

# the fp

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# Letter from The Editor

## Support Networks

**Cullen McIntyre**  
*Editor-in-Chief*

This upcoming week we celebrate Thanksgiving, a time where we are thankful and feel grateful. A lot of the time this gratitude is shown toward the people around us, or our support networks. Having a support system around you is incredibly important as a basic need of being human, having people to rely on and support you. Whether that is your family, friends or colleagues, having a support system is something that you can be incredibly grateful for.

The University of Washington defined a support network as “the people in your life that help you achieve your personal and professional goals.” As broad as the definition sounds, it has to be. Everyone has a unique support system around them, some have a large support system from their family, while others rely on a close knit group of friends. Either way, having a support network around you is necessary.

I recently had to write a letter to someone in my support network for a class I am taking this Fall semester. The activity had each person in my class draft a one page letter telling that person in your support system what they’ve done for you, and if you believed you were a part of their support network, then what you have done for them as well. For myself, I

chose to write about my mom. But I first thought a lot about my support network, and how grateful I am for the people around me.

The assignment led to a lot of reflection. Thinking about how over time your support network can drastically change. When you’re younger your support network is almost entirely family. As you grow up and go to school you gain some friends and important mentors along the way. There may come a time when your support network tips from mostly family to mostly friends, or maybe the other way around.

For me, my support network has been strong in my life. My family has helped me in many ways, from supporting me with nurture and care throughout my life, to supporting me financially as I get my degree in college. My friends have supported me socially, but have also pushed me to be the best I can be professionally.

Support networks are something that we all have, whether you have realized it or not. Undertaking this assignment made me realize how large my support network actually is, and how grateful I am for the people in it. So how can you develop your support network, or even understand who is in it?

To start, simply understand the assignment I was assigned in my class. Think about someone who has supported your personal and professional goals. Make a list of family,

friends, teachers, colleagues, or anyone around you that has supported you in this manner. Suddenly, you’ll find yourself with a list of people that make up your network. You may be satisfied with the people in your network, or think that you should expand your network. That’s okay.

Your support network isn’t locked in for life. Because your personal and professional goals aren’t either. As your goals change, your support network may happen to change as well. The foundations of your network are likely to stay the same, family and friends, but if you happen to change your major or career path, your professional network will definitely change.

For college students, you may be in a part of your professional life where you are looking to expand your professional support network. This can be achieved through physical networking, either by attending career fairs and networking events, or by networking over email or phone. A great resource is LinkedIn, and the Career & Employment Hub at USM can help you build yours.

Overall, having a support network is one of the most important aspects of your life. While you may acknowledge your support network everyday, it’s important to be grateful for your support network and all that they do for you. Even after Thanksgiving has passed. **FP**

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*Cullen McIntyre*

# USM to have in-person ceremony for Commencement 2022

## *Ceremony to be held in Cross Insurance Arena*

**Haley Hersey**  
News Editor

The University of Southern Maine (USM) has decided on a plan for Commencement 2022.

Dean of Students, Rodney Mondor, said in an email the current plan is “To hold an in-person Commencement Ceremony at the Cross Insurance Arena on Saturday, May 7. We will also be offering a Stage crossing/name reading ceremony for the Class of 2020/2021 on Friday, May 6.”

“All of this is pending that large group activities will have no restrictions by the City of Portland, State of Maine and/or Federal Guidelines between now and May,” said Mondor.

According to Mondor the plan is to have a full Commencement Ceremony like pre-COVID, pending any restrictions. However, because it is a university event, masking is expected to be required for attendance.

The face covering requirement for the University of Maine System (UMS) was extended on October 26 to last through December 17, which is the remainder of the fall semester. According to the policy, when indoors and not alone with a closed door or eating, face coverings are required to be worn on university property. The policy will be reassessed on December 17 on whether it should be further extended.

As of November 5, no faculty or professional staff

speakers had been decided on. Applications to be the student speaker are usually posted at the end of January or early February.

At this time, Mondor said there is no backup plan in place for the ceremony.

“In the Spring Semester, if there is a hint of potential restrictions, then we will address them and adjust accordingly,” said Mondor.

Various USM seniors were asked their thoughts on the university’s current plans for commencement. Social behavioral sciences major and tourism and hospitality and academic honors minor, Hannah Hart said, “I believe this plan is fantastic and I am looking forward to an in person ceremony! I believe that it would work out well and make people feel included and wanted.”

Hart also said she thought a livestream option would be a good option for those who do not feel comfortable attending the ceremony in person.

Media studies major with a Spanish minor, Abigail Nelson said “I think it’s great that past classes are going to be able to walk and that the school is doing something to honor them.”

Nelson also wondered how many people will take advantage of the opportunity to march “now that they have started their lives and are all over the place.”

In regards to her thoughts on graduating and having more traditional experiences, she said “I’m excited to have

a graduation and I hope that I will be able to have my family there to support me as they have supported me for the past four years.”

Occupational therapy major, Emily Colby said, “I think that it is great that they are including an opportunity for the 2020 and 2021 folks to have a graduation, however I think there should be a good amount of surveying done beforehand to see how many people are going.”

“The lack of restrictions is a little concerning, I think that there should be some research done on the number of people that are planning to attend beforehand,” said Colby.



Kelly Ledsworth / Design Director

# Overnight power outage in Gorham disrupts classes

## *Residential Life staff enacted procedures and policies*

**Riley Mayes**  
Staff Writer

On Sunday, October 24, the Gorham campus experienced an extended power outage that lasted until approximately 3 p.m. the following day.

There was light for some students living on campus, but larger appliances were not functioning, electronic devices were down and the heat was only partially working. Some lights were flickering and others were completely dark except for safety lights. Without power, many students living on campus were unable to attend Zoom classes or complete work.

According to Christina Lowery, the Director of Residential Life and Housing, it took a few hours to assess the cause of the power outage. It wasn’t until a contractor got on campus that USM got word that the outage would require a campus equipment repair that was likely to take some time.

“At that point, Alec Porteous, the Chief Business Officer, worked with some other folks to make some decisions that it just wasn’t going to be feasible for classes to take

place the next day,” said Lowery.

Following the power outage, safety policies and procedures were enacted almost immediately.

“Our decision-making process enacts just as soon as the power goes out, and we just keep re-assessing that as we get more information about what our next steps are,” said Lowery.

All of the Resident Assistants (RAs) and Resident Directors (RDs) worked on rotation and conducted safety and fire rounds during power outages. They walked around the buildings every half an hour and checked in with students to see if they needed anything.

“Res Life emailed students four or five times over the course of the power outage. We were frequently turning over notices that were on the front of the residence hall doors and getting information out to our student staff. We were just making sure everybody knew we were there,” said Lowery.

If students needed a place to get work done, charge their cell phones, or warm up during the power outage, they could head over to Brooks Student Center, which has a backup

generator. Student Activities put on programming throughout the day on Monday after classes were cancelled, hosting events such as trivia, karaoke and movies to keep campus lively.

Libby Chandler, an American Studies major and international student, said that she and her friends stayed at Brooks for the majority of the day Monday, starting early in the morning. “We ran to Brooks, grabbed a table with sockets and hung out there all day, just charging everything,” she said.

This blackout stands as the second outage in the past few years that lasted overnight. In 2019, an October windstorm left roughly 200,000 Mainers without power. All of USM’s campuses were affected and classes were cancelled for two days. Due to Brooks being the only building with a backup generator and the rest of the campus having little power, a decision was made by the emergency response team to close the campus. Dorms were closed completely, and all students were asked to take what they wanted with them and leave campus if possible. Those who couldn’t go home were

housed temporarily in Brooks, where they slept on the floor and on couches.

“The worst part was not knowing what time it would come back on,” said Chandler. And if students were asked to return to their homes and vacate the dorms in the future, Chandler said, “It’s not like me and the other international students could be like, well, let’s fly home.”

Another obstacle faced by students was remote learning. Despite widespread cancellation of classes, some students were still expected to Zoom into class.

“There were a couple of professors who enacted snow-day plans, which would have been absolutely appropriate if it were a snow day,” said Lowery. This resulted in some students having to either move to remote learning or skip class altogether due to the lack of power and internet.

The repair was successfully made and power was restored to campus on Monday, October 25. Classes and campus returned to business as usual the following Tuesday. **FP**



## Office of the Student Body President holding events for DoubleTree Residents

### *Commuter Student Appreciation week coincides with Olive Garden Dinner*

**Haley Hersey**  
News Editor

The Office of the Student Body President brought a catered dinner to the DoubleTree for residents to enjoy as part of Commuter Student Appreciation Week.

Those who attended the dinner event on November 15 were able to eat a catered dinner from Olive Garden. From 6 p.m. to 8 p.m., students were able to eat and socialize with cabinet members including the Student Body President Hussein Maow and Vice President Bri Demaso.

"We regularly have events on campus that are convenient



Nora Devin / Director of Photography

DoubleTree residents enjoy a catered Olive Garden Dinner thanks to the Office of the Student Body President.

to residential students, so we thought it would only be fair to bring an event to our students who have a difficult time getting to campus if they do not own a vehicle," said Student Body Vice President, Bri Demaso. "Additionally, we wanted to take the time to get to know these students, as well as have them meet us and the rest of our cabinet. This is a great opportunity for the students to mingle, voice their concerns or questions to us, and to grab a delicious meal!"

Other events the Office of the Student Body President has put on this year include a Halloween Candy Giveaway with the Commuter Student Association, bringing an ice cream truck to both the Portland and Gorham campuses, sponsoring a food truck during Homecoming weekend and bringing sweet treats to Portland as an Indigenous People Event. They are planning another event before finals week.

"The mission of the Office of the Student Body President is to be the student voice, by advocating for student rights and needs throughout their time here at USM," continued Demaso. "We wanted to have a dinner as we saw that is the most consistent time where students are at the hotel, and we wanted to reach as many students as possible."

The Commuter Student Association (CSA) also put on various events during Commuter Student Appreciation Week, which ran from November 15-20. In social media posts advertising the events, it was described as "a week of free food, give-a-ways, and on and off campus events, designed specifically for our amazing commuter students!"

On Monday there was bowling and karaoke at Round 1 in the Maine Mall. Tuesday students could go to IT Adven-

ture Rope Course, also in the mall. Therapy dogs, lawn games and "free swag" giveaways happened on Wednesday. Thursday morning there was a tie-dye kit giveaway and Axe throwing in the evening. On Saturday, students could participate in EVO Rock Climbing.

Those interested in helping plan future Commuter Student events can email the CSA at [usm.csa@maine.edu](mailto:usm.csa@maine.edu). To get in contact with Student Body President Hussein Maow, email [hussein.maow@maine.edu](mailto:hussein.maow@maine.edu). For Vice President Bri Demaso, email [brianna.demaso@maine.edu](mailto:brianna.demaso@maine.edu).



Nora Devin / Director of Photography

Vice President Bri Demaso enjoying a breadstick (left) with Student Body President Hussein Maow at their dinner.

## Chancellor Malloy held town hall at USM to discuss unified accreditation

### *Faculty raised concerns over impacts on campus and independence*

**Riley Mayes**  
Staff Writer

On Friday, November 5, faculty members raised concerns at a town hall meeting with Chancellor Malloy about the recent move to unified accreditation and what it will mean for USM's campus.

Previously, all seven campuses of the University of Maine System (UMS) have been accredited separately by the New England Commission of Higher Education. However, as a new chancellor at UMS, Malloy has accelerated the move to a more integrated system. Unified accreditation was approved this past June when the New England Commission of Higher Education (NECHE) voted to accredit the University of Maine System, effective July 1, 2020.

The primary objective of unified accreditation is to make it easier for universities in the system to share resources and programs by allowing them to share governance and oversight obligations. The move is also a function of the recent overhaul of the MaineStreet student information portal, and allows students to search for equivalent courses on other UMaine

campuses.

It also provides further support to smaller campuses with declining enrollment, including Farmington, Presque Isle, and Fort Kent by sharing resources and collaborating within the university system.

"We're a relatively small system, where two universities represent 75% of the students," said Malloy. "We have a number of smaller institutions that could call upon us for help. And there students could call upon us for help. And I think because we are the size we are, and because we can work these issues out, because we're a single-state system, we should make it easier for our students to be successful in a timely fashion."

However, not everyone in the UMaine system feels as confident about this decision.

Faculty at USM have expressed concern that this process may leave USM without independent control over its own program and budgets.

Among its opposition includes the state president of the associated faculties of the Universities of Maine, James Clyer. "It seems too fast," he said in an interview with Portland

Phoenix, and stated that other members are "very concerned" about the possible results of this process.

Thomas Parchman, a professor in the Osher School of Music, stated at the meeting he is concerned about the system moving to a unified course catalog. "A student taking, particularly a sequenced course, at one institution and then another course with different outcomes at another institution, could put that student at a serious disadvantage," he said. "As a faculty member, I'm also concerned about the quality, the outcomes, the academic part of this whole thing. It would seem to be giving up that control."

Manuel Avalos, a professor of political science, has a different opinion on the move. In his previous experience as a professor and associate vice-provost at Arizona State, Avalos saw this process firsthand. In 2006, Arizona State University consolidated its four campuses into one. Similar to UMaine, the move was in response to increased economic stress and declining enrollment.

"Personally, I'm surprised this didn't happen sooner," Avalos said about Malloy's deci-

sion. "What's happening here in Maine is really a function of the fact that we just don't have enough students. We've got seven campuses with a total number of students about 28,000. That's just not sustainable."

Avalos also stated that this process had already been underway well before Malloy arrived on campus. "I think when Chancellor Page talked about 'one university,' he was sort of moving in that direction," he said.

For example, one of the goals of unified accreditation is to increase collaboration among departments on different campuses, and this has already been launched under a two-year collective bargaining agreement signed in 2019. Departments such as Human Resources and Computer IT have also already been centralized across the UMaine system.

Another point raised was that students can already search for classes on different campuses via the MaineStreet portal. However, a goal of this move is to simplify this process further by establishing a unified course catalog. **FP**

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# Arts & Culture

## Book Review: El Chapo: The untold story of the world's most infamous drug lord

### *A real world story on corruption and Mexican drug trade*

**Lydia Simmons**

*Arts and Culture Editor*

Recently, I had the opportunity to read the first book of USM alumni Noah Hurowitz, *El Chapo: The untold story of the world's most infamous drug lord*, and needless to say it was an adventure. Hurowitz is a journalist based in New York City and this nonfiction piece was inspired by his time covering the trial of El Chapo for Rolling Stone. The book is an all encompassing journey of the rise and fall of Joaquín Archivaldo “El Chapo” Guzmán Loera, his associates, his enemies, and the drug trade.

The hands-on mentality in which Hurowitz wrote *El Chapo* leads to interesting interviews and paints a unique account of the events that took place surrounding El Chapo, his exploits, and the Mexican drug trade. Reading about first hand accounts gives the story weight and dimension and makes you feel as if you are there at the interviews with Hurowitz.

Hurowitz goes back to the beginning, where all good stories start, establishing the foundation on which the drug trade really gained traction in Mexico and the origin of a boy from La Tuna. This boy would later become one of the world's most infamous drug lords, the notorious “El Chapo.” As the story progresses through time Hurowitz not only gives a record of El Chapo, the protagonist/antagonist of the book depending on your own perspective, but shines a light on the other big players

in the drug trade as well.

By the end of the book there's a whole cast of characters that feel fictionalized, yet are as real as you and me. Most dead or incarcerated, some alive and at large, the lives of these men and women connected to El Chapo and the Mexican drug trade feel as though they could have been in a movie. A sentiment that you find out El Chapo himself shared, near the end of the book Hurowitz talks about how El Chapo wanted his life to hit the big screen, even writing a manuscript of his escapades. The film never came to fruition but the story of El Chapo was heard around the world nonetheless.

Throughout the book corruption is the name of the game over the decades that El Chapo and his associates and enemies reigned in Mexico. Corruption wasn't anything new by the time El Chapo came to power and it is still existent in the Mexican social, political, and economic structures today. The drug trade in Mexico wouldn't have been able to function at the rate in which it did and does without corruption on both sides of the law. I found it refreshing that Hurowitz didn't clearly define the good guys and the bad guys in the book, but pointed out corruption for what it was. This included the members of the drug trade from the top to the bottom of the food chain, but also law enforcement and politicians. However, corruption wasn't always a choice for these people, it



USM and Free Press alumni Noah Hurowitz with his book “*El Chapo: The untold story of the world's most infamous drug lord*” at his event on the Portland Campus this month.

**Nora Devin** / Director of Photography

was a plague.

Hurowitz has created a road map for the web of connections and events over decades in the Mexican drug trade. In one book you get an overarching story of El Chapo and the drug trade, but you also learn the stories of different people that may have been pushed to the wayside or forgotten to history and other adaptations of El Chapo's story. I am walking away from this book feeling like an expert on El Chapo and the events surrounding him which is a testament to the talent of Hurowitz as a writer.

A tale of loyalties and betrayals, escapes and captures, failures and triumphs, *El Chapo: The untold story of the world's most infamous drug lord* is an all inclusive book melding together the stories of the many that make up the Mexican drug trade and those trying to combat it. Though people thought that the drug trade would mellow after the imprisonment of El Chapo the drug trade machine in Mexico and the U.S. continues to chug along and the story of El Chapo serves as a curse for some and a legend for others. **FP**

 A light blue rectangular graphic containing several icons: a plus sign, a speech bubble with three dots, a Facebook 'f' logo, another plus sign, a smartphone outline, a Twitter bird, another plus sign, and an envelope icon. Below these icons, the text reads:
 

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# Sociology department holds presentation on Privilege Narratives

## *Dr. David Everson's talk part of Sub/Versions faculty series*

**Cayley Bowman**  
Staff Writer

Recently, sociology and economics professor Dr. David Everson held a presentation as a part of the school's Sociology department. He was born in South Dakota and graduated with a PHD in Sociology from the University of Notre Dame. He did an extensive research project on the Privilege Narratives of Settler Colonialism: Racism and Indigenous Peoples, which he started back in graduate school and formed the basis for the presentation.

The atmosphere of the event was quiet and respectful. The presentation had not yet started, but all of the students, other professors, and USM staff were eager for it to begin. Dr. Wendy Chapkis, the head of the Sociology department, introduced Dr. Everson after which he presented his research.

He had spent a good majority of his career on the intersections of social inequality

and social movements, with a focus on American Indian rights and Indigenous activism. Dr. Everson is a research fellow with the Center for American Indian Rights and Native Studies (CAIRNS) on the Pine Ridge Reservation in South Dakota. His presentation was titled Privilege Narratives of Settler Colonialism: Racism and Indigenous Peoples. Dr. Everson's research was published in the journal Sociology of Race and Ethnicity, by the American Sociological Association.

Dr. Everson started the presentation with his personal background and connected it to the background of South Dakota. He explained how the settlers came in and ruined the land of the Indigenous peoples and they produced racial conflict by driving out the Indigenous tribes. There are still teepees commemorating land that belonged to the tribes standing in the fields of South Dakota, easily seen on the highway.

The Homestead Act in 1862 provided 160 acres of land to settlers for improvement

in the farming and agricultural business. He also notes the fact that his own family benefited from this act showing the deed from nearly two hundred years ago.

"My uncle still farms this land today," says Everson. Dr. Everson then proceeded to show the audience another deed from his father's side. It was from the Dawes Act in 1887, a deed for land from the Sioux Tribe. Everson acknowledged the privilege that his family had during such a hard time for many others, especially the Indigenous tribes. "That shapes who I am, how I act, how I got here in today's society," says Everson.

The professor then dove into the theoretical framework of his research. He found that sociological literature does not account for Indigenous peoples among the race and ethnicity research that has been done in the past. He informed the audience of color blind racism, the idea that racism

AIM constituent mail, juror transcripts, or were public opinion surveys. The professor tracked 47 out of 400 people down, and conducted interviews with them. He compared their opinions from then and now.

Dr. Everson found two things during his interviews. He found that there was a tribal warfare narrative and a reservation wasteland narrative. The people that went with the tribal warfare narrative believed that the Lakota Tribe got the land of Wounded Knee the same way that the settlers did-- taking it from another tribe. They think that the Indigenous tribe does not have a claim on the land more than anyone else.

"Respondents are pushing back the horizon in order to invalidate legally binding treaties," says Everson. He noticed that a lot of the people interviewed were using the word "pushed," implying that they don't live in, they live on the land and can be pushed off at any given time.

The people that sided with the reservation wasteland narrative believed that the land looked worthless and the Indigenous people that lived on it were not productive. Many of them voiced that, "the people could not make a living or raise a decent crop." Their proposed solution was to get Indigenous members off of the reservation.

Everson concluded that the people he interviewed wanted to unsettle the Indigenous land and were defending the "historical foundations," of non-Indigenous property. He proceeded to explain how kicking the tribes off of their reservation would not be beneficial and it would just be repeating history.

"The research I presented on gives attention to the often deep-seated racism that Indigenous peoples still confront in our society. While scholars and the media have given extensive coverage to the topic as it relates to other racialized groups, we still know relatively little about how racism operates in relation to tribal communities. My work attempts to address this gap by focusing on the specific narratives that the dominant culture constructs to oppose the sovereign rights of Native peoples in the United States," says Everson when asked about what his research means to him and how it can help for the greater good. Dr. Everson has done great research and will only continue to conduct new research that he is passionate about. **FP**

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# SUB / VERSIONS

## SOCIOLOGY Faculty WORK-IN-PROGRESS

### PRIVILEGE NARRATIVES OF SETTLER COLONIALISM: Racism and Indigenous Peoples

Professor David Everson

Monday, November 15

2:00 - 3:15 PM

USM Portland Glickman Library, 7th Floor

"Racialized discourse  
remains amenable to  
a historic and spatially  
unfixed storyline."

- Dr. David Everson

has gone covert, but it is still very evident in the form of racial inequalities and poverty.

He talked about how settler colonialism has always had the idea to exploit and opportunity hoard. Some people still do this today, take over lands that belong to the Indigenous tribes. The saying "land is life," remains prevalent. Settlers hoarded indigenous resources and also exploited non-indigenous bodies, showing that they exploited more than one race and ethnicity.

"Racialized discourse remains amenable to a historic and spatially unfixed storyline," Everson says, noting that nothing has changed over the years and people still continue to exploit others in a racially driven way.

Dr. Everson went into discussing how he studied the American Indian Movement, started in 1968 with a focus on the Wounded Knee Occupation in 1973 by the Oglala Lakota and the followers of AIM where they occupied the town of Wounded Knee, South Dakota. Everson explained that he analyzed non-indigenous narratives surrounding the AIM riots. All of the narratives that he found were from

*Photo courtesy of Sociology Department*

# MOVIE TALK

## Eternals

### MCU's new installment misses the mark

**Brandon Kennedy**  
Staff Writer

Marvel doesn't have a lot of love stories in their films, for example Shang-Chi was all about the main villain and his desire to bring back his wife from death. As for Eternals, it's all about the love between Sersi, played by Gemma Chan, and Ikaris, played by Richard Madden. To be honest, I hated this movie. In my opinion it wasn't very good, but both Chan and Madden play the role well as you can imagine.

Other characters include Angelina Jolie as Thena, Lia McHugh as Sprite, Laren Ridloff as Makkari, Don Lee as Gilgamesh, Salma Hayek as Ajak, Kumail Nanijani as Kingo, Barry Keoghan as Druig, and Brian Tyree Henry as Phastos. The movie begins with a flashback showing you the Eternals arriving to Earth thousands upon thousands of years ago. They've lived here since the stone ages. It cuts to modern day after that where they get discovered by a Deviant, a creature who is essentially a monster.

The film is, for the most part, about immortal beings learning what it means to be mortal. It is also about inhuman beings learning what it means to be human. Essentially, these Eternals whom the film is titled for are not humans which is found out in the beginning of the movie. It serves as a big foreshadowing moment. The film has excellent monster designs, CGI, and

a good set of powers for the main cast and where there are heroes there always has to be a villain.

The villain is very unexpected and I was shocked to find out who it was, horrified by the revelation. Honestly, the film got boring the moment you found out the big twist, which was a little after the 35-minute mark. The film was horribly paced and there are parts that I think should have been changed. But alas, the film is the way it is and we must judge it for what it is. It's a mess. Poor characterization and acting that seems almost robotic. Ikaris is portrayed as a simple yes man, Sersi is portrayed as a caring individual from the start, and Sprite is portrayed as an immortal kid desiring to be human.

These characters are not human, yet they have adapted to human life. One thing they haven't done is forgive themselves for all the things they've done in their past, such as Phastos, who's tech ignited a bombing in Japan. While they mean well helping humans progress over the centuries, they don't always think of the consequences of said actions. Another thing I'd like to touch on is that this film connects to the entire Marvel Cinematic Universe. In fact, a certain Mad Titan connects to the Eternals in a way you wouldn't expect, and his plan now makes sense from Infinity War.

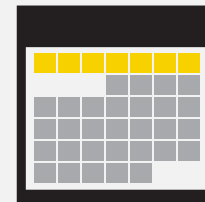
I mentioned this being a



Photo courtesy of IMBD.com

love story between Sersi and Ikaris. Their love story is told very well, though their fate at the end of the movie is left ambiguous. While I don't like the story in this film, I will say it makes a lot more sense than other movies I've discussed. While not as enjoyable as other MCU films it has its good moments. Overall, the movie is very flawed and

has its problems, but to get the full context of the MCU it's good to see it. That is the only reason I would recommend watching this film, but from a personal level I don't recommend this film. **FP**



## A&C Listings

### Monday, November 29

#### Vocal Ink

Corthell Hall, Gorham Campus  
7:30 p.m.

### Thursday, December 2

#### USM Vocal Jazz Ensembles Fall '21

Corthell Hall, Gorham Campus  
7:30 p.m.  
\$10

### Saturday, December 4

#### Musical Theatre Winter 2021 Showcase

Corthell Hall, Gorham Campus  
2:00 p.m.  
By Donation

### Sunday, December 5

#### Composers Ensemble Fall 2021

Corthell Hall, Gorham Campus  
7:30 p.m.  
By Donation

### Tuesday, December 7

#### Season of Light!

Southworth Planetarium  
1 p.m.  
\$6 General  
Free for Students

### Thursday, December 9

#### Italian Art Song Recital

Corthell Hall, Gorham Campus  
5:30 p.m.  
By Donations

What caught your eyes and ears this week? Let us know! [arts@usmfreepress.org](mailto:arts@usmfreepress.org)

Want to submit an event?  
[arts@usmfreepress.org](mailto:arts@usmfreepress.org)



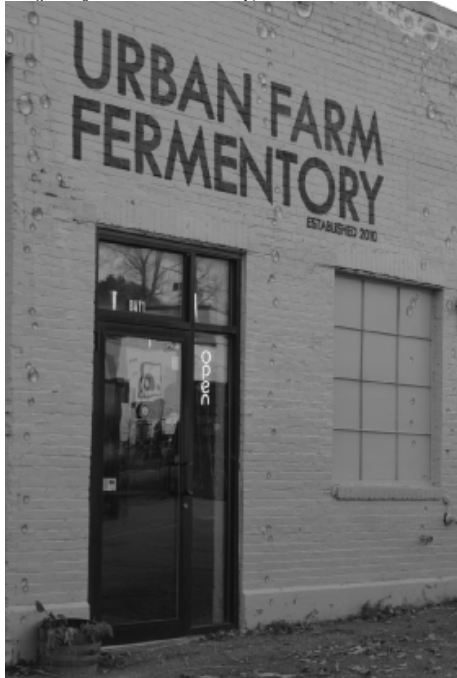
# USM Community Page

## Urban Farms Fermentory of Portland

*On capturing the season in a flavorful glass*

**Zoe Bernardi**  
Community Editor

As you approach the large green building, the words Urban Farms Fermentory remind you where you are. Just past the bright orange tree that is slowly losing its leaves lays a spread of picnic tables and a white fence. You enter a large space adorned with string lights and dried flowers and plants. Starting in 2010, Urban Farms Fermentory in Portland was created by owner Eli Cayer from Madawaska, ME. He is a fermenter and a beekeeper and was “excited for the seasonality and being able to capture that in a glass.” Urban Farms has been slowly getting bigger and gathering more and more space at 200 Anderson Street location. Once sharing a space with the yellow taxis of Maine, now owning the majority of the building.



Nora Devin / Director of Photography

Urban Farms Fermentory is Located at 200 Anderson Street in Portland, Maine

Cayer created this company as a way to collect the tastes and smells and local

goods of his community to take a visceral snapshot and a reflection of the time. Only using local and native ingredients as a base of all of his flavors.

Urban Farms has space for outdoor and indoor activities; the main room is filled with picnic tables and a bar that takes up the length of the room. The drafts are written in white chalk and labeled by green

**“to create a reflection of the seasons and flavors of the local areas, we want to make Urban Farms around various locations and capture the spaces where they are.”**

- Eli Cayer  
owner of Urban Farms Fermentory

numbers. The green theme travels through the earthiness of the space. The high ceilings allow the sound to move around in a natural room, laughs can be heard but not in an overpowering way that intertwines with others. But rather merging along with the sounds of people moving around and adjusting in their seats as they chat. Urban Farms also have two stages and invite local and out-of-state artists to share and jam out. One inside that is opposite of the bar, while the other sits below the orange tree in the front of the building.

While they don’t have a full kitchen and menu, they do rent space to Sarah’s Farmstand Kitchen that offers bowls, salads and small bites. The real star of the show are the 24 local drafts that are offered. Divided into five sections, four of which are naturally gluten free while all five are vegan and made from local and foraged ingredients.

Kombucha is made from cane sugar and tea, Cayer says the opposing characteristics between jun and kombucha is the use of sugar over honey, and that kombucha is



Nora Devin / Director of Photography

*The bar offers up to 24 drafts that are all made on site with local ingredients*

“mildly alcoholic at 1-1.5%.” Jun is similar to kombucha but doesn’t use cane sugar, but rather honey. It’s also non-alcoholic and has a different natural bacteria compared to the others. This bacteria is called scoby, which is a symbiotic culture of bacteria and yeast and the fermentation of lactic acid and acetic acid.

Cidah and cider are one of the biggest debates according to Cayer, “the biggest difference is that we don’t make cider, only cidah.” Cidah is used with the fresh pressed and native apples as base to make the cider and then the fermentation happens that creates cidah, while cider is fermented apple cider and uses commercial pasteurized cultures.

While mead is made from fermentation of honey. Lastly, are gruit and beer, the only two things that are not gluten free as these are grain fermentations. Gruit has no hops and uses plants to create the bitterness and taste.

These five products that Cayer and his team of four all do the composing of the products on site in Portland and create the new flavors and tastes. The mission for Urban Farms is to, “create a reflection of the seasons and flavors of the local areas, we want to make Urban Farms around various locations and capture the spaces where they are.” Which is why it’s so important to Cayer and Urban Farms to support lo-

cal artists and events, to have apples from Giles in Alfred, ME, local honey and even forage and gather items.

“I enjoy making the flavors of the area, and also creating a space for communities to come together and be engaged.” Urban Farms often has live music, fashion shows, charity events, they host private events and social gatherings.

Currently Cayer’s top flavors on tap are, “the cranberry kombucha, the sweet fern jun, and we recently partnered up with Coffee By Design to create an espresso stout.” Most of the visitors are from hearing word of mouth and social media. Urban Farms is a place that radiates comfort and instantly being welcomed to try something new and a taste of home with local flare. Being able to sip something from Maine, made by a Mainer while listening to a Maine artist is what’s to be expected.

Located on 200 Anderson Street in Portland, and a location in Kittery, Urban Farms can be found in Trader Joes and over 50 Hannaford locations. Plus being on tap in New York, Massachusetts, Pennsylvania, Rhode Island, New Hampshire and D.C. In Portland they are open Wednesday through Sunday from (6 p.m. on Wednesday) 12 p.m. to 7 p.m. Urban Farms can be found online @urbanfarmfermentory on Facebook and Instagram. **FP**



# Random Acts of Kindness Are Happening All Around

## *Upcoming projects to spread joy in the USM community*

**Zoe Bernardi**  
Community Editor

Random acts of kindness can be the smallest thing, such as paying it forward at the coffee shop, or complimenting someone on their outfits, or even larger as planting a garden and picking up garbage on the beach. At USM, three new acts of kindness projects have been created this Fall semester. On the Gorham campus a Little Free Library will be placed by the bus stop, while in Portland a tulip garden has been planted and another Little Free Library has been added next to a buddy bench.

While these acts are student driven and made by groups, the project is derived from course LOS/SBS 301: Group dynamics with professor Tara Coste. This course is a service learning project based class that encourages students to create a project of giving back and doing good for their community. The class is made up from non-traditional and traditional students, and is offered online this semester and is taught in every session: Fall, Winter, Spring and Summer. Coste, originally from Chicago, has been living in Maine for over 25 years.

Coste's inspiration for this project is the nonprofit organization "Random Acts,"

which is a global organization that encourages kind actions to spread love in the world. According to the Random Acts website, the start of this project was in 2010 when creator Misha Collins wanted to raise funds for Haiti after the earthquake, and since then has been involved in various international projects of sharing kindness with the world.

In order to combine the random acts projects and the USM campuses, Coste asked Sam Perry for help. A recent graduate from USM, originally from Connecticut, and now is a graduate assistant (GA) for the university, Perry also is a part time member of the facilities team for the Gorham campus. This combination of the GA and facilities, he could assist the projects and be in charge of the installations for the course and students.

This Fall, there are a total of three groups and four projects. The projects include the hope garden (Tricia Flanders, Nick Greco, Alek Grimes, Brie Houser and Rebecca Sammon), the Buddy Bench, two Little Free Library (Felicia Allen, Dyllan Hinton, Abby Milewski and Anne Norris) and a clean our beaches, trails and parks team (Edith Bosshart, Jane Martell and Andrew

Willoughby).

The Hope Garden stems from the Yellow Tulip Project which is about breaking the stigma of mental health and illness. Stated on the website, founder of the organization

**"It's taught me a lot about not only my personal capabilities, but also what people are capable of when they enthusiastically and productively share their ideas, goals, and resources and execute them together to produce something tangible."**

- Anne Norris

Julia Hansen explains that yellow tulips are planted as a way to, "represents happiness and hope. They also remind Julia of her two best friends who she lost to suicide. The tulip was one friend's favorite flower and yellow was the other's favorite color."

This garden is located on the corner of Bedford and Deering across from the law building in Portland. Also located in this garden is a buddy bench. In a National News article, they explained a buddy bench to be, "a safe space where children who are feeling troubled or lonely can sit, indicating they are looking for someone to play with or talk to. These buddy benches are typically part of a broader school strategy to promote positive mental health and cultivate an openness to seeking help." Encouraging others to sit and acknowledge they are looking for someone to check in or be their friends.

Within the same group of people who are creating the buddy bench, they also made two Little Free Library for both campuses. These libraries will offer a mix of books geared towards college students, as an effort to implement a take a book leave a book. The mission for the Little Free Library is, "in every community and a book for every reader. We believe all people are empowered when the opportunity to discover a personally relevant book to read is not limited by time, space, or privilege"

Anne Norris from the Little Free Library group and buddy bench project shares, "the group's decision making process would be collaborative, sporadic, energized, and thought provoking. We each had an idea

of what we wanted to achieve through this project, and we were eventually able to combine those goals into a project that could potentially reach a wide audience." Sharing how they wanted to create a physical impact on the campus but also an intellectual impact of providing and sharing books.

Norris also shares a favorite aspect of the project so far has been the collaboration of the group dynamic and the volunteering aspect, "I've never been closely involved in a project of this nature before, and I've found it to be so fulfilling. It's taught me a lot about not only my personal capabilities, but also what people are capable of when they enthusiastically and productively share their ideas, goals, and resources and execute them together to produce something tangible."

Originally from Milton, Massachusetts Norris is a nontraditional student, "I originally went to UMaine Orono for early childhood education, then transferred to EMCC to get my associates degree in human services, then again transferred to USM and am now working towards my bachelor's degree in social and behavioral sciences." She shares how her education path has meshed well in this class allowing her to have great gratitude and appreciation for this project.

The last project is about cleaning up and taking care of the environment, by having students go and clean up local parks, beaches and trails. Coste explains how this class is filled with students giving back and how over the years thousands of hours are dedicated to community service and volunteering in the community. "Since the course is nontraditional and can be done remotely, not all of the projects are done in Maine, since not all the students are in Maine," Coste said..

While these are the current projects, this class has cultivated many other projects as well. Perry shares the projects that have been done since March of 2020, have been from sewed masks, handwritten thank you cards to teachings in Portland and birthday cards for homeless children, and had food donations and school supplies to South Africa.

The installation of the Portland little library will be on Tuesday, Nov. 23 at 11 a.m., while the Gorham date is still to be determined, will occur in the later afternoon around 1 p.m. or 2 p.m. However, the buddy bench and hope garden are ready to be appreciated. USM also has a local chapter of Random Acts. **FP**



Photo courtesy of Sa, Perry & Hope Garden Group

The Hope Garden was installed and it located at Bedford and Deering, also where the installation of the Little Free Library will be on Tuesday 11/23 at 11 am.



# Perspectives



**Keith Danner**  
LCPC, LADC

Most of us have heard of the mind-body connection before but there is so much more. Each person has many dimensions or aspects of themselves that seamlessly interact together. There are so many interpretations of the Whole Person concept out there. This interpretation expands on the ideal that even though the sum may be greater than its parts, attention to the parts is critical to the sum and their importance should not be dismissed.

The Whole Person concept identifies five aspects of Self: Physical, Mental, Emotional, Social, and Spiritual.

- The **Physical aspect** are things associated with human bodies. That includes the physical structure, physical sensations,

breathing, or physical activity such exercise, eating, sleeping, among others.

- The **Mental aspect** are things associated with the mind such as thoughts, memories, and processing information.

- The **Emotional aspect** are things associated with feelings/emotions such as sadness, fear, anger, surprise, disgust, and happy.

- The **Social aspect** are the relationships with others including family, friends, peers, teachers, animals, or any gathering of others at home, at work, and at school.

- The **Spiritual aspect** is what brings meaning and purpose, or connectedness to something on a deep personal level. It is unique to each person.

Have you ever felt that something is off and doesn't feel right? Each aspect of Self works in unison with the others, not in isolation. There is an interrelationship

## More than Just the Sum

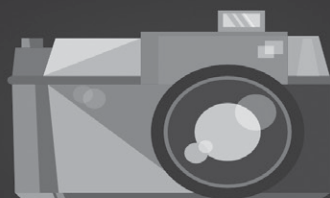
between all of the aspects that can either positively or negatively affect our functioning. When one aspect is impacted then it ripples over to other aspects knowingly or unknowingly. It can either be felt as an immediate impact or not noticed right away, but just as powerful over time. Think about how it was in COVID quarantine and emerging from it, being preoccupied with things that are out of one's control, transitioning as a new college student, preparing to transition as a new graduate, or transitioning into a different phase of life. How can these various circumstances, among countless others, affect each of the aspects of Self?

Negative thoughts can affect other aspects and create negative feelings, bodily stress from poor self-care, isolation or negative influences, and disconnect from meaning or purpose. However, the ripple can also start socially, physically, or with

any other aspect of Self. The idea is to start anywhere and intervene positively early and often. If an aspect is ignored and becomes significantly diminished, if not addressed, this can have a profound affect with unintended outcomes. Distraction is a powerful tool and highly affective and appropriate in the short-term relief of stress, but it is not a long-term strategy. Nothing worse than looking to a relationship for that.

Awareness is key. Don't run from or avoid thoughts, feelings, physical needs, relationships, or connections. Take a moment to check-in, re-assess, and make small changes if needed. Set simple goals for each aspect of self to acknowledge their importance in forming one's identity. It is most important to learn coping skills/strategies to help strengthen aspects of Self. **FP**

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# Ben there, done that

*Needing what I want- understanding necessities and desires as the same*

**Ben Reed**  
Staff Writer

What do I need? What do I want? These are some questions that I never let myself answer.

My extroverted self is often performing for others, so I cater to their needs and expectations instead of my own. I feel as though I can never say no to others. This semester, I'm sequestered to a computer screen where a majority of my classes are all online, while my peers have begun in-person once more since the pandemic. However, even with a schedule of limited social interaction, I have found that it is important to say no when I need to. I say "need to", because often when I think of declining a get-together with friends, it is something I want. But wanting and needing to say no are synonymous.

I was taught from a young age that want-

ing and needing are two very different things, and the implications of that are still present in my life today. Until recently, I thought that to "need" is to fulfill baseline needs, such as food, water, as well as going to school or work. To "want" is to be self-gratifying; to do things for myself, such as taking a nap instead of doing my third batch of reading for classes, or purchasing a gift for myself. I used to think that doing small acts like these would be selfish or unproductive; a waste of money, even. Though I've realized through the heat of this semester that I need to give myself the same energy I put into virtual discussion boards I do every week.

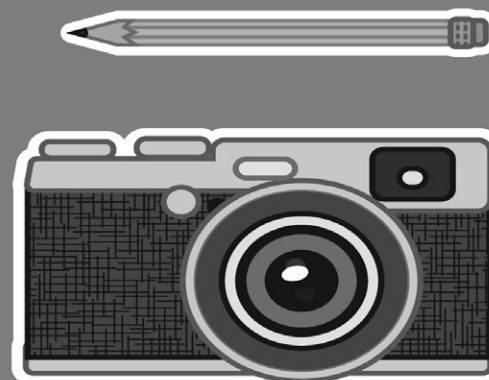
To put it frankly, what I want and what I need may be the same thing. Taking time off from doing schoolwork and watching a movie to scratch it off my Letterboxd watchlist is something I need to do for my-

self every once in a while. Last semester, I would have said that's just a simple self-gratification, but it's way bigger than that to me now. Giving my brain a break from subjecting it to blocks of meaningless text is a present to myself all on its own.

Through this logic, if I were to do what I need (or want) to do for myself in the short term, what about the long term? My whole life has been plagued by the expectations that others have dreamt up for me. I am going to college because that is what is expected of me. I am expected to get a job with the degree that I will have worked so hard for to make the most amount of money possible. Anything other than this plan set for me would be impractical and irrational. Rationality and practicality, I suppose, is what can often cloud what we want and what we need. This may create the idea that self-gratification feels a lot like absolute

selfishness and unrestrained self-centeredness. Just because I am not following the path laid out for me by my elders, doesn't mean I'm being unproductive with my time on this planet.

My wants and needs can be clouded by rationality and practicality so that they are mutually exclusive, that they can't be the same thing. However, the opposite can be the truth, too if we let it. What I want for myself is the same as what I need for myself. Although others' best laid plans for me are different from what I have planned, that doesn't mean that I'm being disrespectful to them for following my own route. I can say no because I want to, but also because I need to. Interchangeably using the words want and need as it pertains to myself is a huge lesson that I'm learning right now, and I think it'd be astounding if everyone practiced it. **FP**



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# Sports

**Tuesday 11/23**

**Women's Basketball**  
@ Bates College  
5:30 p.m.

**Tuesday 11/23**

**Men's Ice Hockey**  
v. Salem State University  
7:00 p.m.

**Saturday 11/27**

**Men's Ice Hockey**  
@ Stonehill  
4:30 p.m.

**Sunday 11/28**

**Women's Basketball**  
v. Saint Joseph's College  
5:30 p.m.

**Sunday 11/28**

**Men's Basketball**  
v. Saint Joseph's College  
7:30 p.m.

## Club hockey scores the title of official club sport

### *Members speak on their experience on and off the ice*

**Cullen McIntyre**  
Editor-in-Chief

With a current membership of 24 students, the USM Club Ice Hockey team is on the ice for its first official year as a club sport. Founded three years ago, the team was created with the purpose of giving the chance to play ice hockey to students who didn't want the full-time varsity commitment.

Club Hockey President, sophomore exercise science major Andrew Wessling has been in the role since last Spring. "I became the club hockey president in my second semester of my freshman year and was looking to get more involved in club hockey," he said. "Trying to get one the ice in a challenging year for all sorts and that is when I was offered the club hockey president role."

For Wessling, he has seen the club hockey team emerge from a year where having sports seemed impossible, to have two dozen members and a six game season this year. The team has already played five of their games, with the last on the schedule coming in February. According to Wessling, he is hoping to schedule more as more club teams from other schools look to add to their schedules.

Scheduling is just a portion of the duties that Wessling undertakes as Club Hockey

President. He organizes practices, which involves getting rink time and communicating with the entire team, keeping the coach informed of all the practice times and games, and handling all of the equipment needed for the team.

Having a coach is also something new for the Club Hockey team this year. Wessling added that it was a challenge searching for a coach, but in conversation with Men's Ice Hockey Head Coach Ed Harding, Wessling learned that Harding was hiring a new assistant coach this year, who agreed to become the head coach of the Club Hockey team.

While the commitment of being the Club Hockey President has been time consuming, Wessling finds it rewarding. "The most rewarding part of being the president would have to be the leadership that comes along with the president title on and off the ice," he said.

This leadership has given him goals he's aspiring towards, most notably to build a "well knit group of players that are willing to put their hearts and souls out on the ice and have fun doing so while being competitive. All while being competitive and trying to better themselves on and off the ice," he said.

Wessling, who has been skating for 17



Haley Hersey / News Editor

Duncan Hayes prepares for a faceoff with a Bridgewater State University Club Hockey member.

years and playing for the last 16 years was recently joined by Club Hockey Vice President Cooper Swan, a freshman majoring in finance and minoring in economics.

Swan was approached by Wessling earlier this month to take on the new role for the club, stepping into a leadership role alongside Wessling for the remainder of the year. As the role is new to not only Swan, but the Club Hockey team as well, the duties and responsibilities are still being developed.

A few of the duties Swan knows he will undertake are, "recruiting, a huge factor with being the President and Vice President for the club team," he said. Swan added that his role will also pertain to conversations around funding for the club through the Student Senate.

Funding for the Club Hockey Team currently comes from the intramurals office, but Wessling noted that all club sports are working to be funded by the Student Senate and the Student Activity Fee.

Both Swan and Wessling have taken on large roles off the ice, but also play large roles on the ice for the Club Hockey team. Swan has also played hockey for 11 years, as many of the Club Hockey team has grown up playing hockey.

Duncan Hayes, a member of the Club Hockey team, has played hockey for the past 10 years. "I joined the Club Hockey team because of my love for the sport," he said. "My love for hockey has always been a part of who I am."

For Hayes, being in a team is something that he cherishes. As Wessling's goal is to build a close knit group in the Club Hockey team, Hayes has already made lasting connections within the club. "My favorite part about the team is the fact that we can all have fun," he said. "Being able to come together to play a hard game or just having fun in practice. It's created a good bond with everyone and that's something to appreciate."

Continuing to play hockey has been fulfilling for the whole team, especially Hayes. He has found purpose being involved with the practices and games throughout the semester. Being a part of the team has made his USM experience even greater.

The Club Hockey team plays their home games at the USM Ice Arena on the Gorham campus, and while the next scheduled game isn't until Feb. 2, Wessling is looking to add more games before then. Be on lookout for any upcoming games on their Instagram page @usmclubhockey. **FP**



Haley Hersey / News Editor

Club Hockey President Andrew Wessling on the ice at the USM Ice Arena as they faced Bridgewater State University.