

'Bigger and better' things are found closer to home



BRIAN NELSON

PERSONAL COLUMN

away before morning. No harm done, though Cinderella may have had trouble getting to the ball that night.

Unexpectedly, the 77, The Mound and the cafeteria food, which made me mourn for my mother's cooking, became home.

I doubt any other college would introduce me to something called Stau Bau. Not many universities have an instructor who schedules class at the coffee house down the street. Surely, there are not too many newspaper advisers who invite the staff to her home once a month for "Second Sunday Soup at Stacy's." And I'm sure there are not too many colleges with professors who will hint that the view from the roof is amazing.

There is no other college like Southwestern.

I feel slightly cut short on my time here, having taken the two-year transfer route. Then I remind myself that if I had not attended Garden City Community College, I would not be here. I would not know it exists. I would have never been asked "Have you looked at Southwestern?"

Southwestern has become an important part of every student's life who has earned their diploma here. While enjoying their stay here, they often forget the importance of the place they came from.

Most of the students I talk to do not plan on going back home after graduation. They believe there are bigger and better things out there for them. I only hope that bigger and better does not refer to the size of someone's wallet.

I have always believed that we are put where we are for a reason. This is why I'm going back home after I graduate. Though I've enjoyed my time here, I miss the vast open sky of southwest Kansas, where the tallest landmark is a grand, but decaying 1889 hotel.

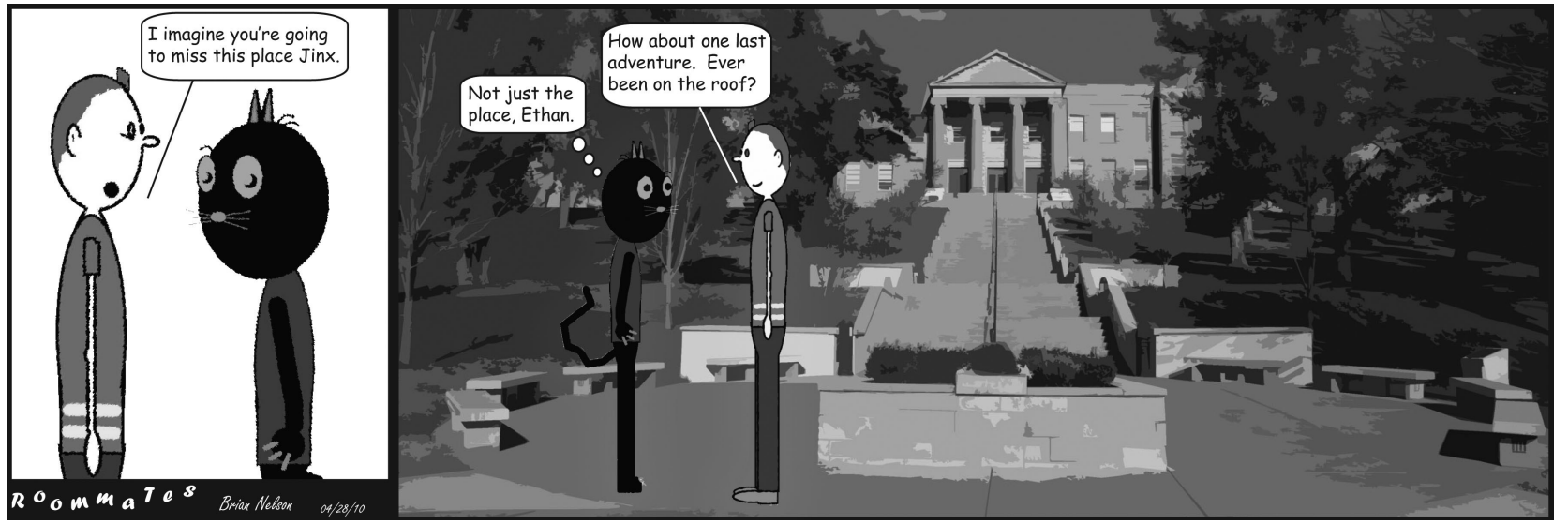
Maybe there are greater things somewhere else for me, but there is only one place I want to be. Home.

Leaving is going to be hard, and I can honestly say that I now know what it was like for Dorothy Gale to say goodbye to the friends she met in the land of Oz. She waved goodbye and was gone.

Now I'm waving goodbye. And if you'll excuse me, I believe there is an old hotel in southwest Kansas that is waiting for my help to be restored.

Goodbye.

Brian Nelson is a senior majoring in English. You may e-mail him at brian.nelson@sckans.edu.



Duo serves up laughs as 'Date Night' sits third at box office

By Cameron Siefkes
Managing editor

MOVIE REVIEW

Casting director Donna Isaacson struck comedy gold when she decided to put Tina Fey and Steve Carell in "Date Night."

The movie, which was released April 9, is currently at number three in the box office and has grossed \$48 million.

Also joining Carell and Fey are Mark Wahlberg, Taraji P. Henson, Leighton Meester, Kristen Wiig, Mark Ruffalo, James Franco and Mila Kunis. Each character makes a nice addition to the cast.

Simplicity would be the best way to describe the storyline. Phil and Clair Foster are a married couple from New Jersey with two children and are stuck in their daily routines.

Once a week they have a date night, which consists of a dinner at the same restaurant with the same meal.

After learning that some of their closest friends are divorcing they decide it is time to turn things around. They get all dressed up and go out to the newest hotspot in New York City, Claw. A mistake is made though when they do not have a reservation and the host treats them like crap. While waiting at the bar hoping to get a table, they see a hostess looking for a couple by the name of Triplehorn. Phil makes a snap decision that they are the Triplehorns for the evening after no one is claiming to be them and they get seated. In the middle of their very expensive meal they are confronted by two

scary looking men who force them into the alley behind the restaurant. The Fosters oblige thinking that they are in trouble for stealing someone's reservation.

The men tell the couple that they have to give up the flash drive. The Fosters of course have no clue what they are talking about, so they make-up a story that the drive is in Central Park, so that they can try to get out of the situation.

From here the mayhem and hilarity ensues. I won't tell you the rest, but instead just say that you should go see it for yourself.

The storyline isn't all laughs and action-packed. It focuses on a couple and what can happen to a relationship when two people become stuck in a rut. Of course not everyone can be chased around the city to spice up

their relationship, but it was nice to have a little something extra in the movie.

It would have been easy for this story line to be uninteresting. However, the chemistry between Carell and Fey make it enjoyable. They wouldn't be the first two people to pop into mind when thinking about an action movie, but they work in that department as well.

I highly recommend this movie. The plot is easy on the mind and the comedy isn't too forced. And my final advice is not to get up too quickly to run to the restroom when the credits start rolling. Some of the funniest moments are in the bloopers.

Cameron Siefkes is a senior majoring in communication. You may e-mail her at cameron.siefkes@sckans.edu.

Beach weather creates drop in confidence

By Alejandra Rojas
Staff reporter

EDITORIAL

The most exciting thing about school coming to end isn't the fact that there won't be any homework to do and that there won't be a need to wake up for classes, but it's the thought of lying around the pool is just around the corner.

Swimwear season is here and every mall around the world will have racks with colorful swimsuits and Hawaiian-style swim trunks ready for college students with a must needed vacation.

Students will crack bottles of sunscreen, the dust on the Jet Ski will be cleaned off, beach balls will be ready to be bounced back and forth and colorful towels will invade every swimming pool, lake, beach and ocean.

The amount of money spent during the summer isn't due to the time of the year, but instead it is spent in order to draw attention. Attention to what? It's not to finding the perfect swimsuit or to getting the right girl. It's having the perfect body image.

Students strive to have the perfect

body. To look thin, fit and to have abs. Oh, the six pack can drive anyone crazy. The reality is, students go on diets in an unhealthy way to "fit" in and to achieve their version of a perfect summer.

PBS showed a documentary titled "In the Mix Self Image, the Fantasy the Reality." In the documentary various students were interviewed and asked what they thought the perfect body image was according to them. According to the men who were interviewed, men are obsessed with matching the media's image of "diesel" male bodies.

The way for them to achieve this is by using steroids. Statistics show that one million teenage boys have eating disorders and as many as 400,000 are steroid users. And while steroids may be an answered prayer, it's not the key to having a wonderful life. There might be a chance at the best summer, but later on steroids will cause acne, lower sperm count and make testicles smaller.

Doesn't sound like the perfect

body image, right? More often than not students worry about working their tails off with extraneous activities to look thin, forget to eat, worry about body weight and never realize they are damaging not only their bodies, but mentally will have anxiety and depression.

Students from the University of Colorado at Boulder conducted a research in women wellness and found that young girls are more afraid of becoming fat than they are of nuclear war, cancer or losing their parents. They also discovered that in 1970 the average age of a girl who started dieting was 14, by 1990 the average dieting age fell to eight.

Surprising enough dieting is something that happens on a daily basis whether we realize it or not. One out of three women and one out of four men are on a diet at any given time. Two thirds of dieters regain the weight within one year and virtually all regain it within five years.

No one ever stops to think about the number of people who worry about having the right body image and all for the wrong reasons.

Everyone strives to have a six

pack. When the coaches have us do crunches during soccer practice, swimwear season is in the back of my head. So why are we so obsessed with looking good. Why don't we appreciate our bodies? It can be hard, but our bodies are ours.

Everyone has the right to diet, to work out or not work out, everyone should be aware of the dangers diets may cause. Don't let the diet be in control, but rather control the diet. Exercise and eat in a healthy way. But most importantly be happy.

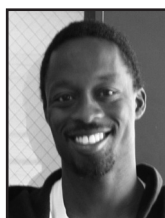
Yes, the beaching will be calling and swimsuits will be worn and they will be shown off by everyone. In order to have fun, fat shouldn't be in the back of any ones head. Remember that thoughts are choices and that those choices determine reality.

So this summer, instead of sulking about the perfect body image determine the reality of students full of laughter, splashing in by the pool and playing water polo.

Alejandra Rojas is a junior majoring in communication. You may e-mail her at alejandra.rojas@sckans.edu.

Word on the Hill

What snack do you grab from the gas station?
By Lea Shores



"The snack I grab from the gas station is jolly rancher chewies."
Matt Perkins
business administration senior



"Sunflower seeds."
Kelsey Murphy
business administration sophomore



"I don't get snacks at gas stations."
Nicole Mound
secondary education freshman



"Sunflower seeds."
Trevor Noel
computer science freshman



"I like to grab a candy bar."
Jeremiah Roberts
music education junior



"Candy."
Cole Ebenkamp
business administration freshman



"The snack I grab is Doritos Cool Ranch."
Danny Mouandy
business administration junior



"The snack I would normally get would be Doritos."
Nikki-Kay Nichols
health and physical education senior



"Twizzler Nidbits."
Cassi Reimer
physics senior



"I like to pick up M&Ms and Pepsi."
Jessica Johnson
secondary education junior



"Reese's."
Danielle Morford
marine biology freshman



"Usually I just grab a bottle of water or pop when I'm on the go."
Joseph Jett
nursing sophomore

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The Collegian is the official student newspaper of Southwestern College in Winfield, Kansas. It is published and distributed during the fall and spring semesters. News contributions will be accepted by sending an e-mail to collegian@sckans.edu or 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 and \$35 per school year mailed. The Collegian is also available in electronic version at sccollegian.com and sccupdate.org.

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