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THE SPECTATOR

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A Day to Remember

By: Marlon Weaver



Memorial Day is observed on Monday, May 31, 2010. This day provides the opportunity to remember the sacrifices made by many to protect our country. Many college students in Maine have answered the call of freedom and are now facing some obstacles that seem invisible but have a very visible impact on their personal life.

I never really understood freedom and a true love for my country until I wore the uniform. I'm proud of it, and want to contribute any way that I can to encourage other student soldiers and veterans to seek help if they need it, and find positive outlets to focus on.

My name is Marlon Weaver and I am one of the growing number of Maine student veterans who battle with PTSD (Post Traumatic Stress Disorder).

PTSD presents new challenges and painful limitations in my life, but I have determined to use writing as a positive outlet against depression and PTSD. I enlisted in the Maine Army National Guard in 2002 and was deployed to Kuwait and Iraq in 2003 with the 1136th Transportation Co. during Operation Enduring Freedom and Operation Iraqi Freedom.

The war overseas affects everyone differently, for me, since being home, sudden noises and crowds disturbed me, I was easily agitated, angry and often withdrawn and depressed. I did not want to talk about my emotions and my close friends and family noticed the difference. I would experience horrible nightmares, which caused me to wake up punching the pillow or walls, and there would be embarrassing episodes of incontinence.



There was an instance when my daughter came to wake me up, and I was so scared that I knocked her to the floor because I did not recognize her.

I knew then that I needed to get help.

The VA Hospital welcomed me and now provides me with medicines and counseling that helps to combat Post Traumatic Stress Disorder. While at the VA, a nurse explained that her husband, a disabled veteran who has PTSD, found one positive outlet and focused on it, she suggested that I do the same.

With this in mind, I have been writing stories, poetry, songs, anecdotes, articles, and quotes as an outlet during moments of sleeplessness or depression. Many of these pieces are blogs on social networks like MySpace and Facebook. Readers have commented on how these pieces are an inspiration for Maine veterans and their families who are dealing with PTSD and other disabilities resulting from military service and combat. I am currently attending the New England School of Communications with help from the VA's Vocational Rehabilitation Program. At NESCom, I am learning the skills necessary to earn a degree in Radio Broadcasting. Journalism instructor, Anne Gabbianelli O'Reilly has become a tremendous influence in my life.

She has inspired and encouraged me to have some of my articles published in The Weekly and The Bangor Daily News. She sent me this response to some of my articles by email.

"I'm most impressed with your writing and very moved by the spirit that shines through your words. I can only hope this will inspire others, not only in embracing life and its turmoil, but by inspiring us all to live the messages your writing offers."

I work very hard every day to overcome PTSD. I still have moments when I get discouraged, but my faith in God and the support of my family and friends give me the courage to stay focused.

This gave me the courage to open up and provide an intimate view about PTSD in my life in "Bruh Man," a story submitted to EMCC liter-

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ary magazine, "The Eyrie" and "Crosscut" of Husson, which read,

"...No matter how slow he moves, he can be seen all over the city... Everyone in this city knows who he is...Living off the land and dining in garbage cans, who ever thought their little boy would grow up to be that kind of man...Enjoy your day and please don't feel bad, but think about the US citizens whose mind is still in Baghdad..."

John Goldfine, creative writing instructor for Eastern Maine Community College, added this comment to, "Impact," a personal story, submitted as a blog detailing my overseas vehicle collision.

"When I get something as clean...as this, I hate to see it just sit on a course website without any further literary life..."

Many soldiers and student veterans still want to serve their country despite the negative effects of PTSD. This battle may be invisible to some but the effects can at times be seen by everyone.

Memorial Day in Maine will consist of parades, picnics, and pictures to honor those citizens, soldiers, and students that serve our country. As we remember this day, let's recognize their battles may not be over.

From the Office of Campus Safety and Security

By: Robert J. Kilpeck

It is difficult to believe that in less than a month, Husson University will be celebrating commencement and approximately 575 students system wide will be moving on to new adventures and dreams. We know that for many of you who have watched Husson grow from college to university, Husson now runs through your veins. Husson is and will continue to be a major part of your life, and we are confident that we will read about your successes and see you again at future home comings and alumni events.

For many others, there lies ahead the long awaited and deserved summer break, summer jobs, internships, and of course fun and relaxation. As difficult as it is for many of you to believe, you will be missed, and we do look forward to your return. Always remember that you are the reason that we are here and the reason that Husson University is what it is today and with your help and support will continue to be in the future.

Thanks to the majority of students, about 95%, Husson has enjoyed another safe year with relatively low incidents of criminal activity. As I have pointed out before, approximately 5% of the students are responsible for about 100% of the incidents, and unfortunately, those incidents are what everyone hears about, and what's documented.

You don't hear about those members of the community who have lost wallets with significant amounts of cash, credit cards, and personal papers who come to the safety and security office to find that their wallets and their contents have been turned into lost and found, and more often than not, it was found and turned in by a student. One of these wallets for example contained almost three hundred dollars, while another one contained just over two hundred. These are the true representatives of Husson University, and we all know who you are and you have earned everyone's appreciation and respect.

It goes without saying that this is the time of year for parties and farewells. All of us at Safety and Security want you to enjoy this most exciting time of your life, but we ask that you do it in a responsible safe manner. Do not drink and drive, do not let friends drink and drive, and above all, do not enable underage drinking.

On behalf of everyone here at Safety and Security, I want to say congratulations and good fortune to the graduating class, and we look forward to charting your successes. To our returning students and faculty, we wish you a happy and safe summer break and we look forward to welcoming you all back in the fall.

The DDC Has It's Reasons

By: Heather Megill

One of the most important services of residential living here on campus is undoubtedly the Dickerman Dining Commons. This service, however, comes with a price and Michael San Antonio, director of Dining Services for Husson University, knows these costs all too well.

The DDC Has It's Reasons - Continued

"Students pay a fee for their meal program," explains San Antonio. "That fee does not cover the cost of taking food out of the dining commons. That would probably drive costs to an extent that would require a fairly substantial increase in the board charge to students." He explains that this rule is not meant to be a hassle for students. The reasoning for such a rule is to protect the students. "In dining services we want to make sure that we provide a good quality service but we also have to do it in a financially responsible way on behalf of the students." San Antonio recalls a time when the DDC allowed certain items out of the area such as ice cream cones. This was quickly abused by some of the students, with ice cream being thrown at windows and even stuffed in gas tanks of vehicles. "Based on vandalism that was occurring in the resident halls and other parts of the campus community, [I was asked to] prohibit ice cream cones from leaving the dining commons," San Antonio says. Recently students have been allowed to remove ice cream cones from the dining areas again, in hopes that they will behave responsibly. San Antonio kindly adds that there is a general understanding of why these rules are implemented. "There are times when we need to enforce it publically," he mentions. "Other times students are really good about understanding why that policy is in effect." There have also been rising concerns over how crowded the dining areas are during the allotted meal times. Husson is in the process of developing an architectural plan to possibly solve the issue of limited space. "There is a campus wide recognition with students, faculty, staff, and administration that the dining commons is less than adequate to the number of students that we now have," says San Antonio. "The university is looking for ways in how to address that, but we need to address that in a financially responsible way." The university's highest priority is expanding and improving the services offered here for students. However, all future plans take time and money. "The university is looking at how to spend the money that's available in a way that will give the greatest impact for student satisfaction," says San Antonio. He adds that he is unsure just yet of how the budget will be spent, but that the campus will be hearing more about the proposition over the next couple of years. With over two decades of experience in the dining facility himself, San Antonio has his own ideal image of what the future of the dining commons holds. He would like to see a food court arrangement, giving students more choices. He also would enjoy having a new pizza brick oven as a centerpiece for the dining area. San Antonio also greatly encourages feedback from the campus community on how they want the future dining commons to operate. "I would strongly advocate as we're planning this to involve students in determining what a new dining facility might look like and what kind of services would be available there," he says. The dining staff also gets feedback from reviewing their annual customer satisfaction surveys that they receive from the National Association of College and University and Food Services. San Antonio explains that in the past three years, Husson University students have ranked dining services better than other students have ranked their own dining services. The survey also reveals some negative feedback that students have. "This year for the first time we saw a slight decline in student satisfaction," says San Antonio. "It was still higher than the national average. A lot of it has to do with the crowding during meal times." He adds that the issue of overcrowding during meal times is something that can only be addressed with a new dining facility plan. Students are also reminded that they should never feel they have to go hungry while attending school. If their schedule doesn't allow them to eat at the given times, there are other alternatives. "We purposefully have designed the meal plan to include dining dollars so that it extends the hours students are able to get food," stresses San Antonio. "Students also should understand that their dining dollars pro-



Photo By: Caitlin DeVore

Students preparing for a warm meal from the Dickerman Dining Commons

The DDC Has it's Reasons -Continued

vide them with the opportunity to eat after the dining commons is closed either at Willey's, Cressy's, or Angelo's." He also explains that prior arrangements can be made with the dining staff to schedule students at an earlier eating time if necessary, or prepare them a box lunch. San Antonio concludes that if students have any problems with the dining commons that he encourages future discussions with them. "I welcome the opportunity for students to ask questions about [the rules], so we have the opportunity explain why they are in place," he says. The rules, in most cases he says, are there to benefit the student and protect the funds they have already invested into an expensive college education. Overall, San Antonio wants everyone to feel comfortable when they use the dining commons. "We want students to feel like a valued guest when they come and dine with us."

Husson University Ends Pursuit for Law Degree *By: Heather Megill*



Husson University board members have recently announced their decision to discontinue the law school. This decision was made just one month after Husson President Robert Clark agreed to discuss future plans of the law school after the Maine Supreme Judicial Court denied Husson's proposal to have law students sit for the Maine bar exam.

Clark and Husson Dean of Law Michael Mullane appreciate the efforts put forth by the Maine Supreme Judicial Court.

"We are grateful to the Supreme Judicial Court for their careful review of our petition, and, we have decided at this time not to pursue a law degree," Clark stated in a press release.

This is the second time Husson University has been denied this request. Back in October 2007, Husson University made their first attempt at allowing their law graduates to sit for the Maine State Bar Exam. The court denied the petition, citing three different reasons for their decision. Husson University had not yet opened the law school, making it difficult to determine the quality of the academic courses offered. There were also concerns from the Maine State Board of Education, which included evaluating student performance, electronic media dependency, and the requirements for leadership and faculty members. Husson University had not yet had the opportunity to resolve these concerns. Lastly, due to the lack of a tenure system at the university, the law school could not be accredited by the American Bar Association.

The court noted that this time around, Husson managed to begin fulfilling the necessary requirements by hiring two full time professors and one part time professor, all of whom taught at other law schools in Maine as well as Harvard.

Despite ending it's pursuit of the law school, the University will still offer degrees through the School of Business in both Criminal Justice and Paralegal Studies.

Dean Michael Mullane will not be without a job as a recent announcement was made by President Clark regarding Mullane. "Provost Coy-Ogan and I are pleased to announce that Michael Mullane has been appointed to serve as Dean of Graduate Studies," Clark stated in a press release. "… he will oversee the graduate council and work collaboratively with the academic deans on graduate and first professional doctoral degree programs." Mullane's duties will not stop at that, however. His job will also entail overseeing special projects for Husson in addition to his teaching responsibilities.

"Rock the School" *Huge Success*

By: Leigh-Anne Hurley

On April 23, Michael Goulart put together a fundraiser concert for school children in Iraq. Mines of Paris, The Divine Run and The Woulds all performed at "Rock the School" held at the Furman. The concert helped raise over $100 and 70 lbs of school supplies to help open a closed school in Southeast Baghdad. Special thanks go out to Amanda Nadeau and Yury Nabokov for their help in organizing the event.



Photo By: Elyza Peterson



Photo By: Elyza Peterson

World News

Tea Partiers Need To Read A History Book

By: Chris Johnson

There is a new movement sweeping across the country: the "Tea Party" movement. Apparently, these are conservative people who think John McCain is too liberal. Their protest is over healthcare. I'm not going to get into a political debate, but I think calling themselves the "Tea Party" is a little radical. I think the Tea partiers would be best served by brushing up on their history.

For those who don't remember the Boston Tea Party occurred in 1773. It was the colony's way of protesting a new tax on, wait for it, TEA. The British Parliament imposed a tea tax on the colonists and it was the last straw in what was a series of taxes that included the Stamp Act among others. These taxes were being imposed by a government that was an ocean away without colonial representation to speak on behalf of colonial people. So the colonials dressed up as Native Americans one night, went onto a boat that was storing tea, and threw the tea into the harbor.

So, to me, this begs the question: how does one connect the Boston Tea Party and healthcare protesting? I've heard things like, "Well there's the taxation without representation." I totally forgot this is 1770 and our leader answers to Britain. To my knowledge U.S. citizens elected the people that passed healthcare. I'm pretty sure our founding fathers wouldn't be out throwing syringes into the ocean because someone who was previously dropped by their insurer because of what they deemed a "pre-existing condition" (which in some states can be pregnancy) can now go see a doctor.

So, in protest to healthcare reform, "tea partiers" throw tea into some body of water. Because as we all know that when the government does something people don't agree with, our first instinct should be to throw tea off a boat. This would be like people who want a playoff in college football, sitting in the front of a bus and refusing to move, it doesn't make sense. If "tea partiers" have this much money to spend on throwing tea into the water, one would think they would have enough money to pay for the taxes from the healthcare bill.

The other thing that upset me was seeing a clip on Youtube where these "Tea Partiers" were berating a man with Parkinson's disease because he supports the healthcare bill. The "Tea Partiers" claim they are fighting for our country's values, which I guess means circling around and harassing an old man because he has different beliefs than you. Way to fight for what this country believes in. You know if there was something people should really be getting riled up over it should be over something like Detroit closing is 44th or 45th school. Not something that is going to benefit our country like healthcare.

Politics in this country have gotten out of hand. We have 300+ million people living in the U.S., but we have just two political parties (democrat, republican) and two ways of thinking (liberal, conservative). Anyone who doesn't conform to any of these things is labeled an "independent" and really doesn't have much of a platform to make their voice heard. We have also gotten to the point where, in order to get your voice heard, you have to either be an extreme conservative (Sarah Palin, Fox News journalists) or an extreme liberal (MSNBC). So when we go to elect our officials we don't really have our own opinions, instead they are shaped but what either Keith Olberman or Bill O'Reilly has decided to report on.

Boston Bruins: 2010 Season Review

By: Leigh-Anne Hurley



It was an up and down year for the Boston Bruins. During the final part of the season, they managed to surge ahead to a number six spot in the Eastern Conference. It was quite literally a last minute rush for Boston. The Bruins blew out the Carolina Hurricanes, who had effectively eliminated Boston in last year's playoffs, in their last home game of the season. The Bruins broke the record books with three short-handed goals on one penalty kill to beat the 'Canes 4-2 and clinch the sixth seed.

Boston started their season with a loss to the Washington Capitals but managed to end the season with a win against them. In between those five months, the Bruins floundered on the scoreboard, at first barely making a mark. In the middle of the season, after being laden with injuries, the Bruins played host to the 2010 Winter Classic. Paired against the Philadelphia Flyers, the Bruins managed to skate away with an overtime win after coming back from a single goal deficit to push the game into overtime. The Classic did not manage to breathe life back into the team though, as they lost most of their games for the month of January.

Boston's problem, such as it was last year, was both offensive and defensive. Boston lost a lot of offense in the loss of Phil Kessel to the Toronto Maple Leafs. Though it didn't seem a problem at the beginning of the season, the lack of offensive power began to wear on the team. Though they had a lack of defensive power at the beginning of the season, players like Mark Stuart stepped up during the middle and second half of the season to keep offensive-driven teams away from the net.

In terms of goaltending, Boston has a powerhouse goaltender by the name of Tuukka Rask. Easily gaining the love of Bruins fans for his ability to stop a puck no one saw coming, Rask began to outshine longtime Bruins goaltender Tim Thomas. Thomas, the Vezina Trophy winner at last year's NHL Awards, has been questioned as to whether he'd be a good long-term goaltender for a team looking to make it to the Stanley Cup Finals with a fairly young team. Thomas, especially in the latter part of the season, has been outshined by his younger successor, Rask.

The Boston Bruins are lucky enough, however, to have the #2 draft pick in the 2010 NHL Draft. With Tyler Seguin and Taylor Hall, both from the Ontario Hockey League, up for grabs Boston has to hope that the Edmonton Oilers, who have the first pick, don't take Hall. Hall would be a great replacement for Kessel and can forego a college career to suit up with David Krejci on the first line.

SPORTS • SPORTS

Future of Sports Journalism

By: Leigh-Anne Hurley



Amidst a scandal that threatens his image and marriage, Tiger Woods held a press conference for selected sports media in order for him to make a statement. It was meant to be a face-to-face meeting between Woods and the sports outlets looking for answers to satisfy a gossip-hungry audience that wanted to know what exactly he was thinking. However, it turned a negative light on Woods when it was revealed media attendees were not allowed to ask questions. The Golf Writers Association of America (GWAA) refused to go to the conference, instead choosing to boycott it because of the specific media allowed and the no questions clause.

It leads journalists, especially sports journalists, to wonder where they now stand amid all the gossip columnist and magazines. With sites such as TMZ getting the scoop on many sports stories before they hit ESPN or The Sporting News, journalists are left to wonder where the line between journalism and blogger begins and ends.

There's been recent debate about blogging in journalism, but none focused on the world of sports journalism. Though there's been an argument about what is considered sports journalism, it's obvious to many in the sports media that such things as bloggers are slowly taking away the reputability of sports journalists. Sites like Deadspin, a self-described blogging site, are considered by some fans as a reputable journalism site. Bloggers have petitioned for press passes at games, angering the sports journalists that come out from their respective newspaper, television station or radio to cover their beat.

The simple fact is this: bloggers, for the most part, are not backed up by journalism degrees. There are blogs that thrive on entertainment and controversial opinions. Fans should not have to weed through the bad blogs to get to the ones that are accurate and written by actual journalists. The fact is that bloggers are not journalists, they should not be given press passes and they should make themselves out to be sports journalists.

For those journalism students going through the sports journalism program now, many are angered by the rise of sports bloggers who think they have the right to a press pass for a game. Sports journalism students are paying to learn their craft and are taking the classes and spending the time to sharpen their skills whereas any person with a computer can become a blogger. Blogging has taken over the sports fans life: they want those up to date coverage stories about their teams and popular athletes.

The line between true sports journalism and those who pretend has been blurred and there's no real way to detect what will happen in the future. There's one thing for sure though: no matter how blogging and sports talk radio rises, sports journalists will always be there to straighten out the lies and bring the sports fan what they want: the truth.

Celtics Season Review

By: Joe Sousa



For the third straight year, the Boston Celtics made the playoffs. This team, however, was not the same Celtics team that won the 2007-08 Championship. Since banner number seventeen was raised, Boston found its win count decreasing each season. The 'Big Three' are climbing the age ladder and with injuries to big key players, a wall has temporarily blocked the dominant basketball franchise.

Going into this season, fans and analysts believed that Boston would once again be the team to beat. After signing free agents Marquis Daniels and veteran forward Rasheed Wallace, there was little doubt Boston would fall easily. But sometimes age and experience comes with a price. The Celtics put up an unimpressive 3-9 record against Cleveland, Orlando and Atlanta. Those teams have both youth and talent to a point where the Celtics ageing veterans could not keep up.

Injuries played a key role to Boston's season. Prior to the regular season, Glen 'Big Baby' Davis suffered a hand injury that forced him to miss the first 4-6 weeks of the season. When Paul Pierce, Marquis Daniels and Kevin Garnett went down with injuries in December, Boston called up rookie forward Bill Walker to fill the gap on the Celtics roster.

In February, Boston made a big move at the trade deadline. The Celtics traded Eddie House, rookies J.R. Giddens and Bill Walker to the New York Knicks in exchange for point guard Nate Robinson and Marcus Landry. Fans were not too thrilled about the move at first. With almost three seasons in Boston, Eddie shot 43% from the field, 41% from 3-point land, and averaging 7.8 points per game.

Closing in at the end of the season, Boston signed guard Michael Finley a week after being released by the San Antonio Spurs. Coming off a sprained ankle injury earlier in the season, the 37 year-old veteran put up career low numbers, only averaging 3.7 points per game along with 1.5 rebounds in twenty-five games played. Celtics President of Basketball Operations Danny Ainge and Coach Doc Rivers told the media that having a veteran like Finley, who's had experience like in big game situations, would help the team.

The Celtics today might not be the same team with an unstoppable defense Boston fans witnessed two years ago, but they still show up and play with aggression to prove to the fans that they are still the number one franchise in the NBA.

Health Health Health

Staying Healthy During Summertime

By: Leigh-Anne Hurley



It's not that hard to imagine, with Fourth of July barbeques and warm summer nights, that everyone struggles with staying healthy during the summer months. On top of maintaining a summer diet, we have to worry about insect bites and sunburns as fears of disease from mosquito bites are on the rise. But there are a few tips everyone can use to keep themselves healthy this upcoming summer.

The first is one of the oldest tips in the book: drink water. Your body, especially during warm summer days, needs the water to prevent dehydration. If you're going for a run or a walk and it is part of your normal routine, consider buying a water pouch to bring along with you. Pouches can hold up to 100 ounces of water and are easily accessible in backpack form. If you are feeling tired after your outdoor activities, take a quick nap or rest for a while. You should never push yourself to your limits at any time during the year, as it can be detrimental to your health.

It's easy to grab second helpings from the table at barbeques and holiday parties during the summer, but remember your food intake. Pile your burger with veggies and try to stick to water, which will keep you hydrated, for a drink. Keep your alcohol intake limited as alcohol can easily pack on the pounds especially during the summer months when a cold beer is easily paired with a hot dog or burger. If you know you are going to a party, keep your portions small and eat slowly. You will fill up faster and still manage to have all the good stuff at the party. Take walks or runs at dawn or dusk, as they are the coolest times during the summer and you can easily shed the pounds and keep them off.

Though it may seem like overkill, you should always wear sunscreen when going outside. No matter what kind of tan you want, everyone has a high risk of getting sunburn, which is dangerous for anyone of any age. Make sure to use a sunscreen that is right for your skin and that has not expired. Old sunscreen is useless to protect you against the sun's dangerous rays. Another way to stay cool is to wear light, loose clothing. The sun's rays are more easily reflected off light clothing and the lack of restrictment in loose clothing allows your skin to breath. Also, wear sunglasses whenever going outside, even if it's partly cloudy because the sun's rays easily penetrate the clouds.

In terms of bug bites, always pack such things as baking soda and calamine lotion with you when going on a trip. To ease a bug bite or sting, mix 3 teaspoons of baking soda with one teaspoon of water, or enough water to make the solution feel like paste. Rub the paste directly onto the bite to ease swelling and inflammation. They help with itchy and painful bug bites. If going out beyond dusk, always wear an insect repellent that will keep the bugs away from your skin. Just as with the sunscreen, make sure the bug spray is still good or else it will not work. If you are having an outside party, remember to purchase insect repellent stands and candles that will keep the bugs away from your guests. Popular insect repellant brands have many products that keep bugs away from your guests, with radii up to ten feet.

By keeping on track of your diet and staying safe while outdoors, you can easily have a healthy summer.

Motivational Tips For A Healthier You

By: Jessye Liebow



The grass is green, flowers are blooming, birds are chirping, and groundhogs are coming out from their holes. Yes, these are all signs of spring in many eyes but what it really means is that it's time to take your exercise routine to a new level. That's right, get out of that stuffy gym, away from those weights, and work it with your own body weight in the beautiful outdoors.

I met with a highly motivated, multi-talented, criminal justice student and wide receiver on the Husson campus, Sylvester Mitchell. Mitchell likes to exercise outside because of the fresh air, you can burn more calories and you can take your training to a different level. He believes in calisthenics training, which is when you use your own bodyweight to workout. Calisthenics are key to Mitchell being in great shape. He states, "When you are using your own body weight to exercise it gets to every muscle you want to work on."

One thing that Mitchell uses when working with his own bodyweight is a 25 pound weighted vest. He wears the vest when he does pushups, sit-ups, pull-ups, dips, jogging, sprints and running the bleachers. Using the vest challenges his body and pushes it to another level. Interval training, plyometric training and agility training are also in his routine. Another important factor to his performance is having a tight core. "The stronger your core is the faster you will be because everything comes from your core."

There is more to just going outside and performing these drills. "A strong mind is a strong body," Mitchell says. Being a National Honors student in high school, he believes in strengthening your mind. He believes that you need to set big goals in order to be successful, make a foundation and set stages, never settle for less, and always surround yourself with positive people. "If you want the world go get it."

You don't have to be an athlete to workout like one. Apply these positive tips to your daily life and push your body past its limits, try something new, run the bleachers, squat, sprint, do pushups, lunges, and sit-ups outside. If you are just starting out take it slow then every day go a step further. You will see improvements in your fitness level and your energy.

Counselor's Corner

By: Rene Collins, Ed.D., LCPC, RN

I recently attended the International Society of Psychiatric Nurses conference and made a connection with researchers from the University of Texas Health Science Center. The researchers specifically studied dating violence among college students, and the findings are consistent with other studies nationally and internationally. This study was unique in that it examined those who perpetrate and those who are victims. The findings are disturbing and worth sharing, because at the end of the proverbial day, Husson University is not exempt from experiences of dating violence.

The highest overall rate of rape and sexual assault occurs in females age 20 to 24, then in females age 16 to 19. Those ages include Husson University's traditional students. Females age 18 and 19 have the highest rate of being stalked. Again, our students are age-appropriate for stalking vulnerability.

Many of the previous studies only looked at physical assaults, which left dating violence rates grossly underreported. The three areas of dating violence studied include psychological aggression, physical assault and sexual coercion. Here, perpetration refers to

Counselor's Corner -Continued

the act of the person who inflicts violence and victimization refers to the person who is hurt in some way. Are you ready for the statistics? Take a deep breath, and read on:

Psychological aggression	Perpetration = 84%	Victimization = 84%
Physical assault	Perpetration = 37%	Victimization = 37%
Sexual coercion	Perpetration = 26%	Victimization = 34%

What do these numbers mean for Husson University students, faculty and staff? First, it is important to raise awareness of the Campus Community about dating violence. The best predictor of future behavior is past behavior. Each day in the United States, over three women are murdered by their spouses or boy friends. There are also two million reported physical injuries each year. Intimate partner violence starts early (age 16 to 24) and stays late. Second, education and outreach can help students protect themselves, report violence, and seek guidance for healing. Faculty and staff can play a pivotal role in helping identify dating violence, and can actively listen to those who have been violated. Ten percent of those who are physically assaulted receive injury. Once evidence of an injury is observed, it is everyone's responsibility to ask how the injury occurred. Anthropologist Margaret Mead said protecting another person's privacy takes second seat to caring enough to speak to another human being about a concern.

If you have questions, concerns, and/or have been the perpetrator or victim of dating violence, please contact your University Counselors. We are here to support and help you cope with this highly prevalent phenomenon.

THE SPECTATOR

H E A L T H

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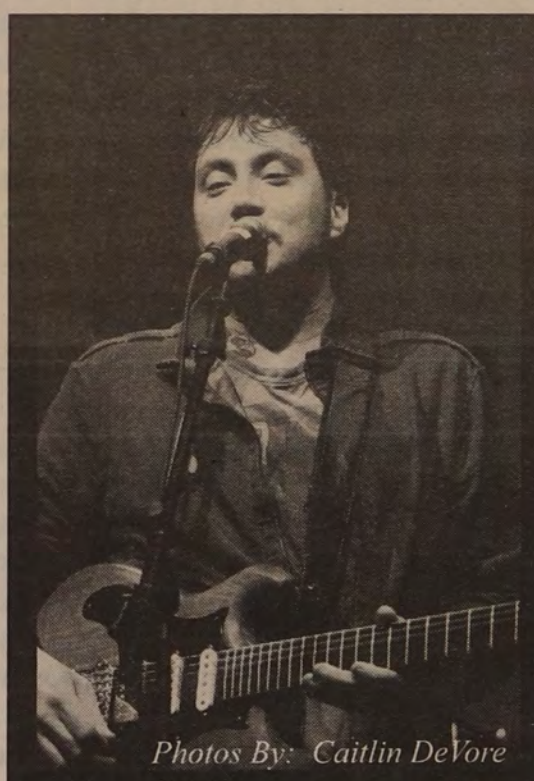
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Photos By: Caitlin DeVore

This year's AS For MS had a huge turnout. Pictured is Rustic Overtones' Dave Gutter during the band's set.

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Drawing the Line

By: Nikky Raney



I turned on my television and saw Perez Hilton hosting "The Bad Girl's Club: Reunion" and introducing himself as a "celebrity gossip columnist." My jaw dropped and I couldn't believe what I had heard. Creator of his own website, Hilton writes about celebrities on his blog and uses digital paint to draw things on celebrity photos. He occasionally posts the link where he found the article and he always inserts his opinion. Ironically, he will always post the link where he obtained the images he defaced, but he is not as concerned with posting the link where he obtained his news. Hilton is one of the many bloggers on the Internet claiming to be columnists and citizen journalists. When is a blogger considered a journalist?

Michael Lewitts of the Huffington Post has created a web site called Gossip Cop. The site patrols hundreds of blogs daily in an effort to separate the fact from the fiction. The site exposes Hilton for his inaccuracies, which include his reports on Cuban leader, Fidel Castro's death, Brad Pitt purchasing his children an extravagant gerbil run for $82,000, and Charlie's Angel star Jaclyn Smith's suicide; all of which were proven to be false.

Lewitts' says he hates what Hilton has done to journalism; "He routinely reports rumors as if they are real stories without bothering to fact-check them. Consequently, because of his tremendous reach, inaccurate gossip becomes gospel." According to a study released by PR Week and PR Newswire, 52 percent of bloggers surveyed consider themselves journalists.

If Hilton were hired as a columnist for a web site or paper his false reports and constant defamation would certainly not be tolerated. Stephen Glass, a former reporter for The New Republic, was fired because it was revealed that he fabricated his articles.

The Society of Professional Journalists Code of Ethics states that journalists should always test the accuracy of information prior to publishing, never plagiarize, be objective when reporting news, make it clear before inserting an opinion, show good taste, clarify and explain news coverage, admit mistakes and correct them promptly, etc. Although this is not legally enforceable, journalists embrace it.

The Cyber Journalist website created a "Bloggers' Code of Ethics" based on modifying SPJ's Code of Ethics. It is recognized that bloggers are not the same as journalists, but "should recognize that when publicly publishing on their blogs they have ethical obligations to their readers, the people they write about, and society in general."

The Eweek website also agrees that bloggers cannot ignore basic journalism ethics. Eweek.com writes, "The blogging community has often given the impression that they are totally separate from professional journalists and in some sense not subject to their ethical standards."

Joshua Brown is the mind behind the blog, The Reformed Broker and, as a blogger, recognizes that he is not a journalist. The entry entitled "Sorry Bloggers, You Are Not Journalists," makes me feel better that there are people out there who will back the argument. He states, "There are journalists and there are bloggers. And then there are journalists who blog, there are also bloggers who turn in a piece of journalism here and there. But the two terms are absolutely not interchangeable - and that's not a slight against either camp. Journalists are responsible for the originality and truthfulness of what they put out. Bloggers may feel that they are and in many cases try even harder to maintain journalistic standards, but at the end of the day, they simply don't have to." He ends his entry by saying, "So no, I don't pretend to be a journalist, even though I've written some journalism-worthy articles on this and other sites. You shouldn't either - it's just not the same thing yet."

Bloggers everywhere are going to continue to consider themselves journalists, but what matters the most isn't the title. What matters is that the audience is able to acknowledge that what is presented on a blog may not be accurate. Journalists will continue to produce news for bloggers to duplicate and comment upon, but ultimately it is up to individuals to choose what source to obtain news from, and hopefully they make the right one.

LOVESICK *Radio*

By: Brittany LeBlanc

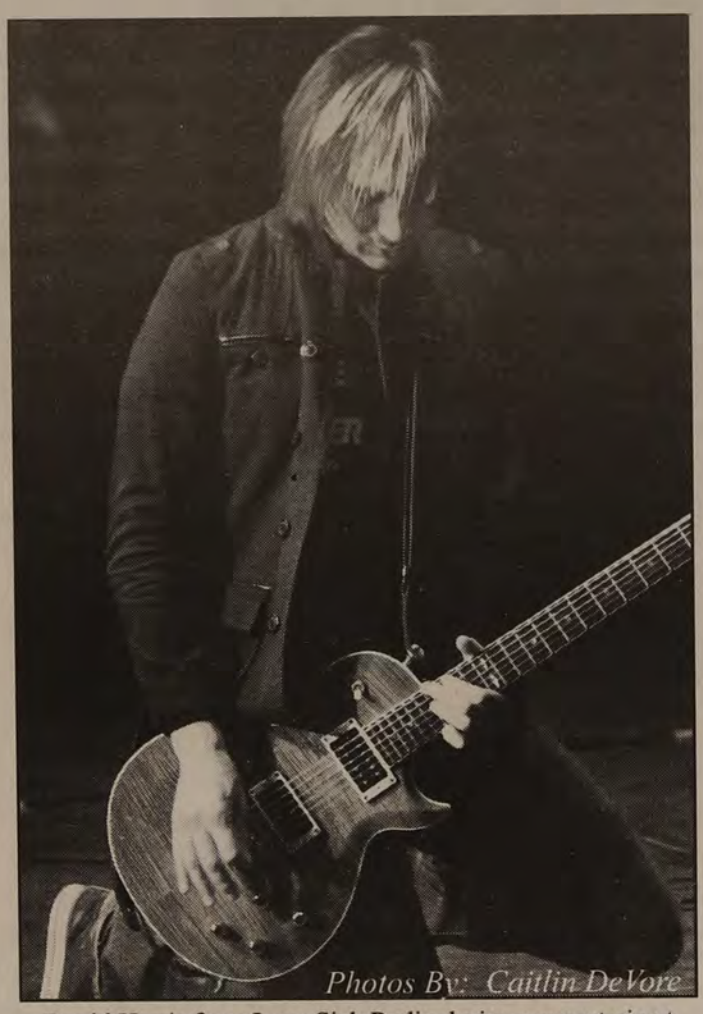


Lovesick Radio, a band from Columbus, Ohio formed about three years ago. Jokingly, according to Josh Mcgee, the bassist, they met on the Internet dating site "E-Harmony."

Lovesick Radio played for Husson and NESCom students back in March on the Gracie Theater stage. With their amazing vocals and music they started out with a song they call "Everybody On The Dance Floor." That was a great song to start with because it was really upbeat. They continued their set with "Don't Let Me Be Right." After a few songs the crowd started piling into the orchestra pit to dance. "Boys Don't Matter" and then a cover of "Low" got the crowd really excited.

Justin Teria, then went on to dedicate "The Naked Song" to all the people who love to get naked. Then after that song they played a song by Finger Eleven called "Paralyzer." The band then ended the show with Cover songs like "Stronger" and "Crank That Soldier Boy" and the classic "Take Me Home Tonight."

At the end of the show, Lovesick Radio said that they would be doing a question and answer session. A lot of the fans stayed after the show to get autographs and two fans even counted change to purchase their CD. Others came to just spend time with the band. A fan then blurted out, "Do you like boxers or briefs?" The singer Justin Teria, then replied with a giggle "Well, right now I am wearing boxer briefs, so both." When asked how much sleep they normally get, Josh Mcgee replied, "We made two beds in the back of the van. On average we get about 4 to 6, but on a good night we get eight hours."



David Harris from Love Sick Radio during a recent gig at Husson's Gracie Theater.

STYX DRUMMER VISITS HUSSON

By: Chris Wagner

While he didn't play "Mr. Roboto" or "Come Sail Away," he did fill Husson's University's Gracie Theater with nearly two hundred people. This spring, Todd Sucherman, legendary drummer of the band Styx and 2009 Modern Drummer Magazine's # 1 voted drummer in the world, has been traveling all over the nation performing drum clinics. Husson had the honor of holding one of his clinics on April 6th.

Currently, Sucherman is touring with his band Styx. But he also travels vigorously to put on drum clinics to help keep music prosperous and alive. "It's a musician's duty to pass along information to the next generation of musicians," explains Sucherman. "I've been studying and playing music all my life, I've learned a lot of things, and I like helping pass along information that will help the future generation of musicians not only be musical, but employable."

This isn't the first time that Sucherman has been in Bangor. Sucherman remembers Styx performing in Bangor roughly ten years ago, and then playing in Portland a few years back. Sucherman had only nice things to say about the state. "I think it's beautiful. I wish I had more time to spend here, but that's the problem with being on the road, very often you're on the road and you're traveling somewhere the next day," Sucherman stated.

Even though Sucherman is the drummer of a very successful band from the '80s, he remains grounded and even he too becomes star-struck sometimes. He jokingly admits, "It was kind of crazy getting in the band Styx…when I first got in the band I was like 'holy smokes that's Tommy Shaw (Styx vocalist)…he's my singer."

With the help of some local support, most notably, Mark's Music in Brewer, Sucherman was more than pleased to come to central Maine. Putting on one of these clinics is no easy task though. There are many aspects such as travel expenses, where to hold the demonstration, hotel reservations, and making sure that the clinic doesn't conflict with his Styx's tour. During these clinics, Sucherman entertains and teaches the audience his unique drum style and what sets him apart from other drummers. He started the clinic off with a few songs played through the Gracie's PA system. While the songs were being played, Sucherman would drum to them while showing the audience every drum or symbol he'd hit. He then had a several minute long drum solo that impressed the audience. He ended the night with a question and answer session, answering questions about himself, drums or anything in general.

Sucherman expressed that the clinics he performs aren't for attention or vanity. He sincerely wants to inspire people to make music and to do something artistic. "But for the drummers , I want them to leave the clinic to the point where they can't wait to get home to their drum set."

ENTERTAINMENT

HUSSON UNIVERSITY HOSTS STEP AFRIKA

By: Leigh-Anne Hurley



Photos By: Caitlin DeVore

The men and women of the Washington, DC based group Step Afrika stomped their way onto the Gracie Theatre stage at Husson University. On March 24, Husson played host to the renowned step dancing group, who wowed the crowd with their energetic dance moves and tight choreography. Step Afrika involved the crowd in their dance routines, calling on them to stomp and clap along as well as chanting along with the members. Complete with costume changes and individual performances, the members of Step Afrika brought energy to the crowd and received roaring applause after every performance. Members of Step Afrika, before separate performances, explained the history of stepping followed by performances that related to the stories they told. The group got the audience members even more involved as they brought up volunteers from the audience to learn the art of stepping. As their fellow students laughed good-naturedly at their dancing, the student group on stage learned the basic steps of the dance and then performed for the audience. Step Afrika then got two members of the group even more involved as they became part of a routine that helped link the art of stepping back to years ago. The group then brought out an accessory one wouldn't link to stepping: rubber boots. The audience was soon entertained as Step Afrika acted out a skit through dancing, raising the energy of the crowd and impressing the students with their vibrant dance moves. Though audience members were sad to see the show end, they were left with an outstanding and energized performance many would like to see return to Husson University. For more information regarding the group, as well as member information and their calendar, you can visit them at stepafrika.org.

HUSSON GOES CUCKOO

To complete a long and busy production season in Husson's Gracie Theatre, NESCom's ACTING II class will present a workshop performance of "ONE FLEW OVER THE CUCKOO'S NEST" on Thursday, May 6th at 7:00 PM. This will be the third public workshop presented by the ACTING II class. Two years ago the class performed "A MIDSUMMER NIGHT'S DREAM" in the Peabody courtyard. Last spring "ROMEO AND JULIET" was presented in the Darling Atrium. This year the class will have the chance to take full advantage of the technical facilities in the Gracie.

This stage version of Ken Kesey's famous novel was originally adapted for the stage by Dale Wasserman in 1963 with Kirk Douglas in the role of Randle P. McMurphy. An award-winning film version was released in 1975 with Jack Nicholson. The script has been a favorite choice of regional theatres for over 4 decades. The NESCom production will feature the talents of Alba Briggs, Michael Cummings, Garrett Finlay, Stephanie Getchell, Ben Kelley, Decker Lenard, Caitlin Ramsay, Travis Sweet and Christine White. The technical staff includes Molly Handville-Derrig and Katy Bouchard, who will stage manage the production, and Nick Storer who will handle the audio. The lighting and scenic demands will be provided by Brave Williams' Fundamentals of Lighting and Scenic Construction classes.

"ONE FLEW OVER THE CUCKOO'S NEST" will be performed at 7:00 PM on Thursday, May 6. Admission is free. The entire college circle community is invited to attend this classic, underground American story which is a tribute to individuality and the strength of the human spirit.

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