Dear UNE,

The 2011-2012 School Year is officially underway which means leaves are beginning to crunch under our feet as we skip off to class, professors are beginning to make some actual sense, and the Nor'easter News is hot off the presses, waiting to be read! With each volume of the Nor'easter News comes new news, new stories, and new opinions, all waiting to be received by this, ourUNE family.

This year, I hope to lead my team with the motto “Great things are not done by impu­ lse, but by a series of small things brought together” from Vincent Van Gough. Not only does this sum up what a team really should be, but this quote shows that it takes little steps brought together as a whole to bring about the change one wants to see in the world.

As a Nor'easter News Team member and UNE student, I hope to see a change in the way UNE students look at, process, and apply the tools of educational advancement that surrounded us. Not only for the betterment of ourselves as individuals, but also as a 21st Century society.

To do a good, long look around you. Aside from your fellow students being engrossed by the fun issue of 2011-2012 Nor'easter News, what do you see? Do you see students eager to learn? Do you see people fully exercising their right to freedom of speech? Do you see a society using opportunities to their maximum capacities? Do you want to? No matter what you answered for the questions above, the same idea rings true: the Nor'easter News is a publication that is marked by posts around campus, and this walk highlights it. It is also becoming a bit greater employee participation for the future that walk itself, a fall assembly, and a BBQ is marked by posts around campus. The route that the walk follows is the mile loop that is turned out to be a festive day for employees.

This festive day includes the walk itself, a fall assembly, and a BBQ, in the afternoon for anyone who wishes to attend. Further, it aims to promote the Employee Wellness program and raise awareness on the measured walking paths around campus. The route that the walk follows is the mile loop that is marked by posts around campus, and this walk highlights this resource.

Amy Quinn, Director of the Department of Health and Wellness Education, says of her hopes for the future that “we get even greater employee participation (from 40% to 70%).” We would also like to capitalize on the ingenuity of several departments and have a tee shirt contest (a few winners, including many different vendors, including water bottles, fruit granola, and different clothing items. To start the event, President Ripich gave a brief speech expressing great excitement at the number of people who were gathered and voiced that she had high hopes for the walk becoming a fall tradition. When the gun went off, runners and walkers began their trek, which raced from the River Lot, behind Champlain Hall, along Hills Beach Road, and looped back to the starting point. Participants included faculty and staff, community members, and the Residential Education and Housing staff. In all, there were over a hundred people. The goals of the Fun Run/Walk include a kick off the fall semester on a healthy note while adding to what is turning out to be a festive day for employees.

PERRINE, NOR'EASTER NEWS

Final chapter on summer renovations of Decary Hall

DECARY HALL: A NEW FACE FOR A NEW YEAR

By CONSTANCE GLYNN
Nor'easter Staff

Over this past summer, as most students and faculty went home, construction took place on Decary Dining Hall. From what seemed like sun up to sun down, at least a dozen workers bustled themselves with their insurmountable tasks. The entire side of Decary was blocked off and people had to rely on the front entrances.

The construction lasted throughout the entire summer, and just when it seemed they wouldn’t finish for the start of classes, the new entrance was revealed and accessible for use. Noticeably, the face of Decary has been redone, with new bricks, windows, and overhang in place. However, what some people may not have completely realized, the interior had a makeover as well. A new floor of offices was built, and even the lower floors were slightly redecorated. Yes, there are still seemingly minor tasks being worked on, for construction workers continue to linger outside as students and faculty go about their day in and out of the building. What exactly was done? What remains to be finished? Was this simply a cosmetic issue or was it necessary? Perhaps both? How much did it cost and was it everything the UNE staff had hoped for? Find out in our next issue (to be released on October 5th) as the Nor'easter News team reveals these answers. In the meantime, enjoy the new look and explore the new spaces!

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Promoting Employee Health and Wellness: A Fun Run/Walk

BY CONSTANCE GLYNN
Nor'easter Staff

August 24, 2011 marked the second year for UNE's Fun Run/Walk, organized by the Health and Wellness and Human Resources departments. Participants gathered at the River Lot facilities and were immediately greeted by a DJ and many different vendors, including water bottles, fruits, granola, and different clothing items. To start the event, President Ripich gave a brief speech expressing great excitement at the number of people who were gathered and voiced that she had high hopes for the walk becoming a fall tradition. When the gun went off, runners and walkers began their trek, which raced from the River Lot, behind Champlain Hall, along Hills Beach Road, and looped back to the starting point. Participants included faculty and staff, community members, and the Residential Education and Housing staff. In all, there were over a hundred people. The goals of the Fun Run/Walk include a kick off the fall semester on a healthy note while adding to what is turning out to be a festive day for employees.

Good luck this year in all that you do and remember, the Nor'easter News is here. We're ready for your readership, leadership, and literary genius to take this, your student newspaper, to a new level. I hope you join us on this new adventure we're about to embark on, for you never know when you've danced your last dance, laughed or last laugh, or said your last word.
The three UNE professors are Renee LeClair, Ph.D., assistant professor of biochemistry and nutrition; Deena Small, Ph.D., associate professor of chemistry and physics, and Colin Willis, Ph.D., assistant professor of pharmacology.

* LeClair received a Scientist Development Grant totaling $307,372 over four years for her proposal entitled, “Ochip: a novel inhibitor of TGF-beta and beta catenin during vascular fibrosis.”

She will be studying the complex process of restrictive vascular remodeling, which involves smooth muscle cell dedifferentiation and matrix deposition. The effects of this process can be devastating and there are currently no effective therapies for fibrotic disorders.

* Small received a three-year Founder’s Affiliate Grant-in-Aid award totaling $119,000 for her proposal, “Regulation of Adipose Tissue Angiogenesis: Jagged1/NorfolkFGF2/FGFR Signaling Axis.”

This study will use cell culture, transgenic and ectopic fat pad models to study adipose tissue development and vascularization. Since the risk of developing metabolic syndrome and cardiovascular disease increases in obese persons whose fat tissue is characterized by a poor blood supply, more knowledge concerning how this important procedure is regulated will aid in the development of treatments for obesity and its complications.

* Willis received a Scientist Development Grant totaling $231,000 over the next three years for his proposal, “Experimental Ischemic Stroke Increases BBB Permeability: The Role of VEGF, Protein Kinase-C and Nitric Oxide Synthesis.”

Willis is taking a mechanistic approach to determine the role of a receptor mediated event and two intracellular signaling pathways play in (1) modifying BBB structural and permeability changes during hypoxia and post-hypoxic reoxygenation exposure and (2) as mechanisms to explain differences in brain regional vulnerability to ischemic stroke.

These three investigators work synergistically in the UNE Pickard Center for Biomedical Research. UNE Vice President for Research and Dean of Graduate Studies Timothy Ford, Ph.D., states, “I am delighted that these exceptional faculty members—Renee, Deena and Colin—have each received prestigious American Heart Association Awards. This is a reflection of the evolving culture of research at UNE, and how our faculty are becoming increasingly competitive for federal funding. These awards are, in particular, critical stepping stones to the major NIH funding programs. My congratulations to each of these outstanding individuals. Their achievements are a superb example to other faculty developing biomedical programs at UNE.”
American Hikers Waiting for Release from Iranian Jail

In July 2009, three Americans were hiking in Iraq and unknowingly crossed an unmarked border into Iran. Josh Fattal, Shane Bauer, and Sarah Shourd were arrested for illegal entry and espionage. Shourd was released on $500,000 bond in September 2010 because she was not able to receive adequate health care for pre-cancerous cells. Fattal and Bauer pled not guilty, but were each convicted on two counts and sentenced to eight years in jail. American officials thought the sentence was too severe when there was little to no evidence presented in the case. The three hikers claimed that they were actually abducted in Iraq and brought over the Iranian border.

The Iranian government decided that they would release the two remaining hikers, Fattal and Bauer, if they were each able to present a $500,000 bond in September 2010. The judges is currently on vacation. After the holiday, a SS00,000 bond was paid last week, but their release was delayed again because there was little to no evidence presented in the case. The three hikers claimed that they were actually abducted in Iraq and brought over the Iranian border.

The Iranian government decided that they would release the two remaining hikers, Fattal and Bauer, if they were each able to present a $500,000 bond. Their bond was paid last week, but their release was delayed because of an Iranian holiday. After the holiday, release was delayed again because law states that two judges are required to sign paperwork to prove that bond has been paid. One of the judges is currently on vacation. The hikers are expected to be released upon the return of the judge, sometime this week. (www.cnn.com)

Palestine Vying for Statehood

In the latest development of the Israeli-Palestinian conflict, officials from the Palestinian Authority have decided to ask the United Nations to recognize Palestine as a state. The Palestinian Territories, part of Israel at the moment, have been trying to negotiate an agreement to become a separate state from Israel. While both sides attempted to do so peacefully, the opposing sides have failed to create an agreement, due to the fact that the history between the territories and Israel is filled with past violence. Palestinian Authority officials have decided that this is the right time to ask the U.N. to recognize Palestine as an independent state.

Officials claim that conditions in the territories have significantly improved, giving a sense of prosperity and security. A resident was quoted saying, "There's still more to do in terms of services and infrastructure, but the economy has grown and security has improved a lot in the past few years."

The only real change is switching to "territories" which is a more politically correct way of referring to them.

World News

Israel is opposing the recognition of a Palestinian state because Palestinian Authority refuses to recognize Israel as a state. The United States has threatened to use its veto to block statehood if Palestine proposes statehood. The Obama Administration wants Israel and Palestine to agree on statehood, and does not want the declaration of a state by the U.N. to increase tensions in the area. (www.bbc.com, Ayala Cnaan, Ph. D.)

Norwegian Cruise Ship Fire

The MS Nordlys cruise ship caught fire this past Thursday while traveling from Bergen to Kirkenes, two cities located on the Norwegian coast. The ship was forced to make an emergency stop and evacuate all of its 207 passengers and 55 crew members.

Two people were killed, while nine others were injured. The fire started in the engine room, but the cause is still being investigated. (www.nytimes.com)

Earthquakes in India Kill 11

A 6.9 magnitude earthquake struck northern India, near the border of Nepal. The quake hit Sunday evening, effecting people in both countries. Within an hour and 15 minutes, two more quakes hit the same area, with magnitudes of 5.7 and 5.3. Power outages and landslides have been reported, but no tsunami warnings were issued in response to the quakes. In Nepal, a wall in the British embassy collapsed, killing three, including an 8-year-old girl. Two others were killed in Nepal, while at least a dozen were injured. In India, six people died and 33 others were injured. At press time, these were all the reported deaths, but this number is expected to rise upon further rescue efforts. (www.cnn.com)

German Teen Lived in Woods for Five Years

On September 5th, a teenaged boy walked into Berlin City Hall in Germany, carrying a tent, a sleeping bag and a backpack. He claimed that he had been living in the woods with his father for the past five years, and left to find help because his father died two weeks prior in a fall. The teen, who calls himself "Ray," is believed to be around 17 or 18 years old. He speaks English fluently and knows some German.

"Ray" walked for two weeks before he arrived in Berlin. The boy has been placed in the care of social services, and is reported to be in good health. He knows his full identity, and claims to know what happened to his mother, but authorities are refusing to release this information. (www.news.com)

IN MARCIL 323 SEPTEMBER 21, 2011 AT 7:30 PM

YOUR NAME COULD BE HERE!
Meet Your 2011-2012 Nor'easter News Team!

Find out who the new News and Layout Editors are TONIGHT at the General Staff Meeting!!!
UNE Welcomes New Faculty: Dean Hey and Provost Williams

Tune in next issue to learn even more about these new faces on campus!

BY CONSTANCE GLYNN
Nor'easter Staff

At the close of last year, the search for a new Dean of the College of Arts and Sciences had proved successful. It was announced that Dr. Jeanne Hey would take on the position, and her goals for the future were made public at an event UNE held to welcome her. With a Ph.D from Ohio State University in Political Science and an undergraduate degree in International Relations and Spanish from Bucknell University, Dean Hey knows firsthand the enriching rewards that directly correlate with receiving a Liberal Arts education. When she presented herself to UNE, she spoke of the values of the Liberal Arts. She sees it as a responsibility to develop our majors here at UNE (such as English and Language Studies, History, and Political Science) that are not career-based. She also showed a great appreciation for the core curriculum that we currently have in place. She spoke of being able to preserve our strengths while developing our Liberal Arts.

Last year, UNE students, faculty, and staff received some very sad news when Jacques Carter announced he would be stepping aside as Provost of the University. With Carter moving on to focus on other interests, UNE began the process of hiring a new Provost. Dr. Jack Williams has been named as the new Provost and Vice President for Academic Affairs. Learn about his background and his plans for the future in the next issue of the Nor'easter News. Also, what will both Dr. Hey and Dr. Williams bring to the university together?

Tune Into Your World: Orientation 2011 Recap

BY JESSICA HAMEL
Nor'easter Staff

Have you ever heard the term, “There is a first time for everything?” Well, that was true for Orientation 2011. If you had participated in Orientation in the past, you would not have recognized the program. One of the biggest transformations was offering three different summer sessions this June. During the summer sessions Trailblazer in the Outdoor programs, and post trips for Trailblazer in the Community programs of varying levels were available for the first time. There were also trailblazer programs offered for the incoming students who participated in transfer Orientation session in July. Once fall arrived there was another round of “firsts.” There was a mandatory Trailblazer experience for the students participating in the fall session of Orientation and, due to Hurricane Irene, the Orientation Team staffed a campus wide move-in starting at 5am. While adapting to all the changes the 2011 Orientation Team put on several successful orientation sessions.

With all three summer sessions combined there were approximately 575 first year students on campus throughout June. These sessions were designed to give new students the opportunity to meet a portion of their classmates and their potential roommates enabling them to start building strong connections at the University. Along with current students, such as Orientation Leaders and Advisors, the new incoming students were able to see and meet some professional, staff members of the University. They were welcomed with multiple sets of open arms. The style of Orientation was a two day river kayak and ropes course trip on Cow Island. Both of the post trips were one day events, the first was a scenic bike trip around coastal Biddeford, the other one was a kayak trip on the Saco River. Along with outdoor trips there were pre-trips and post trips for students that were interested in getting involved with the Marine Science Center on campus. Through these programs, students were able to further their connections with their peers while exploring different options around school.

In July, there was an Orientation directed towards students that were transferring in to UNE. This is much different than the first years, the transfer students were on campus for two nights and had the opportunity to meet peers and some of the administrators of the University. For the first year and or transfer students that could not attend the summer Orientation sessions, we held a fall session. This session is different in a few ways. It is a mix of different grades, students move into the room they will be living in for the school year, and right after Orientation ends, school starts. This year, for the first time, the students living on campus for fall Orientation were required to participate in a Trailblazer program. The options included an Intercultural Excursion (TRICE), a river kayak trip, a bike trip, a trail clean up, a community service based trip to Biddeford City Theater, and a community scavenger hunt around Biddeford. About 15 students participated in each trip. The other major difference that happened in the fall was caused by Hurricane Irene. Instead of a staggered move in, first years one day and returning students the next, the University planned a one day move in. First years moved in from 5am-noon and returning students moved in from noon-5pm. These were the main moves in times, but there were extended times as well. With all of these changes in place, the 2011 Orientation season was a successful one!
According to Scrivs?

BY STEVE SCRIVENER
Nor'easter Staff

WEDNESDAY, SEPTEMBER 21, 2011

A few weeks into college can be a little easier. Many of the things that need to be done are no longer new, so the excitement of the year is beginning to wane. It is time to start thinking about your future and how to make the best use of your time at college.

One other piece of advice I would like to offer our newest students is to think about healthy eating. It is important to make sure that you have some kind of conversation about it. Did you setup any kind of roommate agreement? We all have different eating habits and it is important to make sure that you are open to everyone's schedule. You might need to work with your roommate to come to a compromise but it is important to make sure that you understand each other's eating habits.

You will need to adjust your eating habits if you are trying to lose weight or maintain a certain GPA in order to stay eligible. Whatever the circumstance, new and old, grades are very important, and in order to stay on track with your personal goals, the library provides the best environment for success. Freshmen, you might think I am kidding, but when midterms and finals week rolls around, you practically have to make reservations for a seat if you hope to get your studies completed in an area that is free of distractions. There are many other life changing lessons you will learn throughout college, but hopefully these little pieces of advice will help the transition into college be a little easier.

Divalicious Advice

BY ANONYMOUS
Nor'easter Contributor

"DISCLAIMER: Nor'easter News is not responsible for any of the content in the Divalicious Advice Column. Divalicious Advice, in some instances, is meant to be humorous and should be taken lightly."

Dear Diva,

My ex and I broke up this summer and it seemed okay at first, but now that we're back at school I see him all the time. I thought I was over it, but now I just want to scream or puke whenever I come in contact with him. Please help me get over it so I don't feel like a crazy person every time I pass him on campus.

Signed,
Sad & Single

Dear Sad and Single,

Diva has been in this situation many times. Diva can't help if people are just naturally attracted to her even if she is not attracted to them. Many times Diva just can not stand the obsession or the people wanting to follow her every move. Sometimes Diva needs her space, what is the age old saying; if Diva is not happy then is anyone else truly happy? In all actuality, Diva would probably first head down to the closest drug store and get some of that motion sickness pills so that the urge to vomit is controlled.

there is nothing worse than vomiting on someone that you used to date. The questions that I would ask myself include how did I truly know this relationship? Is there a hidden reason why even though we are broken up he is still giving me this kind of attention? One could question that there are some things that need to be resolved in the relationship. Diva might suggest an audience, I mean conversation to figure out how their relationship is going to be built. You do need to be friends with all of your exes but how are you going to make it work for you? The interesting question is to think about Divalicious. You need to know if you are feeling this way is how you ex feeling? Just some things to think about.

Diva suggests that you try to explode some hobbies or other activities to focus on your energy. The time of your year at UNE lots of activities are happening and hopefully you can find something to occupy some of your time so that you are not so focused on this past relationship. Yes it can be hard, but Diva has faith that you can get through this!

Dear Diva,

I got a problem...my roommate stays up way too late, and keeps me up! At first, I thought it was the excitement of the year, but now that school is officially underway I'm in desperate need of some shut eye. I haven't said anything yet, because I'm a wuss who likes to avoid confrontation, but enough is enough. I need your help!

Thanks,
Sleep-deprived

Dear Sleep-deprived,

May Diva suggest first that you invest in a nice sleep mask, and some soothing sleep music. People like Diva need their beauty sleep so they have this kind of thing down to a science. If this kind of thing bothers you enough it is important to make sure that you do have some kind of conversation about it. Did you setup any kind of roommate agreement? We all have different sleep schedules and it is important to make sure to be open to everyone's schedule. You might need to work with your roommate to come to a compromise but it is important to make sure that you bring up with your roommate if you are feeling this way. You could also suggest to your roommate that if they like to stay up late to perhaps use the lounge or another space on campus to hang out so that they do not bother you during late hours. If you have trouble knowing how to start the conversation, a RA is someone that could certainly help starting. Good luck, and sweet dreams!

Dear Diva,

I can't stop eating! I know that Diva isn't the most exquisite dining experience, but with all the choices I can't seem to get my fill. And it's not just Decary, the fact that I can order out for pizza on my Nor'easter Dollars is not making this problem any better. I eat when I'm not hungry and I don't know how to stop! Is this normal? What do you think I should do?

Signed,
Nom-Nom Nom

Dear Nom Nom Nom,

Diva loves a good meal any day but wonders is there a reason for the excessive eating? It is great to have that many options but is the food a substitute for something else? Many times Diva finds herself eating when she is bored and had to adjust her schedule to make sure that there was something else filling her time. Its possible as well to try to focus more on eating healthy choices. Decary has some great fresh fruit and vegetarian options this year as well. Our resource that you can also talk to is the Health and Wellness Center Office that has information about healthy eating as well as the Dining Service office. They would be more than happy to talk to you about your eating choices.

Lastly it is always important to be able to identify if the eating is compensating for something else. Talk to any of the many involvement opportunities on campus to fill your time and meet new people.

Would you like the Diva to answer your burning social questions? If so, please email your submissions to ec@norcastenews.com and tune into future issues to find your answers!
With the start of the semester upon us once again, we find ourselves entering a familiar, yet ever-boring monotony. Let's face it, sometimes college just isn't as exciting as the movies made it out to be. However, this doesn't mean that instead of taking notes we should be drooling into our legal pads or instead of reading we should be drawing pretty pictures with our plethora of highlighting devices. Sometimes our professors, whether tenured or visiting, will end up surprising us with their colorful means of self expression that may border on insanity instead of educational. Maybe the semester hasn't quite hit that point for you yet, but I know that the semester has officially begun for I have caught my professors saying the darndest things ...

"They whack things off...I mean, in the chopping way ..."

"How are we doing this morning? Caught any one's diseases yet?"

"Someone left a blunt in here. It's like a holiday special!!"

"If you spill your chew on somebody, I am withdrawing you from this class."

"I'm used to people running out of the room when I start talking."

"They whack things off...I mean, in the chopping way ...

"If you don't need a break, I could just keep going—would that's what she said be appropriate here?"

"Don't fall for the 'If we don't back up the fate of the species is on the line' line."

"Dodge ball can be pretty vicious if I remember correctly from second grade..."

"Her roommate is a 'hugger'"

"Women don't really seem to do the trash talking thing—unless its mud wrestling—which there is nothing wrong with."

"Oh demons be gone! You missed the streams?"

"If you spill your chew on somebody, I am withdrawing you from this class."

"Just read this aloud in the cafeteria and see how many people move away from your table..."

"I don't need a break, I could just keep going—would that's what she said be appropriate here?"

"We've been seeing each other for a while now, how about a blood and urine sample?"

"That image disturbs me on many levels, so...thanks for sharing."

"We've been seeing each other for a while now, how about a blood and urine sample?"

As students we spend hours upon hours in the classroom, listening to our professors lecture on about what we need to know. At any point during these hours have you thought to yourself that you just couldn't believe what came out of your professor's mouth? Often times do you find yourself wondering how exactly what they said was relevant to the lecture? If you said yes to at least one of these questions...It is likely that your professors say the darndest things and you should write these random and obscure gems down and send them to: eic@noreastern.edu. By doing so, your anonymous professor quotations could appear in upcoming issues of the Nor'easter News. Don't pass up the chance to share something funny that your professor said; these things are priceless.

Although this semester is bound to have its share of ups and downs, a few headaches and mid-class daydreams, I know we'll all survive! If there's one thing you can count on, it's that no matter the topic area or course reference number, your instructor is bound to let one of these crazy conversation starters slip. So, don't miss your chance to learn something new and good luck on your 2011 Fall Semester endeavors!
**Kickin' it with Kristin & Friends**

**BY NICK DURAND**
Nor’eastern Staff

Hi all! My name is Nick Durand and I am a sophomore here, as well as an Orientation Advisor for the 2011-2012 school year. After successfully completing my first year I have a few pieces of advice that I would like to share with the newly arrived first year students!! So at this point we’re done with our first full week of school. I’m sure some of you are starting to feel comfortable, while others are starting to feel overwhelmed. Take it easy! Hopefully you have been keeping your doors open and getting to know the people on your floor. If not, do it!! You’re going to be living with these other students for the rest of the semester, so get to know them. For those of you who are feeling comfortable, good for you!! Try to branch out and make others feel as comfortable as you.

For those of you who are overwhelmed, relax. Things are going to get better. Once you get into a routine of where your classes are, what time they start, and when to eat, you’ll be fine.

Another way for you to branch out is to get involved with some clubs and organizations that UNE has to offer. There are tons! I was nervous about getting involved at first because I wanted to get used to classes and everything before I really branched out. Once I did though, I joined the club volleyball team and loved every minute of it. I made another group of friends who loved doing the same thing as me. If you’re nervous about joining something, take it slow and don’t be afraid to ask questions!

Another important way to get comfortable and acclimated here is to stay organized! Make to-do lists, use a planner, and leave notes for yourself. It is one of the easiest and most effective ways to get yourself comfortable. I would always write notes and reminders to myself and tape them to the back of my door before I went to bed, that way in the morning as I was getting ready to leave I’d see them and wouldn’t forget anything. Scheduling things helped me a lot too. I would always make time tables and plan out my day. Now this is probably a bit extreme, but hey, it worked for me.

Lastly, if you’re nervous, anxious, apprehensive, or all of the above about anything during your time here, remember that all the upperclassmen, including the Orientation Leaders and your RAs all went through the same things you are! They’re all more than happy to answer any questions you have or to just give you some advice! So try to branch out, get involved, make yourself comfortable, get into a routine, and ask questions! You’re gonna do great things!

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**Sodexo Healthy Focus: Dining Today the Mediterranean Way**

**BY PATRICIA GRIGWARE**
Nor’eastern Contributor

Sodexo cares about you and is committed to enhancing the health and wellness of all students, faculty, and staff on campus. Through our Better Tomorrow Plan, we are focused on providing innovative and exciting approaches to health and wellness through culinary innovation and nutrition programs.

Our Mediterranean cuisine will provide varied and balanced food options at all campus sites that meet the new USDA guidelines for reducing sugar, fats and sodium.

Sodexo is bringing the Mediterranean to you! Mediterranean fare, renowned for its heart-healthy, exotic, and tasty dishes will be featured in Resident Dining. Our food will take you on a Mediterranean journey to Spain, Italy, and Greece where you can sample local cuisine and take part in fun events and activities.

So sit back, relax, and enjoy our delicious and nutritious Mediterranean food and the journey Sodexo will take you on.

Mediterranean cuisine has long been renowned for its health benefits. The 2010 Dietary Guidelines for Americans features this cuisine as a model for healthy, well balanced eating. This style of eating encourages plant-based foods such as fruits and vegetables, whole grains, legumes and nuts. It replaces saturated fats (butter) with heart healthy fats (olive and canola oil) and limits salt by using aromatic herbs and spices to flavor food. Plus, fish should be increased in your diet to twice a week while limiting red meat.

Enjoy our culinary journey with Sodexo to the Mediterranean.

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**How the Nor’eastern News Has Helped Me, An English Major**

**BY CONSTANCE GLYNN**
Nor’eastern Staff

When I first joined the Nor’eastern News staff last year (my first year at UNE), I was looking to meet more English majors. What I was looking for is not exactly what I found, but I am in no way disappointed. I have found a group of people who understand the importance of being part of the only student voice outlet on campus.

Writing for the newspaper has helped me in tremendous ways, by gaining both soft and hard skills. What I have learned from being a part of the newspaper team has expanded the skills I’ve gained in my English classes, and it has helped me in unexplainable ways in keeping up on top of the field that awaits me upon graduating.

Writing an article for the paper is nothing like writing a paper for class. It has exposed me and challenged me to learn different styles of writing; styles that you can only learn with journalism experience. In the classroom, the knowledge gained is a bit limited. I learn about books and theory, but I don’t get the chance to write from a personal point of view. I never get the chance to write about exciting things around campus, for I’m always writing the typical essay. This can get very dry after a bit, and the different sections in the newspaper have something for every writing theme. On the newspaper, I have had the opportunity to write every kind of article, from news to opinion, and even a book review.

I have learned how to incorporate sources into a news article to make it factual. I have learned how to voice my opinion without bias, and how to persuade people in the process. In writing for the features section, I have learned what appeals to people the most and how to be convincing in my reviews. Moreover, the newspaper stresses formal writing, which is something we all lose touch with at points. Yet I guarantee that no future employee will appreciate text talk, and my professors certainly don’t.

Besides the writing aspect of it, the paper has enhanced my communication skills. Written word is just as important as spoken word, even in my field of study. As a writer for the paper, I have had the chance to interview many people; people whom I wouldn’t get the chance to talk to otherwise. The discussions that I have had thus far have done more for me than anything I will ever learn in the classroom. Only in a conversation can you hone the intricate skills of communication, and the newspaper has allowed me to do this. This skill will aid me greatly in future interviews and presentations. It is my opinion that the ability to communicate is becoming very rare in today’s world. It is so easy to lose ourselves in texts and social networks, but it is imperative to know how to talk to people.

To have the opportunity as an undergraduate to be such a big part of the Nor’eastern staff will help me immensely in my future. When I enter an internship in the journalism field, I will be able to keep pace. If I decide to apply to a graduate school, this leadership position and unique experience will give me an edge. My future employees will be looking for experience, and I will have it. Even if I remain unemployed for the rest of my long life, I will be happy for I have the skills to convey my thoughts in words in ways that people who do not write and express their thoughts in communication do not.

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How the Nor'easter News Has Helped Me, A Non-English Major

BY DEIDRE DICKER
Nor'easter Staff

Sarah Roberge, a sophomore, stands quietly over her plastic candle with a group of friends. They are sharing stories—stories of lost, loved ones. Sarah sports a colorful tattoo on her left foot; an Army crest with a War Horse. Above it, a gold star, representing the loss of a service member. Roberge, who lost her brother two years ago in Iraq, was one of about a hundred who attended UNE's candlelight vigil on September 11th.

There is no doubt that the catastrophic events that took place on September 11, 2001 made an impact on every one of us here at the University of New England. We each had to deal with the knowledge that our country was under attack, and that we could no longer feel secure in our own nation. But it also served as a reminder that Americans are courageous and heroic individuals.

On this ten year anniversary of September 11, the University of New England took part in honoring the individuals that were lost that day by holding a candlelight vigil. The memorial service began at 8:00 P.M., where people attending the service assembled in front of the Campus Center and together lit candles. They then walked around campus to the kiosk and gathered before it, where they were briefly welcomed and ruminated on quotes by Rabbi Kushner, who is well-known for his title book When Bad Things Happen to Good People and his uplifting encouragements about living a meaningful life. The service was a chance for people to reflect on the events of 9/11 and to be in the fellowship with peers. Reflections were joined with musical selections including Amazing Grace and America the Beautiful and a moment of silence. The event was attended by over 200 people. Though it is painful to reflect on the terrible events that occurred September 11, it is a beautiful thing to remember the heroism of our fellow Americans and to take pride in the way our country admirably rebuilt itself in the face of hateful terrorism.

"I think it’s important to recognize it now because I was only in the 4th grade when it happened and I was too young to understand," states Roberge. People attending the candlelight vigil recognized this, and the victims of the 9/11 were given the remembrance and honor they deserved on that day as a result.

UNE Remembers September 11, 2001 with Candlelight Vigil

How the Nor'easter News Has Helped Me, A Non-English Major

BY DEIDRE DICKER
Nor'easter Staff

I originally joined the Nor'easter News when I started at UNE as a freshman. Over the summer before I moved to UNE, I researched the newspaper and applied for a position. I was assigned an issue of the paper along with a note from the (then) Editor-in-Chief inviting and encouraging me and other prospective students to get involved. I had never been on a newspaper staff before, so I wasn't entirely sure what to expect, but as a first-year student I was really looking to get involved. I love to edit papers, so becoming an editor sounded like the perfect fit for me. Right off the bat I was hired as the Features Editor and I was having a great time.

Prior to this school year I was more interested in editing than writing, but I've been getting more and more into the writing aspect and am really enjoying what I am getting out of it.

As a non-English/Journalism major, it is not often that I take classes that focus on writing skills. Most science classes don't teach sentence structure and grammar. They are much more concerned with research and content. That part is also very important, but how can you write about what you've found in your research if you can't even construct a sentence properly?

In the majority of health professions, documentation is one of, if not the most, important aspects of the job. For example, as an outpatient Occupational Therapist, for every few appointments you have with a patient, you have to write up a report to send to the referring doctor so that they know what the patient has been doing in therapy and whether or not they are improving based on the intervention. Personally, I wouldn't want to make that doctor think that I was incompetent because I couldn't write a logical note. If that was the case, I probably wouldn't be getting too many more referrals from him or her. So having a good background in writing is really important.

By writing for the paper each issue, I get about an hour or two of practice per week. Although it doesn't sound like much, it really is a great way to keep your mind thinking about new ways to write. An article is typically about 500 words. It is short enough that it doesn't take up too much time, but it's long enough that your brain is still being stimulated.

Besides the writing portion of the paper, there is a lot to be said for the interviewing process. Not every article requires an interview, but for those that do it is a great way to practice your interpersonal skills and communication. In this day and age, there is very little face-to-face communication and interviewing forces you to do that. It's a nice change from the email threads that go back and forth, and you have the opportunity to have people expand on things while they are talking about them as opposed to going back and emailing another question.

Again, as a Non-English major, and especially for those of us going into the health field, we will be working directly with patients, and that requires some degree of skill. You learn how to be professional while you practice and it sets you up for great job interviewing skills as well as just simply working with people on a day-to-day basis.

The lessons you learn by being part of the Nor'easter News go far beyond the news stories and newest movie review. Many people are unaware of the work that goes on behind the scenes, and it really is a great way to become more involved and learn a lot about writing style, communication, and leadership.
Cross Country Starts Season With Wins

BY DEANNA BAUMERT
Nor'easter Staff

Two races into the season and the UNE Men's and Women's Cross Country teams have already made themselves a force to be reckoned with. The men's team is lead by seniors Jen Partlow and Heather Pederson along with junior Lindsay Forrette. This year marks Partlow's fourth season of cross country and second season as a captain. Pederson joined the team during the 2009 season, as did Forrette. Both are first time captains but judging from their team's record so far, all three captains are capable of leading their team to success.

Senior Jonathan Dupuis and juniors Tim Denoncour and Chris Dracoules are captains for the men's team this year. Dupuis joined the team as a sophomore during the 2009 season, which was also the first season for Denoncour and Dracoules. Both teams are coached by head coach Ron Ouellette and assistant coach Jerry Mullins. Both the men and women took home first place hardware for their performances at the University of Maine in Farmington Invitational on September 3rd. Sophomore Colleen Ahern finished the 5k course at second overall and first for the team with a time of 21:46. Five more Nor'easter ladies found their way into the top 10, including first-years Annuelle Donahue in third at 21:51, Erin Flatley in sixth at 22:25, and Michelle Reidy in the ninth spot at 22:46. Partlow (22:21) and Pederson (22:45) were fifth and eighth respectively. The women left their competitors in the dust, with second place Husson adding enough points to more than double UNE's score of 24.

The men had a near-perfect score of 16 which gave them the victory against seven other teams by a huge margin of 71 points. First-year Peter Lepage started off his collegiate career with a first place finish on the 8k course by completing it in 21:53. UNE claimed the next four finishes within 20 seconds of Lepage's finish with sophomore Geoff Wahome coming in at 22 minutes flat, first-year Shane Murphy coming in at 22:05, and sophomore DJ. Raboin finishing at 22:13. Sophomore Naze DiMartino, the last to score for UNE, made a sixth place finish at 22:25.

One week later, the team hosted their own invitational meet at Rotary Park in Biddeford. Husson was once again among their competitors, as well as an always challenging USM team.

The women came out on top, earning the title of team champions on their own course by a margin of 11 points. Ahern came in third overall at 20:59, only 31 seconds after the first place runner from USM broke the course record. A pack of four UNE women went over tops six through nine. Leading the pack was Donahue at 21:27, followed by Partlow, Flatley, and Reidy. Pederson and sophomore Natalie Hardiman came in sixth and seventh, respectively, for the team at 22:01 and 22:12 respectively.

USM claimed the victory for the men with UNE coming in second by 13 points. Murphy stepped up to earn third overall and first for the team at 29:05 on the 8k course. Raboin was next to score at 29:18, followed closely by Wahome at 29:22. DiMartino came in 14th place at 30:13 and senior Bosco Odinga topped off the score with 17 points and a time of 31:00.

In addition to collecting team wins, several members of both teams have gained recognition from the Commonwealth Coast Conference. Ahern and Donahue earned Runner of the Week and Rookie of the Week honors for the week ending September 4th. The following week, classmates Murphy earned Rookie of the Week while Raboin was named Runner of the Week.

A recent decision by the Eastern College Athletic Conference (ECAC) lead to the women's team being awarded the first Scotty Whitelaw Sportsmanship Award for the actions of two members of the team who selflessly chose to come to the help of a fallen competitor at the ECAC Championship last year.

Both teams will return to the competition scene at the Elm's College Invitational in Chicopee, MA after a well deserved week off from racing.

Field Hockey Has Best Start in Program's History

BY DEANNA BAUMERT
Nor'easter Staff

The UNE field hockey team has a TCCC title to defend this year and with the way they've started their season, this should be no problem. With the help of this year's captains, Michelle Os­wald and Brie Tupper, the team's new head coach Danielle Ryder has made it obvious that her team will be a formidable oppo­nent this season. Six consecutive wins to start the season should be enough to get that message across to other teams.

The team graduated five players from last year's roster but they still have plenty of key players both old and new to keep the wins coming. In particular, sophomore Hannah Tavella who is one of 13 returning players. The 2010 season saw her playing all 20 games and starting in all but two. She had 10 assists, the most to be made by a first-year in UNE field hockey history. Add two TCCC Rookie of the Week honors and it is no wonder she was named the UNE Female Rookie of the Year last year. This season opened with an away match against USM on September 1st. Sophomore Casey Clark and Oswald led the team to victory with a goal apiece in the last five minutes of the first period. Clark put the ball in unassisted at 30:05 and Oswald's went in on an assist from Tavella about three minutes later. The second period was scoreless for both teams, due in part to first­year goaliekeeper Katilen Warren whose four saves lead to her first career shutout.

September 3rd and 4th brought back to back home games against Wheaton and Castleton State. By the end of the weekend, the team pushed their record to 3-0.

Junior Laura Eganous had the first goal of the game during the second half, followed less than a minute later by a goal from Wheaton. The deciding goal of the match came from sophomore Kelsea Beisaw at 48:37. The next day brought an overtime victory against Castle­ton State. After an early goal by the opponents, UNE put two points on the board from Tupper. Castleton had the advantage by the end of the first half but at 63:59 Beisaw put one in off an assist by Tavella to tie the game. Sophomore Hayley LaPointe had the assist for the winning goal made by Oswald at 73:08.

Two days later, the women had yet another overtime win. A point made at 63:38 from Framingham State forced the game to go to 72:13, at which time Tupper made an unassisted goal for the 3-2 win.

The next two matches were against Husson University and St. Joseph's. UNE had a 4-3 win over Husson on September 10th and four days later made UNE field hockey history with their sixth consecutive win right at the start of the season. Eganous, assisted by junior Emily Kochler, made the only goal of the match with less than four minutes left in the game while Warren had her second shut out with eight saves. A home match against En­dicott on the 17th will mark the begin­ning of the team's confer­once play.
Men's Soccer Victorious in First Conference Match

BY DEANNA BAUMERT
Nor’easter Staff

After last season's three win record and five ties, the most in UNE men's soccer history, the new team is looking to cut back their losses and bring home the wins.

This year, the men are captained by midfielders Dan Crear, who is one of 11 players returning to the team this season. Three seniors are back for their final season including Crear, goalie Jon Planer, and forward Kiel Hillier. Head coach Matt Gnull returns for a second year with UNE.

The home opener against Thomas resulted in a 2-0 loss for the men's team. Further disappointment was seen at the Husson University Classic held in Bangor where the Nor’easters suffered 3-0 losses to both Husson and Maine Maritime Academy. Planer made eight saves against Husson while only allowing three goals in during the match. First-year goalkeeper Aidan McParland had his first taste of college level competition against Maine Maritime and managed to save three attempts during his 90 minutes in goal.

Redemption came in the form of a 4-0 win over the University of Southern Maine at Memorial Stadium in Portland on September 7th. Junior Riley Goodrich started off the scoring with an unassisted goal at 19:53 in the game. Sophomore Steven Contestabile contributed two goals, the first being a successful free kick and the second being a penalty kick goal. Hillier made the third goal for UNE and made an assist on the final goal. Goalies McParland and Planer each spent 45 minutes in goal and two saves respectively while allowing no goals to go in. The men claimed another victory three days later, this time over Curry College. This was the first of nine conference games for the Nor’easters and it marked their first win on their own turf this season. Hillier made his second and third goals of the season during the first period of play, the first coming at 19:57 off an assist from Contestabile into the upper right corner. The second came about 30 minutes into the game and first-year Zack Walsh had the assist. The last two points were scored during the second period. One goal was made by Contestabile off an assist by first-year Austen Bernier and it was followed less than five minutes later by junior Ethan Wells making a goal scoring header off an assist by sophomore Matthew Christie. In the goal, McParland made a total of five saves to keep Curry scoreless.

McParland's performance during these two games gained him recognition by the Commonwealth Coast Conference (CCC), who named him Rookie of the Week for the week ending on September 11th. A total of 335 minutes, six saves, and no goals allowed were no doubt a determining factor in the decision.

It appears that the men have started to work out the kinks that kept them from winning the first few matches. They have the whole season ahead of them to continue turning their record into a winning one.

A Slow Start for Volleyball

BY DEANNA BAUMERT
Nor’easter Staff

The Women's Volleyball team ended last season with the highest total wins in 12 years. This year though, the women are having a tougher time keeping their wins up.

UNE was picked third out of nine teams for a Commonwealth Coast Conference (CCC) pre-season poll after their 20-12 winning record last year. The team's hard work allowed them to advance into postseason play during the 2010 TCCC tournament for the 11th season in a row. Coach Karol L'Heureux, who is in her 32nd year with the program, is being helped out this year by assistant coaches Claire Varner, who is back for her second year on the coaching staff, and Mike Morrison, who is just starting out with the team. The captaincy has been passed to junior Jackie Stone and Abby Davis who, along with classmate Shannon Nealon, will be completing their college volleyball career this season as a senior. Among the other key returning players are junior and 2010 second team All-TCC- CC Middle Hitter Paige Curran and Honorable Mention Setter Maria Kuehl, a sophomore.

The team started out their season at the Springfield College Invitational on September 2nd and 3-2 against Plymouth State. They ended the invitational scoreless against all teams but Westfield State. Curran stood out during this match with 14 kills, nine digs, and three blocks. On the offensive, Kuehl had 29 assists and 12 digs. Sophomore Ashley Thompson had held down the back line defense with a total of 13 digs.

The first win for the ladies came on September 9th against Rivier College during an invitational hosted by Roger Williams University. RWU took over UNe during the first two sets but the Nor’easters took control for the next three to make the final score 3-2. First-year Leah Janelle had 13 kills and two service aces to contribute to the effort and Kuehl racked up a total of 30 assists over the course of the five sets. After the RWU Invitational, the women geared up for their home opener against Bowdoin College. After three sets UNE had to admit defeat. Two days later though, the women had their second win of the season, this time against St. Joseph's. The team took over all three sets of the game with 25-15 for the first, 25-19 for the second, and 25-20 for the final set. Curran had the team high 11 kills over the course of the game and teammates Stone and Kuehl each had seven digs. Kuehl also had 25 assists and seven aces by the end of the match.

Women's Soccer has Early Winning Streak

BY DEANNA BAUMERT
Nor’easter Staff

Four straight wins right off the bat is a pretty good start to any season, and the UNE Women's Soccer team can testify to that.

The team, which has been ranked fourth out of 10 in the Commonwealth Coast Conference (CCC) preseason poll, is captained by seniors and 2010 All-TCCC honorable mentions Katie Caron and Jeslyn Dvorak. There are three other returning seniors on the team: Goalies Jess Woodworth, midfielder Alice Read, and forward Sarah Richardson. Their coach, Heather Davis, is back for her second season with the team after taking them to the TCCC Semifinals last year.

This season started off with a shutout on the first game for the women. Maine Maritime could not even get past the Nor’easters defense in order to attempt a goal on Woodworth or first-year Sarah Papapetrou. About five minutes into the game, junior Nicole Faircloth put in the first goal for UNE unassisted. A second goal was not seen until 31:06 into the first period when Read made a goal off classmate Caron and less than two minutes later, sophomore Morgan Hampheys made an unassisted goal. The second half went scoreless until 62:52 when junior Emily Lodge made an assist to Caron and then another to first-year Rachel McDevitt. The final goal of the game was made by first-year Kaitlyn Hall off an assist from sophomore Elle Ansartnaal at 66:45. The second game of the Husson Classic was against the host. The only goal of the game was made during the last ten minutes of play by Caron. The CCC recognized Lodge as Defensive Player of the Week for her part in the Nor’easter's defense that kept Maine Maritime and Husson at bay during the Husson Classic. A 7-1 victory over Curry College marked the first conference win of the season for the Nor’easters. The game was played on the team's home field on September 10th. Junior Lauren Blaisdell made the first two goals of the game at 2:33 and 24:29. Caron made two assists and then followed up with two goals of her own, both with assists from sophomore Katy Marshall. Read had two assists during the game to first-years Marlie Mocharner and McDevitt. By the end of the match, UNE had taken 30 shots while Curry was only able to rack up eight against UNE. The fourth win in the team's streak was two days later against Thomas College. Nearly 40 minutes into the game, Lodge made the first and only goal of the half. During the second half, UNE raised their score to seven with Hall making two of the half's six goals. Wells made the final goal of the game at 87:59 off an assist from first-year Jayne Kelly. The women's first defeat of the season came on the 14th with a 1-2 loss to Colby College. Marshall made the only goal of the game for the Nor’easters at about 30 minutes into the game. Woodworth was in for the entire 90 minutes and made five saves while only allowing two goals.
UNE Players
Fall Preview
BY CHASE SHEAFF
Nor'easter Staff

UNE Players is an artistic outlet for many undergraduate students. For the last three years this organization has produced one theatrical production every semester in the historic Biddeford City Theater (citytheater.org). Recently the club has regenerated Friday Night Live, a spoof of SNL, producing one heavily-attended show per semester on the Biddeford campus. Students have had the opportunity to participate in all theatrical aspects from acting to stage managing and even directing.

The Fall production will be Almost, Maine written by John Cariani. Every scene in this show is a small play in and of itself ranging from dramas to comedies, yet the premise is always about two people falling in or out of love. It originally premiered in Portland, Maine and moved to Off-Broadway in New York City. Since then it has been performed in countries all over the world.

The show is running on October 14 and 15 at 8pm, along with a 2pm matinee on October 16. Let it be known that this onstage romantic comedy will be sure to include plenty of Maine humor that even out-of-state "ahs" will understand. UNE Players is one of the largest clubs on campus as it is always looking for new members to participate and new talent to emerge, and one of the best ways is to be an active member of every UNE Players audience!

COMING SOON
TO UNE...

During Family & Friend’s Weekend 2011!

COURTESY OF DUBLIN SCIOTO THEATRE

Deidre's Pick of the Issue:
Chalk on the Walk Community Art Festival

BY DEIDRE DICKER
Nor'easter Staff

"A City on the Move"

Immerse yourself in the richness of the Biddeford community this weekend and attend the Seventh Annual Chalk on the Walk Community Arts Festival! The festival's theme this year is "City on the Move." Its goal is to reflect Biddeford's exciting and constantly changing culture. The Chalk on the Walk festival will be featuring chalk art by local art aficionados on squares that have been sponsored by community businesses and establishments. The artwork is a contest for cash prizes. There are some amazing examples of three-dimensional chalk work that were created in previous years that can be found on the Biddeford community website.

Crafters and vendors will also be at the festival to display their artwork and sell their merchandise. It will be a great opportunity to support local growers - imagine eating fresh vegetables for once instead of Ramen! - and to check out fun and creative crafts produced right in our community.

Want to join in the festivities? Sign up for the Chalk on the Walk 5K race! The road race will tour through Biddeford and nearby neighborhoods, beginning on Main Street, Biddeford, and ending in Mechanic's Park. Registration for the race will be in the parking lot at 100 Main Street in Biddeford. This is the festival's first official downtown run, and they are hoping for a huge turnout! There will be prizes awarded at the end of the road race. Register online at Active.net for an entry fee of $20 or sign up on the day of the race for $25. The 5K will begin at 9:30 A.M., despite the weather.

If you are looking for a volunteer opportunity and would like to work at the event, the Biddeford City event planners gratefully welcome Day-of-the-Event help. There is a low commitment level — they only ask that you make a plan to help in advance. The community event planning office is located in the Biddeford City Hall/City Theater on 205 Main Street, or you can call them at (207) 284 - 8520. The Seventh Annual Chalk on the Walk Community Arts Festival will take place on Saturday, September 24th from 11:00 A.M. to 4:00 P.M. It is entirely free to attend and is considered one of the cultural highlights of the year in Biddeford. There will be artwork, vendors, and musical acts throughout the downtown city. Make a point to get out of bed this Saturday and check out what the community surrounding UNE has to offer — you won't be disappointed. And if you are, well hey — it's free!

* All information found at http://www.heartofbiddeford.org/events/hob-events/
UNE's Corner of the Woods

BY KYLE CORNELL & RACHEL HARRIS
Nor'easter Staff

So many students come to college as a way to escape from the humdrum that the town of Biddeford has to offer. There are endless opportunities for students to break out of campus and see what this beautiful region has to offer.

Have you ever white water rafted? Would you be interested in learning how to dog sled? Or are you simply interested in discovering what's on UNE's own back yard? These activities and many more are at your fingertips, the question is, will you pursue them?

UNE's Outdoor Recreation program and the Outing Club are two organizations that serve as a gateway to adventure and new experiences. Outdoor Recreation is a group that offers a multitude of student run trips on a regular schedule. Some of its most popular attractions include Kayak tours down the Saco River, roughly a 4 mile paddle that follows the tide leading from the Biddeford/Saco mills to the UNE boat dock. You would be amazed at how remote parts of the river feel despite being so close to downtown. Paddlers have even seen bald eagles. On top of these regular trips, students can also partake in new activities such as the 'Learn to Surf' and 'Learn to Sail' trips which offer an exciting opportunity to explore the area while learning a new skill.

If water isn't your thing, Outdoor Recreation offers several other ways to explore the area by land, too. For example, if you like to bike then join your Outdoor Recreation Guides on a coastal bike tour of Biddeford. You'll visit and learn more about scenic destinations near the school like The Bird Sanctuary, Biddeford Pool Village, and Fortune's Rocks Beach. Are you still looking for a quiet place outdoors to relax with friends or study? This bike trip will definitely give you a few ideas. And if you're looking for even more of a thrill, try our mountain biking trip where you can put the pedal to the dirt and discover nearby trails.

All of these regularly scheduled Outdoor Recreation trips can be found on the Outdoor Recreation Site on the school's website, and of course, at the Campus Center Box Office where you may sign up.

Another group that can take you off campus is the Outing Club. Offering several student and advisor led trips; the Outing Club typically offers chances to get a bit further away from Biddeford. On top of their annual Mt. Katahdin hike, the Outing Club is excited to offer an extra day hike this school year. Have you ever been to the White Mountains of New Hampshire? Whether it's enjoying a day hike or even zip lining through the scenic tree-lined vistas, the Outing Club can get you there. The Outing Club is also looking to take on new members, too. If you're interested in learning more about what the club does and how to be a part, please e-mail Kyle Cornell at kcornell2@une.edu, and if you have any questions about outdoor recreation in general, please contact Zach Schmesser at zschmesser@une.edu. Don't forget, UNE also rents several types of equipment from the Campus Center that can help you enjoy the outdoors right here on campus, including ice skates, cross country skis, and more.

UNE is located in a beautiful place. Get out there, and see what it has to offer!

Review of The Clash Bash

BY AUBREY WHITE
Nor'easter Staff

Who doesn't like getting together with a huge group of friends wearing crazy, clashing outfits excited to see what the night will bring? Well all of the Orientation Leaders for the 2011-2012 academic year, the annual Welcome Back Week Clash Bash took place on Friday September 7th in the multipurpose rooms of the campus center. The dance serves as a gathering for incoming first years and all returning students to get to know one another in a friendly setting full of rhythms and tunes.

The dance started off at a good pace with lots of first years in full-on clashing attire. Even the fall and Welcome Back Week Orientation leaders attended the event wearing some crazy clashing outfits. Upperclassmen came out to greet the incoming first years with some awesome jams as the night's DJ.

The multipurpose rooms soon became filled with uniquely dressed students and guests by 10 o'clock, which is still pretty early for a Friday night. The dance appeared to be a hit with first year students as some only left the dance floor for a few minutes to catch their breath or get a drink of water. The Hang also seemed to be packed with students taking breaks or catching up with friends about summer adventures. Many times throughout the night large circles would form for students to show off their awesome grooves and aerobic tricks. Halfway through the night, the atmosphere changed, as students wandered in or left. After a few hours the event lost its lustre and fizzled out. Slowly the crowd dwindled to small groups of friends who were fully enjoying the occasion. As the night drew to a close, the fire of the night slowed to nothing more than a few close friends hanging out and dancing until the last song. For a UNE campus event there were no significant problems and the whole event went on without a hitch. Although the Clash Bash signifies an end to Welcome Back Week it is only just the beginning of exciting events planned for the school year. What more does UNE have in store for its students this year? We will just have to wait in anticipation of the next event.

JOIN THE NOR'EASTER NEWS!
COME TO OUR GENERAL STAFF MEETING,
Tonight at 7:30 in Marcil 323 --- See YOU There!
**Album Review: I'm With You, by The Red Hot Chili Peppers**

**BY AARON FULLERTON**
Nor'easter Staff

"I'm With You," the Red Hot Chili Peppers' follow-up to 2006's double-disc smash-hit "Stadium Arcadium," is the band's first album since guitarist John Frusciante quit the band in 2009 to pursue a different musical direction. Frusciante's avant-garde style and funk-pop songwriting played crucial roles in the band's most popular albums including "Blood, Sugar, Sea, and Magik," "By the Way," and "Stadium Arcadium," and his departure marks a new era for the band. The Chili Pepper's new guitarist, Josh Klinghoffer, plays an uneasy role in their new album, subtly blending in the background behind bassist Flea's stellar grooves and drummer Chad Smith's always-fascinating melodies. Klinghoffer, who was a backup guitarist for the latter half of the band's tour of "Stadium Arcadium," slips too easily into his former role. This is not always a bad thing however. The album's first single, "The Adventures of Raindance Maggie," hits home with the Red Hot Chili Peppers' pop-funk style and easily rivals hits found on the band's earlier albums. However, Klinghoffer's lack of energy foretells the rest of the songs on the album toward ballads reminiscent of "Under the Bridge" – but not in a good way. Without Frusciante's energy, it's easy to forget songs like "Even You Brutus?" and "Meet Me at the Corner," are still playing. With all of its faults, the album still shines bright in a big way. The few songs where Klinghoffer begins to come out of his shell provide a unique twist on the band's old style. One such song, "Ethiopia," which was inspired by Flea's and Klinghoffer's trip to the country together, features fresh vocals and distinguishing melody. "Did I Let You Know?," the album's 8th track, showcases Klinghoffer's backup vocals and is one of the better tracks on the disc. Listeners of the album will also note a darker theme embedded within the songs. Other critics have noted this as well and designate Frusciante's influence as the responsible party, but it's more than that. With the loss of a pivotal bandmember and the death of close friend (lamented in "Brendan's Death Song") the band faced dark times that would spell the end for most other groups, yet they managed to keep it together and produce a new album. Is "I'm With You" the comeback album? RollingStone Magazine described it as? Not quite. It is, however, a great album that proves to fans, and maybe even to the band itself, that they still have what it takes.

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**Review of the BIG, BIG, EVENT**

**BY DEIDRE DICKER**
Nor'easter Staff

The "Big, Big Event" was held this past Saturday down on the River Court. a kick-off to the semester and as a way for students to come together after their first three crazy weeks of classes. The event was sponsored by the Activities Programming Board (APB) and was brimming with fun activities, yummy food, and customized Big, Big event paraphernalia. The River Court and area beside the softball field was turned into an inhabitable wonderland especially for the event. Blow-up basketball courts with inflatable hoops were set up for any sports enthusiasts attending the event, while a bounce playground complete with (easy) obstacles and two slides sat on the grassy field above the less athletically-inclined. Also appearing at the event was the "Defender Dome," an inflatable game in which a person stood in each of the dome's corners and tried to protect their goal from balls thrown from their competitors. There was a human Velcro spider web, as well, where students were able to dress in an outlandishly attractive Velcro suit and jump into the wall to stick like helpless flies for a couple seconds. There were many vendors set up on the River Court that were making personalized paraphernalia for the students at no cost. These tables certainly drew the most students in – there were long lines of students waiting at each of the booths for the free, fun stuff. At one booth, artists were airbrushing personalized words on canvas tote bags. At another, students could have their picture taken to be put on the backboard of a Nerf-style hoop – perfect items for putting on dorm-room doors when you need a reason to procrastinate. Students were also able to pick paint colors to create specialty-spun painted sunglasses, much like the personalized Frisbees that were made at the big event last semester.

Perhaps the biggest attraction was "Brookline," a five band hailing from Massachusetts. "Brookline" was sponsored to play by the senior class, and their performance began at 2 P.M. on a small stage at the head of the court. Vendors were passing out freshly popped popcorn and spinning homemade cotton candy throughout the event.

APB pulled off a fantastic event to draw students into the campus community yet again on Saturday at the Big, Big Event. They, along with the senior class, deserve a huge thank-you for making another exciting afternoon of food, music, and gifts available for the students at UNE.
NOR'ESTER NEWS
Established 2007

NOR'ESTER NEWS is a student-run bi-weekly publication dedicated to providing information and news relevant to the UNE community. Editorial independence of the university and its administrators, Nor'easter News pursues such content freely and thoroughly, following professional journalistic standards in writing and reporting. Nor'easter News 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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And Maybe Even YOU!!!

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LETTERS TO THE EDITOR

Nor'Easter News welcomes letters to the editor. Letters should not exceed 500 words and must be received by 5pm on the Wednesday before the next publication date (for specific dates, contact the opinion editor). The editors reserve the right to edit letters for length. Longer op-ed submissions of 500 to 1000 words may be arranged in advance with the opinion editor. Submit letters via e-mail to eic@norea sternnews.com.

STORM OF THE CENTURY... OR NOT

BY SHARRA PAQUEREAU
Nor'East Staff

In the wake of Hurricane Irene there has been no shortage of talk around campus and throughout the country about the affects of the storm. Topics range from an assessment of emergency preparedness to testimonials from residents of hard hit areas to scientific discussions about air pressure and storm surges. However, the most discussed (and complained about) topic on the UNE campus has been the alteration to the move in schedule. As I am sure you all know move in was originally scheduled to begin on Monday August 30th with classes starting the following Wednesday. Due to concerns about Irene everything was moved back one day with move in starting on the 31st and classes beginning that Thursday.

Many people felt that this change was unnecessary given that Irene was really more of a glorified rainstorm (officially classified as Tropical Storm Irene) by the time she reached Biddeford. The fact that Monday turned out to be a beautiful sunny day perfect for moving in did little to help the date changer's cause. I agree that on the surface it may have seemed like another case of an administrative overreaction causing inconvenience for everyone else. However, if we consider what might have been, the decision becomes much more understandable. Imagine for instance that Irene had hit the Maine coast with all the ferocity that was promised by various media sources. There would have been flooding, downed power lines and subsequent lose of electricity, structural damage, and tree limbs scattered across roads. Now take it one step further and imagine thousands of students attempting to move into the resident halls. I think it can be said without any doubt that it would have been a disaster unlike any other move in day UNE has seen thus far. Of course the damage in Biddeford is not the only thing that must be considered, after all most students are coming from other parts of Maine and the country where the storm damage actually was as bad as feared. Vermont experienced severe flooding, historic piers were destroyed in North Carolina, crops were lost in Rhode Island, and many areas of the East Coast were without power for days after Irene hit. I imagine that any students that had to travel from heavily affected areas were grateful for the extra day to commute. In fact, even with the extra day some students were still unable to make it to campus in time for the first day of classes due to storm delays. However, the change of day was erage promising a meteorological event of epic proportion then we dam well better get pummelled. While these preparations were certainly needed in the harsher hit areas, it all seemed a little silly for an area like Biddeford, ME where blizzards are more likely than hurricanes. Even though I am sure we are all grateful that Irene did not do more damage, there is also a sense of disappointment mixed in with the relief. Maybe we didn't want to arrive on campus and find the place in shambles, but it would have been kind of interesting if there was a tree through the Campus Center or flooding in first floor of Decary Hall.

There is something distinctly strange about the desire to witness destruction, or at the very least its aftermath. But I think that it is something more than that that drives the annoyance about Irene's poor showing on the original move in day. I think that we all wanted to be a part of something memorable, something that we could say we experienced, an event that would give us something to talk about with others. After all, what better way to come back together as a campus than to have one thing to be jointly annoyed about? Nothing brings people together quite like mutual annoyance. So maybe Irene got the job done after all, perhaps this angry little rainstorm did give us something to complain about, even if it was just the fact that we don't get to grumble as much as we would like to.
The Five People You Encounter at UNE

BY LAURA CARTER
Former Nor'easter Staff

What I want to share with you all, in my final opinion piece for the Nor'easter News is the five people you meet at UNE. I have encountered all five of these people; I have known them, observed them—or kept far far away from them. Though I am leaving this University, I am sure the new University that awaits me will have the same five people (only with unfamiliar and different faces)—which will be a whole new treasure trove of adventure and discovery.

First: The Parasite. Everyone knows who I am talking about—in every graduating class there is at least one parasite. This is the person that you feel bad for because you, yourself, are a good person, and despite your efforts to shake them, you CANNOT seem to be rid of them. Again, I probably sound like a horrible person, and yes, freshman year is difficult, especially when we’re all out there trying to get our lives in order, but being overbearing is no way to go about it. We’re all in the same boat when we start out. I was not any more knowledgeable than the next person when I first stepped foot here (just saying) and that’s why there are those who are Parasites, and those who are not. Eventually, they detach themselves, and are able to function normally on their own. I will never forget my encounters with them...

Second: The Nerd. Deep down, really deep down—like through all of the squishy organs, and flesh right into the very depths of our soul, we are all nerds. There is something that all of us have that make us totally Geek Out, and instantly turn red in regards to; I’ve got Double G, Star Wars and a slew of other things, for that matter. However, there will always be someone nerdier than you. I am proud to say that I have several friends that are [nerds], and I love them to death. As part of the college experience, you will deal with in a class that they’re too cool to be in. God Speed.

Fourth: The Friend-enemy. Face it. There is always that one person that you smile to, or wave at, every day, and you act like you’re best friends, but even though neither of you can say it, it’s an understood attitude and friendship. Though I am glad that I have found clique after clique after clique after clique. Cool. And speaking of cool—there are still the “cool kids.” “This, if you’re anything like me, is a terrifying thing. The cool kids come in all shapes and sizes, such as med students, Featherman kids, jocks, partiers, burn-outs, etc. Though there is no definitive ‘HEY THESE KIDS ARE COOLER THAN YOU’ indication that, hey—these kids are cooler than you, there is definitely an understood line, a hierarchy if you will, that allows an outsider to see that they (themselves) are not cool. I will be the first to say that it’s really not as bad as I am making it seem, but there are a select few elitists that think that they truly walk on water. Anyways, the cool kids is someone that you will definitely run into from time to time, see around campus, and have to deal with in a class that they’re too cool to be in. God Speed.

Lastly: The New Best Friend. As people we will always have an affinity for the familiar. I do love my friends from home, but being in college has allowed me to gain newer and closer bonds with the people here. I am very happy with all of my “new” best friends that I have made, and I know that my college experience would not be the same without them. This isn’t to say that the people from home have been replaced, however, the bonds with people you live with (or around) are a lot stronger than those that were made prior to college. I don’t know what I would do if I didn’t have these people in my life. Literally, I would be a completely different person. I owe them a lot.

So this may be sort of dumb, and meaningless, but if you think about it, without these five people who would you be? They say that you are your true self when you are alone, but for the moments we aren’t alone, we need people like this to shape who we become. This has happened so that, one day, I can tell everyone the story of the parasite that I met at orientation, or talk about why philosophy is actually important to life because I learned about the Allegory of the Cave from talking with my nerd friends, or even reminiscing about when me and my best friends would go to Dean’s at one in the morning. At some point, these people will show up, and you’ll know ahead of time (if you didn’t already) that they will have some sort of effect on your life—for better or for worse. I know mine has been for the better.
Welcome to My Life

BY DANIELLE CROPLEY
Nor'easter Staff

In the words of Simple Plan, "Do you ever feel like breaking down? Do you ever feel out of place? Like somehow you just don't belong, and no one understands you?" I'm not going to continue with the punk-rock, angst-ridden, totally cliché lyrics, but my questions are still valid. Do you ever feel like you're skating on the thinnest ice imaginable, and at any moment you could fall through? Look around you. I bet three out of the four people you see are carrying invisible, immeasurable weights on their backs the size of boulders, and the world just keeps piling them on. The pressure that surrounds you on a day to day basis is something that most anyone can feel, whether it's first hand or viewed as an outsider. It has been proven that between the ages of 18 and 24, young adults will grow and change into fairly-solidified adult figures. That being said, during this whole growing up to be a grown-up stage, there is amazing amounts of stress, expectations, and limitless goals piled on miles thick, by nearly everyone around us. Basically, we as a collective youth, are spending too much of our time doing the things that we think other people want us to do. We are trying to live up to the standards, the expectations, the goals, all the while increasing the stress and pressure in our lives. Most of us know it's totally irrational to strive to be perfect or to achieve everything in our reach, and we should also know that no one expects us to do that, but that's untrue. Society expects us to grow and adapt and learn how to grow up before the world outgrows us. We all want to be leaders and achievers and those people that get their faces plastered on cereal boxes. We are all working toward a tomorrow, all the while forgetting the today, and, lord knows, we've worked straight through the yesterday. Take a look at your day planner or your whiteboard or your post-it notes scattered across your visual plane. What is on that to-do list? How many things on there do you really want to do? Is there any one thing (not including homework because that is kind of the point why we're here) that is really worth all that extra, stress-filled time? When I look through my stack of things to do, I really question whether or not I'm spending my time wisely. I question whether being a member of several clubs and organizations, working twenty-hour weeks, and taking on a full course load is really necessary and vital to my success here at UNE. Then I circle back to that want and need to make a better tomorrow for myself today. As college students, not just UNE students, but as college students, we are overdoing it daily. I look around me and people are making out their energy stores, their free time, and basically discarding time for fun, all because they need another resume builder. Now, I'm not one to talk, at all. I'm the atypical, goal-driven, perfectionist that wants to do all, be all, and achieve all. But I can't, and it's time we all stop spreading ourselves so thin that we don't remember what our name is when a professor asks (trust me, it happens). Think about it. Is a PB&J really worth it when there's barely any peanut butter and just a veil of jelly? I mean, the bread, aside from providing the mom-approved nutritional value, is just there to act as a skeleton to hold the ooey-gooey goodness together. Doesn't the same apply to us? What are we without our ooey-gooey goodness? We're just the skeletons of the people we used to be. We're just bland, boring, sandwich-less bread. Well, maybe you're content with that lifestyle, but I'm not. Yes, I want a good job and I want to graduate with lots of recommendations. I want to become all the things I want to be and I know that the choices I make now will affect the outcomes later. However, I'm tired of sacrificing things just to fit in a meeting here or there. Now, some of you have read to this point and you're either A) agreeing with me, or B) thinking I'm making absolutely no sense. Well, for those of you that do agree with me, then you're probably paddling along in the same water-logged boat; and for those of you who don't agree, maybe you're one of the lucky ones. Either way, we all need to find a way to make our priorities more personal and less formal. We don't have to grow up right this second. We have plenty of time to stress out, and freak out, and give ourselves stomach ulcers. It's time to focus a little more on ourselves before we run out of time to do so. My hope is that you, as a reader, take something from this rambling of sorts, whether you decide to eliminate a time-wasting activity or perfect your PB&J skills, I just hope you realize there are more important things than being the ideal college student. Perhaps I still haven't convinced you, or perhaps you're already on board. Just something to think about.

Voices in the Crowd: How did Irene affect you? Where were you when the storm hit?

BY SHARRA PAQUEREAU
Nor'easter Staff

"I was in Maine during Irene and it did not affect me at all, we just had a slight breeze."
-Tim Duhay, Class of 2013

"I was in Saco, ME. It was windy and rainy and we lost half a tree in our yard."
-Briana Farrell, Class of 2013

"I was at my house in New Hampshire; we lost power for like a day. But we weren't hit as hard as anyone else, which is kind of surprising since we are on the coast."
-Mike Murphy, Class of 2013

"During Hurricane Irene I was lucky enough to be safe at home in Wisconsin. I was still affected by the storm, however, when my flight back to school was canceled three times over a two day period!"
-Hayley Townsend, Class of 2013
Why UNE Students Should Have a Voice

BY DANIELLE CROPLEY
Nor'easter Staff

The right to free speech is one of the greatest freedoms we have as American citizens. That being said, the ability to form and articulate one’s opinions during our college years is a crucial part of developing our own system of beliefs. At UNE, we all have the right to express ourselves, through many different outlets, but one of the best means of self-expression is through the Nor'easter News.

As a regular student-run publication, the Nor'easter News gives students from all walks of campus life access to voicing how they feel on nearly any part of UNE, their community, and even the world around them. By writing down and publishing how we feel, react, and think, we as a student body can fuel the fire of change.

No matter if you are a first year student or graduating senior, or if you commute to classes or live in one of the Residence Halls, every student at UNE has a right to speak out; now more than ever. It has become very apparent to me that fewer and fewer students are willing to express their opinions, but doing so is positive, all of it causes people to open up their minds, to at least hear what another person has to say. I’m not saying any one opinion will change another’s, but it will inspire others to defend their beliefs in a healthy manner. Expressing oneself is a risk that is worth every reward.

Now this is, potentially, one of the preachiest articles I have ever put together in my history at the Nor'easter News, but, frankly, it’s needed. Students need to say something, anything, and everything about how they feel because, while silence may be golden, it’s deathly boring. I know that no one wants to be viewed as dull, so stand up and say how you feel.

While other forms of expression can be found at UNE, writing, while silence may be golden, it’s deathly boring. I know that no one wants to be viewed as dull, so stand up and say how you feel. While other forms of expression can be found at UNE, writing, while silence may be golden, it’s deathly boring. I know that no one wants to be viewed as dull, so stand up and say how you feel.

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The Opinion Question of the Issue:
How do you feel about the new renovations on campus?
Do you think they're appropriate and fit your needs?

Please email responses to spaquereau@une.edu
**CARDIO CLUB**

**FALL 2011 SCHEDULE**

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**PLEASE CHECK ROOM SCHEDULE AS LOCATIONS DO CHANGE.**

- RBC = Raquetball Court
- MPR = Multi-Purpose Room

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**T. A. B. S.**

Like to sing? Join UNE’s Choral Group!

Where/When: Tuesdays 8-9:30pm Sutton Lounge

Wednesdays 8-9:30pm Pettapiece (MPRs)

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**UNE College Community Mentoring Program**

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**FAME: Betsy Debrakeler,**

College Community Mentoring & Diversion to Assets Field Coordinator

Decary 321

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bdebrakeler@une.edu
PHOTO HIGHLIGHTS

Photo of the Issue!

The natural beauty of nature

Three seals released at Fortunes Rock Beach

Salisbury Cove, ME, the beautiful dock

What is it?

Pick up the next issue to find out