

The Colby Echo

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Welcome Class of 2008

Colby Outdoor Orientation Trip



COOTers enjoying a gourmet meal of rice and beans.

PHOTO COURTESY OF WWW.COLBY.EDU

Welcome from President Adams the first-years

By WILLIAM D. ADAMS
PRESIDENT OF COLBY COLLEGE

To the Members of the Class of 2008:

I'm grateful to the *Echo* for providing space for me to greet you and welcome you to Colby. I will be speaking to you directly at your class assembly, and of course I hope to meet you individually, but this is my chance to say a brief hello before you head off to COOT and other orientation activities.

Colby's admission materials stress the warm, close-knit aspect of life on Mayflower Hill. We refer to ourselves generally as "the Colby community," and that term embraces students, faculty, other employees, students' families, alumni/ae and friends of the College.

During my four-year tenure as Colby's president, I often have grappled with the idea of community and what it means in the context of a liberal arts college.

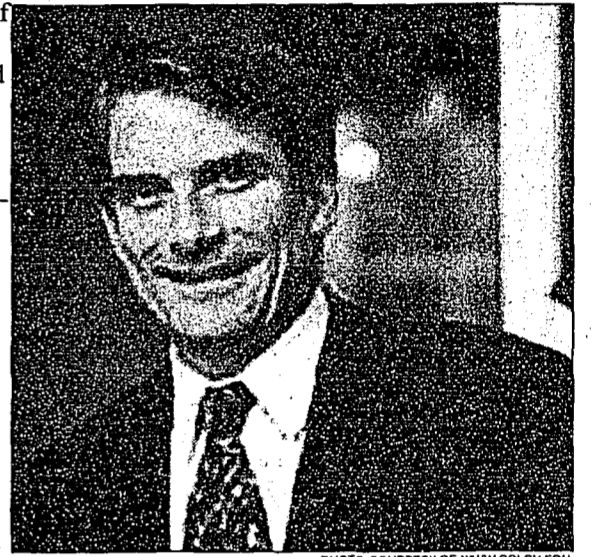
I believe that a successful community should be welcoming of all members, should operate on the basis of mutual respect, and should be a place in which one's opinions are aired and received civilly. In building

a successful community of this sort on Mayflower Hill, we need the help and good intentions of every member of the Class of 2008.

You are here to learn—not only in the classroom, but also in the dining halls, among your classmates and peers in other classes, on the playing fields and in other activities and in the region that surrounds us. Learning requires commitment. It takes work, no matter what the venue, to open yourselves to new experiences and new ways of looking at things you thought you understood.

You also are here to teach. As a unique member of the community, you have opinions and experiences that no one else can offer. Who you are and what you know are of extraordinary value here. Without your contributions, we cannot enjoy to the fullest extent the riches of this community.

But in order to learn and in order to teach, you must engage in discourse that values mutual respect over being "right." In the same way



President William "Bro" Adams.

that your professors will urge you to ground your classroom and laboratory work in solid, hard-won knowledge, you must urge yourselves to ground your participation in this community in solid, hard-won understanding of its social and intellectual diversities.

So in welcoming you, I also want to express my hope that you will contribute yourselves to our community in ways that will extend its depth. We all are looking forward to being the richer for your presence.

Two editors bring two letters with advice

I'm the other guy

By STEVEN WEINBERG
EDITOR IN CHIEF, SPRING 2005

Read this column if you are awkwardly standing around in your dorm room with your parents, guardians, friends or whomever else you have convinced to help you move into college. I know. I was there once, too.

Two years ago, there I was sitting with my dad scared out of my mind because my roommate, who would later go on to be a best friend, was discussing with his own father the merits and proper technique to crafting a tape ball. Ignorantly wandering through life, I was assuming a tape-ball was to be as haphazardly thrown together as a self-dressed child or a smoothie. It never occurred to me that tape balls could have a proper length, radius or curvature, past whatever seemed right at the time.

They did, however. And, this became evident as I stared at my future roommate and kin, convinced the coming year would be a non-stop series of lectures on hospital corners, how to use the dresser and not just arbitrarily pile clothes and various other topics covered—until this point—exclusively in Miss Manners. Silently I watched each poster taken out of the box as if it were to later hang in the National Gallery and somehow placed on the wall sensibly spaced and at perfect right angles to each other.

Aghast as I was, both of our dad's eventually left, Noah and I waited in line together for over an hour waiting to sign a book (an act we were told was a prerequisite for graduation—a lie) and eventually got over our differing interpretations of orderliness.

In other words: welcome to col-

lege, chill out, enjoy yourself, read and write for the *Echo* and wait to do anything illegal until you are sure your parents are at least on I-95. All fall I will be studying in Morocco, so don't expect to see me until spring. Then, the far-more qualified editor, Katie, rushes off to that other German-speaking country, leaving the paper with me at helm. For your

So here you are...

By KATIE HAMM
EDITOR IN CHIEF, FALL 2004

Well, after much time and effort put into this issue of the *Echo*, I hope at least some of you are finding it

here's a little advice.

As cliché as it sounds, be yourself—you'll be much happier that way. Don't be discouraged if you don't find people you click with right away, through time you'll find them.

On that note, if you don't get along with the people on your COOT trip, don't worry. Although it may seem like every other first-year student became best friends with all nine or 10 people on their trip and now there's no one left for you, that's not the case. If, however, you are one of those lucky ones whose COOT does bond in the first 20 minutes, enjoy it.

Get off campus, at least two or three times a week. Colby can be a different sense of reality at times and it's important to remember that you're living in a community outside of the college one. In one way or another, Colby has an impact on Waterville, and there are many ways in which it can be a positive effect. Volunteering is a great way to do this and there are innumerable opportunities to give your time in the community.

Eat at all the dining halls before writing off one based on what you've heard, or read, from other students. You may be surprised at how good the "hearty" food at Bob's is, or the vegetarian meals at Foss.

While not really on the same level as dining halls, don't write off people simply based on what "group" to which they seem to belong. You've heard it your whole life, and it continues to be true in college, that everyone's an individual. So get to know the individuals, not just the groups.

Enjoy it, even in the cold months of winter when there's 14 inches of snow.



Steven Weinberg '06 and Katie Hamm '06.

DAHA/ITALAZS/THE COLBY ECHO

first semester at college, use this newspaper as your tool to learn about campus politics, to read about away games, to get involved with activities, as general protest fodder, and to cover up your windows when you want to have a kicking party without security being able to peep in.

useful in getting to know your way around Colby. Even a small school can be incredibly overwhelming and anxiety-causing on the first day. Once you begin to feel comfortable here, which will take longer for some, my guess is that you'll love it. For now,

SGA greets the first-year students

By CAT WELCH and ADELIN CAI
SGA PRESIDENT AND VICE PRESIDENT

Dear Colby Class of 2008:

On behalf of Colby College's Student Government Association (SGA), we welcome you to Colby College.

The next few weeks will be a

Activities Fair on Roberts Lawn on Thursday, September 9, you will discover that the Colby community is an inclusive one.

The Colby SGA is composed of an Executive Council, Class Officers and the Presidents' Council. Every residence hall on campus, the Alford Apartments and Off-Campus housing are represented by elected or appointed persons on the Presidents' Council. In addition, there are com-



Cat Welch '05 and Adelin Cai '05.

DAHA/EISENBERG/THE COLBY ECHO

whirlwind of activities, both in class and out of class. Take the time to absorb as well as involve yourself in everything—first-years are encouraged to participate in multiple ways here at Colby. Starting from Presidents' Council meetings, which are always open to the school community, to the myriad clubs and associations you will find at the

mittees on which both students and staff serve for proposing changes to various aspects of college life. For details of the SGA structure, its members, meeting schedule, meeting minutes and voting records, you may access the SGA website at <http://www.colby.edu/sga>.

The SGA this year is focused on a few initiatives; our principal aim is to create a campus community that is

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Going abroad on page 2.



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The Colby Echo

5921 Mayflower Hill

Waterville, ME 04901

Since 1877

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The Colby Echo is a weekly newspaper published by the students of Colby College on Thursday of each week the College is in session.

LETTERS

The Echo encourages letters from its readers, especially those within the immediate community. Letters should not exceed 400 words and must pertain to a current issue or topic at Colby. Letters are due by Sunday at midnight for publication the same week. Letters should be typed and signed and include an address or phone number. The Echo will not, under any circumstances, print an unsigned letter.

If possible, please submit letters in Microsoft Word or text format either on 3.5" disk or via e-mail at echo@colby.edu. The Echo reserves the right to edit all submissions.

EDITORIALS

The Editorials are the official opinion of the majority of the Echo staff. Opinions expressed in the individual columns, advertising and features are those of the author, not of the Echo.

CONTACT US

For information on publication dates or to contact us about submitting an article, please call us at (207)872-3349 or ext. 3349 on campus.

For questions about advertising and business issues, please call (207)872-3786, e-mail echoads@colby.edu or fax (207)872-3555.

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Colby security keeping things safe on the Hill, with help from you

By PETER CHENEVERT
Director of Security

I would like to take this opportunity to welcome you to Colby College and to wish you success with your individual endeavors.

Colby College and its surrounding community offer a quality of life that is widely appreciated and valued by nearly all who live here. Much of what we value so greatly contrasts sharply with life in the nation's urban centers. Because our community is safer than many others, it is all too easy for members of the Colby community to be complacent or careless about their safety and to assume that crime does not occur here.

Crime does exist at Colby. Members of the College community are rudely awakened to this reality when they find themselves victims. The comments of these victims are often the same: "I didn't think things like this happened here!"



Colby security out on the beat.

The responsibility of crime prevention does not rest solely with the Department of Security; it is shared by you and all the members of the College community. Your awareness is the most important factor in crime prevention. The success of prevention depends largely on your following sound security practices, recognizing

and immediately reporting suspicious or criminal activity.

Please see the booklet "Colby Security and You," available at the Security Office in Roberts, for security suggestions.

ECHO FILE PHOTO

Services offered by security

- Safety whistles
- Jitney shuttle
- Escorts
- Security Office Emergency Line
- Blue Light boxes
- Party checks
- Access to residence halls
- Lost and Found
- ColbyCard Services
- Parking

Diverse and delicious dining options at Colby College

By VARUN AVASTHI
DIRECTOR OF DINING SERVICES

Welcome to Dining Services at Colby. This is probably the best food you are going to have other than your mother's cooking. Some have said it is better than their mother's cooking but that secret is safe with us. Your dining plan offers you the unique advantage of having three restaurants to choose from where the menu changes daily and the choices are unlimited.

Dana dining hall offers up the best burgers and pizza for lunch and dinner and some really great dinner entrées. New this year will be the upscale deli sandwich selection. Make sure you meet our managers Paul, Jody and Greg.

Roberts, or Bob's as it is affectionately known, prides itself in creating some authentic home-style meals and a Pasta Saute station that cannot be beat. Breakfast at Bob's with Cindy is a must have! Our management team of Heather, Wendy and Debbie will take care of you.

Foss dining hall is where you can get some authentic vegan and vegetarian food along with a good dose of zen! Terry Landry, our resident vegetarian and vegan expert, is the manager and can guide you through your selection of grains and legumes.

The Spa is where Sandy makes sure that your late night hang out



Dana dining hall.

DANA EISENBERG/THE COLBY ECHO

retail operation meets all your needs. Whether playing pool, watching TV or playing video games, it's available at the Spa. Get to know Sandy and she can help you organize a party for your friends at the Spa or help you with late night Pizza pick up.

Remember, catering for students is something that Jessica and Andy, our catering managers, can easily organize for you.

If none of the managers can

answer your questions, don't worry; we still have the Assistant Director, Joe Klaus at Dana, Debbie Knese in the main office and of course I am always available to answer any questions.

The entire Dining Services team welcomes you to the best food you are going to have for the next four years. We look forward to getting to know you all.

Colby athletics: opportunities for students of all interests and skill levels

By MARCELLA ZALOT
DIRECTOR, DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS

The Department of Physical Education and Athletics welcomes the class of 2008 and would like to extend our best wishes for an exciting and productive first year. The department has offerings for all levels of athletes and invites you to participate in any level of your choosing.

The intercollegiate program is for the competitive athlete who wants an intense intercollegiate experience. Colby belongs to the Division-III level of the NCAA (National Collegiate Athletic Association). On the conference level we compete in NESCAC (New England Small College Athletic Conference), arguably one of the best Division III conferences in the country. Colby sponsors 32 intercollegiate sports, 16 for women, 15 for men and 1 coed team. For information on the intercollegiate programs offered, please see our web site at www.colby.edu/athletics. If you are interested in trying out for a team, the names, phone numbers and e-mail addresses of the coaching staff are also on the web site.

The department also offers an intramural program during the fall, winter and spring. There are two levels of intramural competition: a recreational league and a competitive league. Intramural offerings include



Colby athlete in action.

ECHO FILE PHOTO

soccer, field hockey and flag football in the fall; volleyball, broomball and basketball in the winter and softball in the spring. Special events take place throughout the academic year and in the past have included a triathlon, a home run derby and a

squash tournament. Sign ups for intramurals occur through Student Activities or through your dorm, so watch for these announcements.

The department oversees club sports that have an athletic component. Club sports are student run and are offered if there is enough student interest to sustain the club. Club sports that have had sustained student interest recently include men's and women's rugby, the woodsman's team, badminton, sailing, frisbee, bicycling, water polo, men's volleyball, fencing and equestrian.

Finally, the Harold Alford Athletic Center is open over 12 to 15 hours a day throughout the academic year. We invite you to come down and use the facilities at your convenience. The facilities include an ice hockey rink, squash courts, basketball courts, indoor track, indoor tennis courts, saunas, climbing wall, pool and an aerobic studio. The Alford Fitness Center offers free weights, selectorized equipment by Bodymaster and over 25 pieces of cardiovascular equipment. Workshops will be offered on how to use the equipment and develop a fitness program tailored to your needs.

Good luck in the upcoming year and all the best as you embark on your Colby experience.

Get a head start on career planning

By CYNTHIA PARKER
DIRECTOR OF CAREER SERVICES

You might wonder why the Echo would ask the Director of Career Services to introduce herself to first year students who have just arrived at college. Aren't there four more years to figure out what happens after Colby? After 13 years here, it's easy for me to answer that question. Career Services can help you connect your college experience (classes, athletics, clubs, campus jobs) with a potential career after graduation. We can also help you find vol-

unteer opportunities, internships and summer jobs that will give you the experience you'll need to find your first job.

Do your parents want to know where a French major is going to lead you? Would you describe yourself as clueless when asked what you'd like to do after Colby? Or are you thinking about becoming a doctor, teacher, scientist, or advertising mogul but have no idea how to go about it? Career Services can help. And it's so much easier if you begin putting the pieces of this puzzle together this year, not a month or two before graduation.

My own background before coming to Colby was in commercial banking, and I enjoy using this perspective to help students learn more about the business world. I'm also the health professions advisor and I supervise the Colby Volunteer Center. I'll get to know some of you during my lunch-time exercise at the fitness center, and others when we sing together with the Kennebec/Colby chorale in the spring. Even better, stop by and surprise me at Career Services, on the first floor of the Eustis building. The Career Services staff and I look forward to working with you.



A photo taken by a student in Italy.

DANA EISENBERG/THE COLBY ECHO

By MARTHA DENNEY
DIRECTOR OF OFF CAMPUS STUDY

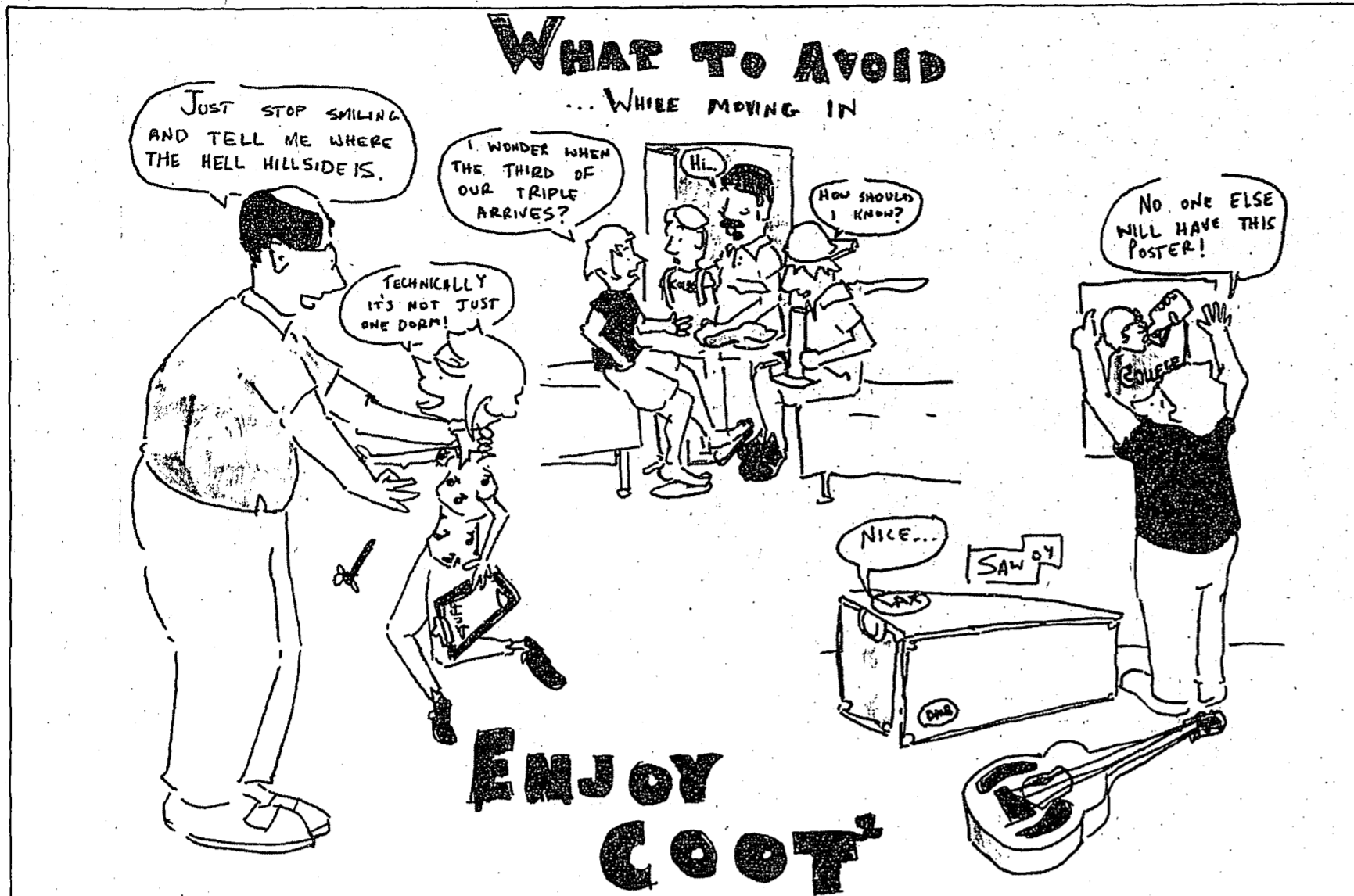
I am the director of the Office of Off-Campus Study at Colby, which manages our programs abroad and helps students who go on programs abroad run by other institutions.

Studying abroad is an important part of many people's collegiate experiences and our office is here to help make that experience as rewarding and safe as possible.

Since about two-thirds of Colby students decide to spend part of their college career abroad, we see several hundred sophomores each year who are planning the off-campus experience they will participate

in as juniors. Students can choose the programs that Colby manages in Cork, Ireland, Dijon, France, Salamanca, Spain and St. Petersburg, Russia, as well as programs that are offered through other schools and are approved by Colby. For a closer look at our programs and policies, I encourage students to consult our web site: <http://colby.edu/off-campus>.

Get Involved: Make sure you remember to make it a point to check out the activities fair on Roberts Lawn on Thursday, September 9



CARTOON BY STEVEN WEINBERG

It's an interesting life



By C.W. BASSETT

You're reading the mumbblings of the 107-year-old man, who - the Echo editors insist - will some week say some thing profound in the newspaper. That's no easy task, considering that the rest of the paper sporadically would be used to wrap fish (if Colby students ever BOUGHT any fish).

Most of us in Waterville buy our fish at a place called Jokas, where they'll card you as you arrive at the counter with your tightly wrapped "fish."

Hey, they even card ME, and I'm 107 years old. You're in for a long, fishy run unless you develop sources of your own in the fishmarket. A 12-pack of tuna is not easy to come by at Jokas.

But you'll discover all this stuff on your COOT trip where the old boys (hey, 20 or 21) will explain every thing—literally EVERYTHING to you as you dig a latrine trench for your group on your wilderness initiation. You'll bond with classmates and recall—with great fondness—the tarantula who shared your bedroll for several days.

Back on campus, full of vim, you'll discover that Colby demands academic enthusiasm from its newcomers. Which section of English composition should you take? You could work with one woman and get killed over the comma fault. Or you could work with Bassett and expect to get your themes back at graduation, some four years later.

Your roommate will be Clarabelle the Clown, from the old Howdy Dooody show. Clarabelle wandered the stage randomly, occasionally honking a substantial horn, seemingly at random, reminding me of several members of the Bush administration. Or perhaps leaders of the other guy's campaign. But you'll be ready to register to vote in Maine, where the poll-watchers glare at Colby students as "voters" from away" (not from Presque Isle).

You have a Colby President named Bro, a Poo-bah of Students named Janice and dozens of Faculty Members named Wolfgang or Bishwah, who—unlike their counterparts at Ohio State—speak reasonably good English. Lord, how humiliating to have one's English grammar corrected by some great toad named Wolfgang.

And I'll be here too, commenting on the contemporary scene on Mayflower Hill. If you can avoid the bulldozers, it's an attractive campus. You'll like it here. And tell the poll watcher you're from Madnawaska, making sure to wear a polyester shirt. You polyester people are gonna feel right at home here, even if your roomie is from Darien. Just tell him to keep the honking down.

Making the year count

By CHRIS APPEL
STUDENT '07

Let me preface my piece by first welcoming all of you to the Colby community. I'm sure you are as excited as I was last year when I first journeyed north up I-95 to Mayflower Hill.

By now you've probably been inundated with suggestions about college life. However, I have a secret to tell you: no one's advice works for everyone. Last year, I learned quickly what I feel is the essential lesson of college—your Colby experience is what you make of it.

Balancing fun and work is, in my opinion, the primary challenge for a Colby student. An excess of neither is healthy. Therefore, managing your time well will be your key to a successful first year.

If you are thinking about doing an activity, whether it is a varsity sport, student organization or intramural

league, do it. As a member of both the cross-country and track teams, numerous student organizations and the championship 'Three-on-Three I-Play' basketball team last year, I guarantee that you'll have enough time to do well academically and still have fun. Furthermore, you'll develop a base of very close friends.

Become friendly with upperclassmen that have similar interests as yourself. Colby's unusual housing policy that places an equal number of first-years, sophomores, juniors and seniors in the same dorm allows (and forces) first-years to interact with members of other classes. Many of the closest friends I made last year were upperclassmen. As an added benefit, they can be a huge asset if you are in need of advice (and/or a good party).

Most of all though, enjoy your first year—it only comes once.

Top 5 places to know about in the Greater Waterville Area

1. Big G's - you won't be able to eat a whole sandwich, but everything's really cheap.

2. Railroad Square Cinema - \$1 Wednesday nights for Colby students are one of the best deals around.

3. C & W Aquarium - well worth the trek to Benton for a pet fish, one of the only kind you can have in your room.

4. The Last Unicorn - the best place to make your parents take you—and your roommates—out to dinner Parents' Weekend.

5. Ken-A-Set - thrifty shopping alternative for those who are inclined to dress to impress.

Colby: a bond you'll share for the rest of your life

By STEVE KASPERSKI
STUDENT '05

Welcome! Get psyched for a great four years. Enjoy it while you're here; it really is a unique experience.

I'm going to share with you a little story. I have just spent the last semester studying abroad at the University of Sydney in Australia (studying abroad, even if not in Australia, is a great experience; I would definitely recommend it). I met a lot of people studying at different schools, and made many good friends while I was down there.

However, I didn't realize these lessons until I spent a day with an acquaintance from Colby who took a semester off and was traveling throughout Australia. We spent the day walking and talking around Sydney seeing the sights. I learned two things that day. Firstly, I learned the importance of taking time off from school. Taking a step back, rearranging your life and coming back to school more focused than ever. Secondly, everyone goes to Colby for different reasons and had different experiences while there, but there is always a common ground on which to rely. You may not realize it now, or maybe not until after you graduate, but you will share a certain kinship with everyone who's ever gone to Colby.

However, that's not the scene that you're walking into at Colby right now. There are a lot of cliques, and while I've seen most of the people on campus, I can't say I know them all. This is a shame, so try to make the class of 2008 different. Good luck, and say hi when I see you on campus.

The inevitability of eating



DANA EISENBERG/THE COLBY ECHO

Fuel up for your Quidditch match in the Harry Potter-esque Foss.

By DOUG TURNBULL
STUDENT '07

College is a time of huge metamorphosis. You will learn a lot about different subjects and also about yourself in its liberal arts atmosphere. Over your four years here, you might change into a completely different person than the one reading this article. Despite these changes, there will be at least one constant in your life. You will still have to consume solid foods for nutrition and energy. It is possible that you have heard some names while participating in discussions about the inevitability of food consumption. It is reasonable to believe that you may have even started thinking of where you would like to eat. Bob's, Foss and Dana are probably the words that you have heard. You may also have come across the term "the Spa." Just to clear up any questions, The Spa is not a spa. Back massages and mud baths are not offered here. If you want to pay for your food instead of getting the same thing for free, the Spa is a good place to go. I suggest that you save your money for food that does not come from the dining hall, such as everyone's favorites Pad Thai or Waterville House of Pizza (WHOP(silent H)).

Hearing Bob's and food together in the same sentence may conjure up nasty images of eating off of your plumber's beer gut. Worry not. Bob's is a dining hall at the end of frat row. It is located in the basement and has a fairly dungeon-like, but charming, feeling. The food is aimed at being "home cooked" in nature, and is probably a lot better than if your mom tried to cook Chicken pot pie for 600 mouths. Cindy is the resident Bob's mother greeting everyone with a smile while cooking your eggs in the morning.

Foss may sound a bit like moss, but in fact, moss is the only greenery that is not served there. Armed with a kicking salad bar, it is the place to go if you are low on your veggies. It is also the place to go if you are an adventurous eater. Garlic encrusted blackened tempeh with wheat balls may sound quite intimidating. In

truth it sometimes is very intimidating, but usually stepping out of your comfort zone will result in widening it to include the adventurous food in question. Foss is a great place for a tofu-fix, but also has at least one meat option at each meal in case you are only into eating things that once had a heartbeat. Foss's atmosphere is very Harry Potter-like, with its high ceilings and flags scattered hither and yon, but is also rather intimidating for a first year. Walking down the double stairs into the dining hall almost feels like running a gauntlet because everyone is watching you with hopes that you will fall. Music selection is very variable from classic rock to cultural to open mic nights on Thursday. The most common complaint is that Foss does not serve breakfast during the week.

Dana is good for you regulars who like to eat the same thing every day. Grilled cheese lovers fear not. There are more than you could possibly cram down your gob. Pizza and burgers are also never in short supply. It is the biggest dining hall and is a nice place to meet friends due to its fairly central location. The music is quite variable, from the occasional country or classical to the more frequent 50 Cent blasted in the mornings (for better or worse). Bart and Steve are two guys to get to know at Dana because they are always good for a story or a laugh about some weekend shenanigans.

Colby has a coffeehouse in Mary Low. It is a really nice place to meet friends and depending on your views on Starbucks coffee is the best thing to happen since the popped collar, or a catastrophe rivaling the damming of the Hetch Hetchy valley in Yosemite.

During COOT training, I was enlightened about the pitfalls of not eating that can end up in extreme discomfort, or even death. EAT. The wheres and whens about it do not matter. You can be married to one dining hall, a friend with benefits, or be a dining hall ho. As long as you can remember to eat, your college experience will not end after the first three days.

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Learning the libraries: look inside Colby's learning lifeblood

By **MARILYN R. PUKKILA and CLEM GUTHRO**
 HEAD OF INSTRUCTIONAL SERVICES
 AND DIRECTOR OF THE COLBY LIBRARIES

The Colby Libraries will be one of the center pillars of your education at Colby. Miller Library, the big building with the clock tower, is the largest library with the humanities and social science collections. The Bixler Library has a great collection of art and music books and journals and a music CD collection. The Olin Library specializes in supporting the sciences. Each of the libraries provides study and socialization space, a wealth of paper and Internet-based academic resources and most importantly personalized help in finding the information you need. The librarians and support staff from the three campus libraries are here to help.

Each of the libraries has great hours and good computer resources. Bixler has a great MAC lab with software for music projects. Olin has a cluster of public PCs and Ethernet ports to every desk. Miller has a wireless network on the main floor, a teaching lab with 25 PCs and ten wireless laptops that can be checked out and used in the building, as well as Ethernet ports scattered throughout the building. If you have your own PC, you can check out an Ethernet cable at the Circulation Desk at all three libraries and connect to the campus network.

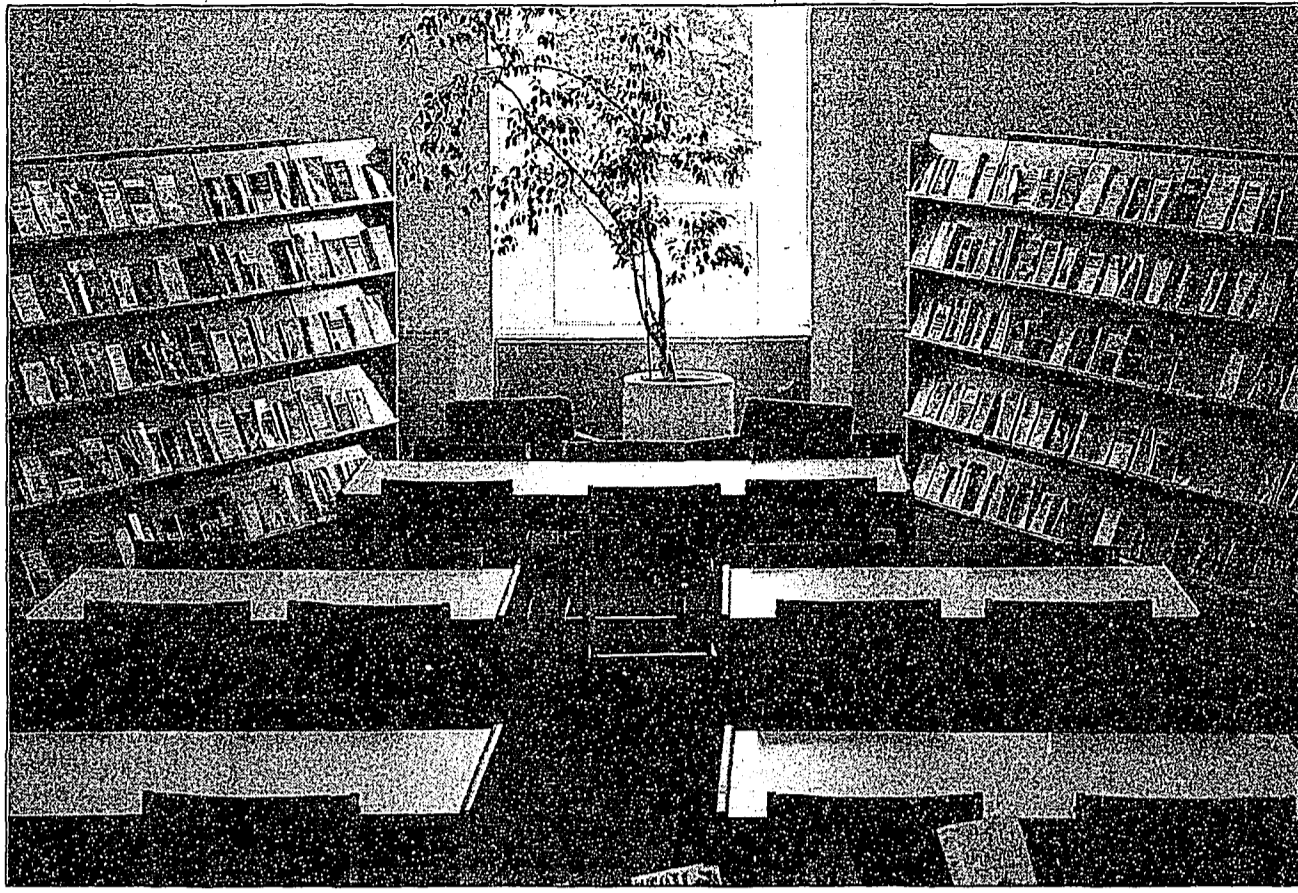
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Librarians Chuck Lakin, Mike McGuire, Peggy Menchen, Marilyn R. Pukkila and Sara Prah. Be sure to talk to Margaret Ericson at Bixler for research help with Art and Music and Suzi Cole in Olin for help with any of the Sciences. ASK-US 24/7 allows you to e-mail questions to the librarians and received personalized help.

Need something Colby doesn't own? Check Maine InfoNet to borrow books from the Bates, Bowdoin and the University of Maine campuses. Still need something else? Submit an Interlibrary Loan request and Kathy Corridan and Robin Wiggin will work on borrowing materials for you, whether it is from across the country or around the world.

Another feature of the Colby Libraries is Special Collections, located in Miller Library, which holds literary manuscripts, rare books and periodicals, photographs and other graphic materials suitable for individual and group research projects. Subjects covered in Special Collections include women's studies, multicultural studies, Maine and regional history, nineteenth and twentieth century American and British literature, and Irish literature from the 1880s to the present. It also has a Colbiana section which documents many fascinating aspects of Colby's history. Patricia Burdick, Special Collections Librarian, claims there are many College stories just waiting to be revealed to the curious. Stop by and ask her or her co-workers Maggie Libby and Karen Gillum what incunabula are—they've got some! With the Olympics just past, you might want to see the first medal awarded in the modern Olympics. Yes, it is right here in Colby's own Special Collections.

Make sure you get also get to



Inside Miller Library.

DANA EISENBERG/THE COLBY ECHO

know the library support staff in the buildings. They are valuable colleagues in helping make your time in the library productive. They help with checking out books, collecting fines (not that you'll have any!), locating your reserve readings, wrestling with recalcitrant photocopiers and at least a dozen other things. They also have many years of experience at Colby and are great people with whom to just talk. You're most likely to see Eileen Fredette and Bob Heath in Miller, Penny Rucksznis in Bixler and Charlotte Gifford in both Olin and Miller.

Planning to watch a video this

weekend? Check out our video collections on the main floor of Miller Library or in the branch libraries. Want to listen to something besides music on your afternoon jog or your next long car trip? Look in our audio books collection right next to the Miller videos. With both fiction and non-fiction titles, we might even have a few of your class books on tape.

Do you have special needs? A brilliant suggestion on how to improve library services? Talk to Peggy Menchen, Acting Assistant Director for Public Services, or to Clem Guthro, Director of Libraries. Wonder who orders, catalogs and

processes all the books, journals, videos and electronic resources that are available in the catalog and on the library website? Our Technical Services staff: Toni Benner, Joanne Curtis-Allen, Toni Katz, Claire Pronnicki and Linda Roy provide the information infrastructure that helps you find and retrieve the materials you need. Questions? Try the Library website: www.colby.edu/library/. Better yet, come to one of the Library Open Houses. You will receive an invitation in your mailbox soon. We'll be waiting to meet you!

**Information
Technology
Services**

**Student
problems:
x3666**

**Telephone
problems:
x3999**

One stop for all your Colby essentials

By **BARB SHUTT**
 BOOK DIVISION MANAGER

Need your English 115 texts? A Nalgene bottle? Ramen soup? An ethernet cable? The Colby Bookstore is located in Roberts Building, and has all your books, as well as supplies, snacks, general books and Colby clothing and gifts. Here are some tips for handling your first Bookstore experiences like a pro.

Tip 6: Shop early. As soon as you get on campus is best. This will let you scope things out and get your books and gear while things are still relatively quiet.

Tip 5: When you buy your textbooks, save your receipt. Textbooks purchased between August 25 and September 22 are returnable during that same period, but only with your receipt. Also, don't write in a new book until you are sure you're going to stay in a class.

Tip 4: Used books cost 25 percent less than new ones and are very popular. Early shoppers get first pick. The Bookstore is extremely aggressive about getting all the used copies available, but supplies may be limited.

Tip 3: Want to buy a book for your class directly from someone who used it last year? Shop the Bookstore. Our U-Sell program allows Colby students to sell their used books to other Colby students. U-Sell books go on top of all others in our stacks at the Bookstore. The Colby student sets the price, and when the book sells they get all the money. Want to try this out yourself? Ask us about the U-Sell program when you come by at the May or December buy-backs.

Tip 2: At the semester end, you can recycle any texts you no longer need at "buyback." Colby will buy texts definitely assigned for next semester at half of the new price. Any others you have we can sell to national used textbook recyclers, who will ship them to campuses across the country so that students there can have a used book. They generally pay 10-33 percent, but it depends on the national demand for your book.

Tip 1: In addition to cash, checks and credit cards, you can use your ColbyCard ID to make purchases at the Bookstore (as well as do laundry, make copies, eat at the Spa, get in your dorm...).



DANA EISENBERG/THE COLBY ECHO

Many supplies are available at the Colby Bookstore.

A message from Information Technology Services about Colby students and computers

By **RAY PHILLIPS**
 DIRECTOR OF INFORMATION
 TECHNOLOGY SERVICES

On behalf of my colleagues in Information Technology Services, I want to welcome everyone to the 2004-5 academic year, with a special welcome to the class of '08 and the many new faculty and staff members who join us this year. We provide an infrastructure on which many activities at Colby depend. Most of the time you won't even be aware of us because the resources we provide are just there, enabling network connectivity to a wide range of electronic services on campus and throughout the Internet. If problems occur, our infrastructure changes from transparent to opaque and we become quite visible; when this happens we try to resolve the situation quickly. We do our best to minimize the occurrence of disruption and we provide resources for faculty, staff and students to get assistance with individual situations. I invite you to look at the ITS home page (www.colby.edu/its) for a quick overview of the department, the staff and our support.

What you need to do

First and foremost, each student with a Windows computer must periodically (once a week is good) check for and install Microsoft's critical updates to the system. Better yet, set your computer to automatically have critical updates installed using Microsoft's update system. Macintosh users do not need to worry about this; neither do faculty and staff members using Windows computers being updated by ITS.

Second and equally important, maintain up-to-date anti-virus software. This year we have extended the College license for Sophos to cover installation on every student computer. Students who have some other package (e.g., Norton or McAfee) may continue with that package but must pay the fee at subscription renewal time or switch to Sophos and be covered by our license. See the ITS web pages for details.

Windows XP Service Pack 2 (SP2), which is now available on-line from Microsoft, includes a major security update for Windows XP to help protect your computer from viruses, hackers and worms. However, due to its complexity, before installing SP2, ITS highly recommends that students consult their computer manufacturer for any special instructions on whether and how to install it to ensure that the vendor

will continue to provide support for the system. ITS will be doing the SP2 installation on College-owned Windows systems when we have resolved a number of issues.

Third and absolutely critical for avoiding heartbreaking disaster, make backup copies of documents that are at all important to you. Students working on projects for class should periodically copy the working document as it is being developed from the hard drive to some other medium such as Zip disc, memory stick, CD-R or CD-RW. The ITS staff and student assistants are quite skilled (and experienced) in commiserating with students who have irretrievably lost their work with no available backup. Please don't let them have to share your pain when this happens to you. Make backup copies of your important working documents.

Fourth, don't compromise your personal privacy and the highly confidential information that your Colby account password protects. The Internet is full of services on which you can create your own accounts, the latest being "Colbyfacebook.com." For any service like this, DO NOT USE the password of your Colby account if you set up an account. You should expect that the people running any system outside our network will examine the password you set on their system and they can associate it with your Colby account. That would give them access to all the restricted web pages you use on our servers (e.g., pages of the Registrar, Personnel Services, Student Financial Services, WebMail, etc.). You also should not submit any personal information in those services that you wouldn't want printed in public. When you read the privacy notices you will typically find that the people running those services can do whatever they want with the information you submit.

Scam and spam e-mail – the power of delete

Beware of e-mail scams. If, as has happened in recent days to others on campus, you receive e-mail apparently from the FBI stating that they need your assistance in protecting your bank accounts, asking that you send to an e-mail address your account numbers and PINS, don't do it! Just delete it. Any e-mail that asks for your social security number or bank account information (e.g., an appeal from the widow of a foreign government executive or an announcement that you have won a big sweepstakes) is a scam. If you send this information, they may steal your identity and withdraw your balance. Why don't

we just block all the scam and spam e-mail? The tighter we try to block this stuff the more we inadvertently block legitimate e-mail from parents, vendors and other legitimate email accounts.

Getting help

How do you get help if you are having a problem with your computer or have a question about an application? Check the ITS web pages, especially the How-To documents that provide assistance with common situations like connecting to the modem pool while traveling or using the College site license to install EndNote for bibliographic reference management. You might even find answers to questions you had not thought to ask yet!

Faculty and staff needing assistance with a College-owned computer should contact the Faculty/Staff Support Center at 3888. Students who have a properly running a computer that is not able to access network or need assistance with Colby standard software installation and operational support should call Student Computer Services (x3666). Students having problems with the Windows or Macintosh operating system or hardware should contact the manufacturer of their computer for service and support under their warranty agreements or contact a service provider in the Waterville area for assistance. A list of these providers is available on the ITS web pages but be aware that they will charge for their service. Media Services assistance with classroom technology is available at x3777. Assistance with telephones, copiers and campus Cable TV is available through the web at www.colby.edu/its/tel.

Copyright and file sharing

I don't think any student at Colby was sued last year by the Recording Industry Association of America or the Motion Picture Association for copyright infringement. We did get quite a few official notifications under the Digital Millennium Copyright Act that led to my communicating with students about songs and movies being distributed from their computers on the network. Last year the RIAA started bringing multi-million dollar suits against students, some at our peer institutions. True, these have normally been settled out of court for much less, but still significant, amounts of money. If you download songs or movies in violation of copyright, you are in danger of being sued in federal court.

"But I heard reports that a recent Federal Court decision says that file sharing applications like Kazaa, Morpheus, Gnutella, LimeWire, iMesh, etc. are legal!" you may be saying. Those legal applications can still be used in illegal ways, such as in copyright infringement. If you read the license to which you agreed before the software was installed on your computer, you will notice that you are prohibited from using the software in any way that infringes copyright. These court decisions do not protect you from your illegal actions.

The Code of Ethics for Information Technology at Colby College (found in the student, faculty, and staff handbooks and online in the ITS policies web page at www.colby.edu/its/policies) establishes for each member of the Colby community basic rights to privacy in using technology on campus. You should know your rights, including whether your e-mail and web use can be monitored, so I urge you to read this and the other policy documents. It also prohibits activities that are illegal or disruptive of resources shared by others. In spite of the appeal of doing so, I strongly recommend that you not participate in file sharing that infringes copyright.

Giving a presentation? Test ahead of time!

My final suggestion relates to classroom technology. Media Services in ITS has been working hard for several years to install and regularly upgrade ceiling mounted projectors and a variety of audio and video equipment appropriate for the individual classrooms. We now have close to 80 percent of our teaching spaces (classrooms, labs, and seminar rooms) equipped with projectors. Using these resources requires some preparation and Media Services can provide orientation and support. Students often use the projectors for their own in-class presentations using their own notebook computers, especially at the end of the semester. While everything is likely to run smoothly, it is always a good idea to test ahead of time. The time to discover that there is a problem is not right before you are giving a presentation.

I hope you have a successful academic year, challenging in ways relevant to your academic pursuits, and that the information technology remains transparent so your focus is on the information content and the ideas and dialog that are communicated through it.

Colby's Iron Lady speaks—to you!

By **JANICE KASSMAN**
VICE PRESIDENT FOR STUDENT AFFAIRS
AND DEAN OF STUDENTS

The staff in the Dean of Students Office is available to help students with all aspects of the Colby experience. The areas we cover include: housing, residential life, student activities, academic advising, COOT, orientation, multicultural affairs and international affairs.

As Vice President for Student Affairs and Dean of Students, I oversee the professionals in the Dean of Students Office, Health Center, Counseling Center and Chaplains. Additionally, I work closely with the President and other senior administrators regarding student life issues.

There is a staff member from the Dean of Students Office available to assist students 24 hours / 7 days a week for emergency situations. That individual can be accessed by calling the switchboard at campus extension 3345.

My hope for first years is that they will feel welcome, supported and



Janice Kassman

excited by all the opportunities for academic growth and exploration. I encourage first-years to tackle academics with single-minded focus to learn as much as possible and to choose courses carefully, as there is so much to sample. Further, I would advise first-years to get to know their instructors, faculty advisors and hall staff and to make certain to attend the activities fair to sample all the extracurricular activities available.

First-year academic queries answered

By **MARK SERDJENIAN**
ASSOCIATE DEAN FOR ACADEMICS

Welcome to Mayflower Hill and the Colby family!

As Associate Dean of Students for Academics, I work primarily with students with academic concerns and questions. Should I drop a class? Should I take time off? Do I seem to be headed toward a major? Why am I clueless and is anyone else? These, among others, are questions I am asked on a daily basis.

I also work with students with learning differences, and with those who would like guidance in study habits, time management and the adjustment to life in college. Call x3104 if you already need an appointment!

In addition, I coach the men's soccer team and hope that you'll come watch both the men's and women's teams in action this fall at the field across from Johnson Pond.

Recommended treats: a walk up Runnals Hill, a slush at the North Street Dairy Cone and a meal out at



Mark Serdjelian

Pad Thai or Buen Apetito with friends.

My wife and I both went to Colby and we have three children (20, 24 and 28) and three small, yet amazing dogs.

Good luck and have a great first semester!

Dean Johnston oversees two areas

Dean Paul Johnston is serving as senior associate dean of students, overseeing housing and residential life. In the housing sector, Johnston works closely with the room draw committee in coordinating the room selection process. He also oversees major residence hall renovations and counsels students with rooming concerns.

In the area of Residential life, Dean Johnston is responsible for Colby's residential life program, including Colby's faculty resident and faculty associate programs, supervision of the Hall Staff, and coordination of the Spotlight Event series of lectures and performances. Another part of the residential life program is to take Colby's academics from the classrooms and into the residence halls.



Paul Johnston

French, and first day concerns

By **SAMMIE ROBINSON**
ACTING ASSOCIATE DEAN OF STUDENTS
FOR MULTICULTURAL AFFAIRS

As Acting Associate Dean of Students for Multicultural Affairs, I am delighted to welcome the first-year students at Colby College. This is a particularly exciting honor to me since I am beginning my first year here as well. In just one month, I have experienced the energy, enthusiasm and wonderful resources that make Colby one of the prominent liberal arts colleges in the nation. The support and warmth from the faculty, staff and students have truly exceeded my expectations. All I can say to the parents, families and first-year students is to prepare yourselves for four remarkable years at this magical place on Mayflower Hill.

I was a shy, insecure young man about to leave Washington, DC to attend college in a small town in Maine. None of my relatives had ever been to college. They were excited about me attending college but could offer little advice about my journey ahead. Aunt Annabell simply told me, "Don't go up there protesting nothing. Just get your education." Aunt Alice said, "Don't come back home with no hippies and putting LSD in your coffee." My mother simply said, "It will be cheaper to send you to college than to buy groceries to feed you." She was quite impressed by the opportunities given to many of us through generous financial aid packages.

When I arrived on campus I simply didn't want to stand out. That was particularly difficult because I was one of the few African-Americans on campus. I also was a tall, lanky kid with size twelve feet that sometimes had a mind of their own. I was incredibly awkward. Nevertheless, I was excited about doing well in col-

lege. Together with my advisor, I selected my courses which I thought would provide me with a good beginning to my liberal arts education.

French had never been difficult for me. However, my inner city school sometimes provided recent graduates from college who had thick Southern accents or elderly substitutes in need of a refresher course. As I studied the listing of French One course offerings, I selected the class that matched my schedule. I wrote down the building and room number. Monday at 9 am, I was on my way.

I always made a point of arriving to class early. That must surely impress professors, I thought. I watched curiously as my classmates began to pour in. I noticed that many of my classmates were older than me. I thought this must be one of those "easy" classes that students took to fill their schedules. Promptly at 9 am, the professor stood and said, "Bonjour." I was shocked when he wrote the class title on the board. Somewhere along the way, I had read the schedule incorrectly. I was sitting in an advanced French literature and grammar class- French 6!

"This is no time to panic," I thought. One hour will go quickly. Don't get up and leave. It will bring unwanted attention to yourself. The entire class was conducted in French. All the students responded to the professor's questions or comments in French as well. French 6 was complete German to me. I understood nothing. Time was not kind to me. It punished me for my mistake. I was sure the clock had fallen asleep. I took my cues from my classmates. I smiled when they smiled. I nodded when they nodded.

I laughed when they laughed. Ten minutes had passed. I had better times in the dentist's chair. I began to mull some ideas in my head. Perhaps I should start a coughing attack, and



Sammie Robinson

leave the classroom. Before I could plan a perfect strategy, the French professor approached me.

Glancing in my direction, the professor asked a question. "Calm down. Calm down," I told myself. What are the odds that he is addressing you? The professor walked directly in front of my desk and repeated his question. I felt nauseous. I didn't understand one word of his question. I remember seeing the Larousse dictionary. I said a private prayer to Larousse (the god of the French language) that he would suddenly give me the power to understand and speak French. It was not answered. Looking puzzled, the French professor repeated his question one more time. I knew this required action. I dug deep into my French vocabulary to utter this phrase, "Ou est French One?" The professor and the entire class roared with laughter. I gathered my books, waved and left the class immediately. I was mortified!

So my first lesson for my fellow first-year students is to be yourself. Be honest, don't be afraid to fail and don't be afraid to admit a mistake. Also, pay attention in French class. Larousse is an unforgiving god!

The Dean of Students Office is located in Lovejoy 110 across from the Registrar's Office and is open from 8:30 a.m. to 4:30 p.m. All the deans except Dean Sue McDougal have their offices in Lovejoy. Dean McDougal's office is in Cotter Union across from the first floor entrance to the Pugh Center.

Spirituality at Colby

Judaism

By **RABBI RAYMOND KRINSKY**
JEWISH CHAPLAIN

As well as being the Jewish chaplain on campus, I am the spiritual leader of Beth Israel Congregation at the corner of Main and Kelsey streets in Waterville, not far from Colby.

I am also the advisor to the Hillel Club, which provides cultural, religious and social opportunities for Jewish students. Its programs are open to the larger college community. Students meet in the Hillel Room in the Pugh Center every Friday evening for an informal Sabbath get-together. They plan holiday celebrations for Chanukah, Purim and the Passover Seder. They also arrange for films, discussions, and participation in the annual Lipman and Berger lec-

tures, which respectively bring prominent speakers to the Colby community on topics of current Jewish interest and on the Holocaust.

Hillel arranges for Jewish students to attend High Holiday services at Beth Israel where they also lead in the worship. The congregation encourages their involvement in the Temple's activities throughout the year.

I am available for personal counseling and in any way he can be of help. As is the case with the other chaplains, I engage in campus-wide concerns to enhance the College's attention to student needs.

My office is located in the basement of Lorimer Chapel and can be reached at x3537 or by email: rkrinsky@colby.edu.

Catholicism

By **FATHER PHIL TRACY**
CATHOLIC CHAPLAIN

My name is Fr Phil Tracy and I have been the Catholic Chaplain at Colby for the past five years. I am also the pastor of two parishes in the area. This year I am excited to announce that Deacon Dean Lachance and his wife Susan will be assisting me as campus ministers. Fr. Paul Dumais and Fr Apollinary Kavishvili will also be available to help at times.

Our primary tasks are to minister to the spiritual needs of Catholic students and staff, to answer questions concerning Catholicism and to assist the Health Center and administration with any situations that could benefit from our gifts and talents. There is a student group called the Newman Council that organizes events for students and staff. In the past these have included such diverse activities as a three day retreat, a hunger fast, apple picking, sledding, movie nights, bible studies and dinner discussions. We also have need for ministers at liturgy: musicians, lectors, Eucharistic ministers, etc. Please stop by our

table at the Activities Fair. Even if you are not sure what you may be interested in, you can register with us to receive information and announcements of upcoming events. We are always open to new ideas.

We have mass on Campus during the school year at 4:30 on Sundays in the Lorimer Chapel and at 4:30 on Holy Days in the Rose Chapel. Deacon Dean and I will be having office hours on campus, but can always be reached by e-mail or the parish phone. My email address is ptracy@colby.edu and the parish phone is 872-2281. Our office is in the basement of the Chapel. There is also a Newman Council room on the second floor of the Pugh Center.

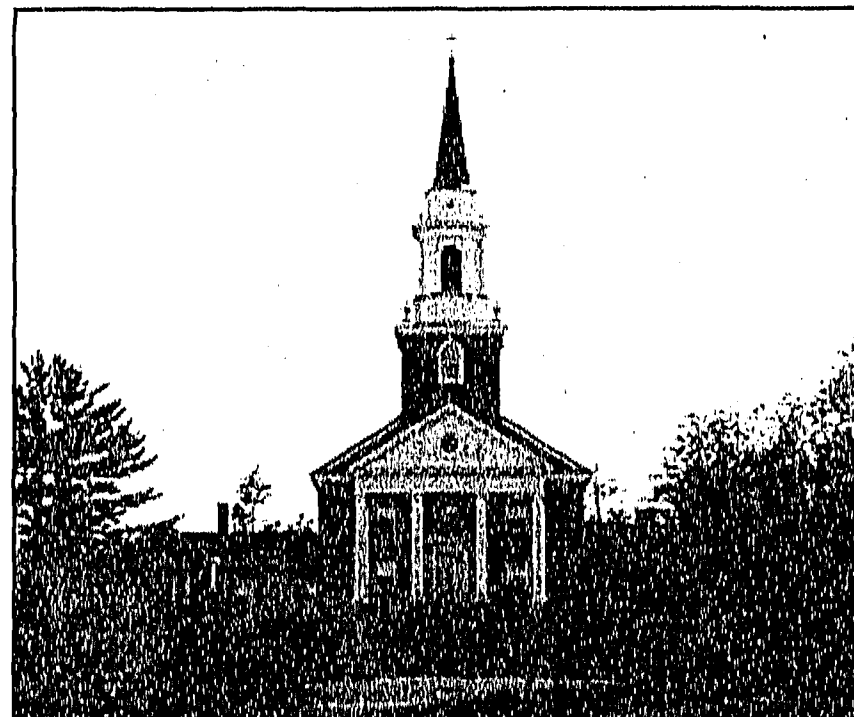
For those who might want to be involved outside of the Colby Bubble, I am pastor of two Catholic Schools as well as the two parishes and there are many areas that will benefit from your gifts and presence. Please take the time to introduce yourself to one of us. The college years are a time of questioning and transition. We are available to help you with this part of your journey through life.

Protestantism

WWW.COLBY.EDU

In an attempt to respect the various denominational backgrounds of the students, a variety of worship experiences are provided at Colby. There is a Protestant Chapel Service

at 1:00 p.m. on Sundays in the Rose Chapel. The Chapel Steering Committee allows students to be involved in planning Chapel Service. An annual highlight event sponsored by the Chapel Steering Committee is the Festival of Carols and Lights.



Lorimer Chapel.

ECHO FILE PHOTO

Continued from page 1: SGA bringing together Colby's diverse community

intellectually diverse and civilly so. Firstly, we will be launching a series of discussions and debates surrounding hot topics that emerge on the daily Digest of Civil Discourse—these discussions and debates may serve as a platform from which different perspectives can be heard and voiced. Secondly, you may have noticed newspapers in the dining halls. The Colby Readership Program, launched last year, has been very popular with students and staff alike. This year, SGA will continue to support the program. Thirdly, SGA is making the commitment to provide additional funding to clubs that propose to engage the greater community beyond Mayflower Hill in their activities. One very important facet of Colby students' commitment to bringing together the diverse smaller

communities that make up Colby is the annual Diversity Conference. The Colby Diversity Conference is a student-organized event that addresses multiculturalism through a variety of lectures, performances and workshops. Last year, celebrated writer and speaker Professor Cornel West delivered the keynote address.

We encourage every member of the Colby Class of 2008 to familiarize themselves with the process of getting involved here at Colby in any way he or she can. Participate, explore and enjoy the opportunities you have here at Colby to expand your intellectual and spiritual horizons.

We wish you all the best in the coming orientation weeks.

Volunteer at Colby

By NATALIE MAIDA

Director of the Colby Volunteer Center

Welcome first-years! My name is Natalie Maida; I am a senior here at Colby and the director of the Colby Volunteer Center. Casey Dunton is the assistant director this year and we both hope that your transition to Colby is going well so far.

The CVC is excited to have you all on campus and hope to see you volunteering some of your time once the fall semester gets on its way. As a first-year student it is of utmost importance to feel comfortable with your classes and to make new friendships, but it is also crucial to reach out to the Waterville community.

The CVC is a way for you to get

off campus once or twice a week for a few hours and to help our neighbors in need. We have over a dozen programs that you can get involved with, including the Boys & Girls Club, Paw Pals and the Homeless Shelter. If you are too busy for the weekly programs you can join in on our one time events: the Halloween Extravaganza in the fall and Colby Cares Day in the spring.

Our office is located on the first floor of Eustis; we have lots of candy for you, so stop on by. Please take a look at our website at www.colby.edu/cvc and learn about more of the wonderful opportunities that we can offer you. We can be contacted at cvc@colby.edu or by phone at x3442.

Take risks to get the most out of your years at college

By CARREAU MUELLER

SPB PRESIDENT

When asked to write this piece for the *Echo*, I found myself a bit perplexed. It feels as though it was only yesterday when I began my first semester as a Colby student. As I'm sure many entering students often are, I was full of excitement, curiosity and concern regarding college life.

For me, there were several factors that helped facilitate a smooth transition into Colby life. At a small residential college like Colby, students have the unique opportunity to impact the community in which they live. Perhaps the best way to take advantage of this opportunity is to get involved with an organization on campus. Sports (varsity, club and I-PLAY), theatrical productions, clubs, volunteering, attending lectures and work study programs are all an excellent way to begin to integrate into the Colby community.

The years spent in college provide an invaluable chance to develop oneself, both inside and outside of the classroom. Take this opportunity to explore new avenues in life to heart.

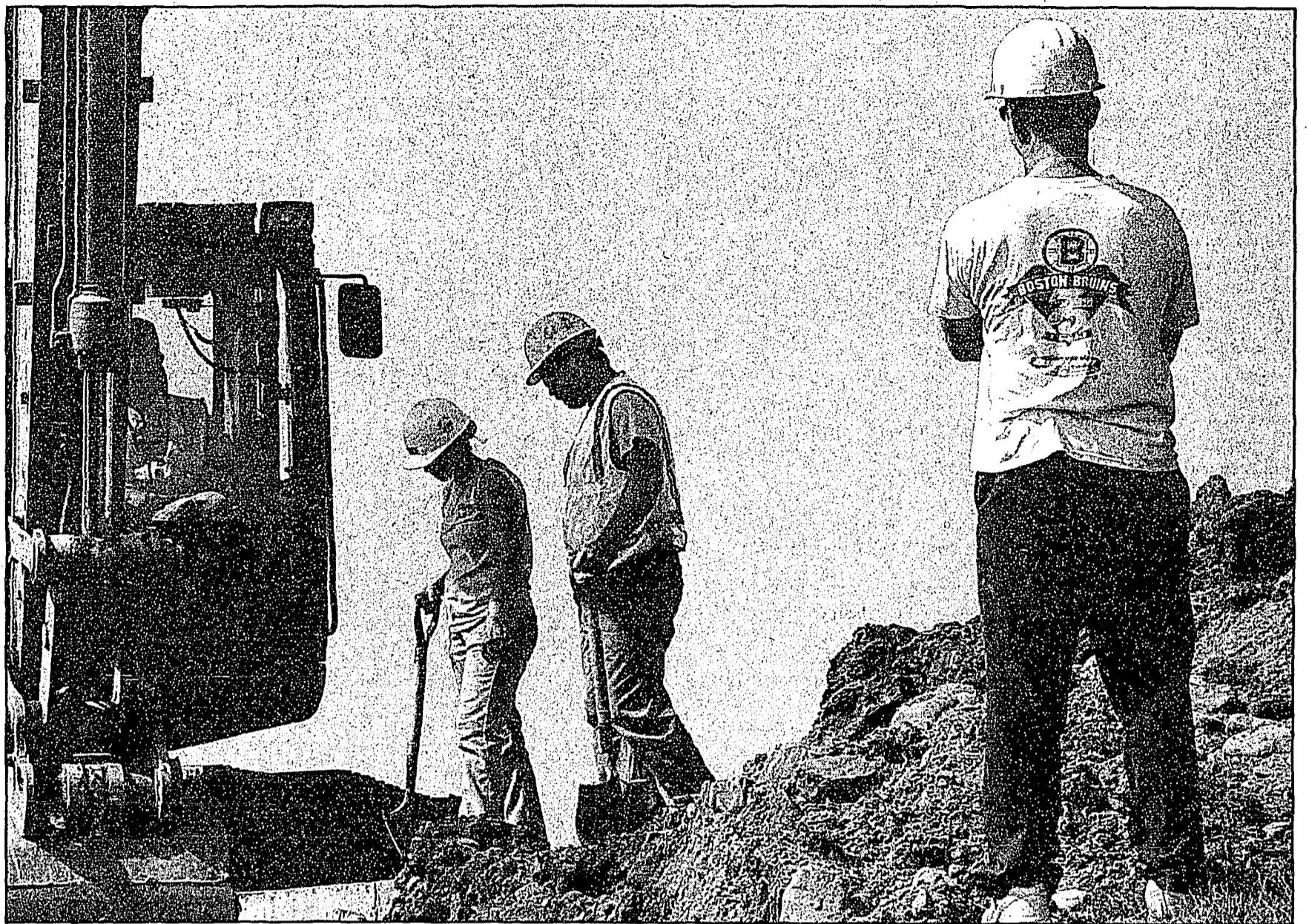
Taking risks is a huge part of the time you'll spend in college. The more risks you take, the more you'll learn about new things, and even more importantly the more you'll learn about yourself.

Over the past three years I've had the opportunity to work with innumerable bright and motivated individuals. Working on a Powder and Wig or Colby Dancers production, mentoring with Colby Cares About Kids, working as an HR, planning events with the Student Programming Board, coordinating COOT2 or playing in an I-PLAY game have all been unique experiences. I have walked away from each with valuable lessons, knowledge and wonderful friendships.

It goes without saying that you have the opportunity at Colby to receive a wonderful education in the classroom; however, keep in mind that an education should not stop there. The experiences you have outside of the classroom are equally as important in order to grow as a person.

Enjoy your time on the Hill! I certainly have.

You thought your bio book was heavy lifting...



DANA EISENBERG/THE COLBY ECHO

Construction abounds throughout campus.

Sexual assault education at Colby

By ASHLEY HUNT

SASA PRESIDENT

Students Against Sexual Assault (SASA) is a group of students on campus committed to providing information about sexual assault issues and ultimately making our campus a safer place. Ours is an open group and we welcome new people. Our short-term goals include:

- Integrating a discussion of sexual assault issues into first-year orientation
- Working with sports teams to have athletes take a stand against sexual assault
- Other initiatives to educate the Colby community about these important issues

Over the course of the year, we will be receiving formal training from the Waterville Rape Crisis and our long-term goal is to transition into an advocacy group for victims of sexual assault while continuing to educate the community. If you are interested in participating or would like to learn more, please contact Ashley Hunt at aahunt@colby.edu.

Questions? Comments? Need some-

one to talk to?

Colby College Counseling services are available in the Health Center and are happy to address any problems you may have, no matter how big or small. Appointments may be scheduled through the front desk either in person or at ext. 3394. Waterville Rape Crisis Assistance and Prevention also runs a toll-free hotline 24 hours a day, seven days a week at 1-800-871-7741.

Fact: It happens here.

- One out of every six college women are raped while in college.

- Female college freshman are at the highest risk for sexual assault between the first day of school and Thanksgiving Break.

- 51-60 percent of college men report they would rape a woman if they were certain that they would get away with it. One out of twelve college men surveyed had committed acts that met the legal definition of rape; 84 percent of these men said what they did was DEFINITELY not rape.

Fact: Rapists are not masked men hiding in bushes.

- 80-95 percent of the rapes that

occur on college campuses are committed by someone known to the victim.

Fact: Alcohol and drugs increase the chances of sexual assault.

- Up to 90 percent of all sexual assaults involve the use of alcohol

- 75 percent of male college students and 55 percent of female college students involved in a date rape had been drinking alcohol or using drugs

- 16 percent of male college students admitted to giving or encouraging the use of drugs or alcohol to obtain sex.

Fact: Most rapists do not get caught.

- 98 percent of all sexual assault survivors will never see their attacker caught, tried and imprisoned.

- 84 percent of rapes go unreported; 46 percent of survivors of acquaintance rape and 27 percent of stranger rape survivors never tell anyone.

Facts from

<http://www.derc.org/facts.html> and <http://www.rainn.org/statistics.html> and <http://www.purdue.edu/PUSH/INCSAP/resources/facts.html>.

PCB encourages multiculturalism and diversity

By CHRIS TERRELL

PCB AT-LARGE MEMBER

The Pugh Community Board (PCB) is an organization that works with the Pugh Center and its clubs to encourage and support multiculturalism at Colby. Through lectures, performances, extravaganzas, discussions, dances, and workshops, we hope to express our cultural differences and also educate the Colby community.

For this semester, we have already begun planning several exciting events to take place in the Pugh Center, Page Commons Room and Mary Low Coffeehouse, so keep your eyes open for more information.

My advice to all of you is, be who you are. Whether it is our spiritual values, race, sexual orientation, economic background, gender, ethnicity, size, age, nationality, or political beliefs, we are all diverse. Be proud of who you are and express your culture in every way that you know how. That is the best way to educate others and foster acceptance.

Members of the Student Activities Office Staff

Kelly Wharton - Director of Student Activities

Kelly assists in the coordination of clubs and organizations, and advises student leaders when planning large or small campus events. She also serves as the advisor to the Student Government Association and the Pugh Community Board, as well as the senior class representatives. Kelly organizes new student Orientation, Mid Year Orientation, provides alcohol training for students, reviews contracts and riders, and serves as a resource when student leaders need advice or direction in "getting things done" on campus.

Pascha Adamo - Assistant Director of Student Activities

Pascha serves as the advisor to the Student Programming Board (SPB), assisting in the coordination of a wide range of campus programs including lectures, Coffeehouse events, novelty programs, as well as both large and small concerts.

Jonathan Milne - Director of Outdoor Safety and Education

Jonathan is the director of the COOT2 Program, coordinating trips, itineraries, COOT2 leader interviews, and COOT2 leader training. Jonathan also assists with the coordination of a wide range of campus programs including the Colby Outing Club, Colby Mountaineering Club, leadership training, and outdoor risk management.

Beth Bridger - Secretary

Beth can help you with questions about anything related to Student Activities (SGA, SPB, PCB, COOT2, Orientation, clubs, campus events) and more. If she doesn't have the information you need, she'll help you find someone who does. Beth handles scheduling in Cotter Union, Mary Low Coffeehouse, and dorm lounges. She also coordinates the January Inspirations Program.

Taken from www.colby.edu. Look for more information about these new staff members in an upcoming issue of *The Colby Echo*.

Student Activities overseas:

SGA, SPB, COOT and Winter COOT, Clubs and Organizations, Yearbook, Cotter Union, Mary Low Coffee House, Party Registration, Mid-Year Orientation, Jan Plan program events, Senior class events, blood drives and social events.

Student Programming Board

Committees:

- Coffeehouse Committee
- Concert and Live Music Committee
- Cultural Events Committee
- Publicity Committee
- Social Events Committee
- Special Events Committee

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Resources for healthy living from the Garrison-Foster Health Center

By HELEN BALGOOYEN

HEAD NURSE

Emergencies

Call x3911 to reach the Security Office. Transport to MaineGeneral Medical Center will be arranged, by ambulance or other appropriate means.

Excuse policy

Practitioners and nurses do not routinely give notes or phone messages to excuse students from class. Students should speak with their professors regarding academic responsibilities.

Charges

Health Center visits are free of charge except for medications, immunizations and some lab tests. An annual Pap and some STD testing is covered by insurance and HIV tests are low cost or free. Bring your prescription drug or insurance cards plus cash/check/Colby Card to appointments in case charges are incurred.

Appointments

Call x3394 to schedule appointments with practitioners, Monday to Friday, 8 a.m. - 4 p.m. During appointment hours please check in with the receptionist.

Appointments can be made for "well visits," routine or urgent problems. Examples include:

- asthma/wheezing
- urinary tract infection
- laceration or cut
- sprained ankle
- nausea, vomiting, diarrhea
- bronchitis
- sinus infection
- eating concerns

- STD and HIV testing
- pregnancy testing
- women's health exams/ Pap smears
- birth control
- emergency contraception (morning-after pill)
- physical exam to go abroad or for a job
- prescription from home doctor ...or any illness or injury

Same day appointments are available for urgent problems.

Also available at the Health Center

- allergy shots (specified hours)
- immunizations for foreign travel
- flu shot clinics during October and November
- suturing of lacerations during practitioner hours

Physical therapy is also an integral part of Colby's health services. Located both in the Health Center and in the Nelson Center, you will need to make an appointment with a practitioner for a referral unless you have been referred by a varsity coach.

Insurance

All full-time students are insured by a 12-month accident and sickness insurance plan. To activate the insurance, you must be seen at the Health Center or referred by the Intellicare nurse after-hours before having any work done at the hospital or before seeing an outside consultant. Discuss with provider specific limitations your home insurance may impose.

Counseling services

Appointments with Counseling Services are made through the Health Center receptionist (see "appointments"). For "after hours" and urgent situations, students should call the nurse, x 3394. Counselors are located in the Garrison-Foster Building.

Students can request consultation for:

- concerns about academics, friends, family
- body image and eating concerns
- problems of sexual orientation
- depression
- issues of diversity and color
- stress
- relationship issues
- dealing with death and dying
- anxiety and panic
- ... or any other concern

Alcohol and other drug concerns

Confidential evaluations and ongoing counseling are offered. If you have concerns about either your own substance use or that of a friend, you can make an appointment to see the drug and alcohol counselor by calling x3394.

Confidentiality

All health service encounters are treated with confidentiality. Counseling Services information and records are kept separate from a student's medical record, and information is not shared with anyone without the student's specific written permission. The only exception to this is if we believe a student is a threat to themselves or another person. Likewise, information from the medical record is not given to anyone - friends, professors, or even parents - without the student's permission.

More

For further information on topics such as lab charges, the student insurance policy and for more detail on health services at Colby, refer to:

- Student Handbook
- World Wide Web: <http://www.colby.edu/health.serv/>
- ... or call one of the numbers listed.



The Garrison-Foster Health Center.

Health Center Quick Info

- X 3394 appointments
- counseling services
- physical therapy
- nurse visits
- X 3512 insurance questions
- X 3911 emergencies

Hours
Appointments Monday - Friday, 8 a.m. - 4 p.m.
Nurse visits 24/7 during academic year.
Closed during Thanksgiving, Winter and Spring Breaks.

Counseling services

By PATTI NEWMEN

Director of Counseling Services

Welcome to Colby from the staff of the Counseling Services Department!

Entering college is a time of great excitement for most students. A new environment, new people, new experiences all await you. However, for most, if not all, it is also a time of apprehension. Will you get along with your roommate (or roommates)? Will you be successful academically, socially, and in extra-curricular activities? And what about all of the special people you are leaving behind—family, friends, "girlfriends" and "boyfriends"—how will those relationships change now that you are at Colby? As you grapple with this time of transition in your life, the counselors are available to offer support and a safe and confidential space in which you can talk about your feelings. We invite you to utilize our services at any time during your Colby career.

Students seek counseling for a wide variety of issues. Some students have seen therapists or counselors before and want to continue in a counseling relationship at college. Many students come seeking help in dealing with feelings of anxiety or depression. Sometimes students just need an objective adult with whom they can talk through concerns about relationships, family problems or other personal situations. Time management, stress reduction and diffi-

culties with food or body image are other issues that students often address in counseling sessions. Any concern that interferes with the quality of your life at Colby is an appropriate topic for a conversation with a counselor. If we are unable to help, we will make every effort to direct you to someone who can. When appropriate we refer students to the medical practitioners for assessment for medication. The department also has the services of a consulting psychiatrist who is on campus one day per week.

The Counseling Department has three staff members, all of whom are Licensed Clinical Counselors: Patti Newmen, Jan Munroe, and Jing Ye. Tom Babbitt, a Graduate Intern, will also be joining us part-time this year.

The services of the Counseling Department are free to students. You can make an appointment by calling the Health Center Receptionist at x3394. Appointments are scheduled during the day from Monday through Friday. The counseling offices are located in the Health Center, but have a separate waiting area to maintain confidentiality. There is always a counselor on-call whenever the College is in session. If there is an emergency, the counselor on-call can be reached by the nurse in the Health Center or by Security.

This is an exciting and challenging time in your life. We in Counseling Services welcome you, and hope that you will not hesitate to seek us out whenever you think our help might be of benefit to you.

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Colby Student Specials

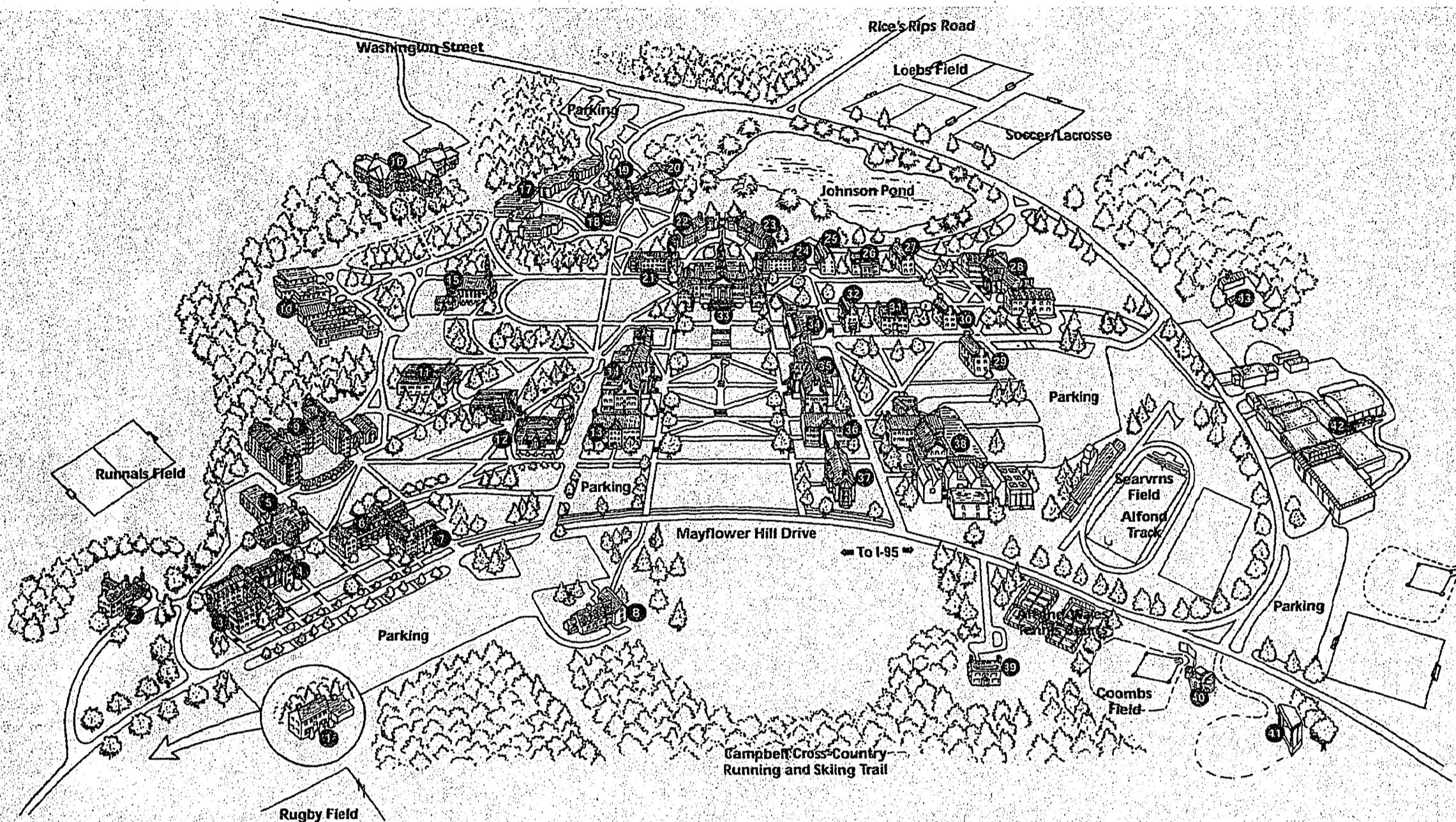
- 2 LARGE CHEESE PIZZAS \$11.99
- 2 LARGE CHICKEN CUTLETS (cheese, lettuce, tomato, Mayo) \$8.99
- 2 LARGE CHICKEN PARM (sauce and melted cheese) \$8.99
- 2 LARGE BUFFALO CHICKEN SUBS (cheese, lettuce, tomato, sauce) \$8.99
- 2 SMALL ONE TOPPING PIZZAS \$8.99
- BUFFALO CHICKEN & BLUE CHEESE CALZONE \$5.99

Welcome

first-years! Have

fun on COOT!

Getting around Mayflower Hill



College Buildings

- 13 Administration (Eustis)
- 8 Admissions Office
- 42 Alfond Ice Arena
- 1 Alumni House (Millett)
- 1 Alumni Relations
- 36 Arey (Science)
- 38 Art Museum
- The Lunder Wing
- Jette and Davis Galleries
- The Paul Schupf Wing
- 42 Harold Alfond Athletic Center
- 38 Bixler Art and Music Center
- 28 Bookstore (Colby-Seaverns)
- 11 Business Office
- 13 Career Services

- 6 Coffeehouse
- 40 Collins Observatory
- 14 Computer Services
- 12 Cotter Union
- 13 Eustis (Administration)
- 11 Garrison-Foster Health Center
- 38 Given Auditorium
- 41 Gould Music Shell
- 39 Guest House (Hill Family)
- 16 Harold and Bibby Alfond Residence Complex
- 8 Information (Lunder House)
- 35 Keyes (Chemistry)
- 15 Lorimer Chapel
- 14 Lovejoy (Classrooms)

- 8 Lunder House (Admissions and Financial Aid)
- 33 Miller Library
- 34 Mudd (Science)
- 13 Off-Campus Studies
- 37 F.W. Olin Science Center
- 12 Page Commons Room
- 43 Physical Plant Department
- 2 President's House
- 12 Pugh Center
- 28 Roberts
- 5 Runnals (Performing Arts)
- 12 Spa
- 5 Strider Theater
- 11 Student Financial Services

Residential Commons

- Johnson-Chaplin Commons**
- 23 Butler
 - 23 Champlin
 - 22 Chaplin
 - 26 Drummond
 - 23 East Quad
 - 27 Goddard-Hodgkins
 - 29 Grossman
 - 24 Johnson
 - 22 Pepper
 - 32 Perkins-Wilson
 - 31 Pierce
 - 25 Piper
- West Quad**
- 22 West Quad
- Lovejoy Commons**
- 20 Anthony
 - 10 Heights
 - 17 Hillside
 - 17 Leonard
 - 17 Marriner
 - 18 Mitchell
 - 19 Schupf

- 17 Sturtevant
- 17 Taylor
- 17 Williams

Mary Low Commons

- 7 Coburn
- 9 Dana
- 4 Foss
- 6 Mary Low
- 3 Woodman

Campus Lingo

AMS: three interconnected dorms located adjacent to Johnson Pond. Translation: Anthony, Mitchell, Schupf.

Apartments: Alfond senior apartment complex.

Arboretum: several hundred acres of trees on the Admissions side of Mayflower Hill

Band Shell a.k.a. The Shell: grassy knoll next to the baseball field. Site of all-campus BBQs and some concerts.

The Beach: well, not a beach per se. Rather, a large, terrace-like landing outside the first floor of Dana.

Bob's: nickname of Roberts Union.

Bro: President William D. Adams

Camp Colby: The time period between arriving and classes.

CBB: term used to refer to Colby, Bates and Bowdoin. We are first in the list because we are by far the best school in Maine.

Coffeehouse: on first floor of Mary Low, serves Starbucks's coffee and often hosts live music performances.

Colby ID Card Box Locations: Cotter Union, basement of Eustis, first floor of Bob's (see above), inside Miller Library. Use these to put cash on your ID card for laundry machines, food at the Spa (see below), the student post office and Eustis, the Bookstore and the Health Center.

Colby Card office: where you go if you lose or break your Colby ID card. Located across from the business office in the Garrison-Foster Health Center building.

Co-op: located in Mary Low. Home of a handful of students who choose to have meal plans completely independent of Dining Services.

Echo office: WMHB's next-door neighbor.

Feb-fresh: an antiquated term referring to the first years who arrive on campus in January after being abroad for the first semester in Salamanca or Dijon.

Frat Row: two rows of nine small dorms that used to be fraternity houses,

stretching from the Street (see below) to Bob's (see above); Piper, Drummond, Go-Ho (see below), Grossman, Treworgy (see below for pronunciation), Pierce and Pe-Wi (see below). Fraternities were barred in the late 1980s.

Fishbowl: semicircle room with red couches off of Cotter Union.

Go-Ho: abbreviation for Goddard-Hodgkins dorm on Frat Row (see above).

Hillside: cluster of five white dorms behind AMS: Taylor, Sturtevant (see below for pronunciation), Leonard, Marriner and Williams.

HR: head resident. Called an RA at other schools.

Hume Center: owned by Professor Hume and his wife. Crew team practices on the lake here. Great for swimming, sunbathing or just relaxing. Also, a venue for blacksmithing and carpentry during Jan Plan.

Jan Plan: January on campus. You take one class and ski the days away. Required for first years.

Jitney: campus shuttle service.

Keys: pronounced K-EYE-Z. Classroom building, mostly for sciences.

Loudness: during the first and last weekends of each semester, there are no quiet hours and the campus turns into one big party.

NESCAC: New England Small College Athletic Conference. Includes Colby, Bates, Bowdoin, Tufts, Amherst, Williams, Hamilton, Wesleyan, Trinity and Connecticut College.

Outing Club Cabin: if you belong to the Outing Club, you can use this facility, which, like the Hume Center (see above), is also on a lake.

Pe-Wi: abbreviation for Perkins-Wilson dorm (see above).

Runnals Hill: home of I-play games, sledding, cross-country skiing and some rugby practices.

Spa: campus snack shop run by the Joseph family, also serving sandwiches, coffee, etc. See the Dining Services web page for menus and hours.

Security office: located on the first floor of Bob's.

Sledding spots: Runnals Hill, Bro's front lawn (see above), the swamp (see below).

The Street: walkway underneath Miller Library. You'll appreciate this when winter hits.

Sturtevant: pronounced STER-DUH-VINT. One of the Hillside dorms.

The Swamp: home of Colby rugby. Located across the street from President Adams' house.

Treworgy: pronounced TROO-OR-GEE. Another Frat Row dorm (see above).

West Quad/East Quad: there are three connected dorms within each Quad

West: Robins, Champlin, Pepper.

East: Small, Champlin, Butler.

WMHB: campus radio station: 89.7 f.m., located in the basement of Bob's.

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