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More rooms, less parking
A new building in Gorham promises increased housing

SARAH SKELDING
STAFF WRITER

Construction of a new dorm is changing the skyline of the Gorham campus. A large building emerges in Gorham where fields once were. The dorm, located near Bailey Hall, is designed for 296 upper-level and graduate-level students. The new building is scheduled to be finished for the fall of 2007. The rooms will be apartment and suite-style, and most will hold four students.

The projected costs for construction of the building are $21.5 million. However, the dorm is meant to be self-sufficient. “The room fees have to be enough to make the payments for the new residence halls,” said Bob Caswell, executive director of public affairs. “We essentially take out a loan, and the payment of these loans comes from room fees that are generated by the new residence hall.”

The building is also designed to be environmentally-friendly. “We go for what is known as LEED (Leadership in Energy and Environmental Design) certification on all our new buildings,” said Caswell. “What this means is that they are designed to be highly energy efficient, and we use local and recycled materials whenever possible.” The Abromson Center in Portland, for example, collects rain water from the top of the building and uses it to flush toilets.

Increased demand from students for on-campus housing sparked the decision for the new dorm. “We have had 300 students, over the last several years, in forced triples,” said Caswell. “Plus, we turn away 100 or so students who ask for on-campus housing.”

The university began construction of the building in the spring of 2006. “I was at the ground breaking ceremony this past April,” said Caswell, “and there were a number of students there who were pleased.”

Student reactions to the new dorm being built on the Gorham campus have been mixed. “I think it will make it easier for people whose majors are offered on the Gorham campus. It will offer more flexibility to their living situation,” said Liz Hart, a junior and an English major. “I think overall it will have a positive affect,” said Nate Brown, a senior who currently lives off-campus. “It will create more opportunity for students to live on campus and create more community. However, I think it will be bad in terms of parking, which is already a problem.”

Student parking was cut by 153 spaces when construction started in the Bailey Hall lot. This summer, 175 new spaces were built next to Dickey-Wood Hall. That is a net gain of 22 spaces for an additional 296 students on campus.

The new residence hall is green friendly and will open fall 2007.

Politics on campus

Lavoie and Adams end election season

ANNE HOBBY
NEWS EDITOR

The so-called debate between Professor Herb Adams and his student Jason Lavoie last Wednesday was much less contentious than one would expect from candidates of two very different parties. Absent from the debate was Matt Reading, of the Green Party, leaving Lavoie (Republican) and Adams (Democrat) face to face. They are running against each other in the race for State Representative in District 119, but this has not affected their amicable student-teacher relationship, exchanging smiles and handshakes before and after the debate.

Less cordial were District 118 candidates Jon Hinck, Democrat, and incumbent John Eder, the only Green member of the House. Hinck often slipped in comments about his opponent when answering debate questions. District 118 includes park side and West End areas of Portland. The debate was held in Payson Smith Hall.
news

from DEBATE, page 1

The candidates were asked to speak on TABOR (Taxpayer’s Bill of Rights), which is referendum question #1 on the ballot this year. The bill proposes that taxes rise only to reflect inflation, and any other costs must be voted on by the citizens.

Lavoie said he is “very supportive” of such legislature, although it is “not the perfect solution.” But he added that tax relief is necessary, and the “people in Augusta have failed” in bringing this to Maine citizens.

In contrast, Adams talked about Colorado, where a version of TABOR was passed in 1992. “Colorado is billions in the hole,” he said. “If you love disaster, move to Colorado.”

Aside from attending his class with Adams, Lavoie said he plans on spending most of the day Tuesday at the Expo where people in District 119 will vote. Adams said he would probably cancel class for Election Day if his students agree.

“Maybe we’ll walk to the Expo together,” said Lavoie, who also plans on supporting gubernatorial candidate Chandler Woodcock while he sat at the polls. He said he was optimistic for a Republican victory in the governor’s race. Of his own chances, he said it was too early to tell.

“Best I can expect is to get my people to vote.”

from DORMS, page 1

“The studies have shown there shouldn’t be a significant increase in parking demand with the new hall,” said Caswell. “An independent parking consultant looked at parking demand on the Gorham campus. The market for the new residence hall is mostly current students living off-campus and commuting to class.” The fact that these students will now become residents will decrease parking demand on campus, he said.

Music majors are also wondering why the university is building a new dorm when they believe Corbell Hall, which houses the music school, could use renovations itself. Amy Nolan, a senior music education major said, “I know it’s a conflict of interest, building a new dorm to get more students. But music students only have 18 practice rooms.” Students are often kicked out of these rooms in favor of professors who need them for lessons, leaving the students with nowhere to finish practicing.

Students have also expressed concern about the dearth of housing in Portland. Director of Residential Life Denise Nelson said, “It is part of a long-term plan that does involve housing in Portland eventually.” However, there is currently a private developer with plans to build housing on Marginal Way geared toward students, which may take away from the university’s niche market. “[The private developer] caught a head start on us, so we want to be careful not to build something we can’t fill,” said Nelson.

Caswell said the University is aware of a possible demand for on-campus housing in Portland, and is waiting to see how the new development on Marginal Way will affect that.

Police move Portland office
New home more accessible, centralized

JOEL C. THERIAULT

SENIOR STAFF WRITER

USM’s Portland Police left their offices in the Stegro Building on Bedford Street for a new and improved space in the Sullivan Fitness Complex last Monday. Upcoming construction of the University Commons is displacing them. Lt. Jim Stanhope said the new area is smaller, but there is more office space than before. In addition, they may be better positioned to serve the campus.

The added offices provide more for handling cases sensitive to confidentiality.

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Commons to change USM’s look
Portland campus gets facelift

JOEL C. THERAULT
SENIOR STAFF WRITER

The old warehouses that make up the Portland campus between Glickman Library and the Abromson Center will be torn down beginning Monday and transformed into the University Commons, a new building, promenade and plaza that Craig Hutchinson, vice president of student and university life, describes as “the gateway to campus for the community.”

Hutchinson said the Abromson Center, the USM Parking Garage and the Alumni Skywalk over Bedford Street marked the very beginnings of the changes on campus, all part of the University Commons project and funded by Transforming USM: the Capital Campaign, a project initiated in April 2005.

Elizabeth Shorr, vice president of University Advancement and Planning, spearheaded the fundraising campaign, gathering donations from alumni and other friends of USM.

“In the beginning,” said Shorr, “there were many iterations (for the project’s name).” When you look at the layout of the Commons, there are a lot of ‘common’ spaces there where a lot of students will be. There will be walkways and gathering places.

Other future projects, still in the conceptual stage include a 450-500 bed student residence located between the upcoming Wishcamper Center/OLLI Headquarters and I-295, and a new student center to replace Woodbury Campus Center, and would centralize most student organizations and services.

To date, the university has accumulated $20 million of the $25 million needed to build the complex, which is “considered to be the most ambitious project on campus to date,” according to Bob Caswells, executive director of the Office of Public Affairs.

According to Chief Fire Officer Sam Andrews, the cost for construction comes entirely from the capital campaign of donated money and not any part of the university’s operating budget, which is built on tuition, fees, and state appropriation.

A rendering of University Commons from the corner of Forest Avenue and Bedford Street.

Construction for the University Commons will begin with site preparation and demolition Monday at the Stegeo Building, the former offices for the campus police, university mail services and the printing office, and the recently acquired Portland Plastic Pipe Company, which the university purchased in March 2005 using $1.95M from the capital campaign. A groundbreaking ceremony is scheduled for Nov. 15 at 10-30 a.m. in front of the Stegeo Building. The police offices are currently in the Sullivan Gym (see story on page 2), and the USM Mail Services was moved to Forest Avenue in October.

The Commons will consist of three major components: a building with two sections, along with a plaza and landscaped walkways that will be called the Promenade. The walkway will connect the campus buildings together.

The new Commons building will be located where Stegeo and Portland Plastic Pipe now stand. One part, the Wishcamper Center, will house the USM Muskie School of Public Service. It is named after Portland community leaders Joe and Carol Wishcamper, major contributors of the campaign. The Muskie School offers graduate degrees in community planning, policy planning, as well as multiple research centers for health and social services.

The other section of the building will be dedicated to the Osher Lifelong Learning Institute (OLLI), which serves older college students. OLLI’s new site will house the local Osher Institute, the Maine Senior College Network and the national headquarters for all Osher Institutes. The new space will combine OLLIs on both campuses and provide for a full week of classes instead of just Fridays, as they are scheduled now.

Another change will be an expansion of the Osher Map Library and Smith Center for Cartographic Education, currently located on the first floor of Glickman Library. The university will take advantage of the additional construction to re-orient the front entrance of the library to face the campus instead of Forest Avenue.

Hutchinson warned, “There’ll be some inconvenience, some dust and some need for deliberation planning on the part of faculty and student alike,” during construction. Public Affairs associate Judie O’Malley said the safe pathways would be provided with barricades during construction, and students and faculty will still have access to the parking garage.

USM fights back against bomb threats
Expert on campus to train staff

JOEL C. THERAULT
SENIOR STAFF WRITER

After two bomb threats last month, a bomb expert is arriving on campus to help USM Police train faculty and staff in evacuation procedures and identifying explosives. Police Chief Lisa Beecher has secured the services of Tim Culbert, president of New England Chemical and Explosive Disposal, Inc., a company that specializes in bombs and other hazards.

Culbert retired from the Maine State Police in 1998 after 20 years of service as a homicide and major crimes detective, an academy instructor and a founding member of the State Police Bomb Squad. In 1994 he attended the Army’s Redstone Arsenal Hazardous Devices School in Huntsville, Alabama, considered the best program for training explosive technicians. In 1995, Culbert attended the FBI’s Post-Blast Investigator’s School in Boston.

Culbert’s three-hour Explosive Search and ID course is based on oral, video and power point presentations. Topics he addresses include “sweeping” buildings for explosives, alerting proper authorities for bomb removal, appropriate emergency response, and effective evacuation procedures.

“We asked staff to volunteer (for emergency response),” said Craig Hutchinson, vice-president of Student and University Life. “We had no orientation or presentation to help train, and some discomfort was expressed that they weren’t qualified.”

Faculty from many departments will be asked to attend, including office staff, administrative assistants and Facilities Management. “They are the most familiar with these buildings...day in and day out,” he said.

Hutchinson said the university has always had a policy for pooling volunteer faculty at the time of an incident. “At any given time, there is only one [officer on duty] on each campus,” he said and added that Gorham and Portland campuses had over 100 buildings combined.

After Culbert’s training, Hutchinson said he expects volunteers to feel more comfortable assisting if a threat occurs. “It’s a way to be better prepared in the event that this incident happens again.”

The Student and University Life office is funding the class, paying per person. Hutchinson said an exact figure has not yet been calculated, but it would not disrupt his office’s budget. “There’s a certain amount of contingency, like every budget should have. I view this as a good use of contingency—I don’t expect it to be an exorbitant amount of money.”

Beecher attended a presentation by Culbert at Bates for a Maine College and University Security Directors Association (MCUSDAs) training session. She chose him to train at USM instead of representatives from the State Police or the Bureau of Alcohol, Tobacco and Firearms (ATF). “In my mind there was no need to go anywhere else,” said Beecher. Culbert will be holding his first class at the Gorham campus Nov. 15 and a Portland campus class on Nov. 29.
In this week’s paper, we’re running a news brief about a letter President Patenaude wrote to faculty and staff. It included a few paragraphs about Tabor and why he thought it would have dangerous effects for the university. This fits Patenaude’s announcement a few weeks ago that USM already was about $2 million in the hole. “This is not a budget made out of decisive action,” said Patenaude.

Rhetoric about budget cuts, shortfalls, and tightening the belt is so pervasive that it takes on a desensitized existence. Administrators, governors, and presidents often turn numbers into statistics, and insist that budget cuts must be made. But it wasn’t until last week that I was sharply reminded of what a budget cut looks like.

“Bob” comes through our door at 92 Bedford every weekday afternoon wearing a giant vacuum plug in hand and trash bags shoved under an arm. Her job is to integrate Bob into the work force and society. She is the bridge between Bob’s obstacles, and him overcoming those. She’s always got her vacuum strapped on and waiting for her in the cars she travels in, meant to shock and amaze.

Yep. “Phil’s at the Pirate’s game tonight,” she told me one day as she mopped and I say at my computer, frenetically typing. She was talking about the third member of their crew, who worships the Portland hockey team and was absent. Phil is a paranoid schizophrenic, and has a very quiet mind. If you met him on the street, you might run. His face is still, his deep brown eyes focused with unflinching intensity. Recently Phil smiled an entire front row of teeth at me. It took both of us a little time and trust. As you get to know people, you realize that who they appear to be as a result of a category you put them in is the most dimwitted and simplistic way to see them.

They’ve become a staple in our daily routine. More importantly, this job has become a part of their daily routine. Bob’s lifestyle necessitates structure and order. He suffers from a mental disability which causes anxiety and confusion when that routine is disturbed. Bob and Phil work for Youth Alternatives, a company that helps people who have poor work histories, are foster kids, welfare cases, or have disabilities. They provide job coaching, development and placement support services. Clients like Bob and Phil are referred through the Bureau of Rehabilitation. Lee Forest, USM’s director of facilities management works with Youth Alternatives to place clients in jobs best suited to their capabilities and restrictions. It serves as a vehicle to move barriers in baby steps, giving their clients confidence as well as work history. It was something to build on. It was integration at its best.

But budget cuts hit, and decisions had to be made. So our cleaning crew got the axe.

“Bob” took it pretty hard,” said Anthony Taliento, vocational coordinator for Youth Alternatives. “He doesn’t want to perform a task that he knows he can do. He’s quiet and unassuming, there to wait to perform a task that he knows he can do well. He’s probably the most efficient worker that I’ve ever seen.” Bob can’t be interested in a cell phone; he doesn’t want to flirt with the girls on staff, and he never calls in sick because he’s hungover. He’s got one out of the window. Get out of the way, Bob’s plugged in.

In the crew’s job, Jill, habitually follows in tow, Bob’s vacuum plugin in hand and trash bags shoved under an arm. Her job is to integrate Bob into the work force and society. She is the bridge between Bob’s obstacles, and him overcoming those. She’s always got her vacuum strapped on and waiting for her in the cars she travels in, meant to shock and amaze.

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The world, in 1945, was emerging from a period of war and destruction that was unprecedented in scope and brutality. Within a period of approximately 33 years the globe descended in full-scale war not once but twice. After the gradual collapse of the League of Nations in the 1930s (a front-runner to the U.N. established after World War), and with the onset of the Cold War, there was a sense of urgency in establishing some kind of global body that could regulate world affairs.

Since that time, the necessity of the U.N. has been called into question on a number of occasions, and most recently in 2003, as Schlesinger pointed out, the effectiveness of the U.N. is entirely dependent on the willingness of its constituents (i.e. its member states) to work together and seek common resolution to the problem at hand. This Idealistic dream of collective security is far from being a reality, something that becomes evident during inter and intra state war. But this is where the greatest misperception of the U.N. occurs.

Which constituency? Sticking with the UN

David Brown is a Political Science major at USM. He graduated in 2010 with a Bachelor of Arts degree in Political Science and a minor in International Relations. He is currently enrolled in the Master of Science in National Security Studies program at the Fletcher School of Law and Diplomacy at Tufts University. He is also a member of the USM Chapter of the American Political Science Association (APSA) and is currently serving as its Representative to the University of Southern Maine (USM) chapter of the College Republicans.

Woodcock won't repeal the sexual orientation anti-discrimination law that the Maine voters backed in 2005. Much is made of Woodcock's stance on abortion. So, he is pro-life and proud of it. A governor has no control over abortion rights. Any law has to come through the legislature before it is signed by the Governor. At most, a Governor can push legislation they believe in, but Chandler will not do this with social positions. Whether the Legislature is Republican or Democrat after this election, it will be hostile to socially conservative positions.

The attacks against Chandler are meant to drive fear into your hearts, to take your attention off of a Governor and a party that have failed to provide for the Maine people.

Governor Baldacci was not supported by 25% of his own party in the democrat primary. His numbers are the softest for any incumbent that I've ever seen. The party knows they can't defend him, so they are throwing out superfluous attacks hoping that you vote against Woodcock, as they know most won't vote for Baldacci. They think you voted against him for it. I don't think so. I think Mainers are smarter than that. So I'm going to cast my vote for Chandler Woodcock and the future of Maine, and I encourage you to do so as well. As President Clinton's campaign slogan goes ‘It's the economy, stupid!'
Local | Attorney Arrested for Halloween ‘Guerilla Theater’

SOUTH PORTLAND— Tom Connelly, an attorney from Scarborough, was arrested by South Portland P.D. on Halloween for misdemeanor criminal threatening for wearing an Osama bin Laden costume and mask and wielding a plastic AK-47 rifle, plastic hand grenades, and signs that said “I love TABOR.” The resident that called the police thought the sign said “I love Taliban.”

State | Oldest Autopsy First Performed in Maine

ST. CROIX ISLAND— Forensic anthropologists from Canada and the U.S. confirmed North America’s earliest known autopsy was performed on the Maine island of St. Croix in the winter of 1644-05. A skull with a top section removed was discovered on the island’s winter of 1604-05. A skull. A skull of St. Croix in the winter of 1604-05. An autopsy was performed on the Maine island of St. Croix in the winter of 1644-05. A skull of St. Croix in the winter of 1604-05. An autopsy was performed on the Maine island of St. Croix in the winter of 1644-05. A skull. A skull of St. Croix in the winter of 1604-05. An autopsy was performed on the Maine island of St. Croix in the winter of 1644-05. A skull of St. Croix in the winter of 1604-05. An autopsy was performed on the Maine island of St. Croix in the winter of 1644-05.

Features

Level Headed and a bit Obsessive

Jane Kuentz

Departments: English Department Chair

Years at USM: 27

Have you always known you’d be a professor? As an undergraduate I had a double major in political science and English and a minor in philosophy. I thought I was either going to be a journalist or go to law school. But I think being an English professor was always in the background as being my ideal job. I did go to law school briefly, but I quit.

Students should know that it is okay to change their minds.

What are some of your favorite authors? I like Don DeLillo. I teach popular culture but I like Don DeLillo. I teach popular culture but I like Don DeLillo. I teach popular culture but I like Don DeLillo. I teach popular culture but I like Don DeLillo. I teach popular culture but I like Don DeLillo. I teach popular culture but I like Don DeLillo.

What are your biggest interests in the English field? I teach, research and write on late 19th early 20th-century American literature and culture. I have a specialty in African American culture.

What do you do when you’re not in the classroom? Otherwise you get a disaster.

Describe yourself in one word? Level-headed.

What do you do when you’re not reading or looking after the kids? I design, plant, and tend a perennial vegetable garden.

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Who are your biggest passions in life? They come and go. Right now I’m very obsessed with politics within the United States. I also have two little kids under the age of 6, so that’s a fairly time-consuming and passionate pursuit.

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What do you do when you’re not in the classroom? Otherwise you get a disaster.
Imagine a room full of writers talking, criticizing and comparing story ideas, subject matter and style. Enter: The Wordsmith Syndicate.

There are over 50 student groups at the University of Southern Maine as part of the BSO (Board of Student Organizations). The different groups range in theme from academic (Mathematical Society, Psychology Club), to religious (Catholic Newman Club, Pagan Students Association), to health and recreation (Blakti Yoga Society, Ski and Ride Club), to the more eclectic (Interactive Simulations Group, Blade Society).

But this is the first group devoted entirely to student writers. “The purpose of the group,” said Wordsmith Syndicate president Ryan Gato, “is to encourage the creative output of fellow writers and to establish a community of writers dedicated to exchanging ideas and offering helpful criticism.”

The group’s meetings, which are held every other week for two hours, focus mainly on work shopping members’ pieces. Additional time is devoted to sharing new and interesting work from the literary world. Informal writing “assignments” or exercises may be given for members to share with the group in an effort to aid in the creative process. The group also hopes to bring in guest faculty members occasionally to contribute to the workshopping experience.

Gato explained that the meetings are a lot like a workshop class that one might take at a university, only not so formal and without the authority figure.

For me,” explains group treasurer John Rogers, “this is a catalyst to give myself some time to write during the semester when I have no writing classes, and to know that I have something to look forward to.”

Currently, the Wordsmith Syndicate is comprised of poets and fiction writers. But a goal of the group is to spread the word and get more diversity amongst the members. The group welcomes all types of writers including, but not limited to, nonfiction writers, screenwriters, playwrights, song lyricists and even children’s story writers.

A big step for the group in gaining visibility within the university is getting recognized by the BSO which, by the time you read this, it should be). Another benefit in being officially recognized by the BSO is that the Wordsmith Syndicate will be funded by the university:

“This gives the group the opportunity to plan a trip, publish a chapbook, etc,” said Gato.

The idea for a writer’s group at USM was conceived by several students while attending last summer’s Stonecoast Writer’s Conference. Stonecoast, which is organized by USM every summer, is a 10-day conference comprised of daily workshops and readings by guest authors. Based on the positive experience and the camaraderie that the students shared at the conference, forming a writer’s group seemed like the only logical thing to do.

“It’s important for writers to meet other writers and for opinions to be shared and debated,” said Gato. “Writers need encouragement from each other. This is a great chance to become more passionate and productive in your craft.”

For more information on The Wordsmith Syndicate or to find the time and location of the next meeting, contact Ryan Gato at ryan.gato@maine.edu.
The influence of political media

ALEX STEED
COLUMNIST

Most Americans learn more about the political process from political advertising than they do anywhere else. Being so informed by political media, we better comprehend rhetoric like “cutting and running,” “congressional rubber-stamping” and “staying the course” than we understand the basics of our own government. A person who knows how many congress-people there are and expect a sheepish guestimation. Ask someone to describe a flip-flopper and you’ll hear a thing or two about John Kerry.

Now that the election season has come to a close, the barrage of political advertising will recede into the distance, waiting for the next election cycle. It is through these million-dollar advertising blitzes that we come to understand the function of our Senator or Congressperson. We are civically educated through party-sanctioned name-calling, generalizing, and finger pointing. They go out of their way to fill in the gaps in our political science education. The adverse effects on our political conversation and outlook are startling. Increasingly, during everyday conversation, I have noticed the frequent referencing of sound-bytes in the analysis of a politician’s performance. My friends and I sometimes sit around and fall into parroting political rhetoricians, explaining to each other that this or that candidate is worth voting for because they will hand over control of Iraq to the Iraqi people. We often fall into tossing around weak generalizations carefully designed for repetition. I have even heard folks reference advertisements in an unironically post-modern fashion, when they characterize attacks of their candidate of preference as a swift-boating. Between swift-boating and handing over control, we aren’t really talking about anything.

This isn’t new. Every cycle there’s an election, and every election cycle the nation has repeatedly bought into these empty statements election after election—their candidate will be a bi-partisan leader, stand for values, receive political phone calls, hear a political advertisement on the radio, see one on television, or read about it in the newspaper. We are saying strings of words that look political, but in the name of rhetoric is still the same. Falling into this habitual behavior, memorizing and spewing all of the buzzwords crammed into a thirty second ad, we are bound to repeat even our deadliest mistakes. Because the political media is interested in letting the terrorists win, (Nevermind the empty statements election after election, “It’s the best class I have this semester.” Said Erik Stoessercasad. “I’ve done more work, mentally and physically making these books, than any other class.” Louise Nisbet said of her book Dancing Shadows. “I did over 100 different pages before I chose the ones I wanted for this book.” The class is learning everything from buying the correct paper and tools to binding the books and pages. They also went to see Susie Bock, the Head of Special Collections on the 6th floor of the Glickman Library. There they viewed the pop-up books donated by Anne D. Williams’ family. She decided to teach a class that studied these books and the students have been enthusiastically receptive. “It’s the best class I have this semester,” said Erik Stoesser-Casad.

A new art display on the Glickman Library’s 7th floor features the 12 students of Rebecca Goodrale’s Special Topic Book Arts class. Their assignment was to make a pop-up book of any topic of interest. A reception was held this past Wednesday night opening the student’s art and a few of the pop-up books they used as inspiration. The class started when Rebecca Goodrale found that the Special Collections office at USM had close to 4,000 pop-up books donated by Anne D. Williams’ family. She decided to teach a class that studied these books and the students have been enthusiastically receptive. “It’s the best class I have this semester,” said Erik Stoessercasad. Many books donated by Anne D. Williams and her family donated a few years ago, ranging from Jabberwocky to Batman.

The art of the pop-up goes back to medical use and possibly earlier.” Susie Bock said. “In the early 20th century medical pop-up books were made to help students study the body.” Once the idea entered for pop-up children’s books the industry took off.

“Studying children’s pop-up books shows the interesting ideas that the past generation wants to instill into its children.” Susie Bock said. “I believe this style of book, with successful writers like Robert Sabuda, is at its highest form.” The student’s books will be on display until December 12th. ◆
Subject Bias sounds off

JOHN COONS
COLUMNIST

This column is a musical soap-box. It’s about passion. It’s about a band or musician that everyone should check out.

What’s the big deal with Bright Eyes? I can tell you here and now that I will never review them for this column. I’ve heard them, and while I like some of the music, it’s just that there are so many other groups out there that deserve wider recognition, have a broader musical palette, and - cherry on top - they’re not anywhere near as whiny. Case in point? Local band Subject Bias. Give me a choice of an anywhere near as whiny. Case in point? Local band Subject Bias.

As a result, he brings in Ouellette’s music is lush, and his presence is the little twist of character that solidifies most of the songs. What would be generic is suddenly satirical, or paned, or hilarious.

Because of this vocal omnipresence, some of the songs can sound like rehashings of other tracks if you don’t listen to the lyrics, but this is more than made up for by the mix of styles used on the other songs. For example, the track “Judged by the State” with trumpet, trombone and sax sounds like a great, swaying last-call-at-a-bardirty, “Like Lovers Do” shows us a glimpse of angsty emo jazz meet ska, whereas “It Starts” is a creepy/whimsical love Waltz that is probably my favorite track on the whole album. Overall, “And This is Why We Can’t Have Nice Things” has a lot of strong points, “Hate the Sinner” and the catchy “Six of One” among them. That said, it feels like it’s an experimental album, and that Ouellette is still fleshing out a sound for himself and playing with a varied choice of instruments and voices to help him in his journey. And let me tell you something, there’s nothing wrong with that. This is a band that can keep a eye on.

Ouellette’s voice is not the sort of thing that you’ve heard before (although not with this superb orchestration of instruments), but it is almost impossible to mistake any song for that of another artist.

Ouellette’s voice is the selling point of his group for me. It’s certainly passionate but it’s a little too nasally on most tracks for me, save for the excellent vocal work on the tracks “Hold Your Tongue” and “True Love (I Learned from the Best)”. That said, it would not be Subject Bias with any other vocalist (although I Learned from the Best). That said, it would not be Subject Bias with any other vocalist (although I Learned from the Best) with two choirs, and was in a Queen tribute band. To say that he likes a wide variety of music is an understatement. Send your “You gotta check them out!” to John Coons at john.coons@maine.edu.

The greatness of other groups (I Learned from the Best). That said, it would not be Subject Bias with any other vocalist (although I Learned from the Best). That said, it would not be Subject Bias with any other vocalist (although I Learned from the Best). That said, it would not be Subject Bias with any other vocalist (although I Learned from the Best). That said, it would not be Subject Bias with any other vocalist (although I Learned from the Best).

And This is Why We Can’t Have Nice Things is Subject Bias’ third full-length release, and is perfect for all your emo/indie rock “I need some alone time” music needs. It is also one of the most personal albums I have encountered. Its mix of blunt, honest lyrics and half-storytelling carry a great weight of character throughout. In fact, it’s Ouellette’s personality and voice that tie the entire album together. Every track has chord progressions or formats that you’ve heard before (although not with this superb orchestration of instruments), but it is almost impossible to mistake any song for that of another artist.

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John Coons is a senior music education major who has performed with the Portland Opera, tings Jazz gigs, conducts two choirs, and was in a Queen tribute band. To say that he likes a wide variety of music is an understatement. Send your “You gotta check them out!” to John Coons at john.coons@maine.edu.
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- Teaching
- Biomedical Sciences
- Molecular/Cell Biology
- Journalism
- Nursing
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Hamden, Connecticut
Rather than just looking at the sky for some insight into your week, I perform a single card tarot reading each week to see what challenges and blessings are approaching you during your journey through life.

ARIES (10 OF PENTACLES): The world is your home this week, Aries. All around you doors will be opening to welcome you and to offer you wonderful choices. Enjoy them all while you can because nothing is permanent.

TAURUS (3 OF PENTACLES): This is a week of learning, Taurus. You'll be best served if you don't assume anything and look at each moment as a new lesson. Or, to put it differently, learn things again for the first time. Add a star if you manage to do this – it’s not as simple as it sounds.

GEMINI (4 OF RODS R): Letters, emails, decisions, rewards and punishments will all be delayed this week, Gemini. That doesn't mean that they won't come – they just won't come when you want them too. Take this as a lesson in patience or as a gift of time.

CANCER (6 OF SWORDS R): Today’s word is “lost.” It means to be without direction, Cancer. It’s a point of confusion that all people find themselves at and must make their way out of. This week it’s your turn to do just that. If you’re having trouble finding your sense of direction, get a compass – a metaphorical compass.

LEO (ACE OF SWORDS): After looking at your wide array of options last week, Leo, you will be able to make all decisions very reasonably this week. This, like last week, is odd for a fire sign but it will serve you and those around you quite well to have such a cool head on your shoulders.

VIRGO (7 OF CUPS): Ahh, the dreamer card, Virgo. While in and of itself this is a good sign, (whatever you dream will happen) keep in mind that it goes for those dreams both good and bad. Add two stars if you choose to actualize the good in your heart and subtract two if it's the not good.

LIBRA (9 OF CUPS): A card of satisfaction for this week, Libra. Take this week as time to enjoy your accomplishments and to rest on your laurels. That’s right: enjoy a pat on your back.

SCORPIO (QUEEN OF SWORDS): This week, Scorpio, you are done with the whole submission shtick and will find yourself crusading for social causes in a big way. What will it be? High-diving for the homeless? Parasailing for the poor? Be creative, you've got the drive and energy to actualize whatever it is you want.

SAGITTARIUS (QUEEN OF CUPS): If this week hasn't felt manic already, then hold on, Sagittarius. This week, in a good way, you're emotions will be driving you. You'll feel sensual and alive and want to do things you've never done before. Have fun, just try not to lead others on.

CAPRICORN (PAGE OF SWORDS): Very good, Capricorn. You are learning to use past experiences to help you navigate through your present and future paths. Although it may seem like a small lesson to learn, it is very often overlooked. A Gemini could use some of your direction this week.

AQUARIUS (ACE OF PENTACLES): Although you’re not particularly fond of it, money will be particularly fond of you this week. Aquarius. It will enter your hands quickly and leave it just as fast. You will know the desire of plans thwarted by lack of funds and the freedom of having enough to do whatever you want.

PISCES (PAGE OF RODS): Before you take on the world, Pisces, look at your home. This is a card of introspection – the page has not yet looked for spiritual lessons in the outside world because there are still things to be learned within his space. Try modeling your week on this card.

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amusements
The Free Press  |  November 6, 2006

classifieds

ATTENTION
Students, Student groups, Faculty & Staff receive up to 4 lines free in the Free Press Classifieds. Use our online submission form at www.usmfreepress.com. The deadline for submissions is Thursday at noon prior to the upcoming publication.

EVENTS
Phi Kappa Sigma Fraternity is sponsoring a Blood Drive with the American Red Cross Wed. Nov. 8 from 11 am- 5 pm. A Phi Kappa representative will be in the Brooks Student Center Nov. 7 from 10-3 scheduling appointments. Please come support this worthy cause!

TRAVEL
Call STS for the best deals to this year’s top 10 Spring Break destinations! 1-800-648-4849  www.ststravel.com. Ask about group discounts!

STUDENT GROUPS
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HELP WANTED
SNOW SHOVELERS WANTED
The grounds department is looking for help this winter. $10/hr. No work study needed. Call Jeff McKay at 780-5443.

SPORTS WRITERS - Want to go to games and catch the action? Be a Free Press sports writer! FMI contact freepress@usm.maine.edu.

HELP WANTED
\[ \text{PHI KAPPA SIGMA FRATERNITY IS SPONSORING A BLOOD DRIVE WITH THE AMERICAN RED CROSS WED. NOV. 8 FROM 11 AM-5 PM. A PHI KAPPIA REP. WILL BE IN THE BROOKS STUDENT CENTER NOV. 7 FROM 10-3 SCHEDULING APPOINTMENTS. PLEASE COME SUPPORT THIS WORTHY CAUSE!} \]

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PART ONE OF TWO
Tale of two gyms

There are countless days we, as college students, saunter with glazed over eyes, passing the tucked away Sullivan Fitness complex on our way to Payson Smith. In Gorham too, we slowly drive by the Costello Sports complex without notice. Too angry in our scavenger state, prowling around for those lacking parking spaces to care about working out. It’s in those tired, groggy days and with the aggravated tension boiling up within us that both of these complexes truly shine.

The Costello and Sullivan Complexes are more than simple gyms with a couple of cardio pin machines and a basketball court. The university has done well providing our students, staff and surrounding community with superb facilities for athletic training and fitness. Sports medicine majors develop potential in training through programs that offer their expertise to students. Sharing the fitness centers as the heart of the gym, they branch off, each holding something the other doesn’t. Sullivan is smaller than its brother Costello but offers three racquetball courts which can be converted to play Wally ball. Sullivan holds the only Olympic size ice arena in the state, open for practice hours, broomball and even open ice hours to sift around upon. Whether students and members want to throw a Frisbee around within the Field House or ensue in a game of rough racquetball, USM and Field House are within Costello and the Main Gym and Lifeline Center at Sullivan in Portland. Hill houses the primary basketball facility and bleeds into the massive Field House across the lobby on the right as you walk in. Featuring basketball and tennis courts, a 200 meter six lane track and Field House is overwhelming. The Hill Gymnasium and Field House are within Costello in Gorham, and the Main Gym and Lifeline Center at Sullivan in Portland. Hill houses the primary basketball facility and bleeds into the massive Field House across the lobby on the right as you walk in. Featuring basketball and tennis courts, a 200 meter six lane track with cross training equipment, and baseball and softball practice areas, the Field House is overwhelming.

Both of these facilities hold two gymnasia: The Hill Gymnasium and Field House are within Costello in Gorham, and the Main Gym and Lifeline Center at Sullivan in Portland. Hill houses the primary basketball facility and bleeds into the massive Field House across the lobby on the right as you walk in. Featuring basketball and tennis courts, a 200 meter six lane track with cross training equipment, and baseball and softball practice areas, the Field House is overwhelming.

Portland’s main gym is fitted down from Costello but also provides basketball and tennis courts in addition to a perfect opportunity for the Lifeline program participants to work out in.

Both Costello and Sullivan offer their own unique facilities to students. Sharing the fitness centers as the heart of the gym, they branch off, each holding something the other doesn’t. Sullivan is smaller than its brother Costello but offers three racquetball courts which can be converted to play Wally ball. Sullivan holds the only Olympic size ice arena in the state, open for practice hours, broomball and even open ice hours to sift around upon.

Standing on raised wooden floors, surrounded by mirrors, you can partake in any of the several fitness programs offered at both gyms. There is no doubt as to how fulfilling these facilities are in their purpose. The equipment is clean and usually unoccupied and even if it is, you have someone to talk with.

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The Institute of Medicine recommends 4,700 mg of potassium daily, which is about half this. Severe cases of potassium deprivation, known as hypokalemia, can cause muscle and reflex weaknesses, respiratory paralysis, arrhythmia and sometimes death.

But don’t grab your bottle of supplements to quickly; too much potassium can be just as harmful as not enough. When people are sentenced to death by lethal injection, one of the common substances used is potassium chloride, which slows and eventually stops the heart in large doses. The death is very painful as it suffocates organs and causes a burning sensation in the veins before it makes the heart stop. Subjects are administered anesthesia before given the injection of potassium chloride.

However, the likelihood of overdosing on potassium is slim, so don’t quit eating guacamole or banana bread. Potassium chloride is actually used as a substitute for table salt. Good sources of this essential mineral are oranges, potatoes, avocados, apricots, parsnips, turnips and, of course, bananas.
HUSKY HERO

Aaron Runner

Sport: Hockey
Position: Goalie
Year: Freshman
Major: Undeclared

How did you decide on USM?
I felt that the USM men’s hockey team had a lot of potential to be a pretty good team throughout the four years I will attend USM.

What is your favorite part about USM athletics?
I love the change of pace that playing a college sport provides. It’s a lot different from playing in high school and the competition is a lot more intense.

What other hobbies do you enjoy?
I enjoy working out and drawing. I don’t really draw anything in particular, just doodles and whatever comes into my head.

Any pre-game rituals?
I don’t really do that much besides listen to some rock music. I don’t really have a single artist that I listen to just whatever is on.

Who is your personal athletic hero?
Mathew Barnaby. He’s so fun to watch because he’s so scrappy and exciting.

Who do you give thanks to?
I really thank my parents for putting up with me and all their support and help going through everything especially the stressful practice schedule.

Anything else you would like us to know about you?
When I played on a Midget Hockey League my team won the State Championships.

PHOTO AND INTERVIEW BY KAILEIGH DEACON

Game schedule

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>OPPONENT</th>
<th>TIME</th>
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<tbody>
<tr>
<td>SAT.</td>
<td>11/11</td>
<td>WOMEN'S XC</td>
<td>12:00 P.M. @ NCAA DIVISION III NEW ENGLAND REGIONAL CHAMPIONSHIPS @ SPRINGFIELD COLLEGE</td>
</tr>
<tr>
<td>SAT.</td>
<td>11/11</td>
<td>MEN'S XC</td>
<td>11:00 A.M. @ NCAA NEW ENGLAND REGIONAL CHAMPIONSHIPS @ SPRINGFIELD COLLEGE</td>
</tr>
<tr>
<td>SAT.</td>
<td>11/11</td>
<td>MEN'S WRESTLING</td>
<td>10:00 A.M. @ ROGER WILLIAMS INVITATIONAL</td>
</tr>
</tbody>
</table>

SOURCE: USM.MAINE.EDU/ATHL

Support your teams you bums

Husky scoreboard

Women’s Field Hockey (10-10 After first round tournament play):
10/29 – Bridgewater State 2, USM 0
10/31 – USM 1, Westfield State 0

Women’s Soccer (5-13 Season Completed):
10/28 – Western Connecticut 2, USM 0
10/31 – RIC 4, USM 1

Women’s Cross Country:
10/28 – Southern Maine placed second at the 2006 Little East Conference Championship at Keene State College.

Men’s Cross Country:
10/28 – Southern Maine juniors Curtis and Nick Wheeler (Derby, VT) and senior Chris Hopkins (Worcester, MA) placed first, fourth and fifth, among 65 finishers to lead the Huskies to their first ever Little East Conference championship at Keene State College.

Men’s Soccer (10-9-0 LEC 3-4-0):
10/28 – USM 3, Western Connecticut 1

COMPILED BY ASHLEY ST. MICHEL

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Lifeline instructor teaches a group of adults about proper posture at Sullivan gym last Saturday.