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**usmfreepress.org**

*With 1,000 expected, just over 200 attend*



*The audience at the Reel Big Fish concert on Saturday at the Gorham Field House as the band started up.*

See **Concert** on page 2



*Lead singer, Aaron Barrett.*





Justicia Barreiros / Staff Photographer  
Reel Big Fish having a great time playing at the Gorham Field House last Saturday.

From Concert on page 1

One student watched the concert from outside. Haley Campbell, a freshman and art major, who works at the front desk of the gym complex, complained that tickets were too expensive and mentioned that while she had heard of the band, most of her friends had not.

“They’re pretty good, but I don’t think I’d go out of my way to buy a ticket – as a poor college student, you know?”

Campbell laughed.

“I expected more people to go.”

It’s difficult to say whether or not students would agree that this weekend’s concert was a successful use of student activity fees, with a meager turnout, but a very enthusiastic small crowd. But while many stu-

dents outside the event seemed concerned about the lack of audience, the 200 people inside seemed to be having a great time. Doors opened at two p.m., and the show started an hour later. A volleyball tournament attracted a competitively sized crowd in the gymnasium next door, and the selective group of students huddled in a small circle around a stage at the far end of the huge field house. The walls outside shuttered from the huge speakers blasting music into a basically empty gymnasium, but the crowd there was loving it.

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# LePage responds to trustees



Alex Greenlee / Multimedia Editor  
Last Monday, at the Board of Trustees meeting, Chancellor Page explained his proposal for two more years of tuition freeze.

Kirsten Sylvain  
Editor-in-Chief

Following the Board of Trustees unanimous approval of another two years of tuition freeze on Monday, Gov. Paul LePage responded on Tuesday, proposing that rates be frozen longer.

The governor agreed that the trustees were on the right track with the extension of the freeze, but he urged for more progress, saying that it would take more than the freeze to get his approval for maintaining the current \$176 million in state appropriation.

LePage told the Bangor Daily News on Tuesday that Maine’s public universities need to do better in bringing in out-of-state students, whose tuition is higher than in-state students. He also commended the university for a student exchange trade program with China.

LePage urged more activity like the China trade and higher rates of out-of-state enrollment at the universities to show him the system is moving the right direction. He offered to support level appropriation for the system if they agreed to freeze tuition for a longer period.

“I will freeze and maybe increase appropriations if they lock [in] tuition for every freshman class for four years,” he said to the BDN on Tuesday. “In other words, whatever the tuition is for a freshman, it stays

for four consecutive years until he gets his degree.”

Ryan Low, director of Governmental and External Affairs for the University of Maine System also told the BDN that he thought the governor’s comments were completely in line with the goals of the trustees and Chancellor James Page. In previous interviews with the BDN, LePage has cautioned that administrative costs are too high at the universities and that more emphasis should be placed on aiding faculty, students and programs that could positively impact Maine’s economy.

The board’s decision on Monday reflects its concerns about balancing the cost of tuition and budget issues. Chancellor James Page on Monday said that the system is leading the trend to make a commitment to student success and, at the same time, keep students from turning to more inexpensive options and not their state’s public universities.

Gov. LePage has put together a series of review teams that will assess administrative costs across the universities. They will report to the chancellor over the next few months with recommendations on how to reduce administrative spending so that those funds can be re-dispersed into the university system.

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University of Maine  
current tuition rate:  
Out of state: \$39,866  
In state: \$23,006

University of Southern Maine:  
Out of state: \$31,756  
In state: \$19,396

University of Maine-Farmington  
Out of state: \$26,679  
In state: \$17,591

University of Maine-Fort Kent:  
Out of state: \$26,585  
In state: \$16,625

University of Maine-Presque Isle:  
Out of state: \$25,098  
In state: \$15,158

University of Maine-Machias:  
Out of state: \$27,200  
In state: \$15,380

University of Maine-Augusta:  
Out of state: \$16,688  
In state: \$7,448



# Muslim students host Eid reception

Jim Sheldon  
Staff Writer

The Multi-cultural Student Association will host the Eid Reception this Wednesday evening at the Wishcamper Center.

Unable to celebrate the end of Ramadan as a group this summer and wanting to give students ample time to settle into their schedules, the MCSA decided to hold a celebration of both holidays on Oct. 3.

The reception is not strictly a religious event. "It's actually a community outreach event," said Maha Jaber, junior health science and communications double major and president of the MCSA. "We want to foster an understanding of Muslim students."

This will be the first Eid Reception with religious leaders as guest speakers. A rabbi, a priest and an imam will speak about acceptance and understanding. President Theo Kalikow will also attend.

Earlier this month, an American-made movie mocking the Islamic faith caused protests in the Middle East. "We want to convey who Muslims really are — particularly given coverage in recent events abroad," said Islam Karim, sophomore business management major, treasurer of the MCSA and student senator.

Some intolerant attitudes continue on a local stage, too. Local leaders have displayed some insensitivity and intolerance towards other cultures. Robert MacDonald, mayor of Lewiston, has been under fire in local and national news for a statement that he made recently in a BBC interview on Sept. 11. "You come here, you come and you accept our culture and you leave your culture at the door," he said in reference to immigrants. He later told a WGME interviewer, "If you believe in [Somali culture] so much, why aren't you over there fighting for it? If you believe in it so much, why aren't you over there shedding your blood to get it? Why are you over here shirking your duties?"

At least 1.5 million Somalis have been displaced, and four million lack food security, according to the United Nations Refugee Agency. Many have re-located to Lewiston, where the city's population is now 10 percent Somali.

Many students at the multi-cultural student center at the Woodbury commented that they often feel that their

cultures are not understood in a major way by other students and community members. "To me, it's important that people who don't know the culture learn about it," said Khor Chuil, senior finance major.

Despite any lack of understanding of other cultures that may exist, many students at center also said that they find USM a comfortable and safe environment, but they also argued that racial stereotypes and intolerance are still present at USM. The Eid reception will be an intersection of speeches and acts that attempt to shed light upon the Muslim experience at USM and Portland and, at the same time, bridge a gap in the USM community between immigrant students and non-immigrant students.

"It doesn't matter where you're from, what language you speak, the color of your skin; what matters is that we're all human beings," said Yahya Alansari, senior health science major.

"We try to show people that culture and religion are separate," said Fatima Al-Freihy, senior biology major, "Muslim students support USM. We have the same family values and personal values [as non-Muslims]." What is true for some is not necessarily true for all, she explained.

One preconception Al-Freihy seeks to dispel is that Muslim women lack the freedom to choose. She said that her parents never told her to wear a scarf on her head. She chose to do so when she was seven. "Women in Islam had rights over 1,500 years ago that women in the United States got in the 1920s," she said.

Karim commented that he feels like popular ideas in the media warp the way Muslim people appear in the public eye. He and others hope that the reception might affect the way that USM and Portland perceive and treat Muslim students. "Islam is a message of peace," Karim said. "We are peaceful happy people. We are not terrorists, and we're not oppressed."

The students who spoke to The Free Press represented many different countries across the Middle East, from Morocco to Iraq, Pakistan and Egypt, and they all stressed the importance of the event for USM and extend an invitation to all USM regardless of race or belief.

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**REGINA  
SPEKTOR**  
ONLY SON

98.9  
WCLZ

**OCT 8**



**SLIGHTLY  
STOOPID**

**OCT 18**



**MIKE SNOW**  
**MIKE  
SNOW**

**SATURDAY  
OCT 20**



**BRANDI  
CARLILE**  
BLITZEN  
TRAPPER

**OCT 24**



**PAPER  
DIAMOND**  
MORRIS,  
OF THE TREES

**SATURDAY  
OCT 27**



**CITIZEN  
COPE**

98.9  
WCLZ

**OCT 29**



**FUN.**

Campus  
Consciousness  
presents: A benefit  
for Mainers United  
For Marriage

**OCT 31**



**PRETTY  
LIGHTS**

KEYS N KRATES  
ELIOT LIPP

**NOV 1**



**UMPHREY'S  
McGEE**

THE BRIGHT  
LIGHT SOCIAL  
HOUR

**NOV 3**



**THE  
TRAGICALLY  
HIP**

**NOV 7**



**G. LOVE  
& SPECIAL  
SAUCE**

**NOV 10**



**TAKING  
BACK  
SUNDAY**

BAYSIDE,  
THE MENZINGERS

**NOV 18**



**DINOSAUR  
JR.**

SCREAMING  
FEMALES

**NOV 29**



**DARK  
STAR  
ORCHESTRA**

**DEC 6**



**THE  
DEVIL  
MAKES  
THREE**

**DEC 29**



**moe.**

**DEC  
30&31**

98.9  
WCLZ

Tedeschi Trucks Band 9/27

Margaret Cho 9/29

Anthrax/Testament 10/3

Ben Harper (SOLD OUT) 10/6

Morrissey 10/15

Eli Young Band 11/15

Beatles Night 11/24

# BASSNECTAR

CUMBERLAND COUNTY CIVIC CENTER  
**NOVEMBER 14**  
presented by state theatre



## In Brief...

### USM physician continues education

One of USM's own Health Services Physicians has earned a spot in the Maine Medical Teaching Academy's (META) inaugural class. The Scholars Program is intended to further the efforts of teachers in the medical field, a duty Dr. Hayes maintains as an adjunct at Maine Medical Center's Department of Family Medicine.

### 'USM Day' for Film Festival

The Portland Maine Film Festival, in its third year, will have a day free to all USM faculty, students, and staff. The schedule on Friday, Oct. 5 will feature shorts, industry panel discussions and workshops on film production at various locations around the Portland Campus. The day will finish with a screening of the Film Festival's Maine Made Shorts at 8 p.m. in the Talbot Lecture Hall. More information is available at <http://www.portlandmainefilmfest.com>.

### Famous composer to speak at USM

Sebastian Currier, a Juilliard School Alumni and globally rec-

ognized composer, will lecture on his profession on Wednesday, Oct. 10 in Gorham's Corthell Concert Hall. Currier's work has been performed from San Francisco to Berlin, and he has won a Grawemeyer award, given for "outstanding achievement for a living composer."

### Milk screening celebrates national coming out day

A free screening of 2008's 'Milk,' starring Sean Penn, will be shown by USM's Center For Sexualities and Gender Diversity in Upton Hastings Hall on the Gorham Campus Thursday, Oct. 11. The 9 p.m. screening celebrates National Coming Out Day, a day meant to commemorate and encourage the visibility of the LGBT community.

### Civic Matters submission deadline

Friday, Oct. 12 is the last day for students to submit their presentation proposal for November's "Civic Matters" event, which celebrates and promotes involvement of USM students and faculty within the community. Submissions for presentations are encouraged for projects "at all stages of development" in this event sponsored by the Community Service Learning Department. More information is available at <http://usm.maine.edu/community/civic-matters>.

### Tumbledown hike hosted by S.M.O.R.

Southern Maine Outdoor Recreation will host a day hike of Tumbledown Mountain on Saturday, Oct. 13, followed by an evening at a nearby campground. Tumbledown features picturesque views and a freshwater pond at the summit for the brave, or particularly warm-blooded. The cost of \$25 per student and \$40 for significant others includes transportation from USM, dinner and camping. Some equipment is available for use- contact the Sullivan Recreation and Fitness Complex at (207) 780-4939.

### Women and gender studies department hosts senate candidates forum

The Woman and Gender Studies department will host a forum with six candidates for Maine's hotly contested Senate seat at USM's Hannaford Lecture Hall on Thursday October 4. The forum will be preceded by a 6 p.m. reception until the 7p.m. event, where candidates will answer questions surrounding issues affecting women and girls, including access to healthcare, personal safety and civil rights. Candidates attending are Danny Dalton, Cynthia Dill, Andrew Dodge, Angus King, Charles Summers, and Stephen Woods.



## Police Beat

*Selections from the USM Department of Public Safety police log Sept. 21 to Sept. 24*

**Friday, September 21, 2012**

#### Rushing out the Door

6:56 p.m. -Two car motor vehicle accident in Bedford St parking garage. Report taken.

#### No booze here

9:27 p.m. -Report of a possible liquor violation in Anderson Hall. Officer checked and found no one in violation.

#### I'll let you go this time...

9:34 p.m. -Odor of marijuana in Dickey Wood Hall. Summons to be issued at a later date.

**Saturday, September 23, 2012**

#### Hiding in plain sight

12:28 a.m. -Officer checked on three people on the field by Bailey. Summons issued to Drew Burke, 20, of Waterbury, CT, for possession of drug paraphernalia.

#### Need a lift?

1:52 p.m. -Checking on intoxicated person. Subject given a ride to their residence.

**Sunday, September 24, 2012**

#### Pamela who?

9:18 a.m. -Traffic summons issued to Pamela Amberson, 56, of Portland for expired registration

#### Put that phone down!

4:15 p.m. -Traffic summons issued to Nyiramukobga Rwaganje, 24, of Portland for insurance and texting while driving.

**Monday, September 24, 2012**

#### Lonely box

10:42 a.m. -Report of unattended box outside of a building. Officer checked on it and determined it to be trash.

**Tuesday, September 24, 2012**

#### You all set?

8:24 a.m. -Report of a subject walking through Wishcamper making the staff uncomfortable. Officer met with subject and they are all set

*Police logs are edited for grammar and style. They can be found at [usm.maine.edu/police/campus-crime-log](http://usm.maine.edu/police/campus-crime-log).*

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Crossword

- Across
- 1. High-tech appt. books
  - 5. More prudent
  - 10. Mil. address
  - 14. Legendary vessel
  - 15. Farrier's restrainer
  - 16. British sand hill
  - 17. 1984 Anthony Hopkins TV movie, with "A"
  - 19. Clublike weapon
  - 20. Glaswegians
  - 21. Bay Colonists
  - 23. Benevolent and Protective Order of \_\_\_\_
  - 26. Visitor to Scrooge
  - 27. Allen Funt device
  - 32. "\_\_\_\_ Beso" ("That Kiss," Anka hit)
  - 33. Comic beginning
  - 34. Nobody \_\_\_\_ business
  - 38. Depletes, as strength
  - 40. Gives the high sign to
  - 42. Residue
  - 43. Hitchcock's 39
  - 45. Newscaster Jennings
  - 47. Be remorseful
  - 48. Suspect claim from a government worker
  - 51. Hitchcock film. 1964
  - 54. She won a 2002 Grammy for "Lovers Rock"
  - 55. Really perturbed
  - 58. Have \_\_\_\_ to eat
  - 62. Not quite all
  - 63. Classic kids' show
  - 66. Suffix with disk or novel
  - 67. Wheels on heels
  - 68. Kuwaiti chief
  - 69. Close to one's heart
  - 70. Videre, for Virgil
  - 71. Cloth texture

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17				18							19			
20							21			22				
			23		24	25		26						
27	28	29					30	31						
32				33					34		35	36	37	
38			39		40				41		42			
43				44		45				46		47		
			48		49						50			
51	52	53						54						
55						56	57			58		59	60	61
62					63			64	65					
66					67						68			
69					70						71			

Down

- 1. Actress Dawber and others
- 2. Film figure with fangs, for short
- 3. Fiel: Comb. form
- 4. In cubbyholes
- 5. \_\_\_\_ Therese, Quebec
- 6. Dull finish
- 7. Attractive legs, in slang
- 8. Hoosier senator Bayh
- 9. Change the title
- 10. Navy bigwigs
- 11. Memorable Minnie
- 12. Perfectly timed
- 13. Tending to ooze
- 18. Capri and Man
- 22. Freight charge deduction
- 24. Sensed
- 25. Prepare to paint
- 27. Memorable English pianist
- 28. "Peace \_\_\_\_ hand"
- 29. Blockhead
- 30. TV station, e.g.
- 31. Some are full
- 35. Paddock papa
- 36. Twelfth Jewish month
- 37. Choreography move
- 39. Old maid
- 41. \_\_\_\_ high standard
- 44. Slugged, old-style
- 46. Controllers' tool
- 49. Cosmopolitan publisher
- 50. Language of aleph and beth
- 51. Performed without a sound
- 52. Swinburne's " \_\_\_\_ on Charlotte Bronte"
- 53. Dreadlocks wearer
- 56. \_\_\_\_ Gigio (frequent Ed Sullivan guest)
- 57. Nomadic birds
- 59. "Arrivederci \_\_\_\_"
- 60. "Double, double \_\_\_\_ and trouble"; "Macbeth"
- 61. Irish republic
- 64. Prefix with owned or occupied
- 65. Suffix with legal or journal

Word Search

Theme: Radiohead

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

P	R	A	T	S	U	A	F	T	H	E	T	O	U	R	I	S	T
Y	I	M	A	E	R	D	E	C	I	N	L	E	T	D	O	W	N
K	P	S	U	E	C	I	L	O	P	A	M	R	A	K	B	T	E
C	C	D	I	O	R	D	N	A	D	I	O	N	A	R	A	P	E
U	O	P	R	O	V	E	Y	O	U	R	S	E	L	F	R	E	R
L	R	R	G	A	X	E	A	A	B	R	N	H	E	E	G	S	T
O	D	H	A	N	D	E	I	L	E	M	I	N	I	R	N	R	S
R	P	H	U	U	I	R	L	C	L	G	I	P	U	M	O	E	U
A	M	T	N	N	B	R	K	E	H	I	P	L	O	O	S	H	J
T	Y	R	I	A	T	O	E	A	T	A	N	R	N	I	D	C	V
S	I	E	G	M	N	I	N	E	H	T	N	E	R	I	I	T	I
K	R	E	L	E	I	D	N	R	N	I	E	P	E	T	M	A	D
C	O	F	R	B	D	S	E	G	N	O	R	N	U	D	A	N	E
A	N	I	S	R	A	T	T	G	B	U	I	O	A	D	R	S	O
L	L	N	Y	U	T	T	B	I	S	E	W	T	I	L	Y	Y	T
B	U	G	M	I	L	E	E	O	C	O	A	K	C	E	P	D	A
S	N	E	F	I	L	K	N	G	L	C	C	R	E	E	P	O	P
K	G	R	A	L	T	H	E	B	E	N	D	S	S	L	L	B	E
I	E	S	E	N	O	B	K	N	I	V	E	S	O	U	T	E	N

AIRBAG  
ALL I NEED  
BLACK STAR  
BLOW OUT  
BODYSNATCHERS  
BONES  
CREEP  
ELECTIONEERING  
FAUST ARP  
FITTER HAPPIER  
HIGH AND DRY  
HUNTING BEARS  
IN LIMBO  
JUST  
KARMA POLICE  
KID A  
KNIVES OUT  
LET DOWN  
LUCKY  
LURGEE  
MORNING BELL  
MY IRON LUNG  
NICE DREAM  
NO SURPRISES  
NUDE  
OPTIMISTIC  
PARANOID ANDROID

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.

1	5		3	6				
			6	7	8			
4			2	1				
	2				7			
3	6					8	1	
		4					5	
			9	6				4
		3		5	7			
	8		4			6	7	

5		7						
	9	4		8				
3	8					5	9	
			6				4	
	5		7		8		3	
	1				4			
	3	1					2	9
				2		7	1	
						6		4

Cryptogram

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

J XGB BDRB R PGE  
MZRQR LYPLGZPJPK  
WJMG MJWDGW QJKDB  
XG LRVVGM "WVRE RPM  
YZMGZ."

And here is your hint:

Z = R

MNHWY BL KS LUHS  
LTPL PWW JTNS JLNUS  
SCGWNRSSJ PUS BIBLB-  
PWWR LUPBISY PL KNNL  
MPCG?

And here is your hint:

G = P



Weekly Horoscope

★★★★★ great  
★★★★ good  
★★★ average  
★★ alight  
★ difficult

Aries March 21-April 19 ★★★

Revenge turns sour. Extend a forgiving hand and you will be pleased with the results.

Taurus April 20-May 20 ★★★★★

Make that minor repair or improvement you've been putting off. You'll be more effective and feel better.

Gemini May 21-June 20 ★★★

Today's a day for examining the structures and standard procedures where you work. Look for new approaches to get optimal results.

Cancer June 21-July 22 ★★★★★

You find yourself much more upbeat, positive, and energized than usual. You are ready to enjoy life!

Leo July 23-August 22 ★★★

Multiple interests pull you and your loved ones in different directions. Establish clear priorities and make time for each other.

Virgo August 23-September 22 ★★★★★

You can enhance your job security today. Make an investment for the future. Protect and consolidate your gains.

Libra September 23-October 22 ★★★

Busyness is highlighted. Expect many phone calls, people dropping in, mail, paperwork, or demands upon your time.

Scorpio October 23-November 21 ★★

You find a family member pulling away when you want to be close and supportive, or you want to separate when others seems needy. This, too, shall pass.

Sagittarius November 22-December 21 ★★★

You will consider an ethical or moral issue. Remember that the world is not always the way we would like it to be. Be reasonable.

Capricorn December 22-January 19 ★★★★★

You want to improve your financial circumstances, but are unsure what to change. A small alteration in habits reaps large results later.

Aquarius January 20-February 18 ★★★

You experience a conflict between the energy and time committed to a relationship versus a career. Don't make it an either/or; you need both.

Pisces February 19-March 20 ★

Pushing a loved one to change just generates more resistance. Let go and let be.

The solution to last issue's crossword

B	I	R	R		G	O	T	T	O		D	I	E	S		
A	D	U	E		O	R	I	O	N		E	N	Y	A		
B	E	N	C	H	P	R	E	S	S		T	H	R	U		
A	M	T	O			A	S	I	S	E	E	I	T			
				I	N	X	S				D	E	C	R	E	E
V	E	I	L	E	D	T	H	R	E	A	T					
E	A	T		S	I	R	E	E		M	O	N	A	D		
T	R	A	P		V	I	A	L	S		R	E	M	I		
O	S	T	E	O		P	L	A	Y	A		B	S	A		
					D	R	E	S	S	I	N	G	R	O	O	M
I	M	B	I	B	E				D	C	L	I				
M	A	R	C	E	L	L	O			O	A	S	I	S		
B	R	E	A		P	I	L	L	O	W	T	A	L	K		
A	T	A	B		O	N	A	I	R		A	X	L	E		
D	A	M	S		T	E	X	T	S		S	E	E	D		

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# Portland Maine Film Festival comes to USM

**Sam Hill**  
Arts & Culture Editor

The Portland Maine Film Festival will launch for its third consecutive year starting on Oct. 4, and this time USM is more involved than ever before.

The festival will consist of four busy days of independent film, seminars and celebration of film making. Founded in 2010, PMFF is a forum dedicated to presenting the work of emerging and established cinema enthusiasts from Maine and elsewhere. The goal has been to support a growing community of filmmakers in Portland and establish it as a hub for independent film, all while strengthening relationships in the creative community.

"This festival is a symptom of the growing filmmaking population here in Portland," said Tim Ouillette, Professor of Media at the University of Southern Maine and PMFF guest speaker.

Film screenings and lectures will be held at both the Maine College of Art and the University of Southern Maine, giving creative, interested students, staff and faculty a chance to easily participate and some great free entertainment. Attendees will be introduced to a wide variety of film styles ranging from two-minute narrative shorts to feature-length documentaries. All films will be viewed and judged by genre-specific juries consisting of notable creative minds, both local and out-of-state.

This is the first year that USM has been directly involved with the festival. Not only are USM professors involved with the filmmaking panel and giving speeches, but there is a portion of the event specifically highlighting the work of USM students and faculty. There will be digital filmmaking workshops throughout USM day on the Portland campus and an open house at the Communications and Media Studies Production Center, 21 Durham St.

"I'd like to see us get more involved in the community and make some strong connections within Portland," said David Pierson, USM department chair of Communication and Media Studies. "I'm hoping to develop a film studies major in the near future, and this festival is the perfect event to link it with. It's a great opportunity to showcase student work."

"It's important to publicize what's going on in the department," said Ouillette. "I feel like we've created a good balance of theory and applied skills, and we have a lot of really talented students work-

ing here."

A panel of guest speakers will be presenting in Talbot Hall on Thursday, discussing the present state and future of filmmaking in Maine. The panel will consist of Ouillette, Professor of Film Studies, Ariel Rogers and local do-it-yourself filmmaker, Kate Kaminski. Maine has never been the leader in any form of media, but these speakers have hope for the future of the movie industry in the state. They will be discussing the realities of being a Maine-based filmmaker, touching on how to fund film making endeavours, how to publicize a final product and collaboration during production.

"Since we have the internet now, it's become so easy to collaborate on different projects with people you might not have had the opportunity to meet otherwise," said Ouillette. "You no longer have to be in a major hub like Hollywood or New York to be a filmmaker."

The festival is sponsored by collection of local businesses and creative groups, the two primary groups being MENSCK and the San Francisco Film Society, who have partnered as non-profit fiscal sponsors for the event. Both groups seek to promote the creative endeavors of people from all walks of life, supporting innovation and collaboration across the board.

MENSCK is based out of Think-Tank in Portland, a co-working space for the artistic community. MENSCK aims to be the missing link between the ideas of emerging artists and a finalized professional project, plan or event. They provide a unique networking opportunity for artists that is easy to use.

"We're helping not only with the fiscal nuts and bolts of the event, but are also bringing together young, creative minds in the local arts community," said Patrick Roche, MENSCK board member and Director of Community Outreach and Development for PMFF. "We're really just trying to reach out to the people of Portland and get them involved."

The festival, only in its third year, is still in development mode, but it has already been gaining speed during its short existence.

"We've seen rapid growth in interest just in the past year. We all have high hopes for the future. I'm sure that as the years go by the festival will gain notoriety and hopefully become a regional festival one day," said Roche.

A full schedule of events can be found on the official Portland Maine Film Festival website.

shill@usmfreepress.org  
@SamAHill



Nathaniel Ives/ Courtesy Photo

A collection of media studies students put together a video at the Communications and Media Studies Production Center. The Portland Maine Film Festival will be screening multiple works by USM students this year.



Nathaniel Ives/ Courtesy Photo

Students at USM are given the opportunity to apply the skills they are taught in class in the real world.

## Lucid Stage says goodbye

**Sam Hill**  
Arts & Culture Editor

After two years of providing the community with independent entertainment and an affordable arts space for artists on a budget, Lucid Stage is closing its doors on Baxter Boulevard. Lucid Stage hosted a unique events ranging from improv comedy festivals and dance troupes, to jazz bands and ventriloquists. They have always had an abundance of performers looking to book the stage, but the performance space has become too

expensive to manage while still keeping costs low for performers and community members.

"We've never had to actively look for performers and the majority of the time we've been all booked up," said Liz McMahon, director of Lucid Stage. "We've actually had to turn people away in a lot of situations because we didn't have the available stage time."

The stage is known for its affordable fees, community-friendly programs and comfortable, creative atmosphere. The goal of the company has always been to connect

people with their creativity, not to generate profit. While relying on donations, grants, business sponsorships and ticket sales, Lucid has managed to keep afloat just long enough to make a mark on the Portland arts community.

"Aside from financial troubles, we've been successful in everything else. We've brought a lot of people together through all these different art forms, and that's really what it was about, genuine human expression," said McMahon.

See Lucid on page 8





# Local Top 5: Head Shops

Sam Haiden  
Staff Writer

## 1.) Awear 4 Hemp

The foremost purveyor of fine glassware in this city must be Awear. At their Exchange St. location, they have a menagerie of heady glass. Yes, just plain glass. They also have spoons, chillums, water pipes and oil domes for your finest aromatic essential oils. If you are interested in the glassblowing arts, this is the place to be for you; not only do they sell glass rods of a variety of diameters, but they have an accessory glassblowing studio on Preble Street, where you can learn to blow your very own smoking apparatus. 19 Exchange St., 150 Preble. St.

## 2.) The Blazin' Ace

The Blazin' Ace has been blazing for quite some time on Fore Street in the Old Port, and they would be on top; if it wasn't for the fact that Awear has an interactive glass blowing studio. With a wide range in prices, the glassware found here spans from immense glass sculptures which also happen to second as a smoking device, to acrylic water pipes and mini spoons. The chilliest environment in town sports reasonable prices, and sports local artistry; and if you're looking for a coffee-table standby, their selection of straight-tube water pipes is unbeatable. 432 Fore St.

## 3.) Northern Lights

A close third, Northern Lights is a formidable warehouse on Brighton Avenue. With average prices, the pure variety available in this large space makes it a competitor in the head shop market. Hands down the best spot to buy any hookah supplies. With an excellent selection of papers, cigars, and accessories for your smoking pleasure, Northern Lights appears to have something for everybody. 1140 Brighton Ave

## 4.) Spun

Spun, the newest addition to the head shop repertoire in Portland, opened on Congress Street in 2010. Although Spun is actually a business that has ties to underground music, arts, and fashion cultures, with fresh gear and long boards as well as art glass and spoons, it still must be considered. The environment, mission, and products of this company make it a comfortable and relaxing place to browse around for some new glassware. Check it out and ask the owner what he means by "Rebuilding the Underground." 543 Congress St.

## 5.) The Wake n' Bakery Cafe & Glass Emporium

The Wake N' Bakery Cafe & Glass Emporium makes the list from all the way over in Westbrook, simply due to its uniqueness. Once again, this shop makes it to the list not due to the glass it has, but what you can experience along with the glass. They're always open (that's right, kids. 4:20 to 4:20, 24/7), serves a full breakfast, brunch, and lunch menu, to satisfy your munchies as well. For this reason, this cafe needed to be recognized as an excellent place to buy a heady pipe, and a piece of pie! 597 Bridgton Rd., Westbrook



Melissa Smith / Staff Photographer

Lucid Stage, located on Baxter Boulevard will soon be empty. The in-the-round stage space has hosted hundreds of events through it's two-year stint and offered an affordable space to rent for artists in the community.

From **Lucid** on page 7

Lucid Stage is considered to be a stepping stone in the arts community, offering a more open venue for new artists who cannot get involved in more established settings, such as Portland Stage Company. Lucid was open to performers of all experience levels and helped to train newcomers to the theater world.

"We've always had this 'come as you are' attitude," said development director Erin Gurren. "It's been a unique community for artists with little money, creativity and a lot of energy. It's all about the energy that's brought in."

"There needs to be affordable venues like this for those who don't have the money to compete with established shows. Everyone

always talks about the abundance of artists in Portland, but there isn't an abundance of art spaces available," said McMahon.

While most established theater companies only produce well-known or published plays on their stage, Lucid was always willing to work with amateur scripts. New playwrights were able to rent the space to produce their play, regardless of their experience level. Lucid Stage veterans would walk rookies through the process, hosting auditions, teaching the basics of lighting, giving directing tips and actually making the play work on stage for the first time. It's a service that cannot be easily found, and especially not at such a low price with such a friendly staff.

But Lucid Stage isn't calling it quits just yet. Although they have

lost their residence, they will be actively searching for a new venue in the future. There is enough support from the community and enough dedicated staff members to continue this program and re-start somewhere down the road with this experience in their back pocket. McMahon will soon be leaving the country to teach English in Russia for a year, but she will be ready to get back to work when she returns. She is optimistic for the future of Lucid Stage.

"We want to recreate this atmosphere elsewhere. It's important to have this incubator for young and emerging artists," said McMahon.

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## In Heavy Rotation

What caught the eyes and ears of our staff this week.

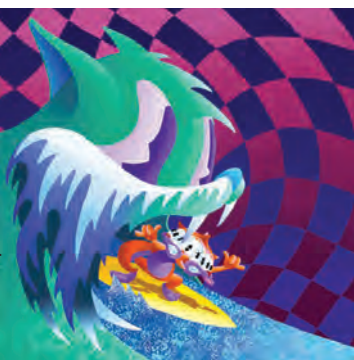


Self-Released

### Olu / P3

Recorded on a laptop with a USB mic, P3 sounds surprisingly high quality. Olu brings a little something different to the table, veering away from the typical braggadocio style of a lot of popular rappers. The beats are fresh and use a lot of fun, obscure samples that you wouldn't expect to hear rap over. Bump this.

-Sam Hill  
Arts & Culture Editor



Columbia

### MGMT / Congratulations

Congratulations is bounds better than Oracular Spectacular in my opinion. Such an improvement. MGMT somehow achieves a sound that lies somewhere between led Zepelin and the Jackson 5.

-Sam Haiden  
Staff Writer



Roc-A-Fella, Def Jam

### Kanye West / Graduation

Straight-up classic, yo.

-Alex Greenlee  
Multimedia Editor

Have any  
recommendations  
for us? E-mail us  
at [usmfreepress.org](mailto:usmfreepress.org)

# Arts & Culture Recommends: A night at the PMA

Sam Hill

Arts and Culture Editor

The Portland Museum of Art on Congress Street has multiple events going on this week that are worth checking out. This is great location to visit for a relaxing evening out. There's a lot more to do at the museum than browsing the art.

The PMA will be hosting a screening of the 1960s experimental film *The Connection* on Oct. 5 and 6. Based on a play of the same name by Jack Gelber, the film follows Jim Dunn, a self-righteous young documentarian, and his cameraman J.J. Burden as they record the activities of eight drug addicts in a Greenwich Village loft while waiting for a heroin dealer.

Throughout the film, Dunn encourages the men to act naturally, do whatever they would normally do and asks them to share personal anecdotes as they wait. When their

contact, Cowboy, finally delivers the product, the junkies get their fix and Dunn manages to really get himself into the action.

The majority of the actors in the film are the same actors from the original New York production. A lot of them are jazz musicians by trade and perform throughout the film.

*The Connection* gives viewers a look into the bohemian fellowship in America during the early 1960s. Jumping into the world of drug abuse in a minority group, director Shirley Clarke, creates an unorthodox illustration of how the underbelly of society operates and the mind of a drug addict. While it's easy to see differences between the time period of the film and social norms today, it also demonstrates that some things never change.

Students at USM are granted free access to the museum, so come early and take a stroll through the various exhibits before you settle in

for the movie screening. One of the newer more prominent exhibits is *Weatherbeaten: Winslow Homer and Maine*, featuring 38 all-American masterpieces by the artist Winslow Homer. These pieces were painted during the final decades of his life when he lived on Prout's Neck in Scarborough. The Portland Museum of Art is the only venue for this important exhibition, as the pieces have been gathered from private collections in other art museums, so take a look while you have the chance.

You can even enjoy a light dinner before the movie in the PMA Cafe by Aurora Provisions. This small, cozy vendor specializes in inspired soups and salads, and gourmet sandwiches. Be sure to fill up after your romp around the museum.

Details such as movie times,



prices and a full menu for the cafe can be found on the official PMA website.

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@SamAHill

## Local Review

### Whip Hands' final bang



Cassettaint Records

Sam Hill

Arts & Culture Editor

The Whip Hands have been bouncing around the Portland music scene for quite a while now, playing live shows all over the city, from SPACE, Matthew's and Geno's Rock Club, to Casablanca Cruises, and even USM. This past summer they were finally able to record their first full-length album.

The album as a whole is reminiscent of the classic punk compilations featured on Tony Hawk: Pro Skater soundtracks. This is garage punk skater music to the core. The raw, heavy drumwork of Chris "Chainsaw" Hunter throughout the entire album makes you fight the urge to go out and do something extreme. Sterling Black and Thom Cote make quite the duo on guitars, whipping up some classic melodies while Dan Flynn provides the driving bass lines that come strong track after track.

The opening track, "Heavy on the Juice," has been seen before, featured on the band's demo *Supercarged* back in March. But this new version is quite an improve-

ment, returning as a much more focused and polished work. "Money Is Honey (But Licks Stick)," has some of the most interesting guitar lines in local music, with Black and Cote playing call and response, fighting each other for the duration of the song.

The lyrics are simple. Just a repetition of the line "Tryin' to wreck my head," but it doesn't take away from the track. The instrumental is complicated and takes you on a journey of its own, leaving you with a unique experience without complex lyrics. The last track on the album, "Johnny Smith," tricks you into thinking they're slowing down and abandoning the hard, punk flow they've created for the album. It's a slow start and hard to listen to after you've been headbanging your way through the rest of the piece, but after a few minutes it picks right back up and ends with a bang.

You don't have to be a fan of the genre to enjoy the work put into this album. It's rough, raw and rambunctious, creating a powerful presence that is difficult to ignore. While the Whip Hands have recently disbanded, don't miss the opportunity to snatch this album online at Bandcamp.

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@SamAHill

## National Review

### Papadosio's potent pop



Self-Released

Sam Haiden  
Staff Writer

Papadosio is rocking clubs across the nation with electronic music, their spaced-out laser light shows piercing the skies and minds of their listeners. The band, hailing from Asheville, N.C., describe themselves as anything but predictable, adopting the technique of taking two seemingly disparate genres and bringing them in harmony, from Rock/House, to Jazz/Hop, to Dub/Breaks. If anything, they're constantly trying to create something that has never been heard before, becoming pioneers of sorts in the genre.

Anthony Thogmartin's role as the band's keyboardist, guitarist and vocalist has increased tenfold in this album. As the band takes its lush, rhythmic synthesizer and looped drum beats in a different direction, we begin to hear them depart from their "dead cover band" sound and move into an era of vastly improved creative design. The vocals have become much more present in this previously jam-focused band, and

now they tend to float like silvery clouds atop the heavy dropping bass lines. Vocal harmonies shine in the first song on the album, "Direction Song," with meaningful, positive lyrics. "Give me some direction/Able minds are working/Open hearts are learning/Give me some direction".

They're strung along by the gossamer thread of a spacey synthpad and give way to a heavy bass drop, accompanied by a tight hip-hop drum kit. Nostalgic guitar riffs play, while a surprising pop-inspired vocal lead by Thogmartin brings us through the bridge and a gradual buildup leads to break after powerful break.

To focus on any individual song, however, would not do this band any justice. Every song is an entirely different experience with their sampling from all kinds of genres, inciting a deluge of thoughts and emotions.

When you listen to this album, an incredibly long 20-song and two-disc jam, you will feel it in your viscera. Available for pre-order now, the flagship album comes with magnificent artwork accompanying every song, and the experience will not only inspire you, but make you and your friends dance late into the night, possibly until the sun comes up.

[arts@usmfreepress.org](mailto:arts@usmfreepress.org)  
@savorsolidsound



# A&C Listings

## Tuesday, October 2nd

Great Lake Swimmers  
One Longfellow Square  
181 State St.  
Doors: 8:00 pm / Show: 8:00 pm

## Wednesday, October 3rd

Anthrax / Testament / Death Angel  
State Theatre  
609 Congress St.  
Doors: 8:00 pm / Show: 8:00 pm

## Thursday, October 4th

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

Joel Cage  
Blue  
650 Congress St.  
Doors: 8:00 pm / Show: 8:00 pm

Poke Chop and the Other White Meats  
Blue  
650 Congress St.  
Doors: 10:00 pm / Show: 10:00 pm

## Friday, October 5th

Rocky & The Pressers  
Blue  
650 Congress St.  
Doors: 6:00 pm / Show: 6:00 pm

Lori McKenna  
One Longfellow Square  
181 State St.  
Doors: 8:00 pm / Show: 8:00 pm

Forget Forget / When Particles Collide / John Nels  
Sainte  
24 Preble St.  
Doors: 9:00 pm / Show: 9:00 pm

The Reverie Machine / Wesley Hartley  
and The Traveling Trees  
The Big Easy  
55 Market Street  
Doors: 9:00 pm / Show: 9:00 pm

## Saturday, October 6th

Ben Harper  
State Theatre  
609 Congress St.  
Doors: 7:00 pm / Show: 8:00 pm

Jimmy and The Soul Cats  
The Big Easy  
55 Market Street  
Doors: 7:00 pm / Show: 8:00 pm

Jenee Halstead  
Blue  
650 Congress St.  
Doors: 8:00 pm / Show: 8:00 pm

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# Perspectives

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## Political speeches becoming more than just partisan fodder

Spencer McBreairty  
Contributor

Perhaps the greatest weapons a political candidate has in his or her arsenal are an incredible speech writer and a talent for persuasive delivery.

In 2008, Barack Obama gave some incredible speeches while trying to defeat Hillary Clinton. Although the speeches carried Obama's ideas and vision, much of the speech writing was actually done by a relatively unknown young man named Jon Favreau. A man of only 27, Favreau would go on to draft some of the most pivotal speeches in the campaign, helping Obama secure victory in the primary. Now the director of speech-writing at the White House, he continues to help the Obama campaign organize and perfect the president's thoughts.

But the prominence of political speeches has been an evolving process. In 1936, faced with re-election and increasing tension within foreign affairs, Roosevelt

declared "I hate war" while speaking in western New York. After the attack on Pearl Harbor in 1941, he called it a "date which will live in infamy." That day, like Roosevelt's speech, has in fact gone on to be remembered at the same level as "Four score and seven years ago" or "a crisis of confidence."

**"There's an art in speech-writing and deliverance, and when you run for president, that skill needs to be perfected."**

So what is it about these speeches that makes them noteworthy in the eyes of the public? Are we really so simple that a few nice-sounding words woo us into confidently checking that little box? On the one hand, yes - we are that simple. We hear a candidate say "No new taxes," and we don't question why or how - we vote for them.



Pete Souza / The White House

Speech writer Jon Favreau and President Barack Obama reviewing a draft before a press conference in 2010.

The words are only part of it. Reagan was criticized heavily for his speeches being too fluffy. It was often said that he intentionally avoided serious issues in his speeches and instead chose to fo-

cus on less demanding ones. But when he stood behind the podium as president, he commanded an audience - not because of his title, but because of his talent. He was great at giving speeches, even when they

lacked substance. For the Americans that witnessed it, the thought of the Challenger disaster and Reagan's "touch the face of God" speech are mutually inclusive.

See **SPEECHES** on page 13

## Marriage equality goes for the swing-vote

Sidney Dritz  
Contributor

The aggressive recruitment tactics adopted by Mainers United for Marriage are hardly surprising, given the marriage equality supporters' defeat in Maine in 2009. What is more of a surprise are some of the other strategies they are using to change their results this time around.

In case you're one of the many who have learned to duck away when a Mainers United for Marriage volunteer looks your way, there is some information you might miss: the marriage equality referendum is question one, just as it was in 2009. However, unlike in 2009, answering 'yes' on one this November is supporting same-sex marriage, not opposing it. The referendum appeals to both parties, protecting the right of churches to abstain from performing same-sex marriages, while at the same time allowing same-sex couples to be legally married outside of those institutions.

The volunteers working for Mainers United to promote the same-sex marriage referendum on November's ballot seem to be making great strides, which may

be a testament not only to their dedication and rhetoric, but also to their aggressive tactics in recruiting other volunteers. Any passerby who admits to supporting marriage equality is asked to give a name, phone number and email address and then asked to sign up to volunteer at one or more events specified on a lengthy list. That prospective volunteer will then be called the night before the event to confirm participation.

"Marriage matters to ALL families," is what the movement's posters and signs said. Members passed them out at the Mainers United for Marriage rally outside of Portland's City Hall in early September. The leaders behind this year's effort to pass marriage equality in the state of Maine are definitely trying out new tactics to boost recruitment. For one thing, as the sign illustrates, there is a much stronger emphasis on the "marriage" side of marriage equality and a whole lot less on the "equality" side.

It's hard to deny that the organization promoting the legalization of same-sex marriage in Maine this year has a name that could just as easily belong to its opposition. The group behind this campaign

prides itself on reaching out and changing the minds of people in this state who have voted against similar legislation in the past, and I for one am glad. I'll put that out there. I think it's a change that has been a long time coming, and I am hopeful that the November election will deliver on that promise. That doesn't mean, however, that I don't have a problem or two with the new campaign.

**For one thing, there is a much stronger emphasis on the "marriage" side of marriage equality and a whole lot less on the "equality" side.**

The overarching rhetorical focus in this campaign concentrates on the glorification of marriage as an institution. That is a totally valid focus for a campaign concerned with expanding the definition of marriage. On the other hand, it seems like there should be a way to do that without sounding weirdly critical of single-parent families and other familial set-ups

where people might not choose to get married.

To be clear, I don't think this is intentional. I do think it's kind of sloppy, though, for a group that exists to expand civil rights for one minority group but to erase either the existence or the legitimacy of another in a slogan plastered across a sea of signs. The front page of their website says "Marriage for all families," a sharp, definitive statement, and I'm sure I can't be the only one who read it and thought, "Wanna bet?"

Maybe it's necessary, though - that very same website is filled with stories of Mainers who changed their minds after talking to volunteers. Mainers whose feelings about their own marriages have been mirrored in the campaign's volunteers' prepared speeches, resulting in some who no longer wanted to keep the institution from their fellow citizens.

These volunteers seem to be succeeding, convincing the people they canvass to that the same-sex couples denied the right to marry are just like them. It's not getting rid of the us-against-them mentality. They're trying to merge 'us'

and 'them.'

If this referendum passes, it will be hard to argue that a few ill-planned signs or posters are not worth the result they produced. It isn't as if people who believe in marriage equality are about to change their minds because of this campaign, nor should they. If voters who are more undecided are swayed by these tactics, who can really complain about them? Still, it is an interesting shift in local politics, to see same-sex marriage advocates staking out a conservative line in the sand.

Sidney Dritz is an English major in her Junior year who transferred from Emerson College in Boston.

**Want to learn more about marriage equality in Maine? Visit [www.mainersunited.org](http://www.mainersunited.org) for more information on the movement.**



# The Discovery Channel's downfall

Henry's Head



Andrew Henry  
Perspectives Editor

Every once in a while, I really enjoy turning off my brain and slipping into couch-potato mode. I usually sit on my couch, turn on the TV and head to the guide to find out what's on so I can unwind, but more and more often, I find that activity is stress-inducing rather than smile-inducing. To my horror, my vice has grown duller and more unoriginal. My passionate relationship with television has aged not like wine, but like dollar-store bread.

Out of all of the television channels, the Discovery Channel is probably my favorite, an opinion also held by thousands of college-age students. In 2008, the channel was ranked first in a list of high-quality networks, with viewers between the ages of 18-34 choosing

Discovery as their overall favorite. Discovery's meat is fact-based programming or occupation profiles like the popular show *Dirty Jobs*, managing to entertain and inform at the same time. But as of late, it has adopted a popular TV trend: shows that have near-copies of themselves on the same network. Their lack of wholly original and truly exciting programming has disappointed me a little.

I went to Discovery's website to find out just how many similarly-themed shows they had. It turns out that the majority of shows on Discovery come in pairs or triplets. They have three shows with "gold" as the theme (*Bering Sea Gold*, *Bering Sea Gold: Under the Ice*, *Gold Rush*), two survival shows (*Survivorman*, *Dual Survival*), two "car" shows (*Fast N' Loud*, *One Car Too Far*), and two gun shows (*American Guns*, *Sons of Guns*). These make up the majority of their daily programming. Discovery used to be home to the most original reality programming on TV, and while I still willfully get sucked into shows like *Sons of Guns* and *Dual Survival*, the network has lost a little bit of the magic that their totally original shows used to offer.

Granted, many of their most popular shows work well in this format, seamlessly weaving factual information with entertainment value. But why the duplicates? One

# ~~DISCOVERY~~ LAME CHANNEL

show dedicated to gold is plenty. I'm not trying to be reductive in my opinion of Discovery - it's still my favorite channel - but I know they're capable of so much more. Discovery has become king of the re-runs, because they have reliable daily programming, but there aren't many shows you'd tune into on Wednesdays at 9 p.m., for ex-

Discovery has reliable daytime programming, but there aren't many shows you'd tune into on Wednesday's at 9 p.m., for example.

ample. This is also known as the ABC Family strategy.

At least Discovery is informative about their television, even if it is redundant. My least favorite channel is TLC which, as it happens, is owned by Discovery. The acronym stands for "The Learning Chan-

nel," a motto rarely supported by their daily line-up. There are better ones, like *What Not to Wear* which offers legitimate fashion advice, but the majority are not very informative. Entertaining, oh yes, but I didn't learn anything that I didn't know before. They have, and I'm not joking, eight wedding shows. *Four Weddings*, *I Found the Gown*, *My Big Fat Gypsy Wedding* (U.S. & U.K.), *Randy to the Rescue*, and *THREE* versions of *Say Yes to the Dress*. I understand that wedding stuff is really popular, but it hardly seems necessary to fill nearly all of a channel's air time with wedding shows. Why not just call it the *Wedding Channel*?

There is one truly informative program, though, and it's the smash hit *Toddlers & Tiaras*. I know that many of you think that this is trash TV, showcasing angry, stuck-up children and their parents. But hear me out - it's not as awful as you'd think. Watching the show is actually a 30-minute lesson on what not to do as a parent. Often times, what

not to do is just as helpful as what to do.

This trend continues outside of TV, though. In popular books, this can be (painfully) illustrated with the *Shades of Grey* series. The books are an account of one woman's sexual escapades and have been labeled by many as "mom porn." I can understand this subject being explored to its fullest in one book, but it seems ridiculous that anyone would need more than one book to elaborate upon this subject.

While the entertainment value is high in this sort of media, it's not exactly necessary. As Sherlock Holmes says about his brain in the self-titled BBC TV show, "This is my hard drive and it only makes sense to put things in there that are useful. Really useful. Ordinary people fill their heads with all kinds of rubbish. And that makes it hard to get at the stuff that matters."

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From **SPEECHES** on page 11

So diction isn't the only defining factor. But the same can be said about mannerisms and confidence. There is art in speech-writing and deliverance, and when you run for president, that skill needs to be perfected.

Campaign speeches that leave an impression do a few different things. First, they relate to the audience. Second, they have emotional impact. For instance, talking about a dead relative or a great love of America is always a sure crowd-pleaser. Next, they almost always have to put down the competition. Maybe they'll be up-

front - "Obama is a tax-and-spend Socialist." Or maybe it'll be less confrontational - "There are those who believe increased taxation and high government spending are beneficial," etc. Finally, no campaign speech is complete without mentioning what makes the speaker top dog, whether it be a military record or time spent working with the poor. Whatever they have to sell, they have to do it quite well, but in the end, the average voter doesn't really listen to what is said in many speeches, a major problem.

If candidates have a combination of good writing and confidence, there will really be a

competition. As the election approaches, it will be interesting to see how speeches evolve. The convention speeches were a good indicator that both sides are prepared and committed to their message. It might not be a bad thing that speeches are evolving and becoming more influential with voters. If anything it allows average Americans the opportunity to hear a candidate's message quickly and still get a meaningful bit of knowledge in the process.

*Spencer McBreaity is a political science major and creative writing minor in his senior year.*



## Letters & Comments

### From: "Steroids and superstardom"

As it is, charges brought against Lance Armstrong are broad and unspecific, lacking due process, so the question remains not about if he doped or not, but about the legitimacy of those charges brought against him. I think you need to look beyond the surface level of what is going on. Hysterical sports media already judged him guilty before any substantive evidence is shown. We can't clean sports from doping if we use corrupt means of medieval justice that USADA is using. We should focus our attention on that. USADA was created by the U.S. Congress and then left without any oversight or checks, so it developed into a power of its own at the expense of athletes that fall under its jurisdiction. That agency uses corrupt justice system to convince those charged. Just check some history of it (LaTasha Jenkins comes to mind).

-Hubert

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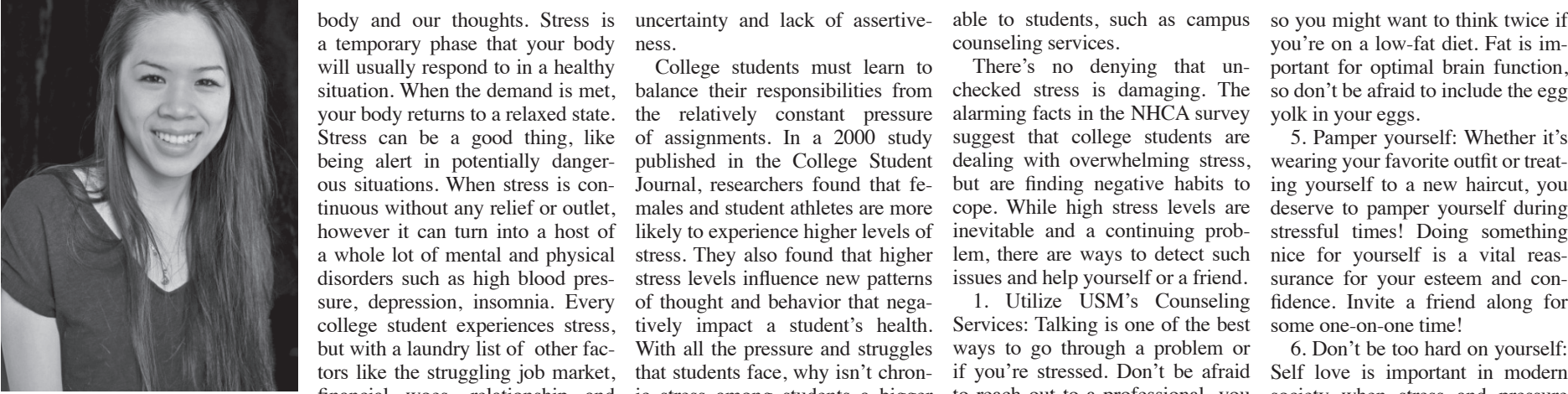
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Chiu on This

# The inevitability of chronic stress:

*Are college students dealing with more stress than they can handle?*



Anna Chiu  
Sports Editor

With assignments starting to pile up this semester, overwhelming stress can become an important risk factor among college students. In today's job market, earning a bachelor's degree isn't enough to land that dream job. Students are under more pressure than ever to get good grades and become more involved, all with the hope of standing out academically. The pressure to keep up with the competition has its price and can really devastate a student's mental health.

Humans are designed to handle and react to stressors from the environment, and our

body and our thoughts. Stress is a temporary phase that your body will usually respond to in a healthy situation. When the demand is met, your body returns to a relaxed state. Stress can be a good thing, like being alert in potentially dangerous situations. When stress is continuous without any relief or outlet, however it can turn into a host of a whole lot of mental and physical disorders such as high blood pressure, depression, insomnia. Every college student experiences stress, but with a laundry list of other factors like the struggling job market, financial woes, relationship and family problems, are these modern day stressors too much for students?

In the 2011 National College Health Assessment, 30 percent of students reported that stress negatively impacted their academic performance. Other related factors that negatively affected students included anxiety, depression, family problems, relationship difficulties, sleep difficulties, financial problems and alcohol use. It is unquestionable that those factors create, heighten or often accompany stress. The combined percentage adds up to almost 90 percent of students reporting that these factors have lowered individual academic performance. There are also internal, self-generated causes of stress, such as pessimism, negative self-talk, unrealistic expectations, perfectionism, inability to accept

uncertainty and lack of assertiveness.

College students must learn to balance their responsibilities from the relatively constant pressure of assignments. In a 2000 study published in the College Student Journal, researchers found that females and student athletes are more likely to experience higher levels of stress. They also found that higher stress levels influence new patterns of thought and behavior that negatively impact a student's health. With all the pressure and struggles that students face, why isn't chronic stress among students a bigger issue?

The NCHA determined that 45 percent of college students reported feeling hopeless within the past 12 months, while 87 percent have felt overwhelmed by the amount of work they had to do. Students also reported feeling overwhelmed by other factors besides academics, such as family problems, personal relationships, sleep difficulties, self-esteem issues and so on. A shocking 30 percent of students said they've felt so depressed that it was difficult to function, and seven percent have seriously considered suicide.

Dealing with stress and other mental problems can be extremely difficult especially when these problems are stigmatized in our culture. Chronic stress is difficult to detect because not a lot of students seek help and because of how normal on going stress has become.

Fortunately, USM has many resources that are avail-

able to students, such as campus counseling services.

There's no denying that unchecked stress is damaging. The alarming facts in the NHCA survey suggest that college students are dealing with overwhelming stress, but are finding negative habits to cope. While high stress levels are inevitable and a continuing problem, there are ways to detect such issues and help yourself or a friend.

1. Utilize USM's Counseling Services: Talking is one of the best ways to go through a problem or if you're stressed. Don't be afraid to reach out to a professional- you have nothing to lose!

2. Limit alcohol and drug use: Alcohol may temporarily ease your problem, but in the NCHA report, 51percent of students who drink say their drinking resulted in consequences such as doing something they regret, having unprotected sex, blacking out or physically hurting yourself or another. Most college students are aware of the dangers of alcohol and drugs, so use your own judgement and be careful!

3. Spend time with friends: Spending quality time with friends can lift your spirits when times are tough. Laughing has been consistently shown to improve your mood. You don't have to go out and spend money to have fun- watch a comedy or host a game night for you and your friends!

4. Eat your fats: Consuming omega-3 rich foods like avocado or salmon provides nourishment for your brain and can affect your mood. Fat provides insulation and conduction for your neural cells,

so you might want to think twice if you're on a low-fat diet. Fat is important for optimal brain function, so don't be afraid to include the egg yolk in your eggs.

5. Pamper yourself: Whether it's wearing your favorite outfit or treating yourself to a new haircut, you deserve to pamper yourself during stressful times! Doing something nice for yourself is a vital reassurance for your esteem and confidence. Invite a friend along for some one-on-one time!

6. Don't be too hard on yourself: Self love is important in modern society when stress and pressure can make you feeling useless or not good enough. Our bodies do not chemically react well to chronic stress. Keep a strong head and know your limits because your health comes first!

7. Get a massage: A massage is always a worthy investment because for 60 or 90 minutes, you can ease into relaxation and clear your mind. Did you know that the Sullivan Complex in Portland has two new massage therapists available for booking? For \$45 you can get a relaxing, stress-easing massage for an hour! You can call to book an appointment by calling 780-4939.

What is most important to remember is that to know you are not alone and there are people and resources everywhere to ensure your safety and help promote a healthy lifestyle.

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## The NCHA revealed that students have experienced the following in the past 12 months:

	Male	Female
Felt things were hopeless	39.2%	50.4%
Fielt overwhelmed by all you had to do	76.9%	91.3%
Felt very sad	50.6%	66.6%
Felt so depressed that it was difficult to function	25.6%	33.1%
Felt overwhelming anxiety	38.7%	55.9%
Intentionall cut burned, bruised, or otherwise injured yourself	4.2%	6.2%
Seriously considered suicide	6.7%	7.1%





# Quick Hits:

## The Huskies' week in review



Alex Greenlee / Multimedia Editor

USM forward Mazen Aljari eyes a toss in from the UMass Boston keeper on Saturday. The Huskies would go on to win 1-0 on a lone goal by freshman midfielder Michael Daniel.

### Men's Soccer

#### Freshman scores only goal for the win

Freshman midfielder Michael Daniel scored the only goal after 61 minutes against University of Massachusetts Boston on Saturday afternoon. The huskie's won 1-0 and has ended their six game losing streak, improving their record to 2-8 and 1-2 in the Little East Conference.

Senior goalkeeper Jeremy Turner made four saves for the men's team, earning his second shut out of this season. The men's team were able to prevent UMass from scoring in the second half which contributed to the win.

The men's team will be traveling to Maine Maritime Academy for a non-conference match this Wednesday at 5 p.m.

### Women's Volleyball

#### Huskies fight back for the win

After losing to Salem State 0-3 earlier in the day, the women's team made a come back against St. Joseph, winning 3-2 on Saturday. The huskies are now 6-11 overall this season.

Freshman blocker Kelsey Abramson made 10 kills and 4 aces while junior Annie Mitchell had 7 kills and 5 aces. Freshman setter Bridget Burns had 24 assists and junior Madalyn Terry had 7 kills for the huskies.

The women's team will be back this Tuesday at 7 p.m. in a non-conference match against the University of Maine Presque Isle.

### Field Hockey

#### The huskies face sixth consecutive loss

The women's team were unable to capture a win against Westfield State University Saturday afternoon. The team lost 1-2 in the LEC match, dropping their record to 4-7 and 1-4 in the LEC.

Sophomore Peyton Dostie made the only goal for USM, scoring in the ninth minute.

The women's team will host Plymouth State University this Tuesday at 4 p.m.

### Women's Tennis

#### Huskies dominated by UMass Dartmouth

The women's team struggled to capture a win against the University of Massachusetts Dartmouth.

USM lost all six singles match in straight sets and ended with a score of 1-8. The huskies record fall to 6-4 and 2-3 in the LEC.

The women's team will host Colby-Sawyer this Wednesday.

### Women's Soccer

#### Huskies remain winless in the LEC

The women's team faced a tough 0-3 loss against the University of Massachusetts Boston on Saturday afternoon. The teams record suffers to 1-9 this season and remain without a win in the LEC.

Senior goalkeeper Katie Cobb had 10 saves for the huskies and the team only had 7 shots on goal.

The women's team will next play Plymouth State University in an LEC match next Saturday at 1 p.m.

### Men's Cross Country

#### Gazzelloni places third overall to lead the Huskies

Junior Julian Gazzelloni placed third overall for the men's team at the Pop Crowell Invitational on Saturday. Gazzelloni was the first Division III runner to cross the finish line with the time of 26 minutes, 2.0, leading the team to finish fifth place.

Freshman Brad Cuddeback was the second USM runner to cross the finish line, finishing 34th overall with a time of 27 minutes and 37.5 seconds.

The men's team will next run at the James Early Invitational next Saturday.

### Women's Cross Country

#### Huskies finish fourth out of six teams

Freshman Chelsie Oldfield finished 15th place overall to push the huskies to a fourth place finish at the Colby College Invitational on Saturday.

Oldfield finished the 5,000-meter course in 22 minutes and .50 seconds, finishing first for the women's team. The huskies team had 87 points overall.

The women's team will run at the NEICAAA New England Championships next Sunday in Westfield, Mass.

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### Scoreboard

September 25		
Women's Soccer		
USM	0	
Me.- Farmington	2	
Women's Volleyball		
USM	0	
Husson	3	
September 26		
Field Hockey		
USM	1	
Salem St.	3	
Men's Soccer		
USM	1	
Colby	7	
September 29		
Women's Soccer		
USM	0	
Mass.- Boston	3	
Field Hockey		
USM	1	
Westfield St.	2	
Women's Tennis		
USM	1	
Mass. -Dartmouth	8	
Men's Soccer		
USM	1	
Mass. -Boston	0	
Women's Volleyball		
USM	0	
Salem St.	3	
USM	3	
St. Joseph (Conn.)	2	

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### Upcoming

October 2	
Field Hockey	
Plymouth St.	
@ USM	
Women's Volleyball	
Me.- Presque Isle	
@ USM	
October 3	
Women's Tennis	
Colby-Sawyer	
@ USM	
Men's Soccer	
USM	
@ Maine Maritime	
October 4	
Field Hockey	
USM	
@ UNE	
Women's Volleyball	
USM	
@ Babson	
October 6	
Women's Soccer	
Plymouth St.	
@ USM	
Field Hockey	
USM	
@ Mass.- Dartmouth	
Women's Tennis	
Bridgewater St.	
@ USM	
Men's Soccer	
USM	
@ Plymouth St.	
Women's Volleyball	
UNB- St. John's	
@ USM	
Women's Volleyball	
Husson	
@ USM	
Men's Cross Country	
USM	
@ Westfield State University	



# USM COMMUNITY PAGE



**Kit Kelchner**  
Staff Writer

The fall Science Cafes in the Atrium series began last Wednesday with a presentation by Dr. David Champlin, USM associate professor of Biology, concerning the role of steroids in animal and human behavior.

The series is a collaboration between USM and Cornerstones of Science, a Brunswick based science literacy group, connecting university researchers with the public in an informal atmosphere accessible to all ages. Themed around the 50th anniversary of the publication of Rachel Carson's Silent Spring, a book of social criticism that helped to launch the environmental movement, the discussion focused on the human-environment relationship and challenges faced by human society.

As Champlin explained, that challenge is staggering: "There are 10,000 insect species considered agricultural pests... and many others that are vectors for disease transmission." Worldwide crop demands and agricultural commerce bring increased risk. Half of the US population of bees are shipped to California each year to help pollinate the almond trees, risking the entire bee population. The challenge for researchers is to develop methods of control that minimize risk and provide high crop yields.

In Carson's time, mass spraying of pesticides like DDT were common, and while her environmental advocacy and congressional testimony stressed the potential for harm in these chemicals, she maintained argued for the need for their spare, selective and intelligent use.

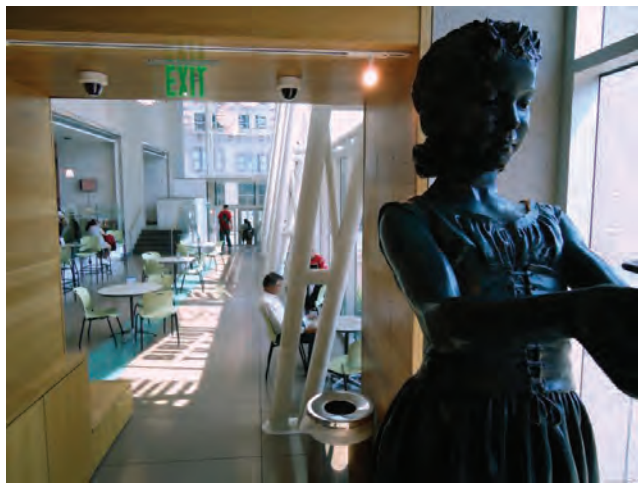
The spirit of that advocacy is alive at USM. Using examples like the Manduca sexta, a moth locally referred to as the tomato horn worm, Champlin presented the complex biological war raging between plants and moths, which have the most suc-

cessful life cycle on Earth.

Champlin's live moth samples, developed and kept at USM's labs, illustrated for participants the incredible growth cycle of the moths from egg to adult. Left unchecked, the crop devastation caused by horn worms is total and complete. Such examples illustrate the importance of public education and coordinated control with modern integrated pest management strategies.

The next Science Cafe at the atrium will be Oct. 25 with a lecture on environmental science by Travis Wagner.

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Courtesy photo

Portland public library atrium



## Featured Photo:

## Partying with Reel Big Fish



Alex Greenlee / Multimedia Editor

President Theo Kalikow could be seen shaking a leg among the crowd at Saturday's Reel Big Fish concert in Gorham.



## Campus Events

### Monday, October 1

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

Monday Mechanics: Basic Bicycle Skills Workshop  
4:15 PM - 5:15 PM  
Amphitheater, Woodbury Campus Center, Portland

### Tuesday, October 2

Blade Society Weekly Event  
6:00 PM - 9:00 PM  
Main gym, Sullivan Complex, Portland

The Navigators - Nav Nite  
7:30 PM - 9:00 PM  
Hastings Formal Lounge, Gorham

### Wednesday, October 3

Pre-Medical And Health Student Society  
9:00 AM - 9:30 AM  
Room 132, Woodbury Campus Center, Portland

Queer Straight Alliance Student Group Meeting  
7:30 PM - 8:30 PM  
Visit Facebook to confirm each weeks' meeting location: <https://www.facebook.com/groups/160333790644385/>

### Thursday, October 4

Students in Free Enterprise(SIFE)  
1:15 PM - 2:30 PM  
503 Luther Bonney Hall, Portland

US Senate Candidates' Forum on Issues Affecting Women and Girls  
6:00 PM - 9:00 PM  
Hannaford Hall, Abromson Center, Portland

### Friday, October 5

Board of Student Organizations Meeting  
11:00 AM - 1:00 PM  
Talbot Auditorium, Luther Bonney Hall, Portland

ArtTalk - Andrea Sulzer  
1:00 PM - 2:00 PM  
Burnham Lounge, Robie Andrews, Gorham

Portland Maine Film Festival USM Day  
1:00 PM - 10:00 PM  
USM Portland Campus

### Saturday, October 6

Boff Club Meeting  
12:00 PM - 4:00 PM  
The hill behind Robie Andrews

### Sunday, October 7

MOON WITCH  
3:00 PM - 4:00 PM  
Southworth Planetarium, Portland

For more events:  
[www.usm.maine.edu/events](http://www.usm.maine.edu/events)