Aramark: The good, the bad and the ugly

MARY LEE
CONTRIBUTING WRITER

Hundreds of new students are now eating at Gorham’s finest dining hall, located right in the Brooks Student Center. The question is are they enjoying what they pay to eat? The fact is students living on campus must have a meal plan. Do students really enjoy the food served or would they rather be spending their ingestion hours eating warmed up ravioli in their dorm room?

Students lean strongly one-way or the other about the cafeteria food. Either they enjoy the food or they wouldn’t rather be feasting anywhere else. Faith Murphy said when asked about Aramark, “The food is as good as Grandma’s on Thanksgiving especially with the turkey dinner I had tonight.” She is one of the supporters of Aramark, the University’s food provider.

A common complaint among USM students, old and new, is that the choices are repetitive. How many times can you eat cheese and french fries before you’re absolutely sick of it?

Stephanie Pearl said, “I think it’s good, it’s just too repetitive, it’s the same thing everyday.” On the other hand Kevin Oates said, “It’s like riding the yummy express, it’s really not that bad when you eat something different everyday.” Apparently he is able to find variety in the food.

Ashley Squires shares some great advice. “Get to breakfast before 10/15 or your screwed.” Students who get to the dining hall in the transition period between breakfast and lunch their choices are limited to cold cereal and leftover bagels. College cafeterias in general have a notorious reputation for having bad food. Kurt Randall said, “The food isn’t too bad, but the cafeteria isn’t exactly a place I would take a date.”

Confidence in UMS Chancellor questioned

PROTEST PLANNED
AT UMINE
CAMPUS

DRANE RUSSELL
CONTRIBUTING WRITER
AND JOSEPH THOMPSON
NEWS EDITOR

Amid serious practical concerns from the faculty and staff of its constituent universities, the chief governing body of the University of Maine System’s (UMS) will decide on a major change the system’s organization. Among other things, the plan includes merging the University of Maine at Augusta with USM.

The Board of Trustees (BOT) is scheduled to vote on the revised UMaine System Strategic Plan today at the University of Maine in Orono. Faculty union members from each of the state institutions are expected to demonstrate outside the meeting, asking for a postponement of the BOT vote so that a comprehensive review of the Strategic Plan can take place.

Chancellor Joseph Westphal said he is confident faculty and staff are committed to the Strategic Plan. “I think the faculty of all our universities are going to be engaged at varying levels in varying degrees and varying manners to both discuss and to find ways to implement various aspects of the plan.”

DON’T ANSPACH, chair of the USM branch of the Associated Faculties of the University of Maine (AFUM) disagrees. “There are rumors afoot, given the situation with this plan, that there may be a vote of no confidence in the Chancellor. That would be coming from the faculty senates from each of the seven campuses.”

University of Maine Faculty Senate President Howard Patterson, acknowledged that some members of the staff at the University of Maine want a vote of no confidence. “I think that some people want a vote of no confidence but most people want to see the university move together.”

William Steele, a professor of theatre at USM wrote in an email to all of USM’s faculty members, “Although many concerns have been raised by faculty about the Strategic Plan, the final draft fails to respond to most of them, particularly two issues USM considers critical—job losses and shared governance,” Steele is also co-chair of USM AFUM.

In June, Roxie Black, USM faculty senate chair submitted a memo to Westphal saying: “by not engaging thoughts and ideas from the stakeholders, the Board neglected to take advantage of a significant source of experience and intellectual capital within the system.”
In Brief

LIBRARY ACQUIRES SOCIAL MOVEMENTS AND WOMEN

The libraries of USM have acquired two new databases. They are Women and Social Movements in the United States 1600-2000 and Worldwide Political Science Abstracts. The Women and Social Movements database was made possible through the USM’s faculty technology grant.

GYM COMPLEX GAINS CHAIR

Tom Floyd, of the Sullivan Gym Complex, is the new chair of the Classified Staff Senate. Tim Thornton is the new vice chair.

FREE FOOD STILL A POSSIBILITY

On Thursday, September 23, USM will be having an open house at the Stone House Conference Center. The entire USM community is invited for the tour, free food and coffee. Those interested should RSVP to Kat Schorr at kat@usm.maine.edu or call 865-3428.

RED CROSS STILL WANTS YOUR BLOOD

Also on September 23, the Red Cross will be collecting blood donations. They will be collecting at the Woodbury Campus Center from 11 a.m. to 3 p.m. in rooms A, B and C. Their goal is to collect 50 pints of blood. All people donating blood that day will be entered into a drawing to win a pair of airline tickets from Southwest Airlines.

COLLEGE FAIR STILL TO COME

On Sunday, September 26 USM will be hosting the New England Association for College Admission Counseling College Fair from 2 p.m. until 4:30 p.m. in the USM Costello Sports Complex on the Gorham campus. Over 250 colleges and universities will be featured.
Senate address bus complaints

Basil Lynds
CONTRIBUTING WRITER

For over five years now, V.I.P. Charter buses have been shuffling students between Portland and Gorham. This year, the volume of students far exceeded the carrying capacity of the shuttle buses.

Students and faculty have been late for and sometimes missed classes altogether. The situation has caused frustration among the student body and prompted officials to encourage students to carpool.

The transportation fee covers the cost of running the shuttle buses which all students must pay. For full time students the fee is 90 dollars a semester and students taking nine to eleven credits pay 65 dollars a semester.

Sarah Anderson, a third year English major, is an example of the students inconvenienced by the shuttle bus crisis. She has missed a few of her classes and now plans ahead by catching the bus two to three hours in advance. Instead of planning around her class schedule, Anderson says she has been planning her days around the best times to snag a seat.

Tuesdays and Thursdays are the busiest days for classes. On those days, the busses feel the biggest crunch. The Senate demanded another bus be added to the runs during the peak hours of use to alleviate the crisis.

Student Senator Caroline Young feels the problem stems from a systemic lack of planning on the University’s part. Young resides on the Gorham campus and has experienced similar situations in years past, but she says nothing compared to this year’s problem.

“There was an outcry like I’ve never heard before,” said Young. Parking and bus complaints should be directed to Dewey Ferguson.

There aren’t enough VIP buses running to and from Gorham for everyone to get to class on time.

President Patenaude talks about UMS restructuring plan

Joseph R. Thompson
NEWS EDITOR

The University could be undergoing major changes depending on the outcome of the Board of Trustees' vote on Sunday regarding the System's Strategic Plan. While the plan gives broad details and goals, it is up to the presidents of the universities to implement them. For USM this is the responsibility of President Richard Patenaude.

He took time to answer some questions last Tuesday.

“Is it a big challenge and I'm eager to start working on it.”

- Richard Patenaude,
USM President

Some conversation in the legislature about how people feel. I don’t believe in the next year or two students here will see any particular impact. I think that one of the important things to focus on is that the language describing USM is robust, forward-looking and supportive.

It’s far better and far more accurate than what was in the original plan.

What are your responsibilities in implementing the goals of the UMS plan?

My responsibility in completing these goals is to take the goals that impact or involve USM and begin working with faculty and staff to create a plan to accomplish them. This will be a bottom-up process.

How will you begin to accomplish the goals?

Conversations, I think that there are some natural groups that need to talk together.

Which groups?

[The USM] Faculty Senate and [the UMA] Faculty Senate, the Board of Visitors, Student Government, and the Student Organizations Vice-Chair Caroline Young feels the problem stems from a systemic lack of planning on the University’s part.

Young resides on the Gorham campus and has experienced similar situations in years past, but she says nothing compared to this year’s problem.

“There was an outcry like I’ve never heard before,” said Young.

Parking and bus complaints should be directed to Dewey Ferguson.

Gorham. This year, the institutions are shuttling students between Portland and Gorham. V.I.P. Charter buses have been shuttling students around the best times to snag a seat.

Thursdays are the busiest days for classes. On those days, the busses feel the biggest crunch. The Senate demanded another bus be added to the runs during the peak hours of use to alleviate the crisis.

Student Senator Caroline Young feels the problem stems from a systemic lack of planning on the University’s part.

Young resides on the Gorham campus and has experienced similar situations in years past, but she says nothing compared to this year’s problem.

“There was an outcry like I’ve never heard before,” said Young.

Parking and bus complaints should be directed to Dewey Ferguson.

Sarah Anderson, a third year English major, is an example of the students inconvenienced by the shuttle bus crisis. She has missed a few of her classes and now plans ahead by catching the bus two to three hours in advance. Instead of planning around her class schedule, Anderson says she has been planning her days around the best times to snag a seat.

Tuesdays and Thursdays are the busiest days for classes. On those days, the busses feel the biggest crunch. The Senate demanded another bus be added to the runs during the peak hours of use to alleviate the crisis.

Student Senator Caroline Young feels the problem stems from a systemic lack of planning on the University’s part.

Young resides on the Gorham campus and has experienced similar situations in years past, but she says nothing compared to this year’s problem.

“There was an outcry like I’ve never heard before,” said Young.

Parking and bus complaints should be directed to Dewey Ferguson.

Gorham. This year, the institutions are shuttling students between Portland and Gorham. V.I.P. Charter buses have been shuttling students around the best times to snag a seat.

Thursdays are the busiest days for classes. On those days, the busses feel the biggest crunch. The Senate demanded another bus be added to the runs during the peak hours of use to alleviate the crisis.

Student Senator Caroline Young feels the problem stems from a systemic lack of planning on the University’s part.

Young resides on the Gorham campus and has experienced similar situations in years past, but she says nothing compared to this year’s problem.

“There was an outcry like I’ve never heard before,” said Young.

Parking and bus complaints should be directed to Dewey Ferguson.

Sarah Anderson, a third year English major, is an example of the students inconvenienced by the shuttle bus crisis. She has missed a few of her classes and now plans ahead by catching the bus two to three hours in advance. Instead of planning around her class schedule, Anderson says she has been planning her days around the best times to snag a seat.

Tuesdays and Thursdays are the busiest days for classes. On those days, the busses feel the biggest crunch. The Senate demanded another bus be added to the runs during the peak hours of use to alleviate the crisis.

Student Senator Caroline Young feels the problem stems from a systemic lack of planning on the University’s part.

Young resides on the Gorham campus and has experienced similar situations in years past, but she says nothing compared to this year’s problem.

“There was an outcry like I’ve never heard before,” said Young.

Parking and bus complaints should be directed to Dewey Ferguson.

Sarah Anderson, a third year English major, is an example of the students inconvenienced by the shuttle bus crisis. She has missed a few of her classes and now plans ahead by catching the bus two to three hours in advance. Instead of planning around her class schedule, Anderson says she has been planning her days around the best times to snag a seat.

Tuesdays and Thursdays are the busiest days for classes. On those days, the busses feel the biggest crunch. The Senate demanded another bus be added to the runs during the peak hours of use to alleviate the crisis.

Student Senator Caroline Young feels the problem stems from a systemic lack of planning on the University’s part.

Young resides on the Gorham campus and has experienced similar situations in years past, but she says nothing compared to this year’s problem.

“There was an outcry like I’ve never heard before,” said Young.

Parking and bus complaints should be directed to Dewey Ferguson.
If you need to eat...

**Anthony’s Italian Kitchen**  
151 Middle St.  
774.4668  
10:30 a.m. – 9 p.m. Mon-Sat  
The greatest, most delectable pizza in town. Find it between Videoport and Bull Moose, and under Casco Bay Books. You could basically live in this building. Salads, pasta and sandwiches are also very good and on the menu.

**Bangkok Thai**  
671 Congress St.  
877.0118  
11 a.m. – 2:30 p.m. 5 p.m. – 9:30 p.m. Mon-Fri  
12 p.m. – 2:30 p.m. 5 p.m. – 9:30 p.m. Sat  
This place started off as a hole in the wall with good, cheap food and a bad décor, but time has done it well. The food has gone from good to nirvana and stayed cheap. The best part is that the dining area is now borderline Thai chic.

**Benkyo Japanese Restaurant**  
2 High St.  
773.5555  
11 a.m. – 2 p.m. 5 p.m. 9:30 p.m. Mon-Fri  
11 a.m. – 1 a.m. Sat  
Sushi is expensive for the quality and service, but a bargain for Rock n Roll. Sushi on Friday and Saturday nights when they turn on the disco ball and sell the sushi cheaply. During Rock n Roll experience a walk not just a meal. Also serve sushi to go.

**Bennett’s American Café**  
98 Forest Ave.  
774.0007  
7 a.m. – 2 p.m. everyday  
5 p.m. – 9 p.m. Wed-Sat  
Upscale dining, but worth the price. The food is terrific. The svelte wait staff, has a good cooking team. A little pricey, but for a nice evening out, try it. This is my go to restaurant. Cinqo’s boasts a bargain during Rock n’ Roll. Monday is the night to go. At the end of summer in the same location, it had closed. It’s now being run by an excellent cooking team. Their flourless chocolate cake will make your knees tremble.

**The Clay Oven**  
21 Schood St.  
773.6633  
11 a.m. – 10 p.m. everyday  
If you need to get away from burgers and fries, this is a nice place to get some ethnic food. Ask for Chai Tea; it tastes a lot different at Indian restaurants than at coffee shops.

**Down Home Cookin’**  
25 Preble St.  
228.2060  
7 a.m. – 7 p.m. Mon-Sat  
10 a.m. – 5 p.m. Sun  
Ask for Jules bread for your sandwich and potato salad on the side if you’re looking for desert, dress up their cakes and pastries.

**Espo’s Trattoria**  
1335 Congress St.  
774.7923  
11 a.m. – 9 p.m. Sun-Thur  
11 a.m. – 10 p.m. Fri-Sat  
Delicious food accompanies the fine décor of this upscale Italian eatery. You can get a monster-sized portion of lasagna and a glass of wine for under $20.

**Federal Spice**  
225 Federal St.  
774.6264  
11 a.m. – 9 p.m. Mon-Sat  
Excellent wraps and quesadillas and is the best place for Tex-Mex Eclectic. Menu staples include homemade nachos and creative use of pumpkin. This is a secret MECA students have known about for-ever.

**Floddog Café**  
953 Congress St.  
253.5400  
11:30 a.m. – 10 p.m. Mon-Sat  
Delicious food and a good place to bring parents who want to pony up for dinner. Go early, the place gets more and more crowded as the night wears on.

**Great Lost Bear**  
36 Wharf St.  
347.6154  
5 p.m. – 10 p.m. everyday  
Portland’s most expensive restaurant. Cinqo’s boasts a swivel wait staff, has a great wine list and the presentation will make your eyes cry tears of joy. The bill will make you cry too.

**Jim’s**  
650A Congress St.  
773.4119  
5 a.m. – 1 p.m. Mon-Sat  
Jim’s pizza, ollas, beer and live music. Jim’s is a real cool place to hang out because pizza, ollas are under $3, and the beer does too. The music is always awesome and you can eat outside while you listen to it. Look for an ad in the Phoenix that gets you a free slice when you buy a beer or wine.

**Katahdin Restaurant**  
106 High St.  
774.1740  
5 p.m. – 10:30 p.m. Fri-Sat  
5 p.m. – 9 p.m. Tues-Thu  
This is our news editor’s favorite restaurant. Winnie, the bartender, makes the best Grey Goose martinis (straight up, with a twist) and Becky, the owner and chef, makes a crème fraiche for her shiitaki mushroom cakes that is divine. The food is eclectic and creative without being intimidating. This is a good place for a date or anniversary if you have some extra dough.

**The Kitchen**  
247 High St.  
774.0833  
The Kitchen has good falafel and really good breakfast wraps. Go get one. The man with the beard and card makes photographs of “artful” nudes.

**Margarita’s Mexican Restaurant**  
242 High St.  
787.6446  
4 p.m. – 10 p.m.  
A wild shot in the dark, but you’ve been here, haven’t you? If not, GO. Delicious Mexican dishes and the great drinks, especially the restaurant’s namesakes, margaritas, are the best you can get anywhere.

**The Clay Oven**  
21 Schood St.  
773.6633  
11 a.m. – 10 p.m. everyday  
774.6089  
(weekends closing varies)  
Excellent sit-down mexican food. Try a home-made enchilada with your enchiladas. They are worth every penny. If you have some more cash, go upstairs for sit-down and get a margarita at the rooftop bar. Directly across the street from Portland Hall.

**Mr. Bagel**  
595 Forest Ave.  
775.0771  
7 a.m. – 8 p.m. Mon-Fri  
6 a.m. – 12 p.m. Sat  
Excellent service and great bagels make this a cool breakfast spot. They have some of the best home-made bagel chips in town.
Norm's Bar and Grill
617 Congress St.
828.9944
11 a.m. – 10 p.m. Mon-Sat
4 p.m. – 10 p.m. Sun
This is the neighborhood bar and grill for those on Congress Street. You can always find a good selection of creative comfort food here, and one of the best pastrami sandwiches in Maine. The eggplant dip and flat bread is what most locals consider the signature appetizer.

Norm's East End Grill
47 Middle St.
253.1701
11:30 a.m. – 10 p.m. everyday
Carcass, carcass and more carcass. If you like to eat carcass grilled to perfection and smothered in sloppy, sweet barbecue sauce, go to Norm's.

Old Port Sandwich Shop
89 Market St.
773.9075
7 a.m. – 5 p.m. Mon-Fri
Reasonably priced cold and hot sandwiches and a standard-issue beverage/chip selection. You can't beat the location (adjacent to Tommy's Park), but they close too early to be a true college eatery.

Park), but they close too early to be a true college eatery.

Oriental Table
212 Danforth St.
774.7604
7 a.m. – 1 a.m. Mon-Sat
9 a.m. – 1 a.m. Sun
Great for late night drinking and screaming. It's great for morning drinking and screaming. Anytime of day, one will stumble upon somebody swilling a PBR or Bloody Mary at the bar over his or her stack of pancakes and bacon.

Sebago Brewing Company
164 Middle St.
775.2337
11 a.m. – 1 a.m. Mon-Sat
11 a.m. – 11 p.m. Sun
Great for late night drinking and screaming. It's great for morning drinking and screaming. Some of the best in Portland. If you are into Japanese cuisine, you will love this place.

Seng Thai Cuisine
265 St. John St.
772.5320
11 a.m. – 9:30 p.m. Mon-Sat
11 a.m. – 8:30 p.m. Sun
Good Thai food and almost close enough to walk from the Portland campus. They also have good selection of vegetarian food.

Turquoise Café
112 Newbury St.
772.3200
11 a.m. – 10 p.m. Mon-Thur
11 a.m. – 8:30 p.m. Sun
This is the best place to eat your dinner and screaming, it's great for morning drinking and screaming. Anytime of day, one will stumble upon somebody swilling a PBR or Bloody Mary at the bar over his or her stack of pancakes and bacon.

Tu Casa
70 Washington Ave.
88 Exchange St.
11 a.m. – 11 p.m. Mon-Fri
11 a.m. – 9:30 everyday
Closed 3-4:30 p.m. Terific Indian food. A touch pricey, but the quality is well worth it.

Wok Inn
212 Danforth St.
774.4004
11 a.m. – 11 p.m. Mon-Sat
11 a.m. – 11 p.m. Sun-Thur
This is the best place to get your greasy Chinese fix late at night. The food is often bland, but the prices are good and delivery is fast. Check out the lunch/dinner combos for the best deals.

Yosaku
1 Danforth St.
760.0880
11 a.m. – 2 p.m. 5 p.m. – 11 p.m. Mon-Fri
Saturday and Sunday lunch 12 p.m. – 3 p.m.
Closed 2-5 p.m. on weekdays. Yosaku has excellent tatami mats available, so you can remove your shoes and perch on the tatami mats while you dine. The service is fair but the sushi cutters are excellent. Try the gyoza for an appetizer. Udon, Tempura and lots of sushi available. Flavored saki too. Eat outside by the fountain.

Be Career Wise... Subscribe to USM Career Services Listserv Receive important career & professional development info that YOU NEED.

Step 1: Go to mailman.usm.maine.edu
Step 2: Enter Career-Info Listserv
Follow the rest of the instructions ...

ST. ANNE’S CATHOLIC CHURCH
299 Main Street, Gorham, Maine
(207) 839-4857 • stannedgorham@aol.com
WELCOMES University of Southern Maine Students and Faculty Weekends Liturgies Saturday 5:00 p.m.
Sunday 8:30 a.m. & 11:00 a.m.
Daily Liturgy Monday – Friday 8:00 a.m.
"Come celebrate with us!"
NAME: Leah Jutras

AGE: 19

YEAR: FRESHMAN

MAJOR: NURSING

What high school did you graduate from?
Oxford Hills High School in Norway, Maine.

What was your reason for coming to USM?
Because it's close to home, but not too close. And it has a lacrosse team.

Where are you currently living?
In the dorms in Gorham. It's a forced triple. There are always people over and it's very busy. Sometimes I have to leave to do my homework, but I have awesome roommates.

Why did you choose nursing?
I obtained my CNA license when I was in tenth grade though a technical school in Oxford Hills. I did two 75-hour internships in eleventh grade in the intensive care and pediatrics unit.

What do you want to do when you finish school?
I originally thought I wanted to work in the ICU or pediatrics, but now I want to be a traveling nurse.

What do you want to do when you finish school?
15, plus I work 24-30 hours a week.

Where do you work?
Monday through Thursday I work for Accent Health Care agency in the Portland/Biddeford area as a CAN. Then on Friday, Saturday, and Sunday I go home and work at Norway Rehab, which is a long term nursing home for patients with psychological problems, dementia, alzheimer, etc. I also work for the state taking care of a man with Lou Gehrig's disease in his Auburn home as a PCA, not a CNA. I also worked as a CNA all summer to help pay for school.

What do you want to do when you finish school?

Campus Bookstore
337 Forest Ave. (Across from Pier One)
Portland, ME 04101

WELCOME BACK STUDENTS AND THANKS TO ALL OUR VALUED CUSTOMERS FOR ANOTHER GREAT SEASON – WE APPRECIATE YOUR SUPPORT

IF YOU HAVEN'T HEARD ABOUT US – ASK YOUR CLASSMATES, THEY KNOW WE'RE THE BEST

WE BUY BACK BOOKS EVERY DAY INCLUDING PROF BOOKS FREE! FREE! FREE!

AS ALWAYS WE GUARANTEE THE LOWEST PRICES

OUR GREAT FRIENDLY AND KNOWLEDGEABLE STAFF ARE ALWAYS EAGER TO HELP YOU FIND YOUR BOOKS AND SOLVE YOUR PROBLEMS

WE ARE LOCALLY OWNED AND OPERATED BY USM ALUMNI WAYNE DIFFIN AND JANE MONECK

"WE CAN APPRECIATE YOUR FINANCIAL CONCERNS"
USM’s Stonecoast MFA experiences changes

ERIK EISELE
CONTRIBUTING WRITER

The Stonecoast Masters in Fine Arts Creative Writing Program is getting a permanent full-time director. Since its conception, interim directors have cared for the program. Annie Finch, a celebrated poet, stepped in as the permanent director September 1. The program’s Portland office has also moved from 19 Chamberlain St. to 120 Bedford St., to share a building with the Sociology Department.

The Interim Associate Director of the program Robin Talbot, said, “Between the move and the start of the semester, things have been pretty crazy around here. We haven’t been able to update our website. But we aren’t trying to keep anything secret, we are excited about [Finch’s] involvement in the program.”

The Stonecoast MFA Program was created two years ago by Barbara Lee Hope, former assistant professor of media studies; Ken Rosen, former professor of English; and Diane Benedict, associate professor of English. The program evolved out of the success of the Stonecoast Summer Writers’ Conference into a low-residency graduate degree program in creative writing.

The beginning of each semester of Stonecoast MFA is spent at the program’s Stone House on Casco Bay in Freeport. For ten days, speakers prepare participants for the remainder of the semester with workshops at the house. The faculty and speakers are published writers, often of particular literary distinction within their genres. During this short time, a sense of community is emphasized among the participants.

However, the students do not travel to a classroom; they work from home. Still, the sense of community formed at the beginning of the semester is encouraged. Students communicate via the Internet, interacting with mentors and learn to develop their writing through intensive study.

When the program first began, Hope took the position of interim director and the search began for a qualified candidate to take the position full time. Now, after two years and first graduating class, the Stonecoast MFA will have its first full time, permanent director.

Finch was most recently an associate professor at Miami University, for graduate level creative writing program. Before that, she was the director of the Stonecoast Program at the University of Northern Iowa. She received a B.A. from Yale University in 1979, a Master in Creative Writing from the University of Houston in 1986 and a Ph.D. in English from Stanford University in 1991. In 1997, Finch started WOM-PO, an online forum for the discussion of women’s poetry. She has published three books of poetry, “The Encyclopedia of Scotland,” “Calendars” and “Eve” as well as several books on writing poetry. She has been featured in numerous anthologies and journals and received an assortment of honors and awards, from such organizations as the National Poetry Series, the Faulkner Society and Forward Magazine.

Talbot said she thinks Finch should be an excellent fit as director. “We are astounded and proud that [Finch] decided to take this position,” Talbot noted that in the early stages of many new programs, positions get filled only temporarily. The program will benefit greatly from permanent leadership, she said. Finch said, “I would like to make the program more predictable and steady—to have the schedule more in line with the rest of USM.” She said the program only needed minor adjustments, because Hope had done so well as interim director. High on her priority list was raising the profile of the program and adjusting the application deadlines and budgeting schedule to mirror the rest of the university.

Finch said she is looking forward to the switch from associate professor to program director. “I found that I was thinking about student writing more than my own,” she said. This position will free her of those pressures, allowing for more personal creativity. “I find Maine really inspiring.” She said that “this job is a good fit with my creative self. It is important to me that my job inspires my writing.”

In an online post on the WOM-PO Listserv, Finch wrote: “It’s a wonderful community of writers and I am excited to be joining it.” In reference to her permanent move to Maine, she commented, “my book jackets have said ‘she lives in Cincinnati and in Maine’ for years now—and I’m very much looking forward to simplifying that statement. Especially as my family has deep Maine roots.”

Photo by Erik Eisele

USM’s Stonecoast building in Freeport is the home of the Stonecoast MFA Creative Writing program.

If you don’t have a stove

JON BLOOD
STAFF WRITER

It is not a stretch to claim that most college students are dirt poor, and finding affordable food for preparation in the dorm can be difficult at times. One might be used to having home-cooked meals prepared by parents, but when the semester starts, it is a different ballgame. While Aramark provides meals in the Gorham cafeteria, the Stonecoast students just need to chill out in the room and cook for themselves. One student with a microwave, blender and cone filter at his disposal can become a master chef in no time. And with a few simple ingredients from the local grocery store dorm cooking can become gourmet art. Aside from the stand-by’s such as Easy Mac and Ramen Noodles, meals can be created with little effort and with simply mouth-watering results.

Due to fire hazards, some cooking utensils are prohibited in the dorms, such as George Foreman grills and coffee makers. This shortcoming can easily be remedied by the use of the dorm kitchen if it is available. Some dorms, such as Robins-Andrews Hall on the Gorham campus, have a kitchen on the first floor available for residents to use, complete with a stove and refrigerator.

With a creative mind any USM student can make the dorm room not just a place to sleep, but also a place to live. This includes using the little amount of cooking tools allowed to create an enjoyable meal experience outside of the cafeteria. One must always keep an open mind to the possibilities of imaginative food creation in the dorm rooms. And, if all else fails, the Gorham House of Pizza is only a five minute walk from campus.

Photo by Erik Eisele

Dirty dishes mold on the sink of a bathroom in Upton Hall.

SIMPLE SMOOTHIES
The smoothie requires a blender, some fruit (strawberries and bananas are preferred, but it’s your call), sugar and ice. Mix it all up with a ratio appropriate to your taste and enjoy. The same works for making a drink similar to the Dunkin Donuts Coffee C Olivia. Mix in some coffee with the ice and sugar and you have a nice cold caffeine boost for those long hours of studying. And by substituting ice cream for the ice and sugar works as well.

Photo by Erik Eisele

SIMPLE SMOOTHIES

MICROWAVE PIZZA
Microwave pizzas require English muffins, some pizza sauce, mozzarella cheese, and whatever toppings one might be interested in. Simply spread the sauce on the slice English muffins, spread a layer of cheese, then apply toppings. Microwave for about two minutes or until the cheese is nicely melted, then serve. If you are having a party in your dorm room or meeting some friends in the English muffins into party food.

Photo by Erik Eisele

SIMPLE SMOOTHIES
What would you do if your hot water got shut off for a week?

**Question of the Week**

Christine Bucknell  
Media - Senior  
"I'd boil my water and use that. Dump it in the tub like that. Or just take cold showers."

Annette Meserve  
Psychology - Junior  
"I would probably move in with my in-laws for a week. It depends on when it happened. In the winter that's what I would do. In the summer I would be able to live with just cold water."

Galen Richmond  
Psychology - Junior  
"I would use cold water. It would suck in the winter, but it doesn't sound like a situation where you would have a lot of choice. I guess I could go to the YMCA, but that would be a pain."

Adam Mcmahon  
Industrial Tech - Senior  
"It happened a couple years ago when I was living in Robie during the summer. We were showering in the gym because it still had hot water."

Abby Reid  
Undeclared - Sophomore  
"Probably sneak into the dorms. I live off campus and wouldn't have a lot of choice. I guess I could go to the YMCA, but that would be a pain."

**FootPrint** is a weekly column about environmental issues produced by USM’s Office of Environmental and Economic sustainability.
Due to important reasons, Destinations has been moved to
the last page in the Arts Section.

In October 1998, a 21-year old student at the University of Wyoming was severely beaten and left to die, tied to a fence in the middle of the prairie outside Laramie. His bloody, bruised and battered body was not discovered until the next day, and he died several days later in an area hospital. His name was Matthew Shepard, and he was the victim of this assault because he was gay.

This is an excerpt from the play “The Laramie Project,” the first show on the roster for the 2004 – 2005 USM theatre season. Shortly after Shepard’s death, the members of Tectonic Theater Project traveled to Laramie, Wyoming, to speak extensively with the people of the town. Over the course of the next year, members of the troupe conducted over two hundred interviews; “The Laramie Project” is a creative compilation from those interviews, as well as from journal entries by members of the company and other found texts.

USM has seen before. Over the course of the play, actors alternate between portraying the original Tectonic Theater members and the various townspeople involved – directly and indirectly – in Shepard’s death. From the murderers themselves to Shepard’s friends and family, the sheriff overseeing the investigation, and local clergy, townspeople, and demonstrators, the audience is given unique access to the entire drama of a minimum of ten characters over the course of a two-act play.

With an ensemble cast of eight players, director Wil Kilroy and his actors agree that this is not the kind of project as it unfolded in Laramie. This means that every actor must know the backgrounds and emotional landscape – and one who did not. But the play is not an indictment of the Laramie community. “It’s not biased in any way,” said the material portrayed therein. Dramaturg Sean Demers has been delving into the background of both the Tectonic project and the events that took place in Laramie before and after Shepard’s death. The information he has gathered will be used not only as a tool to enhance the actors’ understanding of their roles, but will also be made available to the public as a lobby display when the play opens.

Outreach Coordinator April Mulkern is also working with the group, and tables staffed by professionals will be set up at the performances, so that information will be available “if anything comes up for members of the audience,” said director Kilroy.

Said actor David Branch, a junior at USM who plays both Tectonic member Moises Kaufman and Shepard’s father, “I returned (to USM) in ’99, and this is really the first play that’s been done where all of the actors are truly invested in the subject matter.”

“The Laramie Project” will be playing at Russell Hall beginning September 24th. Call the box office at 780-5480 for a complete schedule and to make reservations. Ticket prices for USM students are $5.00.

USM Theater opens season with “The Laramie Project”

Jen Blood
CONTRIBUTING WRITER

The cast of the Laramie Project rehearsed at Russell hall on Wednesday night. They are (clockwise starting from top left) Junior David Branch, Junior Jason Cook, Senior Casey Pratt, Sophomore Erik Moody, junior David Champa, Sophomore Stacy Strong, Senior Amy Von Velt, and Junior Karen Ball.

USM Theater opens season with “The Laramie Project”

Jen Blood
CONTRIBUTING WRITER

The cast of the Laramie Project rehearsed at Russell hall on Wednesday night. They are (clockwise starting from top left) Junior David Branch, Junior Jason Cook, Senior Casey Pratt, Sophomore Erik Moody, junior David Champa, Sophomore Stacy Strong, Senior Amy Von Velt, and Junior Karen Ball.

Jen Blood can be contacted at freepress@usm.maine.edu
My friend Diane’s diet allows, nay, encourages her to eat cheese. That’s right: cheese. The fat-laden, richer than rich, utterly delectable dessert which just so happens to be a favorite of yours truly. This discovery was made while Diane, I, and two other Media Studies seniors stood in her fabulous gourmet kitchen a few Friday evenings ago. We all looked at her with envious disbelief. “Cheesecake?” I repeated (or whimpered, depending on who you ask). “Yeah,” I’m doing Atkins,” she explained simply. “Ohhhhh…” we all nodded in understanding unison, our expressions having now changed to plain, additive-free envy.

A few years ago, such an explanation would have been most likely met with blank stares. And yet this relatively recent crop of diet fads’ trends/miracles (or whatever you like to call them), has bestowed upon our culture a slew of “odd eating habits, a person prefers, but thankfully this has left few tongues untied. These days, in response to inquiries about ones seemingly odd eating habits, a person needs only to reply “I’m on the Color/Raw Food/Atkins/Zone/ South Beach diet here,” and the questioner responds much like white bread and pasta, and last but not least, our use of the past-tense, as Dr. Atkins had (please notice my use of the past-tense, as Dr. Atkins passed away recently) been spearheading the campaign against carbs. The basic premise is this: the human body turns first to stored sugar as a means for fuel. So, by reducing your carbohydrate (sugar) intake, your body is forced to look elsewhere, and does so by converting stored fat into energy, thereby leading to weight loss. What do people eat in lieu of the bread, fruit, vegetables and pasta they must bid adieu? Why, they eat meat stacked upon meat with a side of meat (and the occasional cheese, of course). South Beach: The newest darling of the low carb craze, the South Beach diet proves to be a bit more user friendly, as it combines the best of the low carb and low-fat worlds by urging its followers to remove only bad carbs (high glycemic) like white bread and pasta, and bad fats (saturated and trans) from their meals. The Zone: Followed by celebs such as Jennifer Aniston (the oh-so-fashionable Friend), The Zone focuses mostly on hormones, more specifically the balancing of these hormones for optimal health results. The idea is this: meals are based on a 40-30-30 ratio, where 40% of the meal is comprised of carbs (low glycemic preferably), 30% protein, and 30% fats. This ratio is supposed to help control insulin, one of the body’s most powerful hormones, therefore getting a person into “The Zone”, a term coined by the diet’s creator, Dr. Sears.

Raw Food Diet: This diet is a more of a lifestyle commitment. And considering the intense limitations, one would need to be quite committed in order to succeed. Followers believe that heating food above 188 degrees robs it of most of its nutritional value. Fear not, they do not share the love of meat with those on Atkins (no beef sushi is consumed) but instead eat only raw fruits, vegetables and nuts. What could possibly be gained from eating a diet of raw ruffage? Raw foodies claim that going the uncooked route is comparable to the discovery of the fountain of youth, including benefits such as increased energy, excess weight loss and a noticeable halt in the aging process. The above four are but a handful of the many, many diets that are being touted as the “answer” to weight loss. What do they all have in common? They are all part of the Atkins ice cream? At least I hope you said yes (with the lot more to it than that, but from what I can surmise: yes (with the admission that the carrot is not limited to the stick shape, as is demonstrated in many raw food recipes). As there are so many diets floating along the mainstream, the most prevalently discussed/referenced diets for your perusing pleasure. Bon appetite! Atkins: the granddaddy of the nouveau diets. Although it has taken off in the last few years, Dr. Atkins had (please notice my use of the past-tense, as Dr. Atkins passed away recently) been spearheading the campaign against carbs. The basic premise is this: the human body turns first to stored sugar as a means for fuel. So, by reducing your carbohydrate (sugar) intake, your body is forced to look elsewhere, and does so by converting stored fat into energy, thereby leading to weight loss. What do people eat in lieu of the bread, fruit, vegetables and pasta they must bid adieu? Why, they eat meat stacked upon meat with a side of meat (and the occasional cheese, of course).
Drink and eat your fill of grease, day or night

People eat late for many reasons. Some of them are nurses who work night shifts at hospitals and they eat their breakfasts at 10:30 pm. Some are insomniacs gone nuts by the clausrophobia of four rooms, driven into the city's night for a belly full of sleepless solace. Some are just drunk pigs. I'm going to write this article from the perspective of the sleepless drunk with a lot of work to do.

If you are up searching for food after 1 a.m., you're not looking for bananas. You are looking for something warm, chewy, salty, and preferably made out of meat, cheese, sauce or dough. You are not looking for plums if you are drunk.

First and most unfortunate is the lack of quality 24-hour joints in this city. The corporate sector has this market cornered. Denny's is open 24 hours and is the only place to go if you want breakfast at 3 a.m. A splatery menu arrives at your hypnotizing arcing table. There are several pointilism-patterned p o i n t i l l i s m - p a t t e r n e d item options available on the all-night menu, including a plethora of potato derivatives offer as side dishes. The Denny's menu is pretty constant in it's 1600 restaurants across the states. The Grand Slam breakfast you get in Portland is the same Grand Slam you get in Guam. You can check out www.dennys.com for their corporate statement and some colorful photos of their menu items.

7-Eleven is another 24-hour option. The 7-Eleven franchise headquarters boasts that their “New Jalapeno and Cream Cheese 7-Eleven Go-To Taquito is now spicier than ever, with more jalapeno pieces mixed into the warm cream cheese filling and rolled in a crispy fried tortilla”. 7- Eleven has all sorts of cylindrical food options rolling around in there. I recommend trying one of their rolling, cheese filled sausages in a steaming bun with nacho cheese sauce, relish and whatever other spicy sauces are available. If it's before 1 a.m., you can grab a 40 and eat this shit in the parking lot. If it is later, you can snag a powdered French vanilla cappuccino, load it with flavored creamers and suck it down. There is no worry that the caffeine in this will keep you awake if you are wasted enough. Try some Reese's Peanut Butter Cups for dessert. Since there is no wrong way to eat a Reese's, I like to eat mine in the store when I am intoxicated and leave without paying. You can research your shopping list at www.7-eleven.com.

If you want real food and you want to eat it out of the glare of fluorescent lights, check out Wimpy's. This is an actual hole in the wall on Union Street in the Old Port. Party people migrate unsteadily towards the fuming promise of a Wimpy burger from every pub in the Old Port. If you want fries and a burger, try the Wimpy meal. For a mere $5 dollars, you will get a pile of thick fries and a wholesome meat patty on a white bun with American cheese. If you're a total pig, you can get, like, a triple bacon cheeseburger. For vegetarians, there is onions and ketchup, (it's not on the menu, but you can order a veggie burger). The funniest part is the presentation at Wimpy's. The cook served my burger to me in a Styrofoam box, slowly extending his arm and gently slipping the thing from his fingertips. He wore the friendly scowl of a sophisticated maître d' and an apron that said “Don't Fuck With The Cook!” Ten minutes after scarfing my Wimpy meal, I felt like I had eaten a bag of dirt. Rumor has it that girls who flash their boobies at the cook get free fries. I cannot verify this rumor, but I've also heard that girls who flash their boobies at the Free Press office get a free copy of the Free Press.

La Bodega Latina is a relatively new joint at 865 Congress St. They used to stay open until 2 a.m. but they now close at 11 p.m. This Dominican eatery is right next door to the market of the same name. They call themselves “The People's Market.” The food is displayed, buffet-style in deep metal pans at the back of this small restaurant. You may find goat, beef, shrimp and pork offered at the buffet. Ask for a sampling of everything and you'll get a huge portion, including rice and fried plantains for $7. They also make pulled pork sandwiches, tuna sandwiches and ham-n-cheese sandwiches. Ask for Juan's Fried Chicken and Juan will smile. These tasty pieces are cooked in sweet, dripping sauces and have bones so you can feel like a caveman while you suck on them. La Bodega Latina serves mango, cantaloupe, guava, passion fruit and papaya shakes as well as an assortment of interesting sodas imported from the Caribbean.

If you like to eat at bars, you can get spring rolls until 12 a.m. at Bottomz UP. Bull Feeneys serves a really nice corned beef sandwich that you can eat while enjoying some rousing Irish drinking songs. One time I scored a bag of cocaine in the bathroom of this traditional Irish Pub, which I later enjoyed with a traditionally rolled up C-note.

There are a few American Chinese restaurants that deliver. You can call 797-9052 and get some crab rangoons from the Wok Inn, which now boats of service until 2 a.m. or later. 761-4335 gets you a pile of greasy sweet-n-sour MSG from Jan Mee's. 839-4377 in Gorham.

If you're up until 4 a.m., you can head over to Becky's for some good breakfast. Becky's coffee sucks but you can get all sorts of omelets, toast or bowls of fruit for fair prices. Becky's is a pretty comfortable place to go and you can watch the sunrise and listen to the peaceful sound of seagulls waking up.

Last but not least, I'll mention Bill's Pizza on Commercial Street. Bill's is the most popular late night joint in town. It is popular because it serves pizza, fulfilling the late night eating requirements of dough, meat, cheese and grease. Drop $5 and get 2 slices. If you're there early, you can drink beer. Bill's is a good place to get a pile of sweet, dripping sauces and have bones so you can feel like a caveman while you suck on them. You can count on eating late while drunk in this town, you'll have to accept the intestinal complaints that accompany horizontal digestion complicated by the dehydrating effects of alcohol. If your stomach is an incinerating furnace of amped-up metabolism and you can eat raw chickens, venture boldly into the night and order extra bacon.

Illustration by Tim Hofmann

Tim Hofmann can be contacted at skyblue@hotmail.com
Artists Drink Party Art

**Tim Hofman**
Arts Editor

Alex Steed is brainwashing you with hypnotism. He is collecting all of the sensitive thoughts in Portland and wrapping them softly. Steed is the compassionate tyrant king of a "dictatorial arts & literature collective specializing in essays, chaos, interviews, stories, music, design and more."

His collective is called Angioplasty Media, and they distribute fancy looking independent magazines with graphics that look swiped from 1950’s sewing patterns. The home for Angioplasty is the website, www.angioplastymedia.com, where the collective holds hostage the writings from dozens of local writers, photos, drawings, and everything else they say they have. Steed also hosts a program on WMPG where he further manipulates the system with his stylish mixes of sonic subversiveness.

Angioplasty Media has been pulsing since this spring, producing small gushers of neat looking pamphlets and promises for more. This promise manifests September 24th, at Space, as Angioplasty Media collective host a party of epic proportions.

Originally conceived as a record release party for a vinyl compilation of local musical artists, Steed has altered his conception to include a convention of small press publishers, comic artists and other dweebs. Steed has invited hundreds of people and expects a lot of "middle class white kids to get drunk" in the company of some of the most glamorous artists in Portland and the world.

Musical entertainment will be provided by; the famously non-delayed vocals with powerful chord progressions generated by Eggbot on his famed Farfisa organ. Tristan Gallagher is the "fancy drummer" in Eggbot and Eggbot himself provides occasional trumpet blasts, while commanding the Farfisa. The product is gorgeous. Check out www.eggbot.tv for the comprehensive history and description of what an Eggbot is.

Some dispatches from the Angioplasty Media collective says that it is important to include non-musical arts at a musical event because "in a way, we are all doing the same thing." Angioplasty has invited some of their favorite artists to display their artwork at this event. David Kish, the civilized nihilist behind Hoopleville Comics will be there with his carefully designed comic books.

Conservative estimates have determined that there are between zero and one thousand small press publishers in Portland. Steed expects a percentage of them to be there. Steed also expects there to be all sorts of grungy artists, werewolves and creepazoids in attendance. Check out the scene the 24th at 8 p.m. or so.

---

**Monday 9/20**

Check out local MCs/producers Moshe and Nomar Slevic with Nosbs, Eibol, Flavor Bakers & Tules at the Free Street Taverna. 10 p.m. $3. This is 21+ and it should be bumpin'!

If they won’t let you in the the FST, go to Acoustic Coffee on Danforth Street for their Open Mic night. 6:30 p.m.-9:30 p.m.

**Tuesday 9/21**

The Industry has shows that you can go to if you are 18. Go see Glasscatter, My Hotel Year, Scatter the Ashes & Liar’s Academy. 6 p.m. $8 $10. (Industry is on Wharf Street.)

**Wednesday 9/22**

If you are interested in Environmental Perspectives in Cinema, you can watch “Barbarians at the Gate” at 102 Bailey Hall in Gorham and discuss it with Travis Wagner, who is hosting this free event at 6:30 p.m.

**Thursday 9/23**

“Technology and the Future Warrior: Protecting Soldiers in the 21st Century” is an MIT Enterprise Forum satellite broadcast that will beamed directly into Room 303 of Payson Smith Hall at 7 p.m. This event is free and hosted by Robert Lindquist. Call at 751-8914 if you want to attend.

**Friday 9/24**

Angioplasty Media collective hosts a party of epic proportions. Starring Phantom Buffalo, Galen Richmond & Co., Harpswell Sound, Eggbot and a lot of artists. The Free Press will be there. Read that article right over there...

**Saturday 9/25**

USM Theater production: The Laramie Project. Russell Hall in Gorham at 7:30 p.m. Students $5 (read the preview on the first page of this section.)

The Laramie Project also plays Friday 9/24 and next weekend.

**Sunday 9/26**

The Portland Yoga Studio, at 616 Congress St. has a Contact Improv Jam from 3 p.m.-4:30 p.m. Call 408-0720 FMI.

---

Illustration by Tim Hofmann
Ride the METRO Bus for only 50¢ with a USM Card*

* Catch METRO Bus #2 or #4 to the USM Portland Campus from Downtown
* Catch METRO Bus #5 to the Maine Mall
* Catch METRO Bus #7 to Falmouth and Wal-Mart
* Visit Downtown Portland, the Old Port, Casco Bay Ferry, Hannaford, Shaw’s, Portland Public Market and 800 other bus stops in Portland, Westbrook, the Maine Mall & Falmouth!

* Special USM bus fare only open to students, faculty, staff and employees showing a valid USM ID Card.

For more information — www.gametobus.com or call 774-0381 or Visit Student Involvement Center at Woodbury Campus Center, Portland Campus

X3!

Hey College Students:

Take the train to Boston and back, get your schoolwork done and maybe even catch up on your sleep! All with our College 6 TIX! special: Six one way tickets for just $66!

Visit AmtrakDowneaster.com for details. Delivery takes 10 days, so be sure to plan ahead...

1. Board Train
2. Finish Paper
3. Explore Boston
4. Board Train
5. Start Assigned Reading
6. Return
All for just $66

Amtrak Downeaster
Déjà vu?

This is not the first time in the history of the System that a situation like this has occurred. In 1994 then Chancellor Michael Orenduff introduced a new program called the "Educational Network of Maine," or ENM. Although the plan was favored by most, the implementation left faculty feeling disenfranchised.

A key component of the ENM was ITV, or interactive television. The minutes from the BOT's meeting in January of 1995 note that representatives from several groups endorsed the plan, speaking on the need for increased ITV and the heightened quality of education it would provide. The majority of the Trustees also voiced their support for the program.

While nobody spoke against the program itself, there was concern with how it was implemented. The minutes read, "Trustee John Dimatteo expressed concern over faculty reaction to the proposal. While he was assured that the faculty participation would come after the resolution was approved as amended, he was troubled by the faculty's request to defer action."

Diane Russell and Joseph R. Thompson can be contacted at...

University Health Services

Use Your Health Fee – Make Your Health A Priority

Affordable! Accessible! Convenient!

Office Hours By Appointment

Portland
Modular Unit
780-4211

Gorham
110 Upton Hall
780-5411

When we are closed, you can still speak with a professional nurse
Dial either phone number and select option 92 to be connected to
"AFTER HOURS CARE"

Division of Student & University Life: Supporting student learning and success.
I am not one to start off an email with "I am not one to complain," as I am one to complain. Last week’s (13 September, 2004) “Top 8 Bits of advice on Sex/dating” was gratuitous and unnecessary. Beyond a couple of cute, chuckle-inspiring phrases, the only worthwhile information conveyed was that about the technicalities of consent which Ms. Iris Burke already covered with extreme flair in her column above the list (“Clear Consent”). The rest of it was the same crap I read month after month in Esquire, my girl friends in Cosmopolitan and everyone in every publication that doesn’t have something more interesting to offer. I know it’s not the 50’s any more. Letter to the Editor

STD coverage proves offensive

I am not one to start off an email with "I am not one to complain," as I am one to complain. Last week’s (13 September, 2004) “Top 8 Bits of advice on Sex/dating” was gratuitous and unnecessary. Beyond a couple of cute, chuckle-inspiring phrases, the only worthwhile information conveyed was that about the technicalities of consent which Ms. Iris Burke already covered with extreme flair in her column above the list (“Clear Consent”). The rest of it was the same crap I read month after month in Esquire, my girl friends in Cosmopolitan and everyone in every publication that doesn’t have something more interesting to offer. I know it’s not the 50’s any more.
and “Don’t confuse sex, dating and relationships,” is good advice if one were to offer with it intelligent commentary about why this is so. Further, adding “eeew!” in parenthesis after the title of your STD article (“A Few Useless Facts About STDs (eeew!)”) is, again, cute, but is it really a good idea to attach to STDs a negative stigma? This seems like an effective (or infective) way to make people feel uncomfortable about getting tested for these infections, viruses and diseases. Why not put next to HIV a skull and cross bones while you’re at it?

Alex Steed
Sophomore, Linguistics

What do I know about me?

Informed. So healthy. Take care of yourself.

For you and perhaps, for their current partners, emergency calls and quick, easy, self-help self-testing & treatment for sexually transmitted infections.

STD
continued from page 15

Use these to call home.

Next time you need a prepaid wireless card, cut this ad out and bring it to a participating Irving Mailbox store. Purchase a minimum $20 wireless airtime card or $10 long distance card, and get a free cell phone accessory of your choice. There are hands-free sets, carrying cases and even chargers, so hurry in today. Just remember, no running with the scissors.
I believe you'll find my advanced degree is sealed in Aquanauts and your next degree is in Treasurer of the Spanking Team to be...
Classifieds

**Spring Break**

Spring Break 2005, Travel with STS, America’s #1 Student Tour Operator to Jamaica, Cancun, Acapulco, Bahamas and Florida. Now hiring campus reps. Call for discounts. Info/Reservations 1-800-648-4849 or www.ststravel.com

***

Office Help Wanted

Wok-study job in a friendly, relaxed atmosphere, answering phones, filing, reading newspapers, and various projects. $8.00/hour. Gain experience for those interested in media or public relations. Interested students, please call 780-4200 or e-mail Laura Moore at lmooney@usm.maine.edu

***

**Work Wanted**

**Work In the Music Industry**

Navarre Entertainment Media is seeking a creative, enthusiastic, self-motivated person to be a College Music Representative. You must currently enrolled in college full or part-time, with at least one year of school remaining. Perks include: flexible hours (8-10 per week), exposure to cool new music, free concert tickets to our priority artists, and the opportunity to earn college credit. Please contact Anna-Marie at 800/728-4000 or aganje@navarre.com

***

Delivery Person’s Needed

Available immediately. No experience required. Manage, set-up & break-down audio/video equipment for classes and special events. Days or Night. Contact John @ 780-5737

***

**Spring Break 2005.** Travel with STS, America’s #1 Student Tour Operator to Jamaica, Cancun, Acapulco, Bahamas and Florida. Now hiring campus reps. Call for discounts. Info/Reservations 1-800-648-4849 or www.ststravel.com

***

Spring Break 2005, Travel with STS, America’s #1 Student Tour Operator to Jamaica, Cancun, Acapulco, Bahamas and Florida. Now hiring campus reps. Call for discounts. Info/Reservations 1-800-648-4849 or www.ststravel.com

***

For Sale

Spring Break 2005. Travel with STS, America’s #1 Student Tour Operator to Jamaica, Cancun, Acapulco, Bahamas and Florida. Now hiring campus reps. Call for discounts. Info/Reservations 1-800-648-4849 or www.ststravel.com

***

For Sale

Acoustic 271 Loudspeaker Bass speaker tower with (2) 15” Eminence Loudspeakers. Asking $250/obo. Contact ereng@mece.edu

***

Need an Extra $36,000 a year? Vendoring route for sale. 50 all cash high traffic locations. Cost $5000. 1-800-568-1392 or www.vendingthatworks.com

***

For Sale

Acoustic 271 Loudspeaker Bass speaker tower with (2) 15” Eminence Loudspeakers. Asking $250/obo. Contact ereng@mece.edu

***

Spring Break 2005


www.sunSplashTours.com

1800-426-7710

Cost per line - $2 x ________ lines =

Bold first line: add $1

Check here to run ad online [ ] FREE

TOTAL

We cannot print your ad without the following information:

Name ________________________________

Address ________________________________

City/State/ZIP ____________________________

Phone _________________________________

For Sale

**Attention all students!**

Put your own classified here for free.

Contact John @ 415-6077

***

Drum Kit For Sale

Yamaha Stage Custom Black with Evan’s HydoHeads. Includes 16’ Zildjian Rock Crash, 10’ Zildjian Splash, and 18’ Zildjian A Ride

Call John 871-1158

**Rates**

Classified ads up to four (4) lines are free of charge to any private LSM student, employee, or faculty member.

For all others:

$2 per line, plus $1 per line for boldface,

$10 per column inch for an image/display classified.

Classified ads must be submitted with contact name and phone number by 5 p.m. Thursday before publication.

Ads phoned in will not be accepted. Payment is due upon placing the ad.

Send ads to:

John Marshall at 415-6077

or FAX (207) 780-4085

Rates

Student: YOC

Faculty: Dept ____________________________

Student: YOC

Faculty: Dept ____________________________

Staff Member: Dept ____________________________

By submitting this form to the The Free Press, the advertiser and/or advertising agency agrees to defend and indemnify The Free Press, a student publication, against all liability, expense arising from any claims for libel, unfair competition, unfair trade practices, infringement of trademarks, copyrights, trade names, patents of proprietary rights, or violation of rights of privacy of any other tort resulting from the publication of the advertiser’s advertisement. The Free Press has the right to refuse any advertising.

---

**Advertising Policy**

- Advertising: The Free Press adheres to an estimated 31,000 students of USM, their friends and families on Portland and Gorham campuses and in the Portland community. To top this pool of future high income earners, contact our Advertising Manager at 415-6077.
- The Free Press reserves the right to reject advertising, including that which the Executive Board considers untoward, offensive, masturbation, or degrading. We will not accept ads discriminating against race, gender, age, religion, physical ability, or sexual orientation.
- Deadline for advertising is Wednesday at 4 p.m. for unsolicited ads, and Thursday at 12 noon for camera-ready ads, preceding the week of publication.
- One copy of The Free Press is free of charge. Up to 10 additional copies are available for $25 each. The office of The Free Press, 92 Bowdoin St, Portland, Maine. On occasion, bulk purchases may be arranged. Payment and approval of the executive editor are required in advance.
- F & O Policy: In case of error or omission the Advertising Manager must be notified within 25 working days of the insertion in question to be considered for a re-print. The advertiser or agency must write the corrections in the next available issue or credit will be given not exceeding the cost of the ad. Credit will be for the first incorrect insertion only. Original copy and instructions must be legible and clear. The Free Press is not responsible for incorrect copy submitted by the advertiser or for typographical errors which do not lessen the value of the ad. The Free Press’ liability shall not extend to advertisements accepted over the telephone.

---

**For Sale**

Attention all students!

Put your own classified here for free.

Contact John @ 415-6077

***

- John Marshall at 415-6077

- FAX (207) 780-4085

---

**Classifieds**

Cost per line - $2 x ________ lines =

Bold first line: add $1

Check here to run ad online [ ] FREE

TOTAL

We cannot print your ad without the following information:

Name ________________________________

Address ________________________________

City/State/ZIP ____________________________

Phone _________________________________

Classified ads must be paid for in advance.

University students, staff, and faculty get up to 4 lines for free. Each subsequent line adheres to the standard pricing of $2 per line. Check the appropriate box for your discount:

Student: YOC

Faculty: Dept ____________________________

Staff Member: Dept ____________________________
**Sports Briefs**

A quick look at the past week in USM athletics

**JOE BLANCHIERI**

**SPORTS EDITOR**

**Volleyball:**
USM stormed back to win 3-2 after being down 2-0 against the University of New England (UNE). Freshman Ashley Freeman (Gorham, ME) and sophomore Cassy Hoban (Mendon, WI) combined for 31 kills to lead the Huskies in the home opener on Tuesday.

**Field hockey:**
USM fell to 0-5 on Tuesday as they lost a close battle to New England College (NEC) in double overtime. Scoring for the Huskies was junior Tracy Montgomery (St. George, ME), tying the game for the Huskies with 11:25 remaining in the game. Sophomore Sadie Garnache-Poirier (Bedford, ME) finished the game with 21 saves for the Huskies while NEC sophomore goaltender Jacqui Parker (Keene, NH) had 12.

Continuing the tradition of the NEC game, USM was unable to stop a flurry of Bates shots in front of the net, and first-year forward Erin Chandler (Thornton, PA) managed to put a shot past Poirier to give Bates the win with seven minutes remaining in the first overtime. Sophomore Sarah Sprague (Cleveland Heights, OH) made ten saves for Bates while Poirier recorded 12. The Bobcats moved to 0-1 on their season as USM moved to 0-6.

**Men’s Soccer:**
USM handed the Monks of St. Joseph’s College their second defeat Monday, Sept. 13 scoring three goals in the first half en route to a 4-0 win at Gorham. Sophomore Adam Bial (Wenham, MA) opened the scoring for the Huskies and senior Zach Ansley (Tallahassee, FL) doubled the lead in the 20th minute off a feed from freshman Kevin Dunham-Conway (Standish, ME), Senior Andy Budelman (Rochester, NH) scored twice for the Huskies. St. Joe’s freshman goalkeeper Kenny Kehoe (Cartland Manor, NY) had five saves for the Monks.

Budelman added another two goals and an assist in the Huskies’ 4-0 victory over U-Maine Farmington on Thursday. Also scoring for the Huskies were sophomore Ed Weddington (Augusta, ME) and Ansley, who scored on a pass from Bial just 17 seconds into the second half. Sophomore Chris Willard (Hampton, CT), tying the game for the Huskies with 11:25 remaining in the first overtime. Sophomore Sarah Sprague (Cleveland Heights, OH) made ten saves for Bates while Poirier recorded 12. The Bobcats moved to 0-1 on their season as USM moved to 0-6.

**Women’s Soccer:**
On Wednesday, USM traveled to Wenham, MA to take on the Fighting Scots of Gordon College. Junior forward Devin Edwards (South Paris, ME) scored her fourth goal in the last three games to break open the scoring in the second half. Freshman Hannah Hassler (Westford, VT) tied the game for the Scots with only ten minutes remaining in regulation. The two teams then played two scoreless ten-minute overtime periods where each team only managed one shot each.

**Women’s CC:**
USM’s Kevin Dunham-Conway pushes the ball past St. Joe’s defender David Hakes.

**Editor’s Note:** Sorry folks, but due to technical difficulties, there will be no ‘Husky Hero’ this week. I thought I would take this time to describe exactly what a ‘Husky Hero’ is.

Each week, I select a USM athlete who has exemplified superior effort and/or performance(s) during the previous week of contests. I ask them questions that might embarrass them, but for the most part I concentrate on a ‘Husky Hero’ this week. I thought I would take this time to describe exactly what a ‘Husky Hero’ is. With that said, meet your ‘Husky Hero’ this week.

**USM’s Kevin Dunham-Conway pushes the ball past St. Joe’s defender David Hakes.**

**Date** | **Team** | **Opponent** | **Time**
---|---|---|---
9-21 | Golf | @ St. Joseph’s Invitational | 11:00
9-21 | Field Hockey | @ Salem State | 3:30
9-21 | Men’s Soccer | vs. Bowdoin | 4:30
9-22 | Women’s Soccer | vs. Bates | 4:00
9-22 | Women’s Tennis | @ Bowdoin | 4:00
9-22 | Volleyball | @ Bates | 7:00
9-23 | Field Hockey | @ UMaine Farmington | 4:00
9-24 | Golf | @ State of Maine Tournament | 10:00
9-25 | Women’s CC | @ Harrier Classic, Franklin Park, Boston | 12:00
9-25 | Men’s Soccer | @ Rhode Island College | 1:00
9-25 | Women’s Soccer | vs. Rhode Island College | 1:00
9-25 | Women’s Tennis | @ UMass Dartmouth | 1:00
9-25 | Field Hockey | vs. Eastern Connecticut | 2:00
9-26 | Volleyball | @ Polar Bear Invitational | 10:00

* Home games lettered in bold
Women’s tennis is young, but feeling quite confident

COLEY STETLER
CONTRIBUTING WRITER

The women’s tennis team lost to Bates 8-1 last Tuesday. Though the outcome of the match was not in favor of the lady Huskies they remain optimistic about the match. “Playing such a strong team so early gives our young team experience and practice,” said Catie McCarthy (Newport, VT). McCarthy and Katie Welch (Calais, ME), also a junior and the team’s captain, are the only two players returning to the team this year. Welch and McCarthy lead the team with experience and are the team’s top players.

“Welch is one of the top players in the Little East,” said Coach Wayne St. Peter. In the match against Bates, the duo was able to pull out the team’s only victory in singles or doubles action, defeating Bates’ top doubles team 8-5. “Katie has a good spin serve that they had a hard time returning,” said McCarthy. This serve, combined with the duo’s strong net play made them a formidable challenge for the opposing Bates team.

After ten games the doubles set was tied at 5-5. “They were very aggressive,” McCarthy. This aggressiveness was combated by the junior duo and the match ended with Bates unable to pull off a sweep as the Huskies went on to win the last three games to win the set.

Overall, the loss of this match against Bates produces no doubt in St. Peter’s mind. “They are the youngest team I have had in a long time, but they are athletic and eager to learn,” he said.

USM’s Catie McCarthy returns a serve last Tuesday in action against Bates College at the field house in Gorham.

Do you believe in ‘the curse’?

One fan’s perspective

CHRISTOPHER R. ROED
CONTRIBUTING WRITER

Curse (noun) N. 1a. An appeal for evil or misfortune to befall a person or thing. b. Evil or misfortune resulting from or as if from a curse. 2. Source of curse of evil. 3. A profane word or phrase.


September in New England means three things are certain: the days become shorter and colder, the Red Sox will find a way to disappoint us and everybody will blame “the curse of the Bambino.” I have been a Red Sox fan all of my life and I do believe that curses exist. However, I am here to boldly tell you that there is no Curse of the Bambino.

This all began in 1918 when the Red Sox won their fifth World Series title, the most of any team at that time. The star pitcher for that team was a man named George Herman Ruth, aka “The Babe” or “The Bambino.” Failing to make the World Series the following year, shortsighted owner Harry Frazee needed money to finance his girlfriend’s play, “No No Nanette,” and in order to acquire these funds he sold the Babe to the rival New York Yankees for $100,000. The Babe led the Yankees to four of their record setting 26 World Series titles, and the Red Sox have not won a title since. They have made the World Series four times, losing each time in a deciding seventh game.

Skepticism use this trade as an excuse for why the Sox continue to come up short.

The most important reason for the Red Sox’ continued failure is not a curse at all, but their lack of ability to change with the times. Fenway Park, the American League’s oldest ballpark, was designed to cater right handed power hitters. The problem is that for decades, Red Sox management has placed too much emphasis on hitting. Only recently, with the acquisitions of Pedro Martinez in 1998 and Curt Schilling last year, has management shown the proper emphasis on pitching.

Boston’s tradition of fielding predominantly white teams left them behind for years. Jackie Robinson became the first black major leaguer in 1947, but the Red Sox did not put their first black player on the field until 1959, twelve years later - and two years after Robinson’s retirement! Decades of perceived racism caught up with the Red Sox when free-agency began in 1976. When players were given a choice of teams, they overwhelmingly chose Boston, many citing the see RED SOX page 19