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Letter from The Editor

Big Transitions

Cullen McIntyre
Editor-in-Chief

As the Fall semester closes I'm reminded that I have just one semester left in my undergraduate degree. In only five months from now I'll be at the Cross Insurance Arena dressed in a cap and gown to get my Bachelor's Degree from USM and be on my way to the real world.

While college and life has prepared me for a lot of things, there's a lot of preparation to be done in one of the biggest transitions of our lives. As undergraduate students you are thrown into the world after spending nearly your entire life in school, expected to have a job, place to live and a vast understanding of how the world works. But this is not something that school naturally can prepare you for, like doing your taxes or even mentally preparing for the biggest transition of your life.

I for one don't know how to do my taxes, and I cannot fathom how to understand the biggest transition of my life. While I have an understanding of what I want to do after a graduate, I am lucky to even have that. For many college students, you may not know

what you want to do with your life after graduation. That's completely understandable, even though there's a firm expectation in society that college is where you must decide what you want to do for the rest of your life. Some college students may realize that college isn't even for them, or that their degree is not the path they want to head down.

So how do you prepare yourself for such a transition? The best way is to start thinking about it now, take stock in who you are and where you want to go in life. Review your values and what is most important to you. Do you want to travel the world? Or would you like to stay in Maine? These questions may seem simple, but the answers bring about an understanding of self.

For example, I have known for many years that I want to live and work in Boston. This understanding that I have had has helped me set goals for myself and understand how I can get there following my graduation from college. My dream is to work in the sports industry, and to follow what makes me happy. These understandings of what I want to do after

I graduate assisted me in finding my values and what to strive for in my big transition.

The transition can be scary, and sometimes not knowing the answer to every question is the best option for someone. College offers knowledge and education, the experience to learn and grow as a student. But what many students don't take into consideration is the values you learn about yourself along the way. Learning about yourself is arguably more important than learning about the degree you are studying for, especially in understanding what you want to accomplish in your life.

So take value into consideration, understand yourself. Look further into your future than graduation, look into where you want to be in five, 10, 20, even 50 years from now. You may have no idea what you want, but let that be exciting. Your future is in your hands, craft it the way you want to. **FP**

Cullen McIntyre

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Director of Intercultural Student Affairs Resigns

Resignation comes within a month where at least two other staff members have left the university

Haley Hersey
News Editor



Photo courtesy of Will Johnson

Former Director of Intercultural Student Affairs put his resignation in early October, but stayed through the end of November.

Former Director of Intercultural Student Affairs, previously known as Intercultural Student Engagement, William “Will” Johnson put his resignation in around October 5 or 6, but his last day at the University of Southern Maine was November 29.

“By me staying a little longer, that gave more time to look at a job description and search process,” said Johnson. It also helped limit the time without a director. Due to Johnson staying through November, it’ll be three weeks without one, but then winter break will give the university time to search for a replacement. Johnson said they are working on a draft of the job description.

Johnson said, “The movement is there to get a new director and a replacement there.” He also said there have been other instrumental staff who have recently left the university as well.

“Students benefited so much from the individuals who have left USM in the last month or so time frame, and it really comes down to resources. I definitely hope in general, we take a deep dive into how are we supporting our faculty and staff. How are we ensuring we see their value and appreciation? It’s great hearing you’re appreciated, but what matters is pay and professional development and opportunities for growth,” he said.

Of those who have left in the last month or so are Anna Schwartz and Marc Roy. According to her LinkedIn profile, Schwartz left her role as USM’s Director of Orientation & Transitional Programs in November. She had been in the role since August 2017. The same is true for Roy who was USM’s Coordinator of Intramural and Club Sports since September 2018.

“Marc completely created and implemented the Intramural sports program,” said Johnson. “They (some members of upper leadership at USM) don’t truly understand or appreciate the value of an individual until they see what needs to be done and they see all that individual was doing.”

“I know they (the people who have left) will be okay,” said Johnson. “That’s another reason to hold onto the people we have, because the talent is going to find opportunities. We should always be doing our best to keep them here.

I do hope USM is paying attention.”

The reason for Johnson’s departure from USM “was definitely a mixture of things,” he said. “A lot of the job required a lot of self sacrifice of a personal life in order to do the job and to do it well. Higher ed at this point, isn’t really able to give you what you put into it.”

Johnson did say that being there for students has always been something he enjoys, but the political aspects of it weigh on you for a while. “There are so many other ways I can make an impact on others’ lives, without sacrificing so much to do it. I realized what really mattered at the end of the day, that is my integrity and state of mind. I realized I didn’t need to be in this job to do that (having an impact).”

He said that being there for students adequately requires a lot of resources, and that getting those resources is always a struggle. “Some, not all, of upper leadership doesn’t fully understand what it takes to run student affairs. There isn’t always enough comprehension about what student affairs is and what student affairs does to get the needed resources.” He described that struggle as a “losing battle.”

When asked what is next for him, Johnson said, “For me I do have some great opportunities that are not public or official yet, I do have some great opportunities on the horizon with the resources I need. For right now I am just enjoying life and taking a little break from higher ed. I’m doing the things I am passionate about. One of my dreams was

“Students benefited so much from the individuals who have left USM in the last month or so time frame, and it really comes down to resources. I definitely hope in general, we take a deep dive into how are we supporting our faculty and staff.”

- Will Johnson

Former Director of Intercultural Student Affairs

to work for Apple, which is an amazing company. That’s where I am now, I’ve been there for six weeks.”

“At the end of the day, I am appreciative of the opportunity and everything I’ve done at USM. There are a few projects I am passionate about at USM that I will continue to work on on a volunteer basis,” said Johnson. He will continue to volunteer his time for the Bias Response Team amongst others.

“I’ll still be around, I’m excited that it will be my own journey,” he said. “I’m not leaving the university angry or bitter.”

Johnson has learned a lot from his time at USM. “I would say for any person, the value of who you are as a person does not lay in the work you do or the title you hold. You have value as a person by simply existing,” said Johnson. “For me it was all about choosing joy and to keep all of the things that I found special.” **FP**



Photo courtesy of Will Johnson

Since his departure from USM, Johnson has been focusing on himself and started working for Apple.

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Sodexo opens food truck on Portland campus

Dining service on wheels offers unique experience for students

Cullen McIntyre
Editor-in-Chief

Parked outside of Luther Bonney lies USM's newest dining service on wheels. The newly acquired food truck currently offers hot meals Monday through Friday from 11 a.m. to 2 p.m. Tadd Stone, General Manager of Sodexo at USM, said that Sodexo was "looking for a dining option that would be available to use even after the new student center/café were complete."

For Stone and Sodexo, the new food truck is more than just a solution to the current dining experience on the Portland campus, the truck offers mobility and potential to move around campus. "For years we have been looking for ways to try to bring food to events like games, convocations, open houses, move in day, etc. We figured if we were investing in a dining venue, that we should get one that would be able to be used for years to come," said Stone.

The truck was acquired for 107k dollars, according to Stone, Sodexo used funds from their Facility Enhancement Fund they created to "provide innovation and creativity for din-

ing each year we move forward in our partnership." Stone added, "Every year, we have money set aside to be able to reinvest in the program in order to keep it current."

The food truck cannot be missed in its current home on the Portland campus. The smell of food finds its way from Luther Bonney all the way down to Payson Smith. The brightly colored truck spouting "Hungry Huskies" can be spotted at a distance, but what is more noticeable is the traffic of students ordering food.

Senior and media studies major Jacob Currie has enjoyed the food truck on campus. Often stopping by after a class at lunchtime, Currie finds the truck to be a great option. "I like it, the food is great. When I don't bring anything it's nice to have," he said.

Students like Currie can order from the new food truck at its window, using meal swipes, dining dollars or a credit card, or on the Bite App. The Bite App is preferred, said Stone, as it "allows us time to prepare and stagger the food. The Bite App also links with your meal plan so there is less time wasted having to deal with payment when you are standing

out at the truck."

Currie hopes the menu expands, and as Stone notes, the menu will be fluctuating. "The truck was built so that we could adapt our menu daily, if needed. We started with items that students have been asking for like burgers, chicken tenders, fries, salads, quesadillas, etc, and we will adapt as we see the trends move or receive requests," Stone said. He added that the truck has cooking equipment that rivals some smaller kitchens, and that offers them the ability to have such a versatile menu. Stone hopes to have a daily special on the menu as well, like "Mac and Cheese Monday" and "Taco Tuesday" to give the menu variety.

For students interested in offering feedback on the menu and truck, Stone invites all to attend the Culinary Council Meeting that takes place on the second Thursday of each month at 1:00 p.m. Stone can be reached directly at tadd.stone@maine.edu to get more information.

While the location of the food truck is currently locked in on the Portland campus for the foreseeable future, Stone added the inten-

tion is to see the truck at campus events on all campuses. "We are excited to work with groups on campus to feature the food truck more prominently once the dining hall is open," he said. "We picture the truck at baseball and softball games having traditional concessions food, featuring smores and hot chocolate at campus sponsored sledding parties, serving hot clam chowder and lobster bisque at Homecoming and more." **FP**



Cullen McIntyre / Editor-in-Chief

The new "Hungry Huskies" food truck in its current location outside Luther Bonney Hall.

New residence hall on Portland campus to be a passive house

Development for 218,000 square foot building underway since 2017

Riley Mayes
Staff Writer

Since the last campus update in May, a significant amount of changes have occurred on the Portland campus. Cranes have cleared the debris from the demolished Woodbury and Bedford buildings, and buildings have begun to rise from the ground. Multiple stories of steel beams have been erected, and soon construction workers will be adding wooden columns to the buildings. Once the foundations are complete, the project will move onto interior design.

"The project is making very good progress," stated Alec Porteous, the Chief Operating Officer & Chief Business Officer. "It is exciting to see."

The Portland campus has been under development since 2017, when the Master Planning Committee formed and began designing the "master plan" for USM's new and improved buildings. Among the project's goals include the construction of a new Career & Student Success Center, a spacious quad, and the first-ever residence hall on the Portland campus.

The new residence hall, called the Portland Commons, will sit on the corner of Durham Street and Bedford Street, spanning approxi-

mately 218,000 square feet. The building will include 580 beds, including a mix of single-occupancy rooms, studio apartments, and larger apartments with multiple bedrooms and bathrooms.

Not only is the building planned to be aesthetically pleasing, with floor-to-ceiling glass and views of the peninsula skyline and the Back Cove, the building will also stand as "one of the seven most environmentally-conscious buildings in the United States," according to Director of Sustainability, Aaron Witham.

That's because the Portland Commons is to be built according to Passive House standards: an internationally recognized design that prioritizes low-energy usage and sustainability.

A Passive House building is a super-insulated and energy efficient construction that requires no added heat or cooling systems. They are great for cold winter months and hot summers, as their airtight design, high level of insulation, and ventilation system eliminates cold corners and prevents excessive heat losses. "The buildings also promote indoor air quality, which is a great thing in a global pandemic," said Witham.

Buildings constructed to the Passive House standard use a threefold approach consisting

of insulation, air sealing, and preventative thermal bridging (air leakage) design. The windows and doors of a Passive House are also designed to take advantage of the sun's energy for heating in the winter and shade in the summer. There are certification levels within the Passive House Standard, as well: a building that achieves Passive House Plus certification is net-zero.

Passive House buildings have been widely praised for their environmental benefits: their air-tight design, ventilation, and energy-efficiency work together to prevent the loss of heat, save energy, and reduce greenhouse gases. "Passive Houses use 50 percent less energy than a normal building built to code, which is an impressive amount," said Witham.

They are also cost effective: the energy efficiency of the Portland Commons will save USM approximately 270,000 dollars a year.

USM is one of the pioneering universities in the United States to bring this architecture to campus. "It was not necessarily easy getting everyone behind the idea to build a Passive House on campus, at first," said Witham. "But it was fun to explain with others and work with our developers to work out the math of how this will be cost-effective for the university."



Riley Peterson / Staff Photographer

Construction of the Portland Commons is continuously underway.

Constructing during a global pandemic has not been easy, however. Porteous spoke to the challenges of addressing supply chain issues and shifting costs of materials over the course of the past year. "Luckily, our team has been doing an excellent job," he said. "We've been able to navigate challenges and continue to work within our GMP [set manufacturing price]."

The 26-month long development project is projected to finish by Spring 2023. **FP**

Arts & Culture

Artist of the Week: Isla Brownlow

USM trombonist and drummer shares about life as a student musician

Lydia Simmons

Arts and Culture Editor

Isla Brownlow, a senior at USM has been a musician from a young age. She began learning to play the trombone before fifth grade—fifth grade being when most grade school students are allowed to join band—because she wanted to be ahead of the game. Her mother played the trombone in highschool and college so learning to play the instrument was in her blood. Brownlow then went on to learn to play the drum set in 7th grade, becoming a dually talented musician.

Brownlow was active on the music scene in middle school and high school, but it didn't stop there. Her love for playing music, particularly jazz, translated into her goals for secondary education. She ultimately decided to pursue a degree in music performance with a concentration in jazz studies here at USM. When talking about why she decided to continue to pursue music in college she said, "I really wanted to continue playing music because I enjoyed it so much and it just came really naturally to me."

Brownlow is very involved with music on campus including playing trombone



Nora Devin/ Director of Photography

Isla Brownlow playing her trombone

in USM's large jazz ensemble, as well as in the school's classical orchestra which plays symphonic works. She also plays the drums for small ensemble and vocal jazz ensemble. Off campus Brownlow participates in a Ska band called Bad Combo, which is Portland based.

"You just kind of have to realize what is most important to you. If you want to share your expression with people, people are going to respond to that, so even if there's someone else who has a ton of technique they might not be as expressive as you are."

- Isla Brownlow

For Brownlow being a musician and playing her instruments can be used as a way to release steam and express herself, but it can also be stressful. For her practicing her instruments is something that she does everyday and as a music performance major practicing can be synonymous to studying. While some students study for big tests Brownlow practices and works at her craft to meet deadlines and produce her best quality work. She does however dabble in playing the guitar which for her is a nice contrast from her educationally associated instruments, and gives her a break when needed.

Brownlow finds inspiration in playing with others. When asked about when she felt most creative she talked about the improvisational aspect of being a musician and how when you are playing as a group you can feed off of each other. She shared, "If they play something melodic or rhythmic that really resonates with you then it makes you feel inspired to do something and play off of that. Either something that complements it or repeating

what they played." Though the pandemic was a struggle for Brownlow and many musicians alike, keeping them from being able to play together as often, returning to playing in person has been a step in the right direction.

Covid wasn't the only struggle that Brownlow has faced throughout her musical career. The music world can be an intense place and the pressure can be hard to handle at times. Wrestling with self doubt and comparing herself to others is something that Brownlow experiences as a musician, but she works through it in a positive way. "You just kind of have to realize what is most important to you. If you want to share your expression with people, people are going to respond to that, so even if there's someone else who has a ton of technique they might not be as

expressive as you are." She also touched on the fact that she is the only female jazz instrumentalist major at USM, adding that it is like this at different schools too.

When asked what music meant to her Brownlow replied, "Music is capable of making you feel so deeply and as a musician it's really powerful to be able to insight feelings in other people and I don't know, just to be able to express yourself in a lot of different ways." Making people feel good and making them feel different emotions is something that makes her feel good too, it is something that she can do through her music. In the future Brownlow hopes to graduate and pursue a career as a gigging musician. **FP**

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Vocal Ink

USM musicians perform originally written and composed pieces

Cayley Bowman
Staff Writer

Vocal Ink is a group at USM that consists of students that write and compose their own music. They explore a multitude of styles and genres of music, helping find their certain “niche” in their songwriting. The ensemble is occasional and is a part of the Osher School of Music. Vocal Ink is student driven and generally student led, popping up whenever students want to experiment with new music that they have been writing. However, they have an Ensemble Facilitator, Michele Kaschub. Although the members of the ensemble are already accomplished performers, almost all of them were new to the role of composer and songwriter. The pamphlet to their most recent performance I attended read, “Most began their composing process in September and the ink is still damp on many of the works that will be shared tonight.”

The atmosphere of the performance area in Corthell Hall was quiet and polite. Even while the tech crew moved stuff around between songs, it remained silent the entire time. The audience was responsive and the entire concert had a very folksy and slower feeling to it.

The first performance was done by Rachel Goldstein, who wrote a series of three short songs based on poems. The songs were titled “The Fruit Suite,” and were about three different fruits: lemons, wild strawberries, and oranges. The songs were sung with a ukulele, only adding to Goldstein’s talent as a singer and songwriter. These songs were a good kick off to the event, being short and cheerful. This was one of the few performances that only had a single person singing, which is also another reason I think it was a well fit opener.

The second song was performed by Mary Hyde, titled “Dance with Me.” Hyde was labeled as a special guest and this was the only performance she participated in. She notes that the song was written based off of the Netflix hit show “Bridgerton,” and how nervous she imagines she would be during one of the formal dances of Bridgerton. Hyde’s song was accompanied by a piano, played by Goldstein. Her song was sung in a sweet soprano and her facial expressions shared the story of how she was feeling in the song, allowing the audience to experience her emotions.

The third song was the first song to be performed by the entire group, with the writer Josh Hyssong conducting as they

sang. The song is titled “Wonder,” and was collaboratively written with his younger brother, Jay Hyssong. Hyssong’s purpose with this song was to capture the feelings and thoughts of an individual who struggles with anxiety. “This person lives in their thoughts of fear and doubt, but slowly realizes that they can live their life without fear of being judged,” says Hyssong. The song was performed in acapella, beginning slowly. It contained beautiful harmony and had the tune of an older slow song. As the conductor, Hyssong did a good job at keeping the performers on cue. The end of the song had more of an upbeat chorus, which was a pleasant outcome for the piece.

“My setting of this poem is framed from a climate change perspective; how do we find beauty when the world around us is burning to ashes?”

- Daniel Laverriere

The next performance was “Queen of the Meadow,” written by Jack Dodd. The entire ensemble performed this song, including Dodd. He expresses that this song was inspired by the poem “Sandra’s Flowers,” which is reminiscent of a folk song’s lyrics. The entire song had a very folksy feeling to it, especially compared to the rest of the songs. The group blended well together and the harmony fit well with the piece. All around, this song was well written and executed in very good fashion.

Following Dodd’s song was “Serenity,” written by Michael Overko. He explains that the motivation of this song was, “found in the feeling of losing oneself to nature and the feeling of freedom that such an experience can bring.” Overko conducted the song as the other seven ensemble members sang. He used the choral voices to attain a “sonic ambiance” that evoked the sensations that one can experience in the forest. The piece had a very zen and calming feeling to it. Overko did a good job at conducting the ensemble and they never wavered while singing.

The eighth song performed was called “Oh, Moon,” written by Daniel Laverriere.

Laverriere was inspired by a poem and went with the idea of going through life despite the promise of death for the song. “My setting of this poem is framed from a climate change perspective; how do we find beauty when the world around us is burning to ashes?” says Laverriere. He conducted the ensemble during the performance and kept them on cue. The voices of the singers were clear and the harmony was strong. The song sounded like it was written in dissonance, but it was beautiful and made the song that much stronger.

The next song to be sung was “The Silver Lining,” written by Ryan Geary. Geary wrote the tune to this song in his sophomore year of high school, but did not know what to do with it. The tune did not have a purpose until the fall of 2019, when he lost his grandmother, Patricia Gallagher, to cancer. He found a poem on an Irish headstone that read, “Death leaves a heartache no one can heal, love leaves a memory no one can steal.” Geary found a new purpose for the melody and began to write this song. He played the piano as the ensemble sang in harmony. The entire song was touching and you could tell how much passion and love that Geary poured into the song through the lyrics.

The last performance of the night was “November,” also written by Geary. Geary

expresses that he had begun this song but never finished until he joined the ensemble of Vocal Ink. “This piece serves as a platform through which I incorporate my love for choral singing and pop music,” says Geary. He told the audience that the song was about convincing someone to love you. He stood in front of a microphone holding an acoustic guitar, the rest of the ensemble behind him. This song had more of an upbeat feel to it as he sang, the group behind him providing background music. The song picked up pace as it went on and the ensemble behind him began to sing a different language. At the end, you could tell how invested the entire ensemble was in this song, especially Geary. It was well written and was a joyful song to listen to.

The Vocal Ink concert was very entertaining. This group of songwriters and composers have a bright future and should continue to do what they are doing. I hope that the ensemble will continue to hold concerts in the upcoming years, maybe even more frequently. I would recommend attending a Vocal Ink showcase and listening to the young talent that attends USM. The experience is an enjoyable one and the music and performances are a must see. **FP**



Photo courtesy of Michele Kaschub

Vocal Ink ensemble, a group at USM that consists of students that write and compose their own music, performing at Corthell Hall.

MOVIE TALK

Stargirl

Novel based movie teaches a lesson about acceptance

Brandon Kennedy

Staff Writer

When Disney's big streaming service, Disney+, came out it was supposed to usher in a new series of television and movies without having the hassle of traveling to theatres. These films were supposed to have bigger budgets than the average TV movie. One of those Disney+ released movies is Stargirl, which came out in 2020. I'd like to preface this by stating how big a fan I was of the novel, I loved it and always have. The movie, however, is a little different than the book. The film has the same general idea, the main character Leo talks about his dad and how he always wore the same tie his dad wore in remembrance. This portrayed a more sentimental thing kids may do when their parents die, they try to act as though they are their parents or try to be like them.

Leo is played by Graham Verchere. Now let me get to the character who the movie is named after, Stargirl. Stargirl Caraway is what she goes by even though this is a name she chose for herself instead of her given name. Just like in the original novel it is not known why she chooses that name for herself, all that is known is that she chose it. Stargirl is played by Grace Vanderwaal. Other actors in the movie include Giancarlo Esposito, Karan Brar, Darby Stanchfield, and Damian O'Hare. One thing about this film is it really takes the term high

school drama to a new level. No one can get over how caring Stargirl is even to her "competition."

If you've read the book, the film is essentially the same story. Guy meets girl, guy falls for girl, girl does a lot of weird shit, guy pushes girl away, girl comes back pretending to not be herself, girl leaves school forever, etc. It's an odd thing to say that this is based off of a novel I've read over and over again, it just gives you a clearer view of what happens. Now I imagine you're wondering how the acting is? Well, the acting is actually a lot better than it would've been if it were a Disney Channel movie, instead it's a theatrical quality movie.

Another realization in the film is that Leo seems to figure out early on that Stargirl was the one sending him the ties when he was a kid. It isn't exactly obvious that this strange girl he meets is the one doing the sending until she starts singing happy birthday to him. I would've preferred they made it obvious in the beginning, but it's the exact same setup as the book so I can't really complain too much.

There are no boundaries that will stop this story from resonating with the audience. The film is able to reach the older folks like me who read the original book, but it will also reach the young ones who are experiencing this story for the first time. Stargirl is the story of a girl, an odd girl,

who cares so much for the world yet the world cannot understand her methods or her ways, and the lessons learned from this story are meaningful. At the end Leo never sees Stargirl again.

From what I hear they are making a sequel which hopefully turns out a lot better than Love, Stargirl which was the sequel to the original novel, but who knows. This story has many places it can go, and we have many things

we can do to pass the time waiting for the next adventure and new lessons to be learned. Stargirl is, for better or worse, a film about accepting people for who they are. It's a good introduction into how unique some people can be, and how they should be treated and respected. I recommend watching this film. **FP**



Photo courtesy of IMDB.com



A&C Listings

Thursday, December 9

Italian Art Song Recital

Corthell Hall, Gorham Camous

5:30 p.m.

Donations

Tuesday, January 18, 2022

Natural Selection

Southworth Planetarium

1 p.m.

Free for students

Sunday, February 6, 2022

Celebrating Diversity: Black History Month

Irish Heritage Center

2 p.m.

\$10

Sunday, February 13, 2022

Laura Kargul Valentines

Corthell Hall, Gorham Campus

2 p.m.

\$15 General Admission, \$10 Discount

Saturday, February 25, 2022

Urinetown

Russell Hall, Gorham Campus

7:30 p.m.

\$22 General Admission, \$10 Students, USM

Faculty \$16, Seniors \$16

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

Want to submit an event?
arts@usmfreepress.org

Perspectives



Janis Mallon
PHD

In contrast to popular depictions of the holidays as fun-filled times of celebration with family and friends, an American Psychological Association survey found that 38% of people reported increased stress during the holiday season (Levine, 2018). Contributing factors include busy schedules, social demands, job pressure, the loss of a love one, and the shorter winter days. Holiday stress can take a toll, leaving us vulnerable to physical illness, depression, anxiety, overeating and substance misuse. Lack of time, lack of money, pressure for gift-giving and family gatherings can add to the stress. The National Alliance on Mental Illness (NAMI) reported that nearly 2/3 of individuals living with a mental ill-

ness experienced an increase in symptoms and distress over the holidays.

NAMI (2015) offered a number of helpful tips to assist in navigating seasonal stress:

- Stick to a normal routine as much as possible.

- Get enough sleep. Self-care is important.

- Take time for yourself (reading, meditating, journalizing), but reach out to connect with supportive people.

- Eat and drink in moderation – avoid alcohol if you are feeling depressed.

- Get exercise, even if it is just a short walk.

- Make a to-do list – keep it simple. Say no if you need to.

- Set reasonable expectations for shopping, cooking, entertaining.

- Set a budget and stick to it.

Managing the Holiday Blues

Relax with music or other activities.

Caserella (MedicineNet, 2020) offered additional suggestions to counteract holiday depression and stress:

- Those individual who are lonely or lacking social supports might consider volunteering to brighten the holiday for those in need.

- Focus on the present – don't get caught up in nostalgia or memories of the past if it leaves you feeling sad.

- Find free activities to enjoy, such as viewing holiday decorations or taking a walk in nature.

- Homemade gifts or gifts of time or assistance are often more welcome and valued than the trendiest gifts purchased online.

- If you are dealing with grief or loss,

acknowledge the change in your life and don't force yourself to join in "celebrations" you are not comfortable with. Spend time with love ones instead.

- Get outside and soak up some sunlight.

- Finally, remember to take things day by day. The holiday blues will pass. If they don't, be sure to seek help. Reach out to a therapist, a primary care provider, a religious leader or call the national suicide hotline: 1-800-273-8255.

Caserella, 2020, WebMD, MedicineNet, "Holiday Depression and Stress."

Greenstein, 2015, NAMI Blog, "Tips for Managing the Holiday Blues." **FP**

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Week 3: What Imperial Militaries Do to the Earth Back Home

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Week 5: How This Horror Is Hidden and Maintained

This course has been offered by World Beyond War for several years. Peace Action Maine will pay for your registration (so long as positions remain open) in exchange for a short report back at the end. Find out more about the online course here: [https://worldbeyondwar.org/education/>education>on line courses. \(War and the Environment\).](https://worldbeyondwar.org/education/>education>on line courses. (War and the Environment).) Contact us to initiate the registration process: info@peaceactionme.org. Peace Action student chapters are springing up across the New England area, We expect the course to fill early. if you are interested in setting up or joining a chapter contact us at info@peaceactionme.org!



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USM Community Page

The holiday season is around the corner

Local organizations to donate and offer support to

Zoe Bernardi
Community Editor

The holiday season is a mixture of many things: gift exchanges, dinner parties, fresh fallen snow, and “winter wonderland” getting stuck in your head at all hours. It is also the time to give back. Unfortunately a lot of people are not excited about the holiday season, as it might bring up harsh topics and political tension. Some might not have a safe home to stay in, or warm food to eat. The holidays can often cause anxieties and stress in many who are less fortunate than others. While being able to still celebrate this holiday and rejoice in the things and people you are grateful for, also take the time to give back.

Locally, in Maine, some places to donate that pertain to warm clothes would be, New Beginnings, a nonprofit that deals with runaway and homeless youth and teenagers to give them shelter and a new beginning. They are located in Lewiston, and compile the clothes and create gift boxes that are filled with sweaters, hoodies, socks and send it to people in need. As well as the group South Portland's The Opportunity Alliance, an

organization that deals with communities helping combating poverty, homelessness, mental illness, substance use, and domestic violence. The alliance gives out a particular list of items that one child needs, you would be assigned this list and shop or donate for one person. Lastly, Preble Street, a shelter and soup kitchen, food bank, located in Portland is always looking for general clothing donations. To reach these three organizations you find them online at: newbeginmaine.org, opportunityalliance.org, preblestreet.org.

When most people think of the holidays, they think of a feast. A large array of mashed potatoes, mac and cheese, green beans and squash, or large slices of beef and ham. However that normality is a privilege, and many will not get to encounter that luxury. Similar to the clothing drive, having a food drive and collecting canned goods or easy to eat foods can be a way to allow families and people to also share a warm meal. In Maine there are many local food banks and homeless shelters, such as: Bar Harbor Food Pantry, Midcoast Maine Hunger Prevention Program in Brunswick, and Preble Street and Wayside Food Programs in Portland. They can be found online at: barharborfoodpantry.org,

mchpp.org, waysidemaine.org.

More specifically to hone in on the children and youth of Maine to give back to, the Maine Children's Home is always looking for donations. On their website they have an “urgent needs lists” which can always be donated to and especially in the holiday sea-

Places to donate this holiday season:

New Beginnings
Opportunity Alliance
Preble Street
Food Pantries
REVERB
Saltwater Classroom
Human Rights Campaign
Black Vision Collective
The Trevor Project

community might not feel as safe to be in their spaces. Plus hosting political conversations and educating families on equality and the racial injustices in America can be very traumatic and taxing on many people, being an aid in this movement by donating can be a big help. The Human Rights Campaign, deals with both of these topics and is constantly striving for change working with those in political positions. The Black Vision Collective located in Minnesota focuses on leadership within the Black communities and empowering change across the country. The Trevor Project is about creating safe spaces for the youth of the LGBTQ+ community and breaking the stigma of mental health. These organizations can be found at: hrc.org, blackvisionsmn.org, thetrevorproject.org.

Whether it's cleaning out your closet to give back, donating time to work in a food bank, or giving funds to local organizations, take the time to give back to your community this holiday season. Finding ways to get involved and give back will truly make a difference and change the way people look at this season. Within all of these organizations listed, there are other ways to get involved, such as sending holiday cards, volunteering and much more. In this season of give and receive, try to give a little more. **FP**



Nora Devin / Director of Photography

Preble Street is a local food bank, soup kitchen and homeless shelter here in Maine. They are always looking for donations and volunteers.

son needs a lot of attention. Items should be dropped off or mailed, this information can be found online. They also have an Amazon Wish list, found online at mainechildrenshome.org.

Another option this holiday season to give to could be the environment. Donating to local environmentally driven nonprofits in Maine could support the local community and the physical well being of the earth. REVERB is located in Portland and uses the music industry to educate and empower change on environmental and social issues, focusing on sustainability and carbon neutrality. Saltwater Classroom, also located in Portland, uses education based programs on children and youth to teach about the importance of our oceans and the ethics of how to treat and protect them. Online they can be found at: reverb.org, saltwaterclassroom.com.

For bigger organizations that deal with social issues such as the Black Lives Matter movement or any equality, and protecting and helping out the LGBTQ+ community donating funds. With more time spent with family, many people within LGBTQ+



Nora Devin / Director of Photography

Located in Portland, Preble Street is a great location to volunteer or donate this year.

Feeling grateful and thankful this year

A reflection on the fall semester from The Free Press Staff

Zoe Bernardi
Community Editor

This semester has brought a lot of small joys for everyone. From being able to meet people for breakfast in the dining hall, to choosing a seat in a classroom. The joys of meeting new people and reconnecting with old friends. Even studying in the library and inviting people over to hang out. These small joys are just the tip of the iceberg on what students are grateful for this semester.

"Every time you allow yourself to embrace the process, you are allowing yourself to grow in gratitude," Morgan Harper Nichols.

Gratitude comes in many forms, being grateful can be expressed in many different ways as well. A year ago The Free Press newspaper was hosting once a week zoom calls where the editors would call in and share the stories they were writing that week. While these meetings brought us together they also allowed us to reconnect, yet we were all missing the in person element. This year, every Wednesday we gather in the purple painted walls of the back room, sit around the rectangular table in mix-matched chairs. Where I sit is with my back to the windows and I stare at the whiteboard which unfortunately has been stuck in the September print as the dry erase board has eroded over the years. But nonetheless, the paper is alive and the sharing of our upcoming stories are filled with conversation and eagerness as we chat.

This liveliness has re-bonded our team, most of the editorial board members are seniors and we can all reflect on the first few days of our Free Press days. As the semester is rounding out and we prepare for the last print issue of 2021.

"I'm grateful that my family, friends and myself are healthy and have everything we need. I'm grateful to be pursuing an education, for the opportunities I've had and for having jobs to support me financially," Haley Hersey shares. Hersey, the News editor, mostly comes to our weekly meetings with a rush in hand, so it's no surprise that Aroma Joe's is given as something that has kept her afloat this semester. Hersey is also an Academic Mentor on campus and getting to be back in person has been a new challenge but getting to "spend time doing things I enjoy to balance out school and work has been super helpful in maintaining my sanity," she said.

Having gratitude is acknowledging the support and love you have in your life. Hersey shares that she is thankful for her family and friends, the furry animals, "my family is super important to me. My siblings are my best friends. I'm also thankful for having a pretty neat boyfriend."

Neat indeed, besides that she has learned a

lot this semester and like many of us had to navigate a lot of change. As many students have not had a full year of in person classes, living on campus and interacting with as many new people at once. This semester was full of learning new things, "I've learned to be gracious and patient." She says, "my grandma has always told me, 'nice things come and small packages' and that 'good things come to those who wait.' Lastly she states, "being an advocate for myself and others is also a super skill I have learned."

Being patient has been quite a lesson I have also learned, Professor Nancy Gish once stated, "patience is a construct." This idea that patience is subjective and those expectations shift and change with each person and task, or situation you are placed in. Being patient to let people in, to make new friends, start new relationships. Patience with yourself to allow change and shifting in routine. Patience to learn something new in class and challenging yourself academically. The ability to balance an academic, social, work life takes a lot of personal patience.

"I am grateful for all the beautiful people I have in my life as well as my roommate's cat. Her name is Martha," Nora Devin says. Devin, the Director of Photography at The Free Press explains her gratitude for in-person classes. As she is living off campus, she has enjoyed her commute and getting ready for school. The little things like preparing to go to class can give so much fulfillment, "compared to last year having everything online, being able to be taught in person is something I don't take for granted." Devin also elaborated on how important her friendships are, "being able to come to the office and say hello to Zoe has been so nice."

Similarly to Hersey and Devin, Cullen McIntyre shares his gratitude for friends and family, "I have a really strong support network that I'm really lucky to have and they have supported me through everything." While many students might rely on a coffee to pick them up throughout the day, McIntyre has never been seen without an energy drink in hand, however he does state, "taking time for myself to do the things I enjoy while balancing my hectic college and working schedule was very important to keeping me afloat this semester."

The Free Press does have a close bond and friendship across the staff, as McIntyre shares the news, "I am thankful for my girlfriend and friends, this year has been one of the busiest of my life and my friends have kept me sane as well all find time to spend together." He adds that, "being able to take the time to take our minds away from the stress and enjoy each other's company is something



Photos courtesy of Free Press Staff

From top left to right: Nora Devin as Santa, Haley Hersey awaiting opening gifts and Zoe Bernardi enjoying matzo during Hanukkah.

I am really thankful for."

The past year has been a rough one, being grateful and reflecting on the good can be a positive way to appreciate all that has happened and all the growth you have done, to see the work and strength of pushing through. "I have learned this year to focus on my happiness and to do things that I enjoy. I think that following a passion is extremely important and very valuable to me," McIntyre says.

For me, I am grateful for the friendships I have made and got to keep up. Sending letters and staying in touch has grounded me in remembering the love and support I have. Being grateful that calling home doesn't mean calling my family, although I am equally thankful for them. The Free Press has been such a part of my USM experience and the community it has built has been so influential. My friendships with Devin, Hersey

and McIntyre and the staff meetings have re-connected me to my love of the paper. I am thankful for the ability to learn patience and compassion towards others. Understanding people's busy lives and being thankful for the time spent together. The pandemic and all of the changes in my routine is definitely still jaunting. But learning to loosen my desire to control and be appreciative of the small joys has been an overwhelming way to feel more grateful.

Entering the winter break and heading deep into finals is such an accomplishment that we should all be proud of. We have all learned so much about ourselves. As we enter finals remember to be kind to yourself and let yourself reflect on what you are grateful for. Cheers from The Free Press staff, we will see you in 2022. **FP**

Sports

Tuesday 12/7

Women's Ice Hockey

@ Bowdoin College
7:00 p.m.

Wednesday 12/8

Women's Basketball

v. Rhode Island College
5:30 p.m.

Wednesday 12/8

Men's Basketball

v. Rhode Island College
7:30 p.m.

Friday 12/10

Men's Ice Hockey

v. Saint Anselm
7:00 p.m.

Saturday 12/11

Wrestling

v. Plymouth State
11:00 a.m.

Men's Basketball wins 86-74 over Saint Joseph's College

Huskies lift Costello Cup for first time under head coach Rob Sanicola

Cullen McIntyre
Editor-in-Chief

The USM Men's Basketball team hosted Saint Joseph's College for the 31st annual Costello Cup, presented yearly to the winner of the match between the two schools. The Costello Cup "honors the late Dr. Richard 'Doc' Costello, former USM Athletic Director and long-time basketball coach for both the men's and women's programs," according to Southermainehuskies.com.

This year, the rivalry between the two schools had extra fuel added to the fire, as it was the first time former Saint Joseph's College and now current USM Men's Basketball coach Rob Sanicola played his former team. Sanicola coached the Monks since 2003, until becoming the new head coach for the Huskies this Fall. He earned seven Coach of the Year honors during his time with Saint Joseph's College.

The game itself started with an incredible performance from range, as sophomore Chance Dixon made his first seven three point field goal attempts in a row. Dixon went on to tie the USM all-time record

for most three point field goals made in a game, making 9-15 three point field goals. The record is held by former Husky Joe Cawley in 1989 against Plymouth State. Dixon finished the game with a career-high 32 points, leading the Huskies in scoring as they won 86-74.

He was joined by standout performances from junior Marcus Christopher, 13 points and six rebounds, and Cody Hawes whose 11 points, five rebounds, four assists and two blocked shots helped the Huskies battle to the victory. Hawes notably made the clutch blocks in the second half, as well as an important put-back rebound.

Southern Maine closed out the game on a 10-3 run that resulted in their 37th overall win over the Monks, and the lifting of the Costello Cup. The Cup was presented by current Director of Athletics Al Bean to the Men's Basketball team as they celebrated at center court.

The Huskies win saw them improve to 4-4 on the year, as their next matchup is a Little East Conference game hosting Rhode Island College on Wednesday, Nov. 8 at 7:30 p.m. The game can be viewed in person or online at littleeast.tv. **FP**



Cullen McIntyre / Editor-in-Chief

Sophomore Chance Dixon tied the USM all-time three point field goals made in a game.



Cullen McIntyre / Editor-in-Chief

Head Coach Rob Sanicola earned a victory in his first matchup against SJC this year.



Cullen McIntyre / Editor-in-Chief

The USM Men's Basketball lifting the Costello Cup following their victory over Saint Joseph's College.



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