THE FOODIE ISSUE
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Photo & Design: Randy Hazelton
Portland gourmets discuss roads to success
Exploring the fine line between success and failure in food

As the annual Maine Restaurant Week progresses, you may notice that among the old faces, there are a slew of brand new eateries, and a handful of others that you remember from just last year have disappeared.

According to Professor Charles Colgan of public policy and management and the Muskie School of Public Service and long-time former chair of the State of Maine Consensus Economic Forecasting Commission, there’s nothing unusual about the success of The Holy Donut to her staff, of whom there are now 24 between the two locations, as well as to having a product she is passionate about and sticking to her ideals of making healthy food with local ingredients.

“My philosophy is that I wouldn’t sell anything that I wouldn’t feed to my daughters,” Kellis said.

Another issue Dugal said many restaurants face is the relatively low profit margin for each individual plate of food. “Profit margins are pretty small, if you’re good you can make 10 percent,” Dugal said. There are a lot of people involved in keeping a restaurant running, which keeps the profit margin for restaurants low.

The best way to combat this issue, Dugal said, is to keep portions regular and keep costs down. Those with business experience rather than culinary experience, Dugal said, are more likely to have effective plans for how to keep costs low and profit high.

Shannon and Tom Bard, the husband and wife team who co-owner and operate Zapoteca, a high-end Mexican restaurant with a focus on Oaxacan recipes and ingredients located on 505 Fore Street, together balance managerial and culinary experience. Shannon Bard studied Oaxacan cooking at the Culinary Institute of America and recently filmed an episode of Bobby Flay’s Dinner Battle, which will air some time in March, while Tom Bard has been in the industry for 40 years and brings a strong managerial foundation.

A common problem, he said, is that often chefs open restaurants, and they come into the business with more knowledge about the kitchen than the front of the house. Poorly trained servers, managers, bartenders and other front-of-the-house staff who don’t know the menu or don’t treat guests courteously, Dugal said, can break a fledgling restaurant, no matter how good the food is.

Leigh Kellis, owner of Portland’s The Holy Donut, has owned and operated her donut shop for almost two years, and this October, she opened up a second location on Exchange street. She came into the foodservice industry with more experience at the front of the house than in the kitchen. Kellis had worked as a bartender and a server before opening The Holy Donut when she started experimenting with donut recipes. “I was working at Otto’s Pizza, and that summer, I craved donuts, and Otto’s owner said ‘You should open a donut shop.’”

Kellis, who does $3,000 worth of business a day, can speak to what it means to run a successful Portland food establishment. She attributes the success of The Holy Donut to her staff, of whom there are now 24 between the two locations, as well as to having a product she is passionate about and sticking to her ideals of making healthy food with local ingredients.

“My philosophy is that I wouldn’t sell anything that I wouldn’t feed to my daughters,” Kellis said.

Portland’s restaurant scene is often described as ‘vibrant,’ but that is just a more optimistic description of the tumult that is the native characteristic of most urban restaurants, Colgan said, so this Restaurant Week, be sure to check out your favorites while they’re hot.

Kellis expressed gratitude for The Holy Donut’s strong local following and said that she believes the affordable price at which she can both make and sell donuts is a strong contributing factor to her success. “It’s a cheap thrill, as I like to say,” Kellis said.

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Advisory Board presents final recommendations

Presentation reveals ineffective methods of evaluating departments

Sam Hill / Managing Editor

The Direction Package Advisory Board met for the last time last Friday to present its final recommendations to the President’s Council. While the work of the board is officially finished, what will actually be done with the work has yet to be determined. The board sub-groups came together for a cohesive presentation and gave plenty of recommendations, both short and long-term, to fill the $14 million budget shortfall. The task of turning these recommendations into action falls to University President Theodora Kalikow and the President’s Council.

"I don't particularly envy Theo's next two weeks ... Time is money, they say, and we have not much of either."

-Jerry LaSala

Physics Professor and Co-Chair of the Direction Package Advisory Board

Associate Professor of electrical engineering Carlos Lück presented information about the health of individual departments at last Friday’s Direction Package Advisory Board presentation. However, he also cautioned that the methods used to evaluate departments were ineffective, since there is not currently a way to count classes that are taken by students who belong to other departments, and so the results for departments that provide prerequisite or elective classes for other programs don’t show the whole story.

Munger. “We need to learn a lot more about what each other does.”

At the previous board meeting, Munger stressed that evaluation of programs should include input from the programs themselves and that decisions could not be made solely on the numbers. The academic review committee stated that the qualitative information about each program was worth as much as the raw, quantitative data, which is another problem area for analysis.

“We've been talking about programs a lot, but when it came down to crunching the numbers, we couldn't look at programs,” said Carlos Lück, an associate professor of electrical engineering.

According to Lück, they couldn’t look at programs because they do not have the means with the data available in the current structure of any university environment to look at the cost to deliver a program in isolation. The analysis has to stop at a departmental level because of the way the data is recorded. Because certain programs require students to take credits in other programs, it’s difficult to measure them accurately.

What the committee was able to do was look at departments, their enrollment and costs. A graph identifying programs having troubled.
Wyke, the vice chancellor for complete analysis,” said Rebecca.

“...and not all of it can wait for a very urgent problem at hand,” said Luck. Programs in the red may need to invent themselves, while well-off programs can share their success and that as we move from these decisions was a topic discussed at length at during the board meeting last Friday.

There’s a story behind each one [department],” said Munger, adding that this is the reason cuts cannot be made strictly on a numbers basis.

This issue of information gathering and analysis will now fall on President’s Council to sort out.

“I know and I think President’s Council members know that this is not fully cooked by anybody or anybody’s group, and that as we move from these really great ideas to implementation, we’re going to have a lot of questions,” said Kalikow.

A lot of the questions will have to be answered quickly so progress can be made before the next fiscal year. The President’s Council will be taking advisory recommendations to use to make their decision on how USM should move forward within the next two weeks. This plan will be reported to the Faculty Senate on Friday, March 14, and in an all-campus open meeting scheduled for the following Wednesday. The timeline for these decisions was a topic discussed at length at during the board meeting last Friday.

“I would urge you to continue with the data analysis, but you have a very urgent problem at hand, and not all of it can wait for complete analysis,” said Rebecca Wyke, the vice chancellor for finance and administration for the University of Maine System. “You have quite a bit of information before you, and you need to be able to inform the decisions that you have to make quickly.”

“I think there’s one thing that’s very important, and we all need to subscribe to,” said Laurenz Schmidt, a member of the Board of Visitors, an active group of volunteers that assists the president of the university in various tasks.

“It is that there will be no time at which we will have all the necessary information to make a fully-informed decision.”

The need for action on the work of the board was emphasized by Maine State Senate President Justin Alfond early on in the meeting, who shared an anecdote about his grandfather.

“He would say, ‘Justin, don’t tell me you’re going to do something, show me you’re going to do something.’ So, please, show this state and show this community that we can do this,” said Alfond. “This university is too important to fail. Failure is not an option.”

UMS Chancellor James Page brought Alfond’s words up again as the meeting closed, agreeing and adding that getting by was not an option either.

“The people, the businesses and the community leaders of this region want this institution to shine,” said Page.

Over the next two weeks, the President’s Council will review the advisory board’s final recommendations and draw up plans for action.

“I think one of the challenges of the next two weeks will be to digest some of this information enough to put forward the plan and the vision,” said Kalikow. “What I hope to do is give us enough of a way forward and a picture as to what this institution can be that we will be able to unite behind it and start to have civilized conversations about how to work out the details.”

An audio recording of last Friday’s meeting and the slideshow that was presented can be found on the Direction Package website through USM.
University mourns the loss of three students

Kirsten Sylvain
Editor-in-Chief

University officials held two community gatherings last Thursday for students, faculty and staff, following the deaths of three USM students in the previous two weeks.

President Thad Bluhm opened the event. “They have passed away, but they have not gone out of our lives,” she said.

The first gathering took place at noon at the Woodbury Campus Center in Portland, and the second was held at 7 p.m. in the presidential and faculty dining room in the Brooks Student Center in Gorham.

Classmates, friends and professors of the three students gathered to talk about the lives of the students lost and about grieving. Speakers included representatives from USM’s Interfaith Chaplaincy, Buddhist community adviser John Baugher spoke to the audience about reflecting on what audience members could be thankful for in their daily lives. Judy Spross, professor of nursing, acted as another representative of the chaplaincy. “It’s hard to understand why people who were so young who had such bright futures ahead of them are gone from this planet,” she said.

The news of the death of Brandon Hodges, a freshman on track to study engineering, was sent to students in a campus-wide email on Feb. 21. Hodges was a resident of Anderson Hall as part of the “Student Enter-
ing Science and Engineering” residential community. Officials report that Hodges died unexpectedly at his home on Feb. 19. He was born in Farmington and attended school in Livermore Falls.

The USM community was informed of a third student death via an email from Executive Director of Student Life and Dean of Students Joy Pathal, though the USM officials have yet to release the student’s name and cause of death.

Executive Director of Public Affairs Bob Caswell said that the Gorham Police Department confirmed that a student had died and reported that it occurred off-campus in Gorham. Caswell did not have additional information at the time.

“We’ve been trying to make connex with his immediate family and have been unable to do so at this point. With a student death, particularly one that occurs off campus, our process is to talk to members of the immediate family.” Caswell explained that the university policy is that they cannot release information about a student death without permission from the immediate family.

“Our focus right now is just making sure that students and other members of the campus have the services they need to cope with the loss,” he said.

news@usmfreepress.org

Kirsten Sylvain / Editor-in-Chief

Presentation illuminates new health care law

Anthony Emerson
Contributor

Representatives from the Department of Health and Human Services and other health organizations led an informational session on Monday in an attempt to chip away at public misconceptions about the federal Affordable Care Act.

The session, which was also attended by representatives from Western Maine Opportunity Alliance, provided students and community members with assistance enrolling in the new health care plans. Few students were in attendance since, as event speaker Jake Grindle of Western Maine Community Action noted, most students are covered by either their parents’ or the school’s health insurance. Still, USM’s high non-traditional student population kept the discussion immediately relevant to USM students.

Grindle said that some people believed that they would be arrested if they didn’t purchase health insurance or forced into purchasing something they couldn’t afford. “People have heard so many different things and conflicting things that the problem is that they don’t know what is true and what isn’t true.” Grindle said, following a public presentation on the nuts and bolts of the ACA at Masterton Hall last Monday, at which he was the public speaker. “People just kind of throw their hands up and say ‘I don’t know what this is...’ every different radio station and TV channel says something different than the last one.”

For many people enrolling in the ACA, their health insurance premiums have gone down. According to Grindle, over 21,000 Mainers have signed up for ACA-sponsored insurance, and over 90 percent have seen a decrease in premiums or received tax breaks.

Coverage under the ACA is broken into three tiers: Bronze, Silver and Gold coverage, with differing premiums and protection levels in each. Even at the most basic level of “Bronze” coverage, however, no person will spend more than $6,300 per year out of pocket.

Some people have heard about a potential fine for not signing up for provisions in the ACA. While this is true, the fine is only $95 and has many provisions to protect people from it, such as people whose religion disallows them from having insurance, or people who fall below the federal poverty line. People who would have been protected under a federal subsidy doubling Maine’s state health insurance provider, MaineCare, also would not be penalized.

Christie Hager, the regional director of the Department of Health and Human Services reminded the audience that Governor Paul LePage rejected federal doubling of Mainecare, which was offered to all 50 states under the Affordable Care Act. Maine and New Hampshire are the only New England states that did not accept the subsidy.

Hager then enumerated benefits which the ACA has already had for Maine’s population. “More than 400,000 Mainers are protected from lifetime limits, preventing people from losing their insurance coverage when they need it most,” Hager said.

She also said that over 300,000 people in Maine alone have received completely free preventative services, like vaccines, under the ACA.

One of the lesser-known ACA provisions is “catastrophic coverage,” available for people under 30, to protect them in case of a major injury or disease diagnosis.

Open enrollment for ACA provisions ends on March 31.

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Tuesday, March 18

INFORMATION TABLE
10:00 a.m. to 12:30 p.m.

OFFICE HOURS
1:00 p.m. to 4:30 p.m.

INFORMATION SESSION
5:00 p.m.

For location details, contact USM Peace Corps recruiter Rob Orton

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News

March 3, 2014
Divest UMaine make case to divest to Trustees

On Thurs. Feb. 27 the group called Divest UMaine met with the investment committee to urge the UMaine system to divest from the top 200 companies that make up the coal, oil and natural gas industries.

“It’s a shame that the Committee did not respond to our request to set up a committee of students, faculty, and staff— which would devote itself to further fact finding and revisions to our sample resolution,” said Iris SanGiovanni, a USM freshman and one of the students that lead the presentation.

UMaine Divest is comprised of both USM and UMO students. Armed with facts, figures and an argument the students made their case for the UMaine system to divest within the next five years, or at the very least create a committee made up of students, staff and investee members for the purpose of reviewing research further so that they are able to vote for approval of the movement in May.

“At this point we’ve collected about 1000 signatures from students and faculty in support of our campaign, and President Kalikow did make a public statement of support as well,” said SanGiovanni. Despite the fact that the presentation went smoothly, the response from the committee was not what the group had hoped for. “We appreciated the time of committee and their support in continuing to have an open dialogue on divestment in the future; however, we are disappointed that their timeline does not satisfy our request nor the timeline of the severe climate crisis,” said SanGiovanni.

But they aren’t going down without a fight if need be. “We hope the Committee realizes we not just any special interest group. We will make sure divestment is brought to the forefront of the committee’s conversations,” said SanGiovanni after the meeting.

Singularity of Place Exhibit opens

From Feb. 21 to May 29 the fifth floor of the Glickman Library will be home to a photography exhibit titled A Singularity of Place: Photographs by Jeffrey Becton. The exhibit, put on by The Maine Museum of Photographic Arts showcases the portfolio of Maine artist Jeffrey Becton with 31 of his digital montage works on display. Becton defines this digital montage as the seamless harmony between many different visual forms into a digital form. “Combining primarily elements of photography as well as painting, drawing, and scanned materials, the techniques I use foster and give form to visual ambiguities, reexamining the boundaries of mixed media and creating altered realities that merge into images rich in symbolism both personal and archetypal,” said Becton.

Jeffrey Becton’s montages are made up of a layering of regionally recognizable architecture and still objects that feel inherited or collected by former generations,” said Denise Froehlich, director of exhibitions for the MMPA. “They are not aDOORable,” said Becton de Greene, USM assistant professor of painting, drawing, and scanned materials, the techniques I use foster and give form to visual ambiguities, reexamining the boundaries of mixed media and creating altered realities that merge into images rich in symbolism both personal and archetypal,” said Becton.

Becton de Greene, USM assistant professor of painting, drawing, and scanned materials, the techniques I use foster and give form to visual ambiguities, reexamining the boundaries of mixed media and creating altered realities that merge into images rich in symbolism both personal and archetypal,” said Becton.

On Thursday, March 6 USM will host a panel discussion titled The Summer King in Winter: A Panel Discussion on Integration and the Demise of the Negro Baseball Leagues.

The event highlights the upcoming world premiere of The Summer King, an opera about the life of Negro League great Josh Gibson written by USM associate professor of music and composer Daniel Sonenberg. The opera will have its premiere performance on May 8 at Merrill Auditorium, Portland. It aims to bring together performers, historians and Maine dignitaries to discuss the story of African-American baseball players and the impact integration had on the Negro League and professional sports in Maine and across the United States.

“This panel event should appeal to anyone interested in baseball, history and opera,” said Sonenberg. “This is an interdisciplinary discussion of issues raised by the opera and raises the question about a high-ly under-examined subject.”

Notable participants in the panel will be Maine sports journalist Bob Greene, USM assistant professor of African-American history and poli- tics Lenny Rowe and Gerald Talbot, Maine’s first African-American state representative. There also be a perfor-mance of an aria from the opera. The panel event will take place on March 6 from 5:30 to 7 p.m in Talbot Auditorium, Luther Bomney Hall on the USM Portland campus and will be free and open to the public.

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USM Bookstores

Police Beat

Selections from the USM Department of Public Safety Police log Feb. 13 to Feb. 25

Be the well-est you can be

4:47 p.m. - Report taken for a wellbeing check. - Dickey Wood Hall, 17 University Way

Friday, Feb. 14

Happy Valentine’s Day!

12:01 a.m. - Summons for possession of a useable amount of marijuana issued to Konnor Eastman, 18, of Gorham. - GS1 Parking Lot, 128 School St.

Anything’s possible if you just believe

12:25 - Unable to locate source of reports of possible marijuana odor. - Upperclass Hall, 25 Husky Drive

Kissin’ cousins

6:03 - Report taken for drug related items found in a room. - Woodward Hall. 20 University Way

Sunday, Feb. 16

“Remember, you’re taking this class pass/fail.”

12:04 p.m. - Verbal warning issued for failure to stop at the stop sign. - Costello Complex, 43 Campus Ave.

Tuesday, Feb. 18

Not aDOORable

10:17 a.m. - Report taken of damage to a door. - Brooks Student Center, 32 University Way

Thursday, Feb. 20

Ignoble failure

1:09 p.m. - Warning to operator for failure to stop at the stop sign. - G11 Parking Lot, 52 University Way

Collector’s items

4:23 p.m. - Report taken for drug paraphernalia. - Upton Hastings Hall, 52 University Way

Saturday, Feb. 22

“Verb that noun, now.”

12:49 a.m. - Verbal warning to operator for defective equipment. - Main St.

At a crossroads

9:34 a.m. - Assisted Gorham Police Department with a call. - New Portland Road at Little Wing Way

Lending hands, feet, whatever’s handy

5:51 p.m. - Assisted Gorham Police Department with a call. - Main St., Gorham

Monday, Feb. 24

Sound and fury, crime and punishment

3:02 a.m. - Noise complaint, referred to Dean of Students. - Robbie Andrews Hall, 39 University Way

Tuesday, Feb. 25

Time to DTR?

3:07 p.m. - Drug related items recovered. Report taken. - Upton Hastings Hall, 52 University Way

Opposite of a chameleon

9:13 p.m. - Possible criminal trespass suspected. Not the correct individual. - Upperclass Hall, 25 Husky Drive

Police logs are edited for grammar and style. They can be found at usm.maine.edu/police/campus-crime-log.
The student's guide to ...

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**Maine Restaurant Week**

Francis Filiuk
Arts & Culture Editor

The 6th annual Maine Restaurant Week is the perfect opportunity to break free from the doldrums of frequenting the same eateries and explore new flavors at an especially discounted price.

Over 90 restaurants all over the state are offering new 3-course dinners for either $25, $35, or $45 and lunches for a fixed price of $15. As Portland is home to over 35 of these featured restaurants, USM seems to be in the perfect city for this decadent and reasonably-priced celebration of food culture.

Maine Restaurant Week officially started at the Incredible Breakfast Cook-Off on Friday, when ten chefs from local restaurants gathered at the Sea Dog Brewing Company. They competed for the votes of guests who tried their signature breakfast dishes. Eve’s at the Garden won the cook-off with their fried green tomatoes, but Sabina warns, “Come early, they go fast.”

The sauce that’s served with the meatloaf is described by Hot Suppa’s chefs as “super ketchup” and is a creamy tomato-based sauce slow cooked with herbs and brown sugar.

Another entrance is a testament to creativity in the culinary world. Diners more inclined to feast on seafood can choose the shrimp szechuan salad, another entree is a testament to creativity in the culinary world. Diners more inclined to feast on seafood can choose the shrimp szechuan salad, a uniquely Asian spin on savory Louisiana Gulf shrimp. Succulent and boldly-spiced shrimp rest neatly on a bed of angula greens, roasted mushrooms, shallots, radishes and carrots topped with a tangy ginger sesame vinaigrette.

According to Sabina, their pork chops with grits and their jambalaya with fried green tomatoes are some of the most popular because they represent Maine farms, scallops pulled from Maine waters or produce harvested from local farms, scallops pulled from Maine waters or produce harvested from local farms.

If Cajun-inspired cooking doesn’t entice you, there’s something for everybody here. There’s something for everybody here.

According to Sabina, their pork chops with grits and their jambalaya with fried green tomatoes are some of the most popular because they represent Maine farms, the Pepperclub has made its dishes stand out in a way you can feel good about.

If there’s anything that can be said about the Pepperclub Cafe on Middle Street in Portland, it’s that it strives to make sure there are delicious options for every kind of food lover. There’s something for everybody here.

Pepperclub’s chefs have been serving locals for over 25 years, and in that time, they’ve learned one important thing: keep the ingredients local. By emphasizing wholesome ingredients, like organic beef and chicken from local farms, scallops pulled from Maine waters or produce harvested from Maine farms, the Pepperclub has made its dishes stand out in a way you can feel good about.

703 Congress St.

Hot Suppa, a quaint and cozy West End eatery, is number one for many reasons. Situated in a 19th-century brick Victorian building in Portland’s West End, Hot Suppa excels first in the atmosphere it creates. Guests are seated adjacent to a wall filled with colorful, Maine artwork that depicts familiar local scenes in vibrant colors.

If Hot Suppa can’t initiate a warm and fuzzy feeling with its laid back, charming atmosphere, then it certainly can with its menu. Specializing in classic American cuisine with a southern focus, Hot Suppa features a Restaurant Week menu that’s an equal blend of gourmet and home-cooking.

Another entrance is a testament to creativity in the culinary world. Diners more inclined to feast on seafood can choose the shrimp szechuan salad, a uniquely Asian spin on savory Louisiana Gulf shrimp. Succulent and boldly-spiced shrimp rest neatly on a bed of angula greens, roasted mushrooms, shallots, radishes and carrots topped with a tangy ginger sesame vinaigrette.

According to Sabina, their pork chops with grits and their jambalaya with fried green tomatoes are some of the most popular because they represent true American cuisine.

“The flavors and ingredients present in our dishes are examples of classic American,” said Sabina.

If Cajun-inspired cooking doesn’t entice your taste palette, Hot Suppa offers $1 Maine oysters from 4-6 p.m., but Sabina warns, “Come early, they go fast.”

**HOT SUPPA.............. $15-25**

78 Middle St.

If there’s anything that can be said about the Pepperclub Cafe on Middle Street in Portland, it’s that it strives to make sure there are delicious options for every kind of food lover. There’s something for everybody here.

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**PEPPERCLUB CAFE... $25-30**

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100 years of food history on display

Sam Hill
Managing Editor

To celebrate Maine Restaurant Week, the Maine Historical Society Museum has put together a collection of culinary history. From Chop Suey to Washington Pie, Maine Menus features a collection of menus from 1882 to 1949, all with a special link to the state of Maine. The exhibit has been curated by MHS archivist Nancy Noble, who suggested the idea after archiving a whole collection of different menus over the years.

"Some of them existed in larger collections, and some of them came individually, and a lot of them have been donated over the years by friends of the Society," said Noble.

Each exhibit has a story behind it and has been paired with relevant pictures.

"At first you think they’re just menus," said Noble, "but the stories behind them are wonderful bits of history. (Noble) does a great job of creating a story as she does her work," said Elizabeth Nash the marketing and public relations manager of the Society. "Finding a story, too. Going, if we have these in our collections, what are the common themes and the links and piecing that information together for the public to get a little insight."

One of Noble’s favorite pieces is a menu from Boone’s Restaurant in Portland dating back to 1940. This satirical menu includes an appetizer of “Mother of Pearl-in-Law (Ground Seashells),” a Maine seafood special of “Young Whales Stuffed with New Buick” (for only $3,500.00), Steaks and Surf with a side of “Stuffed with New Buick.”

"The exhibit is interesting combinations that simply break free. The collection illustrated (and 25 cents, except for hands of our staff this week."

"It’s quick, it’s good, it’s fresh," said Rendall.

EL RAYO TAQUERIA

101 York Street.

If you’re looking for Mexican food that’s actually made from authentic fresh ingredients, then El Rayo Taqueria could be your next favorite lunch spot. Self-described as "gourmet takeout," El Rayo certainly doesn’t lack in indulgent “feel good” food.

You can order takeout from El Rayo with enough food to take home for about $10 to 15 dollars. According to Talia Rendall, the front of house manager, it’s their affordability that makes El Rayo a go-to place for college students.

"We’re super excited to be a part of Restaurant Week," said Curry. "We try to be involved with the community any time we can."

EDWARD CURRY
Front of House Manager

"We’re super excited to be a part of Restaurant Week," said Curry. "We try to be involved with the community any time we can."

According to Curry, what she described as a “varied conglomeration of flavors” can be anything from pub-style pretzel bites to a portobello risotto. Rustic and authentically New England flavors are the focus of this pub, and one’s one dish in particular that so far has repeatedly delighted customers.

The signature dish is a herbed-roasted chicken served with baby brussels sprouts and spaetzle, a crispy German noodle in a smooth, seasoned sherry sauce.

“Although we’ve changed the menu around for Restaurant Week, that dish isn’t going anywhere,” said Curry. “It’s an all-time favorite.”

Making a first-time appearance on the menu is a vegetarian white bean and kale soup that Curry promises isn’t just with high quality ingredients.

"We want you to sink your teeth into. It’s in the rest of her (self-styled) book that her humor and whimsy breaks free. The collection is thick and full, and perfect to sink your teeth into."

-Sam Hill
Managing Editor

I keep listening to this album because I really like the beginning and only the beginning to “Midnight City,” I think I heard a dub-step remix once and I keep forgetting to find that original. I keep checking though. Someone out there must know what I’m talking about. Email me.

-Native/Mute

HurryUp.Wr.eDreaming/ M83

I keep listening to this album because I really like the beginning and only the beginning to “Midnight City,” I think I heard a dub-step remix once and I keep forgetting to find that original. I keep checking though. Someone out there must know what I’m talking about. Email me.

-Sam Hill
Managing Editor

"Not Waiting But Drowning" is Smith’s best known poem, and possibly her best and most moving, but it’s in the rest of her (self-styled) book that her humor and whimsy breaks free. The collection is thick and full, and perfect to sink your teeth into."

-Sam Hill
Managing Editor

"I keep listening to this album because I really like the beginning and only the beginning to “Midnight City,” I think I heard a dub-step remix once and I keep forgetting to find that original. I keep checking though. Someone out there must know what I’m talking about. Email me.

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HurryUp.Wr.eDreaming/ M83
In honor of Maine’s Restaurant Week, let’s take the stress out of finding somewhere delectable (and local!) to eat by exploring our top five apps that can be used to locate restaurants catering to every palate and wallet.

Many people today indulge in the technology of smartphones. This information especially serves those of this demographic, who are already out and about and ready to receive their daily bread. However, at the convenience of any computer, these apps are also widely available.

1.) Urbanspoon

Customer ratings generally give Urbanspoon five-stars. This app has it all, uncomplicated layout, GPS to find restaurants, plentiful filters to find exactly what’s being handed down, and some have become condos or been repurposed in one way or another. There will be an opening reception for the exhibit next Friday during the First Friday Art Walk.

On Thursday, New England food historian and author Sandy Oliver will speak and present a food demonstration with a Maine theme. In the past few years, Noble has started contributing to the NHS blog as she catalogues. “It gives me more of an awareness surrounding the work. Instead of just cataloguing, I can go hey, this is cool, I should share this with everyone” She does a great job of creating a story as she does her work.

Finding a story, too. Going, if we have these in our collections, what are the common themes and the links and piecing that information together for the public get a little insight. Some of them existed in larger collections and some of them came individually. A lot of them have been donated over the years.

2.) Yelp

Like Urbanspoon, it’s free to download and has an easy-to-use layout that allows one to search for restaurants that are close by. Since Portland generally has a pretty strong pride in its local restaurants, with many chefs gaining bragging rights by how many local and/or organic farmers they partner with, access to finding out about these places is a no-brainer with Yelp. Searches can be as detailed or as broad as needed, including result narrowers by price, distance, cuisine and open availability. Then there’s the bountiful amount of reviews that stream in at a near constant. According to Allie Athearn, a sophomore English major at University of Southern Maine, Yelp is a great tool for finding restaurants specifically geared towards your tastes. “Yelp makes it easy to find places that are new and that fall in line with what I’m craving at the time,” said Allie. “It has also encouraged me to try places that I otherwise wouldn’t have thought of trying.”

3.) LocalEats

This is the only app that has a price tag attached to it in order to be downloadable. However, it’s well within the college budget at a mere ninety-nine cents. It’s quite similar to Yelp in its ease of use; however, some differences are that it cuts out searching for all businesses and limits the search to only restaurants. Other features are being able to get driving directions, read menus, book reservations, and you can even schedule a taxi through this app to get you there and back. Keeping with “local pride,” you won’t be able to find chain restaurants with LocalEats.

4.) Foodspotting

Feast your eyes before you satiate your hunger: this app gives the user a visual low down on nearby restaurants. Reviewers recommend and post images of noteworthy dishes which makes it easy to pick out what to eat before even getting to the restaurant. The only concern is that some of the reviews are a bit outdated, but this doesn’t negate this app’s validity and usefulness. It’s like having a picture menu to all the local restaurants right in your pocket.

5.) Feast on Maine

This app is designed for only Maine restaurants. It can’t do as many of the fancy tricks as the other apps, but it’s simple, basic and locates the best local fare in Maine! The app is brought to us by the Maine Restaurant Association.

From MENU on page 8

The Peaks Island House, a small hotel, was replaced in 1904 by a four-story building, which burned down in 1934. “I think these are interesting because they’re very ephemeral,” said Noble. “Some are from places that have been torn down, and some have become condos or been repurposed in one way or another.”

There will be an opening reception for the exhibit next Friday during the First Friday Art Walk.

Elle S. Davis
Staff Writer

Local
Top 5:
Food apps
Gluten-free at Bam Bam

One Portland bakery offers several tasty options for gluten-sensitive food lovers

Elizabeth Friedman
Contributing Writer

With one percent of the entire U.S. population suffering from celiac disease, it’s no surprise that many of Portland’s eateries are attempting to tap into this new, sometimes under-represented clientele.

Bam Bam Bakery, situated at the corner of Union and Commercial streets, caters to the customers who don’t consume gluten, a type of protein found in wheat and a variety of other grains.

“ Gluten-free patrons are an underserved population, and there are not a lot of products on the market,” said owner of Bam Bam Bakery Bevin McNulty. “When I started [a gluten-free diet] five years ago, it was even more limited than today.”

Sophomore and psychology major Maria Kondax agreed saying “The campus in Gorham doesn’t have a lot of options for people with gluten intolerances. Plus, they put the section in a corner and sometimes cross contamination can occur.” Kondax chooses to be gluten-free because she considers it to be a healthier option, but she also knows of the consequences of gluten contamination for someone with celiac disease. It can occur in any facility that carries the two products and is a major concern for people with celiac, an autoimmune disease that can lead to the deterioration of the intestinal lining when gluten is ingested. Research also suggests that it could also lead to severe diseases like lymphoma, an autoimmune type of blood cancer.

“It’s hard to find safe food,” said McNulty. “People with celiac can get sick from cross contamination. Most restaurants can’t create separate prep stations.” But because Bam Bam Bakery doesn’t sell products that contain gluten, the gluten-free customer doesn’t have to worry about a possible contamination. Adrianna Tihke, a Portlander who keeps up a gluten-free diet, said “It’s incredibly important for restaurants and cafes to regularly offer food options for people with gluten sensitivities,” said Tihke.

Some of the options at Bam Bam Bakery include savory pies, pizzas and cupcakes. They also offer several items that can be made vegan. Take their breakfast bombs for instance, a portable and nutrient dense morning treat, made with quinoa, flax seed, molasses, ginger, gluten-free oats and other ingredients.

“I love the selection at Bam Bam Bakery,” said Tihke. Though many places are now serving up gluten-free items, McNulty reiterated that safety in these kitchens is still a concern for gluten-free customers. “ ‘Safe’ is really hard for people with celiac. It’s not easy to control in a kitchen that also serves glutenous items. This includes the gluten-free products found in stores, a good portion of which are made in facilities that also process gluten.”

There are, of course, people like Kondax who do not have celiac disease or a serious allergy but who still choose not to eat gluten. McNulty offered one theory as an explanation of that choice: the grains that the average, gluten-consuming person eats are over-processed, she said. Kondax indicated that gluten-free fare is easier to digest because it’s less processed than non-gluten-free foods. Whatever your reason for eating gluten-free, the affordable Bam Bam Bakery is capitalizing on a healthy trend by making an array of tasty but wholesome baked treats. Some of which are incredibly rich, decadent and delicious.

Want to submit an event? arts@usmfreepress.org

Want to see your work in here? email editor@usmfreepress.com
With the budget deficit, there are going to be changes at USM, whether we’re a part of them or not. The work of the Direction Package Advisory Board is officially expired, and the university has put their work into action. Over the next few weeks, serious decisions will be made that will affect USM’s fiscal, staffing, the economics and activities around our three campuses, and, most importantly, the students.

The work of the advisory board was a survey to ask students why they enrolled at USM, what their most positive experiences at the university have been and what they felt needed to be worked on. While the board felt they received worthwhile feedback, the student response wasn’t exactly impressive. Only 347 students responded to the Direction Package survey out of USM’s roughly 8,000 student population.

We know there are more students than 347 who care deeply about what’s happening here. It seems there are always comments about the apathetic body floating around the community, but we know that isn’t entirely true. Student involvement has been on the rise over the past two years, and students are regularly noted for their work in the community.

Now, we don’t expect all students to be attending Faculty Senate meetings or calling up administrators to ask questions about retention and cost saving measures, but we encourage students to let their voices be heard and take advantage of any situation that calls for their input.

Issues we may not think of as problems of students, such as enrollment and already-on-track for involved students. Due to low projected enrollment for next year, the Student Government Association may be faced with as much as a $33,000 budget shortfall due to less incoming student activity fee funds. Without adequate student groups to receive as much money. This is not something students can fix directly, but your input can help. Administrators, treat yourselves to a local way to increase enrollment, and what better source than the people who are already enrolled?

Right now, all Direction Package material is up online for anyone to view, and there are forms available for anyone to leave feedback. If you have the time to dig through the materials or simply leave feedback about your experience at USM, we urge you to do so to help make USM’s future brighter and more student-centered than ever.

The recommendations of the Direction Package Advisory Board that the President’s Council will use in its deliberations will be brought before the Faculty Senate on March 14, and there will be an open meeting on March 19. Let’s fill as many seats as we can with students to show that we care about the future of USM.

Tyler Kidder
Contributor

For those of you who try to eat locally, the winter used to be a bit barren, but we’re longed for the warmer days of spring and summer and fall, when our beloved nearby produce was easier to obtain and contained more variety. Now, thanks to a growing urban alternative in Maine, “If my kids wanted rural,” they point out, “they have many choices, but the idea of a city experience is what excites them.” And Portland has consistently been at the very top of national rankings for “best cities to live in.” Combine this with The Princeton Review ranking that named USM “one of the best, affordable, small colleges in the east,” and you have an identity to build upon.

Indeed, it was the Portland community who urged USM to launch a number of its degree granting programs, including the American and New England Studies Program, a graduate program in the humanities that continues to use the city as a lab. Along with members of the Maine Humanities Council, the Director of the Maine Historical Society was on the original search committee. In the past twenty years, so our students have interned in almost all 95 different sites including a six-week summer program on Monhegan island that continues today. Classes have taken place at the Maine Historical Society, Victoria Mansion, Maritime Museum, Portland Museum of Art, and at Delano Park, Willard Beach, Cushing Island, Winslow Homer’s studio, Portland Aquarium, Portland Museum of Art, and at Delano Park, Willard Beach, Cushing Island, Winslow Homer’s studio, Portland Aquarium.

Thanks for your coverage of the Direction Package (Feb. 24, 2014). As faculty member who (with many others), has for years emphasized the urban uniqueness of USM, I too am excited that this old idea is getting a new and enthusiastic look. When I talk with neighbors in Deer Isle and Blue Hill, they tell me that their children see USM as the only urban alternative in Maine. “If my kids wanted rural,” they point out, “they have many choices, but the idea of a city experience is what excites them.”

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Sustainability and Milestone
You can still eat fresh in winter

Portland Winter Farmers Market:
There is nothing like the calm weekend wander through a summer farmers market, but we live in Maine so that’s only a reality for half of the year. Maintain your Saturday morning shopping routine year-round by cruising through the cozy and bustling weekly winter farmers market. Starting this year, the market is located at 200 Anderson Street every Saturday from 9 a.m. to 1 p.m., and is check full of greens, root veggies, honey, tempeh, yo-
gurt, kombucha, bread, pies and so much more. Well-behaved pets are welcome, too. www.portlandmainefarmersmarket.org/winter-market.htm.

Rosemont Markets:
Did you know there are now four Rosemont Markets? They must be doing something right and they are known to carry plenty of local options! Stop in to do your quick and dirty milk, kale, eggs and tomato shopping, or linger a little longer and explore the stocked deli and cheese counters, or try treating yourself to a local way to increase enrollment, and what better source than the people who are already enrolled?

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Tyler Kidder is USM’s Assistant Director for Sustainable Programs, who always boasts loudly about the quality and quantity of local food served to her dinner guests.

The free press is a weekly student-run newspaper published for in part with the Student Activity Fee. We reserve the right to reject or edit all materials submitted or solicited for publication due to space or staff. Contributors are sometimes solicited or accepted from members of the USM community; they may not exceed 300 words. We have a gender-neutral language policy. One copy of The Free Press is available free of charge. Up to 10 additional copies are available for $25 each at the office of The Free Press, 92 Bedford Street, Portland, Maine. To advertise, contact our Advertising Manager at 207.780.4084 x8. We reserve the right to reject advertising. We will not accept discriminatory ads. We welcome letters to the editor. They must be submitted electronically, include the author’s full name, school year or relationship to USM, and may not exceed 350 words without prior approval from the Editor-in-Chief. The deadline for all submissions is Wednesday at 5 p.m. preceding the week of publication. Send submissions to editor@usmfreepress.org.
Corrections
From the Feb. 24 issue on page one in the story “Students ask trustees to divest,” the University of Maine System Investment Committee meeting was on Thursday, Feb. 27, not Friday.

Trust your gut and eat what you want

Thaddeus Moriarty
Contributor

I’m Thaddeus Moriarty, and you are wrong. Why?

Because you eat food. Food wants to be eaten, will make itself smell good and look tasty in order to be eaten, and — by eating it — you’re falling right into its trap. Don’t play food’s game. Think for yourself, you sheep. (Mmm, lamb chops.)

I’m being facetious, of course; food doesn’t coerce us into sampling it. Shaw’s Supermarket employees do that. No, what food does is entice us into eating it, filling rooms with delicate aromas and mysteries and the hopes that ARA-MARK will serve something identifiable this week. (Nope.)

Food is potentially the greatest invention since sliced bread — or, since grated cheese — um … since the chalkboard. Lives are saved by it, relationships strengthened over it and the Virgin Mary was found on a Dorito. Ignore Benjamin Franklin: it is far more fun to live than to eat to live.

And yet we, as humans, insist upon the diet plan. Diet plans convinced me. Not, now, just dieting; a healthy diet makes for a healthy everything else. You know what I’m talking about when I say diet plan; the fat-free diet, the Atkins diet, the gluten-free diet, my current nothing-but-Twix diet. These diets, each one promising a slim, younger, merrier waist and healthy glowing skin and toenails, do little more than deprive people the food that they want and need and instead make them eat nothing but Twix.

Is this truly fair to the food? Think of the food. (Mmm, lamb chops.)

Now don’t get me wrong as wrong as you are; there is certainly some merit to the Only-Purple-Foods-Diet© and its diet-plain brethren. Eating fat-free foods actually can help to lower your risks of heart disease and is good at video games. But I’m afraid. By (somehow) removing all the fat from foods, the flavor usually goes with it, because fat things taste good or something.

The way to then combat a Lean Cuisine (because I want to pick on Lean Cuisine) tasting like a soggy is to — you guessed it — add a metric crapton of salt. If you feel full, you’re full. And is good at video games. But I’m afraid. By (somehow) removing all the fat from foods, the flavor usually goes with it, because fat things taste good or something.

You have to be careful about things with low-calories, too, I’m afraid. (By (somehow) removing all the fat from foods, the flavor usually goes with it, because fat things taste good or something.)

Here, then, is the moment you’ve been waiting for, dear reader: the hypocritical Thaddeus Moriarty diet plan. Listen closely; I’m only going to type this once: Ready?

Eat whatever you want. Seriously. Just eat what you like, eat what tastes good, eat what your date is eating to be nice to her because she has pretty green eyes and is good at video games. But if you feel like having two of something, just eat one. If something looks bad for you, it probably is. If you feel full, you’re full. And a few hours after you’ve done eating, go for a walk. Or a run. Or a hang-gliding-jet-ski/mountain-bike adventure. And live.

That doesn’t sound like a diet plan?

Well, then. You are wrong. Thaddeus is a senior history major, and he is right.

30% of all smiles originate in the eyes.
Crossword
Across
1. Rights org. emblem: 1950
2. Earned fake
10. Attacks, with "ins"
14. Minute bit
15. "Three ___ exceptions"
16. Running great: Zeppelin
17. Wimbledon winner
19. Clair's crush on "Stonehenge"
20. "Less Than Zero" novelist
21. Fudging and pie
23. Actress Jessica of "Dark Angel"
26. Major Prophet
27. Baseball field markers
32. Powerball selections: Abb.
33. Like some ancient Mexican architecture
34. Mints, as a star
38. Octo-
40. "Be quiet!
42. Frieze пароли
43. "Bose (winter almanac)
45. Cooks
47. Kind of rag or dog
48. Tower's words
53. Author of "The Foundation Trilogy"
54. Revealed
55. TAUER (UNO Runs)
58. Picture on a ceiling
62. Sam and Abbie, in Tokyo
63. Calem
66. ___ stuffed canoe
67. U napped, in a game
68. ___...blessed?
69. Bone (prefix)
70. Open fronted jacket
71. Float fleet members of old

Down
1. Highest number on the dice
2. Lover's song
3. Lower left PC key
4. Religious charity
5. Animal pack
6. End of pin or prong connector
7. Do one of the three's
8. Suffice with dear or perform
9. Says
10. Set free
11. ___ were (Japanese proverbs)
12. Ship of 1492
13. Cut dramatically
18. Modern Fifth
22. Army Adj. Instructor, often: Abb.
24. Neatly or in documentation
26. Tell, chant...
27. Draws to a close
28. Russian frequency
30. Pacific Help on issues as Painless Nana
31. Newspaper ad, often
33. Not said
36. Mild explosive
37. 10th-grader, for short
38. "Try to think of something...
39. Hearty laugh
44. "Whoa! the ___"
46. Alabama city
47. DeCarlo's "The Monsters"
50. Mean and pop
53. "Don't you ___ surprise!"
54. Makes tidy
56. Words said by a folding poker player
56. Bankroll, as a point
57. White Combi form
58. Fiancé's shouts
60. Sc. subject
61. Items in a P.O. box
62. The Reds, an scoreboard
65. :Attitude: Abb.

Weekly Horoscope
\[ \text{March 3, 2014} \]

**Aries**
March 21-April 19
Be open to seeing several sides at work today. Your challenge is to cooperate with everyone and have a say in the final compromise.

**Taurus**
April 20-May 20
Just be yourself today. That's much more attractive and lovable than you give yourself credit.

**Gemini**
May 21-June 20
You work harder safeguarding someone else's funds than your own. Save some care for yourself.

**Cancer**
June 21-July 22
You may be torn between self-expression and intimacy today. Balance needs for freedom with needs for emotional closeness.

**Leo**
July 23-August 22
You'd like a more ideal job (better hours, better pay, better conditions). Make the dreams you seek are achievable.

**Virgo**
August 23-September 22
Head-to-heads over money, sex, or control issues are possible. Don't run from a fight, but do be willing to compromise.

**Libra**
September 23-October 22
Beauty is accented for you—whether you go shopping for clothes, get a haircut, pretty up the house or do something else.

**Scorpio**
October 23-November 21
Your primary relationship is on your mind today, and could be a topic of conversation as well. You learn through interactions.

**Sagittarius**
November 22-December 21
Shopping for or with relatives is a good bet for today. You may find that special something a family member has been wanting.

**Capricorn**
December 22-January 19
Avoid extremes today: pushing too hard to get your way OR giving up, believing you can't do anything. Energetic practicality works.

**Aquarius**
January 20-February 18
Assertive action by you can bring financial rewards. Put yourself forward.

**Pisces**
February 19-March 20
A friend tries to tell you what to do and how to behave. You're an adult; assert your independence!

---

**Cryptogram**

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

QZJHF JXPISHA OQMH TZZ UPJX XHF IQA AJTSH, AXH UOA Q MHFQCIHM UTOQC.

And here is your hint: S = V

---

**Sudoku**

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

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**The solution to last issue's crossword**

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**Weekly Horoscope**

- Great
- Good
- Average
- Alright
- Difficult

---

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www.leonardosonline.com
Healthy or not: the truth about athletes’ diets

Justicia Barreiros
Sports Editor

The difference between a nutritious diet and unhealthy habits can make or break a student athlete’s performance. Many student athletes find it difficult to keep their diet on track when their sport is off season. “When I’m out of season, I’ll eat more junk food—you know chips, salsa—because you’d think that your body would want to eat everything you shouldn’t be eating,” said Sabrina Sodders, sophomore athletic training major and track and field athlete. “And then when I’m in season, I try to eat more salads and fresh fruit.”

However this isn’t a problem for Tyler Leavitt, sophomore exercise science major and baseball player. “I don’t change my meals on or off season to eat healthy all the time, but I find that if I plan out what I’m going to eat before I eat it, that definitely helps.”

In their sports’ season, athletes need to focus on consuming enough calories to maintain their weight and energy levels, while also staying hydrated and eating a balanced diet with fruits and vegetables.

Many athletes in sports that require weight loss resort to extremes to cut weight, like cutting carbs. Carbohydrates, head athletic trainer Matthew Gerken explained, are essential to the diet of the athlete because that’s the best way to fuel their bodies.

Using a system revolving around weight classes for competitions, wrestling especially sees a large number of students concerned about weight classes for competitions, one of the oldest track and field events, and will be unprecedented for the USM community. According to Gerken, members of the health and wellness center staff have an interest in and knowledge of dietary requirements.

The difference between a nutritious diet and unhealthy habits can make or break a student athlete’s performance. Many student athletes find it difficult to keep their diet on track when their sport is off season. “When I’m out of season, I’ll eat more junk food—you know chips, salsa—because you’d think that your body would want to eat everything you shouldn’t be eating,” said Sabrina Sodders, sophomore athletic training major and track and field athlete. “And then when I’m in season, I try to eat more salads and fresh fruit.”

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“"It affects the record, it affects their own statistics and the team’s record.”

-Matthew Gerken
Head Athletic Trainer

Myths that athletes should eat fewer carbs and more protein are very ingrained in our society and commercial culture. “I think when most athletes, or at least dedicated athletes, are in season, they tend to lean more towards healthier things, eating salads all the time, avoiding carbs, protein shakes—I know so many baseball players that just live off of protein shakes, and it’s ridiculous,” said Sodders.

Some athletes like Mike Frey, junior sociology major and wrestler, are aware of these myths. “Some of a lot of people don’t understand about them is that a protein shake is a meal, so if you eat one of those and a meal you’re getting two meals as opposed to one meal, and if you ate an entire plate, you’re negating everything you gained from that protein shake,” said Frey. “If you have that protein shake, you’d better be on a clean diet too.”

There is a risk that comes with taking supplements, though, because according to Gerken and the Food and Drug Administration website, supplement manufacturers are not required to obtain approval from the FDA. “So if you go to GNC, for instance, and you buy this bottle of some kind of supplement, there is no way you know for sure that what it says in the ingredients is right or [if] the components and measures are accurate, because nobody is monitoring it to make sure that it’s done right—because it’s not food or drug-controlled,” said Gerken.

When teams make it to the NCAA tournaments, there are random drug tests on student athletes. These tests can turn out positive because of illegal substances that were in a supplement. Quite often these substances will be misnamed or not listed on the supplement’s bottle. “So you might have something that is an illegal substance, banned by the NCAA or the Olympic committee, and you don’t know that you have it in your system,” said Gerken.

This can affect not only the athlete taking the supplement but the entire team as well. “They’ll say you had an athlete who tested positive, they’re ineligible for a year, all the team participation that they had—the wins become losses, and it affects everybody,” said Gerken. “It affects the record, it affects their own statistics and the team’s record.”

Connor Hamilton
Contributor

Junior Jamie Ruginski from Buxton is a highly decorated member of the USM indoor track team. He has competed and scored at both the regional and national level and will be representing the university at the New England Intercollegiate Amateur Athletic Association Championships, one of the oldest track and field competitions in the country.

Though Ruginski has won more than a dozen track and field awards, he was humble during his interview, highlighting the hard work and skill of every teammate who passed and mentioned the importance of teamwork during competitions. “It takes everyone—every thrower, every jumper, every runner. It takes every person to win,” he said. “That’s what makes [track and field] so great.”

Ruginski himself has acquired an incredible amount of awards since joining the USM team. This season he has broken four school records in the 4-by-400 meter relay, long jump, triple jump and heptathlon. The record he broke for the long jump was his own, set on his very first track meet.

Ruginski has received the Little East Conference Field Athlete of the Week award an unprecedented seven times and was named Eastern College Athletic Conference Track & Field Athlete of the Week another six times. The ECAC Track & Field Athlete of the Week award is comprised of schools from Maine all the way down to Georgia. Ruginski said he was very honored by the award.

Ruginski is ranked nationally in Division III for three events, having tied for second place in long jump, third in the triple jump and heptathlon, achieving victory in the heptathlon by a single point.

Ellen Spahn
Design Assistant

For student athletes that are seeking ways to improve their diets but can’t afford to hire a personal nutritionist or nutritionist, Gerken recommends speaking to members of the USM community. According to Gerken, members of the health and wellness center staff have an interest in and knowledge of dietary requirements.

Gerken also recommends Robin Hooge, coordinator of fitness and recreation, as a good source for information about good nutritional habits.

Gerken’s main advice to athletes however is to make sure that they are ingesting enough calories using a well-balanced diet. “Carbs would probably be the most important thing and the balance of their diet, making sure they’re getting lots of vegetables and plenty of water,” said Gerken.
Huskies win two but lose in the final game

David Sanok
Contributor

In what was a back-and-forth game throughout most of the night, the second-seeded USM Huskies’ women’s basketball team eventually pulled away with a 53-45 victory over the seventh-seeded UMass Boston Beacons on Tuesday, Feb. 25. Although the Huskies went on to lose in the final game, they had a great run this season ending with a 20-8 record.

The interview ended with a shout out to Ruginski’s fellow Huskies. “I’d like to thank my coaches and team for pushing me,” he said. “This will be the year we do something incredible for Maine.”

Jamie Ruginski, junior track and field athlete, practicing triple jump before the New England Division III Championships on Feb. 22.

“Not a pretty way to end a ball game, but we will take anything we can in order to win.”

-Gary Fifield
Women’s Basketball Head Coach

USM #15 Stephanie Gallagher, a junior guard, attempting to advance up the court past two UMass Boston defensive players.

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Community Spotlight: USM will cook it up Cajun style

Nathan Baril
Contributors

The sounds, smells and tastes of Mardi Gras will fill the halls of Woodbury Campus Center this Tuesday with the annual Fat Tuesday Cajun Cookin’ Challenge.

Right in the middle of Maine Restaurant Week, USM’s non-profit, community radio station, WMPG will host its 19th annual cook-off with representatives from local restaurants competing for the title of best Cajun dish. The restaurants entering dishes for the competition this year are Po’ Boys Pickles and Bintliff’s American Cafe, as well as last year’s reigning champs Great Lost Bear American Cafe, as well as this year’s reigning champs Great Lost Bear Dining.

The whole event started as a way for the station to thank the community for the support it received from WMPG, to help pay for the expenses associated with the event. The only condition is that the restaurants produce an example of down south flavor. This means tables laden with beans, rice, seafood gumbo, spicy jambalaya and all the Cajun favorites. WMPG will keep the theme going by broadcasting typical New Orleans music beginning at 10 a.m. and will be followed by Sylvain’s Cajun Aces, who will perform live in the amphitheatre at 1 p.m. Sylvain’s Cajun Aces are a local five-piece band, specializing in the distinct bourbon-flavored sounds of Cajun mayhem.

“The participating restaurants have to create a Cajun-inspired entrees that will be judged by popular vote. The winner will be determined by 4 p.m. by ballot count. The whole process is fairly casual, said Dale Robin Goodman, the program director of WMPG. “As the attendees are going around, we give them a ballot, and they mark their favorites,” said Goodman.

That’s exactly why Matt Becker, senior media studies major, attends the Cajun Cookin’ Challenge. “I’m excited for it. I don’t often get off campus to try the culinary adaptations from these local restaurants. “It’s crowded, but it’s fun. The restaurant people get to talk to people from the WMPG community, and we encourage them to hand out their propaganda about the restaurant, menus, cards, flyers or whatever,” said Goodman.

The event serves as an opportunity for the local restaurants and the musicians performing there to get free public exposure to an age group that otherwise can be difficult to access. “They really get to meet the public and kind of build relationships. It’s really fun for them.”

“It’s not formal or formally judged, but it’s their chance to really reach out to the public because usually 500 to 600 people will come,” said Goodman. “People love it, they remember it. The restaurants really do it up, and it’s a bit of a competition.”

With free food and live music, it is no wonder that the Cajun Cookin’ Challenge sees a fair turnout from year to year. The event also gives students, who don’t have the time, money or transportation, to try the culinary adaptations from these local restaurants.

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That’s exactly why Matt Becker, senior media studies major, attends the Cajun Cookin’ Challenge. “I’m excited for it. I don’t often get off campus to try the different food the city has to offer. People love it, they remember it. The restaurants really do it up, and it’s a bit of a competition.”

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“I’m excited for it. I kind of ran into it [the cooking challenge] by accident three years ago between classes and haven’t missed it since.”

-Matt Becker
Senior media studies major

Monday, March 3
English Student Association (ESA)
2:00 p.m. - 3:00 p.m.
Room 219, Gillockman Library, Portland

Circle K International Weekly Meeting
8:00 p.m. - 9:00 p.m.
113 Upperclass Hall, Gorham

Tuesday, March 4
Southern Maine Navigators Nav Night
7:30 p.m. - 9:00 p.m.
10 Bailey Hall, Gorham

Gorham Events Board Meeting
8:00 PM to 9:15 PM
Brooks Student Center, Lower Level, Gorham

Wednesday, March 5
USM Enactus Weekly Meeting
11:45 a.m. - 1:00 p.m.
Luther Bonney, Room 310, Portland

Visiting Artist Lecture - Shawn O’Connor
12:00 p.m. - 1:00 p.m.
Burnham Lounge, Robbie Andrews Hall, Gorham

Political Science Student Association Weekly Meeting
3:00 p.m. - 4:00 p.m.
55 Exeter St, Political Science House, Portland

Create Your Own Wellness Box
8:00 p.m. - 10:00 p.m.
Brooks Student Center, Lower Level, Gorham

Thursday, March 6
Student Led Women’s Group
3:00 p.m. - 4:30 p.m.
235 Luther Bonney Hall, Portland

The Summer King in Winter
5:30 p.m. - 7:00 p.m.
Tarbot Auditorium, Luther Bonney Hall, Portland

Friday, March 7
Building Community to Support Students in Distress
6:00 a.m. - 3:30 p.m.
Lee Community Hall, Wishcamper Center, Portland Campus

Anime Club
7:00 p.m. - 9:00 p.m.
Room 403, Bailey Hall, Gorham

Saturday, March 8
USM Boff Club Weekly Meeting
1:00 p.m. - 4:00 p.m.
Wrestling Room, Costello Sports Complex, Gorham

SNO Ball
7:00 p.m. - 10:00 p.m.
Wishcamper Center, Portland

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