

COLLEGIAN STAFF EDITION

Word on the Hill

What do you get in your stocking?

By Drew Logsdon



"Switches and bubblegum."

Anthony Cook
communication
junior



"Toothbrush, toothpaste, as well as some other knickknacks."

Thomas Nelson
history and
theatre senior



"Warren movie gift certificate and super hero stuff."

Drew Logsdon
communication
senior



"Jewelry, fuzzy socks, candy and a Christmas ornament."

Monica Springer
journalism
senior



"Our stockings are purely for decoration. I get air in my stocking."

Ashley Holloway
journalism
junior



"Candy and a penny."

Paige Carswell
journalism
freshman



"Christmas ornament, earrings and a surprise."

Stacy Sparks
assistant
professor of
journalism



"Sugar, spice, and everything nice."

Peggy Williams
English
sophomore



"Something different every year."

Jessica Bernhardt
journalism
sophomore



"Every year it's different, but I can always count on a toothbrush and a Lifesaver Candy Book."

April McCormick
communication
senior

Holiday increases stress

Inger Marie Furholt



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After a relaxing weekend most people feel ready for Monday. That is, until we wake up in the morning cursing the heavens. The week starts with more things to do than expected, and it just keeps adding up. Finally we sit there on Wednesday, not even knowing where to start because we have such a monstrous load of assignments and chores.

Some times are harder than others. There are times when we struggle because there is a lot to do. It feels as if we have 10 balls in the air at the same time. Somehow we know we can't catch them all when they fall. Having too many balls in the air can also be known as stress, and most people don't

know how to handle it.

When we are stuck between Thanksgiving and Christmas, we worry. We tend to think too much about what to do, how to study for our finals, how to pass finals, what to buy for Christmas, and how to handle seeing all the relatives who we really don't want to see.

Many of us have that one person who calls at least a week before his or her visit, just to plan everything down to the smallest detail. Sometimes it is even hard to be around this person who stresses too much. Even if you are calm yourself, after a day with this person, you feel exhausted.

We tend to stress over things that we shouldn't worry about.

We all stress, but we stress in different situations, and over different things. Some people might get stressed right before a speech, while others might feel stressed before a first date or a big family dinner. It all depends on the situation and the person. One thing is for sure. We all stress at times. Some even do it all the time.

Compare our life to a burning candle. A person who knows how to relax and how to handle things will most likely just have the candle burning in one end. If we are stressed, the candle will burn at both ends. Obviously the candle that burns at both ends will burn out faster, and as a human being we'll be burned out before we know it.

When we first start stressing, it affects not only us, but the people around us. A stressed person influences others. If our candle is burning on both ends and we are stressing out, others might do the same thing. Who wants to be the person who influenced others to be burned out?

There are supposedly many different methods to help avoid stress. Starting to study for a final the night before to pull an all-nighter is never a good idea, even though it might seem like it at the time.

Planning ahead is a good thing before finals. It helps us feel rested, and it can help us to get a better grade.

It can also help to keep our minds away from stress. Back-up plans in case things don't work out as well might also be a good idea. Then we won't fall apart and we won't get stressed out.

Choosing health and keeping our routines is an excellent way to stay away from stress. Even though we've heard it before, it is important to eat healthy, and regularly. Exercise is always important. It keeps us in shape, and it helps our mind focus.

Sleep is an important thing, especially before finals. It's also important to have adequate rest before we have to behave for those big family gatherings, and see all those weird relatives.

Taking a good deep breath between studying and putting away the books is never a bad thing. Everybody needs a break sometimes. As long as we actually remember to get back to work again, it won't hurt.

Remember, we have worked hard this semester. Do not let stress destroy it all in the time between Thanksgiving and Christmas.

Personal Column

Safety concerns highlight season

By Jessica Bernhardt
Copy editor

As the Christmas holiday draws near, we start thinking about what to buy our family, friends, and significant other. But not only should we consider presents and plans for the special occasion, but we also should consider the safety of ourselves and others.

There are obvious feelings and emotions that Christmas brings. Stress happens to top the list. The holiday season is the most stressful time of year and cannot be avoided. However, you can give yourself some relief. When shopping for presents, allow plenty of time. Don't hurry through the stores and the parking lots in order to get finished. Slow down and take a breather. After the business of shopping is over, take some well-deserved "me" time and relax or enjoy your favorite hobby.

There are plenty of safety

reminders for shoppers. If possible, shop during daylight hours. If you are planning on being out after dark, be sure to park in a well-lighted parking lot. If necessary, don't be afraid to ask security to walk you to your car. After all, better safe than sorry. Avoid carrying large packages that obstruct your vision. This is a sign for purse snatchers that you are oblivious to your surroundings. When shopping in a crowded store, be sure to carry your money in a safe place such as your front pocket and hold your purse close to your body.

With the holidays also comes parties and drinking. If you're planning to attend any parties where drinking is present, be smart about it. If you're hosting a party be sensible. It might even be wise to offer the services of a designated driver for party-goers who drink too much. If you're attending a party, use common sense. More

than half of all traffic fatalities are alcohol-related. If you're planning on getting wasted, don't drive. Have a designated driver or hand your keys over to a responsible person.

Traveling also is more common during the holidays. Whether it is across the country, across the state, or across town to spend time with your family, be safe. If you

are planning to drive for several hours, plan stops along the way to rest or switch drivers. Leave a phone number or your trip itinerary with someone who knows when to expect you in case of an accident. Avoid eating a heavy meal before leaving home. That can result in sleepiness.

And always, always, buckle up. Even if you are driving down the street, put on your seatbelt. If you are driving in winter weather, drive with caution. You might not be able to drive those five miles per

hour over the speed limit. In fact, you might have to drive 15 miles below the speed limit. It will make the season happier for everyone if you get where you are going safely.

Personal safety plays a big role during the holidays. Don't go to unfamiliar places or leave with people you don't know. Always pay attention to your surroundings and make sure someone knows where you are at all times.

When leaving campus for Christmas break, or even if you are staying on campus, be sure to lock your dorm or apartment. You never know who can sneak in when you are out. Be sure to lock your car and do not leave valuables in it.

So this holiday season, don't overlook safety concerns. Plan ahead for a safe and happy holiday.

Jessica Bernhardt is a sophomore majoring in journalism. You may e-mail her at jessica.bernhardt@sckans.edu.

—India from page 1

Each student had a different reason for signing up for the trip. Archambo said, "I would like to gain more insight. It's a vastly different culture and I will be seeing places everyone hasn't seen."

Archambo has not traveled outside of the United State. Elynn Fell, biology freshman, and Katie Gomez, communication freshman, have both traveled before. On their Europe trip there were about 400 people versus the 12 going on the India trip.

Fell said, "It was really impersonal. We weren't able to get the full benefits or do all the things we wanted to. So we're hoping that this trip will be more intimate."

A lot of preparation goes into a large trip such as this one. Gangwere said, "Most com-

monly people forget an electric adaptor. People just assume that their American appliances will work in another country. But they're in for a surprise when they try to plug them in, they won't fit." Students were injected with a dozen shots. They are to bring diarrhea pills to take at the first signs of diarrhea.

The travel group meets once a month to talk about India. They watch videos or read articles. One article explains the process of using the restroom, with no toilet or toilet paper.

Some of the students are having worries about the trip. Gomez said, "Anxiety, I am having anxiety that I am going to be bitten by a monkey and get some sort of disease."

Fell laughed and said, "You only say that because of the video we saw, where the woman gets attacked by that monkey."

With many adjustments ahead, all four agree the hardest will be the food. Gomez said, "I am going to try new things and with an open mind so I will have to deal with the unique food."

An open mind is the No. 1 thing Gangwere recommends to reap the full benefits of travel-

ing. Gangwere said, "When you go international, you do things differently than what you're used to, and you come back changed."

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