Career Services to Host Events

BY BRIAN MULDOON Nor’easter Staff

Over the next few months, the Career Services Office at UNE will be holding many events that will help prepare and guide UNE students in their future endeavors after their time at UNE. Director of Career Services, Judy Bellante, and Recruiting Specialist, Jeff Nevers, will be hosting these events and will be prepared to answer questions that UNE students may have.

On March 25th, “How to Prepare for a Career Fair” will be held from 5:00-6:00 pm in the Sutton Lounge. This event will help students get ready for the career fair that will be happening on April 1st at UNE. Nevers and Bellante will explain how to approach potential employers, how to prepare a resume and cover letter, and how to learn more from each employer at the fair. This job fair is open not only to all UNE students, but to all job seekers in the area. The job fair will take place in the Campus Center from 10:00 am-2:00 pm. This is a great way to meet prospective employers, create a professional network, and land a future job.

On April 15th, “Transitions” will be held in the Sutton Lounge from 5:30-6:30 pm. “At the ‘Transitions’ program, come catch some pointers and process for life after college with Jeff,” says Bellante. “Learn about personal finance, health insurance, buying a car, and anything else you might need to know.” This program is open to all UNE students, not just graduating students. Even if you’re just graduating, stop by and tune in.

Please see CAREER, page 2

Women’s Basketball Team Takes TCCC Title

BY JOHN-MICHAEL CASCIO Nor’easter Staff

It was one heck of a season for the UNE women’s basketball team as they wrapped up the Commonwealth Coast Conference Title on Saturday with a 75-62 win over the number three seeded Regis College.

Boasting a powerful 4-0 playoff record, 11-2 regular season conference record, and a 23-5 overall record, the Lady Nor’easter’s look to make a big splash in their trip to the NCAA Division III tournament.

“Winning the TCCC was one of the coolest moments in my life. We worked so hard all season and to win was just the best feeling ever,” said senior captain Katie Diggins. “Going to the NCAA tournament is great for our team because it gets us nationally recognized. These next games are going to be challenging and exciting for our team.”

The women started their playoff trip as the number one seed allowing them home court advantage all the way through the playoffs. The first match of their playoff run was against the number eight seeded Roger Williams University. It was a surprising playoff blow-out as UNE was up big at the break, 43-19.

“It felt great to be up that big,” said Junior Chelsea Mezzano. “However, coming out of the locker room into the second half, Coach always tells us the score is 0-0.”

As the second half began, sophomore Margo Russell continued to lead the team as she cruised on to a career high 23 points, while fellow sophomore Kari Pelletier put up ten points.

Finishing off the number eight seed and tying up their first playoff blow-out as UNE was up 74-46.

Moving on two days later, Please see BBALL, page 3

Altercation in Dorm Raises Serious Security Concerns

BY MARISSA SIMOES Nor’easter Staff

On February 14, three male guests of a UNE student were escorted off campus after a serious altercation on the fourth floor of Featherman Hall took place. The incident has since raised some serious concerns regarding safety and security on campus.

The fight broke out between the three guests and did not initially involve any UNE students. However, the fourth floor Resident Advisor (RA) and a number of other students attempted to break up the fight and were implicated. No one was seriously injured.

The fight allegedly broke out between the three young men after one claimed the sister of one of the other men. All three were intoxicated. One of the men was a minor and was cited for possession of alcohol.

One bystander, who requested to remain anonymous, Please see FITCH, page 2

Established 2007

Nor’Easter News

University of New England

Vol. 3, Issue No. 9

Thursday, March 4, 2010

Class of 2010 Prepares for Graduation

BY MICHAEL CAMPINELL Nor’Easter Staff

This year’s commencement ceremony will take place on May 22, 2010 at the Cumberland County Civic Center at 10:30 am.

The ceremony will celebrate the work of UNE students from several colleges: the College of Arts and Sciences, the College of Osteopathic Medicine, and the Westbrook College of Health Professions. The University will be presenting bachelor’s, master’s, and doctoral degrees. This is the first year that the University will hold a combined commencement of all the colleges.

Dr. Harvey Fineberg will be the official commencement speaker of the ceremony. Dr. Fineberg is the President of the Institute of Medicine of the National Academies. The IOM is an independent, nonprofit organization which conducts studies and research in order to help guide health policy for both the government and for public policy. The ultimate mission of the IOM is to help advance the nation in health care areas.

Dr. Fineberg also served thirteen years as the dean of the Harvard School of Public Health, followed by serving as the Provost of Harvard University from 1997 to 2001. Dr. Fineberg’s resume Please see GRAD, page 3

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The Women’s basketball team celebrates after winning the Commonwealth Coast Conference Title.

EMMA ALBEE, NOR’EASTER NEWS
The 2nd Annual Executive Leadership Retreat for UNE took place on the University Campus Saturday, February 20th. The retreat invited executive leaders from all different clubs and organizations to come and learn how to better themselves, their skills and their clubs or organization, through the eyes of Cabellon.

The key note speaker this year was Ed Cabellon. Cabellon is the founder of his company LTE consulting and travels to numerous schools and higher education conferences to speak and share his leadership advice. He loves to work with students and believes that in college there's not a lot of time to actually think about what you want since you're almost always focused on school. Cabellon helps students realize their potential and can make a great impression on the students he works with.

"The best part of my job is the opportunity to go to so many schools and to meet all the students, but I wish I had more time to do it," says Cabellon. Cabellon has a specific topic for each of his presentations. He does research and listens to different people and students to come up with ideas for each subject matter he presents. At the leadership retreat Cabellon's topic was "Breaking Up With Fear and Realizing Your Potential." He approached this topic in a unique way, beginning right away by interacting with the students.

"I developed this session last summer and it's been the most popular from students and staff," says Cabellon.

Cabellon started with an activity of "this or that" where he gave students a choice of what kind of person they were. Examples included morning or night person, Facebook or Twitter, test or email, procrastination or planning, and to step into the fear aspect of things, confrontation or not. The activity allowed students to explore themselves, as well as others, and learn how to interact with others in today's society, particularly through technology.

After the activity Cabellon talked about fear. His three main points were: learning what fear really is in your life, how to break up with fear; and creating an action plan to achieve your goals. He had the students take fear out of their lives and discuss what they would do without it. At the end of the session he also had students write down their fear and decide what they wanted to do about it this year. Cabellon had a way of connecting with the students on many levels by not only sharing his personal experiences, but by being up to date with the generation's technology and knowing how to communicate with people in today's day and age.

"Why wouldn't you want to use all the methods possible to contact students," said Cabellon as he talked about how teachers and staff should try to connect with their students in other technological ways as well.

The second part of the retreat was split into three smaller groups. Each group had a specific topic to deal with leadership. Dr. Cynthia Forrest, Vice President of Student Affairs at UNE did a presentation on "Strategic Vision" and how to help one's organization reach out and become big within itself. She made students think about having a sense of where they wanted to go while attending UNE as well as beyond this school. She also did an activity where she made the point, "When you work in a team you're going to get a better product."

Another session was with Cabellon on communication. Here, students learned things such as, "don't assume, be clear in direction, and be repetitive", as well as "don't be too sure of yourself." One student said, "actions speak louder than words." Meaning that when you are a leader, sometimes doing the task and working with others gets the message across better than just telling everyone what to do.

Dr. Rick LaRue, Professor in the Business and Communications Department also presented on the topic of Trusting Yourself.

The retreat ended with a reflective session presented by Mark Nahorney, Assistant Dean of Community Life. He had students think about what they wanted to take with them from the retreat. Nahorney said, "It's not about what you did, it's about what you learned."

Overall the retreat had many student leaders from all different organizations on campus. With what was taught, and hopefully taken away from the retreat, the leadership on campus, as well as the organizations, should be progressing in the near future.
**Doony Tunes**

**BYBRIAN MULDOON**

Northeast Staff

Whatever happened to four years of college? Why is not good enough anymore? For several years now, I have been wondering, why is it that we are walking into the stage and names are being called. No part of the ceremony that has been in previous years will be undermined. Many are concerned that because the commencement is combined, the commencement will take longer than it has in the past. She would also like to stress that the commencement will not be over two hours long.

Students are also encouraged to pick up invitations from the school to give to family and friends to attend the ceremony. These invitations are not necessary to gain entrance to the ceremony, but many find the invitations important memorabilia for parents and other family members. Each student is allowed to pick up eight free invitations, and each additional invitation must be paid for. The invitations can be picked up in the COM Office of Recruitment, the Office of Student and Alumni Services, the Portland Campus Office of Graduate and Professional Student Affairs and the Biddeford Campus Office of Student Affairs. Students who are enrolled in distance programs can request that their invitations be sent to them.

For more information, please visit [http://www.une.edu/studentlife/g句话tion/index.cfm](http://www.une.edu/studentlife/g句话tion/index.cfm).

**BIDDEFORD POLICE BLOTTER**

**Subject called 911 reporting that there is a female outside knocking and damaging her car. The phone was dropped and now there is screaming in the back from the female. Female was summoned for assault and released to the staff.**

Subject advised that he wants to file an assault report. He stated that in April of 2009, he was assaulted by a Walmart employee.

Out at location attempting to make contact with a juvenile that was just playing in traffic.

Female called 911 stating she had to set her clocks and wanted the correct time. She was advised 911 was for life threatening emergencies and she hung up.

Elderly male fell and hit his head, bleeding in two places. Applying direct pressure, conscious and alert.

Reports neighbor alarm is sounding. There is a truck in the yard but she cannot see anyone.
Spotlight on Tim Ford: Vice President for Research and Dean of Graduate Studies

BY MICHAEL CAMPINELL
Nor’easter Staff

Dr. Timothy Ford is the Vice President for Research and Dean of Graduate Studies at the University of New England. Ford came to UNE about two years ago after a short tenure at the Montana State University at Bozeman. Dr. Ford's role at UNE is to help create more research opportunities at the University and also to organize and implement, with the help of others, the numerous graduate programs that UNE has.

Dr. Ford received his bachelor's of science from Sussex University in the United Kingdom in 1980. At Sussex he studied biochemistry. He then moved on to the University of Wales, Bangor where he received his doctorate in Aquatic Microbiology. Ford said that he gained a greater interest in aquatic ecosystems and aquatic life systems when he spent time abroad at Tulane University in New Orleans. He also spent a summer at Wood's Hole in Cape Cod, Massachusetts. There, Ford studied nutrient flow in rivers. He also spent time working with the Wood's Hole Oceanographic Institute where he was sent to Alaska and northern Quebec to continue his work in water nutrient systems.

After his time with Wood's Hole, Dr. Ford began postdoctoral work at Harvard University in Cambridge, Massachusetts. He studied ecotoxicology and aquatic systems. He moved to the University of Maine in Orono in 1984 to 1985. There, he worked on the effects of nutrients on the productivity of aquatic ecosystems. He spent a year with UNE from 1984 to 1985. Ford then moved to the Tennessee Aquarium in Chattanooga in 1985 to 1986. There, he worked on a project called the Tennessee Aquarium Aquatic Microbial Institute, which was a way of measuring ecosystem health in relation to the microbial organisms that dwell there. Dr. Ford was at Harvard from 1986 to 1995. While there he held many positions including research assistant, professor, and eventually, founder of the Harvard Program for Water and Health. After Harvard, Dr. Ford moved to Bozeman, Montana where he studied water quality in Native American Reserves, and also worked on many other public health issues that need to be addressed.

Once Dr. Ford arrived at UNE, he began assembling research opportunities in many areas of the school. His first major accomplishment has been the creation of the UNE Centers of Excellence. The Centers of Excellence are in Neurosciences, Land-Sea Interactions, Global Humanities and Community Public Health. It was that need for research areas that helped attract Ford to UNE. Ford believes that more research can truly add to UNE's mission. There are also many other benefits to research including more resources, more scholarships and higher student retention.

Four of Ford's next goals at UNE as they will help to increase undergraduate research and will help make UNE a much more competitive school. The four centers also mesh very well with the other goals and areas of study at the University, such as the school's goals in health, environment and marine science. Ford believes that the centers can help to "build a strong research infrastructure." This can help to build better relationships amongst the different departments at UNE that actually have very overlapping research and areas of interest.

One of Ford's next goals at UNE is to begin creating doctoral programs in several different areas. Right now, feasibility studies are being conducted for doctoral programs in marine and coastal sciences, neurosciences, and public health. There are many great benefits to the creation of doctoral programs at UNE. According to Ford, these programs can help attract more resources to UNE, lighten the load of many professors as many doctoral students are qualified to help teach classes, increasing research opportunities for many students and can also add excitement to research.

One of the reasons that professor scholarships at UNE are relatively low is that many professors have very demanding teaching obligations and little time is left for research. Doctoral students would be able to help lighten this load and, therefore, will allow professors more time for their own research. Ford believes that with more scholarships, professors be better in the classrooms. Professors are able to stay up to date in their fields, stay excited about the material and, therefore, will be better professors and in turn, UNE will have better students.

Ford hopes to increase the research and scholarship at UNE. He believes that there are many benefits to this and that research is one of the best activities that a student can participate in. Dr. Ford's office is on the first floor of the Pickus Biomedical Research building.

Professeor Spotlight: Eric Zuelow

BY ANANYA MOHANTY
Nor’easter Staff

Eric Zuelow, Assistant Professor of European History at UNE, found his way into academics almost by accident. His original goal was to become a journalist. This dream changed while backpacking through Europe just before his junior year of college.

Zuelow’s story starts in an English pub in York, England (reportedly one of the most haunted towns in the world). While relaxing before a ghost tour, the future academic met a Scottish soccer player with a very thick accent. "I hardly understood a word he said," Zuelow laughs. As the conversation progressed, Zuelow asked the man about his opinions regarding the Scottish National Party; the sudden and alarming reaction caught the future professor's imagination.

"I wanted to find out who this guy was coming from," says Zuelow. "American politics just weren't very passionate at that time. I'd never seen anybody who felt politically passionate." Zuelow opted to spend a year studying in Aberdeen, Scotland. While there, he came into contact with another organization called the Scottish National Liberation Army that still dreams of overthrowing the British state through force of arms. "It was exciting that a small part of this guy was coming from," says Zuelow. "American politics just wasn't very passionate at that time. I'd never seen anybody who felt politically passionate." Zuelow spoke with both the BBC Scotland discussing this project in more detail on this project in more detail on the anti-English nationalist perspective.

At UNE, Professor Zuelow teaches a wide assortment of European history courses, Human Traditions, and assorted classes on topics such as national identity, tourism, the Holocaust, and British and Irish history.

This spring, Professor Zuelow is putting on an Irish film series under the auspices of the History Club, which he advises, and the Department of History. "We can learn a lot about Irish history and culture from films. They explore everything from myths and legends, the Irish devotion to land, and everything in between," states Professor Zuelow. The Irish Film Series is free and open to all students.

"I like to be transparent about my courses and to let my students know that it is that they are in for when they enroll," states Professor Zuelow. The syllabi for his classes are always posted on his UNE website.

In the classroom, Zuelow lets the material direct his approach to teaching and endeavors to help students explore the "big questions" of the past. "In my Holocaust class we're trying to figure out how what was america, the most civilized nation in the world could commit the most uncivilized act imaginable," states Professor Zuelow. His classes include lectures, discussions and in-class film projects with other approaches to material.

In the Fall of 2010, Professor Zuelow will conduct a seminar entitled "Drinking Fluid Refreshment in World History." The class will explore how drinks, everything from tea and coffee to gin, were a driving force in world history.

A huge part of being in academic is the lifelong pursuit for knowledge. Professor Zuelow's research centers on national identity and tourism. His latest research topic is nostalgia. "Nostalgia is all around us and I want to understand where it comes from and how it changes over time," says Zuelow. His projects explores the history of English pubs and the nostalgic ideas about them. "Nostalgia is everywhere. In advertisements, movies, books, even in the landscape around us," Zuelow adds. He will discuss this project in more detail on the next issue.
Special Lecturers to Visit UNE

BY ANGEL JARMUSZ
Nor'easter Staff

Dr. Ali Ahmida has continually introduced the University of New England to groundbreaking curriculum and thought. He has brought in numerous speakers who are quite prominent in their respective fields and has invited two outstanding scholars to appear on campus in April.

On Thursday, April 8, distinguished African scholar, Ali A. Mazrui will present the topic entitled "From Orthodoxy to Obama: Is This the Dawn of a New Day?" which he is to deliver in the St. Francis Room at 12:00pm. Several days later, on April 19, the UNE community will have the opportunity to hear Libyan Ambassador to the US, Ali Ahmida, which focuses on African politics, international political culture, political Islam, and North-South relations and he has authored over thirty books. In addition to his novels, Mazrui has written for magazines and newspapers such as The New York Times and London's The Economist, to name a couple. Mazrui combined African and Muslim roots and Western education. His work has earned him international recognition, as he has been invited to go to Binghampton University, University of New York with a group of professors. It was there that Ahmida met Mazrui and they have stayed in close contact ever since.

Meeting Mazrui was momentous to Ahmida because he so highly admired and respected the work of Mazrui. Ahmida says that "like me, Mazrui combines African and Muslim roots and Western education." Mazrui is known as being an innovative scholar who combines cultural history, and politics, as well as being an outstanding speaker.

Shalgam offers UNE an exceptional opportunity to learn about the social, political, economic, and educational challenges the new century is causing for the Arab world. This lecture will be held in the St. Francis Room at noon as well.

When asked about the strong science focus at UNE, Professor Zuelow responds that it does not matter what field of study students pursue. The key is to understand the deeper meanings and implications of one’s chosen field.

"When I was in advertising, a big part of my job was to get new clients. The only way to do this was to understand their needs, their products, their business models, their motivations. I very strongly believe that a well-educated person, regardless of where they are from, sees the interconnectedness in the world. Certainly my humanities degree helped me understand our clients' needs."

"The same thing is true of science," he adds. "You need to understand why your work is significant and have a broader sense of how it fits into the larger human experience. If you want to be a doctor, then be a doctor, but understand that a sense of ethics, place, and time will make you considerably better at what you do. There is no better place to learn about the world than in literature, philosophy, history, and other related areas. The better medical schools know this. Roughly half of the students at University of Pennsylvania Medical School come out of humanities programs! The world's very best scientists do not see just a collection of test tubes and results; they see how their science fits into the world as a whole. That is the reality of it," states Professor Zuelow.

Professor Zuelow encourages students to pursue study abroad courses. "You can be involved in a culture different from yours. It takes bravery to go somewhere different. If I had not been in the pub that day and ran into this guy who was passionate about politics, I would not have started asking questions." He adds, "Life is complicated. A lot of the fun of living is seeing that complexity, recognizing it, embracing it, and interrogating it. I hope that students understand, think more broadly, ask questions, and are willing to be confused because all of this ultimately leads to important realizations. Study abroad is the most valuable thing I did as a student and while it is almost a cliché, it changed my life for the better." Professor Zuelow certainly provides some valuable insights. On Monday the 12th of April 2010 he will deliver a talk at the Center for Global Humanities at the Portland Campus. The lecture will be archived on the Center's website and also streamed live for those students who are interested but unable to get to Portland.

Enrollment Management Call Center Counselors
An Excellent Student position
Great hours, great work environment!

The Office of Enrollment Management Call Center is currently seeking enthusiastic UNE students to serve as tele-counselors in its outbound call center. Undergraduate students will provide valuable information to prospective students and assist on a variety of call campaigns to encourage application and enrollment at UNE. Current students can apply to become a tele-counselor and spread the word about UNE. Callers will be paid $7.50 an hour. We are currently filling slots Sunday through Thursday between noon-8pm.

If you are a "people person" please contact:
Colleen Cunningham @ 602-2913 or ccunningham3@une.edu to apply today.

Tammy’s Eggs
BY STEVE SCRIVENER
Nor’Easter Staff

Everybody hates Mondays. It is time to get ready and prepare for a long and grueling week of school ahead while recovering from an amazing weekend. Quite often, it is very difficult to find that boost of energy and motivation in order to be at your best for the week ahead. You suddenly remember that you have several big exams coming up, and a project due that you have yet to begin working on.

Somehow, some way, everyone needs something that ensures he or she will start their week off on the right foot. Something that will make him or her forget about all of life’s stresses for a bit to just relax and enjoy the morning. And that way, you guessed it, is by going to Decary’s. Miss LaPointe, in Tammy’s delicious eggs. Everyone loves her eggs and admires her unconditioned passion for serving breakfast to students here at UNE, but what do we really know about Tammy? I sat down with our Decary celebrity to find out more about the lady behind the spatulas.

Originally from Portland, Maine, Tammy LaPointe has been a Biddeford resident for the past 20 some odd years. When she first came to UNE just five years ago, unfortunately, there were no cooking positions available. So for two years, she worked behind the cash register before making the transition to her current cooking position, where she has been ever since.

When I asked Tammy if she has any secret ingredients, she laughed and said, “I always put a lot of love into the eggs which is why they are the way they are.” On average, she says that she uses about 110 shredded eggs and roughly 20 pounds of egg beaters every morning. Don’t go and get weirded out because I said egg beaters, you never would have even known.

Prior to coming to work in Decary, Miss LaPointe had had a job working in restaurants, where she said she learned her true passion for cooking. Yes, that is right, I said Miss LaPointe. She is single, so boys, we still have a chance. In fact, she says that she looks forward to seeing her bunch of boys every morning.

Even if you are not big on breakfast and have yet to experience one of Decary’s most celebrated dining options, consider starting your day off with some delicious eggs. And for those of you who have had the pleasure of indulging in Tammy’s eggs, have you ever experienced a set up of already made scrambled? She’ll whip ‘em up scrambled, over easy, sunny side up or even make you an omelet or poached egg for some Benedict. So when the beginning of the week rolls around and you realize the stress that lays ahead, come give Tammy a visit and let her assist on a variety of call campaigns to encourage application and enrollment at UNE. Current students can apply to become a tele-counselor and spread the word about UNE. Callers will be paid $7.50 per hour. We are currently filling slots Sunday through Thursday between noon-8pm.

If you are a "people person" please contact:
Colleen Cunningham @ 602-2913 or ccunningham3@une.edu to apply today.

COOPER BURROWS
Third Annual Multicultural Heritage Show to Take Place in March

BY JOCELYN KOLLER
Nor'easter Staff

The UNE International Club will hold its third annual Multicultural Heritage Show Friday, March 26th at 7pm. The event will be one part in a series of internationally themed events that are taking place throughout the day.

During the day, the International Club members will host the Passport to Cultural International Children's Festival. This event will allow 220 children from the Biddeford community, specifically from the Biddeford Intermediate School, to experience the cultures of other countries. There will be a number of different booths set up throughout the Campus Center. Each booth will represent a country of the world and be run by a student who has taken a particular interest in that country, whether they originate from there or because they have found a love for its culture. Things like arts and crafts, food, and games of the country will be represented at each booth. Children will collect stamps on their "passport" as they travel around the "world." The next event on the agenda for this culturally diverse day will be an internationally themed dinner presented by Sodexo. The dining hall will feature an ethnically diverse menu and play Indonesian classical dance, hip-hop, belly dancing and salsa, as well as a performance of the Canadian National Anthem.

In addition to these artsy performances, the students of the International Club will put on a fashion show which will display outfits from all over the world. This fashion show has gained much popularity over the years, especially because all of the clothing comes directly from the students or someone they know. Leo Tan, International Club president, advises attendees to arrive early to get good seats. Also, the club will be offering a "mystery prize" to the first 50 people to arrive.

The Multicultural Heritage Show was inspired by a past club president who attended Portland High School, where he witnessed a similar event. The idea was to help UNE students increase their cultural awareness while allowing them to share their own cultures with others. The Passport to Cultural International Children's Festival was made possible through a $2,000 grant given to UNE by the Center for Cultural Exchange Foundation (which allows the event to be free of charge to the children of the community).

Harbor Cruise: $50, Fun-town USA: $40, Seadogs: $15, Comedy Club: $40, Food and Drink tab for the week: $100. Spending your last week of college with classmates, stress-free: Priceless.

It is easy to see that the events of Senior Week can add up pretty quickly. But as of today, the week also falls during a time when many seniors may not have a lot of pocket cash due to celebratory dinners, recent 21st birthdays, spring break and other expenditures. The class of 2011 has recognized this and developed a plan to alleviate some of the financial stress of senior week called the Point System. The Point System was originally created by the class of 2007, who were unable to successfully implement it. This year, the junior class officers, Ahmed Eldaky, Andrew Varelas, Heather Rugg, Chelsey Messaros, April Mroz, Tanya Lawrence, and Michelle Franco, have decided to try to make it work. The Point System works based on student involvement. The more points you earn, the more money you will get off of your senior week package. During junior and senior year, the junior class officers are able to cover every position needed. This is when they ask for help from their classmates in exchange for points. So far, points have been awarded based on hours worked outside the cafeteria, during friends and family weekend, class meetings attended, and help in fundraisers. For example, one junior contributed a very large bag of soda tabs to be used in the tabs fundraiser, which raises money for the Ronald McDonald House Charities. He was offered a point for the donation. The point system is a way of rewarding the classmates who have helped out and shown an interest in the class and senior week. It also serves to help the class get more help and involvement for the others in the shop as well.

During some of the second semester senior year, the class officers and advisors will assign a value to the point, based on how much money the class has raised. The amount that each student has accumulated, based on his or her points, will be deducted from the price of their senior week package. It may be an ungodly sum of money, but it is not too early to think about the little things you can do to save money on senior week. You could start thinking about when the event involves helping out your class.

So seniors, keep your eyes open for upcoming events and class meetings, which your officers need help with. If you are interested in helping, email Ahmed Eldaky (AELedaky@une.edu) or Heather Rugg (hragge@rogers.com) anytime and they will let you know when an opportunity to gain points arises.

Community Bike Center: Local Volunteer Experience

People today are looking for ways to give back to the community. Helping or mentoring the youth of America is often a chosen path.

Well right in Biddeford there is a great program that has been growing up steam and becoming a well known program for the youth of Biddeford. The Community Bike Center gives local youths the chance to learn life skills through volunteering while having fun riding and repairing bicycles.

Over the past four years, students from UNE have been volunteering at the Community Bike Center. Students come from UNE's unique Citizenship program (which requires UNE seniors to participate in 15 hours of community service), the College Mentoring Program, or simply out of a desire to volunteer for a good cause. This location is one of the UNE civic engagement programs that the school runs.

At the Community Bike Center, you can meet some of the people that go to the bike center. Volunteers help the community and their bikes by fixing the bikes and teaching the youth that are there. Volunteers get a chance to help the younger people and connect with them.

The bike center is a way of rewarding the classmates who have helped out and shown an interest in the class and senior week. It also serves to help the class get more help and involvement for the others in the shop as well.
Bonding Event: The Drag Ball

BY JOCELYN KOLLER
Nor'easter Staff

On Saturday the 20th of February, UNE's annual Drag Ball took over the Multi-purpose Rooms. The Group, UNE's Gay-Straight Alliance, put a lot of time and effort into preparing this event, and it definitely paid off. The dance turned out to be a lot of fun and a great bonding experience for both students and faculty.

For about two hours, all the participants were having a great time socializing, and getting to know each other a little bit better. The climax of the event was when, at about 11 o'clock, the main coordinator of the event, Daryl Cona, called for a Drag Queen contest to start. One by one, every single contestant went on stage and presented her or her mostly hilarious outfit in front of a great crowd.

The winner of the competition, Quentin Thompson, who was dressed as a supermodel, took home the great prize of $250 dollars. His presentation was fabulous, however, there were many absolutely ridiculous outfits, and definitely more than just one outfit deserved to win.

The competition, the great music, the awesome decoration, and of course the various costumes, lead to the overall unbelievable atmosphere which led to the accomplishment of the main goal of the event: Social bonding and the elimination of possible social barriers that may exist at UNE.

It may be a touchy subject to talk about boundaries between different social groups but, just as in any other society, they do exist at UNE. Even enough everyone appears to be accepted here at UNE, not everyone is friends with everyone. This is not because people don't want to be friends with others but simply because people may not know each other well enough to be good friends. However, at the Drag Ball students from almost every single social group showed up, had fun together, and enjoyed each other's company. It was great to see everyone getting along and just being happy for a while, not having to think about school stress but simply freely expressing his or her emotions.

This being said, this year's Drag Ball was a great success for UNE, and everyone who took part can thank The Group and everyone else who helped organize the event. Surely, the Drag Ball will not be forgotten for a long time, and numerous very funny pictures will remind everyone of the event on facebook.

Book Review: Galapagos by Kurt Vonnegut

BY MICHAEL CAMPINELL
Nor'easter Staff

Galapagos is a novel by Kurt Vonnegut written in 1985. This novel follows a group of ten tourists, who, after an economic collapse of the planet's markets, are stranded on Santa Rosalia, a fictitious island of the Galapagos Islands. The narrator of the story is Leon Trout, a ghost who was killed during the manufacturing of the tourists cruise ship The Bahia de Darwin. Trout is telling the story of the evolutionary changes that have taken place over the millions of years since humans becamestranded on the island. Trout has seen the mistakes that people have made and understands exactly what caused our society, as we know it, to fail.

It is no coincidence that Vonnegut chose the Galapagos Islands as the setting for his novel. As a group, human race must essentially begin again. The Galapagos Islands are where Charles Darwin helped to develop his theory of evolution, an idea that many people do not believe applies to humans in the same way that it applies to other organisms. By showing the human race evolving over the course of a million years and writing in terms that we understand today, Vonnegut is commenting on our beliefs about evolution. Many people today have a very hard time understanding that evolution can still apply to human beings. People are just as susceptible to the laws of nature as every other organism. We do not see our susceptibility through. We examine evolution through the changes in other organisms and very rarely examine evolution in terms of ourselves.

The characters throughout the novel seem very representative of the different attitudes of people of today. It seems that each character represents a generally held opinion about nature and the environment around us. Some are interested, but still ignorant about the natural world. Others do not care and are very self absorbed. Other characters are similar to the people in the world who do not want any responsibility. They simply want to flow through life without taking care of anyone, including themselves. In the story, it is this sort of character who ignorantly strands the group on Santa Rosalia. Lastly, there is a group of women native to the Ecuadorian jungle. This group represents those who are still close to nature; those who live with it, rather than trying to control it.

It is through the characters in his story that Vonnegut tries to capture the various attitudes of people all over the world. Unfortunately, all but one of these characters has either a negative or an ignorant viewpoint of the effects that humans have on the world around us. It is the big brains of humans, according to Vonnegut, that cause more trouble than anything else. Some may argue that it is these big brains that help us to cure diseases, think philosophically about our lives, and to examine the world around us. In fact, it is these big brains that ultimately bring about the destruction of the human race as we know it. It is these big brains that are essentially useless in the long run of survival on Santa Rosalia for the characters of the story.

Ultimately, Vonnegut seems to be blaming humanity's big brains for all of the terrible situations we face in the world. Sometimes, when people try to solve a problem, they actually end up creating several more. It is in this thinking that Vonnegut is commenting on our problem solving, which turns into problem creating. Vonnegut's satiric voice makes Galapagos a fairly easy, enjoyable read. It is also a moving critique of the actions of human beings and can be seen as a commentary about our supposed disconnect from the natural world around us.

Biddeford Art Walk

BY ALYSSA FASTNACHT
Nor'easter Staff

Paintings, Photographs. Stained glass. Jewelry, Music. These are only a few of the incredible artistic modes of expression showcased at the Biddeford Art Walk. On Saturday the 20th of every month, the Heart of Biddeford gives crafters, artists and musicians a place to display their artwork. From January to April, the Art Walk is housed at the North Dam Mill. During the rest of the year, the giant, wooden building takes a break and is placed back on Main Street and the Mills. The hallways of North Dam Mill are plastered from floor to ceiling with astonishing photos, paintings, sculptures and more. In the rooms are small tables set up with more crafts. Almost everything is for sale, so it is a perfect place to go and look for birthday or holiday presents. From beaded jewelry to Recycled Rubber, there are so many things to see.

This month's musical guest was a group of "mini-rock stars" from the Maine Academy of Modern Music, School of Rock. A band of very talented young teenagers who perform covers of anything from All-American Rejects to Jimi Hendrix, guaranteed to take you completely by surprise once they start playing.

As for the artists and crafters, some of the regulars are Nora Tryon with her paintings, Holly Rain Fish House Designs, and Meryl Ruth's Porcelain Grace. Also showcased at this event were jewelry makers like Burnt Meadow Beach, and Twisted Angel Drawtwood Art by Mike Allen, photographers such as Pamela Dena, Eileen Foley, and Herfere. One of my favorite tables was Recycled Rubber. The crafters took old rubber and turned it into things like pupes, accessories, and even some clothing.

Nora Tryon does both 2D and 3D artwork that is incredibly original. Her 2D collection is made up of paintings, drawings, collages, interactive artwork, and printmaking, and of her 3D collection she does both fabric and mixed media. Underneath works are some of the most remarkable pieces of art I have ever seen. Check out her website at www.norathyron.com to see some photos of her popular artwork.

In addition to all of the art on display, you can grab something to eat at the Union House Pub and Pizza or enjoy a delicious smoothie from the newest edition to the North Dam Mill shops, Buzz. It is a great place to hang out with your friends, get some food, and enjoy the fantastic art. Not to mention that it is a perfect way to get off campus on a Friday night for a few hours.

The next Biddeford Art Walk is March 28 from 5-8 pm at the North Dam Mill. There is no charge, so don't miss out on this amazing opportunity to be a part of Maine's culture. This is definitely not an opportunity you would want to pass up. If you are interested in having your own table at the event you can go to www.biddefordartwalk.com for more information.
Movie Review: Shutter Island

BY MATT PENET
Nor'easter Staff

Psychological thrillers are a dime a dozen these days it seems. Whether its adaptations of old movies (Disturbia from Alfred Hitchcock's Rear Window) or new ideas like The Invisible, this genre of film will never die. The trick is finding the few psychological thrillers that actually mess with your head. Shutter Island does that and more.

Directed by Martin Scorsese and starring Leonardo di Caprio, this thriller never lets viewers get comfortable in their seats. Scorsese, who can arguably be considered one of the modern masters of thrillers and suspense, brings a new level of intensity to Island. His previous thriller, The Departed, brought much more physical tension to its viewers. Not this time. He goes straight for your head, taking your psyche on a wild ride that at times is overwhelming.

This film may finally be the one that pushes Scorsese over the top and solidifies him as one of the elite directors in Hollywood. People may argue that he already is, but a little known fact about Martin Scorsese is before The Departed he had NEVER won an Oscar. It is almost unfathomable that he never won anything, considering the movies he has done. These include Goodfellas, Raging Bull, Gangs of New York and The Aviator. Shutter Island could add a twin to his lone Oscar for The Departed.

Leonardo di Caprio's performance only makes this ride even more intense. This was the fourth big-budget movie the actor had worked with Scorsese on, and it could very well be the best. As you watch, the young kid who played Jack in Titanic disappears. He is a whole new actor now. It's not a bad thing, but it makes one wonder if Scorsese does it to just mess with viewers even more. Di Caprio's performance finds depth from the cast around him, most of who are relatively unknown; however, they play a critical role in helping him create the suspenseful atmosphere with unsettles viewers in a good way.

Shutter Island takes places on an island off the coast of Boston in 1954. The main characters are U.S. Marshalls sent to investigate a possible jail break from an asylum for the criminally insane. But beyond that, the plot of the story adds a whole new level of chaos. It follows the basic formula for a mystery flick, but with more twists. Determining what is memory and real is extremely difficult. It is impossible to say anything more without spoiling the fun.

Shutter Island is rated R and it lives up to that rating. There is some nudity, but absent of sexual content beyond that. Violence is minimal as well, but aggressive actions and threats are abundant. The R-rating comes from one of the back stories. The protagonist-di Caprio-was a soldier in Germany and was present at the liberation of Dachau, a Nazi concentration camp. There are several images of prisoners in the camp, both living and dead. One scene includes him walking past the train cars overflowing with dead bodies. Another scene involving American troops executing SS guards is very unsettling.

This film exceeded all expectations. Worries about it being a cheap horror mystery fade quickly, but be warned. Those easily unsettled by blood, overwhelmingly intense violence in small doses, or don't like being confused by films may not be comfortable seeing the film. However, I would highly recommend it to everyone. It was a fun ride, although confusing at times. Avoid going when mentally exhausted or this may worsen your symptoms.

Highlight Zone Salon

193 Main Street Biddeford

Receive $5 off by presenting your UNE student ID card.

Also, the first 5 people that book an appointment with Brittany every week will receive a free pizza on Tuesday at Louis Pizza on Alfred Street in Biddeford.

Call (207) 283 - 0572
for an appointment.
Late hours are available upon request.
National Poetry Slam Champion, Joshua Bennett, performs at UNE

BY EMELINE EMERY
Nor'easter Staff

Most of the time poetry is thought of as only a written art, but what people often don’t realize is that it’s actually meant to be spoken. A poetry slam is when a poet recites his or her poems for an audience. Instead of a reader trying to interpret the underlying tone and emotion of a poem through the carefully thought out words, the audience gets to hear the emotion the way it was intended to sound from the writer’s own voice.

On Saturday, February 20, Joshua Bennett performed his poetry in The Hang for the UNE students, faculty and staff. As an introduction for Bennett, UNE students that were a part of, “What I Am is What I Am” Spoken Word Collaborative recited their own spoken word performance for the Martin Luther King Jr. Celebration on campus. The students involved (Brendan Brickley, Geneva Gaines, Man Ho, Veneranda Kirway, Andrew Cole, Brittany Parsons, and Quentin Thompson) each wrote and delivered their own version of spoken word about personal identity. Roxanne Longoria, a member of the UNE staff who performed along with the students, says, “We came up with the idea because we wanted to reach out to people in a contemporary way. We wanted everyone to understand that sometimes judgments are made without warrant and to look beyond what is seen on the outside.” Each poem expressed the personal prejudices that the students endure every day. After presenting their mix of rap, singing, speaking and rhythm, the group ended by stating that you should, “love all of your brothers…and sisters!”

After the students were done, 20 year old Joshua Bennett from Yorkers, NY took the stage. Currently attending the University of Pennsylvania, Bennett is a three-time national poetry slam champion and placed in the top 5 at the Individual World Poetry Slam in Charlotte, North Carolina. He has been featured on HBO as a part of Brave New Voices, and has performed all over the country, recently at the white house. Bennett hopes to pursue a PhD/JD after he graduates from Penn next year as an English major, and incorporate his creative expression into his academic work and future profession.

Bennett performed 8 poems with topics ranging from love and relationships, to hip-hop music, to family. One of the first poems he did was called Derek, about a young boy that he has been tutoring describes the silent world that Tamara lives in and all of the things that inspire him that she has never heard before.

for a few years. The poem is mostly narrative, with varied tone including humor, hope, fear and angst toward society. As he watches the boy grow up, he sees the influence the streets can have on young black teenagers and notices Derek’s fear to set goals past people’s expectations. The poem illustrates the hopes that Bennett has for Derek’s future.

Another poem that stood out was about the moment that he first heard the hip hop music of 2pac and the effect it had on Bennett’s life. He illustrated his passion for hip hop music and emphasized the inspiring quality it has to him. The poem has an underlying metaphor, comparing his addiction to the music, running through his veins like drugs to a junkie. He included references to racial struggles including the KKK, Martin Luther King Jr. and Malcolm X as he explored the connection between hip hop and black culture. He concluded with the thought that he loves about this culture is, “everything and nothing.”

His last poem was created to perform for the white house, called Tamara. When President Obama requested a poem about communication, Bennett wrote a poem about his deaf older sister. The poem

Bennett is the only person in his family that is not fluent in sign language and he expresses his apology for never having a real conversation with her. His use of signing the words, “Good just makes some people different,” and other selected lines, had a powerful and emotional effect on the audience.

Spoken poetry is typically thought to only stimulate the sense of sound, but Bennett takes it a step further as a slam poet. His extraordinary imagery leaves the audience seeing and feeling the emotion that he expresses. He speeds up and slows down as he speaks, to pick up the intensity and then back off and reflect. Although he was only colloquial diction (everyday language), the words are rich with metaphors that make the poem even more powerful.

Eventually, Ryden was offered the job she first applied for at the publishing company. She became very busy and stressed from the moment she accepted the job, but was happy because she had finally gotten her dream job. She soon realized she was in love with her best friend from college and she quit to move across country to be with him. In the end, Ryden found herself but it was not at the job or location she expected.

Ryden had a plan and experienced a few struggles along the way, but she accomplished it for the most part. She eventually landed her dream job, but she gave it up for love and settled on a different job. She didn’t give her dream up, just tweaked it a bit to make room for love. Something many seniors might have to do.

Life can’t be perfectly mapped out. There is no clear-cut guarantee that anyone’s life will go the way they want it to. To juggle love, desired careers, personal and economic conditions, sacrifices might have to be made. Unexpected things can happen to people to have to make adjustments and be patient.

College students have been in some type of school since they were five years old; they’ve spent almost their entire lives in school and it can be scary to enter the “real world” and face the unknown for the first time. Post-Grad can be used as inspiration for all seniors facing the same fears. Do what you can and make the best of what happens; all you can do is try, especially with today’s economy.

Comic of the Month

DRAWN BY HANNAH GOODMAN
Nor'easter Staff

I’d expect this from a doberman, but not from you...
Colonels Bounce UNE

BY SEAN DOYLE
Nor'easter Staff

After posting a record of 11-13, the UNE men's basketball team earned the six seed in The Commonwealth Coast Conference tournament. This paired them with the third seeded Curry College Colonels. Curry who entered play at 13-12, looked to move past the Nor'Easters to play Wentworth Institute of Technology.

After a brutal first half the Nor'Easters, where they mustered a mere 27 points, found themselves trailing by 20, 47-27. At the start of the second half the Nor'Easters came out hot with a 12-1 run and began to close the gap. Eventually they closed it to one point late, but could never quite pull ahead for a lead. Curry managed to get some key free throws paired some lay-ups late that helped them edge UNE.

Anthony Johnson, Marcus Winn, and Quentin Thompson led the Nor'Easters second half offensive charge. Johnson poured in 13 of his team high 17 in the second half. Winn "made it rain" with four threes and finished with 14 points. Thompson posted a career best 15 rebounds and 12 points for a double-double to help UNE, but when all was said and done they just couldn't get it done.

The season is over, but it is worth looking back on. UNE faced a lot of adversity this year. The men started the season 2-1, and then went on a six game losing streak, with all six coming on the road. That may have put doubt in the minds of some but not all. When UNE came back home to face UMaine Farmington they couldn't be more excited and they showed it with 81-67 win.

After alternating wins with losses over the next four games they then went on to win four in a row, three of which came against fellow Commonwealth Coast Conference opponents. After losing the next game at home UNE traveled to Roger Williams to play the Hawks. This turned out to be a barn burner and a huge win in overtime.

The Nor'Easters ended the season on a four game losing streak counting their final tournament game. Standouts for the men were Johnson, Thompson, and Kadare Brown. Johnson averaged 14.6 points and shot 31% from beyond the arc, and was the team's emotional and vocal leader. Thompson was the team's best all around player averaging 13.2 points, 8.2 rebounds, and just under three assists a game. He was also the team's leader in steals with 57. Kadare Brown averaged 9.5 points per game to go along with 3.8 rebounds and was second to Thompson in assists with 5.

Next year looks promising for UNE with zero players graduating so the full team will be back for more. While UNE came up short of the ultimate which was winning the conference championship they have much to be proud playing in a competitive division. The Nor'Easters exceeded all expectations. Worries about it being a cheap horror mystery fade quickly, but be warned. Those easily unsettled by blood, overwhelmingly intense violence in small doses, or don't like being confused by films may not be comfortable seeing the film. However, I would highly recommend it to everyone. It was a fun ride, although confusing at times. Avoid going when mentally exhausted or this may worsen your symptoms.

Americans Conquering Vancouver

BY MATT PENET
Nor'easter Staff

Every time the Olympics come around, it seems like the Americans are at the top of the medal count. Maybe it's because the U.S. sends the most athletes, maybe they are just more talented. There could be several reasons for this, but as the Games wind down, all eyes are on two nations: Germany and America. As of February 25, the Americans led the Germans by just two medals 28-26. The Germans lead in gold medals with eight, while four countries have seven. The past few Winter Games have seen the Americans and Germans fighting for late medals, and this year is no different. The Americans are guaranteed one more medal—the Women's hockey team will win either gold or silver and will be in contention for several more.

Looking down the count table, Norway sits in third with 19, while host Canada has already conceded medal count victory to the Americans as they have struggled and have just 15.

New England has been well represented in these Games. Hannah Kearney of New Hampshire and Seth Wescott of Maine both won early gold medals for the U.S., while several other New Englanders have medaled. Kearney's gold in women's moguls was the first medal of the Olympics for the United States, while Wescott continued to solidify American dominance in snowboarding events.

These Olympic Games have seen ups and downs. The tone was set after the death of a luger the day of the opening ceremonies. There have been many inspirational stories to follow though. For the first time on home soil, a Canadian won gold in the Winter Games.

Six more followed. The American hockey teams have yet to lose as of February 25, with the women in the gold medal game versus Canada and the men in the semi facing Finland, the team who eliminated them in 2006. Shaun White made sure no one ever contended him as the best half-pipe snowboarder, demolishing competition by over three points after revealing a new trick. These American skiers Lindsay Vonn and Bode Miller have been successful in their returns. Vonn was doubted to compete after injuring her shin before the games, but went gold in her first event. Miller, who whiffed in Torino and has been marred by scandal, won his first ever Olympic gold.

A fast downhill course cost several skiers chances to medal on the first day of downhill alpine events, leading officials to change the course and slow it down. A disappointing end for a German speedskater can't be overlooked either. Seven seconds ahead of the world record pace, the skater's coach told him to change lanes. He ended up being disqualified for illegal changes.

The last few days of the Winter Olympics will be action packed. Hockey wraps up, and both men's and women's four-bobsled begins. There is still plenty of medals to be won, and a lot of questions left to be answered. Can the Americans steal two gold medals from Canada in hockey? Will Lindsay Vonn's injuries cost her another medal? Who will finish atop the medal count, America or Germany? It will be an exciting finish none the less.

There is one thing that has been seen repeatedly this year. The level of sportsmanship is always high at the Olympics, but this year it seems even higher. Handshakes, hugs, high-fives, and smiles are always seen. The only time you see any sort of grudge is during a men's hockey match. It is a wonderful sight to see athletes from rival nations shake hands and congratulate each other. The Olympics have always been about sportsmanship and national pride, and the XXI Winter Games have proven that yet again.
30 Years Later: Do We Still Believe?

BY MATT PENET
Nor'easter Staff

Thirty years ago, the United States Olympic hockey team did the impossible. They beat the Soviets. They beat the best team in the world. Less than two weeks earlier, the Soviets throttled the young team 10-3. All hope seemed lost for the Americans. But wins over the best teams in the world leading up to the showdown gave them confidence. They knew they could do it. When Mike Emvi
cion, the team's Captain, buried a slap shot in the net midway through the third period, people began to wonder "Is it possible? Can they do it?" Minutes later, Al Michaels made arguably the most

Player of the Week: Katie Diggins

BY MATT PENET
Nor'easter Staff

The University of New England Women's basketball team had a great season this year. They earned a share of the regular season Commonwealth Coast Conference title, the number one seed in the conferen
tournament, and an outstanding 20-5 overall record, going 11-2 in conference. Included in those 20 wins are rare victories over arch rival South­ern Maine and conference foe Endicott. Senior Captain Katie Diggins is certainly ending her career at UNE on a high note.

Becoming a professional ath­lete is almost every kids fantasy. As reality sets in most athletes realize it is one of the hardest accomplishments to achieve. The chances of becoming one are around 2,500 to 1. At a Division 3 school, athletes are rarely drafted to a professional sports team. Imagine how dif­ferent it would be for an athlete to get drafted to play a profes­sional sport from a school that does not even offer that sport!

Doug Spurling Tackles the CFL

BY RYAN TARR
Nor'easter Staff

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Unheard of right? Wrong! At UNE, Junior Applied Exercise Science major Doug Spurling signed with the Toronto Argo­nauts of the Canadian Football League this past weekend. For those of you who do not fol­low the CFL, Doug Plato was the quarter back for the Tor­onto Argonauts before he was drafted to the Buffalo Bills of the NFL.

You might not know who Doug is personally but I'm sure you have seen him around. At a massive 6'6" 250lb, he is hard to miss. He is from Haverhill, Massachusetts, where he went to Whittier Regional Vocation­al Technical High School and as captain of the football team lead them to 3 state champion­ships. After being recruited by a few colleges, he decided to attend the University of New England so he could focus on school while continuing to play football throughout the sum­mer on various semi-pro teams in New England.

Training for a professional sports team is pretty difficult to do when you attend a school that does not offer that sport. Doug is one of the most hard working and determined indi­viduals I have ever met. For 5 strenuous months I watched him regulate every aspect of his life. He limited himself to eat­ting a diet of only chicken, es­paragus, tuna fish, almonds and eggs, as well as working out 2 hours each day.

Last Thursday Doug flew to Toronto to try out. After excel­ling in every aspect of the try­out, he was asked to come play for the Toronto Argonauts next March, allowing him to gradu­ate first. He was the youngest player at the tryouts by 4 years! A few of the players were even ex-NFL professionals. He was also given a signing bonus that would be a lifetime's salary.

What is most impressive about Doug is his well rounded character. He has excelled in the Applied Exercise Science classes so he graduate early, while working 40 hours a week at a local gym. He is one of the most kindhearted individuals I have ever met, a prime example of a big teddy bear. If you see Doug around please congratul­ate him on his well deserved success.

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Sports Summaries

BY AJ FREDETTE
Nor'easter Staff

Men's Basketball

February 17, 2010

Trailing by 11 with under a minute to play the Nor'easters staged a late rally, but came up short 64-61 to the Gordon College Fighting Scots. Junior Kadare Brown added a career-best 23 points and added 8 rebounds. Marcus Winn nailed 4 three-pointers, and cut the lead to 61-59 with 10 seconds remaining. The Fighting Scots shot their free throws down the final seconds and held on for the victory. Brown scored team high and career best 23 points and added 8 rebounds. Marcus Winn chipped in 10 points for the Nor'easters in the losing effort.

February 20, 2010

Sophomore Anthony Johnson led the Nor'easters with 15 points in a double-double with 12 points and a career-best 15 rebounds. Marcus Winn notched UNE's first goal, and also assisted on another goal finishing the game with 2 points. Junior goaltender Mike Reper made 28 saves and notched his first victory for the Nor'easters.

First-year goaltender Dallas Ungurian stopped 37 shots for the Nor'easters, as they fell to the University Cadets 8-1.

Women's Basketball

February 27, 2010

Sophomore guard Kelley Paradis scored a season-high 22 points as the Nor'easters broke open a close game and had a 73-49 victory in conference play against Nichols College. The win gave the Nor'easters the No.1 seed and home-court advantage through the ECAC East/NESCAC cross-figures as the ladies pulled away late for a 66-55 victory over the fourth seeded Salve Regina University Seahawks. Katie Diggins led the way for the Nor'easters, scoring 14 points and adding a season-high 14 boards. Kelley Paradis and Margo Russell both scored 13 points and combined for 17 boards. Kari Pelletier added 12 points, including being 7-for-7 from the charity stripe.

February 27, 2010

The top-seeded UNE women's basketball team led from start to beginning to capture the Commonwealth Coast Conference championship. The ladies won 75-62 over the No. 3 seed Regis College. Sophomore guard Kelley Paradis led all scorers with 19 points. Classmate Margo Russell recorded her fifth double-double with 17 points and a career best 16 boards. Chelsey Messaros contributed to the ladies with 10 points while shooting 4-for-5 from the floor.

Sports Photo Highlights
Coffee, Coffee, Coffee
BY BRANDON HOTHAM
Nor'easter Staff

I love coffee. Probably more than anyone I've ever dated. Probably more than my parents, on some days. It's not just coffee that gets this amorous attention—it's really all coffee and related bev­ erages. I consume many of them in a day, and frankly, I don't know what I would do without them.

So, I began with a few cups of coffee when I wake up in the morning. These delicious morning beverages are usu­ ally created in my coffee press (fancy, right?). So, if I drink a whole press (which I usually do), that's about two cups. Then, I usually make one before I head out of my residence, or I buy one on the way to whatever I'm doing for the day. Then I switch to diet soda for lunch, the afternoon, and dinner. Sometimes I will have an iced cappuccino beverage in the afternoon, but only if the mood is right. At night, whether I'm out on the town, or in my room reading a book, I can usually find me with a hot latte, cafe americano, or other espresso drink. So, I'm basically a walking caffeine machine. I'm sure this psychoactive stimulant makes up a considerable percentage of my blood content.

So, I know the question is why the chronology of my caffeine intake? Well, if I should I be truthful with you before I express my next opinion: my caffeine addiction is none of your supposed "healthy" people's business. So, next time you feel like telling me how you feel about my coffee consumption, don't.

I guess the next question would be: why the outcry and angst at the caffeine habits? Well, isn't it always the case that drives one to insanity, you know, one moment that drives on individual right over the other? I experienced that moment the other day in a coffee shop. I was trying to order my coffee, and there was a male patron in front of me and two female patrons behind him. The males came in together and went chatting. Now, I'm not into eavesdropping on conversations (I'm seri­ ous), but sometimes people are just really loud and you can't help overhearing what their mindless heads are allowing their classless traps to expat. One of the female patrons was expressing how unhealthy caffeine con­ sumption was. "I can't believe these people are drinking this trash. Don't they realize what it's doing to their body? No, I'm absolutely not getting coffee. I will get something else." I ignored her. I ordered a cof­ fee (something simple, as I recall), my friend ordered a latte, and we usually find me with a hot latte, cafe americano, or other espresso drink. So, I'm basically a walking caffeine machine. I'm sure this psychoactive stimulant makes up a considerable percentage of my blood content.

I didn't tell her the question is why the chronology of my caffeine intake? Well, if I should I be truthful with you before I express my next opinion: my caffeine addiction is none of your supposed "healthy" people's business. So, next time you feel like telling me how you feel about my coffee consumption, don't.

Yes, I drink a lot of coffee, however, I do eat a balanced diet, and it certainly doesn't consist of a 1600 calorie piece of sugary lemon loaf.

My point: I don't understand ev­ eryone's obsession with one another's health. It's just like the whole smoking habit thing. I know, I sound angry. It's because I'm running low on coffee as I write. In fact, I think I will go get another cup now. My final thought: coffee is my vice. It's my worst. We all have one: eating to excess, smok­ ing, drugs, bad 80's music (also one of mine). It's my vice, and I like hav­ ing it. I don't care if you don't like it. So, what's the big issue? If one die. Crazy, huh? .... Or is it? As I've been a reporter for quite a while, I have witnessed quite a few cases of death. I don't really question my mo­ tives. I only wanted to see some­ thing to satisfy my curiosity about how coffee fits into this world of death.

Death at the Olympics— a reporter's wet dream. Blood, guts, controversy, and a shattered Olympia's ambition—literally. The Olympic enterprise thrives—prosper—on the hopes and failures of its athletes' pursuits, and with just only a dozen or so deaths in the modern Olympics' history, this Georgian luger's icy fate launched this winter's Olympic disaster. From ritual sacrifices to town-center beheadings, to pub­ lic hangings to nice—and-squeakly clean capital executions—we are a race obsessed with death. It's easier, granted, to witness the death of a man/woman for the cause of justice. Sure, for if one dies for a crime/inequity committed, we can be at ease with our pleasure in partaking in such a long-lasting custom. But this doesn't explain for our fascination with all those other sorts of deaths and killings. Why the Media plasters images of the dismembered bodies of children and innocents on the 10 o'clock news, why we follow the "careers" (for lack of a better word) of serial killers? I often wonder why we love movies that celebrate Denzel Washington as he inserts bombs up bathtubs and decapitates the

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Mother Nature's Holding Out on Us

BY DANIELLE CROPLEY
Nor'easter Staff

Everyone says that when you go to college, you are going out into the real world. It's the time when we have to grow up, put on our big boy boxes and our big girl panties, and become adults. We live on our own and we're just thrown into a pile of "grown-up" situations that require smart, responsible decision-making. Whether we have to decide to sleep or work on chemistry homework, or hang out with friends studying for our psychology midterm, either way we have to choose a path. However, I've found that in my time at UNE thus far, the growing up and being on my own is far different than I expected.

Nearly everyone here can attest to the fact that college is a time when we have to grow up and deal with all the "stuff" in our lives. But, to find comfort and refuge from all these "adult" problems we revert to behaviors and actions from times gone by. Admit it, you know that you still enjoy coloring pictures, listening to Disney movie soundtracks, and watching Spongebob. Whether you keep these guilty pleasures a secret or not, almost all of us are guilty of it. Perhaps it reminds us of a simpler time, or perhaps we just enjoy it because society tells us we have to grow-ups now and we don't want to completely detach ourselves from the good of days. You know, back when we had a schedule full of naptimes, snack times, and story times; not class time, studying time, and work time. It's these little things that let us escape and blow off some steam on a regular basis. But, sometimes we need a longer reprieve from grown-up life than this, which leads me to my next point: where is all the "snow"?

When we were little kids snow was the best thing. Ever. It was the source of all our wintry wonderland hopes and dreams. Snow meant no school and no work; just pajamas, hot chocolate, and snowball fights. It seemed like a much simpler time, and even as we grew up and went through middle and high school, snow days were literally a God send. They always seem to fall on the days when we just need a little break or a day to just chill. They came in especially handy on the day that big math test or when you're ten page English essay was due. Basically from the months of December to February in the Northern United States there was snow, and at least two or three snow days.

Now here it is, almost the end of February, and the only snow day UNE has seen was a day that can only be described as a baby hurricane. On top of that, the only snow that UNE has seen has long since melted away after being plowed under by foot traffic. It seems that now we can even hold on to that little bit of hope that this "winter" will squeeze out one more snow day. I hope we can all hang on to at least one thing that will help us remember that not everything has to be all grown-up and serious. You know, something to keep us young for at least a little longer. That's how I see it anyway. Just something to think about.

Mythbusters

BY ASHLEY POWENSKI
Nor'easter Staff

On the first of March an episode of Mythbusters aired that I found particularly interesting. The show focused on the famous "lunar landing" of 1969. According to the episode, more than forty years later, twenty percent of Americans still claim it was a complex hoax aimed at gaining publicity and funding for NASA projects.

I'll be honest, I was a gullible kid, and my first exposure to the Apollo 11 mission was a conspiracy theory show on the history channel. My parents tried to convince me that they had seen it live when they were teenagers, but I wouldn't take their word over the scientists on the show. I even did a project in high school that compiled evidence to support the conspiracy. Since then a part of me has always suspected it could be a hoax.

During the episode Jarnie, Adam and the rest of the Mythbusters crew, clearly aim to convince the audience that the landing actually occurred. I was disappointed that none of the Mythbusters supported the conspiracy theory. Although Mythbusters has a pretty good record of remaining unbiased when presenting results, none of their investigations have had the political and public magnitude that the lunar landing carries. In the episode NASA even allows them to use manned, machinery and equipment at the space center in Alabama. I don't think NASA would sponsor the Mythbusters in this way if the tests were going to show the most profound event in space history never occurred, demolishing the integrity of the national space program.

The act of landing on the moon provides a sense of nationalism and something for Americans to be proud of, winning the "space race," but what else does it provide? Nothing. What an incredible waste of money! The government sank money into the space program for more than a decade with the first goal being the only goal of the program. There are other ways to encourage Americans to believe in their country that are less of a money pit, such as the Olympics.

The Mythbusters episode covered most points that conspiracy theorists count on to prove their point, the same points I used in my high school research project. They covered the waving of the flag after being planted on the moon; Conspiracy theorists claim that since there was gravity, no atmosphere, and no wind on the moon the flag should not wave. They also looked into shadows in the photos, lighting issues, and impossible footprints in moon dust. Experiment after experiment they claimed they busted the myths. The claim they have shown irrefutable evidence that twelve astronauts actually walked on the moon July 16th, 1969.

I'm still not convinced. Nowhere in the episode did they talk about how the videos were accidently deleted during the digital remastering process for the 40th anniversary last year. They also didn't cover whether or not the technology was actually present to send a live feed from the moon to every living room television set. Technology couldn't even produce cell phones or internet back then. But more importantly all of the evidence they put together only solidifies the conspiracy theory. By showing that the Mythbusters can replicate most of the mission on earth, they have in fact shown that NASA could have produced the whole stunt on a set as well.

Of course, I will never hear the end of it from the older generation folks who were fixated on their television sets as the first human "set foot on the moon" and be uttered those famous words through the crackled audio.
Dear Fear, We Love Thee...

BY BRANDON HOTHAM
Nor'easter Staff

I went to a movie with a friend this past weekend. We went and saw Breck Eisner's The Crazies. I thought it was a really decent movie. I'm a big horror and suspense movie fan, so it fit right in with my taste. There were some jump scenes, which I enjoyed immensely. It certainly spoiled me, but not to the core. Sorry, I realize this isn't a movie review.

After the movie, my friend and I were walking out to her car. I could tell on the way she was a little jumpy and disturbed from the movie. I really wasn't thinking too much about it; after all, once you've seen as many horror films as I have, they sort of just all run together. I couldn't help but notice on the walk to the car, that every little noise or movement caught her attention; her senses were hyperactive. Well, being the kind hearted friend that I am, I figured it would be fun to scare her just one more time.

We climbed into the car. Normal. She was driving and got in the driver's seat. As I climbed into the front passenger seat, I glanced into the back seat and screamed, "Oh my f$#@-0Ai*"! I exclaimed this as if there was some sort of creature or another person in the back seat. She reacted in the way I expected due to her hyperactive senses she completely freaked. She screamed and looked at me. I immediately started to chuckle, which caused her to understand that I was playing a trick. She then commenced to hit me multiple times in the arm. The pain is still there, but the expression and memory are worth the bruise.

I didn't really think much of this interaction, or of my love for horror movies, until a few days after. I began to wonder why I played that trick on her. I thought about why she would want to go see a scary movie, when she has expressed in the past that she really does scare, and she just doesn't like horror movies. I thought about why she enjoyed horror movies so much. Then... a sort of sociological theory hit me... we love to be scared out of our wits.

Think about any suspenseful situation... as soon as the suspense has gone and the situation has settled itself, there is an incredible feeling that arises; one of great excitement and, dare I say, joy. The more I thought about it, the more the idea intrigued me.

Consider the news. Anyone who is a nightly news watcher, or a frequenter of the CNN (or any other news site) homepage, will know that fear is a top seller. Rarely do we hear the stories of the American past, a success story. Instead, we hear of thousands dying, rapists, murderers, kidnappings, etc.

There was a time when I thought the media was simply trying to scare us; to get us to keep quiet due to the fears and horrors in everyday life. I still think a part of this is true. However, is there a balance? The media may be trying to control us with stories full of fear and speculation, but do we really want anything else? Let's be honest, what's more interesting: a story about a business succeeding or an update on a recent serial killer (with intense details about his upbringing and his recent exploits)? I'm not going to answer. You can decide.

Why the fear? Why the scare? Why the suspense? Is it purely for the physiological response? Or, is there something more? Perhaps we enjoy being scared about other things because it makes our boiling lives more interesting. Of course, we fear the unknown. This is rather common knowledge. We are afraid of the dark because we can't see what's there. We look in the back of our cars before we get in because we are afraid someone is hiding there. Perhaps some of us close the mirror slowly on our medi­cine cabinets because we suspect someone will be standing behind us? It's how we deal with this fear. Because it's exciting. We need fear, and we like it. We want to hear the horror story, and I would challenge, that we sometimes like to be a part of the horror story; specifically when we think we can make it out of it and be okay. After all, if you have a great story of suspense and horror from an experience you've had, you'd want to share it with your friends. Everyone loves some form of attention, and what a perfect way to get it! Not only will you get sympathy, you'll get interest.

I would challenge those people reading this article to really dig deep. I'm sure there are some of you who are thinking, "I do not like being scared. I want to know when people scare me." If this is you, I would then ask you to consider what you want your day to day would be like without being scared every once in awhile. My guess is, you would probably be pretty boring and uninteresting. I'm not saying you should attempt to harm someone; I'm just saying a good fright or scare every once in awhile probably isn't a bad thing.

My only worry as I finish this article is how my friends who I scared will respond. I'm sure she's reading this, and I'm sure she's thinking that I don't have a problem with fear. This is NOT the case. I know I like being scared; just to what extent is what I'm unaware of. One thing's for sure: I'm certain she is planning her revenge, and I'm certain I need to watch my back.
SMM C Endorsed Community Involvement

12th Annual Mary’s Walk and Kerrymen Pub Road Race

Sunday, March 14th

Join more than 2,500 walkers and runners at this great event which raises funds for the Maine Cancer Foundation. To register for the SMMC Striders Team:
1. Go to www.maryswalk.org
2. Click on “Online registration”
3. Complete the online form and be sure to indicate “SMMC Striders Team”
4. All team members and their donations will be tracked through the website.

For more information, call Karen Chasse at SMMC (283-7238) or Denise Lasante at SMMC PrimeCare (282-9080 Ext. 1013).

Saco Community Garden

The Saco Community Garden (SCG) will be creating a garden following organic practices with affordable garden plots at Haley Park on King Street in Saco for growing healthy food and flowers. It is a place for people to rent a plot and garden for themselves. There is enough room for 48 individual plots in quality loam augmented with MOFGA certified organic compost. Onsite amenities will include: water hookups, garden shed, wheelbarrows and hand tools, on-street parking, and compost area. In addition, Master Gardeners can be contacted to assist those new to gardening as well as answer any gardening questions throughout the season.

Garden Plots Now Available!

Each rental plot is 10 feet by 10 feet. The annual fee is $25 for Saco residents and $30 for non-residents. Applications are now being accepted through May 31st. Saco residents will be given first priority up to March 1st, at which time plots will be rented on a first-come, first served basis regardless of residency. To review the guidelines and download a garden rental application, visit www.sacomaine.org/departments/parksrec/community_garden.shtml. You may also call 283-1025 for a Guidelines and Application Packet to be mailed to you.

Completed applications, with checks payable to "City of Saco" and "Saco Community Garden" in the memo line, can be mailed to: Saco Community Garden, c/o Margaret Mills, 168 Simpson Road, Saco, ME 04072.

Next SCAN Deadline: February 16    Release Date: March 5

SCAN is published the first Friday of each month. Please direct all requests to Editor Karen Chasse at 283-7238 or e-mail: info@smmc.org. Please write to us at Community Relations & Development, Southern Maine Medical Center, 1 Medical Center Drive, Biddeford, ME 04005, if you wish to have your name removed from our SCAN mailing list or our list to receive future fundraising solicitations supporting the Medical Center and its affiliates.