Aramark: The good, the bad and the ugly

MARY LEE
CONTRIBUTING WRITER

Hundreds of new students are now eating at Gorham’s finest dining hall, located right in the Brooks Student Center. The question is are they enjoying what they pay to eat? The fact is students living on campus must have a meal plan. Do students really enjoy the food served or would they rather be spending their ingestion hours eating warmed up ravioli in their dorm room?

Students lean strongly one-way or the other about the cafeteria food. Either they enjoy the food or they would rather be feasting somewhere else. Faith Murphy said when asked about Aramark, “The food is as good as Grandma’s on Thanksgiving especially with the turkey dinner I had on Thanksgiving especially is as good as Grandma’s. The system’s organization.

On the other hand Stephanie Pearl said, “I think it’s good, it’s just too repetitive, it’s the same thing everyday.”

Ashley Squires shares some great advice. “Get to breakfast before 10:15 or you’re screwed.” Students who to get to the dining hall in the transition period between breakfast and lunch their choices are limited to cold cereal and leftover bagels.

On the other hand Kevin Oates said, “It’s like riding the yummy express, it’s really not that bad when you eat something different everyday.” Apparently he is able to find variety in the food.

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“Although many concerns have been raised by faculty about the Strategic Plan, the final draft fails to respond to most of them, particularly two issues AFUM considers critical—job losses and shared governance,” Steele is also co-chair of USM AFUM.

In June, Roxie Black, USM faculty senate chair submitted a memo to Westphal saying: “by not engaging thoughts and ideas from the stakeholders, the Board neglected to take advantage of a significant source of experience and intellectual capital within the system.”

Chris Paquin stated: “It could kill cockroaches,” Paquin isn’t the only see ARAMARK page 14
Painstakingly compiled by Joseph R. Thompson and the men and women of the USM Police Department

Sept. 9
There was a report of a harassing voicemail left at Upton-Hastings Hall.

Sept. 10
Residents of Upton Hastings Hall advised the USM police that people were smoking marijuana in the smoking area out front. The area was checked and it turned out only to be cigarettes.

Two signs were stolen from the Art Gallery in Gorham. At 8:55 a.m. Carolyn Eyler reported that Facilities Management had found the signs across the street from the gallery.

Christopher Colwell, age 20, of South China, Maine, was arrested for disorderly conduct and refusing arrest. At 10:32 the police received a call that an intoxicated person was being confrontational and swearing at an RA. When the officer arrived, the dispatch could hear the suspect yelling and swearing over the officer’s radio. Police put the suspect in leg restraints because he kept kicking the window and door of the cruiser.

Sept. 11
The School Street emergency phone was activated by a group going through the parking lot. Laughter was heard. Two witnesses said they saw two other people hit the phone. Subjects were described as looking like “hippies.”

There was a complaint of a loud drunken group in front of Philippi Hall at 2:07 a.m.

Sept. 13
A woman reported that her purse (which was reported stolen on September 12) reported her purse was returned today. The purse was found by someone at Corbell Hall and it was given to the staff. When it was returned to the complainant she found that 60 dollars and her prescription medication was missing. The case is under investigation.

Students in a room at Dickey-Wood Hall complained that their phone was ringing constantly with prank calls.

Sept. 14
A hit and run was reported at a student parking lot in Gorham on September 13, 2004.

There was a report of marijuana odor and an officer was requested. Three students were checked and they will be written up for Student Conduct Code violations.

In Brief

LIBRARY ACQUIRES SOCIAL MOVEMENTS AND WOMEN

The libraries of USM have acquired two new databases. They are Women and Social Movements in the United States 1600-2000 and Worldwide Political Science Abstracts. The Women and Social Movements database was made possible through the USM’s faculty technology grant.

GYM COMPLEX GAINS CHAIR

Tom Floyd, of the Sullivan Gym Complex, is the new chair of the Classified Staff Senate. Tim Thornton is the new vice chair.

FREE FOOD STILL A POSSIBILITY

On Thursday, September 23, USM will be having an open house at the Stone House Conference Center. The entire USM community is invited for the tour, free food and coffee. Those interested should R.S.V.P. to Kat Schorr at kat@usm.maine.edu or call 865-3428.

RED CROSS STILL WANTS YOUR BLOOD

Also on September 23, the Red Cross will be collecting blood donations. They will be collecting at the Woodbury Campus Center from 11 a.m. to 3 p.m. in rooms A, B and C. Their goal is to collect 50 pints of blood. All people donating blood that day will be entered into a drawing to win a pair of airline tickets from Southwest Airlines.

COLLEGE FAIR STILL TO COME

On Sunday, September 26 USM will be hosting the New England Association for College Admission Counseling College Fair from 2 p.m. until 4:30 p.m. in the USM Costello Sports Complex on the Gorham campus. Over 250 colleges and universities will be featured.

Compiled by Joseph R. Thompson
For over five years now, V.I.P. Charter buses have been shuttling students between Portland and Gorham. This year, the volume of students far exceeded the carrying capacity of the shuttle buses.

Students and faculty have been late for and sometimes missed classes altogether. The situation has caused frustration among the student body and prompted officials to encourage students to carpool.

The transportation fee covers the cost of running the shuttle buses which all students must pay. For full time students the fee is 90 dollars a semester and students taking nine to eleven credits pay 65 dollars a semester.

Sarah Anderson, a third year English major, is an example of the students inconvenienced by the shuttle bus crisis. She has missed a few of her classes and now plans ahead by catching the bus two to three hours in advance instead of planning around her class schedule, Anderson says she has been planning her days around the best times to grab a seat.

Tuesdays and Thursdays are the busiest days for classes. On those days, the busses feel the biggest crunch. The Senate demanded another bus be added to the runs during the peak hours of use to alleviate the crisis.

Student Senator and Board of Student Organizations Vice-Chair Caroline Young feels the problem stems from a systemic lack of planning on the University's part. Young resides on the Gorham campus and has experienced similar situations in years past, but she says nothing compared to this year's problem.

"There was an outcry like I've never heard before," said Young.

Parking and bus complaints should be directed to Dewey Ferguson.

Ferguson can be found in the Portland parking garage on Mondays, Wednesdays and Fridays. On those days he can also be reached at 780-4458. On Tuesdays and Thursdays he is at the Gorham parking office and can be reached at 780-5212.

Joseph R. Thompson can be contacted at freepress@usm.maine.edu

Joseph R. Thompson

President Patenaude talks about UMS restructuring plan

The University could be undergoing major changes depending on the outcome of the Board of Trustees' vote on Tuesday regarding the System's Strategic Plan. While the plan gives broad details and goals, it is up to the presidents of the universities to implement them. For USM this is the responsibility of President Richard Patenaude. He took time to answer some questions last Tuesday.

How does the University of Maine System Strategic Plan affect your strategic plan for USM?

To me it extends our work geographically but not substantially.

What do you think will be the most immediate effect of the UMS plan on the USM campus that students will see?

In the year: None. They will see people talking. They will hear some noise, some conversation in the legislature about how people feel. I don't believe in the next year or two students here will see any particular impact. I think that one of the important things to focus on is that the language describing USM is robust, forward looking and supportive.

It's far better and far more accurate than what was in the original plan.

What are your responsibilities in implementing the goals of the UMS plan?

My responsibility in completing these goals is to take the goals that impact or involve USM and begin working with faculty and staff to create a plan to accomplish them. This will be a bottom-up process.

How will you begin to accomplish the goals?

Conversations. I think that there are some natural groups that need to talk together.

Which groups?

[The USM] Faculty Senate and [the UMA] Faculty Senate, the Board of Visitors, Student Government, Student administrations and deans.

The purpose of these first conversations is to get to know each other.

We, by the way, have avoided taking any steps or actions just yet.

It's a big challenge and I'm eager to start working on it.

- Richard Patenaude, USM President

-Joseph R. Thompson, USM President

Planning right now because we wanted to wait for the final format and the [Board of] Trustees' approval.

At these conversations we will get to know each other's [Our] strengths and weaknesses. We'll work on a challenges and opportunity list and begin to generate action steps and a time line. I think this is going to take the better part of this year.

UMA does good work and they bring interesting things to us. My job is to bring this together in a way that benefits students, bottom line.

What do you see as the greatest opportunity UMA brings to USM?

Experience in distance learning. Experience with part time adult students. And several areas of study. But we need to have the conversations.

What do you see as the biggest challenges that will arise with the merger?

The institutions are different. The biggest challenge will be in understanding each other's cultures and blending them in a positive way. There's a lot of work to do. There's a lot of work to do, which is why this will go slowly.

For example, programs will be offered long enough so that all currently enrolled students have a reasonable amount of time for graduation.

What's reasonable?

I don't know. I need advice on that. I think one of the biggest mistakes would be to enter this challenging situation with the sense that I already have answers. It's not that I don't have answers. I don't know the questions. That's why we have the conversations. I recognize the delicacy and sensitivity of all this. The trustees are going to make a decision. It's my responsibility to make it work well. So I'm going to proceed carefully.

Did you foresee this when you became president?

Absolutely not. It's a big challenge and I'm eager to start working on it.

Joseph R. Thompson can be contacted at freepress@usm.maine.edu
If you need to eat...

Anthony's Italian Kitchen
151 Middle St. 774.4668
10:30 a.m. – 9 p.m. Mon-Sat
The greatest, most delectable pizza in town. Find it between Videopool and Bull Moose, and order Casco Bay Books. You could basically live in this building. Salads, pasta and sandwiches are also very good and on the menu.

Bangkok Thai
671 Congress St. 774.8798
11 a.m. – 2:30 p.m. 5 p.m. – 9:30 p.m. Mon-Fri
12 p.m. – 2:30 p.m. 5 p.m. – 9:30 p.m. Sat
This place started off as a hole in the wall with good, cheap food and a bad décor, but time has done it well. The food has gone from good to nirvana and stayed cheap. The best part is that the dining area is now borderline Thai chic.

Benkay Japanese Restaurant
2 India St. 773.5555
11 a.m. – 2 p.m. 5 p.m. – 9:30 p.m. Mon-Fri
11 a.m. – 1 p.m. Sat-Sun
Sushi’s. It’s expensive for the quality and service, but a bargain for Rock n’ Roll sushi. Thursdays on Friday and Saturday nights they when you turn on the disco ball and call the sushi cheaply. During Rock n’ Roll sushi expect a wait. Not just a quick one but also a service (bring lots of friends and enjoy the atmosphere).

Benkay’s American Café
2 India St. 774.0007
11 a.m. – 2 p.m. everyday
5 p.m. – 9 p.m. Wed-Sat
Upscale dining, but worth the price. The food is terrific. They call it American, and they mean it. They make some classics really special.

Bleachers Sports Bar & Restaurant
334 Exchange St. 772.9229
11 a.m. – 11 p.m. everyday
They do a $10 lunch special on 10 p.m. on Sun.
Bar food, tons of TVs and you can play electronic trivia anytime. It’s packed for Sox games, which can be fun to handle for groups.

The Breaful Café
428 Forest Ave. 772.9203
7 a.m. – 7 p.m. everyday
Breakfast galore. There are lots of plants in there and an extensive coffee cup collection. You can eat at proper stools. Breaful is yummily and relatively easy on the pockets, but the food tends to sit heavily.

Cinco Torra’s
36 Wharf St. 347.6154
5 p.m. – 10 p.m. everyday
Portland’s most expensive restaurant. Cinco’s boasts a swell wait staff, has a good wine list and the presentation will make your eyes cry tears of joy. The bill will make you cry too.

The Clay Oven
21 School St. 773.8950
11 a.m. – 10 p.m. everyday
If you want pizza, pasta, or a cool salad, this is a nice place to go to get away from burgers and fries. This is a nice place to get some ethnic food. Ask for Chili Tea. It tastes a lot different at Indian restaurants than at coffee shops.

Down Home Cookin’
25 Preble St. 725.2060
7 a.m. – 7 p.m. Mon-Sat
10 a.m. – 5 p.m. Sun
Ask for batard bread for your sandwich and potato salad on the side. If you’re looking for desert, check out their cakes and pastries.

Esqui’s Trattoria
1335 Congress St. 774.7923
11 a.m. – 9 p.m. Sun-Thur
11 a.m. – 10 p.m. Fri-Sat
Delicious food accompanies the fine décor of this upscale Italian eatery. You can get a monster-sized portion of lasagna and a glass of wine for under $20.

Federal Spice
225 Federal St. 772.4604
11 a.m. – 9 p.m. Mon-Sat
Excellent wraps and quesadillas and is the best place for Tex-Mex Eclectic. Menu staples include homemade nachos and creative use of pumpkins. This is a secret MECA students have known about forever.

Flatbread Company
72 Commercial St. 772.8777
11:30 a.m. – later then 9 p.m.
One of the best places in Portland for down to earth granola atmosphere and healthy pizza. It’s not cheap, but you get what you pay for.

Fusii Restaurant
29 Exchange St. 773.2900
11:30 a.m. – 10 p.m. Sun-Thur
11:30 a.m. – 11 p.m. Fri-Sat
A nice sushi/Korean restaurant. A little pricey, but for a nice date it would be perfect. Get a sushi box if you don’t know the territory—it comes with a little of everything and it’s all great.

Granary’s Burritos
420 Fore St. 761.0751
11 a.m. – 10 p.m. everyday
Weekends open until 2 a.m.
The best burritos in town. Huge, delicious and quick. They’ll ‘ya right up, and it’s worth the driving distance if you have some more cash, go upstairs for sit-down and get a beer too.

Great Last Bear
540 Forest Ave. 773.0300
12 p.m. – 11:30 p.m. everyday
If you want beer and bar food, this is the place. Very good food but most everything is good. They also have over fifty beers on tap.

Gritty McDuff’s
396 Fore St. 772.8080
11 a.m. – 12 a.m. everyday
Mmmmm beer I mean,mmmm beer. That’s right, people, Gritty’s has beer too. Mmmmmmm food. That’s right, the beer’s not too bad either, by the way!

Gritty’s Steakhouse
7 Pleasant St. 879.1444
11 a.m. – 3 p.m. 4 p.m. – 10 p.m. everyday
The best Indian restaurant in Portland. The Palace Mixed Platter appetizer includes samosa, pakora and pappadum. Lamb, Chicken, Seafood and vegetarian entrees available. All dishes served with basmati rice and chutneys. Mango Lassi is a delicious drink made with yogurt, rosewater and ground pistachios. Try kulfe for dessert.

Hi Bombar
1 Pleasant St. 772.8767
11 a.m. – 9:30 p.m. everyday
Like all the Indian restaurants in Portland, Hi Bombar has a cult following. It has been recommended by five different people who have eaten there. Delicious Indian drink made with mango, milk, sugar and cream. Delicious and cheap, but you get what you pay for.

India Palace
565 Congress St. 773.1444
11 a.m. – 3 p.m. 4 p.m. – 10 p.m. everyday
The best Indian restaurant in Portland. The Palace Mixed Platter appetizer includes samosa, pakora and pappadum. Lamb, Chicken, Seafood and vegetarian entrees available. All dishes served with basmati rice and chutneys. Mango Lassi is a delicious drink made with yogurt, rosewater and ground pistachios. Try kulfe for dessert.

Jim’s
650A Congress St. 774.4118
5 a.m. – 1 p.m. Mon-Sat
Jim’s. pizza, olics, beer and live music! Jim’s is a real cool place to hang out because pizza and oics cost less than three dollars and the beer does too. The music is always awesome and you can eat outside while you listen to it. Look for an ad for the Phoenix that gets you a free slice when you buy a beer or wine.

Katsuhin Restaurant
106 High St. 774.1740
5 p.m. – 10:30 p.m. Fri-Sat
5 p.m. – 9 p.m. Tues-Thu
This is our news editor’s favorite restaurant. Winnie, the bartender, makes the best Grey Goose martinis (straight up, with a twist) and Becky, the owner and chef, makes a crème fraiche for her shiitaki mushroom cakes that is divine. The food is eclectic and creative without being intimidating. This is a good choice for a date or anniversary if you have some extra dough.

Margarita’s Mexican Restaurant
242 St John St. 874.6446
5 p.m. – 10 p.m. everyday
A wild shot in the dark, but you've been here, haven't you? If not, GO. Delicious Mexican dishes and the great drinks, especially the restaurant’s namesakes, margaritas, are the best you can get anywhere.

Mesa Verde
618 Congress St. 774.6089
11:30 a.m. – 9:30 p.m. Tue-Sun
(weekends closing varies)
Excellent sit-down mexican food. Try a home-made enchilada with our chile verde. If you are craving something enough, get a margarita at the stocked bar. Directly across the street from Portland Hall.

Mr. Bagel
599 Forest Ave. 775.0771
5 a.m. – 12 p.m. Fri-Sat
6 a.m. – 12 p.m. Sun
Awesome service and great bagels make this a cool breakfast spot. They have some of the best chocolate chip cookies in town.
Norm's Bar and Grill
617 Congress St.
828.9944
11:30 a.m. – 10 p.m. Mon-Sat
4 p.m. – 10 p.m. Sun
This is the neighborhood bar and grill for those on Congress Street. You can always find a good selection of creative comfort food here, and one of the best pastrami sandwiches in Maine. The eggplant dip and flat bread is what most locals consider the signature appetizer.

Norm's East End Grill
47 Middle St.
253.1700
11:30 a.m. – 10 p.m. everyday
Carcass, carcass and more carcass. If you like to eat carcass grilled to perfection and smothered in sloppy, sweet barbecue sauce, go to Norm's.

Old Port Sandwich Shop
89 Market St.
773.9075
7 a.m. – 5 p.m. Mon-Fri
Reasonably priced cold and hot sandwiches and a standard-issue beverage/chip selection. You can beat the location (adjacent to Tommy’s Park), but they close too early to be a true college eatery.

Oriental Table
112 Newbury St.
772.5320
11:30 a.m. – 2 p.m. Mon-Fri
Great for late night drinking and screaming, it's great for morning drinking and screaming. Anytime of day, one will stumble upon somebody swilling a PBR or Bloody Mary at the bar over his or her stack of pancakes and bacon.

Sebago Brewing Company
164 Middle St.
775.2357
7 a.m. – 11 a.m. Mon-Sat
11 a.m. – 11 a.m. Sun
Great for an appetizer. Try the tutular microbrew with your charcuterie. This is a good place to eat your dinner and simultaneously begin your drinking binges on your way out to the Old Port.

Song Thai Cuisine
265 St John St.
774.0661
11 a.m. – 9:30 p.m. Mon-Sat
11 a.m. – 8:30 p.m. Sun
Good Thai food and almost close enough to walk from the Portland campus. They also fast with take-out orders.

Silly’s
40 Washington Ave
772.0360
11:30 a.m. – 9 p.m. Mon-Fri
11:30 a.m. – 8 p.m. Sat
Silly’s is a cult favorite. Falafels, milkshakes, fried pickles, pitchers of sangria and occasional live music. With its distinctive atmosphere, Silly’s is kind of a museum. Go there, get some fries and eat outside.

Supreme Pizza
46 Pine St.
775.3404
11 a.m. – 11 p.m.
The best pizza in town. Made by foreigners, so you know it's good. Specialty pizza toppings include sun-dried tomatoes, kalamata olives, feta cheese and the like. 18 pizzas available. Pasta, calzones and slices available too. The breakfast is nothing special.

Tandoor Restaurant
88 Exchange St.
775.4259
11 a.m. – 9:30 everyday
Closed 3-4 p.m. on weekdays.
Terrific Indian food. A touch pricey, but the quality is well worth it.

Tu Casa S a l v a d o r e n a Restaurant
70 Washington Ave.
828.4971
11:30 a.m. – 11:30 p.m. Sun-Fri
Cheap El Salvadoren food. If you only have a couple of dollars, this place is a good choice. Even the nastiest bout of the flu will soon be just a memory after you taste the tastiest food in the world. Tu Casa Salavdoren food can be a great place to eat your dinner and simultaneously begin your drinking binges on your way out to the Old Port.

Vientiane Eat In & Take Out
157 Noyes St.
879.1614
10 a.m. – 9 p.m. Mon-Sat
This is the place for pad thai. It's delicious. It is also within walking distance of school and you can split one pad thai between at least two people. You usually will still have leftovers. A pad thai goes for about six dollars.

West End Grocery
133 Spring St.
774.8904
11 a.m. – 4 p.m. everyday
This little deli has very good food. All sorts of intricate sandwich. My favorite are the breakfast wraps. They are only available on weekdays. Bacon Egg & Cheese or Black Bean, Sweet Potato and salsa for 5.29.

Yosaku
1 Danforth St.
760.2080
11:30 a.m. – 2 p.m. 5 p.m. – 11 p.m. Mon-Fri
Saturday and Sunday lunch 12 p.m. – 3 p.m.
Closed 2-5p.m. on weekdays. Reliable, cheap, fast and delicious. Good for late night snacking.

This is the place to get your greasy Chinese fix late at night. The food is often bland, but the prices are good and delivery is fast. Check out the lunch/dinner combos for the best deals.

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**NAME: Leah Jutras**

**AGE:** 19

**YEAR:** Freshman

**MAJOR:** Nursing

What high school did you graduate from?
Oxford Hills High School in Norway, Maine.

What was your reason for coming to USM?
Because it's close to home, but not too close. And it has a lacrosse team.

Where are you currently living?
In the dorms in Gorham. It's a forced triple. There are always people over and it's very busy. Sometimes I have to leave to do my homework, but I have awesome roommates.

Why did you choose nursing?
I obtained my CNA license when I was in tenth grade through a technical school in Oxford Hills. I did two 75-hour internships in eleventh grade in the intensive care and pediatrics unit.

What do you want to do when you finish school?
I originally thought I wanted to work in the ICU or pediatrics, but now I want to be a traveling nurse. How many credits are you taking this semester? 15, plus I work 24-30 hours a week.

Where do you work?
Monday through Thursday I work for Accent Health Care agency in the Portland/Biddeford area as a CAN. Then on Friday, Saturday, and Sunday I go home and work at Norway Rehab, which is a long term nursing home for patients with psychological problems, dementia, alzheimers, etc. I also work for the state taking care of a man with Lou Gehrig's disease in his Auburn home as a PCA, not a CNA. I also worked as a CNA all summer to help pay for school.

**Meet Joe Student**

**NAME:** Leah Jutras

**AGE:** 19

**YEAR:** Freshman

**MAJOR:** Nursing

**Campus Bookstore**

337 Forest Ave. (Across from Pier One)
Portland, ME 04101

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USM's Stonecoast MFA experiences changes

ERIK EISELE
CONTRIBUTING WRITER

The Stonecoast Masters in Fine Arts Creative Writing Program is getting a permanent full-time director. Since its inception, interim directors have cared for the program. Annie Finch, a celebrated poet, stepped in as the permanent director September 1. The program's Portland office has also moved from 19 Chamberlain St. to 120 Bedford St., to share a building with the Sociology Department.

The Interim Associate Director of the program Robin Talbot, said, "Between the move and the start of the semester, things have been pretty crazy around here. We haven't been able to update our website. But we aren't trying to keep anything secret; we are excited about [Finch's] involvement in the program." The Stonecoast MFA Program was created two years ago by Barbara Lee Hope, former assistant professor of media studies; Ken Rosen, former professor of English; and Diane Benedict, associate professor of English. The program evolved out of the success of the Stonecoast Summer Writers' Conference into a low-residency graduate degree program in creative writing.

The beginning of each semester of Stonecoast University in 1991. In 1997, Finch started WOM-PO, an online forum for the discussion of women's poetry. She has published three books of poetry, "The Encyclopedia of Scotland," "Calendars" and "Eve" as well as several books on writing poetry. She has been featured in numerous anthologies and journals and received an assortment of honors and awards, from such organizations as the National Poetry Series, the Faulkner Society and Forward Magazine.

Talbot said that Finch should be an excellent fit as director. "We are astounded and proud that [Finch] decided to take this position." Talbot noted that in the early stages of many new programs, positions get filled only temporarily. The program will benefit greatly from permanent leadership, she said. Finch said, "I would like to make the program more predictable and steady—to have the schedule more in line with the rest of USM." She said the program only needed minor adjustments, because Hope had done so well as interim director. High on her priority list was raising the profile of the program and adjusting the application deadlines and budgeting schedule to mirror the rest of the university. Finch said she is looking forward to the switch from associate professor to program director. "I found that I was thinking about student writing more than my own," she said. This position will free her of those pressures, allowing for more personal creativity. "I find Maine really inspiring." She said that "this job is a good fit with my creative self. It is important to me that my job is to write." In an online post on the WOM-PO Listserv, Finch wrote, "It's a wonderful community of writers and I am excited to be joining it. In reference to her permanent move to Maine, she commented, "my book jackets have said 'she lives in Cincinnati and in Maine' for years now—and I'm very much looking forward to simplifying that statement. Especially as my family has deep Maine roots."

Robert Talbot, said, "In the first two years of the Stonecoast MFA, we have seen many changes on campus. As well, we have seen an increase in the number of students and the quality of their work. We are excited to see what the future holds for the program."

If you don't have a stove

JON BLOOD
STAFF WRITER

It is not a stretch to claim that most college students are dirt poor, and finding affordable food for preparation in the dorm can be difficult at times. One might be used to having home-cooked meals prepared by parents, but when the semester starts, it is a different ballgame. While Aramark provides meals in the Gorham cafeteria, the Stonecoast students just need to chill out in the room and cook for themselves. A student with a microwave, blender and convection filter at his disposal can become a master chef in no time. And with a few simple ingredients from the local grocery store dorm cooking can become gourmet art. Aside from the stand-by's such as Easy Mac and Ramen Noodles, meals can be created with little effort and with simply mouth-watering results.

Due to fire hazards, some cooking utensils are prohibited in the dorms, such as George Foreman grills and coffee makers. This shortcoming can easily be remedied by the use of the dorm kitchen if it is available. Some dorms, such as Robie-Andrews Hall on the Gorham campus, have a kitchen on the first floor available for residents to use, complete with a stove and refrigerator.

With a creative mind any USM student can make the dorm room not just a place to sleep, but also a place to live. This includes using the little amount of cooking tools allowed to create an enjoyable meal experience outside of the cafeteria. One must always keep an open mind to the possibilities of imaginative food creation in the dorm rooms. And, if all else fails, the Gorham House of Pizza is only a five minute walk from campus.

PICTURE BY ERIC EISELE

SIMPLE SMOOTHIES

The smoothie requires a blender, some fruit (strawberries and bananas are preferred, but it's your call), sugar and ice. Mix it all up with a ratio appropriate to your taste and enjoy. The same works for making a drink similar to the Dunkin Donuts Coffee Coolatta. Mix in some coffee with the ice and sugar and you have a nice cold caffeine boost for those long hours of studying. I've also tried substituting ice cream for the ice and sugar works as well.

MICROWAVE PIZZA

Microwave pizzas require English muffins, some pizza sauce, mozzarella cheese, and whatever toppings one might be interested in. Simply spread the sauce on the sliced English muffins, spread a layer of cheese, then apply toppings. Microwave for about two minutes or until the cheese is nicely melted, then serve. If you are having a party in your dorm room or meeting some nice English muffins into tasty food.

Photo by Iris Burke

Photo by Erik Eisele

Photo by Iris Burke

Dirty dishes mold on the sink of a bathroom in Upton Hall.
What would you do if your hot water got shut off for a week?

Annette Meserve
Psychology - Junior

"I would probably move in with my in-laws for a week. It depends on when it happened. In the winter that's what I would do. In the summer I would be able to live with just cold water."

Adam Mcmahon
Industrial Tech - Senior

"It happened a couple years ago when I was living in Robbie during the summer. We were showering in the gym because it still had hot water."

Galen Richmond
Psychology - Junior

"I would use cold water. It would suck in the winder, but it doesn't sound like a situation where you would have a lot of choice. I guess I could go to the YMCA, but that would be a pain."

Abbey Reid
Undeclared - Sophomore

"Probably sneak into the dorms. I live off campus an South Portland. Maybe I'd sneak into the YMCA."

Christine Bucknell
Media - Senior

"I'd boil my water and use that. Dump it in the tub like that. Or just take cold showers."

FootPrint is a weekly column about environmental issues produced by USM's Office of Environmental and Economic sustainability.
Due to important reasons, Destinations has been moved to the last page in the Arts Section.

USM Theater opens season with “The Laramie Project”

Jen Blood
CONTRIBUTING WRITER

The cast of the Laramie Project rehearsed at Russell Hall on Wednesday night. They are (clockwise starting from top left) Junior David Branch, Junior Jason Cook, Senior Casey Pratt, Sophomore Erik Moody, junior David Champa, Sophomore Stacy Strong, Senior Amy Von Velt and Junior Karen Ball.

Jen Blood can be contacted at freepress@usm.maine.edu

The Laramie Project: A Creative Compilation from Interviews with the People of Laramie

With an ensemble cast of eight players, director Wil Kilroy and his actors agree that this is not the kind of project as it unfolded in Laramie. This means that every actor must know the backgrounds and emotional landscape of a minimum of ten characters over the course of a two-act play.

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Have your cheesecake and eat it too

Miranda Valentine
Contributing Writer

My friend Diane’s diet allows, nay, encourages her to eat cheesecake. That’s right: cheesecake, the fat-laden, richer than rich, utterly delectable dessert (which just so happens to be a favorite of yours truly). This discovery was made while Diane, 1, and two other Media Studies seniors stood in her fabulous gourmet kitchen a few Friday evenings ago. We all looked at her with envious disbelief. “Cheesecake?” I repeated (or whimpered, depending on who you ask). “Yeah, I’m doing Atkins,” she explained simply. “Ohh...” we all nodded in understanding unison, our expressions having now changed to plain, additive-free envy.

A few years ago, such an explanation would have been most likely met with blank stares. And yet, this relatively recent crop of diet fads/trends/miracles (or whatever you like to call them), has bestowed upon our culture a slew of diet fads/baselines of that has left few tongues untarnished.

These days, in response to inquires about ones seemingly odd eating habits, a person needs only to reply “I’m on the Color/Raw Food/Atkins/Zone/Hollywood (insert applicable diet here),” and the questioner will most likely ask questions (“Isn’t that the one Jennifer Aniston is on?”) or compare notes (“have you tried the Atkins ice cream?”).

Diane Atkins is currently the most popular and most talked about diet, there are plenty of others that have gained momentum in the mainstream. Take, for instance, the raw food movement. Raw food, you ask? Like carrot sticks and such? The answer to this question depends largely upon whom you ask: according to followers of the raw food movement, there’s a lot more to it than that, but from what I can surmise: yes (with the admission that the carrot is not limited to the stick shape, as is demonstrated in many raw food recipes).

As there are so many diets floating along the mainstream (cooked and uncooked alike), I thought I’d arm you with a diet dictionary of sorts, explaining the specifics and ideas behind each. Below I have listed four of the most prevalently discussed/referenced diets for fun perusing pleasure. Bon appetit! Atkins: the granddaddy of the nouvelle diets. Although it has taken off in the last few years, Dr. Atkins had (please notice my use of the past-tense, as Dr. Atkins passed away recently under a cloud, or should I say clog, of high cholesterol suspicion) been spearheading mostly on hormones, more specifically the balancing of these hormones for optimal health results. The idea is this: meals are based on a 40-30-30 ratio, where 40% of the meal is comprised of carbs (low glycemic preferably), 30% protein, and 30% fats. This ratio is supposed to help control insulin, one of the body’s most powerful hormones, therefore getting a person into “The Zone”, a term coined by the diet’s creator, Dr. Sears.

Raw Food Diet: This diet is a more of a lifestyle commitment. And considering the intense limitations, one would need to be quite committed in order to succeed. Followers believe that eating food above 188 degrees robs it of most of its nutritional value. Fear not, they do not share the love of meat with those on Atkins (no beef sushi on the love of meat with those on Atkins (no beef sushi consumption necessary) but instead eat only raw fruits, vegetables and nuts. What could possibly be gained from eating a diet of raw stuff? Raw foodies claim that going the uncooked route is comparable to the discovery of the fountain of youth, including benefits such as increased energy, extreme weight loss and a noticeable halt in the aging process.

The above four are but a handful of the many, many diets that are being touted as the “answer” to weight loss. One of the fewrightarrow philosophy of the Martini Diet, authored by Jennifer Sander. No, it doesn’t consist of a liquid lunch by way of gin, but instead promotes epicurean pampering through moderation. The idea is to enjoy the very best foods in limited quantities (the martini glass serves as a perfect portion measure) and to do so only at mealtimes. Hmm... it sounds like the Sex and the City version of what your mother used to tell you. So, here’s to all-meat meals, uncooked carrots, burgers, and old good moderation.

Disclaimer: This is by no means a conclusive list of all diets that are somehowfood-related, so please don’t be offended if I left out your favorite Pledge cover of “Gin & Juice” or the thrasher metal version of “I Want Candy.”

“Feast or Famine”—Rustic Overtones
The Rustic Overtones make quick lyrics and smooth songwriting seem effortless in this laid-back local classic. The whole album (Rooms by the Hour) is worth picking up, if you can find it.

“Popncock & Coke”—Green Day
Building from clean guitar and simple drums to the orgasmic point where distortion kicks in, Green Day created a catchy tune the whole way through named after a tasty urban myth way of kicking the bucket.

“Kielbasa”—Tenacious D
Jack Black opens his bands self-titled album with a song that has a lot more innuendo than a simple Kielbasa sausage, and he doesn’t make it very subtle. Tenacious D was a music band, consisting of running the gambit from funk to hard rock in this three minute tune.

“Beer”—Red Big Fish
Just been dumped by the she-beast from Hell? RBF’s catchy ska tune preaches the benefits of everyone’s favorite multi-altering beverage.

“Scrapple from the Apple”—Charlie Parker
This bebop anthem proves why Charlie Parker is one of history’s most revered and respected jazz players. The way he played scales without a hint of hesitation makes it obvious how he got the nickname “Bird.”

“Love on the Rocks with No Ice”—The Darkness
The Darkness is a modern return to the guitar-driven still-lively days of AC/DC and Metallica. This song features not only a rippin guitar solo, but also operatic vocals on the chorus. It’s like Pavarotti and AC/DC had a baby.

“Watermelon Man”—Herbie Hancock
This is a funk/fusion classic from Hancock’s groundbreaking album “Headhunters.” Besides, how can we say no to a song that has the sounds of monkies in it?

“Los Peas”—Maco Parker
A funky song by one of James Brown’s former sidemen is little more than a vamp of a couple chords with horns over it, but energetic lyrics and vocals will have you tapping your foot.

“Burnt”—Sublime
“Keep on skankin’”, says Sublime in this somewhat eerie minor ska song about not wanting to get out of bed, play guitar, or look at naked chicks. Just listen to it.

“Rubber Biscuit”—The Blues Brothers
A funky song by one of James Brown’s former sidemen is a mere meter or more of a couple chords with horns over it, but energetic lyrics and vocals will have you tapping your foot.

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The Blues Brothers.

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Drink and eat your fill of grease, day or night

People eat late for many reasons. Some of them are nurses who work night shifts at hospitals and they eat their breakfasts at 10:30 pm. Some are insomniacs gone nuts by the clausrophobia of four rooms, driven into the city’s night for a belly full of sleepless solace. Some are just drunk pigs. I’m going to write this article from the perspective of the sleepless drunk with a lot of work to do.

If you are up searching for food after 1 a.m., you’re not looking for bananas. You are looking for something warm, chewy, salty, and preferably made out of meat, cheese, sauce or dough. You are not looking for plums if you’re drunk.

First and most unfortunate is the lack of quality 24-hour joints in this city. The corporate sector has this market cornered. Dennys is open 24 hours and is the only place to go if you want breakfast at 3 a.m. A splashty menu arrives with a bottomless cup of coffee at your hypnotizing arcing-pointillism-patterned table. There are several filling options available on the all-night menu, including a plethora of potato derivatives offered as side dishes. The Dennys menu is pretty constant in it’s 1600 restaurants across the states. The Grand Slam breakfast you get in Portland is the same Grand Slam you get in Guam. You can check out www.dennys.com for their corporate statement and some colorful photos of their menu items.

7-Eleven is another 24-hour option. 7-Eleven franchise headquarters boasts that their “New Jalapeno and Cream Cheese 7-Eleven Go-To Taquito is now spicier than ever, with more jalapeno pieces mixed into the warm cream cheese filling and rolled in a crispy fried tortilla”. 7-Eleven has all sorts of cylindrical food options rolling around in there. I recommend trying one of their rolling, cheese filled sausages in a steamy bun with nacho cheese sauce, relish and whatever other spicy sauces are available. If it’s before 1 a.m., you can grab a 40 and eat this shit in the parking lot. If it is later, you can snag a powdered French vanilla cappuccino, load it with flavored creamers and suck it down. There is no worry that the caffeine in this will keep you awake if you are wasted enough. Try some Reeses’ Peanut Butter Cups for dessert. Since there is no wrong way to eat a Reeses’, I like to eat mine in the store when I am intoxicated and leave without paying. You can research your shopping list at www.7-eleven.com.

If you want real food and you want to eat it out of the glare of fluorescent lights, check out Wimpy’s. This is an actual hole in the wall on Union Street in the Old Port. Party people migrate unsteadily towards the fuming promise of a Wimpy burger from every pub in the Old Port. If you want fries and a burger, try the Wimpy meal. For a mere $5 dollars, you will get a pile of thick fries and a wholesome meat patty on a white bun with American cheese. If you’re a total pig, you can get, like, a triple bacon cheeseburger. For vegetarians, there is onions and ketchup, (it’s not on the menu, but you can order a veggie burger). The funniest part is the presentation at Wimpy’s. The cook served my burger to me in a Styrofoam box, slowly extending his arm and gently slipping the thing from his fingertips. He wore the friendly scowl of a sophisticated maître-d and an apron that said “Don’t Fuck With The Cook!” Ten minutes after scarfing my Wimpy meal, I felt like I had eaten a bag of dirt. Rumor has it that girls who flash their boobies at the cook get free fries. I cannot verify this rumor, but I’ve also heard that girls who flash their boobies at the Free Press office get a free copy of the Free Press.

La Bodega Latina is a relatively new joint at 865 Congress St. They used to stay open until 2 a.m. but they now close at 11 p.m. This Dominican eatery is right next to the market of the same name. They call themselves “The People’s Market.” The food is displayed, buffet-style in deep metal pans at the back of this small restaurant. You may find goat, steak, shrimp and pork offered at the buffet. Ask for a sampling of everything and you’ll get a huge portion, including rice and fried plantains for $7. They also make pulled pork sandwiches, tuna sandwiches and ham-n-cheese sandwiches. Ask for Juan’s Fried Chicken and Juan will smile. These tasty pieces are cooked in sweet, dripping sauces and have bones so you can feel like a caveman while you suck on them. La Bodega Latina serves mango, cantaloupe, guava, passion fruit and papaya shakes as well as an assortment of interesting sodas imported from the Caribbean.

If you like to eat at bars, you can get spring rolls until 2 a.m. at Bottomz UP. Bull Feeneys serves a really nice corned beef sandwich that you can eat while watching drunk, expensively dressed people fall down. It’s especially sporing to observe beautiful women struggling to walk on cobblestones in stilettos behind Bill’s.

Conventional wisdom suggests not eating within 3 hours of going to bed. Artists commonly enjoy shunning such wisdom, in pursuit of art, to foolishly binge drink and consume. If you are intent on eating late while drunk in this town, you’ll have to accept the intestinal complaints that accompany horizontal digestion complicated by the overloading effects of alcohol. If your stomach is an incinerating furnace ofamped-up metabolism and you can eat raw chickens, venture boldly into the night and order extra bacon.
Destinations... These are places to go to with your friends.

Monday 9/20
Check out local MCs/producers Moshe and Nomar Slevic with Nobs, Eibol, Flavor Bakers & Tules at the Free Street Taverna. 10 p.m.$3. This is 21+ and it should be bumpin’.

If they won’t let you in the the FST, go to Acoustic Coffee on Danforth Street for their Open Mic night. 6:30 p.m.-9:30 p.m.

Tuesday 9/21
The Industry has shows that you can go to if you are 18. Go see Glassatter, My Hotel Year, Scatter the Ashes & Liar’s Academy. 6 p.m.$10. (Industry is on Wharf Street.)

Wednesday 9/22
If you are interested in Environmental Perspectives in Cinema, you can watch “Barbarians at the Gate” at 102 Bailey Hall in Gorham and discuss it with Travis Wagner, who is hosting this free event at 6:30 p.m.

Thursday 9/23
“Technology and the Future Warrior: Protecting Soldiers in the 21st Century” is an MIT Enterprise Forum satellite broadcast that will beam directly into Room 303 of Payson Smith Hall at 7 p.m. This event is free and hosted by Robert Lindquist. Call at 751-8914 if you want to attend.

Friday 9/24
Angioplasty Media collective hosts a party of epic proportions at Space. Starring Phantom Buffalo, Galen Richmond & Co., Harpswell Sound, Eggbot and a lot of artists. The Free Press will be there. Read that article right over there.

Saturday 9/25
USM Theater production: The Laramie Project. Russell Hall in Gorham at 7:30 p.m. Students $5 (read the preview on the first page of this section.) The Laramie Project also plays Friday 9/24 and next weekend.

Sunday 9/26
The Portland Yoga Studio, at 616 Congress St. has a Contact Improv Jam from 3 p.m.-4:30 p.m. $4. Call 408-0720 FMI

Artists Drink Party Art

Alex Steed looks at your face.

Alex Steed is brainwashing you with hypnotism. He is collecting all of the sensitive thoughts in Portland and wrapping them softly. Steed is the compassionate tyrant king of a “dictatorial arts & literature collective specializing in essays, chaos, interviews, stories, music, design and more.”

His collective is called Angioplasty Media, and they distribute fancy looking independent magazines with graphics that look swiped from 1950’s sewing patterns. The home for Angioplasty is the website, www.angioplastymedia.com, where the collective holds hostage the writings from dozens of local writers, photos, drawings, and everything else they say they have. Steed also hosts a program on WMPG where he further manipulates the system with his stylish mixes of sonic subversiveness.

Angioplasty Media has been pulsing since this spring, producing small gushers of neat pamphlets and promises for more. This promise manifests September 24th, at Space, as Steed and his Angioplasty Media collective host a party of epic proportions.

Originally conceived as a record release party for a vinyl compilation of local musical artists, Steed has altered his conception to include a convention of small press publishers, comic artists and other dweebis. Steed has invited hundreds of people and expects a lot of “middle class white kids to get drunk” in the company of some of the most glamorous artists in Portland and the world.

Musical entertainment will be provided by; the famously non-delayed vocals with powerful chord progressions generated by Eggbot on his famed Farfisa organ. Tristan Gallagher is the “fancy drummer” in Eggbot and Eggbot himself provides occasional trumpet blasts, while commanding the Farfisa. The product is gorgeous. Check out www.eggbot.tv for the comprehensive history and description of what an Eggbot is.

We dispense with the Angioplasty Media collective says that it is important to include non-musical arts at a musical event because “in a way, we are all doing the same thing.” Angioplasty has invited some of their favorite artists to display their artwork at this event. David Kish, the civilized nihilist behind Hoopleville Comics will be there with his carefully designed comic books.

Conservative estimates have determined that there are between zero and one thousand small press publishers in Portland. Steed expects a percentage of them to be there. Steed also expects there to be all sorts of grungy artists, werewolves and creepazoids in attendance. Check out the scene the 24th at 8 p.m. or so.
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* Catch METRO Bus #7 to Falmouth and Wal-Mart
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* Special USM bus fare only open to students, faculty, staff and employees showing a valid USM ID Card.

For more information — www.gemetobus.com or call 774-0363 or Visit Student Involvement Center at Woodbury Campus Center, Portland Campus

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AmtrakDowneaster.com
Déjà vu?

This is not the first time in the history of the System that a situation like this has occurred. In 1994 then Chancellor Michael Orenduff introduced a new program called the "Educational Network of Maine," or ENM. Although the plan was favored by most, the implementation left faculty feeling disenfranchised.

A key component of the ENM was ITV, or interactive television. The minutes from the BOT's meeting in January of 1995 note that representatives from several groups endorsed the plan, speaking on the need for increased ITV and the heightened quality of education it would provide. The majority of the Trustees also voiced their support for the program.

While nobody spoke against the program itself, there was concern with how it was implemented. The minutes read, "Trustee John Dimatteo expressed concern over faculty reaction to the proposal. While he was assured that the faculty participation would come after the resolution was approved as amended, he was troubled by the faculty's request to defer action."

Diane Russell and Joseph R. Thompson can be contacted at...
I am not one to start off an email with "I am not one to complain," as I am one to complain. Last week’s (13 September, 2004) “Top 8 Bits of advice on Sex/dating” was gratuitous and unnecessary. Beyond a couple of cute, chuckle-inspiring phrases, the only worthwhile information conveyed was that about the technicalities of consent which Ms. Iris Burke already covered with extreme flair in her column above the list (“Clear Consent”). The rest of it was the same crap I read month after month in Esquire, my girl friends in Cosmopolitan and everyone in every publication that doesn’t have something more interesting to offer. I know it’s not the 50’s any more.

My dear reader,

I know I said we’d do a nightclub section next week in my last letter. And I know how much you were all looking forward to it. I know. I know it hurts to be lied to, but I just can’t do this anymore. It’s just too in retrospect, the idea of doing special sections at the very beginning of the school year was a silly idea.

This week’s paper ties together much more nicely than the last one did. There are food pieces all through the paper—even the Hoopleville is about food this week—and the restaurant list came out nicely, even though I think our production manager, Melissa St. Germain wanted to kill me when I moved all her stuff around to get it to fit. But it’s been a lot of work on some stuff that requires a lot of fancy dancing, and we are a young baby of a staff that’s still trying to learn how to walk properly.

We have learned a lot from these two issues. We’ve found out how important collaboration is and how impossible things get if communication breaks down. I think we may have figured out why our pictures keep on coming out dark and muddy—that’s is also a communication issue, in this case between The Free Press and the company that prints our final product. We’re also learning more about our new layout software (Adobe InDesign) all the time: our latest hurdle is properly merging the Arts and Entertainment and Sports sections, which are designed and laid out by their respective editors, into the rest of the paper.

The font we’re using for most of our text can’t be italicized; any italics that you see in the paper have been manually tilted by Melissa with her razor sharp InDesign skills.

That’s the kind of thing I mean when I say this has been a learning experience. We are learning new skills by experience, not just getting an ineffectual, we-overcame-great-odds, Cool Runnings kind of “learning experience.”

While we’re talking about layout, I want to address the page in our last issue that dealt with sexually transmitted diseases (STDs) and dating. It was pretty much a disaster, as far as layout goes. There are all kinds of implicit messages being sent by the placement of the material on the page: first of all, it looks like Iris is some kind of STD/sex expert, or worse, someone who is an STD expert due to having too much sex. This is not the case, I assure you, gentle reader! Iris’s headshot was supposed to go next to the dating piece, because it’s an editorial, and editorials traditionally are accompanied with head shots. Also, the cartoon at the top of the page is meant to go with the STD article—it doesn’t make any sense where it is.

None of these problems are Melissa’s fault. She has gone from knowing nothing about layout to producing some of the best work The Free Press has seen in years—which is saying a lot, because last year’s production manager was a prodigy.

I hope you can forgive me for lying to you. And keep those letters coming in. I’m not fibbing you about the fact that I’m fetishistically studying all of them. It’s kind of weird, how frequently I care about each and every one of you.
and "Don't confuse sex, dating and relationships," is good advice if one were to offer with it intelligent commentary about why this is so.

Further, adding "eeew!" in parenthesis after the title of your STD article ("A Few Useful Facts About STDS (eeew!)") is, again, cute, but is it really a good idea to attach to STDS a negative stigma? This seems like an effective (or infective) way to make people feel uncomfortable about getting tested for these infections, viruses and diseases. Why not put next to HIV a skull and cross bones while you're at it?

Alex Steed
Sophomore, Linguistics

What do I know about me?
I am needy. Super needy. Take care of myself.

For some strange reason, just thinking about
infections, until college, embarrassing, ugly, scary, many, many
and many. Testing & treatment for sexually transmitted infections.

Wow. This phone waiting in the health center makes you

STD
continued from
page 15

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I believe you'll find my advance degree is Master of Aquanautics and four near-deaths serving as Treasurer of the Swimming Team to be...

**CROSSWORD**

**Sticky Solution**

```
   105. Futurity sticker  109. Palm Sunday  113. Malt and...  117. Beaver, for one  121. - de plume  125. Metric measure
   113. Alley's angel  117. Beaver, for one  122. Blank  126. Subject
   114. Comparative  118. Add color  122. Blank  126. Subject
   115. Biting  122. Blank  126. Subject
   116. Oenophile's  122. Blank  126. Subject
   117. Beaver, for one  122. Blank  126. Subject
   118. Add color
```

**Across**


**Down**


**Rational Numbers** By Lisa Irish

```
1. 2.722 2. 1.414 3. 3.14159 4. 2.818 5. 1.618 6. 1.234 7. 2.236 8. 3.1416 9. 1.414 10. 3.1416
```

**Answers to Sept. 13 puzzles**

```
 9 1 5 2 3 1 2 7 6 5 0 1 3 6 4 1 2 3 4
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**TAURUS** (April 20 to May 20) A past problem about a workplace situation re-emerges early in the week. Talking things over helps defuse tensions by midweek, but some hurt feelings could linger a few more days.

**GEMINI** (May 21 to June 20) Optimistic aspects dominate your efforts. However, realize to confront some criticism, some of which might be valid, so keep an open mind. But overall, it’s your views that will count.

**CANCER** (June 21 to July 22) Social interaction with new people, especially on the job, could be a bit strained in the early part of the week. But the awkwardness passes as you get to know each other better.

**LEO** (July 23 to August 22) Expect news about a follow-up to a workplace change that could make a difference in your career path. Meanwhile, new friends widen the circle for all you Social Lions who love to party.

**VIRGO** (August 23 to September 22) Enjoy your well-earned plaudits for a job well done. But be aware that some people might not share your colleagues’ admiration, and you might have to work harder to win them over.

**LIBRA** (September 23 to October 22) It’s a good week to recheck your probably already overlong “to do” list and decide what to keep and what to discard. Lose the clutter and focus your energy on what’s really important.

**SCORPIO** (October 23 to November 21) This is a good time to take a new perspective on what you’ve been offered. Expanding your view could help to uncover any plusses or minuses that weren’t apparent at first.

**SAGITTARIUS** (November 22 to December 21) Applying the usual methods to this week’s unique challenges might not work too well. Instead, use your creativity to find a way to resolve any impasse that develops.

**CAPRICORN** (December 22 to January 19) So what if fate throws some obstacles in your path this week? Just keep in mind that the sure-footed and resolute Goat can get past any barrier by focusing on the goals up ahead.

**AQUARIUS** (January 20 to February 18) This week calls for better communication with people in both your private life and the workplace. Start by asking questions, and then pay close attention to the answers.

**PISCES** (February 19 to March 20) Potentially beneficial workplace changes could be closer than you realize. Make sure you know what’s going on so that you’re not left high and dry when the good things happen.

**BORN THIS WEEK:** You’re not timid about pushing to accomplish your goals.

**Jack Duffy**

```
Steel Is That a Weim?" (April 21 to April 27) An offer to help with a stalled project should render you that you have a workable plan in spite of the problems in getting it up and running. The week’s end brings more positive news.

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Sports Briefs

A quick look at the past week in USM athletics

JOE BLANCHIERI
SPORTS EDITOR

Volleyball:
USM stormed back to win 3-2 after being down 2-0 against the University of New England (UNE). Freshman Ashley Freeman ( Gorham, ME) and sophomore Cassy Hoban (Mendon, WI) combined for 31 kills to lead the Huskies in the home opener on Tuesday.

Field hockey:
USM fell to 0-5 on Tuesday as they lost a close battle to New England College (NEC) in double overtime. Scoring for the Huskies was junior Tracy Montgomery (St. George, ME), tying the game for the Huskies with 11:25 remaining in the game. Sophomore Sadie Garnache-Poirier (Biddeford, ME) finished the game with 21 saves for the Huskies while NEC sophomore goaltender Jacqui Parker (Keene, NH) had 12.

Continuing the tradition of the NEC game, USM was unable to stop a flurry of Bates shots in front of the net, and first-year forward Erin Chandler (Thorton, PA) managed to put a shot past Poirier to give Bates the win with seven minutes remaining in the first overtime. Sophomore Sarah Sprague (Cleveland Heights, OH) made ten saves for Bates while Poirier recorded 12. The Bobcats moved to 1-1 on their season as USM moved to 0-6.

Men’s Soccer:
USM handed the Monks of St. Joseph’s College their second defeat Monday, Sept. 13, scoring three goals in the first half on a 4-0 win at Gorham. Sophomore Adam Bial (Wenham, MA) opened the scoring for the Huskies and senior Zach Ansley (Tallahassee, FL) doubled the lead in the 20th minute off a feed from freshman Kevin Dunham-Conway (Standish, ME). Senior Andy Budelman (Rochester, NH) scored two goals for the Huskies. St. Joe’s freshman goalkeeper Kenny Kehoe (Cortland Manor, NY) had five saves for the Monks.

Budelman added another two goals and an assist in the Huskies’ 4-0 victory over U-Maine Farmington on Thursday. Also scoring for the Huskies were sophomore Ed Weddington (Augusta, ME) and Ansley, who scored on a pass from Bial just 17 seconds into the second half. Sophomore Chris Willard (Hampton, CT) had five saves in goal for the Huskies. USM is now 4-0-1 on the season overall.

Golf:
The USM “Blue” team placed second among 11 teams in the USM invitational tournament at Sable Oaks Country Club on Sunday, Sept. 12. James Frost was USM number one player for the blue team, shooting a 75, good for second place amongst all competitors. The USM “Gold” team placed seventh on the day, well ahead of the University of New England, Maine Maritime Academy, Southern Maine Community College and UMPI.

Women’s Soccer:
On Wednesday, USM traveled to Wenham, MA to take on the Fighting Scots of Gordon College. Junior forward Devin Edwards (South Paris, ME) scored her fourth goal in the last three games to break open the scoring in the second half. Freshman Hannah Hassler (Westford, VT) tied the game for the Scots with only ten minutes remaining in regulation. The two teams then played two scoreless 10-minute overtime periods where each team only managed one shot each.

USM’s Kevin Dunham-Conway pushes the ball past St. Joe’s defender David Hakes.

Editor’s Note:
Sorry folks, but due to technical difficulties, there will be no ‘Husky Hero’ this week. I thought I would take this time to describe exactly what a ‘Husky Hero’ is.

Each week, I select a USM athlete who has exemplified superior effort and/or performance(s) during the previous week of contests. I ask them questions that might embarrass them, but for the most part I concentrate on team, and USM-oriented questions. Also included each week will be season statistics and any accolades that the player may have received recently. I hope you enjoy this weekly feature, please do not hesitate to contact me with any questions/comments or suggestions.

Christopher Rizzo can be contacted at freepress@usm.maine.edu

Upcoming schedule for the week of 9/21-9/26

<table>
<thead>
<tr>
<th>Date</th>
<th>Team</th>
<th>Opponent</th>
<th>Time</th>
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<tbody>
<tr>
<td>9-21</td>
<td>Golf @ St. Joseph’s Invitational</td>
<td>11:00</td>
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<tr>
<td>9-21</td>
<td>Field Hockey @ Salem State</td>
<td>3:30</td>
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<td>9-21</td>
<td>Men’s Soccer vs. Bowdoin</td>
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<tr>
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<td>Women’s Soccer vs. Bates</td>
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<tr>
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<td>Women’s Tennis @ Bowdoin</td>
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<td>Volleyball @ Bates</td>
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<td>Golf @ State of Maine Tournament</td>
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<td>Women’s Soccer vs. Rhode Island College</td>
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<tr>
<td>9-26</td>
<td>Volleyball @ Polar Bear Invitational @ Bowdoin</td>
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* Home games lettered in bold

RED SOX
continued from page 20

When you hear racists claim that the curse is simply an overgrown myth, you get a good laugh. But when you see the Red Sox lose and then hear people say the curse is to blame, it’s no joke. The Red Sox and their fans are still influenced by the so-called “curse” even though it’s hard to believe that it means anything.

The simplest explanation as to why the curse is simply an overgrown myth is the very definition of the word. “An appeal for evil or misfortune” implies that someone wished this horrible fate upon the Red Sox and their fans. While there is proof of misfortune (again and again), there is nobody willing to take responsibility for calling these evils upon us, including the Babe himself. His leaving Boston was amicable, and at the time of the trade both parties felt satisfied with what they received. The only real curses uttered were those of Red Sox fans watching their team fail time and time again ever since.

When you hear commentators and fans talk about “the curse” this fall, just try to keep all of these things in mind, and take it with a grain of salt. It is much easier and more fun to blame this mythical curse. It is much more difficult to take responsibility for some of the reprehensible, and irresponsible actions of the past and move on.

A World Series title will put an end to all of this foolish talk of blaming a long-dead former player.

Christopher Rizzo can be contacted at freepress@usm.maine.edu

Sports Editor. Joe Bilancieri joseph.bilancieri@maine.edu 780-4084 x 5
**Women’s tennis is young, but feeling quite confident**

**COLEY STETLER **
**CONTRIBUTING WRITER **

The women’s tennis team lost to Bates 8-1 last Tuesday. Though the outcome of the match was not in favor of the lady Huskies they remain optimistic about the match. “Playing such a strong team so early gives our young team experience and practice,” said Catie McCarthy (Newport, VT).

McCarthy and Katie Welch (Calais, ME), also a junior and the team’s captain, are the only two players returning to the team this year. Welch and McCarthy lead the team with experience and are the team’s top players. “Welch is one of the top players in the Little East,” said Coach Wayne St. Peter.

In the match against Bates, the duo was able to pull out the team’s only victory in singles or doubles action, defeating Bates’ top doubles team 8-5.

“Katie has a good spin serve that they had a hard time returning,” said McCarthy. This serve, combined with the duo’s strong net play, made them a formidable challenge for the opposing Bates team.

After ten games the doubles set was tied at 5-5. “They were very aggressive,” McCarthy. This aggressiveness was combated by the junior duo and the match ended with Bates unable to pull off a sweep as the Huskies went on to win the last three games to win the set.

Overall, the loss of this match against Bates produces no doubt in St. Peter’s mind. “They are the youngest team I have had in a long time, but they are athletic and eager to learn,” he said.

St. Peter feels that the team is showing constant improvement. “Casting his gaze from court to court he added: ‘we’re young, but we can’t count ourselves out of the mix.’”

**One fan’s perspective**

**CHRISTOPHER R. RIZZO **
**CONTRIBUTING WRITER **

Curt (kurs) N. 1a. An appeal for evil or misfortune to befall a person or thing or evil or misfortune resulting from or as if from a curse. 2. Source of cause of evil. 3. A profane word or phrase.

**Source: American Heritage Dictionary 4th edition**

September in New England means three things are certain: the days become shorter and colder, the Red Sox will find a way to disappoint us and everybody will blame “the curse of the Bambino.” I have been a Red Sox fan all of my life and I do believe that curses exist. However, I am here to boldly tell you that there is no Curse of the Bambino. This all began in 1918 when the Red Sox won their fifth World Series title, the most of any team at that time. The star pitcher for that team was a man named George Herman Ruth, aka “The Babe” or “The Bambino.”

Failing to make the World Series the following year, shortcircuited owner Harry Frazee needed money to finance his girlfriend’s play, “No No Nanette,” and in order to acquire these funds he sold the Babe to the rival New York Yankees for $100,000. The Babe led the Yankees to four of their record setting 26 World Series titles, and the Red Sox have not won a title since. They have made the World Series four times, losing each time in a deciding seventh game.

Skeptics use this trade as an excuse for why the Sox continue to come up short.

The most important reason for the Red Sox’ continued failure is not a curse at all, but their lack of ability to change with the times. Fenway Park, the American League’s oldest ballpark, was designed to cater to right handed power hitters. The problem is that for decades, Red Sox management has placed too much emphasis on hitting. Only recently, with the acquisitions of Pedro Martinez in 1998 and Curt Schilling last year, has management shown the proper emphasis on pitching.

Boston’s tradition of fielding predominantly white teams left them behind for years. Jackie Robinson became the first black major league in 1947, but the Red Sox did not put their first black player on the field until 1959, twelve years later - and two years after Robinson’s retirement! Decades of perceived racism caught up with the Red Sox when free-agency began in 1976. When players were given a choice of teams, they overwhelmingly denied Boston, many citing the curse of Red Sox.

Do you believe in ‘the curse?’

*Photo by Mike Barden*

**Sports Editor Joe Bilancieri can be contacted at joeb.bilancieri@maine.edu**