Selma Botman was the president of The University of Southern Maine for four years from 2009 to 2012. This summer she resigned her post after a drawn-out dispute with faculty that began with $242,000 that she awarded in controversial pay raises to herself. Michelene Larocque receiving the largest raise of $34,514.32. Backlash from USM faculty, students and community members followed, with many University of Maine System faculty and staff going without raises since 2009. President Botman said that it was an attempt to give USM employees comparable salaries to those at other institutions in similar positions. Chancellor James Page responded to the outcry on March 27 by calling for a halt on all discretionary raises and promising a review of the previous increases. An compensation programs and policies have to reflect the people of Maine,” Page told The Portland Press Herald. In April, following a story in The Portland Press Herald from the previous month, a group of senior faculty members drafted a petition for a vote of confidence in President Botman.

Prior to May’s no-confidence vote, a faculty survey sent out in March revealed that three-quarters of the respondents felt that USM’s leadership was inadequate. The petitioning faculty group said Botman often acted with “ vindictiveness” towards faculty members who questioned her policies and that she created a negative atmosphere for students. Some faculty, however, still contended that faculty at USM were simply not accustomed to change. French Professor Nancy Erickson told MPBN in May that she felt many professors weren’t used to a university run on the basis of a business model and that many were still struggling with the new changes.

“I think there’s been a big shift in mentality to live within our means,” Erickson told MPBN. Students, faculty and administration became further divided on the topic of the university’s leadership after the petitioners received the more than 10 percent of faculty signatures required to hold a vote. Former Student-Bodies President Chris Camire, who was firmly in support of President Botman, expressed his disgust with the move to set up a ‘no-confidence’ vote. “I’m very ashamed to be a member of this university, to be a student of a university that would rather bethread its own university rather than move forward positively,” Camire said that week in April to the Faculty Senate. In a letter that Camire submitted to The Free Press that same week in April, he called for a unified
Textbooks: By the Numbers

Brian Saxton
News Editor

Tuition? Paid. Meal card? Loaded. New slacks? Ironed. Getting ready for a new semester takes work and foresight. If you’re anything like me, buying textbooks is one of the last things on your list. Especially if you pay for textbooks out of pocket, it’s a lump sum, rent check, mortgage payment of a necessary expense. Luckily there are more options than ever.

In the past ten years the number of Internet vendors has increased dramatically. This increase in choice has ramped up competition in the textbook market. “Textbooks are not a money maker for the store, and that even though Internet books sales have had an big impact, the low profit margin on textbooks extends to these Internet vendors, keeping things competitive,” said Nicki Piaget, Director of the USM Campus Bookstore. The Campus Bookstore also works with a consortium of New England stores. This allows them to increase their buying power and offer lower prices.

This leads me to my disclaimer, that while the following list of textbook providers is meant to help you save money, there is no one single place where textbooks are consistently cheapest. Getting ready for a new semester still takes work and foresight, and probably a combination of the following options.

The Devices:

**Pros:** Ipads and kindles may require an initial investment, but they offer some of the cheapest ways to acquire your textbooks. Many sites offer rental services and the option to purchase individual chapters, and many eBooks now offer tools for highlighting and taking notes. The sample book I used (The American Congress, Smith, Roberts, Wielen) was only $15.42 for a semester rental (purchase was $31.08).

**Cons:** Many books are simply not available in this format, and of course these devices require electricity.

Amazon:

**Pros:** Used books for a penny? –Yes please. Amazon’s used book inventory is second to none and in most cases, your best bet for cheap, physical copies of the books you need. Especially for those classes that require a large number of paperback texts, like literature and sociology. Rental and buyback services are also available.

**Cons:** When you absolutely need to have that brand new edition of a book the prices are the same as at the bookstore. Used copies can lack bundled materials like e-access that professors may require. Also, shipping time can be burdensome to procrastinators.

Other Websites:

**Pros:** Websites like ebay owned Half.com and textbooks.com offer similarly competitive prices to Amazon and the bookstore. Why take the time to browse multiple websites though when you can go to cheapesttextbooks.com and browse all of them, including Amazon, new and used, in one place?

**Cons:** Do the math, multiple websites means multiple shipping charges, which can often eat up any price difference between the internet and physical store. Again, if you wait until the last minute shipping times can be trouble.

Bookstore(s):

**Pros:** Local bookstores like Yes! Books on Congress Street in Portland offer a great opportunity to find cheap secondhand books, especially literature. The USM bookstore now offers a Rental kiosk and a much wider selection of eBooks. You also eliminate any issues that may arise from online vendors such as receiving the wrong book or edition. Also, the Internet provides independent booksellers with access to a wider selection of used books. Lastly, you are supporting a local independent bookstore and that’s something to feel good about.

**Cons:** There are no books at the campus bookstore for a penny.

Use the Community!

**Pros:** Chances are pretty good that some one in each of your classes lives on the same floor as you, or in your neighborhood. Chances are also pretty good that the class you are in will be taught again, by the same teacher, using the same books. These are excellent opportunities to share or swap books, build relationships within the USM community and even foster greater understanding of class material through group study and discussion [No I don’t have a specific example]. Splitting the cost of your books is like getting a 50% discount. Check with past professors, they might just help you sell your book to a new student.

Also checking the library is just as easy as checking the Internet, and may provide you with a free copy of some books.

**Cons:** If sharing it is important to you’re books is like getting a 50% discount. Check with past professors, they might just help you sell your book to a new student.

Amazon, Half.com, other students, once purchased teacher edition for less than student edition.

Keep or Sell? Sell

Cassandra & Abbey

**Major:** Human Bio & Gen Bio
**Cost of Books:** $350 & $400
**Where did you get them?** Amazon, Half.com, other students, once purchased teacher edition for less than student edition.

Keep or Sell? Sell

Matt

**Major:** Biology
**Cost of Books:** $200-300
**Where did you get them?** Half.com/bookstore

Keep or Sell? He’s a keeper

Katherine

**Major:** Undeclared
**Cost of Books:** $300
**Where did you get them?** Campus Bookstore

Keep or Sell? Doesn’t know yet.
The Results:

194 votes against no confidence
88 votes confidence
284 total
377 total USM faculty

and the people of Maine.” Botman’s remained determined for the time being. She seemed stailwart to continue with her initiatives to move USM forward in the fields of mathematics, engineering, the sciences and in the visual and performing arts as well.

In July, Botman met with Chancellor Page for a series of contentious meetings to discuss the events of the 2011-2012 school year. In those meetings, Botman resigned from her post as president of USM voluntarily. She offered to continue out the term of her contract in a new position in the chancellor’s office directing a program focused on the recruitment of international students and international programs.

Director of Public Relations for the University of Maine System (UMS) Peggy Markson, said that the terms of the agreement required that Selma draft a five year plan for creating the recruitment program, but that she will be evaluated after one year of work on the plan. She will submit a draft of the recruitment plan for all seven branches of the UMS in June of 2013. Markson also commented that Botman will retain her $203,000 salary as a continuance of her previous contract.

Markson said that there has never been a position comparable to Botman’s current one before in the UMS. It is a sort of experimental position paid for by funds that used to belong the international program in the chancellor’s Office which has now been disbanded. The issue of international recruitment is a top priority for Page.

“International students bring diversity to a university. They enhance the educational experience and they bring a new perspective, and on the business side of things, increasing enrollment with international students brings in full tuition which will help benefit the system,” said Markson.

PAGE asked that former President of The University of Maine at Farmington (UMF) Theodora Kalikow step in as new president of USM. Kalikow agreed in July and was approved by a vote by the Board of Trustees shortly after.

Kalikow is well-known for her success for 18 years as president at UMF. Just prior to her appointment as new president of USM, she retired from UMF at the age of 71, and graciously agreed to postpone retirement for the difficult position as head of USM.

With her trademark frankness, Kalikow addressed 690 faculty and staff at the annual opening breakfast on August 31st. “Why did I come? Why am I not enjoying retirement paddling my kayak this morning instead of standing on this stage?” The simple answer is, I came to help get USM back on the right path. Many of you have been here a long time and you love USM. That’s the good USM you love, the part that centers around the students and teaches them how to behave and what it should look like and how it should treat the students and teaches them how to be a high-functioning organization should behave and what it should look like and how it should treat folks. Everyone has a part in this, and everyone here can and does make more connections with students than we even know.”
King Comes to Campus: The Deficit Discussed

From left to right: Former Gov. Angus King, Erskine Bowles, and Eliot Cutler

Brian Saxton
News Editor

On Sunday, independent candidate for Maine Senate Angus King held a town-hall style forum on national debt with special guest Erskine Bowles with talk focused on the economy and clear implications made for higher education nationwide.

Bowles makes it clear that any plan to fix the economy must include both cuts and investments. “We must invest in education, infrastructure, and high-value research and development to help our economy grow, keep us globally competitive, and make it easier for businesses to create jobs.” Likewise, King’s website lists student loan reform and affordable access to education as some of his campaign’s key issues. King partially blames the slow economic recovery on the increased burden of debt on our students. “For the first time in history, our college graduates are so burdened with student debt that they may not be able to start innovative businesses, or buy their first homes – this is slowing our economic recovery. College graduates make up a segment of our population that should be driving our economic recovery, and we must find real solutions to this crisis.”

When asked to juxtapose his plan with the Romney-Ryan plan Bowles said he would support any budget, as long as it was balanced. “If you have a plan with no revenue, and you also have a plan with a huge increase to military spending, it means the cuts you have to make are in the areas we must invest in if we are going to be competitive in this knowledge based global economy. The cuts are just so deep, that’s in things like education, infrastructure, roads, highways, bridges. Those types of things we’d have to cut so deep that I’m afraid America will not be able to compete for the jobs of the future.”

Moment of Truth

Bowles’ pleasant southern charisma makes him an easy man to talk to and leaves no questions as to how he’s become such a bipartisan powerhouse in national politics since the ’90s. As President Bill Clinton’s chief of staff he helped broker a controversial 1996 budget deal between the White House and Congress. In 2010 he was again called on, this time by President Obama, to co-chair the National Commission on Fiscal Responsibility and Reform along with former Republican Senator Alan Simpson. The result was the Simpson-Bowles Plan, also known as the Moment of Truth Project.

According to the Congressional Budget Office (CBO), publicly held debt soared to $9 trillion or approximately 63% of the GDP in 2010 since its 2008 level of 40%. This is an issue being discussed by every candidate in every state, though few candidates have openly supported a particular plan. In a New York Times contribution dated August 29th, Bowles wrote, “The real short-term risk to the economy isn’t a carefully thought-out deficit reduction plan, but the mindless spending cuts and tax increases — known as the “fiscal cliff” — that are scheduled to go into effect at the beginning of next year.” When asked why few politicians fully back any of the recently proposed budget plans with specificity, Bowles said, “the problems are real, the solutions are painful, and there is no easy way out.” He says too many politicians are worshipping that “great-god of re-election” while ignoring what is truly in the country’s best interests. Our present economic system is demanding attention and inviting Bowles to speak showed Angus King’s willingness to discuss a critical issue that even President Obama has avoided taking a firm stance on.

In a March interview with Charlie Rose, Bowles and co-chair Alan Simpson expressed their disappointment in Obama’s rejection of the report. They explain the report met, and in some cases exceeded, all of the re-
From high marks to high scores.

This year stay on top of everything from study time to play time. Download study guides and play online games with a smartphone from AT&T.
USM to host College Fair September 23

The University of Southern Maine’s Office of Undergraduate Admission and the New England Association for College Admission Counseling will be hosting a college fair from 1 – 3 p.m. on Sunday, September 23. This free event will be held in the Costello Sports Complex on USM’s Gorham campus. For anyone seeking more information or contact USM Undergraduate Admission at 207-780-5670 or email usmadm@usm.maine.edu.

Say no to underage drinking

The Maine Office of Substance Abuse and Mental Health Services are looking for people from the ages of 16-19 to help them with a video on underage drinking. The video will show youth who are saying “no” to drinking, and “yes” to healthy activities. For more information on the video contact Timothy Diomede at (207) 592-5186 or by email timothy.diomede@usm.maine.edu.

USM Art Gallery “Sampler” Exhibition Opens September 27

The University of Southern Maine Art Gallery in Gorham opens the 2012-2013 academic year with the exhibition, “Sampler: The USM Teaching Collection,” from 4-6 p.m. on Thursday, September 27. Former USM Gallery Director and Professor Emeritus Jim Utahn and USM Director of Exhibitions and Programs Carolyn Eyler will present gallery talks from 4:30-5:30 p.m. during the opening. The exhibition will close on Sunday, December 9. The Art Gallery is open 11 a.m.-4 p.m., Tuesdays-Fridays and 1-5 p.m., Sundays, and is closed holidays. All events are free and open to the public. For more information, call 207-780-5008 or visit The University of Southern Maine Art Gallery.

Shoals Marine Lab

Assocate Professor of Geography and Archaeology Nate Hamilton and his students were included in a July 16 WMUR-TV news segment about the Shoals Marine Lab. The lab is set on 95 acres, and is a joint program with UNH and Cornell University. There is also a museum that was created by Todd and Donna Smith where visitors can step back in time and discover how life was before technology.

USM Distinguished Professor

Philosophy Professor Robert Louden has been appointed the newest Distinguished Professor at the University of Southern Maine. Professor Louden joins Dr. Mark Lapping, Dr. Joseph Conforti, Dr. Kathleen Ashley, and Dr. Rose Marasco for this great honor.

Professor Louden has taught at USM since 1982 when he was hired at the rank of Assistant Professor. Prior to his arrival at USM, Professor Louden received his Ph.D. at the University of Chicago, and he taught as a lecturer at Barat College and Indiana Northwest. In 1988, Professor Louden was tenured and promoted to the rank of Associate Professor. In 1996, he was promoted to Professor. He has been department chair four times, and has taught as a Visiting Professor at Gottingen and Emory Universities.

USM Named One of Best in Northeast

The Princeton Review has once again named USM one of the best Universities in the Northeast. USM was selected from over 2,500 schools for a region-by-region ranking of 4 year colleges and universities for it’s undergraduate degree programs. The Princeton Review selected 222 colleges in 11 states: Connecticut, Delaware, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont, and the District of Columbia.

Want additional support in meeting your goal of graduation at USM?

USM students can be eligible to apply to TRiO at USM if they meet just ONE of the following criteria:

- Neither parent graduated from a four year college, OR
- Meet government income guidelines based on taxable income (currently $34,575 for a family of 4), OR
- Have a documented physical, mental, learning, or ADD/ADHD disability

~ You will receive ~

An individual TRiO advisor

AND

FREE 1-credit TRiO SSS course each semester!

Apply online: www.usm.maine.edu/trioprograms
E-mail: trio@usm.maine.edu
Call: 207-780-5203

Monday, August 27, 2012

Shady Character

4:48 a.m – Public Safety was alerted to a suspicious person in a building on campus. When the officer arrived, the subject left.

Tuesday, August 28, 2012

Banned from campus

12:06 p.m – A person without any connections to the university was removed in the Glickman Library. They were banned from campus for one year.

Wednesday, August 29, 2012

Bring your dogs when you trespass

6:59 p.m – Several people with their dogs were removed from an unauthorized area at the Glickman Library.

Thursday, August 30, 2012

It’s just a parking space

Verbal disagreement between two people about a parking space in the parking lot at 35 Bedford ST.

Saturday, September 1, 2012

Gas leak

12:15 p.m. – Report of a vehicle leaking fuel in G15 parking lot. The car was towed off campus to be repaired.

Sunday, September 2, 2012

Dancing Disturbance

10:02 p.m – At the Back to School Dance, several students had to be turned away because they were causing a disturbance.

Monday September 3, 2012

Assistance

1:37 a.m – Assisted the Gorham police with an arrest.

Flaming in the closet

2:37 a.m – Fire alarm and sprinkler activation in Upton Hastings. The Gorham fire department responded to the alarm. The cause of the fire is under investigation.

Vehicles Frisked

3:45 p.m – Items stolen from vehicle at Upperclass hall. It is still under investigation.
For more information, updates, and complete schedules, visit www.gpmetrobus.com or call 207-774-0351.

Bus service available throughout the Greater Portland area

Discounted METRO TenRide bus tickets available for $8 for USM students and staff.
Purchase tickets at USM Parking Garage (Portland), and bookstores at Woodbury Campus Center (Portland) and Brooks Student Center (Gorham).
Call 780-4718 for information.
Current USM ID required for purchase.

See YOU at the Bus Stop!

For more information, updates, and complete schedules, visit www.gpmetrobus.com or call 207-774-0351.

Can we turn things around?
Bowles says we have two choices to make, we can either make changes now or we can wait for the market to force us to. “We are headed for the most predictable economic crisis in history, however it is also one of the most avoidable,” Bowles said in his opening statement. He outlined the 5 challenges Governor King would face, in order, if he were elected: 1. Healthcare and unsustainable commitments to medicare and medicaid, 2. the debt, 3. a tax code which he says “couldn’t be worse if we tried to make it that way” 4. the $900 Billion negative balance in social security and 5. the potential disaster posed by compound interest were interest rates to rise.

King and Bowles do not agree on everything, and while Bowles openly supported King’s Senate bid it was unclear as to whether or not King would support the Simpson-Bowles plan in its entirety. King acknowledged in an interview before the forum that the economy, jobs and controlling the debt were his biggest challenges if elected. “It’s a long term national security issue and a long term economic issue,” he said. Bowles expressed his desire for Maine to send Washington “a damn strong independent,” someone to bridge the partisan divide as Senator Snowe has done in the past.

One thing that both Bowles and King reiterated was the commitment to future generations and a refusal to play “partisan football” with their quality of life. Bowles finished his opening remarks by saying “I came here, not just because I love Angus King, or not just because coming to Maine is such a joy to me. I came here to try and get you to think about this, and think about these issues.”

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From deficit on page 4 of requirements set by the Obama administration and the bipartisan commission on fiscal responsibility. “He believed, and rightfully so that if he had embraced [the plan] it would have had less chance of success than if he distanced himself from it,” Bowles said of the president.

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**Crossword**

Across
1. Iron, n Barcelona
5. Ottawa's bird
7. 37th State of the Union
10. Anode
11. Follies, 1927
12. Italian eatery
15. 1965 hit by Supremes
17. 1961 hit by Beach Boys
18. Magnesium
20. Mauve fiber
21. Big picture
22. English interns
23. Gate of the Garden
27. Secret door breakers
30. El, Prefix
31. Hit show
33. Spanish folk
34. Open off Exit
40. “Uodon...” (4) (Wisconsin name state plant)
42. Charter reliever
43. News brief
44. Retired and chauvinistic ideal in analysis
47. ___ (6)
48. “...For Fiddler is Sander’s fantastic isle.
51. Sphere
54. Warm up room for future colleagues
55. Hot, dusty wind from R.
58. A.O.
60. Algo de Arbo cinco
61. “...just do it” singer
62. Growing for Palma
63. Underground vegetable
67. In a sort
68. Allo, number of a room
69. Big name in supercomputers
70. Follow in sequence
71. Mentally strong

Down
1. Deposit, as strength
2. G.O.P. member
3. Fitter with a ERA
4. Handy and North
5. Poise and Grace
6. ___ “...di-dah”
7. Golden calf, for instance
8. An “TV family” name
9. Danish birthplace of Hans Christian Andersen
10. Poet
11. Palma, to his fans
12. Helpful unit
13. Goes as if a letter
16. Film director Peter
17. Term of “Svetlana”
21. Programming code for Web page
22. Imagining onomatopoeia feature
23. Gov. made one
26. Microwave city
27. Sweep (out)
28. Billy Jean”...Don’t...Why”
29. Slaves character in Little Odessa Annie
30. “...two guys walk into ___”
31. Giant armadillo
32. Spirited homo
33. Sophistication
34. Trade names, et al., Abbe
35. Romantic phase
36. “...fat today” write John
37. Some in which the highest low high is called the epic bow
38. Perry aus Kemerion
39. “...Thore” cable channel
40. Farms, shops, or weather tools
41. Britain’s “...Rolling Stone”

**Word Search**

**Theme: CRIME FICTION**

Search for the list of words in the grid of letters. Grab a pen and circle each word as you find them.

**Cryptogram**

Every letter in a cryptogram stands for another letter. Use the hint to crack the code.

**Sudoku**

A sudoku puzzle consists of a 9 × 9-square grid subdivided into nine 3 × 3 boxes. Some of the squares contain numbers. The object is to fill in the remaining squares so that every row, every column, and every 3 × 3 box contains each of the numbers from 1 to 9 exactly once.

**Weekly Horoscope**

**Aries**

March 21-April 19

You make a solid and sensible financial move—spending money for increased efficiency and being sure you get the best value.

**Taurus**

April 20-May 20

Today you may feel torn between the “real world” and religious or spiritual perspectives. Keep a balance between principles and practicalities.

**Gemini**

May 21-June 20

Give up your habit of underestimating your abilities. You’re much better than you think!

**Cancer**

June 21-July 22

A friend does well and wants respect, recognition, and admiration from you. Provide applause!

**Leo**

July 23-August 22

Feeling good on the job is extra important today. Look for tasks with a smooth easy flow, where you need not work too hard.

**Virgo**

August 23-September 22

Friends come through for you. Spend time with the people in your support circle. You feel better after being together.

**Libra**

September 23-October 22

Attending to financial matters is advisable. A bit of budgetary analysis could save later headaches.

**Scorpio**

October 23-November 21

You’ll be tempted to overdo—around food, drinking, sexuality or money—and then feel guilty. Don’t nag yourself; do be moderate.

**Sagittarius**

November 22-December 21

Today’s a good day for working with the financial or business side of your career. Practicality is uppermost.

**Capricorn**

December 22-January 19

Take advantage of an opportunity to gain more respect from colleagues. Be visible with your achievements.

**Aquarius**

January 20-February 18

People find you hard to read today. Your communication style ranges from calm and cool to volatile and vivacious.

**Pisces**

February 19-March 20

Joint financial action is emphasized today. Decisions may be shared, or you may spend money on a partner or joint pleasures.
The Future of Funny: A Hope For Improv Comedy

Sam Hill
Arts & Culture Editor

Everyone enjoys a good laugh. Whether it’s caused by the ridiculous adventures of your favorite animated TV character, a cynical cat meme on the internet or just by a friend sharing a dirty joke, laughter can lift your spirits, relieve stress and make your day a lot better. While a lot of people rely on scripted comedies and age-old jokes for entertainment, there’s a movement starting in Portland that aims to find comedy in the lives of everyday people. With a lack of venues for comedy in the area, improvisers are fighting to keep their art form alive.

This past weekend Lucid Stage Company hosted the third-annual Portland Improv Festival, featuring 15 comedy troupes who choose to entertain the crowd the hard way: without a script. Every performance is a spontaneous creation, straight from the minds of the performers. Most groups ask for a simple suggestion from the audience and take off from there, creating an entirely different world on stage from traditional theater. A suggestion of the classic song “Baby Got Back” by Sir-Mix-A-Lot can quickly turn into a tale of foolish hospital room adventures, and the topic of marriage develops into the alarming confession of a man diagnosed with terminal flatulence.

The festival, started by Rachel Flehinger three years ago at The St. Lawrence Arts Center, was created in order to bring together comedians and improvisors she had worked with in the past. Improve students in Portland tend to find that, after honing their skills through class and instruction, there are no local venues or groups to help them showcase their talent. This unfriendly climate for improv-lovers has made creating improv comedy haven’t made it’s mark in Maine yet like it has in major cities across the country, but there are dedicated performers here that are willing to try and make it happen.

Dennis Price, a member of the Brewer-based comedy troupe Focus Group, has been working hard with his team to perform across the entire state, introducing Mainers to improv comedy and getting them involved. Focus Group, who performed in the festival, specializes in various long-form games, each performer bouncing back and forth between portraying multiple characters.

“Improv in Maine is disjointed,” Price said. “There are little pockets of talented performers scattered throughout the state, but it’s hard for us to find each other. Events like this really help to connected performers throughout New England and raise awareness.”

Various out-of-state groups managed to come up to Maine for the festival as well, testing the waters of Portland and urging audience members to demand more events. Over the past three years, the Portland community has grown to love the festival and expect nothing less than pure hilarity.

“The audience here in Portland is fantastic,” said Rhode Island native performer, Beth Hicks. “Everyone always comes to these shows with arms wide open, and they’re always ready to laugh. It’s a great environment. I love performing for an active and involved audience.”

Hicks performs a one-woman show that she calls “Group Therapy.” Inspired by a break-up, the show consists of Hicks choosing a subject, whether it be intimate relationships, guilty bruises, or awkward dates, and discussing her experiences with the audience. This year she told the audience about her serious infatuation with ex-Vice President Dick Cheney and invited audience members on stage to talk about their own crushes as well. The audience was not at all phased by this unorthodox combination of stand-up comedy and therapy, getting involved immediately and participating throughout the evening.

“I love getting the audience involved,” said Hicks. “I want to hear stories. Truth is a lot stranger and funnier than fiction.”

Another troupe, Ca$h Only, came from New York to represent People’s Improv Theatre. Ca$h Only takes a single suggestion from the audience and proceeds to perform one long scene, essentially creating their own very improvised one-act play. It’s amazing to watch an entire story unfold in front of you that came from a one-word suggestion. The performers are able to portray multiple strong and unique characters and manage to stay completely in character despite the absurd antics that they create on stage.

Lucid Stage has been the festival’s home for the past two years, but they will not be open for another season due to financial reasons, leaving the future of the event in limbo.

See IMPROV on page 12
Arts & Culture Recommends:
Dark Follies at The Gorham Grind

Brittney Leigh Cacace
Contributor

There are a lot of unique acts to find in Maine, but some are just a little stranger than others. Among many musical and theatrical acts, there is one group that consistently creates a romantically dark blend of the two, evoking bits and pieces from the good old days of Vaudeville side shows while gracing streets and venues across Portland and the East Coast.

In their first performances since returning to Maine, the local street variety act Dark Follies is keeping the magic alive with a special dinner show at Narals Restaurant & Bar in Auburn on September 28 at 7:00 pm and a performance at the Gorham Grind on October 9 at 6:30 p.m.

The group has been performing on the streets of Portland during the city’s First Friday Art Walk for the past four years. Since then, they have showcased many performers from Portland and other surrounding areas. From juggling and belly dancing, to fire-eating and a live orchestra, Dark Follies have a wonderfully crafted show that is ever-changing and adaptable, just like its old school roots. After five years, the various performers have made a home not only on the art-filled streets, but in the nearby Lucid Stage. The group also snagged the title as the best street performance artist in the Portland Phoenix for both 2011 and 2012.

It’s remarkable that show after show there is still something about them that piques the interest of audiences of any age and any subculture, grabbing at the most childish part of the human brain, even when you’ve seen them countless times.

“The Dark Follies are fun, dark, whimsical with their shows,” says fan and Southern Maine Community College student Allegra Shortill. “When I saw the belly dancer, she made me want to jump in and dance, too. I don’t even know how!”

A Dark Follies show is definitely one of the more offbeat things to go out to see on a Friday night, and they’re one of the only acts of their kind in the region. If that doesn’t get you interested, the show at Narals is free with your dinner and the Gorham Grind show is no charge at all.

It will be an extra treat to see how they manage to fit their entire theatrical display into The Gorham Grind. And even better, if you happen to take a fancy to them, the Gorham show is the kickoff of a string of performances that will proceed into March, so you can get your fix for a limited time!

Could you be the future of The Free Press?
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Sometimes a drink at the end of a long day is all you need to take the edge off. But have you ever thought about getting a little creative at the same time? How about simultaneously trying your hand at painting a masterpiece?

Artist Callie Hastings has invaded the local bar scene with Paint Nite, visiting Portland natives at their favorite drinking spots and teaching them how to bring a little art into their lives. Hastings hosts small parties and gives step-by-step instructions on how to re-create some of her own original paintings.

Not an artist? Not a problem. People of all experience levels are welcome to participate, and in a single two-hour session you will learn how to turn a blank canvas into a unique painting that will make it seem like you've been taking advanced art classes since childhood. All necessary materials are provided, so all you need to bring is yourself and a bit of creativity.

"I've loved painting for longer than I can remember. I never lost that childhood wonderment for putting paint on a surface and watching what emerges," Callie said. "I'm excited to bring painting to adults in a relaxed, fun environment!"

This is a fantastic way to get a little creative and add a little something to your skill set, to laugh and have a good time with your friends and sip a cocktail too course.

Paint Nite hops from bar to bar during the week, starting between 6 and 7 p.m., Sunday through Wednesday. Venues include Bull Feeny's, Brian Boru, The Wine Bar, and ForePlay Pub. A full schedule of events and ticket information can be found online at PaintNite.com. Seats are limited, so find an event and buy your tickets in advance online. Tickets are $45. And remember, if your painting stinks you can always order another drink.

The jacket I got at Find, a consignment store on Free Street. The boots are Hunter, and the rest is actually my Pilates outfit!

I love Material Objects (Congress Street), Find is great and hand-me-downs from my sister. I try to stay away from places at the mall, but I do love Goodwill, I just got some great deals there.

I've been listening to a lot of the xx. I've been trying to go see them forever but they keep selling out. Other than that, I like pretty much everything.

I like to see people dressing more professionally, a little more conservatively. Professional while still being casual and creative. I've also seen more 70's styles, like wide-legged pants, coming back, which is great. Last year there was a lot of 60's influence, this year it's 70's.

What's one thing you always do in the morning before you leave for class?

I always change my outfit at least twice. And mascara, I always wear mascara.

What's on your personal soundtrack these days?

I've been listening to a lot of the xx. I've been trying to go see them forever but they keep selling out. Other than that, I like pretty much everything.

What are some of your favorite places to shop?

I love Material Objects (Congress Street), Find is great and hand-me-downs from my sister. I try to stay away from places at the mall, but I do love Goodwill, I just got some great deals there.

I love to see people dressing more professionally, a little more conservatively. Professional while still being casual and creative. I've also seen more 70's styles, like wide-legged pants, coming back, which is great. Last year there was a lot of 60's influence, this year it's 70's.

Any trends you don't like?

The exposed belly button. A cropped top and high-waisted pants look great but anything more than that is just too much.
“We want to do this again next year,” said McMahon. “This is too unique an event to let fall by the wayside. We just need to find another venue.” Improvisers across the state will continue to try and introduce people to improvisational comedy. They only hope that Portland has gotten a good taste at the festival and will come to demand more for years to come.

“We will be back one way or another next year,” said McMahon. “There are too many supporters for it not to come back.”

Local Top 5:

1.) The Green Hand
If you’re looking for a bright and open used book shop to explore, look no further than The Green Hand. Whether you’re looking for dated paperbacks, rare biographies or even a bit of local Maine literature, it will be easy to find it here with the clean organization and general friendliness of the staff. You can make a quick in-and-out trip if you’re on a mission or take your time and browse their unique selection. 661 Congress St.

2.) Yes Books
This is the used bookshop to visit if you’re a reader that wants to become lost in literature. A collection of ceiling high bookshelves and narrow aisles to maneuver through, this shop is no walk in the park and is only recommended to serious book hunters. It’s best to come with an open mind rather than be looking for a specific work, because you’ll never know what you’re going to find! Head on over and dig through the stacks to find some hidden gems. 589 Congress St.

3.) Longfellow Books
Located in the heart of Portland’s bustling downtown area, this lovely space is filled with a wide-variety of new books, magazines and children’s literature, along with a limited, but active, selection of used books. Longfellow Books always has the most recent national releases, while still keeping their local roots by regularly hosting local book releases and author talks. If you’re looking to buy new books and have a easy pick of the local selection, Monument Square should be your first stop. 1 Monument Square

4.) Carlson & Turner Antiquarian Books
A true traditional used book store with a specialization in antique and scholarly books. Looking to learn a thing or two about a new subject? This shop is filled with over 40,000 books with educational texts in fields such as Travel, Civil War, Nautical, Railroad, and more. This is where you’re going to find that one book that every other bookstore can’t seem to get their hands on. They also deal in rare manuscripts, maps, photographs and fine art prints. 241 Congress Street, Portland

5.) The Bookworm
A small, well-kept shop with a varied collection of both used and new books. You’ll feel very welcome upon entering the store and quickly find comfort in its quiet environment. The shop also sells a collection of decorative home goods including greeting cards, witty handmade signs and adorable collectables. There is also a wide selection of children’s books and toys, so this is the shop to visit if you’re bringing your kids along. 42 Main Street, Gorham

shill@usmfreepress.org
@SamAHill

From IMPROV on page 12

Members of the improv troupe, Focus Group, discover the sun for the first time before their redneck father locks them back up in the shed they’re forced to live in. Focus group was started in Brewer and they perform across the state.

shill@usmfreepress.org
@SamAHill
A&C Listings

Monday, September 10th
AWOLNATION / Imagine Dragons / Zeale
The State Theatre
609 Congress St.
Doors: 7:00 pm / Show: 8:00 pm

Inspired by Place: Artists of the Chestnut Street Loft
Portland Public Library Lewis Gallery
5 Monument Square
Doors: 5:00 pm

Wednesday, September 12th
Film: The Green
SPACE Gallery
538 Congress St.
Doors: 7:00 pm / Show: 7:30 pm

Thursday, September 13th
MSA In the Round / Anna Dagmar & Nina Schmir / Trapparatus
Blue
650 Congress St.
Doors: 6:00 pm / Show: 6:00 pm

The Portland Jazz Orchestra
One Longfellow Square
181 State St.
Doors: 8:00 pm / Show: 8:00 pm

Portland Society of Architects Short Film Night
SPACE Gallery
538 Congress St.
Doors: 7:00 pm / Show: 7:30 pm

Friday, September 14th
Carmel Mikol and Roots to the Future / Rachel Davis / Darren McMullen
Portland Stage
25 Forest Avenue
Doors: 7:00 pm / Show: 7:30 pm

My Heart is an Idiot: FOUND Magazine’s 10th Anniversary Tour
SPACE Gallery
538 Congress St.
Doors: 8:00 pm / Show: 8:30 pm

Saturday, September 15th
BeauSolell
One Longfellow Square
181 State St.
Doors: 7:00 pm / Show: 8:00 pm

The Whip Hands / Heavy Breathing / Cuss / Tailions / Paige Turner
Mathews
133 Free Street
Doors: 1:00 pm / Show: 11:00 pm

Could you be the future of Arts & Culture at The Free Press?

Send us an e-mail at: arts@usmfreepress.org

You are invited!
USM Theatre Open House
Thursday, September 20
5:30-7:30 p.m.
7 p.m. Russell Hall, USM Gorham
Free reception
Discover the magic behind the curtain!

Free events at Russell Hall, USM Gorham campus
Free parking on campus in student or faculty lots
usm.maine.edu/theatre (207) 780-5151, TTY 780-5646

American Foundation For Equal Rights
and Broadway Impact’s “8”
Staged Reading directed by Wil Kilroy
Friday, September 28, 7:30 pm, Free
A new play by Dustin Lance Black chronicling the federal trial for marriage equality

Want to submit an event?
arts@usmfreepress.org

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Constructing a political stance to cast a vote in an election is a task that every voter encounters. Such a task is paramount to new voters who haven’t had the opportunity to vote in anything, short of their high school’s “class superlatives.” A presidential election can be a mighty confusing area of politics for a new voter, especially when that voter is trying to formulate an opinion, and it can be tough to gauge just how reliable some information is against others in the media spectrum. As a new voter in a major election myself, having only previously voted in the gubernatorial election, I’m experiencing the aforementioned topics, and I’ve found a few things that help me get ready to place my vote.

One of the biggest mistakes I made early in my research to form a political stance, primarily during my middle school and early high school years, was to go straight to websites that leaned toward my preconceived notions of what a “Democrat” was, sites like Newsweek, CNN, etc. My early train of thought was as follows: “I support gay marriage, so I must be a Democrat. I guess I’ll just find out what Democrats like.” This is a good place to start, but this shouldn’t define your political opinion. I started doing investigation on exclusively Democratic topics, but I realized that I actually didn’t agree with all of them, therein helping me form a basis on what I liked and didn’t like in the political sphere. This is a good place to start, but it also helps enormously to check out websites that lean toward the opposite end of your person-al political stance as well.

A challenge to this can be that we live in a time of such polarity in the political spectrum. Many opinions lean toward the extreme side of either party, and it is these opinions that can tarnish the the image of what it means to be a Republican or Demo- crat. The polar, more opinion- ated ends of the Republican and Democratic parties are the ones that have the controversial headlines and the viral videos, which misrepresent what the parties stand for as a whole.

Being able to un-scramble presidential speeches is like a political brain teaser of sorts.

Another thing that I find really helpful, even though it takes a bit more time, is to listen to and take apart the speeches that each incumbent makes at their respective convention. There are plenty of speeches to be made, some by celebrity endors- ers, others by former presidents, but the most important speeches of this caliber already get picked over by the general public, but doing it yourself is great practice to help you quickly understand just what the candidates are saying. Being able to unscramble presi-dential speeches is like a politi-cal brain teaser of sorts. It’s a practice in analytical reading, which is something that college students do all the time.

The most important responsi-bility as a new voter, though, is to make your vote count. I can’t stress enough how important it is that you get out and actu- ally vote. There is no excuse not to. I wish I could have voted in the 2008 election, but I was too young and found myself envious of the people who were able to cast their vote. I find it wildly ironic that the ones who don’t vote are often the ones who complain about the results the most (you know who you are). If you want the right to complain (which I would), then you better vote. I may not agree with the stance you voted for, but I’m happier that you voted for something as opposed to not voting at all.

Andrew Henry is an English major in his senior year.

Need more proof? — Fine.

• Were you aware that 18 percent of all voters in the 2008 Presidential election were ages 18-29, and that this demographic voted 66 percent for Obama? That’s a startlingly low number of voters our age. Get out and vote!

(Sources - http://www.ropercenter.uconn.edu; http://pewresearch.org)
Spencer McBreairty
Guest Contributor

The hot air and stormy climate invaded Tampa this week, just as Hurricane Isaac was about to strike. As someone who has only ever been a registered Democrat, watching the Republican National Convention with an open mind was challenging to say the least. I wanted to enter it objectively, maintain an open-minded attitude and ready to hear the message of Governor Mitt Romney and Congressman Paul Ryan.

Unfortunately for me and more importantly for millions of Americans unsure of who to vote for the entire convention was lackluster and disjointed. Ann Romney, wife of the presidential candidate along with other family and friends, spoke of how wonderful a guy Mitt is and how he has added to the Federation for American Family. Paul Ryan discussed the failures of President Obama and the need for a better leader. Following this, Romney stepped up to the podium and, to no one’s surprise, attempted to swing weak Obama supporters to the ticket.

Was it successful? Only time will tell. But a few things really stuck with me as I was watching the convention and accompanying online clips. According to Ann Romney, the single unifying factor in America is love. I guess we’re all in “American family” in the Republican Party’s eyes, as long as you were born here, adhere to some sort of monotheistic tradition and don’t love a gender or identity deemed unacceptable in certain books. If you meet these criteria, you would be a true American worthy of said unifying love.

But let’s put Ann Romney’s innocent remarks aside. After all, she is not a politician. She’s the wife of a man who, five years ago, served as Governor of Massachusetts for four years.

My real issue came with Rep. Ryan on Wednesday night of the convention. After making a few comments about Obama’s overspending and failed stimulus plans, he shifted onto Obamacare and the attack on Medicare. At one point, Rep. Ryan stated that a plan such as Obamacare did not belong, and in fact contradicts, a free society. I do not see myself as a strict Democrat. I support several moderate Republicans, such as former Senator Olympia Snowe, and have no problem saying Rep. Ron Paul seems like a cool guy. Maybe that’s the Mainer in me who thinks it’s really “cool” he gave a speech at USM’s Hastings Formal Lounge last year.

But regardless of what makes me who I am, something irked me about Rep. Ryan’s comments about Obamacare. I can’t imagine living without insurance, because the last time I was uninsured my parents were still buying diapers. Although recently my father’s company switched providers, I still have something fairly decent coverage. But for tens of millions of Americans, the idea of health insurance is a pipe dream. I might want to beat Andy Roddick in a match before he retires, but I think we can all safely assume that won’t happen.

“A Better Future” is what the Republican Theme promised us this year. In what way? How will my health care be ensured with a president who doesn’t embrace it? How will the single mother’s plan? How will the college graduate who can’t afford his own health care, but is too old to stay on his parents’ plan? These are all things I, and others like myself, consider when I start thinking about who gets my vote this November.

Spencer McBreairty is an English major in his senior year.
A new year brings new leadership to USM

Dear Students:

We share something in common. I am also adjusting to a new schedule at the opening of the academic year. As you may know, I was the president at University of Maine at Farmington, retired and then was appointed USM’s new president earlier this summer.

Last Friday, I gave my first major presentation to faculty and staff. They are dedicated to this university. I stressed with them that every single person here is a teacher and therefore has an impact on our students and makes more connections with students than we ever know. Working with you and for you is our number one job!

I am happy to join you at the start of the new year and look forward to doing what needs to be done to help make your USM education the very best it can be.

If you have any questions, concerns, etc., please don’t hesitate to share them with me at president@usm.maine.edu.

All the best
Theo Kalikow
President of the University of Southern Maine

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Southern Maine Outdoor Recreation (S.M.O.R.)

Fall 2012 Semester Program Schedule

Space on trips is limited and pre-registration is required for all S.M.O.R. programs. Inquire early. Please call 780-4939 or stop by the office at 104 Sullivan Recreation & Fitness Complex on the Portland Campus. Payment is taken at time of registration for all programs. A 72 hour cancellation notice is required for refunds.

For more information & additional trip details visit: http://usm.maine.edu/sullivancomplex

Look under Resources on the right of the page for a pdf file to print or http://trails.org/

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Sea Kayak Series

Maine’s coastline is known worldwide for its rugged beauty and glacially carved features. One of the most unique experiences of our coastline is to see it from a kayak. No experience is necessary to participate.

Each trip will include a basic paddle lesson to start and on the water instruction as needed or requested. Cost includes ferry ride to Diamond Cove. This trip is open to students, faculty/staff, spouse/domestic partners.

Dates: Saturday, 9/15 - Saturday, 9/23
Cost: $40 student, $60 spouse/domestic partner.
Weekend Time Frame: Sat, 6:00am - Sun, 6:00pm

Tumbledown Mountain Hiking & Camping Trip

Enjoy a weekend in October with a great day hike and gorgeous views of spectacular mountains covered with the fall colors of New England. We’ll have a full day of hiking followed by dinner & an overnight camping experience at a local campground. Tumbledown is a great mountain with a lovely pond near the top. Some camping equipment is available.

Dates: Saturday, 10/13 – Sunday, 10/14
Cost: $50 student, $70 faculty/staff, spouse/domestic partner.
Weekend Time Frame: Sat, 6:00am-7:00pm

Saco River Canoe and Camping Trip

Spend two days canoeing on the crystal clear waters of the beautiful Saco River. This is a 2-day, 17 mile flat-water trip. Enjoy spectacular views of the mountains in full color. This is a great trip for everyone with two leisurely days on the river and one night of camping along its banks.

New Moon Night Hike at Gilsland Farm

We’re going to be taking a new moon hike around the Audubon Society’s Gilsland Farm Location. Really close to the Portland Campus, join us for a couple of hours to get some amazing views of the stars! We can warm up with some cocoa and take advantage of the beautiful night sky.

Date: Monday, October 15th
Cost: Free to students, $5 all others
Approximate Time Frame: 8:00pm – 10:00pm

Pleasant Mountain Day Hike

Winter comes too soon in the Mountains of Maine. Come see the Pine Tree State as we hike up one of the lower peaks in this high country and watch the mountains roll out around you. We will be hiking at a leisurely pace for about 3 hours each way with a lunch break on top. Fall is a great time to see the colors of the hills come alive. Expect to see some amazing views from the top in this short day hike.

Dates: Saturday, November 10th
Cost: $30 student, $40 faculty/staff, spouse/D
Approximate Time Frame: 7:30am – 5:30pm

Learn to Ski or Snowboard!

This trip is made for rookies so don’t be afraid if you’re a beginner or never even strapped in before! Beginners will receive rental equipment (skis, boards, boots, and poles), a limited access lift ticket, and a lesson with a professional instructor.

Learn to Ski & Snowboard 101 - http://www.jam_PD.jpg

Saco Trails - http://www.sacobavstrails.org/

Mountain Biking Get together with a group to go for a mountain biking ride on the Maine trails.

Visit the following websites for many local options: http://www.bikemaine.org/

Feel Good About Coming With Us

Your safety is important to us, as is the success of your experience. This is why all of our trips are led by a Registered Maine Guide. As always with S.M.O.R. sponsored events, our trips are tobacco and alcohol free.

All activities may be subject to change depending on minimum participants, weather conditions, etc.

PRE-REGISTRATION IS REQUIRED FOR S.M.O.R. OUTDOOR PROGRAMS 72 HOURS IN ADVANCE.

Receive additional information at the Sullivan Recreation and Fitness Office on the Portland Campus, Room 104 Sullivan Complex or call 780-4939.

**SPACE ON TRIPS IS LIMITED so inquire early as registration is only taken with payment.**
Advertisement

USM Sullivan Recreation & Fitness Complex, Portland

Suns out, guns out. Go to the USM Sullivan Recreation & Fitness Office, 104 Sullivan Complex with your USM student ID beginning September 4, 2012. Classes are subject to change. Stop in at the website for a complete list of offerings. http://usm.maine.edu/sullivanclass

AEROBICS PROGRAMS
For Fall ’12 To end May 2013. Students pay $10/semester, with a signed Release & Assumption of Risk form. $5.00 drop-in fee available to all with a current membership. Bootstrap: An advanced level fitness class using many different programs including step, kickboxing, tabata, pilates, and circuit training to cardio and abs...
M-F 8:30-5:45 am

Main Indoor/Outdoor JumpDrop-In. This time frame offers a comfortable atmosphere conducive to socializing and having fun while burning calories and getting in your daily workout. Ideal for anyone contemplating starting a walking or jogging program. The Main Gym is 12 yds a lap to a mile. M-F 6:00 am – 6:00 pm.

DROP-IN BASKETBALL/ SULLIVAN COMPLEX
Pick-up schedule at Sullivan Complex Info Center or view the web for Open Gym time availability. http://usm.maine.edu/sullivanclass

Lost Valley, Mt. Abrams, Shawnee & Lost Valley, Mt. Abrams, Maine. Full basketball regulation size & 3-on-3 court layout. $15.00 per drop-in fee available to all with a current membership. http://usm.maine.edu/sullivanclass

DANCE – ZUMBA
Starts: 9/17, 2012 – 12/14, 2012 (9 weeks)
Days: Monday, Tuesday, Wednesday
Time: 7:30 – 8:30 a.m.

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SOUTHERN MAINE OUTDOOR CENTER
Southern Maine Outing club: smaioutclub@gmail.com http://www.southernmaineoutdoorclub.com

USM RACQUETBALL & SQUASH LEAGUES
The USM Fall Racquetball and Squash Leagues will start September 17, 2012. Pre-registration is required, September 14, 2012 to 2012 of your level. To open. All classes require $75.00 entry fee must be paid for access each night of play.

FITNESS CENTER/ PROGRAMS CONSULTATIONS
The Fitness Center will be closed 8/15-8/19, 2012 during the Fall 2012 Semester due to an academic class.

Indoor Soccer
Days: Thursday, 7:30 -9:30 pm.

Group Sports
Open Gym Recreational/ Fitness Center Programs @ Sullivan

SPINNING ROOM SPECIAL OFFERINGS

SUNDAY EXPRESS
Days: Sunday, 4:00-5:00 p.m.
Where: Sullivan Complex, MP Room 216
Cost: $10 with USM Student ID & Risk & Release form

Low impact: $9.50
Low impact: $9.50

SOUTHERN MAINE OUTDOOR CENTER
Southern Maine Outing club: smaioutclub@gmail.com http://www.southernmaineoutdoorclub.com

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Cracking the truth on egg yolks: Are they really as dangerous as smoking?

Anna Chiu
Sports Editor

A recent study published in Atherosclerosis suggests that egg yolk consumption could be as dangerous as the effects of smoking cigarettes. The aim of the study was to see whether or not egg yolk consumption and plaque build-up are related.

The trio of Canadian researchers surveyed over a thousand participants about their egg intake and smoking habits and measured the presence of plaque in their arteries. The accuracy of the survey is dependent on how well participants can recall their lifelong smoking and egg consumption history.

Researchers then calculated the number of cigarette packs by multiplying the number of cigarette packs per day and the number of years they smoked. The number of eggs was calculated by multiplying the number of eggs eaten per week and the number of years consumed. They found that the combination of chronic smoking and egg consumption is associated with an increased plaque buildup in the arteries.

Headlines like “Egg yolk almost as bad as smoking” have stirred panic and further confusion for the health-conscious community. I was intrigued yet skeptical about the methods used in the study, so I decided to investigate the details and more importantly, the scientific reasoning behind the findings and research.

I should start out by mentioning that two of the three researchers have direct ties to the pharmaceutical industry—specifically statins. They work for the Stroke Prevention & Atherosclerosis Research Centre, Robarts Research Institute, and other research institutions, and received funding from multiple cholesterol-lowering drug companies. The problem is that the entire study is potentially biased; if a lot of money went into a study and the researchers left out confounding variables such as diet, exercise, medications and stress, which plays a definite role in heart health. Countless scientific studies have shown that regular exercise reduces arterial plaque and its progression. Better research needs to include better methods of study, such as involving people of different ages since plaque steadily increases with age.

And why single out the egg yolk? Eggs are a key ingredient in many recipes, and for all I know, these patients could be having pancakes or home fries smothered in canola oil. Even so, yolks aren’t nearly as dangerous as smoking a cigarette. Cigarettes directly impact your health right when you inhale, whereas eating egg yolks would take years to make an impact on your health. Eggs are an ideal food for long-lasting energy. The yolk is a nutritional powerhouse providing vitamins and minerals such as vitamin D, choline and selenium. They contain antioxidants and healthy omega-3’s that nourish your eyes and brain. They provide the complete amino acid profile, making them an excellent source of protein that you cannot get from just the egg whites. As for the feared high cholesterol levels, yolks contain the right amounts of high-density lipids (HDL) and low-density lipids (LDL) that are beneficial, which is why the egg is best eaten whole. It’s a high carb diet that actually fuels your triglyceride levels in your bloodstream and can cause inflammation.

Published in the Journal of the American Association in 1999, the Harvard School of Public Health determined that there is little to no association between egg consumption and risk of heart disease in healthy men and women. They even suggested that regular egg consumption may help prevent heart disease.

For the full study, check out http://www.atherosclerosis-journal.com/article/S0021-9150(12)00504-7/fulltext

According to the Department of Agriculture, the average American consumed 247 eggs last year. As long as we are eating smart and keeping our body weight in check, there is no need to fear egg yolks, and they aren’t close to being like smoking cigarettes. It’s a different story if you are eating an Egg McMuffin from McDonald’s or a Grand Slam breakfast at Denny’s. Despite the research, my scrambled eggs (three of them) will stay on the breakfast agenda. I just need to stop drowning my eggs in red hot sauce.
Quick Hits: The Huskies’ week in review

**Men's Tennis**

**Huskies Ace Rhode Island for the Win**

The men’s team won their fourth straight game, improving their overall record to 10-4 and 3-3 in the LEC. The Huskies won five out of six singles points and two out of three doubles points to steal a 7-2 victory.

Senior Zach Caron had a key victory at second singles, winning 2-6, 6-1 and 7-5. Freshmen Scott Gagne and Thaddeus St. John also won at third and fourth singles respectively.

The men’s team will be the fourth seed on Tuesday for the first round of the LEC tournament, playing the University of Massachusetts - Boston in Gorham.

**Women's Field Hockey**

**USM Improves to 3-1 Record**

The women’s field hockey team won their first Little East Conference game against Eastern Connecticut State University on Saturday afternoon in Gorham.

Morgan Beede placed second with a time of 20 minutes and 45 seconds, followed by freshman Hannah Damron with the time of 21 minutes and 7 seconds for third place.

The women’s team will travel north and across the border to the McGill University Invitational on Saturday at 11:45 a.m.

**Women's Cross Country**

**Huskies dominate UNE**

The women’s team ran it’s way to victory at the University of New England Cross Country Invitational on Saturday morning. The Huskies took first place with a combining score of 21 points, with UNE trailing 2nd with 73 points.

Junior Morgan Beede placed second with a time of 20 minutes and 45 seconds, followed by freshman Hannah Damron with the time of 21 minutes and 7 seconds for third place.

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**Women's Volleyball**

**Huskies End 31 Game Losing Streak**

The Huskies record finally improves to 1-4 after a 3-0 win against Massachusetts Maritime Academy on Saturday. After losing to Curry College 2-3 earlier that day, the women’s team came back to defeat Massachusetts Maritime in the second match.

Junior Annie Mitchell, Madelyn Terry and freshman Kayley Abramson each contributed six kills to help the team defeat Massachusetts Maritime. This was the first win since September 23, 2010 when the Huskies defeated Pine Manor.

The women’s team will battle Bowdoin College on Monday at 4 p.m.

**Men's Soccer**

**Huskies’ loss brings record to 1-3**

The men’s team suffered a tough loss against Worcester State University on Saturday with a close score of 0-1. Senior goalkeeper Jeremy Turner finished the game with eleven saves, while sophomore Mazen Aljani and freshman Nick Zucco made a tremendous effort for the Huskies.

The men's team will battle Bowdoin College on Monday at 4 p.m.

**Women’s Cross Country**

**Huskies finish second at UNE Invitational**

Freshman River Plourde Vogel lead the Huskies team, placing 4th overall with a time of 28 minutes and 52 seconds in the 8,000 meter course at Rotary Park.

The men’s team finished 2nd out of 11 teams with 46 points. Finishing second on the USM team was junior Briar Beede with the time of 30 minutes and 4 seconds.

USM will host the USM Invitational this Saturday at 11:45 a.m.

**Scoreboard**

<table>
<thead>
<tr>
<th>September 5</th>
<th>September 6</th>
<th>September 7</th>
<th>September 8</th>
<th>September 9</th>
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</thead>
<tbody>
<tr>
<td>Women's Volleyball</td>
<td>Men's Soccer</td>
<td>Field Hockey</td>
<td>Women's Cross Country</td>
<td>Women's Volleyball</td>
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<td>USM</td>
<td>UNE</td>
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<td>Bowdoin</td>
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<td>Men's Cross Country</td>
<td>Women's Cross Country</td>
<td>Women's Tennis</td>
<td>Women's Cross Country</td>
<td>Women's Volleyball</td>
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<td>1</td>
<td>3</td>
<td>6</td>
<td>2</td>
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<tr>
<td>Mass. Maritime</td>
<td>Women's Soccer</td>
<td>Castleton</td>
<td>Field Hockey</td>
<td>USM</td>
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<td>0</td>
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<td>3</td>
<td>USM</td>
<td>Eastern Conn. St.</td>
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<td>0</td>
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<td>30 minutes and 45 seconds</td>
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<tr>
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<td>20 minutes and 45 seconds</td>
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<td>2</td>
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<tr>
<td>Worcester St.</td>
<td>UMaine- Machias</td>
<td>USM</td>
<td>Men's Cross Country</td>
<td>USM</td>
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**Upcoming**

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<tr>
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<tr>
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<td>Women's Volleyball</td>
<td>Women's Tennis</td>
<td>Men's Soccer</td>
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<td>Bowdoin</td>
<td>USM</td>
<td>USM</td>
<td>Emmanuel</td>
<td>Western Conn. St.</td>
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<td>@ USM</td>
<td>@ UNE</td>
<td>@ USM</td>
<td>@ USM</td>
<td>@ USM</td>
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<tr>
<td>Field Hockey</td>
<td>Field Hockey</td>
<td>Women's Volleyball</td>
<td>Women's Cross Country</td>
<td>Men's Cross Country</td>
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<td>USM</td>
<td>Eastern Conn. St.</td>
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<td>USM</td>
<td>Worcester St.</td>
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<tr>
<td>@ Farmington</td>
<td>@ Farmington</td>
<td>@ Western Conn. St</td>
<td>@ USM</td>
<td>@ USM</td>
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<tr>
<td>Women’s Soccer</td>
<td>Women’s Tennis</td>
<td>UMaine- Machias</td>
<td>Women’s Tennis</td>
<td>Women’s Volleyball</td>
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<td>USM</td>
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<td>Western Conn. St</td>
<td>Mass.- Dartmouth</td>
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**Quick Hits: The Huskies’ week in review**

**Sophmore Peyton Dostie scored the only goal against Eastern Connecticut State University on Saturday**

**Anna Chiu**
Sports Editor

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Women's Field Hockey

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Making the only goal of the game was sophomore forward Peyton Dostie, making it her second-winning goal so far this season. Junior goalie Kayla Kennedy made five saves for the Huskies.

The women’s team will travel to UMaine Farmington this Wednesday at 4 p.m.

Women's Cross Country

Huskies don't dominate UNE

The women’s team ran it’s way to victory at the University of New England Cross Country Invitational on Saturday morning. The Huskies took first place with a combining score of 21 points, with UNE trailing 2nd with 73 points.

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Women’s Cross Country

USM 21 pts. 1st among 11 teams

Field Hockey

USM 1

Eastern Conn. St. 0

Women’s Soccer

USM 0

Framingham St. 4

Men’s Cross Country

USM 46 pts. 2nd among 11 teams

Men’s Soccer

USM 0

Worcester St. 1

September 9

Women’s Volleyball

USM 0

UMaine- Machias 3

Like writing? We have openings for sports writers!

Email achiu@usmfreepress.org if interested.
First year students gather on the roof of the Portland parking garage to watch a movie on the big screen.

Kirsten Sylvain
Editor-in-Chief

Friday night the Portland campus was quiet for the most part, at least until it was interrupted with the odd sounds of explosions, gunfire and guttural screaming, as students and community members gathered on the Portland parking garage for the finale of the First Friday celebration.

USM celebrated the end of the first week by inviting first year students to a free BBQ, mechanical bull rides on the Luther-Bonney lawn, shuttles home to the Art Walk at Monument Square and a Duck Tour of Portland. The night concluded with a showing of the popular action flick, The Avengers, on the rooftop of the Portland campus parking garage.

Featured Events:
First Friday

Monday, 9/10
Portland Events Board (PEB) Weekly Meeting 1:00 PM - 2:00 PM Conference Room, Woodbury Campus Center, Portland

Tuesday, 9/11
Study Abroad Fair 11:30 AM - 2:00 PM On the green between Luther Bonney & Payson Smith, Rain location: Woodbury

Wednesday, 9/12
Campus Safety Advocate Information Table 11:00 AM - 2:00 PM Upstairs Lounge LAC

Webinar - LGBT Youth & Suicide: Understanding & Reducing Risk September 13, 2012 1:00 PM - 3:00 PM Locations in Portland and Gorham, TBA

Thursday, 9/13
InterVarsity Christian Fellowship Graduate Student Gathering September 13, 2012 7:00 PM - 8:30 PM 306 Wishcamper, Portland

Friday, 9/14
Board of Student Organizations Meeting 11:00 AM - 1:00 PM 10 Bailey Hall, Gorham campus

September Food for Thought Luncheon 12:00 PM - 1:00 PM Room 170 at USM LAC

John Ford Sr. Retired Maine Game Warden Student Senate Weekly Meeting 1:00 PM - 3:00 PM Room 404, Bailey Hall, Gorham campus

TWO SMALL PIECES OF GLASS 7:00 PM - 8:00 PM Southworth Planetarium

Comedian: Matt Beatz 8:00 PM Hastings Formal Lounge

IBEX FULL DOME SHOW 8:30 PM - 9:30 PM Southworth Planetarium

Saturday, 9/15
Gorham Tailgate 1:00 PM Turf Field

Sunday, 9/16
Sea Kayaking with (S.M.O.R) Southern Maine Outdoor Recreation at USM 8:00 AM - 6:00 PM Register at 104 Sullivan Rec & Fit Complex, Portland Campus

For more events:
www.usm.maine.edu/events

Featured Photos:
Bike Stolen?

If so, we’d like to hear about it. Drop us a line. @usmfreepress editor@usmfreepress.org 207 780-4084 or check us out on Facebook