



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

## Life is Short and College is Even Shorter

Jordan Copp  
SGA Representative

The 2006-2007 year at St. Andrews has brought about many changes. New faces, new administration, the list goes on. But inevitably and unfortunately, all this change means new problems too. St. Andrews has always been a peaceful and relaxed place in the past where students get along and go about their business in an uneventful way. However, this has not been the case since the academic year began. The amount of fights that have taken place on campus is astonishing. The coming of every weekend seems to, almost without fail, bring some sort of disciplinary issue or drama.

This is not the St. Andrews that we used to know and love. Regardless of what has brought about this new hostile environment, it must stop. How does one go about changing the entire atmosphere of a college campus? The answer is quite simple actually; we, the students, must be the change we wish to see. No amount of work that Glen Batton or any other administrator does can remedy the problems on our side of the lake. If we ever want to see this school return to its former glory, we must, as members of this educational community, take it upon ourselves to shift our attitudes about what it means to be a student at St. Andrews.

College is a unique life experience, unlike any other that most people have in their lives. For some, this means that drinking like a fish, promiscuity, and mayhem are part of a typical weekend, or even weeknight for that matter. You only go to college once, so why 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

what this school has to offer. Dr. Bushoven is known for saying, "Be in college, not just at college". Embrace every opportunity you have to learn, grow, and be challenged. This does not apply only to your schoolwork. A critical part of a St. Andrews education is gained outside the classroom. Read a book, take a walk, have a conversation about something other than the food in SAGA. Instead of getting obliterated every weekend and forgetting what you even did, just have a beer or two and relax with friends. Whatever you do, make it worth your time.

This article is not intended to point fingers, judge, or over generalize. For many students, I am sure that I am preaching to the choir. Furthermore, it's important to point out that this article is directed at myself, too; I am not writing down to anyone. The point of this article is to hopefully inspire the student body to adopt a new outlook on life at St. Andrews, and perhaps even life in general. Do not settle for what you already have. Anyone in the world is capable of getting drunk on the weekend and causing trouble; it's been done before. Aspire to more than this at school and for the rest of your life. There is always something more to see, learn, and do. To limit yourself to the life of the average college student is to compromise a truly amazing gift that you have. Being at St. Andrews is a unique opportunity that most people on this Earth will never have. Life is short, and college is even shorter. Do not waste it.

## Want faster internet?

Here's how...

Dan DuPree

SGA Representative

Lately, most of us 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 or meditating. After walking 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!