

Social habits cause sleep deprivation

By Maggie Collett
Staff reporter

Any given morning, students are found on campus with bags under their eyes and energy drinks in hand. Yawns tend to be more prevalent than answers during 8 a.m. classes, and there is often someone sleeping in the back row. Sleep deprivation can be blamed for many of those symptoms.

According to "Sleep Habits and Patterns of College Students: A Preliminary Study," by Walter C. Buboltz, Jr.,

PhD, Franklin Brown, MA, and Barlow Soper, PhD, college students are heavily affected by sleep deprivation.

The lack of sleep can lead to "tension, irritability, depression, confusion, and generally lower life satisfaction." The students whose sleep schedules change dramatically on the weekends can develop concentration problems.

Wallingford Hall has constant hallway activity. Aaron Burney, sports management freshman, said, "We can hear everything."

Burney usually goes to bed between

midnight and 1 a.m. and wakes up around 8 a.m. during the week, sometimes earlier for various basketball activities.

On the weekends, Burney said that he usually gets to bed around 1 a.m. but sleeps all day. His roommate typically doesn't affect Burney's sleep schedule. "We go to bed around the same time," said Burney.

In Cole Hall, Autumn East, history freshman, said that she prefers to get 11 hours of sleep per night. Most nights, though, she only gets around five hours

or, "maybe six," said East.

Anastasia Prokopis, business sophomore, is a resident assistant in Cole Hall. She said that she feels the women in Cole Hall probably don't get enough sleep. "[They] have weird sleep schedules," said Prokopis.

She also said that she doesn't feel as if she gets enough sleep.

Prokopis said some of the reasons the residents stay up late are because of hanging out with friends and studying. "Socializing is probably the big one," said Prokopis. "Time manage-

ment would help people get to bed earlier."

Prokopis said sleep deprivation has many negative consequences. "You're tired," she said. "Sports and performing arts people wouldn't be able to perform as well."

Whether or not you got your eight hours of sleep last night, a little extra sleep is beneficial to all. Prokopis said, "I like nap time."

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

Construction mess presents parking problem

Kyle Killgore
Staff reporter

As the school year starts, many have noticed parking has been scarce around campus. The renovations to the football field have caused construction workers to take over much of the parking around the Christy Administration building. Students and faculty have been forced to find alternative solutions to remedy

the situation.

Dick Merriman, president of Southwestern College, said, "There are sizable graveled lots behind Sutton Center and behind the tennis courts. I know they are not central to the campus and are, for that reason, less desirable, but they can handle a lot of vehicles."

The stadium renovations are near an end, which will help alleviate some of the craziness.

"We have started to put a seal coat on the parking lots and on King Drive, just to better preserve the asphalt, which has taken a beating from construction traffic over the past several months," said Merriman.

"The seal coat means we are near the end of the construction mess, and things will get better soon," he said.

Parking was further decreased when the parking lot between Stewart Field

House and White P.E. was taken out for the new Farney Family Plaza.

Returning students are frustrated by the lack of convenient parking.

"I have never seen it like this," said R.J. Bernardo, education junior. "For me, living in Wallingford, I have to park all the way by Broadhurst at times, and I have even seen quite a few students parking in no parking zones."

Students parked in a no parking zone

will receive a ticket.

Students will have to cope until the construction is finished.

"In graduate school I attended Indiana University, which had a student body of 35,000. The parking problems made everyone nuts. Compared to that, no, I'm not frustrated," said Merriman.

Kyle Killgore is a freshman majoring in communication. You may e-mail him at kyle.killgore@sckans.edu.

Student Health Center offers wellness services

By Jonathan Woon
Staff reporter

Wellness Services is the primary center for health care and consultation on campus. The Student Health Center is located on the bottom floor of the Student Center.

It is open every Monday, Tuesday, and Thursday from noon to 1:15 p.m. and is available for students, staff and faculty.

Jane Kaufman, family nurse practitioner, works at the Student Health Center.

Kaufman is able to prescribe medical prescriptions through physician protocol, order diagnostic tests, prescribe therapies, go through patient histories and physical exams, refer patients to appropriate specialists and agencies, give injections and many other health care services.

Besides Kaufman, Mary Ann Smith,

wellness coordinator, offers counseling services.

She can meet with students over the lunch hour, in the evenings and on weekends. Smith is located in the Sutton Center.

Dan Falk, dean of students, said he hopes Mary Ann Smith can serve more students conveniently.

"Mary Ann is here as a resource so students can have a person to talk to when they are stressed out or when they

might have relationship issues or homesickness," he said.

Falk said that it is important for students to know the services provided by Wellness Services.

Rutendo Jokomo, biology sophomore, works at the Student Health Center. She said long term medical prescriptions are available at the Wellness Center for free.

Those who need help on medical prescriptions can make an appointment

with Kaufman at the Wellness Center free of charge.

In terms of services, Caleb Chua, philosophy and religious studies freshman said "I am impressed. The free consultation, the shorter distance from the dorms makes it more accessible compared to other medical consultation centers located off campus."

Jonathan Woon is a freshman majoring in communications. You may e-mail him at jonathan.woon@sckans.edu.

Another rock added to the Mound...

New faculty and staff at SC



Krystal Winn

Is at SC because...

A football recruiting trip back in 2006 for my husband-to-be. We wanted to experience Kansas and make a vacation trip out of it, but in no way was interested in living in Kansas. Ironically, I signed a letter of intent for volleyball before he even had the chance to sign for football.

Responsibilities...

As the Multicultural Admissions Counselor- I help recruit minority students to the college by attending College Fairs and holding on-campus events, such as Diversity Day. I also recruit for Volleyball, Basketball, Soccer, and Softball. I aid potential students through the admission process to assure that they truly get a feel for Southwestern and hopefully decide to apply.

Most excited about...

I am truly excited to have the opportunity to share my love for Southwestern to students, while working with an awesome admission team!

A little about you...

I played volleyball and cheered for Southwestern. I graduated with a B.A. in Communications from Southwestern in May 2008, and received my Masters in Communications from Wichita State University in May 2010.



Christopher Schmitz

Is at SC because...

I applied for a position with the music department back in 2003, moved here from Iowa that summer, and began teaching in the fall. I spent the last two years in Austin, TX, finishing up coursework on my doctorate at the University of Texas. I'm excited to be back this year and it's been a great semester so far.

Responsibilities...

I teach music theory and composition, including electronic music and film scoring. Many non-music majors also know me through the Foundations of Music class offered in the fall semesters. In addition, I give private trombone and guitar lessons and help to manage the music department curriculum.

Most excited about...

I love working with students in the theory and foundations classes. I'm also really excited as we launch a Center for Music Composition this year; my student composers are already beginning to create some really cool new pieces.

A little about you...

I am a superstar athlete. Well, I'm an athlete. Okay, someday I want to be one.



Lai-L Clemons

Is at SC because...

I was looking at jobs on CareerBuilder, and my friend also told me about the job opening at Southwestern College. The job opening was to be a admission counselor. At first I wasn't for sure, but I decided I would go for it. Now I am a Director of Campus Life and Director of the International Organization.

Responsibilities...

I make sure everything flows right with the different organizations and activities at Southwestern. I make sure things right for the organizations, finances are good for the organizations, and everything is scheduled right for the year.

Most excited about...

Getting to know new students and faculty. With this new position at SC I get to meet students that I didn't know go here. One example would be Justin Tinker. I met him at Builder Camp. He is a great person, and really funny. I did not know he even went here.

A little about you...

I actually started doing Triathlons this summer. I really enjoyed it and I'm going to continue to do more of them. I did my first one this summer and plan on doing another one here soon.



Jeanice Lowry

Is at SC because...

My daughter graduated from the nursing program here at Southwestern College. I had two brothers who came here to play basketball for a short time.

Responsibilities...

My position is the athletic director assistant. I have numerous responsibilities which I like because it keeps the job interesting. I am learning something new everyday. It is a challenging position but that's what makes it more interesting.

Most excited about...

Meeting new people and the students. I like sports so working with the athletes and coaches will be exciting. Attending sporting events will also be fun for my husband and I.

A little about you...

I have worked in education in some form for 18 years. I have two grown children, Abbey, 25, and Matthew 23. I am married and my husband's name is Tommy and he is a general contractor. We have lived in Oxford all our lives.



Joseph Yeisley

Is at SC because...

I graduated from SC in 2006. When I saw an ad on the NAIA (National Association of Intercollegiate Athletics) website for an assistant soccer coach, I thought this was a great opportunity for me to get back to Southwestern and take part of the great culture and tradition here.

Responsibilities...

As the assistant men's soccer coach, I hope I can rebuild the soccer program and to help establish a winning tradition.

Most excited about...

Working with the soccer team day in and day out to not only be better soccer players, but to be better students and people. I am also pretty anxious to get out this year and help recruit great student athletes for SC.

A little about you...

I would like everyone to know that I am a hard worker and if anyone ever needs my assistance to please not hesitate to ask me."

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