



the fp

THE FREE PRESS
APRIL 04, 2022
Vol. 53
MARCH ISSUE

Inside:

University of Maine System makes masking in non-classroom facilities optional regardless of vaccination status pg. 3

USM Theatre Department runs production of Urinetown pg. 5

Freshman Xavier Harvey founds Mentality Means More pg. 8

Men's Tennis open season with 5-4 win over Thomas College pg. 12



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

EDITORIAL

EDITOR-IN-CHIEF Cullen McIntyre
NEWS EDITOR Haley Hersey
ARTS & CULTURE EDITOR Lydia Simmons
COMMUNITY EDITOR Zoe Bernardi
SPORTS EDITOR
WEB EDITOR Riley Mayes

STAFF WRITERS Cayley Bowman, Brandon Kennedy, John Hutton, Meghan Carlisle, Ben Reed.
COPY EDITORS

EDITORIAL BOARD:
Cullen McIntyre, Haley Hersey, Lydia Simmons, Zoe Bernardi, Kelly Ledsworth, Nora Devin, Riley Mayes

BUSINESS MANAGER Lucille Siegler

DESIGN AND PHOTOGRAPHY

DESIGN DIRECTOR Kelly Ledsworth

DESIGNERS

DIRECTOR OF PHOTOGRAPHY Nora Devin

STAFF PHOTOGRAPHERS Kyle Mercier

FACULTY

FACULTY ADVISOR

ADVERTISING

ADVERTISING MANAGER Lexa Calsson

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

Interested in working with us?

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

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

Letter from The Editor

Enjoying your success

Cullen McIntyre
Editor-in-Chief

For all of the challenges endured as a college student, it is not often that you find yourself emerging with success that you have time to enjoy. The A on an exam or a test is a nice feeling, but can be overshadowed by the next project or schoolwork on the horizon. The anxiety of the next thing on the list can at times make an accomplishment feel like just a checkmark on a long list of things to do.

For me personally, I recently was accepted into my dream graduate school and was awarded as co-recipient of the Outstanding Graduate in Media Studies and the College of Arts, Humanities and Social Sciences. The initial feeling was gratitude, excitement and joy. But shortly after I found myself stressing over the things I needed for graduate school and budgeting for the future.

I, like many, found myself not embracing the achievements that I had worked so hard to obtain. The mindset of a college student now must be to

constantly work and to move from the next assignment or project to the next. I took my success in stride and threw it to the side for the next stresses or challenges in my work and classes.

How can one reach an achievement so high, but be left feeling more of the same? Mindset. It is natural to feel the challenges and stress that comes with the college workload, but having a positive mindset towards your success in the classroom, work and outside of school is important. Earning an A on what may have seemed like an easy assignment is something that you should still celebrate, making it so your larger accomplishments feel even more successful.

As the Spring semester enters its final month, many students have the sense of freedom looming ahead of them, but the sense of finals can be overwhelming. As we continue to achieve as students, with some of us nearing our graduation date, it is important to strive to have a positive mindset.

Through this positive mindset I have found myself truly appreciating the work it takes to be accepted into a

graduate program, and to be named for an award in the Media Studies department at USM. While at times it can socially be seen as bragging, or 'flexing', it is important to share your achievements that you've earned. Letting others know of your accomplishments will help you understand the success you've accomplished.

So take the time to celebrate even the smallest of accomplishments with a positive mindset. Feel better about your work and you will become more passionate about it. Being a college student is not an easy task, so be sure to enjoy the many positive moments that come with it. **FP**

Cullen
McIntyre

FOLLOW US ON SOCIAL MEDIA



@USMFREEPRESS

University of Maine System makes masking in non-classroom facilities optional regardless of vaccination status

Face coverings continued to be required in classrooms and other academic settings unless a faculty member waives the requirement

Haley Hersey
News Editor

On March 25, after more than two years of masking, the University of Maine System (UMS) and University of Southern Maine (USM) announced starting at midnight on March 26 masking on campus in non-class-



Kelly Ledsworth / Design Director

room facilities would be optional, regardless of vaccination status indoors and outdoors.

There are however, exceptions to the policy.

In order to be in compliance with the Centers for Disease Control (CDC) guidelines, anyone who is recovering from COVID-19 or has come into contact with someone who has the virus will be required to wear a mask.

The email from USM President, Glenn Cummings who announced in October that he will be stepping down as president and that June 30 will be his last day in the role, said, "Face coverings continue to be required in all classrooms, research spaces and instructional areas unless the requirement is waived by a faculty member. UMS also will require face coverings for public events in its facilities that welcome 75 or more persons, unless proof of COVID-19 vaccination or a negative test result is required. All UMS event organizers have the option to require face coverings."

"All are welcome to choose to wear face coverings as a personal choice, and it is recommended that all UMS community members carry a mask at all times while on the university campuses and in System facilities to use as needed," continued Cummings in the email.

In February, the masking policy was in effect and had been extended with the in-

"All are welcome to choose to wear face coverings as a personal choice, and it is recommended that all USM community members carry a mask at all times while on university campuses."

- Glenn Cummings
USM President

tention of being revisited and re-evaluated, leaving many students and faculty frustrated.

During the first week of the new masking policy, many professors opted to continue masking for a week or two as many students are sick following spring break, however some professors have moved immediately to making masking optional.

The new policy was announced after the decision to hold 2022 Commencement in person on May 7 at the Cross Insurance Arena in Portland was announced.

Previously, Dean Mondor shared via email the plan for an in-person commencement and how it was dependent upon CDC, state, city and University policies and guidelines

come May. There was no alternative plan for the ceremony at the time.

As of March 14, the Cross Insurance Arena revised their COVID-19 policies regarding masking and proof of vaccine/COVID test.

The Cross Insurance Arena's website says, "Effective March 14, 2022, guests are NOT required to show a negative test or proof of vaccination to attend an event."

Masks are not required when attending events at the Cross Insurance Arena. They do "strongly recommend" guests wear masks except for when eating or drinking, however, some events in the facility will require masking regardless of vaccination status. **FP**

A fresh start for the Osher Lifelong Learning Institute

OLLI adapts to the remote learning environment in a welcoming community

Meghan Carlisle
Staff Writer

The Osher Lifelong Learning Institution (OLLI) offers an array of courses in the liberal arts and sciences for students aged 50 and over. There are no entrance requirements, grades, and tests; it is for personal experience and for those who love learning. No college background is needed.

Classes are once a week for eight weeks. No attendance is required. Classes are based on the discussion on subjects such as women sharing stories, reading and discussing short stories, creative writing, and much more to choose from.

The OLLI at the University of Southern Maine (USM) is committed to providing for its members a wide variety of stimulating courses, lectures, workshops and complementary activities in a creative and inclusive learning community.

For the past two years, COVID-19 has put a big stop to a lot of USM's normal structure for classes. Online and Zoom classes became the front of the university, with that, many students had a difficult shift back into a normal routine.

Classes are available in the Fall and Spring. This term Spring classes are held once a week,

remotely on Zoom, Monday-Thursday, and in-person on Fridays. Registration is \$25 a year to become a member. The terms run for eight weeks, March 14 to May 6 unless otherwise noted. There are morning classes and afternoon classes. Morning classes run from 9:30 to 11:30 a.m. and afternoon classes run from 12:45-2:45 p.m. There are also Spring workshops on Saturdays both remote on Zoom and in-person. More information can be found in their Course Catalog.

Donna Anderson, Director of OLLI, has been the director for three years. The majority of her time with OLLI has been during the COVID-19 pandemic. Anderson is the primary administrator and manages the budget and staff. Anderson also crosses into the role of being an instructor for certain classes.

"We had to create a remote learning platform that we didn't have before, so for the past two years we have been doing remote learning, through Zoom, to our members, we currently have 1,315 members and during the pandemic, we had about 2,200 members," Anderson said.

Anderson mentioned how some members moved out of state during the pandemic, and so they have been challenged by them to find a way to include these members. Creating

these hybrid learning communities, Zoom and in-person has helped and created a flourishing community as we move forward from the pandemic. The pandemic was, as Anderson said, "painful," but in a way, it was able to "draw the staff together," as they worked hard to make The OLLI a safe and welcoming community.

"Being among active learners is really rewarding," said Anderson. Anderson loves being able to partake in and teach classes, while also directing the Institution. The classes she teaches have three primary types including lectures, class discussion, and creative classes.

Each class is a very rewarding experience, with no pressure of grades and assignment completion. It is a place for people to further their academics in a friendly fashion.

"Being surrounded by a group of people who are so eager and active and joyful in learning is really satisfying," said Anderson.

The OLLI wants to spend the next year really getting people to know more about their institution and the programs that they offer to the public. The institution is the first of its kind, with 125 other institutions being placed across the country.

"It is a great fellowship of leaders and learners," said Anderson.

Their biggest challenge is getting the word out to the community on what they do and how important and beneficial it can really be.

Over the last few years, there have been a lot of people moving into Maine, who are of retirement age. Anderson said that this is a perfect time for people to join OLLI, because of how easy and affordable it is for people to participate. They continue to introduce themselves to the community here in Portland, and they have only scratched the surface of what they want to achieve as an Institution. **FP**



Kyle Mercier / Staff Photographer

Donna Anderson, Director of OLLI.

Students and faculty gather in support of Ukraine calling for peace in a time of uncertainty

Participants in demonstration gathered outside Glickman Library as cars passed by

Riley Mayes
Web Editor

On Saturday, March 5, students and faculty at the University of Southern Maine gathered together outside of Glickman Library to show their support for Ukraine. Under a bright, clear sky demonstrators stood on the corner of Forest Avenue and Bedford Street bearing bright blue and yellow flags and homemade cardboard signs calling for peace while cars drove the busy street honking their horns to show support. Students and faculty smiled and cheered as cars drove by.

The demonstration comes in response to Russia's attack on Ukraine beginning on February 24. Russian forces are currently bombing city centers and invading by air, land, and sea while refugees attempt to vacate the country in mass numbers.

Alex Benoit, a psychology major, stood proudly at the front of the group with a hand-painted sign that read, "I stand with Ukraine."

"It was important to me as part of USM to show my support," said Benoit. "Being an American, there's not a lot we can do. But we can come out here in front of cars and show that everyone is upset about it, and spread awareness that way." Benoit said that the demonstrators were mostly students, friends of students and a few professors.

The event was organized by Jason White, a sociology major.

ology department calling for solidarity for Ukraine, which can be read on the Sociology Department Facebook Page.

As of March 29, fighting in Ukraine has resulted in over nine hundred civilian deaths and pushed millions of Ukrainians to flee to neighboring countries. The majority of refugees have arrived in Poland, a North Atlantic Treaty Organization (NATO) country where U.S. troops are preparing to offer assistance to refugees.

The United Nations, G7, EU, and other countries continue to condemn Russian actions and support Ukrainian forces. In an emergency United Nations session, 141 of 193 member states voted to condemn Russia's invasion of Ukraine and demanded that Russia immediately cease its use of force in Ukraine.

The U.S. has issued escalating sanctions against Russia and has banned U.S. imports of Russian oil and natural gas. On March 16, President Biden announced that the U.S. would send \$800 million in additional military assistance to Ukraine shortly after the country's president, Volodymyr Zelensky, appealed directly to the U.S. Congress in an emotional virtual address requesting additional financial support, weaponry and a no-fly zone to help his country fend off the Russian invasion. On March 24, Biden remarked that the US will also welcome 100,000 Ukrainian refugees, and provide nearly \$300 million of humanitarian aid.



Nora Devin / Director of Photography

Students and faculty gathered in Portland to protest the Russian invasion on Ukraine.

Ukraine, and Ukraine's Deputy Prime Minister Iryna Andriivna Vereshchuk said Monday that humanitarian corridors would not be open due to reports of "provocations." About 160,000 civilians remain stuck in Mariupol,

the Ukrainian city blockaded and shelled by Russia for weeks.

For those looking to get involved to support the effort in Ukraine, resources are available at unitedhelpukraine.org **FP**



Nora Devin / Director of Photography

The protest in Portland called for peace and solidarity in Ukraine.

In a letter sent out across campus that invited students to show their support for Ukraine, White wrote, "I'm standing in solidarity with those being killed, imprisoned, pushed to take up arms, banned from leaving their country and denied safety. I'm supporting those who must flee their homes and land and those taking refuge in subway stations because they have no means to escape the violence."

White also composed a letter to the Soci-

"This new package on its own is going to provide unprecedented assistance to Ukraine," Biden said, adding that the Russian invasion was producing "appalling devastation and horror" in that country.

"The American people are answering President Zelensky's call for more help, more weapons for Ukraine," he said.

Fighting and shelling continues to terrorize

LEAVING FOR SUMMER? STORE HERE!

MENTION THIS AD AND
RECEIVE A FREE LOCK...

...PLUS SNAG
MOVING SUPPLIES
AND MORE!

551 MAIN ST
GORHAM

207-600-7190

ON POINT
SELF STORAGE

ONPOINTSELFSTORAGE.COM
RESERVE ONLINE OR CALL 207-600-7190

Arts & Culture

USM Theatre Department runs production of Urinetown

Students take to the stage to share a deeper message on freedom

Lydia Simmons

Arts and Culture Editor

On March 11 I was able to watch the Theatre Department's production of the musical Urinetown via livestream, and needless to say it did not disappoint. First off, the ability to view the event through a livestream is a useful way for the production to be accessible to everyone. While the pandemic is still a concern it gives the opportunity for people who would otherwise not be able to go the ability to watch. Also a factor is that the production was a hit and sold out multiple shows and so the livestream made it so those who weren't quick enough at the jump for in person tickets were still able to enjoy the amazing talent and story.

The whole ordeal was a perfect mix of symbolism, tackling tough topics that should be talked about more, but doing so with a flare of dramatics and timely comedy. At first glance the title Urinetown could avert some people, causing them to assume the contents of the production are about going to the bathroom, but the meaning is much deeper than just that. For me this unique title did the opposite, it drew me in and got me asking questions. I was interested to know more about Urinetown

and what happened there.

The concept of the production revolved around the fact that using the bathroom was not a given right to the people of this world. Something that we, in the real world, do so regularly and without a second thought, was considered a privilege in this fictional realm. All bathrooms were controlled by a private corporation that made the citizens pay in order to relieve themselves. If these people were to use the bathroom somewhere other than the designated and monitored spot and do so without paying they would be shipped off to Urinetown. Urinetown being a one way ticket to the afterlife considering the people who disobeyed the rules were killed.

For me the production was symbolic of big corporations or groups controlling and monetizing things that should be free to all people, that there are some things in life that people shouldn't have to pay for but that are a right. The musical's valiant hero fights against the oppression thrust upon them and the right to pee for free, pushing for "free access" for the basic human need. He was then struck down and killed for his rebellion but that didn't stop his people from continuing to fight the good fight.

While the leader was lost the cause



Photo courtesy of Noli French @frenchsfotos

Urinetown ran from March 3 to March 12 in Russell Hall on the Gorham Campus.

certainly was not and eventually the corporation was overthrown by the rebellious people. However in true realistic fashion there was no happy end for the people. Because the town had been experiencing a drought, the regulation of the water and the usage of the bathrooms had managed the flow of what little water supply they had left. This resulted in the people turning on the person who had finally won them their freedom to pee and them subsequently dying of thirst. Urinetown is emblematic of the need for structure and rules within a society but also shines light on the will of the people and their fight for their freedoms.

This story is beautifully told through the ensemble of incredibly talented performers. Some of the many strong performances included the lead characters Bobby Strong played by Aaron Kircheis and Hope Cladwell played by Emily Bartley. The character Little Sally portrayed by Dylan Cao was also a great performance, bringing some comedy to the production.

Though these talents were wearing masks every emotion was felt even through a screen. I almost forgot that they were wearing masks all together because their skills as actors and resourcefulness made what they were trying to convey so clear. And it wasn't just one or two of

the performers, it was all of them. The stunning voices of the performers captured the meaning of the songs they were singing and made for pure entertainment.

Each character was played so well and were so important to the performance, but my personal favorite was Officer Lockstock, portrayed by Ciara Neidlinger. The comedic relief that she offered while also playing one of the darker, more authoritative figures of the performance was a refreshing juxtaposition. The breaking of the fourth wall also added to the allure of the character as she narrated multiple events throughout the night.

From acting, to singing, set design, lighting and everything in between, Urinetown was a production that caught me by surprise in the best way possible. Though I knew nothing of the story before watching the performance I walked away feeling more enlightened and with much to think about when it comes to the reflections of this fictional world unto our own. Urinetown is not a performance that I will soon forget, a show that I feel leaves the audience that attends better for it. **FP**



Photo courtesy of Noli French @frenchsfotos

The cast of Urinetown during a scene of protest.

Artist of the Week: Sigrid Sibley

USM alum records first album with bluegrass band Flight

Cayley Bowman
Staff Writer

Art can come in many different forms, from paintings and drawings, sculptures, music, poetry and acting, and everything in between. For Sigrid Sibley, her art comes in the form of music. Sibley is a 2021 graduate from USM and she chose this school for its great music program, but also because it was close to home and she could continue to play with her bluegrass band.

"USM has a great location. During college, I was able to play and perform in the local music scene. I went through the music program at USM where I met and played with lots of great musicians," said Sibley. Five years after committing to the school Sibley's bluegrass band Flight just released their first album.

Sibley grew up in Poland, Maine and always had a love for music. When she was a teenager, she began to take guitar lessons with Carter Logan, a southern Maine musician and music teacher. Logan also founded Flight 317, a contemporary bluegrass ensemble that has rotating teenage band members. Sibley joined the band when she was in high school and then met Terra Gallo, Emi Schneider, and Adriana Whitlock and they joined together becoming the first all-female group to play as Flight 317.

"I was born and raised in Maine. I love Maine and I am glad to be making music here," said Sibley. They have played 50 gigs since 2016, which includes opening for national and international touring acts, playing at local festivals and establishments,

and performing at fundraisers.

When all four of the members graduated from high school, they had to let new members take over Flight 317. However, it was not the end for their group. They changed their band name to Flight, and continued to play music together.

Flight had been working on their new album since the summer of 2021, when they were able to get to the studio. However, Sibley notes that they have been fundraising for several years and the process was stalled due to the lockdown during the pandemic. When asked what went into making the album, Sibley answered, "It was a long, but fun process."

The group started out by selecting eight of their favorite songs and then arranging them in the preferred order. The band rehearsed for several months and then went to the Acadia Recording Company to begin recording the album. "Our producer and engineer Jason Phelps is a great local musician and a whiz in the studio," said Sibley. "He brought out the best in our music and we are so thankful to have worked with him during the recording process." Once their songs were recorded, they spent several months editing, mixing, and mastering them to get the songs ready for release. They also had to figure out the logistics of copyright and distribution.

Flight released their first album in February with Sibley on the mandolin, Gallo on the fiddle, Schneider on guitar, and Whitlock on bass. Their mentor, Logan, also accompanied them on the banjo and dobro. The album's title is "Next Wednesday," which refers to the band's weekly rehearsal

schedule for years. The album consists of eight tracks of traditional bluegrass music, folk music, and one rock song.

Sibley says that people who are new to bluegrass music describe it as "old-fashioned barn music." Bluegrass musicians generally play traditional acoustic instruments, such as the guitar, banjo, fiddle, bass, etc. However, there is always room for newcomers within the genre. There is typically a role for each instrument, which is what gives bluegrass its distinct sound. "We play fiddle tunes, folk songs, traditional hymns—as long as it's loud and fast we will play it!" exclaimed Sibley.

When asked what their new album meant to her, Sibley answered, "The album is a milestone for us. It's a way of saying 'this is where we are at this time.' We have grown over the past few years and the album is a way to encapsulate our musical journey so far." Sibley has an enormous passion for music and it is shown through the way her and the band play. "Music is a way to express yourself, connect with others, and build community. At the end of the day, it



Photo courtesy of usm.maine.edu

Sigrid Sibley, USM Alumna, performing in a recording studio,

should be fun," she said.

Flight's music can be found on most streaming platforms, including Apple iTunes, Amazon Music, iHeartRadio, and Spotify. Physical copies of the album are at 317 Main Community Music Center, or you can contact the band at flight317band@gmail.com and they will send an album your way. **FP**



Photo courtesy of usm.maine.edu

The band Flight. From left to right: Adriana Whitlock, Sigrid Sibley, Terra Gallo, Emi Schneider

WEIGHTS, CARDIO, CLASSES, TRAINING, CYCLING & MORE!

- OVER 100 PIECES OF STRENGTH & CARDIO EQUIPMENT
- FREE CONSULTS WITH A PERSONAL TRAINER
- TRAINING SESSIONS AS LOW AS \$33/SESSION
- CYCLING CLASSES AVAILABLE (FIRST CLASS FREE!)
- OUTDOOR TURF SIDE WORKOUT AREA INCLUDED
- GROUP EX CLASSES INCLUDED WITH MEMBERSHIP
- LES MILLS™ CLASSES NOW AVAILABLE!
- ON-SITE PHYSICAL THERAPY
- TOWEL SERVICE & STANNING
- SPORTS PERFORMANCE PROGRAM

Student EFT* Membership - \$50/mo
(Must show valid student ID)

*EFT (Electronic Funds Transfer) is automatically deducted from a debit/credit card or checking/savings account on the first day of every month until a 30-day notice is given to cancel. Minimum 1 month of payments from sign-up!

BRAND NEW LOCKER ROOMS NOW OPEN!

NO SIGN-UP FEE * NO ANNUAL FEE * NO CANCELLATION FEE

29 Pleasant Hill Road
Scarborough, ME 04074

207.863.2979
nugenfitness.com

FREE ONE WEEK TRIAL

MOVIE TALK

The Batman

Brandon Kennedy
Staff Writer

It's here. The big one. The Batman. So far, it's the best movie of the year and possibly the greatest film in its series. While films like Batman Begins were an attempt to weave a more realistic story for the Batman universe, painting a stark contrast against Tim Burton's more comic book version Batman; personally, I feel like this combines the best of both worlds. You get a more realistic version of Batman combined with a stylized look for all to see. At times I felt like I was watching a continuation of Chris Nolan's work, while at another point Tim Burton's. It was an enthralling experience for me.

One thing I should stress about The Batman is that originally it was supposed to take place in the fan-named, DC Extended Universe. However, rewrites as well as director changes resulted in the finished film taking place in an "Earth Two" like setting. Essentially, the film doesn't and won't reference any events taking place in other DC films. Like for example, The Suicide Squad, which came out a long while ago, isn't mentioned at all in the film. It's sort of like Joker in the way that it takes place in its own sandbox and is telling its own story.

Something that should be mentioned about the film is that the acting is superb at every point throughout the story. It really feels like you're watching a quality Batman movie. As someone who's seen every Batman movie they've made, I've got to say I do prefer the more Tim Burton-like, gothic, styling taking place in the world they've created here.

The lighting is another thing they got right. You don't understand how important lighting is until you've seen a poorly lit scene in a film, something that I have seen in my film review experience. One example is Legendary's Godzilla, which takes place exclusively in the dark at most points.

I should mention that the actors like Robert Pattinson, who you may remember from the Harry Potter series, Twilight, and Remember Me, may

not have been fans' top choice for the character of Batman. He and the other actors of the film however, do a damn fine job at portraying their characters. Other actors in the film include Andy Serkis, Zoe Kravitz, Colin Farrell, Paul Dano and Jeffrey Wright. They all do a terrific job in the movie. The ensemble all together, from the main characters to the supporting cast, were great.

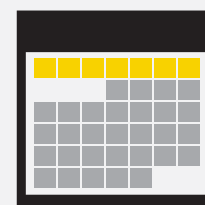
Something that I also want to comment on is the length of the film. It was a good length for a feature length comic book movie, much like Avengers: Endgame. It didn't feel too short and didn't feel too long.

The best thing I've got to say about the movie is that the story was well done. It had several twists and turns, as well as Batman using his great detective skills to solve the mysteries surrounding the Riddler and Gotham City corruption in general. If they didn't have this I don't think the movie would've broken new ground and done its own thing in comparison to past Batman films. It was terrific and I highly recommend you watch this movie either in the theater or when it comes out on Blu-ray, you'll love it. **FP**



Photo courtesy of IMDB.com

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



A&C Listings

March 26th - April 22, 2022

Color of Memory

22 Foster St., Westbrook, ME

Tuesday, April 5

Two Small Pieces of Glass

Southworth Planetarium

1 p.m.

\$6

Thursday, April 14

2022 BFA/BA Art Exhibition Opening Reception

Gorham Art Gallery

6 p.m.

Free

April 15 - 24, 2022

Clue: On Stage

Russell Hall, Gorham Campus

\$16 General Admission, \$8 Student, \$12 USM

Faculty/Staff, \$12 Senior (65+)

Friday, April 22

USM Jazz Ensembles '22

Corthell Hall, Gorham Campus

8 p.m.

Donations

Thursday, April 28

USM Vocal Jazz Ensembles '22

Corthell Hall, Gorham Campus

7:30 p.m.

Donations

Want to submit an event?
arts@usmfreepress.org

USM Community Page

Freshman Xavier Harvey founds Mentality Means More

The clothing brand working to destigmatize mental health

Ben Reed
Staff Writer



Nora Devin / Director of Photography

Xavier Harvey modeling his merch

For a long time, the dynamic between men and mental health has been a rocky one. Socially, men have been emasculated and shamed for expressing their deepest struggles, and are forced into keeping their mental health obstacles a secret. That is a boundary Xavier Harvey is trying to push with his streetwear brand, Mentality Means More. Pairing his interests in fashion and social media, the California native was in the back row of an astronomy lecture when he was given the idea to start something that could help tackle bad mental health days. Thus the social media tag, @mentalitymeansmore was born.

Through social media posts, and now hoodies emblazoned with graphics and its brand name, Mentality Means More works primarily to destigmatize the experience of mental health within both the male and athlete's experience. Harvey feels that these two groups face a lot of backlash when it comes to expressing the adverse feelings of mental health. Harvey says, "When I see men open up about their feelings, I

find them being emasculated. They're just put down in a way...we're all still human. We still have feelings... I hear, 'Men are supposed to be strong,' but I want to break that. It's okay to be vulnerable and reach out for help."

Harvey went on to talk about how his own struggles with mental health further influenced him in forming his brand: "I was thinking, 'I'm really going through it right now, but I'm not going to let that eat me up inside. I thought about making a brand so I could find others who were going through the same things I was going through, so we could go through them together.'"

Mentality Means More hoodies have been seen around the Gorham campus, primarily amongst members of various sports teams. Harvey is working to expand his work to the state of Maine, citing how he reaches out to other sports teams that he plays against in the USM Men's Basketball team. Harvey has made it a goal for himself to reach even more people through social media that are struggling with mental health and spread his message.

When asked about the reception received with the brand, Harvey says he gets comments such as, "You're just trying to get followers [on social media]," or "You're just trying to make money [with the hoodies]." On the contrary, Harvey stresses that he genuinely cares about connecting with people over their struggles, and trying to grow together.

Harvey says about Mentality Means More: "For me, personally, this isn't just another mental health streetwear brand, because there's an actual meaning and story behind it...It's meaningful and I really care about this brand because I get to help people...I get to reach out to people...I get to make new friends that I probably never would have met through the brand."

While expanding more on the topic of mental health, Harvey states that it's all mentality. He states that wanting to grow as an individual has the potential to give you strength. While Harvey says he doesn't have all of the answers as to how to combat mental health, he recited a mantra of, "I'm just going to fight today." What Harvey meant by that, he explains, is



Nora Devin / Director of Photography

Xaviers design Mentality Means More

that although he struggles still with mental health, he chooses instead to embrace it. "It's not putting your problems away, or putting it behind you. It's choosing to face them every day, and soon enough those problems will lessen and lessen. You'll start to be more positive in life. It's all about how you perceive things," Harvey said.

If you'd like to reach out to Xavier Harvey and see more of his work, you can find Mentality Means more on Instagram and TikTok @mentalitymeansmore. **FP**

WE'RE SOCIAL, FOLLOW US!

visit us at usmfreepress.org



@usmfreepress

76 artworks displayed in this years Juried show

Exhibition fosters students exploration through art

Zoe Bernardi
Community Editor

As we near the end of the semester, the USM Art Gallery begins to put together the Juried Art Show. According to the USM art department webpage the showcase is described as a showcase where, “students across all majors at the University, the Juried Student Exhibition fosters student preparation for professional art settings and processes, provides feedback from art professionals in the community, and exposes their work to a wide range of viewers.” Students were given the ability to submit three pieces of work, then the gallery and professors hand pick the pieces that go into the show picking three top winners. The first winner being \$125, the second and third having a prize of \$100, this year they also granted three honorable mentions.

This year the showcase was from March 10 to April 2, 2022, there were 76 pieces in this year’s showcases. The pieces range from paintings, drawing, ceramics, photography and sculpture. In first place was Krystal Yavicoli with her piece “Raku Vase”, which is a ceramic case that is 6.5 inches tall. In second place was Anna Maria Bruner and her mixed media piece titled “Book of Dionysus”, and in third was Madison MacDonald with an oil painting on wood panels titled “Inside Information.” The honorable mentions this year were Han Nguyen’s “Self Portrait”, which was oil on canvas. Then Sharon Gerrish’s “Poppies” a ceramic piece, and then Gloria Steiger oil on canvas piece titled, “Gaze”.

Krystal Yavicoli is a junior in the program BFA in studio art concentration painting and ceramics. She is originally from Buffalo, New York, but has been living in Portland while attending USM. Yavicoli was fortunate to have three pieces in the show this year, she had submitted the ceramic piece Raku Vase, a self portrait titled “Cleanse” which was oil on canvas, and another painting called “Studio Sink” which was a rendition of the sink in the art building on the Gorham campus. She laughs as she says, “I didnt think my paintings would win, but I was shocked to hear my vase did.” She states they began calling off the name slowly, and before they announced the first place winner they said they had chosen three honorary mentions. “But it was a total shock when I won, especially with it being a ceramic piece, it’s not very common to win, as painting is the top art that is deemed as being good to be called ‘high art’.” She gleams as she explains her gratefulness when it came to her win and her little 6.5 inch vase that got the first place prize.

“I chose the vase specifically, worked very

hard on it, it was very striking and beautiful. With the paintings, I chose my most resolved and most recent works, I thought they’d be good contenders.”

Yavicoli explains that she started pottery three to four years ago when she took a Portland Pottery class and it was extremely difficult at first. But then, “towards the end of the class I got the hang of it and used my hands to mold a piece of clay to mirror something in your head, I liked making something solid.” She states that clay humbles her, “it is very challenging, lots of steps and process, then your pieces sometimes won’t even make it, so it’s amazing when it does come out.”

Currently Yavicoli is in a utilitarian ceramics class and working on creating functional wear, making a matching set of plates and bowls, and a little urn. She isn’t currently working on a painting, but has been inspired by the instagram account “Still Here Still

and ones that felt most accomplished and ones she was happy with.

Nguyen shares that her artist journey and use of color has slowly been growing with her skills.

“At the beginning of my artist career I was only using charcoal and graphic, sticking with black and white. I thought color was intimidating.” But then she took a color theory class her second semester sophomore year, and fell in love with color.

When she was creating her self portrait, it started as an assignment in class. She starts with an underpaint for both portraits with monotone color, then adds the color blocking. “I use my brain. I think it works strange, I just look at the underpaint and it breaks down the shadows and highlights.” Then she goes in and paints, but she explains that in the self portrait that the orange is a reflection of the photo she used for reference, but the blue is a

She has three pieces in the show, a big oil painting, “Gaze”, that is a figure painting. “I chose it because I love the color in it. There’s a pink orange place at the bottom of the space, and a great green piece of drapery. I love to play with color in a painting.” She shares that the model had a side eye, and Steiger loved how skeptical she looked. The second piece was a smaller painting on a fresco surface called “Sequelae1”. “It’s a little bit of a study for a larger piece, and I think the idea of Sequelae is interesting. It’s physical evidence in the body of an event.” Steiger says that the body is her horse and that “Sequelae is calcification on his spine.” She also shares that she has “Sequelae as well from various injuries, and it’s a topic I am interested in.” All revolving around the question: “when an injury is invisible yet its evidence remains in your body, how do you continue on your path?”

Lastly, the third piece is called “secret”. Where Steiger collected people’s secrets and locked them in a box and then hollowed out the book and hid the box inside. “It’s got a treasure map that conceals the interior from view. I like the materials, the red color, the process of collecting secrets and making a space for them that will never be opened.”

Steiger shares that she likes to experiment with materials and process, “I use whatever material works for me. Last summer I spent a bunch of time researching Vermeers paints and his techniques and then I did dozens of experiments to see how they worked for me.”

Currently she is working on a series of installation projects about altered perception. “I am creating images of what my own perception was like following a head injury. I felt like I was under a lake and hearing and seeing everything from far below the water’s surface.

She thinks the brain works is pretty interesting, and how she is fascinated with how the brain receives and interprets information. “It is similar to artists, we interpret what is right in front of us, what I saw, heard and perceived and I want to create a space that lets people experience that.

Steiger ends with, “I am most proud of keeping going. I am definitely proud that I am doing this, finishing my degree now.”

To enjoy the USM Juried Show you can visit the art department website on usm.maine.edu, and be sure to keep your eyes peeled on the senior showcase to see artists like Han Nguyen and others. **FP**



Kyle Mercier / Staff Photographer

Pictured here are some pieces done by USM students.

Life”, which each week posts a prompt to create a community of artists to use the prompt and make a piece of art to submit back to the account. “Sometimes when I haven’t painted in a while I try to sit down and just paint, this account helps me have a fun challenge.”

“I am just proud of the growth of my work, since I’ve started school, and proud of the little community and everyone’s work that I’ve seen grow,” says Yavicoli.

Han Nguyen, a senior in the Studio art major with a concentration in drawing and painting and a business minor. She is living in Portland, and currently an intern with the USM Artist in residence program with Amy Stacy Curtis’s project “The Color of Memory”. Nguyen submitted two pieces, one entitled, “Self Portrait” and the other being “my soul left my body”. Nguyen shares that she submitted her most recent pieces that she did

perception of herself.

“I think that the human brain fill in false information, try to not do that when I paint, take a lot of time to break down the subject color wise.” It definitely helps that Han uses herself as the muse and has a very good idea of what she looks like.

Nguyen has her senior show coming up on April 14, with six other seniors, she will be showcasing six to seven pieces. “It’s a series of work, working with painting the female figure reconnecting with my Vietnamese heritage.” Exploring self identity through art and exploring with figures and female bodies. Oftentimes very emotional, and requires research all while carrying a theme with Vietnamese culture.

Gloria Steiger is a junior, BFA studio arts, with a concentration in painting and drawing, and an art history minor, she is from Maine.



Poor People's Campaign

A NATIONAL CALL for MORAL REVIVAL

PEACE ACTION MAINE KEYNOTE: 2022

Rev. Dr. Liz Theoharis

The war economy & militarism

How to support the Poor People's Campaign

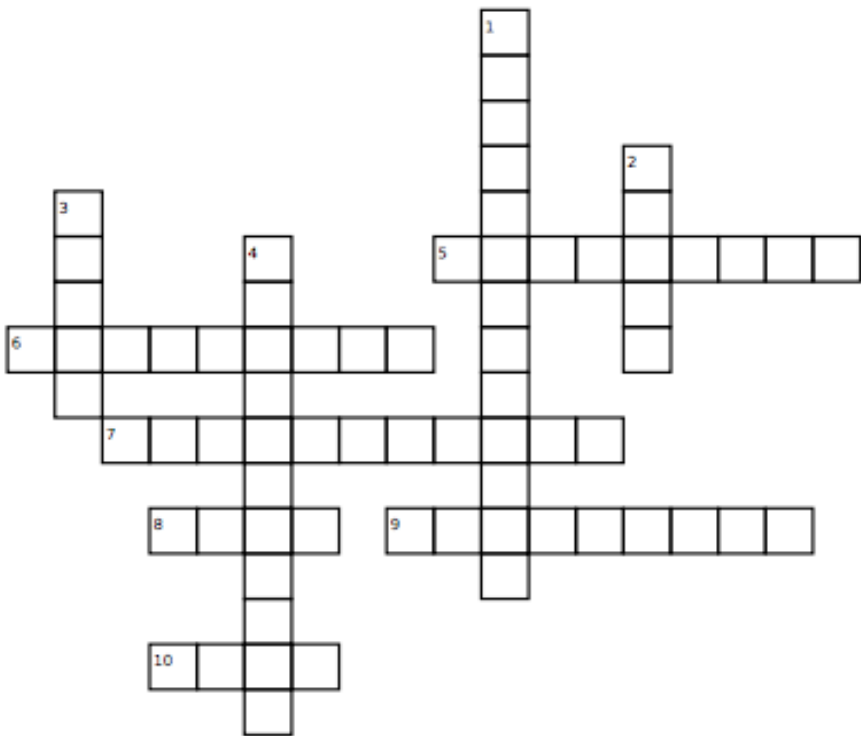
Sunday, May 1, 4-5 pm

Take a break! Get on the bus for a Moral Agenda! Are you devastated by the devastation of war? Watching the #ClimateCrisis heating up? Come discuss the war economy and the fundamental rights demanded by the PPC. Join Peace Action Maine and Maine's Poor People's Campaign on this webinar event to hear from the co-chair of the Poor People's Campaign, Rev. Dr. Liz Theoharis. Get on a Maine bus for the June 18 moral march on Washington. Register @ <https://bit.ly/PamPpcKeynote>



peaceactionme.org

Crossword



Down:

- 1. The first day of spring.
- 2. in what month did the titanic sink.
- 3. A birds arrival that signifies the return of spring.
- 4. A massive Tulip festival that happens in what country.

Across:

- 5. An immune system reaction to pollen.
- 6. A seasonal move that birds and many other animals do.
- 7. a process animals start to awake from in spring.
- 8. one of the most colorful festivals in the world.
- 9. the earliest of the spring-blooming bulbs.
- 10. trees start growing round parts that turn into flowers.

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.

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

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

Word Search

Theme: Spring

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

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

- Allergies
- Blossoms
- Bulbs
- Bunny
- Chicks
- Clouds
- Daffodil
- Earthday
- Easter
- fertilizer
- Galoshes
- Garden
- Hyacinth
- Puddles
- Rain
- Raincoat
- Ramadan
- Sunshine
- Umbrella
- Vernal Equinox

Horoscopes



Aries (March 21 - April 19)
Freedom is a key aspect of life today, Aries. You might find that your brain wants to break free and pursue more independent ways of thinking.



Leo (July 23 - August 22)
Maybe it's time to be more expressive about how you feel. It could be that your mental process is a bit off today, jolted by an unexpected situation.



Sagittarius (November 22 - December 21)
Perhaps you feel you've lost your edge. Don't despair. This is only a passing phase. You should return to your full-blown communicative self before long.



Taurus (April 20 - May 20)
People are apt to be as stubborn as you in their thinking today, Taurus. This could be a recipe for disaster if you aren't careful.



Virgo (August 23 - September 22)
Apparently someone forgot to install the sign that warns of sharp curves ahead. Be on the lookout for unexpected forks in the road.



Capricorn (December 22 - January 19)
You can talk yourself out of this mood as easily as you talked yourself into it.



Gemini (May 21 - June 20)
Go ahead and introduce yourself to a stranger. Perhaps they will become a business partner or new best friend.



Libra (September 23 - October 22)
Don't be stingy with your knowledge. The situation will improve for you and everyone else when you selflessly spread your wisdom to others.



Aquarius (January 20 - February 18)
It's an ideal day for stepping out of your comfort zone, especially where self-expression is concerned.



Cancer (June 21 - July 22)
You can't possibly plan for everything, so don't get discouraged today when some crazy variable pops out of nowhere.



Scorpio (October 23 - November 21)
It's best to go with your intuition and not question too much. Just know that you're better off taking the safer route.



Pisces (February 19 - March 20)
Too much self-analysis could drive you completely insane if you aren't careful. Try not to take everything so seriously.

Sports

Tuesday 4/5

Softball

v. Rhode Island College
3:00 & 5:00 p.m.

Tuesday 4/5

Baseball

v. Husson University
3:30 p.m.

Wednesday 4/6

Women's Lacrosse

@ New England College
6:00 p.m.

Saturday 4/9

Men's Tennis

v. Colby-Sawyer College
1:00 p.m.

Saturday 4/9

Men's Lacrosse

@ Keene State
4:00 p.m.

Men's Tennis open season with 5-4 win over Thomas College

Huskies win four singles matches and one double match to secure victory

Cullen McIntyre
Editor-in-Chief

A standout performance from sophomore business management major Antoine Gignac helped the Huskies earn a 5-4 victory over Thomas College in their season opener. The Men's Tennis team moved indoors at the Costello Sports Complex on Tuesday, as they hosted the Terriers for a non conference matchup.

The Huskies fell 0-2 in the first two doubles matches, as the pairings of sophomore marketing major Cole Oullette with freshman management major Zac Howe and senior biochemistry major Jonathan Bartuccio-Pereira with freshman sports management major Zach Desmarais both fell 8-5 to the Terriers. The team earned their single doubles win from sophomore biology major Ethan Rudnicki and

Gignac, who came out on top 8-3.

The singles matches is where the Huskies made it count, earning victories from Oullette, Bartuccio-Pereira, Howe and Gignac. Oullette swept 2-0 in his sets against the Terriers' Jose Alfonso, winning 6-2 and 6-4. Bartuccio-Pereira fell 6-3 in the first set, battling back with a 6-3 victory in the second set and a 6-2 win over Liam Gould to win the match.

In the third and fourth singles matches, the Terriers' Gabe McPhail beat Desmarais over three sets and Rajhan Munnings defeated Howe over three sets. The Huskies fell in the match between Kegan Rodrigue and Rudnicki, losing 7-6 and 6-2 in the two sets. Gignac won the final singles match in two sets, 6-2 and 6-0 against Caleb Daigneault.

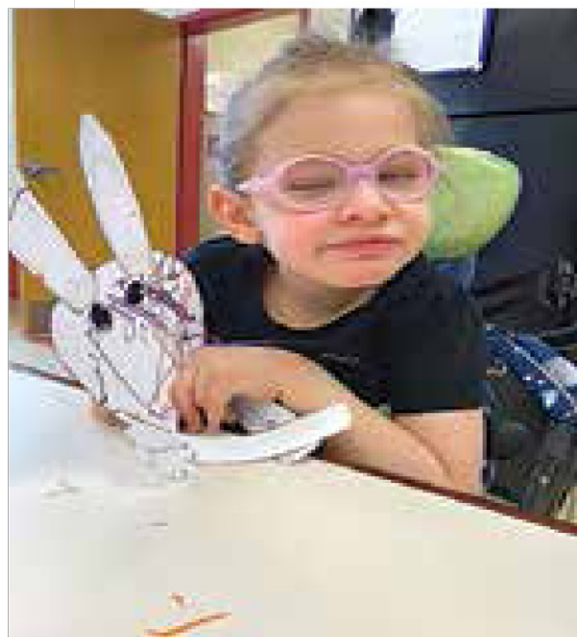
Men's Tennis hosts Colby-Sawyer College on April 9, 2022 at 1 p.m. in their next matchup. **FP**



Cullen McIntyre / Editor-in-Chief

Gignac lead the Men's Tennis team going 8-3 in his doubles and 6-2, 6-0 in his singles.

Morrison Center is community



Morrison Center is looking for full-time Ed Tech IIs and IIIs

Join our teams in our special purpose schools in Scarborough and Wells. Work only 233 days of the year but get paid all year with a salaried position!!

Ample time off built into your schedule plus earned time off, generous benefits package, additional stipend available for staff able to transport students to and from our New Gloucester Residential location!

For a complete list of our openings and locations visit us online at

morrison-maine.org/careers