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Inside:

USM IDEC Offers \$250 Mini-Grants to Student Organizations pg. 5

Celebrating Black History Month pg. 6

From the Civil Rights Movement to Black Lives Matter pg. 9

A Power Advocate for Representation pg. 10



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Letter from The Editor

Silence is Complicity

Cullen McIntyre
Editor-in-Chief

When sitting down to write the Letter From the Editor for the Black History Month special issue, I had originally thought to leave it blank. How could I, a white male at the age of 20 be able to speak on behalf of a race that has dealt with things I will never have to face in my lifetime. I realized that was foolish, and would be the wrong decision.

A quote that stuck out to me for writing this comes from Dr. Martin Luther King Jr., “The ultimate tragedy is not the oppression and cruelty by the bad people the silence over that by the good people.” These words struck as it put me in a place to realize why I must write about my privilege, and stand by those whose voices are put down by those with my skin color.

White silence during these times hurts more than one may think. I recently had the chance to interview a student advocating for diversity, equity and inclusion here on campus. A topic that resonated with me was that all of these people attended the protests during the heat of the Black Lives Matter (BLM) movement this past summer, but once the protests were over everyone went back to their normal lives.

It’s the tough conversations with friends, family and loved ones that make the real difference. Challenging your close ones on why the phrase “Black Lives Matter” is something they



Two people kneel at the Black Lives Matter protest in Portland this summer.

don’t agree with is important. Try to understand why they feel the way that they do, but help them understand why the movement is incredibly important.

A common misconception or term used by those opposed to the BLM movement is that “all lives matter.” Nobody is saying that all lives don’t matter, they are simply emphasizing the phrase Black Lives Matter because at this moment in time they aren’t being treated fairly. This term is a weak opposition to BLM, because there simply is no reasonable way to oppose the concept of BLM.

Speaking on these issues with those around you shouldn’t be hard. It’s 2021, racism should no longer have a voice. Standing beside those combating racism while promoting diversity, inclusivity and equity shouldn’t be a challeng-

ing decision, it should be an incredibly simple one.

We are all human, we all deserve the same chances and opportunities in life. There should be no advantages or disadvantages based on the color of your skin. We live in a world where white privilege is prevalent but unacknowledged by those living in it.

Silence is complicity. Educate yourself and those around you on the matters of privilege. Learn and understand why and what is being advocated for within these movements. For those that can only see one side, expand your horizons. We are in a time where change is imperative, and it’s coming. There shouldn’t have to be a fight for equality, it should be a basic right. **FP**

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Cullen McIntyre

USM Implements New COVID-19 Saliva Testing

New phone app allows for easier testing schedule

Laura St.Pierre
Staff Writer

USM has decided to administer saliva COVID-19 tests rather than the nasal tests the USM community has grown accustomed to. Although it is hard to say goodbye to the brain-probing nasal swabs and watery eyes, you may be wondering, what exactly are the differences between these two forms of testing?

Dr. Erik St.Pierre, Emergency Department Director at Northern Maine Medical Center and member of the COVID Task Force, explains, “There are three types of tests that you can do to detect COVID-19. The first type of test is a molecular test, which takes a small sample from the patient and amplifies it repeatedly using molecular testing. It is very good at detecting COVID-19 early, even in the asymptomatic or pre-symptomatic period. This is also known as the molecular test, the NAAT

test, or the PCR test.”

“This (PCR) testing can be done using a nasopharyngeal swab or a saliva sample. Either one is as accurate as the other, but the saliva sample is generally less costly and is less invasive to the patient,” explained Dr. Erik St.Pierre.

The new saliva tests administered at USM are no less accurate than the previous swab testing but instead are a cheaper and more efficient method of testing. Participants administer the tests themselves by collecting their own saliva samples in a small vile. 1 to 1.5 milliliters of saliva are needed to perform the test.

Participants are also asked to not eat, drink, smoke, brush your teeth or chew gum for at least 60 minutes before the test.

Once administered, the swab tests were sent to a lab in Connecticut to be tested; however, the new saliva testing is sent directly to Bangor, which could mean faster results and less travel cost for the University.

“I understand the benefits of moving to saliva-based testing in terms of cost and convenience of faster test results; however, I believe the nasal swab tests were much easier than the current practice. ”

- Brianna Demaso



USM COVID-19 testing facility entrance in Portland

“I understand the benefits of moving to saliva-based testing in terms of cost and convenience of faster test results; however, I believe the nasal swab tests were much easier than the current practice. The saliva-testing comes with rigorous instructions and a higher probability that you will not get accurate results if your spit is too bubbly and you don’t “pool your drool” properly.” said Brianna Demaso, a current junior at USM.

It seems both forms of testing have their

Abigail Nelson / Arts & Culture Editor

pros and cons; nonetheless, the good news is that both have the same accuracy level at detecting the virus to keep the students at USM safe. Remember to schedule your next screening with the Safer Community App and be sure to follow the five steps to ensure your test is valid.

The Safer Community app can be downloaded through either the Apple App Store or the Google Play Store. **FP**

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USM Professor Inducted into Maine Women's Hall of Fame

Associate professor of Leadership Studies Joyce Gibson honored

Haley Hersey
Staff Writer



Photo courtesy of Joyce Gibson

The Maine Women's Hall of Fame's 2021 inductees are Joyce Taylor Gibson and Leigh Saufley. Gibson is an associate professor of Leadership Studies at the University of Southern Maine and the former dean of Lewiston-Auburn College. Saufley is the Dean of the University of Maine School of Law and former Maine Chief Justice.

According to the Office of Public Affairs, the Maine Women's Hall of Fame recognizes "women whose achievements have had a significant statewide impact, have significantly improved the lives of women, and whose contributions provided enduring value for women."

Chief Justice and Dean, Saufley, graduated from the University of Maine in 1976. In 1980 she graduated from the Maine School of Law. Throughout her career, Saufley has worked in Togus and in the Office of the Attorney General. Leigh Saufley was even one of the office's first female Deputy Attorneys General. She was the first woman and youngest to be appointed Chief Justice in 2001. Last April, Saufley was appointed Dean of the Maine School of Law.

Dean Gibson shared she is "from a Southern, farming family of religious African American people who believed that educa-

tion is one of the most important tickets to equity." Her passion for education has led Dean Gibson to have more than thirty years of experience in academic and administrative leadership within higher education.

Dean Gibson was rather surprised about her induction because "I was not aware of the Maine Women's Hall of Fame, and because my work promoting equity for women is a natural part of my social justice work."

Gibson works hard to be a role model for women in girls in Maine through doing her best in her professional and community positions. Advocacy is something Gibson regularly practices, especially in regards to rights. Equity is a focus of her efforts.

"Through my role as Dean of the LAC campus, I have fought for fair salaries for women at USM and have engaged in many everyday battles for women's representation in the business of the university and local community organizations," shared Dean Gibson.

To further prove Dean Gibson's dedication to Maine, she has been a volunteer to various women's groups over the years, including the Olympia Snowe Women's Leadership Institute, and is affiliated with the Women and Gender Studies group at

both USM and UMO. Additionally, she is most proud of "being a charter, lifelong member of the Boston Chapter of the National Association of Negro Women, an international organization that support women and girls' development throughout the world."

Gibson eloquently stated, "While the laws and practices of our country, and in so many other places in the world are still designed to subjugate women, discriminate against us, and to generally take advantage of us, we must educate ourselves to fight our battles in collaboration with others who believe in women's rights."

Dean Gibson has demonstrated the significance of equality and education in her life to her children seeing as though her only daughter is a graduate of Stanford and works on Wall Street; her granddaughter is a sophomore at Brown University.

"We have to keep passing the torch to every generation to succeed. Much of my success can be attributed to my educational background, thus, I will always promote it as a tool for equality."

On March 20, 2021, a virtual induction ceremony for Joyce Gibson and Leigh Saufley is scheduled to take place. **FP**

USM Students Participate in Student Veteran Success Summit

Universities across Maine collaborate to support Student Veterans

Laura St.Pierre
Staff Writer

The Student Veteran Success Summit for Professionals, attended by 73 participants across the state of Maine, took place virtually over a three day period in mid-January.

This event, organized by the Director of Veterans Services Lorrie Spaulding and her graduate assistant and MSW candidate, Alison Nolan, was created in order to share knowledge about best practices happening in Maine that help veterans access and succeed at college, as well as to identify resources available to support this work and to build a community of stakeholders for ongoing collaboration.

The Summit brought together higher education professionals from schools and organizations across Maine and presented students with various keynote speakers

who provided information and reach-out programs for Student Veterans.

Don Wilkinson and Kelsey Bailey from Veterans Upward Bound (VUB) attended and conveyed VUB's mission to aid Student Veterans.

"VUB is a federally funded pre-college program that provides no-cost assistance to eligible veterans who wish to pursue a post-secondary degree, certificate, or licensure. VUB is designed to develop the academic and personal skills necessary for admission into the post-secondary program of the veteran's choice," they explained during the Summit.

Students can find more information and referral forms on this program here.

Maine National Guard chaplain Col. Andy Gibson discussed military culture and reintegration issues that often occur as employers actively learn to understand

some of the military's language to help veterans fit into their new jobs. Students were given information and advice regarding different tactics to utilize when facing these challenges.

In addition to these guests, four student panelists from USM, UMaine School of Law, SMCC, and UNE took this time to outline and respond to questions asked by student veterans involved at their respective universities.

Director of Academic Advising Beth Higgins presented on best advising practices, and Alison Nolan took a leadership role in the planning and execution of this summit by, among other things, leading an opening-day session, securing the participation of volunteers and student veterans from Maine colleges and universities, moderating a session, and working with student panelists to ensure all questions

were answered.

The success of this Student Veteran Summit was a collective effort between multiple Universities in the state of Maine and the various guests who work daily to ensure Veterans are supported in their life after active duty.

"This summit was a real success. I was so impressed with the number of professionals in higher ed who are committed to best serving the student veterans they work with. People demonstrated their commitment to student veterans by dedicating several hours in their week to learning about best practices in Maine. Overall I was very impressed with how this summit was executed and am proud of our work pulling it together!" Alison Nolan stated. **FP**

USM IDEC Offers \$250 Mini-Grants to Student Organizations

Grants offered to events promoting inclusivity, diversity and equity

Amelia Bodge
News Editor

The University of Southern Maine’s Inclusion, Diversity and Equity Council (IDEC) has recently been offering \$250 mini-grants.

These grants will be given out to departments or student organizations who apply and wish to host university-related diversity and inclusion programming, conferences or workshop registrations, online/zoom programming, or other programs of that nature.

All of the requests for the funding must adhere to the IDEC Mission and Statement of Values.

Their Mission states that “IDEC is an action-oriented council composed of students, faculty, and staff. IDEC partners with University leadership, departments, and organizations to engage our community in creating and sustaining a safe, inclusive, diverse, anti oppressive, anti racist university for people of all identities. IDEC works to create equitable structures, policies, practices, and programming.”

Their statement of values states that the University of Southern Maine is committed to having equal access to education for all students, actively examining privilege and diverse ideas and perspectives. They also state the University is committed to respecting, fostering, and encouraging ethnic and cultural differences. As well as investigating and implementing strategies that foster and keep innovative and intercultural structures, policies and practices in place. Lastly USM is committed to the recruitment and retaining of a diverse faculty, staff, and student body.

Applications for funding were required by February 15th and all funding must be spent by the end of the semester, May 31st.

The IDEC is a council on Campus that advises the President and administration on matters related to diversity and campus climate.

The Inclusion, Diversity and Equity Council (IDEC), was



University of Southern Maine Campus sign

formerly known as the Intercultural and Diversity Advisory Council (IDAC). They changed their name during the 2020-2021 academic year as they are not part of the President’s office and are now a stand alone organization.

The council meets 4 times a year and anyone in the USM community is eligible to attend and participate in any or all meetings. Voting is only conducted by active members of an IDEC committee. Each committee is led by two co-chairs which are elected every two years.

IDEC also has 11 student fellows who are student advocates

Riley Peterson / Staff Photographer
that lead IDEC’s Student Experience Committee and work to create campus forums and initiatives, participate in planning, and work directly with University leadership on behalf of students and the community.

Along with the committees and organization itself, IDEC has several campus partners including Disability Services Center, Intercultural Student Engagement, Women and Gender Studies Department, and TRIO Student Support Services.

You can learn more about IDEC by visiting their page on the USM website. **FP**

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Arts & Culture

Celebrating Black History Month

Intercultural Student Engagement Center Hosts Events to Amplify Black Voices

Kayley Weeks
Staff Writer

This year, the Intercultural Student Engagement (ISE) Center has organized a variety of events for students to celebrate Black History Month. “Black History Month is about history and the future, and connecting the roots where we come from, to see where we are going. We need to recognize not only past injustices but past revelations and achievements, and pay homage to those who came before us to make our lives a little easier today. The future is recognizing new generations. We are constantly educating and paving forward for our students,” said William Johnson, the Director of Intercultural Student Engagement at USM.

The events, including trivia, lectures, viewing parties, grab and go giveaways, bingo and more, have both educational and social aspects. Johnson and David Lewis, the head of Student Engagement Leadership, worked together to brainstorm the events which can be found on the USM homepage throughout the month of February.

Throughout the planning process, Johnson focused on the different programs he had experienced as an undergraduate and graduate student of color, while Lewis framed the social aspects. Johnson and Lewis bounced back and forth ideas until they came up with a calendar full of different and engaging events.

In order to bring awareness to these events, Intercultural Student Engagement

has partnered with USM’s marketing department. Students were pleasantly surprised on Feb. 1 to see Black History Month taking over the USM website’s homepage. Marketing also worked with Intercultural Student Engagement to create 308 USM Black Lives Matter t-shirts to give away to students for free. The t-shirts will be available during one of the surprise giveaways listed on the calendar.

The event planning formula has constantly been changing due to COVID-19. “We recognize that programs that were social, that had prizes, or were more engaging were more successful,” said Johnson. “It’s been a trial and error, there are definitely some programs that were not as successful.” Black History Trivia and Black, Game of Accomplishments: Civil Rights Leaders, and grab and go giveaways are examples of the more successful events that have been held so far.

Madeline Paradis, who is the Grad Assistant for social media, played a huge role in selecting who to highlight for the 28 days of Black Excellence. This segment, featured on the ISE’s Instagram page, highlights a different historical black figure every day of February. Paradis chose not to highlight stereotypical black people, such as Martin Luther King or Rosa Parks. Instead, she went out of her way to educate herself by finding the poets, the scientists, and those who we don’t often see in the spotlight.

Paradis selected a mix of people that are well-known and others who might be brand new to us.

“We are in constant conflict. There’s a level of natural ignorance of not understanding a different perspective and with that ignorance comes a level of fear and judgement. There’s a part that is biological and there’s a part that is learnable, but there is also unlearnable.”

- William Johnson
Director of Intercultural Student Engagement



Director of Intercultural Student Engagement William Johnson posing in the Intercultural Student Engagement Center in Abromson Center.

Cullen McIntyre/ Editor-in-Chief

The feedback has been overwhelmingly positive. People were shocked and inspired to see Black History Month plastered across the USM homepage.

This is unusual programming, because many people weren’t expecting these efforts from Intercultural Student Engagement in previous years.

Johnson believes that this conversation is important this month, because “we are in constant conflict. There’s a level of natural ignorance of not understanding a different perspective and with that ignorance comes a level of fear and judgement. There’s a part that is biological and there’s a part that is learnable, but it is also unlearnable.”

Johnson hopes students are having fun, and seeing meaning behind what the ISE is doing. He also hopes this conversation triggers curiosity, “I think that one of the greatest lessons is curiosity because it will motivate students to go and educate themselves,” said Johnson.

If you missed the events at the beginning of the month, there are still some events left to attend. On Tuesday Feb. 23

Powerful Black Women Trivia will be held on Zoom 7pm-8pm, Thursday Feb. 25 the documentary “Hate Crimes in the Heartland” will be available to watch at 7pm on Zoom, and the final event will be a Watchmen Series Viewing Party 1pm-4:30pm. **FP**



Office of Intercultural Student Engagement logo

Photo courtesy of ISE

Black Girl Magic

New York Poet Inspires Campus With Spoken Word

Lydia Simmons
Staff Writer

With the celebration of Black History Month underway at USM, the Intercultural Student Engagement and Leadership offices have organized an array of events focused on Black history and Black stories. One of these events included a live zoom performance from Joan ‘Lyric’ Leslie, a spoken word poet. The Harlem, New York native dazzled our screens with passion and energy. Leslie, who began writing poetry at the age of twelve, has a long list of

accomplishments when it comes to her craft. She has served as a member of two national poetry slam teams along with being featured on Button Poetry, Write About Now, All Def Poetry and Voyage ATL Magazine. Leslie is also a 2019 fellow of The Watering Hole Retreat, a Southern Fried Poetry Slam Finalist and a two-time back to back Queen of the South Poetry Slam Champion. Leslie has taken her storytelling to the college scene sharing her talents with the brighter education community and slam poetry venues alike. To say she does it all is an understatement,

but she does so in a way that makes it look effortless. The tone of the performance was set as people were entering into the zoom call, with music by Black artists playing, including “Brown Skin Girl” by Beyoncé. When Leslie came onto the scene her welcoming persona immediately pulled the viewers in. She wore a sweatshirt with the phrase “I’m black mixed with black” on it, five simple words when put together mean so much more. Leslie spoke about how music inspires a lot of her work and went on to deliver a poem about, as she put it,

‘loving on our matriarchs.’ She talked about Jay-Z and his album 4:44, fluidly transitioning from something conversational into a performance piece about getting back to work when it comes to advocacy for people of color. An example of this work was when she served as a community organizer and worked towards holding elected officials accountable for systemic change in her community. She then went on to speak about how it didn’t feel right to her when she realized that all the black and brown figures in her poems were dying. This led to an uplifting piece about a boy who had a positive

and memorable impact on her. Leslie expressed the importance of self love, especially in this season, and shared an affirmation she had written for herself. She shared about her grandfather and his wish for her to love herself and her body, and also about how her god is petty and so is she, but not in a bad way. She closed things off with a short story about her best friend and how that best friend saw the ‘black girl magic’ within her. The whole performance was interactive, getting the viewers involved even though we were behind screens and spread near and far, a refreshing change in a

time of disconnectedness. Leslie’s passion radiated from each word she spoke and was infused with meaning and purpose. Her willingness to share her art and stories with people who otherwise would not experience stories like this was a special opportunity to partake in. Leslie’s honesty, openness, and vulnerability made the performance all the more unique and powerful, allowing for her stories to really resonate with those listening. Stories like the ones that Leslie told through her poetry are the kind of stories that need to be shared and deserve to be heard. It is important for everyone to wake up and listen. **FP**



Photo courtesy of Student Engagement & Involvement

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Artist of the Week : Finn Lane

Expressing Humanity Through Illustration

Abigail Nelson
Arts & Culture Editor



Artist of the Week and junior art education major Finn Lane.

Photo courtesy of Finn Lane

Finn Lane is a junior art education major with a passion for humanity. Clearly seen in the strokes of their brush or the shading of their pen, is the curiosity and passion for expressing humanity. Lane began creating art as a hobby from a young age. Inspired by big eyes and square noses of the characters in the anime Inuyasha and their father's comic book style art, their passion was ignited. Although the echoes of the anime style can sometimes be seen in their work, Lane has grown in style, both personally and as an artist.

As Lane passed through highschool art became more of a coping mechanism; a way to visually uphold the ideal they had set for themselves. It wasn't until coming to USM that Lane was able to break free from those bonds and step into a new space of comfort and self confidence. "There was a lot of freedom that came with me being able to step away from my hometown," said Lane. "Not in a bad way, but it gave me a lot of room to get to know myself for the first time in a long while."

This new journey of self love and confidence is a piece of Lane's inspiration for their art. Shedding the skin of their old self has opened new doors for them to use art as a way to see, express themselves, and thrive in the world. As a result, self portraits have become a common theme in Lane's art. Lane comments that there is "always something to document" as they continue to move through life's ebbs and flows. However, this new sense of identity is sometimes difficult for Lane to express.

Sharing personal life experiences and emotions is a vulnerable and tender process, Lane said. "It kind of lays you bare, and that can be very scary." Despite the nervousness of the unknown, Lane is working hard to overcome this type of anxiety and learn in these hard places.

"Lately, I have been trying to establish myself in a space of comfort to express myself comfortably. I am able to make art about who I am now with certainty," said Lane.

Even when not illustrating themselves, Lane seeks to evoke humanity in their art. The inspirations for such comes from the observation of the details in the mundane of everyday life. This notice of the ordinary manifests itself in the form of character designs. If you were to browse through the inked pages of Lane's sketchbook, you would find countless faces and encapsulations of humanity decorated across each white surface. "The way that people are really fascinates me," said Lane. "I try to build someone who is complex and human."

Lane creates these imitations of humanity from aspects of people and television characters that they find fascinating in their own life. From the way someone checks their mail, leans over a table, or interacts with another person, all of these mundane details of life are what Lane finds beautiful.

The complexity of creating an imitation of humanity, according to Lane, is difficult to produce in a purely visual medium. Encapsulating everything that a person is in a sketch is no easy task, but one that Lane



Photo courtesy of Finn Lane

delights in pursuing. "We all have these wants and needs in order to just exist. Even when it's hard to see someone as human, no matter how bad a person gets, even then they are still human." Lane believes that more than anything, people are just seeking comfort. Someday, Lane wants to be able to create an artmaking space of openness where people can talk about the hard things like trauma, troubles, and life experiences. "I try to appreciate differences, within reason, and a person's journey to comfort and safety," said Lane.

Finding this space of comfort is not only important for the mental and emotional creative process but for the physical creation process as well. Up until recently, Lane enjoyed primarily drawing in ink. It is quick, convenient, and comfortable. When inspiration strikes it takes little effort to whip out a sketchpad, which is important. "There is an urgency, before it flees from the brain, to get it down on paper," however, "there is nothing quite like losing yourself in the painting process," said Lane. Finding the space for such large scale projects is hard for Lane while living at home with their family of five, but Lane comments that they are continuing to find space for them.

As the semester carries on, they are working to combine their personal art with the art created for school. In their freshman year, Lane felt conflicted leaving their

pop art- graphic novel style on the back burner while learning the fundamentals of art. "Which was important," Lane said. "But when I sit down to create, whether for school or in my sketchbook, those are becoming more and more the same. Which is nice, because then I'm not juggling so many different versions of me." In addition, Lane wants to open themselves up to more risk and discomfort in their subject matter, in a healthy productive way, and share the art produced from that inspiration with more people.

To follow along Lane's artistic journey, you can find their art

@finn.m.toad on Instagram. **FP**



Photo courtesy of Finn Lane

"Lately, I have been trying to establish myself in a space of comfort to express myself comfortably. I am able to make art about who I am now with certainty."

- Finn Lane

USM Community Page

From the Civil Rights Movement to Black Lives Matter

How Nicole d'Entremonts time in the Selma Marches changed her outlook

Zoe Bernardi,
Community Editor



d'Entremont raising arm in Selma, Louisiana.

Photo courtesy of Nicole d'Entremont

The month of February is filled with many celebrations and events, however, all 28 days are notably commendable for Black History Month. The month is a platform for educating, celebrating, remembering, and honoring the African American community. With the current political movement that is Black Lives Matter (BLM), it is even more important to come together and educate yourself. If you are in a place of privilege, learn and listen to the stories being told.

Nicole d'Entremont was 23 years old when she stepped foot in Selma, Louisiana in 1965. d'Entremont was born in a small rural town outside of Philadelphia, Pennsylvania. She attended Rosary Hill College (now called Daemen Hill), a small private catholic girls school located in Buffalo, New York. With two classes left for her graduation, d'Entremont decided to leave school in 1964 to move to New York City (NYC). With the support of her family she moved downstate to NYC to join the Catholic Workers Movement (CWM), where she worked for 10 years.

The Catholic Workers Movement was created by Dorothy Day: a pacifist faith-based movement for social change that still exists today. They led ... from its beginnings in the Great Depression through the Vietnam War era. Day fed thousands of people, wrote newspaper columns, novels, and plays, and was arrested several times in protests." (NPR)

"I have always loved an intergenerational classroom, a more unique way to learn and create, I knew what I wanted to do so I left college and moved to New York," d'Entremont states with a shrug.

After some time d'Entremont went back to Hunter College to finish her degree, then 10 years after that attended

the University of Southern Maine for her master's degree in adult education. She continued to host intergenerational conversations, "I have always admired how much you can learn from others by just listening to people both older and younger than you."

Within the CWM, d'Entremont was able to help out "the bowery, or skid row we called it, it's 3rd Ave in NYC, very culturally diverse it boarded the Italian neighborhood and Chinatown. It was filled with flophouses and soup kitchens." She explains how this way of educating herself by helping out her community was so useful in how she was able to gain knowledge outside of the classroom and get involved with the Civil Rights Movement.

When d'Entremont was a student at Rosary Hill, she attended a newspaper convention in 1962 at the University of Wisconsin. "I was meeting other students who were from the south and involved with the early lunch counter-demonstrations and the voting movements." She recalls that the majority of the students were Black men, and spoke very openly about their experiences with the Civil Rights Movement.

d'Entremont explained how these interactions and the general knowledge she had on the freedom riders that were occurring made it even more enticing to be involved with the Civil Rights Movement. Since moving to NYC, she was even more connected to the life of poverty, seeing the lack of education in various neighborhoods, and was learning more about oppression. As a white woman involved with CWM, she wanted to use her voice to help out as much as she could.

After about a year of work at CWM, d'Entremont wanted to travel to participate in the Selma marches happening in Louisiana. The Selma Marches were a week-long event that happened between the dates of March 7 to March 21 in 1965. "The Selma Marches were a series of three marches that took place in 1965 between Selma and Montgomery, Alabama. These marches were organized to protest the blocking of black Americans' right to vote by the systematic racist structure of the Jim Crow South." (archives.gov)

These marches covered 54 miles between Selma and Montgomery and because of these events the "Voting Act

"It was a natural evolution, I was already aware of these injustices, but after meeting those people in Wisconsin I just kept getting more involved,"

- d'Entremont

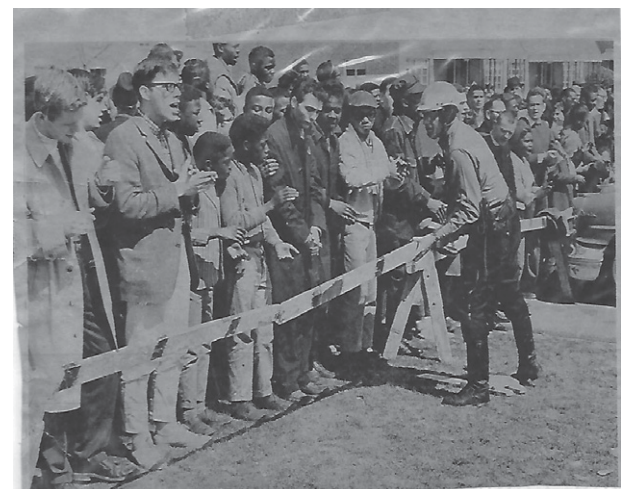
of 1965" went to Congress. However these events were not peaceful, many people were harmed by the police or the white population in Louisiana and even members of the Ku Klux Klan (KKK). One notorious event was Bloody Sunday, and can be considered the turning point of the Selma Marches. Bloody Sunday was the first real broadcast of police brutality on the American people. Once people crossed the bridge from Selma into where policemen used fire hoses, dogs, tear gas, and physical violence on the peaceful protesters and marches. These images were shown on television and over 50 million American viewers saw this around 9:30 pm on Sunday, March 7. (History.com) d'Entremont's decision to go down to Selma was after Bloody Sunday, she went with a fellow member of CWM, Sean Calloway.

"Selma was a big turning point for me, it affected me deeply." d'Entremont says as she remembers her time in Louisiana.

During these three weeks, d'Entremont and others lived in the black communities and houses, as the members of the neighborhoods hosted the protesters, "It was called the Washington Carver Homes Projects, and it was next to Brown Chapel. The church was the meeting ground to get all the information about the next days and the events that were happening."

She recalls them eating nothing but baloney sandwiches and Tropicana juice boxes. "All I can say is that it was such a welcoming place to be, the black community was so kind to us." **FP**

Read the rest online:
usmfreepress.org



People gathering at a barricade at the Selma Marches in Selma, Louisiana

Photo courtesy of Nicole d'Entremont

A powerful advocate for representation

Hussein Maow hopes to be voice for change on campus

Cullen McIntyre
Editor-in-Chief

Representation matters, for everyone. This simple yet profound idea of representation and inclusion is exactly what sophomore Hussein Maow is passionate about. As the current Student Body Vice-President, political science and finance double-major and former Director of Racial Equity and Inclusion, Maow's efforts on campus have been incredibly important. "I am able to advocate exactly what students are trying to do, things that students need," he said. "How is the environment at USM and how can we change that because coming into it as someone who has lived in Portland, that idea of inclusion and the environment didn't really exist and still doesn't exist at USM."

Maow has spent a lot of his time at USM working on inclusivity and representing students. He feels it is imperative that when it comes to issues of diversity and inclusion, students are included in the important discussions with staff, which has been predominantly white. "Few students of color have been in spaces that USM is discussing race, equity, inclusion; all these conversations USM is having a lot of the time is majority staff," said Maow. Stepping into the role of Student Body Vice-President this year has allowed him to be involved in these conversations more than before, but he still believes there is much work to be done.

"The room does not represent the conversation that is being had," he said. "When discussing their environment they should be in that room to really say what that means and how that is to them, and seeing it from a different lens." Maow spoke passionately about students being able to advocate for themselves, and he has found an immense importance of using his role to be able to represent the student body in these important discussions.

His efforts in activism began early in his time attending South Portland High School. Maow's experience in high school discovered many people saying that "they don't see color," a term that diminishes the culture and race that he wants to be seen. "If you don't see that someone else is a different race then you don't see them. That's where I really started to get involved because I wanted people to really understand how important that is."

Embracing color and culture is a small part of the stepping stones Maow is building. His plans at USM are to begin conversations of equity and inclusion that need to happen. USM's stance on racism has been quite public, standing with the Black Lives Matter (BLM) movement and promoting the university common read, *How to be Antiracist*, by Ibram X. Kendi. But when it comes to situations on campus, there is a lot of work to be done.

"If we're going to say no to racism, then we must say no to racism at all costs. We shouldn't be nitpicking or deciding which issue or situation is too sensitive for the time period," said Maow. "We're in 2021, racism shouldn't be a sensitive topic for people. It's something that is so deeply rooted in every system that we are in everyday and I think that's something that should openly be talked about. It's not, but we're starting that conversation."

Maow added that a large step that can be taken is making every space feel safe for everyone. He noted that many students of color will create their own groups and spaces

on campus to feel safe, whereas there shouldn't have to be specific places for them to feel comfortable on campus. Maow hopes to bring this to light with the new construction of the campus center in Portland, expanding the diversity out of just one room but to an entire space in itself.

"It should really feel like a home, and the students should really go from studying to getting to know someone else's culture— to cooking with them, if that means playing



Student Body Vice President and sophomore Hussein Maow.

Photo courtesy of Hussein Maow

different games with them," he said. "Yes, they [new spaces] do cost money but increase the amount of students that interact with each other and to really share who they are and their identities."

With the potential for a larger space for the diversity center, Maow discussed the additional significance of cultural competence. He has had many discussions with students that don't understand other cultures, and they may find it difficult to see other cultures as normal. He spoke to his own experience being Muslim, "if I am praying in a room and somebody else walks in they should understand what that is, they shouldn't think that's weird. They should think that this is a norm in the United States." The teaching of cultural competence is something that Maow hopes to bring to the discussions being had at USM.

In bringing along these vast ideas of race, equity and inclusion, Maow has not had the easiest path. He has found frustration in the lack of quick action not only taken in the current political climate, but on campus as well. He recalled a panel held in November by the office of the Student Body President, where there was a lot of discussion of these topics. The Inclusion, Diversity and Equity Council (IDEC) and administration are working on the issue that came up in the discussion, but

now in February he and many students are still waiting for change.

"All we hear is 'oh, we're gonna have that conversation' and I think it's great to have conversations but I think we need to make tangible things that students could see when they ask for change," said Maow. "Whether that's in the environment, a conversation with an individual that made sensitive comments, that should happen and it shouldn't take months or years. Some things don't need to be included in our 10-year plan, some things need to happen right away."

Maow doesn't keep his work strictly to the campus, he is currently working with Gateway Community Services to help bridge the large language barrier with the diverse culture in Portland. Being bilingual, he helped translate important documents during the COVID-19 pandemic like unemployment benefits, food resources, rent relief and more into Somali. He added that he has noticed there are a lot of resources going out into the community in the greater Portland area, but aren't being used to their full potential because the communities may not fully understand the resources.

Further off campus he recognizes the work being done in the diverse Portland community. This work was really shown during the BLM movements in Portland, a movement Maow feels strongly about. The movement showcases the fact that they are all people and deserved to be treated the same as everyone else. Maow highlighted his frustration of seeing the criminal records being used as an "excuse" for the death of Black men.

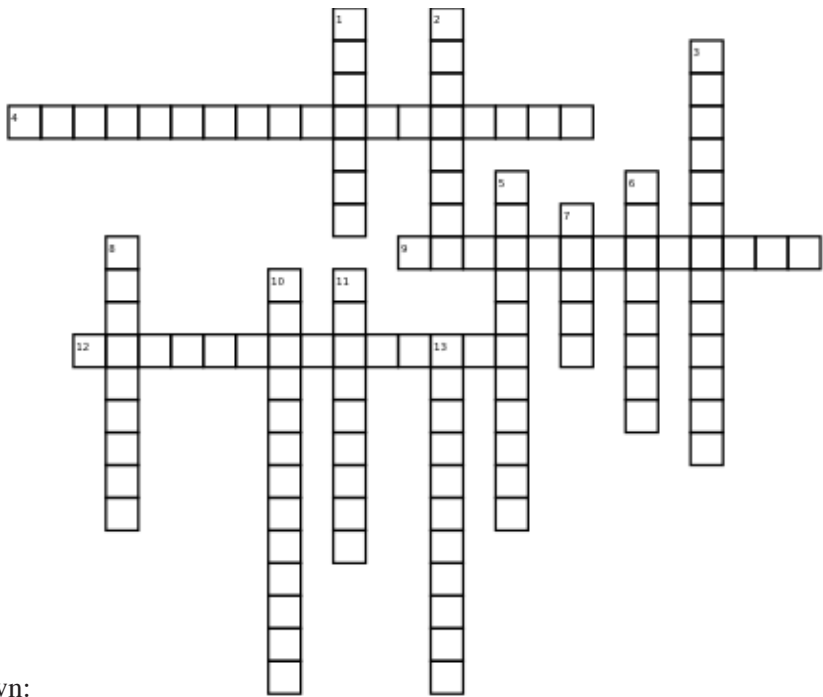
As important as the BLM protests in Portland were, he also added that the conversations need to be continued outside of them. "What I've seen in Portland is that we are seeing so many people who are saying 'yes, Black Lives Matter' but at the same time once everybody goes home from the protest it stops right there. Everybody goes back to their lives," he said. "What's more effective is that you should be having that conversation with your family and close ones, on why they have a problem with that statement why they are stung by it." These conversations in one's home and community are important for spreading awareness to the movement itself.

His work on and off campus is not over, as Maow will be running for Student Body President for the upcoming 2021-22 school year. With that position he hopes to continue the much needed conversations on campus to promote inclusivity of all students.

Upon his graduation, Maow is unsure exactly his plan but has big goals. One being a non-profit organization he hopes to start that would provide college students of color with mentors, connections and other opportunities to network in their major. The next to attend law school, focusing on criminal law and advocating for updated policies across the board in the American government. "We shouldn't be using policies and documentation that was created in the 1800's to say what is and what isn't right in this time period. I think each thing should change with time, and they should change with society," Maow said.

In continuing his efforts, Maow's main goal is to create building blocks in his next two years on campus for a more inclusive USM. While there is a lot of work to be done, his optimism and passion for these topics remain. At just 19 years old, he has brought about change that could impact generations of students to come. **FP**

Crossword



Down:

- 1.The state of being free or at liberty rather than in confinement or under physical restraint
- 2.War between the North and South
- 3.First state to leave the Union in 1860
- 5.Founder of Black Panther party
- 6.Human rights activist and an American Muslim minister
- 7.Opposite of north
- 8.Got arrested for refusing to surrender her bus seat Rosa Parks
- 10.Led hundreds of enslaved people to freedom through underground railroad
- 11.The first African American to earn a PH.D from Harvard
- 13.Separating blacks from whites

Across:

- 4.Someone who had a dream
- 9.A new political party that emerged during the 1848 presidential election whose goal was to keep slavery out of the western territories
- 12.The first black athlete to play major league baseball

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.

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

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

Word Search

Theme: Black History Month

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

X R W E M Y Y J U S T I C E P J P Y Z B
T R J F O A R H H E R I T A G E J W X X
D A J P P Y R A Q R M S W L L N I E K T
V C Q V I O R T C N H Q A R F O M F Y P
Z E L Z B P Q I I E P L V T X C F B X
H X K M T L R E W N S H N D T H R P Q S
G N R V G J A O E C L M R I M I O E J G
Z M T F J B W C T S I U K S J D W E Z C
Z E A R U L N V K E M V T J G B L A P C
I G P X N R A N Q L S Q I H D S A C T G
V G W D E H B V G S I T P L E B W A L W
O Q F S T E O F V Y O V I P R R S I Q W
N L N Z E T L B M J D B E N Q I K J M A
M O O Y E U I F H C M U S S G D G I X Z
Z I Q E N L T Z L U J Y J T M I R H N D
M K J A T E I U B L V P B M A A N O T G
E F Q C H I O S E T A G H W D C T H W S
D E G L C E N X F U Q C X K V W L T S C
Y Z M L N N J Y S R S K N V R N L E E Y
Y B M V G L P X H E B P F U N I T Y S R

- Culture
- Heritage
- Unity
- Obstacles
- Race
- Martin luther king
- Civil rights
- Abolition
- Justice
- Racism
- Protesting
- Juneteenth
- Jim crow laws
- Black lives matter

Horoscopes

 Aries (March 21 - April 19) A deep concern for others' feelings could have you lending a sympathetic ear to those in need of some understanding.	 Leo (July 23 - August 22) Your inclination may be to control your feelings, but don't be afraid to show them. It's OK.	 Sagittarius (November 22 - December 21) Your hard work and dedication are finally paying off. News about possible advancement could come your way. It's a very eventful day.
 Taurus (April 20 - May 20) You've moved mountains to get where you are and it's nice to be recognized. In the evening, celebrate. You deserve it.	 Virgo (August 23 - September 22) You could run into difficulties that require help from others who may be out. Pace yourself and control the urge to run through your chores like a steamroller.	 Capricorn (December 22 - January 19) Expect some great news regarding money, possibly involving professional advancement. You may have to control the urge to cry tears of joy, Capricorn.
 Gemini (May 21 - June 20) This should be a very happy day for you. Your own contentment could seem almost too good to be true. It's real. Relax and enjoy it.	 Libra (September 23 - October 22) Some intense, revealing communications with a close friend or lover could reveal wonderful new things about your relationship.	 Aquarius (January 20 - February 18) Your own projects, particularly those done with other people, could be going well in spite of having to overcome some difficulties.
 Cancer (June 21 - July 22) An intense, emotional dream could move you so powerfully that you wake with the odd sense that the dream was real. Write it down.	 Scorpio (October 23 - November 21) Keeping up appearances could be more important to you than usual. Do it, but be yourself.	 Pisces (February 19 - March 20) Your imagination and creative abilities are operating at a very high level. Make the most of them.

Sports

Tue. Feb 23

Men's Ice Hockey

v. Albertus
Magnus College
5:00 p.m.

Wed. Feb 24

Women's
Basketballv. Rhode Island
Time: TBD

Fri. Feb 26

Women's
Indoor Trackv. UNH/UMaine
5:00 p.m.

Fri. Feb 26

Men's Indoor
Trackv. UNH/UMaine
5:00 p.m.

Sat. Feb 27

Women's Ice
Hockeyv. UNE
12:00 p.m.

Intramural and Club Sports Create Community Despite COVID-19

Unique Sports and Activities Bring Students Together

Connor Blake
Sports Editor

Intramural and club sports have been apart of the fabric of the USM community for many years, and even through the midsts of COVID-19, it's no different. Although the normal activities may have been modified, the long-lasting benefits it has on students remain.

At USM Intramural Sports were designed to provide an opportunity for students to participate in organized recreational activities such as soccer or flag football. This allowed undergraduate and graduate students to practice good sportsmanship in a supportive and inclusive atmosphere that promotes wellness, community, and competitive pride.

When the academic year started in the Fall of 2020, the importance of having an intramural sports program could not be overstated, but doing it safely was a challenge. "Trying to make sure everybody's safe and still have that engagement piece where kids are still feeling that sense of community was quite challenging," said Marc Roy, the Coordinator of Intramural and Club Sports.

Although challenging, Roy came into the COVID-19 academic year equipped with new ideas to keep the momentum of Intramural and Club Sports going. "We played classic yard games, like Corn Hole, 'Kan-Jam' and other things where people can still get engaged and they're still being safe," said Roy.

After a challenging yet rewarding Fall semester, Roy wanted to utilize the winter break as an opportunity to try and improve things for the Spring semester. After meeting with other recreation program directors from across the country and seeing what they have been doing, Roy decided he wanted to bring

"We are just trying to run these classic leagues with just slightly modified versions"

- Marc Roy
Coordinator of Intramural and Club Sports

some of those activities to USM for the upcoming season.

One of the brand new sports is "Three vs. Three Wiffle Ball" and "Three vs. Three Kickball". This game is modified to meet the COVID-19 protocols. Instead of getting somebody "out" by tagging the base or the person, you would get an "out" by throwing the ball back to the pitcher before the runner gets to the base. "We are just trying to run these classic leagues with just slightly modified versions," said Roy.

Another brand new sport is "Soccer Tennis". This game is very popular amongst soccer communities of other universities. This game is being played with a pickleball net and the court is roughly the size of a badminton court. "I would say it's more like volleyball than it is tennis, but you use your feet instead of a paddle," said Roy.

Intramural sports are designed for those students who are just looking for some friendly competition against their friends at USM. It doesn't matter how good or bad you are, anyone can play intramural sports at USM. For those students looking for something a little more competitive but not as involved and time-consuming as Division III Athletics, club sports can be the perfect option.

The USM Club Sports Program is a voluntary competitive recreational sports program organized by USM students for USM students, designed to meet athletic needs not met by existing intramural and intercollegiate programs. Current club sports include Field Hockey, Women's Volleyball, Dance, Men's Volleyball, Men's Ice Hockey, Esports, and Powerlifting.

If for some reason USM doesn't have a club sport that interests you, it is really easy to get a club sport started. "If you are interested in starting something that isn't already at USM students can talk with me to get that process started together," said Roy.

Kevin Hill, the current Men's Club Volleyball President, and junior majoring in English education got his team started by going down his hallway in his dorm room and knocking on every single door. "It was also important to think about some things before meeting with Marc like roster, practice facility, competition, budget, and equipment. Fundraising was also a big factor for us in



USM Men's Club Volleyball Team posing for a team photo after a game

terms of getting uniforms, new equipment, and travel for competitions," said Hill.

Men's Volleyball has now risen over the last four years and is considered to be one of the more successful slub sports teams at USM growing in both roster size and in its success. "I played volleyball for four years in high school and I was determined to keep playing. I rounded up a few guys, taught them how to play volleyball. After a few months of practice, we were ready to compete in the New England Club Volleyball League (NECVL)," said Hill.

Today the team has an impressive roster size of 18 members and they now compete against other colleges from the Northeast in addition to the NECVL. Due to COVID-19, the competitive season has come to a halt but the benefits of slub sports can still be felt today. "Despite the pandemic, we have had many team bonding events in the past. Some of our most fun memories are created in the long car rides and hotel stays the nights before tournaments where we play cars, have video game tournaments, and so on," said Hill.

Photo courtesy of Kevin Hill

Intramural and Club Sports at USM have always been a part of the special fabric that makes the community stronger and brings people together. "We're here to make sure your time is great at USM. If there is something you want to see, please do not hesitate to reach out. If you're interested in it, I guarantee there are 10 others just like you that would be interested in it," said Roy. **FP**



Photo courtesy of Intramural & Club Sports