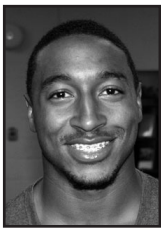


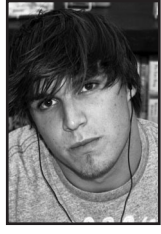
Word on the Hill

How does the weather affect your mood?

By Inger Furholt



"It affects me kinda because I'm from Texas and I'm used to sunny days and, you know, nice weather and when I walk outside and it's warm it kinda brightens my day up."
Corey Holbert
history junior



"Constant shifts in weather here especially just frustrate me. Can't really get prepared for it, meteorologists doesn't know any more than I do about what weather is going to come."
Johnny Behnken
business administration junior



"When the sun is shining, then I'm shining."
Jimmy Bryant
business education senior



"The weather doesn't really affect my mood."
Andrew Topham
biochemistry senior



"The weather affects my mood in little ways. I'm always generally a jolly go happy guy and I like the rain, I like the sun and I love snow."
R.J. Schnack
education junior



"I'm always really happy when the weather changes, because it shows all of us the different sides of God's creations."
Christy Rude
early childhood education junior



"Sunshine makes me happy."
Meeka Gentry
psychology sophomore



"I affect the weather. It rains when I'm sad."
Rutendo Jokomo
biology sophomore

Artist sings way into hearts of women

LEA SHORES

It's been three years since their last album, but Maroon 5 is back with their fresh, funk groove and sultry melodies. The group's third album, "Hands All Over", does not disappoint and the band is sure to pick up some new fans along the way.

As always, front man Adam Levine's vocals are irresistible and the lyrics are passionate.

The album's first single "Misery" is a radio friendly sample of what is featured on the. It does a good job of starting the album off with an up-beat song that

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is easy to sing along do, as are most of the songs on the album.

The third track, "Stutter", is an understated, feel good, love song. Sure to be a hit, Levine sings, "You're just a fantasy girl/in an impossible world/all I want is to be with you always."

He knows how to sing his way into the hearts of women. Men should take note for the text time there's an opportunity for karaoke.

While Maroon 5 has never been given a parental advisory label, the content of their albums has always been very sexual. All of the songs have

an element of this, but the title track, "Hands All Over," really shows the darker, more sensual side of the band—though it's not the most memorable track from the album.

The album is accompanied by several break-up ballads including "How," "Just a Feeling," and "Out of Goodbyes," a duet with country performer Lady Antebellum.

The best surprise on the new album is a live cover of Alicia Keys' "If I Ain't Got You". Levine's vocals on this song are the icing on a perfectly constructed musical cake.

For those who purchase the album on iTunes, the bonus track "The Air that I Breathe" is filled with 70s' soul.

The band's new album came out without much recognition, though as the singles keep coming, they are sure to receive plenty of time on the radio. The album is a perfect mix of up-tempo tracks, sultry ballads, and acoustic covers.

If you are ready to break out of the cookie-cutter mold of today's top 40, "Hands All Over" is a good place to start.

Lea Shores is a senior majoring in English. You may e-mail her at lea.shores@sckans.edu.

Take first step in battle against winter depression



INGER FURHOLT

It is not a secret that moods change with the different seasons. On a warm sunny day people just seem to be happier than on a cold rainy day. As we're getting closer to the winter months it is important to know how your body and feelings can change due to weather.

Seasonal affective disorder,

also known as winter depression, is something many deal with every year, as the colder months come around. Some people get anxiety, depression, and become fatigued.

As winter comes around, the trees are naked, and the day's gray, I often feel like everything would be so much easier if I could just stay in bed, and not have to do anything all day. I wish I was a bear and could hibernate through winter. Of course, some days will be better than others.

Winter depression can happen to anyone. Many young adults struggle through every winter, and it tends to be especially common in women.

It can be hard to control how your body reacts to certain

things, and I wouldn't say that there is always a way to control anxiety, depression and feeling fatigued during the winter months without professional help. However, there are ways that can help one boost the mood for the better.

Exercise is important during the winter months because it releases endorphins. It also increases serotonin levels which help fight depression. Even though many actually have a tendency to stop exercising during the winter because of the cold, it can be one of the most important things to keep up with. If you don't feel like going outside to work out because of the cold or the bad weather,

there are always gyms or exercise videos available.

Sleeping is another important ingredient. As college students, many of us tend to try to get a nap in whenever there's a chance. We don't feel rested because we often stay up late studying or doing a variety of other things that affects our energy in a negative way. Going to bed and waking up at the same time every day can be a challenge, but it is vital to a healthy lifestyle.

Opening the blinds when you wake up to let light inside can also be a strategic move to start the day off with a smile. Humans often find light soothing.

When feeling down some have a tendency to "eat their

feelings" without thinking about what is going in their mouth. Divulging on snacks can make one feel better for a short period of time, but eventually it just decreases your energy. Eating food from the different food groups is important, as well as getting the right kind and amount of your daily carbohydrates to keep your energy levels stable. We often think about eating healthy as something someone has to do because of dieting, but it is actually import to everyone no matter shape or size.

Some of us might consume a lot of caffeine or alcohol. Both of these can be hard to avoid. These beverages may give one a brief lift, but they can also cause anxiety, and make you more tired in the long run. Alcohol is a

depressant and should always be used in moderation, especially if you are already feeling low.

Everyone has their own way of dealing with themselves when the winter blues strike. It is important to understand that when the weather changes, your mood may change with it. Many of us tend to keep things like this to ourselves, because we don't want people to think differently of us. Remember, there are things we all can do to help ease the symptoms of seasonal affective disorder and there are always people to talk to. People who, I am sure, will understand and help as best possible.

Inger Marie Furholt is a senior majoring in journalism. You may e-mail her at inger.furholt@sckans.edu.

PERSONAL COLUMN

PUT IT IN PERSPECTIVE Is Breast Cancer Awareness Month effective?



DAVE DENLY

I feel that Breast Cancer Awareness Month is very effective because it focuses on informing people of the dangers of breast cancer.

Knowing the facts about this disease will allow individuals to detect at an earlier stage which in turn gives them a better chance of fighting the disease and overcoming it.

My mother is a 20-year survi-

vor of breast cancer and without early detection and the treatments and surgery that followed would probably not be with us today. Everyone should be very aware of the dangers that come with this form of cancer along with others and be diligent about doing self checks to help with early detection.

Dave Denly is the head women's basketball coach.



MATT O'BRIEN

I think the breast cancer awareness month is very effective. I was amazed last year during the women's volleyball game for breast cancer awareness, at how many women present at the game were affected by breast cancer.

From my perspective, I think athletics plays a great part in

cancer awareness with the nation-wide "Coaches vs Cancer" and the "Dig Pink" here on our campus. It's great that we're helping these young adults become more conscious about cancer and encouraging preventative measures.

Matt O'Brien is the head men's basketball coach

Raising awareness key to fighting cancer

ALEJANDRA ROJAS

While many people might not have relatives or close ones suffering from a cancer, efforts to raise awareness regarding particular cancers have been made regionally, nationally and internationally. Organizations designate a certain day or month during the year to be dedicated to a certain cancer and those who are affected are remembered.

The month of October is nationally recognized as Breast Cancer Awareness Month. This cancer is the most diagnosed in women in the United States. More than 192,370 women were diagnosed with this cancer in 2009, according to the National Cancer Institute.

During the month of October, there are various ways in which schools and organizations around the nation act in order to raise awareness in their community. Walks, sporting events and pink ribbon products are sold. People wear sponsored t-shirts,

ribbons, wrist bands, and pins. New this year are the comments posted on Facebook such as, "I like it on the floor" or "I like it on the couch," in regards to where women like to put their handbags. All these efforts are for a great cause. But, are they effective?

When I first started coming across these comments on my news feed, I wasn't sure what they meant. Of course like any other college student, I let my mind wander. How was I supposed to know these comments, which it turns out were where women like to keep their purses, were to raise awareness about breast cancer?

According to Time magazine, this effort encourages women and men to think of breast cancer, but maybe going on about it in this way can lead to confusion, why not go with a pink ribbon? At least everyone is aware of the meaning behind that.

For more than 25 years, clothing brands, celebrities and news

networks have supported this cause by "going pink." Since pink is the color chosen to represent breast cancer awareness, pink merchandise is sold with proceeds going to clinics to help advance research and early detection. One of the largest and most successful breast cancer awareness events in the world is the Susan G. Komen Race for the Cure, which hosts the largest series of 5K runs in the world, with more than one million participants since 2005.

Similar to these efforts, there have been various sporting events on campus, which have taken place in order to help raise the same awareness to the students. During a particular game, athletes are encouraged to promote the game and announce to the whole campus to wear pink. I believe this triggers people to go out and buy some sort of pink piece of clothing. Students then come and support the team as well as the cause.

Raising awareness during sporting events is a good way to promote breast cancer as well as any other types of cancers. I've never had a close family member or a close friend suffer from any kind of cancer, so if these kinds of events didn't happen, I probably wouldn't be as aware of what was happening. But, this way allows me to realize how important it is to support someone who has suffered. It also allows everyone to get together and share a common passion for something, such as a good basketball game, supporting their school team all at the same time while supporting a good cause.

Whether posting a comment on Facebook, wearing pink, running a marathon, or attending a sporting event is important during this month, help raise awareness by simply taking the time and becoming conscious of the importance of this month.

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