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Letter from The Editor

Dealing with burnout

Cullen McIntyre
Editor-in-Chief

As we navigate the mid-terms for the Fall semester, I often hear a lot of my peers discussing a phrase that is becoming more common on college campuses. Burnout, as defined by Merriam-Webster dictionary, is “exhaustion of physical or emotional strength or motivation usually as a result of prolonged stress or frustration.”

Burnout for college students is happening more often, especially for college students that are attempting to work jobs while being full-time students. Stress is a regular occurrence for a college student, balancing classes and a social life can be quite difficult. Adding on tasks such as work, clubs or additional hobbies can

make the college workload very stressful.

Some of the causes for burnout are working too much, working in a chaotic or high-pressure environment, taking on too many responsibilities, or not getting enough sleep. These causes are something that as a college student, I find myself in often. Managing the workload of a semester is quite daunting, as assignments continually creep on you throughout the semester.

But burnout can be something that doesn't directly come from just college. As a student who is working in three different roles, I find myself more burnt out from the additional workload added by those positions than the workload I am getting from my courses.

The symptoms of burn-

out can feel exhausting, and you may feel trapped in this state of exhaustion, whether it's physically or emotionally. But there are ways to manage and avoid burnout. If you're feeling the symptoms, take action, it's something that if left untreated can continue to cause harm.

In my own experiences with burnout, identifying the cause of the stress has been key. For some, it's as simple as assessing how many hours you're working a week and how many hours of sleep you're getting in a week, while for others it can be more complicated. But by discovering the root causes of burnout, you can take action to focus on healthier ways to manage stress.

As the semester continues, assess your stress levels. Take time to think about

how you're managing your stress and if you're doing it in a healthy manner. Talk to those close to you about how they're managing their stress, often students can find different ways to manage burnout by simply getting advice from their peers that are going through the same stresses.

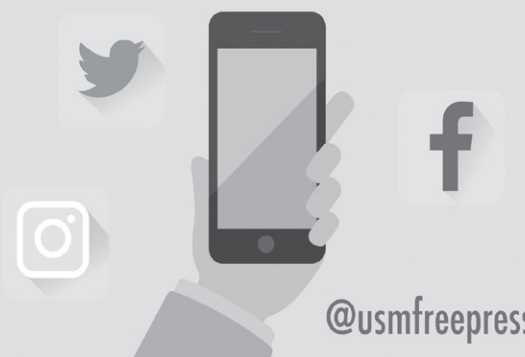
I can say that burnout is not something that you should take lightly, it's a challenge to avoid as a college student, but by taking the proper steps in preventing burnout you can live a much healthier life at college. Take time for yourself, and understand what works and what doesn't work for you. Stay healthy Huskies.

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USM President Glenn Cummings steps down as President

Cummings will return as Faculty in the Muskie School of Public Service

Haley Hersey
News Editor



Cullen McIntyre / Editor-in-Chief

President Glenn Cummings' final day as President will be June 30, 2022.

In a press release on October 5, it was announced that "University of Southern Maine President Glenn Cummings has decided to step down as president at the end of June 2022 after the conclusion of the current academic year." Cummings final day as President will be June 30, 2022.

University of Maine System (UMS) Chancellor Dannel Malloy's response was shared in the same press release. Malloy said, "I respect President Cummings' request to leave the USM presidency on a high note and return to the faculty. He can be proud of the legacy he's built throughout his presidency to position the University of Southern Maine for further success in the University of Maine System. In all the time I've known him, Glenn has never wavered in his focus on USM's students and their success. On behalf of all of UMS, I want to thank him for his service and leadership."

Mark Gardner, chair of the University of Maine System Board of Trustees and a graduate of the University of Southern Maine said in response to Cummings stepping down, "During his time at USM, President Cummings – along with the USM faculty and staff – has changed the lives of thousands of students for the better. The University of Southern Maine is dynamic and diverse, and an

important part of the university system and the Gorham, Lewiston-Auburn and Portland communities."

In the same press release, Student Body President Hussein Mao said, "President Cummings has been an incredible ally to the Student Government Association during these unprecedented times. His fortitude and commitment to students exemplify what it really means to be a university president. His dedication to putting students first has made the University of Southern Maine a welcoming environment for many students, including myself."

Cummings had goals when he started at USM. He said, "When I arrived in 2015, I promised the students, faculty, staff, and the community I would serve for 5 years to provide the institution stability as it worked to revive from a tough time in its history. I am now facing my seventh year as President and when I took a step back to reassess where I am in life and where the University now stands, I felt it was the right decision for a change."

"We have reached highs in enrollment and fundraising, we've balanced our budgets and broken ground on transformative projects, we've lowered student debt and done a lot for the state and region," said Cummings.

"I am very excited to return to faculty next year in our Muskie school, continuing how my career started teaching students," he said.

No stranger to politics, Cummings served President Obama's administration in 2010 as Deputy Assistant Secretary within the U.S. Department of Education. With this role, he helped manage a \$1.9 billion budget. Cummings has also served in the Maine House of Representatives as Speaker of the House, Majority Leader, and Chairman of the state's Joint Committee of Education and Cultural Affairs. In the committee he sponsored the successful bill to create the state community college system.

When asked about the potential to return to politics, Cummings said, "I've made promises to my wife and my family and I will not be throwing my hat back in the political ring outside of the school board. I will evaluate my options at the right time but for right now I am excited to spend this final year as President."

Cummings attended the University of Pennsylvania for his Doctorate in Higher Education Management. Prior to that, he attended the Kennedy School of Government at Harvard University and obtained his Masters of Public

"I've made promises to my wife and my family and I will not be throwing my hat back in the political ring outside of the school board. I will evaluate my options at the right time but for right now I am excited to spend this final year as President."

- Glenn Cummings
USM President



Cullen McIntyre / Editor-in-Chief

Once he steps down as President, Cummings will return as faculty at the Muskie School of Public Service.

Administration. At Brown University, Cummings earned his Masters of Arts in Teaching. He received his Bachelor of Arts from Ohio Wesleyan University.

Before becoming President at USM, Cummings worked in Gorham as a high school history teacher and department head. Following that, he was a faculty member at Southern Maine Community College. Most recently at USM, Cummings was an assistant professor of Educational Leadership. He taught for the masters and doctoral programs. At one point, he also served as interim President at the University of Maine at Augusta.

Cummings also served as President and Executive Director of Good Will-Hinckley organization. According to his biography on the USM website, under his direction and leadership, the "organization used a \$10.5 million philanthropic contribution from the Harold Alfond Foundation to create the first charter school in Maine history, the Maine Academy of Natural Sciences."

"USM is and always will be close to my heart. From my grandmother graduating from the Gorham Normal School in 1927 to starting as an adjunct professor of economics in 1997, I've seen unprecedented change, resolve and perseverance, and values you won't find on any other campuses around the world," said Cummings. "It's been an honor to serve USM and I am excited to see where it will go next."

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Vice Provost of Student Affairs position created and filled

Damian Medina comes with over sixteen-years of international experience

Haley Hersey
News Editor

The University of Southern Maine (USM) has created and filled a new position titled Vice Provost for Student Affairs. Damian Medina, ailing from Texas, has been hired for the position. As of September 15, Medina has been active in his role.

The job description for Vice Provost of Student Affairs is, “Under the direction of the Provost, the Vice Provost for Student Affairs will have oversight in planning, developing, implementing, and advising on programs, services, activities, and processes for students in their life at the university, including student conduct and community standards, identity-based experiences, sexual violence, Title IX, leadership development, intercultural student affairs, student government, student organizations, disability services, health & counseling services, residence life and housing, veteran services and other student resource areas. The Vice Provost will be responsible for helping to realize the full potential of a combined academic and student affairs division, including integrating learning opportunities across the student experience in alignment with USM’s academic vision and strategic plan.”

The search began in early June and concluded in August. A search committee was composed of Associate Vice President for Equity, Inclusion, and Community Impact Idella Glenn; Director of Housing and Residential Life Christina Lowery; Coordinator of Student Engagement & Leadership Jill Beuning; Leadership Studies Department Chair & Associate Professor Dan Jenkins

and Academic Advisor Lynsey Thibeault. Between August 9 and 20, five candidates were brought on tours of the USM campuses.

As for her thoughts on the new Vice Provost of Student Affairs, Provost and Executive Vice President for Academic and Student Affairs Jeannine Diddle Uzzi said, “He’s really fun, He’s got a ton of energy. He’s awesome at thinking outside the box. He has spent more than 15 years, I believe,



Photo courtesy of Damian Medina

Damian Medina, the New Vice Provost of Student Affairs.

between 10 and 20 years in global contexts. He has never had the luxury of having an experienced University team. He has always been building his own team at an international school. What this has taught him is to be very creative. I have found he has a unique perspective on student affairs.”

“I personally called all of the candidates references because I thought this position was so important,” said Uzzi. She said Medina’s references said he can take student

development theory (programming residence halls, teaching etc.) and translate for today’s modern diverse communities. “I just thought, we need the person who is ready for the students USM has today, not the students USM had 30 years ago.”

Damian Medina has been to 64 countries and territories on six continents, where he has immersed himself in their cultures. He enjoys bicycling, hiking, backpacking, Broadway shows and board games. As someone who does not drink coffee, Medina said people often question where all his energy comes from. Being around people, especially students, is what energizes him. For the last 13 years, he has been working abroad. His last position was the Assistant Dean for Student Affairs at Duke Kunshan University (DKU) in China.

Medina is a big believer in the golden and platinum rules. He explained the golden rule is to treat others the way you want to be treated, but the platinum rule is to treat others the way they want to be treated.

He said, “I think sometimes, we live in our own bubble. That’s what a university does, it breaks that bubble.”

Having moved to Maine recently, Medina said, “The vibe of Portland is a conglomerate of mini multiple cities in one. The food scene is amazing.”

One of the first things Medina wants to start at USM is a weekly Dinner Chat with the Vice Provost of Student Affairs in Brooks Dining Hall. Residential and commuter students will be welcome to join Medina for dinner and to talk. The meals will be during regular dining hall hours, but students are responsible for their meals if they

attend. Essentially, he plans to find a large table and eat once a week and welcome students to join him.

“Regardless of how busy my schedule is, I want to make myself available to the students,” said Medina. “I want to make sure students feel they have an ability to reach one of the campus leaders.”

In addition to these open dinners, he plans on setting up monthly themed meetings that will cater to various groups of students such as athletes, commuters, student group leaders, etc. Medina will reach out to advisors, provide food and have open discussions with students about their concerns.

“This is my passion, right, working with students. When I saw this job description, I saw ‘Student Focused Everyday.’ I had never really seen that focus like I had here,” said Medina. “Then I get here, and it’s just confirming my passion. Knowing that USM really caters to students’ needs – coming from a background that isn’t privileged, that resonated with me.”

Medina implores students to ask themselves, “When you leave USM, are you a better person than when you came in?” His goal is to help students to be prepared for being global citizens when they leave USM. “I challenge every student to truly embrace USM in every aspect for everything it offers. USM is only going to get better if the students get involved.”

“The minute he got here he was headed out to student events,” said Uzzi. “We’re very fortunate to have him.”

The Vice Provost of Student Affairs, Damian Medina, can be reached by email at damian.medina@maine.edu **FP**

USM Supports the State’s 10-year Economic Development Strategy

University Center for Economic Development to Open

Marcus Luddy
Staff Writer

The University of Southern Maine along with the University of Maine have been given \$509,000 over the course of five years by the Economic Development Administration (EDA) to fund the University Center for Economic Development. This program consists of experts from all throughout the University of Maine System (UMS) who will provide both technical assistance and research methods to help get moving the state’s 10-year economic development strategy.

The Center will be led by experts from the Maine Center for Business Economic Research, UMaine’s School of Economics and the Margaret Smith Chase Policy Center. They will focus on innovation networks in the state and

supporting workforces with technological changes.

UMaine Assistant Professor of Regional Economic Development Andrew Crawley said, “The center will have the strength and depth to be able to offer critical insights into the Maine labor market and provide a finger on the pulse of the economy.”

Crawley will serve as co-director of the EDA University Center aside Ryan Wallace. They said even though COVID has changed the economic landscape of the whole world, not even just Maine, the state is determined to continue to grow economically with the help of the UMaine System.

The center will be guided by an advisory board to work with stakeholders to assess priorities critical to this proj-

ect. The project aims to enhance Maine’s competitiveness in economic and innovative talent pools. The University has promised to help support the program as this will improve Maine’s innovation potential and encourage business expansion to help continue on Maine’s economic development strategies. **FP**

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Arts & Culture

Visit the **CALL/RESPONSE** at the USM Art Gallery *Exhibit featuring art from Susan Klein and Hannah Barnes*

Riley Mayes
Staff Writer

On October 14th, the USM Art Gallery held its opening reception for an art exhibit created by Susan Klein and USM Professor Hannah Barnes. Drawing students and faculty together, the artists revealed Call/Response: an exhibit that centers around collaboration, community, and ritual.

In her statement, Dr. Kim Grant wrote that the title of this exhibit refers, “to a traditional music form often used in the context of communal worship.” Call/Response embodies this concept in that it is both a product of collaboration between artists and an ongoing response from spectators. “Their process is fluid -- drawings, paintings, and sculptures are exchanged and serve as prompts and inspirations for the development of further series of works,” said Grant.

The exhibit is a flourish of grids, patterns, vibrant colors, and creative interplay between mediums. As a painter, Barnes investigates abstraction through, “pattern-based structures, fragmentation, and impermanence.” Conversely, Klein’s sculpture centers the organic and intuitive. “Clay allows for a balance of planning and improvisation yet leaves room for painterly decisions,” Klein writes in her artist statement, “I use color and pattern to establish relationships between form and surface, abstraction, and representational reference.” The tension between geometry and organicism are negotiated by Barnes’ and Klein’s call/response style, in which they respond to each other’s work to create integrative imagery.

The Director of Art Exhibitions and Outreach, Kat Zagaria Buckley, noted the collaborative nature of this

“Their process is fluid -- drawings, paintings, and sculptures are exchanged and serve as prompts and inspirations for the development of further series of works,”

- Dr. Kim Grant

exhibit, as well. “The work was a collaboration by Hannah Barnes and Susan Klein from afar, but the three of us also collaborated in the physical installation of the exhibit,” she said. Students were able to contribute to this work, as well, by sketching the sculptures during the opening reception and interacting with the artists. “It was great to see that third level of collaboration by students,” Zagaria Buckley said.

Walking through the exhibit, the traces of collaboration are tangible. The two variations of Offering stand as one



Hannah Barnes
Blue Blaze
2018
Oil and watercolor on linen
40 x 32 in.

Photo courtesy of Hannah Barnes

powerful example: placed on adjacent walls, the two pieces use recurring shapes and variation to develop each other’s ideas. In Barnes’ piece, she borrows the curvature of Klein’s sculptures in her paintings; while Klein’s pieces arrange themselves into a triangle as a nod to Barnes’ geometry. This piece stands as the laurel of Call/Response by demonstrating art not as a product constructed by a singular artist, but a communal process.

The exhibit allows for a multifaceted experience, as well. While the gallery is usually set up with two sets of moveable walls near the entrance and the back doorway, creating a closed-off space, the artists decided to do something different. Instead, the moveable walls have been placed on left and right sides of the gallery walls, creating what Zagaria Buckley called “an echo chamber.” This allows for more freedom of movement, as well as nodding to the artists’ collaboration from across state lines. “You can stand in one of the chambers and speak to someone on the other side, but you can’t see them,” said Zagaria Buckley, gesturing to the moveable walls, “You have to anticipate what the other is doing.”

Call/Response stands as one of the many works that Barnes and Klein have collaborated on. Earlier this September, for example, Barnes exhibited Maintenance of Way, a collaboration with artist Gyun Hur at Tiger Strikes Asteroid Greenville (TSA GVL) gallery in South Carolina, where Klein is co-director. As Grant describes, each artist shares a similar vision to challenge the, “historically dominant paradigm and its privileging of the heroic male artist” by recognizing the vast cultural productions that manifest in what we know as art. This is particularly evident in their attention to craft traditions associated with rituals and women’s work. For example, Grant identifies Klein’s sculpture as inspired by idols, funerary urns, and lingam shrines; as well as Barnes’ interest in the art and artifacts of the Dongria tribe, an animist culture she studied in India.

The USM Art Gallery in Gorham is open 12-5pm Monday-Saturday, and admission is free for students. The exhibit is running until December 8th, leaving plenty of time to wander the lavender walls of the exhibit and explore the imagination of these artists. To learn more about the work of Barnes and Klein, visit their websites: hannahbarnesart.com and susankleinart.com **FP**



Susan Klein
After Ponmudi
2019
Oil painted and glazed ceramic stoneware
29 x 20 x 22 in.

Photo courtesy of Susan Klein

Performers at work shares about their group

USM club organizes to get students on the stage

Cayley Bowman
Staff Writer

As the new school year rolls around, students are getting into the swing of things. Clubs and groups are eager to recruit new members to introduce into the organizations that they are a part of. One group that always welcomes newcomers is PAW which stands for Performers at Work.

PAW is an organization based on the Gorham campus that is run by the students, for the students and community at USM. They offer a safe space for everyone of all identities to experiment with the arts. The student run group hosts events, such as game nights, improvs, theatre workshops, student directed one-acts, karaoke, and craft fairs. PAW also runs two full length productions that are completely done by the students. All of these events are free to students.

Performers At Work consists of a twelve person officer group. The students come from a variety of different majors and backgrounds. The officers create, organize, facilitate, and participate in all of the

events. The officer group is comprised of; president Juliet Moniz, vice president August Thornton, treasurer Ciara Niedlinger, fundraising chair Isaac Martel, secretary Emily Bartley, student representatives Sean Buchanan and Alyssa Pearl-Ross, school of music student representatives Rita Micklus and Molly Ross, publicity Brooks Ewald, and historians Sophie Urey and Chana Wingard.

The officers meet once a week to plan



Photo courtesy of Performers At Work

events and manage business. Each of the officers have their own roles and responsibilities to fill and take care of for each project. The officers come up with ideas for events, create the budgets, and then execute the plan. Members of PAW can also attend the bi-monthly meetings to hear what is happening and voice their opinions to the group. The members get to connect one on one with other peers that have similar interests. They are able to explore artistic avenues without the fear of academic, financial, or social risk. The group fosters inclusive spaces and tries to really listen to their members' wants and needs.

Anybody is welcome to come to events and participate. You can get involved by just showing up and having fun. Performers At Work says that they always welcome newcomers, even if you are not a performance major, you are still welcomed by the club. In the past show, they had two non-performance majors participate in the performance. To officially join the club and audition for shows, you just have to fill out a

form available in Russell Hall and pay a five dollar due fee.

Performers At Work hosts play performances once per semester. The group also offers smaller cabaret style and lowkey events once a month. Some of their upcoming events include a drag show hosted by Bryan Spaulding on Friday, October 22nd in the upper class tent, ArtCon organized by Ciara Niedlinger on November, 1st in Russell Hall. ArtCon is a craft fair styled event that features booths of various artistic opportunities, which include caricatures, photography, and more.

PAW is a perfect opportunity for a student of any major to have a safe space to be themselves and not be afraid of being judged.

People can find the group on social media by going to Performers At Work on Facebook, usm_paw on Instagram, and subscribing to their monthly email chain by emailing usm.paw@gmail.com. People can also stop by the theatre department and chat with any of the officers. **FP**

Urban Farm photo series



All photos by Nora Devin / Director of Photography

MOVIE TALK

Venom: Let There Be Carnage

Brandon Kennedy
Staff Writer

It's not often you get a movie about one of the greatest characters in Marvel Comics, Venom. The 2018 Venom film was a really fun movie, including chase sequences, a good storyline, simple to understand, and it had great fight scenes. The second installment is no exception. Venom: Let There Be Carnage is the next film in the series, taking place sometime after the first film. Eddie Brock, played by Tom Hardy, is trying to avoid any unnecessary jail time because if people go missing, it's on him. The roles of Venom and Brock are somewhat divergent in this film, they fight, get into trouble on their own, and realize that they need each other by the end of the film.

The other characters in the film include Woody Harrelson's Cletus Kasady, who is seen as a merciless killer, but what I liked about this interpretation of the character is that Kasady isn't a merciless killer. Kasady does kill, even as Carnage, but Kasady is more sentimental than Brock is. In a twist, most of Kasady's actions are regarding a woman named Frances Barrison, who is played by Naomie Harris. You may remember Harris from Pirates of the Caribbean as Tia Dalma. Kasady is in love with Barrison, and makes every effort to be with her.

Other characters from the previous film return, such as Anne Weying played by Michelle Williams, Mrs. Chen played by Peggy Lu, and Dan Lewis played by Reid Scott. Each one is played as well as you'd expect, I don't feel there's any difference in terms of character from the first film to the second. Dan and Anne are engaged now, and the news of this leads to Venom and Brock's first fight in the film. It is shown that both are in love with Anne and think both of them deserve her, together.

A new character named Patrick Mulligan is introduced in the film, played by Stephen Graham. He's essentially the bad cop in a scenario of good cop, bad cop. He purposefully makes Brock's life miserable for no reason other than to be a bad guy. One thing I will say about the film is that the origin of Carnage isn't very well explained. Venom doesn't explain how symbiotes are conceived and neither does Carnage. It's just as simple as Venom has a piece of him taken, and that piece becomes Carnage. This lack of acknowledgement is a flaw in the story that makes it a little less enjoyable and interesting. On the one hand, while some of the flaws in the movie are present, such as the flaws in story development or the overuse of comedy in scenes that shouldn't be comedic, such flaws are



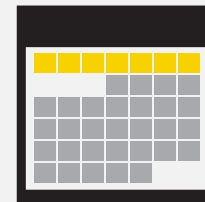
Photo courtesy of IMBD.com

minor.

You really feel like the characters Eddie and Venom have such chemistry and that together they should be unstoppable, which is exactly the opposite you feel about Carnage. Carnage's big problem is that he and Kasady aren't a match, while Eddie and Venom are. They bring out the best in each other and that is why I think the movie being about their relationship is an important stepping stone in the franchise.

The last thing I'd like to

talk about is the mid-credits scene, this scene was very important. Letting you know where the franchise is going and how big it's about to get. Yes, it involves Spider-Man. It's so good to see it. Venom as a film is about as good as the first one, but for a sequel you expect it to be better, but for this one it isn't, it's just about as good. Take that into consideration when you watch it for the first time or for the second. **FP**



**A&C
Listings**

Friday, October 29

Musical Theatre Fall Show- The World Goes 'Round
Corthell Hall
8 p.m.
\$10 Admission

Tuesday, November 9

USM Youth Ensembles Fall Concert
Merrill Auditorium
7:30 p.m.
Donations

Thursday, November 12

She Kills Monsters
Russell Hall
7:30 p.m.
\$8 Students/ USM Faculty and Staff; \$16 General Admission; \$12 Senior Citizens 65+

Tuesday, November 16

USM Jazz Ensemble Fall Concert
Corthell Hall
7:30 p.m.
\$10

Monday, November 29

Dinosaurs at Dusk!
Southworth Planetarium
1 p.m.
Free for students

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

Want to submit an event?
arts@usmfreepress.org

USM Community Page

The “Hidden” Photo Lab in Robie Andrews

Where magic and mystery are found for students

Nex Staples
Staff Writer

Camouflaged in the back corner of the Robie Andrews building at USM is the Art Department, its glass framed door that opens the barrier between brick and self expression. A maze of art covered walls greets those entering- printed owls, delicate hands cradling butterflies, and other pieces of all different genres and mediums provide the spark of the creative and awe-inspired fire in one's heart. Students granted admittance to the space may be shown through the wonderland by kind-hearted Jen McDermontt, part-time Associate Professor of Art. Being led by McDermontt through the downstairs, potentially leading to one of the most interesting and historical expansions of the area: the Photo Lab.

The Photo Lab started budding into what it is today in 1979. Rose Marasco, the first female photography professor, took the scraps of what little the department had, one small space and barely a seed of a program, and put them in well-watered soil, aiding them in their bloom.

The influential woman started her career by exhibiting her photographs at the Munson Williams Proctor Art Institute of New York at age 23. The students and faculty responded favorably to the work which resulted in her being hired to initiate the school's photography program the following year. She taught there for 5 years before arriving at USM. After which encouraged eager students to push the school for photography classes and pathways, the program that Marasco was asked to head. It was partially this experience that led her to continue down this road, spending 35 years at USM teaching. Even writing the school's photography degree program and designing everything along the way.

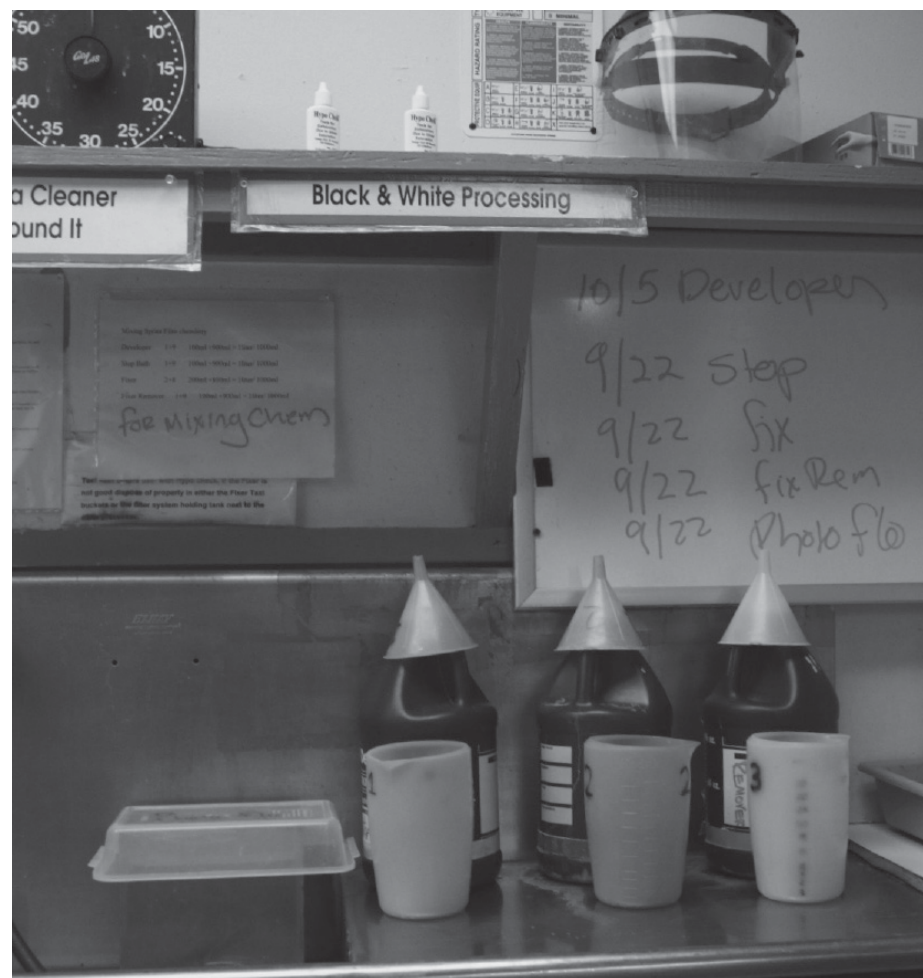
What was originally only film soon grew to include film, color, and digital. The lab changed along with time and became a place where students could feel safe to experiment with their creative minds and self expression, while also sticking to the program's roots and history. As both Marasco and McDermontt stated, it's important to have the basics and lingering memories of the past, so that students are provided with not only a stronger connection to themselves, but to the

process, and to other people- both breathing and buried.

Film developing is a centuries old art, the closest to today originated in 1889 by George Eastman and his Kodak Model 1 camera. The practice links together generations of photographers, their stories connected by the weight of the camera in their hands. After witnessing the beauty they want captured and trapping it in their film, students hang their negative, waiting for it to dry before bringing it into the dark room. McDermontt described the amber light as soothing and one of her favorite aspects of the room. When the fluorescents are turned off and replaced by the glow, the darkroom becomes almost haunting, turning flesh a sickly green-gray, almost as if the workers are a part of the photo themselves.

In the darkness lies intimacy, shared between both the artists and their prints. A negative is projected onto light sensitive paper held by an easel, the paper reacting to the shadows and luminescence, the light making an impression of the image based on the values of the negative itself, almost like drawing a picture. A process that McDermontt described as magical, both to participate in and to witness. It is during this stage that contrast can be added or stripped, and the photo shrunk or enlarged. The paper is then placed in chemicals (developer, stop bath, and fixer) and placed on the drying rack. Throughout this procedure, light plays a major factor, as a picture can be ruined by too much time in the light or in one of the baths.

The lab is home of innovation and imagination, resting in it's calloused palms a significance greater than many know of or believe to be true. Film provides a different medium, a different outlet, for photographers. McDermontt compared only using one practise of photography to a painter only being able to create with watercolor- while the end result may still be breathtaking, something is lost or missing. The practice grants students patience, not only as they are in charge of every alteration, but also because everything is most likely new, meaning mistakes are common and allow for personal growth. Students there not only learn from their own mistakes, but from those of others. Teaching each other



Nora Devin / Director of Photography

The photo lab in Robie Andrews building at USM, located in the back corner of the Art Department.

through communication and creating community within the confined space.

Marasco praises photography for this community, and adores the connection not only to those in proximity, but also between a photographer and their camera, the love that is held in looking through the lense, the feeling of being a part of something. She also recognizes one of the societal importances of film, noting that resources such as photoshop and the tools inside of them often emulate those that originated with film.

"People think that everything is better, but I'm not too sure on that myself," she says.

The Photo Lab is a setting that allows students to be their full-selves and explore whoever that may be. The space encourages individuality and community, linking the past and present in bewitching ways. The light-drawing practise of photography is enchanting, no matter the tool used, and students interested in exploring it are encouraged to engage in a photography class and take advantage of the school's still newly-developed resources. Even the smallest flicker of curiosity is welcome. "I followed my heart and it worked for me, that's all we can do" Marasco said with a smile. **FP**

Get to know the Outdoor Adventure Board

Go for a hike, catch some fish, & hit the slopes

Zoe Bernardi
Community Editor

Tucked in a small office within Sullivan Sports Complex lays a door adorned with various stickers from many adventures and history of the Outdoor Adventure Board, or OAB. Reborn from the original club called S'more or Southern Maine Outdoor Recreation, which was a 20 year club that was funded by the students per trip and advised by the Sullivan Sports Complex. However, in 2016 S'more became OAB after getting funded by the Student Senate through the Student Activity Fee. Other clubs that are funded by the student activity fee include *The Free Press*, Gorham Campus Activity Board (GCAB) and more. Similar to those clubs the OAB is student run and has a board of student leaders, such as the chair run by David Olson.

Olson, a senior in the mechanical engineering program, is from Fryeburg, Maine. His freshman year started in 2016, where he was an active member of the OAB. He states how it was much smaller then and the board was simply made up of three people. Now fast forward to 2021, where Olson has been the chair for the past three years, and the email list of current members is around 800 students. The board also grew as now the board is filled with 10 members. Some of the roles include chair (Olson), photographer (Savannah Lemieux) co-chair

(Grayson Jones), financial chair (Kelly Dube), secretary (Kayley Weeks), marketing chair (Josi Palmer) and trip leaders (Jon Hatch, Bella Swanson, Anthony Lovino, Alex Winn).

The OAB offers local events in Maine to do outdoor activities with other students and are led by the members of the board. Giving students the opportunity to explore activities such as hiking, biking, skiing, snowboarding, white water rafting, and deep sea fishing. These events also allow students to meet others in their shared community, as well as get into new hobbies without the fear of judgement and commitment. Olsen expresses how important it is to give these opportunities to students who would otherwise be involved with getting into outdoor activities. Olsen was passionate about how important outdoor activities are to being connected to the physical community and environment, as well as how it can connect people with shared interests and create a safe space to try something new.

Trips are first come first serve, and happen on a weekly basis, Olsen said the OAB tries to host 10-15 per semester. On each of these trips there are student leaders as well as outside guides that assist and direct the group on the adventure.

With enthusiasm Olsen explains how much bigger the OAB trips have been, "It's

crazy, it used to be that it would take weeks to fill trips and now it takes hours." He continues with, "the roster changes too, we are seeing more and more new faces on each trip, it's not the same people each time." With the club becoming more and more prominent on campus, students are able to meet new people and get to know Maine better each trip.

Since the OAB is supported through the Student Senate and Student Activity Fee, all trips are fully funded and students will not have to pay to attend these events. However, bigger events that involve tipping the tour guides or transportation might include asking students to pay in order to tip the rafting guides or buy firewood. However Olsen reiterated that the OAB tries to pay for as much as they can.

"We want to make the outdoors and these activities accessible to everyone, by funding them and allowing students to try something new is the mission of OAB," states Olsen.

If you are new to skiing or hiking and want to get involved, the OAB will also help find the best trip for you to begin, "we want to make sure that students know what they are getting themselves into, by taking with them we can find a trip that would work best."

The OAB registration works via email, and a google form is all it takes for you to join the list on the next adventure. To get on the email list, you can simply email oab.usm@maine.edu or see them at tables such as at Husky Fest and other on campus events. Posting and scheduling for the month and semester are also available online at their social media accounts (Facebook & Instagram - @oab.usm.) **FP**



Photo courtesy of Outdoor Adventure Board

The Outdoor Adventure Board (OAB) on a white water rafting trip, one of the many trips the club goes on.



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Global Solutions

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GLOBAL SOLUTIONS"**

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Perspectives

Why is everything about COVID so messy?



Amy Hinshaw
FNP Interim Director Health Services

What does a USM student do if they test positive for COVID-19? Boy do I know this answer well! But do you, the staff students and faculty of USM know the answer? What if you had to look it up? In writing this article I had to see what would happen if I searched the web. With deep diving, countless searches, and endless investigation I have ended up feeling like many of you likely have; frustrated, disap-

pointed and a bit infuriated at how tough this is. My sincere apologies. Here is my opportunity to give you the basics about where to go and what to do IF you become COVID positive.

1. Please call USM Health Services immediately at 207-780-5411 or email usmcovidinfo@maine.edu. We are your first step in navigating this news. You will speak with one of our medical providers or contact tracing team who can give you clear, CDC based guidance for your next

steps.

2. Make sure you isolate yourself as soon as possible away from others. If you live on campus, stay in your dorm room and mask up until we talk with you. We have space on campus to care for you during your isolation period. Commuters, we will talk about your home environment and the best way to keep yourself and those around you safe.

3. As they say on the Healthy Huskies FAQ's for Exposure and Illness, please take good care of yourself. Finding out you have tested positive for COVID is stressful. You are not alone. We want to talk with you, support you and help care for you during your illness and isolation.

I'm keeping it simple. Call USM Health Services please, isolate and take care of yourself. STUDENTS, you've got Health and Counseling Services, Residential Life, Sodexo, the Dean of Students Office and

many more as your support team. STAFF & FACULTY, Health and Counseling Services and your HR partner are ready to help.

COVID is messy, even for us. We want to help you, answer your questions and keep you and our campus as safe as we can. Thanks for doing your part Huskies.

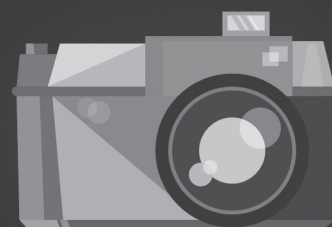
RESOURCES:

State of Maine COVID-19 Information: <https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus/index.shtml>

University of Maine System COVID-19 Self Report Form: <https://umaine.edu/return/covid-19-self-reporting-form/>

On your MyCampus Portal (<https://my-campus.maine.edu/home>): Health & Wellness > Healthy Huskies > Student/Staff/Faculty FAQ's > Exposure and illness **FP**

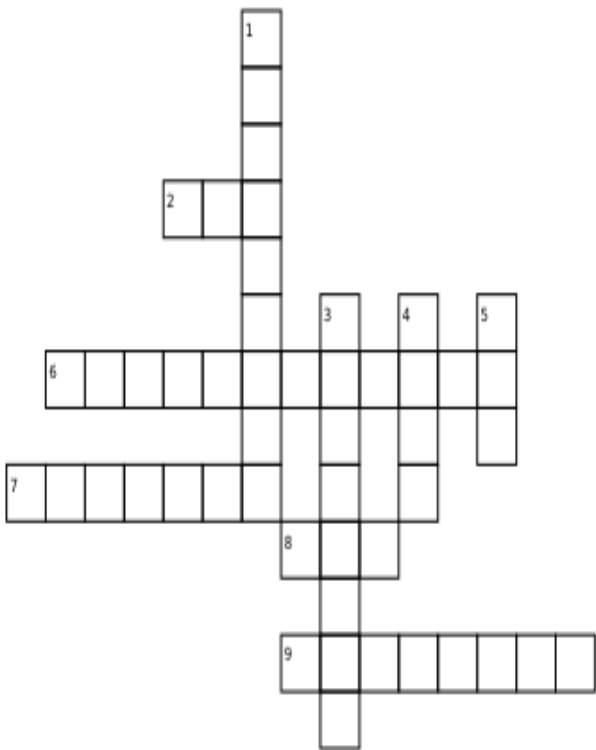
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Crossword



Down:

- 1. The night before all saints day.
- 3. Once upon a midnight dreary, while I pondered, weak and weary...
- 4. The darker stage of twilight.
- 5. structure created by a proteinaceous silk.

Across:

- 2. Nocturnal bird of prey.
- 6. A building perceived to be inhabited by spirits.
- 7. An ancient Celtic holiday celebrated on October 31st.
- 8. The only known mammal capable of true and sustained flight.
- 9. Land specifically designated as burial grounds.

Joke: Why do they put fences around cemeteries?

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.

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

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

Word Search

Theme: Spooky

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

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

- Bat
- Blackcat
- Boo
- Candy
- Carving
- Cemetery
- Coffin
- Crow
- Ghosts
- Halloween
- Harvest
- Haunted
- JackoLantern
- Owl
- Pumpkin
- Scarecrow
- Skeleton
- Spider
- Spooky
- Vampire
- Web
- Witch
- Zombie

Answer: Because everyone is dying to get in.

Horoscopes

 Aries (March 21 - April 19) Send your focus towards the talents you've kept waiting in the wings, Aries.	 Leo (July 23 - August 22) Aim to give yourself a physical outlet today, so your mental stress doesn't bottle up and explode in harsh outward comments.	 Sagittarius (November 22 - December 21) Mercury's retrograde phase has had you reviewing who belongs in your close circle and which of your goals are still relevant.
 Taurus (April 20 - May 20) The nurturing moon spends the day floating through your sign, encouraging you to get back into your body and pamper yourself accordingly.	 Virgo (August 23 - September 22) Aim to dismantle any overwhelming feelings yourself break free from boring routines that keep your mind stuck in its usual grooves.	 Capricorn (December 22 - January 19) Aim to cultivate some ease , Capricorn. What can you put on your agenda that brings you relief, pleasure, and joy?
 Gemini (May 21 - June 20) It's been imperative that you rediscover your sense of pleasure and joy this past month, Gemini.	 Libra (September 23 - October 22) The weeks ahead work to help you activate your underutilized talents and skills.	 Aquarius (January 20 - February 18) The universe has encouraged you to deconstruct some of these self-created misconceptions during Mercury's recent retrograde phase.
 Cancer (June 21 - July 22) Give yourself space to sanely navigate things. You need good friends to confide and connect with today, Cancer.	 Scorpio (October 23 - November 21) It's been imperative that you work to dismantle self-built blockages that have barricaded your path.	 Pisces (February 19 - March 20) Send your attention towards your self-confidence today, Pisces. You've got an array of skills to share with the world.

Sports

Monday 10/25

Men's Ice Hockey

v. Rivier University
3:45 p.m.

Tuesday 10/26

Men's Soccer

v. University of
Maine-Farmington
7:00 p.m.

Thursday 10/28

Field Hockey

@ Endicott College
7:00 p.m.

Friday 10/29

Women's Ice
Hockey@ UNE
5:00 p.m.

Saturday 10/30

Women's
Volleyballv. West Conn. &
Curry College
12:00 & 4:00 p.m.

Coaching more than just the game

Crafting a unique community in soccer on and off the field

Cullen McIntyre

Editor-in-Chief

If there is one thing that Jon Cross hopes to teach athletes, it's that they're more than a player. Cross is the assistant coach of the USM Men's Soccer team, and is the co-founder of Kennedy Park FC (KPFC) in Portland. He is also a Licensed Alcohol and Drug Counselor who has worked in telling his own story and helping students through their transitional years.

Cross also played soccer at USM, but in a unique way. In 2015, he was the first student-athlete in NCAA history to earn a medical waiver of eligibility for addiction. In his earlier years, Cross struggled with drug use, and became a heroin user. Because of this, Cross stopped playing the sport he loved and never actually had a collegiate career in soccer.

In 2014, he became sober. Since that time he has spoken at many colleges and universities about his experiences. Growing up, Cross lived in an era where scare tactics were the main use in teaching drug prevention. Someone would come to their school, tell them about a scary time when they used drugs, and that would hopefully make students afraid of using. For Cross and others, this wasn't a reasonable method. "I saw we were continuing to do the same thing in schools, and yes I do use my story as a tool, but I want to teach them things that they can tangibly do such as mediation, yoga, routine and how to talk to your family," he said.

He began Cross Wellness, where on his website crosswellness.com he states that the goal is to "introduce student athletes to meditation and yoga, while incorporating my personal experience and stories to demonstrate the beneficial changes that are possible over time. The goal is to potentially prevent future drug addiction, create peer bonds, and increase their general well-being as student athletes."

This goal can be translated into his work as a coach at USM. Cross initially became an assistant coach before playing at USM, having emailed various local coaches in the area looking for a role, head coach Mike Keller was the only one that responded and gave him a chance. While coaching preseason, he found himself with an interesting chance at attempting to gain eligibility to play the game he loves again. "The idea took place on a whim. I heard of waivers, I had read up on them and one of them was medical waivers. When I did it, it was a complete chance," he said. "I thought it was never going to happen."

For Cross, the unthinkable happened. His first waiver was rejected, but with the support of Keller and those around him he resubmitted the waiver and was able to play for USM at the age of 27. "It was surreal, it felt like I was almost living someone else's life. I was 27, but I felt like I was 18 again. My freshman year of college I didn't even play soccer. To be on a team again was so different for me," he said.

While it was one of the brightest moments, there was also a struggle at that time as well. His mother had become sick with cancer, and was battling it while he played that season. While soccer didn't fully distract him, it became a light that his ad-

diction would not dictate him as a person. "My life beyond addiction wasn't going to be a curse. That season was more hope that my life wouldn't be dictated by heroin and alcohol. That I was going to be more than a guy that had a big problem with addiction. That I could give back to the world and get a second chance at life. There's a life beyond rehab," Cross said.

Upon completion of his season at USM, Cross went on to work as the assistant coach at Saint Joseph's College. His main reason to go there was to attain his master's degree while working as the assistant coach, but actually found himself falling in love with coaching. "I always wanted to be involved and coach on the side, saying I'd do it on the side as a fun thing after I graduated. I thought my full-time career would be as a Drug and Alcohol Counselor, working in rehabs and with kids," he said. "But when I went to Saint Joe's to get my masters and assistant coach, when I started coaching it was so fun. That I could give back through the game and do the same stuff I'm doing but through soccer."

His initial plan of getting his masters and moving on from coaching turned out to be that coaching was the role he wanted to stay in. But he had another place in mind as he wrapped up his master's degree at Saint Joe's, USM. "Everyone wonders why did I leave a national ranked team to come back to USM and help out, it was where it all started and I was always coming home," he said. USM was the place that gave him a chance and returned to what felt like home for him.

It was full circle, and felt very important to Cross to come back to where it all began. From playing here to sharing special moments of his own, "senior day is next weekend for the guys, which was the last day I saw my mother walk was on my senior day. It's a really important time of my life, and to be back to mentor and coach these kids is full circle," he said. "I'm helping back the place that helped me alongside the guy that gave me a chance."

This year, Cross and Keller have coached the Huskies to a 4-9-1 record. While the results on the field are important, Cross finds that coaching his players off the field is more important, "it's cool to win games and score goals, but if you've learned nothing off the field then what am I doing," he said. "I think that coaching a kid off the field about how to be on time, to treat his family, and to be a good student is important. After four years, it's over. If all you've learned is on the field, I've failed."

Off the field has found Cross in an important role as well, in 2020 he alongside his friend Hany Ramadan founded Kennedy Park FC, a place that united the community of Portland through the love of soccer. The idea came when Cross and Ramadan visited Los Angeles, CA and encountered Venice Beach Football Club, a place that Cross said, "it was music, it was fun, it was culture, and the game we love soccer. We have to do this when we go home."

It was a slow start due to COVID-19, but eventually they acquired nets and had a game. Cross said that a picture was taken that day, they started a social media page, and it blew up. Kennedy Park FC grew from a plan of having 10-15 players



Cullen McIntyre / Editor-in-Chief

Cross by the sideline during a Men's Soccer match at Hannaford Field

out to have a game to a social media following of over 1,000 people, raising money through t-shirts to do a docu series on local athletes, and eventually a futsal court was built in Kennedy Park with help from the City of Portland.

For Cross, he doesn't want to take credit for the players that have come through KPFC "We're just crafting the skill they already had," he said. He looks at Kennedy Park FC as a place to build a community and help hone the skills that these players have when they arrive.

This year KPFC has had players from Bowdoin College, Saint Joseph's College, USM and all over come to play and be a part of the community. "It's become a part of a family," he said. That much was apparent at a recent USM Men's Soccer match against Bowdoin College, where the sidelines were filled with shirts touting the "KPFC" logo.

Cross doesn't see his role at KPFC being something that is long term, he knows that his role has an end date and eventually another young person in the community will take the job. For him, Kennedy Park FC is not owned by him, it's owned by the community. For the community, it's a place where soccer has become family, where sport has become home, and competition has become empowering through the beautiful game.