Alleged Student Senate violations tossed aside

Accusing senator resigns before complaint is addressed

Sam Hill
Editor-in-Chief

Two weeks ago the Student Senate treasurer denounced decisions made by the senate chair and the parliamentarian to withhold his paycheck after multiple absences.

Treasurer Jason Blanco recommended that Joshua Dodge, the senate chair, and Joshua Tharpe, the parliamentarian be removed from their positions for violating the constitution, which does not give them the authority to alter stipends.

According to members of the senate’s executive board, Blanco never filed the proper paperwork to the Violations Inquiry Committee to warrant investigating his claims and call for Dodge and Tharpe to be removed and that he quit immediately after that meeting.

“There was nothing properly submitted, so, officially, there’s nothing to talk about,” said Tharpe.

Dodge, Tharpe and Judson Case, the senate vice-chair, declined to discuss the specifics of Blanco’s accusations because they were discussed within an executive session. When a senator is appointed, they are asked to sign a confidentiality waiver restricting them from speaking about what is discussed in these sessions. The senate generally goes into executive session to discuss personal problems including promotions, demotions or dismissals.

Dodge did say that the issue with Blanco’s accusations were strictly procedural and the decision to not act on his concerns was indeed not biased.

The Student Government Association constitution requires anyone accusing an individual of violating the senate’s rules and regulations to file multiple copies of a formal complaint including a full description of the violation, names of witnesses, contact information and their signature. After a formal complaint is submitted, the VIC has ten days to notify the accused party, another ten days to convene and investigate and 30 days to conclude their findings and choose an appropriate penalty.

Because Blanco did not file a formal complaint, the VIC is unable to investigate, let alone act and remove anyone from their position.

“If he had filed a complaint properly, it would’ve been investigated but he walked away,” said Frazier, noting that the BSO has been running smoothly and it would not be wise of the senate to make them look for a new executive board member.

Constitutionally, students are not allowed to hold multiple stipend positions, so Bahun would’ve had to resign from BSO to receive a stipend for the senate treasurer position.

Senator Matt Wilkinson, who also chairs the BSO, said he was comfortable letting Bahun take the position, even if it meant he had to look for a new executive board member.

“In the wake of Blanco’s resignation the senate is pressing on by voting in Senator Ashley Rose, a member of the senate’s finance committee as the new senate treasurer,” Wilkinson said.

Rose and Senator Tom Bahun were both nominated for the position, each having significant experience in dealing with finances. Rose was already a part of the finance committee and Bahun serves as the treasurer of the Board of Student Organizations.

Both Bahun and Rose have experience with accounting for numerous groups outside of the university.

Bahun’s position with the BSO was brought up during the deliberation by Kyle Frazier, the student body president, who did not think it was wise to have Bahun leave his position at the BSO for the senate.

“I don’t think rocking the BSO again is the best option right now,” said Frazier.

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Senator Joshua Dodge and senate parliamentarian Joshua Tharpe were accused of unconstitutional actions regarding stipend withholding.

Tharpe. Dodge declined to comment on Blanco’s request to have him removed from his position, saying that there are two sides to every story and that he didn’t feel comfortable speaking on the situation to the press. He suggested that any student who wanted to know his thoughts on the issue to come speak with him during his office hours in the SGA office.

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Student Senate continues to fill empty seats

New senators John Jackson and Scott Reiner both cited the university’s budget deficit and the dismissal of professor last spring as reasons for wanting to join the student senate.

Alex Huber
Contributor

The primary goal of the Student Senate for so far this semester has been filling vacant seats and increasing their presence on campus, and they’re beginning to make progress.

At last week’s meeting the senate added two new senators and quickly replaced the treasurer position that was left vacant due to internal conflicts. During the previous meeting former treasurer Jason Blanco accused two executive board members on unconstitutional actions and resigned immediately afterward.

In the wake of Blanco’s resignation the senate is pressing on by voting in Senator Ashley Rose, a member of the senate’s finance committee as the new senate treasurer. Rose and Senator Tom Bahun were both nominated for the position, each having significant experience in dealing with finances. Rose was already a part of the finance committee and Bahun serves as the treasurer of the Board of Student Organizations. Both Bahun and Rose have experience with accounting for numerous groups outside of the university.

Bahun’s position with the BSO was brought up during the deliberation by Kyle Frazier, the student body president, who did not think it was wise to have Bahun leave his position at the BSO for the senate. “I don’t think rocking the BSO again is the best option right now,” said Frazier.
“Love is an orientation” discussion space created

LGBTQ members and Christians talk it out

Emma James
Managing Editor

In an effort to provide a comfortable and welcoming space for members of the LGBTQ community to express their faith and discuss their shared experiences, other Christians, a six-week series of discussions has been planned.

According to Kent Ryden, professor and director of American and New England studies, the dean’s office sent out a letter to all current students asking if they plan to participate in the series. Ryden, who also serves as coordinator of the center for sexualities and gender diversity, has teamed up with Reverend Rus Willette, the leader of the Christian Navagitors group on campus.

“Love is what ties communities together,” said Willette. “What love actually looks like is more important than what form it takes place in.”

Willette leads about 75 students in the group, the Navagitors, where they participate in community, fellowship and Bible studies. This is the first year they’ll be meeting in the Center for Gender and Sexuality Diversity to discuss a myriad definition of love in a formal way. Willette said that despite being a Christian who’s accepting of non-traditional sexual identities, he still recognizes that these topics can be controversial.

“Having these types of conversations can be hard as the two sides will not always agree,” said Willette. “The key is to make sure no matter what is discussed, both ‘sides’ walk away from the table feeling cared for and not beat up.”

Holmes has said that, overall, Christian groups like the Navagitors have evolved to become more accepting of queer folk.

Still there are Christians on campus that are less accepting of people from the LGBTQ community, but Holmes noted that “most of the groups that harass gay students come from outside the community.”

Holmes mentioned the Westboro Baptist Church who has picketed at USM in the past, as well as Guy Hammond, the founder of Strength in Weakness Ministries, who preached last year that with proper faith you can “pray away homosexuality.”

“I get that a person’s religion is very important to them,” said Holmes. “But the search for a truly open and inclusive faith community is more important even.”

The door to the center for sexualities and gender diversity in the Woodbury Campus Center. This is where the weekly discussions are held.

The key is to make sure no matter what is discussed, both ‘sides’ walk away from the table feeling cared for and not beat up.”

Ryden attributes the uncertainty to the fact that the source of discrimination comes from a mix of misunderstanding, fear and old traditions. Both Willette and Holmes have said that they absolutely understand that these issues can be very sensitive to some people. They also want people to understand that who ever shows up to these meetings are made aware that they are coming to an open and inclusive atmosphere.

The talks aren’t meant to be a debate, but a discourse that will hopefully lead to increased understanding that love is the underpinning of our society.

“Love is what ties communities together,” said Holmes. “What love actually looks like is more important than what form it takes place in.”

Ryden indicated that the teach-out plan as it has been developed thus far has had no consultation with the ANES faculty.

“Our students are still left with a lot of questions and a lot of unknowns. It doesn’t seem like their needs and interests were fully taken into account,” said Ryden. “A lot of our students are pretty upset.”

David Jester, a current ANES student, expressed concern at the uncertainty of it all.

“Since I’m doing a thesis track, it could take me a year and a half or even two to three years to finish,” said Jester. “When I entered the program we were supposed to be given six years to complete, so that would’ve allowed me until 2017. As of right now, it looks like they’re only giving us two years which goes against the student guidelines.”

Stephen Pollock, professor of geosciences, was unable to comment on the teach-out plan for his program, indicating that everything is “too preliminary” to release at this point.

What happens ultimately rests in the upper ranks of the administration. The provost or president will eventually sign off,” said Pollock. “We may know something if even more people the provost releases his academic restructuring plans on Monday.

Ryden attributes the uncertainty to a “poorly thought out elimination process.”

Ryden explained that it is possible to complete the program in two years, but many students are nontraditional or part time and only take a class or two per semester. A student in this demographic has to complete all the required courses for students, but not the elective courses, and not beat up.”

Some of the hurt that’s been done” said Holmes. “People just need to focus on living with kindness, love and gratitude.”

“Love is what ties communities together,” said Holmes. “What love actually looks like is more important than what form it takes place in.”

“Love is what ties communities together,” said Holmes. “What love actually looks like is more important than what form it takes place in.”
President David Flanagan gave more details about his strategy to "vanquish USM's daunting budget challenge" during a brief speech to an audience of over 300 local business and education leaders at an "Eggs and Issues" event at the Holiday Inn in Portland.

The monthly business forum, organized by the Portland Regional Chamber of Commerce, invites community members from many sectors to gather and discuss important issues. Last week, the forum served as both a brief overview of USM's financial deficit and, apart from many strategies, an extended invitation to form a more symbiotic relationship with many of the local businesses in the greater Portland area.

"To succeed we will need your help as corporate partners, as interns generators and advocates for restoring our funding in Augusta," said Flanagan. "We must find and adopt a new business model."

Flanagan, who was recently appointed as a member of the Portland Regional Chamber of Commerce, stressed that USM needs to become more entrepreneurial and work towards an increase in community engagement, which he believes will benefit both students and local business leaders. Flanagan wants to increase appropriation funds from the state legislature to around $36 million, the amount that's been gradually lost since 2008.

"We need to get more funding for the whole UMS system," said Flanagan. "So the bulk of the cost of education goes to the state instead of to the students."

Jim Page, the chancellor of the seven colleges of the UMaine system, spoke alongside Flanagan and cited that in-state tuition in Maine has increased 365% over the past 25 years. This is part of the reason that the system is suffering from a $69 million structural gap.

"The university system is broken and must be changed and transformed," said Page. "We have outstanding expertise across all our institutions and we need to unlock their full potential."

Page said that in order to compete with the fierce competition on the higher education market, USM needs to increase and spread its inspiring educational capabilities.

"We must be second to none when it comes to research in economic development and public service," said Page. "We want to be a critical partner in our region."

Both Page and Flanagan noted the efforts of the students and faculty working in the new cybersecurity lab as a prime example of departments that are leveraging their resources to serve the community. The lab was recently featured in a national spot on the CBS evening news.

"Our pioneering efforts in cyber-security illustrate how well USM can contribute to the needs of our students and the economic development of our town," said Flanagan.

According to Flanagan, gaining community partners will open the doors for more internships and work-study opportunities for students and actually provide them with some real world experience. A more complex relationship with USM would also give local employers a database of skilled laborers. This ties in directly with the administration's new "metropolitan" vision.

Flanagan said that the metropolitan university, above all, means concentrating on "purer areas" like music, health, business, science, technology and engineering. These are the academic areas that are experiencing the most growth and are always seeking out new practitioners, scholars and workers.

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Katie Zema, a junior women and gender studies major and student representative at the event, said that USM’s plan for increased involvement with the city of Portland is fantastic, but she’s also concerned that community engagement will be limited to just the business and political sectors.

"I would love to see the university and city I have come to love, work together toward a better future," said Zema. "However, we need social scientists and critical thinkers just like we need doctors and lawyers from this university. I fear that metropolitan university is simply just a fancy phrase for getting rid of the humanities and some close professional relationships that are so meaningful to making USM a great university."

Flanagan ensured that the humanities and social science concentrations will still be a part of USM’s curriculum, just in a more economical and efficient way.

Flanagan wants to add to the existing corporate partnerships USM has with companies like UNUM, Texas Instruments and IDEXX, and said that he’s anxious to talk to as many business leaders as he can.

So far ideas have been flowing with a company called ConnectEd as well as with District 3’s City Councilor Edward Suslovic.

After the two speeches and a brief Q-and-A, Suslovic pitched the idea of a partnership between USM’s private bus system and the city of Portland’s. Suslovic posed the question that instead of having a private bus that USM pays 100% of the cost of, why not have the Metro operate it and give students access to the whole region.

"Wouldn’t it be great if a commuter could just get anywhere around Portland just by flashing their student ID?" asked Suslovic.

"I’m totally open for it," said Flanagan. "Send me an email about it. Transportation between Portland and Gorham is a major issue."

Flanagan closed his 14 minute speech with optimism and a request for the audience to become involved in USM’s future.

"I ask you to invest in USM," said Flanagan. "It will be among the most rewarding and enduring actions you can take anywhere this year."
USM to host teach-in focusing on ISIS activity

The Islamic State in Iraq and Syria, commonly referred to as ISIS, has made headlines around the world recently for making violent threats against the United States and its allies, and the beheading of two American journalists.

On Wednesday, the office of Multicultural Students Affairs is hosting a teach-in for the public, focusing on the political and militant atmosphere in Middle Eastern countries, the history of unrest and violence in those areas and how ISIS activities are affecting the global community.

“Part of the mission of any higher learning institution is to train tomorrow’s leaders and global citizens, and in order to produce that, you have to make them aware of this larger world that exists beyond their own country,” said Reza Jalali, coordinator of the office.

The teach-in will include a panel consisting of Jalali, Ali Abdullatif Ahmida, a professor of political science at the University of New England, Senem Aslan, an assistant professor of politics at Bates College and Ali Al Mshakheel, a journalist formerly based in Iraq, where he wrote for the Times of London and ABC News.

Each panelist is scheduled to speak briefly about their views on ISIS, Middle Eastern history and the possibility of direct U.S. intervention before opening up to take questions from the audience. Jalali says the goal is to provide students and the community with a forum to ask questions, raise concerns and learn more about the conflict.

“We try to create a safe-zone so that people can ask any questions they want, because they’re not going to be judged,” said Jalali. “Not all learning takes place in the classroom — some of it happens in hallways, in student groups, some in lecture halls — and this is one place where people can just walk in and get some information for free.”

Jalali said that he wants students to understand that while this violence and conflict is happening far from the U.S., it can easily still impact them.

“We’re not asking you to take sides, but regardless of how you feel, if there’s a conflict out there you may be called there to fight for your country or the price of gas may go up at home,” said Jalali. “As part of this global community, what happens there impacts us here.”

Aslan suggested that students explore a wide range of news sources to fully understand what’s happening regarding ISIS activities.

“They can read newspapers that have reporters on the ground in the region. They can read foreign newspapers to get a sense of how U.S. actions are affecting other countries or how they are perceived by citizens of the Middle East and beyond,” she wrote in an email to the Free Press.

Jalali said he hopes that discussion will lead toward the history of the situation as well, noting that widespread terrorist groups do not simply sprout up overnight.

“Students should start to develop that historical consciousness about U.S. foreign policy because today’s decisions will continue affecting their lives in the years to come,” wrote Aslan. “The problems that we face today in Iraq and Syria have a lot to do with the U.S. occupation in Iraq in 2003, for example.”

Recent polls from NBC News and the Wall Street Journal show that 72% of Americans believe that the U.S. will send combat troops overseas against ISIS militants, even though President Barack Obama has spoken against it on many occasions. Jalali said that he feels while Americans are willing to send armed forces into Syria, most don’t know where Syria is.

“To me that is horrible, because we ask our brave young men and women in uniform to go fight this war, but we don’t bother ourselves to know where we’re sending them,” said Jalali. “We’ve kind of divided these countries into friends, foes and people we really don’t care about. With that kind of generalization and stereotyping, events like this [the teach-in] become really important.”

The teach-in will be held in the Woodbury Campus Center amphitheater from 11:30 p.m. to 1:30 p.m. on Wednesday and there will be light snacks available.
Students demand earlier bus

Brian Gordon
Contributor

The 8:45 bus that runs from Woodbury Campus Center in Portland to Gorham is often late getting students back to the dorms.

A quick search on MaineStreet yielded nine classes that end at 7 p.m. or just after, forcing those students who are heading home in Gorham to wait nearly two hours, as they miss the 7 p.m.

Waiting in the warmth of Woodbury Campus Center was Lydia Kaply, a freshman nursing major. She had been waiting for the bus since 7 p.m. Her anatomy and physiology class was supposed to go until 7:55 p.m. but her professor often cuts them early.

She noted that there’s a lot of classes that conclude at seven and those students miss the bus ride home scheduled for 7 p.m.

Kaply was joined by Niko Milanoski, a freshman accounting major, who waited an hour for the 8:45 p.m. bus to bring him back to Gorham. His astronomy class ends at 7:30 p.m. and he settles in for a good hour wait twice a week.

Joy Pathal, dean of students, was receptive to student complaints. She said that the seven p.m. bus would become the 7:10 bus, beginning Oct. 6.

Kyrie Ovady, president of the Queer Straight Alliance, and a junior media studies major, said the group has to plan their meetings around the bus schedule.

Alena Kiel, a senior liberal studies major who joined the group said that USM ought to call the bus the 8:55 because that’s when it usually shows up.

“It’s a long time on a dark bus with bad music,” said Gabby Bouquet, a freshman nursing major. She also added that there was a lot of confusion as to why the bus stopped at the mall on its commute to Gorham.

No one waiting for the bus could remember anyone ever getting on or off the bus at that stop. The driver just stops and doesn’t even open the door.

“If there is no longer student interest [at the mall stop] I do not see a reason to provide the service,” said Pathal. She also added that the stop would be made on a request basis. “It is easy to identify students who wish to be dropped off at the Maine Mall, but more challenging, although not impossible, to set up a system to know if anyone is waiting at the Maine Mall to be picked up and brought back to campus.”

Regarding the overall lateness of the bus, Pathal said she would pass along the complaint to those in charge and hopefully fewer students are seen waiting in the dark.

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Police Beat

Selections from the USM Department of Public Safety police log September 24 to September 30

Wednesday, September 24
Amber alert
3:54 p.m. - Well Being Check. Checking on a student. Unable to locate. - Luther Bonney Hall, 85 Bedford St.

Thursday, September 25
That wacky tobacky
9:30 p.m. - Report taken for odor of marijuana. - Upton Hastings Hall, 52 University Way

Look out for ghost cars
9:51 p.m. - Motor vehicle stop. Warning for operating without headlights. - 149 State St.

Sunday, September 28
FIRE! FIRE! Ah wait, nope
6:03 a.m. - Fire alarm activation. System reset by Portland Fire Department. Facilities employee also responded to the issue. - Glickman Library - 314 Forest Ave

You only busted up my car, no problem
6:21 p.m. - Property damage only. Two vehicle accident. No report required. - G8 parking lot, 24 University Way

Snow in September?
9:36 a.m. - Summons issued to Rosanne M. Swiger, 65 of Portland for studded snow tires and failure to produce insurance. Warnings for failure to provide registration and inadequate brake light. - Parking garage, 88 Bedford St.

Monday, September 29
Go fight somewhere else
8:30 a.m. - Harassing communication, handled by officer. Verbal disagreement. Subjects moved along. - Glickman Library - 314 Forest Ave

You're supposed to stop at the giant, red sign
10:34 p.m. - Warning given for stop sign violation. - Costello Complex, 43 Campus Ave

Lucky lurker
2:17 p.m. - Suspicious Incident. Handled by Officer. - Upton Hastings Hall, 52 University Way

Extreme Hot Pockets
6:40 p.m. - Fire alarm activation for burnt food. - Upperclass Hall, 25 Husky Dr

I don't like people playing on my phone!
8:15 p.m. - Harassing communication through phone. Report taken. - Upton Hastings Hall, 52 University Way.

Tuesday, September 30

Bums like reading too
3:55 p.m. - Suspicous activity. Staff requested assistance with a patron. All set. - Glickman Library, 314 Forest Ave.

Police logs are edited for grammar and style. They can be found at usm.maine.edu/police/campus-crime-log.
The technical side of stagecraft students

Barbara Coupland / Free Press Staff

While the audience is dazzled by sparkling costumes, complex lighting and actor antics on stage, some of the most important work happens behind the scenes.

USM Theatre Department produces a minimum of two shows per semester, and the students who work backstage contribute greatly to each theatrical success. A lot of the individuals who are working backstage love what they do, and plan on pursuing stagecraft as a future career.

"On some levels the most important thing about a play is the right look, the right prop that can make the scene come together. This is just as important in comparison to the job of the actors," said Callie Cox, a junior theatre major.

Sarah Kennedy, a senior theatre major, explained that the things she learned working with show productions have helped her obtain a set of skills that she can use out in the real world.

"I came into this department thinking I wanted to act. Even then I wasn’t trained enough to do that yet. In the future, I will be able to pursue acting, but if that doesn’t work out, I can pursue design, and if that doesn’t work out, I can work backstage," said Kennedy.

This trend appeared common among the students who participate in the theatre productions. Martin Bodenheimer, a junior theatre major, also explains that before attending USM, he thought he would just pursue acting. Yet what he learned was far beyond his expectations.

"Before college, I had never worked with any stage lighting equipment. Even though I want to pursue acting, I will probably end up working in a lighting shop somewhere. I’d rather work in the theater in some way than not," said Bodenheimer.

Megan Maguire, a junior theatre major, explained how USM doesn’t make these students choose just one focus, but instead gives them a well-rounded education in all fields of theatre.

"In the real world you’re not always going to be acting, so you will have to take another gig, and having another skill set is so important and essential to getting a career," said Maguire.

With the pressing concern of job viability in the arts, many students find that the opportunity to gain new skills help them out in the long run.

"My resume is very well-rounded now because of this department. They got me an internship at the Maine State Music Theater," said Kennedy.

Though most of the students interviewed expressed an original interest in acting, some students found a new love for working backstage that has allowed them to broaden their horizons in the working industry.

"Originally I came in thinking I wanted to act. I still love acting, and I still want to do it, but I found a love for doing tech as well that I didn’t know I had before and wouldn’t have if we weren’t required to take everything," said Cox.

This shift in interest was most often attributed to the faculty, because students believe that the faculty is wholly responsible for allowing USM students to pursue their dreams.

"The faculty here at USM care about us not just as their students. They care about us as humans. They’ll stop and ask how are you, and really want to know the answer," said Cox.

"All aspects of theatre helps you figure out who you are as a human being, while math and science can help explain it all further. I do what I love, and that is all that matters," said Kennedy.

Dana Romas / Free Press Staff

The Gorham campus art exhibit is located in Woodbury Campus Center and it is a larger part of the artwork," said Eyster.

On the Portland campus, there will be a community response wall that will allow community members to share written or visual response. Some of the responses will be posted on the wall alongside the artists’ work and also on the USM Art Gallery’s website. According to Eyster, the community response wall aims to create a safe place for discussion, analysis and the sharing of personal stories that are well thought out and respectful.

arts@usmfree press.org
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Manhattan Film Festival: One world, one week

The Manhattan Short Film Festival happens annually and includes 10 short films that have been selected out of thousands. Last month, country band Lady Antebellum released their new album, 747, which features 11 different songs that focus on the topics of love, loss and important life lessons. This band is well known for their songs such as “Need You Now” and “Just A Kiss” which were featured on their previous hit album, Golden. This time around, the band wanted to create songs that not only stayed true to their original sound, but stayed away from their typical country songs and had a different variety of instruments than previously featured.

This album was written on the road and recorded during breaks in the band’s 2014 headlining tour. 747 has less string instruments and more electric guitars, which may sound like a unique combination with the vocals. Featuring upbeat lyrics and triple-paced harmonies, Lady Antebellum keeps their old sounds alive while still adding that extra flair to keep their songs popular.

The album’s hit single, “Bar With You,” was released on the “U.S. Airway” in early September. This song tells the story of how a man wants to forget a woman who broke his heart, so she goes out to a bar with her friends in order to voice her sorrows. “Eight o’clock on Friday night I’m still at home / All my girls just keep on blowing me from one phone / Saying come on he ain’t worth the pain / So what you gonna do to forget his name.” This song features bass, drums and a banjo to create a unique combination that leaves listeners humming the tune all day.

Each song in this album was written using drums, bass and guitars rather than just piano or acoustic guitar in order to allow for both to push themselves out of their comfort zone and write in a style that wouldn’t allow them to stray away from their country norm.

Another song on their new album, “I Did With You,” features male vocalist Charles Kelly with accompaniment from the female vocalist Hillary Scott. Instruments such as banjo, mandolin and strings, while quiet strings of guitar are featured in this song, which creates an entrancing beat that feels genuine and true to the emotions portrayed in the lyrics. This song tells the story of two lovers who go through time, and the objects in their life. The Bravest, The Boldest, directed by English filmmaker Erik Schmitt, tells the love story about a man who has to find a unique way of telling a girl that he doesn’t want her anymore. The film allows for different audiences to see the beauty of New York City and in the human heart.

The festival styled spurs natural curiosity, ignites the imagina- tion and moves the heart. Expe- rience the wonder of great short films for their independent vision and try something new.

Ramen Upgrade

For most college students, ramen can become a repetitive dinner dish. It’s affordable, easy to make and easily fits in the small cupboards of our living spaces. However, there are ways you can upgrade your ramen that might bring some relief from the boring, culinary doldrums that is the cheap noodle dish.

1.) Nothing beats pad thai at Boda on Congress Street, but if you’re in need of a quick fix, add a spoonful of deliciously smooth peanut butter to the noodles and broth. This instantly sweetens your ramen and thickens it into a pad thai style dish. Ginger, chocolate sauce, caramel or honey can give you that extra sugar rush when you’re up all night studying for math class. These instant craving crushers will make your soup sweet and savory enough worth looking into for ambitious college students who are willing to try new things.

2.) For a more traditional dinner, try upgrading your ramen into a classic stir fry. Start by adding Chinese cabbage in your ramen for some added crunch. This oriental twist is a great way to sneak some protein and greens in your diet. You should first remove your ramen for about three minutes, then add your ingredients and throw them in a pan. Feel free to mix in some extra vegetables and fry in some eggs. Once your ra- men has fully cooked, sprinkle on the seasoning packet that comes with it and mix until fully absorbed by the vegetables and noodles. This combination makes for an excellent, protein enriched addition to any instant noodle dish.

3.) The leftover food sitting in your mini fridge can actually be used to make a brand new dish, making for a nice change of pace from the traditional ramen soup. You can add anything from leftover chicken nuggets to that kraft cheese singles that have been sitting in your fridge. Don’t be shy with these items. Mix in shredded cheese, a bit of milk and you’ll find that your ramen has a mac and cheese flavor. If you’re in the mood for something rich in protein, add in slices of leftover pepperoni, ranch and pizza sauce for an interesting and delicious twist on your ramen. Even the combination of broccoli and cheese can create a unique version of noodle soup. One day you’ll look back with nostalgia and disgust but also with sublime pride at your creative mashups.

4.) Sometimes all you need to do is add a little sauce to kick up the flavor of your ramen. If you’re looking for a tangy, chi- nese-style ramen dish, adding soy sauce to your noodles can give your ramen that extra boost to make it that much tastier. If you’re in the mood for something a little spicier, adding hot sauce and jalapenos can give your ramen that extra kick to keep things fresh and new. Buffalo sauce is just as hot, and adding some chicken in with the mix can make for an amazing experi- ence for your tastebuds. If you want to add a little zest to your ramen, you can add lemon pepper seasoning, basil or curry powder to get the most flavor out of your food.

5.) Looking for an oddly unique twist to your favorite dishes, such as pizza and burgers? You can get creative by taking ra- men with you! Add some pizza sauce, shredded cheese and toppings such as pepperoni and mushrooms, and put it in the oven at 350 degrees for five to eight minutes. This gives your pizza a crunchy twist that you’ll be dying for your friends to try. Get even more creative and replace those burgers with your hamburger with a ramen patty. Take ramen and put in a stir fry pan, lay a plate on the top until it cooks into a flat, round patty. Put these chicken burgers on a new twist on your favor- ite microwavable food.

The list of ingredients you can add to your ramen is end- less, so next time you want something that is both cheap and delicious, don’t just settle for the little pack of flavor that comes with the noodles and try some of these ramen upgrades instead!

Lady Antebellum strays from the country norm

Lady Antebellum keeps their old sounds alive while still adding that extra flair to keep their songs popular. Of guitar are featured in this song, which creates an entrancing beat that feels genuine and true to the emotions portrayed in the lyrics. This song tells the story of two lovers who are no longer together, and it is only after everything between them has fallen apart that they can finally understand the true meaning of love. “Love comes in circles / And love takes its own time / Bending and breaking, not taking a straight line / I never knew, I never loved timeless and true / Oh, I did, yeah I did with you.” Another one of their hit songs, “Downtown,” features gui- tarist Charles Kelley with accompa- niment from the female vocalist Hillary Scott. Instruments such as banjo, mandolin and strings, while quiet strings of guitar are featured in this song, which creates an entrancing beat that feels genuine and true to the emotions portrayed in the lyrics. This song tells the story of two lovers who go through time, and the objects in their life. The Bravest, The Boldest, directed by English filmmaker Erik Schmitt, tells the love story about a man who has to find a unique way of telling a girl that he doesn’t want her anymore. The film allows for different audiences to see the beauty of New York City and in the human heart.

The objects show a love story which can be found in any home. The result shows every- thing that makes our lives unique and moves the heart. Expe- rience the wonder of great short films for their independent vision and try something new.

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Words and Images has put out a literary journal annually since 1998, which includes the work of USM students. Patti Deloius, Assistant cultural team leader at the Portland Public Library, said that the series was created to draw attention to banned books and to generate interest in the books themselves.

“We hope this event will stimulate discussion about issues of censorship. Part of our purpose as a public library is to make these materials available so that people can judge them for themselves,” said Deloius.

There will be a variety of films shown at the series including adaptations of The Kite Runner, by Khaled Hosseini, Sophie’s Choice, by William Styron, Lord of the Flies, by William Golding and The Shining, by Stephen King. All of these stories express the dark recesses of the human heart.

Deloius highly encouraged USM students to attend all of the screenings and said that these films being shown question everyone’s critical thinking skills.

“I would recommend this event to students for several reasons. First of all, these are great films, based on excellent books, and they are worth seeing for that reason alone, but more importantly, students should understand that whenever someone challenges a book, film or any work of art, they are challenging your intellectual freedom. They are trying to deny your right to view what you want and to form your own opinions about what you view,” said Deloius.

“Many of the books banned often contain explicit content that may be taken offense to both the parent or the younger individual reading them. However, Deloius believes that if censors are allowed to rule, then artists and students alike might begin to self-censor. “This kind of censorship causes individuals to avoid probing or exploring certain areas of the human experience for fear of arousing controversy,” said Deloius.

This event revolves around the idea that people, in general, should take advantage of their freedom of the allowance to read and watch whatever they want without limitations, and to be able to tap into all aspects of the human experience.

This event is recommended for anyone interested in the issue of censorship and for those who hold a love for literature and film. It is completely free to the public, and the library strongly hopes that, after seeing these films, discussion will be generated to share with family and friends later on.
**Monday, October 6**

Sculpture Garden Invitational
UNE Art Gallery
716 Stevens Ave.
Starts: 4:00 p.m. / Ends: 6:00 p.m.

Longfellow Shorts: An evening with Susan Conley
Portland Stage
25A Forest Ave.
Starts: 7:00 p.m. / Ends: 9:00 p.m.

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**Tuesday, October 7**

Mark Johnson Paintings
CIA Cafe
72 Ocean St. South Portland
Starts: 7:00 a.m. / Ends: 5:00 p.m.

John Sinclair Poetry Reading
Bull Feeney’s
375 Fore St.
Starts: 7:30 p.m. / Ends: 10:30 p.m.

Full Moon Ghost Tour
Wicked Walking Tours
1 Bell Buoy Park, Commercial St.
Starts: 8:00 p.m. / Ends: 9:00 p.m.

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**Wednesday, October 8**

Portland Farmers Market
22 Monument Square
Starts: 7:00 a.m. / Ends: 1:00 p.m.

David Beam & The Custom House Gang Blues and Bluegrass
Andy’s Old Port Pub
94 Commercial St.
Starts: 8:00 p.m. / Ends: 11:30 p.m.

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**Thursday, October 9**

Live Acoustic Music Nightly
Andy’s Old Port Pub
94 Commercial St.
Starts: 7:00 p.m.

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**Friday, October 10**

“Brighton Beach Memoirs” by Neil Simon
Portland Stage Company
25A Forest Ave.
Starts: 7:30 p.m.

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**Saturday, October 11**

Portland Pirates vs. Providence
Cross Insurance Arena
46 Spring St.
Starts: 7:00 p.m.

International Heritage Music Festival
Mayo Street Arts
10 Mayo St.
Starts: 8:00 p.m. / Ends: 10:00 p.m.

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**Sunday, October 12**

Fall Harvest Weekend
Maine Railroad Company & Museum
50 Fore St.
All Day Event
Why I resigned from senate
Nick Marcketta

As of last Friday, September 27, I resigned, in truth because I could not bring myself to attend Senate meetings any longer.

I was not surprised. After the forty-third Senate convened for its first meetings, however, that I learned that its makeup was not an accurate representation of the USM’s diverse and dynamic student body. Instead I found our Student Senate to be an exclusive club. New ideas seemed meant to strike the ego of the members of the Executive Board from the get-go. The student representatives were noticeably unwelcome.

At one of our first meetings the 43rd Senate voted to eliminate Student Legal Services in favor of “more dances and BBQs.” Words fail to express the disappointment in Student Leadership that I felt that day. Student Legal Services filled a great need for students in trouble and not, and represented one of the standard perks enjoyed by universities. But, in the words of one Senator, “Why should I pay for someone else’s problems when I can pay for my own?” I looked at a small minority in opposition to this irresponsible elimination, but we were overruled.

As time progressed I watched as the money from Student Activity Fees—money paid by all USM students—was fumbled away from meaningful and intelligent student groups, activities, and resources, and channeled instead into BBQs, parties, and events that were disproportionately interesting to a select and small group. New and restrictive rules were implemented in procedures that must be followed by student groups to request Student Activity Funds from the Senate. New requirements that student groups fund raise twenty percent of any requested funding, if in place last year, would have meant fewer intellectually important events for dedicated student groups. There was even mention of firing long-term staff who are employed within the Student Senate’s budget, in favor of still more dances. All this time, the administration was meeting with the e-board to get an idea of “how the student body was feeling,” when this was perhaps the least accurately representative group of students on the entire campus. I have never before seen such flagrant disregard for the wellbeing of others and for such institutions that promote a healthy social whole in favor of narrow and personal interests with little regard or benefit for most of the diverse community at USM.

So I quit. I knew that I could be more useful elsewhere.

Within USM’s Student Senate I saw in action a rhetoric of selfishness that is currently threatening the wellbeing of others and for social cohesion, which is this rhetoric of what is operative through a subtle but decisive change in the language of thought and action, from “we” and “our” to “me” and “mine”—a destructive change that teaches people to fear and resent one another, rather than to see themselves and their peers (all people) as assets. Rather than excitedly dreaming of what we might build together, these inhaling the fumes of this new rhetoric seem only to be looking to remove what they have at the expense of the greater whole. Unwittingly, however, they are constantly unclearing their own dreams and undermining their own communities.

Without each other, we all have nothing. It is that simple. The USM Student Senate should be about us and all of our well-being: not about me and what I want.

Nick Marcketta is a USM student and former student senator.
Adventures in the Winchester Cathedral

Martin Conte
Free Press Staff

It’s been three weeks since I arrived in Winchester, and yet it took until today for me to sufficiently explore Winchester Cathedral, the sprawling Anglican church that has sat in the city’s center since 1066 A.D and was made famous by the 1967’s chart-topping song of the same name. Joining a group of students from Uni, and graciously led by two fearless senior guides, I embarked on “the tower climb,” an adventure as dramatic and intriguing as a Game of Thrones episode.

We started with a walk across the length of the cathedral itself, stepping over gravestones set in the floor from the past millennium, including the final resting place of novelist Jane Austen. Somewhere, hidden in the cloisters, the organist diligently practiced, filling the hall with the strains of sacred music.

The staircase was literally so narrow, the most stable way of walking up it was to lean oneself against the center column, and extend a steady hand to the opposite wall. Up we went, until we entered the first level of our tour: the belltower. Winchester cathedral boasts sixteen bells, many of them dating back to the 17th century. The bells are rung manually every quarter hour, and some of them weigh near six tons! The room we stood in had been rebuilt in the past century, as the weight of the bells combined had begun to cause structural decay.

Not exactly the best news to hear after climbing up a dizzying staircase! When the bells need refurbishing or repair, they are actually lowered through a circular opening in the church’s ceilings to the floor below. Additionally, the bells are engraved with the title of each monarch, which meant that, during the tumultuous overthrow of the crown in 1936, the bells were engraved crossed out. Edward the VIII’s name, as he had only reigned as king for less than a year before abdicating, was actually crossed out.

We were shepherded further up the staircase, past a few split-level windows, the walls closing smaller and smaller, before a door the height of a crawl-space opened before us into clear air. We had ascended to the height of the Cathedral Tower. From this viewpoint, I could at last see the whole of the city of Winchester, laid out before me. To the south, we could make out the chimneys of a factory town town the shore. To the East, the rolling hills of “the Downs,” which I’m sure will describe to you in a later blog post, as soon as I can go hiking through them! To the North and West, the city, made up of rows and rows of slender streets and well-preserved centuries old houses, Winchester, with a population of just under 40,000, is nevertheless about a tenth of the size of our Portland. Like most of England, it’s population is condensed and packed into homes literally falling on top of each other, not in a claustrophobic way, but comfortably, cozily. Unlike Portland, Winchester does not sprawl. It’s city limits are strictly defined by rolling hills and farmlands, cut by a few major roads and the railway. Yet, within its streets, the city is packed with good food, plenty of theatre and artistic involvement, and wonderful outdoor markets erected nearly every day.

A bird’s eye view of any location constantly reminds me how much there is yet to explore, and how easily one can overlook such opportunities in one’s own neighborhood. I certainly have seen little of Portland, and don’t know each of its unique and hip streets. While I look forward to seeing more of London, as well as Paris, Berlin, Rome, and Athens during my stay in Europe, I also look forward to seeing the local, and meeting the people of Winchester for who they are, not as subjects of the kingdom, or as residents of England, but as people, the people of our beloved Winchester. Just such an example of the lovable colour presented it to me later that afternoon, as I sat in a coffee shop and ate dinner. An enormous man, with an enormous white beard, dressed in Hawaiian shorts and an undershirt, came lumbering up the street step by step. As he came closer, I (as well as the other pedestrians he passed) could see that he was barefoot, his heavy feet blackened by the cobblestones. He stepped through the door of the shop where I sat, and bellowed in a voice straight from Dickens, “good evening, darlings!” He was Paul, a local, and apparently a common face at this particular cafe. He was charming, eccentric, and vocal. We know these characters in Portland; they’re universal.

Finishing my trip to the cathedral was a fantastic treat. I got the chance to participate in the cathedral’s Evensong, a short, daily ceremony of prayer. Tonight, the celebration was led by a visiting boy’s choir, who filled the church with truly magnificent music. A reminder that, as I have stated before, the U.K is privileged to have a history constantly alive, and carefully preserved, for future generations. I go to sleep with those miracle voices. Until next time.

Martin Conte is a senior English major currently studying abroad at the University Winchester and loving it.
**Weekly Horoscope**

**Libra**
August 23-September 22

Test your stamina and control by tiring and delaying gratification tonight. Build endurance and heightened satisfaction.

**Scorpio**
October 23-November 21

Examine allowances and expenditures today. A discussion of financial needs and responsibilities (within the family) aids realism.

**Sagittarius**
November 22-December 21

Curiosity about how things work is stronger today. Don’t ask embarrassing questions, but do increase your understanding.

**Capricorn**
December 22-January 19

You and your beloved need to balance a lighthearted approach with a more intense commitment. Find a middle ground.

**Aquarius**
January 20-February 18

Strength is an issue today; your willpower is better than usual. Focus, concentration, and business instincts are good.

**Pisces**
February 19-March 20

Your zeal leads you into new territory. You break new ground at home or at work and it’s exciting.

**Aries**
March 21-April 19

Mutual pleasure is the focus for today. Sharing your fun doubles it. Compromise with someone close to find activities you both enjoy.

**Taurus**
April 20-May 20

Lottery fever! The urge to gamble is high. Don’t risk what you can’t afford to lose. Seek safe excitement (like love or roller coasters).

**Gemini**
May 21-June 20

Facts are in focus. You may catch up on tasks, fix up equipment; make needed repairs, do organizing, or make anything useful.

**Cancer**
June 21-July 22

Power plays or manipulations by loved ones are likely, so be extra empathic and cooperative tonight. Look for chances to be a team.

**Leo**
July 23-August 22

Don’t fight over money with a partner. Do find a way to protect your need for security, while still reaching out for more gain.

**Virgo**
August 23-September 22

Surround yourself with beauty today—whether you create it, visit an art gallery, a flower show, window shop, watch the sunset, etc.

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**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.

**Cryptogram**

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

OAVIW WTB T RTO ETW MNNH VNLHW, OETO’W MAENMX TO TVV. T QDAX RDATIW HLHDB MNXEO!

And here is your hint:

O = T

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GOB’s ‘Minute to Win it’ a hit with residential students

David Sanok
Free Press Staff

The Minute to Win It event last week had students competing in games that were simple in description but difficult in execution.

The challenges included shooting a rubber band to knock down cups and cans. Stacking cups and cans on plates without having them fall also proved difficult to some competitors. But the real test of skill and determination came from having to complete these challenges in a minute or less.

Senior media major and chair of the Gorham Events Board Chelsea Tibbetts hosted the event and said her inspiration for this challenge came from her childhood.

“When I was a kid, my friends and I would play games like these,” said Tibbetts. “As we got older, we added a new rule. The players would have to stack all these cups in under a minute, which we felt added intensity.”

When Tibbetts entered college, she said that though it would be fun to not only continue the childhood games, but bring it to USM in some structured form of competition for all students to participate in.

Although the crowd turnout was not as big as expected, there were still students who volunteered to enter the contest. To get the people go through any number of different evolutions and ups and downs. But what’s important is that we’ve made it through.”

Congress Street was chosen as one of the APA’s top streets in 2014 for its varied architecture, with buildings dating back to the 18th century, its dedication to arts and culture and its notable public events that include the First Friday Artwalk and regular farmers markets.

“Recognizing these special places highlights the role planning plays in adding value to communities,” William Anderson, president of APA, said in a prepared statement issued Wednesday morning. “Planners, working with others, help build better communities in a variety of settings, from urban to rural; the result — better neighborhoods, cities and regions. We applaud these efforts and congratulate this year’s designees.”

According to Carl Eppich, city planner and president of APA’s Northern New England chapter, a great city or street is reflective of the people who work there.

“I wasn’t really surprised by this designation, but I was really pleased and excited for my colleagues here in the city,” Eppich said. “With planning destinations like great streets, they don’t happen by accident.”

“This is exciting for the city of Portland to be recognized nationally for one of our most prominent streets and especially for city staff in our planning department, who work so hard everyday to improve our streets,” said Sheila Hill-Christian, acting city manager.

Brennan went on to outline some of the work the city’s planning and urban development department has done over the years and extended his praise to city workers, residents and businesses.

“These things do not come simply by happenstance,” Brennan said. “It’s because of a lot of decisions made by citizens of Portland, local businesses and people who work for the city of Portland to ensure that a transition has occurred and that we now have a street that we can be proud of.”

For this year’s Minute to Win It competition, the winner would receive a Chromecast as a prize.

For her next event, Tibbetts will be hosting the event “Crayon Art” on Wednesday Oct. 8 in Brooks Student Center.

Photo courtesy of USM Student Life

Zachary Bessette stacks cup after cup on top of one another in an attempt to win a prize from the event.
Involvement Spotlight: Hip Hop dance club is growing

Deborah Roberts
Contributor

Twice a week in the Sullivan multi-purpose room, USM students dance to complex hip hop routines, to get their cardio workout in, but also just to have some plain, sweat-inducing fun.

The group was born out of a demand for a dance club focusing on the hip hop style. According to the founder of the club Mouttwei Chap, styles like ballroom dancing, are “not really our thing.”

When asked how the group was formed Chap said, “We did it for our love of dancing. We created this to basically have fun and learn to teach others and show our love of dancing.”

The response proved to be truthful because the student participants were focused on some intense dance moves and clearly had fun both in the teaching of the dance and in the execution.

According to Maiki Sato, the second in charge of the club, some of the moves are pretty serious and are compiled from previous shows and experiences.

“We use our experiences to help us learn how to teach and choreograph as a group,” said Sato.

Chap has experiences in performing dances from his time living in Massachusetts. Sato learned a lot of his skills while taking classes over the years. This combined dance knowledge leads often to new choreographed dance numbers for the students to learn.

Dance groups usually range from four to six people of varying experience levels. Either way people mainly show up to have fun.

Nicole Steinhegen said “I have no dance experience whatsoever and I just showed up tonight to have some fun.”

“It’s a new experience, going out of your comfort zone and learning something you love,” said Sato. Hip hop dance club’s founders like to find a way to dance everyday and have fun while doing it.

When asked if the group would ever put on a performance, the group members responded excitedly: “We would love to put on a performance whenever we can get enough people to show up and get into this performance. It’s great fun and we would love to share it with everyone someday.”

According to Sengmolicka Vuthy, another group member, moving your body to the rhythm of a hip hop beat, proves to be quickly tiresome.

“It’s a great workout and it’s fun when we get together and work on our routines,” said Vuthy.

Most of the participants said that they are hopeful more people show up to the club and realize what a great time it is.

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