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The Spectator

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SAFETY TIPS FOR TRAVELING ABROAD

By Ashley B. Migliore

As summer vacation approaches, there are many college students making preparations to travel overseas, whether it is for pleasure, work, or studying abroad. Before you begin your travels, there are several things you must do to ensure a safe trip. It's a good idea to leave a detailed itinerary and a copy of your passport's I.D. page with a friend or relative at home, just in case they need to contact you while you are away. Include names, addresses, and phone numbers of the places you will be staying. Leaving a copy of your flight and ticket information may also be of use to them.

Make sure that your passport is valid. If you don't know the entry and exit requirements of the country you intend to visit, you can find this and other travel information at the official website of the U.S. Department of State's Bureau of Consular Affairs (http://travel.state.gov). The site also provides passport applications, foreign and U.S. visa information, and links to several embassy and consulate websites worldwide, as well as travel warnings and public announcements to inform travelers of any political, social, or cultural issues taking place overseas that may interfere with their plans. Also, the Department of State posts historical, economical, and geographical information on more than 170 different countries at www.state.gov .

Before leaving, you should also make sure your

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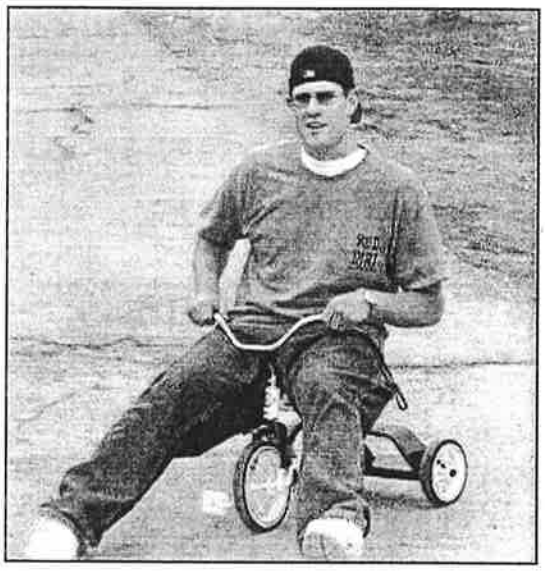
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Egg Toss / Tricycle Ride

By Kyle Mathieu

What started out to be unorganized and boring, the egg toss and tricycle ride developed into a fun and entertaining thirty minutes. The egg toss consisted of about fourteen students. After what seemed to be two minutes, we were down to our final championship team, which was one of the few teams without egg yolk covering their legs.

The tricycle ride was very humorous to watch. Only five people dared to ride the challenging cycle. Students were riding down the long walkways leading toward Peabody. With big grins and smiles, the students gave their best efforts to stay on the cycles. Although short, the afternoon turned out to be fun and very interesting to watch.



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health insurance includes medical evacuations, and, if it doesn't cover you overseas, you may need to purchase travelers' insurance. If you are pregnant or have any sort of health complications, it is imperative that you check with your doctor before going abroad. Another thing to remember is to keep any medications you are carrying with you in their labeled containers, and make sure that you have enough for the entire trip. Also, fill in the emergency information page of your passport, just in case of an emergency.

Common sense is the most important tool to having a safe and enjoyable trip. Try to be alert and aware of your surroundings at all times. Never announce that you are traveling alone (if that be the case), and always display confidence. Try not to look or act as though you are lost. If you think you are being followed, step into a store or other public building until the suspected person has passed. Other common sense tips include never leaving your luggage unattended and never accepting packages from strangers. And, of course, always act responsibly.

When it comes to hotels, choose one with good security and ready transportation. Check the locks on all doors and windows to make sure they work, and, if you feel uncomfortable walking to and from the parking lot, ask security to escort you. In addition, you should know the location of the nearest U.S. Embassy or Consulate to where you are staying, in case you need to communicate with your family.

When you are in another country, you must abide by local laws and customs, even if you don't agree with them. Become aware of these laws before arriving in the country. Remember, each country has its own idea of what is considered appropriate behavior. For example, what may be thought of as "casual dress" in the U.S. may be seen as provocative, offensive, and improper in other parts of the world. So dress conservatively or try to wear clothing similar to that of the locals.

For more information about safe travel, visit the official website of the U.S. Department of State's Bureau of Consular Affairs at http://travel.state.gov or call 202-647-5225.

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for men this past season. Also, Mike Worcester's walk-off Grand Slam for the Braves four years ago still was an exciting finish, as well. But, the most memorable was Robert Pilsbury's three-point basket at the buzzer to beat St. Joe's last winter, and that was my favorite. The crowd noise after that bucket rivaled the crowds of the Bangor Auditorium.

Well, looking to the past is fun, but looking in the present is what has got me here. The Braves baseball team took two games from Thomas this past weekend with some impressive hitting. Justin Spencer hit two triples as well as a inside the park homerun. They also got some strong pitching from Craig Harvey, now (6-1) with a 1.56 ERA, and Jeremy York, now (4-1). This coming weekend the Braves will host the Sunrise Conference Tournament. Currently in first place the Braves look to be the team to beat, but we will not know for sure until Sunday.

So, in a final farewell I wish the best of luck to all the Braves teams of the future. Keep the pride going.

Go Braves!

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and has the bullpen to thank for it. It's remarkable, really, how they have kept on winning. With the bullpen woes, the Red Sox could be in trouble if they don't get it corrected soon.

Now it's time for me to make my predictions for the four major awards at the end of the year: Rookie of the Year, MVP, Cy Young, and Coach of the Year. First, in the NL, look for the Rookie of the Year to be Zach Day of the Expos. This rookie pitcher is just spectacular. He would win much more if not playing for Montréal. The Coach of the Year should be Larry Bowa as he should get the most wins in the NL. Next, I look for Mark Prior to win the Cy Young. True, this is his first full season, but he is living up to all the hype. He is just the nastiest pitcher in baseball. For the MVP, I look for Gary Sheffield to get it. He is the only consistent source of offense on the Braves, and I expect him to get the MVP.

In the AL, I look for Ken Macha to win Coach of the Year. For those of you that don't know, he's the A's coach. As a first year coach, 100 wins is not out of the question. I look for the Rookie of the Year to be Hideki Matsui. He is just an unbelievable hitter already. True, he is not a pure rookie, but it is his first year in the MLB. For Cy Young, look for Mike Mussina to finally win the award. The Yanks will win a ton of games, and with Mussina being the best pitcher on that staff, I expect him to get the Cy Young. For the AL MVP, I look for Magglio Ordonez to win it. He has been putting up such great numbers the last 3 years, and nobody seems to give him any credit. Look for this year to be different.

So, what can be expected from the rest of the year in baseball? Only one thing is for sure: there is no sure thing. It will be yet again another crazy season, and those who control themselves in the mayhem are the ones that will succeed. With finals week coming up, I will end with a quote from George Lorimer. He said it best when he said, "Colleges don't make fools, they only develop them."

Events Schedule

Mon 28	Altrusa Fashion Show @ 7pm CC, $12 @ door Inflatable Fun Day @ 11am-3pm Courtyard between Hart & Carlisle Extreme Combo, Human Bowling, Bouncy Boxing, Special Pitch, FREE
Tues 29	Softball vs. Thomas College DH @ 12
Wed 30	Baseball vs. Bowdoin College @ 4:30 Mega Tron—Lazer Tag @ 11am-5pm Resident Hall Courtyard FREE
Thurs 1	Psychic Fair 11-3pm in CC (Palm Reading, Tarot Cards, Hand Writing Analysis)
Fri 2	ETE Toga Dance 11pm-2am Senior Party (Off Campus) 6-10pm, email hussonparty@hotmail.com for info

FINALS WEEK

Advertise with Us

You can place ads for your business, or Husson and NESCOM events in The Spectator. Please submit ads to the Student Activities room 104P or email them to us at Spectator@husson.edu

Present this coupon for one
FREE GAME OF BOWLING
(Not valid Saturday nights)

MOONLIGHT BOWLING
Join host Andy Meucci
Fun starts at 9 p.m. on Saturday nights.
Win Prizes!!
FAMILY FUN LANES ● 942-6701
(Besides Pilots Grill)

Friday Night Special
Only $2/String &
Free Shoe Rentals

For Husson & NESCom Students! Bring this Coupon & Student ID

AIDS Awareness Presentation in KOM

By April Clockedile

On Tuesday, April 8th I attended the AIDS Awareness educational event. This presentation opened my eyes and gave me a better understanding of HIV and AIDS and how it is spread, treated, and prevented. Also, the presentation showed that this disease does not only affect homosexual individuals, but also heterosexual individuals as well. Here is some other information that was presented:

AIDS stands for Acquired Immunodeficiency Syndrome, and HIV stands for Human Immunodeficiency Virus. Infection with HIV can weaken the immune system to the point that it has difficulty fighting off certain infections. These types of infections are known as "opportunistic" infections because they take the opportunity a weakened immune system gives to cause illness. Many of the infections that case problems or may be life-threatening for people with AIDS are usually controlled by a healthy immune system. The immune system of a person with AIDS is weakened to the point that medical intervention may be necessary to prevent or treat serious illness.

HIV can only be spread by bodily fluid such as blood, semen, vaginal fluid, breast milk, as well as fluid surrounding the brain, the spiral cord, an unborn baby, and any other body fluids containing blood. Contact with saliva, tears, or sweat has never been shown to result in transmission of HIV.

Every day doctors and scientists are coming up with new and better medications for HIV and AIDS patients. Depending on the health of the individual, some HIV patients do not have to take these harsh medications. The medications are sometimes called oral chemotherapy because of how potent they are and how they make you feel after taking them.

To help protect yourself from HIV or AIDS during sex, condoms will provide maximum possible protection (still are not 100% effective), but they must be used CONSISTENTLY (every time) and CORRECTLY! Do not use money as an excuse for not using a condom. FREE condoms are available in the nurses' station, which is on the first floor in Carlisle, or you can ask your R.A.

Just because we are in Maine doesn't mean that HIV or AIDS cannot happen to you or someone you know. It can happen when you least expect it. You may think that you know your partner and friends, but who else have they been with—or who have you been with—that could have come in contact with the disease? So, be aware and safe because you just never know.

Late Night Breakfast

May 5, 8-10 pm

in the DDC

Free to all Husson & NESCom students w/ID, including Commuters

Faculty & Staff: Sign up to serve by contacting Student Activities 104P, 941-7680. Help is needed from 7:30-9:00 and 9:00-10:30.