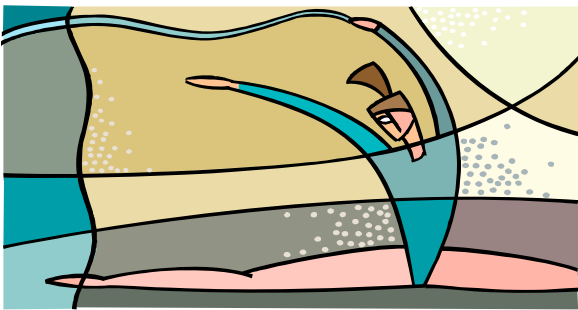


# Connections

April/May 2006

Volume 1, Issue 3



*Where can I find an hour a day?  
To turn away from duty,  
to release that energy  
into something creative for myself  
is like being tossed into a washing  
machine.*

*Can I really believe  
I am worth an hour a day?  
Am I, who have given my life to  
others,  
Selfish enough to take one hour a  
day to find myself?*

*Coming Home to Myself  
Marion Woodman &  
Jill Mellick*

*Life is a lot like football—if you  
want to be the Quarterback, you  
first have to know where your  
Center is.*

*—Swami Beyondananda*



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***The Invitation***  
Oriah Mountain Dreamer

It doesn't interest me what you do for a living. I want to know what you ache for, and if you dare to dream of meeting your heart's longing.

It doesn't interest me how old you are. I want to know if you will risk looking like a fool for love, for your dreams, for the adventure of being alive.

It doesn't interest me what planets are squaring your moon. I want to know if you have touched the center of your own sorrow, if you have been opened by life's betrayals or have become shriveled and closed from fear of further pain. I want to know if you can sit with pain, mine or your own, without moving to hide it or fade it or fix it.

I want to know if you can be with joy, mine or your own, if you can dance with wildness and let the ecstasy fill you to the tips of your fingers and toes without cautioning us to be careful, to be realistic, to remember the limitations of being human.

It doesn't interest me if the story you are telling me is true. I want to know if you can disappoint another to be true to yourself; if you can bear the accusation of betrayal and not betray your own soul; if you can be faithless and therefore trustworthy.

I want to know if you can see beauty, even when it's not pretty, every day, and if you can source your own life from its presence.

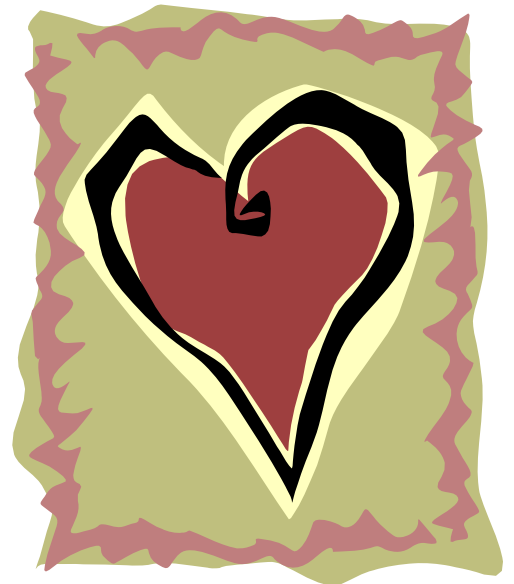
I want to know if you can live with failure, yours and mine, and still stand on the edge of the lake and shout to the silver of the full moon, "Yes!"

It doesn't interest me to know where you live or how much money you have. I want to know if you can get up, after the night of grief and despair, weary and bruised to the bone, and do what needs to be done to feed the children.

It doesn't interest me who you know or how you came to be here. I want to know if you will stand in the center of the fire with me and not shrink back.

It doesn't interest me where or what or with whom you have studied. I want to know what sustains you, from the inside, when all else falls away.

I want to know if you can be alone with yourself and if you truly like the company you keep in the empty moments.



# Facts on Facebook

Facebook is becoming increasingly popular among high school and college students. It is used as a means of staying in contact with old and new friends across the globe. It seems innocent but do you know that employers, parents and even the Secret Service have access to your Facebook?

## What is Facebook?

Facebook.com was created by Mark Zuckerberg to connect people through social networks at schools and it was made available to the public in February 2004. Since that time Facebook has become a phenomenon reaching across the world. Facebook includes very personal information, messages, and pictures of the Facebook member and friends. It is estimated Facebook already has over 3 million users and 60 % log on at least once a day.

## How do students use it?

Students use Facebook to stay in contact with friends. However, they “talk” with their friends like they were behind closed doors and are unaware of how far reaching their Facebook is. The students are putting personal information online and it can and is being used in a variety of ways not intended for Facebook users. Students also put very personal and unprofessional photos on the Facebook.

## How can non-students use Facebook?

According to the Facebook privacy policy, the site operators can share information with third parties; this can include any number of agencies or potential employers. Stalkers, employers, parents, faculty, administrators and any number of not so well-intentioned people could find all of a student’s personal information. Students believe their conversations are just between them and their friends but it is like a phone tap. It can be used for positive and negative purposes.

- At The University of Texas at San Antonio, the vice president of the Student Government Association said he started his campaign on Facebook and he is certain that is how he was elected into office.
- In March, a student at Oklahoma State University posted an unfavorable comment about President Bush and was investigated by the Secret Service.
- A student at Fisher College in Boston was expelled for his online critique of a campus police officer.
- University of California officials said they could discipline students that live on campus for photographs and information posted that is evidence of illegal activity like drinking in dorms.
- Employers are also using Facebook to recruit workers and to screen out potential employees.
- When Pennsylvania State University's resurgent football team scored a victory last October against its archrival from Ohio State University, throngs of students rushed the field and set off something of a post game riot. Overwhelmed, campus police had difficulty identifying the perpetrators and made only two arrests on game day. But less than a week after the game, Tyrone Parham, the university's assistant director of police, got an unexpected tip: Several students had posted pictures online of their friends storming the field. Campus police officers logged onto Facebook



(See Facebook, page 4)

and found a student group titled, unsubtly enough, "I Rushed the Field After the OSU Game (And Lived!)"

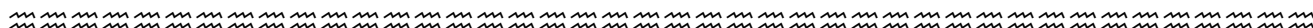
Of course, it's not just Facebook that offers Internet users the opportunity to dig their own graves. Plenty of social networking sites encourage this sort of behavior by giving users the illusion that they are merely interacting with friends, when in reality much of their behavior is viewable by any interested party. Google is another popular way of checking up on ex-girlfriends and job applicants, and can reveal its own share of secrets that folks would rather keep private. In fact, a 2005 survey of recruiters showed that three-quarters of them use online search engines to check up on applicants—and they're not afraid to dismiss someone when they find negative information.

*Christine Hirsch, president of Chicago Resources, a professional-services recruiting firm, says she regularly uses Google and other sites to check on candidates. In one instance, she found details about a candidate on a law school Web site describing disciplinary actions related to a fraternity prank involving public intoxication. The candidate, who had received a verbal offer (and who had disclosed a drunken-driving conviction in college), didn't get the job after the new information surfaced.*

What can you do to keep yourself out of the crosshairs? The obvious first step is to internalize the idea that no section of the Internet is your private playground, and to keep your mouth shut in public forums about information you would rather the rest of the world did not know. Beyond that, though, it can be difficult to eliminate traces of stupidity online. Good luck getting Google to remove all links to that embarrassing office karaoke video that comes up first when you search your name. It ain't gonna happen. The moral of the story is: don't expect privacy on the Internet and you won't be disappointed.

<http://arstechnica.com/news.ars/post/20060119-6016.html>

Visions, Spring 2006, a publication of the American College Counseling Association



## Symptoms of Inner Peace

- A tendency to think and act spontaneously rather than on fears based on past experiences.
- An unmistakable ability to enjoy each moment.
- A loss of interest in judging self.
- A loss of interest in judging others.
- A loss of interest in conflict.
- A loss of interest or ability to worry (this is a very serious symptom).
- Frequent, overwhelming episodes of appreciation.
- Contented feelings of connectedness with others and nature.
- Frequent attacks of smiling through the eyes of the heart.
- Increasing susceptibility to love extended by others as well as the uncontrollable urge to extend it.
- An increasing tendency to let things happen rather than to make them happen.



If you have all or even most of the above symptoms, please be advised that your condition of INNER PEACE may be so advanced as to not be treatable.



## Ideas for Self-Nurturing Activities

Circle FUN ones! (\* = FREE)

\* Listen to my favorite music  
Enjoy a long, warm bubble bath

\* Go for a walk

\* Share a hug with a loved one

\* Relax outside

\* Practice feeling contented

\* Physical activity (of my choice)

\* Spiritual prayer

\* Attend a caring support group

\* Practice diaphragmatic breathing

\* Do stretching exercises

\* Reflect on my positive qualities: "I am..."

\* Watch the sunrise/sunset

\* Laugh

\* Concentrate on a relaxing scene

Create a collage representing  
"the real me"

Receive a massage

\* Reflect on: "I appreciate..."

Write my thoughts and feelings

Attend a favorite athletic event

Do something adventurous!

Read a special book or magazine

\* Sing, hum, dance or whistle a happy tune!

Play a musical instrument

\* Spiritual meditation

Work with plants (gardening)

Learn a new skill

See a special play, movie or concert

Work out with weights

Ride a bike or motorcycle

Make myself a nutritious meal

Draw/paint a picture

\* Swim, float, wade, relax in a  
pool, or on the beach

Do aerobics/dance

Visit a special place I enjoy

\* Imagine myself achieving my goals and  
dreams

Go horseback riding



\* Reflect on "my most enjoyable memories"

\* Enjoy a relaxing nap

Visit a museum/art gallery

\* Practice yoga

Relax in a whirlpool/sauna

Enjoy a cool, refreshing glass of  
water or juice

\* Enjoy the beauty of nature

\* Count my blessings: "I am thankful for..."

\* Play as I did as a child

\* Star gaze- stay up late, get up early!

\* Window shop

\* Daydream

\* Tell myself the loving words I want to hear  
from others

Attend a special workshop

Reward myself with a special gift I can afford

Create with clay/pottery

\* Pet an animal

\* Watch my favorite TV show

\* Reflect on my successes: "I CAN..."

Make a bouquet of flowers

\* Relax: watch the clouds

Make myself something nice

\* Visit a park/woods/forest

Read positive, motivational literature

\* Reflect on: "What I value most in life..."

Phone a special friend

Go on a picnic in a beautiful setting

Enjoy a gourmet cup of herbal tea or coffee

Participate in a favorite sport,  
game, recreation

\* Practice a relaxation exercise

\* Practice the art of forgiveness

Treat myself to a nutritious meal  
at a favorite restaurant

Participate in a hobby

\* Practice feeling awe for life

\* Discover a new place

\* Hug a tree!

# UNCA SUPPORT TEAM



**Interested in doing community service but can't commit to a set schedule for the entire semester? Then we have an opportunity for you. Commit to doing only what you love - drive, talk, cook, garden, build things or do laundry. Whatever it is you love to do, you can do while helping folks in the community - UNCA & Asheville.**

**For more information contact Megan or Maggi.**

*Megan Graham: 201-406-5860*  
[megraham@bulldog.unca.edu](mailto:megraham@bulldog.unca.edu)

*Maggi Saucier: 828-251-6517*  
[msaucier@unca.edu](mailto:msaucier@unca.edu)

# Body Whys

## This group explores:

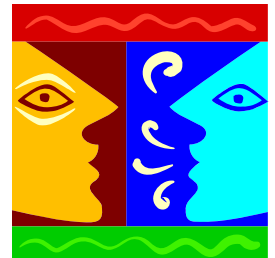
- **Why we worry so much about how we look or how much we weigh.**
- **Why dieting or exercising gives us a sense of control over our lives.**
- **Why we struggle with food, body image and/or cultural messages.**
- **Why we think our bodies are unacceptable the way they are.**
- **Why some people seem to be okay with their bodies.**

**Tuesdays  
4:00-5:00  
Counseling Center  
Info: 251-6517**

Professionals from the community will provide short (30 minute) presentations on different aspects of our lives related to our bodies, including information on eating disorders, weight/size obsession, our relationship with food, messages from the media, and much more. Each week participants will have an opportunity to ask questions and discuss their own issues. This is an open group and you are welcome to come to one or all of the meetings. It is not necessary to call ahead.

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## Nonviolent Communication



***Do people take what you say the wrong way?  
Do you feel like you aren't understood by others?  
Do you get have trouble dealing with conflict?***

If you answered "yes" to any of the above questions, you might want to check out a group at the Counseling center. This is a group that uses and teaches a communication model called nonviolent communication to teach us how to:

- resolve conflicts in their lives with family, friends, roommates, partners.
- hear criticism without taking it personally, giving in or losing self-esteem.
- become aware of and express their needs without attacking others.
- listen better to others.
- learn to identify your feelings and needs and ask for what you need.

**Thursdays,  
12:15-1:30pm  
Counseling  
Center  
Info: 251-6517**

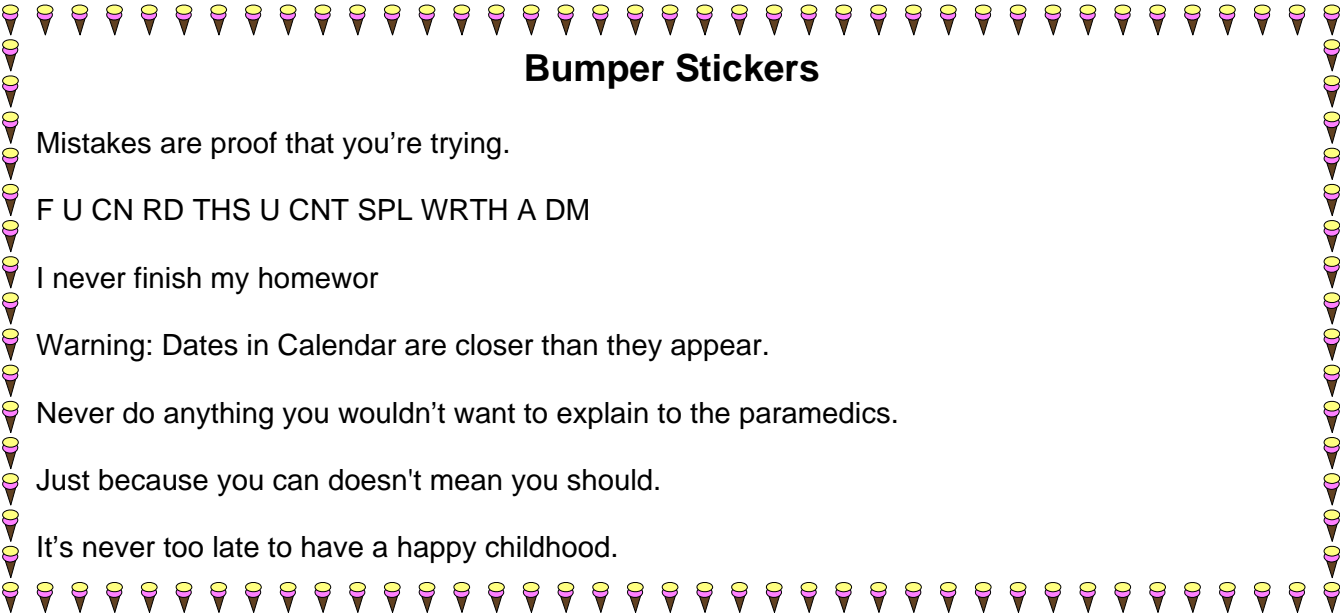
This is an open group and you are welcome to come to one or all of the meetings. It is not necessary to call ahead.

# Had Enough on Your Campus?

Have you had enough of the effects binge drinking has on the quality of campus life? Well, join the club. There are plenty of us that are sick and tired of drunken nuisances. And with good reason.

HadEnough is a web resource for the "silent majority" of students who don't drink excessively, are fed up with the problems caused by those who do, and most importantly, want to do something about it.

People are starting to talk. See [www.hadenough.org](http://www.hadenough.org) for more information and call Darcie at the Counseling Center (251-6517) if you're interested in starting something like this on the UNCA campus.



### Bumper Stickers

- Mistakes are proof that you're trying.
- F U CN RD THS U CNT SPL WRTH A DM
- I never finish my homework
- Warning: Dates in Calendar are closer than they appear.
- Never do anything you wouldn't want to explain to the paramedics.
- Just because you can doesn't mean you should.
- It's never too late to have a happy childhood.

**Want to talk? Need some help adjusting or dealing with life?** Did you know that you have free counseling services on the UNCA campus? Probably the only time in your life you will get free therapy. So to make an appointment, call 251-6517. And if you ever feel like you are in a crisis and it's after hours, call campus police at 251-6710 and they will have a counselor paged. Also, please visit our website at <http://www.unca.edu/counselcenter/>.



*This newsletter is created by the University of North Carolina-Asheville Counseling Center. For more information, please contact Maggi Saucier at [msaucier@unca.edu](mailto:msaucier@unca.edu).*

