



# THE COLLEGLIAN

THE STUDENT VOICE OF SOUTHWESTERN COLLEGE

CAMPUS Engagements spread on the hill

OPINION Senior dreads attending class

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## THE WEATHER

Thursday: Hi: 75°  
Mostly cloudy  
Friday: Hi: 60°  
Mostly sunny  
Saturday: Hi: 60°  
Partly cloudy



Source: weather.com

## Winter weather brings blues

Maggie Collett  
Staff reporter

Harsh winds, icy roads, and below-zero temperatures are all reasons to be bitter about winter.

For some, winter is even worse because of seasonal affective disorder. According to The Gale Encyclopedia of Medicine, seasonal affective disorder is, "a mood disorder in which major depressive episodes and/or manic episodes occur at predictable times of the year, with depressive episodes typically occurring during the fall and winter months."

The Gale Encyclopedia of Medicine also states, seasonal affective disorder may be caused by the change in the length of daylight hours from season-to-season. Most people experience symptoms during the fall and winter months when daylight hours are shorter, resulting in "the winter blues."

Being in college may put students at higher risk than any other age group. In addition, The Gale Encyclopedia of Medicine presents, "younger individuals are at higher risk for seasonal depressive episodes than are older persons... The disorder usually begins in the twenties."

Dawn Pleas-Bailey, vice president for student life, said she knows the disorder from two different angles.

"I know the situation from two levels: personal and professional," said Pleas-Bailey. She related the situation to personal connections that she has to people that live in northern states.

"I have a lot of friends that work in Vermont and New Hampshire and it's just snow everywhere and it never leaves and it piles up," she said. "They would talk about how they do a lot of programming in the winter to combat it."

Pleas-Bailey said students need to know the symptoms of seasonal affective disorder.

"It can be very destructive to your campus if people don't realize what it is," said Pleas-Bailey.

Felisha Froggatte, education freshman, said she knows what it's like to have seasonal affective disorder. During her episodes, Froggatte said, "I like to be in the dark. I'm very emotional and I don't talk as much."

Treating her seasonal affective disorder has proven to be difficult while away from home.

"Every light in the house at home is the kind of light I'm supposed to be in but we obviously don't have that here so I can't treat it here," said Froggatte. "I can't take any medicine for it."

Maggie Collett is a freshman majoring in communication. You may e-mail her at margaret.collett@sckans.edu.

## Helmer leads tradition of excellence

Lea Shores  
Editor in chief

Everyone at Southwestern leaves behind some sort of legacy. For Jim Helmer, head cross country and men's track coach, the legacy has spanned more than 33 years.

Helmer, originally from Lyons, came to the college as a student and ran cross country and track. Like many Builders, he met his wife here, and stayed in Winfield upon graduation to start a family.

"By chance, my first job was at Winfield High School," said Helmer.

Helmer spent several years at the high school before another offer came up. "I got the opportunity to get back to my alma mater," he said. "I ran here. This was my school."

In 33 years, Helmer has won 31 consecutive men's cross country conference championships, coached more than 75 All Americans, and taken countless runners to nationals.

Some might wonder why a coach with such capabilities stayed at a small, private college. Helmer said for awhile, he

actively pursued several other National Collegiate Athletic Association positions. "It's not that I was dissatisfied, just looking at my options," said Helmer. "I'm content to be here. I might have had to give up an awful lot to move."

Amy Pierson, nursing senior, has run under Helmer for four years.

"He's the best coach I've ever had," said Pierson. "I think that's the reason why a lot of people come here."

For Helmer, being a successful coach is more than winning. "The most important part is giving young people the opportunity to practice doing what they have to do to be successful and be a contributor," he said.

Pierson said, "He talks to us about how running isn't everything. Work hard at whatever you want to do and it will pay off."

Helmer said, "Not everyone is going to buy into it, but I keep hearing from alumni. They tell me how special and important cross country and track was. That means way more than championships."

Not one to mince words,



Samantha Gillis/Collegian photographer

Jim Helmer, head cross country and men's track coach, sits in his office. Behind are consecutive men's cross country conference championship titles, which he has achieved for more than 33 years. Helmer has taken countless runners to nationals.

Helmer takes a straightforward approach when dealing with students.

Pierson said, "He says it the way it is. He's caring but he's honest and he knows what he's doing. He really helps you build

character."

Coaching hasn't left much time for Helmer to do many other things. He is involved at Grace United Methodist Church and spends as much time as he can with his family, including

two children in Winfield and grandchildren in Houston.

He said, "Coaching pretty much consumes me."

Lea Shores is a senior majoring in English. You may e-mail her at lea.shores@sckans.edu.

## Devotion and Praise Keynotes, World Witness and Selah share love of God through music and worship with community

By Will Rosson  
Staff reporter

Wednesday Chapel services

aren't the only time to hear praise and worship. The Worship Outreach program features three music worship teams: Keynotes,

World Witness, and Selah, all under the direction of Martin Rude. To help organize communication among the teams each team is represented by a student facilitator. The job of student facilitator is to facilitate the team in weekly meetings, plan trips and communicate with pastors of the respective churches that they visit beforehand.

Zach Castor, biology junior, is the student facilitator for Selah. He explains the difference between the three groups.

"The main difference is the styles in which we worship. Selah has traditionally been more rock, and is starting to lean towards more acoustic with just a few singers, while Keynotes has more of a choir with a background instrumental sound. World Witness Team is similar to Keynotes in that regard, however World Witness Team has a focus on other cultures," said Castor.

Castor has been involved with worship most of his life, and has been involved with the Worship Outreach teams since his first semester.

Isaac Chua, religion and philosophy junior, serves as the student facilitator for World Witness. He has been serving in worship for the last seven years.

"I have been playing the guitar and piano and leading youth group worship back home in Singapore before I came here," said Chua.



Isaac Chua/courtesy photo

Christy Rude, early childhood education junior, Joanna Woon, music senior, Dylan Moore, music freshman, Megan Bustraan, nursing junior, Jonathan Woon, communication freshman and Zach Castor, biology junior perform during homecoming week.

The Outreach Worship teams aren't just about giving a standard performance to please the ears Chua explains.

"Worship teams help to lead people in musical worship to God. They lead people in a service to express with words in music praise and adoration for God, as well as seeking further devotion to God. Worship is an important part of our lives and worship teams have an important role in guiding the people of God in doing that," said Chua.

Throughout the school year Outreach Worship teams have performances on campus, local churches, and travel frequently to other churches outside of the Winfield community. Tiffany Rea, marine biology sophomore, is the student facilitator of Keynotes. She said that highlights of upcoming travels include worshipping with churches in Augusta and Andover, and are arranging a hopeful journey to western Kansas to Dodge City as well. When a worship team travels, it's not just about worshipping and coming back home she said.

"Depending on how involved the pastor requests us to be, we range from simply preparing a special music piece, to leading all of the music, to planning and

leading the entire service. After the service we make an effort to connect with Southwestern Alumni and reach out to prospective students," Rea said.

Castor agrees with Rea and adds,

"One of our main intentions is to build relationships with people, especially the youth."

You don't have to be a religion or music worship major to be involved with the Outreach Worship program. Chua said,

"Anyone can join the Worship Outreach worship teams. You can contact Martin Rude, or look for one of the student facilitators. You don't have to know how to play an instrument, and you do not have to have a great voice in order to join. As long as you have a worshipful and willing heart to serve, we would love to have you. Being part of a worship team is a fruitful experience, where you can grow together with your fellow students and share great joy together. You'll get to learn new and fun worship songs, and also travel and visit many churches around the area. It is a great way to get connected."

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Isaac Chua/courtesy photo

Zach Castor, biology junior, plays guitar during homecoming week, outside of the student center as part of the Outreach Worship program. Castor is a member of the Selah program.

CAT SCAN

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