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The Spectator

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Open Mic Night

Sponsored by: The College Circle Performers

by Cora

Just as a slight side note, as we keep having Open Mic Night the amount of acts keeps increasing, and we are very impressed at the turnout for Friday's show. Thank you to all who attended and to all who performed.

We had a new addition to the evening. At the last minute we decided to add a little extra. The stage was set up and decorated a little, and I think it added a little bit of ambiance to the evening.

Once again we opened the stage for any and all acts to show their stuff for a night of entertainment for all to see. With a $50 prize to be won we were ready for a night of pure talent.

We had a few comedians, a story teller, a bit of karaoke, some lip-syncing, some rap (freestyle you could say), a cover band, an original band, a few cover songs, and some original works. Everyone did a great job. The crowd seemed to enjoy the realistic spin that Mr. Chris Pierce seemed to bring to some childhood favorites such as Winnie the Pooh, Sesame Street, and The Muppets. He was the winner of our $50 prize.

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Counselor's Corner

By Jayne Thibodeau

HOW TO BEAT THE WINTER BLUES

This time of year many of us experience some form of cabin fever or the winter blues. With the diminished length of day and cold temperatures we naturally want to keep warm, eat and sleep more. It is a time of year when we are affected by the seasonal changes, and our mind and bodies react by hibernating. Having said this, it is also important to recognize that beyond our natural tendencies to hunker down for the winter there is also a form of depression known as Seasonal Affective Disorder (SAD) which affects many people.

The following symptoms, when they have a seasonal pattern, are often typical of SAD:

~Increased sadness, hopelessness, crying or irritability
~Change in appetite (especially a craving for sweets or carbohydrates)
~Weight change
~Change in sleep/wake patterns (especially a tendency to oversleep)
~Avoidance of social situations
~Decreased concentration and creativity
~Difficulty completing tasks

Keep in mind that we are heading toward the light! Just knowing that one's perspective and energy is likely to pick up with the return of light and warm spring weather can help. Here are a few suggestions that might help break the winter doldrums for you:

1. Simply increasing exposure to daylight, exercising, eating healthy foods, decreasing stress and being with supportive, "comfortable" individuals can be highly therapeutic.
2. Woody Allen once said that one of the most important things in life is to show up. This might sound simplistic but GO TO CLASS. Not only does going to class keep you on track with your school work, but it also gives you a time to connect and see others instead of giving into the cold and remaining in isolation.
3. Students may say there is nothing to do on campus. What this really is about is that many times, as creatures of habit, students don't look for the alternatives. Take the time to try out at least one new activity each month. Things that may not have seemed appealing or that you have never done in the past may become intensely interesting to you. Challenge yourself to get involved.
4. Don't forget you can also visit your friendly, neighborhood counselors at Counseling Services in 132 Peabody Hall, where you can receive additional support and suggestions to make it through these long winter months.

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All the performers were praised for having the nerve to be able to get up on stage, and we thank them all. We also encourage them to attend the next Open Mic Night on February the 20th with special guest Tom "Uno" Ducet.

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down by a lot so they can have a chance to play. It seams like an ugly concept, but it's the way it is.
Cheers from the crowd and the players from the starting lineup reward those who can sit and wait for their opportunities. I myself had a similar experience in high school as I played the last inning of the last game my senior year. It was a meaningless game on paper, but to me it was worth a lifetime. The thing that I took away from that day, and is still with me, is the respect. Many people still ask me about that day from time to time, and it's always fun to reflect on my day in the sun.

This is for those players who work hard and don't get those game opportunities. They are the inspiration for those of us who can relate to the situation. The team Rudy's, you could call them, work just as hard and dream just as hard about playing college sports. Does a hero have to score 3 goals in a game? Does a hero have to have 28 points and 12 rebounds? Does a hero have to throw a complete game shutout? No. A hero only has to be admired for his or her courage to try.

Go Braves!

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est player in the game. The final candidate is Kevin Garnett. Notice I didn't include Chris Webber because both Garnett's and Duncan's numbers are better. Also, Webber has been oft hurt this season. I would give the award to Garnett because he finally has the whole package this season. This is by far his greatest season, and he can only get better. Now the awards are done, let's get to the all-star events.
This year will once again have the all-star game, the rookie challenge, the dunk contest, 3-point contest, a mix all-star game, and a new event; the skills challenge. First, I'll get to the all-star game itself. The Eastern conference starters, as of right now, are Allen Iverson, Tracy McGrady, Vince Carter, Jermaine O'Neal, and Ben Wallace. Jordan, Kidd, and Pierce will all come off the bench. For the Western Conference, the starters will be Steve Francis, Kobe Bryant, Kevin Garnett, Tim Duncan, and Yao Ming. They'll have Shaq, Nowitzki, and Payton coming off the bench, among others. I look for the West to win the contest, simply because they are so deep and nobody in the East can match up with the power forwards. The East can't match up to Duncan, Garnett, Nowitzki, or Shaq.
Next is the rookie sophomore challenge. The big names on the rookie team are Caron Butler, Dajuan Wagner, Jay Williams, and Amare Stoudemire. The ones to look out for on the sophomore team are Pau Gasol, Tony Parker, Jason Richardson, and Richard Jefferson. I look for the sophomores to win simply because they are much deeper, and they have the experience.
Next is the Rising Stars Slam Dunk contest. The four participants will be Richard Jefferson, Desmond Mason, Jason Richardson, and Amare Stoudemire. I look for it to come down to the last two winners, Richardson and Mason. In the end, look for Richardson to win his second straight contest.
The three-point contest is back again with the following participants: Brent Barry, Pat Garrity, Wesley Person, Peja Stojakovic, Antoine Walker, and David Wesley. I'm looking for Wesley Person to pull this one out. Peja is the best shooter in the contest and the defending champ. Person has been close the last few years, and I think this is the year.
Next is a mixed all-star game. Two teams will face off, an Atlanta and an L.A. team. The Atlanta Team will have Dominique Wilkins, Jason Terry, Sheryl Swoopes, and Frankie Muniz. The L.A. team will have Magic Johnson, Corey Maggette, Lisa Leslie, and Ashton Kutcher. I don't care who wins this event because I could care less. At least they only have two of these teams compared to four from last year.
The final contest is the one I am really looking forward to. This is the first time for this contest. It is a skills competition. Four point guards will have to go through an obstacle course with three stations: passing, shooting, and dribbling. The person to cross the finish line in the fastest time after all penalties and bonuses wins the contest. The four competitors will be Gary Payton, Jason Kidd, Tony Parker, and Stephon Marbury. Kidd won't win because he can't shoot. Marbury won't win because he is the worst passer of the bunch. That leaves Payton and Parker. I look for Tony Parker to win simply because every time I see him play, he just gets better and better. He is astonishing. It's hard to believe he is only 20 years old. He will be known across the league for years to come.
This season has already had many great games. Before you know it, the playoffs will be here. Speaking of the playoffs, the Lakers still don't have a spot as of yet. It would be fantastic if they didn't make the playoffs. I sure wouldn't be heartbroken. Why have they struggled thus far? Well many reasons exist for that one. To make the playoffs they have to answer one simple question. As Van Cleef said in Shanghai Noon, "How do you survive out here?" If the Lakers answer that before season's end, then they'll make another playoff run. If not, then they're up the creek without a paddle.

The Water Closet

By Harry Dactyl

Country Punk

Through the looking glass
I can see you
Eating an orange
Standing in a frozen snowfield.
Cold laughing breath
Shrouds the fruit temporarily,
It palmed in your delicious bare hands.
The skin of it all torn back
And
You
Bite
In.
Your mouth (Oh God, your mouth!)
Erupts with the richness of glorious sunshine-ing
All
Dripping
Down
Your luscious
Frozen chin.

So much more has been found that's been lost
So much more has been found that's been lost
(Like Moorish strains in Spanish music)
to a structured burnout
A Born-Again Vagrant.
You know I've got nothing,
Now
Isn't that something?

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Events Schedule

Mon 3	Win a Free Dinner on the 14th—Free tickets, available in Student Activities
Wed 5	Camp Fire Tales 6pm @ CC, in front of fire place—Sponsored by the English Club—hot cocoa, coffee, s'mores, to those who attend!
Thurs 6	Men's Basketball @ ME Maritime Academy, 7pm
Fri 7	Dating Game Show 9pm in KOM
Sat 8	**Dance 8pm-12m in CC, hosted by International Club—free to Husson/ NESCom students** Dance Lessons 7-8pm in CC—Salsa, Cha Cha, etc. PLEDGING STARTS
Sun 9	Men & Women's Basketball @ Lyndon State, VT, 1 & 3pm
Mon 10	**Book Fair Sponsored by The Spectator & Yearbook—11am-9pm in CC** Attn: Petitions for May 2003 Graduation due in Registrar's Office
Tues 11	**Book Fair Sponsored by The Spectator & Yearbook—8am-2pm in CC**
Wed 12	Commuter Pizza Party 11am-1pm in CC Movie Night! Punch Drunk Love @ 8pm KOM Spnsrd Ambassador's Club
Thurs 13	Movie Night! Punch Drunk Love @ 10pmKOM Spnsrd Ambassador's Club
Fri 14	Dinner for 2 in the DDC w/2 movie tickets & flowers—winners will be drawn on the 13th, time TBA by Student Activities
Winter Carnival—All Week Medallion Hunt Cash Prizes	
Sun 16	Men & Women's Basketball vs. St. Joseph's College, ME @ 1 & 3pm

Advertise with Us

You can place ads for your business, or Husson and NESCOM events in The Spectator.

Please submit ads to the Student Activities room 104P or email them to us. Spectator@husson.edu