Monday, February 5, 1990 Vol. 1, No. 14

The Spectator

Husson College Bangor, Maine

Husson Plans Black History Month

"VALUING DIVERSITY: THE MEANING OF MARTIN LUTHER KING FOR MAINE"

Remarks delivered 01/16/90 by Sandra Hylander Collier, Dean of Institutional Advancement.

The event of Martin Luther King Day provides a singular focal point for concentrating attention on the issues raised by Dr. King's life and ideas—a focal point that commands attention in Maine, particularly in our educational institutions.

I believe that Husson College as an institution is committed to valuing diversity and to increasing the presence of minorities and international students on campus. I believe that Husson wants to provide the necessary student support services to accomplish this growth. The people—faculty, administrators and staff —who are Husson College are committed to these actions and I think we owe it to our students to step forward and say to those who are minorities here—"You are important to us and we want you to succeed."

In order to serve fully our minority students, all of us within the Husson community (trustees, administrators, faculty, staff and students) need to be sensitive to, and aware of, the special needs and concerns of all of our students. To do this we need open communication and dialogue at all levels—in all forums—and so I offer these remarks in the spirit of continuing an open dialogue that has already begun at Husson.

So, what is the meaning of Martin Luther King, and Martin Luther King Day, for Maine and for us in the Husson College community?

First and foremost, the belated recognition of Dr. King by our national government, and later, the State of Maine, by declaring January 15th to be a legal holiday has been directly responsible for a remarkable educational phenomenon here in Maine. Martin Luther King Day is the catalyst to annual study, discussions and action. Martin Luther King Day is a success in Maine. In the days just before and after January 15th, schoolchildren across the State study the man, his speeches, his ideas, and the civil rights movement. Little white children who have never met or seen a person of color, and who are relatively innocent of prejudice based upon color, study biographies of Dr. King and write essays in which they express-ing shock and grief at the historical and in many ways present treatment of Afro-Americans. The occasion of this holiday is also used to discuss similar problems facing other minorities in this country—Asian-Americans, Hispanics, Native-Americans, and others. So Dr. King's work continues—thanks to the holiday created in his memory, as a result of which Dr. King and the continuing civil rights movement have become an integral part of the curriculum, in our schools and in other schools across the country.

The occasion of Martin Luther King Day also gives us, particularly as a predominantly white state, occasion to remember that it was less than 30 years ago that Martin Luther King led little schoolchildren in Birmingham to victory over legalized segregation, and shamed the Kennedys to lead a federal commitment to outlaw discrimination and to enforce the constitutional rights of Afro-Americans in tangible ways. We need to be reminded of these great events and of the continuing struggle for justice for those outside the traditional white male power structure in our country.

We in Maine owe another specific debt to Martin Luther King, Jr. and the civil rights movement. Thanks to Dr. King and his work, and the work of many others including the women's movement, we now enjoy strong human rights legislation in Maine which has had a dramatic effect toward lessening harrassment and discrimination toward minorities, women and other groups in the workplace.

The recognition of Martin Luther King Day is also the occasion for re-examining our commitment as a people—in Maine and within the Husson Community—to political, economic and social justice. It is in the spirit of such re-examination that I would like to address the larger issue of diversity on our campus.

What does it mean to value diversity? How do we do it?

I would suggest that "valuing diversity" begins with tolerance of and acknowledgment of each other's differences and respect for these differences. But to value diversity also means a great deal more. It means recognizing that people of different gender,

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SCHEDULED EVENTS

February 14, 1990, 7:30 pm Kominsky

Lecture by ***Bobby Seale,*** co-founder of the radical Black Panther party of the 60's. Mr. Seale's presentation will cover many topics such as South Africa and the need for increased social activism on college campuses.

February 20, 1990, 2:00 pm Teepee

Presentation and reception with ***Dr. Gayle Pemberton***, Director of Minority Affairs at Bowdoin College.

February 24, 1990 8:00 pm DDC

Cultural fashion show and dance. Buffet style dinner from 8-1:00 am. $5.00 per person. Murph the D.J. will play from 9-1 am.

A display of reading materials dealing with minority issues will be available to students and staff in the library.

The Afro-American Student Organization will be meeting on Sunday, February 11 at 7:00 pm in the 6th level study lounge of Carlisle Hall.

These events are sponsored and supported by the Afro-American Student Organization, the Student Affairs Office, the Student Activities Office, the President's Office, the Public Affairs Office, and the Office of the Dean of Institutional Advancement.

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King cont. pg 1

race, ethnic background, nationality and economic status offer differing experiences, perspectives and contributions to the society in which they live, learn and work—and that this is a positive good.

Here at Husson "valuing diversity" means recognizing as an educational institution that we want and need to do a number of things:

That we want a diverse stdent, faculty and staff population with a healthy mix of gender, race, ethnic background and economic status because such an environment enhances the education of all learners at the institution.

That we will commit ourselves as a college to the support services necessary to guarantee that our students' differing needs are met.

That we will financially and emotionally support the activities of the Afro-American student group, the International Club and other student-centered groups that meet the needs of particular student populations.

That we will continue to provide academic support and quality educational programs to all students, but that we are also willing to review and revise, where needed, what we teach and how we teach it—to assure the academic success of our increasingly diverse population.

The need to value and serve diverse student populations has never been greater than it is today. Current demographics tell a fascinating story of the nation's present and future. Consider the composition of the U.S. workforce. In a national report entitled "Workplace 2000", it is predicted that fully 85% of the new incoming workforce in the U.S. over the next 10 years will be individuals who are Afro-American, Hispanics, female and/or international immigrants. It is further predicted by the U.S. Census Bureau that as of the year 2000, a pluralism of so called "minorities" will constitute the majority of schoolchildren in the elementary grades in this country. Over 380,000 international students presently study in the United States. This number is predicted to rise in the coming years.

The explosion into an international and globally competitive economy will bring all of us into contact.

If the national statistical predictions have any bearing on local trends at all, we will see increasing diversity in Maine's labor population, too, over the next decade. Certainly, we already see women joining the workforce in record numbers and we know that the so-called "non-traditional" student in colleges and universities needs to be encouraged and accommodated.

Consider that according to a December 1989 State Planning Office report, Maine's future growth and development will be "significantly constrained by the comparative tightness of the State's labor markets" and that "unless Maine's rate of population immigration increases dramatically, labor shortages could become a real deterrent to economic development within the state." In the interest of continued economic growth and prosperity, population in mirgartion will be encouraged by business and government, bringing further diversity to this state.

For us to enter into and participate in this society as responsible adults, we must be able to work and live together. We must be educated to be able to make responsible, informed political choices based upon the greatest needs in our society. We must be exposed to, and understand, each other and each other's needs in order to be responsible democratic citizens.

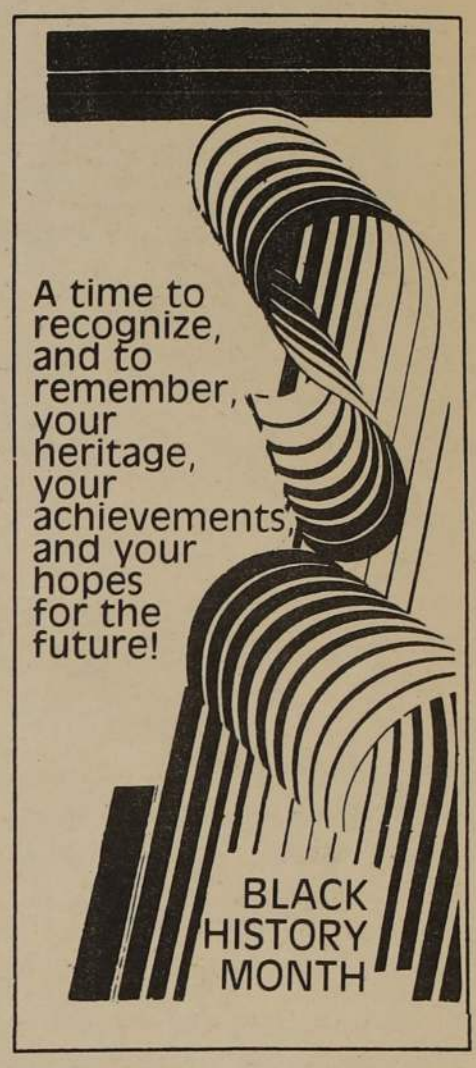
When we choose to value diversity in all the ways I have suggested, as a college and a community, we choose to prepare ourselves and each other through the educational process for success. For the great push forward toward this vision of a brighter and more just society, we in Maine and elsewhere continue to owe a great debt to the courageous and intelligent leadership of Martin Luther King, Jr.

I would like to close by quoting from the inaugural address of L. Douglas Wilder, who was inaugurated on Saturday, January 13th, 1990, as America's first elected Afro-American Governor. Having quoted extensively from Thomas Jefferson's Declaration of Independence, Governor Wilder addressed his remarks particularly to the young people of Virginia and the nation:

> **"I want them to know that oppression can be lifted, that discrimination can be eliminated, that poverty need not be binding, that disability can be overcome, and that offer of opportunity in a free society carries with it the requirement of hard work, the rejection of drugs and other false highs, and a willingness to work with others whatever their color or national origin."**

These words, like those of Dr. King, are both a celebration of our progress to date toward achieving equality, and a challenge to continue the struggle everywhere, including within our educational institutions.

To that end, these brief remarks are—to continue the dialogue.



Forever flowers via the microwave

To save the last rose of summer, or any beautiful bloom, try drying it in your microwave oven. Here's how to do it.

First you need a drying agent like silica gel from the craft store, or kitty litter will do. Then pick your favorite flower and cut the stem to half an inch.

Pick a microwaving container deep enough so the flower can be completely covered by the drying agent, and follow these steps:

- Put an inch of the agent in the bottom. Insert the stem so the flower is in an upright position. Carefully sprinkle the drying agent over and between all petals, keeping them in the position you want. Continue sprinkling until entirely covered.
- Microwave on high for 2½ minutes, rotating every half minute.
- Remove the container. Set aside and do not disturb at all for 12 hours while the moisture from the flower is being absorbed.

Carefully remove the flower and tap gently to remove the drying agent. Attach a false stem.

Do only one flower at a time for best results. Save the drying agent for future use.

How humor can break tension

It's true that people think better and are more creative when they are relaxed. To break tension at a meeting or in conversation, humor can work wonders. Tell a funny story, but remember these tips on what kind to tell, and how to tell it:

- First, use humor as a seasoning. Just a touch, delicately sprinkled, will perk up your listeners without breaking their train of thought.
- Tell a story that *you* think is funny, and be sure you understand the punch line. Use your own style, voice and gestures.
- Use material that is consistent with your beliefs. If you don't believe in slightly off-color material, or put-down stories, you won't be convincing — or funny.
- If you have any feeling that the joke will be offensive to any listener, don't tell it. Situational humor is best.
- Ask yourself if this is the kind of joke that may fit in with the kind of meeting you are in, or the people you are with.



Features Page

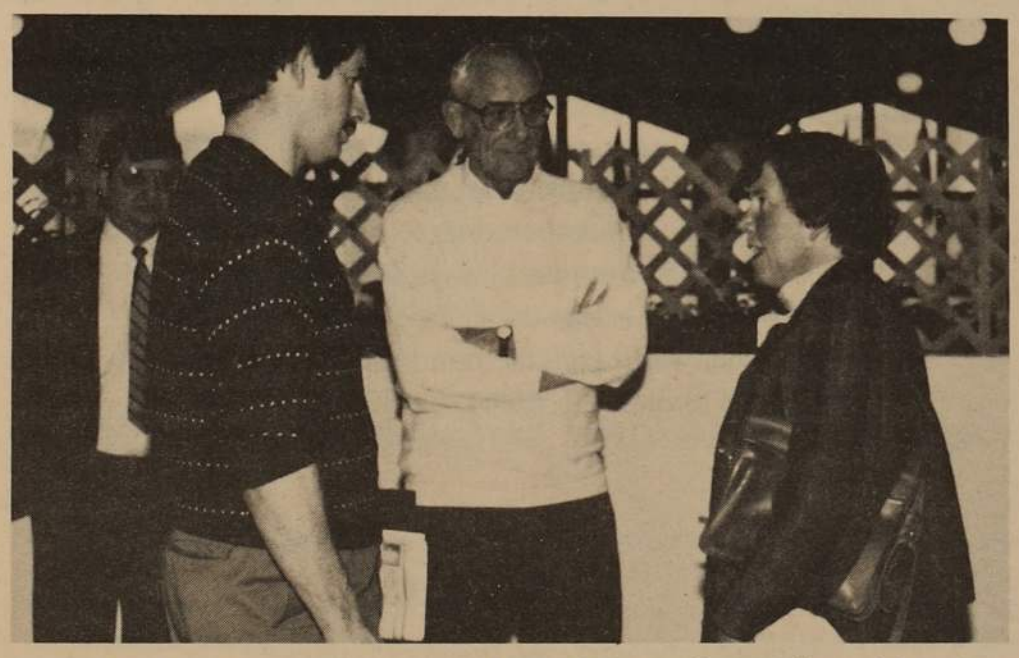
Business Breakfast

by Linda Eaton

As Sherry Huber stated at a recent business breakfast at Husson College, "The people in Maine can lead the way." She was referring to solving the problem of Waste Management. Huber said that the waste problem is one of the largest issues facing the people of Maine today. "We have polluted ground water for several years and didn't realize the extent of the damage," according to Huber. The new Maine Waste Management agency was told to "Take managing our waste seriously!" and Huber, its Executive Director, assured the audience at the business breakfast that the committee plans to do exactly that. Huber and the Waste Management Agency are working with the Council of New England Governors, environmentalists, national retailers (such as Sears and Campbell's) to find ways of reducing waste before it comes to the consumer. New packaging ideas are being explored, as well as materials that are recyclable.

A suggestion that Huber made concerning that management of recyclable products was to encourage new entrepreneurs to find markets for these goods. Look at the host of consumer waste as "resource instead of trash," was the suggestion by Huber. The idea of using recycled newspapers in the paper-making process has been viewed as a possibility by the paper industry. Tires can't be buried, but they can be recycled, Huber stated. She suggested that recycling tires would get rid of all the piles of tires in the state, and it would be viable, would provide jobs, and would be worth doing. Another suggestion for waste management was composting. Huber remarked that leaves take up a lot of room and they are biodegradable. When they are mixed with other materials, they are valuable.

Huber stated that without the support of the public, the efforts of the Maine Waste Management Agency will not be successful. Huber urged the public to become involved in this process. She stated that it will be necessary for the agency to also keep the public informed as to the progress of the agency. "This will work only if the agency is open...with the people of Maine. This is a public process, you have to know what we know," Huber remarked. She also stated that, "This is a long-term problem. It won't be easy, the garbage problem. We don't have all the answers, but we will be successful with your help."



Sherry Huber chats with two members of the audience after addressing the January 25 Business Breakfast at Husson College. Huber, former State Legislator and gubernatorial candidate in 1982 and 1986, is the Executive Director of the Maine Waste Management Agency.

Photo by Linda Eaton

THE INTERNATIONAL CENTER FOR LANGUAGE STUDIES AT HUSSON COLLEGE

There is still space available in the Introductory Business Language & Culture Class for **SPANISH**

IT'S NOT TOO LATE TO SIGN UP

CALL MARY LOCKE, DIRECTOR, at 947-1121, Ext. 221



More people are better educated

Education in America has its shortcomings, as we are constantly reminded by the media. But in spite of all criticism of the system, more people are graduating from both high school and college than ever before.

The Census Bureau reports that 76 percent of Americans 25 or older had completed four years of high school in 1987, the largest percentage in history.

The survey also showed that 20 percent of people in that age group who had completed high school, subsequently completed at least four years of college. That's twice as many as 20 years ago.

The Eyes of The Spectator

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	Shawn Murchison
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Moneywise

Plan a talk with parents

It's not easy to talk with parents about what should be done after their deaths. If the responsibility may fall to you, watch for an opportunity to ask questions. Be prepared to find out where important documents are (like wills, and insurance policies), whether funeral arrangements have been made, and information about investments they may have. If it's going to be your job to handle their affairs, get this information now.

Avoiding mail-order mixups

It's convenient and a real time saver, but shopping mail can be hazardous to your pocketbook unless you know how to do it. Always look for a customer service phone number. You may need it later. For larger purchases especially, call in advance to ask about refund policies on returned items.

Make a photocopy of your order and check so you know what you've done later on. Sending an order by certified mail, return receipt requested, will let you know for sure that a significant order has been received.

Using a credit card is a safety measure. The Fair Credit Billing Act lets you withhold payment if the bill is incorrect. You have 60 days from its postmark to notify the credit company of a problem.

THE LIGHTER SIDE

Have you noticed that the income tax people are kinder? For example, I just got a notice from them saying, "Please drop in at your earliest convenience this afternoon."

The church bulletin said, "There will be meetings at the south and north ends of the church this afternoon. Children will be baptised at both ends."

My cattle rancher friend is having a hard time adjusting to city life. I asked him about his apartment, and he described it as "a twentieth of an acre with two head of poodle."

There was a fellow who complained that he kept himself awake with his own snoring. Now he says he solved the problem. He moved to another room.

Foreign investment in our country is everywhere. Now money still talks, but you need a translator.

Knowledge is power ... if you know the right person.

Some experimental cars now run on water. My snooty friends want the best of everything so they're checking on the price of bulk Perrier.

Have you ever noticed that some people are nonstop talkers? They are a source of earitation.

When the truth hurts, it's probably being stretched too much.

A Salute To:

February is Black History Month, and as part of the College's recognition, THE SPECTATOR would like to publish each week some of the poetry of leading black American poets.

Paul Laurence Dunbar

Paul Laurence Dunbar, born in Dayton, Ohio, in 1872, was the son of former slaves. His farher had escaped from slavery by the Underground Railroad. Dunbar was working as an elevator operator when his first volume of poetry, Oak and Ivy, appeared in 1893. His third book, Lyrics of Lowly Life (1896), won him a national reputation and allowed him to pursue a literary career. He wrote fiction as well as poetry until his early death from tuberculosis in 1906.

Many of his poems are written in dialect and capture the humor and sadness of Southern black life. But in formal poems like "We Wear the Mask" and "Sympathy," he comes closer to expressing the feelings of blacks living in an oppressive white society. No black writer of his time could directly express militant feelings and find an audience for his work, but Dunbar's poems communicate the feelings concealed by a mask or indirectly revealed by his sympathy with a caged bird. Maya Angelou used the line "I know why the caged bird sings" as the title of the first volume of her autobiography.

We Wear the Mask / Paul Laurence Dunbar

We wear the mask that grins and lies,
It hides our cheeks and shades our eyes,-
This debt we pay to human guile;
With torn and bleeding hearts we smile,
And mouth with myriad subtleties.

Why should the world be overwise,
In counting all our tears and sighs?
Nay, we let them only see us, while
We wear the mask.

We smile, but, O great Christ, our cries
To Thee from tortured souls arise.
We sing, but oh, the clay is vile
Beneath our feet, and long the mile;
But let the world dream otherwise,
We wear the mask.

Sympathy / By Paul Laurence Dunbar

I know what the caged bird feels, alas!
When the sun is bright on the upland slopes;
When the wind stirs soft through the springing grass,
And the river flows like a stream of glass;
When the first bird sings and the first bud opes,
And the faint perfume from its chalice steals-
I know what the caged bird feels!

I know why the caged bird beats his wing
Till its blood is red on the cruel bars;
For he must fly back to his perch and cling
When he fain would be on the bough a-swing;
And a pain still throbs in the old, old scars
And they pulse again with a keener sting-
I know why he beats his wing!

I know why the caged bird sings, ah me,
When his wing is bruised and his bosom sore,-
When he beats his bars and he would be free;
It is now a carol of joy or glee,
But a prayer that he sends from his heart's deep core,
But a plea, that upward to Heaven he flings-
I know why the caged bird sings!

Claude McKay

Claude McKay was born in Jamaica in 1891. His first book of poems, Songs of Jamaica, earned him an award from the Institute of Arts and Sciences. A year later (1912), he came to college in the United States. After studying at Tuskegee Institute and Kansas State University, he went to New York City in 1914 and began contributing poetry to American magazines. Harlem Shadows, his best-known book of poetry, appeared in 1922. In addition to his poetry, he wrote several novels and an autobiography.

McKay became one of the most prominent figures in the Harlem Renaissance, a flowering of black artists in New York in the 1920's. He was involved in radical politics and lived in Europe for much of the decade. As The Norton Anthology of Modern Poetry says, "his version of the black experience is expressed in the language and forms of the English Romantics. His revolutionary quality is to be found not in his style but in a new experience—the sufferings, the anger, and the satisfactions of a black man—discovered for poetry." "If We Must Die" is a response to the Harlem race riots of 1919; years later, it was read to the British people by Winston Churchill and to the United States Congress by Senator Henry Cabot Lodge as a World War II rallying cry.

IF WE MUST DIE
by Claude McKay

If we must die, let it not be like hogs
Hunted and penned in an inglorious spot,
While round us bark the mad and hungry dogs,
Making their mock at our accursed lot.
If we must die, O let us nobly die,
So that our precious blood may not be shed
In vain; then even the monsters we defy
Shall be constrained to honor us though dead!
O kinsmen! we must meet the common foe!
Though far outnumbered let us show us brave,
And for their thousand blows deal one deathblow!
What though before us lies the open grave?
Like men we'll face the murderous, cowardly pack,
Pressed to the wall, dying, but fighting back!

AMERICA
by Claude McKay

Although she feeds me bread of bitterness,
And sinks into my throat her tiger's tooth,
Stealing my breath of life, I will confess
I love this cultured hell that tests my youth!
Her vigor flows like tides into my blood,
Giving me strength erect against her hate.
Her bigness sweeps my being like a flood.
Yet as a rebel fronts a king in state,
I stand within her walls with not a shred
Of terror, malice, not a word of jeer.
Darkly I gaze into the days ahead,
And see her might and granite wonders there,
Beneath the touch of Time's unerring hand,
Like priceless treasures sinking in the sand.

Health and Education Page

February is Heart Month

Heart disease is the number one killer

Millions of people think cancer is the number one killer in North America. They are wrong.

Last year heart and blood vessel diseases killed almost twice as many people as cancer. The number who died of heart-related disease is almost equal to the number who died of all other diseases combined! And this includes cancer, accidents, lung diseases, AIDS, pneumonia and influenza, suicide, and every other cause of death.

What causes heart disease?

1. Hardening and thickening of the arteries (atherosclerosis) — is a major cause of heart and blood vessel (cardiovascular) disease. Deposits of fatty substances, including cholesterol and triglycerides, form a buildup known as plaque. Plaque may partially or totally block an artery. A heart attack or stroke can result.

2. High blood pressure — makes the heart work harder than normal and contributes to heart attacks, strokes and atherosclerosis. If high blood pressure isn't treated, the heart must work harder and harder to pump enough blood and oxygen to meet the body's needs, and the heart becomes enlarged.

3. Cigarette smoking — smokers have more than twice the risk of heart attack. Smoking is the biggest risk factor for sudden cardiac death, some two to four times higher than for nonsmokers. And smokers are more likely to die within one hour than nonsmokers.

4. Diabetes — symptoms of diabetes can go undetected for many years, but when a person has the disease, controlling other risk factors for heart disease is vital. Diabetes affects cholesterol and triglyceride levels.

5. Obesity — evidence shows that the location of body fat indicates the risk of coronary heart disease. A waist/hip ratio greater than 1.0 for men indicates a significantly increased risk. The value for women is 0.8. This means that a man's waist measurement should not exceed his hip measurement. A woman's waist should not be more than 80 percent of her hip measurement.

6. Physical inactivity — especially when lack of exercise is combined with overeating. New studies show that an inactive person who begins to exercise even lightly has a much lower chance of suffering a heart attack.

7. Stress — Scientists note a relationship between risk for coronary heart disease, life stress and behavior habits. Stress factors influence established risks. For example a person in a stressful situation may start smoking, smoke more than usual, or begin to eat in an unhealthy way.

Some risk factors can't be changed. Heredity is one. Heart disease appears to run in families.

You CAN stop smoking ... without gaining weight

It's true. But if you want to kick the habit without gaining weight, the key to success is ... strategy.

- Start now to plan healthful, lower-calorie meals. Say "goodby" to the days you opened the refrigerator and made a meal of whatever was there. Make a shopping list that includes fresh vegetables for snacks, and be ready for the week ahead.
- Get that exercise program going. It's easy to burn a thousand calories or more each week, and be healthier for having done it whether you ultimately quit or not.
- Avoid diet-busting situations, like a coffee break where cake will be served. Take a walk or do an errand instead.
- Stay busy so boredom doesn't drive you to food. Plan activities that don't include dinner. A movie, walking through the shopping mall, or going for a swim will keep you away from both cigarettes and snacks.
- Smoking increases the metabolism, resulting in an extra calorie burn of about 100 calories per day. Though this would add up to a weight gain of just over one pound per month, many ex-smokers gain much more because they replace cigarettes with food. If you have to resort to eating to still a nicotine craving, try fresh vegetables or diet candy.
- Without smoking in your life, you will feel better than you have for years. With more energy at your disposal, you can participate in more physical activities.

About 36 percent of deaths attributed to smoking are linked to heart and blood vessel diseases. But when a smoker quits, the risk of heart disease declines rapidly.

Stop smoking! Plan ahead so you don't gain weight, but remember this: You would have to gain 75 pounds to offset the health benefits a normal smoker gains by quitting.

Saving others' lives



Cardiopulmonary Resuscitation (CPR)

CPR can revive victims of heart attacks, drowning and shock after they have stopped breathing. The technique is taught in short courses, but even if you haven't taken CPR, you may still be able to save a life.

When someone stops breathing from drowning, heart attack, or any other cause, give mouth-to-mouth resuscitation. Here's how to do it:

- Place the victim face up.
- Check for blockage in the mouth and air passage. Clear if necessary.
- Put one hand on the forehead and the other under the neck. Tilt the head back to open the airway.
- Now pinch the nostrils shut with the hand that's on the victim's forehead.
- Cover the victim's mouth with yours and blow four quick breaths into the mouth, hard enough to fill lungs. (If chest doesn't rise, try clearing the airway again.)
- After four breaths, remove your mouth. Watch for chest to fall.
- Blow one breath into the mouth every five seconds until breathing resumes. For small children, blow into mouth and nose, one breath every three seconds.

The Heimlich Maneuver

If someone appears to be choking on food lodged in the throat, stand behind the victim and wrap your arms around the waist. Make a fist and place the thumb side of it against the victim's abdomen, just above the naval but below the rib cage.

Clasp the fist with your other hand, then push into the abdomen with a quick upward thrust. Repeat if necessary to dislodge offending food. If the victim is seated, kneel behind his chair and proceed.

World's best exercise, only two feet away

Exercise protects the heart in at least three ways:

- By helping to control or reduce overweight that puts extra strain on the heart,
- By increasing the efficiency of the cardiovascular system — so the heart works less to provide oxygen to the brain and muscles,
- By reducing triglycerides (fat) in the bloodstream. A new Rockefeller University study shows this effect to be separate from any change in diet.

There are many ways to exercise, but walking is convenient and effective. It can be done at any time of the day, takes no special equipment other than a good pair of shoes, and gives the consistent movement that brings a stronger heart and cardiovascular system.

Walking at a moderate pace of three miles per hour will burn a little over 200 calories in 45 minutes, but studies show that the body continues to burn more calories for hours after the walking stops. At four miles per hour a 150 lb. male burns 248 calories.

One study reported in *The Physician and Sports Medicine*, included 40 to 56-year-olds who walked 40 minutes four times a week for 20 weeks. They increased speed from 2.5 miles per hour to 3.25 over that period.

While the effort doesn't seem great, the benefits were significant. Aerobic working capacity increased 28 percent. Heart rate decreases during exercise were as much as 17 beats per minute. During recovery, heart beats decreased by as much as 28 beats per minute, constituting important cardiovascular improvement.

As an exercise, walking has other advantages. It doesn't cause injuries, and it promotes better sleeping habits.



Heart Smart Word Search

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

AEROBICS
ARTERY
BLOOD PRESSURE
CHECKUP
CHICKEN
CHOLESTEROL
CONTROL (anger)
DIET
EXERCISE
FISH
FOWL
GET FIT
GET A CHECKUP
GROW (in knowledge)
HEIGHT
LEARN
LIMIT FAT
LIVE
LOW-FAT
MEAL
MIX
MODERATION
OVEN
OVERWEIGHT
RISK
ROW
RUN
SODIUM
SONGS
STOP SMOKING
STROKE
TRAIT
VEGETABLES
WEIGHT
WALK
WISH
WORD (got it?)

Note: Left-over letters spell out the puzzle's message. Can you find them?

Student Life

From the Office of Financial Aid:

The *American Business Women's Association* has now made available the 1990 **scholarship applications.**

The following criteria for eligibility are listed briefly: Applicant must be a woman, resident of Maine, above average academically, and enrolled or accepted in an educational program and... Perhaps you may be qualfied to meet the needs and requirements requested.

Please stop by the Financial Aid Office for futher information and forms.

Deadline: April 18, 1990

May 1990 Graduates

Please see your advisor or Department Chair and

PETITION TO GRADUATE

Petitions **MUST** be received before degrees, caps or gowns can be ordered.

Information from WHSN

Ben Haskell has announced that WHSN will have special programming for Black History Month. . 89.3 FM, WHSN will present an eight-part program "Equal Rights Under the Law: Desegregation in America." The program features a chronological audio-history of the Civil Rights movement from the late '50s through the tumultuous '60s. The first broadcast will be Thursday night February lst right after the Husson basketball game and the program will then be heard Tuesday and Thursday evenings at 7:30 P.M. through February 27th. This series was produced by Radio America in Washington, D.C. and made possible by a grant from the Phillip Morris Companies Incorporated.

February Commuter Birthdays

Cherie M. Audet	2/1
Colleen H. Lane	2/3
Kelly J. Stewart	2/4
Beth L. Davis	2/5
Kendra C. Hand	2/5
Patricia A. Larrabee	2/6
Laurie L. Levasseur	2/6
Tina V. Voisine	2/6
Robin L. Coleman	2/8
Sandra J. Marcoux	2/10
Tina M. Murchison	2/10
Madeline M. Socobasin	2/10
Gary L. Stevens	2/10
Jason R. Anderson	2/12
Colleen M. Hopkins	2/12
Amy L. Goodwin	2/13
Kelly A. Murray	2/13
Edith C. Strout	2/13
David D. Desjardins	2/14
Monica A. Irving	2/14
Herbert W. Patterson	2/16
Alexander E. Nicolaou	2/17
Cheryl Sayre	2/17
Yousif A. Taqi	2/17
Ronald M. Sherwood	2/18
Barbara C. Burrill	2/19
Daniel R. Lufkin	2/20
Thomas W. Hawksley	2/21
Terri L. Jerome	2/21
Todd K. Brasslett	2/22
Christine T. Instasi	2/23
Robyn J. Bradley	2/25
Adrian J. Nadeau	2/25
Michele Thriault	2/26
Elizabeth J. Donovan	2/27
Jody L. Butler	2/28

WIN A HAWAIIAN VACATION OR BIG SCREEN TV PLUS RAISE UP TO $1,400 IN JUST 10 DAYS!

Objective: Fundraiser
Commitment: Minimal
Money: Raise $1,400
Cost: Zero Investment

Campus organizations, clubs, frats, sororities call OCMC 1(800)932-0528 or 1(800)950-8472 Ext. 10

A View From Beneath, Behind, And Between...

The Truth about G.D.I.

by Derek King

This article is not meant to cause a stir throughout the Greek community at Husson. It's merely an informative article to try to define, explain, and provide information on the increasing emergence of the group of non- Greeks known as G.D.I.'s.

Many students are unfamilar with the G.D.I. and many of those who are aware of the group have misconceptions and prejudices. Hopefully this will be informative... and remember, Greeks, this is not an attempt to put you down. To many students, fraternities and sororities play an important role in their college life, and we understand and respect that.

G.D.I.s, also known simply as "independents," are those students who opt not to join Greek organizations on campus. What does G.D.I. stand for? Well, those of you who know can tell those who don't know, and those who know what it stands for know why I'm not telling you in the article.

Many people believe G.D.I. originated last fall. Contrary to this popular belief, G.D.I. has been around for years.

There are no elected officers of G.D.I., but sophomore Kevin Barnes and senior Peter Boulette are kind of unofficial co-presidents due to their outspoken and loyal dedication to the preservation of this necessary clan of students.

Pete "Aknad" Boulette stresses that G.D.I. is not meant to harass Greeks and that we are not against Greeks. G.D.I. just wants to make a statement that you don't have to join a fraternity or a sorority to be someone or have fun. Many of our best friends are Greeks.

Another G.D.I. told me that you can attend different fraternity events and parties and feel comfortable.

There are no dues or cost associated with G.D.I. and the unofficial motto is, " Because we just don't care."

G.D.I.'s role in intermural sports has increased in the past year and a half with G.D.I. fielding competitive teams in all sports.

G.D.I.s sometimes feel as though Greeks treat us less favorably, when in fact Greeks are the ones who choice an alternate lifestyle on campus, not us. We're not different nor unique.

The unofficial G.D.I. "Enforcer and Overseer" Philip Byra says," G.D.I. gives the normal everyday person a chance to be in a group of people who don't feel they have to join a Greek organization to gain an identity." Byra also carefully states, "G.D.I. allows and stresses individualism and doesn't mold or alter one's personality to a predisposed style through pledging and hazing."

G.D.I. consists of all kinds of students including soccer players, baseball players, basketball players, and even females. G.D.I. doesn't discriminate based on sex, color, religion, creed, shoe size, or hair style.

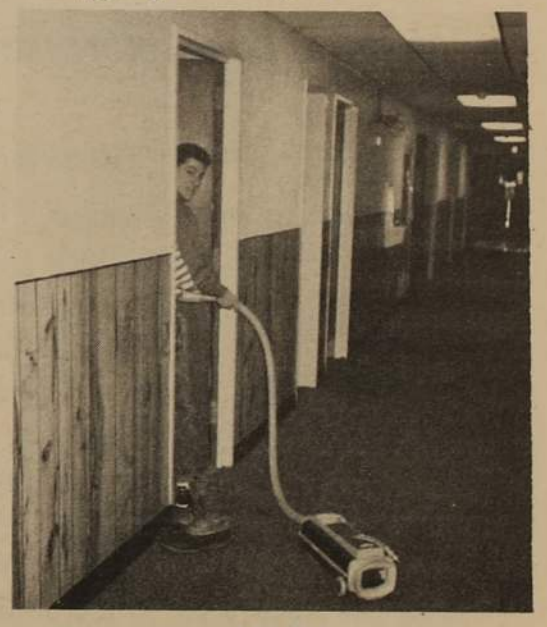
G.D.I. requirements? Besides being a non-greek, there are no official requirements or standards, although first semester freshmen are usually put on hold until the second semester. One must simply prove that he or she is just "cool" and promise to uphold G.D.I. independence.

G.D.I.'s don't have official colors or logos and don't wear hats on Wednesday and T-shirts on Tuesday. However, Kevin Barnes says that anyone who wishes to paint their window should use some shade of dark red, if available.

One's dress wear is totally up to the individual and is a reflection of their own personality and taste.

G.D.I. also doesn't possess deep secrets or mysteries and is very open about its activities.

Hopefully this article didn't tick anyone off too much; that wasn't my intention. If it did get you a little irate... lighten up: life is too short to get upset over something so silly! The world faces bigger problems, believe me!



Domesticated G.D.I.

Photo by Derek King

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Once again, anyone who has comments, suggestions, or (gulp!!!) criticisms,drop me a note in the mailroom c/o Derek King. Next week...What happened to this years' soccer team?

****

Student Life

Campus Question

by Shawn Aksamit

Should the United States have invaded Panama? Why or Why Not?

Gerard Russo : "Yes, for many reasons. First of all Noriega was a traitor. He was dishonest and caused many problems for his own nation. Noriega's group interfered with elections. Most countries were in favor of the U.S. invasion."

David Bessette : "Yes, to restore democracy and leadership and for freedom of the people of Panama. Also to control the drug problem we're having. It is also good because Noriega will get the maximum sentence for his wrong doing."

Judy Gariepy : "Yes, to get rid of the dictator and to restore democracy in that area of the country."

Susan Mairhuber : "No. It shouldn't have been an invasion, it should have been done in a different way. All of the money we spent could have been put to better use over here."

Yousif Tagi : "No because they should let the people of Panama decide for themselves and not be forced by someone else."

Off Campus Activities

by Shawn Murchison

Hello folks. Are you getting bored of hanging out on campus watching the snow fall and the bricks corrode? Well I'm here to help you out of this slump. I have compiled, for your recreational pleasure, a list of off campus activities that might peak your interest.

The Maine Center for the Arts is presenting LABOHEME, which is a ballet, on February 9th at 8:00p.m. On February 11th at 8:00p.m., the Center for the Arts will be presenting Mel Tormey and Helen Reddy. Call 581-1755 for tickets and information.

The Bangor Auditorium has a few activities planned. John Bapst will be playing February 6th and 8th. Game times for each night are 4:00, 6:00, and 7:30. The University of Maine men's basketball team will be playing the University of New Hampshire February 7th at 7:30p.m. The University of Maine women's basketball team will be playing Vermont February 10th at 2:00p.m. On February 11th the Bass Park Expo will be in full swing from 10:00a.m. to 4:00p.m. Call 941-9711 for tickets and information.

Finally, for all you movie buffs, Hoyts Bangor Cinemas, on Stillwater Avenue, will be showing the following films:

FILMS	TIMES
Back to the Future II	4:15, 6:40, and 9:00
Born on the 4th of July	4:00, 7:00, and 9:55
The Little Mermaid	4:10, and 6:30
Everybody Wins	8:45
Tango and Cash	4:35, 7:30, and 9:50
War of the Roses	4:25, 7:05, and 9:30
Internal Affairs	4:10, 7:10, and 9:40
Driving Ms. Daisy	4:30, 7:20, and 9:35
Steel Magnolias	4:20, 6:50, and 9:20

Call 942-1377 for information.

PLEDGING STARTS AT HUSSON

by Carolyn Mallia

Pledging began the weekend of January 27th on the Husson campus. Pledging is the initiation of new members into a fraternity or sorority. Pledging is very different from hazing, which is any physical or mental harm brought on through the initiation. "Pledging is a learning process," according to a TKE brother. The personal benefit of pledging as expressed by the brothers of TKE is that pledging brings the brothers and pledges closer together, like a tight-knit family. Why is pledging so secretive? Because it brings the brothers and sisters closer together, it's something only they share. Matt Thompson of TKE says about the pledges, "they gain our respect, and we gain theirs."

One of the ways one can learn about the fraternities and sororities is a rush. The rushes were held during the week of January 22nd. A rush, as explained by TKE, is a way of telling about a fraternity or sorority and meeting the brothers and sisters. I think all the fraternities and sororities can be best illustrated by the single message found on the memo board on the TKE floor stating "**TKE, THE FLOOR OF FRIENDSHIP!**"

The Greek Side

We the Sisters of Kappa Lambda, would like to thank everyone who participated in our 50/50 raffle. Congratulations to ***Mary Moore*** who won $100.00.

Kappa Lambda will, once again, be doing the campus clean-up. Floors of both dorms will be cleaned every Sunday morning. The Sisters will also volunteer their time in helping with the Annual Father/Daughter Valentine's Day Dance sponsored by the Brewer Recreation Department.

The Sisters of Kappa Lambda are also planning a Crush-On-You fundraiser for Valentine's Day and a Rock-A-Thon. More details to follow.

The Sisters participate in various social events, fundraisers, and philanthropy projects but they also stress academics: the Sisters received the highest GPA for the semester with a 2.89.

Creative Corner

JANUARY THAW

By Inez Toothaker
English Dept.

In the mildness
woolen winter coats hang heavy
sunlit warm caresses
surprise weather-weary faces
fragile crusts crackle
collapsing under nubbly boot treads
gentle breezes dampen
blow-drying muddy pools
sleepy sparrows perch and practice chirping
and far away
a cawing crow calls
sharing in our brief illusion
our sweet indulgent taste
of days to come.

ON-CAMPUS INTERVIEWS FEBRUARY AND MARCH

DATE		COMPANY	MAJOR
February	5th	CMP	Management
	8th	Reception for Fleet Bank	
	9th	Fleet Bank	Management
	12th	US Army Nurse Corp	Nursing
	13th	Brooks Drug	Management
	14th	Maine Coast Memorial Hospital	Nursing
	15th	Toys-R-Us	Management
	19th	Redington-Fairview Hospital	Nursing
	21st	Mayo Regional Hospital	Nursing
	22nd	Pieske Court Reporting	Court Reporters
	23rd	CVS	Management
	26th	Hartford Hospital	Nursing
	27th	Welby Super Drug	Management
	28th	Northwestern Mutual Life	Management
March	1st	**SPRING CONSORTIUM IN PORTLAND**	
	2nd	**IBM (Summer and Fall Coop)**	Accounting/Finance
	21st	Allstate	Management
	28th	Radio Shack	Management

Resumes are sent to the Companies approximately two weeks prior to the date upon which the interviews are to take place. EXAMPLE: Anyone wishing to interview with CVS should have their resumes, letters of recommendation and transcript released to Career Development no later than February 8th.

Sports Page

HUSSON ROLLS

by Stephen Novak

What do you get when you put a well-oiled machine on the floor? Try a 94-66 romp over the University of New England. That is exactly what the Husson Braves did Saturday night,Jan. 27. In the process of rolling over UNE, 5 players scored in double figures for Coach MacGregor's team.

UNE came out with the first basket of the game; then Husson scored the next 5 points. Hanging tough is probably the best way to explain UNE's side of the game. At the 12 minute mark the game was locked at 12 points apiece.

With 5 minutes to play in the first half, Bobby Campbell hit a 3-pointer from way out to spark the Braves offense, giving the home team a 39-28 lead at halftime.

Mitch Range kept the explosive offense going in the second half with a power lay up right at the start. Most important was the fact that Husson held UNE to two points in the first 3 minutes.

Mamadou Kone hit a 3-pointer with 16 minutes to go to give the Braves a 51-32 lead.

One of the new additions to the Braves this semester, Scott Brown, had a big night with 16 points, including a dunk off an assist from Mark Stillwagon.

UNE was using an attacking half court trap to try to slow down the Braves' hot offense, but Husson countered with some excellent passing to make it look as if it were a knife passing through butter.

The only real problem Husson had all night was their transitional and full-court-press defense. Many of UNE's points came way too easily for them. Fastbreak lay ups can kill a team headed into the playoffs. Basically it was like UNE's half court press, very ineffective.

Mitch Range led the Braves with 19 points, Scott Brown had 16, Bobby Campbell with 13, and Mark Stillwagon ended up with 12 points. UNE was led by Jay Cory's 21 points.

Now that the momentum is going the Braves' way, will they be headed for Kansas City? Only time will tell, but right now it looks like a possibility.



Scott Brown on the break.



Kone setting up the offense.



Eddy Leeman driving for a lay-up in J.V. action for two of his 49 points.

Photos by Bill MacDonald

1989-1990 HUSSON COLLEGE
WOMEN'S BASKETBALL TEAM

NO.	NAME	POS.	HGT.	HOMETOWN
25	COLLINS, DARCI	G	5'8	PRESQUE ISLE, ME
40	DIAZ-RUBIN, PAM	G/F	5'8	ACUSHNET, MA
24	FISKE, STEPHANIE	G	5'5	E. MILLINOCKET, ME
44	HINTON, CRYSTAL	G/F	5'7	CALAIS, ME
30	HUNTER, CHRISTINE	G	5'8	WINTHROP,ME
13	LEA, SUSAN	G/F	5'9	CONCORD,NH
32	MACGREGOR, JILL	F/C	5'11	HAMPDEN, ME
14	MAZERALL, VICKI	G	5'5	HOWLAND, ME
20	SIEBERT, SHARON	F	5'9	DEER ISLE, ME
11	SNOWDEAL, CAROL	G	5'6	MACHAIS, ME
42	TEMPLE, KATHY	F/C	5'11	NEWCASTLE, ME
22	TOZIER, TAMMY	G	5'7	HERMON, ME
23	WILDMAN, KRISTI	G/F	5'8	MILLINOCKET, ME

HEAD COACH; MARY 'KISSY' WALKER
ASST COACH; SUE HOWARD

Monday	Tuesday	Wednesday	Thursday	Friday
5 WB at UMM 7:00 MB at UMPI 7:00	6 ARROWHEAD MOVIE NIGHT "When Harry Met Sally" 6:30 & 8:30	7 SENIOR PHOTOS 9-3 WIGWAM WB at UNE 6:00 MB at UNE 8:00	8	9 WB home vs Colby 7:00 pm





