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We accept articles and stories, announcements for volunteer, civic engagement, and fundraising/philanthropy events, and nominations for Volunteerism and Civic Engagement Spotlight.

Halloween in the Park:

We are needing many volunteers at our event and that includes: actors, hay ride attendants, people to hand out candy, cook and serve food, parking attendants, makeup artists, and many more. Our event will take place on October 20th, 2017 and will be located at the Saint Robert Community Center. We are asking all our volunteers to be there between 4 and 4:30 pm, the actual event will begin at 6 pm. We will be serving food and refreshments to all volunteers prior to the event.

To volunteer contact park@saintrobert.com.

Silverstone Place:

Silverstone Place would like some volunteers to come in to visit with the residents and help with an activity about once a month. Any day of the month works for them. Silverstone usually hosts activities twice a day. On Saturday Silverstone has bingo at 10 am which would be a great activity for volunteers to help with. They will have an activity assistant also. If anyone is interested please contact Nikki at the Silverstone Place - (573) 578-4285.

Phelps County Faith Distribution Inc.:

This organization conducts the monthly USDA food distribution for Phelps County on the third Saturday of the month. Volunteers are needed the Wednesday of that week to unload a semi truck of food, on the Friday of the same week to prepack boxes at noon, and on the third Saturday from 8 am - noon to distribute food to 500 - 600 families. Contact Carol Creighton at 573-578-8817 or Creighton.carol@gmail.com.

Service Spotlight

The residents of Thomas Jefferson Hall, floor 4 North, found a creative way to raise money for the Student Emergency Financial Fund (a charity that helps students in times of financial crisis) with their fruit cocktail slingshot. In the field of sorrows outside of Thomas Jefferson Hall on Thursday October 5th students were able to pay $5 to slingshot frozen fruit at a variety of targets. It was a great way for students to relieve some stress before mid terms while raising money for a good cause.

“College is tough and frequently stressful. There have been plenty of times when I have lost sight of my purpose and struggled to find people to spend time with. Over the years when I have been going through a tough time the thing that has really brought me out of it is volunteering. Helping others reminds me that I can do some good in the world and puts the stresses of everyday life behind me. Volunteering has also helped me find great friends who share my gusto for helping the community. Volunteering has enriched my college experience with purpose and friends that I would not trade for all the time in the world.”

– Suzy Young (Economics, Junior)

Recent studies have shown that there is an overall increase in a volunteer’s mental, emotional and physical well-being over someone who does not volunteer. Many people feel more connected and feel a deeper sense of purpose after volunteering, which leads to being more emotionally stable and happy. A research review done by the corporation for national and community service stated “(studies) consistently demonstrate that there is a significant relationship between volunteering and good health; when individuals volunteer, they not only help their community but also experience better health in later years, whether in terms of greater longevity, higher functional ability, or lower rates of depression.” Although some of these results may seem extreme, volunteering truly has an impact on people even here at S&T.

Here is a link to the research review.

Upcoming Fundraisers

#### EWB BBQ

Oct. 19th 10am - 1pm
Outside Harris Hall

#### Second Saturday Service

On Saturday, the 14th of October, 21 students volunteered their morning to Second Saturday Service at Audubon Nature Center. They spent 4 hours eradicating invasive species taking over the prairie and digging up stumps that were left in the dirt path. The students were able to make a huge impact in a little amount of time due to the number of volunteers who showed up.

#### 4N Fruit Cocktail

The residents of Thomas Jefferson Hall, floor 4 North, decided to serve a twist on the traditional 4N cocktail which was a big hit during EWB week. Since the event was so successful, EWB and the residents decided to make it a permanent feature of the hall. The beverage is called the Fruit cocktail and is made with any combination of fresh fruit and a syrup base. For the College of engineering members of Thomas Jefferson Hall on Thursday October 5th, the 4N Fruit cocktail was served in Student Center with a twist on the traditional 4N cocktail by using different ingredients.