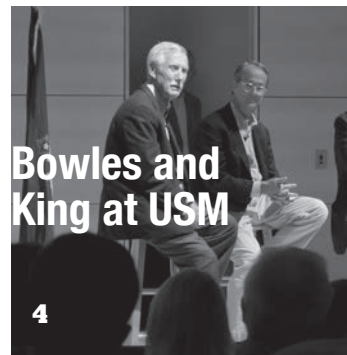


## News



### Bowles and King at USM

4

## Arts



### Beer and Brushes

11

## Perspectives



### Election selections

14

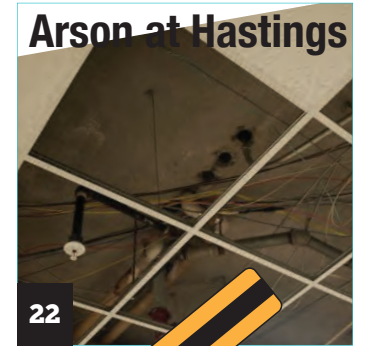
## Community



### Stolen bikes?

20

## Online



### Arson at Hastings

22

# the free press

University of Southern Maine Student Newspaper

Vol. 44,  
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Sep. 10, 2012

[usmfreepress.org](http://usmfreepress.org)

## USM gets a new president



Alex Greenlee / Multimedia Editor

The law building where the president's office is at seventh floor

**Kirsten Sylvain**  
Editor-in-Chief

Selma Botman was the president of The University of Southern Maine for four years from 2009 to 2012. This summer she resigned her post after a drawn-out dispute with faculty that began with \$242,000 that she awarded in controversial pay raises during a time of great financial struggle for the university. While some faculty members were clearly pitted against the president, USM faculty and administration were heavily divided.

In March of this year a story published in The Portland Press Herald reinvigorated tensions between faculty and administration with 44 faculty members receiving raises while \$5.1 million dollars was expected in budget cuts for the year. According to the article, the pro-

gram launched in 2005 was meant to ensure competitive pay. Over the past four years, the university has spent nearly \$1 million on raises. Botman spent more than \$240,000 in just one year on salary increases. Salary increases ranged from three percent to forty-one percent, with Executive Director of University Outreach Micheline Larocque receiving the largest raise of \$34,514.32. Backlash from USM faculty, students and community members followed, with many University of Maine System faculty and staff going without raises since 2009. For others in the faculty union they were offered 0.5 percent increases after a full year of work without a contract. Ed Collom, Associate Professor of Sociology and President of the USM Associated Faculties of the Universities of Maine, the USM faculty union, told The Portland Press

Herald that they were informed there was no money for raises. "I find it appalling that some faculty members are going to lose their jobs in the coming year and yet the administration found money to give these raises," Collom told The Portland Press Herald. Botman said that it was an attempt to give USM employees comparable salaries to those at other institutions in similar positions. Chancellor James Page responded to the outcry on March 27 by calling for a halt on all discretionary raises and promising a review of the previous increases. "Any compensation programs and policies have to reflect the people of Maine," Page told The Portland Press Herald. In April, following a story in The Portland Press Herald from the previous month, a group of senior faculty members drafted a petition for a vote of confi-

dence in President Botman. In a story done by the Maine Public Broadcasting Network, Jerry LaSala, Professor of Physics, explained why a petition was drafted in the first place. According to LaSala, the petition was about more than irresponsible raises and lack of savings from the reorganization that Botman headed — it was about the way that she related to the faculty in general. According to LaSala, President Botman failed to keep some of her promises to hire certain faculty members or let the colleges internally re-organize themselves. "There is no--that we see--there is no cumulative change in her behavior. We merely put out a fire and start over again. That's the way it seems to us," LaSala said. Botman behaved more like a boss than a leader--the way that a university president is meant to, LaSala explained.

Prior to May's no-confidence vote, a faculty survey sent out in March revealed that three-quarters of the respondents felt that USM's leadership was inadequate. The petitioning faculty group said Botman often acted with "vindictiveness" towards faculty members who questioned her policies and that she created a negative atmosphere for students. Some faculty, however, still contended that faculty at USM were simply not accustomed to change. French Professor Nancy Erickson told MPBN in May that she felt many professors weren't used to a university run on the basis of a business model and that many were still struggling with the new changes. "I think there's been a big shift in mentality to live within our means," Erickson told MPBN. Students, faculty and administration became further divided on the topic of the university's leadership after the petitioners received the more than 10 percent of faculty signatures required to hold a vote. Former Student-Body President Chris Camire, who was firmly in support of President Botman, expressed his disgust with the move to set up a 'no-confidence' vote. "I'm very ashamed to be a member of this university, to be a student of a university that would rather behead its own university

**"There is no cumulative change in her behavior. We merely put out a fire and start over again."**

**-Jerry LaSala**  
Physics professor

rather than move forward positively," Camire said that week in April to the Faculty Senate. In a letter that Camire submitted to The Free Press that same week in April, he called for a unified

See **President** on page 3



# Textbooks: By the Numbers

**Brian Saxton**  
News Editor

Tuition? Paid. Meal card? Loaded. New slacks? Ironed. Getting ready for a new semester takes work and foresight. If you're anything like me, buying textbooks is one of the last things on your list. Especially if you pay for textbooks out of pocket, it's a lump sum, rent check, mortgage payment of a necessary expense. Luckily there are more options than ever.

In the past ten years the number of Internet vendors has increased dramatically. This increase in choice has ramped up competition in the textbook market. "Textbooks are not a money maker for the store, and that even though Internet books sales have had an big impact, the low profit margin on textbooks extends to these Internet vendors, keeping things competitive," said Nicki Piaget, Director of the USM Campus Bookstore. The Campus Bookstore also works with a consortium of New England stores. This allows them to increase their buying power and offer lower prices.

This leads me to my disclaimer, that while the following list of textbook providers is meant to help you save money, there is no one single place where textbooks are consistently cheapest. Getting ready for a new semester still takes work and foresight, and probably a combination the following options.

## The Devices:

**Pros:** Ipad and kindles may require an initial investment, but they offer some of the cheapest ways to acquire your textbooks. Many sites offer rental services and the option to purchase individual chapters, and many eBooks now offer tools for highlighting and taking notes. The sample book I used (The American Congress, Smith, Roberts, Wielen) was only \$15.42 for a semester rental (purchase was \$31.08).

**Cons:** Many books are simply not available in this format, and of course these devices require electricity.

## Amazon:

**Pros:** Used books for a penny? –Yes please. Amazon's used book inventory is second to none and in most cases, your best bet for cheap, physical copies of the books you need. Especially for those classes that require a large number of paperback texts, like literature and sociology. Rental and buyback services are also available.

**Cons:** When you absolutely need to have that brand new edition of a book the prices are the same as at the bookstore. Used copies can lack bundled materials like e-access that professors may require. Also, shipping time can be burdensome to procrastinators.

## Other Websites:

**Pros:** Websites like eBay owned Half.com and textbooks.com offer similarly competitive prices to Amazon and the bookstore. Why take the time to browse multiple websites though when you can go to [cheapesttextbooks.com](http://cheapesttextbooks.com) and browse all of them, including Amazon, new and used, in one place?

**Cons:** Do the math, multiple websites means multiple shipping charges, which can often eat up any price difference between the internet and physical store. Again, if you wait until the last minute shipping times can be trouble.

## Bookstore(s):

**Pros:** Local bookstores like Yes! Books on Congress Street in Portland offer a great opportunity to find cheap secondhand books, especially literature. The USM bookstore now offers a Rental kiosk and a much wider selection of eBooks. You also eliminate any issues that may arise from online vendors such as receiving the wrong book or edition. Also, the Internet provides independent booksellers with access to a wider selection of used books. Lastly, you are supporting a local independent bookstore and that's something to feel good about.

**Cons:** There are no books at the campus bookstore for a penny.

## Use the Community!

**Pros:** Chances are pretty good that some one in each of your classes lives on the same floor as you, or in your neighborhood. Chances are also pretty good that the class you are in will be taught again, by the same teacher, using the same books. These are excellent opportunities to share or swap books, build relationships within the USM community and even foster greater understanding of class material through group study and discussion [No I don't have a specific example]. Splitting the cost of you're books is like getting a 50% discount. Check with past professors, they might just help you sell your book to a new student.

Also checking the library is just as easy as checking the Internet, and may provide you with a free copy of some books.

**Cons:** If sharing it is important to make sure that books get left in common areas, and are available for both parties to complete assignments before due dates. Rental might be your best option here as it eliminates the need to decide whose bookshelf the book will eventually find it's way to.

## Cassandra & Abbey

**Major:** Human Bio & Gen Bio

**Cost of Books:** \$350 & \$400

**Where did you get them?**

Amazon, Half.com, other students, once purchased t  
each edition for less  
than student edition.

**Keep or Sell?** Sell



## Matt

**Major:** Biology

**Cost of Books:** \$200-300

(2 Classes)

**Where did you get them?**

Half.com/bookstore

**Keep or Sell?** He's a keeper

## Katherine

**Major:** Undeclared

**Cost of Books:** \$300

**Where did you get them?**

Campus Bookstore

**Keep or Sell?** Doesn't know yet.





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# King Comes to Campus: The Deficit Discussed



Melissa Smith / Staff Photographer

From left to right: Former Gov. Angus King, Ersine Bowles, and Eliot Cutler

**Brian Saxton**  
News Editor

On Sunday, independent candidate for Maine Senate Angus King held a town-hall style forum on national debt with special guest Ersine Bowles with talk focused on the economy and clear implications made for higher education nationwide.

Bowles makes it clear that any plan to fix the economy must include both cuts and investments. “We must invest in education, infrastructure, and high-value research and development to help our economy grow, keep us globally competitive, and make it easier for businesses to create jobs.” Likewise, King’s website lists student loan reform and affordable access to education as some of his campaign’s key issues. King partially blames the slow economic recovery on the increased burden of debt on our students. “For the first time in history, our college graduates are so burdened with student debt that they may not be able to start innovative businesses, or buy their first homes – this is slowing our economic recovery. College graduates make up a segment of our population that should be

driving our economic recovery, and we must find real solutions to this crisis.”

When asked to juxtapose his plan with the Romney-Ryan plan Bowles said he would support any budget, as long as it was balanced. “If you have a plan with no revenue, and you also have a plan with a huge increase to military spending, it means the cuts you have to make are in the areas we must invest in if we are going to be competitive in this knowledge based global economy. The cuts are just so deep, that’s in things like education, infrastructure, roads, highways, bridges. Those types of things we’d have to cut so deep that I’m afraid America will not be able to compete for the jobs of the future.”

## Moment of Truth

Bowles’ pleasant southern charisma makes him an easy man to talk to and leaves no questions as to how he’s become such a bipartisan powerhouse in national politics since the ‘90s. As President Bill Clinton’s chief of staff he helped broker a controversial 1996 budget deal between the White House and Congress. In 2010 he was again called on, this

time by President Obama, to co-chair the National Commission on Fiscal Responsibility and Re-

form along with former Republican Senator Alan Simpson. The result was the Simpson-Bowles



Seth Koenig / BDN

Ersine Bowles, co-chairman of the bipartisan National Commission on Fiscal Responsibility and Reform (left) talks with independent U.S. Senate candidate and former Maine Gov. Angus King on Sunday, Sept. 9, 2012, before a town hall meeting about the federal debt in Portland organized by the King campaign.

Plan, also known as the Moment of Truth Project.

According to the Congressional Budget Office (CBO), publicly held debt soared to \$9 trillion or approximately 63% of the GDP in 2010 since its 2008 level of 40%. This is an issue being discussed by every candidate in every state, though few candidates have openly supported a particular plan. In a New York Times contribution dated August 29th, Bowles wrote, “The real short-term risk to the economy isn’t a carefully thought-out deficit reduction plan, but the mindless spending cuts and tax increases — known as the “fiscal cliff” — that are scheduled to go into effect at the beginning of next year.” When asked why few politicians fully back any of the recently proposed budget plans with specificity, Bowles said, “the problems are real, the solutions are painful, and there is no easy way out.” He says too many politicians are worshipping that “great-god of re-election” while ignoring what is truly in the country’s best interests. Our present economic system is demanding attention and inviting Bowles to speak showed Angus King’s willingness to discuss a critical issue that even President Obama has avoided taking a firm stance on.

In a March interview with Charlie Rose, Bowles and co-chair Alan Simpson expressed their disappointment in Obama’s rejection of the report. They explain the report met, and in some cases exceeded, all of the re-

See deficit on page 7

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## In Brief..



### USM to host College Fair September 23

The University of Southern Maine's Office of Undergraduate Admission and the New England Association for College Admission Counseling will be hosting a college fair from 1 – 3 p.m. on Sunday, September 23. This free event will be held in the Costello Sports Complex on USM's Gorham campus. For anyone seeking more information, contact USM Undergraduate Admission at 207-780-5670 or email [usmadm@usm.maine.edu](mailto:usmadm@usm.maine.edu)

### Say no to underage drinking

The Maine Office of Substance Abuse and Mental Health Services are looking for people from the ages of 16-19 to help them with a video on underage drinking. The video will show youth who are saying "no" to drinking, and "yes" to healthy activities. For more information on the video contact Timothy Diomedes at (207) 592-5186 or by email [Timothy. Diomedes@maine.gov](mailto:Diomedes@maine.gov)

### "Ushapia"

Opening Tuesday September 11 in the Osher Map Library and Smith Center for Cartographic Education will be the exhibition

"Iconic America: The U.S. Outline as National Symbol". The exhibit is free and open to public. It will start at 1 p.m. and go till 4 p.m.

The show takes a broad look at the symbolic usage of the shape of the USA map—"ushapia". The show uses political campaigns, patriotic expressions, textiles, clothing, culinary and household goods, book covers, and magazine and newspaper graphics.

John Fondersmith is the guest curator for the show.

### USM Art Gallery "Sampler" Exhibition Opens September 27

The University of Southern Maine Art Gallery in Gorham opens the 2012-2013 academic year with the exhibition, "Sampler: The USM Teaching Collection," from 4-6 p.m. on Thursday, September 27. Former USM Gallery Director and Professor Emeritus Juris Ubans and USM Director of Exhibitions and Programs Carolyn Eyler will present gallery talks from 4:30-5:30 p.m. during the opening. The exhibition will close on Sunday, December 9. The Art Gallery is open 11 a.m.-4 p.m., Tuesdays-Fridays and 1-5 p.m., Sundays, and is closed holidays. All events are free and open to the public. For more information, call 207-780-5008 or visit The University of Southern Maine Art Gallery .

### Shoals Marine Lab

Associate Professor of Geography and Archaeology Nate Hamilton and his students were included in a July 16 WMUR-TV news segment about the Shoals Marine Lab.

The lab is set on 95 acres, and is a joint program with UNH and Cornell University. There is also a

museum that was created by Todd and Donna Smith where visitors can step back in time and discover how life was before technology.

### USM Distinguished Professor

Philosophy Professor Robert Loudon has been appointed the newest Distinguished Professor at the University of Southern Maine. Professor Loudon joins Dr. Mark Lapping, Dr. Joseph Conforti, Dr. Kathleen Ashley, and Dr. Rose Marasco for this great honor.

Professor Loudon has taught at USM since 1982 when he was hired at the rank of Assistant Professor. Prior to his arrival at USM, Professor Loudon received his Ph.D. at the Univeristy of Chicago, and he taught as a lecturer at Barat College and Indiana Northwest. In 1988, Professor Loudon was tenured and promoted to the rank of Associate Professor. In 1996, he was promoted to Professor. He has been department chair four times, and has taught as a Visiting Professor at Gottingen and Emory Universities.

### USM Named One of Best in Northeast

The Princeton Review has once again named USM one of the best Universities in the Northeast. USM was selected from over 2500 schools for a region-by-region ranking of 4 year colleges and universities for it's undergraduate degree programs.

The Princeton Review selected 222 colleges in 11 states: Connecticut, Delaware, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont, and the District of



## Police Beat

### Monday, August 27, 2012 Shady Character

4:48 a.m – Public Safety was alerted to a suspicious person in a building ton campus. When the officer arrived, the subject left.

### Tuesday, August 28, 2012 Banned from campus

12:06 p.m –A person without any connections to the university was removed in the Glickman Library. They were banned from campus for one year.

### Wednesday, August 29, 2012 Bring your dogs when you trespass

6:59 p.m –Several people with their dogs were removed from an unauthorized area at the Glickman Library.

### Thursday, August 30, 2012 It's just a parking space

Verbal disagreement between two people about a parking space in the parking lot at 35 Bedford ST.

### Saturday, September 1, 2012 Gas leak

12:15 p.m. –Report of a vehicle leaking fuel in G15 parking lot. The car was towed off campus to be repaired.

### Sunday, September 2, 2012 Dancing Disturbance

10:02 p.m –At the Back to School Dance, several students had to be turned away because they were causing a disturbance.

### Monday September 3, 20112 Assistance

1:37 a.m –Assisted the Gorham police with an arrest.

### Flaming in the closet

2:37 a.m –Fire alarm and sprinkler activation in Upton Hastings. The Gorham fire department responded to the alarm. The cause of the fire is under investigation.

### Vehicles Frisked

3:45 p.m –Items stolen from vehicle at Upperclass hall. It is still under investigation.



### Want additional support in meeting your goal of graduation at USM?

USM students can be eligible to apply to TRiO at USM if they meet just ONE of the following criteria:

- ➔ Neither parent graduated from a four year college, OR
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From left to right: Former Gov. Angus King, Erskine Bowles, and Eliot Cutler

Melissa Smith / Staff Photographer

From deficit on page 4  
quirements set by the Obama administration and the bipartisan commission on fiscal responsibility. “He believed, and rightfully so that if he had embraced [the plan] it would have had less chance of success than if he distanced himself from it,” Bowles said of the president.

**Can we turn things around?**  
Bowles says we have two choices to make, we can either make changes now or we can wait for the market to force us to. “We are headed for the most predictable economic crisis in history, however it is also one of the most avoidable,” Bowles said in his opening statement. He out-

lined the 5 challenges Governor King would face, in order, if he were elected: 1. Healthcare and unsustainable commitments to medicare and medicaid, 2. the debt 3. a tax code which he says “couldn’t be worse if we tried to make it that way” 4. the \$900 Billion negative balance in social security and 5. the potential disaster

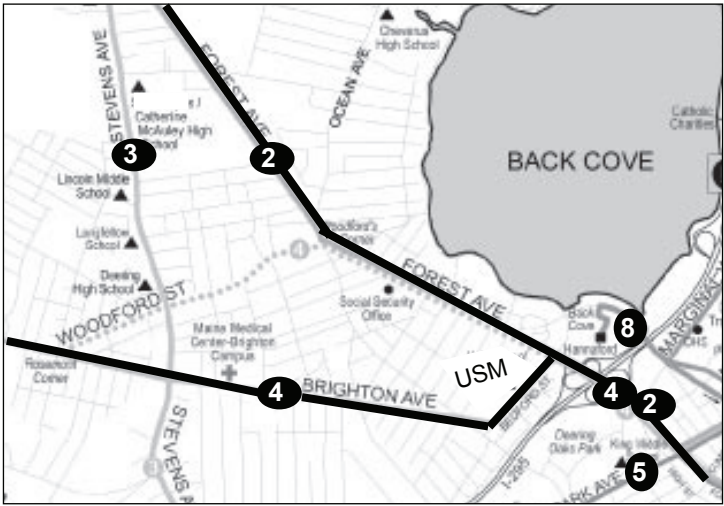
posed by compound interest were interest rates to rise.  
King and Bowles do not agree on everything, and while Bowles openly supported King’s Senate bid it was unclear as to whether or not King would support the Simpson-Bowles plan in its entirety. King acknowledged in an interview before the forum that

the economy, jobs and controlling the debt were his biggest challenges if elected. “It’s a long term national security issue and a long term economic issue,” he said. Bowles expressed his desire for Maine to send Washington a “damn strong independent,” someone to bridge the partisan

**“The problems are real, the solutions are painful and there is no easy way out.”**  
**-Erskine Bowles**  
Former Clinton Chief of Staff and University of North Carolina President

divide as Senator Snowe has done in the past.  
One thing that both Bowles and King reiterated was the commitment to future generations and a refusal to play “partisan football” with their quality of life. Bowles finished his opening remarks by saying “I came here, not just because I love Angus King, or not just because coming to Maine is such a joy to me. I came here to try and get you to think about this, and think about these issues.”

**Bus service available throughout the Greater Portland area**



This partial map highlights METRO bus routes near USM.

**METRO Route #2 weekdays every 20 minutes\* on Forest Avenue**  
Outbound from METRO PULSE at Elm St. (Downtown Transportation Center), nearest bus stop on Forest Avenue at Back Bay Bicycle. Inbound from USM to METRO PULSE at Elm St. (and in-town Portland), closest USM bus stop on Forest Ave., one block from USM.

**METRO Route #4 weekdays every 30 minutes\* on Bedford St.**  
Outbound from METRO PULSE at Elm St. (across from Portland Public Library), stops at Bedford St. (Campus Center) on route to Westbrook via Brighton Ave. Inbound to METRO PULSE at Elm St. (and in-town Portland), stops at USM, Bedford St. (Abromson Education Center).

**NOTE:** Route #4 travels on Bedford Street every trip Monday - Friday.

**METRO Route #8 weekdays every 30 minutes\* at Hannaford supermarket, off Forest Avenue.**

**METRO Route #5 weekdays every 20-30 minutes\* on Park Ave., near Deering Oaks Park.**

\*Times are approximate. Check full schedule -- available on buses, METRO PULSE at Elm St., USM Campus Center, other convenient locations throughout the Greater Portland area and online -- for complete route map & schedules. Transfer to other buses at Elm and/or Congress St. Limited weekend service.

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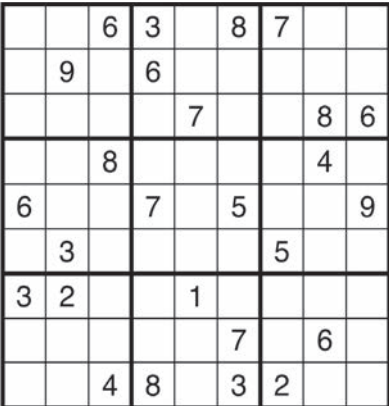
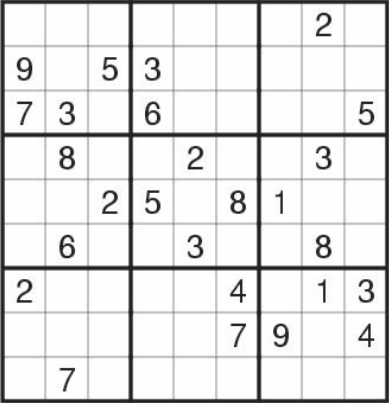
- Across
1. Brain, in Barcelona
5. O'Connor's Supreme Court replacement
10. Den \_\_\_\_: Dutch city, to the Dutch
14. Landlocked Asian sea
15. Filled the hold
16. Moran or Gray
17. "Jury Duty" star
19. "...one \_\_\_\_ two!" (Welk intro)
20. Muscle fiber
21. Big picture
23. English letters
26. Gale of the gridiron
27. Secret diet-breakers
32. Egg: Prefix
33. Hit show
34. Spanish lariat
38. Drop off a bit
40. "10,000 \_\_\_\_" (Minnesota license plate slogan)
42. Chairlift relative
43. News basis
45. Retained childhood ideal, in analysis
47. \_\_\_\_ glance
48. "Ay" follower in Hamlet's famous soliloquy
51. Sphere
54. Warm-up exam for future collegians
55. Hot, dusty wind from N. Africa
58. Alps-to-Arles river
62. 'Just do it' sloganeer
63. Greeting for Julius
66. Underground vegetable
67. In a snit
68. Atty.-wannabe's exam
69. Big name in supercomputers
70. Follow in sequence
71. Mentally sound



- Down
1. Depletes, as strength
2. Q.E.D. member
3. Suffix with dino-
4. Hardy and North
5. Pacino and Gore
6. "\_\_\_\_-di-dahl!"
7. Golden calf, for instance
8. Mr. T's family name
9. Danish birthplace of Hans Christian Andersen
10. Portly
11. Palmer, to his fans
12. Helpful sort
13. Goes at like a beaver
18. Film director Peter
22. Teri of 'Tootsie'
24. Programming code for Web pages
25. Invigorating oceanside feature
27. Morse made one
28. Ukrainian city
29. Seep (out)
30. Billy Joel's "Don't \_\_\_\_ Why"
31. Silent character in "Little Orphan Annie"
35. "Two guys walk into \_\_\_\_"
36. Giant armadillo
37. Spirited horse
39. Completeness
41. Eilko et al.: Abbr.
44. Detective Kojak
46. "Pal Joey" writer John
49. Game in which the highest trump card is called the right bower
50. Mertz and Merman
51. "Tucker" cable channel
52. More slippery, as winter roads
53. Dylan's " \_\_\_\_ Rolling Stone"
56. Biblical sibling
57. Removes squeaks from
59. Mount in Greek myth
60. Round bread of India
61. One-named art deco master
64. Rumanian currency
65. B-F links

**Sudoku**

A sudoku puzzle consists of a 9 × 9-square grid subdivided into nine 3 × 3 boxes. Some of the squares contain numbers. The object is to fill in the remaining squares so that every row, every column, and every 3 × 3 box contains each of the numbers from 1 to 9 exactly once.



**Cryptogram**

Every letter in a cryptogram stands for another letter. Use the hint to crack the code.

MX HVFGU BMFNIHBM  
NVJQJZIGO QJZM YBH-  
HJZY OBZHBZNBH HX  
YX MJVBNHGU HX UIGB?

And here is your hint:

J = I

RNS TSYMUDJS HJR  
RSHDNSJ VHQ LUUY  
UPXZ HR YJHVMP  
OXHPE KHDSQ.

And here is your hint:

N = H



**Weekly Horoscope**

- ★★★★★ great  
★★★★ good  
★★★ average  
★★ alright  
★ difficult

**Aries** ★★★★★  
**March 21-April 19**  
You make a solid and sensible financial move--spending money for increased efficiency and being sure you get the best value.

**Taurus** ★★  
**April 20-May 20**  
Today you may feel torn between the "real world" and religious or spiritual perspectives. Keep a balance between principles and practicalities.

**Gemini** ★★★  
**May 21-June 20**  
Give up your habit of underestimating your abilities. You're much better than you think!

**Cancer** ★★★★★  
**June 21-July 22**  
A friend does well and wants respect, recognition, and admiration from you. Provide applause!

**Leo** ★★★  
**July 23-August 22**  
Feeling good on the job is extra important today. Look for tasks with a smooth easy flow, where you need not work too hard.

**Virgo** ★★★★★  
**August 23-September 22**  
Friends come through for you. Spend time with the people in your support circle. You feel better after being together.

**Libra** ★★★  
**September 23-October 22**  
Attending to financial matters is advisable. A bit of budgetary analysis could save later headaches.

**Scorpio** ★★  
**October 23-November 21**  
You'll be tempted to overdo--around food, drinking, sexuality or money--and then feel guilty. Don't nag yourself; do be moderate.

**Sagittarius** ★★★★★  
**November 22-December 21**  
Today's a good day for working with the financial or business side of your career. Practicality is up-permost.

**Capricorn** ★★★  
**December 22-January 19**  
Take advantage of an opportunity to gain more respect from colleagues. Be visible with your achievements.

**Aquarius** ★★★  
**January 20-February 18**  
People find you hard to read today. Your communication style ranges from calm and cool to volatile and vivacious.

**Pisces** ★★  
**February 19-March 20**  
Joint financial action is emphasized today. Decisions may be shared, or you may spend money on a partner or joint pleasures.

**Word Search**

Theme:  
**CRIME FICTION**

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



- Bebop  
Beguine  
Boogie  
Cancan  
Charleston  
Fandango  
Foxtrot  
Galliard  
Galop  
Gavot  
Habanera  
Hornpipe  
Jig  
Jitterbug  
Jive  
Limbo  
Mambo  
Mazurka  
Minuet  
Polka  
Quadrille  
Reel

**The solution to last issue's crossword**



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# Arts & Culture

A&amp;C Recommends / 10

Paint Nite / 11

A&amp;C Listings / 13



Casey Ledoux / Staff Photographer

A member of New York based improv troupe, Ca\$h Only, is glued to his seat in the waiting room of a hospital while his supposedly terrifying wife screams from the operating room. This character was nervously waiting for the birth of his first child. Ca\$h Only performs an entirely improvised 10-minute play based on a suggestion from the audience.

## The Future of Funny: A Hope For Improv Comedy

**Sam Hill**  
Arts & Culture Editor

Everyone enjoys a good laugh. Whether it's caused by the ridiculous adventures of your favorite animated TV character, a cynical cat meme on the internet or just by a friend sharing a dirty joke, laughter can lift your spirits, relieve stress and make your day a lot better. While a lot of people rely on scripted comedies and age-old jokes for entertainment, there's a movement starting in Portland that aims to find comedy in the lives of everyday people. With a lack of venues for comedy in the area, improvisers are fighting to keep their art form alive.

This past weekend Lucid Stage Company hosted the third-annual Portland Improv Festival, featuring 15 comedy troupes who choose to entertain the crowd the hard way: without a script. Every performance is a spontaneous creation, straight from the minds of the performers. Most groups ask for a simple sug-

gestion from the audience and take off from there, creating an entirely different world on stage from traditional theater. A suggestion of the classic song "Baby Got Back" by Sir-Mix-A-Lot can quickly turn into a tale of foolish hospital room adventures, and the topic of marriage develops into the alarming confession of a man diagnosed with terminal flatulence.

The festival, started by Rachel Flehinger three years ago at The St. Lawrence Arts Center, was created in order to bring together comedians and improvisors she had worked with in the past. Improv students in Portland tend to find that, after honing their skills through class and instruction, there are no local venues or groups to help them showcase their talent. This unfriendly climate for improv-lovers has made creating a network of performers a difficult task.

"Improv is difficult to break into," said Liz McMahon, director at Lucid Stage and co-organizer of the festival. "Everyone finds out about the festival in a different way, but they're

all ready to get involved immediately. Performers are looking for events like this and the festival is a one-of-a-kind event in Maine right now."

Improv comedy hasn't made its mark in Maine yet like it has in major cities across the country, but there are dedicated performers here that are willing to try and make it happen.

Dennis Price, a member of the Brewer-based comedy troupe Focus Group, has been working hard with his team to perform across the entire state, introducing Mainers to improv comedy and getting them involved. Focus Group, who performed in the festival, specializes in various long-form games, each performer bouncing back and forth between portraying multiple characters.

"Improv in Maine is disjointed," Price said. "There are little pockets of talented performers scattered throughout the state, but it's hard for us to find each other. Events like this really help to connected performers throughout New England and raise awareness."

Various out-of-state groups managed to come up to Maine for the

festival as well, testing the waters of Portland and urging audience members to demand more events. Over the past three years, the Portland community has grown to love the festival and expect nothing less than pure hilarity.

"The audience here in Portland is fantastic," said Rhode Island native performer, Beth Hicks. "Everyone always comes to these shows with arms wide open, and they're always ready to laugh. It's a great environment. I love performing for an active and involved audience."

Hicks performs a one-woman show that she calls "Group Therapy." Inspired by a break-up, the show consists of Hicks choosing a subject, whether it be intimate relationships, guilty crushes, or awkward dates, and discussing her experiences with the audience. This year she told the audience about her serious infatuation with ex-Vice President Dick Cheney and invited audience members on stage to talk about their own crushes as well. The audience was not at all phased by this unorthodox combination of stand-up comedy

and therapy, getting involved immediately and participating throughout the evening.

"I love getting the audience involved," said Hicks. "I want to hear stories. Truth is a lot stranger and funnier than fiction."

Another troupe, Ca\$h Only, came from New York to represent People's Improv Theatre. Ca\$h Only takes a single suggestion from the audience and proceeds to perform one long scene, essentially creating their very own improvised one-act play. It's amazing to watch an entire story unfold in front of you that came from a one-word suggestion. The performers are able to portray multiple strong and unique characters and manage to stay completely in character despite the absurd antics that they create on stage.

Lucid Stage has been the festival's home for the past two years, but they will not be open for another season due to financial reasons, leaving the future of the event in limbo.

See **IMPROV** on page 12



## Arts & Culture Recommends: Dark Follies at The Gorham Grind

**Brittney Leigh Cacace**  
Contributor

There are a lot of unique acts to find in Maine, but some are just a little stranger than others. Among many musical and theatrical acts, there is one group that consistently creates a romantically dark blend of the two, evoking bits and pieces from the good old days of Vaudeville side shows while gracing streets and venues across Portland and the East Coast.

In their first performances since returning to Maine, the local street variety act Dark Follies is keeping the magic alive with a special dinner show at Narals Restaurant & Bar in Auburn on September 28 at 7:00 pm and a performance at the Gorham Grind on October 9 at 6:30 p.m.

The group has been performing on the streets of Portland during the city's First Friday Art Walk for the past four years. Since then, they have showcased many performers from Portland and other surrounding areas. From juggling and belly dancing, to fire-eating and a live orchestra, Dark Follies have a wonderfully crafted show that is ever-changing and adaptable, just like its old school roots. After five years, the various performers have made a home not only on the art-filled streets, but in the nearby Lucid Stage. The group also snagged the title as the best street performance artist in the Portland Phoenix for both 2011 and 2012.

It's remarkable that show after show there is still something about them that piques the interest of audiences of any age and any subculture, grabbing at the most childish part of the human brain, even when you've seen them countless times.

"The Dark Follies are fun, dark, whimsical with their shows," says fan and Southern Maine Community College student Allegra Shortill. "When I saw the belly dancer, she made me want to jump in and dance, too. I don't even know how!"

A Dark Follies show is definitely one of the more offbeat things to go out to see on a Friday night, and they're one of the only acts of their kind in the region. If that doesn't get you interested, the show at Narals is free with your dinner and the Gorham Grind show is no charge at all.

It will be an extra treat to see how they manage to fit their entire theatrical display into The Gorham Grind. And even better, if you happen to take a fancy to them, the Gorham show is the kickoff of a string of performances that will proceed into March, so you can get your fix for a limited time!

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# A ‘nite’ of beer and brushes

**Sam Hill**  
Arts & Culture Editor

Sometimes a drink at the end of a long day is all you need to take the edge off. But have you ever thought about getting a little creative at the same time? How about simultaneously trying your hand at painting a masterpiece?

Artist Callie Hastings has invaded the local bar scene with Paint Nite, visiting Portland natives at their favorite drinking spots and teaching them how to bring a little art into their lives. Hastings hosts small parties and gives step-by-step instructions on how to re-create some of her own original paintings.

Not an artist? Not a problem. People of all experience levels are welcome to participate, and in a single two-hour session you will learn how to turn a blank canvas into a unique painting that will make it seem like you’ve been taking advanced art classes since childhood. All necessary materials are provided, so all you need to bring is yourself and a bit of creativity.

“I’ve loved painting for longer than I can remember. I never lost that childhood wonderment for putting paint on a surface and watching what emerges,” Callie said. “I’m excited to bring painting to adults in a relaxed, fun environment!”

This is a fantastic way to get a little creative and add a little something to your skill set, to laugh and have a good time with your friends and sip a cocktail too course.

Paint Nite hops from bar to bar during the week, starting between 6 and 7 p.m., Sunday through Wednesday. Venues include Bull Feeny’s, Brian Boru, The Wine Bar, and ForePlay Pub. A full schedule of events and ticket information can be found online at PaintNite.com. Seats are limited, so find an event and buy your tickets in advance online. Tickets are \$45. And remember, if your painting stinks you can always order another drink.



Callie Hastings / Courtesy Photo

A Paint Nite participant enjoys her drink and gets a little messy while putting the final touches on her scenic masterpiece at The Wine Bar, located at 38 Wharf St. in downtown Portland. Paint Nite combines the participants love of beer and mixed drinks with an appreciation for art.

shill@usmfreepress.org  
@SamAHill



Callie Hastings / Courtesy Photo

Abby Poses outside Hannaford Lecture Hall on the Portland Campus, dressed in her best for the first week of classes.

## Style at USM

**Caitlin Sackville**  
Contributer

**Tell me about your outfit.**

The jacket I got at Find, a consignment store on Free Street. The boots are Hunter, and the rest is actually my Pilates outfit!

**What are some of your favorite places to shop?**

I love Material Objects (Congress Street), Find is great and hand-me-downs from my sister. I try to stay away from places at the mall, but I do love Goodwill, I just got some great deals there.

**Do you have any style icons?**

Probably Audrey Hepburn, she has really great, simple style. I get compared to her sometimes. I like classy, vintage styles but I like to put a modern twist on it.

**What’s one thing you always do in the morning before you leave for class?**

I always change my outfit at least twice. And mascara, I always wear mascara.

**What’s on your personal soundtrack these days?**

I’ve been listening to a lot of the xx. I’ve been trying to go see them forever but they keep selling out. Other than that, I like pretty much everything.

**What are some trends you are seeing this fall that you love?**

I like to see people dressing more professionally, a little more conservatively. Professional while still being casual and creative. I’ve also seen more 70’s styles, like wide-legged pants, coming back, which is great. Last year there was a lot of 60’s influence, this year it’s 70’s.

**Any trends you don’t like?**

The exposed belly button. A cropped top and high-waisted pants look great but anything more than that is just too much.



From **IMPROV** on page 12

“We want to do this again next year,” said McMahon. “This is too unique an event to let fall by the wayside. We just need to find another venue.”

Improvisers across the state will continue to try and introduce people to improvisational comedy. They only hope that Portland has gotten a good taste at the festival and will come to demand more for years to come.

“The festival will be back one way or another next year,” said McMahon. “There are too many supporters for it not to come back.”



Casey Ledoux / Staff Photographer

Members of the improv troupe, Focus Group, discover the sun for the first time before their redneck father locks them back up in the shed they’re forced to live in. Focus group was started in Brewer and they perform across the state.

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# Local Top 5:

Sam Hill  
Arts & Culture Editor

## Used Bookstores

### 1.) The Green Hand

If you’re looking for a bright and open used book shop to explore, look no further than The Green Hand. Whether you’re looking for dated paperbacks, rare biographies or even a bit of local Maine literature, it will be easy to find it here with the clean organization and general friendliness of the staff. You can make a quick in-and-out trip if you’re on a mission or take your time and browse their unique selection. 661 Congress St.

### 2.) Yes Books

This is the used bookshop to visit if you’re a reader that wants to become lost in literature. A collection of ceiling high bookshelves and narrow aisles to maneuver through, this shop is no walk in the park and is only recommended to serious book hunters. It’s best to come with an open mind rather than be looking for a specific work, because you’ll never know what you’re going to find! Head on over and dig through the stacks to find some hidden gems. 589 Congress St.

### 3.) Longfellow Books

Located in the heart of Portland’s bustling downtown area, this lovely space is filled with a wide-variety of new books, magazines and children’s literature, along with a limited, but active, selection of used books. Longfellow Books always has the most recent national releases, while still keeping their local roots by regularly hosting local book releases and author talks. If you’re looking to buy new books and have a easy pick of the local selection, Monument Square should be your first stop. 1 Monument Square

### 4.) Carlson & Turner Antiquarian Books

A true traditional used book store with a specialization in antique and scholarly books. Looking to learn a thing or two about a new subject? This shop is filled with over 40,000 books with educational texts in fields such as Travel, Civil War, Nautical, Railroad, and more. This is where you’re going to find that one book that every other bookstore can’t seem to get their hands on. They also deal in rare manuscripts, maps, photographs and fine art prints. 241 Congress Street, Portland

### 5.) The Bookworm

A small, well-kept shop with a varied collection of both used and new books. You’ll feel very welcome upon entering the store and quickly find comfort in its quiet environment. The shop also sells a collection of decorative home goods including greeting cards, witty handmade signs and adorable collectables. There is also a wide selection of children’s books and toys, so this is the shop to visit if you’re bringing your kids along. 42 Main Street, Gorham

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## A&C Listings

### Monday, September 10th

AWOLNATION / Imagine Dragons / Zeale  
The State Theatre  
609 Congress St.  
Doors: 7:00 pm / Show: 8:00 pm

Inspired by Place: Artists of the Chestnut Street Loft  
Portland Public Library Lewis Gallery  
5 Monument Square  
Doors: 5:00 pm

### Wednesday, September 12th

Film: The Green  
SPACE Gallery  
538 Congress St.  
Doors: 7:00 pm / Show: 7:30 pm

### Thursday, September 13th

MSA In the Round / Anna Dagmar &  
Nina Schmir / Trapparus  
Blue  
650 Congress St.  
Doors: 6:00 pm / Show: 6:00 pm

The Portland Jazz Orchestra  
One Longfellow Square  
181 State St.  
Doors: 8:00 pm / Show: 8:00 pm

Portland Society of Architects Short Film Night  
SPACE Gallery  
538 Congress St.  
Doors: 7:00 pm / Show: 7:30 pm

### Friday, September 14th

Carmel Mikol and Roots to the Future /  
Rachel Davis / Darren McMullen  
Portland Stage  
25 Forest Avenue  
Doors: 7:00 pm / Show: 7:30 pm

My Heart is an Idiot: FOUND Magazine's  
10th Anniversary Tour  
SPACE Gallery  
538 Congress St.  
Doors: 8:00 pm / Show: 8:30 pm

### Saturday, September 15th

BeauSoleil  
One Longfellow Square  
181 State St.  
Doors: 7:00 pm / Show: 8:00 pm

The Whip Hands / Heavy Breathing /  
Cuss / Taillons / Paige Turner  
Mathews  
133 Free Street  
Doors: 1:00 pm / Show: 11:00 pm

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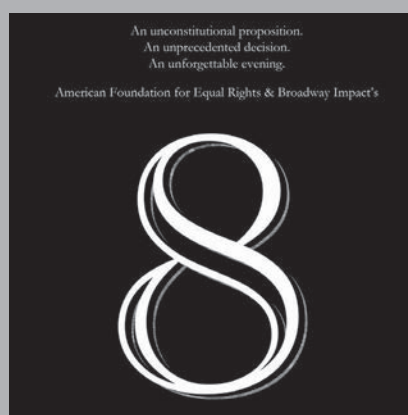
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## USM Theatre Open House

Thursday, September 20  
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# Perspectives

Election Section / 14 - 15  
Letters & Comments / 16

## Election 2012: The politics of being a new voter



**Andrew Henry**  
*Perspectives Editor*

Constructing a political stance to cast a vote in an election is a task that every voter encounters. Such a task is paramount to new voters who haven't had the opportunity to vote in anything, short of their high school's "class superlatives." A presidential election can be a mighty confusing area of politics for a new voter, especially when that voter is trying to formulate an opinion, and it can be tough to gauge just how reliable some information is against others in the media spectrum. As a new voter in a major election myself, having only previously voted

in the gubernatorial election, I'm experiencing the aforementioned topics, and I've found a few things that help me get ready to place my vote.

One of the biggest mistakes I made early in my research to form a political stance, primarily during my middle school and early high school years, was to go straight to websites that leaned toward my preconceived notions of what a "Democrat" was, sites like Newsweek, CNN, etc. My early train of thought was as follows: "I support gay marriage, so I must be a Democrat. I guess I'll just find out what Democrats like." This is a good place to start, but this shouldn't define your political opinion. I started doing investigation on exclusively Democratic topics, but I realized that I actually didn't agree with all of them, therein helping me form a basis on what I liked and didn't like in the political sphere. This is a good place to start, but it also helps enormously to check out websites that lean toward the opposite end of your personal political stance as well.

A challenge to this can be that we live in a time of such polarity in the political spectrum. Many opinions lean toward the extreme side of either party, and it

is these opinions that can tarnish the the image of what it means to be a Republican or Democrat. The polar, more opinionated ends of the Republican and Democratic parties are the ones that get the controversial headlines and the viral videos, which misrepresent what the parties stand for as a whole.

**Being able to unscramble presidential speeches is like a political brain teaser of sorts.**

Another thing that I find really helpful, even though it takes a bit more time, is to listen to and take apart the speeches that each incumbent makes at their respective convention. There are plenty of speeches to be made, some by celebrity endorsers, others by former presidents, but the most important speeches of the night are always the candidates. For the candidate running against the president, this speech is supposed to lay out the goals and visions of their en-

visioned four years as president. For the current commander in chief, the speech outlines the failures or successes of the past four years and long term goals for a second presidential term. I know that the speeches of this caliber already get picked over by the general public, but doing it yourself is great practice to help you quickly understand just what the candidates are saying. Being able to unscramble presidential speeches is like a political brain teaser of sorts. It's a practice in analytical reading, which is something that college students do all the time.

The most important responsibility as a new voter, though, is to make your vote count. I can't stress enough how important

it is that you get out and actually vote. There is no excuse not to. I wish I could have voted in the 2008 election, but I was too young and found myself envious of the people who were able to cast their vote. I find it wildly ironic that the ones who don't vote are often the ones who complain about the results the most (you know who you are). If you want the right to complain (which I would), then you better vote. I may not agree with the stance you voted for, but I'm happier that you voted for something as opposed to not voting at all.

*Andrew Henry is an English major in his senior year.*

### Need more proof? — Fine.

• Were you aware that 18 percent of all voters in the 2008 Presidential election were ages 18-29, and that this demographic voted 66 percent for Obama? That's a startlingly low number of voters our age. Get out and vote!

(Sources - <http://www.ropercenter.uconn.edu>; <http://pewresearch.org>)

## HOW TO VOTE:



**Check your town or city's website or office to find polling locations.**



**You can register ahead of time at the town office/city hall, DMV or registration drives.**



**Don't worry if you aren't registered: you can register at the polling locations. (Make sure you bring your I.D.)**



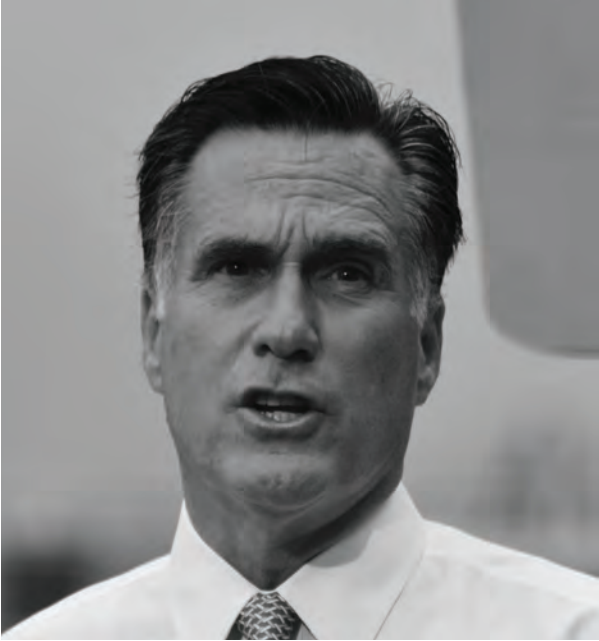
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**Congrats! You have voted.**



# Republican message concise: Obama is a bad CEO



Toby Alter / Wikimedia Commons

**Spencer McBreairty**  
Guest Contributor

The hot air and stormy climate invaded Tampa this week, just as Hurricane Isaac was about to strike. As someone who has only ever been a registered Democrat, watching the Republican National Convention with an open mind was challenging to say the least. I wanted to enter it objectively, maintaining an open-minded attitude and ready to hear

the message of Governor Mitt Romney and Congressman Paul Ryan.

Unfortunately for me, and more importantly for millions of Americans unsure of who to vote for, the entire convention was lackluster and disappointing. Ann Romney, wife of the presidential candidate along with other family and friends, spoke of how wonderful a guy Mitt is, and how he has always been an altruistic father. Paul Ryan discussed

the failures of President Obama and the need for a better leader. Following this, Romney stepped up to the podium and, to no one's surprise, attempted to swing weak Obama supporters to the right.

Was it successful? Only time will truly tell. But a few things really stuck out at me as I was watching the convention and the accompanying online clips.

According to Ann Romney, the single unifying factor in America is love. I guess we're all an "American family" in the Republican Party's eyes, as long as you were born here, adhere to some sort of monotheistic tradition and don't love a gender or identity deemed unacceptable in certain books. If you meet these criteria, you would be a true American and worthy of said unifying love.

But let's put Ann Romney's innocent remarks aside. After all, she is not a politician. She's the wife of a man who, five years ago, served as Governor of Massachusetts for four years.

My real issue came with Rep. Ryan on Wednesday night of the convention. After making a few comments about Obama's

overspending and failed stimulus plans, he shifted onto Obamacare and the attack on Medicare. At one point, Rep. Ryan stated that a plan such as Obamacare did not belong, and in fact contradicts, a free society.

I do not see myself as a strict Democrat. I support several moderate Republicans, such as former Senator Olympia Snowe, and have no problem saying Rep. Ron Paul seems like a cool guy. Maybe that's the Mainer in me who thinks it's really "cool" he gave a speech at USM's Hastings Formal Lounge last year.

But regardless of what makes me who I am, something irked me about Rep. Ryan's comments about Obamacare. I can't imagine living without insurance, because the last time I was uninsured my parents were still buying diapers. Although recently my father's company switched providers, I still have some (fairly decent) coverage. But for tens of millions of Americans, the idea of health insurance is a pipe dream. I might want to beat Andy Roddick in a match before he retires, but I think we can all safely assume that won't happen.

So when Rep. Ryan insults Obamacare, a genuine chance for the less fortunate to get decent health care coverage, I get a bit peeved. I would like to understand his logic in saying universal health care is undemocratic. In our republic, we elect officials to make the laws for us. President Obama saw the need for health care and, believing it to be a right, created a plan to make it affordable.

Is the process a little painful? Sure, for some people. But the single mother in Seattle living off of \$9.04 an hour would probably argue that picking between food and health services for her child is a painful process as well.

"A Better Future" is what the Republican Theme promised us this year. In what way? How will my health care be ensured with a president who doesn't embrace it? How will the single mother's? How will the college graduate who can't afford his own health care, but is too old to stay on his parents' plan? These are all things I, and others like myself, consider when I start thinking about who gets my vote this November.

Overall, Romney's speech was as to be expected. He catered to the right groups and made some solid attempts to swing votes from hesitant Obama supporters. He proved himself as the candidate for the GOP this time around, and I think it really helped solidify the base - if only they can get Ron Paul supporters on board.

But as the custodians clean up the confetti and Romney/Ryan signs in Tampa, the campaign is really just beginning. Next comes the Obama team and their chance to sway Americans into voting for them.

With nothing but the past few days of speeches and comparisons to go by, I feel as though the GOP has a solid chance of reclaiming the White House this year. Rep. Ryan has shown he isn't afraid to tear apart a budget, and perhaps Romney's strong business experience and personable skills will make for a successful campaign come November.

*Spencer McBreairty is an English major in his senior year.*

## Success for speaker sets tone at Democratic National Convention

**Kit Kelchner**  
Free Press Staff

If you were an undocumented immigrant in today's America, would you stand in front of a camera on prime-time television and shout it to the world?

That's exactly what 27-year-old, Mexican-born, Benita Veliz did during a short speech supporting the re-election of President Obama at the Democratic National Convention in Charlotte, N.C. this past week.

Veliz's story is compelling. After graduating as valedictorian of her high school class at age 16, she went on to double major at St. Mary's University in San Antonio, Texas, the oldest Catholic university in the Southwest. Her honors thesis was written about President Obama's controversial immigration reform proposal, the DREAM Act, an acronym for Development, Relief, and Education for Alien Minors. Veliz's role at the DNC stems in part from her additional one with DREAM Activist, a resource network for undocumented aliens who

are college students.

She spoke passionately about her future in the United States, "I know I have something to contribute to my economy and my country. I feel just as American as any of my friends or neighbors." Inviting a speaker with such a story was a brilliant stroke, if not sheer pandering, but was also a dangerous gambit that could be passed off as blase by more experienced voters.

In 2009, during a routine traffic stop, Veliz could not produce any identification other than her Mexican ID card and her resulting fight against deportation made national news. After twenty-one years in our country, it's a fair question to ask why she has not applied for naturalization. In fact, she flaunts her alien status, leaving the Obama campaign open to easy criticism. Dan Stein, president of the Federation for American Immigration Reform (FAIR) labeled Veliz's participation a "celebration of lawlessness."

However the commen-

tators choose to analyze Veliz's role at the DNC and its impact going forward, the issue of immigration remains. In her speech, Massachusetts Senate candidate Elizabeth Warren praised President Obama's desire to better the lives of average people. She lauded how he dug in his heels and stood up for consumers' rights, by signing new legislative protections against predatory bank practices, against heavy opposition. Though the DREAM Act was not passed, President Obama did sign an executive order on immigration called the Deferred Action for Childhood Arrivals (DACA), but it has been widely criticized for being a DREAM Act "lite" and an extra-constitutional maneuver. President Obama is proving again he's nothing if not tenacious.

Veliz and other supporters are arguing that reform is what is needed, but laws won't work if they aren't enforced. While some may see the executive order of DACA as the right thing to do, it's a stop-gap measure easily undone

by presidential candidate Mitt Romney should he win the presidency. It has already been challenged in Arizona and Nebraska at the state level.

Something should be done or we are back to the status quo: No license, no insurance, no hablo inglés.

*Kit Kelchner is a philosophy and health sciences major in his senior year.*

### What to watch: Convention edition

• **RNC:** Clint Eastwood's surprise appearance. Talking to a chair has never been so cool.

• **DNC:** Bill Clinton's rousing 48-minute discourse on all things presidential.

(Check Youtube for videos)



White House Photo by Pete Souza



# A new year brings new leadership to USM

Dear Students:

We share something in common. I am also adjusting to a new schedule at the opening of the academic year. As you may know, I was the president at the University of Maine at Farmington, retired and then was appointed USM's new president earlier this summer.

Last Friday, I gave my first major presentation to faculty and staff. They are dedicated to this university. I stressed with them that every single person here is a teacher and therefore has an impact on our students and makes more connections with students than we ever know. Working with you and for you is our number one job!

I am happy to join you at the start of the new year and look forward to doing what needs to be done to help make your USM education the very best it can be.

If you have any questions, concerns, etc., please don't hesitate to share them with me at [president@usm.maine.edu](mailto:president@usm.maine.edu).

All the best  
Theo Kalikow  
President of the University of Southern Maine



**TJ Williams**  
*Student Body President*

Fellow Huskies,

Welcome back from summer! I hope you all have had a great and relaxing past few months. If this is your first semester at USM, I want to welcome you to the University and I hope you enjoy your time here. Within the upcoming year, I have a couple of priority projects.

First off, the Brooks Student Center on the Gorham campus will be seeing renovation this fall. There were a lot of ideas put forward and the plans have

been made. The new space is designed to serve more students, create an environment for student success and build community on the Gorham campus.

Next, we have some brief surveys. Though it may sound boring, this will benefit you! You will receive an email within the next couple of weeks about helping me understand what you think. I want to ask you questions about different services so I can work to make things easier and better for students. I cannot do this without you! If you participate in the surveys, you will be entered to win some awesome prizes. Stay tuned for more information.

Finally, we have student involvement. Your experience at USM is what you make it. Take a chance and step out of your comfort zone. I challenge each of you to visit at least two student organizations this semester. Try to find something that interests you and get involved! I know that my involvement has helped me become a successful person. Have a great year and never hesitate to share your opinion. You really can make a difference here at USM. Exercise your voice and make an impact by becoming a Student Senator. Get involved in any of the great 100 plus student organizations on campus and help reach out to our communities. Please feel free to contact me if there is anything that we can work on together.

Good luck this academic year, and go Huskies!

TJ Williams  
Student Body President

[twilliams@usm.maine.edu](mailto:twilliams@usm.maine.edu)  
Twitter: @thwilliams1  
Facebook.com/sentjwilliams

## Southern Maine Outdoor Recreation (S.M.O.R.) Fall 2012 Semester Program Schedule

Space on trips is limited and pre-registration is required for all S.M.O.R. programs. Inquire early. Please call 780-4939 or stop by the office at 104 Sullivan Recreation & Fitness Complex on the Portland Campus. Payment is taken at time of registration for all programs.

A 72 hour cancellation notice is required for refunds.

For more information & additional trip details visit:

<http://usm.maine.edu/sullivancomplex>

Look under Resources on the right of the page for a pdf file to print or view our schedule of program offerings.

### Sea Kayak Series

Maine's coastline is known worldwide for its rugged beauty and glacially carved features. One of the most unique experiences of our coastline is to see it from a kayak. No experience is necessary to participate. Each trip will include a basic paddle lesson to start and on the water instruction as needed or requested. Cost includes ferry ride to Diamond Cove. This trip is open to students, faculty/staff, spouse/domestic partners.

Dates: Saturday, 9/15 - Sunday, 9/16  
Cost: \$20 students, \$40 faculty/staff, spouse or domestic partner (DP) per trip.

Approximate Time Frame:  
8:00am until 6:00pm.

### Saco River Canoe and Camping Trip

Spend two days of canoeing on the crystal clear waters of the beautiful Saco River. This is a 2-day, 17 mile flat-water trip. Enjoy spectacular views of the mountains in fall color. This is a great trip for everyone with two leisurely days on the river and one night of camping along its banks.

It is a great introductory canoeing trip with plenty of time for both instruction and relaxation. Canoes, paddles, life jackets, food, transportation, and instruction are provided. Some camping equipment is available.

Dates: Saturday, 9/22 - Sunday, 9/23

Cost: \$40 student, \$60 spouse or domestic partner.

Weekend Time Frame:

Sat, 6:00am - Sun, 6:00pm

### Tumbledown Mountain Hiking & Camping Trip

Enjoy a weekend in October with a great day hike and gorgeous views of spectacular mountains covered with the fall colors of New England. We'll have a full day of hiking followed by dinner & an overnight camping experience at a local campground. Tumbledown is a great mountain with a lovely pond near the top. Some camping equipment is available.

Dates: Saturday, 10/13 - Sunday, 10/14

Cost \$25 student, \$40 spouse or domestic partner

Weekend Time Frame: Sat, 6:30am-Sun, 5:00pm

### New Moon Night Hike at Gilsland Farm

We're going to be taking a new moon hike around the Audubon Society's Gilsland Farm location. Really close to the Portland Campus, join us for a couple of hours to get some amazing views of the stars! We can warm up with some cocoa and take advantage of the beautiful night sky.

Date: Monday, October 15th

Cost: Free to students, \$5 all others

Approximate Time Frame:

8:00pm - 10:00pm

### Pleasant Mountain Day Hike

Winter comes too soon in the Mountains of Maine. Come see the Pine Tree State as we hike up one of the lower peaks in this high country and watch the mountains roll out around you. We will be hiking at a leisurely pace for about 3 hours each way with a lunch break on top. Fall is a great time to see the colors of the hills come alive. Expect to see some amazing views from the top in this short day hike.

Dates: Saturday, November 10th

Cost \$5 student, \$10 faculty/staff, spouse/DP

Approximate Time Frame:

7:30am - 5:30pm

### Learn to Ski or Snowboard

This trip is made for rookies so don't be afraid if you're a beginner or never even strapped in before! Beginners will receive rental equipment (skis, boards,

boots, and poles), a limited access lift ticket, and a lesson with a professional instructor. Experienced skiers welcome if room provides. Location will be at Shawnee Peak, Sunday River, or Sugarloaf depending on snow and ski conditions.

Date: Saturday, December 15th

Cost: \$30 students, \$40 faculty/staff, spouse/DP

Approximate Time Frame:

5:30am - 6:30 pm

### Ski Pass Discounts for Students, Faculty & Staff

Lost Valley, Mt. Abrams, Shawnee Peak, Sunday River, Sugarloaf, and Loon Mtn., NH all have student & faculty/staff & family member day pass discounts available. For a complete list visit:  
<http://usm.maine.edu/sullivan-complex/university-community-recreation-fitness-discount-offerings>

Local Hiking Trails are just a quick walk, bike ride or bus ride from USM campuses.

Visit the following websites for many local options:

Lewiston-Auburn Trails  
- <http://www.latrails.org/>

Maine Mountain Division Trail  
- <http://www.mountaindivision-trail.org/>

Maine Hiking and Backpacking trails  
- <http://www.meliving.com/hiking/index.shtml>

Portland Trails

- <http://trails.org/>

Saco Trails

- <http://www.sacobaytrails.org/>

Mountain Biking Get together with a group to go for a mountain biking ride on the Maine trails.

Visit the following websites for many local options:

<http://www.bikemaine.org/>

### Feel Good About Coming With Us

Your safety is important to us, as is the quality of your experience. This is why all of our trips are led by a Registered Maine Guide. As always with S.M.O.R. sponsored events, our trips are tobacco and alcohol free.

All activities may be subject to change dependent on minimum participants, weather conditions, etc.

PRE-REGISTRATION IS REQUIRED FOR S.M.O.R. OUTDOOR PROGRAMS 72 HOURS IN ADVANCE.

Receive additional information at the Sullivan Recreation and Fitness Office on the Portland Campus, Room 104 Sullivan Complex or call 780-4939.

**\*\*SPACE ON TRIPS IS LIMITED** so inquire early as registrations are only taken with payment.



**USM Sullivan Recreation & Fitness Complex, Portland**

To Register: Go to the USM Sullivan Complex Recreation & Fitness Office, 104 Sullivan Complex with your USM student I.D beginning September 4, 2012. Classes are subject to change. Stop in or view website for updates on program offerings.  
<http://usm.maine.edu/sullivancomplex>

**AEROBICS PROGRAMS**

Fee: Current Fall 2012 Students pay \$10/semester, with a signed Release & Assumption of Risk form. \$5.00 drop-in day fee available to all with a valid photo ID.

**Bootcamp:** An advanced level fitness class using many different programs including Kettle bells, training rope, and circuit training to cardio and abs....

M-W-F 5:15 p.m.–6:15 p.m. Main Gym  
**Indoor Walk/Jog Drop-In:** This time frame offers a comfortable atmosphere conducive for socializing and having fun while burning calories and getting in your daily exercise. Ideal for anyone contemplating starting a walking or jogging exercise program. The Main Gym is 12 laps to a mile.

M-W-F 6:00 a.m.- 8:00  
**Step Aerobics:** to include circuit training, Step 'n Sculpt, Step 'n Tone, and more...  
M-W-F 6:15 a.m.– 7:15 a.m.

Multi-Purpose Room  
**On The Ball:** Improve strength, flexibility, and balance using a fit ball for resistance with a little hula hooping on the side.  
M-W-F, 4:15 p.m. warm up,  
Class 4:30 -5:15 p.m. Main Gym

**DROP-IN BASKETBALL/ SULLIVAN COMPLEX**

Pick up a schedule at Sullivan Complex Info Center or visit the web for Open Gym time availability:  
<http://usm.maine.edu/sullivancomplex>  
Look under Resources on the right of the page for a pdf file to print. With valid USM ID to verify student status for Fall 2012 semester and Faculty/Staff, Alumni, w/ Paid Gym membership and USM ID. Non members must show valid government issued photo ID & \$5.00 day fee must be paid for access to Sullivan Recreation Complex. All times are subject to change. Limit 20 drop in guests during open drop-in basketball. Call 780-4169 to confirm exact times!

**DANCE –BELLY DANCE**

Starts: 9/24, 2012 – 11/26, 2012 (9 weeks)  
Days: Monday, 5:30 -6:30 p.m.  
No class 10/8/2012  
Where: Sullivan Complex,  
Lower Level Multi-Purpose Rm  
Cost: \$10 with USM Student I.D. & Risk & Release form  
Cost: \$50 with current Sullivan Complex membership  
Cost: \$90.00 Faculty/Staff without current membership  
Have fun, reduce stress, and celebrate the fabulous woman that you are by learning the proud and joyful art of belly dance! A 9 week session will introduce you to the basics of belly dance. No previous dance experience is required. Students will also learn a piece of choreography which they will have the option of performing at the annual “Snowflakes & Shimmies” event in December. This class is best suited for beginner and beginner/intermediate level dancers.

**DANCE – ZUMBA**

Starts: 9/17, 2012 – 12/14, 2012  
Days: Monday-Wednesday-Friday, 7:30 a.m. -8:30 a.m.  
Days: Tuesday & Thursday, 5:00 p.m. – 6:00 p.m.  
Where: Sullivan Complex, Lower Level Multi-Purpose Rm  
Cost: \$10 with USM Student I.D. & Risk & Release form  
Cost: \$50 with current Sullivan Complex membership  
Cost: \$90 Faculty/Staff without current membership  
Cost: \$100.00 General Public/ \$5.00 per class drop in fee  
Zumba is a fusion of Latin & International

music and dance themes that creates a dynamic, exciting, and effective workout system. Wear loose comfortable clothing for dance exercise.

**FENCING**

Days: Tuesdays, 6:00 p.m. to 9:00 p.m.  
Where: Sullivan Complex, Main Gym  
FMI: E mail the Blade Society  
usmbladesociety@gmail.com or  
Danielle Fecteau (207) 939-4538. Free for USM Students with USM Student ID card. Non members, Faculty/Staff, Alumni, Domestic Partners and General Public must show valid government issued photo ID & \$5 day fee must be paid for access each night of play.

**FITNESS CENTER PROGRAMS/ CONSULTATIONS**

The Fitness Center will be closed 8:45 – 9:45 a.m., Tues/Thurs during the Fall 2012 Semester due to an academic class.

The Body shop will be closed 1:30 pm – 2:30 pm Tues/Thurs during the Fall 2012 due to the Women's Power Hour. The alternate room may be used during these class times.

**INDOOR SOCCER**

Starts: 9/13, 2012 – 12/13, 2012  
Days: Thursdays, 7:30 - 9:30 p.m.  
Where: Sullivan Complex, Main Gym  
Open to the first 20 Participants with USM Student or Gym membership ID who sign up. Sign ups start at 7:00 p.m.

**MASSAGE-SEATED**

Release stress, promote circulation, and feel great! Massages are free for students. Receive a 15-minute massage of the head, neck, back, shoulders, arms, and hands. Registration is a must, Call for an appointment, 780-4939  
\*Date: Monday, September 17, 2012  
Time: 11:00 a.m. to 1:00 p.m.  
\*Date: Tuesday, October 16, 2012  
Time: 12:30 p.m. to 2:30 p.m.  
\*Date: Wednesday, November 14, 2012  
Time: 11:00 a.m. to 1:00 p.m.  
\*Date: Thursday, December 6, 2012  
Time: 12:30 p.m. to 2:30 p.m.

**MASSAGE APPOINTMENTS –THERAPEUTIC**

Appointments available with a Licensed Massage Therapist on the Portland Campus at USM Sullivan Recreation & Fitness Complex. Fees: 60 Minutes for \$45.00 or 90 Minutes for \$65.00. Appointments made in advance by calling 780-4939.  
<http://usm.maine.edu/sullivancomplex/therapeutic-massage>

**OPEN GYM RECREATION/ GROUP SPORTS**

Times: Tuesday & Thursday, 2:00 p.m. – 4:00 p.m.  
Where: Sullivan Complex, Main Gym  
Open to the first 20 Participants with USM Student or Gym membership ID who sign up. Signups start at 1:30 p.m. Bring your own group or join with others. Badminton, Dodgeball, Floor Hockey, or Volleyball equipment available for sign out.

**SKI PASS DISCOUNTS FOR STUDENTS/STAFF**

Lost Valley, Mt. Abrams, Shawnee Peak, Sunday River, Sugarloaf, and Loon Mtn., NH all have student & faculty/staff & family member day pass discounts available. For a complete list visit:  
<http://usm.maine.edu/sullivancomplex/university-community-recreation-fitness-discount-offerings>

**SOUTHERN MAINE OUTING CLUB**

Southern Maine Outing club -  
usm.outing.club@gmail.com  
<http://usm.maine.edu/studentlife/southern-maine-outdoor-adventure-club>

**USM RACQUETBALL & SQUASH LEAGUES**

The USM Fall Racquetball and Squash Leagues will start play September 17, 2012. Please register by Friday, September 14, 2012 with your level of play. Open to all. Choose from one of 3 levels: Beginner/ Intermediate, Intermediate/Advanced or Advanced  
Levels will be combined if registration is low. Participants must commit to playing one match per week for 12 weeks, beginning the week of September 17, 2012.  
League Fee: \$10, Students, Faculty/Staff, Domestic Partners  
\$15, General Public  
Non member Faculty/Staff, Alumni, Domestic Partners, and General Public must show valid government issued photo ID & \$7.50 day/court fee must be paid for access each time of play. Call FMI, 228-8242. To renew your Sullivan Complex membership, 780-4169.

**RACQUETBALL CLINIC OFFERINGS**

We will be offering clinics on the basics of racquetball for those looking to learn to play at the Sullivan Complex Racquetball Courts. Bring your own racquet if you have one!  
Cost: Free to All -  
Preregistration is required  
Dates: Tuesdays, Sept 25th and Oct 9th, 7:00 p.m.  
Dates: Wednesdays, Sept 26th and Oct 10th, 7:00 p.m.

**RACQUETBALL/ SQUASH/ WALLYBALL**

Reserve courts up to 1 week in advance by calling 780-4169. Bring your USM Student I.D. card for access.  
Non member Faculty/Staff, Alumni, Domestic Partners and General Public must show valid government issued photo ID & \$5.00 day fee access+\$.25.00 court fee (racquetball/squash) must be paid for access each time of play. Please bring your own racquet for play as racquets are not available.

**SELF DEFENSE SERIES – 5 WEEK SERIES**

Dates: 10/17, 2012 – 11/14, 2012  
Days: Wednesday, 5:00 p.m.–6:30 p.m.  
Where: Sullivan Complex, Multi-Purpose Room  
Cost: Free to Students, Faculty & Staff w/ USM Campus I.D. & Risk & Release form  
Cost: \$15 for Gen Public with Pre-Registration for 5 weeks  
Cost: \$5 Drop in fee per class if not Pre-Registered  
FMI and class descriptions visit the web:  
<http://usm.maine.edu/sullivancomplex>  
Look under Resources on the right of the page for a pdf file to print.

**SPINNING BIKE CLASSES**

Dates: 9/16, 2012 – 12/ 16, 2012  
M-W 6:00 a.m. – 7:00 a.m.  
Spinning Room (MP Rm 216)  
M-W 5:30 p.m. – 6:30 p.m.  
Spinning Room (MP Rm 216)  
T-TH 12:00 p.m. – 1:00 p.m.  
Spinning Room (MP Rm 216)  
T-TH 5:30 p.m. – 6:30 p.m.  
Spinning Room (MP Rm 216)  
Cost: \$10 with USM Student I.D. & Risk & Release form  
Cost: Included with current Sullivan Complex membership  
Cost: \$90.00 Faculty/Staff without current membership  
Cost: \$100 General Public  
A group fitness workout on spinning bikes. Limited to 12 participants due to Spin bike availability

**SUNDAY EXPRESS SPIN & STRETCH**

Dates: 9/16, 2012 – 12/ 16, 2012  
Days: Sunday, 4:00 p.m. – 5:00 p.m.  
Where: Sullivan Complex,  
MP Room 216  
Cost: \$10 with USM Student I.D. & Risk & Release form  
Cost: Included with current Sullivan Complex membership  
Cost: \$65 General Public /\$50 Fac/Staff w/out membership  
A moderate 1 hour workout that will include 30 minutes of spinning followed by 30 minutes of core exercises, light weights, and cool down stretching.  
Good for beginner to intermediate exercisers. Limited to 12 participants.

**ULTIMATE FRISBEE**

Days: Tuesday's, 7:00 p.m. to 9:45 p.m.  
Come one, come all. Bring your USM student ID card or Gym membership ID card for access.  
Non members, Faculty/Staff, Alumni, Domestic Partners, and General Public must show valid government issued photo ID & \$5 day fee must be paid for access each night of play.  
<http://www.portlandultimate.com/>

**WOMEN'S STRENGTH & POWER HOUR**

Dates: 9/18, 2012 – 12/13, 2012  
Times: Tuesday & Thursday, 1:30 p.m. – 2:30 p.m.  
Where: Sullivan Complex, Body shop  
Cost: \$10 with USM Student I.D. & Risk & Release form  
Cost: Included with current Sullivan Complex membership  
The Women's Only Fitness Hour will focus on providing women with all the essentials to get in shape. Cardio and interval training to maximize weight loss, strength training for bone density, core stability for toning, and flexibility for balance and joint mobility. Get all the benefits of a good balanced work-out. Modifications can be made to meet different fitness levels. Limited to 12 participants.

**YOGA**

Starts: 9/18, 2012 – 12/ 2012  
No classes 10/9 or 11/22  
Days: Tuesdays, Noon to 1:15 p.m., Classic Yoga  
Days: Thursdays, 1:15 p.m. to 2:30 p.m., Classic Yoga  
Where: Sullivan Complex,  
Multi-Purpose Room  
Days: Tuesday Eve, 6:30 p.m. to 7:45 p.m., Vinyasa Yoga I  
Where: Sullivan Complex,  
Multi-Purpose Room  
Starts: 9/18, 2012 – 12/ 11 2012  
No classes 10/9 break  
Cost: \$20 with USM Student I.D. & Risk & Release form  
Cost: \$50 with current Sullivan Complex membership  
Cost: \$90.00 Faculty/Staff without current membership  
Cost: \$100.00 General Public  
Bring: one cushion or small pillow and yoga mat/blanket

**YOGA – GENTLE YOGA FOR WELLNESS**

Starts: 9/17, 2012 – 12/11, 2012  
No classes 10/9  
Days: Monday, Noon to 1:00 p.m., Gentle Yoga (1 hour)  
Where: Sullivan Complex,  
Multi-Purpose Room  
Cost: \$20 with USM Student I.D. & Risk & Release form  
Cost: \$40 with current Sullivan Complex membership  
Cost: \$75.00 Faculty/Staff without current membership  
Cost: \$85.00 General Public  
Bring: one cushion or small pillow and yoga mat/blanket  
Pre-registration for yoga class offerings is a must. If you are signing up for this program, you should be prepared to make

a 12 week commitment to one class per week.

**OFF CAMPUS ACTIVITIES & DISCOUNTS**

**SKATING AT PORTLAND ICE ARENA**

Must register at USM Sullivan Complex Recreation Office, Rm. 104 or call 780-4939 to obtain a USM Skate Card. Discount skating, \$2 per visit (reg. \$5) with USM Skate Card & USM Student I.D. Call Portland Ice Arena at 774-8553  
<http://www.portlandicearena.com/public-skating.asp>

**SWIMMING AT PORTLAND POOLS**

Must register with USM Sullivan Recreation Office, Rm 104 Sullivan Complex, Portland Campus at the start of the semester. Offered to current Fall 2012 semester students only, \$24 for 12 swims for students is ½ price, pool fee cost is \$48. Reiche & Riverton Pools in Portland Call pools for hours, 874-8456 or visit the web: <http://www.portlandmaine.gov/rec/schedulepools.pdf>

**Discount Program offerings through University Community Recreation & Fitness for Students, Faculty, Staff and University Community members. For a complete listing of all ongoing specials visit the following website:**  
<http://usm.maine.edu/sullivancomplex/university-community-recreation-fitness-discount-offerings>

Fitness Center Programs @ Sullivan Recreation & Fitness Complex  
<http://usm.maine.edu/sullivancomplex>

Skip Cadigan, Fitness Center Manager, 780-4652 or [gcadigan@usm.maine.edu](mailto:gcadigan@usm.maine.edu)  
Jennifer (Niffy) Allen, Asst. Coordinator Rec. & Fitness, 780-4948 or [jallen@usm.maine.edu](mailto:jallen@usm.maine.edu)  
Call to schedule appointments w/ Skip, Mon-Fri 6am – 2pm or Jennifer (Niffy), Sundays or Mon-Thurs 1pm – 9pm  
Fitness center orientation and consultation by appointment, Contact Skip or Jennifer (Niffy) via info above  
Set up a basic program with proper adjustment of equipment and instruction on technique. No Fee.

Program 1: Great for beginners. This 4 session (2 week) program includes a fitness evaluation and a tailor made fitness program geared to meet your needs. Sessions last 45 - 60 minutes.

Fees: Students \$35, Faculty/Staff/Alumni \$56, Gen Public/Spouse/Domestic Partners/U-Maine Alumni \$75, Follow up \$10

Program 2: An 8 session (4 week) program that includes all of Program 1 plus focuses on advanced training techniques (i.e. strength/power or body sculpting). Fees: Students \$56, Faculty/Staff/Alumni \$75, Gen Public/Spouse/Domestic Partners/U-Maine Alumni \$98, Follow up \$10

Fitness Evaluations: Included in this evaluation are upper and lower body strength/ muscle endurance tests, body fat assessment, flexibility and a cardiovascular test. Upon completion, a program is designed for you. Fees: Students \$10, Faculty/Staff/Alumni \$20, Gen Public/Spouse/ Domestic Partners/U-Maine Alumni \$30

Body Fat Assessment: Interested in knowing your current body fat composition? This will only take a few minutes. Please remember to wear shorts and a T-shirt. Cost for all is only \$5

Sullivan Member of the Month: Sullivan staff will nominate members. One winner each month.



# Sports

## Cracking the truth on egg yolks: Are they really as dangerous as smoking?

Anna Chiu  
Sports Editor

A recent study published in *Atherosclerosis* suggests that egg yolk consumption could be as dangerous as the effects of smoking cigarettes. The aim of the study was to see whether or not egg yolk consumption and plaque build-up are related.

The trio of Canadian researchers surveyed over a thousand participants about their egg intake and smoking habits and measured the presence of plaque in their arteries. The accuracy of the survey is dependent on how well participants can recall their lifelong smoking and egg consumption history.

Researchers then calculated the number of cigarette packs by multiplying the number of cigarette packs per day and the number of years they smoked. The number of eggs was calculated by multiplying the number of eggs eaten per week and the number of years consumed. They found that the combination of chronic smoking and egg consumption is associated with an increased plaque buildup in the arteries.

Headlines like “Egg yolk almost as bad as smoking” have stirred panic and further confusion for the health-conscious community. I was intrigued yet skeptical about the methods used in the study, so I decided to investigate the details and more importantly, the scientific reasoning behind the findings and research.

I should start out by mentioning that two of the three researchers have direct ties to the pharmaceutical industry—specifically statins. They work for the Stroke Prevention & Atherosclerosis Research Centre, Robarts Research Institute, and other research institutions, and received funding from multiple cholesterol lowering drug companies. The problem is that the entire study is potentially biased; if a lot of money went into a study that is coming from cholesterol lowering pharmaceutical companies, research centers, and institutions, then there are expectations and added pressure to find new breakthroughs in stroke prevention research.

The design and method of this study include several red flags that indicate a poorly executed research. The participants were stroke patients, with the average age of 62,

attending a vascular clinic. They were somehow expected to recall the exact amount of eggs they’ve consumed through their lifetime, and also the exact amount of cigarette packs they’ve smoked. Using data depending on the memory and honesty in stroke patients could be unreliable and therefore scientifically invalid.

Another flaw was that researchers left out confounding variables such as diet, exercise, medications and stress, which plays a definite role in heart health. Countless scientific studies have shown that regular exercise reduces arterial plaque and its progression. Better research needs to include better methods of study, such as involving people of different ages since plaque steadily increases with age.

And why single out the egg

yolk? Eggs are a key ingredient in many recipes, and for all I know, these patients could be having pancakes or home fries smothered in canola oil. Even so, yolks aren’t nearly as dangerous as smoking a cigarette. Cigarettes directly impact your health right when you inhale, whereas eating egg yolks would take years to make an impact on your health.

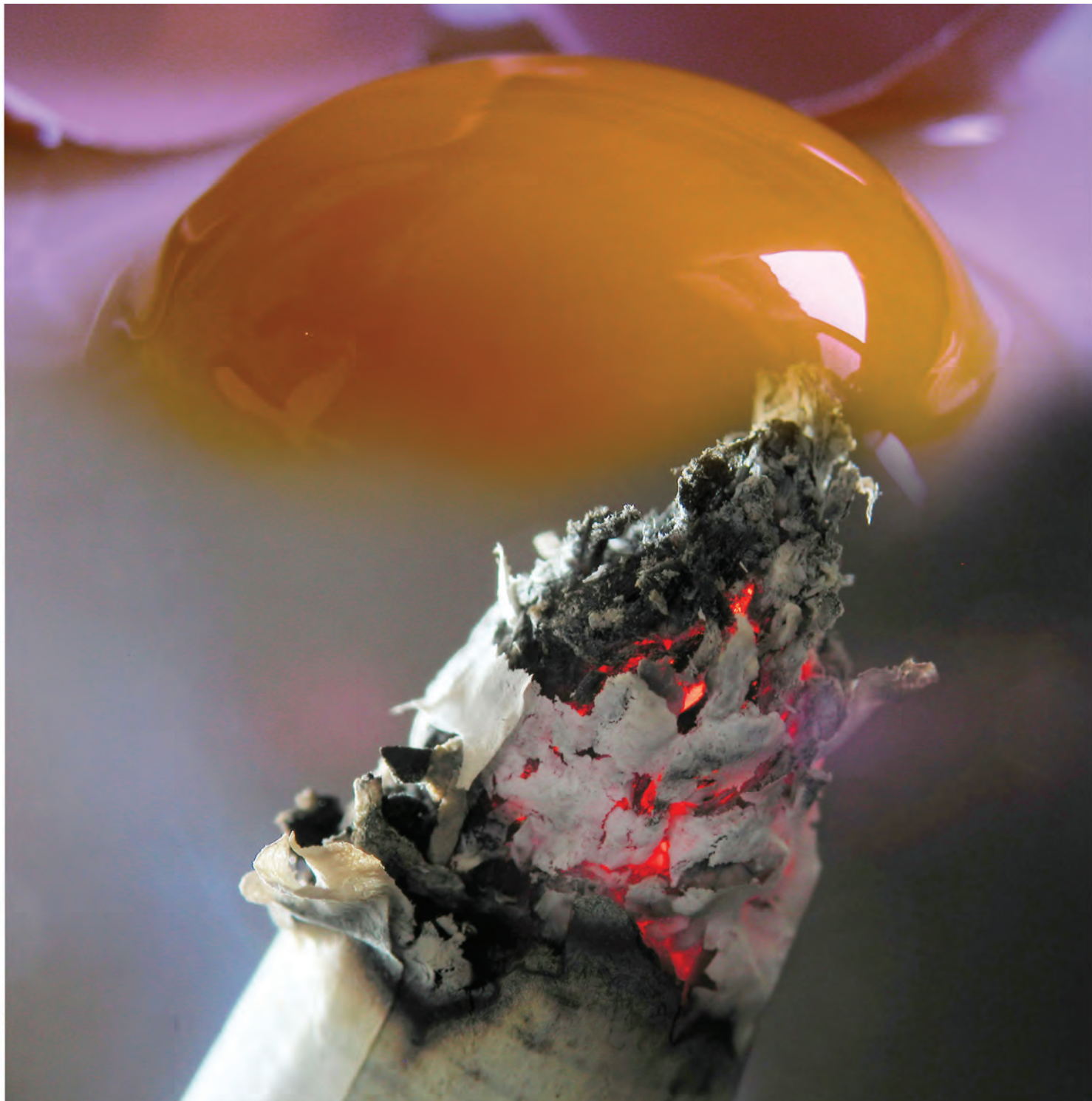
Eggs are an ideal food for long-lasting energy. The yolk is a nutritional powerhouse providing vitamins and minerals such as vitamin D, choline and selenium. They contain antioxidants and healthy omega-3’s that nourish your eyes and brain. They provide the complete amino acid profile, making them an excellent source of protein that you cannot get from just the egg whites. As for the feared

high cholesterol levels, yolks contain the right amounts of high-density lipids (HDL) and low-density lipids (LDL) that are beneficial, which is why the egg is best eaten whole. It’s a high carb diet that actually fuels your triglyceride levels in your bloodstream and can cause inflammation. Published in the *Journal of the American Association* in 1999, the Harvard School of Public Health determined that there is little to no association between egg consumption and risk of heart disease in healthy men and women. They even suggested that regular egg consumption may help prevent heart disease.

According to the Department of Agriculture, the average American consumed 247 eggs last year. As long as we are eating smart and keeping our body weight in check,

there is no need to fear egg yolks, and they aren’t close to being like smoking cigarettes. It’s a different story if you are eating an Egg McMuffin from McDonald’s or a Grand Slam breakfast at Denny’s. Despite the research, my scrambled eggs (three of them) will stay on the breakfast agenda. I just need to stop drowning my eggs in red hot sauce.

For the full study, check out [http://www.atherosclerosis-journal.com/article/S0021-9150\(12\)00504-7/fulltext](http://www.atherosclerosis-journal.com/article/S0021-9150(12)00504-7/fulltext)



Alex Greenlee/ Multimedia Editor





# Quick Hits: The Huskies' week in review



Justicia Barreiros / Free Press Staff

Sophomore Peyton Dostie scored the only goal against Eastern Connecticut State University on Saturday

Anna Chiu  
Sports Editor

### Men's Tennis Huskies Ace Rhode Island for the Win

The men's team won their fourth straight game, improving their overall record to 10-4 and 3-3 in the LEC.

The Huskies won five out of six singles points and two out of 3 doubles points to steal a 7-2 victory.

Senior Zach Caron had a key victory at second singles, winning 2-6, 6-1 and 7-5. Freshmen Scott Gagne and Thaddeus St. John also won at third and fourth singles respectively.

The men's team will be the fourth seed on Tuesday for the first round of the LEC tournament, playing the University of Massachusetts -Boston in Gorham.

### Women's Field Hockey USM Improves to 3-1 Record

The women's field hockey team won their first Little East Conference game against Eastern Connecticut State University on Saturday afternoon in Gorham.

Making the only goal of the game was sophomore forward Peyton Dostie, making it her second-winning goal so far this season. Junior goalie Kayla Kenndy made five saves for the Huskies.

The women's team will travel to UMaine Farmington this Wednesday at 4 pm.

### Women's Cross Country Huskies dominate UNE

The women's team ran it's way to Victory at the University of New England Cross Country Invitational on Saturday morning. The Huskies took first place with a combining score of 21 points, with UNE trailing 2nd with 73 points.

Junior Morgan Beede placed second with a time of 20 minutes and 45 seconds, followed by freshman Hannah Damron with the time of 21 minutes and 7 seconds for third place.

The women's team will travel north and across the border to the McGill University Invitational on Saturday.

### Women's Volleyball Huskies End 31 Game Losing Streak

The Huskies record finally improves to 1-4 after a 3-0 win against Massachusetts Maritime Academy on Saturday. After losing to Curry College 2-3 earlier that day, the women's team came back to defeat Massachusetts Maritime in the second match.

Junior Annie Mitchell, Madalyn Terry and freshman Kelsey Abramson each contributed six kills to help the team defeat Massachusetts Maritime. This was the first win since September 23, 2010 when the Huskies defeated Pine Manor.

The women's team will host a tri-match against the University of Maine Machias and Becker College at 11 a.m. and 3 p.m. respectively.

### Men's Cross Country Huskies finish second at UNE Invitational

Freshman River Plouffe Vogel lead the Huskies team, placing 4th overall with a time of 28 minutes and 52 seconds in the 8,000 meter course at Rotary park.

The men's team finished 2nd out of 11 teams with 46 points. Finishing second on the USM team was junior Briar Beede with the time of 30 minutes and 4 seconds.

USM will host the USM Invitational this Saturday at 11:45 a.m.

### Men's Soccer Huskies' loss brings record to 1-3

The men's team suffered a tough loss against Worcester State University on Saturday with a close score of 0-1.

Senior goalkeeper Jeremy Turner finished the game with eleven saves, while sophomore Mazen Aljari and freshman Nick Zucco made a tremendous effort for the Huskies.

The men's team will battle Bowdoin College on Monday at 4 p.m.

### Women's Soccer Huskies unable to capture win against Framingham State

The women's team record falls to 1-3 after a tough 0-4 loss against Framingham State University on Saturday.

Freshman Marissa Temple had ten saves for the huskies while sophomore Sarah Bishop made two stops. The Huskies will travel to the University of England this Tuesday at 6 p.m.

Scoreboard	Upcoming
<b>September 5</b>	<b>September 10</b>
<b>Women's Volleyball</b> USM 0 Daniel Webster 3	<b>Men's Tennis</b> Bowdoin @ USM
Men's Soccer USM 1 UNE 0	<b>September 11</b>
<b>September 6</b>	<b>Women's Soccer</b> USM @ UNE
<b>Field Hockey</b> USM 3 Gordon 4	<b>September 12</b>
<b>Women's Soccer</b> USM 0 Bowdoin 4	<b>Women's Volleyball</b> USM @ ME.- Farmington
<b>September 7</b>	<b>Field Hockey</b> USM @ ME.- Farmington
<b>Women's Tennis</b> USM 6 Castleton 3	<b>September 13</b>
<b>September 8</b>	<b>Women's Tennis</b> Emmanuel @ USM
<b>Women's Volleyball</b> USM 2 Curry 3	<b>September 15</b>
USM 3 Mass. Maritime 0	<b>Women's Volleyball</b> Mass.- Dartmouth @ USM
<b>Women's Cross Country</b> USM 21 pts. 1st among 11 teams	<b>Women's Volleyball</b> Worcester St @ USM
<b>Field Hockey</b> USM 1 Eastern Conn. St. 0	<b>Field Hockey</b> Bridgewater St. @ USM
<b>Women's Soccer</b> USM 0 Framingham St. 4	<b>Women's Soccer</b> USM @ Western Conn. St
<b>Men's Cross Country</b> USM 46 pts. 2nd among 11 teams	<b>Women's Tennis</b> Western Conn. St. @ USM
<b>Men's Soccer</b> USM 0 Worcester St. 1	<b>Men's Soccer</b> Western Conn. St. @ USM
<b>September 9</b>	
<b>Women's Volleyball</b> USM 0 UMaine- Machias 3	



Like writing?

We have openings for sports writers!

Email [achiu@usmfreepress.org](mailto:achiu@usmfreepress.org) if interested.



# USM COMMUNITY PAGE



Alex Greenlee/ Multimedia Editor

First year students gather on the roof of the Portland parking garage to watch a movie on the big screen.

Kirsten Sylvain  
Editor-in-Chief

Friday night the Portland campus was quiet for the most part, at least until it was interrupted with the odd sounds of explosions, gunfire and guttural screaming, as students and community members gathered on the Portland parking garage for the finale of the First Friday celebration.

USM celebrated the end of the first week by inviting first year students to a free BBQ, mechanical bull rides on the Luther-Bonney lawn, shuttle buses to the Art Walk at Monument Square and a Duck Tour of Portland. The night concluded with a showing of the popular action flick, The Avengers, on the rooftop of the Portland campus parking garage.

## Featured Photos: Bike Stolen?



Alex Greenlee/ Multimedia Editor

If so, we'd like to hear about it. Drop us a line.  
@usmfreepress  
editor@usmfreepress.org  
207 780-4084  
or check us out on Facebook

## Campus Events

### Monday, 9/10

Portland Events Board (PEB)  
Weekly Meeting  
1:00 PM - 2:00 PM  
Conference Room, Woodbury  
Campus Center, Portland

### Tuesday, 9/11

Study Abroad Fair  
11:30 AM - 2:00 PM  
On the green between Luther Bonney & Payson Smith, Rain location: Woodbury

### Wednesday, 9/12

Campus Safety Advocate Information Table  
11:00 AM - 2:00 PM  
Upstairs Lounge LAC

Webinar - LGBT Youth & Suicide:  
Understanding & Reducing Risk  
September 12, 2012  
1:00 PM - 3:00 PM  
Locations in Portland and Gorham, TBA

### Thursday, 9/13

InterVarsity Christian Fellowship  
Graduate Student Gathering  
September 13, 2012  
7:00 PM - 8:30 PM  
306 Wishcamper, Portland

### Friday, 9/14

Board of Student Organizations Meeting  
11:00 AM - 1:00 PM  
10 Bailey Hall, Gorham campus

September Food for Thought Luncheon  
12:00 PM - 1:00 PM  
Room 170 at USM LAC  
John Ford Sr. Retired Maine Game Warden

Student Senate Weekly Meeting  
1:00 PM - 3:00 PM  
Room 404, Bailey Hall, Gorham campus

TWO SMALL PIECES OF GLASS  
7:00 PM - 8:00 PM  
Southworth Planetarium

Comedian: Matt Beatz  
8:00 PM  
Hastings Formal Lounge

IBEX FULL DOME SHOW  
8:30 PM - 9:30 PM  
Southworth Planetarium

### Saturday, 9/15

Gorham Tailgate!  
1:00 PM  
Turf Field

Sunday, 9/16  
Sea Kayaking with (S.M.O.R.) Southern  
Maine Outdoor Recreation at USM  
8:00 AM - 6:00 PM  
Register at 104 Sullivan Rec & Fit  
Complex, Portland Campus

For more events:  
www.usm.maine.edu/events