

the free press

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Your WINTER SPORTS

review



Photo By Ashley St. Michel

Posting up for big rewards

Senior forward Ashley Marble (23) has proved herself as perhaps the biggest asset to the Lady Huskies basketball team. Marble has dominated both defensively and offensively; increasing her points-per-game average from 17 last season to 21.9 on this season. On the other side of the court, Marble leads the team in offensive rebounds, taking down 11.2 per game, not to mention 44 steals (2.6 per game) on the season. Marble has led all scorers in 14 out of the 17 games the Huskies compete.

Dominican crash kills USM volunteer

A bus overturns carrying members of a health outreach program

JOEL C. THERIAULT
SENIOR STAFF WRITER

A volunteer in USM's Health Outreach Program died during the winter break while in the Dominican Republic providing free healthcare to locals. Laura Vogel, 27, of Standish, was killed in a truck accident while on her way to a village on Jan. 4.

The accident also injured several USM students, two needing treatment at Centro Medico Bournigal in Puerto Plata.

According to statements taken from students riding in the truck, the group was en route to a remote village healthcare site from Fufimaña Lajadyaroa when the vehicle stalled out and lost power on a steep hill in Yásica township. Marianne Rodgers, the dean of USM's College of Nursing and Health Professions, said the truck also lost its power brakes when it stalled began to



Photo courtesy of the Vogel family

From right Tammy and Laura Vogel

"roll slowly backward." The driver could not put the truck back in gear.

"One of the people who was in the truck said that had anyone realized what was happening they probably could have just jumped out, it was going that slow," said Rodgers.

The driver, a Dominican Republic native, was attempting to avoid children and other villagers. The truck slid off the road and overturned down an embankment, killing Vogel.

Two USM nursing undergraduates were injured, one in the shoulder, the other suffered internal injuries. Several other stu- see CRASH page 5

Retention rate repair Student involvement key factor

JOEL C. THERIAULT
SENIOR STAFF WRITER

The student retention rate fell by two percent at the start of this academic year, resulting in a \$1M budget shortfall, each one percent affecting \$500,000. School officials are taking a hard look at how to reverse the trends.

Rosa Redonnett, vice president of the Division of Enrollment Management, and Associate Vice President of Academic Affairs Susan Campbell have been working together to investigate the root of the retention problem, which they are renaming "student persistence."

Last April Campbell and Redonnett succeeded in getting the MELMAC Education Foundation grant, which funded the research focusing on student success issues. The grant will provide the funding necessary to track retention statistics and update surveys.

Campbell and Redonnett pointed out trends found in the numbers to their peers at an Oct. 6 faculty senate meeting. Campbell

said, "The trends show that we provide high-quality academic advising (and) support when students need it, that we focus on student learning and that we promote student involvement in learning."

Campbell said another survey they have been looking at is the National Survey of Student Engagement (NSSE). Redonnett said, "Numbers matter when they tell you of the effectiveness of what you're doing. (The NSSE) gives you an idea of where you're missing some things and what you can impact."

She said that what they concluded from the data is that a USM student's level of involvement in the university is the biggest factor in determining the likelihood of keeping that student.

"There are so many opportunities for students here," said Redonnett. She also said that students are more successful if they are more actively participating in their educations.

When professors involve their students in classes, said Campbell, "They're not compromising anything, they're actually

See STUDENT INVOLVMENT
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"Why can't you just stick to history?"

Name: Phillip Cole
Department: History
Years at USM: 50

Do you know if any faculty members have taught here longer than you?

No, I think I have the record. When I started here in 1957 there were only nine teachers and a hundred and fifty students; all men.

How did you get the job here?

The same year this became a college I was looking for a job so I called Dean Bonney and he said 'come up to my farm in Turner.' They needed some teachers and I just happened to pop in and say 'do you need any teachers here?'

Are you from Maine?

Yes. I went to South Portland High School and then my parents sent me to Fryeburg Academy.

Why history?

When I went to Fryeburg Academy they would put an outline on the board and say "copy it." I developed along the way an interest.

When were women allowed to attend USM?

I can't speak definitely, but within three or four years of when I started here in 1957.

What is another big change you have noticed during your time here?

When I got here there were no brick buildings. The school had about five barracks brought over from Diamond Island. The first building we got was Payson Smith.

What do you remember about that?

[In those days] to get government aid you had to take an oath that you weren't a communist.

Some of the students were upset and held a meeting to protest. They asked me to come and I did.

The next day Dean Irving called me. "Are you trying to stir up trouble here?" He asked me. "Why can't you just stick to history?" He said we weren't going to get Payson Smith because I was stirring up the students. But the next day the President up in Orono called and came down on my side.

That's exciting. What else are you involved in outside of class that would surprise your students?

I am the coach of the men's tennis team. I've never played tennis. They told me, "doesn't make a damn bit of difference, your players will teach you." And they did.

Have you always been into sports?



Professor Cole

Photo by Danielle Porcello

Yes. Growing up I was the captain of the basketball team and the football team. Why should students still be interested in history?

It's probably the best department here. **What could a student do in one of your classes to really annoy you?** Nothing bothers me. I'm easy going.

Interview by Danielle Porcello



COURTESY OF THE USM POLICE DEPARTMENT

Campus Crime

January 21:

Cuts like a knife (2:21 a.m.) A green 1992 Mitsubishi Eclipse for Failure to Use Turn Signal. Devin Afshin, 19, arrested for OUI, and driving without a license. A folding knife was also confiscated from the vehicle.

Sir, we don't cut people here (1:20 a.m.) A knife was taken from subject in parking lot G-8. It was explained to him that there is a no weapons policy on campus, and that he could retrieve it when he left campus.

Are we in Compton? (1:05 a.m.) Officer checked vehicle for odor of marijuana. Two occupants. No marijuana found. Confiscated a knife from the center console of the vehicle.

January 15:

That's twisted (6:57 p.m.) 18 yr old male dislocated right knee at Costello Sports Complex. Gorham Rescue transported victim to Maine Medical Center.

Crime rate soars (7:05 a.m.) Found a bike leaning against the back of the parking garage. Secured in Parking Garage.

Close, but no cigar (12:30 a.m.) Three occupants sitting in vehicle in G-13 parking lot. Subjects smoking cigars.

January 13:

You've got issues (11:57 p.m.) Person reported two underage, intoxicated females were leaving Philippi Hall en route to the towers. Officer located subjects and they did not exhibit any outward signs of drinking. Officer spoke to the RA's and apparently the subjects were involved in other issues. The RA's wrote them up.

Courtesy of USM Police Department and Compiled by The Free Press Staff

"O Bla Dee, O Bla Da"

WMPG remembers one of its own

ERIK EISELE

STAFF WRITER

At the corner of Bedford and Surrenden Streets in front of the WMPG and Free Press offices sits a chunk of granite, short and squat like a coffee table. The stone rests in a small flowerbed; affixed to the front, carved in Italian marble, is a memorial: "WMPG, 1994 - 2004, Good Friend - Technical Director, Momenti Mori, Phil Hersey, O Bla Dee, O Bla Da."

The plaque, stone and memorial were a collaborative effort between Jim Rand, WMPG Station Manager, WMPG volunteer Lars Lindgren and the USM Department of Facilities Management to commemorate the life of Phil Hersey. Hersey, long-time WMPG Technical Director in charge of maintaining station electronics, died in February 2004 of natural causes. He was 52 years old.

"Jim kind of husbanded the whole thing," Lindgren said. "He had the forevision to have a memorial for Phil."

Rand said he asked facilities management to keep their eyes open for a suitable stone for a memorial. In September they brought the piece of granite over from a project in Gorham - it was the right size and shape for the memorial.

"Phil was famous for long nights of work here," Rand said.

"We wanted to have something there to remind us of the great times and hard work Phil did for WMPG."

Next came the plaque. Lindgren, a WMPG volunteer for 15 years with a show on Sunday nights, had a piece of Italian marble he thought would be perfect for the job. He had carved stone before, but this was the first memorial plaque he'd ever done.

"When I originally started, the idea was much different than it ended," Lindgren said. "The design was fluid, much like Phil in his lifetime."

The inscription, "Momenti Mori," is Latin. It translates to "Remember you are mortal." The plaque was attached to the stone in December.

Dave Bunker, WMPG Program Director, in a note to all WMPG volunteers in December, expressed the feelings of the WMPG community: "Kudos and thanks to longtime WMPG volunteer Lars Lindgren for the creation and installation of this tribute. We miss you, Phil."



A memorial rock dedicated to Phil Hersey

Photo by Erik Eisele

Is it finally over? USM police: closing in on suspects

JOEL C. THERIAULT

SENIOR STAFF WRITER

The chase is almost over. USM's Chief of Police Lisa Beecher said a list of individuals suspected of last year's bomb threats has been narrowed down to three, and that there is "just a little more to work to do" before presenting their case to Cumberland County's District Attorney Office.

All three of the universities' campuses experienced disruption during 2006's fall semester from bomb threats that required evacuations and class cancellations. USM received seven bomb threats in October, November, and December, including at least one sent by e-mail and one telephoned in by an unknown female.

No evacuation was ordered during the last threat in December; one of the policy changes made in order to handle the threats in a more efficient manner. Craig Hutchinson, the vice president of student and university life, and a team of critical-incident responders that included Beecher and Dean of Student Life Joe Austin, have looked at the ways other universities and institutions handled bomb threats. One determination made was to not respond

immediately by evacuating and to assess each threat as they came in as to whether or not they were deemed a "credible" threat. The Critical Incident Response Team (CIRT) is in charge of evaluating and deciding whether or not a threat is credible.

"We anticipate presenting the case to the district attorney to seek criminal complaints in the near future," Beecher said. Beecher also said that outside informational tips called into the police offices were used in the investigation. The \$20,000 reward will not be presented until an actual arrest and conviction has occurred.

Bomb threats, even false ones, are federal crimes that are punishable by up to 10 years in prison, a \$250,000 fine or both, according to United States Code Title 18, Section 921, Statute 18-844e. The law applies to both adult and juvenile offenders, and the full penalty could be applied to a first time offender.

USM police is still the primary department investigating the case, but continue to involve other agencies on the case, including the FBI and Portland Police Department.

UsmFreePress.Org



News briefs

USM—

GORHAM—Last Wednesday USM Police posted a campus safety alert about a new Gorham resident prone to indecent exposure. Richard D. Michaud, 36, has five indecent conduct convictions for exposing his genitals to women. USM PD issued a criminal trespass order on Jan. 19 to prevent him from entering university property. The police have requested his presence on campus be reported to them immediately and have advised their standard campus safety practices for students, such as using USM police's escort service, locking vehicles and always walking with someone when outside. Michaud is 6 feet tall, 170 lbs., with brown hair and eyes, and he may be driving a green Ford Taurus, Maine license plate 768LJ.

Local—

BRUNSWICK—An e-mail with photographs of topless women inadvertently sent by W. David Watson, vice chairman of town council, cost him his position last Tuesday after a resolution condemning his actions was passed by the council. Watson retained his seat on the town council but resigned the vice chair position with an apology to the town. Watson accidentally sent the e-mail to members of the Elementary School Building Committee. The e-mail contained text that said "This is National Women's Breast Awareness Day" followed by nine photographs of topless women. The town council's resolution read that the town "disapproves of Councilor Watson's action as it finds it is inconsistent with the standards of acceptable conduct."

State—

AUGUSTA—House Speaker Glenn Cummings and Senate President Beth Edmonds announced last Wednesday that Governor Baldacci's bill proposing a \$1 cigarette tax hike failed to gain enough support to pass. The announcement came three weeks after Baldacci released

his budget plans for 2008 and 2009. The budget plans have yet to come under committee review. Edmonds and Cummings said that there is a possibility of a smaller tax hike by legislatives.

Nation—

BERKELEY, CA—Former Berkeley mayor Shirley Dean, 71, California conservationist Sylvia McLaughlin, 90, and Betty Olds, 86, staged a protest at the University of California by climbing an oak tree and sitting on a hastily-constructed platform. The mature trio was protesting the university's plans to construct a new \$125M athletic training center in a stand of 50 old oak trees. The "tree-sit" began in early December, but last Monday's hour-long protest featured three of the oldest objectors to the building project. The current athletic center is the 83-year-old Memorial Stadium, adjacent to the stand of oaks.

World—

JERUSALEM, ISRAEL—President Moshe Katsav defended himself last Wednesday against allegations that he forced former female staffers to have sex with him. Katsav is the first Israeli president to be charged with a crime. He agreed to resign if he was indicted instead of facing impeachment proceedings, but vowed to fight the charges with his "last breath...even if it means world war" and called the circumstances surrounding the charges "McCarthyism." Attorney General Meni Mazuz said on Tuesday that he had collected enough evidence to charge Katsav of rape, harassment, abusing his power for sex, obstructing justice and illegally distributing gifts while in office. Katsav's seven-year term ends this summer.

Compiled by Joel C. Theriault

THIS WEEK IN HISTORY

FEBRUARY 3, 1959—THE DAY THE MUSIC DIED

CLEAR LAKE, IOWA—

Beech Bonanza N3794N, a small private charter plane crashed into a hill on a snowy field shortly after take off. The plane had been carrying three rock 'n' roll stars and the tragedy inspired the 1971 hit "American Pie" by Don McLean in which he dubbed February 3, 1959 "the day the music died."

Charles Hardin Holley ("Buddy Holly"), Jiles P. Richardson ("The Big Bopper"), and Richard Valenzuela ("Ritchie Valens") were on their way to Moorhead, Minnesota. It was the next stop on the Winter Dance Party Tour, Holly's ambitious schedule of concerts covering 24 American cities in three weeks.

The tour also featured Dion and the Belmonts, Waylon Jennings, Tommy Allsup.

Holly hired the charter plane when his tour bus began having heating problems. Jennings of-

fered his seat to Richardson, who was not feeling well and found difficulty fitting his large frame comfortably into a bus seat, so didn't take the trip.

Allsup and Valenzuela flipped a coin for the last seat. Valenzuela won the toss. Allsup later opened a club named "The Head's Up Saloon," attributed to the life-saving coin toss.

When Holly learned that Jennings wasn't going, he reportedly said, "Well, I hope your old bus freezes up." Jennings reportedly said in return, "Well, I hope your plane crashes." The friendly exchange of jokes is said to have haunted Jennings for years. Jennings later would become a popular country musician.

The pilot was Roger A. Peterson, 21, who had accumulated 711 flying hours in five years, with 128 of those hours in Bonanza aircraft. Additionally, he had logged many training hours

in dual instrument flying. Friends and family reported him to be a young married man who had dedicated his life to flying. His accidental crash of the plane has been attributed to poor weather conditions consisting of snow showers and stiff winds.

Who are these guys?

"The Big Bopper", 28, was a Texas D.J. He found success in 1958 with his record "Chantilly Lace."

Ritchie Valens, 17, wrote the popular songs "Come On, Let's Go," "Donna" and the rock version of the traditional "La Bamba."

Holly, 22, and his band, The Crickets, had a number one song in 1957 with "That'll Be The Day." He also penned "Peggy Sue," and was soon to move into a career in composing.

Compiled by Joel C. Theriault

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LETTER FROM THE EDITOR

Giving little people some big hope

ANGELIQUE CARSON
EXECUTIVE EDITOR

In this week's edition of the Free Press, we're running a story about a peer of ours, Laura Vogel, who was killed over the December break. She was studying to be a nurse and volunteering in a health outreach program in the Dominican Republic when the bus in which she was traveling crashed. Weeks later, a Jan. 18 auto accident killed Hanley Denning, a Mainer who gave up a comfortable life in our state to create the Safe Passage Program miles away in Guatemala City.

Denning's grassroots program is now a well-oiled machine with hundreds of volunteers serving meals and teaching classes in schools built by the program to more than 500 impoverished children every day.

Guatemala City is notorious for its rank, pervasive dump that stretches for miles, filled with a

combination of dead animals, old meat and diapers baking in the hot tropical sun. This hell is just a day at the office for hundreds of Guatemalans who sift through the rank piles all day for items to sell on the streets. Often, the children are forced to join their parents amongst the dangerous fumes and sharp rubble, though children under 16 are legally not allowed.

I spoke with two young women who took traveled there in early 2006. Both were graduated from high school a semester ahead of their friends so that they could spend the next two months in the Safe Passage program.

This city sounds like the type of place where I'd send prisoners.

"[The dump] is absolutely enormous. You look at it and it just goes on forever," said Emily LaFond, a USM student and Safe Passage participant who spent a week at the program. "There are just layers and layers. There are tons of vultures circling the sky, it

almost makes the sky look black there are so many of them circling."

So how did the Safe Passage program become so popular? When I was in high school, my friends, like the two aforementioned ladies, were giving up their spring breaks to visit a city whose biggest landmark is an enormous pile of trash.

"There were men passed out and peeing on the streets a lot. Every day I walked down [to work] there was a dead dog wrapped in a trash bag that was discarded and nobody was picking it up," said Johanna Greenberg, 18, of Portland. "The police don't come into that neighborhood because they don't care about it. It smelt like dead dog."

It doesn't make sense to me to trade in a clean, comfortable life for two months to watch the various stages of a dog decomposing.

But Denning started something special, and that's why people like her.

Liz McElhinney, 18, of Portland remembers something Denning told her about the importance of the work they were doing:

"Hanley said, 'It's only the rich people who run the government down here. So for a kid that's not rich to get through college and have the opportunity to change their own country is something that only education can give them.'"

McElhinney acknowledges that it's not only what she can do to help the program, but what the program does for her that motivates her return to Guatemala.

"Basically I just spent a lot of time giving hugs, which is really important, and it made me feel important. When you met the kids you were totally inspired be-



cause they are all really happy to be at the program, and excited to learn."

It feels good that a young woman from Maine saw a need for a change and then managed to do it. It makes this girl from Maine feel like dreaming big isn't a lost cause. Maybe those grandiose fantasies I have about having a dramatic and positive impact on something important aren't so impossible. And what's more important, Denning showed the kids at her program the same thing.

"They got to dream," said McElhinney. "They'd tell us a lot things like 'I want to be a doctor.'"

Thanks to Denning, maybe some of them will be.

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HAVE SOMETHING TO SAY?

Send letters to the editor to freepress@usm.maine.edu

Question of the week

If you could change one thing about USM, what would it be and why?



Patrick Liddy
Senior
Sociology

The split campus. It seems like there could be a lot more unity if everyone was in one spot.



Kelly MacBin
Senior
Psychology

The parking situation can be annoying and stressful. Finding a spot is stressful when you're late for class. I'll squeeze into anything.



Alex Veligor
Senior
English

I think it works well. I don't have any complaints. I like the combination of commuter and live-in students and the school specializes in general knowledge.



Steven MacWhinnie
Senior
History

I hate the parking office. They are not helpful in the slightest.



Yoshimitsu Shinohara
Senior
Business

The gym is too small. The machines are pretty old. There's not enough space and it's sometimes really crowded.

Photos and Interviews by Angelique Carson & Ashley St. Michel

THESE DAYS

An investment with endless returns

ALEX STEED

COLUMNIST

I recently received a forwarded email that implied that Martin Luther King and Cesar Chavez Days are both holidays that highlight race, and not civic involvement. These are two men who realized the importance of becoming involved members of their countries, and of their world, and they invested themselves into bettering their society. The celebration of their lives is less to do with an acknowledgement of their skin color, and more to do with an appreciation of the sacrifices they made to better our society and government. It is days of celebration such as these that we realize that in order to be better men and women, we must offer more of ourselves than the minimum of what is expected. Herein, I make the following proposal:

Become an engaged-citizen.

Do things for the good of society. Write letters to politicians and newspapers and share with them something that's on your mind. Join a citizens group that advocates for something in which you strongly believe. Volunteer your time to an organization you strongly believe in. Advocate for the improvement of the public school system. Fight for the rights of children and exploited people. Pick an aspect of our culture, society, law, or all three that you believe is impaired and work towards bettering it. Otherwise, what's the point of living?

Too often, people stand around and wait to be put in a position to become a hero. Perhaps we'll be in the right place at the right time and we can ensure that the right thing happens and the wrong thing doesn't. However, while we sit around and wait for the perfect moment, there are millions of ac-

tively engaged citizens working towards bettering this country and world who do so with very little recognition. These are people who believe strongly in the freedoms and rights their ancestors and forefathers fought for, and they don't take their freedoms for granted.

Without civic engagement, we become insular parts of nothing. No one wants to look back on their lives and realize that they were never more than the sum of their impulses. I've never heard a story about someone who looks back on his or her life and thinks, "I really wish that I contributed less to my country and to the world, and invested more of that time into becoming a professional." One day, the many "traditionalists" that occupy the airwaves and political offices in this country that pretend to live, work, and breath the United States while shunning anything they claim as "un-American," will shamefully face the end of their lives and realize that they offered little more than rhetoric to the world.

Most importantly, strengthening the degree to which we involve ourselves with our nation and our world, we become educated *universally*. By working with or for a cause we come to know enlightened citizens who also care passionately about their surroundings. Feelings of cynicism and apathy are destroyed by our *involvement*. We come to know people that we never would have known otherwise back at home, at church, and on the job, where we eat, work, pray, and screw (though not necessarily in this order). We come to realize that despite many idiosyncrasies, we citizens are quite similar. We also come to realize the despite our similarities,

The program featured an equal mix of undergraduate nursing students and volunteer community members, many in a healthcare profession. This group provides free care and health education in 16 villages in the country.

Vogel was one of these professional community members. She was an RN in the Neonatal Intensive Care Unit (NICU) at Maine Medical Center in Portland, caring for sick and terminally ill infants and children.

Vogel graduated from Maine's St. Joseph's College with a BSN in Nursing in 2001. From there, she pursued graduate education at New York's Stonybrook for a Pediatric Nurse Practitioner degree. Her supervisor at NICU, Jani Kinder, said she enrolled in the Dominican Republic Program with hopes of transferring the credit to Stonybrook.



we are also very different. We are reminded of the term "melting pot" that we learned so long ago. We remember that being a citizen is not denoted by our skin color or language, but by our investment into bettering the society and the country and world that we share.

UsmFreePress.Org

"It's been a tragic loss for us," said Kinder, who said Vogel's motto seemed to be "Tell me more,"-- constantly asking questions and trying to learn more about her profession.

Rodgers reported that three people returned early from the project after the accident, none of whom were students. The rest of the group continued and returned to Maine on Jan. 14.

One student, an acquaintance of Vogel, returned to Maine early to accompany her remains. Counseling services for the students involved in the accident have been held with future sessions scheduled.

Monty Vogul said he had concerns about the safety USM needs to provide for the people working out of the country. He would not comment further about his concerns.

State of our Union USM students gather, react to speech

CHARLIE NICKELL

CONTRIBUTING WRITER

USM students gathered Tuesday night at Sebago Brewing Company, a bar and restaurant in the Old Port, to watch the State of the Union Address delivered by President Bush. Turnout was about thirty students, most of whom were political science majors. Sebago Brewing Company hosts the event annually and students usually find out about it through word of mouth.

Only weeks after Bush announced his plan for the deployment of an additional twenty one thousand troops to Iraq, students were skeptical in the moments preceding the speech. CNN broadcasted the event complete with coverage from their Situation Room, were the hosts sketched red vs. blue party lines on a computer screen viewing a floor plan of the House.

With the president's approval ratings dwelling far below in the depths of the abyss, it's no wonder that he was greeted with as much booing as applause upon his arrival before the House. Before his speech, he congratulated Nancy Pelosi, the first woman to become Speaker of the House. Bush moved relatively smoothly through his address, focusing on the impending issues such as the war on terror, increasing military recruits, slowing gasoline consumption, and making health care more affordable.

Though his optimism may have inspired a few who were listening, an overall feeling of contempt swept across the faces of the students viewing the speech from the downstairs of the SBC.

According to USM students who attended the coverage, the

president's speech was unsurprising. One student said that the speech was, "conventional in its attempt to tell us nothing new."

The general consensus of the students present was that of complete abhorrence for the president's desire to deploy more troops to Iraq. When does the cost outweigh the objective?

President Bush concluded his address by honoring four remarkable individuals. The first honoree, Dikembe Mutombo, was praised for overcoming innumerable odds in his journey from a young man in Africa to graduate of Georgetown University and prominent NBA center. Julie Aigner-Clark, Bush commended as a, "talented business entrepreneur and generous social entrepreneur," for her work in the development of new ideas for children's safety. Wesley Autrey was honored for his daring rescue of a man who had collapsed onto the tracks from a New York City subway platform.

The final honoree was marine Tommy Riemann, praised for his remarkable bravery during combat in Iraq. This show of attention towards American citizens was unusual for the State of the Union Address, but its significance was not minor.

Ending the address with the recognition of four exemplary American citizens, Bush shifted focus from dire to delight. For any one who was watching, the realization that there were still people in America dedicated to preserving the beneficence of their country, directed their attention to the positive. The President needed to end on a positive note, because for many people, Bush seems to be the engineer of a train running out of track.

from CRASH page 1

dents reported aches and pains when they returned to Maine, including cracked ribs. The driver was not hurt.

Laura Beth Vogel was born to Monty and Beth Vogel on July 26, 1979. Her sister Tammy is 20 months her elder. Vogel's mother and sister both work at Maine Medical Center, Beth as a consultant at the Research Institute and Tammy as a float nurse. Her father said Beth was adventurous, even as a young child. "As long as I was holding her hand," he said, "she would do anything."

USM helps to provide this humanitarian opportunity with the biannual Health Outreach Program, also known as the Dominican Republic Project. The university teams with the Partners for Rural Health in the Dominican Republic, a private nonprofit organization in Maine.

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Fitness center Info:

<http://usm.maine.edu/sullivancomplex/pcrf/fc/>

On campus:

<http://usm.maine.edu/sullivancomplex/pcrf/ocp/>

Outdoor programs:

<http://usm.maine.edu/sullivancomplex/pcrf/op/>

Discount Program offerings through University Community Recreation & Fitness for Students, Staff, Faculty & University Community members. For a complete listing of all ongoing specials visit the following website:

<http://www.usm.maine.edu/sullivancomplex/ucfr.html>

AEROBICS PROGRAMS

Sullivan Recreation & Fitness Complex, Portland



Fee: Students \$10/semester and medical release form required

Other screening fees may apply

To Register: Go to the Sullivan Complex Recreation & Fitness Office, 104 Sullivan Complex with a USM student I.D.

Classes are subject to change. Stop in for updates.

Bootcamp: An advanced level fitness class using many different programs, circuit training to cardio and abs....

M-W-F 5:15 - 6:00 p.m. Sullivan Complex Main Gym

Love Your Back: Spinal Fitness Conditioning class

Tues/Thurs 5:00 - 6:00 p.m. April 17 - May 10, 2007, MP Room

Step Aerobics: to include Circuit training, Step n Sculpt, Step n Tone and more...

M-W-F 6:15 - 7:15 a.m. Multi-purpose room

On The Ball: Improve strength, flexibility, and balance using a fit ball for resistance.

M-W-F 6:15 - 7:15 a.m. Main Gym

4:30 - 5:15 p.m. Main Gym

Walk Jog Aerobics: Our original fitness class.

Participants can walk, jog, bike, row or do aerobics.

M-W-F 6:15 - 7:15 a.m. Main Gym

4:30 - 5:15 p.m. Main Gym



BASKETBALL DROP-IN

Sullivan Gym

Mon. 2:30 p.m. to 4:15 p.m.

6:15 p.m. to 9:45 p.m.

Tues. 6:00 a.m. to 8:30 a.m.

12:30 p.m. to 6:00 p.m.

Wed. 2:30 p.m. to 4:15 p.m.

Thurs. 6:00 a.m. to 8:30 a.m.

12:30 p.m. to 8:00 p.m.

Fridays 1:30 p.m. to 4:15 p.m.

6:15 p.m. to 6:45 p.m.

Saturday 11:00 a.m. to 5:45 p.m.

Sunday 12 Noon to 2:30 p.m.

*All times are subject to change.

**Call ahead to confirm exact times, 780-4169.

3 on 3 BASKETBALL LEAGUE

When: Wednesday nights, 6:15 p.m. - 8:30 p.m.

Starting: Wednesday, February 7th, 2007

This league is open to students, faculty/staff, alumni and gym members. Submit your complete roster accompanied by full roster fees by Wednesday, January 31st, 2007.

Fees: \$5 per student, *faculty/staff, alumni, gym member *Non member faculty/staff and alumni are also responsible for a \$3 day pass for access each night of play. Call Tom Floyd FMI, 228-8242. To renew your Sullivan Complex membership call 780-4169.

DANCE - Belly Dance class

Dates: Mondays, February 26, to April 9, 2007.

Time: 5:00 p.m. to 6:00 p.m. NO class March 26th

Where: Sullivan Complex, Multi Purpose Room

Cost: \$10 with USM Student I.D. & medical release form

Bring: A sense of humor along with a scarf to tie around your hips

*Pre-registration is a must. If you are signing up for this program, you should be prepared to make the 6 week commitment.

FENCING

Days: Tuesday

Time: 6:00 p.m. to 9:00 p.m.

Where: Sullivan Complex

*Call the Blade Society for more information at 228-8502. Free for USM Students with USM Student I.D. card

Contact Kevin LeBlanc FMI:

metallicalord87@yahoo.com

INDOOR SOCCER

Days: Thursday

Time: 8:00 p.m. to 9:30 p.m.

Where: Sullivan Complex

Date: January 18th - April 26th

Open to the first 10 Participants with ID who sign up. Sign ups start at 7:00 p.m. Please bring your USM student I.D. card for participation. Also open to any faculty/staff, alumni, with a Sullivan Complex gym membership.



USM RACQUETBALL & SQUASH LEAGUES

The USM Spring Racquetball and Squash Leagues will start play in February. Please call by Wednesday, January 31st, 2007, with your level of play. Open to all. Choose one of the following:

Beginner/intermediate

Intermediate/advanced

Advanced

Levels will be combined if registration is low

Participants must commit to playing one match per week for 12 weeks, beginning the week of February 4th, 2007

League Fee: \$5, students, *faculty/staff, *domestic partners \$10, *general public

*Non member faculty/staff, domestic partners and general public also are responsible for a \$7.50 day pass each day of play. Call Tom Floyd FMI, 228-8242. To renew your Sullivan Complex membership call 780-4169.

RACQUETBALL/SQUASH/WALLYBALL

*Reserve courts 72 hours in advance by calling 780-4169.

*Bring your USM Student I.D.

ULTIMATE FRISBEE

Come one, come all. Bring your USM student ID card or other Sullivan membership ID card or pay \$3.00 day pass access. Tuesdays, 6:30-9:45pm & Sundays 10am - noon.

<http://www.portlandultimate.com/portlandultimate/index.do>

SKI PASSES FOR STUDENTS & STAFF

Mt. Abrams, Shawnee Peak, Attitash, Sunday River and Sugarloaf all have student discounts available. For a complete list of skiing discount offerings visit:

<http://www.usm.maine.edu/sullivancomplex/ucfr.html>

S.M.O.R.

Southern Maine Outdoor recreation program offerings:

Space is limited and pre-registration is required for all S.M.O.R. programs. Please call 780-4939 or stop by the office at 104 Sullivan Complex in Portland. Payment is taken at time of registration for all programs. A ten day cancellation notice is required for refunds.

Feel Good About Coming With Us

Your safety is important to us, as is the quality of your experience. This is why all of our trips are lead by a licensed Maine Guide and Wilderness First Responder. As always with our SMOR sponsored events, our trips are tobacco and alcohol free.



****PRE-REGISTRATION IS REQUIRED FOR ALL OUTDOOR PROGRAMS.**

Receive additional information at the

Sullivan Recreation and Fitness Office, 104 Sullivan Complex or call 780-4939.

****SPACES ON TRIPS ARE LIMITED, inquire early, registration taken with payment only.**

X-Country Ski Series

Are you looking for a fun way to stay in great shape this winter? If you are, the great State of Maine has untold miles of trails, in woods and fields, that make for an inspiring workout. We will be visiting nearby destinations this winter to glide, grunt, pant, and swish across a sample of this Maine terrain. No experience is necessary to participate, and there is no need to fret if you can't make all of the dates, just come when you can and have a good time! Gear is available, but you are welcome to bring your own. Locations will be decided based on site availability and, of course, snow. Free for students, \$10 for domestic partners.

Sunday, February 11th

Sunday, March 4th



Sunday, March 18th

Sunday, March 11th

Night Hike and Star Gazing

Saturday, February 10th. As the sun goes down, we will take a quick hike to the top of Bradbury Mountain with headlamps, for a chance to gaze into a dark winter's sky, away from city lights and buildings. In our sights will be Pegasus, Orion, Taurus, the Pleiades, the Gemini Twins, and much more. Hot cocoa will be provided as we identify as much in the heavens as we can. Snowshoes will be provided if necessary for conditions. Free for students, \$10 for domestic partners.

Shawnee Peak Night - Ski/Snowboard Trip

Wednesday, February 28th. Classes by day, skiing and riding by night. The price is right! Transportation is limited to first 8 who sign up. \$10 students/lift ticket only, \$15 domestic partners \$20 student/lift and rentals, \$25 domestic partner \$35 student/learn to ski/snowboard pkg, \$40 domestic partner

Igloo Building

Saturday, March 3rd. This is your chance to test your primitive skills if you have them, or learn some if you don't. We will work together to build a cozy winter shelter made of....snow? That is right, and we will celebrate our cold accomplishment with some hot pizza when we are done, so don't think you need to give up all the comforts of life for this "once in a winter" experience. Free for students, \$5 for domestic partners.

Back-Country Snowshoe

Saturday, March 10th. Do you ever feel like you are always on someone else's path? Well, here is an opportunity to break your own trail in the pristine woods of Maine, with some others who want to get away from it all. We will take a meandering hike among the trees and emerge for a view of our winter wonderland before returning. Plan on an hour and a half of snowshoeing. Limited transportation is provided. Free for students, \$10 for domestic partners.

Sugarloaf Ski/Snowboard Day Trip

Saturday, March 17th. For those who already know how to ski and ride. Come and carve some turns on some of the best skiing and riding in the East. Unlimited lift tickets available or packages including lift ticket and rentals. Limited transportation is available. \$35 students/lift ticket only, \$60 domestic partner. \$55 for students/lift and rentals, \$90 for domestic partner. \$10 transportation only (available to student ASC pass holders).



Night Hike and Star Gazing (Spring Sky!)

Goodbye Pegasus, hello Leo!

Saturday, April 7th. Here's another opportunity to view the heavens from atop Bradbury Mountain. Come see the stars in their springtime position. Hot cocoa will be provided as we identify as much in the heavens as we can. Snowshoes will be provided if necessary for conditions. Free for students, \$10 for domestic partners.

Indoor Rock Climbing

Saturday, April 14th. Join us for an evening of wall crawlin' at the Maine Rock Gym. Instruction and all necessary equipment provided. This activity is open to all students, domestic partners, and children 15 years and older. \$10 for students, \$16 for domestic partners/children

Fitness Center Programs

@ Sullivan Recreation & Fitness Complex

Skip Cadigan, Fitness Center Manager, 780-4652

gcadigan@usm.maine.edu

Program 1: Great for beginners. This 4 session (2 week) program includes a fitness evaluation and a tailor made fitness program geared to meet your needs. Sessions last 45 - 60 minutes.

Fees: Students \$25, Faculty/Staff/Alumni \$40, Spouse/GAP/ Domestic Partners/U-Maine Alumni \$55, Follow up \$10

Program 2: An 8 session (4 week) program that includes all of Program 1 plus focuses on advanced training techniques (i.e. strength/power or body sculpting) Fees: Students \$40, Faculty/Staff/Alumni \$55, GAP/ Spouse/ Domestic Partners/U-Maine Alumni \$70, Follow up \$10

Fitness Evaluations: Included in this evaluation is upper and lower body strength tests, body fat assessment, flexibility and a cardiovascular test. Upon completion, a program is designed for you. Fees: Students \$10, Faculty/Staff/Alumni \$20, GAP/Spouse/Domestic Partners/U-Maine Alumni \$25




Body Fat Assessment: Interested in knowing your current body fat composition? This will only take a few minutes. Please remember to wear shorts and a T-shirt. Cost for all is only \$5


Sullivan Fitness Center Member of the Month: Fitness Center staff will nominate members. One winner each month wins a gift.

MARDI GRAS 2007



The WMPG Annual Fat Tuesday Celebration & Cajun Cookin' Challenge

-  Live Broadcast of Mardi Gras Music
-  FREE Cajun Food from Local Restaurants
-  Vote for Your Favorite!

February 13th
Noon - 5 PM 

USM Woodbury Campus Center

FMI Contact Jim @ 780-4424



UNIVERSITY OF
SOUTHERN MAINE

ARTS + ENTERTAINMENT

A review Dot your I's and drink your teas

LESKA TOMASH

CONTRIBUTING WRITER

I had my flu shot today, and it was delicious. I didn't get it from the doctor or from a clinic. In fact, it wasn't even a vaccination. My "flu shot" consisted of "fresh grated garlic, ginger root, and lemon juice mixed with hot water and honey." It was served with love at the sweetest shop you ever will see. With winter setting in and another semester upon me, this rejuvenating beverage is just what I needed.

Sarah Richards, 36, opened "Homegrown Herb and Tea" shop at 195 Congress Street on Munjoy Hill this past November. She offers tasty, hot alternatives to coffee as well as caffeinated teas. The Portland area has been thirsty for a niche like this.

"I didn't realize how ready they were for it until I opened," she said. "It's still surprising to me that people come in who have never used herbs before and sit down and really enjoy it."

When I walk in the tinkling bell above the door announces my visit. Richards looks up from behind the wooden bar in a blue-flowered apron and smiles, greeting me by name. Quiet bluesy music drifts from the speakers.

A cozy nook with cushioned benches is home to an acoustic guitar, a Scrabble board, and stacks of books. A ceramic Buddha lamp sits on a side table. His palms outstretched, ready to receive the daily herb offering from Richards. A long, red park-style bench runs along the wall and smooth segments of tree trunks act as coffee, no, tea tables. Billowing green herbs overflow their pots in the front bay windows: sage, angelica, lavender, lemon balm, spearmint. Their sweet aromas scent the air. I could stay forever.

The impending stress of school seems it will never touch me. Right here and now, I vow that no matter how overtired and frazzled I get I will not cram my face with chocolate and coffee. I will not eat whatever slim-pickings are left in the Luther Bonney food court. I will take care of myself, I swear. During the stress of school, work and life in general, why is it so difficult to take care of ourselves?

It is a challenge, Richards said. "As a culture it is so rare for a

person to stop and take a moment to truly nurture themselves." She pauses to roll up a sleeve and put some elbow grease into grating fresh ginger.

She sees the importance of offering a restful place for people to relax and replenish. After nine years of teaching Spanish at the middle and high school levels, Richards says that although she enjoyed it, she was "definitely ready for a change." She adds, "I was lucky enough to find a way to combine my passion for making herbal teas while also fulfilling a niche."

And a niche her shop certainly fills. She explains with a smile how business is going. "I'm steadily getting more steady—that's the best way to describe it." The mornings are not that busy because people want coffee, Richards guesses. However, afternoons between 2:30 and 5:00 are busy. She speculates people are coming in after work to unwind.

"Homegrown Herb and Tea" offers several detoxifying tonics along with selections of teas like Irish Black, Japanese Green, Rooibos Red and Darjeeling. Besides the "flu shot," a variety of other tantalizing options are written in colored chalk on the large chalkboard that hangs behind the bar.

"The 'Herban' Cowboy" will balance fatigue and "put the buckle back in your boots" with a blend of "sarsaparilla, ashwaganda, and fresh orange peel."

Or "Hair of the Khan" is good for snapping out of the "Irish flu" (yes, a hangover) with ingredients such as "kudzu flowers, ginseng, sandalwood and cardamom." Hey, it worked for Kubilai Khan.

If a guest of the teashop wants something dark, heady, and aromatic then "The After Dinner Mint" is the way to go. The "infusion of peppermint, licorice, and chicory root" is only slightly mellowed by a drop of cream and honey.

The blends are offered by the large cup for \$3.00 or by the pot for \$7.50. These are both generous servings and potent enough to hold up to re-heatings. Or there is a create-your-own-infusion option priced at \$1.50 for a single herb, \$2.00 for double, and \$2.50



Owner Sarah Richards

Photo by LESKA TOMASH

for triple. The herb list includes dozens of choices such as chamomile flower, Echinacea, valerian root, rose petals, clove, damiana leaf, and goldenseal.

But this is more than just a place to enjoy a healthy beverage.

Richards offers little tasty nibbles, too. A small display case has baked goods and chocolate truffles made on premise by Victoria and Charles Hamilton of Nutmeg Foods. Although unadvertised, Richards has been known to make the most scrumptious cucumber-cream cheese finger sandwiches.

The shop feeds not only the belly but the eyes and the mind, too. The walls are adorned with changing art exhibits, currently featuring Richards' cousin, Heidi Richards. In the future, Sarah Richards plans to participate in Portland's First Friday Art Walk, inviting strollers to pop into her shop to view artwork. The very mugs and teapots from which customers enjoy steamy delights are artworks crafted by Sarah Coppi of Earth and Soul Pottery.

Richards also has her own line of homemade, all-natural skin care products for purchase or to enjoy as she gives you a facial in a curtained den.

Coming into "Homegrown Herb and Tea" is an experience.

Richards looks at her business as more than just selling a hot beverage.

"I look at each cup of tea as a mini-meal. I really want to reach that person on a level that makes them feel better."

Business hours:

Tue-Fri: 8:30 am-7:00 pm
Sat: 11:00 am-7:00 pm
Sun: 11:00 am-5:00 pm
Mon: Closed

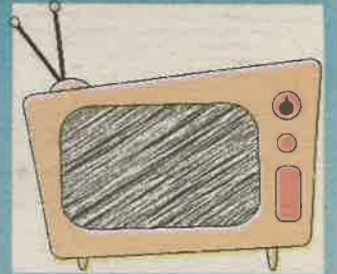
Phone number: 774-3484
Address: 195 Congress St.

MEDIA WHORE

Winter Break

ALEX STEED

COLUMNIST



It's been a while since my words and your eyes have come together on the A&E pages of the Free Press. Since then, I've been on many, wild, entertainment-adventures. I was lucky to see MC Chris play in Boston and Modern Syndrome at Geno's, watch Children of Men in Westbrook, and observe a tragic near-death experience on Dick Clark's Rockin' New Year's Eve of the eternal youngster himself. I look forward to sharing the highlights with you.

mc chris (not MC Chris)

He is probably best known to his non-fans as MC P Pants on Aqua Teen Hunger Force, among other Adult Swim characters. mc chris is a tiny, white, geekster (a hybrid of geek and gangster) rapper. He raps about—among other things—masturbating to anime, playing Risk, and Star Wars Galaxy bounty hunter, Bobba Fett. I am torn between the following two instances as the official highlight of the show. It was either:

a) when he requested that members of the audience pretend to be zombies so that he could pretend to mow all of us down with an imaginary automatic rifle

b) when two girls in the front row kept trying to touch him and he requested that the "drunk bitches" stop trying to touch him, and that his true fans are "like this guy," as he pointed at 450-pound guy in the audience who pre-gamed for the show by playing a handheld videogame.

Either way, the show was fantastic, and picking up chris's album Dungeon Master of Ceremonies will be well worth your money.

Children of Men

This is the best movie I have seen in the past year. For a long while, I had written it off because I was under the impression it was a Bruce Willis-style kill-fest. It certainly is a kill-fest, but it isn't good vs. evil or right vs. wrong killing that defines Die Hard-like bloodbaths. In fact, there appeared to be a group of guys who were expecting this sort of thing—their girlfriends on leaches—with their testosterone-fueled, cock-hungry desires were rendered impotent by the fact that "good" was

often equally hard as "bad" to pin down in this film. It's certainly an action-packed carnage-fest, but only in the vein of the white-knuckle first half-hour of Saving Private Ryan, not Legal Weapon.

Dick Clark's Rockin' New Years Eve

Tuning into "Rockin'" is often a confusing experience for one who is not savvy to the rhetoric of crafty television advertisers. The adjective rockin' implies that this New Year's celebration is going to be jam-packed with excitement, rebellion, and perhaps some cutting edge hipness, no? With such a weighty word attached to the title of their out with the old, in with the new television special, one might expect a little more than is actually delivered. With Dick Clark still at the helm, there is, in fact, very little rock.

Perhaps "Dick Clark's Rockin' New Years Eve: Out With the Old, In With the Old," didn't test well with audiences.

Lord knows there's nothing less rocking than a 77-year-old man, looking and sounding like he's knock-knock-knocking on heaven's door (with the obvious exceptions of Iggy Pop, Johnny Cash, and Bob Dylan). This was the second year since Clark's stroke that he's been back to Rockin' and the poor corpse looked like if the wind blew right on the cold, celebratory night in Times Square, he might have gotten whisped away back to the late 50s—back to when he hosted the Bandstand and the concept of rock and roll was something more than a word that lame, non-rocking people throw on boring, televised celebrations of the coming of the New Year.

Modern Syndrome

This is my new favorite Portland band. While they're not new, I'm new to them. I'd heard about them for over a year from Sarah Seekonk Ramey and The Enchantment's Galen Richmond. They're teenagers fueled on Pink Floyd and Pavement. Seeing them, I was reminded of watching Extendo-Ride on the same stage. Only then it was The Skinny a legendary Portland rock club that is now Geno's. Portland in 2014 will be lucky if any incarnation of this amazing band is still playing by then.

Turning memories into art A new show hits the Gorham Art Gallery



Photo by Anne Hobby

are site-specific environments that give form to things that are invisible."

The photographs are combined with words written on a typewriter to describe memories with people from her past. One piece shows a clipping from a newspaper, a photograph of a man, Josh, Aschheim knew from school. Around the photograph are memories printed

in a typewriter font. When Josh saw her work, she said he told her that he didn't remember the same things she had.

The exhibit will be on display until March 3. The gallery is open Tuesday through Friday, from 11 a.m. to 4 p.m. and Saturday and Sunday from 1 p.m. to 4 p.m.



Photo by Anne Hobby

The Forgetting Curve, the current exhibit in the Gorham campus art gallery, is an exploration of how memory works and an attempt to represent memory by visualizing brain function in artistic ways. The installations, drawings, and written words are by Deborah Aschheim, visiting artist-in-residence.

The installations are large, three-dimensional webs of color which resemble other installations Aschheim has done in the

past, titled "Neural Architecture." Each installation has two or three small screens with video images

"I could barely stand when she drove the carpool with his hair wet from the shower"
- Deborah Aschheim

running inside which portray memories. Aschheim visually takes us through the thoughts and people from her past: enemies, friends and in what ways they were linked; classmates from first grade; who drank what during her college days; Jews and non-Jews. A description on the Gorham Art Gallery's website reads: "Her installations, based on the intersections of neurobiology and culture,



We have over 10,000 potential listeners, and a space for them to hear you!

Take your chance in our **CALL FOR COLUMNISTS!**

Think you're the one for the job?

Write us a 650-700 word column on a topic of your choice. Topic should be relevant to college students lives and clearly reflect the writer's opinion. At the end of your essay, tell us why we should pick you as a columnist for the Spring 2007 semester, and which topics your column might focus on from week to week. Include name, age, grade, and major. Attach at least one other recent writing sample.

Each contestant will win two tickets to a Portland Pirates game. The winner will be given a weekly column in the Free Press for the spring semester.

Email submissions to freepress@usm.maine.edu with the subject "call for columnists" or drop off submissions to: The Free Press, 92 Bedford Street, Portland.

DON'T

STAY HOME

A list of things to do this week instead of studying. Anyways, who does homework before midterms?

Monday January 29:

"My Year in China," by USM employee Betsy Headley / Photography exhibit/ Unum Provident Reading Room / 7th Floor Glickman Family Library/ free and open to the public / FMI <http://library.usm.maine.edu/about/hours.html> or 780-4276.

Tuesday January 30:

Sly Chi featuring Soul, Funk and Jazz music / \$5 cover / 8 p.m./ The Big Easy/ 21+

Wednesday January 31:

"Watermarks," Documentary featuring Austrian women's swim team early 20th century/ 7 p.m./ Glickman Library/ free / 780-4011

Thursday February 1:

Stop, Look and Think III / Great Hall / \$12 / 12:30 p.m. to 1:15 p.m. / Portland Museum of Art

Friday February 2:

The Awesome / \$5 cover / 8 p.m. / The Big Easy/ 21+ Opening of "Black Portland" featuring history of African-Americans in Portland/ 4-7 p.m. / Glickman Library, 6th & 7th Floors/ free/ 780-4011

Saturday February 3:

Miss Fairchild with Samuel James and DJ P. Nice / \$7 / 9 p.m. / SPACE Gallery/ 18+

from STUDENT INVOLVEMENTpage 1

enhancing your learning. That's the kind of message we want out there so that people don't see (college) as this overwhelming task or this administrative layering of work."

The funds provided by the MELMAC grant were used to complete the research. "With MELMAC, we're focusing on EYE (Entry Year Experience) courses," said Campbell. "We're focusing on academic advising, particularly in the schools and colleges because we have a decentralized model at USM, and we're looking at our early warning system."

usmfreepress.org

FREEPRESS is looking for an Arts Editor
Send resumes to angelique_carson@yahoo.com

Need advice on our new TIAA/CREF funds?

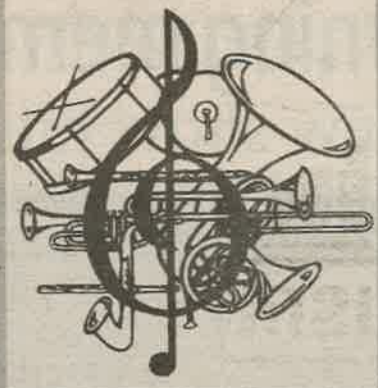
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about you
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ATTEND AN UPCOMING INFORMATION SESSION!



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SPAIN · FRANCE · NORTHERN IRELAND · SWEDEN

MONDAY, FEBRUARY 5

11:30 a.m.-1 p.m.
Brooks Student Center, Lower Lounge, Gorham

WEDNESDAY, FEBRUARY 7

11:30 a.m.-1 p.m.
Woodbury Campus Center,
Information Table in Cafeteria, Portland

THURSDAY, FEBRUARY 8

11:30 a.m.-1 p.m.
Woodbury Campus Center Amphitheater, Portland



WWW.USM.MAINE.EDU/SUMMER/TRAVEL

UNIVERSITY OF SOUTHERN MAINE

SULLIVAN RECREATION & FITNESS COMPLEX

AEROBICS PROGRAMS

Sullivan Recreation & Fitness Complex, Portland



Fee: Students \$10/semester and medical release form required

****Other screening fees may apply****

To Register: Go to the Sullivan Complex Recreation & Fitness Office, 104 Sullivan Complex with a USM student I.D.

Classes are subject to change. Stop in for updates.

Bootcamp: An advanced level fitness class using many different programs, circuit training to cardio and abs...

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Tues/Thurs 5:00 -6:00 p.m. April 17 - May 10, 2007, MP Room

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M-W-F 6:15 - 7:15 a.m. Multi-purpose room

On The Ball: Improve strength, flexibility, and balance using a fit ball for resistance.

M-W-F 6:15 - 7:15 a.m. Main Gym

4:30 - 5:15p.m. Main Gym

Walk Jog Aerobics: Our original fitness class. Participants can walk, jog, bike, row or do aerobics.

M-W-F 6:15 - 7:15 a.m. Main Gym

4:30 - 5:15p.m. Main Gym

BADMINTON/TABLE TENNIS DROP-IN

Students interested in playing badminton or table tennis, please call 780-4169 for availability. Wednesday nights 6:30-8:30pm

TEAM USM

Come join this wide array of USM staff, faculty and students who run, walk, bike... and sometimes compete in different events around Maine. For more information look us up at <http://www.usm.maine.edu/intercultural/teamusm> or call 780-5139.

ULTIMATE FRISBEE

Come one, come all. Bring your USM student ID card or other Sullivan membership ID card or pay \$3.00 day pass access. Tuesdays, 6:30-9:45pm & Sundays 10am - noon. <http://www.portlandultimate.com/portlandultimate/index.do>



BASKETBALL DROP-IN
Sullivan Gym

Mon.	2:30 p.m. to 4:15 p.m. 6:15 p.m. to 9:45 p.m.
Tues.	6:00 a.m. to 8:30 a.m. 12:30 p.m. to 6:00 p.m.
Wed.	2:30 p.m. to 4:15 p.m.
Thurs.	6:00 a.m. to 8:30 a.m. 12:30 p.m. to 8:00 p.m.
Fridays	1:30 p.m. to 4:15 p.m. 6:15 p.m. to 6:45 p.m.
Saturday	11:00 a.m. to 5:45 p.m.
Sunday	12 Noon to 2:30 p.m.

*All times are subject to change.
**Call ahead to confirm exact times, 780-4169.

3 on 3 BASKETBALL LEAGUE

When: Wednesday nights, 6:15 p.m. - 8:30 p.m.
Starting: Wednesday, February 7th, 2007
This league is open to students, faculty/staff, alumni and gym members. Submit your **complete roster accompanied by full roster fees by Wednesday, January 31st, 2007.**

Fees: \$5 per student, *faculty/staff, alumni, gym member
*Non member faculty/staff and alumni are also responsible for a \$3 day pass for access each night of play. Call Tom Floyd FMI, 228-8242. To renew your Sullivan Complex membership call 780-4169.

BLOOD PRESSURE AND CHOLESTEROL SCREENING

Dates: Wednesday, February 7, 2007, Sullivan Complex
Wednesday, April 4, 2007, Sullivan Complex
Find out your non-fasting total and HDL count.
Sullivan Complex Times: 7 a.m. to 2 p.m.
4 p.m. to 7 p.m.
Fee: Students \$5.00 with USM Student I.D.
Faculty/Staff/Lifeline \$14.00 with USM I.D.

FENCING

Days: Tuesday
Time: 6:00 p.m. to 9:00 p.m.
Where: Sullivan Complex

*Call the Blade Society for more information at 228-8502. Free for USM Students with USM Student I.D. card
Contact Kevin LeBlanc FMI: metalliclord87@yahoo.com



DANCE - Latin Line Dancing



Dates: Thursdays, January 25, 2007 - March 22, 2007
Time: 12:15 - 1:00 p.m.
Where: Sullivan Complex, Multi-purpose room.
Cost: \$10 with USM Student I.D. & medical release form
Spice up your lunch hour having fun learning the Salsa, Cha Cha Merengue, and other hot Latin Line dances.
***Pre-registration is a must. If you are signing up for this program you should be prepared to make the 8 week commitment.**

DANCE - Belly Dance class

Dates: Mondays, February 26, to April 9, 2007.
Time: 5:00 p.m. to 6:00 p.m. NO class March 26th
Where: Sullivan Complex, Multi Purpose Room
Cost: \$10 with USM Student I.D. & medical release form
Bring: A sense of humor along with a scarf to tie around your hips
***Pre-registration is a must. If you are signing up for this program you should be prepared to make the 6 week commitment.**

MASSAGE-SEATED

Release stress, promote circulation, and feel great! Massages are free for students. Receive a 15-minute massage of the head, neck, back shoulders, arms, and hands. **Registration is a must**, by calling 780 4939 for the following dates.
***Date: Monday, February 5th, Rm. 216, Sullivan Complex**
Time: 11:30 a.m. to 1:30 p.m.
***Date: Tuesday, March 6th, Rm. 216, Sullivan Complex**
Time: 3:30 p.m. to 5:30 p.m.
***Date: Wednesday, April 4th, Rm. 216, Sullivan Complex**
Time: 3:30 p.m. to 5:30 p.m.
***Date: Thursday, April 26th, Rm. 216, Sullivan Complex**
Time: 12:30 p.m. to 2:30 p.m.

PERFORMANCE CYCLING

Training for the Trek, century ride or any benefit biking. Here is the winter class for you. Keep in shape while using your own Bike. Limit 11 to a class, sign up now. 8 week session. Sullivan Multi Purpose rm. January 27- March 17, 2007, Saturdays, 8:00 a.m. - 9:00 am
Fee: Students \$10/session/ medical release form required

\$1,000 Scholarships



The USM Alumni Association is awarding up to six \$1,000 scholarships for the Fall 2007 and Spring 2008 semesters. All USM alumni and inmate relatives (spouse, child, parent, grandparent) who are current USM students are eligible.

UNIVERSITY OF SOUTHERN MAINE

For more information, call the Alumni Office at 207-780-4110 or visit us: www.alumniusm.org

Just **1** application can put you in the running for ***all*** USM's General Scholarships.

Applications available in Career Services, Financial Aid, Campus Centers, Libraries & Dean's office.

Deadline: February 27, 2007



Need Money?

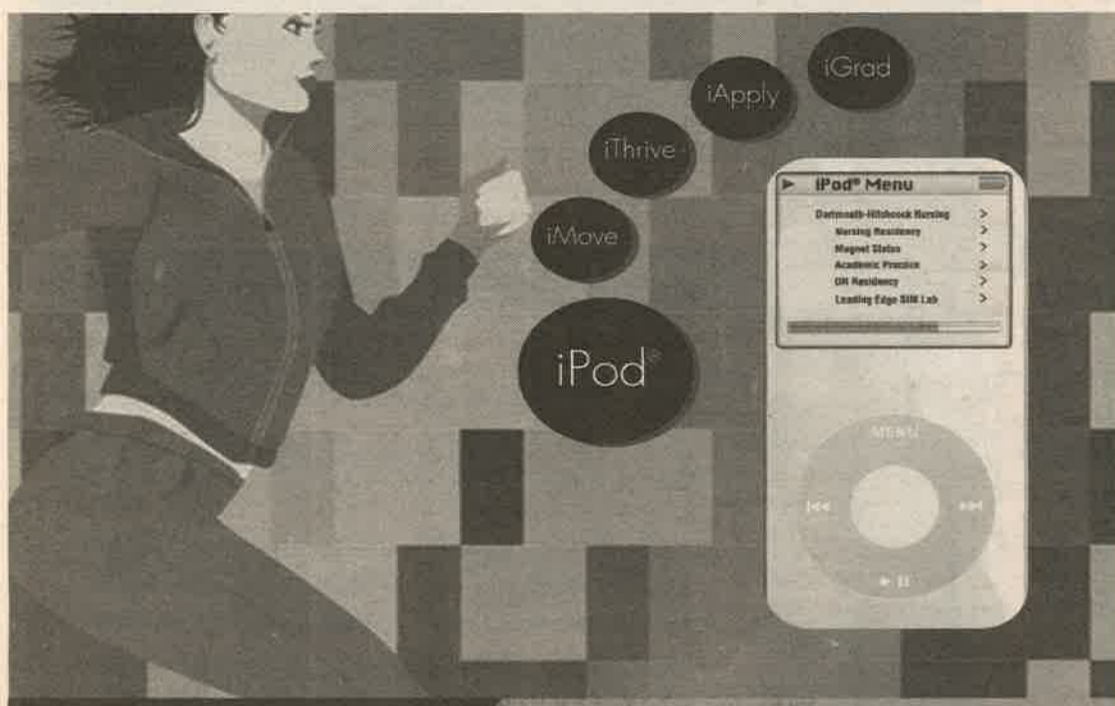
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The Scholarships & Awards program recognizes outstanding achievements both inside and outside the classroom.

Deadline: February 27, 2007

Applications available in Career Services, Financial Aid, Campus Centers, Libraries & Dean's office.

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Theagina Monologues

10 Bailey Hall, Gorham campus
Thursday, February 8, 8 p.m.
Saturday, February 10, 8 p.m.

Talbot Lecture Hall, First Floor,
Luther Bonney Hall, Portland campus
Friday, February 16, 7 p.m.
Saturday, February 17, 8 p.m.
Sunday, February 18, 2 p.m.

Sponsored by the USM Women's Resource Center and Student Senate

For ticket information or access inquiries, call 780-4996; TTY 780-5646.



UNIVERSITY OF SOUTHERN MAINE

Free Press, 2x4, 1/29 & 2/5, \$124
Off Campus Activities and Discounts

GOLF

10% discount with USM Student, Faculty/Staff I.D. Sunset Ridge Golf Course, Westbrook. Regulation Golf Course, par 35/3,100 yards Executive Course, par 3 Driving Range, Mini Golf, Batting cages-softball/baseball.

SKATING

Portland Ice Arena

Must Register with USM Sullivan Recreation Office, 780-4939 to obtain a USM Skate card. Discount skating, \$2 per visit with USM Skate Card & USM Student I.D. Portland Ice Arena 774-8553 M,T,W,F 11:45 a.m.-1:15 p.m., Sundays 2:30p.m.-4:00p.m. http://www.portlandicearena.com/public_skating.htm

SWIMMING

Reiche & Riverton Pools in Portland

Must Register with USM Sullivan Recreation Office, 780-4939 Offered to current semester students only for a \$10.00 fee per semester & must acquire a USM swim card to use with USM Student I.D. Visit 104 Sullivan Complex with \$10.00 payment to order your swim card for use at all pool locations. Call for hours 874-8456, Riverton or 874-8874, Reiche. <http://www.ci.portland.me.us/> Click on th Recreation department & pool link for schedule.

Davan Pool in Westbrook

Must Register with USM Sullivan Recreation Office, 780-4939. Offered to current semester students only for a \$10.00 fee per semester & must acquire a USM swim card to use with USM Student I.D. Visit 104 Sullivan Complex with \$10.00 payment to order your swim card for use at all pool locations. Call 854-0676 for hours and start date. Click on Recreation/Pool. <http://www.westbrookmaine.com/>

Discount Program offerings through University Community Recreation & Fitness for Students, Staff, Faculty & University Community members. For a complete listing of all ongoing specials visit the following website: <http://www.usm.maine.edu/sullivancomplex/ucfr.html>

The Sullivan Recreation and Fitness Complex, a unit within the Dean of Student Life, is a multipurpose facility designed with your fitness, recreation, and wellness in mind and conveniently located on the Portland Campus. Sullivan Complex Information center can be reached by calling 780-4169. For hours visit the web: <http://www.usm.maine.edu/sullivancomplex/> usmfreepress.org

INDOOR SOCCER



Days: Thursday
Time: 8:00 p.m. to 9:30 p.m.
Where: Sullivan Complex
Date: January 18th - April 26th

Open to the first 10 Participants with ID who sign up. Sign ups start at 7:00 p.m. Please bring your USM student I.D. card for participation. Also open to any faculty/staff, alumni, with a Sullivan Complex gym membership.

YOGA

Day: Tuesdays, Noon to 1:15 p.m., Hatha (Iyengar)
Day: Wednesdays, 6:30 to 8:00 p.m., Ashtanga-Level I
Where: Sullivan Complex, Multi-purpose room.
Starts: January 23rd & 24th, 2007 - April 10th & 11th, 2007
Cost: \$10 with USM Student I.D. & medical release form
Cost: \$88.00 Faculty/Staff member or Lifetime member
Cost: \$95.00 General Public
Bring: one large & one small pillow

Ashtanga Level II - This class builds from the Ashtanga (Level I) class offered on Wednesday nights. Level II is for those who have already taken the Level I class, are experienced in Ashtanga yoga, or have an intermediate to advanced Vinyasa yoga practice. We will learn the complete primary series which includes a number of advanced poses. This is an exceptional mind/body practice.
Starts: January 23, 2007 - April 3, 2007.
Day: Tuesdays, 5:30 to 7:00 p.m. Ashtanga-Level II

*Pre-registration is a must. If you are signing up for this program, you should be prepared to make a 10 week commitment to one class per week.

SKI PASSES FOR STUDENTS & STAFF

Mt. Abrams, Shawnee Peak, Attitash, Sunday River and Sugarloaf all have student discounts available. For a complete list of skiing discount offerings visit: <http://www.usm.maine.edu/sullivancomplex/ucfr.html>

WALLYBALL/RACQUETBALL/SQUASH

*Reserve courts 72 hours in advance by calling 780-4169.
*Bring your USM Student I.D.

USM RACQUETBALL & SQUASH LEAGUES

The USM Spring Racquetball and Squash Leagues will start play in February. Please call by Wednesday, January 31st, 2007 with your level of play. Open to all. Choose one of the following:
Beginner/intermediate
Intermediate/advanced
Advanced

Levels will be combined if registration is low
Participants must commit to playing one match per week for 12 weeks, beginning the week of February 4th, 2007
League Fee: \$5, students, *faculty/staff, *domestic partners \$10, *general public
*Non member faculty/staff, domestic partners and general public also are responsible for a \$7.50 day pass each day of play. Call Tom Floyd FMI, 228-8242.
To renew your Sullivan Complex membership call 780-4169.

Fitness Center Programs

@ Sullivan Recreation & Fitness Complex

Skip Cadigan, Fitness Center Manager, 780-4652
gcadigan@usm.maine.edu

Program 1: Great for beginners. This 4 session (2 week) program includes a fitness evaluation and a tailor made fitness program geared to meet your needs. Sessions last 45 - 60 minutes.
Fees: Students \$25, Faculty/Staff/Alumni \$40, GAP/Spouse/Domestic Partners/U-Maine Alumni \$55, Follow up \$10

Program 2: An 8 session (4 week) program that includes all of Program 1 plus focuses on advanced training techniques (i.e. strength/power or body sculpting). Fees: Students \$40, Faculty/Staff/Alumni \$55, GAP/Spouse/Domestic Partners/U-Maine Alumni \$70, Follow up \$10

Fitness Evaluations: Included in this evaluation is upper and lower body strength tests, body fat assessment, flexibility and a cardiovascular test. Upon completion, a program is designed for you. Fees: Students \$10, Faculty/Staff/Alumni \$20, GAP/Spouse/Domestic Partners/U-Maine Alumni \$25

Body Fat Assessment: Interested in knowing your current body fat composition? This will only take a few minutes. Please remember to wear shorts and a T-shirt. Cost for all is only \$5

Sullivan Fitness Center Member of the Month: Fitness Center staff will nominate members. One winner each month wins a gift.

classifieds

ROOMMATES WANTED

\$600 BR and \$525 BR for rent. New construction 20 Ruby Ln. Portland. W/D, Utilities Included, n.s. no pets, female preferred. Call 415-6055 or dancercx1978@yahoo.com.

House to share! \$495/mo + utilities. Newly renovated, laundry, dishwasher, workout room, garage, deck with patio and grill. 712-2438 or benbarringer17@yahoo.com

FOR RENT

3 bedroom, 7 room house for rent in Waterboro (22 miles from Gorham campus) on Lake Sherborne. Lease term negotiable. No smokers. \$1000/mo incl heat and electric. Call 603-312-2023 Rob. Available immediately.

Available Feb. 1 Large 1 BR short walk to USM. Heat HW electric included & off street parking. Quiet building, great landlord call Debbie 650-8134

FOR SALE

1994 Nissan Quest, tan, V6 still running strong after 250,000+. Needs some work for sticker, \$800. Call Joel at 780-4084, Ext. 7.

usmfreepress.org



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839-9575



Attention: USM Students
Happy New Year from Bella Donna

Free polish change with a pedicure
1/2 price handbags through February for students
Free wallet with any 2 handbags
1/2 price sunglasses

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Southern Maine Outdoor recreation program offerings:
 Space is limited and pre-registration is required for all S.M.O.R. programs. Please call 780-4939 or stop by the office at 104 Sullivan Gym in Portland. Payment is taken at time of registration for all programs. A ten day cancellation notice is required for refunds.

Snow Tubing



Saturday, January 27th. This is a fun half-day outing to the Seacoast Snow Park where you slide down the snowy slope in an oversized inflated rubber donut. Cost includes transportation for the first eight who sign up, inner-tube, and lift ticket. \$10 for students, \$15 for domestic partners.

X-Country Ski Series



Are you looking for a fun way to stay in great shape this winter? If you are, the great State of Maine has untold miles of trails, in woods and fields, that make for an inspiring workout. We will be visiting nearby destinations this winter to glide, grunt, pant, and swish across a sample of this Maine terrain. No experience is necessary to participate, and there is no need to fret if you can't make all of the dates, just come when you can and have a good time! Gear is available, but you are welcome to bring your own. Locations will be decided based on site availability and, of course, snow. Free for students, \$10 for domestic partners.

- Sunday, January 28th
- Sunday, March 11th
- Sunday, February 11th
- Sunday, March 18th
- Sunday, March 4th

Bretton Woods & Sunday River Ski/Snowboard Weekend Trip



Sat. & Sun., February, 3rd & 4th. While the semester is young and your procrastination has not yet caught up with you, let's get away for a weekend of downhill fun! We will visit Bretton Woods, NH on Saturday for some of the best snow in the East, and hit Sunday River on Sunday for more of the same. We will spend Saturday night in Conway at a cozy hostel, and treat ourselves to a cook-in feast that evening as reward for our hard "work." Price for the weekend includes both lift tickets, transportation, dinner and accommodations. \$65 for students, \$45 for students with ASC season pass, \$108 for domestic partners/faculty /staff.

Night Hike and Star Gazing

Saturday, February 10th. As the sun goes down, we will take a quick hike to the top of Bradbury Mountain with headlamps, for a chance to gaze into a dark winter's sky, away from city lights and buildings. In our sights will be Pegasus, Orion, Taurus, the Pleiades, the Gemini Twins, and much more. Hot cocoa will be provided as we identify as much in the heavens as we can. Snowshoes will be provided if necessary for conditions. Free for students, \$10 for domestic partners.

Shawnee Peak Night - Ski/Snowboard Trip

Wednesday, February 28th. Classes by day, skiing and riding by night. The price is right! Transportation is limited to first 8 who sign up. \$10 students/lift ticket only, \$15 domestic partners \$20 student/lift and rentals, \$25 domestic partner \$35 student/learn to ski/snowboard pkg, \$40 domestic partner



Igloo Building

Saturday, March 3rd. This is your chance to test your primitive skills if you have them, or learn some if you don't. We will work together to build a cozy winter shelter made of....snow? That is right, and we will celebrate our cold accomplishment with some hot pizza when we are done, so don't think you need to give up all the comforts of life for this "once in a winter" experience. Free for students, \$5 for domestic partners.



Back-Country Snowshoe

Saturday, March 10th. Do you ever feel like you are always on someone else's path? Well, here is an opportunity to break your own trail in the pristine woods of Maine, with some others who want to get away from it all. We will take a meandering hike among the trees and emerge for a view of our winter wonderland before returning. Plan on an hour and a half of snowshoeing. Limited transportation is provided. Free for students, \$10 for domestic partners.



Sugarloaf Ski/Snowboard Day Trip

Saturday, March 17th. For those who already know how to ski and ride. Come and carve some turns on some of the best skiing and riding in the East. Unlimited lift tickets available or packages including lift ticket and rentals. Limited transportation is available. \$35 students/lift ticket only, \$60 domestic partner. \$55 for students/lift and rentals, \$90 for domestic partner. \$10 transportation only (available to student ASC pass holders).

Night Hike and Star Gazing (Spring Sky! Goodbye Pegasus, hello Leo!)

Saturday, April 7th. Here's another opportunity to view the heaven from atop Bradbury Mountain. Come see the stars in their springtime position. Hot cocoa will be provided as we identify as much in the heavens as we can. Snowshoes will be provided if necessary for conditions. Free for students, \$10 for domestic partners.



Indoor Rock Climbing

Saturday, April 14th. Join us for an evening of wall crawling at the Maine Rock Gym. Instruction and all necessary equipment provided. This activity is open to all students, domestic partners, and children 15 year and older. \$10 for students, \$16 for domestic partners/children.

SKI PASSES FOR STUDENTS & STAFF

Mt. Abrams, Shawnee Peak, Attitash, Sunday River and Sugarloaf all have student discounts available.

For a complete list of skiing discount offerings visit:
<http://www.usm.maine.edu/sullivancomplex/ucfr.html>

Feel Good About Coming With Us

Your safety is important to us, as is the quality of your experience. This is why all of our trips are lead by a licensed Maine Guide and Wilderness First Responder. As always with our SMOR sponsored events, our trips are tobacco and alcohol free.

****PRE-REGISTRATION IS REQUIRED FOR ALL OUTDOOR PROGRAMS.**

Receive additional information at the Sullivan Recreation and Fitness Office, 104 Sullivan Complex or call 780-4939.

****SPACES ON TRIPS ARE LIMITED, inquire early, registration taken with payment only.**

<http://usm.maine.edu/sullivancomplex/pcrf/op/>

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**Portland Health Center
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**Portland Counseling Center
 105 Payson Smith
 207-780-4050**

**Gorham Health & Counseling Center
 110 Upton Hall
 207-780-5411 Health Svcs
 207-780-4050 Counseling Svcs**

“AFTER HOURS CARE”

When Health Services is closed you can speak with a Professional Nurse by dialing 207-780-4211 or 207-780-5411 and select option #2. For Counseling Services, using on campus phones please dial 911 for USM Police. All other phones please dial 207-780-5211.

Division of Student & University Life: Supporting student learning and success.

Dominating the boards Men's basketball excels underneath and outside

ASHLEY ST. MICHEL

SPORTS EDITOR

O'Neil, Daniels lead Huskies to victory

12/12 - Sophomore guard Charlie O'Neil (Seymour, CT) and junior guard Josh Daniels (Everett, WA) combined for 37

Maine stayed strong until the end, shooting 50 percent from the field over the final 12 minutes of the game. UNE shot just 23 percent from the field.

at Farmington. Whitaker posted eight points, including a perfect 4-for-4 mark from the free throw line, four rebounds and three assists in an 83-51 win over the University of New England. Whitaker is averaging 8.4 points and 3.4 rebounds, while shooting a solid 48.1 percent from the floor on the season. Whitaker is also shooting 38.1 percent from three-point range and averaging 1.8 assists per game.



Photo by Ashley St. Michel

Charlie O'Neil sets up for a three-point shot.

Scoreboard (5-11, LEC 1-6)
 12/12 - USM 83, UNE 51
 12/16 - USM 66, UMF 53
 12/29 - Colby 78, USM 59
 12/30 - Husson 77, USM 73
 1/6 - Western Connecticut 68, USM 59
 1/9 - RIC 67, USM 58
 1/13 - Keene State 81, USM 56
 1/16 - USM 81, Plymouth State 74
 1/20 - UMass Dartmouth 64, USM 62

points to lead the Huskies to an 83-51 win over the University of New England Nor'easters. O'Neil was 4-for-6 from beyond the three-point line on the way to his career-high 19 points. Daniels was 7-for-9 from the field to tally 18 points. Daniels also posted a team-high six assists. Junior forward Drew Coppenrath (Barnet, VT) scored nine points and six rebounds, while junior center Nick Gooding (Concord, CA) scored eight points, nine rebounds and blocked three shots. Southern

Whitaker earns Rookie of the Week

12/18 - Freshman guard Greg Whitaker (Presque Isle, ME) was named the Little East Conference Rookie of the Week for December 11-17. Whitaker averaged 11.0 points, six rebounds and two steals per game in a pair of non-conference wins for the Huskies. Whitaker scored 14 points and grabbed eight rebounds - both career-high totals - to lead the Huskies to a 66-53 win over the University of Maine

USM downs Plymouth State 81-74

1/16 - Junior guard Josh Daniels scored a season-high 26 points to lead four players in double figures in the 81-74 victory over the Plymouth State University Panthers. Daniels was 9-of-16 from the floor and a perfect 6-for-6 from the foul line. Daniels also added four assists, three steals and three rebounds. Junior forward Drew Coppenrath matched his own career-high with 15 points, including a 3-for-4 mark from the three-point range. Junior forward Nick Gooding and sophomore guard Charlie O'Neil added 12 and 10 points each. Gooding also grabbed nine rebounds under the basket. USM shot 48.1 per-

cent from the field and was 90.5 percent from the free throw line. USM also shot 58.8 percent from beyond the three point line.

for-12 shooting from the field. Coppenrath collected eight rebounds and was 2-for-3 from the three-point range while playing all 40 minutes for the Huskies.

Upcoming games:

January
 Tue. 30 vs. ST. JOSEPH'S 7:30 p.m.
 February
 Sat. 3 vs. WESTERN CONNECTICUT 3:00 p.m.

UMass Dartmouth sneaks by USM

1/20 - UMass freshman guard Tyler Turtoro scored the game-winning lay-up for the Dartmouth Corsairs, in their 64-62 victory over the Huskies. USM junior forward Drew Coppenrath led all scorers with 20 points on 8-

Junior forward Nick Gooding recorded his fourth double-double of the season with 16 points and a game-high 11 rebounds. The Huskies finished the game shooting 45.1 percent from the field and 76.9 percent from the free throw line.

Fifield earns 500 wins

Women's basketball tops Little East standings

ASHLEY ST. MICHEL

SPORTS EDITOR

Fifield earns 500th career victory

1/9 - Senior forward Ashley Marble (Topsfield, ME) hit 22 points and 11 rebounds - both game-high totals - leading the fifth-ranked Lady Huskies to a 75-63 Little East Conference win over the Rhode Island College Anchorwomen. The win gave USM head coach Gary Fifield his 500th career victory. Fifield's record, 500-80, is the highest winning percentage (.862) among the active coaches in Division 3 women's basketball. Fifield has been with the Lady Huskies for 20 years. Marble was 6-for-11 from the field and 8-for-10 from the free throw line. Sophomore guard Stacey Kent (Northwood, NH) added 14 points, five rebounds and three assists.

Conference win over the Keene State College Owls. Marble proved herself inside, making 8-for-18 from the field and knocking down 15 of 18 attempts from the free throw line. Marble has scored 30 or more points in a single game three times this season. The 20 rebounds she recorded rank fourth all-time in USM single game records and was her 35th career double-double. Southern Maine junior Dawn Ross (Gray, ME) also hit a career-high

Marble earns awards

1/16 - Ashley Marble was named the Maine Women's Basketball Coaches Association (MWBCA) and the ECAC Division III New

time this season that she earned the citation. This was the fourth time this season that Marble was named the ECAC Player of the Week. Marble was also named the Little East Conference Player of the Week on January 22. Marble opened the week with 22 points and 11 rebounds in a 75-63 Little East win at Rhode Island College on January 9. She followed that with 31 points and 10 rebounds in an 88-67 win over Salem State College on January 11, and then established career-highs with 33 points and 20 rebounds in a 77-59 conference victory

Lady Huskies earn 12th consecutive win

1/20 - Freshman guard Nicole Paradis (Skowhegan, ME) scored a career-high 17 points to lead the Lady Huskies to a 73-61 Little East Conference victory over the University of Massachusetts Dartmouth Corsairs. Paradis led three USM players in double figures as the Huskies earned their 12th consecutive win, improving to 15-1 overall. They remain undefeated in the LEC at 7-0. Paradis was 7-for-14 from the field and knocked down 3-of-5 three-pointers. Senior forward Ashley Marble notched her 10th double-double of the season with 15 points and 12 rebounds. Marble's 12 rebounds moved her into second place in all-time in career rebounds at USM with 971. Sophomore Stacey Kent added 12 points, eight rebounds, three assists and five steals for the Huskies.

Marble knocks down 33

1/13 - Marble scored 33 points and posted 20 rebounds - both career highs - to lead the Lady Huskies to a 77-59 Little East

15 points off the bench. Paradis added eight points and a career-high eight assists, while Kent added seven points, five rebounds and four steals.

England Player of the Week for the week of January 8-14. This was the second straight week that Marble was named the MWBCA Player of the Week, and fourth

over Keene State on January 13. Marble averaged 55.3 percent from the field in the three games.

Scoreboard
(15-1, LEC 7-0):
 12/12 - USM 77, UNE 55
 12/28 - USM 66, Clark 48
 12/29 - USM 61, Mount Holyoke 48
 1/6 - USM 60, Western Connecticut 57
 1/9 - USM 75, RIC 63
 1/11 - USM 88, Salem State 67
 1/13 - USM 77, Keene State 59
 1/20 - USM 73, UMass Dartmouth 61

Upcoming games:

January
 Wed. 31.....vs. HUSSON.....6:00 p.m.
 February
 Sat. 3.....vs. WESTERN CONNECTICUT.....1:00 p.m.

Huskies secure wins Best record in USM wrestling history



The wrestling team knows how to take its opponent to the mat.

ASHLEY ST. MICHEL

SPORTS EDITOR

Hogan places second at Wilkes Open

1/4 - Huskies wrestling freshman Pat Hogan (Cranford, NJ) placed second in the 184-pound weight class at the 74th Wilkes Open in Wilkes-Barre, PN. Hogan was one of two USM wrestlers to compete in the tournament which is open to all NCAA Divisions. Hogan quickly pinned Rich Dipietro of Maryland in 0:41. Hogan earned a spot on the championship match when he defeated Bloomsburg University's Jesse Hasseman by a major decision 9-1. Hogan lost the championship match to University of Pittsburgh-Johnstown Mike Corcetti, 17-2.

Huskies dual it out

1/8 - Sophomore tri-captain Rob Schoner (Sussex, WI) won all three of his battles to lead the Huskies to three wins at the New York University Duals. The Huskies defeated Messiah College 24-20, Stevens Institute of Technology 27-16 and Centenary College 25-15 before they lost their final battle to Bridgewater State. Schoner earned his first 184-pound class win of the match over Messiah's Dando Spears. He then went on to grap victories against Stevens Institute's Ernie Guaimano 11-3 and Centenary's Matt Regan 11-5. Sophomore Steve Valastro

(Montgomery NY) also earned three wins for the Huskies.

Huskies pound competition at Trinity Duals

1/13 - The Huskies won three of its four matches at the Trinity College Duals. Freshman Pat Hogan and sophomore Steven Valastro each walked away with three victories apiece. The Huskies defeated Trinity College, 27-13 in its first match of the day, then defeated M.I.T., 32-12. Williams College handed the Huskies their only defeat of the day, 24-17. The Huskies concluded the day by downing W.P.I., 33-18. Hogan finished the day undefeated in three matches in the 184-pound division.

Hogan earns Rookie of the Week

1/17 - Freshman Pat Hogan was named the Pilgrim Wrestling League Rookie of the Week for the week of January 8-14. This is the second time that Hogan has earned the award this season. Hogan earned three victories in the 184-pound class to help the Huskies to a 3-1 record at the Trinity College Dual. Hogan is 20-5 (.800 percent) on his first season and is tied with sophomore Steve Valastro for the

team-lead in pins with nine. In the Pilgrim Wrestling League, Hogan is ninth overall and tied for third in pins.

Huskies dominate Plymouth State

1/17 - Junior captain Shane Stephenson (West Salem, OH) earned a pin at 174-pounds to help the Huskies to a 31-17 win over the Plymouth State University Panthers. Stephenson earned the win while competing up one weight class against freshman Nick Turco in 4:06. The pin was a key one for the Huskies who only had a 9-8 lead above the Panthers. With the win, Stephenson increased the lead to 15-8. Freshman Pat Hogan came through with a 12-4 major decision win over Panthers junior Landon Nelson for a 19-8 lead.

Upcoming games:
Sat. 3 @ ROGER WILLIAMS w/ RHODE ISLAND COLLEGE
2:00 p.m.

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Scoreboard:

The Huskies are 10-5 in dual meets; the highest total in the programs nine-year varsity history.

1/8 - The Huskies had three wins out of four at the New York University Duals.

1/13 - The Huskies had three wins out of four at the Trinity College Duals.

1/17 - The Huskies dominate over the Plymouth State Panthers, 31-17

1/21 - The Huskies placed seventh and had a 2-2 record at the New England College Conference Wrestling Association (NECCWA) Dual Meet Championships in Bridgewater, Mass. The Huskies defeated Springfield College 28-15 for the first time ever. The seventh place finish was also their highest finish at the NECCWA Dual Championship. The Huskies secured their winning record with the match.

Photo by Ashley St. Michel

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SPORTS

Double the pleasure Women's ice hockey skates past Plymouth State, twice

ASHLEY ST. MICHEL

SPORTS EDITOR

Herzog nets four, earns award

1/10 – Junior forward Lindsay Herzog (Hightstown, NJ), of the women's ice hockey team was named the ECAC Women's East Player of the Week for the week of January 1-7. In two games, Herzog was responsible for four points on two goals and two assists as the Huskies went 1-1. Against Holy Cross, Herzog picked up an assist on the Huskies' first two goals in an eventual 5-3 loss. The next day, Herzog netted a pair of goals in the second period of the Huskies' 5-3 win over M.I.T.

Women's ice hockey claims victory over Plymouth State, twice

1/13 – The women's ice hockey team scored goals from three players and held the Plymouth State University Panthers to just five shots on goal in their 3-0 non-conference victory in the first of their double-header match-up. Junior Amy McNally (East Waterboro, ME) gave the Huskies an early 1-0 lead with her fourth goal of the season. Freshman Jessica O'Sullivan

(Pembroke, MA) found the net at 7:34 off a dish from Kristen Wolejko (South Windsor, CT). Junior Katie Quartuccio (Poughkeepsie, NY) made it 3-0 at 9:15 on the clock off assists from McNally and Jessica Knight (Alfred, ME). Senior goalie Jen Arno (Westford, MA) stopped all five shots

the Huskies blew past the Panthers, 4-0. Senior Caitlin Tassone (Arlington, MA) gave the Huskies the only goal they would

Scoreboard (5-10-1):

1/5 – Holy Cross 5, USM 3
1/6 – USM 5, M.I.T. 3
1/13 – USM 3, Plymouth State 0
1/14 – USM 4, Plymouth State 0
1/19 – Trinity 3, USM 2
1/20 – USM 2, Trinity 2

need less than seven minutes into the opening stanza. Quartuccio made it 2-0 with her first of the game at the 17:15 mark, with assists from Tassone and McNally. Sophomore Emily Barrett

scored her team-leading ninth goal of the season with 2:10 remaining in regulation to give the Trinity College Bantams a 3-2 victory over the Huskies. USM had a first period 2-0 lead on goals by freshman Erica Robertson (St. Albans, VT) and Brittany George (Barrington, NH). Robertson marked her first collegiate goal at 10:17 off assists from junior Amy McNally (East Waterboro, ME) and freshman Jessica Knight (Alfred, ME). George scored at 15:34 on assists from seniors Jessica Broccoli (Bethel, CT) and Jennifer Cordone (Fulton, NY). Senior goalie Jen Arno (Westford, MA) finished up the game with 30 saves.

1/20 – In the second of the two-game series freshman Jessica Knight scored the game-tying goal with less than eight minutes to play in regulation and senior goalie Jen Arno made a season-high 49 saves to lead the Huskies to a 202 overtime tie with the Bantams. Knight got the goal for the Huskies at 12:28 off an assist from junior Amy McNally. The goal was Knight's third since joining the team at mid-year.

Upcoming games:

January		
Wed. 31	@ UMass Boston	7:00 p.m.
February		
Sat. 3	vs. CASTLETON STATE	7:00 p.m.
Sun. 4	vs. ST. MICHAEL'S	3:00 p.m.

she faced to post the shutout.

1/14 – In the second of their two-game stretch, Quartuccio once again tallied a pair of power-play goals and added an assist as

(Westport, MA) earned her first shutout by stopping all eight shots she faced.

USM falls, ties Trinity in two-game series

1/19 – Trinity sophomore Michelle Chee

Practice makes perfect Men's ice hockey #1 in LEC



Photo by Ashley St. Michel

Men's Ice hockey sets up the power play at practice last week

ASHLEY ST. MICHEL

SPORTS EDITOR

Huskies edge past Hamilton, 5-2

1/12 – Senior forward Mark Carragher (Charlottetown, PEI) tied the all-time scoring mark and senior goalie David Beckles (Stamford, CT) stopped 35 shots to lead the Huskies to a 5-2 victory over the Hamilton College Continentals in the ECAC-NESCAC inter-league game. Carragher notched his third hat trick, equaling Travis Bezio's (1991-1995) mark of 108 points. After Carragher tied the game, senior Chris Sparkes (St. John's, Newfoundland) got the game-winning goal at 15:14 off assists from junior Dane Marshall (Yarmouth, Nova Scotia) and senior Marc Santuccio (Gloucester, MA).

Carragher helps push USM over Amherst, 6-2

1/14 – Sparkes and Carragher combined for three goals and four assists to help push the Huskies to a 6-2 victory over the nationally-ranked Amherst College

Lord Jeffs in the ECAC East-NESCAC inter-league game. Freshman Igor Karlov (Huntingdon Valley, PA) put up the first unassisted goal of the night for the Huskies at 9:12. Sparkes scored the only goal of the second period at 5:07. Carragher drew the first of his three assists to become the program's all-time leading scorer, passing Bezio, with 112 points on 55 goals and 57 assists. Senior goalie Beckles made 31 saves, including 15 in the final period.

Carragher, Beckles earn awards

1/17 – Seniors Mark Carragher and David Beckles were recognized by the Eastern College Athletic Conference (ECAC) for their play during the week of January 8-14. Carragher was named the ECAC East Player of the Week while Beckles was tabbed as the Goalie of the Week. This is the first time this season, and the second time in his career, that

Carragher was chosen for the Player of the Week award. Beckles has been named the top goalie three times this season and four times in his career. In three games last week, Carragher scored five goals and dished out five assists to lead the Huskies to a 3-0 mark, and in the process became the

blocked 39 shots to lead the Huskies to a 3-1 victory over the Babson College Beavers in an ECAC Men's East game. The win, coupled with New England College's 1-0 loss at Williams College, moves the Huskies into sole possession of first place

Upcoming games:

February		
Fri. 2	vs. CASTLETON STATE	7:00 p.m.
Sat. 3	vs. SKIDMORE	3:00 p.m.

school's all-time leading scorer. Beckles played in two games, posting a .943 save percentage. Beckles stopped 35 shots in the win over Hamilton and 31 against Amherst, including 15 in the final period.

Smith, Beckles propel USM past Babson 3-1

1/20 – Sophomore forward Kyle Smith (Auburn, ME) scored a pair of third period goals and senior goalie David Beckles

in the ECAC Men's East standings. Smith broke the scoring drought of both teams in the opening minute of the third period, tallying his fourth goal of the season off assists from junior Mike Stevens (Dover, NH) and freshman Pat Noonan (Burlington, MA). Carragher scored his team-leading 16th goal, and the eventual game winner at 4:41. Smith's second goal into an empty net with 1:03 remaining sealed the victory for the Huskies.



Photo by Ashley St. Michel

Practices are what have helped lead USM to the top spot in the LEC