Stabbing is of no Concern to Students
BY ERICA HATCH Nor'easter Staff

After police were involved in a foot-chase on Sunday September 20th, an arrest was made for the stabbing of Thomas Johnson. Twenty year old, Arien J. L’italien of Biddeford, tried to run from police when he was spotted near the train tracks. In his attempt to flee, he jumped a number fences to try to evade the police officers. Police were able to completely surround him and cuff him.

L’italien was arrested for the stabbing that occurred on Paduweed Court, right off of Main Street in Biddeford. A warrant for L’italien’s arrest was first issued when he was identified to police as a suspect in the stabbing. He is also being charged with elevated aggravated assault and he has a previous charge of burglary and aggravated assault from June eighteenth of this past summer.

L’italien is now being held at the York County Jail in Alfred, Maine.

The exact address of this incident is not being released to protect the tenant of the apartment who was uninvolved. However, it is known that at around 7:40 pm on that Sunday night, the stabbing took place at a Parkview Court apartment.

Arien J. L’italien was said to have stabbed Thomas Johnson.

Please see STAB, page 2

Men’s Soccer Simmers After Six Straight
BY SEAN DOYLE Nor’easter Staff

Fourth year head men’s soccer coach, Andy Biggs, has himself a winning soccer club this fall season.

As of October 6, the UNE men’s soccer team stood at 7-4 and 4-3 in The Commonwealth Coast Conference. With seven juniors and six seniors, Biggs attributes the success to “the experience of our veteran players, and commitment of all our players have made in establishing our style of play.”

When asked how he keeps his team motivated Biggs said, “the players have always shown a great work ethic and desire to improve, so our great start has only helped to reinforce their level of commitment.”

The only thing that worries Coach Biggs is remembering to stay focused on the little things that have earned our team its results to date. That will help give us confidence as we move down the stretch.

If the team can continue to stay focused and work hard, he believes they will be able to reach the ultimate goal of qualifying.

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President Ripich Discusses COM Clinics
BY MARISSA SIMOES Nor’easter Staff

In August of 2009, the University of New England ran into a wall of dissent when it announced that six university run health care clinics would be closing.

The university notified its 90 employees that come November 2, they would no longer be employed by UNE. The clinics, currently serving between 12,000 – 20,000 patients, would be transitioned to another health care provider.

The backlash came not only from the local patients, but the media, UNE students, faculty and according to an article released by the Maine Public Broadcasting Network, the Maine Osteopathic Association, as well.

The MPBN article stated that UNE was issued a letter from the MOA expressing deep concern; it stated that the loss of the health care clinics would be “ill advised.”

After the whirlwind of negative media attention, the university made a number of statements in an attempt to quell all of the confusion.

In an interview with the Nor’Easter News, University of New England President, Danielle Ripich, wanted to reassure the public that the clinics were never going to “close.” Patients would not be without care and employees would not go without jobs.

Please see CLINIC, page 2

Tom Hinsman, Nor’Easter News
SOCCER
Continued from page 1
for the conference tournament in a position that would see us host a home playoff game.

The team came out hot as a pistol this season winning seven out of their first eight games, including six in a row. After winning the first game of the season over Southern Maine by a count of 2-1, the Nor’easters came back against Maine Maritime but dropped that one 2-1. Sitting at .500, the men stormed back against Eastern Nazarene College and won a muddy nail biter 1-0. This was the first of six in a row that included wins over conference foes Endicott, Gor­don, and Regis.

Over that six game winning streak, Kiel Hiller led the offensive charge with six goals and three assists, while Owen Evans and Dylan Saucier added three goals apiece over that stretch to help propel UNE over their opponents. Other contributors included Cody Lapointe and Brian Cummings who added single goals, while John-Michael Cas­cio and Elia Del Molino added a combined total of five helpers on the offensive side.

The Nor’easters are looking to finish the season on the same note they started on as their ex­isting six games are all against conference opponents with just two home games. Hopefully their late season push will be enough to clip the wings of the Roger Wil­liams Hawks; the Nor’easters will have a chance to personally ground the Hawks on the 20-10 in a home matchup at 6:00pm.

Be sure to watch the men make their run at a conference championship.

CLINICS
Continued from page 1

Instead, there was to be a transitioning of health care providers.

Ripich blames the misun­derstanding on poor commun­ication.

"At first," Ripich said, "we didn’t want to involve the stu­dents in the decision. We felt that with school and every­thing else, this was a manage­ment issue that shouldn’t bur­den them. When it came out in the media, it became clear that we needed better commu­nication."

The appointment of a new College of Osteopathic Medi­cine Dean came at a crucial time. According to Ripich, Dean Mark Hahn, D.O., is working intensively with the student population and the general public to make sure a solution to the problem is found efficiently.

"Dean Hahn has my full support," Ripich continued.

President Ripich and Dean Hahn met with the first and second year UNECOM students separately then with the student leadership of all four graduate classes. A plan of commun­ication has been established and Hahn will meet monthly with student leaders. Their one goal: transparency.

"We want to keep every­one informed of what is actu­ally going on," said Ripich.

While President Ripich acknowledges that change is scary, he also maintains that the university health care clinics “can no longer continue as presently constituted.”

Over the years, the clinics have burdened the university financially. Released in an article in the Portland Press Herald, Ripich disclosed that “the clinics lost $500,000 to $2 million a year for the past decade.” And although the financial situation had seen some improvement recently, the university could not con­tinue in this direction.

"The clinic is out of business," Ripich said. "We have to do something to make sure our students have access to the best clinical experience possible."

The students are, accord­ing to Ripich, her main con­cern. "Students take it personally. Here, she stated, "These are isolated incidents; I hope no one would be concerned."
myUNE Transitions to Google

BY TRISTIAN ROWE
Nor'easter Staff

As students and faculty realized as the 2009-2010 school year began, there has been changes made to the myUNE website. This year the website is running off of the Google Apps database, which is a bit different from what school was using previously.

"Why does this all matter?" most of you are probably thinking; well the reason is, Google Apps is simply a better ITS program. Last year the email was run off a system called Time-cruiser. It was a bit blocky, slower, and there was very little variety to gain from it. This year we have much more to work with, ranging from largest email space (over 7000MB) which is over 70x more space, to the addition of Google Sites.

Google Sites is a side app of Google, used for making simple websites and blogs. Just having this tool in itself is a huge leap for the school. UNE and all of its clubs, organizations, and classes can create websites explaining events that will be going on, and distribute information more easily. Some clubs and organization are already using it; the box office, art club, and admissions blogger websites all already up and running.

Not enough for you skeptics that don't like change? Myune also has access to Google Docs, which assists in opening most computer files. This means that instead of finding the right program to open a file someone sent, you can quickly open it up in Google Docs instead. This is good for those last minute prints before class (those days where you're already 5 minutes late anyways).

Students can also utilize Google Calendar, which if you click the link to the left of your myune homepage, will tell you what's going on around campus.

Yet the true positive aspect of the shift to Google is this technological change. Every year technology progresses at an alarming rate (who has seen the touch screen pc's? Or the contact lens video camera prototypes? Or even the laser and smoke microphone?) and it is a part of the school's duty to progress with it.

To give IT credit they are working hard at introducing Google Apps to the school. On Tuesday October 6th and Wednesday the 7th IT had informational meetings on how to use Google Apps and Google Sites, which doesn't even include the Google Apps introduction meetings they had at the very start of the school semester.

Like every season or semester, technology changes. At some point the school will need to replace Google Apps with something that's bigger and better will come along, but that's how technology works. So until that day does come, get a bit familiar with the new website. It will probably even help a few students with classes. Also, to all the clubs and organizations on campus, get to know Google Sites. If more clubs around campus are online, and students actually begin using myune for something else besides just emails, then maybe the student population would be a little bit more connected (not just by Facebook), and clubs and ideas can prosper a bit more.

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Join UNE and Millions Worldwide in a Day of Action for Climate Change!

October 24, 2009 has been designated as a Global Day of Action for Climate Change. The University of New England will join other college campuses in Maine and communities worldwide in calling attention to climate change. The website www.350.org describes this global day of action and the long-term effort to reduce atmospheric carbon emissions to 350 parts per million; the level that scientists agree is the safe upper limit of carbon dioxide in the atmosphere.

University of New England is joining the worldwide effort by hosting a conference on the Biddeford Campus on October 24th with opening events on the Portland Campus October 23rd. All events are free and open to the UNE community and general public. Some presentations include:

'Art and Environmental Amelioration' by Professor Owen Grumblung
'Tapped - a documentary about the bottled water industry. Following the showing a discussion session with local water rights activists will take place.' 'Carbon-Free Homes' by Efficiency Maine
'Saving Energy at Home' by Maine Energy Education Program
'American Clean Energy and Security Act' by Repower Maine
'Local Foods Panel Discussion
'Alternative Energy Advocacy
'UNE's Carbon Footprint
'Alternative Energy Demonstrations
'Climate Change Petitions and Environmental Commitment Banner Signing

Influence your local, state and national leaders to curb greenhouse gas emissions and learn what you can do to reduce your personal carbon footprint by coming out for 350 Day! For more information and a complete tentative schedule visit: www.une.edu/sustainability/350

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Biddeford Police Blotter

-Caller stating that she is hearing gun fire at least 6 shots coming from the area of the river. Caller stating she heard shots yesterday as well. She was advised that it is currently duck season and she stated she did not know that.

-Complainant advising that her vehicle was broken into last evening and all the loose change was taken.

-Subject requesting to speak with animal control as she has a squirreled problem. She stated that there is one in the bedroom and she is not sure how to get rid of it.

-Caller stating that her father has been drinking and threatened to kill her.

-Reports a 2 year old child has been sitting outside in the rain, without a jacket, with two men.

-Caller stating that there is a green ford explorer parked on the street with subject inside that appear to be doing drugs.

-Black dog ran into the side of a man's car.

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UNE Security Blotter

9/16/2009:
-Student received threatening text messages.

9/17/2009:
-in the Hung a UNE student who was working for Sodexo had a problem with the Mgr.

9/21/2009:
-person acting Suspicious Safe Ride

9/25/2009:
-person spray painting a pellet gun
-observed a male and female in the rear of facilities building near the armory.

9/26/2009:
-While going by a lounge, a security guard observed a male doing work on laptop, who didn't look like a student.

9/28/2009:
-Caller reporting that one of their wheelchair vans was backed into a parked car.

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Teacher Spotlight: Professor James Roche

BY MATT PENET
Nor'easter Staff

Court is now in session. All rise for the honorable Professor James Roche.

Professor Roche is a member of the University of New England's Political Science Department. He has been working at UNE since 2002, but only became a full-time member of the faculty two years ago. In addition to his full-time status with the school, Professor Roche is still active in law, working cases in his specialty of insurance litigation. He manages a few cases on the side, continuing to gain experience he can pass on to his students.

Law has been a passion and part of Professor Roche's life since high school. It started with his involvement in the political aspects of his high school. He loves the election cycle and all the politics involved. As he prepared for college, Professor Roche started asking what he should do if he wanted to go into policy-making. The most common advice he found was that the most beneficial thing to do is get a law degree, so he did. He got a law degree from St. Thomas University Law School in Miami, Florida before going on to earn a masters in law from both the University of Connecticut in Hartford and Boston University. From there he had plenty of options, but he began to focus on litigation. After that, Professor Roche went on to become an insurance litigator, a lawyer who helps people with cases against insurance companies.

But what would make an insurance litigator turn to teaching? For Professor Roche, please see ROCHE, page 6

New COM Dean, Mark Hahn, D.O., temporarily both within the private sector and within the government so he can come up with a strategic plan for the UNE's College of Osteopathic Medicine and its success. A larger and stronger medical school and closer inter-professional work-
Freshman Fifteen

BY JOCELYN KOLLER
Nor'easter Staff

1. Overcrowded: So you spent your summer at Target or Walmart buying everything from a rag to peanut butter... now where do you plan on putting it? The shock of move-in day may definitely hit some of us hard. We all heard about the increase in number of triple rooms and saw the limited size of dorms on tours. But it must not have sunk in completely. Now we're all thinking, "Why did I buy so much stuff? Now where do I put it?"

2. Getting Adjusted: Now that you're all moved in, a new set of problems arise. First, the chair you didn't know was a rocking chair. Those new desk chairs sure do look snazzy, but the fact that they rock is a bit overwhelming. The hallway has its advantages and disadvantages. In other words: don't try and stand on them and reach for your stuff. A new adventure of putting the sheets on your lofted bed. Takes some skill, doesn't it?

3. I have to shower in the dining hall is an adjustment, a campus isn't that big...it must be the size of the dining itself. Eating in the dining hall is an adjustment, a lot of trial and error until you've going when and how long it was going to take. Admit it, some of you didn't know was a rocking chair. Those new desk chairs sure do look snazzy, but the fact that they rock is a bit overwhelming. The hallway has its advantages and disadvantages. In other words: don't try and stand on them and reach for your stuff. A new adventure of putting the sheets on your lofted bed. Takes some skill, doesn't it?

4. I can not get the swine flu.: Those three bottles of hand wash has its advantages and disadvantages. In other words: don't try and stand on them and reach for your stuff. A new adventure of putting the sheets on your lofted bed. Takes some skill, doesn't it?

5. I need a map.: So you're asking yourself, "Where do I sit?"

6. Dining Hall Drama: First impressions are lasting, right? The common debate of flex dollars vs. swipes should I drop lower, when? How? Then there's the actual food itself. Eating in the dining hall is an adjustment, a lot of trial and error until you've pretty much figured out which food in there is a thumbs up and which is a thumbs down. Then there's that fun-high school phenomenon of "Where do I sit?"

7. Working Off the Calorie: The common debate of flex dollars vs. swipes, should I drop lower, when? How? Then there's the actual food itself. Eating in the dining hall is an adjustment, a lot of trial and error until you've pretty much figured out which food in there is a thumbs up and which is a thumbs down. Then there's that fun-high school phenomenon of "Where do I sit?"

What You Wish You Knew About Sex-UNE Sex Show Answers Questions

BY ALEX RUBIN
Nor'easter Staff

Sex filled the UNE Campus Center during Sexapalooza on Thursday night, October 24th. The event was condom races, lust casting, diaper changing, and question answer games, as well as plenty of free condoms and other goodies. After the games a sex education presentation was given where numerous questions, funny or not, were answered about sex. Wish you were there?

Gina Rourke, a Sex Educator from Nomia Boutique, and Lauren Gound, a Sex Educator from Planned Parenthood of Northern New England, accompanied UNE student Kyle Bragdon and Associate Dean of Students for Community Life, Daryl Conte, in hosting and educating the audience.

1. Laundry Wars: A week or so in we all had laundry to do—and definitely not enough money for the machines. It was a struggle. You know it’s bad when the dryer is still running at 3 a.m. And then of course there was the slight panic of thinking your clothes were stolen when really someone just moved them to the dryer.

2. Face Time: I think we all learned a very valuable lesson the first few weeks. The trick is to accommodate automatic facebook into your daily activities. For example, if you have a paper to write. Peruke it will take you two hours to write two hours to write said paper. Mirza an hour of time spent on facebook, this paper will take you approximately three hours to complete. You guys figured it out right?

3. I miss... Okay, so, we’re supposed to be all grown up now. And although we quickly learn there’s much more to it than the "I Love College" lyrics dictate, college is pretty fun. But you find yourself missing your dog, or your shower, or your mom... what now?

4. It’s just my mom calling...again... Again your parents, meanwhile, definitely seem to be missing you more than you miss them. Between calls, texts, emails and yes, facebook posts! You’re a little “I miss you too, mom”-ed out.

5. I’m free!: No more curfew no more “waking up” Sure you get in trouble if you do something really bad, but aside from that, you can eat as many browns as you want and then you actually had to go to class. What if there are (gasp) upperclassmen? And the word “professor” has started to have a very scary connotation...

6. "Where do I sit?" was one of the questions brought up. Interact that anyway you want, and one answer was, "Depends on how hungry you are." This is a subjective question, however, and it all depends on the preference of the girl or guy and their partner.

Fact or fiction? What’s true and what’s fun or mythical about sex? One myth is that girls like to have pressure all the way up to their cervix, this is definitely not true. When the cervix is hit during intercourse it jostles around the uterus giving the feeling of a guy being kicked in the nuts.

Another question guys may want to know the answer to is can your penis really break? The answer to that is yes, the penis can break. Can you imagine a penis in a cast, or a sling? Not a good picture or a good feeling.

Ladies, a good fact for you to know is that you can get pregnant on your period, so don’t use that as an excuse or birth control. However, the position you take during sex may be a form of birth control.

"If a girl is bent over, the sperm has less access to the uterus (eggs) and it is less likely that sperm will pass through and impregnate a woman," explains Lauren.

The Selected Letters of Charlotte Perkins Gilman

BY MARISSA SMOYES
Nor'easter Staff

Charlotte Perkins Gilman was born in Hartford in 1860. She was a woman with ambitions beyond what was possible for a woman that time. She was a feminist, a sociologist, a writer and a mother. She is most notably known for her short story, "The Yellow Wallpaper." It has been years in the making, but finally, Jennifer Tuttle and Denise Knight have released their book "The Selected Letters of Charlotte Perkins Gilman." Tuttle, an English Professor at the University of New England, began working on the book officially in 2003. However, research began many years earlier. Working with an estimated 17,000 pages of manuscript material, Tuttle and Knight pooled their resources and began their book.

The book, Tuttle’s second to be published, sheds light on Gilman’s biography and offers new insights into what every day life was like during that period of time.

"The letters book was incredibly interesting question was "Where did the word Dildko originate from?" The answer to that was, "The word was considered for a sail boat. It’s true, the sex toy that’s brought pleasure to so many women used to be a plug on a boat.""How big is too big?" was one of the questions brought up. Interact that anyway you want, and one answer was, "Depends on how hungry you are." This is a subjective question, however, and it all depends on the preference of the girl or guy and their partner.

Fact or fiction? What’s true and what’s fun or mythical about sex? One myth is that girls like to have pressure all the way up to their cervix, this is definitely not true. When the cervix is hit during intercourse it jostles around the uterus giving the feeling of a guy being kicked in the nuts.

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"If a girl is bent over, the sperm has less access to the uterus (eggs) and it is less likely that sperm will pass through and impregnate a woman," explains Lauren.

The compilation of letters spans Gilman’s entire life. "We have her very first estate letter written when she was 16. Please see TUTTLE, page 7"
Roche
Continued from page 4
it was a matter of wanting to do something he loved. He explained that he always preferred teaching, in fact he loves it. And the way he set himself up was such that he knew it was perfect. He got the chance to hang out with students and get to know them through his classes. But recently his desire to go to his office for advice. As a result, Professor Roche noticed students seemed to take to it, and he was even more willing to come back for more.

When it comes to courses, law isn't the only thing Professor Roche teaches. This semester, he leads a new Trial Advocacy course, the United States Congress class and also has two sections of The Human Traditions LILH course. The Trial Advocacy course excites him. "It gives you a chance to teach people from square one," Roche said.

This means he can help provide students who take the course a solid foundation for their future careers. Furthermore it requires students to participate in a mock trial, and the group will participate in a competition in November with other schools in the region. Professor Roche leads the class through every step of the trial process, including the opening and closing statements.

But law and political science aren't the only things offered in Professor Roche's courses. He puts an emphasis on helping students become better public speakers. "Public speaking. No one likes it, not even trial lawyers," Roche said.

He feels that by helping students become better public speakers, it can be more successful in the future, no matter what career path they take. This is another challenge Professor Roche faces.

His two sections of the History Human Traditions course are required by the university for all students. The course of what the student is majoring in. This means many students will be less interested and may see the class as a waste of time. Professor Roche knows this as well as anyone, and does his best to keep students involved. He tries to connect what he is teaching to the modern world, tracing roots of current laws back to ancient times or historic events. Keeping a class of students with attention span can be a difficult task, made more challenging by the probability that many are not there because they want to be.

Despite the challenge of teaching a course many students don't feel necessary, many still enjoy having Professor Roche as a professor. His ability to incorporate corporate real world experiences into the curriculum as well as his willingness to get to know his students helps. At a small university like UNE, professors can get to know their students far more easily than at the larger ones. But Professor James Roche goes above and beyond, and for some students is more friend than professor. They are comfortable enough to show him what happened on his Facebook page. He is the one who does not care on one of your friends. But recently I did some research for this article thinking:

Facebook friends are about work, class, work, homework, gym, schedule as you do. It is completely means that they have about the same time on Facebook. To be frank, I don't care how our society is becoming flooded with a plethora of others, I don't have to check it a million times a day. Facebook addiction may be worse. But for some people, this is not that cliché. But I do want to talk about this dangerous addiction that so many are falling into. Like most everybody else, I use Facebook regularly, but unlike a plethora of others, I don't have to check it a million times a day. Facebook can be used as a great tool to keep in touch with friends from high school, family, or to play a funny joke on one of your friends at midnight. Now I know what you are thinking: if you hate it so much, why don't you just get rid of it? But I do not really hate the program, I just get really annoyed by most of the people who are using it, and I don't think I am alone.

The biggest things that make me annoyed with Facebook are the status updates and the silly applications everyone seems to love hate it, I can't stop using it. No, I do not have an addiction to heroin or crack cocaine. But for some people, this addiction is very serious. It is not just Facebook. Have you ever had a friend start talking about Facebook in everyday conversation, but recently, the constant social networking has been really bugging me. Now I know what you are thinking: if you hate it so much, why don't you just get rid of it? But I do not really hate the program, I just get really annoyed by most of the people who are using it, and I don't think I am alone.

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The Real Christopher Columbus
BY ALYSSA FASTNACHT
Nor'easter Staff

"In fourteen hundred ninety-two, Columbus sailed the ocean blue. It was a courageous thing to do, but someone was already here."

As children, we grew up with these funny little songs to help us remember what we were learning in history lessons, and it still sticks. Like these songs, we learned in history lessons, and it still sticks. Like these songs, we learned in history lessons, and it still sticks. Like these songs, we learned in history lessons, and it still sticks. Like these songs, we learned in history lessons, and it still sticks. Like these songs, we learned in history lessons, and it still sticks. Like these songs, we learned in history lessons, and it still sticks. Like these songs, we learned in history lessons, and it still sticks. Like these songs, we learned in history lessons, and it still sticks. Like these songs, we learned in history lessons, and it still sticks. Like these songs, we learned in history lessons, and it still sticks. Like these songs, we learned in history lessons, and it still sticks. Like these songs, we learned in history lessons, and it still sticks. 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UNE Women’s Volleyball: Close to a Hot Streak

BY BRIAN MULDOON
Nor’easter Staff

The University of New England’s Women Volleyball team has not quite been able to get on a hot streak yet this season, but they are close. At the time of this article, the team is 2-1 in the past three games including wins over divisional foes Eastern Nazarene and Wentworth Institute of Technology.

It was a complete team effort in the win against Eastern Nazarene as the Nor’easters swept in straight sets. UNE got a big help from first year player, Lindsey Cashell, who had six kills and six aces, along with senior co-captain, Ellen Choiniski, who added three aces of her own to go with her 16 assists.

UNE dropped the second half of the double-header to the host school, Endicott College, in straight sets. The Gulls were selected as the preseason favorites to repeat as the New England Coast Conference Champions and sit in second place in the conference at 4-1. Despite getting swept, the Nor’easters stayed in the game dropping the first and third sets by just six points. The blue and white got back in the win column three days later as they traveled down to Boston, MA to play Wentworth. After a tight first set where UNE escaped 25-23, the Nor’easters dominated the next two by winning 25-14 and 25-8. Once again, Choiniski and Cashell led the way. Choiniski provided 23 assists and 19 digs, as Cashell led the offense with eight kills.

Senior co-captain, Claire Varner, likes to see the advancement the team has made since the beginning of the season. “There has been huge improvement since the first game,” she says. “I go into every game with the mindset that our team is going to win. There are many evenly skilled teams in the top of the conference, but I expect our team to be the Conference Champion this year.”

The team, which is filled with seven first year players, will have to continue to mesh together and get hot towards the end of the season to make a run at the championship.

“We have a great group of girls with tremendous potential,” says Varner, “especially for such a young team. I think out biggest obstacle this year will be experience on the court - we have eight new girls with only six returning players, and the first years are seeing a lot of playing time.”

At the print time of this article, the Nor’easters were tied for sixth in the TCCC with three non-league games coming up against Eastern Connecticut, Emmanuel, and Amherst.

Intramural Re-Cap

BY SEAN DOYLE
Nor’easter Staff

With each team having played roughly three games over the first few cool soaked weeks of the season, the intramural flag football games are beginning to build with excitement, intensity, and meaning. As each team begins to take an identity some more desirable than others, teams are hoping they will be in the talk to host the championship flag-shirt when the Intramural Football Championship is held on Saturday, November 7.

There are two divisions in the men’s league, and the women’s league is also running strong and deep with three teams registered and ready for competition.

Through three games Show Me the Sweet Nectar of Victory have outscored their opponents by 3-0. Although not far behind are the Trashcan Blitzers at 3-1, who have come and gone. Also this week in intramurals, Patricia Williams has stepped into her role as intramural coordinator.

The Lady Nor’Easter Volleyball team.

The push for the intramural flag football championship is ragged, but they are close. At the time of this article, the team is 4-1. Despite getting swept, the Nor’easters stayed in the game dropping the first and third sets by just six points. The blue and white got back in the win column three days later as they traveled down to the way. Choiniski provided 23 assists and 19 digs, as Cashell led the offense with eight kills.

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Player of the Week: Kristen Meza

BY MATT PENET
Nor'easter Staff

Ever wonder how difficult it is to travel from the warm Southeastern United States to California to play college soccer? Ask Kristen Meza, a member of the University of New England women's soccer team who came to the school from San Diego, California.

Meza is one of the starting midfielders for the UNE squad, and has had a successful season so far. She has scored five goals and five assists in ten starts, helping the Nor'Easters off to an outstanding 9-1 record, including a 6-1 conference record. The squad also carries a six-game win streak head into their October 13th match with Colby-Sawyer. When asked about the team's success, Meza is quick to spread the glory to others. "I feel that the team has been very successful this year because of the players," she said. "We all get along great and we are all looking to achieve the same goals, such as winning our conference and making it to the NCAA tournament." Women's Soccer Coach Doug Biggs doesn't sell Meza short. "Her strength is her technique and vision to play ball off to playmates," he explains. Coach Biggs added her leadership abilities and work ethic helps.

Player of the Week: Kristen Meza

work to set up plays to get the ball from the defenders to forwards. When asked why he likes Meza at her position, Coach Biggs explained that by playing in a more forward-based midfield position, it allows Meza to be in a better position to score goals or set up opportunities for her teammate. He praised her ability to lay the ball off to other players around her well and create good scoring chances. Biggs also appreciates how Meza "can com- complete plays" and deemed her a "one touch player," someone who doesn't need the long ball to set something up. The one thing any coach worries about is the adjustment when a player comes from far away. But Meza has done well, both on and off the field. Coach Biggs was excited how well she adjusted, and also stated he believes that in TCCC play.

September 26, 2009
Cassandra Bushey scored her first goal of the season in a 2-1 loss to the Gulls of Endicott. The Gulls scored a goal off a corner with 19:09 remaining in the game to earn the victory. The loss, however, was a three-game losing streak for the Gulls, and gives UNE a 4-2 overall record with a 2-1 record in TCCC play.

September 17, 2009
Sophomore Michelle Oswald recorded her second goal of the game scoring at the one-minute mark. Tupper set up the first goal of the game, and Flagg set up the second goal.

October 8, 2009
Sophomore Brianna Tupper and senior Assistant Coach Cassie Peller recorded their second goal of the game scoring at the one-minute mark. Tupper set up the first goal of the game, and Flagg set up the second goal.

September 29, 2009
Kristen Meza scored four minutes into the overtime to give the lady Nor'easters a 3-2 come from behind win over Salve Regina. The Nor'easters needed only one shot in the overtime to seal the win. Katie Carson scored her second goal of the game just four minutes after the Seawolves took the lead 1-2. All T//////////////////////////////////////////////////////

September 29, 2009
Senior Leigh Winters had 11 assists and Kayla Spanagel dug out 12 balls both coming off the bench in the final two sets.

October 6, 2009
Ellen Choinski led the way with 21 assists and 19 digs as the Nor'easters beat Wentworth Institute of Technology 3 games to none. Lindsey Cashell led UNE up front with eight kills. Claire Varner had seven, and Kristen Meza had five. Paige Curran served up three aces and was perfect on all 25 of her attempts from the service line.

October 29, 2009
Kiel Hiller scored a pair of first half goals to lead the Nor'easters to a 3-2 non conference win over Newbury College. The victory brought the Nor'easters season record to 13-2, the longest in 22 years. Kevin Tarr scored in the 18th minute of the second half to give the Nor'easters a 1-0 lead, and then Hiller took over giving the victoi ries. Assistant, Jon Planner and Ella Del Molino each assisted on one of the Hiller goals.

October 30, 2009
The Nor'easters saw their 6 game winning streak come to a halt as they lost to the Salve Regina Seahawks 4-0. The loss stops the Nor'easters winning streak, and brings their record to 7-2 overall and 4-1 in TCCC play.

October 3, 2009
Annie Maia College scored in the first and last minutes of the first half and held the Nor'easters scoreless in the second game in a row. Both teams had to battle harsh wet conditions as the rain kept falling for the entire game. The loss drops the Nor'easters to 7-3 overall and 4-2 in TCCC play.

October 6, 2009
Curry College beats the Nor'easters 1-0 in TCCC play. The Colonels scored the only goal of the game, winning the Nor'easters in the last minute of the first half. The loss does not recover falling in their third straight conference loss and the second game for the Nor'easters. The loss drops the Nor'easters record to 7-4 overall, and 4-3 in TCCC play.
**ARTS & ENTERTAINMENT**

**Chalk on the Walk: Another Successful Year**

*BY TRAVIS MCCAFFERTY*  
*Nor'easter Staff*

There should be no doubt that autumn has finally arrived. However, only a few weeks ago on a sunny Saturday afternoon in downtown Biddeford, there was no indication of the crisp fall air that would soon be setting in. Instead, the sun shone brightly on the hundreds of people who gathered along the sidewalks of Biddeford to join in the festivities of the annual Chalk on the Walk celebration.

Chalk on the Walk is an annual family event put on by the Heart of Biddeford. The idea of the event is to showcase some amazing sidewalk chalk artists and liven up the city with beautiful artwork on every sidewalk in the downtown area.

Many chalk artists come from all across New England to take part in such a unique event such as this, but it is Biddeford residents who actually create the majority of the art. The event is open to anyone who feels the least bit artistic and only requires the cost of the chalk. Local businesses also get involved, sponsoring plots of asphalt in front of their respective storefronts to whomever feels up to the challenge of creating something unique and colorful for them.

A chalk advertisement on the side of a brick wall in downtown Biddeford. Chalk on the Walk 2009 was no exception to any of this. The event was actually a great success for all involved. Along with the central art showcase, Chalk on the Walk offered a variety of other activities for anyone interested. Many businesses put on games, gave out free stuff, and had specials for paying customers. Bangor Savings Bank, for example, had a bunch of different activities for children in the park next to their location on Main Street. One of the owners of Oh Baby! Café was spotted handing out coupons for free cups of coffee that day. In both the antique store and record store on Main Street, signs depicting special deals on merchandise were also posted for all Chalk on the Walk attendees to see. There was also pumpkin bowling, pony rides, and a bounce house scattered throughout the downtown area. Live music from student musicians at the Maine Academy of Modern Music provided a soundtrack to all the attendees located around City Hall. Traveling theater group, Bread and Puppet Theatre, taught attendees to perform in their own style and offered those brave enough the option of performing later that evening in their show on stage at the City Theater. Everyone strolling between attractions, especially the children, had big smiles and an air of contentment around them at any given time through the afternoon.

The reason Chalk on the Walk was such a stunning success this year was because of the many hundreds of hours of work put in by community members and volunteers, all spearheaded by Heart of Biddeford. For anyone unfamiliar with Heart of Biddeford, it is a non-profit organization that has been working for years on bringing a sense of community back to downtown Biddeford. With a ton of deserted mill space and a depressed economy, it would be easy to let the downtown area slump. But ever since Heart of Biddeford was created almost five years ago and was put under the direction of Kennetunk native Rachael Weyand, drastic changes have taken place in Biddeford. New businesses and events are now popping up all the time throughout the year, mainly due to the efforts started and maintained by Heart of Biddeford. So the next time you find yourself downtown, take a moment to swing by Heart of Biddeford (located right next to the City Theater on Main Street) and see what exciting events are coming up. If it’s anything like this year’s Chalk on the Walk, it should be a ton of fun. And remember, Chalk on the Walk is an annual event, so be sure to check it out next year!

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**Alvin’s Appetite: Buffieheads**

*BY ALVIN LAM*  
*Nor'easter Staff*

If you like cute animals that quack, or want to enjoy a nice home cooked meal with smiles all around, you have something in common with the people at Buffieheads.

Swirling down Hills Beach Road, you will come by a beautiful restaurant with dazzling, fresh plants all around it. Buffieheads, owned by Karen and Ray Wieczorek, have been around for 16 years serving classic American restaurant sign. The name was chosen because the Wieczorek's were bird watchers and it was the first duck they could identify. When Karen first described the animal as “cute and fat,” it wasn’t a bird I thought of, it was a chipmunk, or a panda could work too. Oh well, that’s a good enough reason for me as long as the food’s Please see ALVIN, page 12

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Album Review: Blueprint 3

BY AHMED ELKADY
Nor'easter Staff

JAY-Z is the king and expects 3 as well, because he knows that of this. But no hard feelings as Kanye as he is on The Blueprint method as their own, for example -Death of Auto-tune- where he Kanye, which is the top candidate need for every rapper to adopt this back to rapping you T-pain-ing to so-called music, auto-tune. "Get are using this new method of defiance a fan favorite is D.O.A. takes shots at all the artists that more, he runs the map. With his assertiveness will, more so just to let the world, that he is he to stay. He wastes no time with his opening track "What We Talkin' About". He doesn't have time to deal with the b.s. that his haters throw at him because they are just serfs, and he doesn't run rap no more, he runs the map.

Not one of my favorites but definitely a fan favorite is D.O.A. -Death of Auto-tune—where he takes shots at all the artists that are using this new method of so-called music, auto-tune. "Get back to rapping you T-pain-ing to much", auto-tune is all T-Pain, no need for every rapper to adopt this method as their own, for example Kanye, which is the top candidate of this. But no hard feelings as Kanye as he is on The Blueprint 3 as well, because he knows that Jay-Z is the king and expects more from him.

Mr. Carter is the king of New York, he lets the world know with songs such as "Run This Town" with an "Empire State of Mind". These two radio hits are just the sounds of Jay-Z coating for pop singles. He does it with the help of cameo from Kanye West, Rihanna, and Alicia Keys. "Empire State of Mind" brings listeners back to yester year the original Blueprint flow, where he encapsulates his love for his city. You cannot walk through Times Square without seeing a poster, billboard, without Jay-Z rocking his Yankee firing, because he made the Yankees hat more famous than the Yankees can, and you should know he bleeds blue.

Any hip-hop fan that listens to a part "Off That" almost instantly knows that Timbaland produced it. It is different from most of the other tracks on The Blueprint 3, but still is a hit with the featuring the upcoming star, Drake, who you might know from Degrassi. One thing that this album has similar to previous albums are those sick beats that continue to be under-mind by his ridiculous lyrics.

The soul claps in "A Star Is Born" and the marching trumpets in "Already Home" are the last tracks that anyone usually listens to on this album though. Many say that The Blueprint 3 is a half-cooked album and broken into two parts. As the first half of the album is phenomenal and could be listened to all day because he comes out as hunger as he ever been. Contrary, the second half of the album comes off as being rushed in production, and not as cohesive.

Personally, I didn't like the track 'Run This Town' at first, but I must say it grew on me. It has such a sick flow, and sets the stage for the next track "Empire State of Mind". This song is easily my favorite; it's the beat with the piano keys that just flow. Alicia Keys couldn't have said it better, it's the place where dreams are made of for sure Ellis Island, and the lights that will always inspire you, Jay-Z hits every thing that New York is famous for, the lights, the World Trade Center, Statue of Liberty, the Knocks, LeBron vs. D-Wade, and the good girls gone bad because the city is filled with them. I heard this song while I was in LA a couple weeks back, and the west coast haters knew that this song was the truth and no matter where you were from in Hollywood that night, everyone was bumpin' to that track.

You can call Jay-Z whatever you want for retiring and coming back to the game, and yeah so did Brett Favre. You can't deny that they both still have the skills to get it done. Its ridiculous to suggest that Jay-Z needs to retire, his haters and fans will still continue to listen attentively to his already legendary musical journey.

History in the Streets

BY MARISSA WOOLSEY & EMILEE WINN
Nor'easter Staff

The beauty of historical Biddeford can be seen in just a short walk around the downtown area. Despite all the rough thoughts about Biddeford, this town holds hundreds of years worth of knowledge. One landmark that remains standing is Marble Hall. This three-story high marble building stands as an Empire in the heart of Biddeford. Old, wooden buildings became remodeled throughout the 1870's. Look closely and you can see the carvings of the initials, O.A.S. for Orin A. Staples, a businessman with a lot of money who recreated this old building into his dream. Conferences, meetings and office where held at this building in the 1900s. It now stands as a business complex with a large auditorium.

A work of art on display as part of the annual art walk.

A&E
ALVIN
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good!

Passing through the porch, you will walk into the homey restaurant where you could see dimming lights on all the walls from the lighted candles. Getting seated, you will be placed behind table setting with the mat and utensils like you would see at a thanksgiving dinner table. But, depending on whether you are eating lunch or dinner, you will be given different menus. The drinks are on another menu, while the desserts don’t even have one! - The desserts are special; they’re always different depending on what Karen is making, so you can choose from a fresh variety every visit.

Ok, I guess we can start with the dessert first this time. Brownie Delight Spectacular – doesn’t that just sound fantastic?! When that came out, there was literally no time before I was all over it. With the award winning brownie on the dish, it is blanketed in chocolate syrup with filling vanilla ice cream on top. It would have been a dream comes true if the brownie was warm, but even without the warm filling, I would readily award them their third Best Brownie award along with the two given during the Chocolate Lovers’ Fling.

For lunch, I started with the Steamed Mussels Fra Diavlo meaning ‘brother devil’ for the light spice of the mussels in the marinara sauce. It was an appetizing starter that makes you want more with that grabbing sauce sprinkled with red pepper flakes. Forking the meat out of the shell, slow placing the mussel in your mouth, you could easily taste the freshness and crisp of seafood. Finishing up the mussels, I continued right to my Smoked Salmon Sandwich. On rye bread with the usual veggies, it came along with boursin cheese sandwiched with the salmon. Reading from the menu, I assumed the fish was cooked, because the only foods I’ve eaten raw is sushi or steak, so I was slightly surprised to see my fish shine when I lifted the bread. Biting into the sandwich, I clearly taste the different ingredients where the cheese made a great match with the tomato and fish. Although the smoked salmon was a little salty, the thick fries made it all better!

Returning for dinner, I began the Spicy Seafood Crepes; it was hard to distinguish the lobsters and crab but I could taste the freshness of seafood in the crepes. I really enjoyed the sauce; it was spicy, but not too spicy, in a thickened creamy sauce. It was like a spicy seafood thin pancake: Love it! For my main dish, I tried the most popular Baked Stuffed Haddock. I’ve tried baked haddock before, but never like this. Layered in crab sauce, you’ll find a second layer of luscious haddock over crabmeat and shrimp stuffing. It was like a seafood thanksgiving on a dish. When the stuffing is on your tongue, you can feel it disperse throughout your mouth with shrimp scattering all over along with the crabmeat. Biting into the baked stuffed haddock with parts of everything, it was like heaven at sea inside my mouth!

If you want some classic American home cooking at reasonable prices with friendly service, Buffieheads is the place to be! I would recommend this place to anyone interested in the authentic seafood dishes. If you want to check out this restaurant, visit them at www.buffieheadsrestaurant.com, or better yet, go there on Tuesday when they have a special ‘Two-Fer Tuesday’ which you can get two scrumptious dinners for only $21.95. Don’t miss out on the deal, maybe I’ll see you there! – AL

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On Twits and Tweets

BY DIANE FITZPATRICK
Nor’Easter Staff

"TWEET: Each post one writes on the social networking site Twitter is known as a tweet. (For reasons unknown to me, it's like saying that a tweet was, I'm really truly sorry that you now have to know.)

Twitter is one of the stupidest things human beings do with their spare time. That said, I have the feeling that people will always do it, whether through the particular site Twitter, or through some other venue. Twitter is here to stay, I can't change that, so I find myself left with two options: A) concede defeat and gradually accept its existence, or B) express my rage in a poorly structured rant of sorts. Luckily for me, I'm an option B kind of guy.

MySpace and Facebook: these kind of understand. These sites allow people to reconnect, stay in touch, and maintain friendships. Although these particular sites are great in many ways, many people became overwhelmed with networking and browsing through profiles. These sorts of people constantly update photos, obsessively acummate friends, and rarely update their status. With so many social networking addict being out there, I figure Twitter began something like this: some self important fool realized that millions around the world would join a site that would allow them to update their status, and start the statuses of others, throughout the day, and so was created Twitter. When I first heard about Twitter I thought to myself, how could anyone possibly spend their time writing about how they are spending their time? It didn't make any sense to me, and it still doesn't. But what I found out was that not only do people Twitter, over twelve million people Twitter! And this fact, well, it just ruins my good time of things.

Not only do people follow the tweets of their counterparts, they obsessively follow the Twitter updates of celebrities and faces in the media. It's not enough that we have tabloids and television programs devoted to exploiting the lives of celebrities for our enjoyment; we wanted to be able to track their every move, thought, and expression as well. I don't know about you, but I personally don't give an owl's pellet what Ashton Kutcher ate for lunch, that Milly Cyrus hates Mondays, or even that an ordinary guy from California with a Twitter following of a million loved the Zombieland movie. I can't begin to understand why people care! Such tweets add meaning to my life? Perhaps so, but I'm willing to bet that if anything were to result from my having known the tweets, it would only be that space in my brain that could have otherwise been used for something useful was instead allocated to tweet knowledge. And that's scary. I think myself better for not having known the tweets and tweens.

Really though, why do we care? Why do Americans spend endless hours a week following and updating tweens? Is life really that boring? Life is really that lonely— that we find ourselves expressing something that we have never before met, the mundane drivel of our existence? Perhaps it's because we all have within us a desire to be heard. We want someone, everyone, to be interested in what we think, feel, and have to say. That's probably why people spend countless hours attempting to attract more Twitter followers. That's probably why there are dozens of websites devoted to helping one increase their Twitter following. But for what? Because we want to be important? Because we want people to see us as important? Because we are under the false impression that "Twitter accomplishes such things"? The truth of the matter is that we are insignificant. Our daily interactions and circumstances are by no means extraordinary, and your average person will live their life having never known fame or notice. We are desperate, bitter, and whiny creatures. It's difficult to come to terms with these unflattering characteristics of mankind.

We want to say to ourselves I don't care what people think of me... I don't care what people think of me, and this is committed to serving as an open forum for thoughtful and diverse discussion and debate on issues of interest to the UNE community.

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TWIT
Continued from page 13
activities? Does Twitter somehow make us better? Or does it just simply waste our time and distract us from more meaningful activities? But I suppose it all comes down to this integral question: how do you feed your soul? Are you an online peeping Tom, living vicariously through the lives of others? Or do you cherish and look forward to the knowledge that comes from having lived through real experience? To each his own, I try to say, but in this instance, I wouldn't mean it.

On its website Twitter entices one to join claiming that "if you want to know what components can muster. As much out one major incident which been racial. But since the election, that situation has changed. Having assumed what is potentially the most powerful position in the history of the world, Barack Obama is now the target of every political attack his opponents can muster. As much as the average republican in the street would blanch at the prospects, many of these attacks have been racial.

In saying this I will point out one major incident which continued to repeat itself throughout the campaign, and throughout these first few months of President Obama's administration:

Barack Hussein Obama

This one phrase, with its selling emphasis always placed on the middle name, opens up a can of worms that most republicans wish had stayed shut. By continually emphasizing the president's middle name, certain members of the right, including most of the popular right wing news sources, are stating that they have a problem with a non-white man running the country.

This assertion seems bold, but when looked at closely, what is actually contained in these three simple words? By pointing out his name as a negative, it is expressing a xenophobic fear of Muslims and blacks. By pointing again and again to his name as a reason why he should not lead we are forced to ask, what is it that they are really saying? The only reasonable answer? That they feel that a black man is unfit to serve in such a high office.

In saying these things they are leading many decent Americans down the path of hate. They are performing a game of grand strategy, in which they play on America's latent fears of the different to rally support for their unrelated causes. In saying these things they are hijacking the Republican Party. They have stolen what otherwise might be a viable political and economic ideology and turned it into a sad mockery of the party of Abraham Lincoln. These feelings are forced on us by society, such that every man, women, and child must constantly struggle against feelings and stereotypes which we have been forced to absorb.

On the flip side however, there is the figurative "Race Card." While the champions of conservative ideology may be dangerously close to being outright racist, the Democrats should be taken to account for their abuse of racial emotions as well. While it is true that racism must be fought anywhere and everywhere, by every responsible citizen of this country, it should not be used as a political tool by either party. In using the "race card" in an attempt to gain political capital, the democrats have been as responsible for tapping into the same racial emotions as the conservative ideologues and their xenophobic, homophobic, racial diatribes. As long as either party chooses to see minorities as a political tool, rather than people with concerns to be addressed, our nation will not make any progress in the fulfillment of the dreams of equality which have been so central and so elusive to our national image for so long. Which brings us back to the original question, why is it that after all the language of post-racialism, and in the wake of electing our first mixed-race president, must we still contend with this hateful specter of the past?

The answer to this month's What is it will appear in next month's paper.

WHAT IS IT?

SODOKU

The answer to this month's What is it will appear in next month's paper.

TOM HUMANS, NOR'ESTER STAFF

WEDNESDAY, OCTOBER 14, 2009
Voices in the Crowd

BY BRANDON HOTHAM
Nor`East Staff

“What do you think of the River Lot being converted from a parking lot to a new free student space?”

Katelyn Kauback

“Seeing as I have never seen anyone use it as a ‘student space,’ I think it is better suited for parking.”

Kayleigh Mahan

“Good idea in theory, but in reality it’s not practical with the parking situation.”

TOM HINMAN, NOR`EASTER NEWS

The “River Lot” has been turned into a temporary basketball court. That the way to deal with a change is not to look to it in a bitter light, but rather look for the positives in the new situation. This space is beautiful. Walking down by the river at night when the sun is setting is wonderful. This space will now be a place for students to do things outside in a naturally beautiful area. This is good!

Let’s try to be less prissy, and put the inconvenience of parking behind us. Why do we care so much about cars anyway? They only make us more reliant on a machine and less reliant on ourselves. Stop being lazy, and walk yourself back to your residence hall, to class, to wherever, without complaint. Frankly, I’m sick of hearing excuses. I think that the next person who complains about the switch shouldn’t be able to use the River Lot. Sadly, no one could keep track of that. Of course, this idea is illogical. However, your complaints are as well.

Aporkalypse Now!

BY SAVANNAH FORD
Nor`East Staff

As you are reading this, a pandemic is sweeping the globe. Millions of people have been infected. The disease is dangerous, highly contagious, and spreading like wildfire. Exactly what is this terrible disease you ask? Could it be Swine Flu? The answer is no, it is not H1N1, but instead it is the mass hysteria that surrounds it.

Like most people, I was scared the first time I heard the tale of the dreaded Swine Flu. The news told of a new strain of influenza infecting people all over the world. After doing some research I came to find that, in all reality, H1N1 was not nearly as horrific as it had been made out to be.

The Center for Disease Control states that “most people who have become ill with this new virus have recovered without requiring medical treatment.” Dr. Marc Lipsitch of Harvard University collected information from around the world and estimated a death rate of 0.007-0.045 percent. To put these numbers in perspective, the run-of-the-mill seasonal flu has a death rate of roughly 0.1 percent killing 250,000 to 500,000 people annually, and the Influenza Pandemic of 1918 had an estimated 2.0 percent or more death rate, killing tens of millions.

Compared to these statistics, H1N1 does not seem nearly as scary. By The Pandemic Severity Index established by the U.S. government, H1N1 ranks as a Category 1 Pandemic on a scale of 1 to 5. So take a deep breath, chances are you are going to be just fine.

As a country we have seen panic trends come and go throughout the years, the Red Scare, Y2K, SARS, Avian Flu, terrorist attacks…the list goes on and on. As soon as we are through worrying about one threat, we are given another reason to quiver in fear. This week in hysteria fashion it is H1N1, better known as the Swine Flu, and it’s all the rage.

For the modern pandemic hypochondriac on-the-go you can text “health” to 87000 to begin receiving texts from the Center for Disease control updating you on the latest Swine Flu information. Doesn’t that seem a little outrageous? Speaking of outrageous, did you know that all of that hand sanitizer you are using to stay flu-free is in no way indicated to kill the H1N1 virus, yet there is a Purell dispenser around every corner here at the University. Though we paranoid Americans have done an excellent job overreacting to the flu, we may have been out done by the British. A UK newspaper headline reads “British city prepared to use cacti for H1N1 victims.” That’s right, a British city council is considering using the underground burial chambers that are now a tourist attraction as an “emergency mortuary” for the mass storage of those who have died of the virus. It appears that our friends across the pond fear this Pandemic will lead to an Aporkalypse.

Though I find some of the backlash of the H1N1 pandemic to be extreme, I do not believe that the virus is completely harmless. There is cause for awareness, but there is no need for panic. Seek health care if flu like symptoms develop especially if you are at higher risk for complications of the flu. Asthmatics, diabetics, the very young, the elderly, and those with health conditions such as HIV or Cardiovascular Disease are among those at increased risk of complications. However the recovery rate for H1N1 victims is extremely high, and you will emerge with a nifty survival story to tell your grandchildren. On that note, I hope to have put some of your Swine Flu fears to rest, and allow you the opportunity to worry about more pressing issues. Did you hear that the world is ending in 2012?”
Healthcare Reform No Delay!

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