



"I do not agree with what you have to say, but I'll defend to the death your right to say it." - Voltaire

## Habitat for Humanity

Reid Mosher

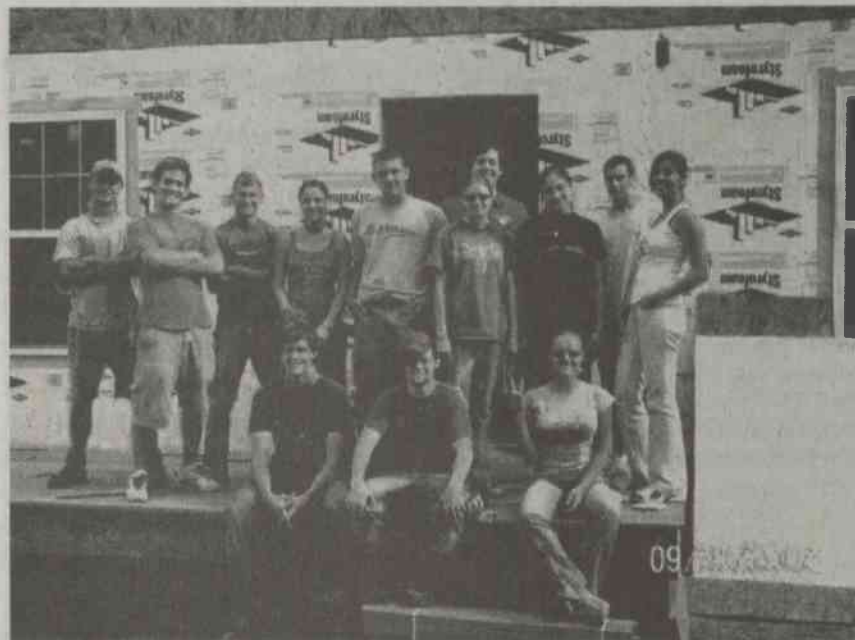
Upperclassmen and a large showing of freshmen participated in building two houses for the Habitat for Humanity in Southern Pines, Sunday, Oct. 1<sup>st</sup> 2006. The program, which was started in 1984 by Jimmy Carter, allows those who cannot afford homes a way to get one built by their own sweat, equity, and participation in building other homes over time.

The volunteers, an equal showing of male and female, learned tons about building, tools, and DIY. Volunteering allows students the opportunity to give folks who cannot afford homes a way to have one built. This in turn gives them financial equity and clout with banks who require a sound financial base from their potential mortgage and loan holders.

The experience also pays off in a big way for college students who get to share their building experiences with the "Dead Head-esque" groupies who travel the country helping to build. Also, paid-government workers get to choose where to volunteer and build strengths that will help them in the Peace Corps., American Field Service, and other exchange

programs and opportunities all over the world. There were several full time volunteers from all corners of the U.S. who shared stories and told us about their lives and times with H for H. The group pictured got the chance to build everything from foundation to roof on two separate houses. Speaking, for the guys, the chance to meet and work with hot girls whom otherwise we might not have been able to get to know in such a meaningful way was awesome. The volunteers worked hard and then celebrated at Sonic with some much deserved banana splits, shakes, and other frozen treats.

Bottom line, it was fun, we learned tons, and felt great at the end of the day knowing we had an actual hand in someone's life. And if you want to meet girls who can wield a hammer (and perhaps fix their own roof when you're busy watching football or going skydiving) this is the place to find them who love tools. It's about equity and equal opportunity for all. Keep an eye out for the next Habitat for Humanity trip or check out [habitat.org](http://habitat.org) for more information.



October 1, 2006- St. Andrews students recently spent a day volunteering with the Habitat for Humanity near Pinchurst, NC. Courtesy of Reid Mosher.



Students working on Habitat House. Courtesy of Reid Mosher

## From the Well of the Wise Woman

Carmen Lentz, LPC, NCC, DCC  
Director of Counseling Services

**Need to Stress Less? What is stress?** Stress is a human phenomenon we all feel and can be defined as the "wear and tear" our bodies experience as a part of life. Sources of stress are frequently tied to negative events; for example, failing a class or ending a relationship, but stress can also be related to positive events...graduation, start of a new relationship, new job, etc.) People react to stressors in lots of different ways, and learning to cope with stress successfully can really be important. Coping poorly with stress in the short-term can create problems in everyday life such as sleeping poorly, having difficulty concentrating, and headaches. In the long run it can cause problems such as ulcers and depression. The goal is not to eliminate stress, but to learn how to manage it and to find the level of stress which will motivate us but not overwhelm

us. Studies show the real problem seems to be "unrelieved" stress, which signals you have gone beyond your optimal level and need to "de-stress".

**How Can I Manage Stress better?** The first step in the process is to become aware of your stressors and your reactions to them. Try to pay attention to what events cause you stress and how you respond physically and emotionally to the stressor. Next, identify those stressors that you can change or eliminate. If you can't eliminate the source of the stress, can you shorten your exposure to it? Think about what personal changes you can make that can bring your stress levels down. For example, would better time management skills help? Could you do a better job of goal setting? Would delayed gratification strategies help? Also, take a look at how you are talking to yourself. Are

you being overly critical of yourself? Work at adopting moderate views; accept that nobody's perfect and keep things in perspective. **What else can I do?** Try supplementing the above tactics by taking care of yourself physically as well. Regular physical exercise is a great stress reducer. Walk, run, bike, swim, whatever gets you out and active. Pay attention to your weight, eat healthy foods, and get plenty of sleep. Avoid too much caffeine and other stimulants. Relaxation techniques can reduce muscle tension and help you calm yourself. Last but not least, nurture your emotional support system. Surround yourself with people who enrich your life and avoid those who deplete it.

If you have any questions or need any additional assistance managing stress effectively, contact the Counseling Center at 277-5040.



(Carmen Lentz. Picture Courtesy of Rooney Coffman)