

PERSPECTIVES

Letter from the Editor



Greetings on this sunny spring day from St. Andrews! A lot has happened here and in the world since the last issue of *The Lance* was released in February. And I would say that there is a pattern here. A pattern of change. The seasons have changed since the last issue, the weather has changed since the last issue, even a lot of our goals have changed since the last issue! But it all makes for interesting news. What stories! What unbelievable, volatile, and peaceful stories! And stories are happening everywhere! Far too many stories to keep up with – but worth a thought nonetheless.

For example, the fact that tornadoes just destroyed so much in Missouri, so soon after Earth Day, that's worth thinking about. The fact that one family was saved while traveling to Texas, while at the same time another was destroyed in Texas due to recent wildfires, that's worth thinking about. And the fact the Japanese could keep their dignity in the midst of environmental disaster, that's worth thinking about too. Change has been happening from East to West – from the edges of Japan to the far reaches of the Middle East and North Africa, the world has been shaken and shocked by change. Some of it positive, a great deal of it negative, but all of it powerful. So if you wonder why it's worth a thought, consider why you're here. As students and people of the St. Andrews community – past and present – we have been taught to learn. We have been taught to wonder. We have been taught to reflect on that which is natural, and to preserve it – to never lose our natural curiosity. So as such people, we have a responsibility to think of these things, and to know that every one of us in some way or another plays a part in the change that will take place in our own community – creating a ripple that people will eventually feel throughout the world – much like we feel what happens in the Middle East as reflected in our own gas prices. The actions of each one of us are important, even our

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This is what I am

My name is James Walls, and I'm an SAPC cross country runner. It's what I do—it's part of who I am.

I was recruited to run cross country. It's something I had been interested in doing since my sophomore year of high school. But when I first arrived, it didn't go as smoothly as I would have liked. However, once I was on the team, I felt as if I was part of another family. They welcomed me with open arms and made me feel like I was somebody! They even gave me a nickname [Bear] that has stuck with me for all my four years here. Hence, while I thought at first that I was joining the team because they needed me and I needed the scholarship, the more time I spent around my teammates, the more I came to realize that they didn't need me, I needed them.

Personally, I don't consider myself to be a very bright student. For the most part I'd say I'm average when it comes to the books. I say this because my first year was a bad year and studies were something that I wasn't really interested in at all. To make matters worse, although I was able to compete during my second year, my grades had yet to be where they should have been. That's when my coach told me that if I wanted to keep running here, I had better start working hard and studying every night. Suddenly, I knew what motivation felt like! Never in my life had I been so motivated to

"Think Globally, Act Locally"



study and get my grades up, until that point!

Cross country helped me get my grades to where they needed to be by introducing me to a sense of motivation and determination that I had never known before. Running here at St. Andrews has made me better as a person as well as an athlete. Once I learned how to stay motivated, I was able to run for five whole seasons, without having to worry about my grades being too low to compete. And, to top it all off, I made some of the greatest friends anyone could ever hope for!

My experience has made it clear to me that an 8k race is no different than life itself! Before a race starts, you feel nervous because you want to do well. Once the race starts, everything is alright and the butterflies go away. During the race, you are tired and hurting and want to quit. But, when the times are so tough and you just want to quit and let it all go, there is something that continues to tell you "You're not done, we still have to keep going." This is what St. Andrews cross country has taught me.

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