

a visit, do so, but avoid going home every weekend. You'll gain confidence if you stick it out and find things to do on campus.

9) Take good care of yourself – be sure that you eat well, exercise, and get plenty of sleep! Be kind to yourself as you make the transition to college life. Use healthy coping skills to de-stress and adjust to life on campus.

10) Keep a positive attitude – when you feel down, remember that there are pros and cons to every situation. Encourage yourself, and congratulate yourself for incremental, small steps forward. Believe in you & your abilities!

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The Health and Wellness suite in Pate Hall houses Health Services, Counseling Services, and the Disability Services Office. The Health & Wellness Center opens at 8:00AM and closes at 5:00PM, Monday through Friday. The main number to the Health and Wellness offices is campus extension 5040. Health and Wellness Staff are: Sue Grooms, RN, Wini Gay, Office Manager, and Carmen Lentz, Counseling Services Director.

KEEPING HEALTHY

BY: ALICIA TOKE

It is getting towards that time again when sicknesses are in the air and get passed around to everyone. No one likes to get sick so here are a few steps to help prevent you from getting sick:

1. Wash your hands! Especially after the bathroom and anytime you are going to touch your face, eyes, and mouth.

2. Do not share your drinks or food with anyone, even if they do not seem sick they can always be and not know it.

3. Take a multi-vitamin that has vitamin C in it.

4. Exercise at least 4 times a week, this builds up your stamina and immune system.

5. Get plenty of sleep! 6-10 hours a night is the best to keep you healthy and alert not only in classes but also through out the day into the night.

6. Drink plenty of WATER not soda or other sugary drinks that leave you dehydrated. Sport drinks are the best to drink if you are not drinking enough water.

7. Have 3 meals a day, breakfast, lunch, and dinner.

8. Eat healthy; McDonalds everyday for a meal is not good for you cholesterol wise and your wellbeing in general.

9. If you feel yourself getting sick, go to the clinic! DO NOT wait around until you feel worse and infect everyone else!

10. If you are sick take all of your antibiotics, so that what you had will not come back to you or anyone else.

ENTERTAINMENT & EDITORIALS

I Now Pronounce You Chuck and Larry

By: Aliene Boe

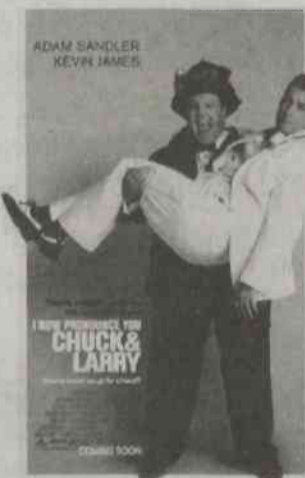
I Now Pronounce You Chuck and Larry is a comedy about gay marriage. The movie has 2 characters who are partners in the New York City Fire Department. Chuck is a player and likes to sleep around with as many women as possible, whereas his partner Larry is the exact opposite. Larry is a family man trying to raise his two children on his own. But Larry runs into a problem and needs his best friend and partner to help him out.

Larry and Chuck had a near death experience in a fire, which got Larry thinking about his children and making sure that they were cared for if anything happened. So Larry asks his best friend Chuck to help him get life insurance for his children. The only way to do so, would be to have a civil union, because Larry's wife passed away. So the two were married and they try to pull off being something neither of them are: being gay.

The movie is a comedy but stresses real life issues that we as people face today. Mainly infringement on the rights of gay individuals by not letting them get married, and what an individual that is homosexual goes through daily.

I enjoyed the movie and would recommend people to see it while they can. There may be parts that others may not like about *I Now Pronounce You Chuck and Larry* as in the language or the subject matter, but this film brings up things

that go today that should be brought to your attention. I found nothing that I didn't like about it. So see the movie, laugh and enjoy. See you at the movies!



Opportunities If You Dare

By: James White

Are you ready to see the world? This is the question that I have continually posed to myself and now I pose to all of you. Many of you have seen parts of the world and some of you have not. My goal is to inform you all of the great international learning opportunities you possess as St. Andrews students. All it takes is your interest coupled with personal initiative, learning opportunities you possess as St. Andrews students. All it takes is your interest coupled with personal

initiative, and you too might be hopping on jumbo jets and experiencing the wonders outside of this country.

Allow me to introduce myself. My name is James White Assistant Coordinator of Travel Abroad and Student Exchange. I am a senior and a double major in Politics and Philosophy. The Saint Andrews abroad programs have offered me the chance to visit and study in India, Italy, Germany, and Switzerland. I also have tentative plans to travel with the school to Mexico later this year and Vietnam the summer after I graduate.

You too can travel and learn with St. Andrews study abroad programs with scholarship opportunities to help you cover some of the costs. You can earn Humanities, Honors, Politics, History, English and many more credits from these trips. All I ask is that if you wish to see more outside this country then you send me an Email or a simple Facebook message. My email is whitejk@sapc.edu and I am currently in the process of establishing a Facebook Group designated for students who want to keep up to date on travel opportunities. Additionally, I will systematically send out campus wide emails with information on upcoming events and opportunities for you to gain more information on our programs.

This school offers many destinations to anyone up for the adventure.