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The MS Walk & Facts On Multiple Sclerosis

By Ashley Migliore

In preparation for the upcoming MS walk here in Bangor, I'd like to tell you a little bit about what MS is and how ordinary people like you or I can help in the fight against this disabling disease.

MS stands for Multiple Sclerosis, and it is an inflammatory disease of the central nervous system (the brain and the spinal cord). MS occurs when myelin, the insulating coat around the axons of nerve cells, is attacked. The tissues become inflamed, and scar tissue forms along the axons. This causes signals that are being sent from the brain (to muscles or other parts of the body) to be delayed or even to fail completely.

Symptoms of the disease are numerous and vary among individuals. They can range from small inconvenient effects to life-threatening ones. MS can alter emotional as well as physical behavior. The symptoms accompanying the disease depend on which areas of the central nervous system have been attacked and the extent of damage, so no two people get MS in exactly the same way.

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Counselor's Corner

By Rene Collins

Preparing to Leave

Preparing to leave might be words directed to senior students on a college campus as they ready themselves for "life after college." However, there is another leaving occurring almost on a daily basis—members of the military are leaving for places far and away. Some of those places must remain unnamed. Wherever you, your loved ones, or friends are going, understanding, accepting, and coping with emotions connected with that leaving will probably be challenging. Here are some ideas to think about as our nation grapples with political issues that affect us on a personal level.

First, know that you will experience a wide range of emotions. Most likely, your first response will be one of disbelief—even though you have been expecting that this might happen! This disbelief can be very confusing, and you may find yourself disorganized in thoughts and actions. Next, you may feel angry—your plans have been changed for you not only for the short term, but perhaps for a longer span of time. Following anger, or perhaps at the same time, you may feel very sad, scared, and anxious. This is the time to connect with others and TALK. Express what is on your mind, and offer your thoughts to others who may be having a similar experience. Don't be surprised if you find yourself making bargains in your mind. It may go something like, "If she goes to the front line and comes back safely, I'll promise to be the best son/daughter/partner/friend/lover (you pick) that I can possibly be." Lastly, acceptance of the situation sets in, and you and your support team may begin talking openly about moments of leaving. The interesting thing about this process is that you will probably bump back and forth between the "stages" described above. One day you feel sad and scared about the fact your boyfriend is leaving, and the next day you are angry and picking a fight with him. It's confusing and normal.

Leaving is a process, not an event. There are resources on the Husson College campus to help you cope with leaving. Please keep us in mind—we are eager to support you and hear your stories. The Veterans Club, the Student Activities Office, Reverend Bob, and the Counseling Staff are ready to listen and assist you, but we don't know your needs until you tell us.

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Although there are no known causes or cures for MS, researchers are getting closer to finding the answers they need. Money raised from charity events, such as past MS walks, has helped fund the development of new treatments that reduce the occurrence of Multiple Sclerosis exacerbations (attacks). Also, there are now medications to slow the progression of the disease, thanks to the help of people just like you.

How Can You Help?

On Sunday, April 6th there will be an MS walk taking place here in Bangor. The walk will begin at 9:00am at the Newman Gym, and anyone interested in participating can register online at www.msmaine.org. The money raised from this event will be used to help people all over the country—and even right here in Maine—who have MS.

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Davis from Skowhegan, ME. The two guards torched the nets in a recent game vs. Thomas College. Gracie had 26 points including 3 assist and 4 rebounds. Davis was rock and fire from the outside, knocking down five 3-point baskets to tie a school record. She is 9-14 in her last two games from the outside. The Braves have also been aided by the play of Liz Boone. Boone, a junior, has been putting up double figures in both points and rebounds since her return to the team.

Perhaps the best performance from the Thomas game was Megan Hughes who had 10 points, 10 rebounds, 6 assists, and 2 steals, or even the performance of Jenn Comeau and Shauna Mullenix as they shut down the Terriers best shooter.

Stay tuned for the baseball preview and post-season action for basketball. If you don't see me around this week it's 'cause I am at the basketball tournament at the Bangor Auditorium.

Go Braves!

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what if he was illiterate? He could sure play the game.

12) Julius Erving- The doctor was the innovator of his time. He changed the way the game is played. He was a dynamic offensive player. Why is he so low in the rankings? It's because he was mainly one-sided. He was a great scorer, but that's about it.

11) George Gervin- The iceman was an even better scorer than Erving. He is probably in the top five in "scorers." He just got it done night in and night out. He owns the third most scoring titles in NBA history. He could shoot out the lights every night. Had his career been longer, he would easily be mentioned as one of the top three all-time players.

10) Jerry West- West was another of those great Lakers. He was part of the dynasty that was good in the retro years. He took the Lakers to the finals nine times. If it wasn't for Bill Russell and the Celtics, they may have won many more titles. He is one of the greatest guards in NBA history. He was an outstanding offensive and defensive player. He did it on both sides of the court.

9) Shaquille O'Neal- Some of you not aware of pre-90s basketball must be wondering what the hell I'm smoking, but the fact of the matter is that against the great centers Shaq wouldn't be so dominant. Chamberlain, Jabbar, Unseld, Russell, and Moses all would have posed fits for Shaq. Jabbar may have been too scrawny, but the others would have all held their own. Also, they were better all-around than Shaq, as well. Now that you know why he is ranked here, just one thing's left to be said: Shaq is the most dominant player of our generation. They don't make centers like they used to. It's too bad because Shaq has no real competition.

8) Larry Bird- Larry Legend is probably the clutchest player to ever step onto the court. Had his back not given him so many problems, he could be the greatest to play the game. Longevity dropped him to the eight spot. Over his career he averaged a double double in points and rebounds. He was a bonafide superstar. From here on up, the rankings are very difficult to make.

7) Elgin Baylor- Baylor was West's teammate in the great Laker years of the past. He and West were one of the greatest duos in NBA history (better than Shaq and Kobe). Baylor was so darned good. He averaged over 27 points per game and over 13 rebounds per game for his career. It's hard to find someone to average that for one season now, let alone their career. West made Baylor's career so much better. They made each other hall of famers. He could easily be in the top 3 if I did this ranking on another day.

6) Kareem Abdul-Jabbar- Jabbar's stats may not be as impressive as Baylor's, but he did it for so long. Jabbar was so dominant over such a long period of time. He holds most of his records because of his longevity. He won 6 MVP trophies during his career, and a run like that will most likely never happen again. The rules were changed for him. That has to mean something.

5) Earvin Johnson- Magic Johnson was the best point guard to ever play the game. He is probably the first player in the league who could do everything and anything on the basketball court. He excelled at it all. He could play every position on the floor, and he did. His greatest moment probably came in the title game when Jabbar couldn't play. Kareem was injured, so they started some rookie point guard named Earvin Johnson at center. He started at center! Not only did he do well, but he also led the Lakers to the NBA title, and won the Finals MVP in the process. He was just that good. Also, he was the greatest passer in NBA history. He averaged over 11 assists per game for his career. Players don't get that for a season anymore. He has Kareem to thank for that. The Lakers have had so many great duos: West and Baylor, Johnson and Jabbar, and Shaq and Kobe.

4) Oscar Robertson- Compared to the previous few, Oscar wasn't as steady over his career as the others. Robertson is the player you think of when you say "all-around." He had one of the greatest seasons in NBA history in only his second year in the league. He did something that will most likely never be done by anyone again. He is the only person to average a triple double over the whole season. He averaged over 30 points per game, over 12 rebounds per game, and over 11 rebounds per game. Magic's per season stat are better over his career, but he never averaged a triple double for a season.

The Water Closet

By Harry Dactyl

This much I do believe is true:
That love (truly) is an act of will,
And when butterflies fade and summer dies
(As they invariably do),
And turn to a worn overknowing sameness, daily brought
Through the innumerable complexities
And flat out absurdities, of modern life,
This
Love asks:
That you forgive that one who is cracked and disfigured
(Yeh, that one who shares with you the towels, shovels, spoons, trowels…)
And that they in turn can forgive you your own parade of various dissipations and trespasses,
And that you both can look clearly in the mirror
And tolerate the imperfect beasts that stare back.

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2/14/03
Let us not let our jitters be orchestrated
By code orange; Gasmasks; Potassium Iodide.
And let us spare ourselves asphyxiation and leave the duct tape and the plastic sheeting
To the contractors and weekenders.

We've know our own capacity to chill our species
Ever since our forefathers played
their newly discovered Apocalyptic will
by searing human shadows to the concrete walls of Hiroshima and Nagasaki.
Our plague drums have sung "Ashes, Ashes we all fall out"

So tonight just put on your stockings, baby
It's real cold outside.

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"When you are in space and look at the stars and the galaxy, you feel that you are not just from any particular piece of land, but from the solar system."
- Kalpana Chawla, Columbia Mission Specialist, STS 107

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3) Bill Russell- The top three were extremely difficult to choose. Bill is the greatest winner in NBA history. He won eight consecutive titles. Not only that, but he was one of the few players who believed in nothing but the team. Over his career he averaged over 22 rebounds per game and 15 points per game. He had multiple 45-plus rebound games. They only started keeping track of blocked shots because Bill blocked so many shots. It's too bad they hadn't kept track over Bill's career, because nobody would ever touch the record of blocked shots he would hold. He most likely could have averaged a triple double with the blocked shots. He was the best defending center the league has ever seen. He could score when he had to, but he always believed in his other teammates first. This is why the Celtics won 8 straight titles.

2) Michael Jordan- Jordan is the greatest player any of us will probably ever see. I can't say much that hasn't already been said. He could do everything exceptionally. He was the ultimate leader and teammate. He was the most motivated player to step on the hardwood. He changed his game over time so he could still be dominant. Jordan was a man among boys for most of his career. He was what Lebron is compared to his fellow high schoolers.

1) Wilt Chamberlain- Wilt is the greatest player to ever step onto the court. He is best offensive player and a great defensive player. When you look at his numbers, you'd think they were Playstation numbers on a super easy level. He averaged 30 points per game and 20 rebounds per game for a season. He once scored 100 points in a game. He averaged 50 points per game over an entire season. This is unreal. He is the most dominant player of any generation. Just think, if he hadn't partied all the time, he may have been even better. Making this more incredible is the fact that he was almost always double and triple teamed. He was fouled almost every time he touched the ball. I very much doubt anyone will be as dominant as he was. I'll end this article with a quote describing how it was to be Wilt. As Peter Parker said in Spiderman, "Not everyone is meant to make a difference. But for me, the decision to live an ordinary life is no longer an option."

Events Schedule

Winter Carnival Week

—Medallion Hunt Prizes are $10 Day 1, $15 Day 2, $20 Day 3, $25 Day 4, $30 Day 5

Mon 17	Courtyard Game Night 7-8pm Oxygen Parlor 10am-4pm in CC
Tues 18	Breakfast for Dinner for Commuters—Free dinner in DDC Sledding on Essex St. Hill 7-10pm, Transportation provided @ 6:45 DDC PJ Day—Wear & Win!
Wed 19	Men & Women's Basketabll vs. UM Machias @ 5:30 & 7:30
Thu 20	Open Mic Night w/special guest Tom "Uno" Doucette @ 7pm Snow Cones 11am-2pm
Fri 21	Judging Snow Sculptures @ 10am (will post results by voicemail) —Prizes are $75 for 1st, $50 for 2nd, and $25 for 3rd Winter Carnival Dance 11pm-2am
Sat 22	Men & Women's Basketball vs. Fischer College, MA @ 1 & 3pm Pledging Ends
Sun 23	Men & Women's Basketball vs. Lyndon State, VT @ 1 & 3pm
Mon 24	Free Senior Photos in CC 9am-4pm
Tues 25	Coffee House—Adam Richman, Noon-1:15 in CC Free Senior Photos in CC 9am-4pm
Wed 26	Movie Night! 8-Mile @ 8pm in KOM
Thu 27	Movie Night! 8-Mile @ 10pm in KOM
Fri 28	Residence Halls are Closed by 6pm

SPRING BREAK!

Reminder:

Chapel Services (non-denominational) are now held every Wednesday at 12 noon, Conducted by Reverend Bob

Home Front

By Mark White

As many of you have probably heard, the towns of East Millinocket and Millinocket, as well as other towns in the surrounding area, have been deeply hurt by the GNP Mill closings. I know many of you are thinking, "What does this have to do with me?" Well, actually, the answer is probably "nothing." But, I do know a number of my fellow students have been affected, including myself. Personally, I have had to move off campus to save money, but this article is not about me. It's about you and your home at Husson.

I guess the old saying is right, that it takes a tragedy to put things in perspective. Well, I've realized what a warm and wonderful environment at Husson I've left behind. Recently a friend informed me of an awful rumor that was spreading around about the dining commons staff. He told me that he had heard the school was planning to one day replace the staff of the DDC with that of a catering service. Of course, I do not believe this nasty rumor because I know what a valuable asset these staff members are to us every day, and the school would have to be crazy to do something like that.

The reason I miss Husson at all is because of its wonderful staff members like those at the DDC that made Husson not only a place of higher education, but also a second home. Some of my fondest memories at Husson were at the DDC. Every day the "sandwich guy" would know exactly what I wanted before I even said a word. In 21 years, my parents couldn't even do that. And the ladies in the lunch lines would always joke around with my friends and I while we waited for our turn in line.

Back in the dorms, I will never forget the helpfulness of the RAs. For example, the time I cut part of my finger off in a door my RA helped to clean my cut and bandage my finger. My RA was also a shoulder to cry on when I lost my job and was always there for me when I needed to talk—even if it was 3:00 in the morning.

So, in closing, I would like to thank all the staff members at Husson for giving me a second home for the past two years. I also ask the students to appreciate what they have while they have it, because you never know when it may be gone for good.

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We also offer pamphlets, help applying, referrals, and program information on various VA programs such as home loan guarantees, disability compensation and pension, health care, and educational benefits for veterans, Guard, Reserve, and dependents of former prisoners of war or 100% disabled veterans. Chances are if you are a veteran or current Guard or Reserve serviceman, I have a program for you.

We would also like to meet those folks on campus who are thinking of joining any branch of service. I hear all the time how servicemen wish that they had had access to a veteran before joining the service to talk them through what was about to happen to them in Basic Training and at their first duty station. We have veterans from every branch of service that are willing to answer your questions, and give you the "real deal" on what you will be getting into. Use them!

We are here for you—if you weren't here, we wouldn't get paid. Come to room 210 in Bell Hall if you have any needs or concerns. After all, we "live to serve" you!