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What does One University Model mean for USM?

Zachary Searles News Editor

Last week, faculty and a handful of students gathered in Talbot Lecture Hall on the Portland cam-

to be specialized, with certain programs only being offered on certain campuses and they have to continue to have their own brand. pus as President Glenn Cummings and Chancellor James Page discussed the future of USM and the graphic area, an enormous range

"We serve an enormous geo-

each of the seven campuses with-

in the UMaine system would have

If we can save money, then we can do a better job of putting that back into our support system for vulnerable students...

Glenn Cummings. President of USM

UMaine system while providing information on the groundwork for the One University Model.

Chancellor Page gave his onesentence explanation of the model when he said, "In the ideal, we can bring every one of our resources to bear in coordinated support for every Maine student, business and community."

Both President Cummings and

of student populations and other constituencies and we need to serve all of them," Chancellor Page said.

Chancellor Page also said that each campus should have its own mission and it should be one that doesn't make it so that the seven campuses are in competition with each other.

Another important staple of the

Chancellor Page stressed that One University Model is administration integration, which according to President Cummings, means that administration will be scaled back to save money and be more efficient

"If we can save money, then we can do a better job of putting that back into our support system for vulnerable students and I think One University, at least in theory, offers us that opportunity," said President Cummings.

There are approximately 28,000 students in UMaine System that stretch across all seven campuses. According to Chancellor Page, the current system does not allow for proper allocation of resources that's the most beneficial for students, so over the last three years his office has been working on reducing administration.

The third important part of this model is academic collaboration which, according to President Cummings, is the integration of programs and the sharing of resources across all programs to better serve the students.

The Chancellor referred to the pairing of the nursing program at the Fort Kent campus and the



Nathan Baril / Multimedia Editor

USM will continue to embrace their Metropolitan brand in One University Model.

of academic collaboration. Students at both campuses have the resources of the other campus at their disposal to help as they work towards their degree.

"The challenge then is to create a financial model that allows for collaboration that benefits students and the programs and yet becomes impossible because of a bureaucratic barrier," said Chan-Augusta campus as an example cellor Page, which he followed

by saying that he is working on a way to incentivise these types of collaborations.

President Cummings ended by saying that change is difficult but they could provide USM with great opportunities as we move

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Delegates return from Iceland with hopeful view for the future



Photo courtesy of USM Office of Public Affairs

President Cummings and associates as they get ready to embark on their trip.

Thomas Fitzgerald

Delegates from USM that took flight to Iceland back on October 14 have now returned with many takeaways of their experiences from the European country. Before taking flight on their mission, a goal was set out by President Glenn Cummings to build not only educational ties, but also

The Arctic assembly conference was the largest focus of the mission, as hundreds of officials

from many different countries gathered in discussion on how to better the North Atlantic and the Arctic regions of the world by developing educational bonds. Well known politicians, such as the the President of France and the President of Iceland were present at this conference.

Of the delegates who represented Maine, one particular stand out is the former Governor, Angus King. Now our State Senator, King was a polarizing figure among the large crowd, as he delivered two liberating speeches to large crowds of educators.

Although his speeches were filled with humor and stories, the message he delivered was focused on building an educational vision that countries can work together and build. The way he captured the attention of his listeners and his plans for the future only improved the chances of Maine having a voice for cooperative education between countries.

"My understanding that the Chinese word for crisis is made up of two symbols. The first one is danger, and the other one is op-

portunity. A crisis for me is a time of danger but also a time of great opportunity. The opportunity is for scientific collaboration, for political collaboration, and for the world finally realizing its potential to meet together, to solve a common challenge," said King while elaborating on the importance of collaborating to improve. "What we are talking about this weekend is change. Change is difficult, and it always has been, so we need to rise to deal with this change."

While the delegates were not spending time at the conference, they kept themselves busy with educational inspiration, as meetings were regularly arranged between non profit organizations, universities, government agencies and also businesses in Iceland in hopes of providing more opportunities for our students.

"There was a particularly productive conversation with Reykjavik University President Ari Jonsson, his senior staff, our faculty, Dean Jo Williams and myself where we began discussing possible partnerships for our business students, honors students, cybersecurity, school of public health and the ocean cluster house," said President Cummings in his release of the Monday Missive.

In a separate mission, Dean of College Humanities and Social Science, Adam Tuchinsky left with Governor Paul LePage and many other representatives for China and Japan as promotion for the International Early College high school that is being developed at USM. Although USM will need a final vote from the board of trustees for this program to be institutionalized, the positivity brought from the visit grew as encouragement.

With all the relationships built last month, it is the hope of USM officials that Icelandic representatives will be intrigued enough to meet again in 2016, because the Arctic Council International Forum will be held right here in Portland. 35 countries have been invited to send delegates to represent their educational systems.

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Dispelling stigma during Domestic Violence Awareness month

50 percent of homicides in Maine stem from domestic abuse

Zachary Searles News Editor

October was Domestic Violence Awareness Month and USM had a variety of events and fliers posted around campus to raise awareness for this serious issue.

According to the Center for Disease Control, one in four women say they they have been severely abused by their partner, while one in three women say they have experienced either physical or sexual abuse from their partner.

In Maine, 85 to 90 percent of domestic violence victims are women and these numbers stay the same when looking at the problem from a national perspec-

According to the Maine Department of Public Safety, domestic abuse homicides account for an estimated 50 percent of all homicides in Maine. At a panel discussion on domestic violence last week Program Director of Cumberland County Violence Intervention Partnership Faye Luppi, explained that Maine is a safe state, but our homes are not.

Luppi has been working in the field of domestic violence for three years and mentioned that there have been many times when she has seen people not even consider themselves victims of domestic violence or to be in an abusive relationship.

"Victims can be fearful or not afraid, they can be intimidated, they can be hostile, they can be all sorts of things," said Luppi. "There's no one profile for a victim of domestic violence."

According to the Violence Policy Center, 1,615 women were killed by men in 2013, granted not all of those were cases of domestic violence. It also stated that in cases where the relationship between the victim and offender could be identified, 94 percent of women were killed by someone they knew and in 62 percent of those cases, the victim was either a wife, ex-wife or girlfriend.

During the panel discussion, Luppi discussed a time when she working to educate businesses on domestic violence in the workplace. Some victims shared stories about partners that would their keys into the woods, or put sleeping pills in their coffee just to keep them from showing up to

"All of those things could be considered economic abuse, it could affect that person's abilpartner," Luppi said.

Domestic Abuse on College Campuses

Every public university in the country is mandated by federal law to release a safety report once a year. USM releases their report at the beginning of every October.

According to the most recent report released on October 1, which showcases data from the 2014 calendar year, there were six reported incidents of domestic or dating violence on the Gorham



zero reported incidents on the

"That doesn't mean that it didn't happen, it just means that it didn't come to us," said Sarah Holmes, Assistant Dean of Students.

According to Holmes, some students make reports to the health and counseling office and those reports stay private and confidential, whereas, if a student went to a faculty member, that member is then required to report it back to

"There's a lot of stigma associated to it, there's a lot of shame, there's a lot of fear, so people don't want to bring that to light," said Holmes. "So I think that's one of the things that can prevent people from reporting."

Holmes also mentioned that with domestic violence, the violent partner may not show any of these violent tendencies to anyone help. Walters has suffered 23 sei-

campus. In addition, there were by an ex-partner and she didn't feel safe being alone in the parking garage. Campus police set up alternative arrangements for her parking, along with providing her with an escort to her car if needed.

Private Violence

As part of the effort to raise awareness for domestic violence during the month of October, there were two screenings of the documentary "Private Violence," one on the Gorham campus and one on the Lewiston/Auburn cam-

The documentary centers on Kit Gruelle, an advocate of domestic violence who is working to get women the justice they deserve for the terrible things that have happened to them.

Deanna Walters is the main woman that Gruelle is trying to

Victims can be fearful or not afraid, they can be intimidated, they can be hostile, they can be all sorts of things. There's no one profile for a victim of domestic abuse.

> Faye Luppi, Program Director of Cumberland County Violence Intervention Partnership

and be away from their abusive ficult to gain support from family right in front of their daughter. member or loved ones because they only see the partner as being nice and loving.

Currently, USM is working to make sure that victims have housing and places they can go when trying to escape a violent situation. USM also makes sure that the victim has the services they need in terms of health and counseling, along with talking to professors and explaining the delicate situation and explaining why a student may need an extension

on a paper or a project. Holmes discussed how she had worked with a student earlier in the year that was being stalked

but the victim in a private setting zures because of the abuse she ity to have one piece of their life If that violent side isn't visible for received and was almost beaten where they can be independent the public to see than it can be dif- to death by her abusive husband

> "It's a tough documentary and it's hard to watch," said Holmes. "It's hard to see that first hand experience of what these people go through as they try to escape from unhealthy and violent relationships."

Gruelle documents how she was a survivor of domestic abuse herself. She was married to a marine who threatened her by saying that if she ever left him then he would hunt her down and kill her.

At both screenings, there were professionals that were there and willing to talk to anyone that

needed it. "It's one of those things that

Orkhan Nadirli / Design Assistant once you experience it, it gets easier, it gets better, but it doesn't ever go away," Holmes said.

Domestic Violence and the law

At the panel discussion last week, Judge Keith Powers of the Maine District Court stood up to discuss how domestic violence cases have begun to occur more frequently over the years. He said that when he first started as a judge, domestic violence cases were rare but now they are occurring much more often.

"You have to remember that we have a two way system here," said Judge Powers. "People are presumed innocent in criminal law and sometimes you have to go to trial to prove what happened." said Judge Powers.

According to Judge Powers, Maine had 5,500 protection from abuse cases last year along with 2,500 protection from harassment cases. 1,200 of those cases were just in Portland alone.

"There's a big difference in our legal definition of domestic violence and what we're talking about here," said Luppi. "When we talk about domestic violence, we talk about a wide continuum of behaviors, some of which are illegal, some of which are not."

If a person feels that they are endanger from their spouse, they can come in and file a report for protection where they will have to give a full report as to what happened and it all is on the record.

According to the "Private Violence" documentary, before some one is charged or taken into custody you would need a doctor to testify that any injuries sustained were severe and even then sometimes the most someone would serve in some states is 150 days in jail for a misdemeanor assault of a woman charge.

Recently, Judge Powers has been seeing more and more people coming in to terminate their protection order, citing reasons such as the abuser has changed, the abuser is in counselling or the abuser isn't drinking anymore.

Judge Powers typically wants to talk to the people involved and look at the complaints filed before making any decision. Instead of getting rid of the order, he may amend the order to give the defendant some kind of protection instead of dismissing the order

"I've been told in the past that it might be good for the judge to do whatever the person wants, in terms of dropping these orders. I decided in my seventeen years that I don't do that," Judge Pow-

Domestic Violence and technology

Technology is expanding the ability of people who commit domestic violence to further their realm of control over someone. especially someone that is trying to leave an abusive partner, according to Faye Luppi.

"Technology is one of our greatest tools and also one of the most dangerous things," said Sarah Holmes.

Holmes expressed that technology now allows for abusive partners to keep tabs their spouse, or check their partner's text messages and emails. It has also become increasingly easier for abusive partners to send threatening messages anonymously.

"We live our lives so publicly on social media that sometimes that can backfire," Holmes said.

At the same time, social media also offers a variety of positive posts and means of support. There are a lot of resources available online, such as support groups on Facebook or getting the chance to share your story with other domestic abuse survivors, all of which is made possible because of social media.

According to the Maine Coalition to End Domestic Violence, in 2009, 11,800 people received help from domestic abuses services in Maine, 96 percent of those people were women and children.

"The most important things that we can do at USM is to get the word out there that there are resources," said Holmes. "That if someone is the victim or survivor of domestic or dating violence that it's not their fault, being the victim is not their fault, they haven't done anything wrong."

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> If you or someone you know experiences sexual harassment, assault, stalking, or relationship abuse, contacting an advocate is a good first step.

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Sexual Assault Crisis and Support Line 1 (800) 871-7741 www.mecasa.org

Rape, Abuse, and Incest National Network www.rainn.org

News November 2, 2015

Eliot Cutler business school now has financial backing



Sam Hill / Free Press Staff

Thomas Fitzgerald News Intern

Eliot Cutler did not succeed in his race to become the next Governor of Maine, but he is working hard to develop a graduate busiUSM to one independent campus in Portland.

With this new plan of action comes concerns from students and faculty regarding the affiliation of the program. Uncertainty about which University students will be ness program in the University of affiliated and who will give them

students of Orono and students of concerns over the idea, but Culter assured that this is something that will improve the educational experience of all students in the program.

"There are three existing programs and that's not going to change," Cutler stated in the Portland Press Herald when asked Maine System that would merge their diplomas surfaced as initial about this issue. "What will in the transition of this program,

change is the experience the students have getting those degrees."

One large concern that Cutler had of the current law and business system is that it is not interactive enough with the local businesses that are employing these students out of college. Students are learning things within their curriculum, but they do not reflect the expectations that some businesses may have of what should be learned.

With the institutionalization of this program, the interaction that takes place between business owner and student will give a better outlook on what to expect from an employer once a degree is achieved.

Although there is a lot of success behind the idea, it is important to assure that faculty from both the Orono campus and USM are on the same page as Cutler. USM professor Thomas Parchman is encouraged by the idea.

"A graduate school that utilizes the law school faculty in business courses and business school faculty in law courses should be a strong and popular curriculum for students in and out of state," he said. "One might even mix in the School of Social Work, as much of the legal work done in Maine centers on family law.'

Communication is important

because faculty can not be left without information and it will be necessary to assure that there is input from the professors that are teaching in these programs.

"Faculty are the ones who do the teaching. They have both power and authority over the curriculum, it's outcomes and assessment, using any technology," said Parchman. "Failure to fully engage the faculty spells doom for any academic endeavor."

Other questions that have risen from this proposal involve spending. There is a clear need for funding if these buildings are going to be put in place. The Harold Alfond Foundation is the strongest supporter of this initiative; \$500,000 was provided earlier in the year to study the effects of this schooling possibility. Then, \$1.25 million was used as funding for the early building development of the center.

The work based opportunities that could develop from students graduating through this program is something to look forward to. As more progress is made building the center, the more interest there will be in what it has to of-

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Portland ordered to pay \$56K to Planned Parenthood Protesters

David Harry The Forecaster

A failed attempt to limit where anti-abortion activists could gather on Congress Street has become costly for the city.

An Oct. 8 agreement in U.S. District Court requires the city to pay \$56,500 in legal fees to the five plaintiffs in the lawsuit filed in February 2014.

The agreement also requires the city to pay \$1 per plaintiff "in recognition of Defendants' violation of Plaintiffs' First Amendment rights through the implementation and enforcement" of the ordinance passed unanimously by city councilors in November 2013.

The ordinance establishing a 39foot buffer zone was challenged in U.S. District Court in Maine in February 2014 by Daniel and Marguerite Fitzgerald of Shapleigh, who also named two of their children as plaintiffs.

About a month later, Richmond resident Leslie Sneddon joined the suit. Mayor Michael Brennan and the City Council were named as de-

The suit argued the ordinance violated First and 14th Amendments to the U.S. Constitution, upholding free speech and equal protection under the law, by requiring anti-abortion protesters to stay away from the doors leading to the Planned Parenthood of Northern New England offices at 443 Congress St.

Sneddon and the Fitzgeralds were among people who began picketing the PPNNE offices, typically on Friday mornings, in winter 2013. Included in the protests were graphic signs detailing abortion procedures, and actions by the protesters drew complaints from PPNNE patients,



Troy Bennett / BDN Staff

Bangor Daily News file photo of Planned Parenthood's controversial buffer zone sign in Portland, ME.

who owned a nearby diner he eventually closed

The buffer zone established in the ordinance pushed the protesters across Congress Street, where plaintiffs said they could not effectively counsel people about alternatives to abortion.

In June 2014, federal Judge Nancy Torreson refused to strike down the city ordinance because a decision on a similar Massachusetts law was expected from the U.S. Supreme Court. After Supreme

staff and businessman Mike Fink, Court justices unanimously ruled in favor of the plaintiffs in McCullen v. Coakley, Portland city councilors voided the local ordinance in July

> Councilors vowed to craft an ordinance that could limit access by protesters without violating their rights, but nothing has been forwarded to the full council for consideration.

The failed buffer zone ordinance is the second recent city ordinance that did not withstand a legal challenge.

In September, U.S. First Circuit Court of Appeals Judge David J. Barron upheld a decision by the U.S. District Court in Maine that struck down the city ordinance preventing loitering in city median

The ordinance passed in July 2013 aimed to end panhandling at intersections by labeling it a safety

It was challenged in court by the Maine chapter of the American Civil Liberties Union, representing plaintiffs Michael Cutting, Wells Staley-Mays and Allison Prior. In Feb. 2014, Judge George Singal ruled in favor of the plaintiffs. who argued their First Amendment rights were violated.

Maine ACLU Legal Director Zachary Heiden said Monday the the plaintiffs had not sought damages, but can seek "reasonable attorney fees and costs" from the city. A motion to recover costs has to be filed by Nov. 9.

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Referendum round-up: What you need to know

Cody Marcroft Free Press Staff

There are two referendum questions Portland voters can respond to on November 3, when citizens march into voting halls for the off-year election.

Question 1

According to government documents, an ordinance was passed last June to raise Portland's minimum wage to \$10.10 per hour by January 1, 2016.

Last March, MPBN reported the Portland Green Independent Committee began collecting signatures for a referendum that would set the city's minimum wage at \$15 per hour for all businesses by 2019.

The committee collected and submitted more than the required 1,500 signatures within 80 days. In July, the Portland Press Herald reported the Portland City Council decided to place a referendum on November's ballot for the \$15 per hour minimum wage. In the same report, the council decided to delay the \$10.10 per hour minimum wage ordinance it passed in June because the legislation's unintended doubling of tipped worker's wages was overlooked.

This ordinance will ensure that all workers in Portland will earn at least \$15 per hour by 2019. Employers having 500 employees or fewer will transition over four years. Employers having more than 500 employees will transition by 2017.

After 2019, the minimum wage will be adjusted every year to keep pace with inflation.

Referendum Supporters and their Arguments

The Portland Green Independent Committee initiated the movement, and a committee known as Portlanders for a Living Wage is campaigning for the referendum to pass.

One of the main arguments for supporters is the disproportion between wage increase and the cost of living. There's also the belief that a wage increase will stimulate consumerism. Portland mayoral candidate Tom MacMillan states on his campaign website that by increasing wages, people will spend more.

"Passing Question 1 will put millions of dollars into the pockets of the hard working residents who support local business during all seasons," he writes.

Referendum Opposers and their Arguments

Too Far, Too Fast is the group campaigning against Question 1. Its name speaks for itself: the group feels the hike (Portland's minimum wage is currently \$7.75 per hour) is too steep for small businesses and nonprofits to ascend. The group also separates Portland from major cities such as Los Angeles, New York, Seattle and San Francisco, where a \$15 minimum wage might be sensible.

Richard W. Peterson, president and CEO of Maine Medical Center, wrote a piece in the Portland Press Herald last week acknowledging the importance of raising the minimum wage, which Maine

Medical voluntarily did in 2013 when it jumped to \$10.10 per hour throughout the organization.

"But opponents of this ballot initiative have it exactly right when they say it amounts to 'too far, too fast," he wrote.

Peterson fears how Maine Medical will absorb the "tens of millions of dollars in extra costs that the passage of Question 1 on the Portland ballot would bring," he wrote in the Herald.

Many local business owners share similar concerns, worrying if they will even be able to stay open should the referendum pass.

Voices of USM

Evan Hevey, a senior accounting major, said he is in favor of the referendum.

"It's especially good because it's a little pricier to live here than other cities like Westbrook, Scarborough or Biddeford," said Hevey.

Bernie Dunphe, a junior studying social work, is a proponent of the referendum as well. She doesn't believe current wages are livable without having two jobs or needing assistance from the government.

"I believe people should be paid more for their labor so they're able to adequately support their families," said Dunphe.

Weston Masi, a senior media studies student, admitted he wasn't aware of the conditions of Question 1, but he favors raising the minimum wage. In fact, his position on the issue is very close to the implementations of the referendum, if it were to pass.

"I do not support an immediate raise to \$15 per hour," said Masi. "I believe the wage needs to be steadily increased to \$15 per hour in small increments over the next five years."

He believes that an immediate increase would make it difficult for small businesses to survive. The referendum would allow businesses that employ less than 500 people four years before requiring them to pay employees a minimum of \$15 per hour.

"And, given the higher cost of living in the Portland area, we must also provide people with equal financial opportunities so they can live in this amazing city," added Masi

Question 2

In 2013, the CPB2 group -- a team of developers consisting of Jim Brady, Casey Prentice and Kevin Costello -- purchased the 10 acre property formerly known as the Portland Company Complex located at 58 Fore Street with plans to create a mixed-uses space, according to the group's website.

The Soul of Portland, a group formed to oppose the 58 Fore Street project, raised concern about the project blocking views of the harbor

In a December 2014 article published by the Portland Press Herald, CPB2 released plans in hopes of placating concerns among the public about building height. The plans, according to the story, revealed that most buildings would only rise 25 feet above Fore Street, and none higher than 35 feet. Also noted was the intention to create a mixed-use facility that could include a hotel, restaurants, retail



Nathan Baril / Multimedia Editor

stores, public parks, and housing.

According to government documents, in June, the Portland City Council granted the zoning changes CPB2 requested. The amendment extended the Eastern Waterfront Mixed and Eastern Waterfront Port Zones to include 58 Fore Street, as well as allowing for taller buildings to be erected on the property at specified locations. The amendment also noted "Defined View Corridors," in which there would be, "no Building allowed above the corresponding Fore Street elevation."

According to a news release on the group's website, Soul of Portland responded to the rezoning by submitting the signature of more than 2,500 Portland residents to put the referendum question on the ballot in November.

Referendum Supporters and their Arguments

Soul of Portland is leading the charge for the referendum to pass, but others have joined in. Keep Portland Livable, according to its website, was formed to intervene in the Midtown development in Bayside. In a September 9 news release, the group said it has yet to take a side on the issue, but acknowledged the "flawed planning process" in the project.

Soul of Portland also refutes the idea that Question 2 will discourage all development in Portland. Instead, the group argues the referendum establishes a procedure that provides City Council with a taskforce to evaluate and make suggestions for preserving particular views throughout the city.

Peter Murray, a Portland resident, wrote an op-ed in the Portland Press Herald supporting Question 2. In the piece, he argues Question 2 would also, in addition to preserving the panoramic view that would otherwise be disrupted by the 58 Fore Street Project, "give the city's public authorities a tool to protect other unique public view places in Portland."

He also said it would require landowners to reveal, "at least in a general way," plans for property development before rezoning. Tom MacMillan is the only Portland mayoral candidate who supports Question 2. In the Portland Phoenix, he said, "I support Question 2 because it allows citizens more information when a developer seeks changes to zoning restrictions."

Referendum Opposers and their Arguments

Portland's Future, a Political Action Committee (PAC), is heading the "No on 2" campaign, but it is far from alone.

Michael Brennan, the incumbent mayoral candidate, and candidate Ethan Strimling both opposed Question 2 in a Portland Phoenix Q&A. Seven of the ten candidates for District 1 city councilor also opposed the referendum in the same article

Recently, several local businesses have voiced their disapproval of the referendum. MPBN News reported over 20 waterfront businesses gathered last week to assert their opposition.

Avesta Housing, the Maine State Building and Construction Trades Council, the Maine chapter of the AARP, the Portland Chamber of Commerce, the Working Waterfront Coalition, the Portland Housing Authority, the Maine Port Authority, Homeless Voices for Justice, and GrowSmart Maine are among the businesses and organizations urging citizens to vote "no" on Question 2.

Portland's Future alleges the referendum will prevent, "more than \$200 million in economic development for Portland," as stated on the PAC's official website.

The group calls it a "poorly written" question that will prevent affordable housing from entering the city. It also argues the ordinance's language is too vague, creating restrictions on development that could apply, "almost everywhere."

Chris MilNeil, chairperson of the board of the Portland Housing Authority, wrote in the Portland Press Herald he believes Question 2 supporters are motivated by self-interest. He claims the founders of Keep Portland Livable and leaders of Soul of Portland all own homes in Portland's, "most desirable neighborhoods." He said he believes that, by keeping development out, a housing shortage will persist, thus real estate prices remain high for wealthy homeowners. He argues the selfishness of a few should not ruin an opportunity that would benefit the majority of Portlanders.

Nancy Smith, Executive Director of GrowSmart Maine, argued in an op-ed that appeared in the Portland Press Herald that passing the referendum could ruin the prospect of future investment and label Portland as a city unwelcoming to new ideas. These results, she said, will hurt the city economically and socially. She added that GrowSmart Maine's board reached a unanimous decision to oppose the referendum for the first time in the organization's history. It's a noteworthy act, she said, considering GrowSmart Maine's objective is to, "counteract irresponsible growth principles and sprawl in Maine.'

"If passed, Question 2 would create an unnecessary layer of bureaucracy, imposing such subjective criteria that it would make developing and doing business in Portland too high-risk for most who want to engage in this city," she wrote.

Voices of USM

Caroline Boston, a junior nursing student, believes Portland has enough development already.

"Portland is being built up so much already," she said. "There are so many restaurants. If you look down every street, there's an inn, a hotel, or something like that."

Masi, who also offered his thoughts on Question 1, is a proponent of protecting the views Portlanders enjoy

"I believe that development should be restricted to preserve our scenic views. Portland is an amazing city with some of the best natural scenery in the world," he said.

In Brief...



Portland biker hit by neurs pickup

A bicyclist was seriously injured Thursday afternoon after being struck by a pickup truck on Allen Avenue, according to police.

The 45-year-old cyclist, a Portland man, was struck by a truck driven by a 69-year-old Hollis man around 3:10 p.m., according to Assistant Police Chief Vernon Malloch.

Neither of the names were disclosed.

The crash occurred while the truck was turning from Yale Street to Allen Street, Malloch said.

The cyclist was taken to Maine Medical Center and is in serious but stable condition. The cause of the accident remains under investigation.

Colin Woodward speak at SMCC

Southern Maine Community College will host a talk by awardwinning author and journalist Colin Woodard at 12:30 p.m. Thursday, Nov. 19, at the college's HUB Athletic Center. His topic will be the world's endangered seas. Admission is free.

Woodard's visit was organized by students in three college political science classes who are working together on a project called by Charlie, couldn't contain his Water as a Vital Resource to raise funds to build a water storage tank and water pipes in a small farming village in the African nation of Cameroon. The primary focus of Woodard's talk will be his book, "Ocean's End."

Portland named top city for female entrepre-

San Francisco-based personal finance site NerdWallet.com released its list of the best places in America for women entrepreneurs, and eight out of the top 10 were in the Midwest or West

The Portland-South Portland metro area was ranked No. 9.

The NerdWallet ranking comes about two months after fellow finance site WalletHub named Maine the No. 6 state nationwide in terms of women's equality, a ranking that heavily weighed how well women were represented in each state's business community.

Greater Portland earned points in the NerdWallet ranking by having the country's seventh most women-owned businesses per 100 residents, with 3.42.

Man accused of killing infant son appears in

A 3-month-old known as Leo was rushed to the hospital last Wednesday. He died over the weekend.

It is currently not clear how baby Leo was killed. Baby Leo's father is accused of murdering him. He appeared in court for the first time on Monday.

Eugene Martineau, who goes

emotions as he was led into court. Crying, with his attorneys by his side, Martineau was charged with the murder of his 3-month-old

Leo was brought to Maine Medical Center on Wednesday with several injuries. He passed away on Saturday.

Police said Leo and his parents lived together at a home in Standish. Belinda Moore, who lives next door and used to babysit Leo, said she asked to adopt the child several times.

The baby's mother has not been charged and was not in court Monday. Baby Leo was a twin. Officials said his sister is under state care.

Police nab two suspected burglars in Westbrook

Two people arrested in Westbrook Friday are allegedly connected to a string of burglaries in southern Maine committed in the past several months, according to

Mark Lindholm, 43, and Meggan Wainwright, 34, were arrested after Falmouth, Westbrook and state police executed search warrants at a home on Methodist Road in Westbrook. Lindholm and Wainwright face burglary and theft charges.

Falmouth and state police have led the investigation into the alleged burglaries.

Falmouth Sgt. Frank Soule said the investigation is ongoing and is expected to resolve many burglaries in several communities.

Police said more charges are

Police Beat

Selections from the USM Department of Public Safety police log October 7 to October 17

Wednesday, Oct. 7

Should've parked in a no-art zone

Vandalism Complaint, 55 Campus Drive. Subject reports Vandalism to his vehicle while parked overnight. Report

Friday, Oct. 9

666, Exorcism in progress

Disturbance, UpperClass Hall. Officer investigated report of people yelling.

Searching for a party

Drug Complaint, Robie Andrews Hall. Officer investigating the Smell of Marijuana. Report Taken.

Satisfaction guaranteed

Drug Complaint, Robie Andrews Hall. Officer investigating. Report Taken.

Sunday, Oct. 11

Aren't all trips accidental

Security Alarm, 21 Falmouth St Portland. Accidental Trip. Alarm Reset.

Tuesday, Oct. 13

Craaaaazy taxi

Liquor Law Violation, 28 Husky Drive. Subject intoxicated, summons was issued and called a Taxi for transportation.

And don't come back!

Criminal Trespass violation, 32 University Way. Student was warned for trespassing. Report Taken.

Said they were looking for someone named Molly

Wellbeing Check, 16 University Way. Student not feeling well and confused. Rescue called. Report Taken.

Wednesday, Oct. 14

10 points off each day the report is late

Suspicious Activity reported, Officer investigated. No Report.

Friday, Oct. 16

Or hit by a smooth criminal

Security Alarm, 246 Deering Ave. Emergency Door Alarm Activation. Accidental.

Summons for being too awesome

Disturbance Call, Woodward Hall. Report of a Loud Party. Report Taken. Summons Issued for Alcohol Violation.

Saturday, Oct. 17

Buying too much beer to carry

Assist Other Agency, Cumberland Farms. Assisted Gorham PD with a transport.

The drunk doctors

Medical Emergency, Robie Andrews. Student intoxicated, transported to Hospital. Report Taken. Summons issued for Alcohol Violation.

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

Enrollment forum hopes to increase student retention

Erica Jones Free Press Staff

The vice president of enrollment management and USM alumnus, Nancy Davis Griffin, led a forum on the university's enrollment and admissions goals last week.

The enrollment management office was formed in June 2015 in response to the need for a "student-centered plan" at USM, according to a written press release by Griffin.

The goals for this plan, as reiterated by Griffin at the forum, are to increase recruitment of new students and retention of current students, increase overall student satisfaction, reduce financial barriers for all students and raise undergraduate and graduate applications by ten percent. While these ambitions seem lofty, Griffin remains confident.

"[We're working with] community members, faculty, staff

and anyone else we know to help the value of an education at USM us achieve these goals. We're doing a full review on our financial aid packaging and strategies, and we're looking at discounts," said Griffin. "We've talked about wanting to work better and stronger with students. Identifying the student that's before us, improving our service to that student. All of that is going to help and will impact retention."

Forum participants expressed their enthusiasm for these new initiatives at the open discussion, many contributing with new issues to consider. A notable concern brought up by an attendee of the forum was that some high school students in Maine feel dissuaded from considering USM due to discouragement from guidance counselors.

Griffin met this statement with news that the office of admissions was planning a "guidance counselor breakfast" with the hopes of illuminating school counselors on

and potentially increasing appli-

Another issue addressed was the high cost of tuition for out-ofstate students who do not qualify as residents of Maine, despite living and working in Maine and paying taxes to the state.

One unique challenge facing the enrollment task force is how to combat the recent negative publicity surrounding the university. Enrollment rates dropped 11 percent in 2014 to 2015, which Griffin attributes partly to this unfavorable image.

While Griffin acknowledges this obstacle, she remains hopeful, stating with confidence, "I am very optimistic that we will increase student enrollment this

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OLD PORT CELINARY MALKING TOUR

Dora Thompson

Arts & Culture Editor

Do you know the history behind your morning coffee? Do you know the family behind your local pub? With the Old Port Culinary Walking Tour, you will. The tour is a critically acclaimed spin around local food hot spots, offering samples of their delectable fare as well as knowledge about the people behind it. You visit several destinations on the tour, going anywhere from Old Port Wine & Cigar to Holy Donut.

The goal of the tour is to expose the stories and histories behind the dishes. Director and founder Pamela Laskey wants to keep it that way.

"I have so much respect for the resourcefulness of Mainers," Pam said. "Whether it's an old family recipe handed down from generation to generation, or a new way of presenting and serving one of our state's staple crops, I'm just constantly amazed at the creativity and ingenuity of Maine artisans, cooks, and chefs."

The Old Port Culinary Walking Tours are part of a larger franchise of Maine Foodie Tours. On their seventh successful season, they continue to open the eyes of locals and tourists alike to the towns of not only Portland, but Kennebunkport, Bar Harbor and Rockland. Other variations include the Old Port Lunchtime Lobster Crawl and the Happy 2-Hour tour, which is dedicated solely to spirits. Tours can have up to 14 people, and welcome all ages (save the ones that only cater to a 21 plus crowd). They are slow and steady and operate in rain or shine, all days of the week from June to October. All of them are lead by entertaining and educated locals, who bring their own individual flavors to

Some of the stops on the Old Port Culinary Walking Tour might be places you have been, but have never known this much.

Vervacious is a spice shop off of Commercial Street. It is owned by married couple who sold their home so they could sail around the round on a boat dubbed "Verve." It was then they really acquired a taste for the exotic, and opened their shop of oils, chili powders and seasonings galore. Specializing in the sweet and savory, the employes say that many customers liken the aroma of the

gered list, we don't carry."

Lobster men and women can deliver directly to the market. Smith said that business is booming, and people are really starting to realize the health benefits of seafood.

"You're supporting your local boats and your local economy," Smith said.

Andy's Old Port Pub is an incredible find on the tour. Definitely a spot for the locals, the pub is frequented by lobster men and women and islanders stopping by on the mainland. The owner himself, Rick Frantz, lives on one of the surrounding islands. The walls are covered in either pictures of fisherman at

It's very hard to come into a strange town and figure out what is local. Many people travel to Burger King because they feel safe there.

Kris Horton, Owner of K Horton Speciality Foods

store to heaven.

Another stop on the tour is The Harbor Fish Market. It is as quintessential working waterfront as you can get. It's rustic and bustling interior is filled with the sounds of order-shouting and furious fishchopping. Any tour guide you have will explain that it's been owned by the same family since 1971. The Harbor Fish Market is also ethically

'We use as much local as possible," said Manager Ron Smith. "We only carry things that are sustainable. Anything that's on the endan-

work or signed band posters, another staple of the pub. Andy's has a large underground music scene, and hosts folk and Americana six times a month. They say that it is knowledge among musicians that Andy's is the place to go.

The pub also only sells sustainable fish and fare. Frantz met the namesake of his pub when he was a camp counselor and Andy was one of his campers. Andy and Frantz remained friends ever since.

Vena's Fizz House is one of the more original destinations on the can rent out. This helps small busiwalking tour. Apparently the idea nesses make their product in a state

was born out of a dream, and almost immediately executed. Vena's makes fizzy drinks that will replace your soda craving with a healthy, natural bubbly. They use over 365 different bitters, phosphates, and shrubs (all essentially beverage flavorings) to mix and shake to create a variety of flavors.

The experience is whimsical and delicious. Skilled mixologists look like pharmacists behind the bar, with hundreds of small colorful bottles to choose from, ready to make you a "Tootsie Soda Pop" or any kind of flavor lemonade you could want. After 4 p.m., the bar offers the most original cocktails in the area by adding alcohol to their flavor smorgasboard.

"We are debunking the mystery of cocktails. We expand the average drinkers vocabulary, and we have a great staff. They're always willing to talk to people," said mixologist Nichole Bailey. She said that working in Portland is like being part of a large community, with all the workers at different businesses encouraging each other.

K. Horton Specialty Foods, another favorite stop on the Old Port Culinary walking tours, is no stranger to community. In fact, it is their entire business model. K. Horton sells specialty cheeses, meats, salads, wraps and more. The business is part of The Public Market House. The market's second floor incubates small restaurants as they start off, allowing them work space as they try out their trade. Now-chain restaurant Kamasouptra got its start because of this model. In their basement is a community kitchen, which people

approved, commercially licensed kitchen, the expensive of which can

"We just really believe in this," said Kris Horton, the owner of K. Horton Specialty Foods. Her inspiring vision coincides with Maine Foodie Tours. "It's very hard to come into a strange town and figure out what is local. Many people when they travel go to burger king and chains because they feel safe there," she explained."Pam Laskey is very good at pointing out places."

With these places featured, it is not hard to believe that the tours got the 2015 award for Leadership and Hospitality. They also received TripAdvisor's Bravo! award for "Excellent" reviews in 2013 and 2014.

Kathy Gentry, a Georgian resident who experienced the Old Port Culinary Walking Tour last weekend said that one of the reasons she went on the tour was that it was one of the first things one saw when googling Portland. That, and it was so well

She explained that whenever she and her husband go to a new city. they like to take a tour to get the feel of the land.

"I had no idea that Portland's food was this developed," Gentry exclaimed.

Spots fill up fast, so be sure to reserve your spot on a Portland Foodie Tour. Whether you've grown up here all your life, or you're just breezing through, you'll learn a lot about Port City's people. And there is no better way to connect to the heart of a town than through its stomach.

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Dora Thompson / Arts & Culture Editor

D 11 1 D

Portland Press Herald releases 60 years of photos

Amanda Melanson

Free Press Staff

Portland is home to a vast culture of people - some have lived here their whole lives and have family that has been there from their own humble beginnings. Those beginnings are being documented as still-life photographs, rendered from negatives provided by the Portland Press Herald to the Portland Library, located on Congress and Elm Street. Starting in 2009 and still ongoing, Portland Library's own Abraham Schechter has been working to uncover each photograph and painstakingly relocate them from acidic-based sleeves of paper that have eroded away many photographs over the time they were in the Press Herald's sub-basement. They were transferred to new sleeves and placed in chronological order - some of which have been rendered and scanned to the Library's Digital Commons to be viewed online.

"It's a strange journey. I don't know anyone else who could do it," Schechter said, when asked how grueling the entire process

There were other staff members on hand for him to help go through photos and sort through those that were salvageable and those that were beyond restoration. He spoke of his photography background, riding his bike as a commuter in Portland and stopping to take pictures along the way. This knowledge about negatives and how to analyze them

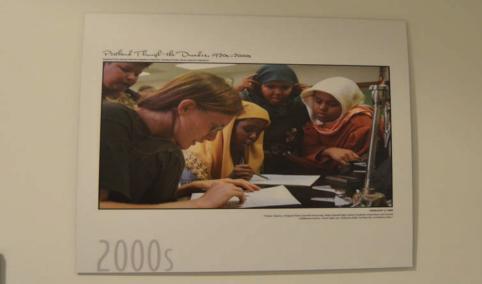
helped him in his work uncovering each piece of film housed in the sub-basement they called home. It was not until 2012 that he moved them to the library, tucked away in nicer sleeves and in a better conditioned room for their preservation.

Schechter described the basement as smelling of vinegar-remnants from the old sleeves that preserved the films but had deteriorated over time. When asked how it felt to be exploring a part of history (the pictures dating from the 1930s to the 2000s), Schechter described the processing he's been doing as "one of the most important important restorative projects in Maine."

In the first half of the twentieth century Portland was a much more densely populated place- resembling Boston in its own way. Schechter described Portland as "full of life" and that it "took itself seriously". He went on to say the Portland of the past is "a Portland that doesn't exist anymore," and that now, when he walks the streets of Portland, he sees in his mind's eye how it used to be, from the photos he's spent so long caring for.

Though the exhibit was specifically held on Oct. 26 from 10 a.m. to 5 p.m., there are still showings that are available between now and June 15 of next year for any history buff looking to explore Portland through the decades.





Dora Thompson / Arts & Culture Editor

The photos shown above are from The Portland press Herald archives; these images date back to 1930.



usm.maine.edu/winter or call 207-780-5230

Longfellow book



Bradford Spurr

Henry Wadsworth Longfellow was born in Portland in 1807. Longfellow himself is known of course for his poetry and incredible beard, but what most people do not realize is how large the role Maine played in his artistic inspiration was.

The Longfellow house is situated in the heart of the Old Port with a large looming federal looking building encroaching on this slice of Victorian heaven. The home was built in 1785 by Peleg Wadsworth (Henry's grandfather) who fought in the Revolutionary War and served as a congressman for the Commonwealth of Massachusetts.

Fast forward 116 years and the house is bequeathed to the Maine Historical Society (MHS) by Henry's sister Anne, with the stipulation that it be turned into a museum and that the MHS build their library on the ground surrounding the property.

This ancient house sits beautifully in the middle of this bustling metropolitan city. I

Volunteer tour guide at the Longfellow house John Babin is the author of the new book that forays into Longfellow's early life. "Henry Wadsworth Longfellow in Portland: The Fireside Poet of Maine" is Babin's first book completed with the help of Maine historian Allan M. Levinsky and a poignant foreword written by Herb Adams.

During Babin's opening address he said to the crowd "I know more about Longfellow than Longfellow knows about himself," which garnered a pleasant reaction from the full room. A fun Portland fact for you is that at the time of Longfellow's birth the population of the city was only 6,000 people, today the city alone is home to 66 thousand residents and the Greater Portland area holds more than a third of Maine's population at a half a million people.

After Babin gave up the podium Allan Levinsky gave us a brief overview of the changes that Longfellow saw to the city he loved. Once the history lesson

Dora Thompson / Arts & Culture Editor concluded the large teddy bear frame of Herb Adams came to the front of the crowd (in all honesty he is a shoe-in for a Edgar Allan Poe look alike) and closed his remarks with this: "Henry and his large family have never really left," which certainly set the tone

> for the rest of the afternoon. "I talk about him (Longfellow) going out to Portland Head Light, he got great inspiration out there. I put "Sea Diver" in (the book) and "Lighthouse" which were poems that were basically inspired by the lighthouse." Babin said in his post signing interview.

> John Babin's book shines light on a area of Longfellow's life that is too readily ignored by most historical depictions of the man. But it is clearly evident that Portland was anything but a footnote in the great man's life.

> In his poem "My Lost Youth" Longfellow writes, "Often I think of the beautiful town/ That is seated by the sea;" along with "And Deering's Woods are fresh and fair,/ And with joy that is almost pain/ My heart goes back to wander there, And among the dreams of the days that were, I find my lost youth again."

> "Deerings Woods" is today Deering Oaks Park which is situated on Forest Avenue can be visited today and serves as one of many real life example of Maine life that Longfellow appropriated for his art. "It was the whole city, he just truly loved this city, he really did." Babin said on the subject of Longfellow's inspiration.

> Henry Wadsworth Longfellow accomplished many things in his storied life and has a body of work that people dream to reach, but it was a third story window in his family home that he kept coming back to year after year and I think that says something really special about this city we call home. A lot of us wish for bigger and better things and it is not until we lose them that we realize what we had all along. We can all learn something from a man like Longfellow - the least of which being beard maintenance.

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Arts & Culture Recommends:

Cannabis Convention at Sullivan Gym





Nate Baril / Multimedia Editor

Meaghan Gonsior

Contributor

Rising up in the midst of political and social controversy, the New England Cannabis Network (NECANN) will be hosting the Portland Cannabis Convention on November seventh and eighth- from noon to 6p.m. on Saturday and 11a.m. to 6p.m. on Sunday. The two day event- consisting of guest speakers, live demonstrations and over 60 vendors- will be located in the Sullivan Recreation Complex on USM's Portland

Discussing marijuana typically brings a certain stereotype to mind, even in the context of its proven medical uses. Maine was one of the earliest states to legalize medical marijuana usage in 1999, yet some companies are still uncomfortable being associated with it due to certain stigmas attached to the drug. According to spokesman Marc Shepard, breaking the "stoner stereotype" is a part of NECANN's mission and Medical Marijuana awareness.

"It's important to separate [medical marijuana use] from jokes about Cheech & Chong and the munchies," said Sheph-

NECANN has had to overcome many obstacles to put on these conventions- having a bank account closed, media companies pulling their advertisements and national corporations refusing to work with

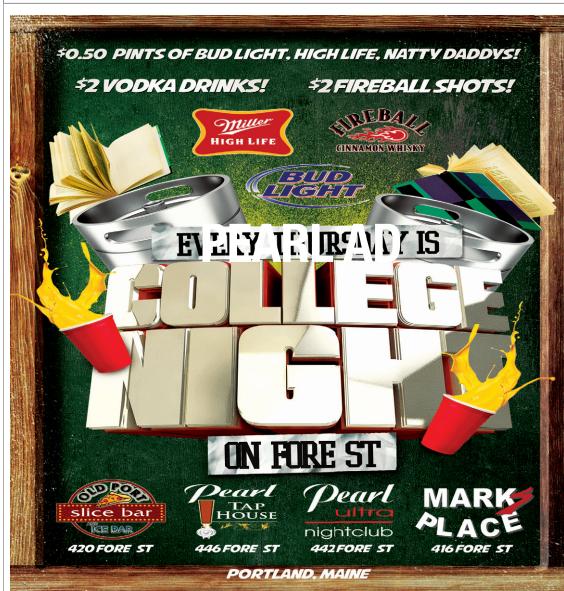
"On the plus side," says Shepard, "we continue to be extremely grateful for the local businesses [the Phoenix, The Bollard, Dispatch, The Portland Radio Group & Atlantic Coast Radio, and USM] who gladly work with us.'

When asked about the culture surrounding medical marijua-

na, Shepard explained, "we've found the medical marijuana community in New England to be incredibly compassionate, kind, determined and dedicated. Groups like the Medical Marijuana Caregivers of Maine & Maine Children for Cannabis Therapy come from literally all walks of life and tirelessly volunteer their time and energy advocating for the rights of patients.'

"NECANN was conceived to establish a resource hub for the rapidly expanding medical marijuana industry in New England. Medical marijuana is used for a variety of medical conditions including "chronic pain [management], ALS symptoms, and seizures in children, among dozens of other uses," explains Shepard.

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A&C Listings

Monday, November 2

Cassidy Holden and the New Orleans Kid Local 188 685 Congress St. Starts: 9:00 p.m.

Tuesday, November 3

Film: Taken By Storm Space Gallery 538 Congress St. Starts: 7:30 p.m.

Music: Marrow One Longfellow Sq. 181 State St. Starts: 8:00 p.m.

Wednesday, November 4

N.C. Wyeth's "Dark Harbor Fishermen" Portland Museum of Art 7 Congress Sq. Starts: 12:00 p.m.

Music: The Potato Pickers **Local Sprouts Cooperative**

649 Congress St. Starts: 7:00 p.m.

Thursday, November 5

Music: Battle Trance with Drab Pony

Space Gallery 538 Congress St. Starts: 8:00 p.m.

Music: Govinda Port City Music Hall 504 Congress St. Starts: 9:00 p.m.

Friday, November 6

Troublemakers: The Story of Land Art

Portland Museum of Art 7 Congress Sq.

Starts: 2:00 p.m.

Wild Child Port City Music Hall 504 Congress St. Starts: 9:00 p.m.

Saturday, November 7

Cannabis Convention USM Sullivan Rec Center

96 Falmouth St.

Starts: 12:00 p.m. / Ends: 6:00 p.m.

Theater: The Music Man Lvric Music Theater 176 Sawyer St.

Starts: 8:00 p.m. / Ends: 10:00 p.m.

Sunday. November 8

Theater: The Mountaintop Portland Stage Company

25A Forest Ave. Starts: 2:00 p.m.

Film Review

Well constructed script makes Steve Jobs film the best rendition yet



Legendary Pictures

Aaron Halls

Free Press Staff

Steve Jobs is a new biopic written by Aaron Sorkin and directed by Danny Boyle; the movie follows Apple Inc. co-founder Steve Jobs (Michael Fassbender) as he prepares to launch three separate computer systems.

A part of what makes this movie standout is the gripping script by Aaron Sorkin. The structure of the movie is uniquely set up taking place as Steve Jobs prepares

to launch the Macintosh 128K in 1984, the NeXT in 1988, and the iMac in 1998; what's so impressive about how the story is structured by Sorkin is that while taking place at three different events at three time periods in Steve Jobs' life the story always feels coherent. Sorkin's dialogue shines here being fast-paced, witty, and well-constructed. The script also beautifully creates fully fleshed out characters all while focusing on the complexity of Steve Jobs as a person.

Danny Boyle's direction is also a standout. He incorporates lots of visual flare into the movie.

In one memorable scene, some of the sentences spoken by the characters are placed on the floor and walls in the environment, almost as if by projection; he does this all without causing a distracting scene for audience members. Also impressive is the movie's soundtrack, which features a lot of heavy techno beats. The music fits the tone of the movie as Jobs unveils the different computers and adds to the tension and

Another standout of this movie is the incredible performances

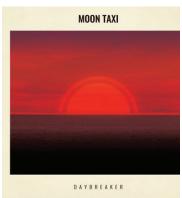
from the whole cast led by Michael Fassbender. He gives a powerhouse performance as Steve Jobs: Fassbender is a star that has been in a number of movies throughout recent years, but due to the mannerisms and vocal qualities he uses he disappears into the role making it easy to believe you are watching Jobs on screen. Fassbender also brings many layers to Jobs that will cause audience members to both like and dislike him at times throughout the film. Performances by Kate Winslet, Seth Rogen and Jeff Daniels are also captivating as Joanna Hoffman, Steve Wozniak and John Sculley respectively. They all have great chemistry with Fassbender, which in turn bring out different qualities of him as Jobs.

In the end, Steve Jobs is an amazing film; with its wellconstructed script, great direction, enhancing soundtrack and enthralling performances led by Fassbender it might just be one of the best movies you'll see all vear.

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Album Review

New Indie band has striking group vocals and instrumental variety



Moon Taxi, Daybreaker

Anora Mortin

Free Press Staff

Nashville based Moon Taxi re-

just in time to listen to it during a long sweater swaddled walk in the fleeting fall foliage. Moon Taxi, a five piece alternative indie rock band, displays an impressive amount of variety, ranging from very Vampire Weekend pop like ballads (Make Up Your Mind) to the roots-y Run Right Back to You, a perfect road trip playlist staple, autumn sun streaming through the window. In fact, many of the songs on this album are prime for irl alt-indie music video reenactments.

Domino, a slow tempoed ballad of betrayal and love, might be best enjoyed after double texting with no reply. While Year One, with striking group vocals and a leased their fourth studio album, message of new beginnings, may Daybreaker, earlier this month, have highest potency after an es-

pecially difficult midterm.

Debatably, the most popular piece on this album would be All Day All Night, and is a recommended place to start if you are unfamiliar with Moon Taxi. An unfamiliarity would not be surprising either, as most of their (devoted) following is close to their home in Nashville, with outliers picked up a Boonooroo. Rolling Stone gives Daybreak a strong 3 stars, citing a strong resemblance to early Kings of Leon.

Daybreaker is available on iTunes, and currently also on Youtube. So bundle up, find your headphones, and stroll along to this well rounded alt-indie album.

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Netflix Review

If you're still craving a scary movie, The Nightmare is on Netflix



Rodney Ascher

Krysteana Scribner

Editor-in-chief

If you're still looking for something spooky after the Halloween season has ended, The Nightmare is one of the scariest movies I've ever seen; better yet, it's on Net-

flix now. This 2015 American Documentary was first released at the Sundance Film Festival in January, and focuses on the plot of exploring sleep paralysis.

For years sleep paralysis has baffled the minds of the people who experience it. Laying down people featured in the documentary are terrifying - and for them, a reality. Sleep brings the shadows to life, and the inabibility to move, speak or escape from this nightmare allows the viewer to feel encaselated in the ultimate terror.

The film is very well directed, and it films the people as they retell their story, as well as film reinactments of things that happened to them in the past. One man in the documentary explains that he has had sleep paralysis problems all his life, and they started when he was a child laying in his crib he would see alien like creatures that glowed like static approach him, their long slimy fingers tickling him as he lay helpless unable

to escape. With each experience that these people tell, they learn a lesson the darkness could be so much more than what we think. The to sleep, the recollections of these idea of another world, anoter dimension exsisting within our own is explored as well as logical explanations for why our brains experience sleep paralysis.

After watching this documentary, I had a brand new perspective on what it's like to suffer from sleep related issues. I can't imagine going to bed at night to awaken to a shadow man standing in the corner of your room - but if you watch this with the lights off, you may very well feel the terror as if it was happening to you.

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Want to submit an event? arts@usmfreepress.org

Perspectives

Our Opinion

Planned Parenthood protesting is uneffective and cruel

Editorial Board Free Press Staff

"Do you know what goes on in

The question rings throughout Congress Street every Friday from the Planned Parenthood's antiabortion protestors. We can tell you what goes on in there. Women's health care, which for obvious reasons needs separate and special

These protesters fail to acknowledge that most of Planned Parenthood's work is centered on women's general care such a breast exams, pelvic exams, access to contraceptives, special care of transgender patients, STD testing and so much more. Only 3% of Planned Parenthood health care

involves abortions.

What protestors also fail to acknowledge is that most of these establishments are located in low income cities, where most residents can't afford access to health care. If abolishing this establishment is what protesters really want, then they are also sentencing low-income pregnant women to less care. Putting an end to Planned Parenthood makes it more likely that a sexually active teen will not use birth control because they have no to access it.

A transgender woman with disturbingly little options for health care because not many mainstream hospital offer transgender specific care.

The abolishing of Planned Parenthood may leave a breast cancer

lump unnoticed or an STD uncared professional. These women do not for. These are huge and important issues that this health care center deals with professionally, cheaply and privately. It's essentially revolutionary in its accessibility for everyone - getting rid of it based on 3 percent of its practice will have 300 percent negative impact.

Not only do the protestors outside of Planned Parenthood seem to disregard completely how much of a necessity it is, but their abortion protesting is also downright cruel. Many women say getting an abortion is the hardest decision of their life. Most are not taking the issue lightly.

Abortion is a deeply emotional and personal decision to make: To shame it in public with crude images and slurs is callous and unneed anymore pain.

That's what it seems these protesters' goals are. They don't acknowledge facts and points of the other side and refuse to intelligently debate by looking at both sides of the story. It is hurtful, pure and simple. It is to create fear, guilt and shock at its passersby.

This is not to attack anyone who is pro-life whatsoever. It is to point out the flaws with these protestors' method of guerilla marketing their point. It takes away from any points they might have and completely dismisses the other essential work of Planned Parenthood.

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Self Exploration

The choices we make always impact our future

Nicholas Beauchesne Sports Editor

One of the things that gives me the greatest sense of satisfaction winds down this week. On Sunday, I will head to SMCC to coach the final game of the season for a fall AAU (Amateur Athletic Union) basketball team. This team, comprised of ten boys from Lewiston High School, is a reminder of where I have been during the last five years of my life. Working at LHS and coaching basketball there made up a large portion of the person I was during the time I have spent away

Those kids, and that game, taught me more about life and living than just about any other experience I have had, and I am a better person now because of the opportunities afforded me as a coach and an edu-

You see, there is something about working with kids, particularly those at the high school level, that makes me feel that I am providing a momentous impact on the future. When connections are made in on the basketball court and in the classroom, lessons can be learned by both the student and the teacher (in my case, ed-tech). I still think back sometimes- usually when struggling through a particularly dense passage of Shakespeare late at night, buried in some corner of Glickman.

I wonder how the boys back home are doing. For the past five years, five days a week, I was one of the first people that some of them would come to talk to about issues ranging from advice on a Science Fair project to individual issues going on at home. I grew into the adult I am today during these times and conversations, helping kids navigate the labyrinthine journey through the halls of LHS and into young adulthood.

Now I am back at USM to finish the journey I started here back in 2006. Back then, I was just an overgrown kid myself, unable to take control of my life and my future.

I wandered the paths and the halls of Portland and Gorham campuses, aimlessly seeking a sense of direction and purpose. I found nothing but self-doubt back then. I had no idea where I wanted to go or who I would grow to become. I stood stagnant: I skipped class and blew off assignments because I did not care about anything. I couldn't see the consequences of my actions.

As a result, I was dismissed from USM. At that point in time, it was the most devastating blow I had suffered in my life. Having to return home to explain to my family why it was that I had not succeeded in college was having to come to terms with my shortcomings and my past. I had numerous conversations with people that cared about and believed in me and somehow found myself back in the halls of the high school I had graduated from.

I am not one to put much stock in fate - the choices we make almost always directly impact where we find ourselves in the future. But there was something almost predestined about me going back to LHS at the age of 23. There were still lessons to be learned for me in those classrooms I had spent so much

I saw a whole new generation of kids connected to me by the shared experience of being a student there. Through that connection I was able to help in the development of hundreds of kids, and, in turn, learn valuable lessons myself.

Now I am back at USM- reading Shakespeare and writing for the Free Press. Yes, these things could and perhaps should have been taken care of years ago.

But I don't think I was ready. I still had more to learn about myself and about life before I was ready to take control of my own.

Now I am here, ready to work for my future in the present and I owe it all to the lessons I learned during my second stint at Lewiston High School. I intend to make this second run at USM as impactful.

Semester at Sea

"Homesickness is widespread upon the ship"

Joie Grandbois-Gallup Free Press Staff

Today marks the midpoint of this three month voyage. I have visited five countries and seven ports. I've met new people, heard new music and eaten new foods. Each port has left the stamps of its unique blend of sights, sounds, scents and tastes in my mind. There is so much new to be experienced and I am eager for each

I miss home. I miss the tickle of my cat's whiskers on my cheeks in the morning and her gentle reminder that it is breakfast time. I miss my early morning walks by the ocean. I miss quiet solitude. I miss solitude quite a bit; with 650 people on board there are very few quiet places on ship.

I miss Friday nights at the Asylum in Portland with my friends. I miss long conversations over pizza and red wine. I miss making music with my band. I really, really miss buffalo wings and Allagash Black. I tried what claimed to be buffalo wings at a pub in Greece; I should have known bet-

I am not alone in my feelings. In fact homesickness is widespread upon the ship. Conversations about home and the things we miss are common. Smartphones that carry pictures of pets, friends and favorite places are passed around. People share buffalo wings and beer. the menus of favorite meals and

make lists of "what I'm going to do first when I arrive home." A lot of people are planning to hug their mothers.

It isn't that we don't love what we are doing, most of us do. I do. It is more than just missing those things that are familiar. We are all learning to navigate in countries where we don't speak the language. We are opening ourselves up to cultures that operate differently than our own. If we are not becoming comfortable with being uncomfortable, we are at least becoming used to it.

And there are things we have come to love. There is the excitement of the pilot boarding to bring our ship into the next port, sunsets out at sea, and keeping count of the variety of ocean dwelling creatures we encounter. We share our stories of each port as we stand on deck watching the lights of our last harbor fade in the distance. We have formed a community around this unusual journey.

But it still remains that wherever we go we are outsiders. Wherever we are and however exciting it may be it is not home. There is more than a tiny bit of truth to the cliché of how one does not fully appreciate home until they leave it. Each of us has our own reasons for embarking upon this trip, and we will all have tales to tell when we return. I plan to tell mine over

Word of the Week

Hullabaloo

Pronounced: hulla.ba.loo

Sounds or a sound, especially when loud, confused or disagreeable. Ex: "What was all that hulabaloo in the office about last week?

Know of any interesting vocabulary words? Email us at editor@usmfreepress.org



"Too often in literature does the issue of weight become flattened in dimension and simplified in complexity"

Martin Conte USM Graduate

"You won't tell him, will vou?"

"Tell him what?" Leda asked sharply.

It was hard to put into words. What I was like," I said. What I meant was: What I looked like.

"What do you mean?" Leda said. You were a perfectly nice young girl, as far as I could tell."

"No. I mean... my shape. I was. you know." I couldn't say "fat"; I used that word about myself only in

She saw what I meant, but it only amused her. "Is that all?" she said. "To my mind it's a perfectly proper shape. But don't worry, I won't give away your past, though I must say there are worse tragedies in life than being a little overweight."

Lady Oracle.

Given our ranking as one of the world's most obese nations, the United States has come into a minor obsession with weight. This obsession has spawned both good and bad initiatives: an attempt to bring healthier meals and healthier life skills into schools is almost counteracted by the almost pornographic voyeurism of such shows as "The Biggest Loser." Feminist advocacy groups have productively attacked stereotypes and hate speech geared towards overweight women, while at the same time perhaps allowing too leniently a culture of "you're perfect no matter what" that doesn't encourage changing unhealthy habits. As we research more in the medical field, we understand that supposedly universal notions of healthiness should actually be narrowed to a comprehensive understanding of each individual, in more than just proper weight (studies show that some individuals are making a better health decision by sleeping less than normal expectations, or by being heavier than normal classification, or by eating more of something we may deem "bad for you.") What has also sprung from attention paid to what has become an almost iconic representation of American culture is a whole wealth of fascinating mythology, from the blubbery humans in Wall-E to the fetishized overweight pornographic

Unfortunately, too often in literature does the issue of weight become flattened in dimension and simplified in complexity, precisely because writers believe they need to write ABOUT weight. I am not interested in reading about an obese woman, I'm interested in reading is my biggest pet peeve for most of modern "performance poetry," but that's a whole other blog post). Margaret Atwood achieves just that balance in her character of Joan

The novel follows Joan as she fakes her own death and escapes unwanted fame as a Feminist poet. In similar style to Homer's Odyssey, we are given the present day scenario, and then travel far back in time, to Joan's childhood and learn of the many steps that have led her to this precise moment in her life.

Along the way, Joan goes through many transformations: as an average sized child to a willfully overweight teenager, then to an obsessively self-conscious slender adult who goes through bouts of both anorexic and bulimic behavior. However, these behaviors and transformations, condensed here into a single paragraph, are spread over a few hundred pages.

What Joan also accomplishes is becomes a successful romance novelist, a successful literary poet, an accomplice to radical social agendas, a wife, and a religious guru of sorts. But always, despite success, despite even moments of moderate happiness, Joan's overweight past festers in her; she dwells too constantly on how "I had been the fat mongoloid idiot." We as readers want to say "Stop thinking about it! It doesn't define you! You're not overweight anymore! Nobody cares." But in the same way Joan's dwelling on her weight comes festering up in almost inconvenient moments in the text, so does Joan struggle constantly with the weight she long ago lost, now tied in a feverish fear of someone discovering

Mental and emotional relationships specifically to weight gain or loss are things I am not familiar with and have only encountered through confidential conversations with friends and the various testimonial-style films shown in psych and health classes in high school. But conflict over body image is familiar territory.

Whether it is the strange skin condition I have lived with all my life, or the genuine phobia of exercise I carried through high school and college, I have struggled to comprehend the best way in which I can make my body a reflection of my mind, my feelings, and my beliefs. We all, whether consciously or not, engage with our bodies. We are sexual beings, we are mobile beings, many of us are flesh-eating beings. The body has a long intellectual history. But what makes Atwood's interpretation of this age

about a woman who is obese (this old conflict is the distance between the actuality of Joan's situation and her own perception of it.

> We know that her past as an overweight woman shouldn't, and ultimately doesn't, matter. Most people she hides it from probably wouldn't care all that much. But that's not the point. Joan knows. Joan knows, and every time she runs from one of her romantic partners, she is actually trying (and each time tragically failing) to run from herself. What Atwood teaches us is not the radical acceptance that we are perfect beings who need not change anything about us, but rather the idea that we are complex beings who can improve one aspect of our selves while still accepting the other components of our self identity. Being an unhealthy weight is bad, Joan knows and comes to understand that. But entangling ourselves so deeply in this one struggle in our lives without celebrating the other beautiful traits of our identity is an Achilles Heel that many men and women fail to overcome.

> What Atwood does is make her novel simultaneously about obesity and not about obesity. Joan's issues are manifold: romantic conflict, patriarchal sexism, mental instability, religious transcendence. These are what make her such a compelling character, and what drives the text. Yet that relatively short period of her youth when she was heavy is the single most defining aspect that Joan sees in herself.

> If only she could hear us, cheering her on, telling her that she doesn't need to worry about it anymore, telling her that she doesn't need to keep her past a secret. If only she let her guard down, just once, to anyone, and listened to what they had to say. Joan never reaches her epiphanic moment; in the end of the novel, she continues to worry about obscuring her past, even as she enters the threshold of a new romantic relationship who she feels "is the only person who knows anything about me."

> What is Atwood telling us? Is she complacently championing radical acceptance? Is she advocating for her main characters' unhealthy attitude towards her body weight? Or is she gently reminding us that we do not need to follow Joan down her destructive path, rather that we can open our ears and listen when the world tells us "there are worse tragedies in life than .'

You fill in the blank.

editor@usmfreepress.org @USMFreePress

Poetry Corner

Lucid visions of a better world with equality in every light Wanting to climb up but feel my country weighing me down Forcing me to wear blinders when I see dreams so bright Splitting at the seams with knowledge and love to share Only for them to have a needle in hand ready to hush me Universal peace keeps me roaring loudly over their demanding barks Perseverance runs deep in myself as well as my brothers and sisters Contributing our own lives to improve our civilization as a whole Oneness of humanity and freedom to love and educate is the idea Never push away from what you believe in when others pull at threads I will fight and bleed for everything I stand for that is me Battle scars tell stories of someone who is courageous and selfless

Tidings by Dustin Kelly

Glad





USM's surplus store and student swap-shop facilitates treasure.

We've all heard the age-old adage that "one person's trash is another person's treasure." There are stories that accompany this saying within our collective memory: the time you found the perfect dresser for your bedroom at a yard sale, or that really rad lamp in a free pile on the side of the road. But did you know that here at USM, students, staff, faculty, and the general public are all routinely finding treasures on campus? It's true! There are new developments on both the Portland and Gorham campuses to reduce waste, reuse functional items, and increase personal happiness by offering one feel-good deal at a time.

Since June of 2015, the lower level of USM's Sullivan Gym Complex has housed the USM Surplus Store. It has four rooms of furniture, office supplies, computer and electronic equipment, as well as art, books, and unusual items that are all university-generated. As the name suggests, all inventory at the Surplus Store has been identified as no longer needed by the original department it was used in. However, although items may not be of use in their initial capacity, they are still of use in a new, different way.

All items to be used professionally on campus are free for USM staff and faculty. Let's say the History department decides they no longer need a large bulletin board. Rather than throw it out, they send it to the Surplus Store. The Biologv department wants a bulletin board. Rather than make a purchase through Office Max or another outside vendor, faculty and

staff can often find what they're looking for in the Surplus Store Reducing the need to buy new items from outside vendors saves both natural resources and money.

The Portland Surplus Store is also open to the general public which makes it ideal for small businesses and startups, non-profits, schools, churches, and just your average Joe. As the majority of items are used, prices are very affordable. Staplers? 50 cents each. Rolling office chairs? \$2 - \$5 each. Computer monitors? \$10. You get the idea. The offerings are constantly changing; what stays constant is the enthusiasm and delight exuded by shoppers.

On USM's Gorham campus. there is also a Swap Shop exclusively for students located in the lower level of Anderson Hall. This was started in the spring of 2014 as a thrift store, and stocked with leftovers from student dorm rooms generated during spring move-out As of this week, it will be staffed regularly by USM students. Again. as the name implies, this space follows a give-and-take model where students can take or leave items as needed, free of charge. We hope this becomes a reliable resource on the Gorham campus for students to find things they need - like 3-ring binders and hangers - as well as things they didn't know they needed - like clothing, room furnishings, craft supplies, and holiday decorations.

For hours and more information about both the Surplus Store and Swap Shop, search for them using the search bar on the USM home

Advising Advice

What are your strengths and skills in life?

USM Dual Advising Contributor

"Tell me your strengths?"

This is the question job interviewers ask as you sit nervously, hoping you don't come across sounding too arrogant or accidently underselling yourself because you are stumped by the question. Why do we freeze when someone asks us to explain our

Describing soft skills can be difficult. How do you elaborate on "I am good with people" or "I am reliable?" Yet, potential employers want to know more. They want to be able to imagine you in the job. What if you had language to describe not just what your strengths are but how your strengths work?

Thankfully, there is an assessment available to USM students as part of a Title III grant that allows you to get feedback with real world language about the top five talents you possess and have the potential to develop into strengths. Strenghtsfinder was developed by Donald Clifton as a way to capture your unique profile and USM provides ways to help you profit from your natural, positive talents related to

getting things done, relationship building, strategic thinking, influencing. In addition to careers, strengths is also useful in your personal life, figuring out your major, building confidence and increasing problemsolving skills. Over the past two years, students have already used strengths in classes, in Residential Life, on sports teams, and in individual advising sessions.

One student, who took strengths in her LAC188 (College & Career Success) last spring said, "I am now beginning to view myself in a way where I see that I am capable of forming healthy and productive personal as well as professional relationships. It is a new idea to form about myself because in the past I have been the first to tell myself that I do not have any strengths at all.'

Want to learn more? USM students can participate by asking their academic advisor online or in one of our offices or visit https://usm.maine.edu/strengths for more information. If you have suggestions for future advising topics, please contact Janis Albright: janisa@maine.edu

editor@usmfreepress.org @USMFreePress

Dedicated to the Bahai community.

Crossword

Across

- 1. Heroic narrative
- 5. 1953 Pulitzer playwright
- 9. Shipping containers, e.g.
- 14. Gain ____ on 15. David Copperfield's wife
- 16. Devoid
- 17. Predicts
- 19. Disinfectant brand
- 20. Publishable copy
- 21. Pilfer
- 23. Dove note 25. Just starting to develop
- 30. Said "To infinity and beyond!"
- 33. "Game of Thrones" airer
- 35. Bk. of the Bible
- living (support oneself) 36.
- 37. "...bump on
- 39. Gives a hard pull
- 42. Model Taylor
- 43. Has come up
- 45. "____... I Did It Again"
- (Spears song) 47. NBA player Jeremy
- 48. Shifty
- 52. Error
- 53. Happy cheer
- 54. iPod varieties
- 57. "A Doll's House" playwright Henrik
- 61. Chaos
- 65. Program that rings true
- 67. 1916 battle site
- _ it just me?'
- 69. Unfavorably
- 70. What "beso" may mean
- 72. Old Tunisian rulers
- 71. Accident-investigating org.
- 18. Rotgut
 - 22. "Poppycock!"
 - 24. Kelly and Jack's dad
 - 27. In a spooky manner
 - _-Poo of "The Mikado" 28.
 - 29. Get fit
 - 30. Steals, in slang



Down

- 1. Cape Town's nat.
- 2. Sunburn soother
- 3. John Irving hero
- 4. Quick impression
- 5. Altar avowal
- 6. Falls asleep
- 7. Enlarged 8. Letting up
- 9. Name meaning "heavenly"
- 10. Poehler of "SNL"
- 11. Spin meas.
- 12. Pontiac muscle car
- 13. Olive of the comics
- 26. Blue hue

- 31. Pasture land
- 32. "Tell me about it!"
- 33. 1960s band Procol
- 34. Moscow street food
- 38. Fröbe of "Goldfinger" 40. Actress Stark of "Star Wars"
- 41. Quick and nimble
- 44. Subtle distinctions
- 46. Sober and sedate 49. Reggae predecessor
- 50. Sinew
- 51. Gas-electric car, e.g.
- _ cloud (solar-system region) 56. Some H.S. courses
- 58. Mall event 59. "David Copperfield" little girl
- 60. Opponents' votes
- 61. Dow's equiv. in Hong Kong
- 62. Proceeding normally
- 63. Rival of The Citadel
- 64. Some chants

Weekly Horoscope



Libra

Scorpio

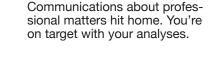
Sagittarius

adaptable.

Capricorn



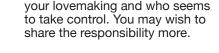
Fantasy and some daydreaming are quite natural today. Your imagination weaves possibilities that can made real later.



September 23-October 22



Face facts about your love life today and take actions which will reap results. Practicality is your best tool.



October 23-November 21

Talk about how you structure

Gemini May 21-June 20

Cancer

Virgo

Today you measure your selfesteem on the basis of your productivity. You can do much if you believe in yourself.

November 22-December 21 You could feel buffeted about as some interactions will be intense and heavy, while others are very

lighthearted and casual. Be

June 21-July 22 Family pressures are excessive. Take a break from unreasonable demands. Nurture yourself.



Someone's digging around looking for secrets. Be sure what you want to stay private is guarded and secure.

August 23-September 22 Your moods vary a lot at work today: from totally dedicated to laughing and kicking back. Be aware of when the boss is watching!

December 22-January 19 Dissatisfaction occurs if you focus on what you want and do

not yet have vocationally. Give yourself enough time to reach your dreams.



docket tonight. You may be swept away by passion, or drawn toward all-or-nothing extremes.



Focus and concentration come more easily to you and your family today. A good time to work on completing unfinished projects.

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.

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

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

Cryptogram

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

YQI WQRG WVJKVJK KIQFMW. DJ GJBQIG VW IG-BNQVIGE.

And here is your hint:

E = D

The solution to last issue's crossword



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USM COMMUNITY PAGE

Speaker's diplomatic approach to ISIS

Rahma Ali Community Editor

Phyllis Bennis, a Fellow at the Institute for Policy Studies in Washington, is an expert on the current conflicts in the Middle East and a strong advocate for the use of diplomacy over war in U.S. foreign policy. Her talk at the Woodbury Center last week, "Understanding ISIS and the New Global War on Terror," was sponsored by Peace Action Maine, assisted by Coordinator of Multicultural Affairs Reza Jalali and the World Affairs Council.

Bennis directed the New Internationalism Project at IPS and works as a writer, activist and analyst on Middle East and UN issues. She has served as an informal adviser to several top UN officials on Middle East and UN democratization issues. In 2001 she helped found and remains active with the U.S. Campaign to End the Israeli anti-war organizations, and writes and speaks widely across the U.S., around the world as part of the global peace

The title of Bennis's talk, like the title of her most recent book, "Understanding ISIS: and the New Global War on Terror," implies that it is important for people not just to react to ISIS, the Taliban and similarly aggressive groups, but to "understand" them.

Stan Scott president of Peace Action Maine and Adjunct Faculty here



Rahma Ali / Community Editor

Occupation. She works with many Bennis talks to students, faculty and community members about ISIS.

abolish the use of war as a method of standing the war on terrorism." solving conflicts.

This event was well attended by USM students including one Iman Ali, a Somalian native studying accounting at USM who led off the questioning of the speaker during the Q&A session believes that many people are fed a narrow view of what ISIS is through the

"I think that any major issue that afat USM attended the event. Scott has fects and effects a country is important

Reza Jalali, Coordinator of Multicultural Student Affairs believes it was really important to bring the presenter to USM and hosting these type of events promotes awareness in our community.

"As a Metropolitan University, and with members of the general public. Ali the largest public university in Southern Maine, we take our mission of informing the community about current affairs seriously. Historically, the USM Office of Multicultural Student Affairs has acted as a bridge between USM and the larger Portland community," he explained. "As educators, we understand we live in an interconnected global village and what goes on in other parts of the world impact us greatly."

Joshua Stevenson, a junior majoring in Biology, came to the event to learn more about this complex topic. Stevenson believes that the lecture was too short and watered-down. He felt that the speaker did not have enough information and used the lecture as a platform to soapbox her views.

"The next event should have a speaker who is more knowledgeable on the subject and who brings the subject across in a way that doesn't sound like they are pushing an agenda," said Stevenson "The speaker should spend a fair amount of time describing the views of all sides and the history of the struggles between these sides. The lecture should be longer and give detailed accounts of everything from beginning to end without vilifying one side or the other and try to remain neutral."

Latifa Sweri-Fakhouri a Libyan-American USM graduate disagrees she thought the event was great and believes that there should be more of such events.

"The event was stimulating and enjoyable, and a big success in conveying the idea that war is not the right answer to conflict in the Middle East. The talk opened people's thinking to alternatives to war, including the idea of putting more intensive practice of diplomacy.'

This Teach-In was sponsored by USM Office of Multicultural Student Affairs, with help from USM International Relations Association, Peace Action Maine, and World Affairs Council of Maine.

As a Metropolitan University, and the largest public university in Southern Maine, we take our mission of informing the community about current affairs seriously.

Reza Jalali, Coordinator of Multicultural Student Affairs

taught a senior seminar on the theme of "Sustainability" at Lewiston Auburn College and a first-year seminar in the Honors Program.

We sense a great need and desire at USM and in the Portland community for people to know more clearly the nature and causes of the conflicts going on now in Iraq, Syria, and Afghanistan where American bombs are being dropped almost daily."

Scott said Peace Action Maine sponsored this event with Bennis because they want to reach students and others in the community at USM in particular, with the message that war is not the best answer, that there are other approaches to the malignant ideology and actions posed by ISIS, the Taliban, and similar Iraq and the whole region. forces in the world.

"We are a university community and we believe it should be our business as students and others with intellectual interests and tools at our disposal to understand aggressive forces like these in the world as much as possible in order to respond with the utmost intelligence to the threats they pose," he said.

Peace Action Maine is a local affiliate of Peace Action, a national grassroots citizen movement promoting education about the causes of world conflict. They work to persuade governments and others through nonviolent means to stop the spread of nuclear weapons, and to

enough to discuss."

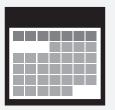
Bennis' talk attempted to change peoples' thinking about war by emphasizing alternatives to it such as the practice of intensive diplomacy. The lecture addressed incidents such as the recent bombing of a Doctors without Borders hospital in Afghanistan by US forces and drone strikes that kill innocent people.

All references to violence on the part of the U.S. and its allies were used by the speaker as evidence to support the view that such military intervention in the region only leads to more conflict, bloodshed, the displacement of millions of people from their homes and escalating violence in places like Syria and

Susan Lewey Hamilton the Coordi nator of Multicultural Student Affairs and Native American Waiver and Educational Program says it was an honor to have Bennis here at USM and that she enjoyed the teach-in style events Multicultural Student Affairs and supporters put on.

"The USM community and the Portland community wants and needs to understand global issues," said Hamilton. "Having events like Understanding ISIS with a renowned activist such as Bennis here to talk about her first hand experiences in the Middle East, Palestine and Israel is instrumental in under-

rahma.ali@maine.edu @rahma_2018



Campus Events

Monday, November 2

Natural Selection University of Southern Maine, Portland Southworth Planetarium Starts: 1:00 p.m. / Ends: 2:00 p.m.

Spin IT! Group Fitness workout University of Southern Maine, Portland Sullivan Gym Complex Starts: 3:00 p.m. / Ends: 4:00 p.m.

Belly Dance University of Southern Maine, Portland Sullivan Gym Complex Starts: 7:00 p.m. / Ends: 8:00 p.m.

Tuesday, November 3

Dinosaurs at Dusk University of Southern Maine, Portland Southworth Planetarium Starts: 1:00 p.m. / Ends: 2:00 p.m.

Vinyasa Yoga University of Southern Maine, Portland Sullivan Gym Complex Starts: 6:30 p.m. / Ends: 7:45 p.m.

Wednesday, November 4

Mean Girls Quote-a-Long University of Southern Maine, Gorham Lower Brooks Student Center Starts: 9:00 p.m. / Ends: 11:00 p.m.

Crosstraining University of Southern Maine, Portland Sullivan Gym Complex Starts: 5:15 p.m. / Ends: 6:00 p.m.

Forming Productive and Meaningful Community Partnerships University of Southern Maine, Portland 4th floor Glickman Library Starts: 1:00 p.m.

Thursday, November 5

Internship Informational Meeting University of Southern Maine, LAC Room 185 Starts: 11:45 a.m. / Ends: 12:45 p.m.

Visiting Scholar Adeline Koh University of Southern Maine Portland 7th floor Glickman Library Starts: 4:00 p.m. / Ends: 7:00 p.m.

Friday, November 6

Visiting Curator Talk: Diana Tuite Burnham Lounge, Robie Andrews Hall Starts: 12:00 p.m. / Ends: 1:00 p.m.

Saturday, November 7

Inspired By Dance: Southern Maine Symphony Orchestra Gorham Middle School 106 Weeks Rd. Starts: 8:00 p.m.

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

Sports

Home Games

Friday

Women's Ice Hockey

4:00 p.m.

Friday

Men's Ice Hockey vs. Norwich

7:00 p.m.

Saturday

Wrestling vs. Bridgewater State

1:00 p.m.

University policy aims to combat hazing

Nicholas Beachesne

Sports Eiditor

Hazing takes many forms.; from sporting teams to Greek life to other student organizations, the dangers of these forms of initiation have had serious and often tragic consequences across the country. It is the aim of the University of Southern Maine to combat and eliminate hazing, seeking to ensure a safe environment for students to engage in clubs, teams and activities without the pressure and the fear that comes with hazing.

Al Bean, Athletic Director for USM, understands the importance of having a zero-tolerance policy for all students, athletes or otherwise, when it comes to engaging in acts of hazing:

"We have a code of conduct, by

face probable dismissal from the team they are on, as well as further disciplinary action from Student Affairs.'

Having this code of conduct in place, though important, is not enough to ensure that hazing is completely eradicated from the university.

"We do all that we can," said Bean. "As proactive as we are in terms of education and enforcement of university policy, we cannot stop everything that happens."

It is true that students, when offcampus or otherwise outside the university's reach, act on their own accord. Students make decisions on their own that (despite the best efforts and hopes of the faculty that seeks to ensure the safety of the student body) can have troubling consequences.

HAZING: an activity involving harassment, abuse or humiliation used as a way of initiating a person into a group. More than half of college students involved in clubs, teams and organization experience hazing. Even though 44 states have 95% of students

82% of hazing deaths at colleges involve alcohol

anti-hazing laws, it still happens.

which can cause kidney

damage & blood clots

paddling is involved

In 4 say that

who feel they've been hazed do not report it 20% afraid of negative consequences to them

37% didn't want to get group in troubl

Hannah Lyon / Design Director

All information and statistics appearing in this graphic are available at www.stophazing.org

It's our goal to eliminate hazing in all of its forms. Having a presentation like the one by David does a long way toward that goal.

Al Bean, USM Athletic Director

which every student that seeks to participate in sports here at USM needs to understand and abide by,' said Bean. "One of the most important aspects of this code is the section concerning hazing. Any athlete caught engaging in such acts will

That is why USM seeks to both educate the athletes and the school community as a whole about the dangers of hazing - concurrent with the strict enforcement of university policy.

Last week USM hosted David

Kerschner, a Research Associate for the University of Maine's Stop Hazing program. Kerschner gave an informative and impactful presentation that educated the audience on how to prevent and combat hazing. Dozens of student athletes attended the presentation, which was a part of USM's "Full Potential Program," a multifaceted curriculum that seeks to help shape student athletes into well rounded, complete citizens both during and after their time spent in college.

"It is our goal to eliminate hazing in all its forms," said Bean. "Having a presentation like the one by David [Kerschner] goes a long way toward

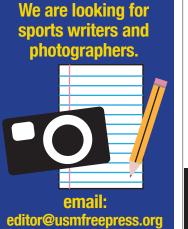
Educating the college population, in sports as well as in other facets of student life at USM, is an integral part of winning the fight against the dangerous and unacceptable hazing behavior that can infect universities across the country. Having the wherewithal to identify acts of hazing, as well as to prevent such acts from taking place, is a key step toward securing the safety of a school's students. The Full Potential Program is an important aspect of this educational process.

sports@usmfreepress.org @USMFreePress



Crafts at Costello

On November 14, USM's Costello field house will be hosting a craft fair, where proceeds will benefit Field Hockey and soccer on both the male and female teams. Artistans from around Maine and New England will be selling their hand crafted goods.



Upcoming

November 7

Women's X-Country ECAC DIII Championship @ Mt. Greylock HS

Williamstown, Mass. 11:00 a.m.

Men's Cross Country ECAC DIII Championship

@ Mt. Greylock HS Williamstown, Mass. 12:00 p.m.

Women's Ice Hockey

Norwich @ USM 1:00 p.m.

Men's Ice Hockey

St. Michael's @USM 4:00 PM

For more listings of upcoming Husky sporting events, please refer to the official . USM athletic's website.

Know of any upcoming sports events? Email editor@usmfreepress.org



CANNABIS CONVENTION

presented by NEW ENGLAND CANNABIS NETWORK



SATURDAY Nov. 7th: noon-6pm

SUNDAY

Nov. 8th: 11am-5pm
USM Sullivan Rec Center, Portland

\$15/day or \$25 for a two-day pass

Buy Tickets at: NECANN.com

60+ vendors

In addition to a wide range of the latest & greatest smoking, vaping, and storage available for sale, there will be dispensaries, care givers, growing & lighting systems, schools, labs, staffing groups, entrepreneurs, advocates, and investors!

Industry programming & live demos

Shatter, dabs, and concentrates I MMJ & Maine Law Your Endocannabinoid System I Edibles & Dosing Lighting-LED's vs HPSMH I Women in the Industry Live demos on: Tincture making, Cloning, Making organic soil, & FIMing



Event partners:

Medical Marijuana Care-givers of Maine and The New England Grass Roots Institute

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