MAINE- Husson College - Publications

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The Spectator

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General Education Requirements

By: Ashley B. Migliore

There are certain general education requirements that all Husson students who are enrolled in a baccalaureate program must comply with in order to graduate. These include College & Community Service Requirements as well as Fine Arts Requirements. The following is some information on how one might go about fulfilling these expectations.

Students can complete their College & Community Service Requirements in one of two ways. The first method is called the quantitative approach, for which a student must invest a minimum of ten hours into each of four separate clubs/teams on campus **or** voluntary service projects off campus. He/she must provide proof of participation by filing a 'College & Community Service Documentation Form' with his/her academic advisor for each activity. (Note: Involvement in a single club/team for four years does not count.)

The second method is called the qualitative approach. This requires students to invest at least ten hours into a single service or leadership experience. Students are then expected to write an

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Counselor's Corner

By Rene Collins

Stress!!!!!!!!!!!!

During your lifetime, chances are that you will experience the gamut of stress. Events will most likely range from day-to-day challenges to acute trauma. Research confirms that how you deal with these stressful events will have an impact on your physical and emotional well-being.

While most symptoms of stress may be obvious (that is, headache, stomachache, trouble sleeping), many symptoms are more subtle (difficulty swallowing, ringing in the ears, an increased need to urinate). Thus it is important to first realize that certain physical and emotional changes may be caused by stress itself and then to identify your personal triggers to stress. Does your practice of postponing homework assignments create stress the night before the assignment is due? Is the end of the semester approaching at lightening speed, and your mindset is back in late October? Do you feel tense in the presence of certain people? Are there other folks who seem to be so comfortable to be with that you find yourself hanging out with them? Knowing these things, and more, are critical before you can effectively deal with stress.

For as many causes of stress, there are almost as many techniques that relieve stress. Ancient relaxation techniques, proper nutrition, breathing exercises, athletic activity, repetitive prayer, writing poetry, and talking with friends are but a few healthy coping skills. Unfortunately, there are coping strategies that are less than healthy. Using drugs and alcohol and/or harming people (including yourself), animals or property are damaging for many reasons.

Why not stop by the Counseling Services office and explore a number of things about stress with Leslie, Jayne, or Rene. Your efforts can reward you richly with better health, greater peace of mind, and a smoother course through life.

WHSN 89.3

ATTENTION ALL STUDENT GROUPS:

Welcome back!

It's a new semester and I'm sure you all have great ideas for your student organizations. As you plan events or activities for the following months, please keep in mind that as the campus station for Husson & NESCom, WHSN is here for you.

Please notify us of your events and we will gladly air them on WHSN. We are always looking for ways to promote campus events and we need your help to inform us of what's happening.

You can either email the information to us at whsn@nescom.edu or cal the business line at 973-1011.

-Mark F. Nason
Station Manager
WHSN.

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weeks. A back-and-forth first half showed promise, but in the end it was not to be. The next day they played Houghton College and shot the lights out from down town by hitting 9 3-point baskets before falling 56-44. Eight days later the Braves played the number 2 team in the nation, Bowdoin College. For 10 intense minute the two teams traded baskets, and Husson took an 18-16 lead at one point. Despite the record the Braves beat College of St. Joe's last week for their second conference win, putting them third in the standings. The young Braves have been led by Freshman Holly Gracie, who took both the Rookie of Week awards for the state and the conference this past week. Gracie is averaging 13.6 ppg, lead the team in assists, and also leads the state in steals. Other key newcomers like Sarah Davis have shown great things. Davis' shooting percentage has consistently been above the team average all season. Getting her a few shots per game will help the Braves pick up several more wins. Megan Hughes has stepped it up in the scoring and rebounding department, and the return of All Conference player Liz Boone leads people to the unanimous conclusion that the Braves are back in the big picture.

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played at Veterans Stadium stands as a loss. On January 26, from San Diego, the Bucs and Raiders will meet in what is being called by many the "Gruden Bowl." As far as my personal opinion, I hope the Bucs torch the Raiders. I despise the Raiders and hate the fact that they made it to the Super Bowl. As far as my prediction goes, I believe Tampa will win. The final score will be 24-13 Tampa. You can etch it in stone because that's how it's going to be. The Bucs had the number one rated defense and the Raiders had the number one ranked defense. It is weird how these are the two teams that end up in the Super Bowl. Defense will prevail as the Bucs should win. Defense almost always wins ball games. This will be the case again.

Unfortunately for the Raiders, they have to get it done this year. Their team is really old and most of their big stars are gone within 2 years. These guys can't play forever. People like Gannon, Rice, Brown, and Rod Woodson will retire very soon. Anyway, if you're a betting person, only one sure way exists of finding out who will win the big game. On Saturday, you just have to watch the game before the game. The last 7 years or so, the team who's player has won the Madden football game has gone on to win the Super Bowl. It never fails.

Two other great things are happening Super Bowl Sunday. Jimmy Kimmel Live debuts, and of course there will be the great commercial craze. But, none of this would happen without the game. The Bucs will win the game and their first Super Bowl Trophy. If you don't believe me, well, I will leave off with another movie quote. This one is from the new movie National Security. As Martin Lawrence said, "What da probem is?"

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.

Spectator@husson.edu

The Water Closet

By Terry Dactyl

A Horse Too High to Climb Down From

The US will be making a "persuasive case" by the end of January according to Colin Powell. "We will be presenting information in the days ahead, more than we have in the past, that will give you our impression and our evidence," Mr. Powell said Friday. Whether the evidence presented will be enough to convince the other members of the Security Council to pass the second "use of force" resolution is probably immaterial because the administration is all saddled up.

The plan seems to be to replicate what occurred in Afghanistan last year. Get in and get out. The intent of the Iraq campaign is different, though. I believe that although oil is a part of the pending war, it is not the main part. The administration is securing oil in Columbia; stepping up efforts to increase the supply from western Africa; working with Russia (oil is part of the reason for this relationship); and you gotta figure that ANWAR is going to be harvested for its black gold (no matter that its reserves are a mere drop in the bucket, or barrel) now that the Republicans have the Senate. There is oil elsewhere, though having a proxy state in Iraq helping to slake our thirst won't hurt.

I believe the main reason is that the administration truly believes that it can transform the region. There is a sort of Wilsonian evangelicalism that takes the view that the deterministic march of history towards "free" markets; democracy and the law of contracts just needs a little cajoling by the "shining city on the hill." "Hey, you're either with us or against us. And if you are against us, way down deep in your soul, you're really with us. All we have to do is help you see that our way is the True Way. You simply need some enlightenment. If you resist then we'll hammer you into enlightenment."

Now, don't get me wrong here, I believe that I'm an extremely lucky young lout to live in this fine country. In a lot of ways this place is the best you can get. However, the militarism of the administration's foreign policy unnerves a lot of folks around the world. Though they may agree with Our Way, they don't agree with the means used.

This empire and those who live in it could do well to really listen to the voices in the provinces.

Husson College students invited

to the big job fair at UMO Thursday, January 30 in the Alfond Arena from 10 am to 3 pm.

Over 100 employers already signed up to come!

Get your resume done now!

Resume help available at Husson Career office.

See UMO Career site at www.ume.maine.edu/~career/ for details choose from Quick Link: 'UMaine Career Fair'

Party, Pizza, and Pepsi

All for one low price of **$40** ~ All for up to 6 people

Party*
2 hours of bowling (including shoe rental) for up to 6 bowlers

Pizza
1 large cheese pizza

Pepsi
Fountain soda (Pepsi product) for up to 6 people

Call today at 848-2695 to make your reservation.

*Party can be substituted for 2 hours on golf simulators or 4 hours of pool table time.

Where:
Sports Arena Bar & Grill
(formerly Heritage Lanes & XL Golf)
1640 Hammond St.
Bangor, ME

When:
Monday-Sunday (7 days a week) 11:00am – 1:00pm
Sunday-Thursday 9:00pm to 11:00pm

Husson Students
Save $5
Bring this coupon

Make your reservation today!

Expires March 1, 2003

Events Schedule

Mon 20	Bowling @ Family Fun Lanes 9pm-Midnight
Tues 21	RAD @ CFB 6-9pm Women's Basketball 5:30, Men's 7:30, Home vs. U of ME Farmington
Wed 22	RAD @ CFB 6-9pm (Last Night)
Thurs 23	Game Show "Weakest Link" @ KOM 9pm
Fri 24	Mentalist / Comedian "The World Famous Banacheck" @ KOM 10pm
Sun 26	**Superbowl Party @ CC 5:30pm—BYOB w/proper ID**
Tues 28	Intramurals Basketball @ GYM 7:30pm
Wed 29	Movie Night Red Dragon @ KOM 8pm
Thurs 30	Movie Night Red Dragon @ KOM 10pm
Fri 31	Open Mic Night sponsored by Drama Club @ CC 9-11pm

WORD SEARCH

S J D S E N R U O B S O E P F
N K A U S X M S U T C N M S E
V I C R N E B H I U E R I Y L
H A C I U O U M H L I A N E T
T D S K H L M Z L L R I E R O
I N O V E C E Y B E A M M A N
E N P X G L E Q L W I K V C J
K E C R L E B I T V Z H K H O
Y H A R F S U A X N V U J A H
B W Q M X G I W C I Y K T I N
O A S H A N T I O K D E E R C
T D A J A N X Z E O T W R A E
T Q I H T L K R W U R K I M W
H B S B O B B Y B R O W N E C

American Music Awards 2003

AGUILERA
ASHANTI
BOBBYBROWN
CREED
DIXIECHICKS
ELTONJOHN
EMINEM
JARULE
MARIAHCAREY
NELLY
NICKELBACK
OSBOURNES
SHANIATWAIN
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It's clean. It's safe. It's reliable.

It's *natural* gas.

Clean. When you choose natural gas to energize your home or business, you breathe cleaner air because natural gas burns cleaner, releasing fewer pollutants into the environment.

Safe. When you choose natural gas, you know it's safe. There's no risk of electric shock, or worry about hazardous carbon monoxide levels. And, unlike propane, natural gas is lighter than air, so it dissipates quickly and harmlessly into the atmosphere.

Reliable. When you use natural gas, you won't run out—and you won't have to worry about tanks, storms or delivery trucks. And, since it's piped from North American reservoirs you don't have to be as dependent on foreign oil for your energy.

What could be better?

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