Know Before You Go!
Important Election Information you should know
page 7

Get Your Flu Shot
Free for all Husson/NESCom students and staff
page 5

HUSSON

NEW ENGLAND SCHOOL OF COMMUNICATIONS

the Spectator

Husson University and NESCom Student News

Vol. X, Num. I
October 2009



photo by Larry Ayotte

West Side Story becomes the first major production for Husson's Gracie Theater.

West Side Story Opens to Rave Reviews

article by
Susan Patten

A beautiful new theater with excellent acoustics and a talented cast and crew, accompanied by professional musicians, greeted packed houses every night for the performances of West Side Story in the new Gracie Theater this past weekend.

It was a grand way to celebrate Husson University's Home Coming weekend and showcase, not only the theater, but the talents of community actors and musicians who included NESCom and Husson students, faculty and staff.

West Side Story was performed under the direction of NESCom instructor Ken Stack. Stack received his B.A. from the Theater Arts Conservatory at Webster College and returned to Maine to act in over 400 productions and direct many more. He's now working on developing a performing arts training program.

Brave Williams, a relative newcomer to NESCom, designed the set for West Side Story. Brave holds a MFA in theater set design from the University of Alabama and a BA in theater from the University of Maine. The set was creatively designed to quickly and quietly transition the audience from the street to indoor scenes.

The actors and actresses were a very talented group who executed the dance numbers beautifully, under the direction of Choreographer Ann Ross.

West Side Story was undoubtedly the first of many exciting productions that will fill the stage of the Gracie as students learn the technical skills necessary to produce these entertaining, live performances.

Contents

Campus News..... 2
Sports..... 8
Arts & Entertainment.... 10
The Back Page..... 12

Husson Gears Up For New President



article by
Leigh-Anne Hurley

As Husson University goes through some of the biggest changes it's seen in years, including the Gracie Theatre opening and the induction of a law school, it is about to go through the biggest change of all: a new university President. As current President William Beardsley steps down at the end of 2009, a new President will be looking to increase the success of the school. President Beardsley, who has been with Husson since 1986, has not only increased enrollment within in the school but has also dug Husson out of its debt and reputation as "Husson High." He announced last month the three finalists for his soon-to-be vacant position: Dr. Jeffery Mills, Dr. Robert A. Clark, and Dr. Jo Ann Rooney.

Dr. Jeffery Mills, born in Rumford, Maine and raised in Bryant Pond, was appointed Vice President of Monmouth University in 2005. Located in New Jersey, the school has a student population of 6,000 as well as a Division 1 sports program. A graduate of Arizona State, Dr. Mills worked at the University of Maine in a range of leadership roles as well as being the Vice President for University Advancement, where he was a member of the President's Cabinet and Executive Council. He is impressed with the growth of Husson University, stating "It's a visionary leadership and the ability to collaborate within the community to implement its goals is impressive."

Dr. Robert A Clark, a native of Waterville Maine, is the Vice President for strategic initiatives at the University of Evansville, located in Indiana. He is also a professor at the university's Schroeder Family School of Business Administration and the director for the Institute of Global Enterprise. He was also involved in a major capital campaign that helped raised over $12 million for a stand-alone school of business administration on the campus. He hopes to work with all of Husson University in order to continue to support student development both in and out of the classroom. He remembers Bangor as the "big city over the river to [his] grandparent's house in Passadumkeag."

Dr. Jo Ann Rooney, the current President at Spaulding University in Louisville, Kentucky, is a graduate of Boston University who sees New England as her home. She has increased both enrollment and the retention and graduation rates at Spaulding. Her passion for education and student success led her from Boston to Spaulding where she has helped saved the school from the threat of immediate closure. She looks at Husson as another experience to help students achieve their highest potential as well as building their ties with the community. She puts strong emphasis on areas that will be beneficial to both the student body and the community around them.

Though Husson University has grown considerably in President Beardsley's 23 years, students still feel that Husson has a long way to go in terms of some non-academic strides. Third year, pre-med student Mike Falter feels as if Greek Life on campus needs to be recognized. "With the University of Maine steeped in Greek Life, it only seems fair that Husson and NESCom students get to know what that our Greek Life is a great thing to have. The administration needs to recognize all the fraternities and sororities for what we do with the com-

Continued on Page 3

CampusNews

Safety and Security

We are all in it together

article by
Robert Kilpeck

On behalf of everyone here at Campus Safety and Security, I would like to say welcome to our new students, staff and faculty, and welcome back to all those returning.

If you are thinking that there seems to be a lot of people on campus this year, well, you are correct. Husson is enjoying some growth and as a result we have our largest freshman class ever. Of course this growth creates some concerns as to its effect on infrastructure such as parking, dinning and housing, and many of you have expressed your concerns directly to me, while others have requested interviews to satisfy class requirements.

Inevitably, the hot topic is parking, or a lack there of. I realize that this is a hard sell, especially if you are running late for a class or the weather is wet and cold, but there are usually parking spaces. These spaces may not be next to the door, but they are there if you don't mind walking just a little distance. Let's face it the campus isn't that big.

It has been pointed out to me that on many college and university campuses students can't find a parking spot on the entire campus, and on many more, freshman are not allowed to have a vehicle on campus. Here, we understand that many of you have off-campus jobs or drive home on weekends so we made a conscious decision to allow all students to have a vehicle on campus. As I have pointed out in the past, at Husson, we all do things together. Students, staff and faculty all share the same parking lots and dinning areas, and believe it or not, we like it that way. You will see no staff or faculty lots at Husson. You will however see reserved parking for resident students who have red decals, and dinning service staff that need to feed you, although, DDC even gave up some spaces for student parking this year.

Don't get me wrong. It is not my intention to minimize your frustration, because we all want to do our best to make your Husson experience a pleasant one. The best way to do that is to make the best of what we have, because we really have it pretty good. Lets face it, when you are running late that's when you can never find a space. That of course is easily remedied by getting here just a little bit earlier.

There are always spaces down by the "fitness" center. Be courteous to others. If you have a red decal park behind the resident halls, because these lots are reserved for you, and by leaving your vehicle in your own space it will be easier for the commuters to find a space, so they won't park in yours. Please show respect to those who legitimately need to park close to the door and avoid parking in the Handicapped spaces. Also, please do not park in the fire lanes or on the grass. Remember, we are all in this together and a little effort and courtesy goes a long way.

Speaking about red decals and yellow decals. I'm often asked, "Why have decals at all?" When I first came here I asked the same question. We don't charge for parking, so why the decals? One student just recently suggested that it was, "Silly." When I started, everyone on campus needed to get a new decal every year. Now there was a system that made no sense to me, so in an effort to make it more user friendly, we instituted a new system. New students, staff and faculty get a decal and that's it. No expiration, it's good for as long as you have the vehicle that it is registered to.

Now going back to the question as to why we have decals. Some believe that it is just so that safety and security officers know whose vehicle they are ticketing. But those same people think twice about that after we track them down in their class room to inform them that they left their lights on or that someone had been hit or vandalized in a parking lot. Often someone will call the security office to report a pet had been left in a vehicle with the windows up. In one instance, I found a car left in the parking lot with an infant and a purse inside! Without decals numbers we would have no idea how to locate these people. Just a couple of days ago a student parked in lot eight, locked the doors, but forgot to set the break or put the car in gear. The car rolled out into the middle of the lot and we were able to locate that student who was most appreciative.

So, exciting things are happening here at Husson and the growing pains; well we'll deal with them and you can all help by looking on the bright side and making a concerted effort to be a part of the solution. Park in authorized spaces and have a pleasant Husson experience.

the Spectator

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Where in the World is Greek Life?

article by
Chris Johnson

When you take a walk on campus there are a few things that stick out. The new Gracie Theatre, the baseball stadium, and Peabody Hall for instance. But there are a few absences that leave students scratching their heads such as where are the fraternity and sorority houses? The answer is there aren't any at the present time. "Up until last year Bangor didn't allow houses to be run by fraternities," said Mike Falter who is the Philanthropy chair for Kappa Delta Phi, one of the fraternities on the Husson Campus.

With no houses one would think it would be tough to gain interest from students and according to Falter it can be. "We ran into problems putting up signs. There was a rule that wasn't really enforced before but now they have decided to enforce it. But our actions speak for themselves. We get involved in school and four brothers are RA's including myself. Once you start hanging out with people they start to ask questions."

Tracy Kersul, President and Sergeant at Arms of Epsilon Tau Epsilon echoed those same things. "We try to be as visible as possible. There may be only six of us at the moment, but we are always around wearing our letters on campus and in the DDC."

Time will tell if things will change. Fraternities and Sororities are both burdened by stereotypes from movies and television. They are always shown as party hubs with a lot of drinking and nonsense occurring. But no one ever seems to see the community service and charity work they do. The founder of Husson, Chelsea Husson, was actually a member of Kappa Delta Phi and started the other fraternity on campus, Mu Sigma Chi. Falter sees it as unusual that so many students do not join, seeing as the founder of the school was a member, stating "...you think you'd see more of a connection."



Husson Icon: The Frat Rock stands lonely and proud outside of Hart Hall

New President

(Continued)

munity and how we help bring both schools together. "A brother of the Kappa Delta Phi, ΚΔΦ lambda chapter, Falter is not alone in his feelings about Greek Life's presence on campus. Tracey Kersul, a fourth year Public Relations major at the New England School of Communications and sister of Epsilon Tau Epsilon, agrees. "[It] helps garner respect for fellow students and we help run fundraisers all over the community as well as participate in such things a Troop Greeters at Bangor International Airport. The fraternities and sororities on campus are a part of a lot of students' lives and they can't just ignore that."

Greek Life isn't the only thing students would like to see a change with on the campus. Hall security, such as surveillance cameras and access cards to get into the dormitories, are a demand on the rise with students. Currently, most dormitories' doors are locked and are only to be entered with a key. However, this presents a problem for most students, especially those looking to go to the student health center located in Carlisle Hall. "You have to have a Carlisle Hall key to get in," states third year physical therapy student Jenna Dubord. "It seems unfair that you have to wait for someone to open it just to see the nurse; even in the winter students have to walk around Carlisle from Hart Hall to get to the dining commons and it's an annoyance no one wants to deal with."

Dubord also states that the surveillance for parking lots seems slim to none. "My car got broken into last year, nothing was stolen but someone smashed in my windows and I wasn't notified of it. I had to call Husson Security and ask if they knew anything about it, which they did. I don't understand the point of our stickers if they don't call you when stuff like that happens and that had happened to a lot of students at that time. If we had surveillance cameras, we might be able to see who the students are who damage property in the parking lot."



President Beardsley bids a fond farewell to Husson University

However, all students agree that the administration and faculty at Husson and NESCom are top-notch. "I've never had a problem with a faculty member or administration member," Dubord said. "They really care about how the students are doing and will go out of their way to help a student who is struggling with the class."

Falter also agrees that there are a lot of positive things about the school as well. "The Alumni Association donates a lot of money to help restore the campus and build a better community. They've been a great help to the school as a whole." Kersul agrees with her fellow student, especially with the fact that the campus has a top-notch technology based school in NESCom. "NESCom has the best technology you can get, in my opinion. I'd just like to see Husson take advantage of the fact we have this on campus and let them take over technology. It'd make student lives' a lot easier as well as make the professors' days a little better."

With the end of the 2009 calendar year coming to a close, there's a lot of information that students, faculty and the three finalists for President have to take in. In the end, though, the same goal is apparent to all corners: success for both the students and university alike.

SAFRA to the Rescue



article by
Heather Megill

During hard economic times, it's refreshing to hear that something may be done about federal aid for college students. In order to survive this recession, getting a higher education has become ideal for today's youth. That is one of the many reasons why the Obama Administration has developed the Student Aid and Fiscal Responsibility Act, (SAFRA).

The goals of the bill include increasing the amount given to students in Pell grants, lowering interest rates, and simplifying the Free Application for Federal Student Aid (FAFSA). Katie Leighton, the Assistant Financial Aid Director at the New England School of Communications, is in support of this bill.

"I think that what a lot of the legislation is proposing is going to be really good for students," says Leighton. Unsubsidized Stafford loans have a low fixed interest rate that students are responsible for. She explains how the intentions of the bill can really benefit students.

"If those fixed interest rates could be even lower than they are now that could be a really good thing for students." The Subsidized Stafford loan interest rates are paid for by the government while the student is in school. Decreasing the interest rates on that loan portion would assist not only students but the country as a whole.

"If they [government] can give themselves a discount, everybody wins!" exclaims Leighton. But there are some downsides to the bill. Financial Aid offices across the state are concerned that the government will eliminate private lending and convert all burrowing to direct lending through the government. Private lenders work under the Federal Family Education Loan Program (FFELP), which emphasizes customer service ideals. There is a fear that structuring loans through direct lending will remove additional assistance students need when taking out a loan, and that they will lose the private staff devoted to educating students on the agreements of the loan.

"If the legislation were to revamp this program, our Financial Aid office is concerned that students are going to lose that portion of the service that they receive by working under this FFELP program."

Leighton also expresses that even though an increase in Pell grants sounds appealing, its money that students were ordinarily receiving before the recession set in.

"A lot of states are going through hard times budget wise. States that provide assistance that students get from the FAFSA (state aid) is being cut short because of those budget issues. Part of those increased grants is just going to replace what students had been getting in bigger awards for state grants."

However, an increase in eligibility would allow more students to get the funding necessary to pay for school. Lowering the expected family contribution (EFC) would help students receive that necessary funding. Former NESCom student, Sarina Pilla agrees that had she received more student aid she would have been able to stay in school.

"I didn't have the money to go back the next semester," Pilla explains. "I now have to get a job to pay off student loans which is holding me back from going to school." Increasing the EFC would help students like Pilla get the funding necessary to stay in school.

Another goal of the bill is to simplifying the FAFSA. Doing this would take some of the pressure off Financial Aid offices around the state. Of the students who complete the FAFSA, random selections of forms have to be verified. This verification process is to ensure that nobody is taking advantage of the student aid program. While the intentions are good, it can make the financial aid office a little hectic. One consideration to simplifying this process is to start electronically linking a student's IRS tax submissions with the FAFSA, which would eliminate the verification process.

One of the goals outlined in this bill is to increase the amount of students seeking a higher education. Leighton says that this increase all has to do with the students' ability to succeed throughout college and with their careers.

"I don't think it's [the bill] going to have as much of an effect on graduation rates as it will initial entry rates because once the student gets here, it's up to them to make sure that they go through and complete the program and graduate."

As a former NESCom graduate, Leighton knows the difficulties of paying back student loans first hand.

"Even though I have a pretty good job and I'm able to pay all my bills, there's not much left over at the end of the month," admits Leighton. "I feel like an example most of the time even for the work that I do in my office privately. I remember very vividly what it was like to be a college student because it wasn't that long ago."

She stresses that financial literacy now can help students make the right choices for themselves.

"Every decision that you make financially while you're in school, you're going to pay for after you graduate!"

Overall, Leighton agrees that the SAFRA is a good plan to help college students who need funding.

"I think that investing in education for our country is what's going to pull us out of all the problems that we're in."

The Wildey Communications Center:

The Lasting Legacy of a True Visionary



article by
Heather Megill

Many students have become accustomed to the resources offered in the Wildey Communications Center. On any given day, you may see lights set up for a photo shoot or a production crew preparing for a newscast. All these events often occur with the beat of a bass line rumbling in the background from the radio station above. What many students don't know is that the building they manage to utilize everyday is all thanks to George Wildey.

The building that stands today was currently built in January of 2001. Formerly known as the New England School of Broadcasting, it has been transformed to the New England School of Communications. Dr. Warren Burns, a long time friend of Wildey's, witnessed the development of the school back when Wildey had begun his teaching in a house on Broadway in Bangor, Maine.

"He's a visionary," says Dr. Burns. "He sees the possibility in something and likes to give people opportunities to grow and improve."

It was the final decision of President Beardsley to name the school after George Wildey himself.

"I was in Florida when President William Beardsley called and said the Trustees elected to name the building for me," says Wildey. "I was a little shocked but appreciated the honor and still do as NESCom continues its educational purpose."

NESCom does continue in its progression to offer students the equipment and labs they need to become fully prepared for the working world, and students today recognize that.

"I have nothing but appreciation and respect for George Wildey for giving us the opportunity that other schools don't have," says Tracey Kersul, a senior at NESCom.

As for the faculty, they agree that the building was suitably named after the man who created it.

"It's apply named!" exclaims Louise Grant, Admissions Director of NESCom. "We are part of a man's vision."

Despite his entrepreneurial skills, Grant says that Wildey's choices all came down to how he felt about them.

"George is a really compassionate guy," Grant emphasizes. "He makes decisions because it's the right thing in his heart. He always made decisions that way."



photo by Larry Ayotte

The Wildey Communications Center, home of NESCom.



photo by Larry Ayotte

A Granite Guardian stands watch over the new road into campus, allowing easier access to NESCom.

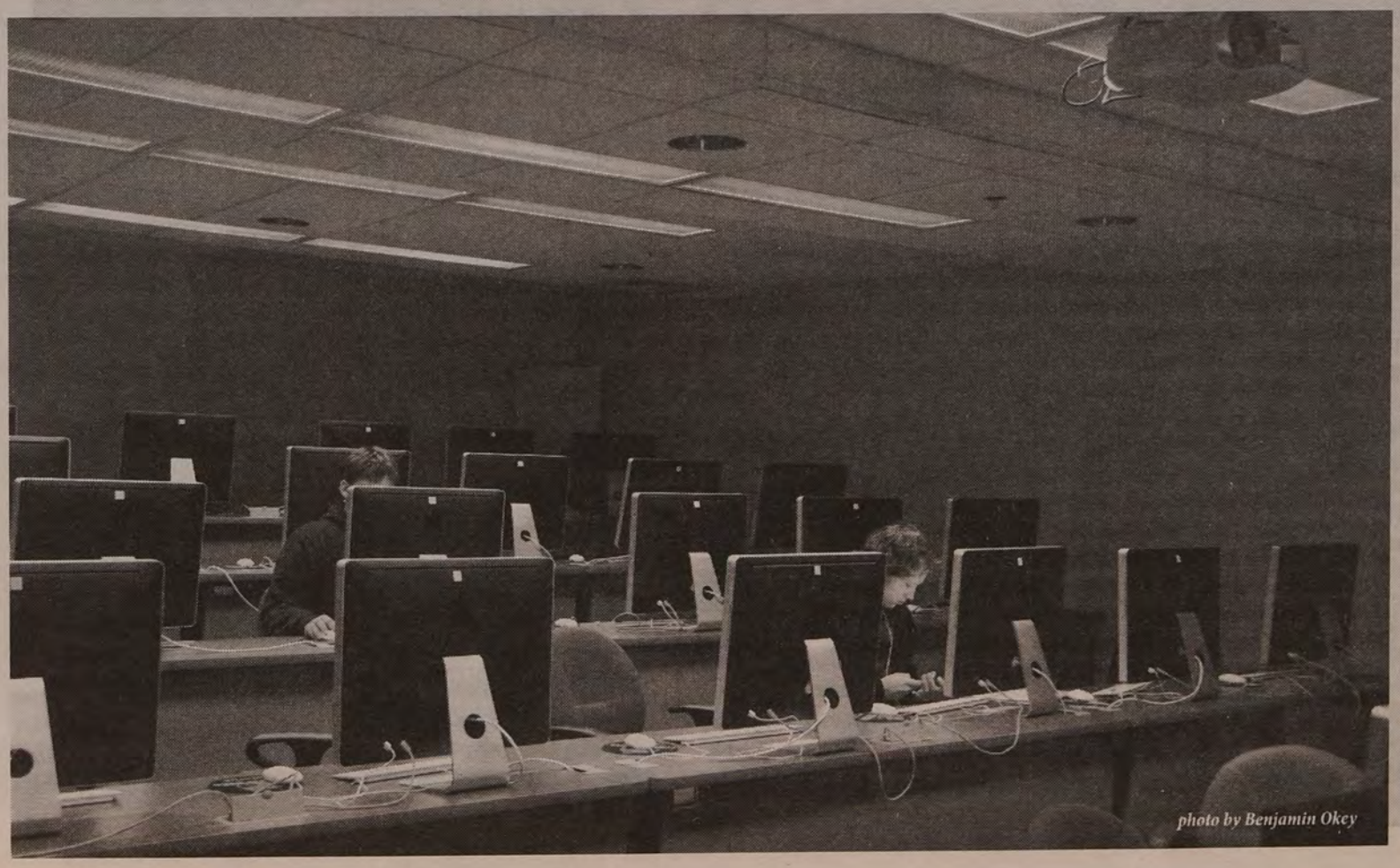
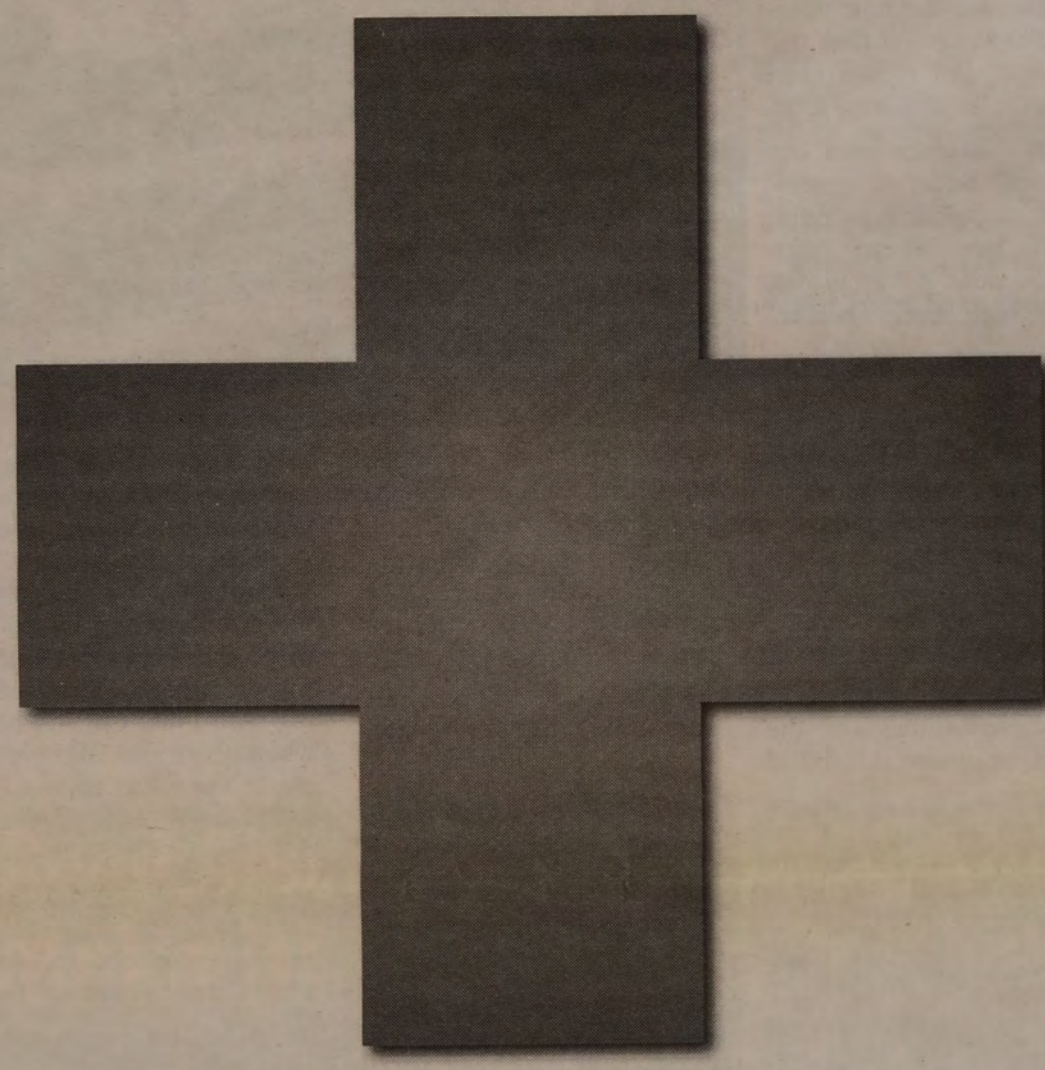


photo by Benjamin Okey

Hard at work in the heart of technology:

NESCom students can be found in this, one of many labs in the Wildey Communications Building, dilligently aspiring to perfect their chosen craft. ***(Travis Sweet pictured)***

Free Flu Clinic For Faculty and Students



Free flu clinic for students & faculty
Campus Center

Thursday, October 22, from 10 am to 4pm
Friday, October 24, from 9 am to 3 pm

Come get your free seasonal flu shot as well as information for protection and treatment of the flu in addition to information about the H1N1 flu vaccine.

NESCom Makes Mac Computers a Requirement

article by
Nikky Raney

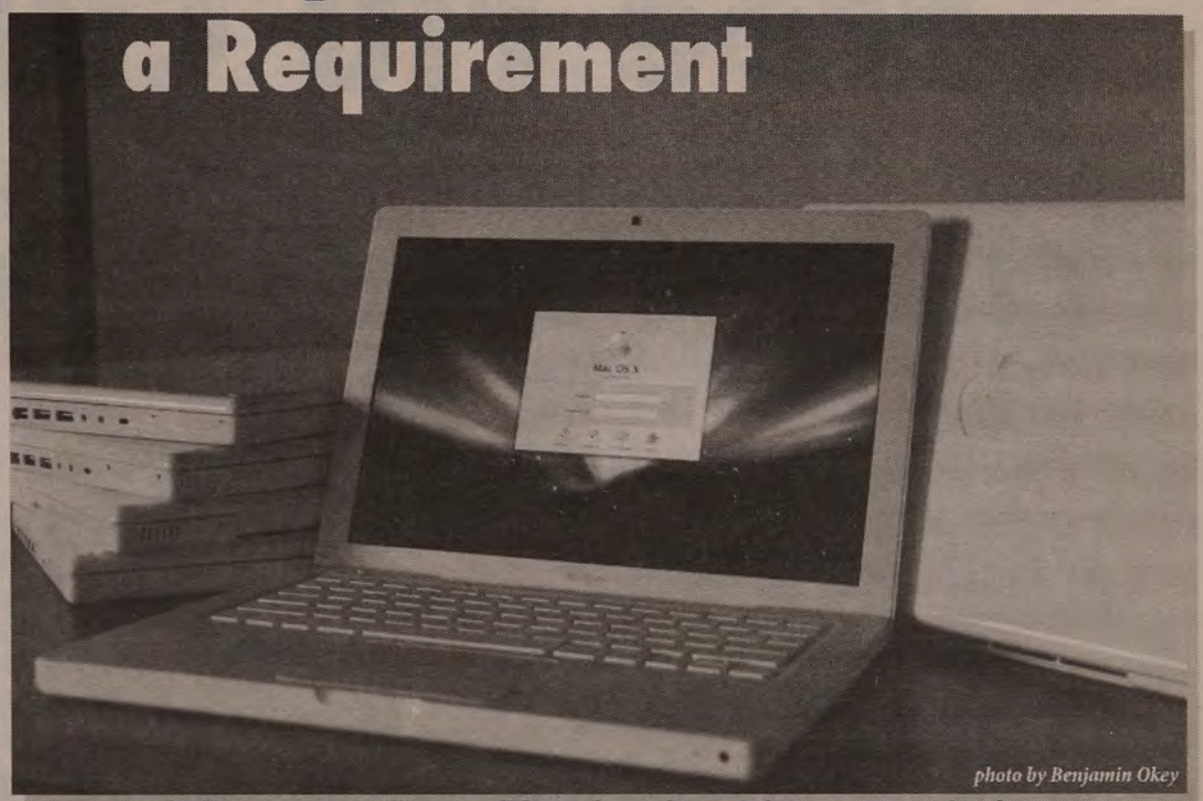


photo by Benjamin Okey

As of Fall 2010, NESCom will require all first and second year students to own a Macintosh Computer.

As of the 2010 fall semester the New England School of Communications will make it mandatory for all first and second year students to own a Mac.

NESCom is not the first school to make this requirement; many colleges around the country including Dartmouth and University of Texas have already done so.

"My Dell can do anything a Mac can do," Dennis Rose, first year student at NESCom, states.

In a survey of first year students it was almost a perfect split between those who have Macs and those who don't. Rose is one of the many first year students who already own laptops and are unhappy about this requirement.

Anne Reed, NESCom Registrar, says that in a survey taken fall 2008 the majority of students already had Macs.

"Sixty-five percent of students are audio and video, and only use Mac software," said Reed. "Macs are more user-friendly and also have fewer viruses."

NESCom wasn't always a Mac school, though. For a while NESCom was a Toshiba school, but Matt Bryant, System Administrator of NESCom computers, explains that the cost up front of the Toshibas was lower than that of a Mac, but it was more expensive in the long term.

"Most consumer level laptops are under a grand," Bryant explains. "Apple doesn't have cheap offerings, because it has professional high end systems."

As of right now students that need to access Macs do so within the NESCom computer labs, but after this mandate NESCom is hoping to turn those computer labs into classrooms.

"All those Macs we have are leased for about three years. The big problem is space. The level of access is difficult sometimes and the only other option is to build more labs, and we don't have the money to make that happen," said Bryant.

Every student at NESCom is required to take a video production class and the program NESCom uses is Final Cut, a program that only runs on Macs.

Get used to thinking different.

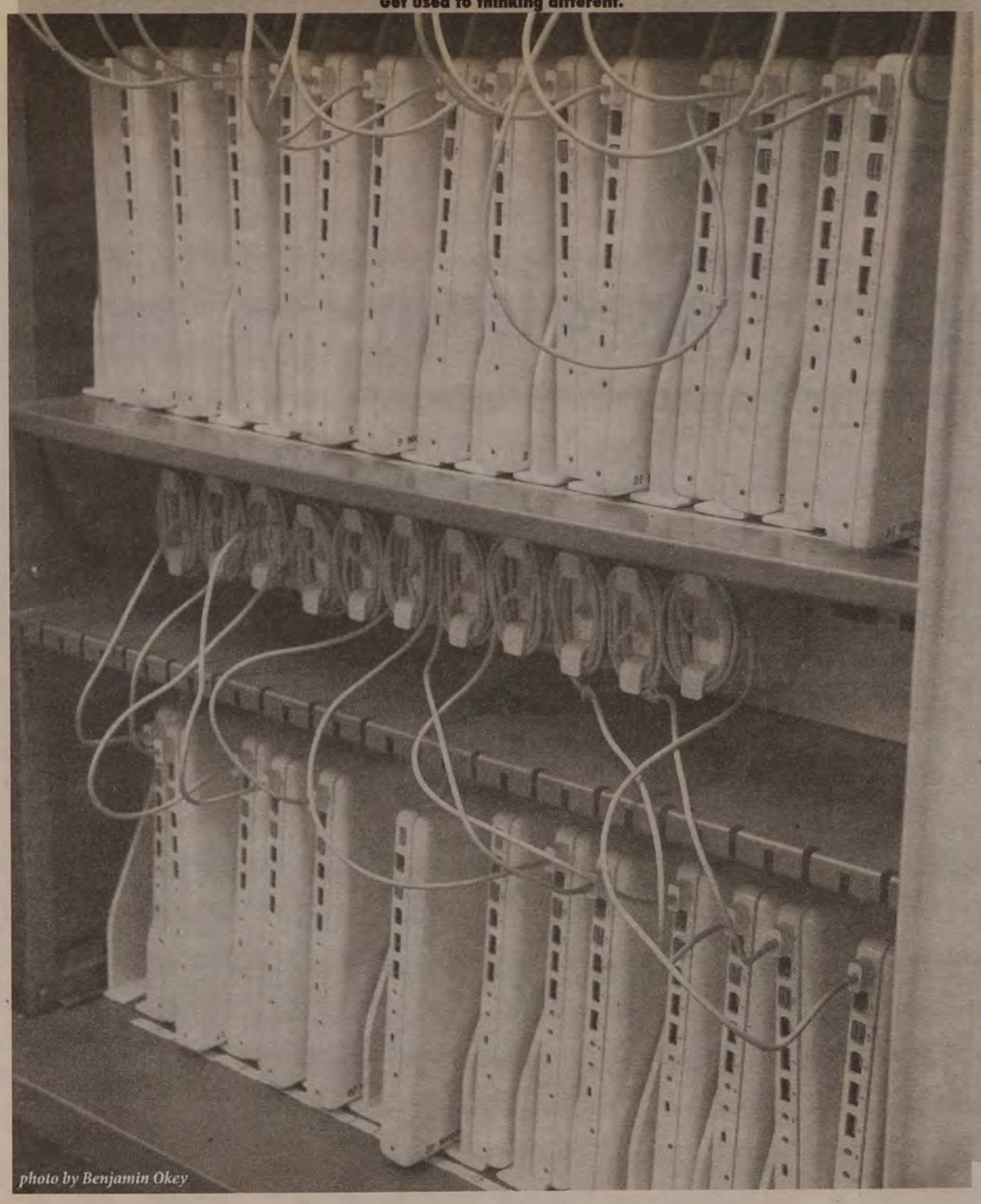


photo by Benjamin Okey

Video production major, Aleesha Pinkham, is a first year student and sees a positive side to the mandate. "It would be a lot easier to get my projects done and focus more if I could just work in my dorm on a Mac, editing with Final Cut. It's hard when there are other people in the video editing lab, and I have difficulty concentrating," said Pinkham.

Financial issues and price has been the issue that bothers most students, and Bryant is well aware of that.

"Our goal is not to bankrupt students," Bryant makes that point very clear. "We want students to have access to technology and our goal is to make it cost effective. We will be able to get a packaged deal with Macs and the students will be able to purchase them directly from us at a lower price."

NESCom's recommendation as of right now is the 15-inch MacBook Pro. According to the Apple webpage the starting price that product is $1699. Bryant and Reed both explained that the financial aid for this was still up in the air and that there had not yet been a final answer.

Nikki Vachon, Director of Financial Aid at NESCom, was able to elaborate on the future of the financial aid for the Macs. "The Financial Office always has high hopes for funding being available for students when most costs come up. I urge all students to be proactive about this and save up just in case no aid is available to help them purchase," Vachon said.

Vachon's advice to students who may struggle with the cost is that if a student saves $64 a week in nine months the student would have enough to purchase a $2300 laptop.

"The holidays are coming up too, this could be a great present to ask for," Vachon suggests.

As of right now it is unsure as to when NESCom will start directly selling Macs to students or what the costs of these Macs will be.

Want to get a Mac laptop? Just follow these handy tips:

$64 saved weekly will purchase a $2300 laptop

The Holidays are coming up; ask mom and dad to help

Eat out less and budget your food

Keep a record of your spending - it's easier than you think to save money

Know Before You Go



article by
Christian Wagner

BANGOR - November 3rd is less than a month away and this year's ballot is turning out to be one that could easily change Maine's history. Don't worry though, NESCom and WHSN has you covered. NESCom will be producing its 2nd annual Know Before You Go election series this year.

Journalist and Radio Broadcasting students will be keeping WHSN listeners up to date with local candidate profiles, local town issues, and the 7 Maine Referendum questions on this year's ballot. Candidates and local town issues in the Greater Bangor Area will be covered.

"Students of NESCom's Intro to News Reporting class are getting hands on experience with research on election issues. And then our upper classmen will take that research and produce very informative news stories," explains Anne Gabbianelli O'Reilly, Journalism professor and advisor for Know Before You Go.

Last year, Know Before You Go was recognized nationally for its coverage of the presidential election, local candidate profiles, and the Referendum questions. NESCom won 3rd place, from The Broadcast Education Association for its excellences in the Student Special Audio Category. This year, the program is striving for even better coverage. O'Reilly continues, "Last year was so exciting to see how engaged students were and are again this year." Susan Patten, Journalism professor and originator of Know Before You Go, adds, "Election coverage provides a fantastic opportunity for journalism students to work in a fast-paced broadcast environment while learning the value of coordination and team work. Conducting research on the issues and interviews with the candidates helps the students learn and understand the entire election process which is fundamental to our democratic society."

This year's Referendum questions include: Question 1 (A Citizen's Veto to reject the new Maine law allowing same-sex couples to marry), Question 2 (A Citizen's Initiative to decrease automobile exercise tax), and Question 5 (A Citizen's Initiative to amend Maine's Medical Marijuana laws to create a regulated system of distribution).

Turn on 89.3 FM WHSN on October 26 to hear the starting coverage of Know Before You Go, and stay tuned in all year long to stay informed with what's going on in our community.

Don't Just Read About History, Make it!

Know Before You Go starting October 26, then tune into 89.3 FM WHSN Tuesday, November 3 as NESCom journalism students team up with the Bangor Daily News to bring you election night coverage.

WHSN 89.3 FM

STATE OF MAINE
Referendum Election, November 3, 2009

Listing of Referendum Questions

Question 1: People's Veto

Do you want to reject the new law that lets same-sex couples marry and allows individuals and religious groups to refuse to perform these marriages?

Question 2: Citizen Initiative

Do you want to cut the rate of the municipal excise tax by an average of 55% on motor vehicles less than six years old and exempt hybrid and other alternative-energy and highly fuel-efficient motor vehicles from sales tax and three years of excise tax?

Question 3: Citizen Initiative

Do you want to repeal the 2007 law on school district consolidation and restore the laws previously in effect?

Question 4: Citizen Initiative

Do you want to change the existing formulas that limit state and local government spending and require voter approval by referendum for spending over those limits and for increases in state taxes?

Question 5: Citizen Initiative

Do you want to change the medical marijuana laws to allow treatment of more medical conditions and to create a regulated system of distribution?

Question 6: Bond Issue

Do you favor a $71,250,000 bond issue for improvements to highways and bridges, airports, public transit facilities, ferry and port facilities, including port and harbor structures, as well as funds for the LifeFlight Foundation that will make the State eligible for over $148,000,000 in federal and other matching funds?

Question 7: Constitutional Amendment

Do you favor amending the Constitution of Maine to increase the amount of time that local officials have to certify the signatures on direct initiative petitions?

Sports

NHL Power Rankings



article by
Leigh-Anne Hurley

The vibration of bodies hitting glass, the sound of skates flying across frozen water and the buzz of a goal horn that brings joy to one fan's ears and pain to another's can only mean one thing: hockey season is upon us. With the 09-10 season already heating up, we take a look at who will be on top and who will flounder in the Eastern and Western Conference.

Eastern Conference:

The Washington Capitals can be looking at the #1 spot in the conference simply because, with the addition of Mike Knuble and Brendon Morrison, they're one of the strongest teams in the conference. With Ovechkin on the offense and Mike Green on the defense, they'll be the team to beat.

The Boston Bruins haven't had the greatest start to their season, but that doesn't mean they can't bounce back. They lost Kessel and War to trades but still have a strong defensive team but need to re-assign their lines in order to get out of their rut.

The Pittsburgh Penguins, the 2009 Stanley Cup Champions, have a strong offense in line-mates Sidney Crosby and Evgeni Malkin. Though they have a weaker defense, a burden against the likes of Washington, with Marc-Andre Fleury in net, they shouldn't have a problem.

The Philadelphia's Flyers chances are exceptionally strong, so long as they stay out of the penalty box and NHL disciplinarian Colin Campbell's office. They took on a lot of violations and penalties last year which allowed strong power play teams like Boston to breeze on by.

The Carolina Hurricanes will be a force to be reckoned with this year, as they were last year in the playoffs. With the addition of former Bruin Aaron Ward to their defense and a more experience Cam Ward in net, Carolina will be looking a playoff berth.

Close behind them will be the New Jersey Devils, who fell to Carolina in the final seconds of the first round. With seasoned goaltender Martin Brodeur backing up the likes of Zach Parise and Patrik Elias, New Jersey's playoff season will be looking a little better.

The Tampa Bay Lightning didn't add too much to their team this post-season, but they don't need it either. They have a strong team that will just get even stronger as their tenure goes on, though saying that they'll make it past the first round is doubtful.

After dropping Dany Heatley over the summer, the Ottawa Senators are looking at a bounce-back year, signing former Canadien Alex Kovalev and former Blues goaltender Pascal Leclaire. They had a rough post-All Star season last year so it'll be doubtful whether the Sens can regroup well enough to push past the first or second round.

The Montreal Canadiens barely made the playoffs and proceeded to get annihilated by the Bruins in a four game sweep. GM Bob Gainey has re-hauled the team, losing some of his best players and even with Price in net; Montreal's chances are very slim.

The Buffalo Sabres have one good thing on their side: goaltender Ryan Miller; and Buffalo was smart enough to sign him to a five year contract extension in 2008. But without a good offense and defense to back up Miller and keep teams like Anaheim and Pittsburgh at bay, the Sabres have no chance.

The Toronto Maple Leafs added former Bruin Phil Kessel to their offense, a trade which they hoped would spur their offense into the likes of Anaheim and San Jose. But Toronto has struggled in all areas and adding Kessel to their offense is like putting a fresh coat of paint on a defunct car: looks good on the outside but is still busted on the inside.

The New York Rangers have had a surprisingly good start to their season and constant goon Sean Avery seems to be keeping out of the box. But the Rangers, especially goaltender Henrik Lundqvist, need both him and John Tortorella to keep doing that all year long.

With Ilya Kovalchuck as their only star, the Atlanta Thrashers are just hoping for a solid year to keep him on long enough to get a strong enough team to the playoffs. As of right now, their only concern should be keeping the Russian star on their team.

The New York Islanders have suffered for so long underneath bad decisions by former GM's that they won't be looking at a playoff berth for awhile. Goaltender Rick DiPietro is a great goalie on a bad team and the Islanders need to build up a better defense to back him up.

The vibration of bodies hitting glass, the sound of skates flying across frozen water and the buzz of a goal horn that brings joy to one fan's ears and pain to another's can only mean one thing: hockey season is upon us.

The Florida Panthers had a bad year last year and it's not looking good yet again. Even with the addition of forward Steve Reinprecht, they need a couple years to make it to the playoffs.

Western Conference:

The Vancouver Canucks have always had a strong team and by re-signing the Sedin twins as well as goalie Roberto Luongo, they are topping everyone's list as one of the teams in the final round of the playoffs.

The Calgary Flames could finish ahead of the Canucks in the Northwest Division, but that's only if everything falls into the place for them. They've constantly been plagued by injuries so if they can keep some healthy players on the ice, they can make a strong playoff run.

The San Jose Sharks have always had one of the best regular season records within the NHL and there's no doubt they'll make it to the playoffs again this year. But they always fall short within the playoffs and unless they start really playing once they make the berth, they won't be looking at the Finals at all.

The Chicago Blackhawks have a young team and with Jonathon Toews leading the offense and Cristobal Huet between the crease, it's practically set in stone that they'll make the playoffs, though they might not push past the first round in the increasingly competitive Western Conference.

The Anaheim Ducks have Teemu Selänne, which should say enough about their offensively driven team. With the addition of Saku Koivu and a healthy Ryan Whitney, Anaheim will have no problem making a playoff berth.

Though the Detroit Red Wings first couple weeks are looking eerily similar to Boston's, they've always been able to rebound from a bad start and by doing so will be looking a strong post-regular season run as well, though it's tough to assume whether they'll beat out the Canucks.

The Edmonton Oilers might be a surprising team to make the playoffs this year, but they have the stamina in them to outlast the best of the best. By adding goaltender Nikolai Khabibulin and forward Mike Comrie, they're enhancing an already strong team.

The St. Louis Blues came out of the All-Star break with vengeance on their minds and they showed the NHL that even in a competitive conference, they can come out on top. With a healthy Erik Johnson and a stronger defense, the Blues can easily make a run at the playoffs.

It's hard to say who'll make the playoffs in the Western Conference, but the Columbus Blue Jackets have as good a chance as anyone else, especially with Nash and Filatov spear-heading a power-play driven team.

The Colorado Avalanche's lost Joe Sakic to retirement this summer and that might hurt their chances of making it to the playoffs. Though they still have Stastny and Duchene, the Avalanche needs a strong effort from both to even make a run at the post-season.

The Minnesota Wild added Petr Sykora this summer, along with Martin Havlat, but it'll be awhile before the Wild can stand up the likes St. Louis or Calgary.

Even with goaltender Pekka Rinne, the Nashville Predator's need their young defensemen to step up and get their footing before they can think of making a playoff run against the like of Calgary and San Jose.

With their team on the line in terms of bankruptcy, the last thing the Phoenix Coyotes needed was Head Coach Wayne Gretzky stepping down from his position, but he eventually did. Right now, they're riding on having a good start to their season, but as the pressure starts they'll fall deep in the rankings.

The Dallas Stars lost Sergei Zubov this summer and with that, their hopes of the post-season rapidly declined. They're a work in progress and have little chance against foes like Detroit and Vancouver.

The Los Angeles Kings are look okay for now, but as with last season they will run into a losing skid they won't ever be able to get out of, at least not permanently. They need stronger players on all fronts before they can start to build up a team strong enough for the playoffs.

Red Sox Free Agency Breakdown

article by
Joe Sousa

It is the end of another season for the Boston Red Sox. This year's free agents will determine the future success of New England's greatest franchise. Big names like Jason Bay and Victor Martinez have Sox fans gnawing their fingernails to see if they will re-sign with Boston.

Jason Bay is no doubt the best-ranked free agent heading into the 2010 season. His 2009 season was a season any player would want to have before going to free agency. Despite batting .267, Bay set new career highs in Home Runs (36) and RBI's (119). Since being traded to Boston, Red Sox fans have welcomed Bay with open arms. Since there is a good chance the Red Sox organization will pay Bay whatever he wants, Red Sox Nation will likely see number 44 in left field for another season.

It is fact, that Victor Martinez has been the big bat Red Sox fans have been waiting for. In 56 games since joining Boston, Martinez batted .336 with 8 Home Runs and 41 RBI's. Martinez has also been sharing catching duties with Captain Jason Varitek. MLB experts see the catcher/first baseman to have an 80+ RBI season in 2010. The Red Sox have a 7.5 million dollar option for Martinez for 2010, so Martinez will most likely stay in Boston.

Billy Wagner is an unlikely vote to stay in Boston. The 38-year-old pitcher, who spent fifteen years as a closer for 3 different teams, is not too thrilled of the idea of being a setup man for Jonathan Papelbon. Wagner pitched in 15 games with the Red Sox and had an impressive Earned Run Average of 1.98. With 385 career saves, Wagner is second on the active list and sixth on the All-Time list in saves. With 15 saves left until the historic mark, it is easy to understand why Wagner would not re-sign with Boston. However, with Wagner gone, the Red Sox would have plenty of backup pitching in Daniel Bard, Ramon Ramirez, Hideki Okajima and Takashi Saito to help set up Papelbon.

Since the days of Nomar Garciaparra, the spot for shortstop has been anything but kind to the Boston Red Sox organization.

Since the days of Nomar Garciaparra, the spot for shortstop has been anything but kind to the Boston Red Sox organization. But for current shortstop Alex Gonzalez, it has been nearly perfect for him. In 155 career games with Boston, Gonzalez has a .987 field percentage with only 8 committed errors. Nick Green, who also played shortstop in 2009, made 14 errors in just 81 games played. Gonzalez has a $6 million dollar mutual option with a $5 hundred thousand-dollar buyout. If the Red Sox were to buyout his contract and pay him $ 3 million, there is a good chance Gonzalez will play for the Red Sox in 2010.

Tim Wakefield and Jason Varitek are the other two free agents. However, it is difficult to say that either one will re-sign.

Rocco Baldelli has been more productive as a pinch hitter than a starter this season. In 2009, Baldelli hit just .253 with 7 Home Runs and 23 RBI's in 62 games played. The Red Sox outfield has been fully loaded with Jason Bay, Jacoby Ellsbury and J.D. Drew. With stars on the rise down in the minors, it is hard to say when and where Baldelli would get some playing time. Josh Reddick and Brian Anderson have shown their success in the outfield when they were needed. Along with the acquiring of Joey Gathright from Baltimore, the chances of Baldelli re-signing with the Red Sox are slim to none.

If Bay, Martinez and Gonzalez were to re-sign, Boston would once again become a huge threat within the American League.

If Bay, Martinez and Gonzalez were to re-sign, Boston would once again become a huge threat within the American League. Tim Wakefield and Jason Varitek are the other two free agents. However, it is difficult to say that either one will re-sign. If the two were not to re-sign, they would certainly be a fit for bench coaches to assist the younger talent.

Worst Name in Sports

editorial by
Chris Johnson

On ESPN.com a couple weeks ago, there was an article about the Washington Redskins. The article said that several members of Native American tribes are in court trying to get the NFL to change the name of the Redskins. There was a verdict awarded in favor of the Native American tribes back in 1992, but there was an appeal and the ruling was in favor of the NFL. The reason for that being was that it was too late to change. This ruling is ridiculous because the Redskins were started in the 1930's and there was no way for anyone to challenge it.

Colleges have had the same issue. Syracuse used to be called the Orangemen, but have since changed to the Orange and Stanford was once called the Indians, but are now the Cardinals. I realize that the NCAA is not the same as the NFL, but at the same time the NFL should have higher standards that they hold their teams to. It seems that not too many people are jumping on this and making it a bigger issue. The article on ESPN's site was buried under the headlines and was only a couple of paragraphs long. The issue also received no attention from Sportscenter. It is sad that while we have come so far on issues similar to this since the 70's, that we are still talking about teams like the Redskins and the MLB's Cleveland Indians.

Say what you want but Native Americans have been treated worse than any other race of people in the history of the world. You can argue that the Jews were treated worse because of World War II, but at least the Nazi party let them ride on trains. The United States rounded up all the Native American tribes in the South and made them walk from places like Florida, North Carolina, and Georgia all the way to Oklahoma, now called the Trail of Tears. They are one of the only races in the world to be pushed so close to the verge of extinction, with the blame falling onto the United States of America. And now in 2009 we still have teams and mascots that poke fun at certain things they do and the way they look. Ask yourself this: would their name still be allowed to be the Washington N-words? The answer is no.

Ask yourself this: would their name still be allowed to be the Washington N-words?

The point is that we need to rid ourselves of things like this. The media historically have been able to help change take place for example exposing workers conditions, wrong doing in insane asylums, exposing Vietnam, and breaking Richard Nixon. But I don't see the same type of interest being taking up for this cause and I'm saddened by it. I for one have started boycott calling them by their mascot name and only refer to them as Washington. It's time for another change in this country and do away with names like this in sports.

Winkin and Allen Inducted into Husson Sports Hall of Fame

article by
Leigh-Anne Hurley

On Saturday, October 17 Dr. John Winkin and Sue Ann Allen were inducted into the Husson Sports Hall of Fame.

Dr. John Winkin, known on campus for being the former baseball coach of Husson University, is a famous sports figure in Maine, taking the University of Maine's baseball team to the College World Series six times. In 2004, the John Winkin Sports Complex was named after him and he achieved his 1000th win in 2007, becoming one of only six coaches to do so. He is a member of the Maine Sports Hall of Fame and the American Baseball Association.

Sue Ann Allen was a Husson basketball player from 1994-1997, eventually becoming team captain in the '96-'97 season. She was named MVP of the Paul Bunyan Tourny in 1995 and was named to six all-tourney teams. In her senior year, Allen totaled 117 assists, one of the highest season totals in the history of the program. Not only was she a great athlete, but she also made Dean's list every semester and was named an NAIA (National Association of Intercollegiate Atheletes) Academic All-American her senior year.

Husson Hall of Fame inductees were current Husson President Dr. William Beardsley, Brenda Joslyn and Betsy MacGregor Webb.

Arts & Entertainment

Their Secret's Out Now



article by
Christian Wagner

BANGOR - "Legend Has It hails from the mean streets of Bangor, Maine with a chip on their shoulder that promises to push them to the top. These guys live and breathe music…"

That is the motto on the band's MySpace. After meeting up with three of the band members and watching a recent show, the motto holds true.

All hailing from other local bands, Legend Has It officially came together on June 1, 2009, and is comprised of Ben Nadeau singing vocals, Buddy Suddy and Justin Kandel on guitar, Brian Keezer hitting the drums, and Matt Humphrey strumming the bass. The band came together after performing in previous bands together, going to school together and meeting each other at shows. Keezer and Humphrey are family in a sense; Keezer is married to Humphrey's cousin.

"Amazing, It was amazing. We walked in there and it was instant chemistry."

Music has influenced the band for their entire life. Nadeau grew up taking guitar lessons and even played in Nokomis High School's jazz band and chorus. Suddy also took guitar lessons, and Kandel learned his instrument while performing in Bangor High School's band.

"I started 'cause Brian wanted to start a band. I learned bass being in Take Courage. I just bought stuff, and I could barely play bass when I started in the band," remembers Humphrey.

Keezer grew up with some local musicians and had a close connection with them. That sprung him to take drum lessons in sixth grade and he kept progressing through the years.

Since then, there has been no looking back for the quintuplet. When asked simply why they're making music, they collectively answered,

"Fun. Honestly it's all about fun. We just want to make catchy music and have fun doing it. It's the happiest music I've ever made," then Keezer jokingly adds, "There's just nothing to do if you're not in a band so it's a lot funnier to be in a band, plus you get into shows free if your band is playing."

Legend Has It has a distinct, yet catchy, sound due to their wide variety of influences. Bands such as, Four Year Strong, Set Your Goals, Fireworks, NOFX, and the infamous KISS are all influences that were noted by the band. They spend a lot of effort writing their music and only accept what feels right,

"Lately, Matt and I have been sitting with acoustic guitars and play the entire day. We just kind of play around, mess around," Nadeau describes writing music.

"I think over time we just become pickier and pickier with writing songs. We all have to agree, if we all don't think it's awesome, then were not going to play it," says Keezer. Recently, after practicing a new song for a month, the band decided to stop working on it because they just weren't feeling it.

Midway through summer, the band got the chance to record their EP at Studio ID, a notable recording studio in Massachusetts. The band collectively recalls the situation as,

"Amazing, It was amazing. We walked in there and it was instant chemistry." Nadeau goes on to say, "It was the best time of my life or at least one of them." The downside of the weekend was that the band had to use the local McDonald's for the bathroom and to brush their teeth because the recording studio didn't have a bathroom.

As much fun as it was for the band to record at Studio ID for a weekend, like any band, there are stresses that come with being in the band. The band explains how they deal with juggling work, life and the band.



photo by Andrew Lohman

Matt Humphrey playing bass in his band Legend Has It Friday October 9, 2009 at the 103 Ultra Lounge in Orono Maine.

"It's tough, I get stressed out pretty easily…but if you want it bad enough you just go for it," explains Nadeau.

Keezer adds, "I'm married, I have a baby on the way, I'm buying a house, so you would think I'd have no time to do it, but this is my hobby that I love more than anything…I just love playing shows" Lastly, Humphrey recites "It doesn't take up all that much time, it's not like we're on tour right now, were just playing local shows."

The band has been playing shows all summer around the New England states. Each show is a new experience for the band.

"I get like the shakes but it's because I get this huge energy rush, it feels like I just went through an amazing workout, it feels like you're on a high because you're so excited", stresses Nadeau and Humphrey.

A major worry that the band collectively has is the venue situation in Maine. There aren't a lot of places for bands like Legend Has It to play in Maine. Recently, The Station, the biggest venue for bands in Maine has become 21 plus. Because of this, many bands won't play there because half their audience just depleted.

Check out the band online

myspace.com/legendhasitme

Download their EP for free.

"You need small places for local bands to play; there's nowhere," stresses Humphrey. Kezzer adds, "Maine is known as a black hole unless you're huge. We just want people to hear our music, just to hear it."

Despite the declining places for them to play, Legend Has It has hit the Maine music scene and can be expected to stay for awhile. With catchy lyrics, distinct sounds, laid back personalities, and a love for music, the band is only going to progress from here. There's a constant joke going around and a very humble atmosphere with them. The band stressed how important it is for people to go out and support local music. It's the root for the music scene especially here in Maine. Check out the band on their MySpace, www.myspace.com/legendhasitme, and even download their EP for free.

Husson Pep Band Going Strong



article by
Heather Megill

Husson and NESCom are very fortunate to have several art studies courses. With Husson's theatrical performance classes and NESCom's audio labs, students have the opportunity to express themselves and their musical creativity. A recent addition to Husson's activities has been the pep band. With only a year in the making, the Husson pep band is still very new to the campus.

"There have been a couple of different times in Husson's history where they've tried to get a band started," explains Cliff Guthrie, the current pep band director.

"But it's a lot of work and we don't really have the facilities for it here yet. We're just in a building phase."

With the new musical ensemble in place, it was only natural that the band perform a fight song at all the games. Upon starting the band, Guthrie quickly discovered that there was no fight song in place for the pep band to perform. With the advice of the women's soccer coach, Keith Bosley, Guthrie decided that the Philadelphia Eagles tune would be fitting for Husson's own fight song. Guthrie was able to gain permission to use the piece, and the band has been playing that tune ever since.

After Guthrie had mentioned Husson lacking a fight song, conversation stirred up among other faculty members. Paul Husson, university board member, remembered that a Husson fight song had been commissioned during the mid 80's. Steve Egland, Husson instructor of language studies, took this information and did some research of his own. Egland plays trumpet with the Bangor band, which was directed by Gordon Bowie at the time the work had been commissioned. Bowie recalls his reasoning for originally composing the works.

"I had written several pieces for the Bangor Band," says Bowie.

"Flutist Dan Priestley, who was on the Husson board and also in the Bangor Band at the time, put my name forward when the administration was looking for a musical piece or pieces to identify the college for branding and marketing purposes."

Steve Egland recently found the compilation of Bowie's lost works in the Bangor band library called "The Bells of Husson". Within the works, Guthrie discovered an admissions song, an Alma mater for graduation, and a March tempo that resembled a fight song. The tune needed updated lyrics, considering back in the 80's the Husson Eagles were known as the Husson braves. Guthire, along with a few other colleagues, are working to update the previous lyrics. He hopes that with new lyrics, crowds that attend home games will be able to sing all the words and promote Husson pride.

The original composer agrees that he's excited for the original works to be performed as once planned back in 1985.

"I am extremely gratified that Dr Guthrie now has resurrected the work and wants to use it," says Bowie.

Now with two potential fight songs in the works, the pep band is in need of more participants.

"Anyone who's got any interest in being a musician with us we'd love to have them," says Guthrie. He also admits that in order for the pep band to succeed new leadership is needed. "I can only take them so far. I can provide the energy and the enthusiasm and the structure. We really need a professional band director if the band is going to grow."

Kylie Cleary, a sophomore at Husson blames the lack of student participation on people's hectic schedules.

"I think it is mostly because people are busy," she says. "People are joining almost every week but we will always have room for more."

"People are joining almost every week but we will always have room for more."

Rehearsal and storage space for the band also presents a problem. Students with musical potential have nowhere to practice considering most of the dorm halls have quiet floors.

"We'd love to rehearse over at Gracie, but there's no place for us to store our instruments over there. The campus really needs a place where we can play and practice and store instruments that won't disturb others."

Cleary agrees that it is very difficult to find individual practice time.

"My hall is actually 24 hour quiet so I can't practice there," she explains.

Even with all of these factors hindering the growth of the pep band, Guthrie still finds financial assistance from Sharon Wilson Barker, the Dean of Students.

"The school has been supportive of it. I'm very grateful that her office has kicked in some money to make that possible."

Cleary is also enthusiastic about the growth of the pep band

"We always have room for more people even if you want to play a cowbell," she jokes. "If you play a brass or wood wind instrument don't hesitate to come."

Gordon Bowie shows his own support for these new group of musicians.

"As a musician and former music educator, I am thrilled that there is now a pep band on campus," he says. "I hope that music opportunities for students continue to grow and develop."

The Husson Pep Band meets every Tuesday night in Kominsky Auditorium at 7:00 P.M. For more information, please contact Clifton Guthrie.

Movie Producer Gives Advice for Students

article by
Mattie Porter

Lawrence Bender doesn't have an average job. He's worked on almost all of Quentin Tarantino's movies and has done a movie showing at Camp David for President Clinton and some of his cabinet. Bender is a successful movie producer living in Los Angeles but one thing he has in common with a number of Mainers is he used to be a Black Bear.

Bender returned to the University of Maine recently to talk a little about his career and answer questions from students. Fresh from a tour that brought him to countries such as Israel and Italy he told them that Producers have to take care of a little bit of everything on set and he joked that, "good producers are good therapists." When asked about what advice he would give someone wanting to get into the film business he said, "start making films right now there is no reason not to do it." He told about his unlikely career path when one event took him to the next. He wasn't planning on becoming a producer it just happened and he gave the advice often given but sometimes hard to follow, "don't give up." Accounting major, Taylor Smith commented on Bender's story saying, "It is interesting seeing someone go from a Civil Engineering major to being a successful movie producer. It just goes to show that you don't always know where you are going to end up."

Bender attended the University of Maine is hopes of becoming an Engineer but his plans soon turned to other things. His then girlfriend was interested in dance and he ended up taking come classes on campus. From there he went on to join a dance team, which took him to New York. After a knee injury he decided he would take some acting classes where his peers consisted of Christopher Reeves and Mickey Rourke. After taking a few of the classes he moved to Los Angeles to try his hand at being an actor. This did not work out very well for him at first as he was living out of his car for a number of years and ended up getting a job as a waiter. Bender still had a love for acting so he started to seek out jobs on movie sets where he got his first chance to be a producer. Someone on the set saw him at work and suggested he meet his friend, Quentin Tarantino. After this it was set that Bender was to be a movie producer and he has worked on many blockbusters since including Pulp Fiction, Good Will Hunting, Kill Bill Vol. 1 and 2, and his latest, Inglorious Basterds.

Lawrence Bender is currently working on a documentary about nuclear proliferation and has included the view of such people as the President of Pakistan, Jimmy Carter, and Tony Blair.

Band Profile: Til We Die

article by
Josh Grattan

Approximately ten years ago two friends decided to start playing music together and started a band. They soon recruited the help of three more men to finalize the group. As time went on they practiced and practiced songs to become the best they could be. And now, a decade later, it appears that Till We Die is about to stand up and show the world of metal what they can do.

Till We Die consists of five men, Mitty the lead vocalist, Joey DeMarco on guitar, Jay on guitar, Drumma Dave on the drums and Mikey B. on bass.

The group went through many hardships and a lot of time to become who they are today.

"I feel we've grown every possible way musically. Once Drumma Dave was added the drum beats and melody of the songs just came together in a whole new way. And when Mikey B. came in to play bass he gave all of our lyrics a much deeper meaning and once Jay joined, his guitar complemented Joey D. so perfectly it made us complete," said Mitty about Till We Die's evolution.

Till We Die sounds very rough on recording and none of the band mates are satisfied with their first release and are working long and hard to make their sophomore release, What Now, the best it can be.

Mikey B. says, "Our sophomore release What Now is slated to be a huge release sometime in early 2010 and after our success on the 1,800 CD's sold from our first release, this album is sure to hit some very large numbers."

Till We Die is really known for their live performances; the group has played hundreds of shows all around the country alongside bands such as Godsmack, Staind, Sevendust, Papa Roach and many more. The energy they bring to the stage when they begin their set will blow any metal head away.

Mitty and Mikey B. both agreed that every person in the group who stands up on stage with them brings them the energy they need to perform.

Mitty went on to elaborate, "When you perform for a crowd of over ten thousand people who all cheer as you raise your fist on stage, there isn't a drug on the planet that can touch that."

But in the end, whether they become hugely successful or just keep doing what they are doing, they take every day with its ups and downs. And when the show is over and the gear is all packed up, the boys of Till We Die lift their glasses to each other and simply state, "It is what it is, it was what it was, but it will always be, Till We Die."

If you enjoy hard rock and metal music, a good live performance, and love to just have a great time with awesome people, then a Till We Die show is where to be. Go to www.myspace.com/tillwedierock to see a list of all upcoming shows.

The Back Page

Counselor's Corner

Let Loose or Get It Together: Your Choice, Your Life

article by
Rene Collins, Ed. D.

Sow your wild oats? Get wiped-out drunk or high? Cheat on tests? Force yourself on someone sexually? Get behind the wheel of a vehicle while impaired? Have as much fun as you can? If not now in your life, when? It might be so obvious that having "the time of your life" is the priority that the question of "when" is irrelevant to you.

In a matter of seconds, you can make a decision that will change your life forever. You could be in a store, on a date, in a vehicle, in the residence hall, or a classroom when you could make that fateful decision. The possibilities that present themselves to you in this split second become lifelong memories, which you are creating in the present. What memories do you want to savor, and what memories will you profoundly regret?

At a different, yet related level is the idea of making decisions based on what pleases your parents or others in authority. Said another way, whose life are you living? Is it a life that primarily has to do with what would, or would not, please or displease your parents? Or is it a life in which decisions are based on what is or isn't in your own best interest?

Perhaps more profoundly important than anything already mentioned is the quality of life you are used to, believe you deserve, and therefore end up arranging for yourself, without consciously even intending to... What is familiar is comfortable, and we seek that familiarity even when it is not in our best interest. But that's a critical topic for another article at a future time.

For this issue we conclude with these ideas for your consideration: We in the Counseling Center delight in watching students grow personally, socially, academically, and athletically. However, our hearts ache for those whose moment-to-moment choices have led to substance abuse, date rape, plagiarism, and suicide. We know that, like young adults everywhere, Husson University students are vulnerable to all of these. We've seen students forced to: leave courses or the University for cheating; face a Judicial Board for conduct violations, including sexual assault; and even charged with felonies in State Courts. National statistics report that deaths from drug overdose (the most common drugs are Methadone, Oxycontin and Vicodin) are higher than deaths from auto accidents in one-third of our states. Four New England states are among the 16. Imagine how death rates increase when alcohol is added to narcotic use, and the unfortunate reality is that Husson University students are not protected from any of these drugs. The youth of our nation remain at high risk.

If you've made it this far in the article, you deserve to congratulate yourself for standing back and looking at your life in the long-term. Let loose or get it together? It's your choice; it's your life.

Emergency Notification System

Husson Campus Safety and Security is urging all students to sign up for the emergency notification system available on the campus. This allows you to receive information regarding any emergency on campus through your mobile phone, web page, RSS feed, PDA, e-mail, text pager or Google/AOL/My Yahoo page.

It only takes a few minutes and the website is:
www.e2campus.com/my/husson

the Spectator

Love it?
Hate it?
Want to Write for it?

Let us know!
spectator@husson.edu