

THE COLLEGIAN

EDITOR IN CHIEF
Angel Vadillo

ONLINE EDITOR
Dalton Carver

MANAGING EDITOR
Maggie Dunning

SPORTS EDITOR
Bailey VenJohn

NEWS AND OPINION EDITOR
Kylie Stamper

STAFF
Ozzie Briesch
Melody Brinigar
Keilah Chambers
Taylor Forrest
Kyle Hernandez
Hanna House
Jacob Jimmerson
Sam Jones
Jonahs Joudrey
Dru Pelter
Kacey Stout

FACULTY ADVISER
Stacy Sparks

The Collegian is the student publication of Southwestern College in Winfield, Kansas. Feature stories and opinion pieces are published and distributed monthly during the fall and spring semesters. Timely news and sports coverage is published in electronic version at updates.org.

News contributions will be accepted by sending an e-mail to angel.vadillo@sckans.edu or through campus mail addressed to: The Collegian, Southwestern College, 100 College Street, Winfield, KS 67156.

Editorials are written by the Collegian staff members and do not necessarily represent the views of The Collegian or Southwestern College.

Letters to the editor are encouraged. To be published, letters must be verified, either with a signature or some other means of identifying the writer. All letters are subject to editing.

Subscription rates: first copy free to students, faculty and visitors to Southwestern College. Subscriptions are available for \$10 per school year mailed.

Shoot for par to relieve midterm stress

Bailey VenJohn
Staff reporter

No doubt about it, midterms fall a close second to finals on the list of being the worst part about college.

No student wants to take a test that accounts for a large amount of their overall class grade.

Unfortunately midterms are this week and it is likely that you will be facing at least one. You know the library is about to be a hotspot for avid studiers these next couple days.

I'm just trying to hang out. Fall just started, the weather is fantastic and there is always football or plenty of scary movies to be watched this time of year.

Studying until my brain hurts is not something I look forward to enduring for my GPA. Most likely, at some point, you will just want to give up. Toss the endless stacks of study material aside, and say, "I'm done, let's do something other than school work."

Even if you aren't the type to take it to the extreme and completely give up on studying, you will still need a study break at some point. So what is the best study break in my opinion?

Disc golf.

The sport of disc golf consists of throwing Frisbees or discs into a target. The targets are about four feet tall poles. There's a basket two and a half feet up with chains hanging from the top to the center of the basket to help keep the discs from just bouncing off the inner pole.

The discs are rubber and come in a variety of styles. Each disc has numbers that indicate the speed, glide and routes that they should fly.

The disc must land in the basket to score. Similar to regular golf, each hole has a par as the target number of throws it should take to score. A course is typically made of either nine or 18 holes.

In Winfield there are two courses. One is located at Cherry Street

Park on Cherry Street. It is a nine-hole course with open fairways and a basic set up.

The other course is Pecan Grove located on the south side of the Winfield Fairgrounds off 14th street. It is an 18-hole course that

winds through pecan trees and on many holes the Walnut River comes into play.

Disc golf is a recently found love for me. I really started playing this past summer and it did not take long for it to develop into a passion of mine.

There isn't a whole lot to not love about it. It is an easy way to get some fresh air. You can play it by yourself or grab a few friends to challenge. There isn't a coach yelling at you from the sidelines. It is relaxing and stress relieving.

Since I have been at school I have played the Cherry Street Park course multiple times. I have yet to build up the confidence to play at the Pecan Grove course

because of the obstacles and the river. I still consider myself a beginner and I'm not quite ready for that level.

If you get the chance sometime to check out disc golf take it. I can almost guarantee you will enjoy it.

Maybe enough to get your own set of discs. A beginner set with a driver, mid-range and putter can run for as cheap as \$20.

We know that once midterms are over the stress doesn't end along with them. In fact I believe it worsens between now and finals. So pick out a hobby to help relieve the stress, it'll probably come in handy for more than just for a study break.

Whatever you choose I wish you good luck in pursuing it, and of course, good luck on your midterms as well.

Bailey VenJohn is a junior majoring in communication. You may email her at bailey.venjohn@sckans.edu.

PERSONAL COLUMN

High profile attacks create abuse awareness

By Maggie Dunning
Staff reporter

"One in four women experience domestic abuse in her life time. Every year, one in three women who are a victim of homicide is murdered by her current or former partner," reported safehorizon.org

It seems as though outrage at domestic abuse has become popular overnight. With professional athletes such as Ray Rice, Ray McDonald, Greg Hardy, Jonathan Dwyer and Quincy Enunwa coming under scrutiny for their involvement in domestic abuse against their significant others, domestic abuse has become the hot button social issue of the moment.

Before these athletes came under fire for their actions it's as though domestic abuse was some rare occurrence in American society. It wasn't.

Domestic abuse has had American society in its grips

for years and it will continue to have American society in its clutches until people become educated on it.

Education starts with knowing the facts.

- Most domestic abuse cases are never reported.

- More than 60 percent of domestic violence incidents happen at home.

- Women experience more than four million physical assaults and rapes because of

their partners, and men are victims of nearly three million physical assaults.

- Survivors of domestic violence face high rates of depression, sleep disturbances, anxiety, flashbacks, and other emotional distress.

- According to the U.S. Department of Housing and Urban Development, domestic violence is the third leading cause of homelessness among families.

Source: Safehorizon.org

These facts are just the tip of the iceberg when it comes to this issue. Domestic abuse goes much deeper than statistics.

Domestic abuse is steeped in a cultural belief that this is an acceptable way to treat significant others, that abusive behavior is ok.

It isn't. Abuse is never ok.

Maggie Dunning is a junior majoring in communication. You may email her at margaret.dunning@sckans.edu.

OPINION

Signs of Domestic Abuse

- Bruises or injuries that look like they came from choking, punching, or being thrown down. Black eyes, red or purple marks at the neck, and sprained wrists are common injuries in violent relationships.
- Attempting to hide bruises with makeup or clothing.
- Making excuses like tripping or being accident-prone or clumsy. Often the seriousness of the injury does not match up with the explanation.
- Having few close friends and being isolated from relatives and coworkers.
- Having to ask permission to meet, talk with, or do things with other people.
- Having little money available; may not have credit cards or even a car.

Source: Webmd.COM