

CHECKLIST

✓ homework project due next week!

work car payment ✓ cell phone bill
classes ~~find time to hang out?~~

the free press

University of Southern Maine Student Newspaper

usmfreepress.org

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Vol. 45,
Issue No. 1
Aug. 26, 2013

Photo by Patrick Higgins, Model Olivia Crupi

Second-year USM student vies for congressional seat



Alex Greenlee / Free Press Staff

Isaac Misiuk, 1st congressional district candidate, spoke to students in Woodbury campus this summer.

Sidney Dritz News Assistant

Isaac Misiuk, a 24 year-old second-year political science major at USM and now a contender for the incumbent Chellie Pingree's 1st congressional district seat, young Republicans like himself as the future of the party.

Misiuk was the first Republican candidate to enter the upcoming race against incumbent Chellie Pingree for the congressional 1st dis-

trict seat. He hopes that his relative inexperience and youth will stand as proof that he is not a "career politician," to counter Pingree's well-established political career. Misiuk's own career in politics consists of his time as student senator and resurrector of the formerly defunct College Republicans group at USM, as well as working for the Maine Senate Republicans as field staff, field director of voting efforts for the College Republican National Committee in the last election and Vice

Chair of the Cumberland County Young Republicans.

According to Dr. Ron Schmidt, Professor of Political Science at USM, this may be because more established Republican candidates could balk at the thought of running against Democratic incumbent Chellie Pingree.

"Pingree is popular, and incumbency conveys enormous advantage," Schmidt said. Running

See MISIUK on page 5

President Theo Kalikow to stay for another year

Sidney Dritz News Assistant

USM announced early in the summer that President Theo Kalikow will remain at USM for a second year in which she said she plans to strengthen and solidify the administration of the college before passing the job on to a successor.

Kalikow, who postponed her retirement to succeed Selma Botman as president, was not new to being the president of a public Maine college when she took the job. Before she stepped into her role at USM, the 72 year-old Kalikow had been president at the University of Maine at Farmington for 18 years.

"The students and the people of Maine are paying for this [the school], and we have a responsibility to make it efficient and affordable," she said.

Kalikow said that the coming year will be a time for concrete actions, rather than theoretical ideas. She hopes to move forward with the help of the President's Council, a group consisting of Dick Campbell, USM's Chief Financial Officer, Executive Director of Public Affairs Bob Caswell and other senior USM administrators. She said that it is time for planning that has been done in the past to be put into action, although she admits that she is "still inventing" what those specific actions will be.

Kalikow said that one of her main focuses will be keeping the university relevant in a changing world. "It's a major crossroads," she told the Free Press. "The world of higher education can't stay the same. We

have a chance to do a really good job in the remodeling, to be survivable in the long term and to serve the region and the state of Maine."

The president's vision of the future for the university has stirred up controversy in the past. At a symposium on education last March, Senior English Major Philip Shelley asked Kalikow what responsibility the academy had to hold the line in defense of non-economic values and she responded, "None" – a response that garnered concern from some students and faculty.

Kalikow's presidency has also seen discussions of the integration of MOOCs and a greater focus on Prior Learning Assessments of life experience for college credit. Kalikow said that she is confident that USM will still be around in ten years.

"I want to hand this over to the next president with a good plan," Kalikow said.

"We have not enough boots on the ground, and we have too many people administering to each other. I want to make this a [more] student-centered institution."

Kalikow declined to comment on personnel issues, but admitted that in this process of streamlining, the job of one senior level official, former Chief of Student Affairs Officer Craig Hutchinson, has been eliminated over the course of the summer, for which she expressed regret. However, she said she is confident that she is working for the long-term good of the school.

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UNIVERSITY OF
SOUTHERN MAINE

President Obama's proposal may change funding for USM

With a 32.9 percent graduation rate, USM may be left wanting more

Kirsten Sylvain
Editor-in-Chief

A plan proposed by President Obama last week could affect how much federal financial aid the university receives by 2015 and how much students receive by 2018.

The president's proposed "college affordability plan" will create a rating system for public institutions before the 2015 academic year that will assess colleges on tuition, percentage of low-income students, graduation rates and students' debt level upon graduation. The president hopes that Congress will then back the next part of his proposal to award funding based on the ratings. According to this model, by 2018, student aid would largely be tied a public institution's success or value as determined by the rating system.

Looking at the numbers, USM may not fare well in the new system. According to the College Affordability and Transparency Center, USM ranks somewhere in the middle to high range for costs. The average net price, or the amount an undergraduate, in-state student pays to attend USM each year after grants and scholarship, is \$18,156 per year compared to the national average of \$10,863 per year. USM takes the biggest hit in retention, with a 32.9 percent graduation rate – a figure that falls well on the low side of the range.

University of Maine officials got wind of President Obama's pro-

posed plan this week, and so far, their reaction has been positive.

Peggy Markson, public relations manager for the University of Maine System, said that while she is still waiting to learn more about the details of the president's plans, she feels that it may largely be in-line with the goals of the UMS Board of Trustees.

"The overarching goals of keep-

ers now graduate with \$26,000 in debt on average. Average college tuition in the U.S. at public four-year universities increased more than 250 percent over the past 30 years, according to College Board and census data.

USM itself has been squeezed by economic and financial pressures. The University of Maine System made a pledge to freeze tuition in the fall of 2012 for two years if the state promised to hold appropriation flat for the same duration. However, the UMS fiscal year 2014 Operating Budget states that while the state appropriation has been held flat, "appropriation to the UMS has been declining as a percentage of the state budget and as a percentage of the UMS budget for the past twenty years." State funding for 2014 fiscal year is now \$6.2 million below the fiscal year 2008 level. All of these factors have led to a financial climate of chaos for the university with an itinerary of over \$12 million in cuts outlined for the next four years.

President Obama will create the ratings through executive action; however, re-allocating financial aid based upon those ratings will require congressional approval. While university officials in Orono are waiting for more details, it is not clear whether or not Obama's plan will make it through Congress.

The Ratings:
Graduation rate:
 32.9 percent
Debt after graduation:
 \$28,290 on average
Grads who default on student loans: 8.7 percent
Cost of attending for in-state:
 \$18,156 per year

ing college affordable and helping people graduate is definitely in line with our goals," she said.

According to information released by the White House, declining state funding for higher education has been a major cause for rising tuition prices and one of the main reasons that students are shouldering the rising costs of education. Tuition in the U.S., as a share of university revenues over the past 25 years, has nearly doubled from 25 to 47 percent, and student bor-

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 ORIGINAL LINEUP
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 with Prospect Hill
SEPT 5

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 with Kopecky Family Band
SEPT 13

UMPHREY'S MCGEE
 with The London Souls
OCT 19

FITZ & THE TANTRUMS
OCT 26

FLUX PAVILION
 with COOKIE MONSTA and BROWN + GAMMON
OCT 8

the BLACK CROWES
 TWO NIGHTS!
OCT 15 & 16

BULLET FOR MY VALENTINE
 with BLACK VEIL BRIDES, Stars in Stereo, Throw the Fight
NOV 3

MATT NATHANSON
 with JOSHUA RADIN
NOV 8

YONDER MOUNTAIN STRING BAND
NOV 2

BEATLES NIGHT
NOV 30

- SEPT 11 GAD ELMALEH
- SEPT 22 DAN ZANES AND ELIZABETH MITCHELL
- 11AM
- OCT 3 JOE SATRIANI
- OCT 7 "WEIRD AL" YANKOVIC
- OCT 13 IAN ANDERSON (SOLD OUT)
- NOV 1 ZAPPA PLAYS ZAPPA
- NOV 18 ELVIS COSTELLO
- NOV 22 GABRIEL IGLESIAS
- DEC 2 ANIMAL COLLECTIVE

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- SEPT 26
- OCT 05
- OCT 06
- OCT 11
- OCT 12

- OTT
- TOUBAB KREW
- DALE EARNHARDT JR. JR.
- VANESSA CARLTON
- CONSPIRATOR

- OCT 14
- OCT 17
- OCT 18
- OCT 20
- OCT 24

- A GREAT BIG WORLD
- THE ENGLISH BEAT
- KUNG FU
- MIKE DOUGHTY
- DONNA THE BUFFALO

- 11/10
- 11/19
- 11/29
- 12/12

- LUCERO
- WITH TITUS ANDRONICUS
- THE LONE BELLOW
- PARDON ME, DOUG
- CARBON LEAF

USM Sullivan Recreation & Fitness Complex, Portland



Hours of Operation

Sunday	9:45 am - 6 pm
Monday-Thursday	5:45 am - 10 pm
Friday	5:45 am - 7 pm
Saturday	6:45 am - 6 pm

All Activities end 15 minutes before closing.

Schedule is subject to change.

Call 780-4169 or visit our website for details.

The Fitness Center will be closed Tues/Thurs 8:45am- 9:45am due to an academic class & The Body shop will be closed Tues/Thurs 1:30pm - 2:30pm due to the Women's Power Hour.

Use the opposite room for your Fitness needs during these times.

Memberships

If you're a current USM Student, you're already a member!

ID's: Every person who enters Sullivan Complex must show a valid USM Photo ID or a government issued ID for entrance. No exceptions!

Risk Release Forms: An assumption of Risk and Release is required to be completed at the time of purchase by each member for participation in all activities and programs held within the Sullivan Recreation & Fitness Complex.

Minimum Age: Must be at least 18 years of age for access.

Family memberships are available for immediate family members only. Visit the web FMI: <http://usm.maine.edu/sullivancomplex>

Services

Towel Service: Clean towels for showering after your workout.

Fee: 3 months \$7, 6 months \$12, 12 months \$20

Lockers:

Half Locker Fee: 3 Months \$7, 6 months \$13, 12 months \$24

Full Locker Fee: 3 months \$12, 6 months \$18, 12 months \$30

Laundry Service: Save time with our laundry service!

Fee: 6 months \$ 28, 12 months \$50

Saunas: Saunas are available in women's and men's locker rooms.

Connect with us!

www.usm.maine.edu/sullivancomplex

Sullivan Recreation and Fitness Complex

Southern Maine Outdoor Recreation



USM Outing Club

Information Desk: 207-780-4169

Office: 207-780-4939

E-Mail: wsargent@usm.maine.edu

Body Shop & Fitness Center Programs

Fitness Programs can be found on the web:

www.usm.maine.edu/sullivancomplex

Registration Information

To Register: Go to the USM Sullivan Complex Recreation & Fitness Office, 104 Sullivan Complex with your USM student photo I.D card beginning September 3, 2013. Classes are subject to change. Stop in or view website for updates on program offerings.

<http://usm.maine.edu/sullivancomplex>

Fitness Activity Programs

Class fees are per semester offering 10-12 weeks depending on offering

Belly Dance:

Description & Instructor
Schedule: Mon, 5:30pm - 6:30pm,
Begins: 9/16/13
Ends: 11/25/2013
Fee: \$10 Student, \$20 Member, \$60 Faculty/Staff non-member, \$65 public

Cross Training:

This program will include cardiovascular and anaerobic exercises, strength training, and Plyometrics! Training methods, race training and running technique tips and general fitness programs will be addressed. Class is

appropriate for all fitness levels.

Instructor Bruce Kohairan.
Schedule: M-W-F, 4:30pm-5:00pm
With Fit balls & general fitness
Schedule: M-W-F, 5:00pm-6:00pm
Full-fledged advanced class offering
Begins: 9/16/13
Ends: 12/13/2013
Fee: \$10 Students, \$20 member, \$90 Faculty/Staff non-member, \$100 public

Indoor Walk/Jog Drop In:

Open gym time for walk jog. The main gym is 12 laps to a mile.
Schedule: M-W-F 6:00am-9:00am
Fee: \$10 Students, \$5/day drop in fee, Inc for members

Lunch Express Spin and Stretch:

Moderate workout that will include 30 minutes of spinning followed by 30 minutes of core exercises, light weights and cool down stretching. Instructor Niffy Allen. Limited to 12 participants.
Schedule: T-TH, 12:00pm -1:00pm
Begins: 9/17/13
Ends: 12/12/13
Fee: \$10 Students, \$20 member, \$90 Faculty/Staff non-member, \$100 public

Spin IT:

Group fitness workout on spinning bikes. Instructor Jillian Magee. Limited to 12 participants.
Schedule: M-W-F, 6:00am-7:00am
Begins: 9/16/13
Ends: 12/13/13
Fee: \$15 Students, \$30 member, \$100 Faculty/Staff non-member, \$120 public

Schedule: T-TH, 5:30pm - 6:30pm

Begins: 9/17/13
Ends: 12/12/13
Fee: \$10 Students, \$20 member, \$90 Faculty/Staff non-member, \$100 public

Sunday Express Spin and Stretch:

Moderate workout that will include 30 minutes of spinning followed by 30 minutes of core exercises, light weights and cool down stretching. Instructor Niffy Allen. Limited to 12 participants.
Schedule: Sunday, 4:00pm-5:00pm
Begins: 9/15/13
Ends 12/8/13
Fee: \$10 Students, \$20 member, \$60 Faculty/Staff non-member, \$65 public

Women's Strength & Power Hour:

Cardio and interval training to maximize weight loss, strength training for bone density, core stability for toning, and flexibility for balance and joint mobility. Get all the benefits of a good balanced work-out. Modifications can be made to meet different fitness levels. Instructor Niffy Allen. Limited to 12 participants.
Schedule: T-TH, 1:30pm-2:30pm
Begins: 9/17/13
Ends: 12/12/13
Fee: \$10 Students, \$20 member, \$90 Faculty/Staff non-member, \$100 public

Zumba:

A fusion of Latin & International music and dance themes that creates a dynamic, exciting and effective work out system. Wear loose, comfortable clothing! Instructor Julia Kirby.
Schedule: T-TH, 5:15pm-6:15pm
Begins: 9/17/13
Ends: 12/12/13
Fee: \$10 Student, \$50 Member, \$90 Faculty/Staff non-member, \$100 public

Yoga:

Pre-registration for yoga class offerings is a must. If you are signing up for this program,

you should be prepared to make a 12 week commitment to one class per week.
Begins: week of 9/16/13
Ends: week ending 12/12/13
Fee: \$20 Students, \$50 members, \$90 faculty/staff non-member, \$100 public (Yoga option is a 1 day a week for each offering)

Choose one of the following Yoga options:

Classic Yoga:

Instructor Severina Drunchilova.
Schedule: Classic Yoga- Tuesday 12:00pm-1:15pm OR Classic Yoga- Thursday 1:15pm-2:30pm

Gentle style Yoga for Wellness:

Instructor Maria Connor.
Schedule: Tuesday, 6:15am-7:15am

Vinyasa Yoga:

Instructor Jeanette Richelson.
Schedule: Vinyasa-Tuesday 7:00pm-8:15pm

Basketball & Racquetball Courts

Basketball:

Drop-In hours vary. Please check our website for an updated schedule
Call 780-4169 to confirm availability
www.usm.maine.edu/sullivancomplex
Bring your own basketball for play, basketballs are limited in availability

Racquetball/Squash/Wallyball:

Courts can be reserved up to 1 week in advance.
Fee: Non-Members: \$5 day fee and \$2.50 court fee
Bring your own racquet for play as racquets are not available

Group Activities in The Main Gym

Open Gym:

Bring your own group or join with others! Badminton, Dodgeball, Floor Hockey, or Volleyball equipment available for sign out.
Schedule: During open gym times, view the web for open gym
Fee: Free for students and members, \$5 public

Fencing:

Schedule: Tuesday 6pm-9pm
Fee: Free for students and members, \$5/day public
FMI: E-mail the Blade Society usmbladesociety@gmail.com

Indoor Soccer:

Thursday 7:30pm-9:30pm
Free: first 20 students

Ultimate Frisbee:

Tuesday 7pm-9:45pm
Fee: Free for students and members, \$5/day public
FMI: Visit the Portland Ultimate Frisbee website at www.portlandultimate.com

Massage & Reiki

Therapeutic Massage & Reiki:

Appointments available with a Licensed Massage or Reiki Therapist. Visit our website for more information.
FMI: <http://usm.maine.edu/sullivancomplex/therapeutic-massage>

massage

Fee: \$45 for 60 minutes or \$65 for 90 minutes
Schedule: Appointments made in advance by calling 780-4939.

Racquetball Leagues & Clinics

Racquetball, Squash Leagues and Racquetball Clinics will start in September.

Find a registration pdf form for the leagues and clinic schedule online:

<http://usm.maine.edu/sullivancomplex/racquetball-usm-sullivan-recreation-fitness-complex>

Skating & Swimming

Students must register at USM Sullivan Complex Recreation Office, Rm. 104. Offering available to current semester students only. Come to 104 Sullivan Complex for additional information.

Ski Pass Discounts

Lost Valley, Mt. Abrams, Shawnee Peak, Sunday River, Sugarloaf, and Loon Mtn., NH all have student & faculty/staff & family member day pass discounts available. For a complete list visit: <http://usm.maine.edu/sullivancomplex/university-community-recreation-fitness-discount-offerings>

USM Community Discount Offerings

Discount Program offerings through University Community Recreation & Fitness for Students, Faculty, Staff, and University Community members. Dine Around books, Amusement park discount tickets at Funtown/Splashtown USA, Six Flags, Water Country, Canobie Lake & More! For a complete listing of all ongoing specials visit the following website: <http://usm.maine.edu/sullivancomplex/university-community-recreation-fitness-discount-offerings>

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From **MISIUK** on page 2 against her, then, is a risky venture for a politician who might already have a job. On the other hand, people like Misiuk, who are hoping to break into the political scene, he said, will build name recognition even in a losing race.

Misiuk's own explanation of the timing of this first foray into national politics is much simpler. "The longer we wait, the worse it'll get," Misiuk told the Free Press, referring to the economic issues individuals, and young people in particular, are facing in the current economy. He went on to describe college graduates he knew who were trying to pay off student loans working minimum wage jobs. However, when asked what action he felt should be taken with regard to student loans, Misiuk said, "Education is not a top priority."

While explaining his reason for running, he also discussed the number of Maine college graduates moving to look for work out of state. However, Misiuk said he did not have a definite plan yet of how to address this issue.

Misiuk would be a relatively young member of Congress, considering that in 2011, the average age of the Republican congress members

was 54.9, and the youngest member of Congress was around 30. In fact, candidates are required to be 25 years old to serve on Congress—Misiuk is eligible because he will have a birthday before the term he is running for begins. To this, he explained that his age and inexperience should be proof that he is not a career politician.

"I am young," Misiuk said, "demographically, this district is as well." He said he does not see his youth as an impediment to his goal. He intends to win Maine's Republican party over by taking the time to sit down and talk to them, and said, "People like me, and fellow young Republicans, we are the future of the party."

Dr. Schmidt, however, warned against thinking of political parties as unified edifices. "The GOP in Maine is faced with some of the same issues as the GOP is nationally: who do we want to be?" The Republican party nationwide is currently composed of several distinct factions, ranging from a push to enforce more traditional Republican values to a more libertarian value for de-regulation and government non-involvement, according to Schmidt. Misiuk, with his claim that, whatever his own beliefs are, "What's important is what's good for the state,"

seems to fall more into the second camp, but when asked for his stance on specific issues, he said he had not finalized his official platform.

"Generally speaking, Mainers have a practical streak when dealing with their elected officials," said Schmidt. He went on to say that Misiuk's best chance with Mainers would be to show that he can work within the current political framework to get things done, "rather than just symbolic votes."

Schmidt said that he has seen an increasing number of students running for office as a way of interacting with the national political framework, often as a way of bringing attention to certain concerns and issues. "I think it's a good sign when students want to engage politically," Schmidt said. Misiuk's campaign, which is not at this time seem to have a more specific focus than Misiuk's description of the state's troubled economy and the lack of prospects for college graduates, does not seem to fit the profile Schmidt described, however.

Misiuk will not return to USM in the fall, but will instead take time off to focus on his campaign, which he says hopes to fund through grassroots donation-gathering and careful budgeting of campaign funds.

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Fall 2013 Semester Program Schedule

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To find out more information visit us in the Sullivan Complex on the Portland Campus, call us at 207-780-4630 or 228-8242.

Transportation for students is available on both the Portland and Gorham Campus for all students attending any of our trip offerings.

<http://www.usm.maine.edu/sullivancomplex/southern-maine-outdoor-recreation-smor>

Southern Maine Outdoor Recreation



September						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
						Sea Kayaking Series
15	16	17	18	19	20	21
Sea Kayaking Series						
22	23	24	25	26	27	28
EYE 117 Sea Kayaking Trip						White Water Rafting
29	30	Come white water rafting with us on the Kennebec River! Enjoy the beautiful scenery of Maine and camp with us at Magic Falls Campground on September 28th! Hope to see you there!				

Interested? For more information on the trips we offer here's how to get in touch with us:
 Online at usm.maine.edu/sullivancomplex
 Like us on Facebook at Southern Maine Outdoor Recreation
 Call us at 207.780.4630 or 207.228.8242 Or just stop into the Sullivan Complex on the Portland Campus and ask in person!

November						
The New England tradition of leafing! The Kancamagus Highway is a great area to view the fall foliage. Join us on a "make your own adventure" day trip! November 2nd!						Kancamagus Adventure
3	4	5	6	7	8	9
10	11	12	13	14	15	16
	Veteran's Day No Classes					Kearsarge Mountain Hike
17	18	19	20	21	22	23
24	25	26	27	28	29	30
			Thanksgiving Break No Classes	Thanksgiving Break No Classes	Thanksgiving Break No Classes	Thanksgiving Break No Classes

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 Call us at 207.780.4630 or 207.228.8242 Or just stop into the Sullivan Complex on the Portland Campus and ask in person!

October						
		1	2	3	4	5
Fall Disc Golfing! The beautiful Sabattus Course will challenge every skill level. October 19th!						
6	7	8	9	10	11	12
					EYE 117 Backpacking Trip	EYE 117 Backpacking Trip
13	14	15	16	17	18	19
EYE 117 Backpacking Trip	October Break No Classes	October Break No Classes				Disc Golfing
20	21	22	23	24	25	26
27	28	29	30	31		

December						
1	2	3	4	5	6	7
Thanksgiving Break No Classes	Thanksgiving Break No Classes					Learn to Ski or Ride
8	9	10	11	12	13	14
15	16	17	18	19	20	21
		Finals	Finals	Finals	Finals	
22	23	24	25	26	27	28
	Finals					
29	30	31	Happy Break! Learn to Ski or Snowboard! This winter hobby can be expensive to try out. Come with us for a highly discounted adventure, lessons included! We're looking for First-Timers and Beginners! Let's Play in the Snow! December 7th!			

Crossword

- Across**
- Shortened form, for short
 - New Mexico collegians
 - Political contest
 - Indonesian boat
 - Infectious bacteria, briefly
 - Country whose capital is just north of the Tropic of Cancer
 - Flee
 - The ___ of Avon
 - Mezzo Frederica Von ___
 - Licorice-like cordial
 - ___ Diner, on "Alice"
 - More spine-tingling
 - Awkward situation, in Avon
 - Dated
 - City of Tuscany
 - Honda rival
 - Driver with a handle
 - Character actress Volz
 - Where Anna met the king
 - Deejay Casey
 - Puffed up
 - Memphis-to-Chicago dir.
 - Products of Atlantic City
 - Philippine port
 - Blighted urban area
 - It's in the back
 - Intended
 - At the drop of ___ (instantly)
 - Working energetically
 - Basketball great Thurmond
 - George who was a woman
 - Night, in N'mes
 - Influriated
 - Crusoe's creator
 - Daly of 'Judging Amy'
- Down**
- PD broadcasts
 - Very dry, as Champagne
 - Actress Theda of the silents
 - "Walk This Way" rap trio
 - Baton Rouge campus
 - NYC wagering locale
 - Cake with rum and raisins
 - Word on a store sign that's flipped daily
 - Scream
 - Flack and Peters
 - Nicolo was one
 - Bill of fare
 - Bitter-___ (diehard)
 - Is offensive, in a way
 - Give the impression of being
 - '___ Eyes' (1975 hit by the Eagles)
 - Ratings period
 - "Pow!"
 - Baritone's larger cousin
 - Believers
 - Chief god of the early Hindus
 - Pool maneuvers
 - Coating metal
 - Funnyman Carvey
 - Ed with the 1967 hit "My Cup Runneth Over"
 - Sert payment
 - Author of "The Clan of the Cave Bear"
 - Race that once had a four-minute barrier
 - Things sometimes beaten
 - Turned on the tears
 - Backpedaler's words
 - Russian ruler
 - "The Merry Widow" composer
 - Emulate Cicero
 - Exercise sovereignty
 - Teen's 'No way!'
 - "What ___!" ("Don't pass up this offer!")
 - Rhineland rejection
 - Head: Fr.
 - Hoo preceder
 - Tea anagram

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17				18							19			
20							21				22			
			23		24	25		26						
27	28	29					30	31						
32				33						34		35	36	37
38			39		40				41		42			
43				44		45				46		47		
			48		49						50			
51	52	53						54						
55						56	57			58		59	60	61
62					63			64	65					
66					67						68			
69					70						71			

Sudoku

A sudoku puzzle consists of a 9 x 9-square grid subdivided into nine 3 x 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 x 3 box contains each of the numbers from 1 to 9 exactly once.

9		7	6					5
				7				3
3				1	9			
6	3							
4	8						9	5
							2	4
			9	8				2
1				3				
	9				4	5		1

	1		7					5
2		4			6			
	8		4			3		
					3	8		
8								4
		6	2					
		3			2		8	
			6			9		2
	7			5			3	

Cryptogram

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

YO W FAWKUD LDKUAH
YU XHKXPN WM W
UAFYWP RWMQDKYHR,
YU QD MQD UMKYOD AO
MQD LWKMN?

And here is your hint:
R = G

UN DPBYPIY DCRHCYG
CROUIA RKGUVQY VHY-
RCJD, U'G NHYRO PKC.
NPH BY, CJY DUJ'D CJY
QUBUC.

And here is your hint:
H = R

Word Search

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

**Theme:
Weather**

F	O	R	E	C	A	S	T	Y	W	F	O	G	R	T	O	B	A	R	O	M	E	T	E	R	
D	P	C	W	N	T	R	T	I	N	V	T	E	B	H	D	C	E	L	S	I	U	S	I	R	N
R	I	T	H	O	T	E	N	H	E	N	T	S	L	E	A	D	R	O	U	G	N	H	Y	S	C
I	S	H	G	O	N	D	M	R	U	E	U	F	I	R	N	A	S	Z	M	R	Z	I	U	I	
Z	U	G	N	H	Y	S	C	P	M	N	A	S	Z	M	R	H	O	E	H	D	C	Z	O	O	
Z	I	U	I	P	E	A	H	O	E	H	D	C	Z	O	O	H	O	T	H	U	M	I	D	I	
L	S	O	N	Y	S	I	R	U	R	R	I	E	A	M	T	H	U	M	I	D	I	T	I	F	
E	L	R	T	T	R	A	E	E	M	M	A	L	R	E	P	H	U	R	R	I	C	A	N	E	
I	E	D	H	S	B	U	N	N	A	I	L	T	D	T	F	H	U	R	R	I	C	A	N	E	
E	C	O	G	R	O	H	O	N	A	A	D	I	U	E	R	H	U	R	R	I	C	A	N	E	
N	O	O	I	A	E	R	U	P	U	C	M	I	A	R	E	H	U	R	R	I	C	A	N	E	
O	L	L	L	I	T	S	F	Q	N	T	I	R	T	H	E	H	U	R	R	I	C	A	N	E	
L	D	F	T	N	T	A	S	H	O	W	E	R	O	Y	Z	H	U	R	R	I	C	A	N	E	
C	Y	T	I	L	I	B	I	S	I	V	O	E	R	T	E	H	U	R	R	I	C	A	N	E	
Y	T	I	M	O	N	S	O	O	N	O	N	D	L	U	S	H	U	R	R	I	C	A	N	E	
C	C	L	O	U	D	S	E	I	R	R	U	L	F	S	H	H	U	R	R	I	C	A	N	E	



Weekly Horoscope

★★★★★	great
★★★★	good
★★★	average
★★	alright
★	difficult

Aries ★★★
March 21-April 19

Contact and communication on the docket for today. Keep in touch and share vital information.

Taurus ★★
April 20-May 20

Someone is planning to play a practical joke upon you. Be alert and you can avoid feeling foolish.

Gemini ★★★★★
May 21-June 20

You need a cuddle today. Seek out a beloved partner, friend or pet. Get some quality caring.

Cancer ★★★
June 21-July 22

Your family accepts more than you realize. Bask in their support and affection.

Leo ★★★★★
July 23-August 22

Pleasure, beauty and the desire for a smooth flow in relationships are highlighted. You can't avoid all conflict.

Virgo ★★
August 23-September 22

You feel like two different people today: one side very rational, objective and detached; another side intense and emotional.

Libra ★★★★★
September 23-October 22

A new hobby or interest presents itself. Take advantage of an opportunity to increase your skills.

Scorpio ★★★★★
October 23-November 21

Your efficiency brings positive notice from others. You shine through capability and prompt solution to problems which arise.

Sagittarius ★★★
November 22-December 21

Don't overdo impulsive speech, but do enjoy exciting topics, stimulating conversations and new or challenging ideas.

Capricorn ★★★★★
December 22-January 19

Clothes, jewelry, decorating, makeup, candy, or ice cream may be splurges today. Enjoy beauty and sugar without overindulging.

Aquarius ★★★★★
January 20-February 18

A shared interest or hobby helps you relate to an important client or business connection.

Pisces ★★★★★
February 19-March 20

Working together on practical projects with a spouse or friend goes smoothly.

The solution to last issue's crossword

U	S	A	F	R	O	M	A	S	E	E	N	S												
P	O	O	L	S	T	A	P	H	A	R	O	W												
S	A	N	A	N	T	O	N	I	O	T	A	T	I											
A	R	E	N	E																				
R	U	B	E	G	O	L	D	B	E	R	G													
A	G	E	H	Y	D	R	O	A	I	R	E	D												
C	L	I	P	D	E	I	T	Y	N	A	S	A												
K	I	T	T	S	R	E	H	A	B	C	P	R												
S	T	R	A	I	N																			
O	V	E	R	T	U	R	E																	
A	S	I	N																					
R	E	N	U																					
S	T	E	M																					

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Arts & Culture

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While many students are working part-time retail, taking courses here and there or binging on *Breaking Bad* for the summer, musical theater majors are auditioning and performing, trying to get a leg up in the professional world.

Photo courtesy of Audra Hatch
Cast photo of *Les Misérables* at
Maine State Musical Theatre.

Sam Hill
Arts & Culture Editor

While being a musical theater major may seem like it's all fun and games to audience members, there is a lot of work put into a single show with performers always bringing their best to the table. And that commitment to the stage doesn't stop, especially during breaks between semesters. "It isn't easy. It is work. There's a reason it's called show business," said Student Government Business Office Coordinator and regular Maine State Musical Theatre employee Ray Dumont, "but that's what everyone wants to do. You just want to work. You've got to be hungry."

And performers at USM are always hungry.

Senior musical theater major Danie Lane has been performing all summer at Maine State Musical Theatre. This summer she performed in MSMT stagings of *Hair*, *Les Misérables* and *Cinderella*.

"It is important to always take work," said Lane. "I was very lucky to work at Maine State, because they treat their workers well. Even if next summer I only book places that don't pay or

barely pay, I'm determined to do theater work, because that is the only way to get more work."

MSMT is well-known for casting a mix of performers from local, regional and Broadway theaters. USM students are encouraged to audition and are often competing for roles with students from Bowdoin College, high

"It isn't easy. It is work. There's a reason it's called show business. You've got to be hungry."

-Ray Dumont
Maine State Musical
Theater employee

schools students from around New England and even students from out-of-town universities such as Penn State and Boston Conservatory. The auditions take place at the beginning of the summer for all shows MSMT will be staging.

"You go through the audition

process, and then you go home and you wait. All you can do is wait," said Lane.

A few days later Lane was contacted and offered a role in *Les Misérables*. Soon after that show closed, she was asked to intern for *Cinderella*.

"If I had it my way I'd have been in all of their shows, but I didn't fit in *Gypsy* or *Mary Poppins*," said Lane. "You always want to be busier."

While Lane was busy in Maine, other students were traveling to find work. Senior musical theater major Carolyn Glaude has been busy interning at Theatre West Virginia throughout the summer. Theatre West Virginia is an outdoor theater that casts performers from around the entire country.

"This is my very first internship, and the first outdoor theater I've ever work for, but it is not my first job in a professional theater," said Glaude. "Even so, I was still very nervous on my first day, especially meeting all of the super talented people I was to work with all summer. But I was instantly welcomed very warmly."

Glaude performed in all four shows the theater staged throughout the summer, along with taking classes in acting, dancing and singing on the side.

The rehearsal process at many professional theaters is more rig-

orous than university-affiliated shows. The average show is rehearsed and put up within two weeks. Lane and Glaude both had to adjust to a new pace, but felt that they were well-prepared.

"I feel like USM has done a great job preparing me for 'the real world' of professional theater," said Glaude.

"The setting [at USM] is very different with no fault to the faculty," said Lane, "because we have classes and only class periods to rehearse in the fall there is no way to really make it like a professional setting. The faculty is clear about what professional theaters expect though."

Lane went on to say that there's no way any school can completely prepare students for working professionally, because every theater, even every show is a different experience and environment.

"The level of energy and creativity at Maine State is astounding," said Dumont. "I think it's the perfect environment for some of these students to get out into the world and see what the business is really like."

Dumont's work with MSMT dates back to 1993, when he came in as a performer. From there, he climbed the ranks, returning as a performance intern for multiple seasons, then running the intern program for years before becoming managing director. Coming into a role that was on the business end of the theater, Dumont

"The raw truth of it is, your career in this world no longer solely relies on talent."

-Danie Lane
Senior musical theater major

ran an unprecedented capital campaign to purchase and upgrade facilities that MSMT had had to rent previously.

"We gutted an old bus garage in Brunswick and turned it into our production facility, which is state-of-the-art. Air conditioned

rehearsal halls, beautiful scene shop, big garage bays so that they can move things in and out, executive offices, costume shop, the works," said Dumont. "Everything we ever rented from everyone else is now in a space that Maine State owns."

Dumont has been living as a working actor for most of his life, but no longer works full-time.

"I consider the theater my career," said Dumont, "I don't do it full-time anymore, but that's my career and I never say otherwise. It's always about that. It just doesn't fit into my life right now. I have another life that's amazing and I'm working with that."

Dumont choreographs and directs shows in the region part-time now and worked on *Gypsy* at MSMT this past summer. This role allows him to work a few weeks here and there and still spend time with his family, instead of working as an actor, which would require him to travel for ten to twelve weeks at a time.

Having spent a lot of time in the business in just about every role possible, Dumont has some words of wisdom he always gives to budding theater professionals.

"Always be nice on the playground" says Dumont. "Today's intern is tomorrow's casting director. Kindness can go a long way."

It's understood that in show business, who you know is an important factor in finding work. A young actor getting their foot in the door early and doing well can open many doors.

This idea has become a staple of the MSMT culture and is already something students know they need to focus on.

"The raw truth of it is, your career in this world no longer solely relies on talent. You have to be a nice person who is easy to work with and stay busy," said Lane.

As the summer season comes to an end and the fall semester begins, Lane and Glaude will both be returning to USM to finish off their degrees, bringing everything they've learned back to the classroom and looking for the next stage to take over.

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Music

USM gets a Grammy grade education

Courtney Aldrich
Free Press Staff

An ordinary day at the office for Adam Ayan at Gateway Mastering & DVD does not involve the usual Mainstreet login, BlackBoard navigation and class lecturing again and again grind that many professors here at the university experience. Instead, this USM School of Music professor finds himself working on two, three or even four or more mastering projects a day.

But this semester the Grammy-winning audiologist will be mixing the two, bringing his mastering skills to teach a course at USM.

For a mastering engineer like Ayan, the music recordings that he finds himself diving into every day vary quite a bit by genre and artist. Whether it be a half hour of work spent mastering a single by one artist or six hours of work mastering a full-length album by another, Ayan has proven he's got the patience, the gift and the grit to do the job right.

Just in the last 365 days, Ayan has been busy, mastering projects for artists like Carrie Underwood, Lindsey Stirling, Sarah McLachlan, A Rocket To The Moon, Nico Vega, The Tom Tom Club, The Smashing Pumpkins, The Band Perry and Godsmack.

In addition, Adam also mastered the audio for the 12-12-12 Concert for Sandy Relief. A few of the performers on that stage included big names such as, the Rolling Stones, the Who, Alicia Keys, Bruce Springsteen, Roger Water and Paul McCartney, who Ayan describes as his personal favorite recording artists of all time.

With a Grammy Award, three Latin Grammy awards, a Technical Excellence and Creativity (TEC) Award and the 28 Grammy Award-winning recordings he has mastered, including more than 90 Gold, Platinum or Multi-Platinum projects, Adam Ayan brings his expertise and knowledge directly to USM students.

His class, Topics in Music

Technology will be taught this fall. Students enrolled in the course will be learning the fundamentals of audio and recording, including "live to two track" recording.

"I'd like my students to learn the basic language of audio and recording and to have some foundation from which they can build from to become great recordists," said Ayan, "I also hope that they learn to listen, that is, to begin to hear the nuances of a recording and the nuances of capturing musical performances. Listening is the number one skill needed for making a great recording."

School of Music Director Alan Kaschub hopes that maybe later in the future Ayan can offer a level two class for music technology.

"Students get to work one-on-one with their artists (musical performers) and collaborate to make an aural work of art. It's hands-on in an actual recording/editing studio, the real thing," said Heather Hastings, a USM graduate, and a former student of Adam Ayan.

A musician at his core, this bass guitarist started off his career in music as a performance major at UMass Lowell as what Ayan describes as "being on the other side of the glass." His experience as the one being recorded sparked his initial interest in recording until he switched gears completely.

"Once I got heavy into the recording side of the program I found I really enjoyed it creatively, and shifted my focus and energy there," said Ayan, "I realized that mastering was a very specific part of the recording industry that was appealing to me. I could affect a recording as a whole, and see the final product though to the end, that really spoke to me."

This is the goal for the musicians here at USM. Adam Ayan's class, Topics in Music Technology allows students the opportunity to express themselves



Photo courtesy of USM School of Music

Adam Ayan has been busy mastering projects for nationally-known musicians. His goal is to give his students a basic understanding of studio recording so they can begin to record and master their own work.

creatively through music in an alternative way.

"As a musician myself, the course has changed how I think about my sound, and it's certainly made me more capable of producing the best recording than I can," said Hastings.

Both Ayan and Kaschub agree that it is important for student musicians to learn how to produce and record their own music. Recording your own music cuts down on the expensive cost of having someone do it for you while also providing the community with a sample of your specific style as a musician.

As the School of Music Director Alan Kaschub simply puts it, "These days the CD is the new business card."

Adam Ayan's most recent proj-

ect, the new album, "Crash My Party," by country star Luke Bryan was released last Tuesday, August 13th. Currently the album is comfortably sitting on top of the iTunes Album chart and is anticipated to have one of the largest sale release weeks of the year.

Kaschub credits the community for providing students at the USM School of Music a special opportunity most music students do not receive.

"Due to the sheer location of the school the experts in the community and the Portland artistic community allow students a special advantage," said Kaschub.

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In Heavy Rotation

What caught the eyes and ears of our staff this week.



Roc-A-Fella, Def Jam

Kanye West / Yeezus

I'm not going to pretend to understand what Yeezus actually is, but I've been listening to it. A lot. Kanye is crazy, but you can't deny the music. I cannot stop listening to "Blood on the Leaves" even though it's unorthodox, ambiguous and I hate it. I'm addicted to a new drug and it's called Yeezus.

-Sam Hill
Arts & Culture Editor

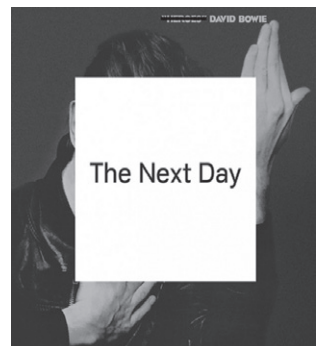


Hasbro

Hasbro / Lord of the Rings Monopoly

DUDE. This board game is the perfect game to go nerd crazy. All I ever wanted was to experience Frodo's long journey to Mordor. This gives me a close enough experience.

-Anna Chiu
Sports Editor



ISO, Columbia

David Bowie / The Next Day

David Bowie's *The Next Day* was a welcome surprise for long-suffering Bowie fans who hadn't had a new song from the rock icon in nine years. Wryly winking at his back catalogue but staying firmly rooted in the present, Bowie's return was an example of how to make a come back: loudly, jarringly, personally.

-Shelton Waldrep
Free Press Faculty Advisor

**INTERESTED IN ARTS?
THEATRE? MUSIC?
WRITING?
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Album Reviews

What you missed: Summer Albums



1

XL

Dan Kelly
Free Press Staff

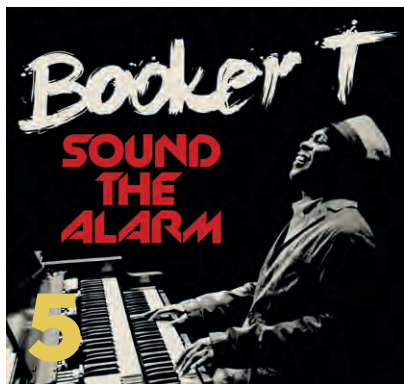
1. Vampire Weekend's third full-length release, *Modern Vampires of the City*, is a great album. Meticulous arrangements made from polyphonic instrumentation create a sound that is classically inspired yet still very indie-rock. Angular guitar and keyboard parts work together with smooth vocal melodies to create pop hooks that show impressive technical skill. There are few complicated songs on this album, but detailed arrangements that make full use of simple chord progressions and the major scale create a sound that shows superior musicianship.



3

Daft Life, Columbia

2. Rhythm and Blues, Buddy Guy's latest release, is excellent, but who is surprised? This man has been creating blues music with his Stratocaster and unmistakable voice for almost fifty years. Rhythm and Blues is filled with screaming guitar solos and grooves that make you want to dance funky. Buddy Guy is getting old, but this album shows a bluesman who is still filled with energy and soul after all these years.



5

Concord Jazz

3. Daft Punk's highly anticipated 2013 release, *Random Access Memories*, was one of the most fun albums of the summer. Songs laden with electronic instrumentation and techno-pop hooks make it almost impossible not to smile while listening. Guest appearances by Julian Casablancas (The Strokes), Pharrell Williams, Todd Edwards, Panda Bear and the legendary producer/songwriter Giorgio Moroder push this album over the edge. *Random Access Memories* reminds the listener how exciting and positively stimulating music can be.

4. *From the Hills Below the City*, Houndmouth's debut full-length release, shows a band with strong country-blues

roots. Songs are filled with raggedy distorted guitar parts, loud drum beats that fall behind the beat and vocals that are relaxed and unkempt. Bass parts are low in the mix, but still provide tracks with a solid foundation. Chord progressions are simple and instrumentation is classic for a rock band. Houndmouth isn't doing something completely new, but they are putting a unique spin on a classic sound and doing a fantastic job.

5. *Sound the Alarm*, released by Stax records, is the comeback album of the year. Booker T, a living legend who has played and recorded with acts as influential as Sam and Dave, Otis Redding and Albert King, takes his classic soul organ sound and gives it a modern twist. Guest appearances from young-blood musicians Gary Clark Jr., Luke James, Jay James, Mayer Hawthorne, Anthony Hamilton and Kori Withers help to bring a new sound into Booker T's old style southern soul. Tracks sound fresh with smooth vocals and rich production quality, but retain that classic sound that is synonymous with Booker T and other early Stax recordings.

6. Jay Z is never going to stop. He could rap well into his 80's and still be the best in the industry. *Magna Carta, Holy Grail* is another hit for the hall of fame and Jay Z proves again that he's ahead of the curve. With the innovative production from Timbaland, lyrical diversity that Jay Z always brings and a tight group of all-star features like Beyonce, Frank Ocean and Justin Timberlake, there's not much on this album that isn't prime. Also, rappers in general are getting better at putting together whole albums as opposed to compiling singles, and *Magna Carta, Holy Grail* is leading the pack.



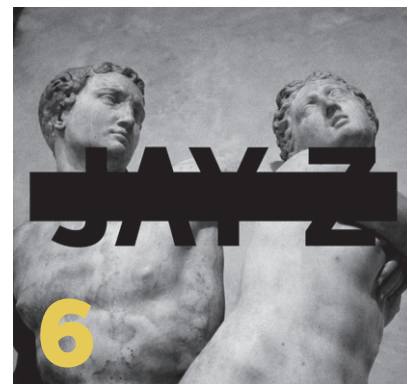
2

RCA



4

Rough Trade Us



6

Roc-A-Fella, Roc Nation, Universal

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A&C Listings**Monday, September 2**

Halestorm / Prospect Hill
State Theatre
609 Congress St.
Doors: 7:00 p.m. / Show: 8:00 p.m.

Model Airplane
The Big Easy
55 Market St.
Doors: 9:00 p.m. / Show: 10:00 p.m.

Wednesday, September 4

Lindsay Straw & Owen Marshall
Blue
650 Congress St.
Doors: 7:00 p.m. / Show: 7:00 p.m.

Thursday, September 5

Film: Sign Painters
SPACE Gallery
538 Congress St.
Doors: 7:00 p.m. / Show: 7:30 p.m.

Shanna Underwood
Dogfish Bar and Grille
128 Free St.
Doors: 7:30 p.m. / Show: 8:00 p.m.

Fish & Bird and Laura Cortese
One Longfellow Square
181 State St.
Doors: 8:00 p.m. / Show: 8:00 p.m.

A Band Beyond Description
The Big Easy
55 Market St.
Doors: 9:00 p.m. / Show: 9:30 p.m.

Friday, September 6

Running Over Productions: A Retrospective
The Big Easy
55 Market St.
Doors: 5:00 p.m. / Show: 5:30 p.m.

Jazz Friday with Carmin and John Goodine
One Longfellow Square
181 State St.
Doors: 8:00 p.m. / Show: 8:00 p.m.

Cantrip & The Press Gang
One Longfellow Square
181 State St.
Doors: 8:00 p.m. / Show: 8:00 p.m.

The Evan King Group
Blue
650 Congress St.
Doors: 9:30 p.m. / Show: 10:00 p.m.

Saturday, September 7

Domino jazz
Blue
650 Congress St.
Doors: 7:30 p.m. / Show: 8:00 p.m.

Matt Meyer and The Gumption Junction
Dogfish Bar and Grille
128 Free St.
Doors: 7:30 p.m. / Show: 8:00 p.m.

Forget, Forget Album Release Show
One Longfellow Square
181 State St.
Doors: 8:00 p.m. / Show: 8:00 p.m.

Local Top 10: Things to do before you're overrun by school

Francis Flisiuk
Free Press Staff

Well, it's that time of the year again. The warm weeks filled with barbecues, beaches and fireworks are over, soon to be replaced with textbooks, professors and exams. Summer may be over, but that doesn't mean there isn't plenty of fun to be had outside of class. Believe me, it doesn't take long in the school year for all of your free time to mysteriously disappear. So make sure you have dedicated some time to for moments you can actually enjoy, before the homework starts piling up.

1. First Friday Art Walk

On the first Friday of every month, all the city's artist's studios, galleries and museums open up their doors for Portland. Expect to see anything and everything, from paintings and sculpture to drawing and live ballet when Portland's thriving Arts District comes alive. If you like to get creative or if you just have a big imagination, then there's no better way to get inspired than by strolling the streets of Portland's Art Walk. Grab some friends for a memorable walk on First Friday. Who knows what paper is due next Friday, so don't miss out!

2. Videoport

Surprise – movie stores do still exist. Today renting movies can seem old-fashioned or silly when you can find anything online. However a visit to this little gem Videoport may change your mind. Tucked away on Middle Street is a store that offers a selection and variety you won't find on any internet service. Say goodbye to those frustrating nights where Netflix is your only entertainment option. Videoport has all your favorites as well as the ones you've never heard about, from obscure British mysteries to campy sci-fi, and even an "incredibly strange" section.

If you're looking for a great way to chill out in the dorm with some friends, throw in a DVD from the Videoport. Everybody loves a good movie. When you decide to plan a movie night, be sure to check out what some people call "hands down the best video store that ever existed."

3. The Gelato Fiasco.

Nothing says summer like sweet, refreshing gelato. Before fall comes around and icy treats are more easily replaced with pumpkin coffees, you've got to try The Gelato Fiasco. They have around 1,700 recipes in their book, and 30 different flavors daily. Seriously, you're going to want to try and cram as many flavors as you can into one of their cups. Thankfully the staff there are happy to give out samples to customers to help narrow down which flavor combinations work the best. I highly recommend the Caramel Sea Salt paired with the Toasted Coconut. The gelato is sweet, creamy and is made in-house daily with local dairy and real fruit. From the light fruit and ice flavors to the more rich and decadent, The Gelato Fiasco's got the cure for your sweet tooth.

4. Portland Sea Dogs

Summer and baseball go hand in hand. What better way to say goodbye to the summer season than to join the Portland Sea Dogs for their last game of the season? Even better, you can meet potential friends and future classmates while taking a USM bus there. The Gorham Student Life Office is providing busses to pick up students at Bailey Hall at 12 p.m., Sept. 2. It should be an exciting game as Red Sox prospect and 3rd baseman Michael Almanzar attempts to score some more home runs to add to his impressive count of 13 so far. Did I mention the Sea Dogs are taking on the Trenton Thunder? You gotta love a rival match.

5. Space Gallery

The Space Gallery is a non profit gallery downtown that dedicates its space to visual and performing arts with a distinct flair. Passersby are drawn into the gallery by its unique and eye catching street side exhibits. SPACE also hosts films, shows, artists talks and con-

certs in an intimate setting that lends itself to sense of community, and you're bound to meet some interesting people and have great conversation. This month the events include Sign Painters: an exhibition dedicated to the lost art of hand painting banners and signs for advertising.

6. Blue

This music venue and haven for musicians and enthusiasts of the Jazz, Folk, Roots and Rock is a little small, but there is tasty food, great beer and wine and live music. This music venue is the perfect place for discovering your new favorite local band. Every Tuesday is an event called "Open Rounds" where 3 local singer/songwriters band together for a jam session while other musicians periodically sit in. Wednesdays are Irish music nights, and Saturdays are generally reserved for jazz groups. Some jazz students from USM are known to play here as well. So grab a Maine microbrew, and do your ears a favor.

7. International Cryptozoology Museum

Yeah, you read that right. Portland has a Cryptozoology museum with exhibits on the creatures of urban legends and myths. Described as bizarre, funny and gross, the museum is anything but boring. For people that love a good creature mystery or grew up reading books about Bigfoot, mermaids and Nessie, this place will be fascinating. You'll spend a lot of time reading interesting plaques and looking at Bigfoot footprints and hair, New Jersey Devil recordings, and replicas of the jackalope. Why not go to a museum for fun before your visiting one for USM research.

8. State Theatre

At the heart of Portland's Art District stands the State Theatre, an expansive music venue with some of the best event listings in Northern New England. For instance, the Grammy award-winning rock band Halestorm will be playing Sept. 5. Keep an eye out for Hinder, Flux Pavilion and even Weird Al too. State Theatre books such variety weekly, there are plenty of opportunities to find a show meeting your musical needs. Find all upcoming shows on their website, and see why the Maine Magazine describes the State Theatre as "beautiful, old and historic with great bones, great history and amazing character."

9. Otto's Pizza

You've never had pizza quite like this. Each of the 20 specialty flavors can come in either a white or red sauce with their signature crust. Otto's switches it up and puts their sauce over the toppings which surprisingly works. As far as the flavours are concerned Otto's serves up the classics like margherita and pepperoni, but also tempts your taste buds with more creative combinations. These combinations include flavors like potato, scallion and bacon, or pulled pork and mango. They've got vegetarians covered as well. You can find Otto's pizza in two locations in Portland. One is on 576 Congress St, and the other one is on 110 Cumberland Ave.

10. Victorian Fair

If you're a history or architecture buff, stopping by the Victoria Mansion is a must. The building stands as a testament to mid-nineteenth century architecture. Everything is original and period appropriate so the mansion gives you remarkable insight into how wealthy families lived over 160 years ago. You can be immersed even further in the Portland's history at the city's first ever Victorian Fair. On Sept. 8 the managers of the Victoria mansion will host a 19th century fair. Director Tom Johnson is really looking forward to the community experiencing local history and interacting with Victorian culture in ways they couldn't before. were familiar with in the 1800s," Johnson said to a music, and historic technologies. There's a half price ticket discount for students!

WELCOME TO USM



USM HUSKY FEST 2013

FREE BBQ / ZIPLINE / ROCK WALL / LIVE MUSIC

When: Wednesday, Sept. 4th 10:30am - 2:00pm

Where: Campus Green near Payson Smith.

Taste of Portland



When:

**Thursday, Sept. 5th
4pm - 7pm**

Where:

**Glickman
Library Lawn**

Rooftop Movie



When:

**Friday, Sept. 6th
Movie Starts @ 8pm**

Where:

**Rooftop of Portland
Campus Parking Garage**

Have Kids?



When:

**Saturday, Sept. 7th
10am - 12pm**

Where:

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Perspectives

Welcome from the presidents / 13

Our opinion:

New education reforms challenge academic traditions

In an attempt to address steeply rising tuition and housing costs, President Obama announced last week his plans to reformulate financial aid appropriations by executive order, effectively circumventing a dysfunctional and unproductive congress. The President deserves applause for making good on his 2012 State of the Union commitment to make higher education a priority, and we agree with the rhetoric he used last week at the University of Buffalo while on a tour to promote his reforms.

"In a knowledge-based economy, a great education is more important than ever," the president said to a crowd of over 7,000 eager students. "Colleges are not going to just be able to keep on increasing tuition year after year and passing it on to students."

Once the talking points are left at the podium, and the details of the plan are left to be examined, mainly large, for-profit universities will be benefiting from these changes, leaving smaller, non-profit universities such as USM without the financial backing they so desperately need. USM's graduation rate is at a deplorable low of 32.9 percent, because of the greater appeal of the inexpensive commercialized online education options versus the traditional university setting. Such a massive reorganization of federal aid appropriation must be done to increase positive outcomes for students and communities to preserve traditional academic pillars such as the small to medium-sized institutions like USM.

Large for-profit certificate and degree programs, such as the University of Phoenix and Kaplan University, are positioned to receive more funding under the president's new plan. These over-commercialized colleges graduate students quickly and cheaply, yet fail to provide any real substance to the student and surrounding communities. USM, on the other hand, does so much more than simply create and develop a workforce. The faculty produce scholarship that reaches all corners of the globe, students create artwork and perform for the community and the concrete facilities create a place for the city of Portland and the state of Maine to showcase the potential inherent in every USM student.

Another opinion:

Divestment is worthy of student effort

In response to the dire threat of climate change, students at the USM and other Maine system campuses have joined over 300 colleges and universities around the country in calling on our Boards of Trustees to divest our endowments from fossil fuels. Unity College and College of the Atlantic have already embraced divestment, two of the first colleges in the country to do so.

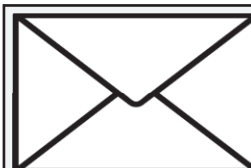
As extreme weather continues to illuminate the harsh realities of our changing climate, there is mounting evidence that fossil fuel divestment is not only the moral path forward, but also the more economically sound. A 2013 report from the Tellus Institute demonstrates that fossil fuel divestment poses little to no risk to endowment portfolios. In fact, despite the immense profitability of the fossil fuel industry in the last century, fossil fuels are now perhaps the riskiest stocks on the market.

Fossil fuel companies include their in-the-ground reserves when they value their assets, distorting those companies' values. According to Tellus, "60 to 80 percent of the proved coal, oil and gas reserves ... are effectively 'unburnable' if the world is to avoid severe climatic destabilization." If fossil fuel companies are allowed to carry out their business plan, our opportunity to curb the effects of climate change will be completely lost. On top of climate chaos, the impending "carbon bubble" caused by overvalued assets could lead to an economic catastrophe.

We at USM have reason to be proud of our school's commitment to sustainability and the preservation of our land-based economy. As signatories to the Presidents' Climate Commitment, USM has pledged to limit campus greenhouse gas emissions. However, the influence of the fossil fuel industry on federal policy is a major detractor to the impressive work being done at USM and elsewhere. Investment in fossil fuels can no longer be considered good financial stewardship.

The success of campaigns such as the Anti-apartheid student movement of the 80's shows us divestment is possible. It is time to fulfill our academic ideals and our responsibility as stewards of a livable planet by divesting from fossil fuels now.

Meaghan LaSala,
Women and gender studies and environmental science major
meaghan.lasala@maine.edu



Letters & Comments:

Overcoming budget woes...

We've all heard about the budget problems that USM is going through. It's affected almost every area of campus life. Many classes have been cut or turned into online classes. Staff and faculty have been laid off. The USM administration isn't even willing to acknowledge the passage of the student referendum seeking a vote on the smoking ban.

There are two big reasons for the lack of available money for the university. Firstly, the state hasn't increased the funding for the University of Maine System. The costs of running a university rise faster than other costs in the economy (if you're interested in the reason why, Google "Baumol's cost disease"). If costs are rising and funding isn't, the effect is the same as if funding were cut.

Secondly, enrollment has been declining. Between 2000 and 2011, enrollment has decreased 11 percent. The biggest part of that decline, according to the university, has been in students who take classes without the intention of graduating; those students are increasingly turning to community colleges. What's more, USM's traditional target demographic—Maine residents aged 15 to 24—is expected to shrink by nearly 20 percent between 2010 and 2020.

An important part of this discussion is that the UMS has a reserve fund of \$177 million (up from \$88 million in 2009). Critics of the budget cuts argue, justifiably, that the reserve fund is a rainy day fund and that the UMS's current budget is a downpour. However, the guardians of that fund—the Board of Trustees—say the money is needed for infrastructural repairs, pointing out that 69 percent of the buildings in the UMS are over 25 years old and repairs have been put off for years.

So, what choices does USM have? Not many. At least, not unless the Board of Trustees decides to tap the reserve fund, and they've made it clear that's not something they're willing to do. That just leaves the issue of enrollment; given the decline of their traditional target demographic, USM has chosen to step up its recruitment of non-traditional students, hence all of the "finish your degree" posters in Abromson.

What can you do? If you haven't, declare a major. Departments around campus are measured by the number of majors they have. More majors equals more breathing room and fewer classes cut. Secondly, get involved with student organizations. USM aside, do it for self-serving reasons: student groups are able to spend \$250 per student per event. That's money on the table waiting for you, and stronger student groups mean a stronger USM. Also, intern. USM is working to step up its internship programs, so take advantage and build your resume.

Most importantly, remember that we're going to get through this. USM students, staff and faculty are still accomplishing great things every day, and that's something that can't be cut from the budget.

Will Gattis,
Vice-chair of the Student Senate and
President of USM Students of Economic Interest

Want to voice your opinion? Email editor@usmfreepress.org.

the free press

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Letter from USM President Kalikow



Dear Students,

Welcome to USM! Whether you are new or returning, we are glad you're here! I want to commend you for your really good judgment in choosing to attain a university degree.

Why is a university degree still important?

Let's face it. In this digital age, you can find out just about anything you want to know in about three clicks, or maybe five at the outside. It's all right there, even on the phones we all carry around. And you can take a whole host of online courses, some of them for free, right at home or at work.

But information is not education. Single courses here and there are not a well-crafted exploration of a field, led by experts.

You and your electronic device are great, but that's not a substitute for participating in a whole community dedicated to teaching and learning.

Our faculty, working with you in classrooms and labs and beyond, can help you find and pursue the interests that will shape your life. Opportunities for active learning will be presented to you many times during your career at USM, both inside and outside of classes. We are partnering with more and more businesses, cultural organizations and non-profits throughout southern and central Maine so that you can volunteer or intern in a range of community-based settings. Seize these chances when they come! The interplay of classroom-based instruction and applied activities is one of the best things that USM has to offer.

Our goal is to make sure you leave USM with leadership skills, a working knowledge of your major field of study, the ability to think and write clearly, critically and creatively, and most importantly, with an appreciation for continuing learning throughout your lives.

These are things you can't get to in a few clicks!

All best wishes for a successful and productive year!

-University President

Theo Kalikow

president@usm.maine.edu

Letter from Student Body President Dunham



Dear Huskies,

First of all, welcome! I hope you all had fun and productive summers. I know I found an awesome balance between classes, working hard as student body president and finding time to spend in the sun. Now that we're headed back to the grind, I have a few thoughts I'd like to share with you.

If you are a returning student, you may notice a few changes the university was forced to make over the summer due to budget cuts. Although some beloved people are no longer employed and some divisions have merged, I do have complete faith that these changes will benefit us as students. The goal has been, and

always will be, to make it easier for students to navigate the university and the many services it has to offer us.

I know both new and returning students are concerned about what we can do during this time of change. The solution is simple – I campaigned for student body president by promising to create more community here at USM. The easiest way to contribute to the culture of the community is to get involved. USM has many opportunities for that, and if you're not involved, you are seriously missing out.

USM has an active campus community; there is something out there for everyone – even nontraditional and commuter students. There is active Greek life on campus, engaging students in amazing philanthropic work. There are academic groups, alternative spring break opportunities and many clubs. There is a great community service learning program, getting people involved outside the classroom, along with awesome diversity communities serving out multicultural, LG-BTQ and veteran communities.

During the first week of classes, there are many opportunities to break out of your bubbles, to meet new people or to try something different. On Wed. Sept. 4,

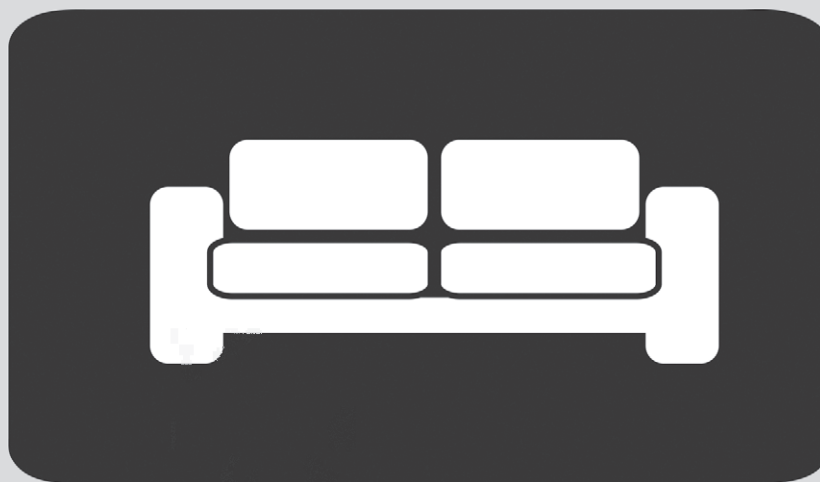
students can connect with student groups and me at Husky Fest. You can also try out the zipline sponsored by the Portland Events Board. Join us Friday evening for a rooftop movie, Monster U, at the top of the Portland parking garage. Bring friends and family then snuggle in! Finally, I will be hosting an event for USM students and their families at the Portland Children's Museum on Saturday, Sept. 7 from 10 a.m. to 12 p.m.

If you have any questions or concerns over the course of the school year, please feel free to contact me. I can often be found in Woodbury Campus Center, usually in the Student Government Association office or the Center for Sexualities and Gender Diversity.

I look forward to this year as your student body president! Go Huskies!

-Student Body President
Kelsea Dunham
kelsea.dunham@maine.edu

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www.usmfreepress.org/job-opportunities

Sports

Intramural director hopes to expand program

The USM intramural program offers an opportunity for students to stay active and have fun without the commitment of varsity sports

Anna Chiu
Sports Editor

The USM intramurals program has become a popular activity for students in Gorham, but the program is still hoping to expand its numbers this year.

Playing for a college sports team can be tough when you are trying to juggle homework, a job, making deadlines and other personal obligations.

The Intramural sports program at USM is a great way for students who want to have some good, old-fashioned, recess style fun without the commitment and competitive nature that varsity sports expect. Based on the Gorham campus, there is a wide variety of intramural sports available, including flag football, indoor and outdoor soccer, volleyball, kickball, floor hockey, basketball and dodgeball.

The intramural program runs on Monday, Tuesday and Wednesday evenings from 7 to 10 p.m. and also on Sundays from 3 to 7 p.m. However, this year, director Kaylie DeMillo has added more offerings, including a Thursday night 'Alternative Night' that features a one night activity for students to show up and play games like Kan Jam, Corn Toss and Knockout. In two years, DeMillo has helped increase student involvement under her leadership and hopes to continue the success.

"Last year was my second year running the program and the numbers increased significantly from the year before," said DeMillo. "We had over ten teams for five-on-five basketball and hit 100 students a couple of nights for dodgeball so the numbers looks promising, and this year we plan to increase that number even more."

Need to weigh the pros and cons? Here are some reasons for joining an intramural team:

1. Intramurals are a great way to meet new students that you may not otherwise meet on campus or in class:

You may be running into the same people on campus because of your major, or because they may live in your residence hall.

In intramurals, you will find a diverse group of students who also share the same love and passion for a particular sport!

2. They provide exercise while



Justicia Barreiros / Free Press Staff

Luke Pugsley (left) and Jon Varney (right) do new workout drills on the sidelines. These are side to side crunches, hitting a soccer ball with the head to each side with each crunch.

having fun:

Going to the gym on a regular basis can be difficult to maintain. Most things in college are very goal-oriented, like turning in papers on time or planning an event while trying to maintain a healthy lifestyle. Intramurals are one of the few things that you'll do just for fun. With a predetermined time, playing an intramural sport switches up your exercise routine and doesn't make working out seem like a chore! Dodgeball is the most popular intramural activity the program offers. "The students seem to love to play and get wrapped up in team uniforms and even bring their own crowds sometimes," said DeMillo.

3. It also helps reduce stress:

Have an upcoming exam or stressed about a group project? Getting some good exercise while having fun with friends helps re-

duce your stress and anxiety levels.

According to the American Psychological Association, researchers found that regular exercise helps to decrease levels of tension, to elevate mood and self-esteem and improve sleep, which in turn, reduces overall stress.

There is also a new website will be available on which students can register, update their rosters and view their schedules for the upcoming week. Students may also add Southern Maine Intramurals on Facebook and Twitter for all the latest updates as well the fall schedule.

achiu@usmfreepress.org

[@theannachiu](https://twitter.com/theannachiu)

The Intramural Mission Statement:

"The Intramurals program offers opportunities to actively participate in games by providing an arena in which participants can play against one another in a safe, friendly environment. It is our goal to provide at least one activity that appeals to every participant (a game for everyone and everyone in a game)."

**See a typo anywhere?
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**For more info e-mail:
editor@usmfreepress.org**

Like writing? We have openings for sports writers.
Email achiu@usmfreepress.org if interested.

Upcoming

August 30

Women's Cross Country
Brandeis
@ USM
5 p.m.

Golf
St. Joseph's
@ USM
1 p.m.

Field Hockey
Manhattanville
@ USM
12 p.m.

Women's soccer
N.Y. Maritime
@ USM
2 p.m.
USM Invitational

Women's Tennis
USM
@ Castleton
4 p.m.

Men's Soccer
USM
@ Coast Guard
6 p.m.

August 31

Men's Cross Country
Alumni Meet
5:30 p.m.

Field Hockey
Wheaton (Mass.)
@ USM
12 p.m.
USM Invitational

Women's Volleyball
USM
vs. Maine Maritime
@ St. Joseph's
1 p.m.

USM
@ St. Joseph's
3 p.m.

Women's Soccer
Gordon
@ USM
4:30 pm

September 1

Women's Tennis
USM
@ Lyndon St.
11 a.m.

September 3

Men's Soccer
USM
@ Bowdoin
4:30 p.m.

September 4

Women's Volleyball
Daniel Webster
@ USM
7 p.m.

September 5

Women's Tennis
USM
@ Thomas

4 p.m.

Field Hockey
Gordon
@ USM
4 p.m.

September 6

Men's Soccer
USM
vs. Maine Maritime
@ Husson
5 p.m.
Husson University New
Balance Challenge Cup

Women's Soccer
USM
@ Thomas
5 p.m.
Thomas Invitational

September 7

Women's Cross Country
@ Fordham Invitational
9:30 a.m.

Men's Cross Country
@ Husson Invitational
12 p.m.

Golf
@ Bowdoin Invitational
10:30 am

Women's Volleyball
USM
@ Curry
11 a.m.

Field Hockey
UNE
@ USM
12 p.m.

Women's Volleyball
Mass. Maritime
vs. USM
@ Milton, Mass
1 p.m.

Women's Tennis
USM
@ Plymouth St.
2 p.m.

Women's Soccer
USM
vs. Maine Maritime
@ Thomas
3 p.m.
Thomas Invitational

Men's Soccer
USM
@ Husson
7:30 p.m.
Husson University New
Balance Challenge Cup

September 8

Golf
@ Bowdoin Invitational
9:30 a.m.

Women's Volleyball
Me.-Machias
@ USM
11 a.m.

Castleton
@ USM
3 p.m.



Quick Hits:
What you missed this summer

Anna Chiu
Sports Editor

Men's Baseball
Huskies finish with record-breaking season despite losing NCAA Division III National Championship

The men's team fell short against Linfield College, losing 4-1 to end their record setting season with 46 wins. The Huskies finished their season 46-10 overall, breaking the previous record of 39 wins set by the 1997 team.

The impressive season earns USM on the 2013 Eastern College Athletic Conference Division III New England All-Stars team. Senior Tucker White was voted Player of the Year while junior pitcher Logan Carman was named Pitcher of the Year and freshman shortstop Sam Dexter earned Rookie of the Year.

The Huskies won both the Little East Conference regular season and postseason tournament championships for the second straight year.

Awards
Al Bean named Under Armour Athletic Director of the Year Award

The National Association of Collegiate Directors of Athletics presented Al Bean with the Athletic Director of the Year award at the National Association of Collegiate Directors of Athletic's 48th Annual Convention in Orlando Florida. The award highlights the efforts of Bean's "demonstration of their commitment and positive contributions to student-athletes, campuses and their surrounding communities."

Bean has been the Athletic Director since July of 1995 and has spent nearly four decades as a student-athlete, assistant coach, sports information director, assistant athletic director and athletic director.

Bean is a past president of the National Association of Division III Athletic Administrators and is a member of the Board of Directors for the National Association of Collegiate Directors of Athletics.

Women's Track & Field
Huskies earn All-Academic Honor

Senior Molly Carl, freshman Nicole Kirk and sophomore Anna Whitaker were among 363 student-athletes to receive individual All-Academic honors. All three lady huskies received a 3.30 or higher GPA that earned them this award.

Kirk and Whitaker were a part of the Huskies' 4 x 400-meter indoor relay team that was ranked 20th in the nation. Kirk also placed 26th nationally at 400 meters.

Women's and Men's Tennis
Aaron Bergeron named new head tennis coach

Director of Athletics Al Bean announced that Aaron Bergeron will be the head coach of the University of Southern Maine Huskies men's and women's tennis teams. Bergeron replaces Ron Chicoine who served as head coach for the past four seasons.

Bergeron is a 2012 graduate of Stonehill College where he held a 56-16 singles record over his four year career. Bergeron is also the Gorham Middle School head tennis coach.

"I'm excited to have the opportunity to join the coaching staff at the University of Southern Maine," said Bergeron. "Being a Gorham resident, I have always been a fan of the institution and have been aware of its strong athletic tradition. I'm looking forward to helping the USM student-athletes excel at the sport I love."

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USM COMMUNITY PAGE



Community Spotlight: Permaculture in Portland



Patrick Higgins / Multimedia Editor

David Homa, designer of USM's new Food Forest Garden project in Portland, spreads bits of ground sea shell on the soil to add nutrients to it. Homa used other natural materials as ecofriendly substitutes for typical gardening and landscaping methods.

Kirsten Sylvain
Editor-in-Chief

If you're walking between the Luther Bonney and Payson Smith Halls in Portland this fall, you may notice that something is different about the once-empty, long stretch of grass.

This summer, USM teamed up with local permaculture designer and USM graduate David Homa to construct an edible landscape – the project fittingly called USM's "Food Forest Garden."

Tyler Kidder, assistant director for sustainable programs at USM, led the effort to bring Homa to campus for the project. Mid-June, the two planned a permaculture workshop, teaching students, staff, alumni and locals the basics of permaculture and sustainable gardening.

Homa explained that one of the essential design principles behind permaculture is "bio-mimicry" – or mimicking forest eco-systems to produce healthy, self-sustaining and self-managing systems that don't rely upon costly upkeep and chemical pesticides. These systems can also sustainably produce food, medicine and other material.

In creating the garden, Homa used materials like cardboard, ground sea shells, coffee ground and newspaper to help enhance the nutritional value of the soil and help guard against weed growth.

"The biggest part of the project was to understand these niches," Homa said. He explained that permaculture relies on understanding the type of environment in which a plant thrives and catering to its particular needs. "[In a forest] every tree has a group of plants around it to support it," he said.

The garden was planted around several trees that were already growing in those areas, but now each tree is surrounded by a variety of plants that cater to its particular needs. The garden is meant to provide not only resources,



Patrick Higgins / Multimedia Editor

Students can already be seen relaxing in the new Food Forest Garden in Portland. The project is meant not only to be a source of natural resources, but also to be a space that students, locals, staff and faculty can enjoy.

but a place of respite for students and the community. Students and locals can already be seen walking through the garden's winding paths, enjoying the shade.

As Homa sees it, in many ways, what he's done on campus is vastly different from USM's current landscaping. In his opinion, there isn't a strong culture of wanting to be part of the landscape at USM, and he hopes that his project will help to create an outdoor space where students will be able to connect with nature in the middle of Portland.

"This is a great opportunity for this campus to learn to grow food and build a habitat even in an urban environment," he said.

When asked about future maintenance of the garden, Homa responded that in the short-term, the garden may need a little care, but that after a couple of years, it will be almost completely self-managing.

Kidder elaborated, "As far as day-to-day care, the USM grounds crew will keep an eye on the garden, but it should need little attention."

Kidder, who is responsible for the Waste Management and Sustainability budget, was able to fund the project with money saved from last year through source separation and other creative waste minimization initiatives like a campus-wide recycling initiative.

She explained that in the future she plans to work with Homa on building a living fence around the community garden in Portland as well, and she hopes that she can continue to bring more projects like this to USM.

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Campus Events

Monday, August 26

BS in Nursing Informations Session for Transfer Students
2:30 p.m. - 4:00 p.m.
311 Masterton Hall, Portland

Thursday, August 29

Graduate Student Orientation
4:30 p.m. - 6:30 p.m.
Abromson Community Education Center, Portland

Sunday, September 1

Campus Yard Sale
9:00 a.m. - 12:00 p.m.
Lower Level Brooks Student Center, Gorham

Amazing Race - Start the Race
2:30 p.m. - 4:00 p.m.
Hodgdon (Bailey) Field, Gorham

Sex Signals
7:45 p.m. - 9:30 p.m.
Lower Level Brooks Student Center, Gorham

Ice Cream, Music, and Fun Games
9:30 p.m. - 11:00 p.m.
Lower Level Brooks Student Center, Gorham

Monday, September 2

For New Music Majors - New Student Orientation
9:30 a.m.
Corthell Concert Hall, Gorham

Transfer & International Student Social
10:00 a.m. - 11:30 a.m.
The President's House. 37
College Ave, Gorham

USM Day at the Portland Sea Dogs Game
12:00 p.m. - 5:00 p.m.
Busses pick up at Bailey Hall

Student Involvement Block Party
5:00 p.m. - 7 p.m.
Lawn outside Brooks Student Center, Gorham

Tuesday, September 3

USM Welcome - Welcome Tents
8:00 a.m. 7:00 p.m.
Sky Bridge Landing (between Masterton and Luther Bonney) and on the lawn (between the Science building and Payson Smith)

Thursday, September 5

USM Welcome - Taste of Portland
4:00 p.m. - 7:00 p.m.
In front of Glickman Library, Portland

Friday, September 6

USM Welcome - Roof Top Movie - Monsters University
8:00 p.m. - 10:00 p.m.
Rooftop, Parking Garage, Portland
Rain location: Sullivan Gym, Portland

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