SEP 25, 2017 VOL. 49 ISSUE NO. 3

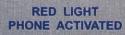
SARAH O'CONNOR | P4

IS USM?



University of Southern Maine

EMERGENCY PHONE





GREEN LIGHT CALL ANSWERED







PRESS BUTTON FOR ASSISTANCE

PHONE WILL AUTOMATICALLY DISCONNECT



As a member of the Maine Army National Guard your tuition can be waived while attanding the University of Sourthern Maine.

100% Tuition Waiver

Up to \$719/month GI Bill Stipend

Up to \$50,000 Student Loan Repayment

\$7,500 Bonus



For Eligibility and Details Call SGT Gaedje (207) 629-8365



THE FREE PRESS 92 BEDFORD STREET, PORTLAND, MAINE 04101 (207) 780-4084 www.usmfreepress.org

EDITORIAL

EDITOR-IN-CHIEF Sarah Tewksbury MANAGING EDITOR Johnna Ossie ARTS & CULTURE EDITOR Mary Ellen Aldrich **COMMUNITY EDITOR** Dionne Smith **SPORTS EDITOR** River Plouffe Vogel

STAFF WRITERS Julie Pike, Jessica Pike, Maverick Lynes, Sarah O'Connor, Sam Margolin, Jess Ward, Kate Rogers, Jordan Castaldo, Daniel Kilgallon

COPY EDITORS

Katrina Leedberg, Ashley Pierce, Muna Adan

EDITORIAL BOARD:

Sarah Tewksbury, Johnna Ossie and Mary Ellen Aldrich

BUSINESS MANAGER Lucille Siegler

DESIGN AND PHOTOGRAPHY

DESIGN DIRECTOR Orkhan Nadirli

DESIGNERS

Dakota Tibbetts

DIRECTOR OF PHOTOGRAPHY Bradford Spurr STAFF PHOTOGRAPHERS Carly Coombs

FACULTY

FACULTY ADVISOR Dennis Gilbert

ADVERTISING

To advertise, contact our Advertising Manager at 207.780.4080 x3 and look at out advertising rates on our website. We reserve the right to reject advertising. We will not accept discriminatory ads.

Interested in working with us?

Visit our website at www.usmfreepress.org for a listing of available positions or email editor@usmfreepress with a copy of your resume and cover letter to apply directly.

The Free Press is a weekly student-run newspaper paid for in part with the Student Activity Fee. One copy of The Free Press is available free of charge. Up to 10 additional copies are available for 25 cents each at the office of The Free Press, 92 Bedford St., Portland, Maine.

Bradford Spurr Cover Photo: Director of Photography



How far is too far

Sarah Tewksbury Editor-in-chief

Conversations in the Free Press office often take the weirdest of turns. Last week the photography director and I were discussing whose album he was going to review for the Arts & Culture section. He was asking me if he could review the new album of rap artist, XXXTENTACION. The request was due to the fact that the rap artist had allegedly locked his girlfriend in his apartment for three days and had developed a pattern of abuse towards her. My initial reaction was to absolutely not review his record and then I was plagued with the question--at what point do we stop participating in an artist's work because of their personal lives?

I wonder whether or not our culture is so accustomed to crime and violence that we simply allow for free passes for celebrities. The American criminal justice system does not allow immunity for celebrities. However, consumers of the celebrities' content, whether it be music, art, television, movies, sports entertainment and so on, rationalize their consumption of the content. Some argue that a person's personal life has no connection to their work. Concessions are made based on the talent a person has for their craft.

Ray Rice, former Baltimore Ravens running back, and Josh Brown, currently a free agent, both played in the NFL until their careers were halted by assault charges from their wives. While the NFL and the private clubs Rice and Brown played for took strong stances on the actions of their players, fans continue to support them. Two days ago I saw a student in Woodbury Campus Center buying his lunch,



Photo courtesy of IMDB

Actor Casey Affleck during his role in Good Will Hunting in 1997 began his award winning career despite character flaws.

wearing a Rice jersey.

For the 2016 film, Manchester by the Sea, Casey Affleck won over ten awards for his performance. Affleck has also been accused of sexual exploitation and harassment. Yet every time Goodwill Hunting is on the television, I find myself yelling, "How do you like them apples?" at my sister.

When I went to research how many celebrities have criminal records, a host of BuzzFeed and Huffington Post articles listing famous individuals' crimes popped up. Tim Allen, Will Smith, Mark Wahlberg, Khloe Kardashian, Carmen Electra...the list goes on and on. The same question can be asked over and over, do you still watch The Cosby Show, do you still listen to Jay-Z, do you still root for the Ravens?

Morality should overthrow the rationalization that a person's talent is more important than the way that person lives their life outside their craft. The ways in which we support individuals who cannot refrain from harming another human are currently very wrong. Instead of large public outcries for artists, entertainers and athletes to be rehabilitated, society is either

screaming, "let their art be independent" or "completely disregard those people as having a place on Earth."

I believe we should go as far as to stop consuming content produced by individuals who have a difficult time aligning with values we decide are important to us. For instance, I would love to stop supporting the art of individuals who have taken advantage of the justice system by turning the channel or radio station, but it seems like every single time Kid Cudi's "Erase Me" or "Mr. Ranger" is playing, I'm singing all of the words.

Morality drives my life. Doing the right thing over the popular thing is the only pillar I adhere to all of the time. So how and why has society trained me to continue to listen to the music of aggressors and watch athletes who have assaulted their loved ones? Your guess is as good as mine.

Sarah fane Sewiskuz

Safety for USM students becomes a priority

Sarah O'Connor Staff Writer

This summer, USM's Public Safety Department underwent significant changes, going through a campus safety audit followed by the resignation of the Director of Public Safety, Kevin Conger. While it is confirmed that the audit occurred, its contents are unknown to the public. When asked for the report, several USM administrative offices would not release it due to what Bob Stein, Executive Director of Public Affairs and Marketing at USM, said are "personnel issues." Even considering the enigma of the audit, USM clearly makes safety a priority. Whether on the Gorham or Portland campus, in relationships between students or in the parking lot, the public safety department and health services have made it clear that the safety and happiness of the students, faculty and staff is the first thing on their minds.

Every October, USM releases a Clery report, as is common practice for other universities. It discloses campus crime statistics and security information. Considering the size of the school, USM has remarkably low statistics regarding violence and liquor law violations, which contributes to creating a safe zone that notice," Duley said. "I take a self defense students appreciate.

For some students, like freshmen Jordan Howards and Kyle Long, the USM campus has never raised a concern for them.

"I feel like it's a safe campus," Howards said. "I've never felt unsafe or threatened here."

Other students, like freshman Mia Hendricks, do not always feel comfortable on campus. She is especially concerned about the lack of lighting on some walkways at the Gorham campus. When asked if she felt safe on campus, she answered, "Sometimes."

"I don't like the path to Woodward [from the bus stop]. It's so dark. I could be snatched by a car or a person hiding in the bushes. I don't even know where [the police] are. I've never seen one."

The situation is similar for commuter student, Ally Duley, who feels insecure in the parking garage on the Portland campus. She is concerned about "jumpers" coming out of the dim-lighted areas of the garage; however, she has never been threatened in any way. She feels like she could contact the police department, the public safety office, or even a faculty member about any problem she has, but she has taken matters into her own hands in case of emergency by taking a self defense class provided by the university.

course because both my friend and I have been harassed in the Portland area, and I want to feel like I can defend myself if the occasion calls for it. I want to feel powerful and in control even in a situation [where] I'm viewed as the victim. As a smaller woman, it is very easy to feel intimidated, but I don't want to feel that way anymore."

Juliana Nibletts, another commuter student. also feels safe on campus, and like Duley, counts on the public safety department to protect her. The problem is that the safety locations, like emergency poles, are not clear to her. The emergency poles are spread around both campuses, along walkways and in front of several buildings including Bailey Hall. The Public Safety office is located behind Upperclass Hall in Gorham, open to

Whether these students feel safe on campus or not, they all have suggestions about how safety on campus can be improved. Common suggestions include more lights on walkways and in the parking garage. Nibletts suggested a flashing light outside of the parking garage in Portland for cars to notice pedestrians walking. Duley recommended more emergency button stations, and Howards suggested a buddy system.

Jeff Ahlquist, a senior at USM and also an LRA in Hastings-Upton Hall, looked

sumption of alcohol," Ahlquist said. "It would be beneficial for residents to have more knowledge of it."

On the Clery report from 2015, almost all of the reports were liquor law violations. With alcohol comes issues that go far beyond drinking under the legal age. Alcohol brings illogical decisions, drunk driving and over-consumption, as Ahlquist said, which can lead to death in extreme cases.

Safety measures can always be improved with the help of the Public Safety Department, faculty, friends, and you. Health and Counseling Office Director Lisa Belanger encourages students to, "Take the next step and let someone know." Tell the Public Safety Department, an RA or a counselor about any concerns that may arise, and they can work together to fix these safety issues that seem to be common among many students.

Belanger believes that students generally feel safe on campus, even though everyone is different and their experiences color their perception of what makes them feel safe. She said, "We have enough resources and measures that students [should] feel safe."

Making a safer campus, whether it be in traffic, pathways, and relationships, starts with you. Talking with counselors and RAs are effective because concerns are brought forward and discussed. Contacting the Public Safety Department is always an option.



Gorham dorm treated for bed bugs

Infestation in Upton-Hastings building has students on edge

Maverick Lynes Staff Writer

On Monday, Sept. 18 Upton-Hastings residents received word, via email, of a confirmed case of bed bugs inside the building. The email informed residents that treatment to take care of the the infestation had begun and that the situation was being monitored closely. It also encouraged residents to check their rooms and their body for potential bed bugs to try to curb the spread of bugs to other dorms.

Students in Upton-Hastings have been feeling a little out of the norm. Students have decided to attack the situation head on and conduct a search of their rooms.

"Should I start looking to buy a Hazmat Suit?" said Upton-Hastings resident Dan-

While that is probably a little extreme, it is no doubt that having bed bugs would ruin an individual's week (or month).

However, even the mention of bed bugs has made residents feel uneasy. Some residents are using words like "disgusting" and "nerve-racking" to describe the situation. It has them feeling itchy when they have no

may have inhabited the heads of students as well as the beds of the unlucky residents.

Many students who live in buildings other than Upton-Hastings sympathize with the residents of the "bedbug building." However, some do not share that sympathetic view. Some students have even ostracized their friends who live in Upton-Hasting from their rooms because of the fear of spreading bedbugs and starting a campus-wide contamination.

According to Resident Director of Upton-Hastings Kelly Brague, the issue was confirmed in only one room on the Upton side of the building and is currently in the treatment process. Luckily for the building and the Gorham campus, this unfortunate outbreak was caught and dealt with early. The residents of the room, who will remain unnamed, were proactive in their encounter and went to the resident officials as soon as they realized they had a problem. Thanks to those students, the campus may have avoided an outbreak.

The issue came to light a week before the email was sent out to residents. Admitting clothes on the floor. It is the equivalent to to not being entirely sure how the bed bugs

reason to be. It seems as if these bed bugs got into the dorm, Brague explained, "We addressed it as soon as we got confirmation [of] what it was." She stated how forthcoming they were regarding the problem and got the help they needed to deal with the critters on campus. Brague seems to be handling this with as much positivity as she can, given how this unfavorable scenario is playing out.

With one room confirmed, it was in the school's best interest to be swift in dealing with the issue. "Other rooms were tested, and they were negative," Brague said. However, the issue of bed bugs is not considered completely resolved. Brague said that she hesitates to confirm that these critters are a problem students can set aside. In the current situation, that would not be a for the one confirmed room, and we wish fair assumption. The more diligent people a speedy recovery to their beds and whatare, the more likely the bed bugs will not spread to other dorms.

What a lot of freshmen may not realcommon than they think. A college dorm is a paradise for bed bugs, multiple beds to a room and an above average amount of an all-inclusive resort for humans.

While it provided the campus with a conversation and maybe some unwanted jokes for the week, residents are considering the worst, wondering what would happen if there was an outbreak.

"Where would we stay?" "How would the school handle that?" "Do you think we would get a break from school?" All of these are serious questions from students. Whether or not bed bugs would be worth getting time off school is a debate for another day. Luckily things seem to be moving in a positive direction.

While students hope this is the last time they hear the word "bed bugs" for a long time, it seems that this problem isn't that much of a problem at all. While we mourn ever bites they may have, the consensus on campus seems to be, "At least it wasn't me." With midterms sneaking up, it is safe ize is, bed bugs in college dorms are more to say students would rather avoid putting "get rid of bed bugs" on their to-do list.

FP

USM Student Senate offers new program

Cup of Excellence allows for students' work to be recognized

Pdg Muhamiriza & Muna Adan Student Body President & Student Senate Chair



We will be accepting proposals from you, the student body, about projects that you would like to work on alongside your student representatives. We encourage everyone to send us their ideas!

This year, we have started the Cup of Excellence, an initiative through the Student Government Association to effectively collaborate with the student body to help move the University of Southern Maine forward by innovating and taking on the most pertinent issues.

We are searching for projects that will positively impact the University of Southern Maine, specifically the student body. To have your idea(s) considered, we strongly encourage proposals to be as thorough as possible.

Within a week of the submission deadline, a panel community members will select the five most compelling entries.

At the end of the year (Spring 2018), we will host a Cup of Excellence Recognition Event, where we will rank the five projects based on which one had the greatest effect. Not only will this be an opportunity to get your work out there, but members of the top five projects will be recognized and awarded.

Time Frame:

Accepting Proposal Submissions: Sept. 18 to Oct. 2 Selection of Top Five Proposals: Oct. 2 to Oct. 9 Notification of Winners: Oct. 9

Commencement of Projects: Week of Oct. 9 Cup of Excellence Recognition Event: Spring 2018

Electronically submit proposals to the email addresses below or drop them off at either one of the following locations: Student Government Association Office (Woodbury Campus Center, Portland Campus) or the Student Government Association Business Office (Woodbury Campus Center, Portland Campus)

formation, email us.

> Pdg Muhamiriza, Student Body President (Pdg.Muhamiriza@Maine.edu) Muna Adan, Student Senate Chair (Muna.Adan@Maine.edu)

NEWS BRIEFS

LOCAL

10 years later, Maine schools still wrestle with district consolidation

BANGOR DAILY NEWS- Ten years ago, Maine Gov. John Baldacci signed a law changing the structure of education across Maine, forcing districts to consolidate with schools in nearby towns as a way of saving money. But a decade later, the consolidation experiment has led to more conflict than success in many districts.

Pete Webster's Spanish class at Whittier Middle School in Poland begins quietly enough. Webster introduces a few vocab words to his students, and they repeat them back. But about five minutes in, Webster picks up a guitar and, soon, the classroom becomes a whirlwind of sound.

As kids dance and sing along, Webster incorporates vocabulary words and repeats them, over and over again. But five years ago, there was no singing here in this classroom. In fact, there was no Spanish at all.

The recession of 2008 brought drastic cuts to many of the district's programs. At the same time, the state's 2007 school consolidation law was transforming the district — and the state. It winnowed Maine's 290 districts down to about 160.

In this area, it brought together three towns — Poland, Mechanic Falls and Minot — into Regional School Unit 16. Superintendent Tina Meserve says it was hard at first, prompting a lot of initial cuts. But she says the towns gradually formed a united vision for education and assessed the needs of each community.

"So when we looked at the services, we looked at where is there inequity in our district? We had a guidance counselor in Poland but none in Minot, Mechanic Falls so we added them there. So there would be equitable services for kids who were struggling," she says.

Over time, programs including music and middle school Spanish were added, and Meserve says the process even saved money. The district's budget this year is about \$21 million — about \$1 million less than 10 years ago.

NATIONAL California takes aim at one of Trump's key campaign promises

WASHINGTON POST- California took aim Wednesday at one of President Trump's key campaign promises: building a border wall.

A lawsuit filed by the state to stop construction of the wall argues that Trump and the Department of Homeland Security violated federal environmental standards and unconstitutionally overrode the power vested in states. The move by the country's most populous state — which has emerged as a global force in the fight against climate change and a center of opposition to the president — is the most recent obstacle Trump faces in fulfilling his promise to build a "big, beautiful wall" along the United States-Mexico border.

"No one gets to ignore the laws," California Attorney General Xavier Becerra (D) said at a news conference Wednesday. "Not even the president of the United States."

Becerra stood in front of the existing border fencing at Border Field State Park near San Diego.

U.S. Attorney General Jeff Sessions was also in San Diego on Wednesday, speaking to reporters at a dock where he touted a record number of cocaine seizures by the Coast Guard. Asked by reporters about the lawsuit, he said he expects to prevail in legal challenges to

"The United States government has the control of that border and a responsibility to secure it," he said.

The lawsuit comes as Trump is trying to secure funding for the border wall, which a government analysis estimated would cost \$21.6 billion and which Democrats and moderate Republicans alike oppose. In August, the Trump administration announced it had chosen four companies to build concrete prototypes of sections of the wall.

INTERNATIONAL

US bombers stage North Korea show of force

BBC WORLD NEWS- It said the flight was the farthest north of the demilitarised zone between the Koreas that any US fighter jet or bomber had flown in the 21st Century.

Tensions have risen recently over Pyongyang's nuclear programme.

At the UN, North Korea's foreign minister said US President Donald Trump was on a "suicide mission".

Ri Yong-ho's comments to the General Assembly mimicked Mr Trump's remarks at the UN on Tuesday, when he called North Korean leader Kim Jongun a "rocket man on a suicide mission".

Mr Ri added that "insults" by Mr

Trump - who was, he said, "mentally deranged and full of megalomania" were an "irreversible mistake making it inevitable" that North Korean rockets would hit the US mainland.

Mr Trump, the foreign minister said, would "pay dearly" for his speech, in which he also said he would "totally destroy" North Korea if the US was forced to defend itself or its allies.

Shortly before his address, the Pentagon announced that the show of force underscored "the seriousness" with which the US took North Korea's "reckless" behaviour, calling the country's weapons programme a "grave threat".

"This mission is a demonstration of US resolve and a clear message that the president has many military options to defeat any threat," it said in a statement.

"We are prepared to use the full range of military capabilities to defend the US homeland and our allies."

US Air Force B-1B Lancer bombers from Guam, escorted by Air Force F-15C Eagle fighters from Okinawa, Japan, flew in international airspace, the Pentagon added.

"Mr. Kim called him 'mentally derranged' and a 'dotard."

- BBC WORLD NEWS

The flight follows a week of heated rhetoric between the leaders of both countries - after Mr Trump's comments, Mr Kim called him "mentally deranged" and "a dotard".

Mr Ri did not comment on the Pentagon's announcement.

North Korea has refused to stop its missile and nuclear tests, despite successive rounds of UN sanctions. Its leaders say nuclear capabilities are its only deterrent against an outside world seeking to destroy it.

After the North's latest and most powerful nuclear test earlier this month, the UN Security Council approved new sanctions on the country.

But speaking at the UN, Mr Ri repeated that the restrictions would not make the country stop its nuclear devel-

Meanwhile, a shallow magnitude 3.4 tremor was detected near North Korea's nuclear test site on Saturday morning, but experts believe it was a natural earthquake.



Police Beat

Selections from the USM Department of Public Safety police log Sept. 08 to Sept.14

09/09/2017

Were you all at that same party?

Liquor law violation, Philippi Hall. Intoxicated student summonsed for illegal possession of alcohol by a minor. Medical transport.

09/08/2017

Sensing a pattern here...

Liquor law violation, Anderson Hall. Intoxicated student summonsed for Illegal possession of alcohol by a minor. Medical transport.

09/09/2017

Please be smarter

Arrest OUI Liguor, Motor vehicle stop from Campus Ave on Fort Hill Rd, Transported to Cumberland County Jail. Cleared by arrest.

09/09/2017

Clean up in GS1

Liquor law violation, GS1 parking lot. Report of a subject sick in the parking lot. Medical transport. Summons issued for Illegal possession of alcohol by a minor.

09/12/2017

What is the criteria, though?

Harassment complaint, Portland campus. Closed, Officer investigated, did not meet the criteria for harassment.

09/14/2017

If some students are loud and no one is around, do they make a sound?

Noise complaint, Anderson Hall. Report of people being loud in the area. Officer checked the area, unfounded.

Police Beats are edited for grammar and style

Arts&Culture

Intersections of identity on campus

The impact of intersectionality on individual experiences

Mary Ellen Aldrich

Arts & Culture Editor

The term Intersectionality was first coined by Kimberlé Crenshaw, an American feminist legal scholar, critical race theorist and civil rights advocate, in the late 1980s in relation to the feminist movement. Crenshaw argued that feminism needed to look at more than gender, and that race, class and other factors needed to be included in the analysis of an individual's being and identity.

According to the Merriam-Webster dictionary, intersectionality is the "complex, cumulative way in which the effects of multiple forms of discrimination (such as racism, sexism and classism) combine, overlap or intersect—especially in the experiences of marginalized individuals or groups.'

Intersectionality can hold different meanings for different people. For some, it's the interlocking of their identities and how their identities relate to the world and how they experience struggles or oppression in regards to those identities. For others, intersectionality is the collaboration of interests, hobbies, culture and family that makes up who they are and forms the core of their identities.

For Sheddy Baba, a junior nursing major, his identity as a Christian, his family and his Nigerian culture are major parts of who he is. "My family is important," Baba said. "God, family, then everything else comes

Various aspects of culture and heritage can be important to identity as well. Foods, customs and rituals are all parts of culture that can play into identity. Food is an important part of Baba's culture as well.

There's no food in this world that's better than or even close to Nigerian or African food," Baba said.

Family is also important to the framework of a person's identity. Sometimes that family isn't related by blood. "There are some people in this life that are friends that become family," Baba said. "The people that surround you, put a smile on your face every day, those people count as family too. Fizz, Abadam, my best friend Katie,

they're like family too."

For Sandra Wood, the assistant addition to the individual differences professor of linguistics, the original idea of intersectionality as it was described by Crenshaw is how she sees intersectionality.

"People have different ideas of what [intersectionality] means," Wood said. "I am a Deaf woman, mother, sister, professor. When different situations come up, different identities become more salient."

Different identities often experience oppression in different situations. Wood's family is Hearing and blue collar, so the contrast between her family and herself, a Deaf scholar with a Ph.D., causes them to see the world from different perspectives. Wood said there is an under representation of Deaf people within the community of scholars.

"For example, here at USM in the interpreting major there are Deaf professors," said Wood. "but I am the first Deaf professor to be hired on the tenure track.

Hiring Wood is evidence that USM is trying to recognize the need for better representation of Deaf scholars in the academic field. "It took a long time to get to this point," said Wood.

This lack of adequate representation of Deaf people within the community of scholars is due in part to the oppression experienced by those Deaf people who do go on to obtain a Ph.D., master's and other other degrees. Oftentimes Deaf scholars will settle for jobs below their qualifications because finding jobs that are Deaf and ASL friendly is difficult, as most employers will hire an oral Deaf person over a signing Deaf person.

"People don't want to hire an interpreter, and if they don't sign themselves, it's hard to work with them," Wood said.

Intersectionality can be analyzed and looked at in parts, or as a whole. Each part can be examined and understood in isolation, but getting the full view of the person's identity requires a wide lens. For identities such as Deaf and Hearing, the experiences are different. The experiences of women are different than that of men. Each identity experiences a different life



Moss, paper and paint: the craft of book arts

Kate Rogers Staff Writer

Thursday, Sept. 21 the Kate Cheney Chappell '83 Center for Book Arts held its first event at the Glickman Library. The lecture was by two Maine artists and USM alumni, Jill Osgood and Frank Turek.

The event opened with a short introduction by Rebecca Goodale. Goodale is the program organizer for the Book Arts Center, a USM faculty member and a well known Maine book artist. After reading a short biography on both artists, she gave up the stage for the first presenter, Jill Osgood.

Osgood was born in New Hampshire but grew up in Maine with a family of artists and "naturalists," she said. Talking extensively of her love for nature and the Maine woods, she made it clear that both things heavily inspire all of her art.. In her art books, she creates an aesthetic that she calls the "fake nature, kitschy outdoorsy Maine thing." Osgood uses organic material like black walnuts and lichen in her art, as well as paper and other supplies to invent "fake nature," such as imitation birch bark.

During her time at USM, Osgood majored in painting. She never strayed from her passion for nature, saying that her paintings "were like walks in the woods." An example of her work can be seen in one of the study rooms in the USM library at Gorham, where she painted the walls with a mural inspired by her actual walks through the woods behind the sports fields.

The next speaker was Frank Turek, who double majored in art and philosophy during his time at USM. He started by saying that he "feels like an interloper" because he does not consider his art book 'art' by standard definition. His art is, however, made from books and then put back into a form resembling a book. This was useful in showing that book arts is a wide and complex category of art.

Frank based his presentation on the importance of having, as he said, "a sense of wonder about the world." His pieces are made to be interacted with and thought about. A goal he mentioned was "bringing the viewer close, closer than we normally look at artwork." Lidded compartments, inset mirrors and elements of games are all things he uses to make the pieces





Kate Rogers / Staff Writer

(Above left) Students have some of their book art on display in USM's Glickman library. (Above right) Frank Turek uses a unique kind of book art involving the deconstruction of books.

of my work.'

Frank's end goal was to engage the audience and get them to consider art more deeply than they otherwise might. Being a philosophy major, he is focused on thinking about art. This is why he themes his art around books and puts it in the form of a book. When talking about how the format assists with getting audiences to take their time with the art, he said, "Books allow us to sit with ourselves.

When Frank finished speaking, Rebecca asked for questions, and the audience willingly continued the discussion about the artists' work before dispersing. Kate Chappell was in attendance and was eager to talk of the history of the center and the presence of the book arts community at USM. Kate and

interesting to explore. "Play," he said, "is an important element Rebecca started the book arts program at USM in 2006 and launched the Center for Book Arts in 2008. Book arts combines aspects of sculpture, writing and painting and is, according to the overview on the USM website, "An art form that reaches back to medieval bookbinding and letterpress tradition and forward to installation art and novel constructions.'

> There is a large book arts community in Portland. The Center for Book Arts often tries to bring those artists in to share, and there are many events planned for the rest of this school year. As Kate Chappell said, "There's always something new around the corner with book arts." The next lecture, on Oct. 20, is also at Glickman. More events and information about the program can be found on the USM website at usm.maine.edu/bookarts.

SPA, a lively club for entertaining people

Jordan Castaldo Staff Writer

USM's Theatre Club is a club for singers, dancers, actors and artists alike. Formally known as Student Performing Artists club (SPA), the club is advised by Sara Valentine, a lecturer in the Department of Theatre Much like the theatre majors themselves, SPA is full of vibrant young artists who value collaboration, imagination and who strive for excellence. Additionally, the artists form a tight-knit community of their own by putting together productions each year.

"I love SPA! It's a great way to make friends and stay involved in the arts. The community is one of the tightest on campus. I wouldn't be where I am today without SPA and the people in it," said Ezra Merriman Briggs, who has worked with SPA on several shows in the past.

The ultimate mission of SPA is to provide a safe, exciting place for art-loving students to gain experience in theatre, as

well as to entertain the students and staff at USM. The club is readings, as well as many other types of performances. They actively looking for members, accepting everyone who enjoys theatre. Students do not need to be a theatre major to join, in fact, many club members were not theatre majors until joining. Rather than caring about specific majors, SPA cares about students' passion for the entertaining arts.

Students who attend meetings regularly are allowed to vote for SPA officers, the ones who help to keep the team running smoothly and collectively. Since the productions are all student run, there is a need for strong-willed SPA officers.

"Behind the scenes, it looks a lot like any other production, except it is student run," said Briggs, "our shows are student directed, designed, produced, acted. Everything is done by

Each year, SPA does two full-scale productions, one per semester. They are held in the Black Box Theatre, located on the ground floor of Russell Hall on the Gorham campus. If they do not present a full production, they often perform staged

host a talent show in December, as well as a 10-minute play competition in May. At the end of each school year a SPA awards event is held, where awards are given out to the most deserving crew members, designers, directors and actors from every event that took place during the school year.

Theatre majors are recommended to join the club. The best way to learn the art of theatre is to just do it. The club also helps to mentor theatre majors by teaching them how to work among others as a team. It even teaches them a little bit about the competitive job market those who major in theatre encounter. SPA provides a fantastic way to build a portfolio in addition to gaining a great amount of experience and mentoring amongst other students, both older and younger than you. If you are interested in joining or learning more information about the club, please contact Hollie Pryor at hollie.pryor@maine.edu. Meeting times are on Mondays from 3:30-4:30 P.M. in the Black Box Theatre in Russell Hall.

M®/IETALK

2049: Gear up, here it comes

A look back on Villeneuve's work thus far

Daniel Kilgallon

Staff Writer

In a few weeks, we will be getting the first Blade Runner movie since 2007, when director Ridley Scott released the seventh version of his 1982 original, suitably titled The Final Cut. Starring Ryan Gosling and featuring the return of Harrison Ford in his iconic role as Rick Deckard, Blade Runner 2049 is one of the most anticipated films of the year for sure. Ridley Scott will be returning in the role of an executive producer and acclaimed filmmaker Denis Villeneuve is directing the long awaited sequel.

Over the last few years, Villeneuve has quickly reached a status as one of my favorite directors in the industry and I have loved all three of his American movies to date. An unmatched ability to milk the drama out of the stories he brings to the big screen has to be his greatest skill as a director. In Arrival (2016), Villeneuve crafted an alien movie that focused on the sheer drama of communication. With *Prisoners* (2013), he explores every traumatic aspect of a missing child case. The plot of Sicario (2015) centers around the intense subject matter of the Mexican border conflict, resulting in some of the most authentically genuine scenes I have ever seen put to film. That being said, the last movie Villeneuve produced in his native country of Canada was very overlooked upon opening and is well worth a viewing. In Enemy (2013), Villeneuve tells a simpler story than any of those movies but humanizes the drama in a way that feels just as powerful as those

Loosely based on the novel "The Double" by Jose Saramago, *Enemy* clocks in at a friendly run time of ninety minutes and was clearly shot on a relatively low budget. In the film, Academy Award nominee Jake Gyllenhaal plays a college professor named Adam who lives in the Toronto area. His life is portrayed as very uninteresting through his daily routine which he carries out with a prominently dull attitude. One day, a fellow colleague recommends a movie to Adam, so he decides to rent it for the night. He happens to notice a background actor that looks just like him and after pausing the movie for a closer look, Adam quickly becomes obsessed with tracking down his double (also portrayed by Jake Gyllenhaal). From reading through the film credits and performing background research, Adam does everything he can to meet his doppelganger. Eventually, their lives become interconnected in a bizarre, frightening manner.

Jake Gyllenhaal delivers a pair of equally impressive performances when portraying these two men. This must have been a great challenge and I truly believe that this is some of the best work from the underappreciated



Photo courtesy of Alcon Entertainment

actor who only continues to improve. Gyllenhaal brings a strong sense of realism to each character and perfectly showcases their differences and similarities. Aside from the exceptional acting on display, Enemy looks very good visually. It has an unsettling color palette containing a mix of brown and yellow, which makes for a very dirty, but necessary feel for the movie. Combining all of these factors, Enemy seems eerie yet authentic and is not quite like any other film I have seen. At the same time, there are certain fantastical elements present which go hand in hand with plenty of clearly recurring imagery. I would add that the ending is heart stopping and not easily forgotten. While this film has been interpreted in multiple ways, what really stuck out to me was the lesson of staying true the person you know you want to be; otherwise you will become your worst enemy.



A&C Listings

Monday, September 25

The Great Open Mic Challenge Empire Live Music & Events 575 Congress St. Starts: 7:00 p.m.

Tuesday, September 26

A Comedy of Haunted History Bell Buoy Park 72 Commercial St. Starts: 8:00 p.m. / Ends: 9:15 p.m.

Wednesday, September 27

Intercultural and Diversity Advisory Council 423 Glickman Library **USM Portland Campus** Starts: 2:00 p.m. / Ends: 4:00 p.m.

Thursday, September 28

Writing is Designing for our Future 133 Wishcamper **USM** Portland Campus Starts: 5:00p.m.

Friday, September 29

Neighborhood 3 Corthell Hall **USM Gorham Campus** Doors: 7:30 p.m.

Saturday, September 30

Waking Windows Portland Flea-For-All 585 Congress St. Starts: 6:15 p.m. Ends: 8:00 p.m.

FP

Want to submit an event? maryellen@usmfreepress.org

Perspectives

This Week in Winchester

This Week in Winchester: New Weekly Column





Julie Pike / Staff Writer

Left: Winchester Cathedral draws tourists and visitors from around the world. Among the buried at the Cathedral are Jane Austen and King William II. Right: King Arthur's Round Table located in the Great Hall, as part of the remains of Winchester Castle.

Julie Pike Staff Writer

Welcome to my first column! Every week I'll be writing about my experience studying abroad at the University of Winchester in England, where I will be until December. You'll read about my transition to British life, the new people I'll meet as well as the many adventures I hope to have.

It's day four here of my time at Winchester. I spent the day walking around the town seeing the Winchester Cathedral and King Arthur's Round Table, which is housed in what's left of Winchester Castle. Among the ancient architecture in Winchester lies dozens of shops, cafes and restaurants to walk through in a big maze

around the city. This bustling and busy town is just a short walk from my dorm.

Flashback to four days ago, I was alone in my dorm, and I was crying on the phone to my mom. That's right, there I was, a 20 year old, was crying to my mom. This was after being awake for close to 30 hours

After the busy day of traveling I finally was by myself in my new dorm room, which luckily was a single, and the shock of what I was doing hit me. I was going to be in a totally new and unfamiliar country for three full months. What was I thinking? Three months seemed like an eternity. I was used to the comforts of being at home, and here I was lying on a bed in which the springs were nearly coming out of. The time ahead of me seemed scary and over-

whelming, I didn't know how I was going to get through it.

I had not felt homesick since I went away to an overnight camp in 5th grade for a month. This was an unfamiliar feeling to me. On that first night lying in my dorm room, my emotions got the best of me. I wasn't sure if it was the lack of sleep, the culture shock, or just being plain homesick.

Thankfully, I was not alone. My close friend Gabby and I decided to take on this trip together, and she was going through the same thing as I was. Having a friend alongside me was the only thing keeping me together.

Today I am in a much different place. Since then Gabby and I have met many great people, and are even in the midst of planning a trip to London this week with

two other girls from Shenandoah University. I've met people from all over the world, from California, to Australia to Sweden, it's amazing to see people from all walks of life in one place.

The more time spent here at Winchester the more comfortable I feel. It took a few days to adjust to this new life, 3,000 miles from home. While my living situation is much different than my comfortable bed at home, and university food is different from a home cooked meal, I can tell it's all going to be worth it. I'm in the midst of a new adventure in my life, possibly a life changing experience, and I can't wait to see what these next three months bring.

Next adventure, London! Cheers!

NOW HIRING AD EXECUTIVES

GAIN REAL WORLD EXPERIENCE WORKING WITH LIVE SALESFORCE SYSTEM

USE WORKSTUDY FUNDS OR RECEIVE COMMISSION ON AD SALES AND SET YOUR OWN HOURS

TO APPLY EMAIL sarah@usmfreepress.com



LET'S TALK ABOUT

Recently my partner expressed interest in having a three way. At first I thought it was a joke, but overtime I've realized they are very serious. We haven't been together all that long, several months, and are both sexually open and comfortable. However I'm concerned about trust, safety, jealousy and the ripple effect it could have in our relationship. It's not that I'm totally opposed, just concerned with the outcome, any advice?

Johnna Ossie Managing Editor

It seems like the only way to figure out these concerns is to have a very, very honest conversation with your partner. Once I was dating someone who told me a month into hanging out that they were seeing other people and weren't going to stop. My feelings were definitely hurt, but I was mostly upset that this person had A) not been honest with me and B) put me at risk by sleeping with other people and not telling me. Then I was even more upset when they invalidated my feelings when I suggested perhaps they should have mentioned this to me sooner. Obviously it didn't work out between us. So, props to your partner for being honest about what they want, and props to you for being honest about your concerns

As far as trust and safety go, you, your partner, and whoever else may be involved with you sexually should talk beforehand about what will happen when and if you all decide to sleep with each other.

What are you all comfortable with? What are you not comfortable with? Are you going to be sober? Are you going to drink before hand? Is the person going to spend the night or leave afterwards? I think for any sexual experience to be safe and enjoyable for all people involved, everyone needs to have an honest talk about their boundaries. Also, please, please make sure that you, your partner, and whoever else may become involved in your sexual relationship get tested for STIs!

As far as jealousy goes, I'm not sure exactly what your concerns are, but I'm going to assume that you mean that you or your partner may feel jealous of the third person you're inviting to sleep with you.

If that's the case, again, I think a discussion is probably needed. Is the person going to be someone you both know or are you going to find someone outside your friend group? Is the person going to stay involved with you in the future or is going to be a one time event? Do you both get veto power if you aren't interested in sleeping with someone?

Sitting down and talking about all your concerns with your partner may help mitigate some of the potential pitfalls. It's also quite possible that even after all the talking and planning, one of you may still end up feeling jealous, in which case, you both will have to be open to processing more feelings and doing a lot, lot, lot of self care.

I think my most important piece of advice may be: If you aren't sure about it, wait. You don't need to rush into anything that you aren't 100 percent comfortable with. Your body is your body! Your body is sacred! Your feelings are valid! If you feel like you might be down and you need more time to talk to and process with your partner, ask for that! If you definitely aren't down, say that! If you are definitely down but need to talk details, do it! Just as your partner has asked for what they want, you can ask for what you want. Both are equally valid and equally important.

City of Portland will no longer observe Columbus Day

City council votes to celebrate Indigenous People's Day

Editorial Board Free Press Staff

Following in suit of Belfast, Bangor and Orono, the Portland city council voted unanimously on Monday, Sept. 18 after an hour of public comment to replace Columbus Day with Indigenous People's Day. The day falls on the second Monday of October. Later that same night, the Brunswick Town Council also voted to celebrate Indigenous People's Day. Councilor Pious Ali sponsored the proposal.

Indigenous People's Day will celebrate the peoples who resided in Maine and North America long before European colonizers appeared. Many towns and cities across the country have chosen to cease recognizing Columbus Day and instead to celebrate Indigenous People's Day. Some states, including Vermont, Alaska and South Dakota, have stopped celebrating the day as well.

According to the Bangor Daily News, Maulin Dana Smith, an ambassador for the Penobscot Nation spoke to the council saying, "Columbus represented the beginning of the genocidal policies against our people. He didn't discover anything because there were already people here."

Supporters of the holiday from the Italian Heritage Center argued that Columbus is an important figure in Italian American history. According to the Portland Press Herald, Marianna Dalfonso Realie, a former president of the center, said, "This is like a slap in the face to the Italians who

reside here." The Italian Heritage Center in Portland has a covered" America, shared a pleasant meal with the Native statue of Columbus in its lobby.

The first Columbus Day celebration took place in 1937 to honor Italian American history. Certainly their must be many Italian Americans who have contributed to the community's rich cultural heritage who do not represent the

"This is like a slap in the face to the Italians who reside here."

> - Marianna Dalfonso Realie Former President of the Italian Heritage Center

mass murder, torture, rape and cultural exploitation of native peoples as Columbus does.

Along with the celebration of Thanksgiving, Columbus Day succeeds in whitewashing American history and erasing the violence and racism that the country has been

The atrocities committed against Native Americans by European colonizers are rarely taught in U.S. schools. Instead, many students are taught that that settlers "dis-

Americans and continued on their way to "develop" what is now known as the United States.

Some historians estimate that in the years following the European invasion of the Americas up to 20 million of the original inhabitants were murdered or died from diseases brought over by colonizers, mostly smallpox. The Press Herald writes that up to 90 percent of native peoples in Maine were killed by settlers or died from diseases they

The idea that Christopher Columbus discovered America is nothing other than a lie.

White colonizers murdered, raped and stole from native peoples. Many Native Americans died from diseases brought by colonizers. Later, native youth were taken from their families and forced into boarding schools where they were physically and emotionally abused.

The oppression of native peoples did not end after the initial colonization and continues to this day. To continue to celebrate a holiday that glorifies white terror erases U.S. history and promotes white supremacy. Christopher Columbus does not deserve to be celebrated.

Recognizing Indigenous People's Day instead of Columbus Day can be seen as one small step towards correctly recognizing the violence and racism embedded in U.S. history which is often ignored.

FP

Opinion: Abortion should be illegal and here's why

Jessica Pike Staff Writer

The subject of abortion is a very controversial topic. There are always pros and cons to every side, and people have different opinions that can lead to heated arguments, more often with women. Then there are some people who know nothing about the abortion laws, or don't care, because they think it has nothing to do with them. Men, for example, can have more of a say in the matter than they do. It's a common misconception that the decision is totally up to the woman who carries the baby, but it's a joint effort the whole way.

There are those who argue for abortion, mostly for embryonic stem cell research that can be used to help find vaccines to diseases. Embryonic stem cell research is done by using the stem cells of fetuses, or babies that haven't been born, and testing that against diseases and disabilities. The other side of the argument are those who argue against abortion, believing it to be

an inhuman practice to take away a human life. They want the future generations to have a fighting chance.

Abortion is a very touchy subject in the United States. Due to the Roe vs. Wade decision made by the Supreme Court in 1973, women are allowed to make the decision about abortion on their own, but each state has their own restrictions on the subject. A lot of states would make abortions illegal if they could, but instead settle with making it illegal to get an abortion after the third trimester when the baby has developed to a certain point. This is to protect the potential of human life.

In my opinion, the whole controversy about abortion has an easy solution. Many people would disagree with me, but I think that abortion should be illegalized except for special circumstances, for cases or rape or danger to the mother's life. I believe that a teenager in high school who accidentally becomes pregnant should deal with the consequences. It's supposed to be the choice of the mother and father, but what about the baby's choice? Just because "Even the best compromise will leave somebody unhappy because not everyone can get what they want with such differing views."

> - Jessica Pike Staff Writer

they are not yet old enough to give their decision, doesn't mean they shouldn't be given the chance to reach that age in the first place. If you think about it, everyone's parents are given the choice and wonder, should they keep the baby? If the answer had been different, many people wouldn't be here today. If you yourself didn't want to be aborted at birth, then why should that

the done to a child?

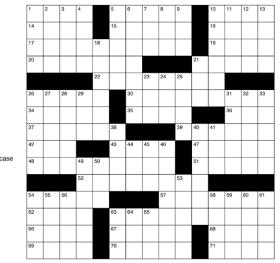
It's understandable for their to be special circumstances to every rule. I think it's justifiable to have an abortion if a young woman has been raped. It's also justifiable if the mother will have a life threatening pregnancy, or if it is known that the baby will have a birth defect they couldn't live with. It's a hard decision, especially when embryonic stem cell research could cure many diseases and even birth defects, but taking that choice away from an infant isn't

Everyone is free to have their own opinions, but the actions made from those opinions are a different matter. Even the best compromise will leave somebody unhappy because not everyone can get what they want with such differing views. The best course of action is to choose what satisfies the most people while still being a good decision. I'm hoping that this can change the minds of some people, or at least make them realize that everyone's allowed to have a say.

Crossword

Across

- 1. Incredibly awkward one
- 5. Work with soap or ice
- 10. Neighbor of Nor.
- 14. Underboss
- 15. Easy comparison
- 16. Vena ____ (main vein)
- 17. Kind
- 19. Former Korean cu
- 20. #1 song for Toto
- 21. "Dear me!"
- 22. Turncoat 26. Bonjour opposite
- 30. Won
- 34. Central post of a spiral staircase 35. God who shoots arrow
- 36. MPEG alternative
- 37. Dickinson and Post
- 39 Singled out
- 42. 950, to Caesa
- 43. Nonflying birds
- 47. Moran and Gray 48. Regis Philbin's co-host
- __ worry! It'll be fine"
- 52. Tuna type
- 54. How bedtime stories are read 57. Working hard
- 62. Auto or info follower
- 63. Princess Leia's android
- 66. Jarhead's org.
- 67. Hoaxes
- 68. A means ____ end
- 69. New Age musician John 70. Balance sheet item
- 71. 1975 Wimbledon winner



Down

- 1. Surgery souvenir
- 2. California's ____ Alto
- 3. Housing with a mgr. 4. Author ____ Neale Hurston
- 5. Mutinied minesweeper
- 6. Armand of "American Gangster
- 8. Number on some faces? 9. European market org. until 1993
- 10. Drag along
- 11. Radner persona Baba
- 12. Rescue oper
- 13. Unpleasantly moist
- 21. Naval VIP (abbr.)
- 23. Screw up
- 24. Acqua di
- 25. Hung. neighbor 26. Win by
- 27. "The Silence of the Lambs" director
- 28. " Survive" (disco hit)

- - 32. Decathlon unit 33. Playground comeback
 - 38. Croat neighbor
 - 40. Trojan horse poem

 - 44. Actress Sara
 - 45. Scanner target, briefly
 - 46. Principe partner
 - 49. Cape Canaveral event 50. Investment return (abbr.)
 - 53. Barnyard perch
 - 54. Share a border
 - 55. Perform eye surgery, perhaps
 - 56. ____ law (principle of electricity) 58. "____ smile be your umbrella..."
 - 59. Judge Lance and namesakes
 - 60. Ark builder 61. Auctioneer's last word

 - 64. Blood factors (abbr.)
 - 65. Slangy see-yas

The solution to last issue's crossword



Sudoku

Level of difficulty: Medium

The object of a sudoku is to fill in the remaining squares so that every row, every column, and every 3 × 3 box contains each of the numbers from 1 to 9 exactly once.

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

Word Search

Search for the list of words in the grid of letters. Grab a pen and circle each word as you find them.

Theme: Music Genres M O U L F V U V O M E G Z J B M D D T MZKACUGWXGGFZZWGBRL B W RNEU S v w k N U U С 0 C U S N D 0 T O XCEAGG С U Ε CBDOWR E C G M B BQEREVSRR TAAEUHNSE Ν Н G Q 0 G Ε 0 Q E

ORRTVSTWASFPOPGOP

H Q Q J R P O G E I D N I P B K E

alternative blues classical country electronic emo gospel hip hop indie instrumental jazz metal pop punk reggae rock showtunes soundtrack

Cryptogram

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

XQSMS VOI O IGUJ CJ O ASJIVSOM IQCB VQGTQ FGIXSE CBSJGJU OJE TFCXQGJU XGASI.

And here is your hint: C = O



- Award-winning pizza
- Free delivery
- 10% off with college id
- Order online

Leonardo's Pizza 415 Forest Avenue, Portland (207) 775-4444

www.leonardosonline.com

\$3.00

any large pizza

www.leonardosonline.com Free delivery or carry out One coupon per pizza Expires 4/30/18

USM Community Page

Coffee re-energizes Glickman

Starbucks improvements satisfy customers



Dionne Smith Community Editor

Sodexo is fairly new to USM and has been integrating upgrades into multiple buildings throughout all three campuses. Last semester, there was a Starbucks booth set up on the first floor of the Glickman Library, which initially received a lot of criticism. Over the summer, upgrades were made to the booth, and now the Starbucks has become closer to what people were hoping for, and more people are satisfied with it.

Last fall, Sodexo sent out a survey and received a large amount of people asking for a second option of coffee. Sodexo was approached by David Nutty, the executive librarian at Glickman. He wanted to add a new concept in the library. Last semester, the Starbucks booth was a few coffee machines with some snacks out for customers. There was no menu, and some students complained that the coffee they received was cold. Professor Francesca Vassallo expressed that last semester she felt it was a disappointment.

"I thought the Starbucks opening was a bit misleading in the end." Vassallo said.

According to Tadd Stone, the general manager at Sodexo for USM

Dionne Smith / Community Editor

Dining Services, the first booth was a test to see how many people would come, and what kind of feedback that it would receive.

"Last year we started with a counter to see how things would go," Stone said. He explained that the students were happy with the concept but wanted more than the average coffee experience.

This semester, the options have grown, with the addition of a variety of healthy items that are quick to grab, the option to buy mochas, lattes, cappuccinos and more with the help of

the new espresso machine. According to Stone, the number of customers per day currently is approximately 125 customers, which was more than the end of last semester, and that number shows a steady rise, and in comparison to last semester, so far they haven't received any negative feedback.

"This was something that was requested and as providers on campus we looked to try and meet the needs," Stone said.

"I feel like it's a thousand times better than last semester," said Mariah Ross. a 20-year-old junior majoring in biology and communications. There are many students who also say the same thing. Many of the students expressed feeling satisfied with the Starbucks, making it clear that the improvement made a big difference.

Tadd said that Sodexo is listening to its customers, and that as long as it receives feedback saying that students want more upgrades, Sodexo will do its best to provide satisfactory results, as they have been currently. While the Starbucks has yet to receive any negative feedback, it is still early in the semester, and it's possible that more negative feedback, and more opinions on what can be improved, will be



Dionne Smith / Community Editor



Community Events

Monday, Sept. 25

"From a Womans Perspective" Opening Richard Boyd Art Gallary Peaks Island, 15 Epps Street Starts: 10 a.m.

Tuesday, Sept. 26

Therapy Dogs & Healthyh Snacks **USM Gorham Campus Brooks Student Center** Starts: 8 p.m. / Ends: 10 p.m.

Wednesday, Sept. 27

Neil deGrasse Tyson in Portland Merrill Audtitorium 20 Myrtle Street Starts: 7:30 p.m. / Ends: 9:30 p.m.

Thursday, Sept. 28

Bandloop at the Westin Westin Portland Harborview Hotel 157 High Street Starts: Noon. / Ends: 12:30 p.m.

Friday, Sept. 29

Convocation USM Portland campus Courtyard Starts: 10 a.m. / Ends: Noon

Saturday, Sept. 30

Wings 4 Wishes Old Orchard Beach Town Square Starts: 10 a.m.

Sunday, Oct. 1

Portland Harvest Festival Deering Oaks Park Park Ave Starts: 12:30 p.m. / End: 4 p.m.

Want us to include your event? dionne.smith@usmfreepress.org 15 SEPTEMBER 25, 2017 | THE FREE PRESS

Sports

Tuesday

Women's Tennis

@ Plymouth State 4:00 p.m.

Wednesday

Field Hockey

@ Plymouth State 7:00 p.m.

Wednesday

Men's Soccer

vs. UMaine Farmington 4:00 p.m.

Thursday

Volleyball

vs. New England College 7:00 p.m.

Friday

Golf USM Cup

@ Gorham Country Club 12:00 p.m.



Photo courtesy of University of Southern Maine

USM offers ways for students to stay active

Intramurals and classes available on Portland and Gorham campuses

River Plouffe Vogel

Sports Editor

Getting involved is an easy and great way to meet new people, learn new games, have a fun time and stay in shape. While sportsmanship and fun are first and foremost, it is also competitive and anyone who joins should expect to laugh hard and play hard.

USM intramurals, which take place predominantly, in Gorham, run from September 3 until October 18. Although teams have been playing for several weeks, it is never too late to bring your own team or show up as an individual to play. Often there are only a few teams so all participants welcome new competition. Mondays are forever and always dodgeball, at 8:30 p.m. in the Costello Field House in Gorham. On Tuesday nights there is indoor soccer at 8:30 p.m. in Costello. Wednesday is ultimate frisbee at 8:30 p.m., also in Costello. Last but not least, there is flag football every Sunday morning at 11:30 a.m. on Hodgdon Field in Gorham. Intramural sports staff keeps score, brings jer-

referees the boundary lines. For more inmaine.edu/athletics/intramurals, or check out their Facebook page for updates, fun videos and more, https://www.facebook. com/intramuralsUSM or you can always follow them on Twitter at twitter.com/usmintramurals.

There is also a variety of classes available to students in the Costello Sports Complex on the Gorhamcampus. All classes, with the exception of Zumba which begins on Sept. 27, started on Sept. 18. On Tuesday and Thursday mornings, Kim Tuner offers a free spin class at 6:00 a.m. in the group exercise from for any earlier risers out there. However, the class size is limited to ten people, so if you want to join, get there early. Every Wednesday at noon in the group exercise room there is yoga with Donna Bird, who is as cool as a California quail. For a fee of \$25, participants can access an entire semester's worth of classes. Another opportunity for morning people includes the Friday bootcamp class

seys, keeps track of the time and usually at 6:15 am in the Costello Field House with Lori Gower. It is a great way to learn formation visit the website at https://usm. new and dynamic exercises. It also costs \$25 for the entire semester. Lastly there is Zumba every Wednesday evening at 5:00 p.m. in the group exercise room with Matt Hohman. Zumba does not start until Sept. 27 and has a class limit of 20. Zumba costs \$25 a semester for students, but you will never have more fun with \$25, guaranteed. For any other information visit the Costello Sports Complex website, which has a direct link from the USM home page.

The Portland campus offers the unique opportunity to meet more people from the community who are not students at USM. On Monday and Wednesday there is a free Cross Training class starting Oct. 2 from 5:00-6:00 p.m. On Tuesday afternoons from 1:00-3:00 p.m. there is pickleball, which is a game like ping pong and tennis combined. There are free Zumba classes every Tuesday from noon until 1:15 pm, and at night there is ultimate frisbee from 7:00-9:45 p.m. There is also indoor soccer every Thursday night from 7:30-9:30

p.m. and there is a Women's Strength and Power hour on Tuesday and Thursday from 1:30-2:30 p.m. One of the most heavily participated pick-up sports is mid-morning basketball that runs Monday, Wednesday and Fridays from 11:30 a.m.-1:00 p.m. The open gym hours are all over the place and best viewed on the Sullivan Gym website, along with any other details about the above programs. Available for reservation at all gym hours are squash, racquetball and volleyball courts. Sullivan will also provide the equipment, however it is lim-

For any outdoor enthusiast, check out the Outdoor Adventures Club, which organizes hikes, kayak trips, ski trips and much much more. Email them at oab.usm@maine.edu or check out their webpage at https://usm. maine.edu/sga/oab or view them on instagram @oab.usm. It can never hurt to call or ask either the Sullivan or Costello Complex for more information or to ask about other additional activities not listed, there are whispers of Quidditch joining the mix!

Budgeting by the Slice



When: Sept. 26th, 12 Noon

Where: **Gorham - UCU**

branch in the **Brooks Student Center**

Presented by: UCU, Where Huskies Bank

Portland - Woodbury **Amphitheater**

Join University Credit Union for some pizza and a crash course on how to manage your dough!

Upcoming Dates: Sept. 26th, Oct. 24th, Nov. 28th

UNIVERSITY CREDIT UNION Celebrating 50 Years

ucu.maine.edu

800.696.8628 | Federally Insured by NCUA

#WherettuskiesBank 1 9 0



