

Word on the Hill

If Campus Life added a new intramural activity what would you want it to be? By Drew Logsdon



"An intramural horse shoeing contest."

Josef Felver
physics
senior



"I think we should have flag football."

Beth Bellinger
education
freshman



"Wrestling."

Jeff Schaefer
sports
management
sophomore



"We need an ultimate Frisbee intramural."

Roger Klein
biochemistry
junior



"I would love a volleyball intramural."

Lindsay Morgan
biology
senior



"We should have tennis."

Alyssa Carter
psychology
sophomore



"Iron Man Volleyball."

Eric Webb
physics
senior



"Soccer or mud volleyball."

Sarah Frazier
liberal arts
sophomore



"Swimming."

Kyger Veatch
marine biology
sophomore



"Gator ball."

Katy Raybern
biology
junior

Pop culture influences ideals



Samantha Gillis

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Look in the mirror, what do you see? Name the first three things that come to mind. Are they critical? Or maybe they are positive. Is this what you see and say everyday when you look at yourself before you head off to class? Do you believe your outer appearance would reflect your inner beauty?

Ever since the movie "Shallow Hal," I have always wondered what I would look

like on the inside, not literally but figuratively. Unfortunately the fact of the matter is humans are not concerned with the soul. Instead we are infatuated with appearances.

Why is it that we plant unrealistic expectations for people in our heads and silently shake our heads at those who are not desperately trying to be perfect?

It is because we are bombarded with images from pop culture that distort our idea of beauty. Images that twist healthy into unhealthy. We become desensitized to all of these images and eventually begin to evolve our thinking to follow the ideals of the impractical pop cultural.

Millions of dollars go into looking younger, fitter, and sexier. Anti-aging creams, hair plugs, lifts and tucks, braces,

magazines solely based on how to, "Have a rock hard body." Catchy sayings lure you in.

"Lose those last five pounds." "Get rid of those pesky love handles." Even the most self-assured people hesitate for a second and think, "Whoa wait, that's me. I could lose a few."

It is hard out there, not for a pimp, but for all of us. How do we get away from the self ridicule? We must first get away from the source of the insecurity, but it is not that easy. Discouragement is all around us.

The key is to recognize the problem, and begin to turn off the effect it has on you. Every time an attractive slender woman goes bouncing across my TV screen, I say to myself, "Hmm, she has a nice rack but it's more exciting that mine are slightly lopsided."

Let's stand up for who we are. The individual is beautiful, not the thousands of generic Barbies and Kens that are carved out of plastic.

Embrace your flaws. It is what makes us human. Worry and guilt do nothing to benefit your well being.

Forget about the fact that you just ate a cheeseburger with fries. Let yourself indulge in that cheesecake once in a while. Of course, too much indulgence is not good for your health either. Moderation is the key.

We don't need to stress ourselves about the size we are wearing. Instead let's turn our focus to the inside. Ask yourself, "Is my soul beautiful?" Do you radiate like the moon off the mountain snow? Do you beam with compassion? When was the last time you helped

a loved one? Does your heart feel positive and enlightened or desolate and droopy? Is this the person you want to be? If not, what is? How do you become a better you?

Personal Column

You cannot become a better you unless you are happy. So the first step is to find something you love to do. For me, it is painting. I get lost in my canvas. I escape to a hidden field in "nowhere land," singing happy melodies of The Beatles and Van Morrison.

Or I exercise. I go for hikes. Nature works miracles on the soul. But if all else fails, I would grab a white tee shirt and a tie-dye kit and go crazy. The idea is you must find something that sets your soul free.

It is possible you do not have something that makes you truly happy, that allows you to

reconnect with the inner you.

In that case, start from scratch, visit your childhood. Take a skip down memory lane and recollect when you were happiest. If you discover happiness, your soul and spirit will rejoice and nothing can replace that feeling.

The idea is to be comfortable with your body and spirit, to love your flaws and imperfections. We are not all created equal.

How boring would it be if we were all the same cookie cutter shape? Some of us are pear shaped, or possibly cake shaped.

Our slight abnormalities are unique, beautiful and sometimes funny.

Look in the mirror again, this time, no matter how hard it is I want you to find 10 things about yourself that you like.

Country artist leaves fan feeling dry

By Nate Jones
Staff reporter

Country music recording artist Chris Cagle released his fourth album, "My Life's Been A Country Song" last Tuesday. I'm still trying to find a country song on that album. The album does not quench the thirst of this traditional, outlaw country music fan.

It's good news for Jason Aldean fans though. That is what the whole album reminded me of, a Jason Aldean album dressed up as Chris Cagle for Halloween. Yelling loudly instead of singing loudly, it has its place but not in my world. I was excited to hear this

album when I first heard the latest single, "What Kind of Gone." I thought the song was pretty good. It's one of three standouts on the 11 track album.

Song number two, "No Love Songs," would be awesome if it didn't remind me so much of Montgomery Gentry's song "Hell Yeah!" I might not have noted this if I was not such an M.G. fan. After this song the album takes a nose dive

"It's Good To Be Back" is the third melody on the new CD. It is, for lack of a better word, forgettable. Basically it is about a big time star going back to his home town and reminiscing and...it's good to

be back. Not a very catchy song at all.

Song four is titled "I Don't Wanna Live." For people who make fun of country music, the theme of this song will help their cause. It is your standard "my woman up and left me" song.

What is more shocking is that track number five, "Never Ever Gone," is also that type of song. Stereotypes everywhere, yet still no sign of the old, dead dog.

It was at about this point I lost a lot of hope for this album being to my liking at all, that's when "If It Isn't One Thing"

came on. Track six. It was a love song, but eh...maybe because I'm not in love, but I think it has more to do with the fact that it's a predictable song.

"Keep Me From Loving You" is what I would consider a slight rebound based on what I have heard so far. It is another love song, but this one has more to relate to and it actually tells a story. It isn't much but it's the first song since the first track that I have not disliked.

"Little Sundress," the next song, I don't have much to say about.

The song after that, "My Heart Move On," was actually not too bad. It's themed with more of those country stereo-

types, yes, but it has an attitude about it that I enjoyed.

I would be willing to bet that a future single off this CD will be the title track, "My Life's Been A Country Song." I am usually a huge fan of these kinds of songs, and I'd say I'm a moderate fan of this one. It's a song that references a lot of other songs. From Alabama to Tim McGraw tunes, the lyrics are very nicely worked to make it all flow.

The best was for last, number 11. "Change Me" is a great song. It's not quite a love song, and it's not quite a depressing song. There are not too many

songs that can pull that kind of feeling off. This one did and it was worth multiple listens for me.

After taking a look at the album notes, I know why this Cagle album isn't as good as his others. Chris Cagle did not have a hand in writing even one of the songs. I thought this was sad, I can't call it a sellout but I really wish he would have put some songs he had written on the CD, I know it would have been better.

Nate Jones is a junior majoring in communication. You may e-mail him at nate.jones@sckans.edu.

Americans buy into weight loss fad Companies change marketing

By Peggy Williams
News and opinion editor

The newest commercialized weight loss strategy is simply not eating.

Being skinny is an obsession, and many Americans have fallen head first into the fad of buying any product that promises a low and sometimes unhealthy weight.

Numerous companies are taking full advantage of America's desire to be skinny, and as a result have resorted to a large variety of marketing ploys.

If you turn on your television you can see that a lot of companies have changed the way that they market their products.

When you used to see the commercials for Wrigley's Extra gum, it was portrayed as product that was meant to freshen your mouth and also be good for your teeth because it is sugar free. But now the

Wrigley Company is marketing their product toward the weight loss crowds.

Their most recently aired commercial markets their product as a five calorie snack. You are able to eat it, and as a result lose weight. But everyone knows that you can't really eat gum. So Wrigley's new idea for losing weight consists of chewing on something instead of actually eating a substantial snack that is comprised of real food.

But Wrigley isn't the only company that has jumped on the weight loss wagon. Almost every company has a product that has a low number of calories or carbohydrates. And many companies have been created specifically for the purpose of losing weight.

Many companies speak about how they care about you and

say that they want you to be healthy. They reiterate that you should eat their food with a combination of other required daily nutrients, but they don't really mean it.

Certain companies such as Hydroxycut will tell you that their product is good for you, and that you need it, even if it could make you seriously ill.

When you go to Hydroxycut's website and calculate your body mass you can say that you're 5'9" and weigh 90 pounds, and a box will pop up that tells you, "Great! Your body mass index falls within a healthy range. Did you know that Hydroxycut can help you to maintain your weight?"

But you would be severely ill if you were really that height and weight. Many companies are willing to risk your health in order to make money. So it is important to be sure that the weight loss program you

choose isn't going to compromise your health.

Making choices about the way in which you will lose weight doesn't seem like a big deal, but according to the National Heart Lung and Blood Institute's weight loss program, it is. Their information on obesity had the following to say about commercial weight loss products, "Weight loss methods that rely on diet aids like drinks, prepackaged foods, or diet pills don't work, and may not be healthy in the long run." It is important to remember that losing weight isn't a game.

You shouldn't be trying to see how skinny you can be and how easily you can do it. Instead your goal should be to achieve and maintain a healthy weight.

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