

C.O.M.'s 15th Annual White Coat Ceremony



UNE students receiving white coats from Dr. Chris Pezzullo (left) & Dr. Ken Johnson (right)

BY JOCELYN KOLLER
Nor'easter Staff

On Thursday, Oct. 6, the University of New England College of Osteopathic Medicine presented 123 hopeful physicians with white medical coats to mark their advent into the field. Marc B.

Hahn, Senior Vice President for Health Affairs and Dean of the College of Osteopathic Medicine spoke to welcome the students as well as their friends and family.

The White Coat Ceremony, now in its 15th year as a UNECOM tradition, emphasizes the transition medical students

must make when taking on the role of physicians. This new responsibility is noted by presenting students with white medical coats to signify their new function in society. The first ceremony took place in 1993 at Columbia's College of Physicians and Surgeons.

UNE President Danielle Ripich spoke to the UNECOM students, saying, "Your intelligence, compassion and dedication will be the most important factors in the care of future patients." She also mentioned the importance of adjusting in the face of new technology, new methods, and ideas that are up-and-coming within the field.

Keynote speaker Dr. Sheila Pinette, a graduate of UNECOM and the current director of the

Maine Center for Disease Control and Prevention in the Department of Human Services, warned students about the difficulty ahead. Pinette also serves on the board of Community Physicians of Maine. She related to the students, explaining that she knew that although they are entering into a trying journey, those who become successful will feel extremely accomplished and proud to have reached such an ambitious goal. Pinette also spoke to medical students about the differences they would be making in the lives of people. She advised students to "remain humble and devoted" and to never forget what they are taught in the years to come. She reminded them to stay motivated by "a sense of purpose and tremendous pride in what [they] do."

After the speakers, current physicians presented students with their white coats. Dean Hahn, accompanied by Chris Pezzullo, D.O. (Maine Osteopathic Association President) and Kenneth Johnson, D.O. (Associate

Dean for Educational Programs and Vice Dean), welcomed the first-year medical students into the field of medicine. UNECOM Alumni Association president and class of 2000 graduate Adam Laurer, D.O., led the students in reciting the osteopathic oath. Other noteworthy member of the osteopathic community were also in attendance, including Nancy Cummings, M.D., president of the Maine Medical Association.

The White Coat Ceremony is not unique to UNECOM; many medical schools throughout the U.S. and other nations partake in similar traditions. The ceremony was the idea of the Arnold P. Gold Foundation and was created to help remind students of their duty as professionals and empathetic practitioners of medicine. become an important supplier of Maine physicians. More licensed physicians in the state of Maine come from UNECOM than from any other medical school in the county. Further, 11 percent of all physicians are UNECOM graduates.

Building Community During Coming Out Week

BY JOCELYN KOLLER
Nor'easter Staff

UNE's annual Coming Out Week began on Monday, October 17 with the "Out and Allied Project Production." Coming Out Week is an important event that UNE hosts each year to help promote awareness and equality throughout campus. The events run through Thursday, October 20 and include a number of topics. Coming Out Week is based on National Coming Out Day, which is October 11. Coming Out Week is hosted by the Office of Multicultural Affairs and Diversity, but many other departments and students help to collaborate on events.

The event for October 19, "Guess Who's Gay," will take place in the Campus Center MPRs. Students who attend can expect a game-show-like event in which the audience is able to ask panelists questions in attempt to guess their identity. The objective of this event is to help UNE students become aware of personal stereotypes they may hold without realizing or acknowledging them. It will also help create a community that is able to look past stereotypical sexual and gender

identities. On Thursday, October 20, a film night will take place in the cultural exchange lounge, beginning at 7PM and will close out the week.

As part of Coming Out Week, the University also offered Safe Space Training on Tuesday, October 18. This is one of the multiple opportunities the university affords to students to take the training. The training presents students with curriculum that helps them to become providers of a "safe space" to others in their community. It helps to rid students of preexisting ideas and informs them on how to be sensitive to current issues that others may be dealing with. The training gives participants specific tools they may need in order to be supportive of the LGBTQ community. Those who complete the training will receive a small card to display in their rooms, on a window, or put on their door noting that they have completed the training and they are now a safe space and available to others. This helps many UNE students feel that there is a support system in place if they were to need it at any point.

Jonathan Osborne, newly appointed Multicultural Coor-

dinator, says about Coming Out Week: "Coming Out Week is an opportunity for everyone to gain a better appreciation not only for individuals from the LGBTQ community, but also the world we inhabit. As the theme suggests, we want people to look 'Beyond the Reflection' society has erected to marginalize a group and see them

for who they are: a loving, caring, resilient community that is only asking for recognition and acceptance. Through the programs we have scheduled, we believe the sensations of togetherness and understanding can grow and mature here at UNE and foster a welcoming environment for everyone on campus."

In addition, The Alliance, UNE's LGBTQ group on campus, will be decorating campus with encouraging messages as a part of the Coming Out Week events. The Alliance is a resource for all LGBTQ students at UNE as well as allies.

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What's Up with the Weather?

TODAY



Mainly cloudy and rainy. Highs in the low 60s and lows in the mid 50s.

TOMORROW



Partly cloudy. Highs in the low 60s and lows in the mid 40s.

WEEKEND FORECAST

Friday



Times of sun and clouds. Highs in the upper 50s and lows in the low 40s.

Saturday



More sun than clouds. Highs in the low 60s and lows in the mid 40s.

Sunday



Considerable cloudiness. Highs in the low 60s and lows in the mid 40s.

Courtesy of weather.com

On this Day in History...in 1962

Nationally

U.S. performs
nuclear test at
Nevada Test
Site

&

Internationally

Stalin
monument
removed in
Prague

Courtesy of brainyhistory.com

University of New England University Health Care and SMMC Partner to Expand Healthcare in Saco

BY AUBREY WHITE
Nor'easter Staff

Effective December 31, 2011, the University Health Care clinic located at 655 US Route 1 in Saco will expand to include physicians affiliated with the Southern Maine Medical Center (SMMC) in Biddeford. The announcement of the plans to expand came recently, although there has been talk for many months. The partnership between the University of New England (UNE) and Southern Maine Medical Center (SMMC) will be beneficial to all those involved.

What does this mean for the Saco community? In a nutshell, the office will become a suite for SMMC PrimeCare Family Practice, SMMC Osteopathic Manipulative Medicine services, and SMMC Walk-in Care, the community's first official walk-in

clinic for those in need of minor medical care. This is the first ever walk-in clinic in the area where no appointment is needed to get basic medical care.

In addition to all of these services being newly accessible to residents of the Saco area, SMMC PrimeCare physicians will be collaborating with the University's College of Osteopathic Medicine to provide additional academic faculty support and enhanced clinical opportunities for the University's medical students. The University of New England College of Osteopathic Medicine, located in Biddeford, is Maine's leading supplier of physicians, with greater than 60% practicing in primary care, a field that faces severe shortages in the near future. Although the University's College of Osteopathic Medicine is affiliated with Southern Maine Medical Center as well as Maine

Medical Center located in Portland, this is the first major step in providing care locally to the areas surrounding Biddeford, including Saco, Scarborough, and Old Orchard Beach.

What will happen to the residents who are already patients of the University Health Care clinic? Current University Health Care patients who see providers at the Saco office will experience no disruption and will continue to receive the best possible healthcare, as University Health Care physicians and staff will continue at that site as SMMC PrimeCare services. Patients of Saco's University Health Care will receive mailed notification of the transition to SMMC PrimeCare facilities.

In small communities, many patients are searching for a personal relationship with the doctors who are treating them--SMMC

can now provide that relationship as well as the best possible care.

According to the most recent press release on September 27, 2011, many of the university's administrators had only positive comments on this collaboration. It is a two-fold benefit, in which the community receives better health care through a more localized clinic site, and the medical students of UNECOM can partner with many more professionals on their way to becoming a physician. Even more changes will occur throughout the process, as SMMC PrimeCare plans to renovate the Saco office space to accommodate additional physician offices, diagnostic x-ray services, and the Walk-in Clinic. The new and improved Saco office is scheduled to open in January of 2012.

Occupy Wall Street Reaches Portland & Augusta, Maine



Occupy Wall Street Protests held in Augusta

COURTESY OF BANGOR DAILY NEWS

BY CONSTANCE GLYNN
Nor'easter Staff

In mid-September, just about a month ago from today, a small group of fed-up New Yorkers huddled together in the street and began what has become a global Occupy Wall Street protest. The voices of these few were evidently a spark, for within just a week, Occupy Wall Street had gone viral and cities all over the United States and the world had joined in the cause. As each day passes, the

leaderless, ongoing series of demonstrations gains more and more momentum and attention, and the number of people involved continually increases. In the past week, small cities have joined the big movement. A growing Occupy Maine group has joined the Occupy Wall Street protests, declaring that Wall Street is their street too, even in Maine. Mainers are now voicing their angers towards economic inequality and corporate greed and its influence on the government, making it

clear that they too are part of the 99 percent.

In Portland, just half an hour from the university, protestors are taking to the streets with a continuous 90-minute march from Monument Square (which acts as the base of operations) to the University of Southern Maine, where they rally and then loop back. Police have informed the occupiers they can claim 4 square feet of space per individual to "make or sell artwork," and the Occupy Maine members planned

to paint signs as artwork to keep the occupation legal. Settlers at the Monument Square site have no plans to disband in the near future, and their presence is extremely evident as one drives through downtown Portland.

The movement has spread to the state capital, Augusta, as well. The movement emerged on the steps of the State House and along the scenic Capitol Park. The first day of the protest in Augusta attracted about the same amount of people as the first day of the Portland protest, with about 100 people showing up to rally. Protestors are camping out overnight in Capitol Park also, in order to prove that they are dedicated to the cause at all hours of the day. By bringing the movement to the state capital, protestors are especially hoping that their voice will be heard to the state government, which directly leads to the national government.

Many of the people crowding the sidewalks are local college students; young adults living paycheck to paycheck and burdened by the thoughts of future loan debt and inevitable tuition increases. They chant things such as "How do we end the deficit? End the wars and tax the rich" and "Banks got bailed out, we got sold out." The picket signs are not limited either, with requests to end the wars in Iraq and Afghanistan, protect the environment, and granting higher hourly wages. This idea of blurring boundaries reflects the fact that protestors hail from all political parties. This protest is not just for Democrats or just for Republicans; it's for the people. All people, whether they are in London, Rome, New York, and even Maine.

World News

BY KATELYN KAULBACK
Nor'easter Staff

Thailand Flooding

Over the past two months, Thailand has experienced record amounts of rainfall. This rain has led to extreme flooding in the country. The flooding has affected more than 8.5 million people and has killed 297.

While the monsoon season has been about average this year in Asia, there has been record amounts of rain associated with the storms. This could be due to a number of reasons: interactions with tropical storms, La Nina, and global climate change. When the surface temperature of the ground is warmer, it leads to more rainfall. While scientists are just beginning to investigate these causes, they are all believed to have played a role of the large amounts of rainfall in this part of Asia.

The floodwaters are expected to flow through the capital city of Bangkok within the next few days, and officials are rushing to protect the city. Thailand has received \$2.07 million in donations

from both their own citizens and other countries. The United States is sending 26 helicopters to aid in relief efforts, the United Nations is on standby, and the World Health Organization is sending emergency kits to the country to aid in health care. (source: www.cnn.com)

New Zealand Oil Spill

A Liberian ship traveling by the coast of New Zealand last week hit a reef 12 nautical miles off of the coast. Maritime New Zealand (MNZ) estimated that at least 300 tons of oil leaked from the ship into the ocean. It is being called the worst maritime environmental disaster in New Zealand. Thirty-seven miles of coastline have been hit with the oil.

95.45 tons of solid oil waste and 6 tons of liquid oil waste have been recovered by clean up crews. Due to health and safety concerns, some beaches have been closed. The MNZ reported that 500 dead birds have been found, and 51 animals are being treated at care centers. A team of wildlife care experts has been formed to

capture seals off of the coast and check them for any issues that the oil may have caused. Five seals are currently being held and treated.

88 containers of oil had fallen off of the ship but only 20 of the barrels have reached the shore. Because of the risk this imposes, all maritime traffic is being re-routed to avoid the effected areas. The ship that caused the spill is still in the ocean, being held together by salvage teams as oil is being removed from it. The captain and second officer of the ship are both being charged with "operating a vessel in a manner causing unnecessary danger or risk." (source: www.cnn.com)

Child Sacrifice in Uganda

Over the past four years, witch doctors in Uganda have been sacrificing children in hope that it will bring good luck to the country. While the belief that sacrificing children will bring good luck is nothing new, it has never really been practiced before. The belief is that killing children will lead to wealth and good health for the individual and the coun-



try. A potential factor behind the killings is that the Ugandan culture has become much more interested in money than ever before. This leads to two things. One, if the person kills the child themselves, they believe that they will be rewarded with good fortune and money. Second, some people kidnap the children and sell them to witch doctors, making money without even killing. Hundreds of cases are being

investigated, and it is believed that there are 900 more cases waiting to be investigated. They are waiting because of corruption in the police force and a lack of resources. As precaution, posters have been put up warning adults and children of the potential dangers of children not being accompanied by adults. Schoolchildren are being more closely watched while on the playground and on their walks home from school. (source: www.bbc.com)

UNE Security Blotter



COURTESY OF UNE SAFETY AND SECURITY

UNE Security Box
9/28/11

- Trouble alarm set off in Decary Hall
- Suspicious car located on Nor'easter Way

9/29/11

- Student ill and needed medical attention in Featherman Hall
- Housekeeper reported injury during night shift

- Employee in Morgane Hall injured in lab by Bunsen Burner

- Fire alarm set off in Decary Hall due to system maintenance

- Student in Sokokis Hall burnt popcorn and set off fire alarm

9/30/11

- Athletic sneakers found on softball field
- Student called to report her bicycle stolen from outside Featherman Hall

10/1/11

- Smell of marijuana reported in Featherman Hall
- Caller reporting suspicious smell in Champlain Hall

10/2/11

- Car window broken in Sokokis Hall parking lot
- Champlain Hall resident advisor calling to report vandalism to exit signs on 2nd and 3rd floors

- Suspicious person located at the Marine Science Rehabilitation Center

- Witness reports seeing students carrying an uncon-

scious female into Sokokis Hall

10/3/11

- Student with medical issue at CampusCenter
- Student reporting locked bicycle stolen from bike rack located outside Avila Hall

10/4/11

- Area Coordinator requested assistance at Champlain Hall

10/5/11

- Drug paraphernalia found

during health and safety inspections in East Hall

- Student located outside of West Hall who is banned from property

- Security dispatched to Featherman Hall to investigate reports of suspicious smell

10/6/11

- Student called to complain about noise outside of Featherman Hall at 3:30 AM

10/8/11

- Student reported suspicious

activity in the Windward Cafe by one man and two women

10/10/11

- Vehicle accident in Campus Center parking lot

- Security dispatched to Assisi Hall for Medical assistance

10/11/11

- Student injured while walking outside of Morgane Hall

- Student banned from resident halls after being found trespassing in Champlain

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FEATURES

Staff Spotlight: Jonathan Osborne of Multicultural Student Affairs

BY CONSTANCE GLYNN
Nor'easter Staff

Jonathan Osborne, from Louisiana, attended Tulane University for both his undergraduate and graduate careers. Jonathan received a Bachelor of Arts in English with a creative writing emphasis in 2008 from Tulane University, and a year later, received a Masters of Arts in English. Jonathan has a lot of experience and expertise in multicultural affairs. As an undergraduate, he worked with or worked in the Office of Multicultural Affairs every year, devoting himself to helping as many students as possible by developing and implementing programs and promoting the ideals of diversity and acceptance. Beyond this, while working towards his Master's degree, Jonathan served as a Graduate Assistant, and developed a mentorship aspect as he worked with all of the multicultural student leaders to facilitate co-programming and a better sense of fellowship amongst all student groups.

With this background experience, he joins the UNE staff as Coordinator of Multicultural Student Affairs. Jonathan writes

that he is "truly excited to join the dynamic and progressive staff here at the University of New England...it is a pleasure to bring my background in Student Affairs to the UNE campus. I am fully devoted to the mission of this Office of Multicultural Affairs, Student Affairs, and the University of New England." As the coordinator for Multicultural Student Affairs, Jonathan will provide support for students of all ethnic backgrounds, religious beliefs, and sexual orientation. He will also serve as advisor for UNitEd.

As for personal goals, Jonathan is aiming to get the Office of Multicultural Affairs more involved in the residence halls. He believes that in making the office more visible to the students, they will become more connected and involved in the mission. For the UNitEd, he is looking forward to planning and promoting the Heritage Show and Coming Out Week.

When asked why he chose to come to UNE, Jonathan replied that his reasoning was two-fold. Mainly, the job appealed to him very much and was a great fit for him. Besides this, Jonathan had

spent all his life in the south. He was ready to move North for the first time ever and the location of the university was attractive. Having only seen snow about three times before, Jonathan seemed excitedly anxious about a full Maine winter.

In his spare time, Jonathan likes to play chess, read, and write. He is currently trying to motivate himself to write new poetry and prose; one of his favorite hobbies. He says he is not much of an outdoors person, but he recently got a taste of camping with two trips to Camp Kieve. The first, taken the last week of August with the Residential Education and Housing staff, he participated in mainly indoor activities. However, just a couple of weekends ago, student leaders managed to get him on some high ropes among the trees during the annual Leadership Retreat.

Jonathan is excited for the year ahead and appears to be quite settled already. He urges all students to come by the office and encourages everyone to introduce themselves. Even with the harsh Maine winter Jonathan will face for the first time, the school year looks bright.



BRITTNEY MASSEY-LABBE, NOR'EASTER NEWS
Jonathan Osbourne of the Multicultural Affairs Office

A Look into...

Residential Student Life Association

BY CHRISTINA JANSSENS
Nor'easter Staff

The Resident Student Life Association (RSLA) at UNE is a student run organization and forum on campus. It is open to all undergraduates living in residence halls, and its purpose is to be an advocate and voice for students with the Residential Education and Housing Office and the Dean of Students. It also assists in the building of community through social and educational programming. All residents are invited to join the general assembly meetings held each Tuesday night at 7pm in Featherman 121.

Delegates are elected every year for each residence hall, and they are meant to be a resource for their fellow residents and bring ideas and issues to the meetings each week. So far, delegates have been elected for Avila, Featherman, and Sokokis halls. Haley Brooks is the first elected delegate for Avila, Renee Violette for Featherman, and Sarah Roberge for Sokokis Hall. They are a great resource for residents to approach who have ideas for improvements to residence halls or programs

they would like to see held on campus.

Any issues residents have with their buildings, or anything else on campus can be brought up at meetings, and RSLA will work with the students to find a resolution. Being a part of RSLA is a great opportunity to bring new ideas for improvements to the residence halls. Residents also have the opportunity to write bills. The organization is able to fund certain improvements and updates proposed by students. Proposed bills are voted on by the delegates. In the past, residents have had bills approved for new televisions in common rooms and other upgrades of the residence halls.

Each year, RSLA sponsors many exciting events on campus, including the Sex Show and Hall Olympics. This year the Sex Show was held on October 5th, and was a fun and educational event for students.

This spring, RSLA will be sponsoring Hall Olympics. This is a competition between residence halls consisting of many different exciting events. Preliminary competitions are also held all year, so students should look

for announcements soon for the fall prelim! Participating in Hall Olympics is a great way to get involved and show school spirit.

RSLA also sponsors curtain dipping every semester. Since it is a requirement for all fabric hanging on walls and windows to be treated, these items can be dropped off at the RSLA office in Freddy Hall during office hours. Members of the club will treat the fabric, and return them to the students. This is offered free of charge to all residents.

The next major event sponsored by RSLA is Harvestfest. It is an event held on October 30th in the Campus Center where children ages 3-11 from the local community can come and participate in activities hosted by different clubs on campus, and celebrate Halloween in a safe environment.

To learn more about RSLA, attend the general assembly meeting Tuesday nights at 7pm in Featherman 121! You can also follow them on Twitter @UNERSLA, find us on Facebook at "UNE Resident Student Life Association", or e-mail them at RSLA@une.edu.

Student Health Corner: Mononucleosis, What's the Fuss???

BY CHERRY BAKER
MSN, FNP-C
Nor'easter Contributor

Infectious mononucleosis (mono) seems to be everywhere these days, but what's the fuss about? This disease, often called the "kissing disease", is transmitted person to person through saliva; so kissing, coughing, sneezing, sharing a glass or utensils with someone who has mono can contribute to you getting this virus. Mono is caused by the Epstein-Barr virus and can have an incubation period of several weeks. That means from exposure to illness, a month might have gone by. The adolescent and young adult population is most at risk.

How do you know if you have mono? Well mono and several other conditions look the same. But mono seems to have one distinctive quality, overwhelming fatigue. Other symptoms are: weakness, sore throat, swollen lymph nodes, fever, headache, skin rash, night sweats, soft/swollen spleen. This virus lasts 4-6

weeks, so if you are experiencing any/all of these symptoms, you may have mono, see your health care provider.

What happens if you have mono? Rest, rest, and more rest for at least one week. No physical activities that could injure your abdominal organs, especially your spleen. Spleen ruptures are rare, but are a medical emergency if they happen. How would you know your spleen may be in trouble? If you notice a sudden, sharp pain on your left upper abdomen means immediate medical attention and may need surgery.

Also, when diagnosed with mono, oral steroids are prescribed to ease your sore throat symptoms. There is no magic medicine for mono, recovery takes time.

What can you do to protect yourself from this virus? Wash your hands, cough into your sleeve or tissue, and do not share drinking bottles, etc. If you are sick, avoid kissing too! Stay well.....

Interview with UNE Student in Seville

BY DANIELLE CROPLEY
Nor'easter Staff

Kicking off the UNE's Global Education Program's "Maine Experiences, Global Explorations" program, UNE's first group of students is currently studying for the Fall 2011 semester in Seville, Spain. To keep up with the goings on across the Atlantic, the *Nor'easter News* caught up with one of the students currently studying in the Spain.

Nor'easter News (NN): *Why did you choose to go to Seville?*

Liana Cao (LC): I decided to go to Seville because it was one of the few chances I would have to study abroad. I am a nursing major and after this semester, I start major-specific classes and clinicals. This would have made it really hard to go abroad and I've always wanted to go to Europe so I decided to just go with it. Otherwise I would have had to do a summer session abroad or delayed graduation. It was the best opportunity for me.

NN: *What classes/programs are you involved in?*

LC: I am taking Elementary

Spanish, History of Spain, and History of Spanish Art at Universidad Pablo de Olavide (UPO), as well as Anatomy and Physiology II and Microbiology online. I am involved in the intercambio program both through CIEE (Council on International Education Exchange) and the UPO. An intercambio is a culture exchange partner. Basically you meet whenever you have time and talk or watch whatever soccer game is on (or you go clubbing together). My Spanish isn't good enough to participate in some of the other activities like volunteering at the local schools or at the hospital but I have some friends here who do.

NN: *How long is your stay there?*

LC: I am only here for the semester, August 18 to December 17. Although after the semester ends, I will be traveling a bit around Europe since I'm already here. European travel is very cheap once you're already here.

NN: *How many other UNE students and overall students are there?*

LC: There are seven other students, eight in total from UNE.

The International Business and Culture Program, which is the CIEE program we are in, has about 50 students from all over the country. Although, there are more students in the program during the spring. There are about 250 international students all together at the UPO from various programs and schools.

NN: *Is it true that every student received an iPad 2? Why?*

LC: All eight of us did receive an iPad 2. They sent it to us as a thank you for being a part of the inaugural group for the Seville program.

NN: *Was the UNE Office of International Education helpful in planning this trip?*

LC: The Study Abroad office helped all of us fill out most of our pre-departure paperwork from class pre-registration to visa applications. They also helped with cultural information. They had a meeting in the Multicultural lounge and helped with paperwork as well as answered any questions we had. We had to book our own flights and get to Seville on our own, but after that, CIEE

was there to help us.

NN: *What are some of the things you plan on doing during your stay?*

LC: CIEE plans many trips for us, and all included in the program fee already. These trips include: Jerez, one of the most prominent sherry wine making cities in the world (according to our tour guide there), the producer of Tio Pepe; Cordoba, the old capital of Muslim Iberia; and Granada, which is organized for UNE students only. There is also a four day trip to Morocco that is included in the other students program fee, but is an addition \$650 for UNE students. I am also going to be going to Portugal, Paris, Barcelona, Madrid, Germany, and the Netherlands. I am also trying to plan a trip for Italy but it depends on the timing.

Travel isn't the only thing here though. There is also all sorts of cultural things such as festivals that go on. I went to a bull fight the other weekend. It was nauseating for me since I'm against killing animals for sport, but also captivating at the same time because it is a live animal and completely unpredictable. I am also going to

be going to a soccer game while I'm here. There are so many things to do here that any one could stay busy every day they're here.

NN: *Would you encourage other students to go on this trip?*

LC: Definitely. If not to Seville than to somewhere else. There's something incredible in living somewhere new. It's a completely different experience from just visiting.

NN: *Is there any other information you would like students to know about this, or other study about trips?*

LC: It's not required to know Spanish. I came here without knowing any and I'm picking it up pretty quickly. It takes time and you have to work at it though. There are also tutors available and everyone in the program lives with host families which means that you are going to learn it quickly no matter what.

UNE's Labyrinth Walk: An Opportunity for Student Stress Relief

BY JANE MCCABE
Nor'easter Contributor

Would you like to manage your stress in an active way? The labyrinth is an ancient pattern fundamental to nature and found in cultures around the world. Labyrinths are often confused with mazes. But while a maze has dead ends and blind alleys, the labyrinth has only one path which leads both into and out of the center. The destination is assured, so that the mind can be still and attentive.

Research conducted in a variety of settings has shown that walking a labyrinth reduces stress and creates a state of relaxation. It is a right brain task: creative, intuitive, and imaginative, which has been used for problem solving, conflict resolution, and walking meditation. Labyrinths today are found at medical centers, churches, prisons, spas, memorial parks,



and schools.

The pattern of the UNE labyrinth is based on that which was built into the floor of Chartres Cathedral in France more than 800 years ago. It will be available for your relaxation and insight

from 8:00 a.m. to noon on Sunday, October 23 in the St. Francis Room of the Library on the Biddeford Campus.

Relax and Enjoy...There is no wrong way to walk this ancient meditation device!

Zombie Run

BY AMANDA EIKLOR
Nor'easter Contributor

Feel like you're prepared to survive the Zombie Apocalypse? Think you'd be the strongest, fastest Zombie out there if you were infected? Well, now is your chance to test those skills! On Sunday, October 30 at 5:00pm the Office of Residential Education and Housing is bringing the Zombie Apocalypse to University of New England through a program called Zombie Run! The event will include a one mile course beginning on the Featherman Lawn. Survivors will have to try and navigate the course through campus to find the safety check points while avoiding the Zombies who are out to "infect" as many Survivors as they can. Survivors who get caught by Zombies can choose to either turn into a Zombie or sit out for the remainder of the program. At the end of the event, we will announce winners to the following

contests: Survivor that gets to the finish line first (or lasts the longest in the case we don't have anyone who finishes!), Zombie who infects the most Survivors, and best dressed Zombie.

This program is open to everyone, but it is strongly recommended that you sign up ahead of time in order to be informed of program details or if there is a change of date due to weather. Anyone interested in participating in the event as a Survivor, Zombie or volunteer to help with the program should sign up at the table that will be outside the Decary dining hall October 17, 18, 20, and 21 from 5:00-6:00PM. Those interested can also speak with their RA or contact Amanda Eiklor at aeiklor@une.edu.

Watch for additional advertising! Also tune in to ChroniclesOfaUNERA on youtube to follow the story behind how the apocalypse started at UNE!

JOIN THE NOR'EASTER NEWS!

Come to our General Staff Meeting Wednesday, October 19
in MARCIL 202 at 7:30 PM!

According to Scrivs



BY STEVE SCRIVENER
Nor'easter Staff

With the record-breaking temperatures in October, there is hardly anything to complain about. I mean, I can't remember

the last time I could comfortably wear shorts and flip flops this late into fall. In addition to this unbelievable whether, it has been yet another great season for Patriots' fans.

This is true especially after their recent victory over the hated arch-rival Rex Ryan and his New York Jets. However, if they had lost that game there would be riots all throughout New England as the Pats would have been trying to justify back-to-back divisional losses to the Bills and Jets. It would have been the final straw for New England sports fans following the historical collapse of the Red Sox.

The Sox are arguably the most followed sports team in the country and with that comes a lot of pressure, especially since

they play in such a high market in Boston. Every year expectations are through the roof for these overpaid athletes to perform, and when they don't, there are a lot of questions to be asked towards management and players. By now everyone knows that the Sox had a huge lead in the division at the beginning of September before blowing it in what has been labeled the biggest collapse in MLB baseball. As a result, Franconia has moved on, and Theo moved to the Cubs.

Furthermore, there has been a million excuses to come out of the clubhouse as to why the Sox played badly in September: Franconia's addicted to pain meds and Lester, Beckett and Lackey boozed and ate McDonalds on their off days.

Now I am not arguing against the fact that these factors didn't contribute to the lack of success this year, but I hesitate to believe that these were issues that suddenly started in September, when the team started to collapse. These were things that were certainly taking place all season when the Sox were winning, but no one bothered to share them with the media.

Had the Sox continued to win through September and hold their divisional lead, none of these would have been excuses and more than likely Terry would still be managing the clubhouse and Epstein would probably still be the GM. But when things go wrong, for whatever reason, the players and managers are unable to justify their downfall without

pointing, blaming and making excuses, and that really irritates me.

Aside from the big leagues, it has recently become apparent that we should focus a bit more on the UNE women's field hockey team, as they have recently moved up the ranking to the 19th spot in the nation according to the latest National Field Hockey Coaches Association poll.

Our field hockey team has been solid since I have been a student here, but this year the ladies have taken the program to a new level, which is evident by their 13-0 record, which is the best start in school history. It is pretty remarkable what they have done, especially since they lost some key players from last season, and have been playing under a first-year head coach.

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,

What do I do about being homesick? Right now, I don't have a vehicle and live three hours away, so going home isn't really an option. Plus, my roommates don't get that I don't love it here the same way they do. I really want to love UNE, and I know that I don't want to leave, I just want to know what to do until I get to go home for break again. What do you think I should do?

Sincerely,

Homesick Blues

Dear Homesick Blues,

Diva says "quit being a crybaby and cut the cord"! You're away from home - get out and live a little! Enjoy your freedom! Ok, sorry I had to say that out loud, but seriously, there is so much to do here. How can you not love fall in Maine? Get out of your room and go for a walk on the beach, take the bus intown and explore the area, use the zip car, grab some friends, and head to Portland or Freeport for some shopping and sightseeing. Stop and check out the beautiful foliage on the way. Find out from your roommates what they are doing and why they love it so much here. Join in the fun! Once you get out and see what there is beyond the campus

gates, you will have a lot more fun and will come to love being here.

Love,

Diva

Dear Diva,

So, there's this person in my chemistry lab that I can't take my eyes off of! Actually, I creep on this person so much that I have become quite the klutz in the lab. To date, I've dropped three beakers, shattered five test tubes, and caught my station on fire... TWICE. I can see that I may have a problem with focusing, but if I don't talk to them soon, I fear for the safety of my lab partner. Help!

Signed,

Safety Hazard

Dear Safety Hazard,

Diva suggests that you switch majors so you don't have to take chemistry. Do you want to blow up the school? Put your eyes in your head and focus on your class. Being a klutz isn't attractive to anyone especially when you are putting that person's life in danger! If you are trying to get noticed by this person, you are doing a great job, just in a negative way. Ask this person if they would like to grab some coffee in Windward...then you can stare into their eyes without putting their life and the lives of your classmates and professor in jeopardy.

Love,

Diva

Dear Diva,

What's with all the rain in Maine? It seems like every week I have to bust out my squeaky rain boots and less-than-helpful umbrella! Frankly, I spend way too much time on my hair in the morning to have it be drenched by a torrential downpour every other day. What are your tips on keeping your locks safe and dry?

Love,

Tressed for Success

Dear Tressed for Success,

Really??? This is what you are worrying about? Your parents are paying a small fortune for you to come to school and you are worried about your hair? Have you looked around??? Have you noticed that everyone else is in the same ark? Kidding aside, sometimes the most simple solution is the right before your eyes. Instead of spending hours on your tresses, simply get some "scrunching mousse" and apply that to damp hair. That will give you a natural "I didn't spend any time on this sexy look" hairdo. Once you scrunch it to a natural look, lightly apply some hairspray, apply a little blush, eye shadow, and mascara, put on your raincoat and cute rain boots, and brave that Maine weather! If all else fails, buy a rain hat or put your hair up into a pony tail and baseball cap. Cheer up! Winter is coming!

Love,

Diva

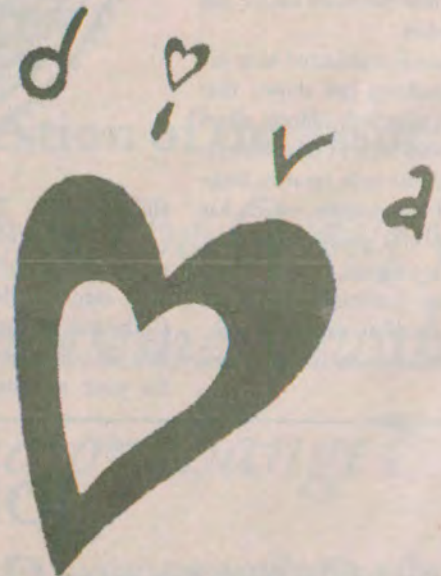
Do You have a question for Diva?

EMAIL questions to
eic@noreasternews.com

OR

MESSAGE Diva on Facebook!

Pick up the next issue of the Nor'easter News to find the answers to all your burning questions!



Professors Say the Darndest Things

BY DANIELLE CROPLEY
Nor'easter Staff

As the semester passes before our very eyes (by the way we're already over six weeks in), the content of our courses is invading our minds at an astounding rate. It seems everyday there is new information to take in, mentally digest, and memorize for some sort of exam, project, or paper. With this vast array of knowledge, it may seem difficult to keep track of the marginally idiotic expressions that slip out of our professors' mouths. I, myself, have found it exceptionally difficult to write down funny quips AND draw diagrams of the spinthalamic tract. It seems that this trend appears to be

a disease infecting my peers, however, as I did not receive as many tantalizing sound bytes for this issue as I would have liked. Although these are goodies, these are the very few quotes I received from your loose-lipped professors:


- "You got to lift up the skirt to see the dirk."
- "I think I may have said that completely wrong."



- "You learn something use-less everyday."
- "Hey, Lactose, let's get this party started!"
- "Broken coffee makers never make toast."
- "They would walk in and say 'yeah, eat me!'... Don't take that out of context!"

While this stock pile is definitely lacking in bulk, it is still full of humor. It is important to remember that while the craziness of our professors is what keeps this literary ball rolling, just like Shakespeare and his Folio, we won't have quotes if you don't write them down. I wish you all the best of luck in the next couple of weeks and pray you tap into your super secret spy talents (and use your emailing capabilities). Hopefully we can all reign in some new ingredients to add to our next steaming bowl of professor quote stew so that I can feed the UNE student appetite.

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@noreasternews.com. 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.



The Run of the Mill

OCTOBER MUSIC

THURS 6TH
VELOURASAURUS

SAT 8TH
POKE CHOP

THURS 13TH
KENNEBUNK RIVER BAND

SAT 15TH DAVE PACKARD

THURS 20TH TBA

SAT 22ND HOLY HEIST

THURS 27TH SCRATCH

SAT 29

HALLOWEEN PARTY

W/LADY ZEN & CASH PRIZES

THURSDAYS 8-11PM
SATURDAYS 8-11PM

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Leadership Retreat: New Students Make Their Move



Students making connections at UNE's 20th Annual Leadership Retreat

BY HILLARY ROZENAS
Nor'easter Staff

As students settle into another semester, new potential leaders are given an opportunity to make their move and build connections that last. Through the month of September, Tim St. John, the Assistant Director of Campus Life, and his ULead Leader Scholars (Shannon Martin, Vernon Chan, Hillary Rozenas, Matt van den Berg and Kayla Triplett) were hard at work planning and preparing for UNE's 20th Annual Leadership Retreat. On September 30, 25 UNE students embarked on a journey to Nobleboro, Maine, where they met up with a team of Leadership School staff members at Camp Kieve. This year's retreat

was aimed towards students who wished to learn more about leadership and acquire knowledge that would further the interest of their leadership roles on campus.

Leader Scholar, Matt van den Berg, comments on the importance of this retreat, "I think the retreat is important because it helps those people that are thinking about becoming leaders, take control of their own paths". This sense of independence and self-awareness are only a few of many topics explored throughout the weekend.

Among several workshops was True Colors, presented by Leader Scholar Shannon Martin. This activity allowed students to discover what kind of leader they are, and advance awareness

Kayla Triplett were sure to wrap up the presentations with an emotional decision making adventure. In this activity students were asked to hypothetically "throw away" some of their goals, family/friends, or other life values in the context of an imaginary story.

Jonathan Osborne, Coordinator for Multicultural Affairs and Diversity Programs, administered an impressive presentation on communication skills. After a few games demonstrating the importance of communication, Osborne led a discussion analyzing what could go wrong in conversations and why. Students responded positively to this program even after a long, rainy day of high ropes and team challeng-

es. Following Osborne's presentation, Shireen Rahman M.S., ATC danced her way into the minds of these young students. Her inspiring presentation on leadership was guaranteed to get everyone on the dance floor and out of their comfort zones. Groups of students were asked to create and present their own aerobic routines. As always, Rahman succeeded in providing a roomful of open minds and shining smiles.

Although the retreat was directed towards new leaders, there were still many aspects of the trip that allowed everyone to gain additional skills. Being her 3rd retreat, Codi Riley was curious to see what would separate this experience from those in the past. "The Retreat helps foster skills by gearing leadership tasks and activities to different levels of leadership where in every activity, there is a role for every type of leader." She was also glad to notice that even as a more experienced leader, she was able to gain different leadership skills that she had not necessarily mastered in the past. She continues, "The most beneficial part of the Kieve staff is they work to develop your own skills on a personal level rather than generalizing skills to fit a whole group, and I think that is why, as an experienced leader, I was able to still gain knowledge and skills from this retreat."

As 25 students boarded the bus on that Friday afternoon,

it wasn't quite clear what they would be getting themselves into as the weekend progressed. While at first students may not have been thrilled with the term "workshops" or possibly anxious about the high ropes course, they were quickly shown that being a leader does not require a power point lecture discussing skills and qualities of the trade. To be a leader you need to experience and live up to your own standards. The leadership retreat is definitely a fun experience for people of all backgrounds. Osborne touches upon these ideas as he mentions the features of the trip that he found most valuable. "Teamwork, vision, communication, responsibility . . . interactive methods of the program was the most fascinating and fun part as students didn't just hear about leadership, they experienced it."

As the great Shireen Rahman once said, "I would recommend standing on top of a telephone pole, in the pouring rain, and launching off of that pole onto a swing, to anyone!" While Leader Scholars presented and the Camp Kieve Leadership School staff ran programs, it was interesting to take a step back and analyze comments like the one Rahman made. Not only are these students literally launching off of telephone poles, but they are entering a whole new world filled with opportunities and connections for life.

Study Abroad in Kenya

BY NICOLE HEMEON
Nor'easter Staff

Standing up in the hatches of what can basically be described as a hummer, I take in the views of the landscape. Feeling the wind on my face as we race around the trees to see them. Elephants – not in the confines of a zoo cage, but real elephants that could charge us at any time. The first time I see those wonderful creatures is when it hits me – I'm really in Kenya!

I chose to go to Kenya with School for Field Studies (SFS) the summer of 2011. After researching other similar programs, I finally decided on SFS. Their program had the obvious perks like most programs did. I would get class credit for going somewhere amazing in Africa, would have the opportunity to study wildlife, and knowing how tight my class schedule was, I needed a program that would allow me to choose what to study in the summer.

But SFS had some very important qualities that I wanted in a study abroad program. First, it was the least expensive out of all the summer Africa programs, after adding up all the different costs that are associated with studying

abroad. Secondly, SFS seemed to emphasize the community experience of study abroad. I knew the program was not completely about the academics portion, and that it also included the topics of community and cultural education. Of course there were other small deciding factors in my decision but nevertheless, SFS Kenya Summer 2011 was the program I chose. And I couldn't have had a more unforgettable experience.

To explain my entire journey to east Africa would turn into a novel. Every day was a new adventure. From hiking some of the most beautiful mountains I have ever seen, to even walking to the bathroom, every day was unforgettable. But there are a few experiences that really stand out to me.

One of the first memorable occurrences at SFS was the first week of classes. My fellow students and I were sitting in our classroom that day, learning about the relationship between wildlife and the local people, when out the window we spotted one of camp guards walking a goat to the back field. It was not until the camp director announced we would be having goat for dinner did it click in everyone's heads

what that goat really was! The students were invited to the goat roast – from start to finish. Meaning we saw everything from when its throat was cut clean across, to a few hours after when its body parts were standing on various spikes scattered across the oversized fire pit cooking. I chalked it up to the whole atmosphere, and happily ate that goat along with my entire group.

Another memorable experience was my week long stay in Tsavo National Park, or "place of slaughter" as it is also translated to, for a camping trip. Nowadays, Tsavo is a relatively safe place, but this is only because the park takes special consideration in their safety. So much consideration that when the sun goes down, the rule is no one can walk around the camp site without an armed guard, since there are no fences separating campers from the animals that live out in the bush. Just picture getting up in the middle of the night, not being able to hold it anymore, so you're forced to flag down one of the Kenyan Wildlife Service soldiers sitting around the campfire, so they can escort you to the bathrooms with an AK 47 under their arm. Yes it's a little intimidating, but it was



also added to the one in a life time experience. The intensity amped up everyone for our daily safaris as we would wake up with the sun, allowing us to see as much wildlife and scenery as possible.

My absolute favorite experience by far, however, was helping the Kenyan Wildlife Service with their annual research of Amboseli National Park. The mission was to count every large animal in the entire park. Therefore, park officials split the park into blocks where teams would be assigned to each block, scavenging every inch of it. Driving out into my block I see about a thousand different kinds of animals including zebras,

wildebeest, elephants, antelopes, etc. The mission just got harder, as we had to count every single animal among the thousand we saw. In the end it was worth it, as the research I helped gather will go into the files of Kenya forever.

My time in Kenya was memorable, and a time that changed parts of me for the rest of my life. From the people that touched my heart in the orphanages to the field trips to local villages, waterfalls, and markets. It's something I will carry with me, and an experience I would suggest to anyone!

First Year Connections Program

BY AUBREY WHITE
Nor'easter Staff

As a senior here at the university, I feel like I know a lot about UNE and all of the clubs, organizations, and groups here on campus. However, recently I overheard some first-year students talking about how much fun they were having in their First Year Connections Group. I had never in all my years here at UNE heard about this group so I did a little digging to find the inside scoop on this relatively new opportunity for incoming students.

I figured the best person to speak with about this First Year Connections group was Daryl Conte, Dean of Student Affairs. Since I had honestly not heard of this group before or what it was about I asked him to explain just exactly what this First Year Connections group was and why didn't I know about it before. He told me that the First Year Connections group was actually a mentoring program designed to help students adjust to UNE and support their success in their next four years of schooling.

The Connections First-Year

Mentoring Program is a comprehensive effort to support success and retention among incoming UNE students. Through intentional mentor/mentee and peer-to-peer relationship building, the Connections First Year Mentoring program seeks to ease the transitional issues most commonly experienced by students entering or transferring into the university for the first time. Participation in the Connections First Year Mentoring Program will provide students with ongoing opportunities to gain awareness of the University, its culture, and its resources.

The program was initiated in 2008 after administration realized that the University's retention rate for incoming students was around 70%. In an effort to increase the retention rate of incoming students, this program was implemented at first with a group of only 10 students. These students were selected based on a survey that was sent out to all incoming students asking a variety of questions about social interactions, high school academic performance, interests, and many other life aspects. From that survey, those who were identified as

"at risk" for leaving the University were placed into the program. The students were divided into groups, each with a different administrator.

Administrators take on the role of the Connections First Year Mentor because they feel it is necessary to make all incoming students feel as though they are a part of the university academically and socially. There are three main parts of the Connections First Year Mentoring program that accomplish the main goal of helping students become well-adjusted to life at UNE. First, even before the new academic year begins, each mentee has a one-on-one meeting with their administrative mentor. The goal of this first meeting is to set up a plan that can be implemented the first year of school. The mentor discusses four main aspects with each mentee including academic schedules, finances, social interactions, and finally, looking at each student's interests to get them connected to the many opportunities available. Meetings take place between the group mentor and each mentee about every three weeks. This builds a personal relationship be-

tween student and administrator and provides a little extra support during the rough transition to college life.

In the next phase of the Connections First Year Mentor Program, mentors are able to take the group out for connections activities full of crazy and fun experiences. This helps to build a feeling of community within each connections group and provides a system for students to branch out socially and make friends with other students in a specific connections group. In past years, Daryl has taken his connections group to go paintballing and last year's group went indoor skydiving. These experiences are not only meant to be adventurous but also to be experiences where you can build friendships among your peers.

The last component of the Connections First Year Mentor Program takes place around the holidays when most students suddenly become stressed with studying for finals, and suffer from being homesick during these times when they would normally be surrounded by family. This is when it is most important to let

the mentees know that there is a support system at the university and that it is not the end of the world. Last year, Daryl took his group to a restaurant and then spent the day on the beach. Daryl states, "The ultimate goal that I have for this program is to build families within each connections group. Each mentor must be willing to get to know these students on a personal and intrusive level so that we can build a network of families right here at UNE."

There are many First Year Connections groups on campus now with administrators such as Daryl and Mark Nahorney, and as many as 180 students involved in the program. As a benefit of this new program, the university retention rate has increased to 86% and most students who are involved continue with the group and act as peer mentors to new students. Since the student body at UNE is growing in numbers every year, this program has the potential to grow leaps and bounds every year as students and faculty continue to build social relationships with each other.

Helping Hands Food Drive

BY PONITA KHOUY
& ALVIN LAM
Nor'easter Staff

Hunger affects more than 35 million people in the United States every day. Almost 12 million of them are children. But together, we can make a difference and help those in need within our community.

Did you know that University of New England and Sodexo Dining Services collaborate to help end hunger in the community? Well, they do! As part of the national project, Helping Hands Across America, we continue year after year to help feed those in need in our own community.

Our annual Helping Hands Food Drive is a student-driven event sponsored by University of New England's Dining Services. Every fall, a large community food drive and various campus-wide events take place to further the efforts to end hunger. We get volunteers from everywhere; from the student body, university staff, as well as community members.

On campus, Helping Hands collaborates with multiple student organizations to benefit the food drive. For example, each year, the Residential Student Life Association takes part by knocking on all of the hall doors to collect for the food drive; in the past, this has been part of the Annual Hall Olympics and will be again this year. Last year, we collaborated with UNitEd during the International Chocolate Festival, where admissions to the event is



Helping Hands Across America
Give a hand up to a neighbor in need.

a non-perishable donation. We have also received assistance for the project from other student groups, including Rotoract and Pre-Pharmacy Club.

The biggest annual event we have is during the third October weekend where we raise most of our food to donate. On the weekend of October 22nd and 23rd, we will hold our collection at Shaw's Supermarkets of Biddeford and Saco, and at the Saco Train Station. We need volunteers to help with collection at all locations. The food drive will run from 10 a.m. to 5 p.m. on both days with four-hour shifts each day. The weekend is packed with lots of food and fun, as we earn the fulfillment of feeding those who are hungry in our own community!

With the help from our fantastic volunteers and generous donors, we raised over 15,000 pounds of food during that one weekend in 2009 to support the local pantries and soup kitchens in Biddeford, Saco, Kennebunk, Dayton and Lyman during the holidays; and over 26,000 pounds last year. With the help of additional volunteers, we may be able to reach our goal of 30,000 pounds of food to donate this upcoming holiday.

If you are interested in volunteering for Helping Hands and getting involved with this national project, please send me an email (at alam1@une.edu) and you'll be put right on the team. We are looking for volunteers year-round, and we can always use more help during the October weekend. Be on the lookout for donation and volunteer opportunities because that time of the year is right around the corner!

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SPORTS

Women's Soccer: Nor'easters Cruise by Golden Bears in Second Half

BY ADRIENNE CHASE
Nor'easter Staff

Western New England University, who came in with a record of a regular season record of 2-8-2 and 0-3-1 in conference play, looked to finally beat a Commonwealth Coast Conference opponent while University of New England, posting a regular season record of 8-1-2 and 4-0-1 in conference play, looked to stay perfect during the Columbus Day weekend match up this past Saturday.

As the game kicked off it was apparent the Golden Bears would give the Nor'easters a run for their money. They kicked off the scoring with an early goal by Sara McMurray, off an unfortunate ricochet that squeaked by the left post just past the reach of the Nor'easter's goalie, Jess Woodworth. This however would be the only goal Woodworth would let by as she stopped the remaining seven shots on goal.

Minutes later the Nor'easters struck back on a beautiful corner kick by Nicole Faircloth that was headed into the back of the net by Katy Marshall. The score was kept tied at one a piece, but for the most part University of New England was in charge of the ball and had a few shots on goal that

the Golden Bear's goalie got lucky on because the ball seemed to be attracted to the cross bar.

Going into the second half it was all University of New England as senior midfielder Alice Read started up the scoring only a couple minutes in by stroking the ball into the top right hand corner of the net, tallying her fourth goal of the season.

As the minutes dwindled down senior forward Sarah Richardson tacked on another goal for good measure and eliminated any chance the Golden Bears had of coming back into the game, bringing the final score to three to one.

Earlier in the week, University of New England faced two tough conference opponents, Nichols and Gordon. In the Nichols game UNE looked to go on the road and add another win versus their Commonwealth Coast Conference opponents, yet Nichols did not want to lose in front of their home crowd. Although UNE out shot their opponent 12 to five neither team was able to get the ball past the admirable performances of Jess Woodworth and Maureen Lynch. The game would go into double overtime before the final score was settled at 0-0.

Three days later UNE was set to



BRITNEY MASSEY-LABBE, NOR'EASTER NEWS

Game against Western New England College

face Gordon, in hopes to fare better than the previous tie. About half way into the first period Alice Read put the Nor'easters ahead of the Fighting Scots with a goal and an assist by fellow senior Sarah Richardson. Gordon fought back in the second half with the equalizer by Karina Scavo. The score would stay tied going into

double overtime where first year Margaret Palmer would strike the ball past the Gordon goalie for her first career Nor'easter goal, giving the Nor'easters the win on the road.

Because of her stellar performances in goal Jess Woodworth was awarded The Commonwealth Coast Conference's defen-

sive player of the week and Alice Read with her pair of goals won the offensive player of the week. The Nor'easters look to continue their TCCC perfection when they face Salve Regina next Saturday at Rhode Island in a battle to take the top spot in the Commonwealth Coast Conference.

The End is in Sight for Men's Cross Country

BY DEANNA BAUMERT
Nor'easter Staff

The final stretch of the men's cross country season is here and based on their performances so far, they are going to end it on a successful note.

UNE's third meet of the season was also their second team win of the season. Sophomore DJ Raboin led the effort with a fourth place finish that just broke the 29 minute barrier. Five of the next seven runners to finish were from UNE with first year Shane Murphy (28:57), Geoff Wahome (29:04), and sophomore Nate DiMartino (29:26) coming in sixth thru eighth and first year Sean Hanrahan (30:19) and senior Bosco Origna (30:35) coming in 10th and 11th. UNE accumulated 35 points, which was just enough to edge out Johnson and Wales who came in second with 37.

At the Pop Crowell Invitational hosted by Gordon College, the team found itself in fifth place out of 22 teams. Raboin (27:29) and Murphy (27:40) were once again the first two UNE runners to cross the finish line. Wahome, DiMartino, and Hanrahan were the other three scoring runners for the team with 8k times of 28:21,

28:28, and 28:48. Their placements brought the team score up to 127, giving them enough of a margin to move past sixth place Lesley University.

The next week saw the Nor'easter's trying something a little bit different. The team was split up, with one half heading off to the James Earley Invitational hosted by Westfield State and the other traveling up to Standish, Maine to compete at the St. Joseph's Invitational. The separation turned out to be a chance worth taking.

A total of 306 runners were present at Stanley Park in Westfield, MA and only eight of them were Nor'easters. Wahome, a sophomore, moved himself up to first for the team by coming in 26th overall with a time of 27:30. Raboin and Murphy reached the finish line within the next five seconds to add 27 and 28 points to the team score. DiMartino added 54 points at 28:20 with an overall placement of 62nd and Hanrahan rounded out the score with an additional 85 points. His time of 29:13 put him just two spots away from placing in the top 100 runners at the event. The final tally put UNE at sixth place in a field of 31 teams, proving that a team's

size has nothing to do with the end result.

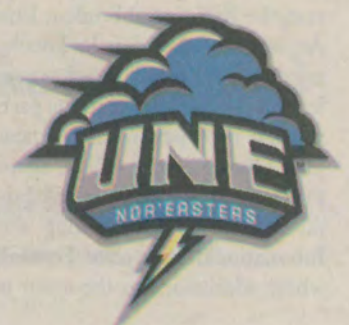
At the same time, a group of nine UNE runners were competing against the eight other teams who attended the St. Joseph's Invitational. First year Chad Lyons was the only UNE runner to make the top 10 with a 10th place time of 29:30. Oringa came in next for the team at 30:13 followed by classmate Jon Dupuis' 31:04 finish. Captain and junior Chris Dracoules was next to score for the team with an overall placement of 31st and first year Ben McGinnis came in three places behind him to make UNE's score 98, which was good enough to put them at third.

These two meets were also the last invitationals of the cross country season and is followed by the Maine Intercollegiate Championship on October 15th.



ASHLEY HOLMES, NOR'EASTER NEWS

Shane Murphy finishing at Pop Crowell Invitational in Wenham, MA



Women's Cross Country Divides and Conquers

BY DEANNA BAUMERT
Nor'easter Staff

Whether they are going full force in a field of 141 runners or splitting their team between two meets on the same day, the UNE cross country team is proving that they are one tough team to beat.

At the Elms College Invitational on September 24th, UNE went up against 14 other teams and came second only to Salve Regina. Senior Jess Partlow claimed first overall with a 5k time of 19:31 followed 30 seconds later by sophomore Colleen Ahern in third overall. First year Erin Flatley put up a time of 20:21 to add seven points to the team score of 35. Sophomore Natalie Hardman and senior Heather Pederson rounded out the scoring with times of 20:36 and 20:57 respectively. A pack of Nor'easters led by first year Taylor Clark took over spots 47 to 51 giving UNE fans only 16 seconds to cheer the five runners to the finish.

A tie for first between Salve Regina and St. Anselm at the Pop Crowell Invitational one week later bumped UNE to a still impressive third place in a field of 26 teams. Despite the crowded start made up of 270 runners, three Nor'easter women were able to

find their way into the top ten including Ahern at 19:29, Partlow at 19:46, and first year Annelise Donahue who came in just under the 20 minute mark. Michelle Reidy, also a first year, came in 23rd with a time of 20:13 and Pederson was last to score for UNE at 20:22.

The following Saturday, UNE tried a new strategy and split their team between the James Earley Invitational held at Westfield State in Massachusetts and the St. Joseph's Invitational held in Standish, Maine.

Westfield hosted 354 runners from 38 teams but UNE took on the challenge to claim fourth. The Nor'easters were given more reason to celebrate when the final tally placed both St. Anselm and Salve Regina behind UNE. Ahern paced the team with a 17th place time of 19:36 followed by Donahue in 22nd with 19:47 and Flatley in 27th with 19:55. Pederson and Hardman were the final scoring runners for UNE with times of 20:07 and 20:08. More than three minutes passed before UNE's sixth and seventh place runners, sophomores Deanna Baumert and Chelsi Gaffney, crossed the finish line at 23:21 and 23:26 respectively.

While those in Westfield were settling scores with old opponents,



2011-2012 Women's Cross Country Team

COURTESY OF UNE ATHLETICS

those at St. Joe's were putting up a second place effort by beating out the host school and coming in 17 points behind Johnson and Wales. Reidy led the team of seven, crossing the line at 21:23 to claim fourth overall. Junior Kim Martins (22:26) and classmate Kim Hentz (22:35) were next for

UNE and first year Brittany Dunay and sophomore Amanda Liebau took the final scoring places at 23:52 and 23:59. Also running for the team were sophomores Michelle Ambrisco (24:27) and Melissa Pierce (25:18).

The team returns to competing as one unit for two more meets:

the Maine Intercollegiate Championship on October 15th and finally the CCC Championship hosted on the course of last year's champion, Roger Williams, where they hope to take first by unseating the reigning CCC champs.

Intramural Player of the Week: TY LITTLE

BY STEVE SCRIVENER
Nor'easter Staff

All season long The Arsenal has been a top threat in the intramural flag football league, as they currently hold a 4-1 record. While they pride themselves on hard defensive work, The Arsenal has gained respect throughout the league by their ability to pick apart their opponent's defense with a pass-first minded offense, led by quarterback Russ Franey of York, ME.

In their first five games, no player has been a bigger asset to the teams' success than Wide Receiver Ty Little, a junior from Scottsdale, Arizona. Little transferred to the University of New England after his freshmen year in part for our respected Medical Biology program, but mostly be-

cause of our premiere flag football league.

When he learned that his was this weeks selected player of the week, Little offered his thoughts, "Well yeah, it has been a long time coming, this whole intramural athlete of the week thing. I have been putting my time in at the gym, and just got on the Sean Sullivan workout plan, so I think things will only continue to get better." Clearly his hard work has been paying off. In the teams recent 31-7 victory, Little accounted for three touchdowns, including a 70 yard touchdown connection with Franey. While the season is nearing its end, it is quite possible that The Arsenal has yet to reach their peak, and now, The Arsenal and other teams are preparing for the postseason.

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ARTS & ENTERTAINMENT

Deidre's Pick of the Issue: Leaf Peeping from the top of Douglas Mountain

BY DEIDRE DICKER
Nor'easter Staff

This past Friday my roommate and I set out on an adventure to Douglas Mountain, located in Sebago. We were craving foliage, festive activity, and fresh air. What we got was a snake sighting, tired feet, and lost. But it was all worth the trouble once we made it to the summit and saw a beautiful view of Sebago Lake, the White Mountains, and the changing leaves.

There is about an hour and fifteen minute drive from UNE to Douglas Mountain. The drive is beautiful – heading Northwest, it will take you through many small Maine towns that you do not get the chance to see when taking the highway. Once you make it to Sebago, you will follow a winding road to the parking lot of Douglas Mountain, which sits at the head of the trail. The Scout Trail is the one that you must take to link up with the Stone Tower Trail, which will bring you to the summit of the mountain.

Knowing this from a little online research, my roommate and I happily ventured down this trail, following small orange markers on the trees along the way. As we got to chatting, skirting around patches of mud, and scaring ourselves talking about the Blair Witch Project, however, we soon realized that we had been walking for what seemed to be much farther than the 4/10's of a mile we anticipated the Scout Trail to be. Gradually, we came to the end of the trail and, much to our surprise, found ourselves in a clearing where a house was located. Thor-

oughly confused, we wandered about aimlessly for a couple minutes until we found what looked to be a well established trail at the end of the path. Folks, do not do what we did next. After a quick water bottle break and a trail mix snack, we climbed that trail – all 50 degrees of it – the whole way up. We were congratulating ourselves for the incredible leg workout we were getting when the trail abruptly ended. It was very horror-movie-esque, really. We searched the woods in attempt to redirect ourselves, but there was nowhere to go. It was beginning to feel like we'd never reach the summit, and that we might get attacked never to be seen again.

In defeat, we headed back down our dead-end trail and followed the Scout Trail back in the direction we had first come from. Luckily, after almost giving up on our hike, we ran into two women by chance who were just coming down from the very Stone Tower Trail we'd been looking for. It turns out that in our excitement to finally be outside and hiking in the great wilderness, my roommate and I had somehow missed the clearly blazed tree and the sign leading to the Stone Tower Trail. This is embarrassing, but I am telling you this so you do not make the same mistake. The following 20 minutes to the top of the mountain were, admittedly, strenuous. The path was rocky and steep and required a lot of physical effort...But it sure was such a refreshing change from the elliptical.

The view from the top was spectacular. Atop the peak was a stone tower (hence, the Stone

Tower Trail) that had a stairwell that allowing one to climb to the top for a panoramic view of all that surrounds the Sebago Lake region. It was a clear day, and from the top of the tower we were able to see from Sebago Lake all the way to Mt. Washington. The leaves were nearing their peak, and the autumn vision was simply gorgeous. If for no other reason, climb Douglas Mountain so you can experience the beauty surrounding it.

We took the Ledges Trail on our way down to shorten our route and get a new perspective from the other side of the mountain. The trail down was nothing but a series of steep rock faces, but in about 7 or 8 minutes we had made it to the road which led us back to the parking lot. The length of the round trip hike was a little over 2 miles.

A few words to the wise when climbing Douglas Mountain: 1.) Follow the orange markers carefully – if you get too consumed in what you are doing, you'll end up lost in the forest. 2.) Prepare to get sweaty and muddy. 3.) Wear blaze orange – it wasn't until the end that we saw the sign saying hunting was allowed on the mountain. 4.) Go explore Douglas Mountain. I didn't regret it, despite getting dazed and confused. The view and experience are worth it.

P.S. – Rumor has it Demi Moore has a home on Sebago Lake. That's just one more incentive to make the trip to the area... you might catch a fight between her and Ashton.

Res Hall Recipes

BY DEIDRE DICKER
Nor'easter Staff

On-the-Go Apple Salad

Ingredients

1 large apple
Flavored yogurt
Breakfast cereal/granola
Cinnamon

Directions

1. Core the apple. To do this, set it down on a cutting board right side up, and plunge a knife through it from top to bottom, somewhere near the center. Then cut around in a circle until the center slides out. For the purpose of this recipe, cutting a wider hole in the center is better, and that makes it easier and quicker to do.
2. Slice off about half an inch from the bottom end of the center piece that just slid out. This will be used to cap the bottom of the hollowed-out apple.
3. Place cap in the bottom of the apple and then fill the hollow center first with a bit of yogurt, then some cereal and cinnamon, and top it off with some more yogurt. Feel free to stuff anything else into your "salad bowl" – chocolate, peanut butter, different types of fruits, and cream cheese might be nice additions!

*All information came directly from <http://abcnews.go.com/WNN/story?id=132839&page=1>

Try these recipes out, and let me know how you like them! I would love your reviews, and I'd love your dorm room recipes even more! Send all recipe ideas to ae@noreasternews.com to see your recipe in the newspaper next issue!

Let's face it. Ramen gets old. Even if it is only \$0.18 a meal, it's now time to let your late room study snack evolve into something more lively. That's what this section is for. We want to give you old recipes some jazz and your pick-me-ups some pizzazz. So send us your recipes that can be made in the dorm room or in the dorm kitchens, and all your Easy Mac exhausted classmates will thank you. Bon appétit! (Feel free to improvise and experiment if you don't have all the ingredients!)

Hummus

Ingredients

16 oz. Chickpeas (also known as garbanzo beans)
2 tablespoons olive or vegetable oil
1 tablespoon lemon juice
½ teaspoon salt
Paprika

Directions

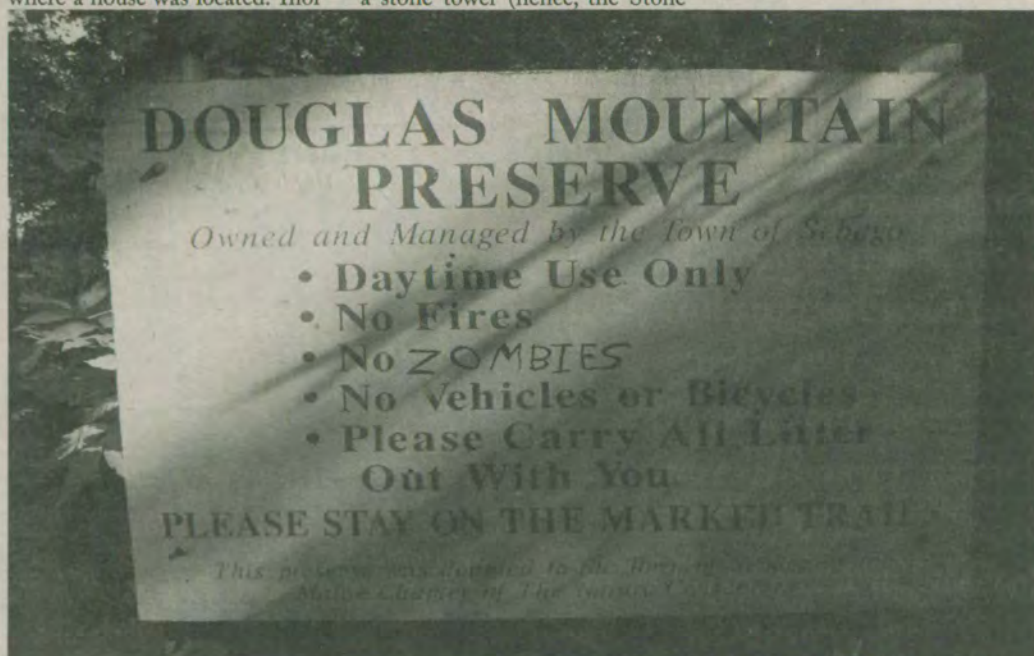
1. Get yourself a can of chickpeas (about 16 oz). Drain the water away, so you're just left with some chickpeas.
2. Mash the chickpeas until they're smooth.
3. Add 1 tablespoon lemon juice and 2 tablespoons oil, and about ½ teaspoon salt, according to taste. Mix it all up.
4. Garnish with some paprika, if you've got some.
Try it with: Bread, or on a sandwich with some vegetables and meat.

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or RESTAURANT

You would like to review?

Email your reviews to ae@noreasternews.com to help spread the word to the rest of UNE



Funny sign from Sebago Lake hiking trip

UNE Players: *Almost, Maine* Review

BY JOCELYN KOLLER
Nor'easter Staff

The UNE Players, UNE's campus theater group, performed *Almost, Maine* on October 14, 15, and 16 at the Biddeford City Theater. The show was directed by Chase Sheaff and included a small cast of UNE students.

Almost, Maine seemed at first a confusing choice for a show. Not being a well-popularized play (certainly one I was unfamiliar with), many UNE students appeared hesitant to go. The flyers were simple and intriguing, and gave some indication that it was a love story, but did nothing to explain the title or the plot. For this reason, I felt unsure about how the night would go. I found myself saying, "What is this show even about?"

As the show opened and the music began, however, I became absorbed in the plot. The opening scene featured Nicholas Cornetta and Kaitlyn Kulesz, sitting on a bench together. As the scene began, I felt the awkwardness between the characters. Although normally this awkwardness would symbolize bad acting, in this instance it showed exactly the op-

posite. Cornetta and Kulesz, along with the rest of the cast, captured with ease the awkwardness of true relationships and displayed to the audience their talent in understanding the complexities of human interactions.

The show was arranged with a Prologue and an Epilogue (Cornetta and Kulesz's scene opened and closed). In-between, there were a series of short scenes in which only two or three people acted. The play followed a number of people living in the fictional town of Almost, Maine--a small town that is "Almost" because it is so northern it is still uncharted, and therefore not an official town (not even on the map one of the characters has). The true focus of the play was on relationships, and the many ways in which they can be good, bad, and messy.

Harmony Bell and James Muller, who played Glory and East, respectively, acted in the second scene. Glory is a woman whose husband has not only left her for another woman, but also died shortly thereafter. She ends up on East's front yard to watch the Northern Lights and say goodbye to her husband. East attempts to convince her that it is

not her fault that her husband died. Meanwhile, Glory is holding her symbolic broken heart in a bag, and East--a repairman by profession--repairs it for her. Bell as Glory was earnest and appropriately self-conscious. Muller was extremely convincing in displaying his instantaneous crush on Glory, and the chemistry between the two was just enough to make the moment feel real.

Other noteworthy scenes included the only scene featuring a same-sex relationship--featuring Greg Pickus as Randy and Eric Pepin as Chad. The two play a set of stereotypically masculine friends, who begin a conversation about their recent failing dates. Towards the end of the conversation, Chad realizes that he enjoys Randy's company more than that of anyone else and attempts to tell Randy this. Pickus handled the scene well; he was comical when discussing his terrible date, and his anger in response to Chad's confession felt genuine. Pepin's role, slightly more difficult because of his confession to Randy, was also well-done. When speaking to Randy, he seemed vulnerable and sincere. The scene ends with Chad symbolically and literally "falling"

for Chad, and Randy, upon coming to pick Chad up off the floor, falling for Chad as well. Pickus and Pepin did an excellent job with the physical comedy of this moment--the audience members laughed out loud, and the scene was able to be appreciated as both funny and serious.

The scene played by James Muller and Rachel Hambro, in which the two play a married couple fighting, was one of the more intense scenes. Muller and Hambro did a fantastic job showing the audience the complex ups-and-downs of marriage. Hambro, especially, played her part as a hurt wife who is pretending to be happy for the sake of the marriage very well. Both actors played their roles so sincerely and honestly that it felt as though the audience was truly watching the fight of a married couple.

The entire cast of *Almost, Maine* did a great job of giving the audience a glimpse into the lives of the characters. Each detail, from the sets to the scene transitions, was well-done and cohesive. Harmony Bell, current UNE Players president, said about the show: "We had less rehearsals than we usually would, but I

think everyone did a great job for the short amount of time we had to put it together. I loved working with this cast." Although I was skeptical at first about the choice of *Almost, Maine* for a UNE Players show, I can say that after having watched my peers perform I feel a greater appreciation for the dedication they give their work. *Almost, Maine* was entertaining, but also left the audience questioning human relationships and the impact they can have.

Overall, director Chase Sheaff was very pleased with the performance stating: "UNE Players have really reached out to professionals in the community since I began participating four years ago. Our connection with Biddeford City Theater is what makes our productions strong. The cast of *Almost, Maine* has been very enthusiastic from the start which makes things move along faster. Even all my technical staff and backstage crew have been highly enthusiastic about putting on the best performance possible. I truly hope that the professionalism of the club is maintained long after I'm gone."



The cast of *Almost, Maine*

KYLIE GALLIANI, NOR'EASTER NEWS

Heart of Biddeford: Events for UNE Community

PRESS RELEASE—New Deadline for BIDDEFORD YOUTH POP-UP WORKSHOP & COMPETITION

BIDDEFORD—The local community nonprofit Heart of Biddeford announces the Rising Business Leaders Youth Pop-Up Competition. The original deadline of October 3 has been extended to Wednesday, October 19. Groups of high school and college-aged students are invited to submit business plan concepts along with the name of a teacher/mentor. Four teams will be selected to develop and open their own business on Main Street in Biddeford for one month leading up to the holiday season, from November 5-December 3.

A workshop for interested students who would like assistance writing their business plan will be held Monday, October 17 from 4:00-5:30 PM at the Heart

of Biddeford 205 Main Street in Biddeford. Through sponsorship from the Orton Family Foundation and with support from Key Bank and local property owners and small business experts, Heart of Biddeford will provide start-up funds, a no-cost storefront, and small-business support. Selected student teams will staff their stores from 4:00-6:00pm Tuesday-Saturday (at a minimum) during the month-long competition.

Heart of Biddeford Executive Director Delilah Poupore says, "We received one great business plan by the original deadline, and we suspect there just wasn't enough time for other interested students to put their ideas together. Our hope is that the workshop will provide support for any students who have a concept but feel daunted by the task of completing their first business plan."

Retail and service businesses are encouraged. Food and beverage concepts will be considered,

but must avoid fry or grill equipment. In December, teams will be judged based on criteria such as net-profit, storefront design, marketing creativity and entrepreneurial spirit. The winning team will keep 50% of their profits, and the other participating teams will keep 25% of their profits. The remainder of the funds will be split between the team's sponsoring organization and the Heart of Biddeford (to fund next year's Rising Business Leaders competition).

Interested students and teachers can find more information and application materials on the Heart of Biddeford's website at <http://www.heartofbiddeford.org>.

The Heart of Biddeford in partnership with the City of Biddeford, the business community, property owners, and residents, fosters economic development and improves the downtown and quality of life within its boundaries by supporting existing

businesses, attracting new businesses, promoting the downtown through events and working to beautify the urban core.

*For more information on the competition or to schedule an interview, please contact Delilah Poupore, Executive Director, at 207-284-8520 or director@heartofbiddeford.org.

UPCOMING EVENT: 10/28
ArtWalk Open Studios UNE

Student Show, located at 265 Main Street in downtown Biddeford. Event includes construction Architecture contest in various store fronts, haunted house at Head 2 Soul Arts Center, Rocky Horror Picture Show at City Theater (8PM and Midnight), Downtown Development Commission Storefront Design Contest and \$10 Dinner Deals at downtown restaurants (appetizer and entree for \$10).

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Miss Maine & Friends



COURTESY OF MISSMAINE.ORG

BY JULIA FURTADO
Nor'easter Staff

*Miss Maine Julia Furtado is available for interview and/or appearances upon request

Miss Maine and Friends: A Benefit Concert — APPEARS AT BIDDEFORD CITY THEATER October 21st

BIDDEFORD, Maine — Miss Maine 2011 Julia Furtado will be holding a benefit concert to assist in funding for her journey to Miss America in Las Vegas, and to raise funds for Children's Miracle Network on Friday October 21st, 2011 at City Theater in Biddeford.

Featuring a talented cast of singer/actor/dancers from the area, past and current performers of City Theater, and former Miss Maine titleholders, Miss Maine and Friends is a night you will not want to miss!

Performance time is Friday October 21st, doors opening and tickets available for sale at 7pm, with show starting promptly at 7:30pm.

Tickets are \$10 for all seats in advance, and may be purchased by emailing missmaineamerica@yahoo.com. Tickets are also available at the door on the night of October 21st for \$12.

Miss Maine Julia Furtado:

Julia Furtado is a 19-year-old young woman, who attends the University of New England and is studying there to earn an undergraduate degree in Applied Exercise Science, and a Doctorate of Physical Therapy. Julia played competitive soccer for over 10 years of her life, as a high school student at Catherine McAuley high school, and as a college student at UNE, but she was ready for a new journey! In June of 2011 Julia competed for and took the crown and scholarship as Miss Maine 2011, and will be representing our state and

the Miss Maine Organization on the stage at Miss America in January in Las Vegas. She has given years of service to the Rotary clubs, through her attendance and work as a facilitator for the RYLA program. As Miss Maine, Julia hopes to speak with several Rotary clubs, and also to make a trip out to the national headquarters in Evanston, IL to promote her platform of Leadership Among Our Youth. She is very thrilled to have the opportunity to give of her time and talents in her year of service, and looks forward to expanding the RYLA program and the Miss Maine Organization right here in our state. Julia lives at home in Dayton, with her two parents Sherry and Ed, and her younger brother Tyler. She has an older sister Erika who lives in D.C.

Miss Maine and Miss Maine's Outstanding Teen Organization:

The Miss Maine Scholarship Program, Inc. is the Official State Preliminary to Miss America, one of the nation's leading achievement programs and the largest source of scholarships for women in the world. The Miss America Program provides professional and personal opportunities to young women and helps promote a voice in politics,

culture and the community. This is a not-for-profit organization that maintains a tradition of empowering American women to achieve professional and personal goals. Last year, the Miss America Organization and its state and local organizations made available more than \$45 million in cash and scholarship assistance. This assistance is not just for the handful who become Miss America, but is available to over 12,000 young women who compete in the state and local competitions as well.

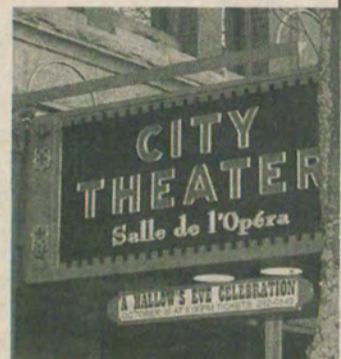
Children's Miracle Network:

Children's Miracle Network Hospitals has grown dramatically since its founding in 1983 from a televised fundraiser in a small studio to one of the North America's leading children's charities, and much of those promoted and raised by Miss America contestants just like Julia! Children's Miracle Network was founded with two simple goals. To help as many children as possible by raising funds for children's hospitals and to keep funds in the community in which they were raised to help local children. The organization was founded by Marie Osmond and her family, John Schneider, Mick Shannon and Joe Lake. Chil-

dren's Miracle Network Hospitals most recognizable symbol and greatest fundraising tool is its red and yellow Miracle Balloon icon. As of 2011, Children's Miracle Network Hospitals has raised more than \$4.3 billion—most of which is donated a dollar or two at a time.

Biddeford City Theater:

Built in 1896, Biddeford City Theater's mission fosters an appreciation for the performing arts by using creative avenues to increase community involvement. In keeping with that mission, the theater has expanded its seasons to include opera, community theater, dance, an ongoing relationship with UNE and an assortment of concerts and events to pique the interest of all ages.



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Album Review: *Siberia* by LIGHTS



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BY COURTNEY GOULET
Nor'easter Staff

I had never heard of Lights Poxleitner (better known as her stage name LIGHTS) until I heard her stunning vocals on British metal/punk band, Bring Me the Horizon's 2010 album *There is a Hell, Believe Me I've Seen it; There is a Heaven, Let's Keep it a Secret*. Shortly after hearing her on the album, I simply had to find out more about her. Born in Canada under her original birth name Valerie, Lights is a 24 year old Juno-award winning musician known for her electro-pop, new wave, indie style music. She

plays a wide range of instruments from the piano, drums, guitar, cello, synthesizer, and keytar (just to name a few).

Lights is one of those artists that you find yourself liking, no matter how hard you try not to. With her killer voice, talented beats, and care-free attitude; you can't help but fall in love with her interesting sound.

So here is my review of LIGHTS second studio album *Siberia*, which released on October 4th:

The album kicks off with *Siberia*, a pulsating catchy number which you will definitely want to sing along with. Unfortunately I

found her voice to be somewhat flat, taking the backseat to her synthesizer and backing tracks, which was a little disappointing. The next track *Where the Fence is Low*, however, allows Lights' enchanting voice to shine. There are definitely dubstep influences of Skrillex and Deadmau5 in this song, mixed with tones that I found to be parallel to that of *Never Shout Never*. Lights' breezy lyrics make the tone of the song very fun, but a little edgier.

Finally we get to *Toes*, the first single off Lights' sophomore album. Definitely one of the strongest tracks on *Siberia*, *Toes* starts with a dreamy synthesizer solo that lasts all of 15 seconds before the drums kick in and Lights begins singing. The higher regions of her voice, along with the sing-along-ready chorus to the track certainly help make it one of the best that appear on the album. *Banner* has a simple beat, reinforced by a memorable chorus, but overall I did not find this track to stand out.

Everybody Breaks a Glass was a definite departure from Lights' previous work and shows her progression as a musician. This was one of the many songs she collaborated with Canadian pop-quartet Holy F*** to produce. Canadian rapper Shad con-

tributes a few verses to the song, which is a welcome addition that brought something different to the track. And to put it simply, it rocked. Holy F*** dropped some of the sickest beats, contrasting well with Lights' vocals, making this song one to remember to download on your iPod very soon. The successor, *Heavy Rope*, was a bit too slow-paced for my liking, but overall it's a decent song with decent verses.

Timing is *Everything* was catchy as anything. Although starting off a tad slow, the beat finally picked up, causing this track to be one of those that will simply put a smile on your face, making you want to sing along (even if you don't know the words). *Peace Sign* came next on the track list, which I found to be a relatively strong track, but compared to *Toes* and *Everybody Breaks a Glass*, it was no competition. However, the verses and chorus were very good, and this song certainly belongs on this album.

Some parts of *Cactus in the Valley* made me feel like I was in the middle of the studio as *Led Zeppelin* was recording *Dazed and Confused*. The song was very droned out and I had to really concentrate to get all the lyrics due to Lights' slow singing. However, after google-ing the lyrics, I did actually like this track. Perhaps it doesn't fit for this album, but it is still very good. *Suspension* is an average song for the album, but

has a great chorus. Stating the obvious, it's easy to say the choruses are huge on this album and show Lights' growth as a songwriter.

Our new favorite Canadian rapper Shad reappears on *Flux and Flow*; though his contribution is small, it does not make this track any less enjoyable. As two of Canada's best kept secrets, Lights and Shad create a double punch with *Fourth Dimension* following next as the album draws to a close.

And *Counting* is a breathy song, which sounds like Lights is whispering. But she does this for most of the song. Still, at this point I can't figure out if I like it or hate it. However, it's not the worst on the album. The worst I have to say is the closer *Day One*. This track is simply confusing. Throughout the entire album, Lights stayed away from mainstream pop sounding music, but this song is just that, and nine whole minutes of it! I'm sorry, but there's only so much of I could take of it. It would have been a decent song on its own if it had been shorter and not on this album.

Overall I would give *Siberia* a B+. The effort was there, but she sort of missed her mark and left a few fans rather confused. I will always be a big fan of Lights, and I will still listen and enjoy what she puts out there for all of us to hear.

OKSOBERFEST: Alcohol Awareness and Education to the UNE Community

BY CONSTANCE GLYNN
Nor'easter Staff

Oktoberfest has become a tradition at UNE, with Residential Education and Housing teaming up with different departments on the campus and people in the community to put on the week-long event. Oktoberfest acts as collaboration between campus departments Residential Education and Housing, Health and Wellness, and Activities Programming Board (APB). Outside people involved most notably includes the Biddeford police department. With every year, this

program proves to be a big success, with many students having a lot of fun while gaining irreplaceable knowledge. It's rare for a campus-wide program such as this to take place, so students are urged to take advantage and not miss out on it.

The learning goals of this program include educating residents on the hazards of drinking and long term as well as short term effects of alcohol and ensuring that residents are aware of the on-campus alcohol policy as well as those off campus (including local, state and federal laws on underage drinking and general policy and

procedure). The program aims to actively engage residents in educational activities and events that will impart memorable phrases and messages and to demonstrate the positive and negative effects of drinking from biological, social and addictive perspectives.

The festival is happening next Thursday, the 27th, starting at 1pm on the quad. At 1:30, the festival will begin with Biddeford police, Health and Wellness and several other tables set up with information and activities for all of the students. There will also be great food and interactive activities.

Also on the 27th, the Residential Advisors will be doing Haunted Cash Elevator in Featherman, Champlain, East, West and Sokokis halls from 8PM-11PM. To go along with the cash elevators, Peer Health Educators will be sponsoring Cash Golf Cart on the 28th. Golf carts will be riding all around campus throughout the majority of the afternoon and evening. For both of the cash elevator and golf cart, questions will be based on alcohol education and correct answers will result in both candy and cash.

The much-anticipated Dance of the Damned will take place

the night of the 28th, and the Resident Advisors from designated halls will have pre-dance activities available for students to participate in. Some of these pre-dance activities will include "Drink With Your RAs," as well as mocktails and themed food. Students are encouraged to dawn their costumes and head to the dance and have fun this Halloween season, and this program will educate them on how to keep safe at the same time.

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OPINION

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Nor'easter News is a student-run bi-weekly publication dedicated to providing news and information relevant to the UNE community. Editorially independent 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.

Editor-in-Chief
Danielle Cropley
(eic@noreasternews.com)

Executive Business Director
Kylie Galliani
(adb@noreasternews.com)

Managing Editor
Constance Glynn
(me@noreasternews.com)

University Liaison
Katelyn Kaulback

News Editor
Jocelyn Koller
(news@noreasternews.com)

Opinion Editor
Sharra Paquereau
(spaquereau@une.edu)

Features Editor
Steve Scrivener
(features@noreasternews.com)

Photography Editor
Perri Fine
(photo@noreasternews.com)

Sports Editor
Deanna Baumert
(sports@noreasternews.com)

A&E Editor
Deidre Dicker
(AE@noreasternews.com)

Web Designer/Editor
Aaron Fullerton
(afullerton@noreasternews.com)

Advertising Manager
Katelyn Kaulback
(adb@noreasternews.com)

Layout Editors
Sarah Tremblay &
Bonnie Murphy
(layout@noreasternews.com)

Staff Advisor
Karl Koepfel

Administrative Advisor
Daryl Conte

Staff Writers and Photographers

Aubrey White
Harvey O'Connor
Brittney Massey-Labbe
Julia Furtado
Adrienne Chase
Ashley Holmes
Ponita Khoury

Alvin Lam
Sarah Ramsey
Courtney Goulet
Hillary Rozenas
Nicole Hemeon
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ON MEDIOCRITY AND PRETENTION

BY HARVEY O'CONNOR
Nor'easter Staff

I don't know if you have noticed lately, but the world to me seems incredibly mediocre. I recall when aging that I was educated about how "individual" everyone was—I do not seem to see it. Or how everyone has a "special" quality that they give to the world that is unlike anyone else's—again, I simply don't see it. To me, people seem to go about their days thinking that there is something extra special about them. When, truthfully, they are probably just telling themselves these things to make themselves feel better.

Anyone who has had employment in customer service will understand this point. A pleasant customer service employee says, "Hi, how are you today?" The customer responds with, "I want a..." or, "I need a..." or "Yeah, give me a..." People, for some reason, tend to treat the person giving the service as if they are not human. The customer service employee asked you how you are doing; they are attempting to make a connection with you as a person. However, you disregard that fact, and only care about your request or need. Now, why would one do this? Perhaps they are in a rush and simply need their requested service in a hurry. Certainly understandable, but it doesn't seem to be the case. It seems more to me to be that people who are on the "other side of the counter" think that they are better than the customer service employee; that they are somehow "above" and the service employee is "beneath."

"Now, Harvey...What has this got to do with people be-

ing mediocre and uninteresting?" Well, that is a good point. My guess is that the people on the other side of the counter (if you will) are people who think that there is something "extra" special about them. After all, the majority of them probably do not work in customer service (in a retail sense). Perhaps they are educators, doctors, lawyers, bankers, business professionals, entry level professionals, etc. The customer service employment is simply there to assist in their rise in whatever profession they have chosen. The customer service employment provides the so called "necessary" materials that these people need to move themselves "forward." For example: expensive clothing, new cars, overpriced food, etc.

It's not as if all of these people are rude all of the time. Fortunately, there was someone out there who taught them to be kind to everyone, and for some of them this tad bit of knowledge stuck. However (this is some advice for the customer service professionals out there, having been one quite some time ago), don't cross these people. If you try to correct them, or make sure that you are getting them the correct item, or dare say that they made a mistake in their request to you, they are likely to lose it. Here is why. You are challenging their special-ness. They view you as someone who is there to service them in their own individualistic advancement. By you challenging them, you are questioning their "above" status over you. They do not like this, and they will put you in your place.

I feel sorry for any customer service employee who questions these people on days when

their status has been questioned by others. What a travesty! For customer service employees, you never know if the person you are helping pick out a sweater has not gotten the promotion they were supposed to; or, if the gentleman you are giving the latte to found out that he lost all of his money in risky investments that he somehow thinks he is entitled to; or, if the woman you are checking out at the grocery counter just found out that she has defaulted on her BMW car loan. All in all, their status as "special" is questioned by these events, and they are going to take it out on you—so you best be ready to be put in your place. Did you not know? As a customer service employee, you are less than the people you serve.

This is what they want you to think. But, they are not "special." No one is. We all have our differences, but we are truly not that "different." If we were, everyone would not be doing so much of the same thing. So, do not react in anger if you are treated negatively by your customers, just smile and nod. Do your best to help them through. They need your support! After all, they are just wandering unhappily through the unknown, thinking that their lives have a sense of fulfillment, when really they are merely empty vessels containing nothing but lost causes. You, on the other hand, have worked hard. You have the same problems, but at least you understand this dilemma, and this makes you better equipped. You know that no one is "special." Is this bitter? Sure. At least it's the truth. The truth is freeing, I think. Mediocre and pretentious: this is the majority of our world.



The Opinion Question of the Issue:
*Do you feel that the Occupy
Wall Street movement will
cause any major change?*

Please email responses to spaquereau@une.edu

Who Are The 99%?



COURTESY OF THEIMAGES.THEWEEK.COM

BY SHARRA PAQUEREAU
Nor'easter Staff

I turned on the news the other day and I immediately noticed that many of the biggest international stories of today focus on various protest movements ranging from the wave of revolutionary protests sweeping across the Middle East and Northern Africa to the Occupy Wall Street movement going on right here in the United States. However, while both movements aim to change their political systems it is difficult to equate them to one another. The protests in the Middle East are a response to oppressive and brutal regimes that have long trampled on the rights of its so called citizen. The protest on Wall Street, in spite of what some opinions of the current administration may be, is not attempting anything quite so drastic. It is also clear that the media feels that these two cases do not merit the same kind of coverage; the protests abroad have been treated with the deference due to a major international event where as the Wall Street happenings have been met with bewilderment and what could be categorized as mild amusement in some cases.

Why is this happening you might ask, after all, the people on Wall Street have a valid point right? They want change! They want reform! And they want it now! But as nice as those sentiments may be, finding out exactly what sort of change and reform they want it not as simple as one might expect. The Occupy Wall Street folks have been criticized in the media for not having a message other than the fact that they want change, no specific change is mentioned, only that they want some kind of indefinable change within Wall Street and the government. If this sort of definition is not produced I believe it will be extremely hard for this movement to be accepted or understood.

Here is where it gets a little bit difficult, the press and the general American public want

a list of demands from a leader, someone they can take pictures of and interview on their programs, someone to give them a charismatic smile and a snappy quote. However, the Occupy Wall Street movement defines itself as a "leaderless resistance movement with people of many colors, genders and political persuasions", and as such they have no such person to offer the media and its followers. This absence of a single voice through which information is passed has forced the curious to attempt to piece together the essence of the movement through the information provided on their website. This brings us to the second difficulty in understanding the core or the movement,

When reading the "Call to Action" posted on the Occupy Wall Street website, it is not immediately clear what the goal of this movement is, what is clear however, is that these people are frustrated with the current way of doing things. They begin by offering a short list of things they believe to be true: freedom to do what you want without imposition, power is not a right, one person's skill set does not entitle them to rule over others, freedom for all is the only true freedom and that the media. They urge readers who agree with even one of these statements to act, to assemble and protest in every city, to "seize" their workplaces and "organize them democratically", they urge the unemployed to volunteer, for students and teachers to "seize classrooms and free minds together" and for the seizure of abandoned buildings and land.

Given this information it is easy to see why this movement has caused concern in some people, they do after all seem to be suggesting that people "seize" property and even their workplaces. This sort of language is alarming to people, the violent connotations of the word seize alone are enough to cause some trepidation when it is couple with the imagery of some kind of a works revolt

it becomes quite terrifying.

Yet I do not believe that violence is what the minds behind Occupy Wall Street intended. In fact it is stated quite clearly that they in no way advocate or call for violence. So we are faced with an interesting paradox, on the one hand they call for the seizing or property and workplaces, but at the same time the vehemently denounce the use of violent tactics. So what do they want of the participants of their revolution? The answer, I believe, is a simple as it is complex. They call not for a physical revolution but for a "revolution of the mind as well as the body politic", this seems to be a simple concept on paper, but in practice it will almost definitely prove more difficult. After all, how does one revolutionize the mind? Does it come down to personal willpower? Or perhaps a well worded article in a magazine?

But I do not believe that such a radical change of mind can occur in such a way, it must be a revolution of many minds, or many people working to change the way the world thinks and perceives itself. This is the essence of the goal of the Occupy Wall Street movement, they want a change that is impossible to define, they want each person to help make the world the way they personally want it to be. While this may seem crazy or pointless or entirely futile, I think it should be considered an ambitious (and yes somewhat radical) approach to political action. These people, the 99%, may never be accepted or understood by everyone, they may not even cause any real change, but they will have at least proved that there is power in the voice of the common person. Because in the end that is who the 99% are, they are common people who felt the need to stand up and say that they are tired of the way things are and that they want change even if they themselves are not sure what exactly that is.

VOICES IN THE CROWD:

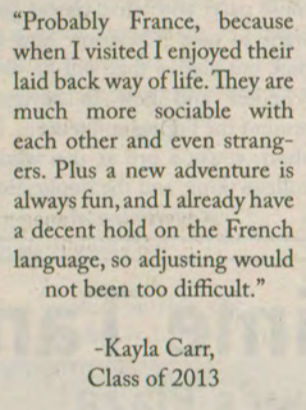
If you could move to any country, what would it be and why?

BY SHARRA PAQUEREAU
Nor'easter Staff



"England because that is where half my relatives live."

-Nicole Deschambault,
Class of 2013



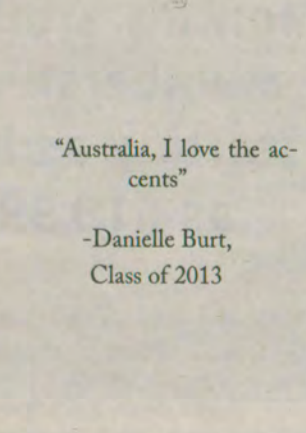
"Probably France, because when I visited I enjoyed their laid back way of life. They are much more sociable with each other and even strangers. Plus a new adventure is always fun, and I already have a decent hold on the French language, so adjusting would not been too difficult."

-Kayla Carr,
Class of 2013



"Ireland. It's a beautiful place, and the people are very friendly and very interested in their heritage. Plus, I love the rain!"

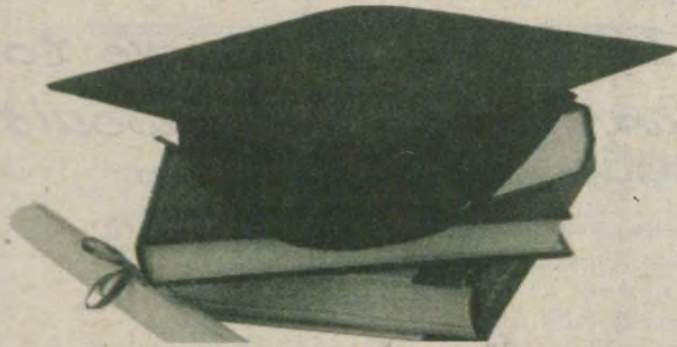
-Kate Patstone,
Class of 2013



"Australia, I love the accents"

-Danielle Burt,
Class of 2013

From the Desk of an Alternative Student



BY SARAH RAMSEY
Nor'easter Staff

As a transfer student, one of the things you struggle with is how your transfer credits fit into the requirements of your new school. Does a general Marine Biology with lab count as your Biology or an elective? Does College Algebra count towards your completed credits or is it remedial (apparently the latter, which totally sucks. I worked hard for that A)? One of the most frustrating things about being a transfer student here at UNE is that all first semester students, regardless of their class standing, have their courses assigned to them.

For first year students, this is a great thing. The last thing you need as an incoming first year is to have to worry about picking your classes on top of moving into a dorm, meeting your roommate(s)

and figuring out which bathrooms on campus are the cleanest. Even finding where your classes are can be challenging, so why add to the confusion by dropping first year students head-first into the mess that is online registration? The system is a great way to hit the ground running, and no one is a bigger supporter of making things as simple as possible as I am. However, that's not the case.

Although automatic registration may ease the stress of transition for first year students, it increases it for transfer students. As a transfer student, you know what classes you have taken, which classes you need to take (for the most part) and what classes you want to take. You know how to pick out classes that will fit your schedule and how to navigate around the boring and tedious. In short, you're a pro at this whole college thing, and the implication

that you are not kind of peeves you. Not only are you starting at a new school where everyone INSISTS on calling you a first year student (and you INSIST on being called a transfer student) but the powers that be have the nerve to insinuate that you are incapable of picking your own courses just like everyone else in your class. Obviously, no harm is meant by the administration by doing this, and I commend them on their hard work.

Ok, so maybe I'm making a rash generalization, but this is how I felt at the start of the semester. With spring registration looming (November 1st for seniors) I am reminded by how frustrated I was when I received my schedule in August. What do you mean I can't pick my own classes? The reason I'm dedicating an entire column to this issue is twofold.

First, while I personally was able to change some of my courses, I kept a few that I believed to be unfulfilled requirements, only to find out that I had already completed a course that satisfied that requirement and I was essentially wasting time and money on a course that I didn't need when I could have taken something cool like Photography or Painting. This is reason number one why auto-

matic registration doesn't work for transfer students. Although it may be assumed that everything on your schedule is correct, mistakes can be made – and, more importantly, overlooked – which can cost you time and money. Allowing transfers to choose their own courses from the start assures that the right courses are chosen, or, if they are not, that at the very least the mistake is the student's fault, not the administration's (therefore preventing frustrated students and angry parents).

Second, as a transfer student the stress of having to change courses that were already chosen for you because they don't fit into your schedule or you've already taken them vastly outweighs the stress of having to choose your own courses when beginning a new school. At the very least, transfer students should have the option of choosing their own classes. After all, we aren't new to this whole college thing, and no one knows our educational background better than we do.

Has anyone else had similar problems with automatic registration or just thought or comments as an alternative student in general? Drop me an e-mail at sramsey1@une.edu and let me know! Have a good week, Nor'easters!

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Zumba w/ Margot 5:00 - 6:00 p.m. Simard/RBC	Boot Camp w/ Nate & Zach 5:00-6:00 p.m. RBC	Zumba w/ Margot 5:00 - 6:00 p.m. Simard/RBC	Jazz w/ Molly 5:00 - 6:00 p.m. Pettapiece/RBC	FMI: E-mail Margaret mhutton@une.edu		
Ballet Yoga w/ Joye 6:00 - 7:00 p.m. RBC	Kickboxing w/ Margaret 6:00 - 7:00 p.m. RBC	Ballet Yoga w/ Joye 6:00 - 7:00 p.m. RBC	Boot Camp w/ Nate & Zach 6:00-7:00 p.m. RBC			
Jazz w/ Molly 7:00 - 8:00 p.m. Pettapiece/RBC		Cardio Kickboxing w/ Jackie 7:00 - 8:00 p.m. RBC				

PLEASE CHECK ROOM SCHEDULE AS LOCATIONS DO CHANGE.
RBC = Racquetball Court
MPR = Multi-Purpose Room

PHOTO HIGHLIGHTS

Photo of the Issue!



Sunset reflecting over Rangeley Lake in Rangeley, Maine

BRITTNEY MASSEY-LABBE, NOREASTER NEWS



Autumn leaves littering the forest floor during a hike

PERRI FINE, NOREASTER NEWS

What is it?



Mount Katahdin in Baxter State Park on an autumn day

PERRI FINE, NOREASTER NEWS



BRITTANY MASSEY-LABBE, NOREASTER NEWS:
Last issue's "What is it?" was the bricks on the Jack S. Ketchum Library