Students combine art and science at CI2 lab

Kirsten Sylvain
Editor-in-Chief

USM has ramped up its online class offerings over the past few years in the face of a system-wide push for more online credit hours. Because they are the two largest branches of the University of Maine System, USM and the University of Maine at Orono will account for much of the change in a system effort set last January to offer 20 percent of the total system credit hours online by 2015.

At USM, the number of students enrolled in fully-online degree programs has increased from 52 majors in Spring 2012 to the current number, 237—an over 400 percent increase over four semesters. However, USM still ranks as having the third lowest percentage of online credit hours in the system, coming in at 11.5 percent of its total credit hours.

The current percentage of system credit hours online is 13.6 percent, with two lowest contributors, UMaine at 7.2 percent, the University of Maine at Farmington at 0.5 percent. Because of their sheer size and low rankings, if USM and UMaine do not increase their online offerings, the system will fail to reach the goal, said University of Maine President Ken Scott, who is also a UMaine President Al- lyson Handley.

Handley, also a member of Gov- ernor LePage’s Broadband Capa- city Building Task Force, created in 2011, said that in an upcoming re- port the governor will call for an additional 25 percent of all UMS credit hours online. “The challenge for some students is that lack of structure. His main focus is to show the students that it’s okay to make mistakes in their desired projects. Diluzio said they are always given an assignment with a deadline, but Diluzio feels that this method is more effective with the type of system he’s trying to run.

“Some people don’t understand how to do things differently,” said Diluzio. “We always say ‘think differently, think out of the box, be creative, be innovative.’ Well, the moment you really are creative and really innovative in a traditional academic environment is really the moment people get scared.”

Diluzio has decided that rather than running this program with very little structure, he will provide the students in the program with a more structured system. Students will now come up with the ideas for the projects they would like to do and submit them to Diluzio, where he can then approve them, and provide the student with funding to work on their project.

“Diluzio stated that this is to provide a certain amount of structure so the students are not scared by a lack of structure. His main focus is to show the students that it’s okay to come up with their own ideas because that’s what it will be like in the world outside of school. Diluzio has plenty of his own experiences of lack of structure in the real world. He came to USM after years working in different places across the country, including 12 years of building a media program at UMO. He halted his work there due to the fact that the technology was not advancing because the university would not provide funding for new equipment.

He said he got “burnt out” at UMO, and though it may be the flagship school to the UMaine system, he left to come to USM, where they were willing to provide current technology. “There is no ‘new in ‘new media’ unless you shovel money into it,” said Diluzio.

When asked how the studio will help the students involved, Diluzio said that he provides students with a space where they can learn new things based on their own interests. “The more they’re interested, the more they’ll learn,” said Diluzio.

With students able to come into the studio and work on something, whether it be starting and managing a business or researching modern technology, they are building skills for their futures and are provided with the infrastructure and equipment to do so. Diluzio hopes that more students will become involved in this program and actively shape what they will do with their lives.

“They can define what their future can be, they can make a great future for themselves.”

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GUSMFreePress
Jeremy Holden
Free Press Staff

Media Services, the department responsible for classroom technology maintenance, is moving forward with their effort to cut down on problems that arise from outdated software, and they are receiving support from the faculty, along with criticism.

The university relies on technology in many ways, whether that means expanding the classroom to include online spaces, like Blackboard, increasing connectedness through Mainestreet or simply using classroom computers to display assignments and topics of discussion. While these various types of technology can be seen as beneficial, some professors have problems with it that must be solved by Media Services.

Angela Cook, manager of Audio Visual and Media Services, said that Media Services is called for assistance roughly 30 to 50 times per day. According to Cook, media services is busiest at the beginning of the semester. “The case is,” Cook said, “that the faculty forget how to use technology over school vacations, but they refamiliarize themselves with it as the semester proceeds.”

“The equipment we have in the classrooms are cumbersome,” said Lorraine Carroll, associate professor of English. “It takes time for me to get set up in class.” Carroll admitted that she feels bad for the people who work in media services. The media center, she stated, is understaffed and overworked and under resourced. She described the workers in the media center as “heroic” for all of the work that they do in classrooms.

Associate professor of English Lorraine Carroll has been integrating increasing amounts of technology into her teaching. She says that technology is often helpful, but problems with it can waste class time. “For the past several years we’ve been working on consistency in the classrooms,” Cook said. “When I say consistency, I mean that we’ve been trying to place the same technology in all the classrooms, like projectors and sound systems.”

Regardless, Carroll said that even though she familiarizes herself with the technology as the semester progresses, computer troubles still happen that take up valuable class time. “For one of my graduate courses,” Carroll said, “I walked into the classroom and all of the technology for the projector was changed around. It took up a lot of class time because I couldn’t figure out how to hook up my computer.”

Cook said that another problem with software in classrooms is the changes that computer companies make to new models of laptops every year. Most of the projectors are set up to work with video graphic array outputs to older laptop models.

The latest version of video outputs for computers are high-definition multimedia interfaces. Cook said that a number of technology problems in classrooms are related to students and faculty using computers with HDMI video outputs.

Media Services has been able to add HDMI outputs to some of the classrooms to solve these problems, but there are classrooms that do not have updated software, an obstacle that Cook said was due to lack of funds in her department, and this has created issues. Carroll said that she relies on technology for teaching her classes. She uses the projectors to show students homework assignments and for class discussion. “I keep files on all of my classes in my computer,” Carroll said. “I’m using the computer more and more because I find that students don’t print out assignments. I also have websites to help with research. Technology is useful in multiple ways.”

Professor Carroll went on to explain that technology is just a tool, and whether or not it has positive effects in the classroom depends on how it’s used, and if it works properly.

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“ ‘I’m using the computer more and more because I find that students don’t print out assignments.’”

–Lorraine Carroll
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Q2 could improve USM labs

Sidney Dritz
News Editor

In the midst of debates over funding and program cuts, USM may have the chance to give some laboratory space an upgrade.

Question 2 on the Nov. 5 ballot will be a bond package that includes $15.5 million to update science labs and classrooms across the University of Maine System, including $4 million to be shared among the lab spaces on USM’s three campuses.

“We’ve received pretty broad, bipartisan support,” said Ryan Low, the executive director of governmental and external affairs for the UMS, who has been working to promote the referendum question. One of Low’s main goals for the “Yes on Question 2” campaign is to impress upon voters how important this election could be for the UMS. “There’s a statewide need [for funding] at a lot of our universities,” Low said.

“Some of our labs date back to the 70s.”

According to Low, the biggest concern for the “Yes on Question 2” campaign is that, in an election year when none of the larger political offices are being voted on, low voter turnout might work against the bond package.

“A lot of people aren’t even aware that there’s an election,” Low said.

USM Dean Andrew Anderson of the college of science, technology and health expanded on what the bond package could mean for USM. One of the projects that he says will be addressed if the bond package passes would be the introductory chemistry lab in Payson Smith.

“It’s very old, not up to code, not up to standards,” Anderson said.

“It’s impossible to tell what specifically can be done with the money until surveys are taken to see how much renovations will cost,” said Anderson. However, there are plans to renovate lab space on each of USM’s three campuses, regardless of the surveys’ results.

“In these financial times, everyone worries about spending money,” Anderson said. “I’d like to think of it as more of an investment.” He went on to say that up-to-date laboratories are key in attracting STEM students to USM. Anderson said of the need for modern laboratory facilities.

Anderson is not alone in wanting to draw the bond package to USM. Question two’s bond package has been a topic of concern underlying various discussions from the beginning of the fall semester. Associate professor of psychology John Broda cited the vote for the bond package as a factor that might encourage the UMS to more quickly come to an agreement over faculty contract negotiations. Not long after, President Kalikow began her participation in the Sept. 20 faculty senate meeting by reminding the senate that the vote on the bond package was fast approaching, and that, were it to pass, it would be a very good thing for USM.

Low has recently met with the Advocacy Subcommittee of the College of Science, Technology and Health’s STEM Advisory Board. The board is a group of local business leaders who, according to USM’s executive director of public affairs Bob Caswell, advocate for the sciences at USM to the larger community. Additionally, a number of USM students, notably student representative to the Board of Trustees Alex Greenlee and student senator Jason Blanco, have been working to promote “Yes on Question 2.”

According to Low, Question 2 has not met with any formal opposition, although he intends to campaign aggressively for the bond package just the same, he said. According to Low, lack of formal opposition is no reason to get complacent. “By no means would we want anything for grant- ed,” Low said.

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Science Cafe takes on cyber surveillance conversation

Sidney Dritz
News Editor

“You are watched by all sorts of people,” scientific systems administrator Edward Sihler of USM’s “Information and Innovation” program said when describing the subject of the discussion at the most recent Science Cafe.

The subject of electronic surveillance and cyber security, said Science Cafe organizer Jennifer Dean, who is the director of communications at USM, was chosen as the topic of discussion in part because USM is offering and hosting several events and programs on the subject, which is becoming increasingly relevant to USM and the community at large.

Sihler expanded on the timeliness. “There’s currently a lot of paranoia, not unreasonably,” Sihler said. “It’s a hot-button issue. My goal is to bring some sanity to the conversation.”

Sihler is a member of the Maine Cyber Securities Cluster, one of the various initiatives Dean referred to in describing USM’s growing interest in cyber security. The group, which is based out of USM, offers help to small businesses in boosting their security and works with a group of students who are interested in cyber security, among other projects. On Oct. 10, he recounted in describing USM’s initiatives Dean referred to in describing USM’s “Information and Innovation,” and member of the Maine Cyber Securities Cluster.

Oct. 10’s Science Cafe event, “Cyber Security: Edward Snowden and Who’s Watching You” was held in the main branch of the Portland Public Library, one of USM’s partners in this year’s Science Cafe events.

[Surveillance is] a hot-button issue. my goal is to bring some sanity to the conversation.”

Edward Sihler
scientific systems administrator for “Information and Innovation,” and member of the Maine Cyber Securities Cluster

People lose a little privacy for this service, he explained, but they do get a better view of traffic.

“The active discussion was less than ten people,” Sihler said of the discussion on Oct. 10, although, he said, others drifted in and out of the conversation.

In a statement to the Free Press, Dean elaborated, “While we had a relatively small turnout, Edward Sihler’s presentation was fascinating and the cafe participants were actively engaged.”

Sihler will also speak at the next Science Cafe on Nov. 14.

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@USMFreePress

Police Beat
Selections from the USM Department of Public Safety police log
Oct. 11 to Oct. 17

Friday, Oct. 11
Next time in mime!
5:47 a.m. - Verbal warning for stop sign violation. – Costello Complex, 43 Campus Ave.
Speed demon
6:45 a.m. - Verbal warning to operator for speed violation.
– Costello Complex, 43 Campus Ave.
...like a babe in the woods
2:05 p.m. - Operator was lost. Assistance provided.
– Bedford St.
Trippin’ trickily
9:36 p.m. - Report of marijuana odor. Unable to locate source.
– Woodward Hall, 20 University Way
Saturday, Oct. 12
Unlawful operation
5:04 p.m. - Warning to operator for stop sign violation.
– Dickey Wood Hall, 17 University Way
Stop sign strike?
5:27 p.m. - Warning to operator for stop sign violation.
– 102 Bedford St.
Let’s play the quiet game
11:10 p.m. - Report of loud party. Room advised to quiet down.
– Upperclass Hall, 25 Husky Dr.

Monday, Oct 14
50/50 chance
10:59 a.m. - Warning to operator for operating wrong way on a one-way street.
– Portland, Deering Ave. at Washburn St.
Not even C-license production
11:09 - Warning to operator for expired registration and failure to produce a license.
– Portland, Bedford St. at St. George St.
Smoke without fire
6:52 p.m. - Fire Alarm activation due to burnt food.
– Upperclass Hall, 25 Husky Dr.

Tuesday, Oct 15
Too busy slaying dragons
11:19 a.m. - Warning to operator for expired registration.
– Portland, Brighton Ave. at St. George St.

Tuesday, Oct 15
Smoke without fire
6:33 a.m. - Traffic summons issued to Brittany Rogers, 21 of Bridgton, ME for speeding violation.
– Fort Hill Road, Gorham

Wednesday, Oct. 16
Heading for the hills
2:05 p.m. - Operator was lost. Assistance provided.
– 43 Campus Ave.

Thursday, Oct. 17
Vandalism: the healthy way to start the day!
9:12 a.m. - Report of damage to a vehicle. Report taken.
– Parking Garage, 88 Bedford St.

Friday, Oct. 18
Playing chicken with the universe
11:37 a.m. - Warning to operator for failure to use turn signal.
– Husky Dr.

Police logs are edited for grammar and style. They can be found at usm.maine.edu/police/campus-crime-log.
Huskies take to the booth

WMPG starts show to help put students’ voices and their favorite music on the air

Junior economics major Taylor Jenkins hosts Husky Tunes for the first time and tries his hand at DJing.

Braden Socquet

USM students have an opportunity now to share their musical tastes not only with their friends, but also with listeners throughout New England. WMPG, USM’s community radio station, started a program, Husky Tunes, this semester in which students have the opportunity to host their own radio show. Students get to create a playlist with a minimum of 24 songs and host a show, filling a two-hour block Tuesdays from 3 p.m. to 5 p.m. A new student hosts each week, and no prior radio experience is necessary.

“It was nerve-wracking at first, but once I got into it the time flew by. I was bummed when it was over.”

-Taylor Jenkins

Junior economics major

“It gets students into the building who otherwise might not have found it,” said WMPG Program Director Lisa Bunker. Bunker feels that many people are frightened at the idea of having their voice broadcast to thousands of people. “In reality, most people listen to the radio alone, so it’s like you’re only talking to one person,” said Bunker. Before they go on the air, students undergo a brief training session in radio do’s and don’ts, guiding them in what’s appropriate to say on the radio and what’s not as well as what songs are appropriate. According to Bunker, this makes Husky Tunes a great tool for recruiting because, if students are interested in further training, they can volunteer and become more involved with WMPG, and Bunker said, WMPG hopes that the new program will work to get more students involved.

Being on the radio doesn’t necessarily require a complicated skill set,” said Bunker. The training is mostly a way to advance radio as a form of communication. It teaches a way to “talk” as one person instead of as a “we.” Bunker suggests treating speaking on air like addressing a friend as opposed to a large audience.

Junior accounting major Sarah Scully was the first student to host Husky Tunes. She went in for a work-study interview and unexpectedly wound up hosting her own show.

“With only three hours to prepare it was stressful, but really fun,” said Scully. Scully said that just like with a regular show, you have bits about business as well as the weather to report. During her show she played eclectic music, such as acoustic pop songs, amateur covers from YouTube and a little Beyonce, but she tried to avoid playing hit songs from the radio.

“It’s a great opportunity to play music that you’re proud of showing off and want to share.”

-Sarah Scully

Junior accounting major

“There are many ways to use Twitter. Some use it to catch up with friends and make jokes while others follow news and events. If you’re looking to avoid users that just flood your feed with Follow Train and emoticons, here’s a list of local Twitter users who actually contribute to a more enriching social media experience. These are people and accounts that will be sure to provide a constant stream of useful, informative and entertaining content for USM students and Southern Maine residents.

207 Foodie

Follow USM alumni Sarah Gelber for some solid advice about where to eat around Portland. She’s a blogger who writes reviews on local restaurants and food trucks around the city. When Sarah isn’t introducing you to great Portland places, she’s tweeting about general food news as well as exciting and innovative recipes you can use at home. Her personal account is @sarahgelber #207Foodie

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Andrew Kessler

Most tweets from Andrew’s account will make you laugh. His tweets are personal, but very relatable all the while making sure to avoid annoying lingos like “lol,” “plz,” and “haha.” He also runs a photography blog called “Unseen Portland” which is a community submitted collection of photos taken in Portland “stripped of pretense.” The result is a remarkably accurate visual portrayal of our city.

Holly Nunan

This musician and media mogul is constantly cranking out cool content. Holly’s Twitter page includes information on upcoming concerts, music news, and often witty personal perspectives.. Her links come mostly from her personal blog, Newz by the Nuz, a great preview of the future music performances in Portland’s bars and venues.

Corey Templeton

Corey’s Twitter account features inspiring, creative, and professional photography all taken in the Portland, Maine area. Corey runs a blog that he often promotes on his Twitter called “Portland Daily Photo.” Putting out at least one eye catching photo a day, Corey’s account is also inadvertently a great way to learn about places around Portland that often don’t get that much attention.

Portland Old Port

If you want to spend the weekend out on the town this account makes it easy to find something fun to do with its extensive posts about event listings, and bar/restaurant reviews. Everything from farmers markets, wine tasting, concerts, comedy shows, to art exhibitions and movie screenings gets covered here in 140 characters or less!
Always connected
Social media popping up in the classroom and across campus

Courtney Aldrich
Free Press Staff

Addicted to social media? It’s okay, so is everybody else.

Whether it be an occasional tweet or a Facebook birthday greeting, everyone, from your grandmother to your 10-year-old neighbor, is popping up online. In the Myspace days, it all seemed so new and exciting. Now, social media is just another part of our daily lives.

For the brothers of Phi Mu Delta, an active fraternity here at USM, getting too creative with their Facebook just means more budgeting.

“You need to pay [Facebook] in order to reach more people,” said Phi Mu Delta member and USM senior linguistics major Christian Evans. “And there’s still the sheer fact that most people either ignore or ‘like’ and ignore both your page and your posts.”

But, overall, it has been a worthwhile endeavor for them. For the brothers of Phi Mu Delta, access to Facebook through postings, recruitment and marketing has also been a way to stay connected. After about two decades of being absent from any USM affiliation, the fraternity is back in its second year with 16 members.

“It’s fascinating to see how many people you reach—and being able to be a hub to which people can reach out, even if they’ve been out of the loop for a while,” said Evans. “For example, we have a lot of alumni brothers who like our Facebook page, and it allows them to have access to information about us and what we’re doing.”

But Facebook isn’t the only means to satisfying some sort of deep social need. USM senior psychology major Mary Moran, said that she’s had enough of being constantly connected.

“It’s fascinating to see how many people you reach—and being able to be a hub to which people can reach out, even if they’ve been out of the loop for a while,” said Moran, “but it just seems like a lot of work.”

And Twitter, it turns out, has made its way into the classroom context at USM, in an introductory international relations course. The class, taught by USM professor and alumni, Julia Edwards, requires students to operate a Twitter account as part of their end of the semester final project.

“I chose Twitter because it is a fast-paced tool that forces brevity,” said Edwards. “I strongly suggest that students in all my courses follow news sources on twitter. It’s how I get my news, and I have found that in today’s fast-paced over-stimulated media and entertainment world, being able to quickly and succinctly see and digest events around the world is invaluable.”

The project entails that each group takes on the role of a country fighting for power and authority within the global scene, and Edwards encourages students to use Twitter as a means for propaganda and public relations to give their country a specific image.

“Most governments in the world today have Twitter feeds—it’s a great way to engage in public diplomacy, and I want my students to get that experience of choosing their words carefully and harnessing the power of technology for a bigger purpose,” said Edwards.

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Fake Record Label

Watsky / Cardboard Castles

Ever wonder how great a rapper with an English degree from a major college like Emerson would sound like? I can tell you. It’s pretty amazing. That’s the case with San Francisco based rapper Watsky. If you’re a fan of good hip-hop and brilliant lyrics, then this guy is definitely worth a listen.

-Adam Kennedy
Sports Editor

The Gothic Archies / The Tragic Treasury

This soundtrack to the Series of Unfortunate Events books really gets me singing along, all “Run! Run, run, run or die! Die, die, die, die, die.” “Die, die, die” scans the same as “doo, doo, doo” or “la, la” but with its own very special tonal difference.

-Sidney Dritz
News Editor
The Babson Research group found that nationally there was a 10.1 percent increase in online class enrollment from 2010 to 2011, despite an unparallelled 0.2 percent drop in total college enrollment. This means that online enrollment has grown a massive 10.3 percent ahead of national enrollment rates, with no sign of slowing.

When things change rapidly, there’s bound to be some anxiety about that change and at least healthy amount of skepticism. Naturally, then, many people are concerned with how higher education will fit into the new expanded structure. As the University of Maine System has addressed that issue with a goal laid out in its 2012 Board of Trustees Goals and Actions, Directive 11B, states that online and hybrid credit hours should reach 20 percent of all UMS credits by 2015 in order to help move USM in the right direction. The plan, called “USM’s Guide to a Climate-Neutral Education,” includes many recommendations for reducing the carbon footprint of all three of our campuses. As the Assistant Director for Sustainable Programs in Facilities Management, part of my job is to research, implement, and update these recommendations in order to help USM meet its 2040 target. Some of the recommendations focus on energy conservation and alternative energies, some on waste reduction and others on transportation and travel. Anytime staff, faculty or students utilize a fossil fuel through electricity for their computers, hot water to wash hands, heat in offices and classrooms, transporting waste off campus or utilizing a vehicle to come to campus, we tally it up and adding these cumulative emissions in our yearly greenhouse gas inventory. How do we come up with the numbers? We have really good utility data that tells us how much electricity and natural gas we are using each year, and we have detailed information about our waste stream as well. What we did not really know was how our students and employees were getting to campus. Were you coming from near or far? How many times a week? Do you carpool? In the past, the Office of Sustainability had used a survey but found that the participation was low resulting in statistically insignificant results. Therefore, we formed a partnership with the USM GIS Office to help us understand where our community members are traveling to and from in order to calculate those cumulative emissions, associated with transportation here at USM. We made a few assumptions

Here at USM, we signed on to the President’s Climate Commitment in 2007, which is an agreement to actively reduce the carbon emissions of our campus and operations, signed by college and university presidents around the country. USM has committed to being carbon neutral, or having no net greenhouse gas emissions, by 2040. Five years in, where are we? In 2009 the President’s Council on Climate Neutrality was created and wrote a Climate Action Plan to help move USM in the right direction. The plan, called “USM’s Guide to a Climate-Neutral Education,” includes many recommendations for reducing the carbon footprint of all three of our campuses. As the Assistant Director for Sustainable Programs in Facilities Management, part of my job is to research, implement, and update these recommendations in order to help USM meet its 2040 target. Some of the recommendations focus on energy conservation and alternative energies, some on waste reduction and others on transportation and travel. Anytime staff, faculty or students utilize a fossil fuel through electricity for their computers, hot water to wash hands, heat in offices and classrooms, transporting waste off campus or utilizing a vehicle to come to campus, we tally it up and adding these cumulative emissions in our yearly greenhouse gas inventory. How do we come up with the numbers? We have really good utility data that tells us how much electricity and natural gas we are using each year, and we have detailed information about our waste stream as well. What we did not really know was how our students and employees were getting to campus. Were you coming from near or far? How many times a week? Do you carpool? In the past, the Office of Sustainability had used a survey but found that the participation was low resulting in statistically insignificant results. Therefore, we formed a partnership with the USM GIS Office to help us understand where our community members are traveling to and from in order to calculate those cumulative emissions, associated with transportation here at USM. We made a few assumptions

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Using GIS, we were able to travel and how many times per week the trips were taking place. Using GIS, we were able to figure that for the 2012 fiscal year (June 2011-July 2012) students and employees likely commuted about 38,832,365 miles to and from our campuses, equating 8881 metric tons of CO2e in emissions. 38 million miles is a lot of miles! That is double previous estimates of 4,276 metric tons of CO2e in 2011. Without the accuracy and detailed nature of the GIS model, we would have continued to completely underestimate the impact of commuting here at USM.

The 2012 numbers assume that most people are taking a direct route and that they are traveling alone in a personal vehicle, not biking, walking, carpooling or taking the bus. Although hope-fully some people are commuting using alternative means of transportation and that information has not been captured, the model provides a baseline by which we can understand what our opportunities are for reducing the number of single occupancy vehicles that come to campus. Minimizing driving by transitioning from vehicles would also reduce air pollution, congestion, the need for new parking on campus, and save students money by lessening their expenditure on gas and car repairs. Our next step is to find a creative way to measure how many students, fac-ul ty, and staff are utilizing transit, riding bicycles, or walking and which we can subtract from the numbers above. Maybe GIS or another technology can help us figure that out.

To learn more, see our phg in- ventories, or read the plan, visit usm.maine.edu/sustainability or search for ‘Climate Action Plan’ on the USM website search bar.

Tyler Kidder is the Assistant Director for Sustainable Programs in the department of Fa- cilities Management. She can be contacted at tkidder@usm.maine.edu. Thanks to Theo Hoang and Vinton Valentine at USM GIS for their work on developing the com-muter mileage GIS model.

For years, the NFL has down-played the issue of the concussions its players suffer by merely adding stricter penalties. These penalties apply to acts such as tackling other players by their heads, deliberately helmet to helmet contact and late hits on players af- ter the play has well ended, but NFL fans across the U.S. are vocally op- posing the rules because they sig-nificantly decrease the violence that makes it so popular.

But what really annoys NFL fans the most about the rules is that they favor offensive players. Defensive fans are even fined up to a hundred thou-sand dollars if they make any con-tact with the head. Defensive players are just as vulnerable to concussions as of-fensive players. Former defensive end Junior Seau who played fifteen years in the NFL committed suicide last year. Seau was diagnosed with Chronic Traumatic Encephalopathy, a brain disease that resulted from a series of devastating concussions he accumulated over his long career.

It’s not the first time the NFL has ignored CTE. The disease first came to light when Mike Webster, a former offensive lineman for the Steelers who played 17 years in the NFL, died in 2002. Neurologist Ben- net Omalu examined tissue from Webster’s brain and discovered that showed signs of degeneration simi-lar to what occurs during Alzheim-er’s or dementia. Unfortunately, the NFL ignored the discovery. It was not until 2009 when the Cincinnati Bengals’ wide receiver Chris Henry died at 26 that the NFL finally began to take CTE more seriously.

The reality of the concussion cri-sis may have come up in the last five to ten years, but the NFL is still mishandling the situation by adding more rules that end up hurting the game’s popularity more than actu-ally protecting the players. Proper steps that should be taken with re-gard to players’ safety, such as improving equipment. More efforts need to be made to find new struc-tures for helmets. New technologies should also be looked into getting developed for the sake of catching players who are potentially on per-formance enhancing drugs, as well as harsher punishments for those caught. These drugs give players extra durability and strength that can cause greater physical damage when on the field.

That’s not to say that all of the rules should be thrown out. It’s the double standards against defensive players that need to change, but im-provement in equipment and better PED testing would be a far more progressive step in solving the con-cussion crisis.

David Sanok is a senior commu-nication major.
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.

Cryptogram

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

And here is your hint:

Y = E

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: Pies

APPLE
BANANA
BLUEBERRY
BOSTON CREAM
COCONUT CREAM
GRASSHOPPER
GREEN TOMATO
KEY LIME
LEMON MERINGUE
PEACH
PEANUT BUTTER
PECAN
PUMPKIN
RASPBERRY
RHUBARB
SHEPHERD’S
STRAWBERRY
SWEET POTATO

Weekly Horoscope

The solution to last issue’s crossword

Aries
March 21-April 19
Your zeal leads you into new territory. You break new ground at home or at work and it’s exciting.

Taurus
April 20-May 20
A quick trigger could lead you to jump all up over a family member. Your first impulse may be off: check it out!

Gemini
May 21-June 20
A friend requires more assistance and support. Don’t let your “need to be needed” go overboard.

Cancer
June 21-July 22
Compromise will be necessary, even though you’d rather do things your way at work. Practical goals lead to much achievement.

Leo
July 23-August 22
Getting some exercise is a good idea today. Keeping active supports your spirit and builds energy.

Virgo
August 23-September 22
Others take advantage of your compassion. Don’t be a soft touch for a sob story!

Libra
September 23-October 22
You need a bit of space in your relationships. Share ideas, communicate, and be tolerant.

Scorpio
October 23-November 21
You’ll feel guilty if you go for pure fun before finishing up your tasks. Work a bit and then have a good time!

Sagittarius
November 22-December 21
You need freedom today and may feel like leaving if you think you are being held back. Don’t burn essential bridges!

Capricorn
December 22-January 19
Cuddling is important. Get some hugs today and share some physical contact with those you love. Nurture your body.

Aquarius
January 20-February 18
Chores are the first order of business today. Getting things done is important, and clears the decks for fun later.

Pisces
February 19-March 20
Beauty is accented for you—whether you go shopping for clothes, get a haircut, pretty up the house or do something else.

A quick trigger could lead you to jump all up over a family member. Your first impulse may be off: check it out!
Quick Hits: The Huskies’ week in review

Field Hockey
Huskies fall to UMass Dartmouth 2-1

The USM field hockey team fell to UMass Dartmouth 2-1 Oct. 12 to move to 5-10 for the year.
The team went into the second half with a 1-1 tie, but gave up a late goal to Eleanor Taylor that sealed the win for UMass.
The team is next playing Tuesday against Worcester State.

Men’s Cross Country
USM finishes 34th among 41 teams

The Huskies cross country team came in 34th place among 41 teams at the NEICAAA cross country championships in Franklin Park on Oct. 12.
Briar Beede had the team’s best finish, coming in 95th place out of 279 participants.
The men’s cross country team will next participate in the LEC championships Nov. 2 in Gorham.

Women’s Volleyball
Plymouth state beats USM 3-1

After losing the first set, the Huskies came back to win the second one, but dropped the third and fourth in a close match.
The team did get good performances from Kristina Rubico and Amandi Keppel.
The loss drops the team to an impressive 17-6 on the season.
Their next match is on Tuesday against Anna Maria College.

Women’s Tennis
Huskies beat by Bridgewater 9-0

The women’s tennis team was beaten 9-0 by Bridgewater State back on Oct. 12.
The Huskies were beaten in all of their singles and doubles matches.
The loss is the teams third in a row and second straight 9-0 shutout and drops their record to 7-6.

October 22

Women’s Soccer
USM @ Colby College 3 p.m.

Field Hockey
Worcester State @ USM 4 p.m.

Women’s Volleyball
USM @ Anna Maria College 7 p.m.

October 24

Women’s Volleyball
Saint Joseph’s College @ USM 7 p.m.

October 26

Women’s Soccer
Rhode Island College @ USM 1 p.m.

Women’s Volleyball
Rhode Island College @ USM 12 p.m.

Field Hockey
USM @ Western Conn. St. 12 p.m.

Men’s Soccer
USM @ Rhode Island College 1 p.m.

Women’s Volleyball
UMaine Presque Isle @ USM 4 p.m.

October 27-28

Golf
NEIGA Championships @ Brewster Mass. TBA

October 29

Field Hockey
USM @ NEC 4 p.m.

Women’s Volleyball
USM @ Keene State 7 p.m.

Men’s Soccer
USM @ Salem State 8 p.m.

October 7

Golf
USM Fall Classic 4th out of 10

Men’s Soccer
UNE 2
USM 1

October 8

Women’s Volleyball
UMass Boston 3
USM 0

October 9

Women’s Tennis
USM 0
Colby-Sawyer 9

Field Hockey
USM 6
Plymouth St. 8

October 10

Women’s Soccer
USM 3
Husson 1

October 12

Men’s Soccer
Eastern Conn. St. 4
USM 1

Women’s Soccer
Eastern Conn. St. 1
USM 0

Women’s Tennis
Bridgewater St. 9
USM 0

Field Hockey
USM Dartmouth 2
USM 1

Men’s Cross Country
NEICAAA 913 points; 34th of 41

Women’s Cross Country
NEICAAA 915 points; 33rd of 43

October 15

Women’s Soccer
UNE 3
USM 1

Women’s Volleyball
USM in 1 vs. Plymouth St. 3


Featured Photo:

Attendees at the Bicycle Mechanics Workshops learn about everything from basic bike maintenance to bike safety and winter riding.

News@USMFreePress

Community Spotlight:

Bikers gear up for cycling series

Jordyn Cram
Contributor

Starting this Wednesday, Portland cyclists can pedal over to a Bicycle Mechanic Workshop to learn about everything from bike maintenance and basic bike safety to bicycles and sustainability.

The event was organized as part of a four-part series by Tyler Kidder, USM assistant director for sustainable programs. She explained that the event first started with a workshop on Earth Day in 2011. Since then, she has been trying to maintain two events per year, one in the fall and one in the spring.

While each event is focused on bicycle mechanics and repair, there is always a more specific focus for each workshop, on a different part of the bike. This Wednesday the workshop will focus on “Tire tubes and wheels.”

In the series, attendees can also learn about gear systems and how to do Winter biking. Participants who attend all four parts of the series, Kidder said, can learn a lot new information.

The event, Kidder said, while also being a great one for experienced bicyclists will likely be a good one for newer cyclists as well.

“It will likely be more fine tuned to the needs of the new bicycling community,” she said, “than previous events because the organizers are learning what all cyclists, new or experienced, need and want to learn about bike. Helping new bicyclists, she said, is large part of why she is excited for the events to begin.

This event will teach people not only how to take care of their bikes, but also about the positive role of bicycling in community sustainability efforts. As part of her work at USM, Kidder encourages people to travel by alternate means to reduce traffic and, at the same time, reduce the environmental impact of the daily commute to campus. Kidder and the sustainability group are also working with the USM Cycle Club, which organizes group rides around the local area.

“The overall mission of the event is to empower people to bicycle more,” Kidder said, “[and to] reduce the barriers for people biking.”

This event is not just meant to help another individual biker. The goal of the event series, Kidder said, is also to serve the greater community by showing them how to take care of their own bikes and how to bike safely in all types of weather in Maine.

Sustainability at USM co-sponsored the event with the Bike Coalition of Maine. The Coalition will help with hosting the events, ensuring that there are certified instructors present to teach attendees. The event, Kidder said, will also benefit the local YMCA, where it is held in the basement.

The event is scheduled to take place at the Portland Gear Hub at 70 Forest Ave, in Portland on Wednesdays between 5:30 and 7:30 p.m. More information on the event series is available on the USM website.

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