MAINE- Husson College - Publications

November 17, 2003

The Spectator

Student-run Paper for Husson College and NESCom

Return to the Eighth Floor

By Ashley B. Migliore

As you may remember, last year I wrote an article about the happenings on the eighth level of Hart, where I lived. You may recall that there were a lot of problems with people not washing their hands, girls urinating in the shower, and thieves stealing items from the hall. However, I've returned to the eighth floor this year, and I'm happy to say that things have improved. All the girls that I've scolded for not washing their hands have been sure to do so whenever they see me around. I've only caught one person peeing in the shower, and none of my dry erase markers has yet turned up missing.

Although... some new issues have arisen this year (such as people smoking in the bathroom and drunk guys passing out in the hallway), I have nothing to complain about. After all, everyone on our floor has been pretty good about respecting the twenty-four hour quiet rule. In addition, the custodians have kept our hall clean and looking nice. The newcomers to the eighth level are all very courteous, and—best of all—I have a really great roommate.

After listening to some of the stories my sister has told me about her dormitory (she's an RA at UMaine), I've come to realize that life here on the Husson campus is really good compared to other places. I enjoy it a lot. Most importantly,

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Counselors' Corner

By Rene Collins and Jayne Thibodeau

The Potpourri on Pot

There's a lot to know about marijuana. Think you know what pot's all about? Take this true/false quiz and test your knowledge.

1. The ingredient in marijuana responsible for its mind-altering properties is called LSD.
2. Hashish is a more potent form of marijuana because of its darker color.
3. Approximately five to ten times as much of the psychoactive ingredient in marijuana enters the bloodstream when the marijuana is smoked rather than eaten.
4. The psychoactive ingredient in marijuana is deposited in the fat layer of the cell and makes it difficult for nutrients to pass into the cell.
5. White cells in the blood are responsible for the maintenance of cell immunity.
6. Smoking marijuana gives the user an ability to concentrate on a topic for long periods of time.
7. Marijuana use enhances the body's ability to coordinate movements.
8. When marijuana and other drugs are taken together, they are three or more times as deadly than if they were taken by themselves.
9. Tobacco smoke contains more carcinogens (cancer-producing elements) than marijuana smoke.
10. Smoking marijuana can cause breast development in adolescent males.
11. Smoking marijuana results in a greater ability to perform sexually.
12. Marijuana use increases testosterone levels in females.
13. According to some studies, infant mortality rates increase with marijuana use.
14. Marijuana use may restrict the normal growth of sperm-producing cells in males.
15. Smoking marijuana can produce irreversible effects.

Answers on page 8.

Jeremy Camp Concert

Submitted by Buster Clark of Chi Alpha

Jeremy Camp's show was an embracing and uplifting experience. Jeremy gave a testimony about his wife, who was taken from him due to cancer, and how much it upset his life. But, he was able to overcome it with his faith in Christ.

I thought it was awesome, because you could look around and see God touch people, their hands lifting up and praising God. He sang with such praise that when it was done he asked people to bow and pray, and as he did, he asked people if they wanted to be saved. People were raising their hands left and right. A lot of people were saved that night, and it was the most incredible thing ever.

Chi Alpha believes that it's important to have a spiritual relationship with Christ, and we would love you to join us in this journey. We have our meetings Monday from 6-7pm in the Faculty/ Staff Dining Room.

Night of Laughs: Comedian Andy Ferguson

By James Graffam

Andy Ferguson is a very up-and-rising comedian who has a lot of good jokes in him. Andy has been in comedy for five years, and he won the Boston Comedy Festival one time. He now is trying to make a name for himself in the comedy circuit.

Andy lives in New York and is married. He got started into comedy by joining a sketch comedy group in high school in Ohio where he grew up. He thinks most of his standup act is about everyday life: his wife, family and friends, or something that pops into his head as he says to himself, "That is funny." I asked him about what comedians he had been influenced by, and he had this to say: "Every comedian owes a debt of gratitude to Richard Pryor, Lenny Bruce and George Carlin. These days, I like anyone who is trying to be original and clever like these comedians—Mitch Hedberg, Dave Attell, Mitch Fatel, and so forth."

When Andy Ferguson is on stage, he feels happy and that he is right in the moment. But, when it's going bad, he starts sweating. He says in his standup act that you can tell how old a person is

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The Prolonged Effects of an Unhealthy Diet

By Ashley B. Migliore

When trying to balance schoolwork with a job, a sport, and a social life, it can be difficult making proper nutrition a priority. However, having an unhealthy diet can have devastating effects, both short-term and long-term.

Some of the short-term effects of an unhealthy diet include dyspepsia, lowered immune responses, and slowed thought processes. Although these effects are only temporary, they can develop into more severe health risks if they are left untreated. Therefore, it is important to know how to identify each of these disorders and what causes them.

Dyspepsia is impaired gastric and digestive function. We often refer to it as indigestion, acid reflux, or heartburn. Dyspepsia is perhaps the most immediate effect of unhealthy eating, and it is caused by a deficiency of fiber in the diet. According to the New England Journal of Medicine, 36% of Americans suffer from dyspepsia at least once every month.

Lowered immune responses can also occur as a result of an unhealthy diet. With a lack of proper nutrition, a person is more susceptible to germs and illness. This is because the body cannot fight bacteria and viruses as efficiently.

Other short-term effects of vitamin deficiency include lethargy, fatigue, or a lack of energy. This causes a person to be sleepy throughout the day and to tire quickly. Slowed mental processes can also result from this, making it difficult to concentrate or to remember specific things.

In addition to these temporary effects of unhealthy eating, there are a variety of long-term consequences. For instance, an excess of fat and cholesterol in the diet can result in heart disease, which is the leading cause of death in the United States. Heart disease is caused by atherosclerosis—the buildup of fatty material along the inside of artery walls. Directly linked to high blood pressure, this puts more stress on the muscles of the heart and can lead to heart attack or heart failure. In addition, a person who does not eat a nutritious, balanced diet has an increased risk of developing major chronic diseases and disorders, such as type 2 diabetes, cancer, and obesity.

So, as you're grabbing your meals on the go—between classes or practice or work—it's important to make nutrition a priority. Otherwise, it may have a variety of temporary or life-threatening effects in the future.

ENTERTAINMENT



by Zann

MOVIE REVIEW — Kill Bill, Volume 1 — B+

There has been a fair amount of mystery shrouding this release for the past year, but Kill Bill has finally made its mark in the cinemas. In short, the plot revolves around Black Mamba, a.k.a. The Bride, played by Uma Thurman, and her search for revenge. She wants to kill Bill, along with other associates who have done her wrong. Black Mamba is a member of a group of assassins, led by the enigmatic Bill. He did truly despicable things to her, and his motives are unknown to the audience at this point.

As you've probably heard, the movie is bloody, but not gruesome. Think of a modernized version of the Black Knight scene in Monty Python & the Holy Grail; much of the violence is in limbs being chopped off and squirting streams of blood across the room. The rest of the action is exciting, to say the least.

Tarantino's humor definitely shows through in the action scenes, as does his eye for beauty. The film is very well shot and enjoyable to watch. The only thing I felt missing was that almost tangible charm... that spell his films usually cast on me from the first time I see them. Perhaps that is due to the lack of dialog, which most viewers will find beneficial if they were bored by the extreme character development in Reservoir Dogs or Pulp Fiction.

The plot is only partially resolved when the movie ends. It's important to realize that this is only the first half of the story—the conclusion will be released sometime next year—and anything could happen. After this movie, I wished I could see the ending right away, because Volume 1 does not stand solidly on its own, as entertaining as it is. It might be good advice to wait until Volume 2 comes out before starting the adventure of killing Bill.

MUSIC REVIEW — From Autumn to Ashes: Too Bad You're Beautiful — B-

This album may be a couple years old, but this band is just recently experiencing their first tastes of widespread recognition. Too Bad You're Beautiful is their first album, and I think fans of the new one would benefit from a trip back to 2001. As a band, From Autumn to Ashes is basically hardcore, but are still intricate enough to keep me interested. There are also some metal guitar melodies and emo vocals. What's most interesting is the combination of the vocals: one singer screams in seemingly lyric-free hardcore style, while the other singer sounds much like a creaky emo star. Too Bad You're Beautiful is cool and heavy, though it ends on a very poor note. Ironically titled "Short Stories with Tragic Endings," the final track on this 10-song disc strangely includes a female singer who excruciatingly reminds me of Sarah McLachlan. As soon as she shows up, there is an air of "what the heck?" that doesn't go away for nine minutes, as she repeats the same Lilith Fairy words with only a few interruptions. So, what the heck? The rest of the album is littered with some inspired lyrics (if you can understand them) and filled with music that never bores. Pet song: "Cherry Kiss."

UPCOMING CONCERTS IN MAINE

Aerosmith/KISS	CCCC	Nov 18	Moody Blues	Augusta CC	Nov 28
Primus	CMCC	Nov 19	Staind, Sevendust, Chevelle	CMCC	Dec 2
A Perfect Circle	CCCC	Nov 22			

????? ASK LISHA ?????

Dear Lisha,
A friend of mine told me about this Internet dating site online. I really want to meet someone so I joined it and have been writing to different people. There is one guy I am really interested in and he wants to meet. He asked if he could pick me up at my place and take me out to dinner. I really like this guy and he seems really nice but some of my other friends are worried that this guy will turn out psycho or something. What do you suggest?
--Cyber girl

Dear Cyber girl,
In my opinion, it is not so much that Internet dating is a bad thing. I have done it myself. It's more how you handle the situation. Ask yourself how long have we been talking online? You say this guy seems nice, but you have never met him. You need to be cautious and smart about this. Do not, I repeat, DO NOT have him pick you up at your place. Meet him someplace public. If this guy turns out to be creepy, you don't want him to know where you live. If he turns out to be great, and he might, then you will certainly know that after dating him in person (for at least a month) before getting serious.



To send me your questions write to me at: asklisha@yahoo.com

Sincerely,
Lisha

Pep Band!!!

The Pep Band is still looking for members.

Practices are every Tuesday and Thursday from 4 to 5 in Kominsky Auditorium. Come and support your Husson sports and join the Pep Band!!!

For more info contact Student Activities at extension 7680.

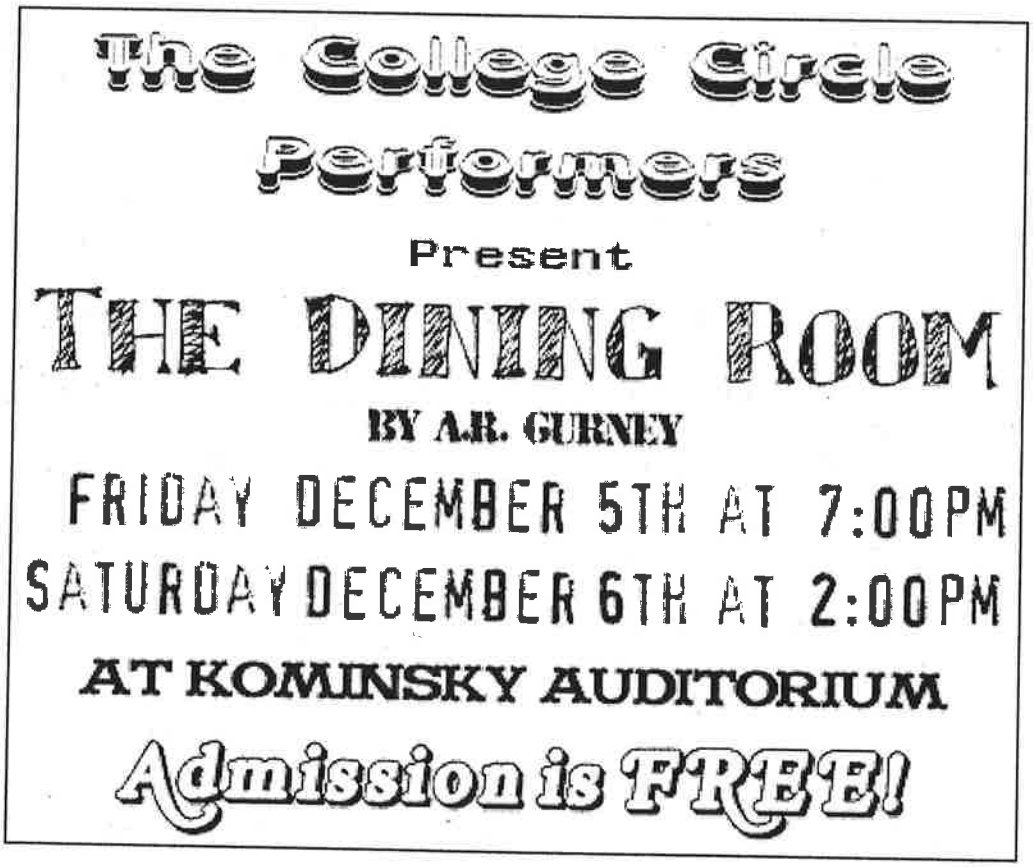
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by their sweat stains—like, if you see an old person, you would see sweat all the way down their waist.

Andy's favorite fast food is Arby's roast beef sandwiches and curly fries. His all-time favorite food is pizza with everything on it. His favorite color is forest green, and his favorite animal is the T-Rex. I asked what kind of animal he would be and why, and his answer was a duck-billed platypus because they are a one-of-a-kind animal—they're furry and have a duck bill. His favorite sports are horseshoes, darts, and bowling. His favorite music is anything with Richard Marx and anything that plays at Great Skates.

This is one comedian that has not been discovered by top circuit, but seeing how his act is, he should be up there soon. I hope to see him on Comedy Central or any of the late night shows soon. His show at Husson was a night of laughs. If you saw his show and want to send him an email, tell him how good he was, and send it to andydelferguson@yahoo.com.



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though, I've discovered that—when issues *do* arise on our floor—it's just another opportunity for me to prepare myself for life in the real world (outside of the college campus). Learning how to get along with strangers from all over the state (and even from other parts of the globe) is perhaps one of the greatest benefits of college life.