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Women's History Month
Special Issue



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Letter from The Editor

One in six women - when enough is enough

Cullen McIntyre
Editor-in-Chief

There is much to celebrate in the month of March, most notably, the theme of this special issue, Women's History Month. This month is also functioning as a time of education, teaching values of equality and giving a voice to women across the globe. This education is incredibly important, and I felt that in a time where there is still so much disparity in the quality of education towards equality, that it should be highlighted in this paper.

As a male college student, it is not uncommon for myself to hear stories from the women around me to discuss the issue of sexual violence education for men. The topic itself has been prevalent in the recent "Me Too" movement, a social movement against sexual abuse and sexual harassment. According to the Rape, Abuse & Incest National Network (RAINN), "one out of every six women in the United States has been a victim of an attempted or completed rape in her lifetime," and "as of 1998, an estimated 17.7 million American women had been victims of attempted or completed rape."

These numbers are staggering, but for some reason many of my male peers are lacking the education on consent and sexual violence. The discussion around this topic remains incredibly taboo, as sexual education in the United States continues to lack the proper education around

sexual violence and other topics, such as safe sex in a medically accurate manner, according to the Department of Nursing at USC. The article by the Department of Nursing at USC mentions that legislation around sexual education falls under the jurisdiction of states' rights, meaning that the government of each state gets to decide how sexual education is provided. According to the article, only 25 states mandate sexual education.

This lack of education, especially in the proper format, leads to a lack of proper knowledge about how to perform safe sex, including topics such as consent and sexual violence. Due to this, the number of young women at risk in the United States is incredibly high. According to RAINN, "Females age 16-19 are four times more likely than the general population to be victims of rape, attempted rape, or sexual assault." For women ages 18-24 that are college students, RAINN reports that they are "three times more likely than women in general to experience sexual violence. Females of the same age who are not currently enrolled in college are four times more likely."

The statistics are incredibly eye-opening, but not nearly as addressed as they should be. As stated earlier, being a college student I have friends, co-workers and peers who are at the age where they are three times more likely to experience sexual violence than women in general. There must be something

done, especially from the offending side. Men need to be properly educated, not only by the education system but on their own behalf. Too many times on social media the objectification of women is found to be "just a joke" and not taken seriously by other men.

Social media has been a hotspot for derogatory comments and mistreatment of women. From the degrading of body images to comments like "stay in the kitchen," the vast majority of these comments are made by men towards women. Don't believe me? Open up Instagram, Twitter, or any social media platform, find a social media account such as ESPN, SportsCenter, or Bleacher Report and find their latest post about a woman in sports. The comments range from "nobody cares," to "no one watches women's sports." These examples are far from the worst comments, but can be seen hundreds of times while scrolling through social media.

From sexual violence to social media, men must be better. Educate yourself on why women are still fighting for equal rights in 2021. Instead of thinking your masculinity is being taken away, you have

to understand that women's voices deserve to be heard. There is no reason to get upset at the idea of equality, when in fact it benefits all. As men, we are incredibly privileged to live the lives that we have. I for one have never had to worry about looking over my shoulder when walking at night, nor have I had to worry about my body being objectified in every social media post I share of myself. It is unfair to those that must think about this on a daily basis, and even more unfair that men act as if these problems don't exist.

Now is the time in an argument where if there was a simple solution to this problem, I would make the case for it. But because this issue of inequality towards women is so deeply ingrained in our society, there isn't a simple fix. That of course doesn't mean it shouldn't happen, as working towards fixing the injustices and inequality towards women should be a high priority for all. A foundation needs to be put in place where proper education and treatment of women is understood at a young age, so that society itself can understand and accept the values as we progress. **FP**

Cullen McIntyre

Maine Association of School Psychologists honor university alumni

Lisa Howe and Lisa Beckman earn 2020 MASP honors

Laura St.Pierre
Staff Writer

Lisa Howe and Lisa Beckman are two alumnae that have had the honor of being selected by The Maine Association of School Psychologists (MASP) of the School Psychology graduate program at the University of Southern Maine for its annual School Psychologist of the Year and Lifetime Achievement awards. This award acknowledges members of MASP who demonstrate excellence in leadership and school psychology practice.

"Beyond the role of evaluators, school psychologists fill a crucial role in school communities providing consultation and



Photo courtesy of usm.maine.edu

Lisa Beckman, MASP's School Psychologist of the Year.

collaboration in intervention systems and supporting school staff through professional development and technical assistance," Erin Frazier, Maine Department of Education Director of Special Services.

Backman and Howe, who graduated from USM in the late '90s are incredibly grateful for the MASP honors.

"The recognition is overwhelming," honoree Lisa Backman said. "I am intrinsically motivated to assist a parent or educator understand a child better and help make learning a little easier for my students. Personally, this award reflects my passion for the profession. It's wonderful to be acknowledged for the great care I devote to it."

"It was a humbling and unexpected honor, and I consider it a shared honor," honoree Lisa Howe said. "For me, it's an opportunity to celebrate and give credit and gratitude to those who nominated me, as well as my professors at USM and the supervising psychologists who have mentored, trained, supported, and consulted with me over the years."

Backman has provided psychological services for the Windham-Raymond School District for the past 20 years, earning the utmost respect for the positive impacts she has brought to her workplace. Beckman's building principal stated that he believes they are "fortunate to have her calm demeanor, as well as her extensive knowledge of research-based practices and Special Education law to help make the IEP process one that aligns with our mission." He shared that he "often encourages teachers to

talk with Lisa when struggling to meet learners' unique needs. Teachers appreciate this support and report being able to implement effective practices from her feedback."

Howe works for Gorham Public Schools and received the Lifetime Achievement Award for her devotion and hard work through years of service to her local school district as well as to the profession at the state level. Not only was Howe's admirable work at the district level a major factor in receiving this achievement, but she has also volunteered many hours of her time over the years with MASP.

The director of special services in the Gorham School Department, Kathy Hamblen, commended Howe's leadership in implementing initiatives for the district and supplying resources for how best to meet the needs of students with learning challenges.

Due to COVID-19, the award ceremony was held virtually with Ruth Crowell, president of MASP, who praised both honorees for their service to students and families, their schools, and the profession.

The pandemic caused immense struggles for educational institutions and its employees; however, when schools began to shift to virtual learning, "Lisa Backman stepped up, meeting multiple times a week with the Maine Department of Education and with MASP leadership in developing resources and training for shifting to the new digital school format," said Crowell.

"Lisa Howe has demonstrated lead-



Photo courtesy of usm.maine.edu

Lisa Howe, recipient of MASP's Lifetime Achievement Award.

ership and a commitment to growth in schools by spearheading several projects over the years," Crowell continued. "She also has volunteered many hours of her time in numerous positions with MASP, including participation at the committee level as well as serving as secretary of the organization."

Crowell ended the ceremony by thanking Backman and Howe for their endless kindness and empathy towards students and families.

Currently, Backman is in the running to be named National School Psychologist of the Year by the National Association of School Psychologists. **FP**

Students and faculty to expect a more traditional Fall semester

University of Maine System hopes to resume normal activities

Amelia Bodge
News Editor

The University of Maine System announced they will transition more of an in-person college experience come Fall semester.

This includes things like more on campus classes, more students able to live on campus, and added group activities that have been restricted due to COVID-19.

This announcement comes amidst Maine's growing vaccinated population and Gov. Janet Mills updated public health guidelines.

In a statement Chancellor Dannel Malloy shared "We expect to welcome our students, faculty, and staff back to our university campuses this fall to safely resume the most traditional in-person college experiences we all took for granted before the pandemic."

The details about what the updated fall semester will look like have yet to be fully

worked out but according to the guidance released by the University System, students and faculty should plan for more in-person instruction, courses, and activities. Along with updated attendance protocols for these activities and more facilities open with fewer restrictions.

"We are actively working towards normalcy with a full expectation that our late August opening will be very much like those of years past as opposed to the experience we had this past year," Chancellor Dannel Malloy said.

The University System states they will continue to align with civil authority recommendations. They will also carefully consider the full spectrum of protocols and options including: group size limits, face coverings, physical distancing, testing requirement and many other considerations. And also will continue to be informed by science and ensure compliance with the pandemic require-

ments of Maine civil authorities.

Students though are excited as many have struggled with the lack socialization and are looking forward to the increased activities on campus.

The changes won't begin yet and throughout the spring the system plans to continue following current physical distancing and safety requirements. They will also continue with its asymptomatic and wastewater testing.

Some protocols like mask wearing and group size limits may still be in place in the fall. These changes will depend on the most recent guidance from the state.

To date, across the seven campuses in the University System have been low with the most recent 14-day positivity rate being 0.17 percent which is below the state rate which is 1.5 percent. The 0.17 percent represents 27 positive results across the 16,257 tests given.

For updates and further information on

the University System fall semester plans look to University System announcements, press conferences from Chancellor Dannel Malloy, and updates from USM or the USM President. **FP**



Cassandra Regner / Staff Photographer

Sophomore's Alyssa Folger, Audrey Richdale, Josiah Lewis, and Madiosn Martz are enjoying dinner outdoors as spring and pre-covid traditions are slowly returning.

House passes bill to remove ERA deadline

Revival of the fight to ratify the Equal Rights Amendment

Amelia Bodge
News Editor

The House of Representatives voted on March 17th to remove the expired deadline for ratifying the Equal Right Amendment (ERA) for women. This comes after the Justice Department declared their view to be this act impossible.

Upon Senate approval the amendment shall become part of the Constitution after it has been ratified by the legislatures of three-fourths of the states, the final state ratification happened last year.

The House voted 222 to 204 to remove the expiration but this comes decades after the original seven-year deadline set by Con-

gress along with the three-year extension given when the amendment was close to passing in the 1970s.

President Joe Biden said in a statement after the vote "Now is the time for us to recommit ourselves to tearing down the systemic barriers that continue to fuel gender disparities and limit opportunity for half of the American people"

The ERA was first drafted in 1923 by Alice Paul and Crystal Eastman who were both leaders of the women's suffrage movement. They thought that the next step after ensuring women the right to vote was to ensure gender equality as well.

The text of the amendment has been revised and changed over the

years but the version sent to Congress in 1972 read:

"Equality of rights under the law shall not be denied or abridged by the United States or by any state on account of sex. The Congress shall have the power to enforce, by appropriate legislation, the provisions of this article."

The amendment was backed by women lawmakers like Rep. Martha Griffiths (D-MO) and Shirley Chisholm who vowed to make the ERA a legislative priority.

Congress approved the ERA in 1972 and gave the amendment a customary seven-year deadline for ratification by three-fourths of states. In 1977 35 states had ratified the amendment but 38 were need for the amendment to

be added to the Constitution so Congress extended the deadline to 1982. No states acted on the expanded deadline.

A resurgence in ratification efforts began in 2017, following the election of President Donald Trump women took to the streets in protests.

Nevada ratified the amendment in 2017 becoming the 36th state followed by Illinois in 2018. Virginia approved it last year becoming the 38th state successfully meeting the minimum requirement of the three-fourths of states needed.

Those states tried to argue in court that the official deadline was not enforceable because, under the Constitution, Congress has no power to impose one. The

step were ruled against by U.S. District Judge Rudolph Contreras on March 5th.

The states have the possibility to appeal the decision if desired.

Last year, the late Supreme Court Justice, Ruth Bader Ginsburg, a longtime supporter of the ERA, expressed she would like the ratification process to restart because of the controversy it's causing.

It should be noted that some states that initially backed the ERA have rescinded approval adding to the controversy. South Dakota, Idaho, Kentucky, Tennessee, and Nebraska all voted to withdraw in the 1970s. **FP**

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Financial effects of the pandemic on college students

Students share financial struggles caused by pandemic

Haley Hersey
Staff Writer

The COVID-19 pandemic has unprecedented mental, emotional, and financial adverse effects on lives. The implications of the effects of the pandemic are being talked about more frequently, but often college students are being left out of the discussion.

With stimulus packages being presented to Congress that support families and dependents, college-aged kids are regularly being forgotten. What is the University of Southern Maine doing to support its students?

USM President, Glenn Cummings, stated, “The University has taken a number of steps to increase resources for students. We created and awarded the First Responder and Essential Worker Scholarship to 50 students, USM reduced online course and transportation fees, and the entire Maine System has made Wi-Fi available on all campuses for easier access. USM also distributed close to \$2.3M of federal funds (CARES Act) directly to students and we are hopeful to receive the new federal relief package in the coming months.”

President Cummings also shared that there has been a struggle with the switch to remote learning, especially for students in more rural areas. Having to support various technology, computers, and wifi expenses in order to be successful in an online learning environment has proven to be a difficulty for many students.

Students at USM have their own experiences with the financial burdens COVID-19 has added to their lives.

Sophomore media studies major, Josh Sawyer, said, “I know things became very difficult for me at the beginning of the summer when I realized I would be losing my

summer job because the people I worked for wouldn’t be coming to Maine. This made things very hard for me being able to afford school or to get a way to fund my education because my mother was so worried about the virus.”

Sawyer was also hopeful that “my university and the people who work in it are aware that some kids are missing out on learning because of the specific circumstances we are in and should be more accommodating to the climate we are living in.”

Will Vachon, a first-year health science major, said the pandemic “has taken a toll on my friends and me by making it harder to find jobs. One of my close friends was working a job at a movie theatre that once the pandemic happened they shut down. He was out of work and couldn’t make any money to support himself.”

Phoebe Elliot, a first-year health science major in the accelerated program to athletic training student shared valuable insight: “If I got my schedule, and my classes were online, the cost it would be for me to go here would be too much; and like a lot of my friends, I would have taken a gap year or stayed home and taken classes at a local college. Even today, as I’m sitting in my dorm room, I wonder how much money I could be saving if I just stayed home. Even though I love being on campus, I can see the financial strain it is putting on my family.”

Elliot’s point about the decision to live on campus, be remote, or commute is one that is impacting many students due to COVID-19.

Regularly, students would choose the format, or modality, of their classes based on what type of learning is best for their needs. Living on campus and having in-person classes, commuting for a few in-person classes if they lived close, and being fully



George Hart / Designer

online with classes they could do when it was convenient for them were very common pre-Covid.

Now, in a world where masks are used to protect ourselves and others, and social distancing is a key way to stop the spread of the virus, students are being pushed into a remote learning environment or very small, limited in-person classrooms.

The USM Dean of Students, Rodney Mondor, informed that “It has been very difficult for our students to navigate the challenges of COVID-19, while being a student.”

Dean Mondor also shared that the University’s Campus Food Pantry is another resource available to students. For more information regarding the food pantry, click here.

Students may also appeal their financial aid package if the tax information on their FAFSA does not accurately reflect their current situation due to unemployment or a reduction in family income. If this applies to you, please contact your financial aid counselor to discuss your eligibility. **FP**

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Arts & Culture

Laurel Tree By Lauren McCallum

Student Entrepreneurship Finds Life in Jewelry Business

Lydia Simmons
Staff Writer

Entrepreneurship is a highly valued quality among people in any industry. For USM student Lauren McCallum this quality seems to be right on brand. In October, McCallum came up with the idea to start her own jewelry-making business and quickly set the wheels in motion, determined to make it happen. Soon the project came to fruition in the form of her own business called Laurel Tree by Lauren.

McCallum first came up with the idea for her business venture after seeing an Instagram tutorial post from another jewelry maker about her creation process. The immediate interest in her product led McCallum to research everything that went into the jewelry making process including the tools, supplies, and materials. Within a couple weeks she had all the products and was beginning the process herself. When asked what her motivation was in creating Laurel Tree by Lauren McCallum responded, “I was really interested in just having a creative outlet. Growing up I was

always interested in art so I was painting a lot or just creating different things and then I came across that and I was like these are the products, I like these, so I can just make them for myself.”

McCallum is double majoring in media studies and communications as well as double minoring in marketing and public relations. She has been able to apply the knowledge she has gained from her course work, especially in marketing, when it comes to running her business.

The process of creating her signature handcrafted clay earrings is a multi-day feat. McCallum uses polymer clay which she conditions and uses a pasta machine to roll the clay out flat. She uses crafting tools to create the desired shapes and patterns, which takes three to four hours and then bakes the pieces in the oven. The next day she sands the edges and uses a UV resin and UV lamp to cure the resin giving the earrings their shiny finish before attaching the jump rings and ear wires. McCallum learned through trial and error what worked for her, observing others who crafted clay earrings, taking note of their tips and tricks.

McCallum said, “I feel like every time I make another batch of earrings they turn out better than the one before so it’s nice to see that improvement.”

McCallum talked about how through this process she has become more comfortable and confident in sharing things that she creates. Her passion for what she is doing has made it easier for her to share her art, something that she says will be useful in the future.

When asked if she had any advice for people who are thinking about starting their own business she responded, “I would just say go for it. There is always going to be something you can do to improve but if you don’t start you’re never going to know.”

At first McCallum was a little intimidated that people wouldn’t support it or like what she was creating. She continued, “If it is something you are passionate about it’s better to start than not start because a quote I live by is ‘one year from now you’ll wish you would have started today,’ so you just don’t know unless you try.” McCallum is a testament to taking your passion and making it a reality, something that many people can find inspiration in.

You can follow Lauren on:
Instagram @laureltreebylauren
Etsy @LaurelTreeByLauren
<https://www.etsy.com/shop/LaurelTreeByLauren>
Facebook @ Laurel Tree By Lauren **FP**



Photo courtesy of Lauren McCallum

McCallum featuring a newly released design: The Audrey.

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Artist of the Week : Morgan Doughty

Capturing moments to last forever through photography

Kayley Weeks
Staff Writer

Morgan Doughty became interested in photography in elementary school when she was introduced to National Geographic magazine. Doughty remembers how all the kids fought over the magazine when it came into the library each month. Eventually, she convinced her mother for her own subscription to National Geographic Kids magazine. Since then, National Geographic has been one of Doughty's major inspirations.

Doughty is a junior majoring in Media Studies with a minor in Psychology. She is currently living in her hometown, Hollis Center, Maine.

Sparkling imagination and telling a story through her photographs, she leaves the story up to the viewer's interpretation. Doughty uses a mix of digital and film photography. She currently shoots her digital photos with a Canon 6d Mark ii, and a 50mm f/1.8 lens, and she shoots her film photos on an Olympus OM-20 with a 50mm f/1.8 lens.

When Doughty was a sophomore in high school, she was introduced to digital photography. She took the only photography class available at her high school, which gave her access to the school's digital cameras. This class inspired Doughty to

buy her first digital camera. She spent the majority of this class in the dark room. This is where found her passion for hands-on photography, and "the challenge made it all the more fun," says Doughty, "I was able to learn how to load and unload my own film and even mix chemicals correctly to then develop that film. My friend and I spent hours after school in the red-lit darkroom just experimenting with the print enlargers and chemicals until we could make prints that we liked." Since this class, Doughty's photography skills have improved a great deal.

Believing that practice is the key to advancing photography skills, she tries to get out as often as possible to take photographs. Doughty enjoys shooting in more rural areas with rundown buildings or abandoned cars, etc, because she thinks that, "the quietness of a small town gives more meaning to a photograph that is meant to convey a story."

One of Doughty's favorite places to shoot is Eustis, Maine, where her family owns a camp. Eustis is a quiet and small town that sits on Flagstaff Lake and is surrounded by mountains. Some of Doughty's favorite shots come from there due to the abundance of history seen on the side of the road. This concept relates to why Doughty enjoys taking photos.

Her favorite thing about taking photos



Photo courtesy of Morgan Doughty

Doughty's work features well compositioned landscape photography

is the ability a photographer has to capture one moment in time making it exist forever. Photography allows for unique moments in time to be captured through the eye of a lens and made into art. As much as Doughty loves photography, she is not quite sure of her path after college.

As of now, Doughty is sure that she wants photography to be included in her future career. Photojournalism is one option that Doughty is leaning towards. She has

always had an inkling towards writing, but as of now she is more experienced with formal writing, not creative writing. If Doughty could find a way to make a career out of traveling and taking photos, she would do it in a heartbeat. Doughty hopes that someday she will be able to use her photography to live sustainably and comfortably. **FP**



Photo courtesy of Morgan Doughty



Photo courtesy off Morgan Doughty

MOVIE TALK

The Girl in the Spider's Web

A Suspenseful Thriller Staring a Strong Female Lead

Isiah Leech
Staff Writer

The Girl in the Spider's Web, a 2018 film directed by Fede Alvarez, is a direct sequel to The Girl with the Dragon Tattoo. Starring Claire Foy as the main character, this film is about her and a companion finding themselves caught up in a web of spies, cybercriminals, and corrupt government officials.

Before getting into the review, let me just start off by saying this film was good, but it was very interesting on how the film played out. Not knowing that this was a sequel was confusing at some points in the film, but overall was good. The idea of Claire Foy's character Lisabeth Salander being a hacker vigilante, who targets and takes down men who hurt women, was something new that I had not seen before, but thoroughly enjoyed. The way they introduced her in the beginning of the movie was powerful, which was her targeting a man who abused his wife. Watching her catch him in a trap that left him hanging upside down, draining his entire bank account, forwarding all his money to prostitutes and his wife that he abused, then finishing by tasing him in the groin. And while I am not a girl, it felt empowering.

This film was what felt like a thriller, with less action scenes and more of a build up to the climax. While this made the pace of the film feel a bit slow, it still paid off. It felt as if they were trying to focus more on the actual story and plot, instead of what most films do today and add a good amount of action scenes.

Most of the scenes were suspenseful as they were spent showing Lisabeth outsmarting everyone and staying two steps ahead. The multiple antagonists in the film such as the cops hunting her down as she is a wanted vigilante, and with them getting closer and closer to catching up to her, was suspenseful as



you thought that she was about to be caught.

The main antagonist, which was her sister, was a bit predictable, as in the beginning of the movie, she stated that both her dad and sister were dead. Her sister, who was a psychopath, was always sincere about everything, which made her more of a menacing character.

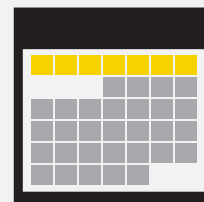
The climax of the film, which was not super action packed, was more of a strategic ending. With Lisabeth on the verge of suffocation, she is able to escape it at the last second, with

Photo courtesy of IMDb.com
the rest of the antagonist's henchmen being picked off one by one by her teammate, played by LaKeith Standfield.

Overall, this film was good, as it was a different change of pace from the intense action packed movies I usually watch. With a powerful woman main character, showing that she can do whatever a man can do, was also refreshing to see.

The Girl in the Spider's Web: 7/10 **FP**

What caught your eyes and ears this week? Let us know! arts@usmfreepress.org



A&C Listings

Saturday, April 3

2:00PM - 3:00PM

Caleb Randall and Mia Love Recital

Virtual Concert

Registration Required

Free

Wednesday, April 7

5:00PM

Any Book Book Club

Free

Friday, April 10

7:00PM-8:00PM

Chris Petterson Voice and Flute Recital

Virtual Concert

RSVP

Free

Sunday, April 11

2:00PM-3:00PM

University Concert Band

Registration Required

Free

Friday, April 16

10:00PM-12:00PM

IDEC Monthly Meeting

Via Zoom

RSVP

Sunday, April 18

2:00PM-4:00PM

The Magic Flute

Live Stream

Tickets \$10

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USM Community Page

Checking out the feminist bookshelf

Past newsletters, papers and organizations giving voices to the Feminist Movement

Zoe Bernardi
Community Editor

Happy Women's History Month. As we enter the month to honor the bold, powerful women of the 21st century, it is important to feature stories and platforms that showcase women of color, the queer community, and anyone who identifies as a woman. In 2021, the feminist movements that have been front and center include but are not limited to, MeToo Movement, intersectionality in feminism, equality across genders, and more education on sexual health and human rights. Modern-day feminism is broad and features many wings, subunits, and cultures that are all about getting equality across all humans in every capacity. Being a feminist means believing in "the advocacy of women's rights based on the equality of the sexes." (Dictionary)

This month in the Free Press, we will be featuring women profiles, women-run local businesses, women athletes, students, and staff that are a part of the USM, Maine, and Portland communities. Before the Free Press, in previous waves of feminists, Maine had many women-run and written newspapers that featured stories of local women, the LGBTQ+ community, and gave voices to fellow neighbors.

The Maine Lesbian Feminist Newsletter started in 1976 and was published until 1984. The newsletter group was based out of Belfast, Maine, and featured a calendar of events. These events included support groups for parents of queer children and fellow LGBTQ+ members, resources for mental health and couples therapy, as well as dances, charity events, walks, and protests in local areas. The newsletter often supported feminist and women-run businesses, restaurants, and local artists. Within each newsletter, you could find artwork, doodles, and writing from people in the area and LGBTQ+ and feminist communities. Each newsletter had donations and ways to support artwork and benefits for sexual education or to help those incarcerated and to fundraise for funerals and other events. Rather than just articles, there were letters, the listing of events, images, and small

excerpts that were included.

Another second-wave feminist paper is called, Our Paper, based out of Chelsea, Maine. Our Paper was another publication that focuses on Portland and Maine's alternative culture and the LGBTQ+ community. Started in the early 1990s, Our Paper defined their focus "is to explore, educate and entertain our readership with Maine's best alternative publications. Our content contains, but again, is not limited to, the alternate lifestyles of Maine, New Hampshire, and that of Northern Massachusetts." The paper features articles from readers and writers of the organization, as they had a lot of local input in Maine. They often wrote of personal experiences and reflections of being feminist, or queer in New England in the 1990s. Articles had topics from local music, places to eat, profiles on local organizations, facts about being gay and personal reflections on coming out, and being openly queer, and making friends.

Lastly, the paper 10% paper was another monthly paper that featured voices in Maine for the feminist and LGBTQ+ communities. 10% paper started in the late 1980s and went through the early 1990s, featuring mostly topics in the second wave of feminism. While the majority of this paper profiled local chapters and organizations for women and the queer community, they also shared national information on equal rights and news about women and the feminist movement. They had letters to the editors and the general public. As well as food ads and comics and where to find sapphic books and dirty magazines in the Portland area.

To read all of these papers, newsletters and articles please check out the USM Digital Commons for copies in their Lesbian, Gay, Bisexual, and Transgender Collection by Jean Byers Sampson Center for Diversity in Maine Special Collections.

Giving a voice to the women, LGBTQ+ and feminist movement have always been important to Maine and the Portland area. These newspapers, articles, and newsletters were the start of the alternative reading that happened in the second wave of feminism in the 1980s-1990s. Now as we

are in the fourth wave, which started in 2012, and has a focus on intersectionality and issues with slut-shaming, body positivity, and sexual harassment with movements like #MeToo. A lot of magazines and newsletters have moved to the online space. Some online feminist magazines and platforms to follow would be, Gen-Zine (@thegenzine), Darling Media (@darling), and Maine Women's Magazine (@mainewomen-magazine). **FP**



Kelly Ledsworth / Design Director

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People of USM: Bernadette Esposito

Honors professors and published essayist on near-air disaster

Asher Close
Staff Writer

Bernadette Esposito grew up in the suburbs of Chicago in Wheaton and Downers Grove and attended The Evergreen State College, a small liberal arts college in Olympia, WA. She received her MFA from the University of Iowa and has taught in California and Wyoming. She's been in Maine for seven years; After five years of teaching at Maine College of Art, she got a job at USM teaching honors math and writing. "I like it here in Maine, and I'd like to stay here," she said, when asked about her plans for moving in the future.

"When I grew up, my parents were divorced. My dad lived in Florida, so we did a lot of flying back and forth between Tampa and Chicago." Esposito expresses that she wanted to be a pilot because she loved flying as a kid, but in early high school, she began having recurring plane crash dreams that were really specific. "I was also an avid journaler and I always wrote my dreams down. I just always had this fear that I was going to be in a plane crash in real life," she said. The dreams didn't stop, even as she wrote about them.

For Esposito, the anxiety over these dreams was very real. She described how she wouldn't fly on certain days, certain airlines, or on planes with specific flight numbers. "I was obsessed with the number eight and wouldn't fly if it was the eighth of the month or if the flight numbers added up to eight." When she went through the math program at college she said it brought the anxiety down as she started learning about the low probability of her fear coming true.

Then in 2005, she experienced the very event she had been having dreams of for so long. "I had a writing fellowship in France following my first year in grad school, and I was flying to Paris from Montpellier when the engine exploded after taking off. It felt like the culmination of this fear that I had had for so long," she said. It wasn't until after the experience that Esposito realized she had chosen to fly on August 8, which coincided with her anxieties prior to the accident. She later found in her journal that two days prior she had had a plane crash dream but by then they had become so normal for her she hadn't thought twice about it. After surviving the flight, she enrolled in a fear of flying program to help with the trauma and she began writing even

more about her experiences and everything she knew about air disasters.

Esposito is a published essayist. After her near-air disaster experience, she focused her essays on that topic and she began collecting them and forming them into a full-length book. "It became more personal as I began looking at the fear, and examining it, and thinking about survival, and what it means to go beyond just surviving," she said. Over the pandemic, she was able to get close to finishing her work and the culmination of her book will be coming to a close soon.

She has been working on it since 2013, when her agent suggested that her essays had the capacity to expand into something larger. She began speaking with air disaster survivors and researched exactly how survivability is calculated in the face of these events. "It's all very math-y," she said. "I went to the National Transportation Safety Board and trained to investigate survival factors in aviation accidents, and I was writing about the whole experience as an outsider looking in." What was a traumatic experience became a reason to delve into the exploration of her daily life and how survivability and the idea of living past surviving resonated with her.

After writing and publishing short-form essays for years, Esposito felt liberated once she realized that her essays could be transformed into a larger work. "I wondered how I could sustain the reader's attention in this more unconventional style where you have to work harder to pull the reader through when there isn't a conventional plot-line." She compared the process to that of quilt-making, something Esposito says she does in her free time; "It's very pastiche, it works spatially and geometrically; I felt free writing outside a conventional form, but it also challenged me as a writer."

She has used her experience writing essays and turning the conventional genre of writing into something more creative to inspire her students when planning out her classes. "In terms of designing courses, I give students a lot of opportunities to experiment and kind of play in their writing, similar to the way artists do, in order to liberate themselves from the constraints of a conventional form," she said.

Her intrigue in arts and writing has inspired her to transform the academic setting of higher institutions into a more creative one. "I understand how, as a writer, you can get stuck in the mode of whatever

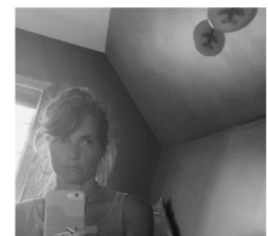


Photo courtesy of Bernadette Esposito

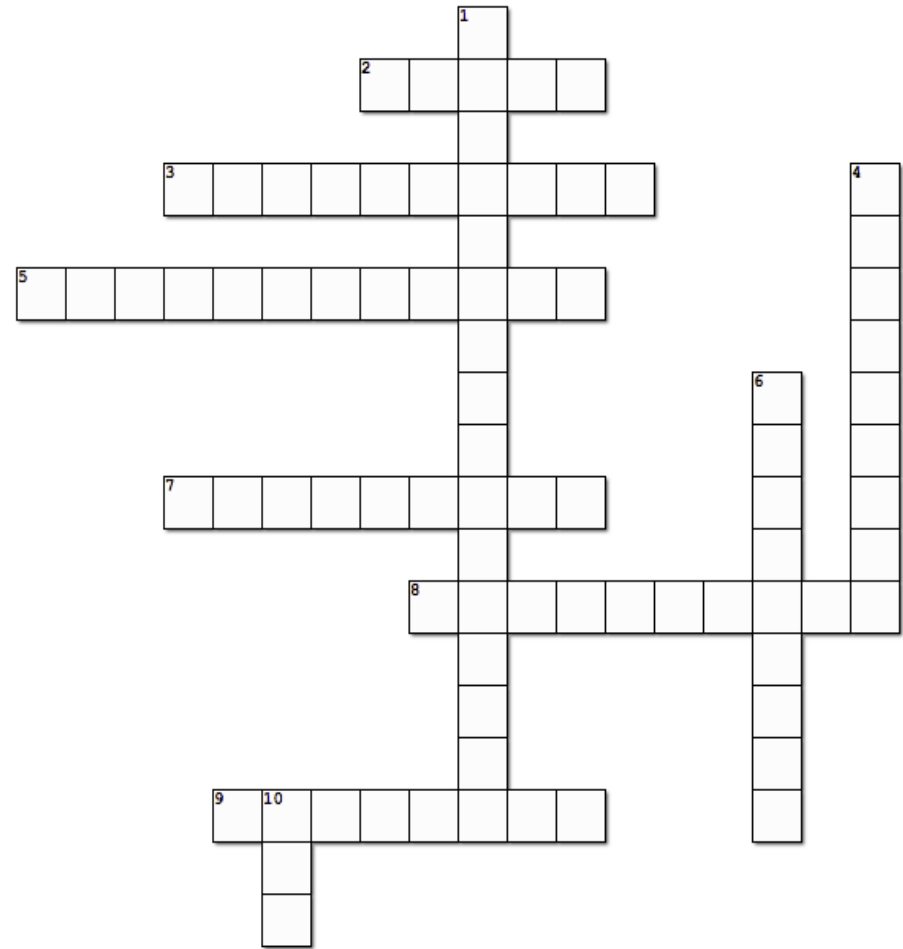
it is you're doing, but you can always give yourself permission to explore and play. Whether it fails in your mind or not, it's a way to grow and keep the right part of your brain working," she said. She encourages this in her honors writing courses with students who struggle with outcome-driven thinking. "What if it's just about the process?" she poses.

When asked what advice she'd give to students interested in becoming writers, she responded with: "Try all kinds of writing. Don't pigeonhole yourself. Even if you like writing in one genre, like fiction, try some poetry, try literary journalism, ethnography, essay, sample everything," she said. "And, as always, read everything.

Read bestsellers, the classics, old literary works, read all genres, but also sample lesser-known works and less conventional works. Find as many voices as you can to talk about every kind of experience out there."

Esposito says she still experiences dreams that often happen in real life, and she's learned to deconstruct them for their meaning. Sometimes they're still plane crashes, but that doesn't stop her from moving on with her life. And she says she'd love to teach a course someday on understanding and interpreting dreams. **FP**

Crossword



- Across**

 - 2. Showing courage
 - 3. 'the mother of the freedom movement'
 - 5. First computer programmer
 - 7. Not having basic necessities
 - 8. Society ruled by women.
 - 9. Advocate for women's rights.
- Down**

 - 1. Youngest recipient of the Nobel peace prize
 - 4. Moral uprightness.
 - 6. Not readily relinquishing a position, determined
 - 10. A proposed amendment to the constitution.

Sudoku

Level of difficulty: Hard

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

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

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

Word Search

Theme: Women

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

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

- Amelia Earhart
- Anne Frank
- Boss
- Confidence
- Empoerment
- Equality
- Feminism
- Jane Austen
- Sha P Johnson
- Mary Jones
- Maya Angelou
- Powerful
- enee Richards
- Resilient
- ojourner Truth
- Suffrage
- Trailblazer

Horoscopes

 <p>Aries (March 21 - April 19) You might not want to talk about what's coming up for you, but that's OK. You will need to make sense of it first before you can share it.</p>	 <p>Leo (July 23 - August 22) Good news could come through the mail, email, or phone regarding goals you've been trying to reach. You're also likely to send out a lot of communications.</p>	 <p>Sagittarius (November 22 - December 21) Don't expect everything you pick up to be positive. Others have their issues. Let them know you understand.</p>
 <p>Taurus (April 20 - May 20) When it comes to jotting down possibilities, trust your intuition, as it's operating at a very high level.</p>	 <p>Virgo (August 23 - September 22) The answer you seek is around the corner. You may sense that it's close but yet far. This is completely understandable. Take control of your destiny.</p>	 <p>Capricorn (December 22 - January 19) Your intuition level is high and apt to serve you well now, particularly where work and health are concerned. Make the most of it!</p>
 <p>Gemini (May 21 - June 20) Images and ideas that come from deep within you can contribute to your creative self-expression. Write down any insights.</p>	 <p>Libra (September 23 - October 22) Your heart and mind are working harmoniously, so take advantage of this to lay down some plans.</p>	 <p>Aquarius (January 20 - February 18) Your moods are always fluctuating. Today looks like you're on an up note, Aquarius, so enjoy the caring, sensitive mood of the day.</p>
 <p>Cancer (June 21 - July 22) Emotions from the past could well up, but this is a positive development. Don't fight it.</p>	 <p>Scorpio (October 23 - November 21) Your emotions may be so tied up in your brain that you can't think straight. Try to mellow out and watch a movie.</p>	 <p>Pisces (February 19 - March 20) Some strange dreams could stimulate your imagination and start you on new avenues of exploration.</p>

Sports

Thursday 4/1

Baseball

v. UMaine
Farmington
4:00 p.m.

Friday 4/2

Baseball

v. Rhode Island
College 12:00
p.m. & 3:00 p.m.

Friday 4/2

Softball

v. Rhode Island
College 2:00 p.m.
& 4:00 p.m.

Saturday 4/3

Women's
Lacrossev. Western
Connecticut
2:00 p.m.

Wednesday 4/7

Women's Tennis

v. Plymouth
State 4:00 p.m.

Husky Heroes of the Month

Q&A With three influential women within sports

Connor Blake
Sports Editor

Three very important factors to making a Division III Athletics program successful are the players, coaches, and administrators. Without these pillars, the University of Southern Maine wouldn't have the successful program it does.

In honor of Women's History Month, The Free Press wanted to highlight and honor three individuals who work, coach, and play in each of these important areas. This week The Free Press sat down for a Q&A with Women's Lacrosse Player Hannah Gorham, Women's Basketball Coach Samantha Norris, and Associate Director of Athletics Kim Turner.



Gorham, #15, in the 19-3 season opener against New England College

Cullen McIntyre / Editor-in-Chief

Hannah Gorham: Senior majoring in Sociology plays for the Huskies' Women's Lacrosse team as a defenseman. Since being at USM, Gorham can be seen all over campus working for the Office of Admissions as an Ambassador giving tours to future students. Gorham also participates as an Orientation Leader for orientation weekend each fall semester.

Gorham is a huge advocate for others at USM, playing an integral role in both the Students Athlete Advisory Committee (SAAC) and the Student-Athlete Diversity Equity and Inclusion (SADIE). "I'm really passionate about who we're representing and who we're not... One thing SADIE and SAAC accomplished was getting the university to buy 27 new flags to represent people here at USM and within athletics," said Gorham.

When asked what it meant to be a woman in sports, Gorham responded with the following: "First I think it is super important to single out the Division three part of it. Division three athletes are so dedicated to their sport because we don't get money or scholarships to do it. We do it because we love to do."

Gorham went on to say, "being a female in athletics can sometimes be really challenging. I think there have been times where we could've done better to show women that they're just as prioritized as male sports... However, we have a lot of female coaches who are constantly pushing administrators to recognize where they might be falling short."



Norris coaching from the sideline in one of the Women's Basketball's six games this year.

Cullen McIntyre / Editor-in-Chief

Samantha Norris: Norris entered her sixth season as head coach of the Huskies Women's Basketball program. Norris has several awards and honors, being named to the Women's Basketball Coaches Association (WBCA) Thirty under 30 for three years in a row. Norris was also recognized for her commitment to community engagement and service-learning, receiving the Donald Harward Award for Faculty Service-Learning Excellence in 2018.

Norris decided to get involved in coaching during her senior year at Colby College. "I started to think more seriously about what my next steps in my professional career would be and I reflected on where I spent most of my time outside of classes: playing basketball, lifting, working basketball camps, volunteering in a mentor program, and substitute teaching. It became clear that doing something where I could be active, work with younger people, and stay around basketball was really important to me," said Norris.

Norris, growing up in the Lake Region of Maine, was inspired by Katie Simpson on the girl's varsity basketball team of Lake Region High School. "I wanted to be like her... Simp-

son would volunteer at my elementary school and this is where I saw her as a role model student, athlete, and person," said Norris.

Before Simpson finished high school she tragically took her own life. "The community was devastated and I don't think I truly understood the depths of sorrow at that moment... I have been inspired by her for a long time for her drive to excel in as many areas as possible and to be a positive role model for everyone she knew or didn't know," said Norris.

For Norris being a woman in sports, "means progress in how we view ourselves and how we are perceived. As boys grow up, they are encouraged to win and they see males in leadership roles in every industry across the globe; it takes girls much longer to grow into confident and competitive leaders and we do not see the same percentage of females in positions of power."

Norris went on to say "although there have been many firsts within the last couple of years for women in sport and leadership roles, there are still severe equality issues. It is important for us to continue to question the status quo and have awareness of our own strengths and weaknesses."

Kim Turner: Turner is the Associate Director of Athletics at USM and plays a major role in the inner workings of athletics. Turner played sports her whole life and during her senior year at the University of Maine, she met her mentor Walter Abbott. "I was an accounting major but had finished my coursework early, so I decided to take some physical education electives and I loved them," said Turner.

After graduating from UMaine Turner decided to apply to the University of Massachusetts at Amherst for Sports Studies. "This one-year program truly was a repeat of my undergraduate business program; however, it all focused on sports. As part of the program, I was required to obtain an internship and I was lucky enough to land a position at Syracuse University... I had a blast and it was the best entry-level job I could have asked for," said Turner.

For Turner, there are many other women in her life that have inspired her. "To begin I think of my mom, she always encouraged me. Barb Adams and Doris Soladay from SU taught me how to do things the right way in the field and to always maintain professionalism; Paula Hodgdon, another mentor from USM, my well-respected colleague Janet Judge. My daughter Kiersten and all the women I have the privilege to work with on a daily basis inspire me to be at my very best," said Turner.

Turner thrives on the idea of being a strong role model for others. "I have the privilege of using my voice to create a positive change and to support our student-athlete population as best as possible. Serving in a student-focused capacity is what I truly love about my job," said Turner.

In a year so difficult these Huskies still find a way to impact their community in a positive way. **FP**