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COLUMN

Allow joy to conquer anger



Tessa Castor
Editor in chief

By Tessa Castor
Editor in chief

I've spent a lot of this school year being angry.

About everything.

I've been angry about Southwestern, angry about my encounters with others, angry with myself. I've created a world for myself where I'm perpetually angry and each day there's a new complaint, more fuel to add to the blaze of frustration.

And so often, people are readily willing to join in with me.

I'd like to say people have gotten angrier over the years. I would like to say it's the world we're living in that makes it so easy to become angry. While I'm not sure that's accurate, I know I still have supporters every time I bring up something I'm upset about.

It's nice to know I'm not the only one noticing problems, injustices and corruption. It's nice to know I'm not the only one struggling to keep up with schoolwork and activities. It's nice to feel justified and validated.

But you should stop validating me in my anger.

I've spent a lot of this school year being angry, yes. And I still stand behind my anger, believing that it stems only from the passion I have for rightness and love and even Southwestern. But because of my anger, I've missed out.

While I've been angry, I've wasted precious moments, precious opportunities to make meaningful and positive connections with others. I've missed the opportunity to speak life into the people around me, the opportunity to encourage everyone I meet.

I know I have bad days, days when negativity seems inevitable. It is, sometimes. It's okay to be frustrated. It's okay to speak up for what you believe in.

But when anger consumes you, takes away any beauty you can see, like it has done to me, that's when we're in trouble.

I understand what you're going through.

Your professor doesn't give helpful feedback. Your classes have been tough. The caf is out

of your favorite ice cream. Your practice schedule is full. You've debated starting an end-of-semester countdown – 19 days of class left – and you just want to complain.

Complain. Be upset. Stand up for yourself. But don't let your anger take up your day, your week, your semester. Don't even let it take up an hour.

One day, you'll be in the same position I'm in, looking at your final year and truly wondering where the years went. Every event you attend, every game you play, will be a last. And you'll have to be content with how you spent your years at SC.

Take it from me – please don't let your anger define your college years. Don't look back and realize you didn't enjoy something to the fullest because you were upset. Don't rob yourself out of the five, four, three, two years that Southwestern is for you.

Unpack your anger. Let yourself be thankful.

When you're not seeing the good in Southwestern, when you're not seeing the good in yourself, when you're not seeing the good in the world around you, validate that frustration. Tell yourself you're right to be upset, that it's okay to care about something so strongly. Take action, if you need to.

Then step away.

Don't spread your anger to others just for the quick fix of validation from them. Don't dwell.

But let yourself be thankful.

Start a list. Grab a notebook or your phone if you need to.

Instead of listing the things you're upset about, list the things you're thankful for. Name this list "Gratitudes," and carry it with you. Start small – I'm thankful for my roommates, I'm thankful for \$0.99 mozzarella sticks at Sonic – and grow from there.

Just as we've grown comfortable in anger, let it become a cohabitant and influencer, I'd bet we'll also grow comfortable in gratefulness. We'll grow comfortable in knowing that, despite injustice and heartache and just annoyances, things are really okay, and will stay that way.

Anger isn't a bad thing. Anger can be motivating and corruption-destroying and world-altering. But misplaced anger can be intoxicating, seeping into your world before you even realize you've spent a semester, a school year, multiple years angry. We have to let anger sleep until we're ready for it, otherwise it will stay awake indefinitely.

Don't let misplaced anger tell you it's worth it.

Bring your thankfulness, your gratitudes list, your openness, and flourish.

Yes, I've spent a lot of this school year being angry. But I'm working on it.

Tessa Castor is a senior majoring in English. You may email her at tessa.castor@sckans.edu.

REVIEW

Japanese anime shatters stereotypes

By Jake Haertl
Guest reviewer

Many people are turned off by animated television shows, and a lot of people will never give anime a chance. However, "Naruto," is a must-watch.

I never was a big anime kid growing up, and I didn't think it would interest me at all. That quickly changed as I gave the show a chance.

"Naruto" dives far deeper into storyline and character development than any show I have ever watched. Naruto Uzumaki, a young ninja of the Hidden Leaf, dreams of gaining respect from his peers and becoming the Hokage, the highest-ranked and most powerful ninja in charge of leading the village.

The initial episodes take a very slow approach to introducing you to the series. Naruto is portrayed

as a young, mischievous and lighthearted ninja in training, desperate for any sort of attention.

We are soon introduced to Sakura, a lighthearted female ninja in love with Sasuke Uchiha, Naruto's rival and the most talented ninja at the Ninja School of Training. Soon to follow, Naruto, Sakura, and Sasuke are combined to make a ninja trio known as Team 7.

Despite having to struggle through a few filler episodes and Naruto shenanigans, the story goes much deeper than I could have ever imagined.

Naruto's parents were killed during a village-wide fight against the magnificent Nine Tailed Fox. In order to defeat the beast, a sealing spell must occur. The spirit of the Nine Tailed Fox must be locked away inside a human.

See Naruto, page 3 —