NEW ENGLAND SCHOOL OF COMMUNICATIONS

THE SPECTATOR

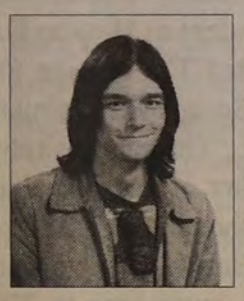
Husson University and NESCom Student News

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2010

NESCom Student Raising School Supplies for Iraqi Children

By: Chris Bouchard



A tremendous effort is being orchestrated by New England School of Communication student Michael Goulart to provide aid for Iraqi schoolchildren. Goulart served as part of the 82nd Airborne Division in the Army for five and a half years, with twenty-seven months of that time spent at war. "The reason I'm doing this is because it's something I've seen firsthand," explains Goulart. "I've seen kids there without shoes. Most of the kids over there have to wear the same set of clothes for a long time, and they really deserve better. I figured since I'm not serving over there any more I should try to help these kids out."The focus of this fundraiser is to provide Iraqi children with supplies for school. Children in Iraq are required to buy their own school supplies, but unfortunately only a small number of them can actually afford to do this. "We're gonna try to set up drop boxes around the Husson and NESCom campus," says Goulart. "People can then put notebooks, pencils, or any kind of school supplies in these boxes. Once the fundraiser is finished, the 82nd Airborne Division will be taking the donations to the schools in Iraq." To top it all off, there will be a concert with local bands to aid in the overall effort. According to Mike, the details aren't completely worked out yet. "We're going to have Wolves Among Sleep play, as well as Legend Has It," says Goulart. "There will most likely be more bands performing, but we know these bands will be playing for sure. We may also try to get some people in the Video and Live Sound majors to record the show and possibly put together a DVD."

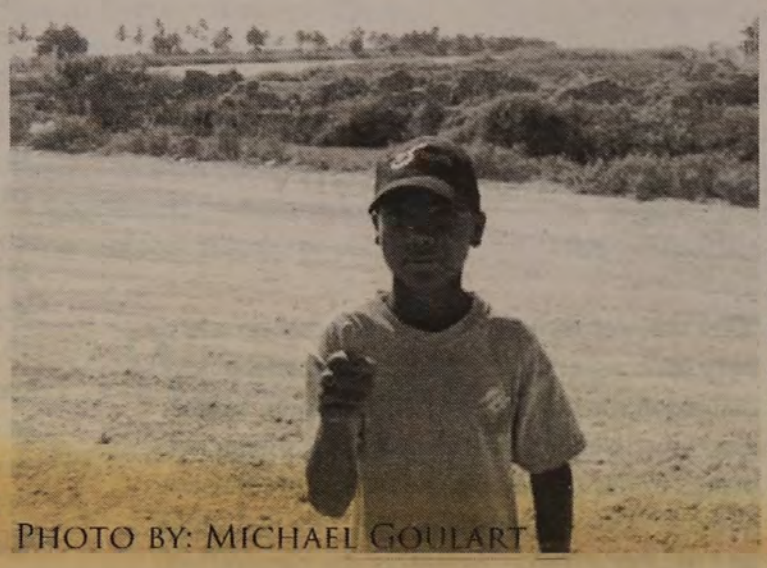


PHOTO BY: MICHAEL GOULART

Goulart will be working alongside the Husson and NESCom chapter of the Public Relations Student Society of America (PRSSA) to help make this a reality. They plan on setting up drop boxes along with some posters advertising the event. More information regarding the fundraiser will be released with the next edition of The Spectator.

Maine Supreme Court Rejects Law School Petition

By: Leigh-Anne Hurley



On March 4, the Maine Supreme Judicial Court announced they have declined to establish a procedure to approve a new law school at Husson. Husson University put forth a proposal in December to allow their graduates to sit for the Maine Bar Exam. In the fall of 2009, the Maine Supreme Court s concern was the quality of the law school s curriculum, requirements for the library of the school as well as instructor credentials. Michael Mullane, Dean of the Husson Law School, stated at the law school s open house in the fall that he was confident that Husson had addressed all issues of concern expressed by the court. For those who have already taken the LSATs and applied to the school, Mullane stated they would reimburse half the cost of the exam. Husson President Dr. Robert Clark stated that when the Board meets in April they will discuss the court s decision.

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Gold And Silver Honors Awarded to NESCom

By: Patricia Plourde

The New England School of Communications was recently recognized with a total of six awards from two industry groups.

First, from the Service Industry Advertising Awards (SIAA) NESCom received Silver awards for our School Video, a Merit award for our Meet & Tweet Campaign, and a Merit Award for NESCom's Football Theme commercial. NESCom rose to the top of over 1,400 entries with a majority of the campaigns coming from Ad Agencies.

The Annual Educational Advertising Competition Awarded NESCom a Gold for our Video View book (School Video), Silver for our Football Theme Commercial and Silver for Total Advertising Campaign of Meet & Tweet. This competition is the largest educational advertising competition in the country. NESCom competed with 1,000 higher education institutes, as well as foreign countries, with a total of 2,000 submissions. NESCom alumnus, Kit McCall produced both the School Video as well as the Football Theme Commercial, which featured WHSN's Mark Nason as the star. Instructor Frank Welch wrote the School Video script. Amy Anderson designed the direct mail piece for the Meet & Tweet Campaign. However, these awards would not have been possible without the help of students who are willing to participate in our videos and all the students that help behind the scenes. Together, current faculty, students, and alumni continue to make NESCom shine.

Tess Gerritsen To Lecture at Husson University

By: Tiffany Harvey

As a member of the Criminal Justice Club students have many opportunities to engage in various activities that enrich our campus. For example, last spring the club held a car wash to raise money for a book fund for Criminal Justice majors. The club also collected coats last fall as a part of a successful coat drive for a local charity. Thus far, nothing is more exciting than the club hosting Dr. Tess Gerritsen. Gerritsen is an international and New York Times best seller whose medical thrillers have been translated into thirty-two languages and has sold over twenty million books worldwide. Even our own state's well renowned best-seller, Stephen King, has hailed her as, "What Anne Rice is to vampires, Gerritsen is to the tale of medical suspense. She is better than Palmer, better than Cook… yes, even better than Crichton." Tess Gerritsen grew up in California, her mother a Chinese immigrant and her father a Chinese-American chef. While growing up Tess Gerritsen wanted nothing more than to write her own Nancy Drew novels and was drawn to the works of authors such as J.R.R. Tolkien and Ray Bradbury. Later she attended school at Stanford University where she graduated with a major in anthropology. After Stanford University, she then received her M.D. at the University of California, San Francisco. After receiving her medical degree, Tess Gerritsen practiced internal medicine in Honolulu, Hawaii until she became pregnant and took maternity leave. While on this leave she began writing. She entered one story she wrote into Honolulu Magazine's writing contest and won first place. This win set into motion what has become a very successful literary career. The author now resides in the coastal town of Camden, Maine. Tess Gerritsen, as a former medical physician, brings to her books a sense of comprehension and mystery surrounding the medical field and the enthralling characters she has crafted. Best known are her Rizzoli-Isles books that are centered on Boston detective Jane Rizzoli and medical examiner Maura Isles. Rizzoli and Isles often team up to solve numerous gripping murders. Her discussion of the medical field and terminology in these cases brings to her books a sense of comprehension and fascination that will leave readers both informed and intrigued. The syndicated network, TNT, has recently picked up and begun filming the first season of "Rizzoli & Isles", which is an adaptation of Gerritsen's own Jane Rizzoli. Tess Gerritsen's new book, Ice Cold, will be out July 27th of this summer. Tess Gerritsen will be visiting Husson University Tuesday, April 20th. The event will be held in the Gracie Theatre at 11:00 am followed by a book signing. At this event the bookstore will have a table where trade paperback copies can be purchased for signing by the author. The bookstore also has several copies of her books available now that you can purchase. The Criminal Justice club cordially invites all Husson University and NESCom students, faculty, and staff to attend this free event.

Husson Goes Green

By: Leigh-Anne Hurley



It does not take much to notice the amount of litter on the planet, let alone on the campus of Husson University and the New England School of Communications. All a person needs to do is walk through the Campus Center at night or on the weekend to see loose papers on tables and floors; walking through the campus debris such as paper cups and cigarette butts litter the ground. Go into any classroom and peer into the trash bin to see recyclable items thrown into the garbage without so much as a thought. Tracy Bantegui, a student at Husson University, has kick-started The Husson Student Environmental Group after seeing the waste around campus. "The administration is changing the amount of paper students can use per year and I thought with that transition the Environmental Club could also bring Environmental awareness to Husson University."The group, which is open to all students, is brand new to Husson's campus. The group meets every Thursday at 12:30 pm, with locations announced on their facebook group page, entitled "Husson Student Environmental Group." The club plans to hold an information-awareness week, called "Bio-Enviro Week," and hopes to get speakers to come and talk about environmental plans and policies. The club is already planning for Earth Day, which is April 22. "We're preparing for an environmentally related scavenger hunt as well as a collaborative effort to do a campus clean up with the Outdoors Club," Tracy said. The club has a mission statement, which states that its goal is to create "awareness and consciousness for ourselves, our peers and citizens of the Husson community on the environmental impacts of today's society. Our aim is for progressive social change through education and nonviolent, non-oppressive action in order to create environmental justice."

THE SPECTATOR

Student Activities Persona

By: Kenn Merchant

Calling organizations and locales to schedule an event is harder work than it may appear to be. After talking with Anne Schmidt from the Student Activities office, it turns out there is more work involved in setting up the big event calendar that students depend on for pastimes. Despite advertisements located all over the campus through mediums such as the Student Activities calendar next to the office, online at the Husson website, bulletins, digital screens near Cressy's Marketplace, Facebook, Twitter, posters, and the "What's Happening Folder" on First Class, for some reason students are having a hard time finding these events. Schmidt, as well as students who are employees of programming, is able to come up with events and ideas for students to do all year long by attending the National Association of Campus Activities meetings. There is a regional meeting during the fall and an international meeting in the spring. This is where Student Activities block book events. Block booking consists of group booking an event with other groups, providing cheaper payment rates for entertainers to travel. Some events are suggestions taken from students. Not all student suggestions can be picked, but Student Activities tries to be fair to everyone. Student Activities plans and puts together eighty to eighty five programs a year. Talking with a couple students, they revealed their opinions about Student Activities. One student, Robyn Ryder says, "I like student activities… they give us stuff to do. There's always a fair amount of activities available to students who wish to participate."While some students are excited about what is offered to them, some students think nothing of it. "I don't participate," says Tim Ferris. "And I don't have an opinion." According to Schmidt Student Activities provides "an eclectic mix of events" such as comedians, musicians, hypnotists, and novelties. In fact, during the week after spring break Student Activities will be hosting Vicci Martinez, a female vocalist and guitar player from Latin American, at 8 p.m. in the Furman Center on March 23. There will be a Culture Fest featuring Step Afrika, a group of six to nine dancers from all over the world, who perform with a style that is a mix of hip-hop and traditional African dancing March 24, at 8 p.m. in the Gracie Theatre. Twilight: New Moon will be featured on March 26 at 9PM in Kominsky Hall. Not to mention Spring Week will have "a lot going on" said Schmidt. If you would like to check out what is happening check out the Student Activities calendar at: www.husson.edu.



PHOTO BY: KENN MERCHANT

World News

The Real McCoy

By: Leigh-Anne Hurley

Dutch Harbor, Alaska - Port to the hardened crab fishermen who take on the Bering Sea to bring back a catch. It is also home to world traveler and resilient climber Scott Darsney, who is based in Dutch, which is located on the remote Aleutian Island. Darsney, who is a native New Englander, has been climbing most of his life. After spending a ten year apprenticeship climbing lower peaks and getting higher and higher, he climbed Mt. Everest. "After going 23,000 feet in South America, I thought why not Everest?" Darsney has climbed to the summit of Everest once, but had to try it twice because of strong winds. "My summit day took me twenty-one hours. I ran out of oxygen just below the summit and I moved a lot slower and got colder." Darsney has become quite familiar with Everest, even helping with rescue missions. "I've had to help rescue a teammate once or twice. I was there in 1996 when the bad storm hit the New Zealand and American teams on Everest. I was climbing Lhotse, the fourth highest peak next to Everest." Besides Everest, Darsney has climbed around the world, in over forty countries and on every continent. "I have climbed Denali in Alaska over seven times. I've climbed Mt. Washington, Mt. Rainer, Mt. Fairweather, Mt. Kilimanjaro…K2 in Pakistan and Ama Daplam in Nepal to name a few." Darsney was also in the radio business in Alaska, working as a DJ and engineer for the local radio and television station. Though he is no longer on the television or radio, he still misses it and considers it a great learning tool. He moved to Dutch from Boston via Seattle in 1986 by working on electronic systems on fishing vessels. "I've worked on all the boats from Deadliest Catch and have known the skippers for over twenty years. [Dutch Harbor] is on the map and we have greenhorns flying in from around the country with no chance of getting a deck job." Besides being a world-renowned climber, expert guide, and qualified medic, Darsney is also widely known for his photography. "At age 12, I got my first 35 mm film camera then I went all digital in 2005. I like to visualize things. I have a creative side to me and seem to have an 'eye' for how a camera sees and interprets an image." Darsney's work does not stop at photography and climbing, however. He is considered an expert guide that has led expeditions up such mountains as Denali in Alaska. He was a team member for the Cancer Survivors of Mount Aspiring in 2007. The climb took place on Mount Aspiring and helped raise money for children with cancer to attend camps while receiving treatment. Darsney's photography, which can be found on the Mountain Zone website, has been featured in numerous publications, websites and journals worldwide. Some of his most memorable photographs come from his climbs on his beloved Alaskan mountains. Darsney graduated from Northeastern University in Boston, Massachusetts and was committee member of the Northeastern University Huskiers and Outing Club. Though Darsney continues to see Alaska as his home, he does miss the East Coast. "I miss my friends and I miss the history but that's about it." For Darsney, giving back to the planet has always been a top priority, as well as being safe on climbs and continuing to live out his passions. "Follow your passion, but do it with responsibility, a sense of adventure and have gratitude for all you do. Be grateful for what you do have, give back to the planet more than what you take. Always have a backup Plan B and finally, always have a backup Plan C." To see Darsney's photography, visit his website at: www.mtnworld.com



PHOTO BY: SCOTT DARSNEY



PHOTO BY: SCOTT DARSNEY

Husson Baseball Ready for New Season

By: Ryan Kimball



The Husson University baseball season has officially started. Going into this third season, Head Coach Jason Harvey said the team was very excited about going to Florida to start their first games of the season against great competition. "We have been practicing outside for two weeks, throwing a little bit, and taking some ground balls, something we usually do not get the pleasure of doing this time of year," said Coach Harvey. The Eagles team has some seasoned players returning. "We have seven out of our nine starters back from last season, so we should be pretty good again this year," said Coach Harvey "We cannot really replace him but everyone is going to have to step up in order to fill his role this year," said Coach Harvey. This year Husson baseball changed conferences from the North Atlantic Conference to the North Eastern Athletic Conference. The Eagles are preseason favorites to win the 2010 NEAC East baseball title. "Our goal for the season is to make it to the conference playoffs," said Harvey. Husson's first home game is slated for March 24 against Bates College. The team hopes to see the stands packed with green and white for the home opener. Chris Maguire, Kyle Vanidestine, and Ethan Guerette must play well again this year for the Eagles to repeat as conference champions. Vanidestine was named Conference Rookie of the Year last season and the hope is that he puts up quality numbers again this year. Maguire, Guerette, and Vanidestine were all named first team All-Conference in 2009. Last year, the Eagles won 33 games--the most in school history. They advanced to the NCAA Division III New England Regional. With a remarkable 33-14 record a year ago, the team lost only one key player to graduation. Nick Arthers, starting catcher last season, hit an outstanding .416 with 11 homeruns, and drove in 67 runs.

Coach Kissy Walker

By: Christian Wagner



PHOTO BY: CHRISTIAN WAGNER

This past year has been an eventful one for Husson University's Kissy Walker. A year with a North Atlantic Conference Championship, NAC Coach of the Year Award, coaching the NAC player of the year, and balancing her family. But who is Kissy Walker? Born with the name Mary, Walker quickly lost it to the nickname 'Kissy.' "When I was born I looked like a Kissy doll... it was a doll that when you squeezed its hand it would kiss, and all the neighbors would come over and ask where was the little Kissy doll, and then after a while doll dropped," Walker said. Walker's love for basketball started at a young age. Her neighbor, described as almost like a second father, would play basketball with her outside in the driveway when she was in early grammar school. This was her earliest remembrance of the sport. By middle school, Walker was ready to play organized basketball for her middle school. From there, Walker's love for basketball only accelerated. She went on and played at Cony High School and her skills led her to the University of Maine to continue playing the sport she grew accustomed to. Walker's easy-going attitude and hard work earned her the title of Captain of her team her senior year. She recalls the experience as enjoyable."We (UM basketball team) had a lot of fun actually...we were a pretty close-knit team...I guess as a Captain and as a point guard, I was kind of looked at to run the show." Along with playing basketball at UMO, Walker also earned her degree in Physical Education. With her new degree, Walker landed herself a job at Holbrook School, in Holden, teaching physical education to fifth through eighth graders. Walker spent three years at the school before her ex-teammate from UM offered her a job at Husson College as a Physical Education assistant. Walker decided that she would take advantage of her new career at Husson and enroll in the school to also earn her Business degree. After the degree, Walker spent time helping Education majors with job placement. In 2008, Walker was asked to be the Director of Wellness for the school all while teaching courses in the Education department and coaching the Women's basketball team for Husson. Walker explained that her passion for teaching came from wanting to make school enjoyable for students. She didn't enjoy school so she wanted to give students an enjoyable atmosphere. "I wanted to provide an environment for my athletes so that they could have a good time." Her busy schedule does catch up to her though. Balancing an eight year old and her family, her Husson career, and her basketball is no easy task. "As a coach you just learn by nature to organize and schedule and multi-task." Walker is sincerely happy with where she is in life right now. She stressed that realistically, she wouldn't want to be anywhere else or have any other career. "I'm a pretty simple person, I'm enjoying what I'm doing right now and you never know what tomorrow is going to hold... Husson is a great place for giving me opportunities...the thing I'm most proud of is that I've been coaching for nineteen years." Husson's legendary coach, Clara Swan, also coached for nineteen years and had the Swan Center named after her for memorial. Time can only tell if our campus will see a building named after Mary 'Kissy' Walker.

SPORTS • SPORTS

New Look Red Sox

By: Sean Metcalfe



While the Northeast still has cold weather, the Boston Red Sox are in sunny Fort Myers, Florida preparing for the 2010 season. The focus this year is the Red Sox switch to pitching and defense, and to bolster the pitching staff and defense the Sox signed former Los Angeles Angels ace John Lackey, arguably the best defensive player in baseball. Boston also signed third baseman Adrian Beltre, upgraded shortstop by signing Marco Scutaro and three-time gold glove center fielder Mike Cameron. *-Continued Page 5*

Red Sox Continued

The biggest acquisition of the offseason was the signing of John Lackey to a five year, 82.5 million dollar contract. He will join Josh Beckett, Jon Lester, Daisuke Mastsuzaka, and Clay Buchholz in what is arguably the best and deepest rotation in baseball. Lackey no longer has to be the ace he was with the Angels, he can now be part of the three headed monster along with Beckett and Lester. With Lackey the Red Sox get yet another pitcher that has a bull dog mentality and he will not shy away under pressure. While he was a rookie in 2002 he was the winning pitcher in Game Seven of the World Series and helped clinch the Championship for the Angels. His critics have cited his 2-5 record and 5.75 ERA at Fenway Park, however that was as a member of the Angels facing loaded Red Sox line ups.The 2010 Red Sox will look to their deep and talented pitching staff to take them deep into the playoffs. The Red Sox decided to improve their run prevention by bringing in some of the game's best defenders. They started by signing Marco Scutaro who came off a career year with the Toronto Blue Jays batting .282, 12 HR, 60 RBI, and he brings with him a very solid glove. The Red Sox are looking for Scutaro to provide some stability at short until highly touted shortstop Jose Iglesias is ready to play every day at the Major League level. Their next move was to bring in three time gold center fielder Mike Cameron to replace all-star left fielder Jason Bay, who signed with the New York Mets. Cameron will play center field, which means young rising star Jacoby Ellsbury will switch to left. With Cameron, the Red Sox get a 37 year old center fielder that still is considered one of the best defensive outfielders, and averages 20 plus home runs and 70 to 80 RBI. The knocks on Cameron are he that strikes out to much and lacks contact with a career batting average of .250. Replacing Bay's team leading 36 home runs and 119 RBI will not be easy but the Red Sox are hoping Cameron's stellar defense will save some of the runs they lost with Bay. The last major move the Red Sox made was to sign third basemen Adrian Beltre. Beltre is widely considered one of the best defensive players in all of baseball, and when healthy he can swat 25 to 30 home runs, drive in 80 to 100 RBI, and hit around .270. The Red Sox don't need him to hit in the middle of the order and hit 48 home runs like he did for Los Angeles Dodgers in 2004. A sub plot to the Beltre acquisition is that third basemen Mike Lowell is still on the team after the trade to the Texas Rangers fell through. It will be interesting to see how Lowell takes to being the backup third basemen now that Beltre is the starter, but that could be a mute point if Lowell is traded or an injury occurs. It looks as if Boston will have a lot more two to one games than sixteen to ten games, but sports are unpredictable and that's why they play the games.

Team USA Still Winners

By: Leigh-Anne Hurley



Before the 2010 Winter Olympics started, when anyone mentioned the United States Men's Ice Hockey team, no one would have predicted they would claw their way into the gold medal round. Even Brian Burke, the General Manager of Team USA, told the team not to see themselves as gold medal finalists. Though it may have been so the team did not get cocky, Burke's statements reverberated through the tournament. The top teams chosen to win were Canada, Russia, Finland and Sweden. Each country had a list of top-rated players from both the National Hockey League and European leagues. The opinion soon changed, however, as Team USA took the ice. Team USA blitzed through their opponents in the preliminary rounds, outscoring and outwitting Switzerland, Norway and Canada before going on to the quarterfinals. They outscored their opponents by at least two in every game, upsetting the favored Canadian squad 5-3 in the last round of the preliminaries. They had youth and resilience on their side as well as a beyond-stellar goaltender in the crease by the name of Ryan Miller. Players like Ryan Kesler, Patrick Kane and Jamie Lagenbrunner helped make up a strong Olympic contender. Team USA surprised Switzerland and Norway with their nearly perfect performances, with both opposing teams only managing to score one goal apiece. Then Team USA took on the home ice opponent: Team Canada. Canada was efficiently knocked back onto their haunches as the US came out shooting in the first period and Miller stonewalled Canada's offense. Brian Rafalski scored for Team USA just forty-one seconds into the game and nailed another goal late in the first, allowing USA to lead going into the second. USA would eventually nail the door shut with an open net goal scored by Kesler late in the third. Team USA went on to beat Switzerland 2-0 in what proved to be a nail-biter until the last minute. Zach Parise managed to get Team USA on the scoreboard two minutes into the third, and the US defense helped Miller keep Switzerland at bay. Parise then scored an empty-netter in the final seconds, leading to the elimination of Switzerland from the games. Perhaps one of the strongest games Team USA had was against Finland in semi-finals. Team USA scored all of their six goals in the first fifteen minutes of the game, the final two being within fifteen seconds of each other. Finland managed to get on the board in the third but still was eliminated by the United States as Team USA went onto the gold medal round. The US met up again with Canada in what would prove to be a thrilling game. After Canada scored back-to-back goals, the US knew it needed to make a statement on the ice and on the scoreboard. Ryan Kesler managed a goal for the US, shifting the momentum back to them as they surged forward. With twenty-five seconds left in the third period, Ryan Miller pulled and an extra attacker on the ice, Parise came through with a goal that allowed Team USA to get back into the game. Canada's fans were left stunned and across America, screams of joy could be heard. The glory was short-lived; however, as Sidney Crosby of the Pittsburgh Penguins snapped a goal past Ryan Miller in overtime, clinching the gold medal for Canada as the US was left with the silver. However, no Canadian was named the game's Most Valuable Player: that honor went to US goalie Ryan Miller, who plays for the Buffalo Sabres. Miller allowed only eight goals of the many shots he faced and was the driving force in bringing the sixth-seeded US team to the Gold Medal Finals. So while Team Canada skates away with the gold medal, Team USA goes home with the knowledge that they were once underdogs that became a fearsome contender. Canada might have won the hockey battle, but the US has won the war.

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THE SPECTATOR

Health **Health** Health

The Real Freshman 15

By: Marlon Weaver



Many college students may have heard the myth of the notorious Freshman 15 since the senior year of high school. The expectation of gaining 15 pounds in the first year of college has been seen as a warning for some and a challenge for others. The nation is continuing to raise awareness concerning healthy living, with obesity prevention listed as a top priority, therefore the idea of gaining extra weight in college is uninviting.

A 2008 study conducted at Auburn University in Alabama confirmed that those who did gain weight during their freshman year were indexed into a higher BMI category, shifting from healthy to overweight, or overweight to obese. Even worse, according to researchers, even those who didn't gain weight often slipped into unhealthy eating habits, such as eating junk foods while studying, emotional eating, replacing conventional meals with snack foods, drinking which introduces high calories, and eating late at night.

Research from the same study has provided some positive information as well. The fear of the Freshman 15 may apply to more hype than it does to hips. Research shows that the average weight gain freshman year is far lower than most people believe. The study concludes that the average freshman weight gain was 4.8 pounds over the course of the year, with young men gaining just over 5 pounds and young women gaining just over 3 pounds. How does a college student prepare to study and ace the exam of the dreaded Freshman 15?

These tips from the CDC (Center for Disease Control), College health and Safety, will safely help maintain both your health and your weight during the first and following years at college: Get regular physical activity. Be active for at least 2½ hours a week. Include activities that raise your breathing and heart rates and that strengthen your muscles. Find something enjoyable, such as brisk walking, jogging, climbing stairs, dancing, or other activities.

Eat a balanced diet. Fruits and vegetables are a natural source of energy and are one of the best eat-on-the-go foods. Be sure to eat regular healthy meals to help maintain a good energy level.

Think positively. The tendency to be needlessly self-critical can foster unnecessary distress. But different approaches are available to help handle this. Work with teachers, counselors, family, friends, and others to address concerns about studying, test-taking, and other issues.

Get vaccinated. Vaccinations help prevent diseases and save lives. Be sure to ask your health care provider about being vaccinated for meningitis, human papillomavirus (HPV), tetanus, flu, and other diseases. Find a health care provider at school or local health clinic for routine check-ups and health concerns. Check-ups can help ensure being healthy and can identify and correct problems early. They can also provide the opportunity to know a health care provider should a health problem arise later in the school year. Regular check-ups are Important. Develop friendships. Participating in campus activities with other students who have similar interests can foster healthy relationships. Extracurricular activities do not necessarily have to relate to your major. Join a college band, write for the school newspaper, volunteer, or do something else that is fun, meet new people, and look for opportunities that promote positive self expression. Decrease Stress. Stress leads to over-eating. Pick foods that are high in antioxidants that help fight stress--like vegetables with a lot of color. A general rule of thumb--the brighter or darker the vegetable or fruit, the more antioxidants it provides.

Get Plenty of Sleep to Avoid Gaining Weight. It's tempting to stay up all night partying or studying for that midterm. Sleep, especially deep sleep stages, can be essential for renewing cells and keeping the body working right. Poor sleeping habits can even affect the metabolism and make it harder for the body to use food efficiently. Adopt a reasonable sleep schedule and stick to it.

The Freshman 15 does not have to negatively affect reaching educational goals, making friends, and having fun. Approaching the Freshman 15 in healthy way can lead to the establishment of healthy habits to help maintain a healthy weight that lasts a lifetime.

For more information and health tips, visit the Center for Disease Control and Prevention Online, or consult with a personal health care provider.

THE SPECTATOR

How to help a friend with an Eating Disorder *By: Jessye Liebow*



This past February was the month when the National Eating Disorders Association had a week committed to raising awareness about the dangers surrounding eating disorders as well as the need for early intervention and treatment. The association wanted to inform as many people as possible about how serious an eating disorder can be. In the United States, as many as 10 million females and 1 million males are fighting a life and death battle with body image which leads to an eating disorder that can have life threatening and life limiting consequences. Eating disorders include anorexia nervosa, bulimia nervosa and a condition known as compulsive overeating. People who are suffering with these disorders have extreme emotions, attitudes, and behaviors surrounding weight and food issues. According to Husson University's head nurse Connie Potvin anorexia nervosa is characterized by self-starvation. It is a serious life-threatening eating disorder where the individual's perception of their body is distorted. A prime example of this is when a person is on the borderline of being emaciated, yet they see "fatness" when looking in the mirror. The symptoms of anorexia nervosa include refusal to maintain body weight at or above a normal weight for one's height, an intense fear of weight gain or being "fat" and extreme concern with body weight and shape. The other affects of this disorder include loss of menstrual periods and the development of a condition know as Lanugo, where the body *-Continued on page 7*

Eating Disorder Continued

will grow little hairs which act as a form of insulation due to the loss of essential fat deposits. Bulimia nervosa is also a very serious condition. This affliction is described as a cycle of binge eating followed by purging. The symptoms of this illness include feeling out of control during a binge, eating beyond a sense of comfortable fullness, and purging after a binge that is typically self-induced by using laxatives, diet pills or fasting. Eating disorders such as anorexia and bulimia are characterized by attempts to exert excessive control over one's own body.

Enjoy sunny health with the "Sunshine Vitamin"

By: Jessye Liebow



Living in Maine can be a beautiful thing, but when it comes to our health, we can become deficient in a very important vitamin that comes from that bright fireball in the sky. That vitamin is Vitamin D. When we are exposed to the UV rays of the sun, our skin absorbs the rays and then our body makes Vitamin D. Vitamin D aids in the absorption of calcium and helps to build bone mass and prevent bone loss. When you are deficient in this vitamin, some signs may be muscle pain, weak bones/fractures, lowered immunity, symptoms of depression and sleep irregularities. Studies have also linked vitamin D deficiency to breast cancer, colon cancer, prostate cancer, heart disease, and other maladies. The Vitamin D council recommends that healthy adults take 2,000 IU of vitamin D daily. The first thing you will need to do is get a simple blood test from your doctor to check your levels of vitamin D and from there you can start with the food that you put in your body. The best way to insure that your body is getting enough vitamin D throughout the winter months in Maine is by eating Vitamin D enriched foods which include fish (examples are herring, salmon, oysters, catfish, sardines, tuna, shrimp, and mackerel), milk, egg yolks, and fortified breakfast cereals. Taking a supplement is another form of getting your daily amount of Vitamin D but check with your doctor on which is the best for you. But you need to be careful, like in most cases too much of a good thing is a bad thing. Vitamin D, when you are getting too much can cause confusion, abnormal heart rhythm, nausea and even kidney stones. Most of the overdoses come from taking the supplements; it is nearly impossible to overdose from sunlight or from the foods you are eating. So as long as you stay with the recommended dosage of vitamin D this healthy vitamin will brighten your life just as the sun brightens our sky.

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Twice a semester we hope to update you with what's going on with college students these days health wise. We are open to many new ideas and if you're interested in writing for the Spectator speak with one of the staff members.
Or contact us by Email: spectator@nescom.edu
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A Rock Fan's Valentine's Day

By: Leigh-Anne Hurley, Heather Megill, Brad Jamison

Valentine's Day proved to be more than just a holiday for Maine rock fans. Three Days Grace and Breaking Benjamin headlined a concert held at the Cumberland County Civic Center with opening act Flyleaf. For a group of rock fans, it was a dream concert even if it didn't fall on the romantic holiday. Getting together a group wasn't hard, we all immediately knew we wanted to go. The concert was a surprise to us because not only was it Valentine's Day, but we were also celebrating a birthday. Turns out planning a trip to a concert is surprisingly easy, especially if some seasoned concert veterans accompany you. The planning consisted of buying tickets, finding a large enough vehicle through relatives, begging said relatives, buying drinks and food, downloading a map from Google, playing with Google Map Satellites, arguing about the effectiveness of Google Maps, then just relying on personal memories for directions.

We finally made it to Portland in one piece. After an hour of standing in the freezing cold, we were able to pile into the Civic Center, Flyleaf took center stage for the opening act. They encouraged excitement from the crowd with their high-energy enthusiasm. Lead singer Lacey Mosley, sporting a long gray dress, opened the set with their 2007 hit "Fully Alive." Mosley never fails to keep up the excitement while jumping to the beat of each tune, and swaying her arms up toward the heavens. Bassist Pat Seals and guitarist Sameer Bhattacharya also managed to keep up the hype as they ran up and down the stage, jumping from platform to platform. They played a few hits from their newest album Memento Mori, which means "Remember You Will Die", relating back to their Christian ideals. Mosely belted out the high pitched whispers in hits from her latest album which include, "Again", "Chasm", and "Beautiful Bride." At one point nearing the end of the show, Mosely complimented the crowd. She described her band as just a bunch of people from Texas who became famous, and that they were no better than anybody else. This stirred booming approval from the crowd as the band concluded their set. They ended with a slow, poetic song called "How he Loves." Despite the band's poor audio quality, they tried to manage a fairly solid sound and performed an awesome show. Breaking Benjamin took the stage shortly after Flyleaf. The stage set up included a drop down screen in the background. They featured footage from their own videos. They even used cinematic clips from the Xbox game Halo, during which they performed "Blow Me Away." The band did an excellent cover of Aerosmith's "Dream On" during which they paid tribute to musicians who have passed away. Some of these stars included Kurt Cobain, Dimebag Darrell, and of course, Michael Jackson. Front man Benjamin Burnley took advantage of the screen with his own mobile live cam. He aimed the camera towards the audience and made them scream for t-shirts. The band also surprised the crowd by performing older tunes like "Polyamorous" off the 2002 album Saturate. Ben's talented guitar skills and meaningful lyrics made for a monumental set. Benjamin Burnley launched into a song off their new album, Dear Agony, entitled "Into the Nothing" as a dedication to the United States men and women who are fighting in the war. On the backdrop, the band displayed images and video of soldiers in Iraq and Afghanistan as Burnley's strong vocals filledup the arena. Breaking Benjamin ended their set with "Diary of Jane," their hit song off the album Phobia. Three Days Grace proved to be the headlining band, opening up their show with one of their latest singles, "Break." They got the crowd wild with their impressive light shows and had excellent timing to the beat of the music with their use of pyrotechnics. Front man Adam Gontier dressed in his typical white shirt and black vest, entertained the crowd with a Phil Collins cover, "In the Air Tonight." We also got to see a surprising drum solo from the usually shy, Neil Sanderson. The drum set was mounted on a movable turntable so it moved in circles while Sanderson performed. This later proved as the perfect distraction while Adam snuck through the center to perform the Apocalyptica collaboration, "I Don't Care." He sang the tune on an elevated platform conveniently located in the middle of the crowd right in front of the sound booth. The band encouraged the audience to sing with them some of their hit songs like, "I Hate Everything About You" and "Home." Adam addressed the crowd, recalling that this was his third show in Maine and that the band would be nothing without their fans. He then joked that they were not able to perform their hit "Riot," before the band launched into the very song, igniting the crowd. They concluded the show with "Animal I have become."Even though it was a sold out show, there was a slightly less rambunctious mosh-pit than what we expected. Another negative aspect was the audio during Flyleaf where we could barely hear Lacey and her angelic singing. This caused most of the audience to tune out until the brief intermission. We also noticed a significant decrease in the merchandise pricing with Flyleaf than compared to the value pricing of Three Days Grace and Breaking Benjamin's broad selection of t-shirts, hoodies, and panties. On a lighter note, we found it humorous that the artists specifically requested that all water be sold in cups rather than bottles to avoid being pummeled by the rowdy audience. The bands captivated the audience and proved that, even on Valentine's Day, it was much better to be a rock fan than a chocolate lover.

