

Learning beat inspires circle of rhythm

By **Katie Gomez**
Staff reporter

Most students who major in music prepare a performance for their senior project. Joel Alejandro, music se-

nior, created the Drum Circle last semester. Because of his passion for drums, Alejandro wanted something that was accessible to everybody, not just students in the major. For him, music isn't just a

hobby, it's a lifestyle.

"Although it's officially an organization, we don't have members. It's more like open and there for the Southwestern community so they can come and relax

and experience what it is to play drums or just have fun. I want people to experience what I experience when I'm playing drums and percussion," said Alejandro.

Alejandro went to Texas this past summer to where he learned various techniques to use in the group. The focus of the course was to teach facilitation and make music available to people who have trouble learning instruments and rhythm. The training was sponsored by the National Association for Music Education. It was led by Kalani, a world renowned percussionist who bases his teachings on the Orff-Schulwerk method of drumming and percussion. He was recently voted Best Drum Circle Facilitator by Drum magazine. Most of the methods Alejandro is hoping to apply to the Drum Circle come from his teachings.

"The cool part about Drum Circle is you don't need to know rhythm or how to play

an instrument. You can just beat on the drums. As long as you love it and as long as the rhythm is in you, then eventually that inner rhythm you have will come out and everything will come together," said Alejandro.

In the world of rhythm, anything and everything works for keeping beat. The group provides a large variety of instruments and drums, including the Djembe from West Africa. They also have cowbells, shakers, scrapers, wood blocks, noise makers and tambourines. They are in the process of getting even more.

Some instruments belong to Alejandro, some are brought by the members and some are provided by the school. No matter what your experience level, the Drum Circle has an instrument that can fit your needs.

"I love playing the Djembe," said Jen Edwards, business senior. "I'm not musical at all. I have like no musical

ability. To me, the Djembe is really fun cause you can just tap to the beat."

Jacob McGuire, business freshman, has been playing the drums for seven years. He joined the Drum Circle because it sounded like a fun way to express himself.

"It doesn't matter who you are. You just come and play. It doesn't matter whether you know how to play the drums or not. It's really about the community, coming together as a group and sharing the experience of a drum circle."

The Drum Circle has performed several times, including the Worldwide Worship Service, Intersanctum and Chapel. They are planning on more to come. Anyone interested in jamming with the Drum Circle is welcome to join them at 7:30 Wednesday evenings in Wroten Hall.

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Brian Nelson/File photo

Joel Alejandro, music senior, Kate Topham, biology senior, and Kate Givan, psychology sophomore, play the drums at the beginning of the year.

Red blood cell study may show benefits of physical activity

By **Kevin Mnich**
Staff reporter

Science can be exciting and fast paced. Every day new advancements in the field of human health and development make our lives a little better. Today we know that a healthy diet combined with daily exercise can help people feel better physically

and mentally. But is that all there is to it?

Dustin Gorden, chemistry junior, and Kelsey Milburn, marine biology senior, are conducting a research project to find out more about how an active lifestyle can affect your red blood count.

As part of a project in Animal Physiology, Gorden and Milburn decided to pursue

the human side of things. "We're measuring the hematocrit level in human blood in active and non-active people," said Gorden. Hematocrit is the concentration of red blood cells in human blood serum.

The project is part of an animal physiology lab. "We wanted to do human physiology instead of animal physi-

ology because hematocrit is a relatively easy measurement to take but it gives you a lot of information," Milburn said.

So how exactly is this project carried out? "It's taking five days, with one sample per day taken from 10 people. We hypothesize that the more active you are the higher red blood cell count

you have," Gorden said.

Milburn said, "we're just doing a comparison of active people versus non-active people. Your red blood cells carry oxygen, so it helps to have a higher red blood cell count. We're trying to find out how they're connected"

The correlation of red blood cell count, oxygen and exercise compared with a

non-active lifestyle could tell us more about how our bodies work. Both Gorden and Milburn are excited about seeing the results. "I think it will be successful once we get our results and publish them," Milburn said.

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November Madness fundraiser scheduled for Sunday

By **Amelia Lutz**
Staff reporter

If you like shooting hoops, getting a workout and competition, you must sign up for the November Madness Basketball Tournament before 5 p.m. Nov. 20.

The tournament will begin at 7 p.m. Nov. 23 in Stewart Field House.

The tournament is open to all campus groups and orga-

nizations, which will compete against each other in three-on-three, single elimination games.

The games will be half court and will be and will be 12 minutes long with regular basketball rules applying.

There is only one requirement to the tournament. Each team must include a faculty member or an adviser on their roster of six.

This rule could prove diffi-

cult for some team's recruits.

"I don't know who I would pick," said Gage Cramner, psychology sophomore. "I don't know any faculty member that immediately stands out, but there could be surprises."

Others had a good choice in mind. "I'd probably pick Phil Schmidt because he probably knows a lot about the game, just like everything

else," said Zach Castor, biology freshman.

Some students view the tournament as a golden opportunity.

Lyndis Oathout, biology junior, said, "I'll go with Pat Ross, so I could control his life for once."

The winners of the tournament will win a traveling trophy that will stay in Campus Life, with the name of the winning organization's team

on it.

The November Madness Tournament is to raise money to help Freshmen Class Council with future programming, and to pay for their t-shirts. The entry fee is \$15, and the roster must include six players, including the sponsor.

Teams with more than six players must include the names and e-mails of the team member on the back of

the form. At least one male and one female must be playing at all times. Members of the men's and women's basketball teams are not eligible to play.

Forms and payments are due by 5 p.m. Nov. 20 to Melissa Williamson in Campus Life.

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Phi Delta Theta initiates nine Fall concert brings variety of dance music

By **Amelia Lutz**
Staff reporter

Friendship, sound learning and moral rectitude. If these three principles apply heavily to your lifestyle, Phi Delta Theta might be right for you.

"Phi Delta Theta is an internationally accepted fraternity with over 260,000 initiates and over 160 active chapters in the U.S. and Canada," said Jordy Train, business administration sophomore, and vice president of Phi Delta Theta.

Kansas Zeta, or Southwestern College, is one of the smaller chapters around the nation, but is one of the most recognized.

Train said, "Last year we received a Gold Star Award, which is one of the most pres-

tigious awards you can win. It's an all around award involving, cumulative member GPA, recruitment, fundraising and community service. Only 15 of the 160 chapters received Gold Stars the same year."

The chapter plans to expand on community service. Phi Delta Theta also has been focusing on recruitment. Last week was initiation for students who expressed an interest in the chapter. The activities were planned by the full members and were designed to improve friendships between each active member and Phikeia, or pledges.

During initiation week, one senior, junior and sophomore, as well as six freshmen became full members in the chapter. Chad Dawson, mu-

sic education freshman, was initiated Nov. 15. "We came in as complete strangers, and now we are all striving to be at that same place, and that is to become actives in Phi Delta Theta."

Standards for joining the chapter include a cumulative GPA of at least 2.5, involvement in a sport or organization on campus and the accomplishment of the eight-week Phikeia process.

"Our organization is more than just an organization, it's really a brotherhood," said Train. "We all now have at least one common bond between each of us, and it definitely shows."

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By **Alissa Sheppard**
Staff reporter

Drums beating, horns blaring and flutes whispering, is what will be heard at the fall concert at 3 p.m. Sunday in Richardson Auditorium. A combination of seven dance songs will be performed by the concert band.

The name of the concert is "Dancing with the Stars," but Daniel Stevens, assistant professor of music, said it has nothing to do with the show. But like the show, the concert will bring together a variety of dance music. "We

just wanted to play a group of different songs for the crowd to enjoy," said Stevens.

There are about 40 to 45 people who are playing, some are students and some are from the community. The band has been preparing for about eight weeks, they practice from 4:30 to 7 p.m. every Monday. "We just hope to entertain and educate our audience," said Stevens.

Trombone player Nathan Haefele, music sophomore, has been in band for nine years and said he really enjoys it. "This concert has some challenging pieces in

it," said Haefele. He hopes that the time he spent working on it pays off.

Alto clarinet player Chance Alquest, music senior, has been playing for five semesters now.

Alquest said that there is something at this concert for everyone. His favorite piece is called "Albanian Dance."

"It has a Middle Eastern flavor to it. It is very striking," said Alquest.

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Health department teams with nursing division for flu shots

By **Julie Miller**
Staff reporter

You can feel it. The weather starts to become colder. Students and faculty around you begin to ache while sniffing and sneezing and slowly the number of students actively showing up to class begins to diminish. Flu season is beginning.

Cowley County Health Department offered flu shots on campus last Wednesday.

A common misconception with flu shots is that they are injecting you with a strain of influenza. While this is true, the strain that is injected is inactive, strengthening your

immune system.

The only usual side effects are redness and swelling at the injection sight, which may come along with any injection.

Research suggests that students living in dormitories or close living situations receive flu shots to reduce their risk of getting the flu. Jane Kaufman, registered nurse, said that about 32 students received shots on last week.

Some students are not taking any chances with getting sick this season. Lisa Roth, history sophomore, said, "I usually get sick a lot more than the average person so I decided to get one. It's bet-

ter to face my fear of needles than to get sick in return of not getting one."

Kaufman said, "Anybody who has ever gotten influenza knows how terrible it is. You're looking at five to seven day of illness."

Flu shots typically range from \$7 to \$25 and insurance should cover the cost.

In case you missed the opportunity, you may contact the Cowley County Health Department and receive yours before the flu bug sets in.

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