

# Selfless work through service brings hope to others

**CLINTON DICK**

My feet hurt after a day of working. In fact, wouldn't you most likely find aches and pains all over your body if you just came home from a day of picking up trash, or packaging food? You're tired, dirty, and probably a little stinky too. You have to make a serious decision whether or not to throw away the sweat-stained shirt you have on. If collapsing on the bed didn't mean falling into a sleep-induced coma, you would do it in a heartbeat. So why do so many of us work for the benefit

of others and slave away to participate in community service?

On Oct. 2, many students participated in the Numana project on campus to help feed the starving in the Horn of Africa. Some were in the cafeteria for almost six hours straight, myself included. There could have been complaining about the work ahead, but the goal was to get through the day's work, and set sights on something other than ourselves.

There is a feeling that you get when you do something extraordinary. It is a sensation of self-accomplishment and that you just did something that is going

to change a close friend or complete stranger's life for the better.

There were over 30,000 meals packaged at the Numana event, and it might not be enough to end the famine in Africa, but it shows what can be done with a little **EDITORIAL**

time. But what do we get out of it? I mean to say, we generally don't get up in the morning and get excited about doing service for the community.

In fact, some of us dread it. I'll admit it, the thought that ample time is being spent out of my day to do something that isn't

productive towards my specific life and needs makes me a little weary sometimes. There just so happens to be advantages of our work.

It isn't about a shiny ribbon or medal. It is about laughter. Being actively involved in an organization that regularly participates in community service teaches you this. Bending over to pick up trash and walking two miles down a busy road doesn't sound like the most luxurious way to spend a Sunday afternoon, but when you are with your friends that make you happy, it creates a memory. That

memory reminds you that, with service, comes togetherness.

Speaking of bonding, community service is a great way to get to know people you would have never met.

Think back to Freshman Work Day. Those who you worked with as well as those you helped out were there right beside you the entire way. It forced you to get to know people better, and you don't normally hear many complaining about that.

Do you remember the name of the person's house you worked on? Think about how they felt that day. Even though it may have been months, even years

since that day, the memories are still there.

Is all this really worth it in the end? If it wasn't, there would be no reason to even consider putting in the time and effort, or for me to be writing this article.

So, next time you are out in the heat or the frigid cold, sweating, and getting down and dirty, take a second to look around and soak in that feeling of helping towards a bigger cause. Then, take your pat on the back and go change your clothes.

*Clinton Dick is a junior majoring in convergent journalism. You may e-mail him at clinton.dick@sockans.edu.*

## PUT IT IN PERSPECTIVE

### What is the most meaningful community service project you have been involved in?



**SARA WEINERT**

I rode buses from school to school, requisitioned supplies from the ministry of education, and lived with a Tico family.

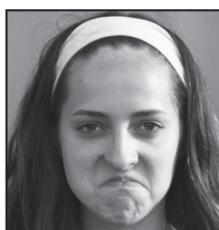
When I left the United States for Central America I anticipated I would be the expert.

After all, I had grown up in a developed country, and now I was going to an underdeveloped country. As it turned out, there were areas in which I was, indeed, an expert.

I was top-notch in using the inverted pyramid to write a news story. But in almost every aspect of those years (professional, social, emotional, physical) I learned more from the Costa Ricans than they learned from me.

In the 30 years since I finished my Peace Corps service I've discovered that is an overriding characteristic of community service: It returns far more to the person serving than is invested.

*Sara Weinert is vice president for communications for Southwestern.*



**HANNAH PODSHUN**

While it is not necessarily a project, the community service that has been most meaningful to me is easily when I was a part of Kids Impact Cowley County in high school.

Kids Impact Cowley County is a youth philanthropy board that focuses on educating youth about giving, non-profits and the assets of Cowley County. Growing up in Cowley County, I felt that I knew the place

inside and out, but there were so many amazing things happening behind the scenes that I was never given the opportunity to discover until being a part of this board.

It also taught me the importance of supporting the non-profits and causes that coincided with my particular passions.

Most importantly it gave me an opportunity to observe that, even as youth, we could make a substantial difference by allocating money to non-profits who made great things happen for Cowley County.

I am now a huge supporter of youth philanthropy, and am currently working with the same board to hopefully recreate the same extraordinary experience I had for others.

*Hannah Podshun is a junior majoring in English.*



**JOEY YEISLEY**

The most meaningful community service project I have ever been a part of took place when I was in college.

At the university I attended, Mid-America Christian University, we were obligated to perform 20 hours of community service per semester as part of our Christian Service Requirements.

During my junior year, I partnered with another athlete at the school and we began to plan a daylong event where we would offer a free sports clinic to inner city kids that would cover the basics of both basketball and

soccer. We tag teamed with a couple of local elementary schools to help spread the word and quickly the expected attendance grew. We then had to elicit help from other student-athletes at our school to help organize and conduct the clinic.

After word had spread we received a phone call from a local apparel company that was willing to make and donate t-shirts for the event.

This really boosted the event and after the university caught wind they donated some money so that we could cater in lunch.

The clinic ended up being a huge success with over 250 kids showing up. It was truly a great time and it was nice to see some kids get an opportunity that they may not have had otherwise.

This project meant a lot to me because it was not just something that I took part in, but was also something I had a part in planning.

*Joey Yeisley is the assistant coach for mens soccer.*

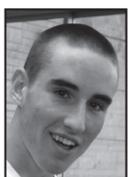
## Word on the Hill

What is your favorite song to study to?

By Jonathan Woon



"Paradise" by Drake  
**Spencer Pullen**  
undecided  
freshman



"Nothing, it distracts me a lot."  
**Case Holts**  
undecided  
freshman



"By Your Side" by Tenth Avenue North.  
**Rachel Wong**  
psychology  
freshman



"Defying Gravity" from the soundtrack of "The Wicked"  
**Tiffany Rae**  
philosophy & religious studies  
junior



"All For You" by Gilbere Forte  
**Kevin Rodgers**  
physical performance  
senior



"Random Songs."  
**Koy Bard**  
undecided  
freshman



**KEN CRANDALL**

The Southwestern Football team took part in the build-

ing of the Lowell Elementary Playground in the Fall of 2009.

I believe that was our most meaningful service project that we have done as a team here at Southwestern.

The playground was a project that impacted and will continue to impact children in the Winfield Community for years to come.

*Ken Crandall is the head coach for the Southwestern football team.*

## Newly released comedy DVD brings laughter to stores



**ALYSSA RICHARDSON**

If you're looking for a movie that will make you roll on the floor with laughter, cry tears of joy and still have a heartwarming message of two best friends and the trials of friendship we can all relate to, then "Bridesmaids" is for you.

Annie Walker (Kristen Wiig) is at a difficult point in her life, complete with a failed bakery endeavor and heartbreak, but she can always count on her recently engaged childhood friend Lillian (Maya Rudolph).

As maid of honor, Annie attempts to plan all the bridal events but gets outshined by Helen, her very rich and very beautiful nemesis.

The pair battle for who can plan the best bachelorette party and bridal shower, and for Lillian's friendship. The bridal party is a stacked cast of actresses, including the promiscuous Rita, conservative Becca, and hilarious Megan. While all of Annie's plans to

win over the bridal party seem to backfire, Helen's superiority shines through all of Annie's insecurities.

Some of the funniest moments in this movie happen during the engagement party toasts, the airplane flight to Las Vegas and the dress fitting. When Annie hits rock bottom, it appears Helen has won the battle of the bridesmaids until she comes knocking for Annie's help.

With the classic tale of jealous best friends, "Bridesmaid's" plot puts an interesting twist on the typical storyline with entertaining characters and scenes. "Bridesmaids" is what some

might consider an equivalent of a female Hangover movie, but one with a message all audiences can relate to. To all of the male population who asks themselves why watch another chick flick, this movie is packed full of humor that promises to make you crack a smile, and is a great choice for a movie with a special girl.

It is rated R due to some crude scenes and vulgar language. As it just came out on DVD Sept. 20, this is a new comedy with a hilarious cast of actresses that can be watched over and over.

*Alyssa Richardson is a freshman majoring in communication. You may e-mail her at alyssa.richardson@sockans.edu.*

**MOVIE REVIEW**

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