Michael Berube chairs the AAUP investigation

USM fell into that category. “What’s going on in Southern Maine, it seems, is pretty drastic,” said Berube. “It seems to have pretty far-reaching implications and that’s why it was authorized for investigation.”

Berube explained that the process of investigation includes two main components. First, the committee must read every document relevant to the investigation.

“I’ve read massive amounts of material, ranging from the faculty bylaws, to the constitution; I’ve gone through email exchanges, reports from the administration, various information about financial disaster,” said Berube. “We just try to get the lay of the land here.”

Berube explained that, in an investigation, the team wants to hear as much from administration as it does from faculty.
In the fall, the College of Arts, Humanities and Social Sciences issued a survey to ask students in the department which kind of learning they prefer. A resonating 92 percent answered that they prefer in person instruction, with two percent preferring online, and five percent preferring the blended classroom concept.

Leonard Shedletsky, professor of communication, has focused his teaching efforts online but does enjoy both.

“When the two contexts differ in many ways, there are ways in which they share significant features,” said Shedletsky. “What I have in mind is the potential more and more to meet live or synchronously online, to discuss, hear one another’s voice, see one another, share documents, view texts and videos together and to feel the immediacy of one another.”

Shedletsky noted the results of the survey, but advised that they be considered very carefully.

“These data should not be taken too literally without deeper examination,” Shedletsky said. “I believe that when people imagine the comparison there is a tendency to imagine scenarios that are not realistic. There is a tendency to romanticize the classroom, a world of give and take, authentic talk, engaged debate. Little of that is actually true, however.”

Matthew Killmeier, chair of the department of communication and media studies, explained that the survey was taken in class, which may cause some bias. He also recognized that when the department offers online classes, they fill up quickly.

“The bias is this survey is one we did in class,” said Killmeier. “When we offer an online section of something it usually fills up right away. There is demand. There is a considerable number of students that do do exclusively online.”

Killmeier went onto explain that one of his students, a blueberry farmer in Washington County, completed his communication degree completely online.

“It’s got potential if you do it right, recognizing that online is not for everybody, and I think a lot of students would attest to that,” said Killmeier. “It demands a lot more of the student. They have to be very self-disciplined because it is asynchronous.”

Ashley Belanger, sophomore biology major, believes there are pros and cons to online learning.

“[Online classes are] easier in some aspects because it’s more time friendly and convenient but also harder because it is not the first class you think of and it can be harder to focus,” Belanger said.

Belanger doesn’t believe that students should be able to complete a degree solely online, because that may deprive students of the hands-on aspect that some require to thrive. However, she does think offering online classes to those who may need it is a good route to go.

“I believe that it would be a good idea [to offer more online] since a great portion of our students work while going to school or have a family to take care of,” said Belanger. “It would fit better in almost everybody’s schedule.”

Lexi Huot, an undeclared freshman, is currently enrolled in her first online class at USM, but explained that she already knows that she prefers a face-to-face educational environment.

“With my class right now it’s very confusing to know what is due and how the professor wants it done,” said Huot. “Whereas, in a classroom environment they explained how the assignment should be done.”

She added that online classes are helping her manage her time better, since they are more independent.

Huot recognized that online classes are not how everyone learns.

“Many students, like myself, prefer to see the material done in front of us,” said Huot. “I also feel it is easier to engage in a class discussion when you have everyone else in front of you instead of going back to check your computer to see what your other classmates opinion is on the topic.”

Regardless of the preference, all agreed that online learning has potential, but is certainly not something that should be required, as students all have different needs.

“A quality academic experience, whether online or face-to-face is the goal we need to seek,” said Shedletsky. “It can be done if we set our minds to it.”
UCU opens campus branch

Students ready for convenient banking

The open, new-campus branch of University Credit Union is located on the lower level of the Brooks Student Center on the Gorham campus. The office will be open from 10 a.m. to 3 p.m. during the week.

Sam Hill
Editor-in-Chief

Last week, University Credit Union celebrated the grand opening of an on-campus branch in Gorham, giving residential students a quick and convenient banking location.

“We know that managing your finances can be confusing, so we want to be there for USM’s students, staff and faculty if they need any assistance at all,” said Amy Irish, UCU’s assistant vice president of member development.

The Brooks Student Center has housed an official UCU kiosk for years where members could deposit checks, manage their accounts and withdraw cash, but the new branch with regular business hours will provide students with more assistance if needed.

“At our new branch we can talk to students about loan applications, computer or car loans, budgeting assistance and loan payments, too,” said Irish.

The one-employee branch will be open from 10 a.m. to 3 p.m. and by appointment during the week and the kiosk will be on and available whenever the student center is open.

Having a credit union on campus means that residential students will no longer have to trudge down to Casco Federal Credit Union on Main Street to access their account.

“Especially in the dead of winter, it can be a pain to leave campus,” said Irish.

“Have I had late fees charged on my credit card just because I couldn’t bring myself to walk down to the credit union when it was below freezing out,” said junior marketing major Chris Egan.

While they haven’t been in to “An account yet, undeclared freshman Melissa Boone and Ashley Shaw said that they planned on looking into it.

“I’ve always been told that credit unions are better places to put your money,” said Shaw.

“Even if there’s one set-up practically on my way to lunch everyday, I’ll probably stop in.”

The new branch has a table of free UCU items to lure in passers-by and Irish said she hopes that the branch will be able to serve more and more of the USM community as time goes on.

“We’ve always had students and staff tell us over the years that we should just open up on campus,” said Irish, noting that UCU has a branch open in Portland just a short walk from campus. “The opportunity presented itself late last year and we’ve been working on it ever since. We’re here to serve the community in any way that we can.”
The student senate shut down a motion last week that would have changed the senator application process for the remainder of the semester. Throughout the year the senate has occasionally questioned whether or not applicants should have to gather signatures from the student body in order to become a senator. On Friday the senate decided that the signature process should remain, but only after thorough discussion.

The petition process was put in place when the senate was set to have a busy election and thought that the seats were going to fill up instantly,” said senate parliamentarian Joshua Tharpe. “As we all know, that hasn’t been the case.”

The senate has been under-seated all year and has suspended the rule requiring signatures in order to appoint senators on occasion. The requirement used to be 100 signatures, but was lowered to just 25. Recruitment was key in the discussion, as some senators pointed out the need for senators still only one quarter of the way into the year.

“It was unfortunate timing that we both started at the same time, because both of us now know that Portland can support only one alternative newspaper,” said Mark Guerringue, publisher of the Portland Phoenix.

The latest twist in what has been a short — but heated — rivalry between the two Maine’s largest city, the Portland Phoenix has purchased and discontinued Dig Portland. According to Monday’s announcement are the fates of the two publications likely appear similar to readers for the few recent weeks.

“There was a point a couple weeks ago when we were creating a rebranding effort on their part,” Schroeder acknowledged that the two publications likely appear similar to readers for the few recent weeks.

There was a four-week span when we thought each of our issues was our last issue.”

Monday’s announcement broke the silence and indicated the two papers have resolved their differences, and that only one will continue on.

“I’m saddened that it seemingly came down to a legal matter,” said Nick Schroeder, who left the Phoenix to take over as the editor of the nascent Dig Portland. “From my perspective, the Phoenix was struggling for a long time when I was there, and I was really excited for this opportunity to start fresh with a new paper. I was more excited about than the prospect of working with the Daily Sun and what seemed to be a rebranding effort on their part.

“We’re really excited to haveDig Portland continue because it is an established brand,” Schroeder said he was not offered continued employment or a severance package as part of the Dig Portland purchase.

“I’m feeling a little heavy-hearted because a lot of those writers — who are fantastic writers — don’t have had any contact with anyone at the Phoenix and, as of now, I’m assuming I have no place to write.”

Lawrence said Monday that he can’t comment on the cases of Dig Portland employees.

“Why is all of us being treated as if we’re going to be scaring off the rest of our students? Why would it be lying if we said we didn’t feel a sense of betrayal?” said longtime Phoenix music columnist Sam Pfeifer, who left the paper to write for Dig Portland. “This is a complete failure and total surprise.”

“I feel like this will help every- one keep on track,” said senate chair Judson Cease. “We’re moving in a good direction.”
In Brief...

Board of trustees to vote on divestment from fossil fuels

On Monday, January 26th, following a two-year campaign led by students at the University of Southern Maine and University of Maine campuses, the University System Board of Trustees will vote on a proposal to divest direct holdings from coal companies. The proposal would make the University of Maine System the first public land grant institution and the first university system in the country to divest any fossil fuel holdings.

The proposal is part of the consent agenda and will take place sometime after 11:00am. Students, alumni, staff, faculty and community members will be present to speak in favor of the proposal.

Where: University of Maine System office 1 16 Central Street, Bangor 3rd Floor, Rudman Room
When: Monday, January 26th at 11:00am

The proposal was submitted by trustee Karl Turner, and approved unanimously by the Investment Committee on December 3rd. The campaign to divest from fossil fuels is led by Divest UMaine, a coalition of students, staff, faculty and alumni from both the USM and UM campuses. Students argue that coal divestiture is a necessary step for the system, both financially and morally.

Iris SanGiovanni is a student organizer with Divest UMaine. “Coal is the energy of the past. As world governments place stricter limits on carbon emissions — which they must if we are to avoid catastrophic climate change — coal will lose their value. Divesting now protects our assets, and puts us on the right side of history,” she said.

In 1982, the University of Maine System became one of the first in the country to divest from Apartheid South Africa. “It’s time for the board to once again step up and do the right thing. It is time to invest in the future,” SanGiovanni said.

USM appoints interim chief financial officer, Harry “Buster” Neel

After over 40 years of service to USM and UMA, Dick Campbell, USM’s Chief Financial Officer, will be retiring this month. Dick began his time at USM as a student, later becoming Director of Financial Aid, Executive Director of Financial Resources and finally USM’s CFO in 2007. Dick has an active history of community service. He is a member of the Boys and Girls Club of Southern Maine Board of Directors, and has served as vice-chair of the Town of Cumberland Community Education and Recreation Advisory Board, and coached in the YES for Youth basketball program. Dick was integral to implementing key technical upgrades and innovations at USM. Under Dick’s leadership, many notable efficiencies have been made in areas reporting to him.

USM has announced the appointment of Interim Chief Financial Officer, Harry “Buster” Neel. Buster comes to us after a distinguished career in finance and administration at a number of higher education institutions, most recently as the Senior Vice President for Finance and Administration at Nevada State College. His 34-year career in finance and administration will serve this university well until we are able to do a search for a permanent replacement. Buster will begin work on January 20th.

Psychology professor weighs in on the psychological impact of “Deflategate”

With the buzz increasing regarding the Patriots’ football team “Deflategate” scandal (where 11 of the 12 balls used by the Pats in the first half of the AFC Championship win over the Indianapolis Colts had less air than the NFL’s regulations require), our own Psychology Professor weighs in on the psychological impact of the cheating scandal, saying —

“One of the most important reasons people watch sports is to gauge their own self-esteem. When their team wins, they feel better; and if something tarnishes a win — like cheating — it’s a blow to their self-esteem,” said William Gayton, chairman of the psychology department at the University of Southern Maine, who focuses on sports psychology. “People identify so strongly with their teams. If the teams win, they win.”

In Brief...

January 26, 2015

Monday, January 12

Student falls out of window onto dog

3:51 a.m. - Subject transported to hospital following medical emergency.
Robbie Andrews Hall, 39 University Way

Obese Shady

12:53 p.m. - Report taken for suspicious incident.
Upperclass Hall, 25 Husky Dr.

27 car pile-up

8:12 p.m. - Reported traffic incident
Parking Garage, 88 Bedford St.

Tuesday, January 13

Defective poo-box

12:44 p.m. - Warning issued for vehicle defect.
State Street at Flagggy Meadow

Cop getting pizza, does some work

6:35 p.m. - Motor vehicle stop. Warning issued to operator.
Forest Ave by Leonardos Pizza

Majoring in

8:04 p.m. - Fire alarm activation due to burnt food.
Upperclass Hall, 25 Husky Dr.

Wednesday, January 14

90 car pile-up

12:06 p.m. - Report of motor vehicle accident.
Parking Garage, 88 Bedford St.

Thursday, January 15

I’m surprised your poo-box rolls

7:41 p.m. - Motor vehicle stop. Warning to operator for no proof of insurance, expired registration and inspection.
Parking Garage, 88 Bedford St.

40-year-old new driver? Yikes!

9:11 p.m. - Summons issued for no proof of insurance and violation of learner’s permit issued to Alphonse A. Matembe, 39, of Portland.
Deering Ave

Fale ID fools no one

11:20 p.m. - Jaram M. Ahmed, 21 of Lewiston, arrested for violation of conditions of release and possession of suspended or fictitious license.
Upperclass Hall, 25 Husky Dr.

Friday, January 16

Them boys love them booze

9:11 p.m. - Summons issued to Brando O. Deas, 19, of Gorham for illegal transportation of alcohol by a minor.
Upperclass Hall, 25 Husky Dr.

Put down your phone and live!

4:38 p.m. - Warning to operator for texting while driving.
Bedford Street at Brighton Ave

Police logs are edited for grammar and style. They can be found at usm.maine.edu/police/campus-crime-log.
Portland startup creates space for innovators

Collaboration is key for The Open Bench Project

Francis Flisiuk / Managing Editor

On Thompson’s Point in Portland, a warehouse that looks ordinary on the outside but inside is a buzzing hub of creative and productive energy. In this vast 7,000 square foot industrial space, residents are working on quadcopter drones fly over head. In one corner, a group of children are being taught how to install an electric motor on an old police bike. Computers are being taken apart in the same space that they were being built. Piles of donated lumber, scrap metal and industrial space. A buzzing hub of creative and productive energy. In this vast 7,000 square foot industrial space, residents are working on quadcopter drones fly over head. In one corner, a group of children are being taught how to install an electric motor on an old police bike. Computers are being taken apart in the same space that they were being built. Piles of donated lumber, scrap metal and industrial space.

“Projects don’t come here to die; they get blown up. There’s a community of people here to help your ideas grow.”

Jake Ryan, architect

The Open Bench Project has partnered with the USM student group Enactus, who will be overseeing their marketing strategy. “It seemed like a natural marriage, having [Enactus] be around for our members,” said Ryan. “I was interested in connecting with business students, because if you can tap into their potential, you’ve got the gold. They’re on the cutting edge.” According to Sarah Snowman, a senior sustainability business management major, and president of Enactus, she will have worked on five marketing projects with Ryan before the semester ends, acting as a business consultant. A big part of Snowman’s job is to help develop a guide book for The Open Bench Project, which would lend insight on how to function and style their membership. Enactus also plans to work with The Open Bench Project, to assist in forming their companies “culture.”

“You know when you walk into a business and you get a really good sense of the brand and what it’s all about?” said Snowman. “That’s what we do here, we’re helping to promote.”

Snowman said that Enactus will continue working with The Open Bench Project for a very long time and hopes to be their number one community partner. “As they grow, we want to grow with them,” said Snowman. “We have a similar mission. Enactus creates that formal structure, where students have the freedom to work and empower the community.”

According to Ryan, they get more people signing up online and joining the conversation on their forum each month. There are 25 members working in the space currently and Ryan hopes to reach 250 members, a number that’s estimated to make The Open Bench Project a sustainable business. “People are like gravity, the more you get, the more you get,” said Ryan. “There’s no reason to cut your finger off in your garage alone anymore.”

Sarah Snowman / Assistant Editor

(From Top to Bottom): Jake Ryan sits underneath a sign that was a collaborative production effort of several carpenters, engineers and metalworkers. A rack of donated police bikes that are used in Ryan’s “hack a bike” class for local youth. A band saw that is being used to create a version of the logo that will also have LED lights and 3D printed pieces embedded. A “spider” robot built by an Open Bench member that is programmed to walk independently, until it meets an obstacle.

The Open Bench Project is a shared resource community partner.

“Projects don’t come here to die; they get blown up. There’s a community of people here to help your ideas grow.”

Jake Ryan, architect

The Open Bench Project is a shared resource community partner.
Hypnotist makes puppets out of students on stage

Krysteana Scribner
Arts & Culture Editor

Comedian hypnotist Eric Mina wowed audiences at USM with an act that had USM students making a fool of themselves on stage.

Mina explained that his routine is a simple one and that everyone has the ability to hypnotize themselves. With a bachelors degree in psychology and a certificate in hypnotherapy, Mina told his audience that the most amazing thing in life is the human brain.

“People can see how powerful their brain is and they are excited by it,” said Mina.

“I give them the ability to believe in themselves and that is why I say I dare you to dream.”

Mina was first introduced to the potential of the human mind when he was 22. He saw a man perform magic and mentalism at his school. He was so inspired by it that he began to read a lot about magic.

“The guy who inspired me came back to my school years later, so of course I showed him everything I had learned,” said Mina. “After showing him all my magic tricks, he said I should become a hypnotist because I’d good at it especially with my background in psychology.”

As his performance began, Mina invited students to come up onto stage and submit to the process of hypnosis by having them inhale and exhale. Mina also told participants to close their eyes and imagine their individual limbs getting warm and heavy. The audience watched in amazement as one by one the students drifted off into a dream like state and began following every one of Mina’s commands.

“I only remember falling asleep,” said sophomore media and communications major Roosevelt Bishop.

At the end of the performance, Mina had the students on stage think of a negative aspect in their lives, and then hypnotized them into believing they could change themselves. He suggested that smokers try and quit, shy people become more outgoing and students obtain better study skills.

“The best part of my job is the audience. There are always a few people that get inspired by the part where I say you can better yourself,” said Mina. “I think that for anyone who wants to get into anything, the bigger the why the easier the how.”

Want to submit an event?
arts@usmfreepress.org

January 26, 2015
Arts & Culture

Richard Lee Paper Trails Exhibit
University of Southern Maine
96 Falmouth St.
Starts: 9:00 a.m.

Eight Planets Omni Dome Show
Southworth Planetarium
70 Falmouth St.
Starts: 1:00 p.m. / Ends: 2:00 p.m.

Open DJ Night
Flask Lounge
117 Spring St.
Starts: 9:00 p.m.

Vanna
Port City Music Hall
504 Congress St.
Starts: 6:15 p.m.

Dancing with the Stars
Space Gallery
538 Congress St.
Starts: 7:30 p.m.

The Portland Jazz Orchestra
One Longfellow Square
181 State St.
Starts: 8:00 p.m.

The Machine Performs Pink Floyd
State Theatre
609 Congress St.
Starts: 8:00 p.m.

Sub/Merge Dance Party
Flask Lounge
117 Spring St.
Starts: 9:00 p.m.

Gallery Poster Sale
Woodbury Campus Center
96 Falmouth St.
All Day Event

Want to submit an event?
arts@usmfreepress.org
Looking forward to a fuller, more engaged student senate.

The student senate had an opportunity to make becoming a senator easier than ever at their last meeting by doing away with rules requiring applicants to gather supporting signatures from the student body, but in the end decided to stick by the rule.

We applaud the senate for sticking to their policies. The petition process forces applicants to get out into the community and connect with students around USM want and need to see in the senate. The process may seem awkward, it’s important to know who you’re representing and prove that you’re dedicated to membership and understanding students’ perspectives.

Of course, the senate also decided not to hold elections this year, which may seem awkward, it’s important to know who you’re representing and prove that you’re dedicated to membership and understanding students’ perspectives.

In the senate’s efforts to increase grant sponsored by the Maine Ma- sonic Charitable Foundation, that same month’s meeting, the student body knows that the senate is going to be in it for the long run.

We’re glad the senate has committed itself to doing away with rules requiring applicants to gather supporting signatures from the student body, but in the end decided to stick by the rule.

Going out and talking to 25 people doesn’t exactly mean someone is qualified to handle the responsibility of caring for the student activity fee. As one recently elected senator mentioned at last week’s meeting, people like to sign things and gener- ally don’t turn down someone with a clipboard. Like clipboard-wielding students by connecting them with real world companies and organi- zations in partnerships that test the business concepts they’ve learned in the classroom. There’s been one over 20 community outreach projects with businesses in the local area just this past year.

Enactus is connecting with the Portland Alliance, and The Center for Grieving Children for a $2,000 grant.

Enactus was a perfect example of metropolitan ideas in our uni- versity. Since its inception 12 years ago, Enactus has been empowering students by connecting them with real world companies and organi- zations in partnerships that test the business concepts they’ve learned in the classroom. There’s been one over 20 community outreach projects with businesses in the local area just this past year.

Enactus is connecting with The Portland Alliance, and The Center for Grieving Children for a $2,000 grant.

Enactus was a perfect example of metropolitan ideas in our uni- versity. Since its inception 12 years ago, Enactus has been empowering students by connecting them with real world companies and organi- zations in partnerships that test the business concepts they’ve learned in the classroom. There’s been one over 20 community outreach projects with businesses in the local area just this past year.

Enactus is connecting with The Portland Alliance, and The Center for Grieving Children for a $2,000 grant.

Enactus was a perfect example of metropolitan ideas in our uni- versity. Since its inception 12 years ago, Enactus has been empowering students by connecting them with real world companies and organi- zations in partnerships that test the business concepts they’ve learned in the classroom. There’s been one over 20 community outreach projects with businesses in the local area just this past year.

Enactus is connecting with The Portland Alliance, and The Center for Grieving Children for a $2,000 grant.

Enactus was a perfect example of metropolitan ideas in our uni- versity. Since its inception 12 years ago, Enactus has been empowering students by connecting them with real world companies and organi- zations in partnerships that test the business concepts they’ve learned in the classroom. There’s been one over 20 community outreach projects with businesses in the local area just this past year.

Enactus is connecting with The Portland Alliance, and The Center for Grieving Children for a $2,000 grant.

Enactus was a perfect example of metropolitan ideas in our uni- versity. Since its inception 12 years ago, Enactus has been empowering students by connecting them with real world companies and organi- zations in partnerships that test the business concepts they’ve learned in the classroom. There’s been one over 20 community outreach projects with businesses in the local area just this past year.

Enactus is connecting with The Portland Alliance, and The Center for Grieving Children for a $2,000 grant.

Enactus was a perfect example of metropolitan ideas in our uni- versity. Since its inception 12 years ago, Enactus has been empowering students by connecting them with real world companies and organi- zations in partnerships that test the business concepts they’ve learned in the classroom. There’s been one over 20 community outreach projects with businesses in the local area just this past year.

Enactus is connecting with The Portland Alliance, and The Center for Grieving Children for a $2,000 grant.

Enactus was a perfect example of metropolitan ideas in our uni- versity. Since its inception 12 years ago, Enactus has been empowering students by connecting them with real world companies and organi- zations in partnerships that test the business concepts they’ve learned in the classroom. There’s been one over 20 community outreach projects with businesses in the local area just this past year.

Enactus is connecting with The Portland Alliance, and The Center for Grieving Children for a $2,000 grant.

Enactus was a perfect example of metropolitan ideas in our uni- versity. Since its inception 12 years ago, Enactus has been empowering students by connecting them with real world companies and organi- zations in partnerships that test the business concepts they’ve learned in the classroom. There’s been one over 20 community outreach projects with businesses in the local area just this past year.

Enactus is connecting with The Portland Alliance, and The Center for Grieving Children for a $2,000 grant.

Enactus was a perfect example of metropolitan ideas in our uni- versity. Since its inception 12 years ago, Enactus has been empowering students by connecting them with real world companies and organi- zations in partnerships that test the business concepts they’ve learned in the classroom. There’s been one over 20 community outreach projects with businesses in the local area just this past year.
Déjà vu, messing with memory

Donald Szlosek
Contributor

Sustainability and ME
You can positively impact the ecosystem, and here’s how

Joie Grandbois-Gallup
Contributor

The USDA made headlines recently when, in a recent draft of their proposed updated nutrition guidelines, they suggested that your food choices should not only be based on how good the food is for you but also how good it is for the planet. Now most of us are familiar with what is healthy and what isn’t but how do we know if our food choices are good for the planet as well as our bodies? Here are a few simple food choices you can make that can have a positive impact on our ecosystem.

Buy organic: This is probably the most obvious choice you can make. Many people purchase organic food to prevent exposing themselves and others to pesticides. However the benefits of buying organic go beyond just pesticide reduction. According to the Food and Agriculture Association of the UN organic farming practices such as crop rotation, cover crops, water conservation practices and non-use of genetically modified organisms also lead to healthier soil, cleaner water and greater biodiversity in our ecosystem.

Buy Local: The buy local movement has had a significant positive impact on local economies across the country and farmers’ markets have been one of the greatest beneficiaries of this movement. Buying local is not only good for the economy but also good for the environment. You might think that one of the greatest environmental benefits of buying food locally is due to the food being transported a shorter distance, and this is indeed a big benefit of buying local, but local farms also tend to be smaller farms which are far less likely to engage in industrial farm practices like monoculture (the planting of only one type of crop), large scale use of petroleum based pesticides and energy intensive packaging.

Eat less meat: Americans eat 270.7 pounds of meat per year per person. That’s 168 pounds more than the world average per person. It is estimated that the average hamburger requires 6.7 pounds of feed, 52.8 pounds of water, 74.5 acres of land for grazing and 1,036 volts of energy to produce. That’s a huge amount of resources! Studies go back and forth on how good or bad meat is for you, but eating less meat is certainly better for the planet. Try going meatless one day a week and on those other days choose to eat meats that require less resources to be produced such as chicken or pork. Buying local and using local sources to be produced such as alternative meats like tofu or tempeh.

Avoid processed foods: A cup of noodles or a microwave meal is so much easier when you are faced with looming homework deadlines. It can be even more tempting if you also work full-time or have a family to care for. We know that processed foods are higher in additives, preservatives, salt and fat than non-processed or whole foods, but they also require a lot of energy and resources to go from their natural state to convenient, easy to heat and eat packaging. Try making a large casserole or soup one night a week that you can portion up to eat through the week or organize a meal swap with your friends where each person brings an item to be portioned into servings and everyone takes a bit home in a reusable container. (For more information on how to organize a meal swap visit: http://www.simplifylivelove.com/tips-for-setting-up-a-freezer-meal-exchange-group/)

Making choices that are healthy for ourselves makes sense, and so does making choices that are healthy for the planet. If we are to create a more sustainable world we need to start thinking not only how our choices impact our bodies, but how they impact our community and our world, which in the end is a healthier choice for everyone.

Joie Grandbois-Gallup is a USM senior studying business administration and environmental sustainability.

But visual cortex isn’t the first stop that information makes. Instead, we know that it stops in lots of other places. For instance, the amygdala, where it is processed at an involuntary emotional level, and the tectum, where it’s involved in primary visual processing and helps control eye movement.

It is those primary structures that are involved in the disconnect which cause déjà vu.

If I experience event A and then B, and then C, and the inner parts of my brain commit it to memory and generate an emotional response, but then, a fraction of later out of sync, my visual cortex finally gets around to telling me, the conscious aware part of my brain, what I am seeing. It will say “oh guys, we are looking for A and then B and then...” and then the brain says “whoo whoo whoa, wait and then C, right? That’s already happened I thought?” That might be déjà vu.

What could cause these processes dealing with the same information to get temporally out of sync like that? Well its probably a neurological abnormality, possibly an epileptic episode where neurons all fire in sync. We also know that patients who experience chronic and persistent déjà vu tend to have brain damage in the temporal lobes of their brain. Next time you are experiencing déjà vu and are thinking you are a fortune teller, just remember that you are having a small neurological abnormality.

Donald Szlosek is a USM graduate who majored in human biology with minors in physics and biochemistry. He is currently a graduate candidate in the MPH program focusing in biostatistics and epidemiology.

JOIN THE FREE PRESS

WHAT DO YOU WRITE ABOUT?

View our job descriptions and apply online at www.usmfeepress.org/get-involved
**Crossword**

Across
1. Pigeon dweller
5. Palm tree fruits
6. Egyptian vipers
14. River of Flora
15. Siberian sable
16. N. Stadium
18. One way to compete
19. Singer Bennett
20. "__ Is Born"
21. One way to order on a menu
23. Freight
26. More stale
27. Knowing no more than servant
32. Aler, akin to alias
43. Flavorful
44. Colleague who forsakes Paul
56. Honduran passport
64. Free buttons
42. Porter, in La Paz
44. Pindar Alexander
45. Dudless woods
47. "__" and Slimy (cartoon duo)
48. Secret diet-breakers
51. Deliberate delay
54. __, Sir St. Vincent Millay
55. Well maintained
56. Musical upheaval
62. Radio light
64. In pairs
66. Cave, in literature
67. ESP anchor rich
68. Noted pugilistic family
69. Spade and Hill
76. Staff call
71. Fixed procedure

**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 each row, each column, and each 3 × 3 box contains one 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.

**Weekly Horoscope**

**Aries**
March 21-April 19

Friendships are natural on the job, but don’t let them keep you from relating to everyone. Exclusion leads to inefficiency.

**Taurus**
April 20-May 20

You notice a friend struggling with an addiction. Don’t lecture, but do offer moral support—one day at a time.

**Gemini**
May 21-June 20

You are more sensitive to hidden messages and agendas at work today. You could ferret out secrets, uncover cover-ups.

**Cancer**
June 21-July 22

News of expansion in the home arrives—a visit, plans to add on, a new child, pet, or other arrival.

**Leo**
July 23-August 22

Uncovering hidden information proves useful. You put your knowledge to work.

**Virgo**
August 23-September 22

Today you are more aware of balancing between success and ambitions versus caring and relationships. Both are important.

**Libra**
September 23-October 22

Your mind can be stretched today: engage in repartee; study vocabulary; take a class; or communicate about important matters.

**Scorpio**
October 23-November 21

Verbal expression feels extra good. Flow with any spontaneous utterances your child (or your inner child) may blurt out.

**Sagittarius**
November 22-December 21

Your mind and tongue are quicker, sharper and livelier than usual. Mental games, sarcasm, irony, or word play can be used for offense or defense.

**Capricorn**
December 22-January 19

Money matters may be faced through correspondence. Other people can also offer useful information and ideas.

**Aquarius**
January 20-February 18

Today you’ll be both breaking and following the rules. (Know when to do which!) Make the most of your intuition as well as progress.

**Pisces**
February 19-March 20

Today you are more aware of your strength, determination, and willpower. A bit of self-indulgence is OK.

---

**Puzzles**

10

---

**The Gold Company**
Joel Gold, CFP, Ph.D.
USM Financial Advisor since 1973

~ Since 1995 ~

I CAN HELP WITH......
- Deciding when to retire
- & to help with your cash flow in retirement
- Rolling over your retirement accounts to IRAs
- Developing an investment portfolio
- Family money issues

INVESTMENTS & FINANCIAL PLANNING –
Call 207-650-7884 or 207-934-3698

**Leonardo’s**
Fresh Quality Pizza
TRADITIONAL / VEGETARIAN / GOURMET

Leonardo’s Pizza
415 Forest Avenue, Portland
(207) 775-4444
www.leonardosonline.com

$3.00 OFF
any large pizza

www.leonardosonline.com
Free delivery or carry out
One coupon per pizza
Expires 5/1/15

---

**Sudoku**

**Cryptogram**

The solution to last issue’s crossword

---

**Leonardo’s**

Award-winning pizza
Free delivery
10% off with college id
Order online
Students interested in studying abroad crowded the Brooks Dining Center last week, to explore opportunities to travel for a semester overseas, at an informational fair hosted by the office of student life.

Freshman Riley Laffin spent her time at the event looking for abroad programs that featured art major as an option.

“I’m looking into taking a semester in South America. Spanish is my second language so I won’t have a problem with communication if I attend there,” said Laffin. “South America has always been somewhere I’ve wanted to visit because it’s so warm there and I’ve always been fascinated by their ancient culture and art.”

When it came to deciding what South American country, Laffin did not have anything specific set in mind.

“Countries like Peru and Bolivia have a lot of art history in their culture, but it really doesn’t make that big a difference what South American country I go to as long as it offers an art program,” said Laffin. “The challenge for me right now is looking at all these different abroad programs and deciding which one best suits me.”

The fair featured many different abroad programs such as Capa, Education Abroad Network, CIS Abroad, USAC abroad, SIT Abroad, AIFS, and Set Sail Around the World. To promote the abroad programs, tables were lined up across the cafeteria that had guides, brochures and pictures of potential global destinations that the students could browse through, before deciding to ask any questions.

“Our abroad program is primarily comprised of students looking to major in education,” explained Nancy Clarke, campus relations director for the Education Abroad Network.

“The countries our network offers as destinations include New Zealand, China, Australia, Southeast Asia and South Korea. We want to give students who live on the east coast the opportunity to take classes in the Pacific.”

Tabling for the API Study Abroad was Cary Ann Bailer. Bailer had taken a semester abroad working with API. After graduating from college, Bailer became a teacher at API where she now teaches classes in Colombia.

“I joined API as a student during my junior year of college, and I went to Madrid in Spain,” said Bailer. “I’d been taking Spanish ever since middle school and always the opportunity to take classes while in Madrid for a semester. The experience gave me the opportunity to interact with Spanish speaking people on a daily basis as well as visit some beautiful sites and make new friends.”

Alex Lyscars, a senior French major, stops by a table to sign up for more information.

news@usmfreepress.org
@USMFreePress
NOW OPEN!!!

University Credit Union is now open in the Brooks Student Center at the University of Southern Maine in Gorham!

Join us for a Grand Opening Celebration on Thursday, January 22nd, from noon until 2 pm at the new Campus Branch in the Brooks Student Center!

Our Campus Branch in Gorham is open Monday through Friday, 10 am until 3 pm. Not near the Gorham campus? Visit one of our other two branches in Portland: 391 Forest Avenue and 1071 Brighton Avenue.

Become a member today at ucu.maine.edu!

800.696.8628 | Federally insured by NCUA
ORONO | BANGOR | FARMINGTON | GORHAM | PORTLAND | PRESQUE ISLE