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Young Americans for Freedom

no longer recognized as a student group on campus

Sarah Tewksbury | p 4



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Sarah Tewksbury
Editor-in-Chief

In the last issue, I published a heavily edited version of this letter. I immediately experienced my first regret in life. This is the way I want this message read. I am not afraid and I am not going to hide.

Social media and the news are currently overflowing with testimonials from individuals who have been affected by sexual harassment or sexual assault. In 2006, activist Tarana Burke used the phrase “me too” to encourage females around the world, specifically women of color, to be conscious that they were not alone in their struggles with traumatic incidents. Burke wanted to empower and inspire women through empathetic understanding. Following the exodus of celebrities who shared their negative connections with Harvey Weinstein, people all over the world began using the hashtag, “me too,” to highlight their own experiences.

When I first saw the sheer number of people I am connected to on Facebook posting statuses about this topic, I felt so many emotions. While I’m certainly aware of the considerable numbers of individuals who experience sexual trauma, there was a grave feeling that washed over me as I saw people I know personally and very well share their stories. According to the Rape, Abuse & Incest National Network (RAINN), every 98 seconds another American is sexually assaulted. RAINN also reports that there is an average of 321,500 survivors of rape and sexual assault every single year in America.

Before the explosion of the words “me too” on social media sites, the pure statistic RAINN released that states that one in six American women will be survivors of an attempted or completed rape in their lifetime is serious cause for concern. However, once very familiar faces were equated to the statistical evidence, I realized how close to home the problem really is.

All humans are susceptible to sexual violence, regardless of any aspect of their personal identification. My Facebook newsfeed was full of girls and women sharing simply the two

You too?

Take Two

words, a sentence, the sexual assault hotline phone number (which in Maine is 1-800-871-7741), or longer anecdotes of their exposure to trauma. I remember reading about struggles in the workplace, on the street, in their own homes, and thinking, is there anywhere we are safe?

I used to think I was invincible. Nobody and nothing could come close to tearing me down. For a surprisingly short period of time, I was torn down. My own experience with sexual assault was violent, aggressive and unnerving. It silenced me and silenced my brain. Mental paralysis prevented me from saying out loud what had happened for days, but then I did. A stunningly compassionate, hilarious and brilliant woman that I have known since I was fourteen saw a bruise on my face days after my assault and asked what happened. I had no plans to tell her and no plans not to tell her. It all fell out of my mouth, start to finish, with a shaky voice and watery eyes as I told her what had happened.

She said, “I love you so much and I am here for you, whatever it is you want to do next. I’ll be here for you.”

She didn’t just say those words, she acted on them. For days and weeks and months following my confession, right up to today, she has stood beside me and stuck to her word. The pure act of being present and active has done nothing but keep me alive. My head is held high because this woman, though she may not have her own “me too” story, used Burke’s method of empathetic empowerment to help me stand tall.

This particular friend is not the only one who has impacted this situation significantly. My family, though hard on them too, listened and learned from this. One place I found unlikely comfort was USM. When I feel like I am drowning and can no longer lift my eyes, it seems that there is a kind face smiling at me. The Free Press team never fails to make me laugh. I am surrounded by love. I am so very lucky.

Not everyone knows the support that will be granted to them until they start talking about their experiences. Saying “me too” on social media is one way that shows one another that we are not

alone in this struggle. There is a silent and underground support system that will not fail you if you need it. In light of the recent explosion of courageous individuals sharing their stories, here is my advice to you.

Call the hotlines. They’ll answer and they’ll let you talk to them. Tell your friends, tell your mama, tell someone you trust, just tell someone. Here I am, an extraordinarily private person, telling you how the only way for me to survive right now is to tell my people that I need them. The very, very last thing I ever want to do is to be work for someone, to bother them. I want to be the helper and help everyone else. Now, in this moment, I want your help. I’m asking for help from you. Please keep listening to each other. Keep telling each other. Don’t let this week-long fad of a hashtag fade to the background because change will not be affected by one post, though, it is a huge, courageous start.

I call it courageous because I understand the inability to type the words “me too” and mean them in a very serious way. When I first saw the multitude of posts, many might I add, from fellow USM students, I wanted to join in. While I sit here and put my thoughts to paper, I realize that I would never waste the space to tell the story of how one person thought they took from me. For me, I don’t really think that’s the story. For me, the story is how my world took in my traumatic experience and responded. I say this often, but we are all just humans walking around the world together for a short period of time, living by our man-made rules. Let us be kind and care for each other in the face of uncertainty, trauma, and violence. Please know that you always have an ear with the editor of the Free Press.

But yeah. Me too.



Young Americans for Freedom no longer recognized as a group on campus

Maverick Lynes / Staff Writer

Sarah Tewksbury
Editor-in-Chief

The USM chapter of Young Americans for Freedom (YAF) has failed to meet the standards for maintaining active status as a student group on campus. The Board of Student Organizations (BSO) met for the third time this semester on Oct. 27 at 10 a.m. Two representatives from YAF were present for a portion of the meeting.

Megan Bennett, an English and Communications student, and Paige Pandora, a Finance student, were the proxies for YAF, attending the meeting in their Reserve Officer Training Corps (ROTC) uniforms. Bennett and Pandora's roughly thirty-minute presence at the meeting was considered an absence because the BSO Constitution states that representatives from student groups must stay at the meeting for a minimum of two hours, unless the duration of the meeting is less than that time, in which case students must stay for the entire extent of the meeting. When Bennett and Pandora left the assembly, YAF became an officially defunct group on campus.

Immediately following the meeting, BSO Executive Board members sent an email to the listed YAF contacts Gus Brown, Shane Robertson and Pandora, alerting them of their status. According to the BSO Constitution, a student group that becomes defunct loses privileges such as voting rights within the BSO, the control of the group's funding and budget, and "the right to reserve meeting space under the BSO." As a defunct group, YAF now has the opportunity to initiate a reinstatement process.

Regarding absences, the BSO Constitution states that student groups are allowed to submit a request to have their absence excused "for reasons of extreme circumstances or emergency." YAF will have five business days to offer a written appeal to be excused

from Friday's meeting. If the group chooses to submit such a request, it will be voted on by the executive committee for the BSO.

To be recognized as an official group by the university, defunct student groups must submit a proposal to the student senate to have their constitution re-approved. Once the constitution is reviewed by the parliamentarian and the Constitution Review Committee, it will be presented at a student senate meeting. Three student senate meeting dates remain during the Fall 2017 semester. If YAF chooses to present their constitution at one of the remaining meetings, the final decision of whether or not the group will be reinstated at USM will be made by the student senators.

USM graduate Ben Bussiere founded the USM chapter of YAF during the 2016-2017 academic year. The Free Press reported that Bussiere chose to start the USM chapter of YAF in order to give conservatives on campus a voice. In its Feb. 6 issue last year, the Free Press quoted Bussiere as saying "If a student is remaining silent because of fear that their opinion will not be the popular one, I will help that student voice their ideas and fight for their rights." The following week, YAF brought Maine Republican Representative Larry Lockman to the Portland campus as a guest speaker. Following the controversial Lockman event, YAF brought Governor Paul LePage to speak as well.

Once Bussiere graduated in May 2017, group leaders Kaitlyn Budicky and Alex Shaffer attempted to move away from the agenda Bussiere had previously established. According to Alex Carrier, Coordinator of Student Activities, and confirmed by Shaffer, the two students met with Carrier at the beginning of the 2017 Fall semester to express that they wanted to work towards inclusivity for all students and focus on hosting debates, town hall style forums and educational talks about learning how to register to vote and the importance of participating in government.

The early semester meeting's discussion with Budicky, Shaffer and Carrier was not pursued by any parties involved. There has been no attendance from YAF members at BSO meetings or at student senate meetings. However, a resurgence of the group has been inspired by a reappearance by Bussiere on campus.

Acting as an advisor, but claiming no title as the official advisor to the group, Bussiere has been assisting in recruiting members for YAF as well as helping to plan group meetings. Tuesday, Oct. 24 YAF held its second meeting of the semester in Bailey Hall 207 on the Gorham Campus.

Nine students, the faculty advisor, military science instructor Gregory Hayes, and Bussiere were in attendance. Handing out a monthly action plan, Bussiere began the meeting by showing a video of Ronald Reagan and followed with introductions of the attendees and news updates. During the meeting, the goals of the group were discussed, including bringing Maine Republican Representative Beth O'Connor of Berwick to campus to give a talk titled, "Get Government Out of Our Pocket."

As the students at the meeting went around the room to introduce themselves, they shared the reasons they consider themselves conservatives. Bussiere responded by saying he hopes his work will help "return the nation to its founding principles." Others expressed their concern for freedom of speech on campus or their views on finance and economics in the U.S. Some also expressed their desire to see the opposition dismantled.

"I'm looking for an end to crazy liberal social justice on campus," said Jack Hahn, USM Honors student.

During the meeting, Budicky stepped down as co-chair of the group. Hahn was elected secretary, Pandora was elected treasurer, and Gus Brown was elected chair of YAF. During and after the election process,

Bussiere reiterated that he was there "to help and to advise."

However, the notion of an alumnus breathing life back into a student organization has raised some eyebrows at USM, as the events of last year's controversial events, covered by the Free Press, have led the administration to develop new policies. As a result of some of the controversial events Bussiere and YAF brought to USM, the administration has started a campaign to increase preparedness for any potential future issues. USM's existing Use of Facilities & Grounds Policy has been combined with new language to create a draft policy for guidelines for bringing speakers to campus. The policy states that any speaker who comes to campus must file an official request that includes information such as the "speaker's name, a general description of the topic or nature of the presentation, the date of the appearance, and the means of publicity contemplated for the event." A series of checks and balances are built into the policy to ensure that the USM administration has the right and ability to turn away speakers that could cause more harm than good.

"It definitely raises questions," USM President Glenn Cummings said. "It makes me uncomfortable that an alumni student would be using the university platform to spread ideas of one particular political nature."

Carrier also expressed concern about the nature of the current organization of YAF.

"It doesn't follow the spirit of a student organization. The interest and organization of those groups have to come from the students," Carrier said. "We do have groups that receive support from alumni, but they are still student-run."

For the time being, the activism YAF hopes to accomplish will be put on hold until the group can regain official status as a student organization under the eyes of the university.

Freedom of Expression Space opens on Portland campus

Jess Ward
News Editor

This semester, USM has been home to several incidents involving the right to free speech and its place on a college campus. With controversial speakers and a tumultuous political atmosphere, faculty members at USM have decided that there is a need for constructive conversation between students.

In response to this need, the university has allowed the opening of its first Freedom of Expression Space (FoX). Located on the first floor of the Glickman Library on the Portland campus in the Paul Tarbox and Family Arcade, the FoX encourages students, faculty and staff to express and experience a wide variety of ideas and opinions. The Arcade is open and available from 7:45 a.m. to 11 p.m. Monday through Thursday, with hours varying on the weekend in accordance with Glickman Library's scheduled hours of operation.

The idea for the space came from Dr. Leroy Rowe, Assistant Professor of African American History and Politics, and Dr. Rebecca Nisetch, Director of Honors. Rowe says he hopes the space will help students and faculty "learn about each other's experiences."

Dr. Lance Gibbs, Visiting Assistant Professor of Sociology and Race & Ethnic Studies, is leading the charge to open and run the space, in conjunction with Rowe. It is also part of the Gloria S. Duclos Convocation Committee's "freedom of expression initiative." This space aims to help combat close-mindedness and help spread the idea that conflicting opinions should coexist in a healthy and productive dialogue.

Gibbs wrote in an email to the USM community that the FoX "exists to encourage all members of the university community to express a full range of ideas, not just their own." He hosted the space's first informal discussion on Oct. 17, titled "The (Mis)Conceptions of Black Fatherhood."

The next scheduled event is on Nov. 13, which will feature President Glenn Cummings and the Intercultural Diversity Advisory Council (IDAC). The conversation will revolve around Cummings' recent speech introducing Gerald Talbot, in which he used the N-word. Talbot is a prominent liberal politician in Maine and was the first black Representative of the state.

Director of Libraries and University Librarian David Nutty confirmed that there will be weekly discussions held in the FoX,



Katelyn Rice / Staff Photographer

likely on Wednesdays, to facilitate conversation between students about different issues. As of this publication, there is no formalized schedule of events or discussions, but Rowe hopes that students will use the space outside of registered events.

"It should be free and open," Rowe said, as he encourages students to find an opportunity to visit and utilize the FoX.

When using the space, students are expected to value their peers' input, while considering how this right can be used to promote

constructive conversation and eliminate cross political divides. Rowe's goal is to have mediators at all of the events, with guidelines centered around respect and courtesy.

"With the right of freedom of expression comes the moral responsibility to think carefully about how that right is exercised," writes Gibbs, "we have the responsibility to subject old truths to scrutiny and put forward new ideas to improve and create a more peaceful and just society."

FP

Trump's Republican budget approval passes

Maverick Lynes
Staff Writer

President Donald Trump took to Twitter on Thursday to announce to the American people that his party's proposed budget had passed. Prior to the vote, Trump expressed cautious confidence that the budget would pass, tweeting, "I think we have the votes, but who knows?" The House of Representatives voted the budget through by a vote of 216-212. Twenty Republicans opposed the budget.

The budget that was approved will, in turn, allow for a tax bill that could see as much as \$1.5 trillion addition to debt in over a decade, the federal government's debt has already surpassed \$20 trillion. The arrears from the 2017 fiscal year came out to around \$666 billion which was an increase of a total of \$80 billion coming from the previous year.

One of the most significant implications of the budget's passing through the house is that the tax reform plan the Republicans have proposed is within reach. This would give the Republicans the ability to make significant changes to the tax code that in turn, affects

all citizens. With the pathway open to pass Republican tax reform, questions about the implications the proposal will have on citizens of all socio-economic status have arisen.

Democrats were quick to put down the new tax reform as they believe it will hurt middle-class families rather than helping them. Democrats went as far as to declare that the bill appears to incorporate a powerful amount of false promises that have been made.

While creating a budget is not the most straightforward process, it remains incredibly important to every single citizen. Lawmakers at every level of government look to the federal budget to ensure their priorities are in the right place with where they allocate funds.

When the Trump administration presented the budget it included many caveats, such as significant cuts to Medicaid, welfare programs and Social Security's disability program. The budget also included a reduction to the Federal Student Loan Program. The cuts to the loan program could have serious repercussions for USM students.

Trump decided to focus the budget on an uprise in spending for defense, veteran health

programs, and infrastructure.

While those programs also need significant funding, it is hard for the USM community and other citizens to not look at the cuts that would be made with a lot of biases. Medicaid and federal student loan programs would both have a substantial effect on the students here on campus.

The Trump administration's budget also included a tax policy that he was confident would grow the economy by around 3 percent, or in other words a raise by \$2 trillion each year. While a lot of people criticized Trump saying these numbers were unrealistic, it is hard for one not to admire his optimism and his confidence to set lofty goals.

This pass of the budget is a win that Trump and the Republican party will celebrate as it is now on to their change of the tax code. This, in turn, will benefit people in higher tax brackets but potentially hurt those who are labeled as middle class.

With all of that being said, it is nine months into Trump's presidency, and this is his most significant move yet. As tax reform was one of his critical points during the election, this pass is big for him and his administration.

While there are always going to be two

perspectives, whether or not people approve of these changes will depend on how they stand on specific issues.

Since the Republicans failed to repeal Obamacare, this was their plan b by enacting major cuts to the Medicaid that will affect the role it plays in American citizens' day to day life.

Also the cut to federal student loans, which will make funding for school coming from the government now be at a premium and less likely to be rewarded. This will change how future students are looking at colleges and if it is, in fact, a possibility for them.

Now, this does include higher spending for defense which could be seen as a positive for those in the ROTC program here on campus.

It is somewhat unclear how this will ultimately affect the students of USM, but taxes affect everyone, so this is an event that everyone should be watching as a collective. No matter which class someone falls under, this new tax reform will cause significant changes to how each person is taxed. Everyone will have to watch to see how these changes affect the population and where this extra spending will go.

FP



Student Senate reconvenes

Projects and budgets on the agenda

Katelyn Rice/ Staff Photographer

Jess Ward
News Editor

The Student Senate met this Friday, Oct. 27, to hear from guest speakers and discuss their budget, as well as to continue moving forward with various projects on campus.

This week's assembly featured guest speakers Andrew King, Director of Admissions for the University of Southern Maine, Justin Swift, Financial Manager for the University of Southern Maine and Pious Ali, Councilor of the City of Portland.

King came before the Senate to discuss the role they play in promoting a positive campus image and to encourage the Senators to become student ambassadors. Student Ambassadors are responsible for guiding tours and helping prospective students learn about USM and its facilities. King believes the ambassador program is a "great first step toward a career in education," and sought the insight of the Senate into how they foster a healthy dialogue between themselves and the student body.

Ali spoke about his work in the Portland community as a teacher and leader. One of the organizations he works with, Portland Empowered, helps students get the support they deserve from both parents and schools. He has been a member of the school board in Portland since 2013, and offered advice to the students of the Senate as facilitators and leaders.

"Conflict is part of being in an elected

position," says Ali. "It comes every time. I try to be as fair as possible."

Swift's presentation came from a different angle, informing the Senate of some upcoming changes to the structure of the Student Government Business Office (SGB). The Senate oversees and allocates the Student Activity Fee, and is responsible for determining which groups and projects on campus receive funding. Swift believes that despite the restructuring, the Activity Fee belongs to the Senate.

"It doesn't matter to me what you do with it, as long as you follow university policy," Swift said.

The truth in Swift's statement became apparent as over the course of the meeting, the Senate approved over four thousand dollars worth of funding for various requests. These included the Gorham Campus Activities Board's funding for the National Association for Campus Activities Conference, and the Husky Veterans Thanksgiving Dinner fundraiser.

Senators Chris Wagner and Aaron Pierce argued over the distribution of funds to the Husky Veterans for "Shark Week 2018," a three-day excursion to build comradery amongst disabled veterans. Wagner himself is a veteran, and was frustrated by the bureaucratic aspects of the Senate impeding the approval for funds.

The Husky Veterans requested \$2500 for "Shark Week 2018," but the Senate took notice of an error in their submission. The request filed for the funding was incorrect-

ly completed, because it did not include that this request was only for 75 percent of the funding while the remaining 25 percent would come from fundraising. The remaining 25 percent must be raised before the Husky Veterans can request the other 75, according to the Student Government constitution.

There were several interjections made by Senators and audience members alike, while Wagner and Pierce continued with their disagreement. After reviewing all the options, an amendment was made to the request, to include the missing 25 percent in the form, at which point it was passed.

The Senate has also decided to begin a new fundraising initiative. After taking a vote, the group moved to fundraise for The Trevor Project, an initiative created to provide crisis intervention and suicide prevention for LGBTQ+ youth.

The idea came from Senator Pierce, who spoke about his experience as a gay youth and the importance of support systems and safe spaces. Pierce believes that reaching out to the Center for Sexualities and Gender Diversity would be a great place to start, and hopes to encourage positive dialogue between the two groups.

The second half of the meeting focused on projects; the idea is to check in bi-weekly, and to help the Senators heading projects to follow a plan and be held accountable for their progress.

Senator Chase Hewitt presented his formal plan to fix the parking on campus for

students, which has been a concern for many commuter students on the Portland campus. He proposed a seven-part initiative, which included communicating with students about the parking shortage and potential solutions, and implementing a text-based alert service to let students know when the garage is full.

The initiative was met with approval from the other Senators, and Senator Wagner called the text-based system "brilliant." Hewitt gave credit for the idea to other students on campus, noting that he wants as much input as possible, from students as well as senators.

While overviewing projects, Senator Kirkland felt compelled to stand and address the Senate, in relation to his Political Action Committee's constitution not being approved yet. He claimed that the Senate was failing in their most important duty: interaction with the student body. Kirkland left the meeting shortly after his proclamation.

Despite the outbursts and arguments throughout the meeting, this year's Senate seems to be working towards greater communication. "There is a blurred line between personal interest, political ideology, and what's best for the common good," said Ali.

With projects and new ideas being fostered, the Senate might just be able to contribute to the student body's common good.

York High School rallies against bullying

Sarah O'Connor
Staff Writer

Over 200 York High School students rallied against bullying across the street from the high school on Monday morning. The rally was in response to a violent confrontation between a bully and the older brother of a taunted student. The bullied 14-year-old gay student was supported by friends and students that gathered at 6:30 am with positive signs and colorful costumes.

The students wrote a statement that read, "We are standing out here today to rally for EVERYONE being bullied, to spread a positive message of GayPride, to stand for the LGBTQ+ community, and to bring awareness to hate crimes. We do not support or condone the way that many students are treated here at York High School and need to show that this is an issue here and

is one that we will no longer stand for."

York High Senior Laura Kenealy attended the rally. She is proud of her school for coming together for the rally and was awed by how much support it got. Cars would drive by, honk, and applaud. She said even a school bus drove by and students flew a rainbow flag out the back.

"Even if you don't like Garrett, you went to the rally to support what is stood for," Kenealy told the Free Press. "It was good to see that a hundred or so teenagers got up and were able to be so energetic and supportive."

The statement released by the students also mentioned that they did not support the hashtag "#free (the older brother)". Students wore t-shirts with this hashtag to the Friday night football game after the violent incident to support standing up to bullies as the older brother did. Principal Francis

sent an email out to students urging them not to wear the shirts because it "does not read support for all students." York Police told WCSH6 that they expected formal assault charges to be taken up with the YHS student.

The statement continued with, "Our goal is to [...] work with administration to create a school with a more effective bullying policy. We are not here against administration, but rather to work with them to let them know that we want to see a change."

Kenealy noted that many students blamed the administration for not handling the situation well. Eventually, she said, students came around and saw that the situation was complicated.

"They may have handled it poorly at first," Kenealy said, "but they handled it much better later on. Teachers reacted well."

According to Kenealy, Principal Karl Francis met with the teachers Monday morning before school started. He wanted the teachers to discuss the situation with students, which they all did at the beginning of the school day. In addition, he spoke to the Student Government and Class Officers regarding what can be done to improve the bullying policy. In his email, Principal Francis suggested they wear blue and white that Monday after Friday's violent incident to demonstrate unity and to wear orange the following Friday to recognize a "Unity Day" and raise awareness of bully prevention.

Francis concluded his email saying, "The goal is to stand together against bullying — united for kindness, acceptance, and inclusion."

FP

USM Board of Visitors gathers on the Lewiston-Auburn Campus

General updates, discussions and conversations run by board members

Sarah Tewksbury
Editor-in-Chief

USM's Board of Visitors (BOV) is a group of professionals who meet roughly three times a semester to work with the President of USM to improve the university. Focusing on advancement through public relations, government relations and fundraising, the BOV is made of volunteers that bring varying perspectives from the community and within the university to the table. Community business professionals, upper leadership from the university and local educators sit together at the BOV meetings to review progress and plan for future endeavors.

The Lewiston-Auburn Campus (LAC) played host to the BOV's second meeting of the semester Friday, Oct. 27. Eighteen members attended the meeting. Clif Greim, BOV member, began the meeting promptly with opening remarks and introductions, immediately followed by Joyce Gibson, LAC Dean, giving an update on LAC.

"The Lewiston-Auburn Campus has gotten its heart back," Gibson said. "We are focused on cultivating new relationships and revitalizing ties with the other campuses."

According to Gibson, LAC is thriving. By December LAC will have an established occupational therapy clinic that will serve the community and act as a site for masters students to do their practical ap-

plication requirements. Gibson also highlighted two new community partnerships, with Maine Campus Compact and Literacy Volunteers of Androscoggin County, LAC has strengthened over the course of the se-

things done."

Ainsley Wallace, Vice President of the USM Foundation, guided a group conversation about internships. Instead of focusing on the purpose and benefit of an

"Our enrollment is in our fifth straight semester of positivity ... This means that we are attracting more customers and they are staying longer"

- Glenn Cummings
USM's President

semester.

A major topic of discussion among board members was the way in which the three campuses could work towards preparing students for the workforce and providing them with the most relevant opportunities for real world experience. Marcel Gagne, BOV Chair and employee at Cooperative Development Institution, spoke about the importance of addressing the needs of the surrounding districts around the USM campuses.

"We need to respond to what our community needs," Gagne said. "We need to do things differently, instead of giving up. It's time to think about innovative ways to get

internship, Wallace wanted to brainstorm with the group about how to make opportunities and partnerships profitable for all parties involved. One of the larger problems involved with internships is making sure that USM students are as competitive to employers as other University of Maine System students based on their institution's standing within the community. Board member Roxane Cole noted that some employers are frustrated that they spend time and resources training interns to go to work for a larger firm.

An enrollment update was delivered by Andrew King, board member and Director of Admissions. According to the USM

Fall 2017 Census Enrollment Update, this year USM's credit hours are up 3.1% compared to the data from 2016. However, total enrollment is down compared to the last year's data. USM President Glenn Cummings spoke about how this has affected the budget.

"Our enrollment is in our fifth straight semester of positivity," Cummings said. "We are at 103% of our intended budget right now. This means that we are attracting more customers and they are staying longer."

Demographic breakdown information was also supplied at the meeting in response to a participant's inquiry. According to King and Cummings, USM is above the national average for female to male ratio and international students at USM are up 71%.

The meeting closed with Greim and Cummings advocating for BOV participants to start thinking about the upcoming Maine state legislative session. In order to ask for the funding from the legislature that USM reportedly needs, Cummings stressed the importance of mobilization as a group to advocate for students' needs.

"We need to globalize the message," Cummings said. "What we're asking for is so modest but so crucial."

FP

NEWS BRIEFS

LOCAL

Woman killed in hunting related accident in Hebron

BANGOR DAILY NEWS- A 34-year-old woman was shot and killed in a hunting-related accident in Hebron on Saturday, the first day of the year that deer hunting with a firearm is permitted.

The Maine Warden Service is in the early stages of its investigation, but have identified the shooter as a 38-year-old hunter, according to Warden Service spokesman John MacDonald.

The victim has been identified, however officials are not yet releasing her name.

MacDonald said the incident took place this morning off the Greenwood Mountain Road, where the woman was about 200 to 300 yards off the road in a wooded area. The Warden Service is still trying to determine what the woman was doing in that area.

The hunting party that the shooter was a part of called in the accident. MacDonald said this is the first fatal hunting related accident to occur in Maine in four years.

No further details were immediately available Saturday afternoon.

NATIONAL

Most Americans hold starkly pessimistic view of politics under Trump, poll finds

WASHINGTON-Seven in 10 Americans say the nation's political divisions are at least as big as during the Vietnam War, according to a new poll, which also finds nearly 6 in 10 saying Donald Trump's presidency is making the U.S. political system more dysfunctional.

The Washington Post-University of Maryland poll — conducted nine months into Trump's tumultuous presidency — reveals a starkly pessimistic view of U.S. politics, widespread distrust of the nation's political leaders and their ability to compromise, and an erosion of pride in the way democracy works in America.

Trump's arrival in the White House in January ushered in a period of big political fights — over issues including health care, taxes and immigration — and a sharp escalation in personal attacks on political opponents, over social media and elsewhere.

Seven in 10 Americans say the nation's politics have reached a dangerous low point, and a majority of those believe the situation is a “new normal”

rather than temporary, according to the poll.

The poll finds that 7 in 10 Americans view the Trump administration as dysfunctional. But dissatisfaction extends well beyond the executive branch: Even more Americans, 8 in 10, say Congress is dysfunctional, and there is limited trust in other institutions, including the media.

“It's just messed up now,” said Patty Kasbeck, 37, a veterinary technician in Bartlesville, Okla., and a Democrat. “It's not even a political system. It's a reality show.”

In the poll, 14 percent of Americans say they view ethics and honesty of politicians as excellent or good, down from 25 percent in 1997 and 39 percent in 1987. And 12 percent say members of Congress base their policies on a set of core values, while 87 percent say they mainly “do whatever is need to win re-election.”

By and large, Americans are feeling frustrated not only with the country's politics but their ability to talk about politics in a civil way.

“It seems the country is being divided on so many topics and on so many fronts at one time,” said Gene Gardner, a retired communications specialist in Blacksburg, Va., who said American democracy has become “a rock-throwing contest.”

“When people have an opinion, they don't just say it to their spouse across the dinner table anymore,” said Gardner, 68, who is not registered with either political party. “They put it on Facebook. Everything gets amplified and more angry.”

Recent surveys have shown consumer confidence is up this year and stands at the highest levels in the past decade, so it does not appear that economic concerns are driving discontent with the nation's political system.

Rather, Trump's presidency appears to be a more critical factor in informing the way people feel about the state of American democracy.

While the poll finds similar levels of distrust in the federal government as before Trump took office, it also finds that pride in U.S. democracy is eroding. The share of Americans who are not proud of the way the country's democracy is working has doubled since three years ago — from 18 percent to 36 percent in the new survey conducted among a nationwide sample of more than 1,600 adults by The Post and U-Md.'s Center for American Politics and Citizenship.

And nearly half of those who say they “strongly disapprove” of

Trump's job performance say they are not proud of American democracy today. That's about twice as high among as those who “somewhat disapprove” of the president's performance.

INTERNATIONAL

North Korea Rouses Neighbors to Reconsider Nuclear Weapons

NEW YORK TIMES-As North Korea races to build a weapon that for the first time could threaten American cities, its neighbors are debating whether they need their own nuclear arsenals.

The North's rapidly advancing capabilities have scrambled military calculations across the region, and doubts are growing the United States will be able to keep the atomic genie in the bottle.

For the first time in recent memory, there is a daily argument raging in both South Korea and Japan — sometimes in public, more often in private — about the nuclear option, driven by worry that the United States might hesitate to defend the countries if doing so might provoke a missile launched from the North at Los Angeles or Washington.

In South Korea, polls show 60 percent of the population favors building nuclear weapons. And nearly 70 percent want the United States to reintroduce tactical nuclear weapons for battlefield use, which were withdrawn a quarter-century ago.

There is very little public support for nuclear arms in Japan, the only nation ever to suffer a nuclear attack, but many experts believe that could reverse quickly if North and South Korea both had arsenals.

Prime Minister Shinzo Abe has campaigned for a military buildup against the threat from the North, and Japan sits on a stockpile of nuclear material that could power an arsenal of 6,000 weapons. Last Sunday, he won a commanding majority in parliamentary elections, fueling his hopes of revising the nation's pacifist Constitution.

This brutal calculus over how to respond to North Korea is taking place in a region where several nations have the material, the technology, the expertise and the money to produce nuclear weapons.

Korea could set off a chain reaction in which one nation after another feels threatened and builds the bomb.



Police Beat

*Selections from the
USM Department of
Public Safety police log
Oct. 11 to Oct. 20*

10/11/2017

Could you please come get this bong?

Marijuana Violation, Robie Andrews Hall. Caller looking to turn over drug paraphernalia to an Officer from a dorm room. No charges, report referred to Student Conduct.

10/12/2017

Not a good combo

Liquor law violation, G13C parking lot. Officer dispatched for a male subject that is intoxicated and upset. Gorham Rescue dispatched, transported to Maine Medical Center. Referred to Student Conduct.

10/13/2017

Sounds like Scorpio season to me

Disturbance call, Sullivan Gym. Officer dispatched to a fight in progress between two people. Officer separated two people that were fighting. Portland Rescue was dispatched for an injury. Both people involved in the fight were trespassed from the Sullivan gym. No pending charges. Case closed

10/18/2017

T-Birds vs. Scorpions

Vandalism, Portland Campus. Officer reported that a University vehicle was vandalized by an unknown person. Open, U.I.

10/20/2017

I told you not to come around here

Criminal Trespass. Parking Lot G2B UpperClass Hall lot. Subject spotted by officer that had been trespassed from campus. Subject was Charged with Criminal Trespass. Closed.

Police Beats are edited for grammar and style.

USM professor hosts Halloween talk at PMA

Sam Margolin
Staff Writer

In the spirit of the Halloween season, the Portland Museum of Art (PMA) hosted a special event Friday night as part of the Model Citizens: Art and Identity in the United States, 1770-1830 exhibits. The event was an exploration and explanation into mourning embroidery and memorial portraits in 18th and 19th century America and was part of PMA's 360 experience. 360 experience events are where the museum connects with scholars and artists in the community to provide a fresh perspective on a current exhibition or works in the collection.

This event's scholarly historian, Libby Bischof, Associate Professor of History at USM offered four 15-minute lectures. Bischof helped put the artwork that was displayed into historical and cultural context. As she explained, some of the artwork's symbolism would have been very apparent and obvious to the audience of that time period but for modern art fans, the symbols needed some guidance to be understood.

The artwork included in Friday's event was from the PMA's permanent collection, ranging from oil-on-canvas portraits by well-known painters such as Gilbert Stuart, to itinerant portraitists such as Royal Brewster Smith. The mourning portraits that Bischof was asked to speak about were created as a way to understand individual and family representations in the Colonial and Federal periods in the United States.

"Studying these mourning portraits teaches us the visual language of the 19th century especially as it relates to death and mourning."

Bischof said that many of the works were embroidery and were most likely made by women who were not professional artists but learned their craft in finishing schools. She noted that this was one of the first and only ways for young women of that time to illustrate skill and artistry. Works such as Memorial to Mrs. Lydia Emery, a watercolor on silk painted in 1811 by Susan Merrill in which two mourners are shown leaning over a memorial for Lydia Emery, holds in it both beauty and symbolism.

Bischof explained some of the symbols related to this time period and deathly art that modern Mainers and exhibit goers might not have picked up on.

For example, viewers may think that anchors such as the one in Memorial to Mrs. Lydia Emery indicate a sea-related family profession or a nautical death, but during that time anchors were a symbol of eternal life and hope. In Memorial to Mrs. Lydia Emery, the chain on the anchor is broken signifying the end of one's earthly life. Other interesting symbols included oak trees symbolizing strength, weeping willows symbolizing sorrow and grief, and forget-me-nots symbolizing nothing, literally begging the viewer to never forget.

"Images of urns, weeping willows, columns, clinging vines, angels and flowers all held deeper meanings for the mourners," Bischof said.

The curator of Friday's event was Diana Greenwold, Associate Curator of American Art at the PMA. Greenwold highlights the importance of events like this due to the mixing of well-known oil on canvas painters with smaller, more personal works such as miniatures and silhouettes.

"This conglomeration allows our visitors to get a sense of how different groups and social classes worked towards similar goals in this period of representing themselves and their families."

Greenwold also invited another guest as a part of the Halloween theme. Ruth Monsell of Artful Heirlooms is a portrait artist and silhouettist. She was invited to cut silhouettes to highlight and incorporate the silhouette techniques displayed in some of the mourning pieces. Monsell has a deep respect and admiration for portrait art throughout history especially silhouettes.

"Silhouettes became enormously popular in the 18th and 19th, before the advent of the camera. Very few professionals today are available to freehand cut silhouettes, only a little over 20 in the U.S.," Greenwold said.

Art is only as powerful as the audience that gives it meaning. Events like the one Friday night will help bridge that gap between scholarly understanding and honest interpretation. Historical fine art does not have to exclude novice art consumers. The more that people can branch out culturally, the more that people can become increasingly aware and further in touch with the surrounding world.

FP



Lauren Kennedy / Staff Photographer

Favorites and others, the best albums of 2017

Music that made the cut and proved its worth this autumn

Cormac Riordan
Staff Writer

2017 has been a strong year for music. The past fall has been the grounds for many great albums to come out, including some that can be considered the best albums of the year. Some albums which I would consider to be the best of this year include Tyler the Creator's *Flower Boy*, Thundercat's *Drunk*, *Soft Sounds from Another Planet* by Japanese Breakfast, and *Out in the Storm* by Waxahatchee. But in this article, I'll be focusing on the previous releases of this fall, specifically September/October. It's been a crowded year, so sometimes it's nice to look back and see what one might've missed.

Perhaps no artist has had a more productive 2017 than Young Thug. He put out a country-influenced trap album called *Beautiful Thugger Girls* in June, followed with two projects this fall. The first, and somewhat weaker project, is entitled *Young Martha*, and is a collaborative EP with the

producer Carnage. The EP is a strong four tracks; both rapper and producer bring their best and create an enjoyable, if fleeting, experience. However, Young Thug dropped another collaboration this past week, a full length mixtape with Future called *Super Slimey*. This thirteen track mixtape pairs Future and Thug's voices well together, much more so than on Future's previous collaborative mixtape which he did with Drake in 2015, *What a Time to Be Alive*. Thug's confidence in his lack of peers is captured perfectly in the song "Cruise Ship" where he raps "Ain't got no fuckin' neighbors, ain't got no neighbors/Yeah, no neighbors, oh".

Other albums that have come out this fall that I found particularly successful include the first solo project from the former Vampire Weekend member Rostam Batmanglij, put out under the name Rostam. Entitled *Half-Life*, it's a dreamy electronic pop album, full of interesting hooks and beats, and promises an interesting solo career to watch. Similarly

pop-influenced is another debut, this one called *Aromaticism*, by Moses Sumney. It's a delicate album, full of his lovely high voice and gentle guitar blocking, and the lead single off it, "Plastic" is one of the most beautiful songs I've heard this year. Another album for fans of unique voices and interesting guitar playing is *The Ooz* by King Krule, his follow up to 2013's *6 Feet Beneath the Moon*. It's certainly not the easiest album to listen to, Krule's voice can be quite off putting, but once you get used to it, the beauty in the lyrics and musical constructions are hard to deny. *The Ooz* is not an album for everyone, but it's definitely an album for me, and I enjoy and frequently love Krule's musicality of this album.

Despite the quality of all these albums, I have been saving the best two for the last. The first, another debut album from British electronic musician Iglooghost, called *Neō Wax Bloom*, isn't as hard to get into as *The Ooz*, but certainly presents its own challenges. Best described as "wonky", the

album is eclectic and frantic, but creates such a unique sonic space that even if one has a strong aversion to "busy" electronic music, this is a project worth checking out. But an even stronger album remains, what is perhaps my second favorite album of the year, *Antisocialites*, by Alvvays. It's a surf pop-influenced alternative album, full of dreamy guitar loops and beautiful lyrics from the lead singer Molly Rankin. It's a gorgeous album, but also a fun one, and the opening track sells one on the album immediately. It crashes into you, a quick build up of synth to a drum beat and guitar accompaniment, and then Rankin's gorgeous vocals come in. I'll leave you with the some of those beautiful lyrics, from the song "Dreams Tonite": "Don't sit by the phone for me/Wait at home for me, all alone for me/Your face was supposed to be hanging over me like a rosary/So morose for me; seeing ghosts of me; writing oaths to me/Is it so naive to wonder..."

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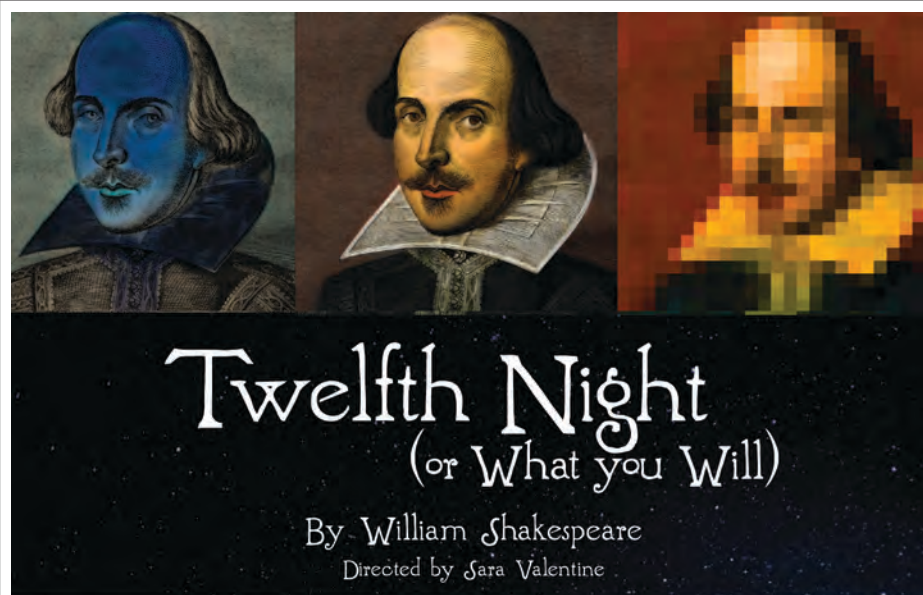
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Directed by Sara Valentine

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Main Stage, Russell Hall, USM Gorham Campus

Friday, November 10 at 7:30 p.m.
Saturday, November 11 at 7:30 p.m.
Sunday, November 12 at 5:00 p.m.
Wednesday, November 15 at 5:00 p.m.
Thursday, November 16 at 7:30 p.m.

Friday, November 17 at 10:00 a.m. – School
Matinee (Grades 4 & up)
Friday, November 17 at 7:30 p.m.
Saturday, November 18 at 7:30 p.m.
Sunday, November 19 at 2:00 p.m.

Box Office: (207) 780-5151, TTY 780-5646
or visit usm.maine.edu/theatre
\$8 students; \$12 seniors/faculty/staff/
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 **UNIVERSITY OF SOUTHERN MAINE**



James Fagan / Staff Photographer

Facing your decisions

Of Thee I Sing, a political comedy

James Fagan
Staff Photographer

Of Thee I Sing opened on the shows cast singing behind the viewers at the top of the auditorium, urging the viewers to “vote for Wintergreen,” the recently elected presidential candidate of an unnamed party. John P. Wintergreen is an outspoken, passionate man who truly wishes to do the right thing. Soon into the first scene the character Alexander Throttlebottom, the candidate for Vice President is introduced. Alexander Throttlebottom is meant to be a nasally voiced, forgettable person.

Once the show gets under way, the presidential candidate and his would-be-presidential-cabinet gather in a hotel room to try to decide what platform they should run on to try and get John P. Wintergreen elected. Soon a maid comes into the hotel room, so the politicians in the room ask what she cares about, and while she initially says money, after further prompting, she decides she most cares about love. Upon hearing this the gathered politicians decide that Wintergreen’s presidential platform will be love. The cabinet then puts together a competition to find the most beautiful women in the United States, the winner of this competition would then marry John P. Wintergreen. As this competition is culminating, John P. Wintergreen falls in love with and proposes to Mary Turner, a woman who was not a candidate in the aforementioned competition. The first act ends with Wintergreen publicly proposing in New York, the 48th state in which he’s done so, and winning the presidential election.

Eventually one of the participants of the beauty contest, Diana Devereaux, decides that she wants to sue the president, as she feels she has been robbed of a position as first lady in the White House. The president obviously says that he won’t marry her, as he is already married to Mary Turner. Eventually a French ambassador storms into the White House, claiming that if he refuses to marry Diana then France and the United States shall go to war, as Diana is “the illegitimate daughter of an illegitimate son of an illegitimate nephew of Napoleon. Upon hearing this the senate tries to impeach Wintergreen due to the ensuing controversy. The senate eventually decides to stop trying to impeach Wintergreen once they hear that Mary Turner is pregnant, however, France still threatens war. Wintergreen solves this problem by stating that if a president can’t fulfill their duties, then their vice president must, so it is decided that Diana Devereaux will marry Alexander Throttlebottom.

I credit this show for having a note that is supposed to be read by the director before it starts essentially saying that it was a product of its time, and should be seen as such. However, the show still ends with the “beautiful women falling in love with a pathetic man” stereotype. And while it is done in a way that is relevant to the plot, it still gives to that stereotype. Overall, *Of Thee I Sing* was a very good show, and if you like realistic fiction with an air of comedy, I would definitely recommend seeing this play if possible.

FP

All Saints Day

The meaning of Halloween

Mary Ellen Aldrich
Arts & Culture Editor

All Saints’ Day is a celebration in which some Christian denominations partake. Most commonly known to be celebrated by Catholic Christians, the holiday follows Halloween, falling on Nov. 1. It is known by a few names: All Saints’ Day, Feast of All Saints, Halloween (“Hallows” means “saints”; “mas” means “Mass”), All Hallows and, specific to the Roman Catholic Church, Solemnity of All Saints.

While All Saints’ Day is predominantly a Catholic practice, some Protestant Christian denominations also celebrate All Saints’ Day, including Lutheran, Anglican, Eastern Orthodox and a few others. Pope Boniface IV, who was the Pope of the Catholic church from 608 A.D. until his death in 615 A.D., formally started All Saints’ Day as well as All Souls’ Day. All Souls’ Day is a separate celebration which occurs on Nov. 2.

While All Saints’ Day is meant to focus on all those who have passed away and attained heaven, it also puts an emphasis on saints who have been canonized in the doctrine of the Catholic Church. While some Protestant Christians do celebrate All Saints’ Day, their customs are often different from those of the Catholic Church. Protestants who celebrate the holiday tend to focus less on canonized saints and more on Biblical figures and people who died as martyrs.

Within the Roman Catholic Church, All Saints’ Day is a holy day of obligation, meaning practicing Catholics attend mass on All Saints’ Day unless they can’t for some legitimate reason.

The night before All Saints’ Day, Halloween, is sometimes referred to as All Hallows’ Eve. During the Middle Ages, communities would often prepare “soul cakes” (much like modern day donuts) and offer them to poor people in exchange for prayers. It’s speculated by some that this was the beginning of the trick-or-treat custom that is now an integral part of Halloween. Halloween was at one point called All Hallows’ Eve in reference to Nov. 1 being All Hallows’ Day, or All Saints’ Day. However, Halloween has since broken off as its own holiday and drawn from many other traditions.

While Halloween has its tradition of costume-wearing, All Saints’ Day has a similar tradition. On All Saints’ Day, children, and anyone else who wishes to participate, will dress as various saints and Bible characters. A small portion of those saints’ or Bible characters’ stories will be shared, and the rest of the congregation guesses which saint or character the individual is pretending to be. This practice is both educational and provides members of the congregation with something fun to do.

Many churches will have All Saints’ Day celebrations, and Roman Catholic Churches will have mass on All Saints’ Day. Saint Anne’s Church in Gorham will be having All Saints’ Day Mass at 9:30 a.m. as well as 6:30 p.m. on Nov. 1 in observation of the holy day of obligation. They will also have a craft group 9:00 a.m. to 12:00 p.m. and a prayer shawl group 1 p.m. to 2:30 p.m. The Cathedral of the Immaculate Conception in Portland will have All Saints’ Day Mass at 12:15 p.m. and 7 p.m.

FP



Photo courtesy of Wikimedia Commons

MOVIE TALK

Kingsman: The Golden Circle

British Secret Service gets Americanized spin

Daniel Kilgallon
Staff Writer

As I've made clear before, film sequels have become somewhat dangerous territory to me. In contemporary Hollywood, it seems to be a challenge to balance what worked in an original movie with enough new content that progresses to a larger story. When it comes to blockbusters, the most common mistake seems to be trying to do too much with a sequel, oftentimes leading to an overstuffed and convoluted mess of a movie. To be honest, I was somewhat skeptical about this second *Kingsman* film and didn't rush to theaters to see what returning director Matthew Vaughn (*Kick-Ass*, *X-Men: First Class*) had come up with. *Kingsman: The Golden Circle* hit theaters back in September, yet it took me well over a month to go out and finally give the movie a chance.

I was big fan of Vaughn's work with 2014's *Kingsman: The Secret Service* and thought it offered a much needed fresh take on spy movies. The film played off the cliches of the genre through an interesting blend of parody and homage, but contained enough originality to stand out as its own movie. Personally, it hit a sweet spot of the action genre for me, with a perfect suspension of disbelief that was just as over the top as I wanted a film like it to be.

Each of the *Kingsman* movies are based off of the same named comic book series by Dave Gibbons and Mark Millar, and the title refers to a top-secret British spy organization. *The Golden Circle* takes place roughly a year after its predecessor and, of course, raises the stakes for the titular characters. Early on in the movie, the Kingsman's headquarters are destroyed, with Eggsy (Taron Egerton) and Merlin (Mark Strong) as the only two survivors of the attack. Their mission to track down their enemy leads them across the Atlantic Ocean to the United States,



Photo courtesy of 20th Century Fox

where they go on to team up with a similar, American agency known as the Statesman.

It is eventually discovered that the mastermind of the attack on the Kingsman headquarters was a psychotic international drug dealer named Poppy Adams, portrayed by Academy Award winning actress Julianne Moore. Poppy designs the drugs she sells to result in several painful stages for users, eventually ending with a gruesome, bloody death. Her ultimate intentions are to put these products out on the recreational market while refusing to release the antidote until there is an official end to the War on Drugs. The Kingsmen must team up with the Statesman in order to prevent Poppy's global threat from becoming a reality.

For better or worse, *The Golden Circle* is an Americanized version of its predecessor, but this change occurs long before the Kingsmen travel across the globe and met up with their counterparts. From the opening chase scene, *The Golden Circle* feels even more unrealistic than the over-the-top-but-contained universe of the original movie. The action sequences are cool and exciting as before, but

there are certain moments when it feels like you're watching a highly stylized video game. Simply put, it drifts out of that previously discussed "sweet spot" and goes in a more far fetched direction typical of the average American action movie.

While I think the overdone action sequences represent a slight dip in quality for this franchise, the characters remain very effective in this new movie. Taron Egerton, Mark Strong, and Colin Firth stood out as highlights of the returning cast while Channing Tatum, Jeff Bridges and yes, Elton John, were all positive additions. I truly believe that the young Egerton has a funny but down-to-earth charisma as an actor and I think he has a bright future ahead of him as an action star in Hollywood. I'm sure we'll be seeing him again in a third *Kingsman* movie and I am happy to say that *The Golden Circle* was good enough to be worthy of a follow up. I have faith that Matthew Vaughn can fix a few things and return to the roots of the more contained original.



A&C Listings

Monday, October 30

Book Discussion: The Immortal Life of Henrietta Lacks
USM Portland Campus
Glickman Library, Rm 325
Starts: 4:00 p.m. / Ends: 5:30 p.m.

Tuesday, October 31

Dead Poet Slam
Bull Feeney's
375 Fore Street
Starts: 7:30 p.m. / Ends: 10:00 p.m.

Wednesday, November 1

Equality, Democracy, and Higher Education
USM Portland Campus
Hannaford Hall
Starts: 12:00 p.m. / Ends: 2:00 p.m.

Thursday, November 2

Pie Sweet Pie Baking Class
LeRoux Kitchen
161 Commercial Street
Starts: 5:30 p.m. / Ends: 7:30 p.m.

Friday, November 3

SPARK! Maine Art Stories
Maine Historical Society
489 Congress Street
Starts: 5:00 p.m. / Ends: 8:00 p.m.

Saturday, November 4

Little Shop of Horrors - Tophat Miniature Stage Productions
Mayo Street Arts
10 Mayo Street
Starts: 7:30 p.m. / Ends: 9:30 p.m.

Want to submit an event?
maryellen@usmfreepress.org

Perspectives

Student Perspectives / 14
Let's Talk About It / 15
Puzzles / 16

This Week in Winchester

An Adventure in Munich

Julie Pike
Staff Writer

One thing that I would highly recommend to all students who are hoping to travel is to get the experience of exploring a new place by yourself. I know that sounds like it may be boring or dangerous depending on where you go, but it is an eye opening experience that everyone should have.

Most people are used to traveling with someone else, whether that be family or friends. However, traveling with others means plans are always going to be a compromise of what everyone wants. You don't get the opportunity to do things on your own schedule. When you travel on your own, you don't have to worry about everyone else. You get the chance to go where you want to go and at your own pace.

This past weekend, I visited Munich, Germany. The main purpose of this trip was to visit my sister Luci; she lives in Munich as an au pair. However, I was also looking forward to visit my favorite city in Europe. Although for this trip I was not entirely by myself, I had the opportunity to go out and explore the city on my own.

I had visited Munich before this past Spring with my dad, and I absolutely loved it. I was getting to go back to my favorite places and explore new ones. I took a self-guided walking tour of the city, which is filled with a mix of gorgeous gothic and modern architecture.

At the center of the city lies Marienplatz, a large open square that houses the towering

New City Hall. In the main tower of New City Hall is the infamous Rathaus-Glockenspiel. Imagine a life-sized cuckoo clock, but instead of birds, it is human figures dancing around. The Glockenspiel goes off twice a day and has for over 100 years. It is a show that brings hundreds of tourists into Marienplatz to watch. A little known tip to get a view of the Glockenspiel is to climb to the top of nearby Church of Saint Peter. It is close to 300 steps to the top but well worth it to take in the beauty of Munich from a bird's eye view.

I had just gotten to the top of the church and was walking around the balcony when a friendly couple from South Dakota informed me that the Glockenspiel was about to start. Another great part of traveling by yourself is getting to meet a variety of people. When you are by yourself, you are more likely to reach out to other people. Often you will run into other people traveling just like you, and you can share stories or tips about your travels—as well as enjoy talking to someone in your native language.

The language barrier is nothing to worry about in Munich, as most people speak English. I did not run into anyone that was not able to speak or understand English. Most of the public transportation will also make announcements in both languages. However, it does not take long to pick up some German phrases to try to fit in. Most of the time, you can convince locals that you know German by just using a few words such as “halo” (hello), “danke” (thank you), “bitte” (please and you are welcome) and “entschuldigen” (excuse



Julie Pike / Staff Writer

me).

From Marienplatz, I walked to Odeonplatz—where the main attraction is Feldherrnhalle. It was on that site where Adolf Hitler and the Nazi Party attempted to seize Munich to use as their base in 1923. In this case, they were unsuccessful in their attempts. However, Munich would eventually be known as the birthplace and capital of the Nazi movement.

A big part of Munich's history lies around Hitler's reign and the Nazi Party, but today the city is completely different. It is hard to imagine that one of the world's most notorious dictators took residence in Munich. Today, the city is putting those dark years behind them and has transformed into a place full of culture, art and a high quality of living. Munich is by far the cleanest city that I have ever been to, even the public transportation is well maintained and clean.

The rest of my walking tour consisted of various statues and monuments throughout the city, as well as a walk through the English Gardens, where you can see surfers taking turns to surf the waves produced by a water pumping mechanism. It is an odd site to see, people surfing in the midst of a big city, but it is impressive, nonetheless. It also draws a lot of spectators to watch those who are brave enough to take on the waves.

To end the day, my sister and I enjoyed a radler (a drink that is half beer and half lemon soda) at a beer garden, of which there are hundreds throughout the city. Most beers are only served in one liter, which is about 35 ounces, so it will take awhile to get through it. No trip to Germany is complete without enjoying a beer and a soft pretzel that is bigger than your head, in one of the many beer gardens and beer halls.

FP

Advising Advice

Advisor explains accelerated graduate student pathway programs

Lynsey Thibeault
Professional Advisor

The University of Southern Maine now offers several new exciting Accelerated Graduate Pathway programs that help students save time and \$\$ in earning both their undergraduate and graduate degrees! The programs are:

1. Statistics (MS): for students majoring in Mathematics, Engineering, or a Science or Technology major.

2. Business Administration (MBA): for

students with any undergraduate major.

3. Policy, Planning, & Management (MA): for students majoring in Geography- Anthropology, Environmental Science, or Economics (either BA or BS).

Leadership Studies (MA): for students with any undergraduate major.

Law (JD): for students majoring in Criminology, Economics (BA or BS), English, History, Linguistics, Philosophy, Political Science (Political Science Track), and Sociology.

There are two main benefits to accelerated

pathway programs at this University: (1) Save time and \$\$ by taking graduate level courses/prerequisites while still an undergraduate and 2) Streamlining the admissions process. For our new accelerated pathways programs, you do not have to participate in a competitive admissions process. As long as you meet admissions requirements by the time you matriculate to the graduate program, you will be accepted. Admission requirements vary by program but mostly include minimum grade point average (GPA), minimum grade and prerequisite require-

ments. The Accelerated Law program also includes character and fitness review, faculty recommendations and more.

You may hear of these programs referred to as 4+1, 3+2, or 3+3. Please, know that not all 4+1, 3+2, and 3+3 programs at USM fall under Accelerated Programs. What truly sets these apart is the seamless admissions process.

FP

Read the rest online:
usmfreepress.org

Student Perspective

Tengo Puerto Rico en mi corazón

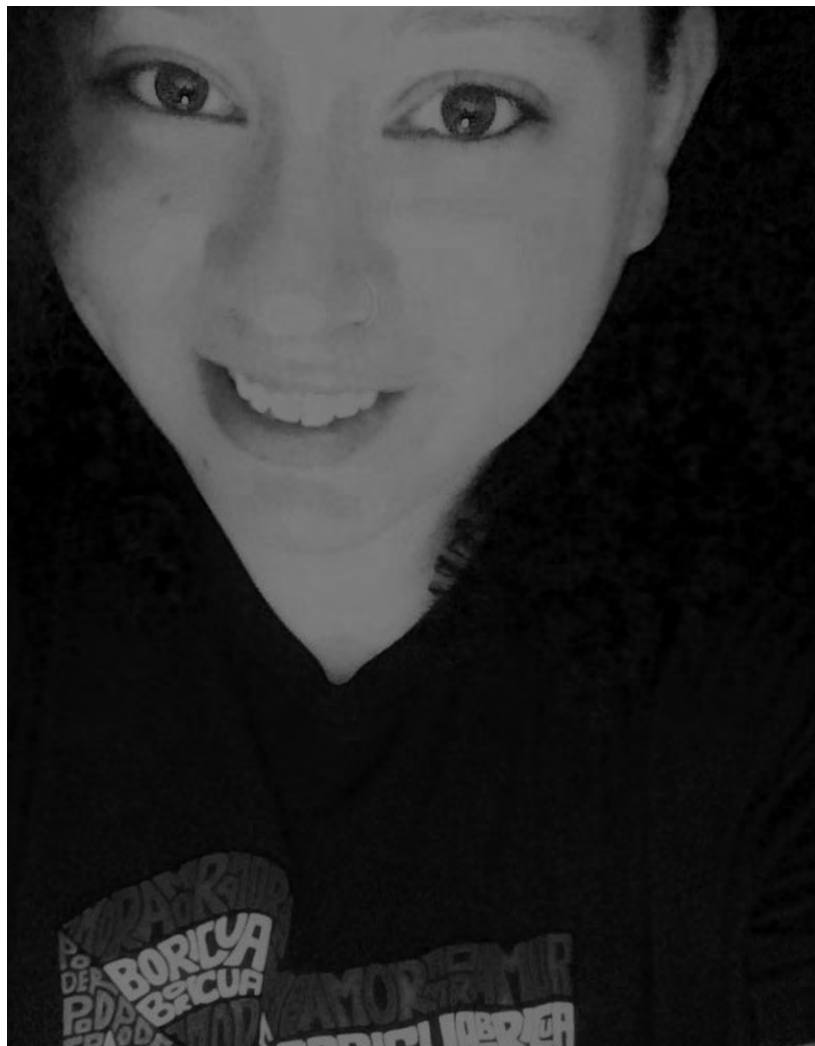
Katie Muriel
Contributor

Tengo Puerto Rico en mi corazón. I have Puerto Rico in my heart.

I have never set foot in Puerto Rico, but Puerto Rico has always been in me. Born a Nuyorican, I grew up in northern Maine and for a long time, I didn't really know what significance Puerto Rico had to my identity. Perhaps a little part of me even hated being Puerto Rican as I spent years trying to force the mixed parts of me that clearly came from my Boricua father to conform to the standards of my mostly white peers. But I've grown up now, and I've learned to take pride in my Latina identity, in the *latinidad* I once wasn't sure I had a place in.

Sometimes I'm still not certain; mixed kids almost never are about where they fit in. My Spanish is pitiful. The things I feel I should be able to relate to as a Latinx person are the things I often don't or can't. I have spent too many days feeling like an incomplete version of myself. Still, this small island in the Caribbean is woven tight through the kinky coils of my hair. It's in the slight brown tone to my skin and in my dark brown eyes. And even when my mouth shutters closed when it realizes it has reached the approximate end of my Spanish-speaking abilities, I still know how to say "Yo soy Boricua." I still know how to yell "WEPA!" just as loud as any other Rican. Puerto Rico is only half of me, but it is everywhere in me, and that is why the devastation of this island I love but have never been to and the lackluster response by our nation's leaders has left me feeling heartsick and desperate to do something, anything.

If you have been paying any bit of attention to the news, you know the state that Puerto Rico is currently in due to Hurricane Maria's destruction. Perhaps, like too many, the state of Puerto Rico in all its non-statehood means that you feel ambivalent. Or maybe, like me, you watched with fury in your heart as our President made a mockery of San Juan's mayor, made a show of throwing paper towels at Puerto Ricans, and chided the island about their debt in their time of desperate need, adding insult to injury by suggesting the disaster was not a real catastrophe. However you felt, however you still feel, the most important thing to remember is that Puerto Ricans are American citizens. I'm not here to argue for or against statehood or write a think-piece about colonization and territories (though perhaps someone should). What



I am here to do is remind you that Puerto Ricans are in great need of assistance and that you cannot, you must not forget your fellow Americans.

I get it. We're all broke, tired college kids, and most of our spare dollars go to that energy boosting cup of coffee. But if you do have a dollar or five you can put aside (\$0.50 for every time you sang "Despacito" in your car this summer?), please consider donating it to the people suffering in Puerto Rico without power, without clean water, without food. I urge you to consider helping those whose hope is built on the knowledge that it is ordinary people like us who will lend a hand while our President spends his time on Twitter or on the nearest golf course. Whatever it is that you feel about our government, know that it is not doing enough.

So, how can you help? Start with somosonevoice.com, or hispanicfederation.org. Or, if you're a Hamilton fan hit up iTunes and buy Hamilton creator Lin-Manuel Miranda's new track "Almost

Like Praying", featuring all your favorite Latinx artists. All the proceeds go straight to Puerto Rico's hurricane relief. These are but a few places you can go to offer assistance and send your love and your extra pocket change to Boricuas in need.

One final note: Before Hamilton, Lin-Manuel Miranda (who is Puerto Rican himself), won Tonys for his first musical *In The Heights*, a beautiful story about the multicultural Latinx community of Washington Heights in New York City. A lyric that I one day plan to have tattooed on me always comes to me on my hardest days: "paciencia y fe." Patience and faith. It is this mantra that I apply now to this island full of millions of beautiful and hopeful people. With patience and faith and just a little of your help, this little island, this home I have never been to but which forever holds a place for her children both near and far, will one day be restored.

Student Perspective

The Survivor's Burden
or A Survivor's Burden

Jess Ward
News Editor

The summer after my senior year of high school, I was raped. It was not the violent and graphic kind of rape that is often depicted in the mainstream; it was quiet, personal and violating. I spent the majority of my first semester at USM trying to cope through various self-destructive behaviors, with no clear path towards closure. With time, though, I learned how to claim the trauma through conversation and honesty. It became less painful to reflect on, and the anger and humiliation that sexual assault carries with it began to slowly disperse.

When the posts full of rallying cries of "Me too" began flooding my social media, I was awed. I read countless stories and narratives from people of all genders and sexualities, owning their truths in the name of change.

I could not bring myself to say "me too." With immense admiration for those who chose to step forward, I realized that I could not join them. I thought about my acquaintances and friends' parents, my teachers and coworkers—people on the outskirts of my life. That is not a conversation I want to have with them.

I should not have to.

Despite being open about my experiences with friends and partners, it can be painful to talk about it publicly. The stigma that surviving sexual assault carries is an enormous barrier in emotional recovery because it adds another layer of trauma. Rape culture hangs over survivors' testimonies like an unsurpassable wall, casting fictitious shadows of doubt on our experiences.

It was not until I stumbled upon a different examination of "me too" that I began to think about why I would not say it. Activist Wagatwe Sara Wanjuki wrote in a longer post "It shouldn't matter how many women, femmes, and gender neutral and non-conforming folk speak their truths. Because it isn't about men seeing how many of us have been hurt; they've been seeing it for a long time." She talked about the misguided focus of combatting sexual assault with its survivors "because it shouldn't be on our shoulders to speak up."

It is not my job to make you care about rape. I have no obligation to educate you, share with you or attempt to solicit your sympathy. Rape culture is perpetuated by the idea that survivors need to do the work to validate themselves; instead, the perpetrators of sexual assault and harassment need to own their actions.

I so desperately craved to read about men coming forward and discussing how they have cat-called women, groped someone at a party or slut-shamed. I wanted them to say "Me, I was a part of the problem. Me too."

Until we are all willing to realize our roles in keeping rape culture alive, nothing will change. You cannot expect survivors of a system that oppresses them to destroy that very system on their own.

The point is this: you cannot be a part of the solution until you acknowledge that you are a part of the problem. Own the truth, your truth. Recognize the ways in which rape culture manifests in behaviors, language and judgement. There should be no shame in surviving sexual assault, and there should be no obligation to supply the intimate details of our trauma.

We should not have to convince you that we are worth caring about.

Student Perspective

Opinion: Vote 'Yes' on 2

Emma Donnelly
Contributor

This November, Maine has four statewide initiatives. Question 2 is a Medicaid expansion initiative. A “yes” vote supports this initiative to require the state to provide Medicaid through MaineCare for persons under the age of 65 and with incomes equal to or below 138 percent of the federal poverty line (less than \$16,643 a year for a single person and \$22,412 for a family of two). A “no” vote opposes this initiative.

If this ballot passes, an estimated 70,000 more Mainers will have access to health insurance and 6,000 more jobs will be created—along with additional funding for hospitals. This would be made possible because Maine will be able to accept \$500 million that Governor Paul LePage has been blocking from the federal government. The Governor and a minority of lawmakers have blocked this common sense solution, costing the state an estimated \$1.2 billion.

The cost of healthcare, especially prescription drugs, is taking a heavy toll on our families and neighbors. This initiative is especially crucial for people seeking healthcare for substance abuse disorder recovery or for other mental health recovery. The opioid epidemic in our state is an issue all political parties are focused on, and this initiative will allow for more people to enter recovery without causing a major financial burden.

Make a plan to vote on November 7, 2017. Find out your polling location by searching your address on Google, or request an absentee ballot to vote early if you cannot make it to the polls by visiting <http://votearly.me>. The state of Maine even has in person voter registration the day of the election, and if you live on campus at the University of Southern Maine, you can use your school address to register. Whether you support this initiative or not, it is important to participate in your democracy whenever an election is happening.

FP

LET'S TALK ABOUT IT



Ever since I started college I've noticed a big change in my energy level, motivation and happiness, especially during the winter months. I find myself struggling to get my days going, and if I don't get out of bed I just lay there, wasting hours flipping through my phone or on my computer. I get increasingly anxious over my assignments and find myself using substances on a more regular basis, not to party but just to feel different, almost to escape. My friend says maybe I'm dealing with some depression, and it's really common for people my age. But depression is such a foreign thing to me, and I can't help but feeling ashamed and confused. It's not like I hate life or anything. I don't feel like I have a mental health problem, but I'm not sure.

Johnna Ossie
Managing Editor

First of all, I'm really sorry that you are having such a hard time. It can be really confusing to start feeling big changes in your mood or personality and not understand the reason why.

Your friend is right that many college students live with depression. Many college students also have anxiety disorders, and a variety of other mental health issues. Because many of us don't openly talk about it, it can be easy to think no one else is dealing with the same issues. According to the National Alliance on Mental Illness, roughly 16 million American adults had at least one major depressive episode in the last year.

Depression doesn't have to mean you hate life. I was diagnosed with Major Depressive Disorder my first year in college. I would periodically lose interest in things I usually cared about. I retreated from my friends and family. I struggled to get out of bed in the morning. But if someone had asked me if I hated life, the answer would have been no. I just couldn't seem to motivate myself to care.

If it feels like you start to feel this way especially during the winter, you could

have Seasonal Affective Disorder (SAD), which is a type of depression related to the changing of the seasons. It's quite common, especially in places like Maine where there is a significant lack of sunlight in the winter months. There are lots treatments that can help with SAD, including light therapy (my mom sat under a light therapy lamp every winter for as long as I can remember).

If you feel like you are struggling with substance use, and that the way you are feeling is negatively affecting your life, I would urge you to talk with a school counselor about what's going on for you. We are also so lucky to have the Recovery Oriented Community Center on campus, which offers a variety of supports to students. If you don't feel comfortable with either of those options, you could also speak to a primary care doctor, a friend, or reach out to find support groups on social media.

There are lots of resources for dealing with depression, and you don't have to keep feeling this way with no end in sight. There is no shame in supporting yourself in feeling better. I guarantee that the more friends you talk to, the more you'll realize you're not alone in feeling this way.

FP

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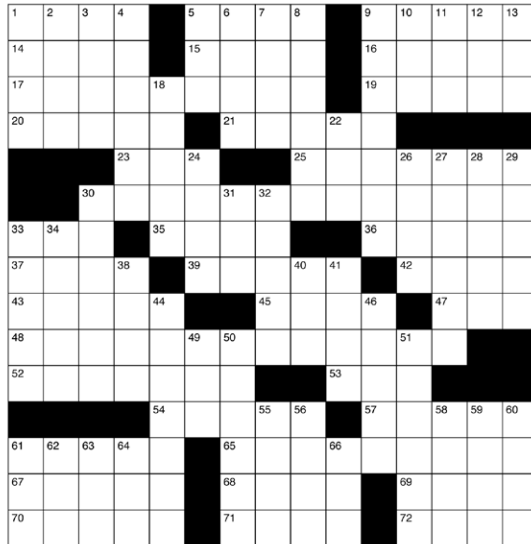
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Crossword

Across

1. Component of a lichen
5. Ravine
9. How hair may stand
14. Wallpaper unit
15. Narrow lowland
16. Water nymph
17. Pressed flowers, perhaps
19. Promises
20. "No ___!" ("Nothing to it!")
21. Of a surface
23. Potential pipe
25. Leading
30. Russian comedian
33. Dictionary abbr.
35. Stadium sign
36. General Mills brand
37. Slangy newcomer
39. Harbor longings
42. Long tale
43. Kournikova and Paquin
45. Joint malady
47. "___ thee to a nunnery"
48. Florida
52. Gwen of "No Doubt"
53. Globe (abbr.)
54. Real thing
57. "The Fox and the Grapes" author
61. Triangular river formation
65. Campers' carryalls
67. Fake fat
68. TV statuette
69. E. ___ bacteria
70. What not to make?
71. Avoiding the risk that
72. Christmas poem lead-in



Down

1. Torah cabinets
2. MGM mogul Marcus
3. Merriment
4. Woolly beast
5. Authors' org.
6. Seltzer start
7. Rudolph or Bambi
8. Trousers measurement
9. Ready for an engagement
10. Admiral's org.
11. "Old MacDonald" syllables
12. Slangy turndown
13. Teeth spec.'s deg.
18. Tend to the flames
22. Tuna in sushi
24. Too squared off
26. Years in Madrid
27. Senility
28. Grown-up
29. E
30. De Carlo of "The Munsters"
31. Life, in Limoges
32. "All the world's a ___"
33. "With the jawbone of ___"
34. Ring-shaped cake
38. Big name in audiotape, once
40. Sigur ___ (band)
41. Banana split tidbits
44. Magic-using illness curers
46. Sevilla snacks
49. Small-business magazine
50. Jefferson's coin
51. 1977 Liza Minnelli musical
55. "My treat!"
56. Holiday veggies
58. Tug's tow
59. Tulsa's st.
60. Penultimate Greek letters
61. ER pronouncement
62. Pixie
63. Bucharest money
64. Helpers for profs
66. Michael Jackson hit off "Thriller"

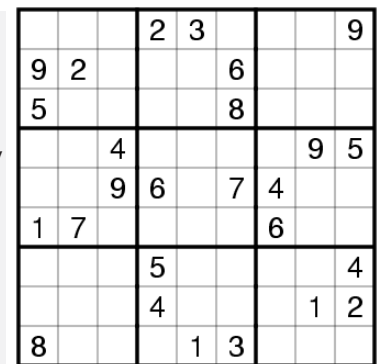
The solution to last issue's crossword



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 x 3 box contains each of the numbers from 1 to 9 exactly once.



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: Horror Movies



- Annabelle
- Babadook
- Carrie
- Chucky
- Dracula
- Frankenstein
- Gremlins
- Halloween
- IT
- Jaws
- Let Me In
- Poltergeist
- Psycho
- Saw
- Scary Movie
- Scream
- The Ring
- The Shining

Cryptogram

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

AEJY FQK AYELI QB ZAY ZYHZ ZKCY GECF
ZAEZ AEH E SQXC SGZA JGYS?

And here is your hint:
E = A



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USM Community Page



People of USM Micheal Boudewyns

James Fagan
Photography Staff

Professor Michael Boudewyns has been teaching theater courses at USM since the Fall of 2016. He teaches classes that are both interesting and fun. Boudewyns likes to allow students to be creative, and playful in a way that makes his classes interesting. He loves to be able to give someone a class which might be their best class that week.

Boudewyns went to the University of Northern Iowa majoring in theatre during his Undergraduate years. Several reasons he decided to go to the University of Northern Iowa is because he had a High School theater teacher that went there, the College often hosted High School theater programs, and the College itself had a good theatre program. For his postgraduate years he attended University of Delaware to further his theater education and obtain his Masters of Fine Arts in Acting and has been on the East Coast since 1989.

Boudewyns decided to teach for several reasons. One of these reasons is that he performs theatre and has experience and knowledge of what working in the field that he teaches is actually like. He also had a great fourth grade teacher that allowed him to express his enthusiasm and creativity, which he is deeply grateful for. Another reason he decided to teach theater is he feels that in teaching theater he gets to be more subjective than some teachers do.

“I would go up to tables and just make up games, like saying that the participants had to go touch the opposite wall, but the point of the game was to go as slow as possible, and the last one to touch the wall would win”

- Micheal Boudewyns
Theatre Lecturer

He likes that his classes are subjective because he feels he has the ability to give his students permission to be playful and creative more often than he might if he were teaching something else.

Boudewyns' first job was being a paper-boy in fourth grade. He had to deliver two papers during the day, one in the morning, and one in the evening. He would wake up every morning at 4:30 a.m. to deliver the morning paper. When Boudewyns was in high-school he learned that a restaurant called Ground Round had a clown named



James Fagan / Photography Staff

Micheal Boudewyns, lecturer in theatre, enjoys teaching in a field that he has real world experience in and allows for creativity and playfulness.

Bingo. He decided to apply for a job at Ground Round, and got the job of being Bingo. As a clown, Boudewyns would juggle, tell jokes, and generally try to get people to laugh and have fun. “I would go up to tables and just make up games, like saying that the participants had to go touch the opposite wall, but the point of the game was to go as slow as possible, and the last one to touch the wall would win.” Boudewyns said. He soon figured out that the clown didn't have a designated uniform and could have even come in, “With a full suit on and just a red dot on his nose”, Boudewyns said. Ground Round had several people filling the spot of Bingo, so he got several of his friends to apply, and they also got the job of being Bingo. When Boudewyns went to college there was a Ground Round restaurant in the city in which he went to College. Instead of taking the bus, Boudewyns made his roommate drive him to the Ground Round. Later Michael would help to

host Summer theater camp programs in which he and a colleague would take a children's book, like Peter Pan, and compress it into a form that could be presented as a radio play by the children. He would compress the books, the children would record their voices for the show, then Boudewyns and his colleague would spend, “Literally all day and night Friday and Saturday editing and adding sound effects to the radio plays, and they would play on the radio Sunday.” Boudewyns said.

If Boudewyns could impart any piece of knowledge to the students at USM it's that, “Everyone is making it up, always,” Boudewyns said. He feels that in many things, whether it be sports, theater, or anything in life, you might make a plan to do things a specific way, but in a sense, you're still making everything up in a playful, thoughtful way.

Bringing Maine Day to USM

Student Senator Joshua Blake advocates for service day



Katelyn Rice / Photography Staff

Student senator Joshua Blake hopes to host a concert for USM's first Maine Day on the lawn in front of Payson Smith.

Kate Rodgers
Staff Writer

Every spring, USM holds the Husky Day of Service, during which students and faculty participate in a myriad of community service projects. At the University of Maine in Orono, they do a similar event called Maine Day. In Orono, they host a concert on a week-night and then have a community service event the day after, along with a barbeque and other campus games and activities. Student Senate Clerk Joshua Blake is trying to bring Maine Day to USM in combination with the Husky Day of Service.

"USM really needs something like this...something pretty close to finals for students to blow off steam and kind of bring the whole campus together in a stressful time when emotions are high," Blake said.

The plan for the concert is to get some local bands and maybe showcasing some student talent. Blake's ideal goal would be to have the concert on a Tuesday night and the following Wednesday off. Wednesday would be set aside for not only the community service activities of Husky Day but also yard sports like a cornhole tournament and other fun events. Blake said that Sodexo--the quality of life

service that already works closely with the university--has agreed to provide food.

Husky Day has traditionally been held on a Friday because that is when there are the least classes. The concern that Blake has is that many students do have classes on Friday, or they work or go home and they can't participate. That's why he believes a

"...It's a time to just relax, blow off some steam, to do what you like to do."

- Joshua Blake
Student Senate Clerk

Wednesday day off would be a good solution.

"USM really struggles to provide that upbeat kind of school pride atmosphere and I think that this day is something that could start changing that," Zachary Tidd, another Student Senate member said.

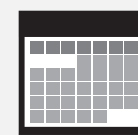
Blake is trying to communicate with the traditions committee to bring

this event together. He said that he is not sure if they will be able to get everything they are wishing for, but he has high hopes for getting a concert or something equally entertaining on Thursday before Husky Day, with some more exciting things on campus during the event on Friday.

Maine Day at Orono has been a tradition since 1935. It started as a campus clean-up day and has now evolved into a large event with the aforementioned concert, a campus wide barbeque, and even a Maine Day parade.

The Husky Day of Service has only been a tradition at USM for nine years. Last year nearly 200 people volunteered and contributed 540 service hours at local organizations like the Habitat for Humanity ReStore, the Maine Children's Museum, the YMCA and the Preble Street soup kitchen.

Blake hopes to bring some of what Maine Day has to offer to USM so that students can have a day off. "You're working so hard on the weekend for the last few weekends anyways, studying your butt off... It's a time to just relax, blow off steam, to do what you like to do," Blake said.



Community Events

Monday, October 30

Book Discussions: The Immortal
Life of Henrietta Lacks
USM Portland Campus
Glickman Library
Starts: 4 p.m. / Ends: 5:30 p.m.

Tuesday, October 31

Single Stalls & Pronouns:
What's the Big Deal?
USM Portland Campus
Woodbury Campus Center
Starts: 1:30 p.m. / Ends: 3:30 p.m.

Wednesday, November 1

Equality, Democracy, and Higher Education
USM Portland Campus
Hannaford Hall
Starts: 12 p.m. / Ends: 2 p.m.

Thursday, November 2

First Light
USM Portland Campus
Wishcamper Center
Starts: 4:30 p.m. / Ends: 6:30 p.m.

Friday, November 3

The Hidden Half (Iranian Film Festival)
USM Portland Campus
Wishcamper Camps Center
Starts: 5:30 p.m.

Saturday, November 4

Yesplus Retreat
USM Portland Campus
The Recovery Oriented Campus Center
Starts: 12 p.m. / Ends: 6 p.m.

Sunday, November 5

Maine Red Claws - Bronson Arroyo
Maine Red Claws
239 Park Ave, Portland
Starts: 1 p.m / Ends: 4 p.m.

Want us to include your event?
dionne.smith@usmfreepress.org

Sports

Tuesday

Women's Volleyball

@ Eastern Conn St.
7:00 p.m.

Friday

Women's Ice Hockey

@ Plymouth St.
6:00 p.m.

Friday

Men's Ice Hockey

vs. Hobart
7:00 p.m.

Saturday

Wrestling

vs. Bridgewater State
1:00 p.m.

Saturday

Men's Ice Hockey

vs. Skidmore
4:00 p.m.

USM cross country competes at LEC championship

Men's team takes first place, women's team achieves fourth

River Plouffe Vogel
Sports Editor

This year's Little East Conference (LEC) championship for cross country were held at Keene State College in Keene, NH. It has been an exciting year for both the men and women's cross country teams, as they have had strong showings at races leading up to the conference championships. The LEC is always highly competitive and a great chance for teams to showcase their progress before NCAA Regional Championships, which will be hosted by USM in Gorham on Nov. 11. The distance of the men's race is eight kilometers, which is just under five miles, and for the women, they race five kilometers, which is just over three miles. Cross country is unique in that it is both a team sport and a heavily individual sport. This means each runner relies on their team for pacing and to be kept on track, while simultaneously racing against them and personal records to achieve a personal best. For anyone who has

participated in cross country, they know how tough a race of any length is. No matter how much training each runner has, it's always as much of a mental battle as it is physical. From start to finish runners are essentially running as fast as they can, and then expected to run a little faster at the end. Ideally the first mile is the slowest, and each individual gets faster as they go. From the first gun blast or whistle blow, to the very last step across the finish line, it's just fighting every instinct in your body to give up. Courses are also never the same, so a five kilometer race at one school can be flat, wide open and fast, while a five kilometer at another course can be hilly, cramped and grueling. Meets are scored by giving the runners a point that corresponds with the place they finished. So for example, finishing first means one point is received. The team with the lowest score wins.

This year the men's team has been lead by sophomore Vincent Chandler, who has had a number of first place finishes this season. The men's team are the returning LEC champions after taking home first place last year in 2016.



Photo courtesy of LEC Website

Chandler once again turned in an excellent performance, placing second overall with a time of 25:21, and an average mile of 5:06! But no matter how outstanding an individual's performance is, it cannot win an overall championship. The men had five of their runners place in the top eleven overall, a very impressive show by the men's team, and more than enough to take home another LEC championship, placing first out of seven teams. Behind Chandler was junior Ben Foster, who placed fifth, with a time of 25:53, freshman Cam Meir, who placed eighth with a time of 26:00, sophomore Nick Harriman, who placed tenth, with a time of 26:23, and freshman Zachariah Hoyle, who placed eleventh overall with a time of 26:23 as well. Cross country is all about peaking, or reaching your best potential at the right time, so it's a great sign that the team is having one of its best overall outings at this stage in the season.

The women also had an excellent meet at this year's LEC, placing fourth out of seven teams. Both teams are very young, but the women's team has had the privilege of being led by senior Heather Evans this year. Evans had a stellar meet, placing fourth overall with a time of 19:50. Right behind Evans was another USM runner who has been key towards the team's success this year, sophomore Gina Pardi. Pardi finished in fifth place, with a time of 19:52. The sole freshman in the women's lineup, Syndey Siroix came in twenty-third with a great time of 21:04. Senior Lauren Beganny finished in thirty-first with a time of 21:39, closely followed by sophomore Nicole Ponte, placing thirty-second with a time of 21:40. This is a team that has a serious chance of making some noise at the NCAA regionals in two weeks. Often with a few adjustments and some tapering, which is cutting down on the running load, individuals and teams as a whole can turn out their best performances of the year. Best of luck to both teams competing on Nov. 11, at regionals in Gorham. It's one of the biggest athletic competitions this year hosted at USM. We wish you luck!



Photo courtesy of Heather Evans

USM women's cross country took fourth on Saturday at Keene State College in NH at the Little East Conference Championship meet.

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