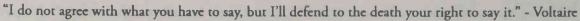
A Word From SGA





administration, the list goes on. But Embrace to, almost without fail, bring some you do, make it worth your time. sort of disciplinary issue or drama.

used to know and love. Regardless generalize. For many students, I of what has brought about this new am sure that I am preaching to the hostile environment, it must stop. choir. Furthermore, it's important How does one go about changing to point out that this article is the entire atmosphere of a college directed at myself, too; I am not simple actually; we, the students, of this article is to hopefully inspire must be the change we wish to the student body to adopt a new see. No amount of work that Glen outlook on life at St. Andrews, Batton or any other administrator and perhaps even life in general. does can remedy the problems on Do not settle for what you already our side of the lake. If we ever have. Anyone in the world is want to see this school return to its capable of getting drunk on the former glory, we must, as members weekend and causing trouble; it's of this educational community, been done before. Aspire to more take it upon ourselves to shift than this at school and for the our attitudes about what it means rest of your life. There is always to be a student at St Andrews. something more to see, learn, and unlike any other that most people the average college student is to have in their lives. For some, this compromise a truly amazing gift means that drinking like a fish, that you have. Being at St Andrews promiscuity, and mayhem are is a unique opportunity that most part of a typical weekend, or even people on this Earth will never weeknight for that matter. You have. Life is short, and college only go to college once, so why is even shorter. Do not waste it. not live it up? I am not suggesting that you lock yourself up in your room and read encyclopedias on the weekend. Some of my best memories are of crazy times in Orange, beer pong tournaments, and too many other things to list. But letting alcohol and parties become the guiding force in your life contradicts the true spirit of what the college experience ought to be.

St. Andrews' purpose is to provide students with an education that will enable them to become successful citizens of the world. Contrary to popular belief, its purpose is not to provide an environment for students to do whatever they please, regardless of who they hurt or what rules they break along the way, in order to have a good time. Of course this school has its place for fun, but too many students are overlooking

The 2006-2007 year at what this school has to offer. Dr. St. Andrews has brought about Bushoven is known for saying, many changes. New faces, new "Be in college, not just at college". every opportunity inevitably and unfortunately, all you have to learn, grow, and be this change means new problems challenged. This does not apply too. St. Andrews has always been only to your schoolwork. A critical a peaceful and relaxed place in part of a St. Andrews education the past where students get along is gained outside the classroom. and go about their business in an Read a book, take a walk, have uneventful way. However, this a conversation about something has not been the case since the other than the food in SAGA. academic year began. The amount Instead of getting obliterated every of fights that have taken place weekend and forgetting what you on campus is astonishing. The even did, just have a beer or two coming of every weekend seems and relax with friends. Whatever

This article is not intended This is not the St. Andrews that we to point fingers, judge, or over The answer is quite writing down to anyone. The point College is a unique life experience, do. To limit yourself to the life of

Want faster internet? Here's how... Dan DuPree **SGA Representative**

Lately, most of have noticed that the internet connection on campus has become increasingly slower, and like most of us, I wondered why. I decided to go straight to the source, and talk to Danny Phillips, our Network Administrator. Mr. Phillips was very approachable about the subject, and is willing to help students if they are willing to help him. The root of the problem according to Mr. Phillips is person-to-person file sharing programs such as Ares, Kazaa, and Morpheus, as well as streaming video programs or websites (such as YouTube). These programs use massive amounts of bandwidth Megs, which in turn slows down the speed of the internet campus wide. Basically, the more downloads one has running at the same time, the more bandwidth is used for these downloads, thus taking bandwidth away from others trying to access the internet at the same time. In order for the internet speed to be more consistent campus wide, use of these file sharing programs needs to be limited, at least during the day. Mr. Phillips is willing to work with students, and is not opposed to the use of these programs. His proposal is if students can limit their use of these programs during the day, he would be willing to open up the bandwidth after dinner time hours, allowing those wanting to use file sharing programs to do so, yet still not slowing the internet speed for others. Mr. Phillips does not want to do this during the day, as the extensive use of the internet on both sides of the lake has to be limited, in order to assure that the network is secure for faculty and staff. If those that constantly download songs or videos off of Ares during the day would limit or cease to do so, all of us would be able to enjoy the internet on campus, and it would no longer be a frustrating hassle. You want the internet to be faster? I just told you what needs to happen, it's up to you to make it work.

Labyrinth and

Spirituality Center Lyndsey McCall CSU Representative

Belk Main Lounge Monday-Thursday

Christian Student Union has sponsored the transformation of Belk Main Lounge to a place of spirituality. Monday through Thursday afternoon you will be able to go into Belk and find many ways to meditate. During a time of exams and papers, students may become overwhelmed. This can be a pre-stress buster for those that feel that may need it. So, what can be found in Belk? The most noticeable spiritual practice available would be the Labyrinth. The Labyrinth is an ancient tool for prayer that involves movement. You will want to walk it silently listening to the music, praying After walking or meditating. the Labyrinth you may want to ask yourself questions like; did I perceive my own life reflected in the twists and turns of the path? Have I found clarification or help with a decision with which I have been struggling? Did I feel close to God along the path, or far away? Or what might I learn from this? After experiencing the Labyrinth you may want to try out several of the other stations. There is also a place where one can make a journal or other spiritual expressions such as drawing or using water color. Another station offers meditation on water. You are invited to try "lectio divina" a process of reading scripture. You can dip their hands in water and choose to read passages about water, stones, or the lectionary reading of the day. Visual prayers are another option where one can look at an assortment of artwork and icons and use the ancient practice of "gazing" as a type of visual prayer. We hope that you will add to our prayer wall, offering a prayer or praying for those that are listed. Lastly you will be able to find a place looking out onto Lake Ansley, where you will be invited to spend some time with contemplative prayer. This area has several different kinds of prayer to try out, including the Jesus Prayer/ Prayer of the Heart, the Breath Prayer, Centering Prayer and Guided Prayer of Presence. The Christian Student Union hopes that this will help bring peace to you all during the stressful days of exams. Peace of Christ be with you all!