More rooms, less parking
A new building in Gorham promises increased housing

CONSTRUCTION OF A NEW DORM is changing the skyline of the Gorham campus. A large building emerges in Gorham where fields once were. The dorm, located near Bailey Hall, is designed for 296 upper-level and graduate-level students. The new building is scheduled to be finished for the fall of 2007. The rooms will be apartment and suite-style, and most will hold four students.

The projected costs for construction of the building are $21.5 million. However, the dorm is meant to be self-sufficient. "The room fees have to be enough to make the payments for the new residence halls," said Bob Caswell, executive director of public affairs. "We essentially take out a loan, and the payment of these loans comes from room fees that are generated by the new residence hall."

The building is also designed to be environmentally-friendly. "We go for what is known as LEED (Leadership in Energy and Environmental Design) certification on all our new buildings," said Caswell. "What this means is that they are designed to be highly energy efficient, and we use local and recycled materials whenever possible." The Abromson Center in Portland, for example, collects rain water from the top of the building and uses it to flush toilets. Increased demand from students for on-campus housing sparked the decision for the new dorm. "(We have had) 300 students over the last several years, in forced triples," said Caswell. "Plus, we turn away 100 or so students who ask for on-campus housing."

The university began construction of the building in the spring of 2006. "I was at the ground breaking ceremony this past April," said Caswell, "and there were a number of students there who were pleased."

Student reactions to the new dorm being built on the Gorham campus have been mixed. "I think it will make it easier for people whose majors are offered on the Gorham campus. It will offer more flexibility to their living situation," said Liz Hart, a junior and an English major. "I think overall it will have a positive affect," said Nate Brown, a senior who currently lives off-campus. "It will create more opportunity for students to live on campus and create more community. However, I think it will be bad in terms of parking, which is already a problem."

Student parking was cut by 153 spaces when construction started in the Bailey Hall lot. This summer, 175 new spaces were built next to Dickey-Wood Hall. That is a net gain of 22 spaces for an additional 296 students on campus.

The new residence hall is green friendly and will open fall 2007.

Politicson campus

Politics on campus

The debate that was not
Lavoie and Adams end election season

The so-called debate between Professor Herb Adams and his student Jason Lavoie last Wednesday was much less contentious than one would expect from candidates of two very different parties. Absent from the debate was Matt Reading, of the Green Party, leaving Lavoie (Republican) and Adams (Democrat) face to face. They are running against each other in the race for State Representative in District 119, but this has not affected their amicable student-teacher relationship, exchanging smiles and handshakes before and after the debate.

Less cordial were District 118 candidates Jon Hinck, Democrat, and incumbent John Eder, the only Green member of the House. Hinck often slipped in comments about his opponent when answering debate questions. District 118 includes park side and West End areas of Portland. The debate was held in Payson Smith Hall.

A student signs PIRGS banner pledging to vote on Nov. 7.
from DEBATE, page 1

The candidates were asked to speak on TABOR (Taxpayer s Bill of Rights), which is referendum question #1 on the ballot this year. The bill proposes that taxes rise only to reflect inflation, and any other costs must be voted on by the citizens.

Lavoie said he is “very supportive” of such legislature, although it is “not the perfect solution.” But he added that tax relief is necessary, and the “people in Augusta have failed” in bringing this to Maine citizens.

In contrast, Adams talked about Colorado, where a version of TABOR was passed in 1992. “Colorado is billions in the hole,” he said. “If you love disaster, move to Colorado.”

Aside from attending his more than 200 mandatory classes with Adams, Lavoie said he plans on spending most of the day Tuesday at the Expo where people in District 119 will vote. Adams said he would probably cancel class for Election Day if his students agree.

“Maybe we’ll walk to the Expo together,” said Lavoie, who also plans on supporting gubernatorial candidate Chandler Woodcock while he sits at the polls. He said he was optimistic for a Republican victory in the governor s race. Of his own chances, he said it was too early to tell.

“Best I can expect is to get my people to vote.”

from DORMS, page 1

“Our studies have shown there shouldn’t be a significant increase in parking demand with the new hall,” said Caswell. “An independent parking consultant looked at parking demand on the Gorham campus. The market for the new residence hall is mostly current students living off-campus and commuting to classes.”

The fact that these students will now become residents will decrease parking demand on campus, he said.

Music majors are also wondering why the university is building a new dorm when they believe that Corbell Hall, which houses the music school, could use renovations itself. Amy Caswell said the University is aware of a possible demand for music students, and is “looking into it.”

Students have also expressed concern that the sign at the new residence hall is “not the perfect solution.”

Caswell said the University is aware of a possible demand for on-campus housing in Portland, and is waiting to see how the new development on Marginal Way will affect that.

News

Police move Portland office New home more accessible, centralized

JOEL C. THERAULT  
SENIOR STAFF WRITER

USM’s Portland Police left their offices in the Stegeo Building on Bedford Street for a new and improved space in the Sullivan Fitness Complex last Monday. Upcoming construction of the University Commons is displacing them. Lt. Jim Stanhope said the new area is smaller, but there is more office space than before. In addition, they may be better positioned to serve the campus.

The added offices provide more for handling cases sensitive to confidentiality.

From October 20, 2006 issue. Jason Lavoie’s name was mistakenly spelled “Lavioe.”

The Hallowen Bash was organized by the Board of Student Organizations (BSO) and the Portland Events Board (PEB). The Pagan Student Association (PSA) was not involved, as written in the photo caption on page 3.
Commons to change USM’s look
Portland campus gets facelift

JOEL C. THERAULT  
SENIOR STAFF WRITER

The old warehouses that mark the Portland campus between Glickman Library and the Abromson Center will be torn down beginning Monday and transformed into the University Commons, a new building, promenade and plaza that Craig Hutchinson, vice president of student and university life, describes as “the gateway to campus for the community.”

Hutchinson said the Abromson Center, the USM Parking Garage and the Alumni Skywalk over Bedford Street marked the very beginnings of the changes on campus, all part of the University Commons project and funded by Transforming USM: the Capital Campaign, a project initiated in April 2005.

Elizabeth Shorr, vice president of University Advancement and Planning, spearheaded the fundraising campaign, gathering donations from alumni and other friends of USM.

“The beginning,” said Shorr, “there were many iterations (for the project’s name). When you look at the layout of the Commons, there are a lot of ‘common’ spaces there where a lot of students will be. There will be walkways and gathering places.”

Other future projects, still in the conceptual stage include a 450-500 bed student residence located between the upcoming Wishcamper Center/OLLI Headquarters and I-295, and a new student center to replace Woodbury Campus Center, and would centralize most student organizations and services.

To date, the university has accumulated $20 million of the $25 million needed to build the complex, which is “considered to be the most ambitious project on campus to date,” according to Bob Caswell, executive director of the Office of Public Affairs.

According to Chief Fire Officer Sam Andrews, the cost for construction comes entirely from the capital campaign of donated money and not any part of the university’s operating budget, which is built on tuition, fees, and state appropriation.

Construction for the University Commons will begin with site preparation and demolition Monday at the Steege Building, the former offices for the campus police, university mail services and the printing office, and the recently acquired Portland Plastic Pipe Company, which the university purchased in March 2005 using $1.95M from the capital campaign. A groundbreaking ceremony is scheduled for Nov. 15 at 10:30 a.m. in front of the Steege Building.

The police offices are currently in the Sullivan Gym (see story on page 2), and the USM Mail Services was moved to Forest Avenue in October.

The Commons will consist of three major components: a building with two sections, along with a plaza and landscaped walkways that will be called the Promenade. The walkway will connect the campus buildings together.

The new Commons building will be located where Steege and Portland Plastic Pipe now stand. One part, the Wishcamper Center, will house the USM Muskie School of Public Service. It is named after Portland community leaders Joe and Carol Wishcamper, major contributors of the campaign. The Muskie School offers graduate degrees in community planning, policy planning, as well as multiple research centers for health and social services.

The other section of the building will be dedicated to the Osher Lifelong Learning Institute (OLLI), which serves older college students. OLLI’s new site will house the local Osher Institute, the Maine Senior College Network and the national headquarters for all Osher Institutes. The new space will combine OLLIs on both campuses and provide for a full week of classes instead of just Fridays, as they are scheduled now.

Another change will be an expansion of the Osher Map Library and Smith Center for Cartographic Education, currently located on the first floor of Glickman Library. The university will take advantage of the additional construction to re-route the front entrance of the library to face the campus instead of Forest Avenue.

Hutchinson warned, “There’ll be some inconvenience, some dust and some need for deliberative planning on the part of faculty and student alike,” during construction. Public Affairs associate Judie O’Malley said the safe pathways would be provided with barricades during construction, and students and faculty will still have access to the parking garage.

USM fights back against bomb threats
Expert on campus to train staff

JOEL C. THERAULT  
SENIOR STAFF WRITER

After two bomb threats last month, a bomb expert is arriving on campus to help USM Police train faculty and staff in evacuation procedures and identifying explosives. Police Chief Lisa Beecher has secured the services of Tim Culbert, president of New England Chemical and Explosive Disposal, Inc., a company that specializes in bombs and other hazards.

Culbert retired from the Maine State Police in 1998 after 20 years of service as a homicide and major crimes detective, an academy instructor and a founding member of the State Police Bomb Squad. In 1994 he attended the Army’s Redstone Arsenal Hazardous Devices School in Huntsville, Alabama, considered the best program for training explosive technicians. In 1995, Culbert attended the FBI’s Post-Blast Investigator’s School in Boston.

Culbert’s three-hour Explosive Search and ID course is based on oral, video and power point presentations. Topics he addresses include “sweeping” buildings for explosives, alerting proper authorities for bomb removal, appropriate emergency response, and effective evacuation procedures.

“We asked staff to volunteer (for emergency response),” said Craig Hutchinson, vice-president of Student and University Life. “We had no orientation or presentation to help train, and some discomfort was expressed that they weren’t qualified.”

Faculty from many departments will be asked to attend, including office staff, administrative assistants and Facilities Management. “They are the most familiar with these buildings…day in and day out,” he said.

Hutchinson said the university has always had a policy for pooling volunteer faculty at the time of an incident. “At any given time, there is only one [officer on duty] on each campus,” he explained and added that Gorham and Portland campuses had over 100 buildings combined.

After Culbert’s training, Hutchinson said he expects volunteers to feel more comfortable assisting if a threat occurs. “It’s a way to be better prepared in the event that this incident happens again.”

The Student and University Life office is funding the class, paying per person. Hutchinson said an exact figure has not yet been calculated, but it would not disrupt his office’s budget. “There’s a certain amount of contingency, like every budget should have. I view this as a good use of contingency…I don’t expect it to be an exorbitant amount of money.”

Beecher attended a presentation by Culbert at Bates for a Maine College and University Security Directors Association (MCUSD) training session. She chose him to train at USM instead of representatives from the State Police or the Bureau of Alcohol, Tobacco and Firearms (ATF). “In my mind there was no need to go anywhere else,” said Beecher. Culbert will be holding his first class at the Gorham campus Nov. 15 and a Portland campus class on Nov. 29.
In this week's paper, we’re running a news brief about a letter President Pattenaude wrote to faculty and staff. It included a few paragraphs about TABOR and why he thought it would have dangerous effects for the university. This, for Pattenaude’s announcement a few weeks ago that USM already was about $2 million dollars in the hole.

‘Bob’ comes through our door at 92 Bedford every weekday afternoon wearing a giant vacuum pack almost as big as he is, and strapped into it he looks like he’s ready to perform a task that he knows he can do well. He’s the probably the most efficient worker that I’ve ever seen. It would never be worth it to hire a cleaning company to clean the office. He doesn’t want to flirt with the girls on staff, and he never calls in sick because he’s hungover. He’s got one last thing to plug him in so he can have it. He’s quiet and unassuming, there to do a job that he knows he can do well. He’s probably the most efficient worker that I’ve ever seen. It would never be worth it to hire a cleaning company to clean the office.

They’ve become a staple in our daily routine. More importantly, this job has become a part of their daily routine. Bob’s lifestyle necessitates assistance. He suffers from special needs and disabilities which causes anxiety and confusion when that routine is disturbed. Bob and Phil work for Youth Alternatives, a company that helps people who have poor work histories, are foster kids, welfare cases, or have disabilities. They provide job coaching, development, and placement services to youth. Clients like Bob and Phil are referred through the Bureau of Rehabilitation. The words that Bob and Phil say are integration at its best. It was something to build on. It was integration at its best.

We knew that we were lucky to obtain the support of Andrea Thompson-McCall who coordinated the effort. Many key partners deserve thanks for their roles in this success. We are grateful to the Student and University Life staff, Faculty Management staff, Campus Dining Services, and Residential Life staff for their willingness to partner with our program. However the greatest accolades need to go to the Resident Assistants. We knew that we were lucky to obtain the support of Andrea Thompson-McCall who coordinated the effort. Many key partners deserve thanks for their roles in this success. We are grateful to the Student and University Life staff, Faculty Management staff, Campus Dining Services, and Residential Life staff for their willingness to partner with our program. However the greatest accolades need to go to the Resident Assistants.

I wanted to let readers know that USM should be proud of the job its Resident Assistants did to help the kids of our community recently. Some may have noticed the Noyes moving van parked near the Campus Center for three days. It was there to gather donations for the Big BIG yard sale to benefit Big Brothers Big Sisters of Southern Maine. The event, held Aug. 26, had over 800 people come through the doors of Sullivan gym and raised $4,000 for the mentoring programs of Big Brothers Big Sisters.

Many key partners deserve thanks for their roles in this success. We are grateful to the Student and University Life staff, Faculty Management staff, Campus Dining Services, and Residential Life staff for their willingness to partner with our program. However the greatest accolades need to go to the Resident Assistants.
The world, in 1945, was emerging from a period of war and destruction that was unprecedented in scope and brutality. Within a period of approximately 33 years the globe descended in full-scale war not once but twice. After the gradual collapse of the League of Nations in the 1930s (a front-runner to the U.N. established after World War), and with the onset of the Cold War, there was a sense of urgency in establishing some kind of global body that could regulate world affairs.

Since that time, the necessity of the U.N. has been called into question on a number of occasions, and most recently with Iraq. Yet, as Schlesinger pointed out, the effectiveness of the U.N. is entirely dependent on the willingness of its constituents (i.e. its member states) to work together and seek common resolution to the problem at hand. This Idealistic dream of collective security is far from being a reality, something that becomes evident during inter and intra state war. But this is where the greatest misperception of the U.N. occurs.

While collective security is an integral role of the U.N., it is in fact only one of its hats. But because Schlesinger pointed out, the effectiveness of the U.N. is entirely dependent on the willingness of its constituents (i.e. its member states) to work together and seek common resolution to the problem at hand. This Idealistic dream of collective security is far from being a reality, something that becomes evident during inter and intra state war. But this is where the greatest misperception of the U.N. occurs.

The key to the U.N. and its military capabilities lays in the Security Council, the small body composed of five permanent members called the P5: China, France, Great Britain, Russia, and the United States. This structure reflects the world powers of 1945. There are 10 additional members on the council who sit for a two year term. The council fulfills the idea of giving the U.N. some kind of metaphorical teeth. They are the group who decides to take any kind of collective military action, after it is debated and resolved. But there is a catch; each of the P5 countries has veto power on resolutions that come before the council. This means that for example, if the U.S. or China don't want the U.N. to take action on a particular issue, they have the ability to block it.

Because the council is composed of countries that have different agendas and are also competing against one another, it can only be expected that there will be disagreement almost constantly.

The veto is the cause of much stress and chagrin for the members of the council, let alone for the many dawn trodden people in this world. Yet if the veto did exist then neither would the U.N. as none of its architects, essentially thought we would agree without it. Think about the scenario of creating a world body centered around five nations that have just experienced significant losses in world war. All of them could agree that something needed to be done to prevent this from happening again, yet none were sure how much they could trust the others. Also consider that even at this time the US and the USSR were meant to do this, but neither were sure how much they could do. The point is that there is no legitimate economist would disagree that they create economic expansion.

Another key area of focus is making health care more affordable for all Mainers, (we have some of the highest healthcare costs in this country) by making the market competitive. This can be done by reducing the regulations that keep the costs up, allowing providers to set their own prices rather than the government. A budget needs to be set, after it is signed by the Governor, the Legislature is Republican or Democrat after this election, it will be hostile to socially conservative positions. The attacks against Chandler are meant to drive fear into your hearts, to take your attention off of a Governor and a party who have failed to provide for the Maine people.

Governor Baldacci was not supported by 25% of his own party in the democratic primary. His numbers are the softest for any incumbent that I’ve ever seen. The party knows they can’t defend him, so they are throwing out superfluous attacks hoping that you vote against Woodcock, as they know most won’t vote for Baldacci. They think they can bang you up the road, but I think he’s smarter than that. So I’m going to cast my vote for Chandler Woodcock and the future of Maine, and I encourage you to do so as well. As President Clinton’s campaign slogan goes “It’s the economy, stupid!”

Jon Read is the chair of the College Republicans.
USM | PATTERNEAU URGES CAMPUS TO VOTE

PORTLAND—President Richard Pattenaude released a statement via e-mail urging all members of USM’s community to vote tomorrow on TABOR, no matter if it is supported or not. He gave the positions of the Board of Trustees and the Board of Visitors, who oppose it. “Both bodies believe that the proposal would weaken public higher education’s role and ability to contribute to economic development and job creation,” he said.

LOCAL | ATTORNEY ARRESTED FOR HALLOWEEN ‘GUELLRILLA THEATER’

SOUTH PORTLAND—Tom Connolly, an attorney from Scarborough, was arrested by South Portland P.D. on Halloween for masquerading as Osama bin Laden and mask and wielding a plastic AK-47 rifle, plastic hand grenades, and signs that said ‘I love TABOR.’ The resident that called the police thought the sign said ‘I love Taliban.’

State | OLDEST AUTOPSY FIRST PERFORMED IN MAINE

ST. CROIX ISLAND—Forensic anthropologists from Canada and the U.S. confirmed North America’s earliest known autopsy was performed on the Maine island of St. Croix in the winter of 1644-45. A skull with a top section removed was discovered by the National Park Service in June 2003, and it was determined that French settlers on the island were attempting to find the cause of death for almost half of their 79 member party that winter. The settlers suffered from harsh weather conditions and malnutrition.

National | SALMONELLA STRIKES NATION

WASHINGTON, DC—Health officials believe the recent national salmonella outbreak may be caused by contaminated tomatoes or other fresh produce but have been unable to pinpoint a specific product or source. There have been no deaths, but 171 people have fallen sick in 19 states, including Maine. Dr. David Acheson, chief medical officer in the Food and Drug Administration’s Center for Food Safety and Applied Nutrition, believes that the outbreak is now over since the peak for contamination reports was in September.

International | POISONOUS VODKA HAMMERS RUSSIA

MOSCOW, RUSSIA—Illegal alcohol producers have been poisoning dozens of batches of vodka in Russia. Vodka is a staple in Russian culture, but some is laced with toxic household agents. Hundreds have died from hepatitis and liver failure in the past few weeks and towns from the Baltic Sea to Siberia have declared a state of emergency. Police have begun investigating into the source of the tainted liquor, but hospitals are quickly running out of room.

FEATURED FACULTY

Level headed and a bit obsessive

Jane Kuentz

Departments: English

Years at USM: 27

Have you always known you’d be a professor?
As an undergraduate I had a double major in political science and English and a minor in philosophy. I thought I was either going to be a journalist or go to law school. But I think being an English professor was always in the background as being my ideal job. I did go to law school briefly, but I quit. Students should know that that is okay to change their minds.

Do you have any aspirations to do something else in the future?
I’m happy with being a professor. If you’re an English professor you get to read novels and teach classes. If you do it right, it can be a lot of fun.

Who are some of your favorite authors?
I like Don DeLillo. I teach popular culture but I also have two little kids under the age of 6, so that’s a fairly time-consuming and passionate pursuit.

What are your biggest interests in the English field?
I teach, research and write on late 19th, early 20th century African American literature and culture. I have a specialty in African American culture.

How did you get interested in African American culture?
It grew out of my dissertation, which was on the Harlem renaissance. I am interested in, not only that period of literature and history, but the way these African American artists and intellectuals were trying to carve a space out for themselves within the dominant culture.

What is your biggest passion in life?
In life? That is a tough question. I don’t have a biggest passion in life. They come and go. Right now I’m very obsessed with politics within the United States. I also have two little kids under the age of 6, so that’s a fairly time-consuming and passionate pursuit.

What do you do when you’re not reading or looking after the kids?
I design, plant, and tend a perennial vegetable garden.

Describe yourself in one word?
Level-headed.

Hmm, is that two words? I’ll give it to you anyways, OK, now explain. I don’t rattle easily. That’s probably why I ended up in the department chair position.

Have a professor we should interview?
Send suggestions to freepress@usm.maine.edu

PHOTOS AND INTERVIEWS BY ROBYN WILEY

PHOTOS AND INTERVIEWS BY TODD HEBERT

Question of the week:

Who do you think will win the governor’s race, and who do you want to win?

Zach Gage-Croll
Undeclared

I think Baldacci will win, though I’m undecided on who I’ll vote for. I don’t want Woodcock, but I fear Merrill doesn’t have enough support to win.

Lara Jackson
Languages

Baldacci, I like him because he’ll admit when there’s a problem and work on solutions, for example on the issue of Maine healthcare.

Tina Phillips
English

Personally, I don’t involve myself in politics. I don’t know enough about it to make a fair decision so I rely on people who know more than me.

Theresa Knight
Applied Medical Science

I think Baldacci will win because there aren’t any better alternatives.

Allison Gurney
Applied Medical Science

I don’t think Woodcock will win, so either Merrill or Baldacci, but I have no preference between the two.
Imagine a room full of writers talking, critiquing and comparing story ideas, subject matter and style. Enter: The Wordsmith Syndicate.

There are over 50 student groups at the University of Southern Maine as part of the BSO (Board of Student Organizations). The different groups range in theme from academic (Mathematical Society, Psychology Club), to religious (Catholic Newman Club, Pagan Students Association), to health and recreation (Bhakti Yoga Society, Ski and Ride Club), to the more eclectic (Interactive Simulations Group, Blade Society).

But this is the first group devoted entirely to student writers. “The purpose of the group,” said Wordsmith Syndicate president Ryan Gato, “is to encourage the creative output of fellow writers and to establish a community of writers dedicated to exchanging ideas and offering helpful criticism.”

The group’s meetings, which are held every other week for two hours, focus mainly on workingshopping members’ pieces. Additional time is devoted to sharing new and interesting work from the literary world. Informal writing “assignments” or exercises may be given for members to share with the group in an effort to aid in the creative process. The group also hopes to bring in guest faculty members occasionally to contribute to the workingshopping experience.

Gato explained that the meetings are a lot like a workshop class that one might take at a university, only not so formal and without the authority figure. “For me,” explains group treasurer John Rogers, “this is a catalyst to give myself some time to write during the semester when I have no writing classes, and to know that I have something to look forward to.”

Currently, the Wordsmith Syndicate is comprised of poets and fiction writers. But a goal of the group is to spread the word and get more diversity amongst the members. The group welcomes all types of writers including, but not limited to, nonfiction writers, screenwriters, playwrights, song lyricists and even children’s story writers.

A big step for the group in gaining visibility within the university is getting recognized by the BSO (which, by the time you read this, it should be). Another benefit in being officially recognized by the BSO is that the Wordsmith Syndicate will be funded by the university. "This gives the group the opportunity to plan a trip, publish a chapbook, etc.,” said Gato.

The idea for a writer’s group at USM was conceived by several students while attending last summer’s Stonecoast Writer’s Conference. Stonecoast, which is organized by USM every summer, is a 10-day conference comprised of daily workshops and readings by guest authors. Based on the positive experience and the camaraderie that the students shared at the conference, forming a writer’s group seemed like the only logical thing to do.

It’s important for writers to meet other writers and for opinions to be shared and debated,” said Gato. "Writers need encouragement from each other. This is a great chance to become more passionate and productive in your craft.”

For more information on The Wordsmith Syndicate or to find the time and location of the next meeting, contact Ryan Gato at ryan.gato@maine.edu.

LOVE MUSIC?
WRITE US SOME REVIEWS.
FREEPRESS@USM.MAINE.EDU
The influence of political media

ALEX STEED
COLUMNIST

Most Americans learn more about the political process from political advertising than they do anywhere else. Being so informed by political media, we better comprehend rhetoric like “cutting and running”, “congressional rubber-stamping” and “staying the course” than we understand the basics of our own government. A person who knows how many congress-people there are and expect a sheepish guessimation. Ask someone to describe a flip-flopper and you’ll hear a thing or two about John Kerry.

Now that the election season has come to a close, the barrage of political advertising will recede into the distance, waiting for the next election cycle. It is through these million-dollar advertising blitzes that we come to understand the function of our Senator or Congressperson. We are civically educated through party-sanctioned name-calling, generalizing, and finger pointing. They go out of their way to fill in the gaps in our political science education. The adverse effects on our political conversation and outlook are startling.

Increasingly, during everyday conversation, I have noticed the frequent referencing of sound-bytes in the analysis of a politician’s performance. My friends and I sometimes sit around and fall into parroting political rhetoricians, explaining to each other that this or that candidate is worth voting for because they will hand over control of Iraq to the Iraqi people. We often fall into tossing around weak generalizations carefully designed for repetition. I have even heard folks reference advertisements in an unironically post-modern fashion, when they characterize attacks of their candidate of preference as a “Swift-boating. Between Swift-boating and handing over control, we aren’t really talking about anything.

This isn’t new. Every cycle there is an election, and every election cycle political media and analysts sculpt the message and shape the image of candidates and issues. We take notice and relearn everything we were learned in high school civics. Political experts (and novice columnists alike) get up in arms about where people get educated on politics. Every season, however, this exchange is as relevant as the last. With the nation finally in agreement on one thing: We are quickly descending into hell; we must begin styling our understanding and conversation of who we put into power differently. Once the idea entered for pop-up children’s books the industry took off. “Studying children’s pop-up books shows the interesting idea that the past generation wants to instill into its children.” Susie Bock said. “I believe this style of book, with successful writers like Robert Sabuda, is at its highest form.” The student’s books will be on display until December 12th.

By repeating everything that is pumped into our heads when we receive political phone calls, hear a political advertisement on the radio, or see one on television, we aren’t actually having conversations; we are saying strings of words that look political, but in the name of coherence, sound like nothing at all. Every year the names and faces of the candidates might be different, but our tendency to buy into attractive rhetoric is still the same. Falling into this habitual behavior, memorizing and spewing all of the buzzwords crammed into a thirty second ad, we are bound to repeat even our deadliest mistakes. Because the rhetoric is still the same. Falling into this habitual behavior, memorizing and spewing all of the buzzwords crammed into a thirty second ad, we are bound to repeat even our deadliest mistakes. Because the rhetoric is still the same.
Subject Bias sounds off

JOHN COONS
COLUMNIST

This column is a musical soap-box. It is about passion. It is about a band or musician that everyone should check out.

What’s the big deal with Bright Eyes? I can tell you here and now that I will never review them for this column. I’ve heard them, and while I like some of the music, it’s just that there are so many other groups out there that deserve wider recognition, have a broader musical palette, and - cherry on top - they’re not anywhere near as whiney. Case in point? Local band Subject Bias. Give me a choice of almost anywhere near as whiney. Case that deserve wider recognition, so many other groups out there and while I like some of them for this column. I’ve heard Bright Eyes? I can tell you here should check out.

This column is a musical soap-opera. In the interaction between Ouellette’s tracks, but they all and other voices are all used on various instruments), but it is almost impossible to mistake any song, for that of another artist.

Ouellette’s voice is not the selling point of his group for me. It’s certainly passionate but just a little too nasally on most tracks for me, save for the excellent vocal work on the tracks “Hold Your Tongue” and “True Love (I Learned from the Best)” That said, it would not be Subject Bias with any other vocalist (although the tracks with guest singers Siiri Soucy and Stephanie Babirak are my favorites) his voice is treated as just another instrument, and that just happens to be the sound that it produces. It’s a passionate, honest, and borderline emo voice, and its presence is the little twist of character that solidifies most of the songs. What would be generic is suddenly satirical, or paned, or hiliarious.

Because of this vocal omnipresence, some of the songs can sound like rehashings of other tracks if you don’t listen to the lyrics, but this is more than made up for by the mix of styles used on the other songs. For example, the track “Judged by the State” with trumpet, trombone and sax sounds like a great, swung last-call-at-a-bar dirty, “Like Lovers Do” shows us a glimpse of angry emo jazz meet ska, whereas “It Starts” is a creepy/whimsical love waltz that is probably my favorite track on the whole album. Overall, “And This is Why We Can’t Have Nice Things” has a lot of strong points, “Hate the Sinner” and the catchy “Six of One” among them. That said, it feels like it’s an experimental album, and that Ouellette is still fleshing out a sound for himself and playing with a varied choice of instruments and voices to help him in his journey. And let me tell you something, there’s nothing wrong with that. This is a band to keep an eye on.

LISTENTO: “It Starts,” “Slightest Twist,” “Judged by the State”

GET THEM: Bull Moose, iTunes, subjectbias.com, or check them out live with no cover charge November 11 at the Mad Monkey Café in Raymond at 7:30 p.m.

John Coons is a senior music education major who has performed with the Portland Opera, insax jazz gigs, conducts two choirs, and was in a Queen tribute band. To say that he likes a wide variety of music is an understatement. Send your “You gotta check them out!” to John Coons at john.coons@maine.edu.

Blue plate special
Breakfasts at the Blue House

AUNEA ZINE
RESTAURANT REVIEW

A cozy cottage near Pine Tree Shopping Plaza houses two remarkable restaurants — The Blue House Café open for breakfast and lunch, and Francisco’s, open for dinner.

The tight two-room dining space was nearly full at about 11:00 a.m., but we managed to get the last table. Given the number of guests and that the confines allow for only one waitress, service was unsurprisingly slow.

When we finally selected, I ordered from the long list of standard breakfast and lunch dishes: Granola, fruit and yogurt, priced at a ridiculous figure near eight dollars. My mother chose the special frittata, containing spinach, tomato, portobella mushroom, and Gruyere cheese.

We dined over the healthy portion our neighbor ordered. We also flirted with hot chocolates that came from the kitchen in bowl-like mugs. Crowned with regal rings of fresh whipped cream, laced with jeweled dots of dark chocolate syrup, and finished with a scepter-like spoon, our neighboring party gave them two thumbs up.

While we ogled edibles about the room as time elapsed, we wondered where our food was. The open window to the kitchen behind our table in the sunny second room painted in watercolors, confirmed that the yogurt bowl had been prepared, but the frittata cooked the clock tick-locked monotonously. After about 15 minutes, our beautiful breakfasts arrived. Unheated sweet bananas, red raspberries, rife strawberries, halved green grapes, sweet toasted granola and organic vanilla yogurt. The portion was generous, but not worth eight dollars.

My mother eagerly attacked her frittata, but spit out the second bite when she realized it was full of spicy sausage. Our waitress said the error was hers. She returned five minutes later with the proper frittata. In the meantime, my mother made fast work of a heaping portion of bacon and home fries that she called, “the best potatoes I have eaten in my over half-century of life.”

By the time the new frittata arrived, I had consumed the yogurt. Given the huge size, my mother split the golden, rich egg dish in half, and told me to “dig in.” I devoured my helping. Warm and wonderful, goopy, sharp cheese accented mild mushrooms, ruddy tomatoes, and splendid spinach. I would eagerly recommend this dish, and the other delicious delights at the Blue House Café. It is unfortunate that slow service and a sloppy mistake had to interfere with the fantastic food.

RATINGS OUT OF 5 STARS
SERVICE: 2
FOOD: 5
ATMOSPHERE: 4
OVERALL: 3.7

The Blue House Café is located at 1081 Brighton Ave, Portland. 347-8050.
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Hamden, Connecticut
Rather than just looking at the sky for some insight into your week, I perform a single card tarot reading each week to see what challenges and blessings are approaching you during your journey through life.

ARIES (10 OF PENTACLES): The world is your home this week, Aries. All around you doors will be opening to welcome you and to offer you wonderful choices. Enjoy them all while you can because nothing is permanent.

TAURUS (3 OF PENTACLES): This is a week of learning, Taurus. You’ll be best served if you don’t assume anything and look at each moment as a new lesson. Or, to put it differently, learn things again for the first time. Add a star if you manage to do this – it’s not as simple as it sounds.

GEMINI (4 OF RODS): Letters, emails, decisions, rewards and punishments will all be delayed this week, Gemini. That doesn’t mean that they won’t come – they just won’t come when you want them too. Take this as a lesson in patience or as a gift of time.

CANCER (6 OF SWORDS): Today’s word is “lost.” It means to be without direction, Cancer. It’s a point of confusion that all people find themselves at and must make their way out of. This week it’s your turn to do just that. If you’re having trouble finding your sense of direction, get a compass – a metaphorical compass.

LEO (ACE OF SWORDS): After looking at your wide array of options last week, Leo, you will be able to make all decisions very reasonably this week. This, like last week, is odd for a fire sign but it will serve you and those around you quite well to have such a cool head on your shoulders.

VIRGO (7 OF CUPS): Ahh, the dreamer card, Virgo. While in and of itself this is a good sign, (whatever you dream will happen) keep in mind that it goes for those dreams both good and bad. Add two stars if you choose to actualize the good in your heart and subtract two if it’s the not good.

LIBRA (9 OF CUPS): A card of satisfaction for this week, Libra. Take this week as time to enjoy your accomplishments and to rest on your laurels. That’s right: enjoy a pat on your back.

SCORPIO (QUEEN OF SWORDS): This week, Scorpio, you are done with the whole submission shtick and will find yourself crusading for social causes in a big way. What will it be? High-diving for the homeless? Parasailing for the poor? Be creative, you’ve got the drive and energy to actualize whatever it is you want.

SAGITTARIUS (QUEEN OF CUPS): If this week hasn’t felt manic already, then hold on, Sagittarius. This week, in a good way, you’re emotions will be driving you. You’ll feel sensual and alive and want to do things you’ve never done before. Have fun, just try not to lead others on.

CAPRICORN (PAGE OF SWORDS): Very good, Capricorn. You are learning to use past experiences to help you navigate through your present and future paths. Although it may seem like a small lesson to learn, it is very often overlooked. A Gemini could use some of your direction this week.

AQUARIUS (ACE OF PENTACLES): Although you’re not particularly fond of it, money will be particularly fond of you this week, Aquarius. It will enter your hands quickly and leave it just as fast. You will know the desire of plans thwarted by lack of funds and the freedom of having enough to do whatever you want.

PILES (PAGE OF RODS): Before you take on the world, Pisces, look at your home. This is a card of introspection – the page has not yet looked for spiritual lessons in the outside world because there are still things to be learned within his space. Try modeling your week on this card.

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The Free Press  |  November 6, 2006

11

amusements

Newsday Crossword

ON YOUR FEET 
by Rosamond H. Wolf

Barnes & Noble.com

A C R O S S

1 Get mirror? 63 Barren

2 Through official 64 Faint

3 Grock line 65 Sound

4 Legal excuse 66 Scare

5 Character of a culture 67 Very

6 Housewife 68 oxen

7 Newborn 69 Newer

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13 Roy Centers 75 -cr

14 Watch 76 - gion

15 Dessert 77 - ed

16 Dresser 78 - ed

17 Tree filler 79 - ed

18 Building 80 - ed

19 Hearth - ed

20 Shop for 81 - ed

21 Shop - ed - ed

22 Store ed

23 Fix rate

24 Sing like

25 Cent

26 Cause ed

27 Rural ed

28 Tick ed

29 Shot ed

30 Peace ed

31 Salute

32 Pigs ed

33 Split ed

34 Speak ed

35 Lick ed

36 Peace ed

37 Get closer ed

38 Excited ed

39 Like a mute

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43 banana

44 Guv ed

45 Gift ed

46 Tell ed

47 Tree flower

48 Tree polle -

49 Bacon ed

50 Canine ed

51 It grows in the -

52 Riddle ed

53 Rhythm ed

57 Omen ed

55 Thomas ed

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60 Comedies ed

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63 Break ed

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65 Very ed

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The Costello and Sullivan Complexes are more than simple gyms with a couple of cardio pin machines and a basketball court. The university has done well providing our students, staff and surrounding community with superb facilities for athletic training and fitness. Sports medicine majors develop potential in fitness training through programs that offer their expertise with private lessons and detailed health reports for USM students, arming future trainers with real-life experience.

The fitness centers on both campuses offer a wide array of cardiovascular and strength training. Over 32 pieces of cardiovascular equipment are located throughout both centers, including elliptical cross trainers, treadmills and steppers. A full selection of pin weights and plate-loaded circuits are available in addition to a free weight section, offering Olympic bars and benches. Standing on raised wooden floors, surrounded by mirrors, you can partake in any of the several fitness programs offered at both gyms. There is no doubt as to how fulfilling these facilities are in their purpose. The equipment is clean and usually unoccupied and even if it is, you have someone to talk with.

Both of these facilities hold two gymnasiums: The Hill Gymnasium and Field House are within Costello in Gorham, and the Main Gym and Lifeline Center at Sullivan in Portland. Hill houses the primary basketball facility and bleeds into the massive Field House across the lobby on the right as you walk in. Featuring basketball and tennis courts, a 200 meter six lane track and a basketball facility and bleeds into the massive Field House across the lobby on the right as you walk in. Featuring basketball and tennis courts, a 200 meter six lane track and a racing track, Portland's main gym is dubbed slowest from Costello but also provides basketball and tennis courts in addition to a perfect opportunity for the Lifeline program participants to work out in.

Both Costello and Sullivan offer their own unique facilities to students. Sharing the fitness centers as the heart of the gym, they branch off, each holding something the other doesn't. Sullivan is smaller than its brother Costello but offers three racquetball courts which can be converted to play Wally ball. Sullivan holds the only Olympic size ice arena in the state, open for practice hours, broomball and even open ice hours to sift around upon.

Whether students and members want to throw a Frisbee around within the Field House or ensue in a game of rough racquetball, USM has thoroughly provided healthy outlets and the fruits of proper physical exercise.

Death by bananas

Anne Hobby
News Editor

Everyone knows bananas have lots of potassium. We know this is good for us. Our mothers told us so.

And it is true. Potassium is an essential nutrient for all animals. In ion form, (K+) it works with the positive sodium ion (Na⁺) in cells to help with the passage of electrical impulses such as nerve impulses and muscle contractions. (This is why my mom always told us kids to “eat a banana” if we complained of muscle cramps).

If you are an avid reader of nutrition labels, you probably noticed that potassium is listed above in the main box of nutrients along with protein, fats, carbs and sodium. Other essential vitamins and minerals are listed below. Why? Well, potassium really is that important.

The Institute of Medicine recommends 4,700 mg of potassium daily, which is about 10 bananas or five avocados. But most Americans consume about half this. Severe cases of potassium deprivation, known as hypokalemia, can cause muscle and reflex weaknesses, respiratory paralysis, arrhythmia and sometimes death.

But don’t grab your bottle of supplements to quickly; too much potassium can be just as harmful as not enough. When people are sentenced to death by lethal injection, one of the common substances used is potassium chloride, which slows and eventually stops the heart in large doses. The death is very painful as it suffocates organs and causes a burning sensation in the veins before it makes the heart stop. Subjects are administered anesthesia before given the injection of potassium chloride.

However, the likelihood of overdoing on potassium is slim, so don't quit eating guacamole or banana bread. Potassium chloride is actually used as a substitute for table salt. Good sources of this essential mineral are oranges, potatoes, avocados, apricots, parsnips, turnips and, of course, bananas.
HUSKY HERO

Aaron Runner

Sport: Hockey
Position: Goalie
Year: Freshman
Major: Undeclared

How did you decide on USM?
I felt that the USM men’s hockey team had a lot of potential to be a pretty good team throughout the four years I will attend USM.

What is your favorite part about USM athletics?
I love the change of pace that playing a college sport provides. It’s a lot different from playing in High School and the competition is a lot more intense.

What other hobbies do you enjoy?
I enjoy working out and drawing. I don’t really draw anything in particular, just doodles and whatever comes into my head.

Any pre-game rituals?
I don’t really do that much besides listen to some rock music. I don’t really have a single artist that I listen to just whatever is on.

Who is your personal athletic hero?
Mathew Barnaby. He’s so fun to watch because he’s so scrappy and exciting.

Who do you give thanks to?
I really thank my parents for putting up with me and all their support and help going through everything especially the stressful practice schedule.

Anything else you would like us to know about you?
When I played on a Midget Hockey League my team won the State Championships.

PHOTO AND INTERVIEW BY KAILEIGH DEACON

Women’s Field Hockey
(Women’s Field Hockey
(10-10 After first round tournament play):)
10/29 – Bridgewater State 2, USM 0
10/31 – USM 1, Westfield State 0

Women’s Soccer (5-13 Season Completed):
10/28 – Western Connecticut 2, USM 0
10/31 – RIC 4, USM 1

Women’s Cross Country:
10/28 – Southern Maine placed second at the 2006 Little East Conference Championship at Keene State College.

Men’s Cross Country:
10/28 – Southern Maine juniors Curtis and Nick Wheeler (Derby, VT) and senior Chris Hopkins (Worcester, MA) placed third, fourth and fifth, among 65 finishers to lead the Huskies to their first ever Little East Conference championship at Keene State College.

Men’s Soccer (10-9-0 LEC 3-4-0): 10/28 – USM 3, Western Connecticut 1

COMPiled BY ASHLEY ST. MICHEL

OUR NURSES DON’T JUST WORK IN HOSPITALS. THEY RUN THEM.

Support your teams you bums

Husky scoreboard

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Compiled by Ashley St. Michel
Lifeline instructor teaches a group of adults about proper posture at Sullivan gym last Saturday.

Volleyball gets competitive
Zamore wants more than just kills this season

CHRISTI BROWN
STAFF WRITER

If you ask Braden Zamore to describe his teams passion for volleyball, he’ll tell you they live and breathe it. Zamore teamed up with Recreations Coordinator Robert Prince to help plan and organize the intramural volleyball club that exists at USM today.

“It hasn’t been easy, but I’ve been able to do it,” said Zamore. “I haven’t known any other way. I’ve always been busy, running around like crazy and if I didn’t have that way I think I’d be bored.”

Athletic Director Al Bean said, “He’s the one that organized it. He’s a lot of what’s behind it.”

In the club’s first year there were nine people who played for fun. Now there are 16 dedicated players who practice regularly and compete in four to five tournamenats a year throughout New England.

“I had to recruit people through flyers and word of mouth to get people interested,” said Zamore. “It was a slow start, but each year it kept getting bigger and bigger.”

The volleyball team participates in matches, but doesn’t regularly host. The athletic department is currently looking into hosting other men’s volleyball teams at USM.

“We’ve been exploring what the differences were and whether or not we wanted to move up so we can host,” Bean said. “We’ve hosted in the past, but it was a few years ago.”

The men’s volleyball team is part of the NECVL, made up of more than 40 teams from colleges across the Northeast. They became full-time members for the first time last year. Being part of the league has allowed the volleyball team to play other teams outside of the USM community, including schools as far away as Rhode Island and New York.

“Club volleyball is much more competitive,” Zamore said. “It’s almost as competitive as a varsity sport.”

Each year the NECVL organizes a championship weekend to determine which team takes first place. Zamore said that although his team hasn’t made it to the championships yet, the team is young and he is, “hoping we can do that this year.”

Much of the men’s volleyball club is funded through the athletic department. In order for the team to compete in the NECVL, the department must pay dues each year. Last year the team paid upwards of $650. The club has recently requested funding from the student senate for equipment, balls and transportation.

This year Zamore is the men’s volleyball coach and a player on the team, as well as the Gorham High School girl’s varsity volleyball coach. He will graduate in May with a degree in Communication and a minor in Business.

The introduction of the league at USM is appreciated by students and administrators alike.

“Nationally men’s volleyball is huge,” Bean said. “It’s a great game, and it’s another very good opportunity for students to play at the college level.”

Bial named player of the week
Senior Huskies midfielder Adam Bial (Wrentham, MA) was named the Little East Conference Offensive Player of the Week for the week of Oct. 23-29. In two USM wins last week, Bial contributed a goal and two assists for a four-point week. Bial is the third USM player to receive a weekly LEC award this season. Bial is tied for 12th place on the all-time assists list, and in 17th place on the all-time points list.

Schoner, Stephenson, Young named captains
Oct. 30 - Senior Steve Young (Rochester, NY), junior Shane Stephenson (Pine Bush, NY) and sophomore Robert Schoner (Sussex, WI) have each been named captains 2006-2007 USM men’s volleyball team. Stephenson finished his sophomore year with a respectable 8-8 overall record that included two wins. Young earned Pilgrim League Honor Mention All-Star and NECCWA All-New England honors in 2006, finishing the season with an 8-7 overall record. As a freshman, Schoner compiled a 13-12 overall mark.

Southern Maine falls in first round
Oct. 31 – The Rhode Island College Anchorwomen soccer team had four different players score on route to a 4-1 victory over the Huskies in a first round game of the NECVL, the department must pay dues each year. Last year the team paid upwards of $650. The club has recently requested funding from the student senate for equipment, balls and transportation.

The introduction of the league at USM is appreciated by students and administrators alike.

“Nationally men’s volleyball is huge,” Bean said. “It’s a great game, and it’s another very good opportunity for students to play at the college level.”

With the win, the Huskies advanced to the Little East Conference Championship. The Huskies dropped their first round game of the 2006 Little East Conference Championship.

Women’s Soccer Championship. The win was the first round game of the 2006 Little East Conference Championship. With the win, the Huskies advanced to the semifinal round of the tournament. Huskies freshman goalkeeper Allie Hill (Cape Elizabeth) earned her third shutout making eight saves, including seven in the second half.

Field Hockey advances
Oct. 31 – Freshman Field Hockey forward India Lowe (Gloucester, MA) scored the game-winning goal in the 63rd minute to lift the third-seeded Huskies to a 1-0 victory over the sixth-seeded Westfield State College Owls. The win was the first round game of the 2006 Little East Conference Championship. With the win, the Huskies advanced to the semifinal round of the tournament. Huskies freshman goalkeeper Allie Hill (Cape Elizabeth) earned her third shutout making eight saves, including seven in the second half.

Field Hockey falls in Double OT
Nov. 2 – Senior UMass Dartmouth midfielder Robin Dzedzic (Palmer, MA) scored two goals, including the game winner in overtime, leading the second-seeded Corsairs to a 2-1, double-overtime win over the third-seeded Huskies. The Huskies concluded its 2006 season with a 10-11 record – its best finish since the 2003 season when the Huskies captured the Little East Conference championship and advanced to the NCAA tournament with a 17-6 record. Huskies freshman goal keeper Allie Hill (Cape Elizabeth) kept her team in the game with eight saves in regulation, three in the first overtime and another two in the second overtime.

Source: www.usm.maine.edu/athletics

SPORTS
Husky highlights

Lifeline instructor teaches a group of adults about proper posture at Sullivan gym last Saturday.

Lifeine celebrates thirsy years at USM

PHOTO BY ASHLEY ST. MICHEL
PHOTO COURTESY OF BRADEN ZAMORE
PHOTOS BY STEVEN NOYES.