hit, or perhaps even the noise of car breaks screeching. Whatever it is that people set their ringtones to, everyone can hear it.

I think the worst part about phones ringing in public places is when

the owners answer them. Some restaurant owners ban customers from using cell phones while dining. Some don't. It's really a matter of personal interest. For me, personally, I don't care who Bob is going to go on a date with next week. And I don't care if Sally just had a baby or if Betty Sue needs a new pair of jeans. What matters to me when I go out to eat is getting the best service I can, enjoying my meal, and leaving.

Not only is cell phone use in public places rude, it's disrespectful and inappropriate. A list of 10 dos and don'ts of cell phone etiquette can be found at www.microsoft.com. I feel a couple of these are worth sharing.

Second on the list of don'ts is to maintain at least a 10-foot zone from anyone while talking. This is purely to show respect. Third on the list is never talk on phones in elevators, libraries, museums, restaurants, theaters, dentist or doctor waiting rooms, places of worship, or other enclosed public spaces.

It's funny how one would think cell phone usage isn't a big problem.

But think about all the other people out there who despise cell phone use while they're trying to watch a movie or check out a book.

There are a couple of dos that also are worth noting. Number one on the list is to keep all cellular congress brief and to the point. The reason? To avoid long and repetitive conversations. And last, but most certainly not least, number three on the list of dos. Tell callers when you're talking on a mobile so they can anticipate distractions or disconnections. Not only is this respectful for the listener, but for the purpose of the conversation as well. Think if you're on the phone with a possible employer and your phone cuts out. Not very impressive.

Next time you're driving down the interstate at 75 miles per hour, remember to keep your phone in the cup holder. And when you're dining out with your family, don't forget to put your phone on vibrate or silent. Or better yet, leave it in the car.

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Breaks can cause boredom for some residents

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It is Easter break, or Christmas break it could even be summer. This year you've decided to stay on campus rather than going home. For those shorter breaks, like Easter, it just seems easier to stay on campus rather than cart a suitcase full of clothes back and forth. At least it seems easier.

You think to yourself, this will be fun. The room all to myself, all this time to do everything I need to do for the next week. I shouldn't get bored. There are plenty of things to do and places to go. Think again.

The problem with staying on campus during breaks of any kind is that everything on campus is closed. Just for fun, let's say you don't have a vehicle. Just for fun, let's say Mother Nature decides she's in a bad mood and in the middle of April, she gives you snow and very cold weather. Now what? Where do you eat? If by some miracle something is opened, how do you get there?

It seems that students don't get

fully prepared for things being closed on campus. I decided this Easter break that I didn't want to go home. I'd just stay on campus and be fine.

Until last Thursday morning when I discovered it was freezing and later found out it was snowing. The Java Jinx was only open from three in the afternoon to seven at night. I had also run out of Raman Noodles and had no car or money to buy more food. It came to my attention that lunch might be postponed for three hours. Upon last Thursday night, my stomach decided it wanted food and it wanted it now. Too bad there was none. No car to take me to McDonalds, no money to spend at McDonalds. Easter break was looking quite dim.

The Friday of Easter break didn't start out too pleasant either. I awoke to no power or internet. The Jinx was to open in an hour, but with no power, there was no way I could get food. If the power wasn't back on by five I might have to go without food because that's when I went to work. Being bored and hungry is never a good thing.

With no power, there was no internet or TV, my means of fun

when I'm by myself. I couldn't even listen to my radio or talk on the phone in my room. What kind of Easter break is this? I could do my homework, I even did a bit of it, but with no one around, any sounds in the background, I found the quiet to be too creepy. Now what? Nothing, that's what.

If I would have had the money to go and get myself some food, I could have walked. Except for the small issue with the weather being ice cold. That just ruined the entire break for me. I couldn't go out and play basketball, I couldn't go for a walk, and there was no sitting outside in the sunshine.

Mother Nature just wasn't having it this year. What is there to do when you're stuck inside all break? I finally got to the point to where I watched all the movies I had rented from the library, but the library was now closed. There was no going and getting more movies, maybe a book. I was just stuck in the land of boredom.

What are students to do when things like this happens? What if it

had been a longer break, say spring break? If students stay here for spring break, run out of food and things to do and the weather is some what less than crappy, how do you beat the boredom?

What I'm trying to say is it would be much easier if something were open from say noon to seven instead of three to seven. Maybe instead of opening at three everyday, they could just not open on Easter but the Saturday before be open for students in need of snacks for the next day.

I don't find breaks very fun for students who stay on campus, especially when they have no means of travel. Maybe it would be easier for students to just go home if they can, or go with a friend to their home. Even a weekend by yourself seems to suck royally.

Things might be open, but going to eat alone isn't what I call fun either. Students may look at the idea of being at school on break as one big party, except that no one else is here, nothing is open and you find yourself extremely bored. My advice to you is, go somewhere else. Carting your suitcases around for a weekend won't kill you, but boredom might.

Piled on activities leave feeling of being overwhelmed

Reflecting on another semester quickly disappearing under the busyness of my loaded calendar and my full backpack, I cannot help but wonder, "Why do we pile so much on to our plates as students?" Every activity I am in has three more big events or meetings left this month. Not to mention I have at least two more major papers due for each class. How am I going to find time to take on another activity?

Quoting Dr. Martha Butler, director of the nursing department, "If you are not busy, why are you here?" If I am paying all this money, why not be busy. Since I have been here, it has been a true chance to step out of my isolated comfort zone and become involved in activities that I

wouldn't have been a part of before.

When I came in as a freshman, I was intimidated by the horror stories of the upperclassmen who warned me about "over-load." This dreaded word haunted every, "yes" and "no" I spoke those two semesters. Yet while I was not over committed, I wanted to do more. During that first spring semester, I started a volunteer work at Eagle Nest on Saturday mornings. None of my prior commitments required that I do volunteer work. It was just that a part of me had a strong desire to serve, and this shop has proven to be a worthwhile volunteer opportunity.

Eagle Nest is a business that not only serves the community as

a second-hand women's clothing department, but also helps women to "find their wings." This business is run by Gayle McPherson. It has grown in to a multifaceted organization that now involves Salvation Army, computer classes, and a domestic abuse help and resource center. They continually need volunteers to do a variety of tasks, not just working the front counter. They need help doing minor repairs and remodeling work to the building and moving furniture for those in the community. They need help with cleaning, moving new donations in and out of the store, taking phone calls, collecting supplies, and various other tasks.

I encourage you, SC Moundbuilder, to volunteer in this community and represent this amazing school in a new way. While we never seem to have enough of time, I will share with you the bit of wisdom imparted on me my first year. College is about relationships, not just our future. I believe that giving of our time is one of the best choices we could make to build relationships that matter. Henry Wadsworth Longfellow said, "Give what you have. To someone, it may be better than you dared to think." I hope that you will give the time, talent and skill to the dream of another.

—Kim Swartz,
religion and philosophy junior

Restaurant Review

Editorial

Health Column



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As is the case in many other things, binge drinking comes at no small price. Some of the consequences tend to be overlooked.

Tami Pullins, associate dean of students, said the most accepted definition of binge drinking is having five or more drinks in one setting. Pullins worked at a hospital's alcohol and prevention center in Joplin, Mo. for five years prior to working at Southwestern College.

Pullins said some of the less direct penalties include making embarrassing phone calls made, harming a pet, and damaging your reputation from sending out an e-mail that didn't represent you well.

Some of the more direct penalties include sexual assault, engaging in unplanned sexual activity, vandalism, alcohol poisoning, missed classes, failed tests, DUI, blackout, tolerance to alcohol, loss of job or failure at it. Pullins said, "If you drink long enough, hard enough, eventually it is going to take a toll on you one way or another."

Pullins said a serious effect of alcohol is what is called the body rot stage. In this stage the body's heart begins to have problems and cirrhosis of the liver occurs. Pullins added that one thing she often saw at the center was teeth rot because the drinker had not taken care of themselves.

Everyone with a family history of alcoholism is at risk for developing alcohol abuse disorders. An article on About.com, Nielsen NetRatings' Top 10 Web Property, used by one out of every five people on the

Corrections:

In the article about Bill DeArmond and his fourth book in the last issue of *The Collegian*, the quote, "I'm a spiritual person. I call myself a skeptical jujin/ Gnostic, wave, Buddhist, and I'm the only one in the world. I wouldn't have it any other way," is supposed to read, "I

internet, talked about whether or not family history of alcoholism is a risk factor. The study was published in the May 2006 issue of *Alcoholism: Clinical & Experimental Research*.

"The development of alcoholism among individuals with a family history of alcoholism is about four to eight times more common than it is among individuals with no such family history," said William R. Lovallo, Director of the Behavioral Sciences Laboratories at the Veterans Affairs Medical Center, Oklahoma City and corresponding author for the study. "Although the definition of 'family history' is different according to different researchers, we define it as when either or both of the person's parents have had an alcohol problem."

Pullins said the earlier you drink the more likely you are to have addiction problems. Pullins said the Student Life staff is available to students who are concerned with peers, friends or family members.

According to the SAMHSA National Survey on drug use and health (<http://www.sadd.org/stats.htm>), adults age 21 or older who had first used alcohol before age 21 were more likely than adults who had their first drink at age 21 or older to be classified with alcohol dependence or abuse (9.6% vs. 2.1%).

In 2005, more males than females ages 12-20 reported current alcohol use (28.9% vs. 27.5%), binge drinking (21.3% vs. 16.1%), and heavy drinking (7.6% vs. 4.3%).

Young adults ages 18-22 enrolled full time in college were more likely than their peers not enrolled full time to use alcohol in the past month, to binge drink, and to drink heavily.

am a spiritual person. I call myself a Skeptical, Jungian-Gnostic, Wave Buddhist..."

Charles Wells is a sports management sophomore. His major was incorrectly stated in the last issue of *The Collegian*.

The Collegian staff regrets these errors.

THE COLLEGIAN

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