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Civic Matters continues growth in fourth year

Nate Mooney
News Assistant

The fourth annual Civic Matters Symposium will be held in the Wishcamper Center on Friday, Nov. 16, from 8:30 a.m. to 1 p.m. The event put on by the Office of Community Service Learning will highlight projects by USM students and faculty who serve their surroundings.

Andrea Thompson McCall, director of Community Service Learning at USM, said the event is both retrospective and promotional in that it celebrates work that is already completed and ongoing but also encourages more links between the college and the community. McCall said that Civic Matters was originally a part of Thinking Matters, another USM student symposium, but the focus on research of the latter event necessitated a separate home for all of the community work being done by USM students. She feels that USM is uniquely positioned to be a leader within the University of Maine System for its work done in the community, owing both to its diverse student body and its location in Maine's largest population hub.

Over 20 student projects on topics ranging from bacteria in the mud flats of Casco Bay to the classroom structure of Portland public schools will be presented in posters and oral presentations.

USM students Josiah Brown and Will Gattis didn't have any history of digging clams. Brown, an environmental science major, and Gattis, an economics major, thought it seemed like a natural fit. However, when the Casco Bay Estuary Partnership contacted the two USM students to update a 1995 study of bacterial closures of Maine clam flats, the group, which includes organizations at all levels of government, nonprofits and businesses, looks at the bacterial closure rates in clam flats and how they affect Maine's clam sales. The work by the two students is ongoing and includes a survey of clams sold in area restaurants and permits issued for clamming by Maine's Department of Marine Resources.

See REACTION on page 2.
Trustees say yes to new credit transfer policy

Jonathan Reis  Staff Writer

The Board of Trustees had their final meeting of the year last week. There they discussed, among other topics, a four-part initiative to establish a system-wide credit transfer steering committee aimed at making the transfer process easier for non-traditional students transiting between the University of Maine System branches.

President Wilson Hess of the University of Maine at Fort Kent and Peggy Markson, public relations manager for the University of Maine System, explained the concept behind the new credit transfer system as a way to make it easier for non-traditional students to finish degrees they may have started, but never finished at previous institutions. Mrs. Markson stated the plan was “in order to meet the needs of Maine’s growing workforce.”

The traditional student base has been decreasing over the last few years at a system-wide level. Because of this, the system is placing a greater focus on the growing population of non-traditional students. Hess hopes to make it easier for students re-entering school to transfer previous job or training experience into credits that count toward a degree.

These prior learning assessment elements will allow the System to assess individual academic credibility. The Credit Transfer Steering Committee plans on revealing their four-part design for the initiative at the next board meeting. The plan initiative’s goals were to make it easier for adult students with some college credit to complete their degrees and to make transferring credits easier among the system’s universities. The plan also allowed the Board to conduct routine system-wide administrative reviews so that the committee could receive adequate funding. Hess recommends that the system implement the credit transfer and the four initiatives immediately to “create a statewide, more robust credit transfer system across the University of Maine System.”

The next trustees meeting will take place in early January at the UMaine headquarters in Orono.

Native American activist, LaDuke, speaks at USM

Donna M. Loring lecturer Winona LaDuke asked her audience to think outside the box when it comes to environmental justice and solutions to climate change. LaDuke is an environmental activist, enrolled member of the Mississippi Band Anishinaabe and founding member of Honor the Earth, which describes itself as “an organization...to address the two primary needs of the Native environmental movement: the need to break the geographical and political isolation of Native communities and the need to increase financial resources for organizing and change.” LaDuke is a former board member of Greenpeace USA, and was Ralph Nader’s Vice Presidential running mate in both 1996 and 2000.

She was quick to assure listeners that, “I’ve been in the box, too—I’m an economist, for crying out loud.” Still, she said, the systems in place in modern American society for food and energy production are unsustainable and are having dire effects on the planet. LaDuke did not simply list the problems she saw, however. Instead, she proceeded to explain the alternative systems that her organization has been putting in place. She drew several parallels between Maine and Minnesota’s climate and environment, suggesting that since both were remote, largely rural places with cold climates, many of those same strategies her tribe has adopted might be effective here as well.

One of the strategies she mentioned included wind and solar power and a commitment to locally grown food, which, as she mentioned, Maine’s many organic farms already have a head start with.

Still, LaDuke said, “It’s not too late. Let’s do it together.”

USM installs new green water heating facilities

Jim Sheldon  Staff Writer

The university will replace three 45-year-old boilers and install a new geothermal field. The system will run off of geothermal energy, which will be harvested from below the Earth’s surface. This will provide a cheaper, more efficient way to operate in the summertime. It will also be used to help meet the university’s goals of carbon neutrality.

To assess the system and make recommendations based on its goals of Council on Climate Neutrality. The university assessed the recommendations, then elected to enact the one they thought best based on cost.

The renovations mark another increase in the university’s overall energy efficiency. Last spring, contractors updated the lighting systems in the Costello Sports Complex’s Field House, the Hill Gymnasium and the Ice Arena. Parking lot and campus roadway light fixtures will also receive retrofits. The university estimates that this will reduce energy expenses by over $70,000 per year. USM’s Department of Facilities and Management also replaced the shower heads in the Gorham dormitories with ones that provide greater pressure while using less than half the water of the old ones.

USM has been a pioneer in implementing sustainable and renewable systems in new buildings. In 2004 the Gorham campus added the first state-owned building certified by the U.S. Green Council Leader.
Students work to can hunger with food drive

Kit Kelchner
Staff Writer

USM’s student group Enactus, formerly known as Students in Free Enterprise, hosted its first food drive of the season at Sam’s Club in Scarborough on Friday, Nov. 9. The group accepted both monetary and non-perishable food donations to benefit the Good Shepherd Food Bank, which has helped Maine residents for over 30 years.

The Enactus team is helping the Good Shepherd Food Bank achieve its goal to raise at least $200,000 to provide some 500,000 meals through the winter to Mainers. Nearly 15 percent of Maine households are considered food insecure by the U.S. Department of Agriculture through the winter to Mainers. Several USM faculty members authored articles for the next issue on the ways that group work can aid the community and still present their work at the Civic Matters panel discussion. The special all-USM issue was partly facilitated by USM Associate Professor of Social Work Paul Johnson, who sits on the publication’s editorial board.

Students were evacuated from Dickey Wood Hall around 3:30 a.m. on Thursday and led through the snow to wait for the ok to return. Students shivered as they waited. The temperature was 34 degrees Fahrenheit.

“[Student involvement] is especially important to bring awareness to our communities.”

-Sarah Dubois
Organizer of “Let’s Can Hunger”

The Delta Chi fraternity USM chapter organized a bone marrow registry drive to honor the memory of a USM alumnus after the tragic death of his son this year.

Giovanni Guglielmo was born with a rare immune deficiency known as NEMO syndrome. His life was saved in 2007 with a marrow transplant from a donor, but he died five years later in April 2012. His fa-

The next drive will be on Nov. 18 at Walmart in Scarborough. Students wishing to assist or join the group can meet the Enactus team at their weekly meeting in Luther Bonney 502.

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Since that recent tragedy, the fraternity has been heavily involved in the cause, and they have been turning out very significant results. Cody Berkowitz, senior marketing major and Delta Chi brother, told The Free Press that the fraternity regularly holds philanthropic events, but this one is particularly important for the members of the fraternity.

“We had 200-300 people come two years ago but this year the sky’s the limit,” said Berkowitz. “We would like to see 500 this year.” Berkowitz added that the drive is being held in coordination with the Alpha Xi Delta women’s fraternity—“It’s a joint effort of philanthropy for both chapters.”

No transplants will actually occur at the drive. The effort is only to add potential donors to the registry for future donations. “It’s easier than donating blood,” said Berkowitz. “It takes about two minutes.”

A cheek swab and a list of health questions is all that will be taken from donors. The DNA harvested from donors will be tested by DKMS and included in their database before officially being used by hospitals to match donors. When very serious cancers, like blood can-

Alex Greenlee // Multimedia Editor
Graduate student Diana McDermott will present on her leadership of the program “America Reads” and its partnership with local school departments.

not have many books at home. She also likes working with undergrads, though she is a little light on help this year—her count of “readers” has gone from twelve last year to only four so far this fall. Interested stu-

[Image 464x274 to 572x506]

Delta Chi hosts its annual bone marrow drive

Left: Cody Berkowitz, senior marketing major. Middle: Casey Mountain, Communication major and USM alumnus. Right: Kyle Foyt-Bridges, sophomore Biology major.

Sam Haiden
Staff Writer

The Delta Chi fraternity USM chapter organized a bone marrow registry drive to honor the memory of a USM alumnus after the tragic death of his son this year.

Giovanni Guglielmo was born with a rare immune deficiency known as NEMO syndrome. His life was saved in 2007 with a marrow transplant from a donor, but he died five years later in April 2012. His father, Michael is a former brother at Delta Chi.

The goal of the event is to provide the German Bone Marrow Donor Center (DKMS) with a world’s largest registry of DNA data for bone marrow transplants—potential donors. The registry identifies blood matches that could save lives of those diagnosed with bone marrow cancer and leukemia.

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Alex Greenlee // Multimedia Editor

Feature Photo:

Students were evacuated from Dickey Wood Hall around 3:30 a.m. on Thursday and led through the snow to wait for the ok to return. Students shivered as they waited. The temperature was 34 degrees Fahrenheit.
Regardless, both Abromson and Muskie remain examples of conscientious, cost-saving design. Each is equipped with geothermal heating and cooling, photovoltaic, rainwater re-capture and sequestration, daylight harvesting and demand-controlled ventilation systems.

USM has been losing money lately due to declining enrollment, and as such has been actively seeking ways to save money, such as consolidating academic departments. USM does not intend to add any new buildings to its campuses in the foreseeable future, but it remains dedicated to renewable and sustainable system development because of the cost-savings and value-added for the university, its students and the world in which we live.

From LADUKE on page 2

just growing local, it’s also what you grow.” She was referring to her own crops. All of the different types of corn and squash she grows, she said, are hardy and nutrient rich, organic and produced quite differently from current, conventional growing practices.

In response to a question at the end of the lecture about how to fight genetic engineering of crops, she described her tribe’s seven-year fight to keep the University of Minnesota from trying to genetically engineer wild rice, a very important crop to their tribal tradition. “We have had good success with our corn. I’m not going to get it tested, I’m just going to keep growing it.” LaDuke said. That attitude is at the heart of LaDuke’s lecture: she feels that most of the problems she is working to fight can only truly be overcome by a closer relationship with the earth, and she uses her knowledge as an economist to back it up, describing her philosophy as one of “inter-generational economic justice.”

This is the fourth annual Donna M. Loring lecture, named for Donna Loring, an author and legislator for Native American rights and visibility. The lecture is generally held by and at the University of New England, since it is her donation of a collection of her personal and literary papers to UNE’s Maine Women Writers Collection that makes the event possible. However, according to USM’s Coordinator of Multicultural Student Affairs Susan Lewey Hamilton, the Maine Women Writers Collection was concerned that LaDuke would draw such a crowd that UNE’s Biddeford campus would be unable to accommodate the lecture. “We were very fortunate,” Hamilton added.

The office of Multicultural Student Affairs is holding a series of events to celebrate Native American Awareness Month, a project that Hamilton said she had done in the past, but had been unable to find room for in the budget last year. This November, there are three events in Hamilton’s program, two of which have passed. The first was a social and basket-making workshop run by Pam Cunningham, of the Penobscot Indian Nation of Maine. “It’s a lost art that really needs to come back. It’s lost through assimilation—these are some of the things that are lost,” said Hamilton talking about basket-making. She added that she intends to write a grant for next year, hoping to extend the basket-making workshop into a program with an event every month, to spread knowledge of the craft.

The third and final event of the series will be a panel, held by the Maine Wabanaki State Child Welfare Truth and Reconciliation Commission on Nov. 15, discussing the practice of forced assimilation of Native American children. The practice of forcibly taking Native American children from their homes and sending them away to the Carlisle Industrial School and places like it began in the late 1800’s and is continued in the foster system to this day. Hamilton says the commission is two and a half years into a five year process to address this issue.

“The Devil Makes Three”

From GREEN on page 2

ship in Energy and Environmental Design (LEED). In 2005 it added the Abromson Community Education Center, and in 2008, it added the Muskie School of Public Service, both LEED certified. This certification demonstrates, according to the US Green Building Council, that a building is designed to lower operating costs, increase asset value, reduce waste and greenhouse gas emissions, conserve resources and be healthier for users.

In 2004 Governor John Baldacci issued an executive order mandating that the design, construction, operation and maintenance of new or expanded state buildings meet LEED certification. In 2008 Governor Paul LePage repealed that order with his own, which permits the use of “unsustainably-harvested wood” in state buildings, a tradition. “We have had good success with our corn. I’m not going to get it tested, I’m just going to keep growing it.” LaDuke said.

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Well-known Baha’i documentary screening

A documentary entitled Education Under Fire will screen in Luther Bonney’s Talbot Auditorium on Tuesday, Nov. 13 at 7 p.m. The documentary shows the oppression of members of the Baha’i faith in Iran, where its adherents are prevented from obtaining higher education, and can be put in prison for not renouncing their belief in the Baha’i faith. The documentary is co-sponsored by Amnesty International. The USM screening is part of a larger effort to raise awareness about the struggle of Baha’is. For more information contact Dr. Robert Aitkinson, USM Baha’i Advisor, at (207) 780-4537.

Wabanaki reconciliation talk

Two Maine Native American activists, Denise Yarmal Alvater and Esther Anne Alvater, will lead a panel discussion on the ongoing work of the Truth and Reconciliation Commission for State Child Welfare on Thursday, Nov. 15 at 6:30 p.m. in Talbot Hall. Many Wabanaki children were taken from their homes around the turn of the 20th century and re-located to foster homes or boarding schools designed to subvert their heritage. The commission seeks to report on recommendations for child welfare practices for Wabanaki children and their families.

IT job fair at Abromson

The USM College of Science, Technology and Health will be hosting a job fair in the Abromson Community Center on Wednesday, Nov. 28 from 1 p.m. to 5 p.m. Top companies in Maine information technology in attendance include Fairchild Semiconductor, L.L.Bean, General Dynamics-Idexx and Enercon Technologies. Businesses are seeking applicants for full-time and summer internship openings. Any student with an interest in a technology related career is encouraged to attend. If your resume and interview skills need some polishing up, the CSTM has you covered there, with a resume and interview skills workshop the night before. Head to Wishcamper 203 on Tuesday, Nov. 27 from 5 p.m. to 6:30 p.m. for a chance to meet corporate human resources employees and USM staff with tips on job searching, crafting a resume and interview techniques.

Ukrainian tea party

The multicultural center will host a tea party featuring Russian teas on Tuesday, Nov. 13 from 6 p.m. to 7:30 p.m. in their office at the Woodbury Campus Center. All are welcome to attend this chance to converse over some exotic hot beverages. Contact Anna Ivanova for more information at anna.ivanov@maine.edu

DHHS commissioner speaks

Mary Mayhew, commissioner for Maine Department of Health and Human Services, will speak on Tuesday, Nov. 13 at 6:45 p.m. in Portland’s Wishcamper Center. Her speech, entitled “Maine DHHS: Challenges and Opportunities,” will focus on the problems facing Maine’s medicare system today and her hopes for the future of the department. Before moving to the MDHHS, Mayhew served as vice president for the Maine Hospital Association, part of a public affairs firm and, most recently, as a senior health policy advisor for Governor Paul LePage. The event is free and open to the public.

Stonecoast MFA writer book signing

A graduate of USM’s Stonecoast MFA in creative writing program, Jeff Foltz, will speak about his newest book at the Portland campus bookstore from 7 p.m. to 8:30 p.m. Two Men Ten Suns is a fictional account of men on either side of Japan and America’s efforts to build an atomic bomb at the end of World War 2. His first novel received an honorable mention at the 2011 New England Book Festival. Contact Kelly at USM bookstores for more information (207) 780-4071.

Police Beat

Selections from the USM Department of Public Safety police log Oct. 30 to Nov. 5

Tuesday, October 30

Manic Mondays?
12:26 a.m. - Report of a disturbance in a room. Kevin J. Lambert, 19, of Gorham, arrested for disorderly conduct, and charged with alcohol consumption by a minor and criminal mischief. - Upton Hastings Hall

Turn ‘em on
10:15 a.m. - Warning for failure to use headlights and wipers as conditions warrant. - Portland Parking Lot 4

Wednesday, October 31

Must’ve been urgent
9:11 p.m. - Report of a missing fire extinguisher. - Dickey Wood Hall

It’s either that or the tomato sauce
10:09 p.m. - Odor of marijuana. Unconfirmed. - Dickey Wood Hall

Sounds like they handled it first.
10:34 p.m. - Report of a fight. Handled by officer. One transported to hospital. - Phillipi Hall

Thursday, November 1

Amateur hour at GPD
6:35 p.m. - Gorham Police requested USM officer to assist on a call. - Off-campus Gorham

I lost my ball!
10:19 p.m. - Caller reports damage to a window. Report taken. - Upton Hastings Hall

Found it
10:27 p.m. - Hole found in the wall by of. - Phillippi Hall

Friday, November 2

It’s too late to ask how I’m voting

Not now dude, I’m in the zone
7:11 a.m. - Subject transported to hospital following medical emergency. - Sullivan Gym

At it again

Saturday, November 3

Not a Bullets-in-board!
8:43 a.m. - Report of damage to a bulletin board. Report taken. - Upton Hastings Hall

In the name of love...
1:00 p.m. - Warning to operator for stop sign violation. - Bedford St.

At it again
7:11 a.m. - Subject transported to hospital following medical emergency. - Sullivan Gym

Sunday, November 4

Smart move
1:25 a.m. - Officer checking on group being loud. Gone on arrival. - Gorham Parking Lot 13A

Sounded suspicious
3:12 p.m. - Report of a suspicious phone call. Information gathered. - Bedford St.

Loud group continues all day noisefest
5:35 p.m. - Report of a group in the woods. Unable to locate. - Mechanical Trades Building Complex

Monday, November 5

Sounds like somebody’s got a case of the Mondays.

Police logs are edited for grammar and style. They can be found at usm.maine.edu/police/campus-crime-log.
**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  2  3  4  5  6  7  8  9
5  6  7  8  9  1  2  3  4
2  3  4  5  6  7  8  9  1
3  4  5  6  7  8  9  1  2
4  5  6  7  8  9  1  2  3
5  6  7  8  9  1  2  3  4
6  7  8  9  1  2  3  4  5
7  8  9  1  2  3  4  5  6
8  9  1  2  3  4  5  6  7
9  1  2  3  4  5  6  7  8
```

**Cryptogram**

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

```
YFEUUAQI YFNX UMLU L JGJBB JEGOBQ OLUVUQAF EJ FN JX-QLUQA.
```

And here is your hint:

```
U = I
```

**Word Search**

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

```
R E D I R S O T H G U S T A T H
E E N L P H O E N I X X T T I A
D N I R L Y T S S N S E N N D T
L O T A R U E H E S I O R A T E I
A L R O O L B M U E O E F M I S P
B C O R T L E G G N N L I F M P U
H Y T O A N L N N E D N O I E I
T C R R R Z E O G I D E S C D R N
A O E F E P I A V B G H R A N A G
I T L R L M D B E I E A U B T D M
L W W A E E O E I A T R I O O O
O I O P C T R K O A T T E R L N
G S R T X E T R S K H E H E P T F T
U T P O R L A C K A K R E V A M U I
L E E R A F E U R B N S O V
T R O Y D I A M O N D B A C T
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**Weekly Horoscope**

**Aries**
March 21-April 19
You feel torn between a career and a partnership. Dividing your time and energy isn't easy, but you can manage.

**Taurus**
April 20-May 20
Far horizons beckon; you can plan or start a trip today. Go in spirit if you can't go in body.

**Gemini**
May 21-June 20
Talk about how you structure your lovemaking and who seems to take control. You may wish to share the responsibility more.

**Cancer**
June 21-July 22
Hypersensitivity is emphasized today, so tread gently and kindly with yourself and those around you.

**Leo**
July 23-August 22
You may wish to share the responsibility more.

**Virgo**
August 23-September 22
Power plays or manipulations by loved ones are likely, so be extra empathic and cooperative tonight. Look for chances to be a team.

**Libra**
September 23-October 22
Your mind (and tongue) never stop today. Don't push yourself. Take a nap if you feel like it. Dreaming the day away is OK.

**Scorpio**
October 23-November 21
Slow and easy is the tone for today. Don’t push yourself. Take a nap if you feel like it. Dreaming the day away is OK.

**Sagittarius**
November 22-December 21
Time to be with people. Sharing ideas and feeling understood by others is emphasized. Seek out friends and social activities.

**Capricorn**
December 22-January 19
You fit from one thing to another today. Many options are available and attractive today. Focus on facts, but keep your sense of humor.
Get your drag on
USM’s Royal Majesty Drag Show on its thirteenth year

Sam Hill
Arts & Culture Editor

It’s that time of year again and Portland is gearing up to get its “drag on.”

The largest campus and community drag show in Northern New England, the annual Royal Majesty Drag Show will return for its 13th year on Nov. 16 in the ballroom at Holiday Inn By The Bay. This year’s show will be hosted by USM alumni and reality TV show RuPaul’s Drag Race veteran, Mimi Imfurst.

The show consists of performances from the host, community member performers from Portland and competitors from local colleges, including USM, Maine College of Art, Southern Maine Community College and St. Joseph’s College. The competitors, both drag queens and kings, will rock the runway and earn scores given to them by a panel of judges consisting of USM staff, students and community members.

“Drag has been so underground, but in recent years it’s become a legitimate, gay mainstream performance art,” said Sarah Holmes, the director of USM’s Center for Sexualities and Gender Diversity.

The show serves as a fundraiser for CSGD and a platform for the LBGT community to be in the spotlight.

The first show was performed in the Woodbury Campus Center dining hall for a crowd of an estimated 150 people in 2000 and has grown larger every year since. Holmes estimates that two-thirds of attendees and community members.

“The first year when it was in the dining hall was just something else. We had music playing on this little boombox with a mic plugged in, a few balloons stapled here and there and a runway that was like 6-inches off the ground, if that,” said Imfurst.

Imfurst first got involved with the show as a contestant while attending Deering High School and has since played the role of judge, producer and host. When she’s not involved in the Royal Majesty Drag Show, she’s performing across the country. She has also been involved in drag on a national level as a competitor on RuPaul’s Drag Race, a reality television show that searches to find “America’s next drag superstar.” Imfurst participated in the third season of the show and came back this fall for RuPaul’s All Stars Drag Race.

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“It’s just crazy that I started out doing all these little shows in Maine and as it blew up, so did I and then I was asked to be a part of one of the biggest shows in the country. I feel so lucky and blessed,” said Imfurst.

Throughout the years, more and more organizations at USM have become involved in sponsoring the show. The event is sponsored in part by the students senator, Portland and Gorham Events Board, the Queer Straight Alliance and the Women’s Center.

“It’s great to see so many student organizations and university departments supporting it,” said Holmes.

“Student involvement is key,” said Christopher Dalpe, Program Coordinator for Proud Rainbow Youth of Southern Maine.

“The fact that this is run by students for students is amazing. It’s really empowering to be able to say this is ours.”

PRYSM is a program that provides a safe and positive space for lesbian, gay, bisexual, transgender, questioning, intersex and allied (LGBTQIA) youth, offering social support and information about common problems facing youth and community education. Dalpe will be at the show distributing information on PRYSM services and supporting the contestants.

Drag, while it may seem strange to outsiders, is viewed as an art form of sorts to those involved.

“I originally got into drag as a theatrical medium, and then it just became something I could get paid for,” said Imfurst. “It’s like playing dress-up. We all get to that age when we aren’t supposed to play pretend anymore, but I get to continue doing that through drag.”

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-Sarah Holmes
Director of USM’s Center for Sexualities and Gender Diversity

USM students have gotten a little extra help in preparing for the show this past weekend. A workshop was held in the Brooks Student Center for students who wanted to give drag a try, preparing make-up and clothing to experiment with.

The state of Maine made history on election day this year by being the first state in the country to approve same-sex marriage by popular vote, and the show, those involved say, might become a bit of a celebration in the community for their national victory.

Holmes mentioned that the 2009 show had a stressful and generally down attitude this year.

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Director of USM’s Center for Sexualities and Gender Diversity

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Sean Morin is the ultimate multi-instrumentalist

Self-released

Mai, Mai is a musical project fronted by composer and multi-instrumentalist Sean Morin, dedicated to marrying chamber and popular based music.

Sean Morin appears to be an eccentric genius. This is the impression one gains when listening to the cerebral, heady compositions that have clearly flowed like the waters of consciousness from Morin’s cortex. They do not represent catchy pop music into the waters of consciousness from Morin’s cortex. They do not represent catchy pop music.

One option is to stick with the same pro-tape circuit have two options on how to move on to the first minute of “Dreams and Nightmares,” which slows down and can actually be appreciated. The beginning of the track is half-speed for Mill, and it’s essentially a cappella. There’s a light piano melody in the background. Here, you can appreciate the alliteration and wordplay in his verses, but as soon as you get comfortable, it switches styles and busts into just another hype track.

“Making it.” The topic has been beaten to death and Mill doesn’t do anything different that would separate it from the work of any other rapper. Obviously it’s a personal subject, but it still needs to be accessible and fresh.

It’s no secret that Mill can flow. He’s the smoothest rappers on the scene right now. But he only has one speed, one mode. His vocals could literally be cut and pasted onto any track on the album and you wouldn’t know. The topics of each verse are the same, and they sound the same. There’s zero diversity on the album, minus the first minute of “Dreams and Nightmares,” which slows down and can actually be appreciated.

Meek Mill debut too similar to previous mixtape

Rapper Meek Mill’s major debut, Dreams and Nightmares, has its high spots but often feels more like a hip-hop head’s nightmare than it does an album to put on repeat.

Rappers who come up through the mix-tape circuit have two options on how to handle their debut in the major leagues. One option is to stick with the same production and tactics that got them to where they are, essentially reproducing the content of their mixtapes with a twist, while keeping true to the core group of fans who helped propel them to the top. Basically they choose to release a well-mastered mixtape rather than the quality and depth that they’re accustomed to.

Meek Mill deserves a spot in the industry, he just needs to ease into the majors instead of trying to take them by storm. The kid is excited, so there’s reason for him to get hype, but he delivers so much more when he steps back and takes his time. That being said, he did earn himself a number two spot on the album sales chart, moving 167,000 copies of the album in its first week. Meek Mill deserves a spot in the industry, he just needs to settle down and focus.

See a typo anywhere?
Lend us a hand and come copy-edit for us.

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

Big Sean / Finally Famous
Sean runs circles around beats by No I.D. on his major-label debut, living up to the hype and proving Kanye West was right to sign him to G.O.O.D. Music. Drake-style lyrics with a heavier delivery and subtle pop influences make for a classic party anthem with a twist from real, relatable lyrics.

Bridge Nine
Crime In Stereo / Is Dead
This album captivates the beauty of ‘screamo’ punk. They have a familiar feel to bands like Moving Mountains and Four Year Strong so you won’t be disappointed. The lyrics are raw and humanizing, creating an emotional landscape for listeners. Just listen to the track Small Skeletal and you will understand.

Fleet Foxes / Helplessness Blues
Fleet Foxes have brought folk music into the twenty-first century and given it a modern feel. Tracks such as “Montezuma” and “Grown Ocean” will leave you feeling empowered and energized, while others will relax you. This album is a funfaste of modern folk for anyone new to the genre.

-Mindy Allen
Free Press Staff

November 12, 2012
Arts & Culture

Local Review
Sean Morin is the ultimate multi-instrumentalist

Morin has composed several live recordings of a plethora of symphonic instru-ments. He’s able to play the pluck and song of a variety of string instruments; violins, up-right basses, and the cello. They have been recorded over one another for harmonic power, and lay upon your earsdrums like the honey of melody. “One Less,” uses not only live recorded instruments, but a bass synth and recorded drum machine imple-ments. A harp introduces the song, paired with what appears to be a string synth. We hear a melody of flutes, and it carries us into the heavy bass line, as we are ushered for-ward by the sultry voice of one of Morin’s contributors, of which there are many. The varied concert of instruments lay down the path for a slow, evocative, ambient walk down a path of curiosity.

The beauty of this album is the composi-tion of each song. Every movement in the piece represents a different emotion, but every emotion is cohesive in the natural progression of the song. Multiple harmonic and melodic changes are made, and every movement is introduced with a climactic rush, in both rhythm and volume. “One Less” speaks volumes of expression into whichever moment you enjoy it in.

The next song in the album, although thoroughly enjoyable, uses a somewhat cheesy vocoder to deploy lyrics, which is at times an awkward silhouette of Chromen’s vocals. Enjoy it for its playful rhythm, and move on to the final song on the album, “Goodbye Song.” The particularly raspy, personal, kind, and yet jazzy tone of the female vocalist is nostalgic and warm. The nostalgia is appropriate as the song moves a person to the feeling of a tough goodbye. This seems to be Morin’s goal in combining chamber and popular music. The keyboard, and slow jazz introduction, breaks into a heavy live drum kit recording, adding a backbone to the song, enabling this transi-tion into harmonic breaks and is accompa-nied by a muted trumpet and xylophone. The lyrics are so potent, they ought to be read as poetry as well as heard in music:

“You knew you were leaving / Before you knew why / So we both said Goodbye / We both said goodbye / We blamed it on wast-ing the time we’d been given / We waited, we wanted, we could but we didn’t / It wasn’t the truth and it wasn’t a lie / When we both said goodbye / We both said good-by.”

Morin masterfully blends together these two genres, creating a brand new sound that you won’t hear anywhere else. Listening to the two sounds come together is almost an out-of-body experience. We can only hope that he continues his vision and continues to polish his sound and deliver it to the masses. The majority of his music is available for streaming and purchase on Bandcamp.

Arts & Culture Editor
Sam Hill
@SamAHill

National Review
Meek Mill debut too similar to previous mixtape

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Meek Mill needs to ease into the majors instead of trying to take them by storm. The kid is excited, so there’s reason for him to get hype, but he delivers so much more when he steps back and takes his time. That being said, he did earn himself a number two spot on the album sales chart, moving 167,000 copies of the album in its first week. Meek Mill deserves a spot in the industry, he just needs to settle down and focus.

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Arts & Culture Editor
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Eli Young Band at State Theatre

Photo courtesy of the band

Mallory Pelton
Contributor

Portland’s State Theatre will be hosting a band that is creating quite a buzz in the country music industry, with a booming year of tours and unstoppable accomplishments. The newly loved Eli Young Band will take over the stage on Thursday, Nov. 11 with an exciting show. The Portland's State Theatre will be hosting Eli Young Band on November 11, with an exciting show. The Eli Young Band began its eventful musical journey as an unexpected rock feel similar to that of Tom Petty. Eli Young Band has had their all-time genre favorite, Tom Petty. Eli Young Band, with Jay Leno. Life at Best, turned out to be the perfect combination, “We found the right chemistry from the very start, it was weird we all had different musical backgrounds but somehow it turned out to be the perfect combination,” said Thompson. The show starts at 7:30 p.m., and the box office doors will be open an hour before the show. Tickets are $25 in advance or $30 the day of the show. For additional ticket information, visit the State Theatre website.

Contributor

Arts & Culture

Top 5:

Places to share your writing

Mallory Pelton

1) Port Veritas

Bull Feeney's on 375 Fore Street, regularly serves as host to Port Veritas, one of the longest running poetry slams series in Portland. Port Veritas opens up an opportunity for writers and poets in the community to come share their talent in a free, open environment. Occurring every Tuesday of the month, Bull Feeney’s welcomes everyone to participate or just sit back and listen to the art. This coming week, on Nov. 13, Port Veritas has a special feature, introducing National individual poetry slam champ, Chris August. Whether you are coming to listen and throw back some insanely fresh food or participate in the actually slam, Port Veritas is a must. Performers must be the four enthusiastic fans. After starting up their band, they respect for music and instantly became friends. These four enthusiasts, with an exciting show.

2) Rhythmic Cypher

Known as “Poetry with a Beat”, Rhythmic Cypher is an open mic poetry slam that features local, regional and national poets as well as a talented venue of storytellers and musicians. Taking place at Dobra Tea, located at 151 Middle St., Rhythmic Cypher is hosted every Sunday. The slam is a perfect opportunity for passionate poets to come embrace and share their work. With their very own stage, this slam opens up the opportunity for a variety of unique individuals to collaborate and create art. Starting at 5:30 p.m. tea time, anyone can come in and converse as the night gets started. The workshop starts at 6 p.m. and the actual slam takes place from 7 p.m. to 10 p.m.

3) Write Around Portland

Taking place now through Dec. 31, Write Around Portland, a collaborative writing organization, is setting up writing workshops to help writers share their work with all kinds of places and people around Portland. Write Around Portland gives an opportunity for writers to share their work in hospitals, schools, homeless youth shelters, senior centers etc. This competition’s judge, the all-time genre favorite, Tom Petty. Eli Young Band, with Jay Leno. Life at Best, turned out to be the perfect combination, “We found the right chemistry from the very start, it was weird we all had different musical backgrounds but somehow it turned out to be the perfect combination,” said Thompson. The show starts at 7:30 p.m., and the box office doors will be open an hour before the show. Tickets are $25 in advance or $30 the day of the show. For additional ticket information, visit the State Theatre website.

4) Lifewriting

Maine Writers and Publishers Alliance is hosting a special kind of writing workshop with Denis Ledoux, who won the Maine Writing Fellowship Award as well as The Maine Fiction Award for many of his stories. This writing workshop kicks off the November Lifewriting month in a way that helps writers gain knowledge and inspiration when writing memoirs. Denis Ledoux will share his successful memoir writing as a way to provide helpful insights. He will break down the basic elements in memoir writing and eventually get all writers to flow memory off their tongues in a detailed, accurate way. This workshop is known to inspire writers and help writers learn the nuts and bolts of memoir writing. Taking place on Saturday, Nov. 17 in the Glickman Family Library, USM Portland, the workshop starts at 1 p.m. and goes until 5 p.m.

5) MWPA Short Story Competition

MWPA is also hosting a short story competition for the summer. With school, jobs and other obligations, writers are encouraged to get an early start on their short stories in order to polish them for competition. MWPA and Shanti Arts Publishing encourages writers to write their stories based off of inspiration from one of Maine’s very own artists, Leslie Anderson. Stories should show a noticeable connection between visual and literary art. The competition’s judge will be Award-Winning Maine author, Ron Currie, Jr. This competition is a one-time opportunity for writers to get a feel for the world of publishing with a different level of competition. Writers, get your inspiration now and get a head start in the competition. Submissions of the short stories will be published in a printed collection alongside Anderson’s Paintings. Winners will receive a $500 honorarium and three of their very own copies of the published book. For more details on the submission go to Maine’s Writers and Publishers Alliance website.
To celebrate seventy years of practice, performance and pizzicato, the Portland Youth Symphony Orchestra will not take the stage with a fireworks display. The audience will not be greeted with a saccharine slice of birthday cake and the conclusion of the concert will not evoke a showering of sequin confetti. Fittingly, this honorable achievement will be commemorated by the performance of Mahler's Symphony No. 3. In collaboration with PYSO, the concert will feature the Southern Maine Symphony Orchestra, the Women of the USM Chorale, the Southern Maine Children's Choir and a smattering of faculty artists.

Mahler’s ambitious work does not take second place to a couple of firecrackers and a decadent dessert. At nearly one hundred minutes long, this musical marathon still holds the world record. How perfect that such a stunning composition would be at the heart of a celebration as grand as this one.

Seventy years ago, the Student Philharmonic Orchestra, now known as the Portland Youth Symphony Orchestra, performed its initial concert on May 19, 1942. Founder Clinton W. Graffam and his wife, Katherine Graffam assembled the group consisting of talented young musicians in the Portland area. The group’s organization was due in large part to the couple’s desire to create a music program that challenged aspiring young musicians in the state. Seventy years later, the Portland Youth Symphony Orchestra is known nationally as one of the oldest student orchestras in the country.

Back in 1942, the admission fee for the first annual concert of the Portland Youth Symphony Orchestra was donated sheet music and phonograph records. These donations were not kept for the organization’s purposes but were instead given to the members of the Armed Forces residing in Maine. This small musical contribution to the community is just one example of how the Portland Youth Symphony Orchestra has happily spread its passion for music for the past seventy years. Although the Student Philharmonic Orchestra’s name has changed, viewers can still go to the venue of the first concert, Portland City Hall, to experience a dose of musical history. No need for party balloons and pyrotechnics on this November night as mezzo-soprano Metropolitan Opera singer Teresa Herold, a 2002 graduate of USM, will be the featured soloist. Concert goers should expect a performance of 150 dedicated musicians ages 14 to 80 to take the stage on Friday, Nov. 16 at 7 p.m. at Merrill Auditorium. The performers will be under the direction of Conductor Robert Lehmann. There will be a $12 suggested donation at the door with open seating.
**A&C Listings**

**Tuesday, November 13**
Citizen / State Champs / Candy Hearts
Studio 250
250 Read St.
Doors: 6:00 p.m. / Show: 7:00 p.m.

Bill McKibben / Melodeego
State Theatre
609 Congress St.
Doors: 6:00 p.m. / Show: 7:00 p.m.

Liz Longley / Barnaby Bright
One Longfellow Square
181 State St.
Doors: 7:30 p.m. / Show: 7:30 p.m.

**Wednesday, November 14**
Bassnectar / Gramatik / Gladkill
State Theatre
609 Congress St.
Doors: 7:00 p.m. / Show: 7:30 p.m.

**Thursday, November 15**
Eli Young Band / JT Hodges
State Theatre
609 Congress St.
Doors: 6:30 p.m. / Show: 7:30 p.m.

Rubblebucket / Reptar
Port City Music Hall
504 Congress St.
Doors: 7:00 p.m. / Show: 8:00 p.m.

Groove Ruckus
Blue
650 Congress St.
Doors: 10:00 p.m. / Show: 10:00 p.m.

**Friday, November 16**
Allen Stone / Tingsek / Haley Reinhart
Port City Music Hall
504 Congress St.
Doors: 7:00 p.m. / Show: 8:00 p.m.

The Potato Pickers
Blue
650 Congress St.
Doors: 8:00 p.m. / Show: 8:00 p.m.

Primo Cubano
One Longfellow Square
181 State St.
Doors: 8:00 p.m. / Show: 8:00 p.m.

Worried Well / Dustin Saucier
Empire Dine and Dance
575 Congress St.
Doors: 9:00 p.m. / Show: 9:15 p.m.

Sidecar Radio / Planeside
The Big Easy
55 Market St.
Doors: 9:30 p.m. / Show: 9:30 p.m.

**Saturday, November 17**
Mehuman Jonson
Blue
650 Congress St.
Doors: 6:00 p.m. / Show: 6:00 p.m.

John Hammond
One Longfellow Square
181 State St.
Doors: 8:00 p.m. / Show: 8:00 p.m.

**Sunday, November 18**
Taking Back Sunday / Bayside / The Menzingers
State Theatre
609 Congress St.
Doors: 6:30 p.m. / Show: 7:30 p.m.

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800-862-9616
Many disappointed Republicans are lashing out at the American people for voting for President Obama, claiming that things are going to get worse—not better. And I can absolutely understand why.

Mitt Romney may have lost, but he still represents a true Republican. I mean, yes, during his years as Governor of Massachusetts he was widely considered a "moderate" Republican. Yes, many small business owners opposed him, because he became governor and he turned them around and made most of them successful. But when he became the frontrunner during the Republican primaries, he realized something crucial: Governor Mitt Romney wasn’t going to cut it. He realized that in order to stand a chance of becoming President, he would need to revamp his views on gay marriage, abortion and many other important stances in order to become a “real” Republican, or for all intents and purposes, a Realpolitik. Mitt Romney had the courage to abandon his clearly unsuccessful views as governor and change them in order to gain the support of the section of the conservative community that was on the fence about him. He said a firm “no” to abortion rather than supporting it, as he did in a National Review article from 2011 titled “My Pro-Life Pledge.”

He also understands us—that is, students in college. Romney went to college himself, and he understands what it’s like to be a hard-working student just like us. Granted, he did go to Brigham Young University and Harvard paid for by his family, but Romney understands us in that he wants us to be able to just be like him—successful, wealthy and generally happy people. He knows that everyone wants to be rich, and he only wants us to have that opportunity as well. He did say that we should just “borrow from our parents,” but he was really trying to tell us that he wants us all to have successful enough families that we have the ability to borrow from our parents. He wasn’t just speaking from personal experience because his parents paid for his education, because that would be insensitive. That’s not the type of person Mitt Romney is— he cares about us.

He also came under fire for his comments on the 47 percent of America that supposedly doesn’t pay income tax, saying that those people feel they are victims and will support Obama unconditionally. Mitt Romney stated that he wouldn’t “worry about those people,” which many translated as simply not caring about 47 percent of America. But if Democrats would only look beyond the words, they could see the real message.

The Republican Party needs to re-structure itself. A good first step would be weeding out all of the aforementioned undisciplined, heartless Neanderthals who are giving us such a bad reputation. We need a more moderate Republican out-look, one that is not so reactionary. For example, conservatives who take the pro-life stance and are just as concerned with women’s rights should be the ones who make statements. Conservatives need to come together as a unit that is balanced and educated. As someone who voted for Mitt Romney, the re-election of Obama is not what I hoped for. What I do hope for is that other conservative students on campus never fear to stand up for their beliefs no matter how much other students disagree with them. Even if you are the only person in your class who is a conservative, or a liberal, fight for what you believe in. Never let the intolerance of other people deny you your opinions and your right to voice them. What this country needs, and what this institution needs, is people who are willing to listen to each other. History has been rewritten this year in wonderfully progressive ways. Great efforts have been put forth by multitudes of people, left and right, to bring forth this change. What we need now is for this campus to unite itself. As difficult as that may seem, it is not impossible.
Election predilection keeps voters divided to the end

Alan Barker

The New York Yankees. The New York Giants. The Los Angeles Lakers. The Vancouver Canucks. Mitt Romney. At first glance, one of these things is not like the other. I spent election Tuesday at Binga’s Stadium, and I finally understood what it was like to be on the other side — that is, the losing one.

Binga’s is probably my favorite sports bar, and at various times, I have experienced highs and lows from my favorite Boston teams. I watched the Bruins win the Stanley Cup in 2011 from a Binga’s bar stool. I watched the Celtics beat the Lakers in the 2008 NBA Finals and lose to them in 2010 rematch. And there was one thing that all of these experiences had in common. I was in the minority of Boston fans that mercilessly ridiculed the one or two fans of “the enemy.”

On Nov. 6, 2012, I got to experience how the other half live. I spent election night as the only Romney supporter taking in election coverage at Binga’s. I suffered in silence as the crowd erupted at 8 p.m., when Romney supporter taking in election coverage at Binga’s. I watched the Giants win the Super Bowl, I sat in my bed, television on in the background, in stunned silence.

I honestly believed Romney would at least make this a tight race, possibly even win. I mentally prepared myself for the chance of a loss, but let’s face it: no one likes to see their guy lose.

Now, don’t get me wrong. I am a Republican by belief system, but I don’t line up with the 2012 version of the Republican. I voted “yes” on Question One. I voted no on three of the five spending bills. I am against overturning Roe v. Wade. I was happy to see Todd Akin and his “legitimate rape” get his pink slip. I voted for Angus and for the Democrat state representative in my district. I see these votes as not going against my party, but voting in favor of what my party stands for. They reinforce the concept of state’s rights. I don’t want unnecessary spending. I think that the conservative position of smaller government would indicate that government stay out of marriage and abortion. I don’t want to see more spending.

I see Angus as the type to reach across both sides and I know my state representative has done what is right for the state, even if it isn’t the Democratic position on some bills.

However, when it comes to fixing the economy (which I feel is the most important issue at the national level) the better choice seems to be the sacred cow, making it the perfect place to start.

Finally, they need to work with both sides of the aisle. Congressional approval fell so low in the last two years that even the Chicago Cubs laugh at their lack of success. A lot of this came from the “we have to prevent Obama from being re-elected” attitude adopted by the congressmen and women of the 2010 freshmen class. Their obstructionist mentality put the charge toward the fiscal cliff into hyperdrive. The voters clearly voiced their dis-pleasure, as seen by the weakened Republican majority in the House and strengthened Democrat majority in the Senate. The only way to win back public support is to work in the best interest of the country instead of the best interest of the party. And certainly don’t act with the intention of sabotag- ing the other party since that has a tendency to backfire.

One thing is certain. I’m not moving out of the country in protest. I’m not going to distance myself from friends that did vote for Obama and other Democrats. I am going to hope that Congress realizes that they no longer have to work from them to being re-elected and decide to actually work toward moderate, biparti-san solutions to our problems. To echo the sentiments of several of my friends from both sides of the aisle, I just hope that in 2016 both parties give us a decent candidate to vote for, because the past four elections have felt like we were voting for the guy we disliked the least rather than the guy we liked the most.

Alan Barker is a communica-tion major and writing minor.
Consequences of a smoking-ban at USM

According to an eclectic collection of resources, a smoking ban at USM would not benefit the well-being of students. Strange enough, a smoking ban actually increases your chances of dying in a car accident. A study done at the University of Wisconsin-Milwaukee compared the number of drunk driving fatalities in areas where smoking was banned versus areas where smoking was still allowed. The results suggest that smokers are willing to drive longer distances just to find a designated area where they can light up. Getting behind the wheel in the first place, plus the added travel time means that there are more drunk drivers swerving down roads in ban territories than in smoke-friendly areas. It seems that if the smoke doesn’t kill you one way, it will kill you another.

If you escape the cigarette smoke, then what about the frying pan you cook with, the barbeque grill, the car-cigenic radioactivity from a cell-phone or microwave, the artificial flavoring in your beverage, the benzene from the burning interior of a hot car or the gas station?

These pollutants are the same as those found in cigarettes. Cooking in a frying pan fills the house with volatile nitrosamines that are the same as those found in cigarette smoke. Eating barbequed food exposes you to polyaromatic hydrocarbons that are also found in smoke. Standing at the gas station to fill up your car – or filling up the lawn mower with gasoline – can easily fill your lungs with a heavy dose of benzene that is present in both gasoline fumes and cigarette smoke. Sitting inside of a vehicle with the windows up on a hot day can create light-headedness also from the benzene of the burning interior.

These are toxic situations that you encounter everyday. Will a smoking ban really make life healthier? I guess so – as long as you don’t talk on a cellphone, cook with a frying pan, fuel up your vehicle or drink sugary beverages.

Forbidden brisk includes in the policy as “carrying or smoking a lit cigarette product or the burning of any material to be inhaled including, but not limited to, cigarettes, cigars, hookahs and pipes.”

There are now at least 774 completely smoke-free campuses in the U.S., according to a report issued earlier this month by the American Nonsmokers’ Rights Foundation. According to the Surgeon General’s report for 2012, tobacco use among people ages 18 to 25 remains at epidemic proportions nationwide. The review found 90 percent of smokers started by age 18 and 99 percent by age 26. About one quarter to one third of college students smoke, studies have found.

Smoking rights advocate Audrey Silk, founder of New York Citizens Lobbying Against Smoker Harassment, says an outdoor ban for any public facility is an attack on the rights of one segment of the population.

“This isn’t a health issue anymore. It’s a moral issue,” she says. “There’s absolutely zero reason for a smoking ban outdoors. They use it as a tool. Harm from smoke outdoors is an excuse to frustrate smokers into quitting because they can’t find a place to light up.”

“Schools are a business,” she said. “Who assigned them the role of behavior modification? It’s their responsibility to educate. What they’re doing is indoctrinating.”

-Maria Kondax
Community Service Learning

You are Invited to Civic Matters 2012
4th Annual Symposium of Community-Based Student Projects and Research

Civic Matters celebrates community-engaged student work across USM disciplines that enriches student learning and addresses community-identified needs. Through this work, students gain greater engagement, academic success, and civic learning.

Civic Matters 2012 Schedule
Wishcamper Center, Portland campus

8:30 a.m.  Poster Session with Refreshments  Wishcamper Forum
9:15 a.m.  Opening Remarks from President Kalikow  Lee Hall
9:25 a.m.  Service Learning Panel  Lee Hall
  featuring USM faculty authors from special edition of Group Work
10:10 a.m.  Oral Session 1
10:55 a.m.  Oral Session 2
11:40 a.m.  Community Conversation and Lunch  Room 102

Friday, November 16, 2012
8:00 a.m. to 1:00 p.m.
Wishcamper Center, Portland

Free and open to the public
For information contact Community Service Learning at 228-0091, community@usm.maine.edu
For access inquiries call 228-9092, TTY 785-5646

College of Science, Technology, & Health

Computer Science & IT Job Fair

Wednesday
November 28, 2012
1:00 - 5:00 PM

2nd Floor
Abromson Center
88 Bedford Street
USM Portland

FMI: usm.maine.edu/cst/hs/studentjobfair
Companies will be seeking applicants in the following areas:
Computer science, computer engineering, cyber security, electrical engineering, information technology, project management, and other technology-related fields.

This event is free and open to all qualified candidates. If you are looking for a full-time job or internship opportunity, join us and come dressed for success!
The selection of assorted junk food at the Brooks Convenience Store in Gorham.

**Cigarettes and junk food are strikingly similar**

With 62.9 percent of Mainers overweight, should there be a policy on junk food too?

Anna Chiu  
Sports Editor

The smoking ban will officially be enforced on campus starting in January with officials hoping to improve the health of the USM community. Cancer, in fact, is the leading cause of death in Maine and has a higher rate than any other state, according to the Centers for Disease Control. They also estimated that 85 percent of all cancer diagnoses were due to preventable life habits, which include smoking and dietary.

Cigarettes have a bad reputation, given their laundry list of over 155 carcinogenic and toxins in a single cigarette. Reasons for the smoking ban are understandable, but there is another health issue that tops smoking or being around cigarette smoke for non-smokers.

The same mentality about smoking can be applied to junk food consumption. Junk food has been in our diets since childhood, so that now it is almost impossible to turn away when it is offered to us. We already top the list in adult obesity nationwide at 28 percent, with 62.9 percent overweight. According to data from the American Cancer Institute, improper diet is the cause of 40 percent of cancers in men and 60 percent in women. An improper diet constitutes consistent sugar intake and consumption of less than five servings of fruits and vegetables, according to the USDA food pyramid.

The American Cancer Society estimated about 171,600 cancer deaths are due to tobacco use but they also suggest that a third of all cancer deaths are related to poor nutrition, overweight or obesity and physical inactivity. The relationship between cigarettes and junk food consumption is strikingly similar in how both can cause havoc in the body.

The production process of any junk food involves the addition of chemicals, which are carcinogenic to the human body, to help maintain freshness and elevate taste. Carcinogenic substances act slowly in the body, but they systematically poison it day by day. These ‘extra’ substances in junk food can become a precursor to a variety of health problems including obesity, high blood pressure, diabetes, heart disease and a multitude of cancers.

In Western societies, we tend to use junk food as positive reinforcement for children. Many elementary school teachers use candy to reward students for good behavior or effort, and it is instances like this when children learn and view candy as a good thing. Sophomore Clara Reed, a sociology major, recalls her earliest memories of junk food. “My mom used to have a drawer in the kitchen full of candy, and every time we did a chore she allowed us to go into the drawer and pick out our favorite piece of candy.”

The same mentality about smoking is strikingly similar in how both cigarettes and junk food consumption.

It’s relaxing and a good way to end her day.

Vinyasa flow yoga provides a mixture of exercise for the body and as well as the mind that many college students find helpful because it is simple but effective. While the participants can feel their body strengthening during the hour long course, the students seem to think it is a nice alternative to regular exercise routines.

As part of this body strengthening class, there is also a period of the class known as shavasana in which all of the tension built up in the body from the workout is let go, and the mind comes to rest. “It’s refreshing because after all the hard work of yoga and academic classes it’s nice to take a breather and just focus on relaxing,” says Kelsey O’Neil, a sophomore nursing major.

The vinyasa flow yoga course is a good option for USM students who want another way to find balance. With all the stress that comes with the life of a college student, many students are finding that yoga has helpful qualities outside of a regular workout routine.

For Ayesha Bhardwaj, a psychology major, it is her first yoga class. “It’s an easy way to work out,” she said. “You don’t have to worry about whether you’re doing it right or wrong, because there is someone instructing you.” Bhardwaj has also recommended the class to friends as a fun, relaxing option for group exercise. “This class is beneficial because we do different routines every week, so there’s always something new to try,” says Kelly McKin, a sophomore social work major. Kelly started practicing yoga in high school but says she likes this course because there are more varieties of king sized candy and chocolate in the snack aisle than toppings choices at the salad bar. There is even a milk shake machine that was added this year, but it wasn’t decided by the dining committee. “How we decide what to offer is guided by student feedback,” said Chris Kinney, general manager of USM dining service. “We survey students online and ask them what they want another way to.

See JUNK on page 19
The Huskies’ week in review

Quick Hits:

Men’s Cross Country
Gazzelloni pushes USM to 18th place at NCAA Regionals

The men’s team finished 18th among 50 teams at the men’s NCAA Division III New England Cross Country Regional Championship on Saturday afternoon. USM will conclude its season with a total of 515 points. Senior Molly Carl leads USM to 10th place overall at the NCAA Regionals, the best result since 1999. This concludes the Huskies’ season.

John Williams / Staff Photographer

Women’s Cross Country
Carl leads USM to 10th place at NCAA Regionals

The women’s team finished at 10th place overall at the NCAA Division III New England Regional Championships, the best result since 1999. This concludes the Huskies’ season.

Men’s Ice Hockey
Huskies win with 4-0 shutout

The Huskies were able to snatch a 4-0 victory against Saint Michael’s College on Saturday afternoon. The men’s record was improved to 2-2 overall and in the ECAC Men’s East. Freshman goalie Josh Hillegas had 28 saves to earn the first shutout of his collegiate career. Scoring for the Huskies were junior Jamie Osborne, Troy Thibodeau, sophomore Brad McGovern and senior Jon Grandinetti. Seniors David Nies and Matt McDonald, junior Mike Green and sophomores Stephen Gallo and Sam Guimond each captured an assist for the team. The Huskies will next face the University of New England next Friday.

Women’s Cross Country
Carl leads USM to 10th place at NCAA Regionals

The women’s team finished at 10th place overall at the NCAA Division III New England Regional Championships, the best result since 1999. This concludes the Huskies’ season.

Women’s Ice Hockey
Huskies win their second game of the season, losing to the number one ranked Norwich University 2-7 on Saturday afternoon. The loss brings the team’s record to 1-1 overall and in league games. Scoring the only two goals for USM were sophomore Erin Ban and freshman Cassandra Davis at 83rd with the time 1:49, and in league games.

Senior goalie Josh Hillegas had 28 saves to earn the first shutout of his collegiate career. Scoring for the Huskies were junior Jamie Osborne, Troy Thibodeau, sophomore Brad McGovern and senior Jon Grandinetti. Seniors David Nies and Matt McDonald, junior Mike Green and sophomores Stephen Gallo and Sam Guimond each captured an assist for the team. The Huskies will next face the University of New England next Friday.

Like writing? We have openings for sports writers. Email achiu@usmfreepress.org if interested.
In the Gender Studies Student Organization (GSSO) at the University of Southern Maine (USM), students have found a community that values open discussion and inclusivity. The GSSO typically has 6-10 members per year, who attend a yearly conference on gender-related issues, conduct scholarly panels and coordinate events with USM’s Women and Gender Studies Department.

For the past two years, members of the GSSO have attended the “National Young Feminist Leadership Conference” in Washington, D.C. This year they plan to attend “Queer Sexuality” in Massachusetts. “It’s important to go to conferences in order to talk to other students and professionals within our field of study. We share ideas and make connections,” White said.

The members hold panels each year to discuss current gender issues. Each panel has a theme that pertains to a specific issue, such as the first ever panel in fall 2011, which discussed transgender issues. Earlier this year, they held a “Beyond Gay and Straight: A Panel of Other Sexualities.”

“The panel was about breaking down the mythical gay/straight binary. It’s tempting to categorize people simplistically as being either gay or straight, but those terms can be both inadequate and inaccurate in describing a person’s sexuality,” White said.

They held one panel last year, have two panels this year, and hope to amp it up to at least three next year. Panels are composed of students and community members who have had direct experience with the chosen topic.

They have a panel coming up on Nov. 14 from 6:00-7:30pm in the Woodbury Amphitheatre on USM’s Portland Campus. The topic of this panel is “Gender and Geek Culture.” They plan to examine masculinity and “First Person Shooters,” a genre of video games. The online players of these games are almost strictly male and harass female players.

The GSSO also works with other departments to plan events such as “Ada Lovelace Day.” GSSO coordinated with the Science, Mathematics and the Environmental Science Departments to honor female professors in these fields. When other departments want to discuss a gender-related issue, they call on the GSSO for support.

The GSSO members pride themselves on partnering in activist opportunities as they arise. Last year they demonstrated against the tactics of “the Genocide Awareness Project,” which used shocking images of aborted fetuses to dissuade the citizens of Maine from getting abortions. The GSSO disapproved of their tactics and organized a “Take Another Path” event, where they provided maps and escorted students around campus by routes that avoided the Genocide Awareness Project’s obnoxious billboards.

Sam Fisher, a junior Women and Gender Studies major, describes why he was drawn to the Gender Studies Organization. “I enjoy discussing and investigating gender and identity politics. This club places emphasis on getting involved and taking action. I think this is my way of taking action.”

The goals of GSSO for the upcoming year are to conduct more panels, raise more money and recruit new members. Currently, the GSSO holds a Buck-a-Book sale to raise profits. Professor, students, and community members donate books and the GSSO sells them for $1 each.

“Everyone should be equal and free,” White sums up the sentiments of the group. “I enjoy discussing and investigating gender and identity politics. This club places emphasis on getting involved and taking action. This is my way of taking action.”

The Gender Studies Student Organization meets every Wednesday from 4:30 to 5:30 pm in the Women and Community Center on the Portland Campus to discuss gender-related topics. Each panel is a safe place to talk about gender issues without a member agreeing. “I like the atmosphere. It’s a safe place to talk about gender issues without a filter.”

The GSSO typically has 6-10 members per year, who attend a yearly conference on gender-related issues, conduct scholarly panels and coordinate events with USM’s Women and Gender Studies Department.

For more events:

- USM Concert Band
  2:30 PM - 7:30 PM
  McCormack Performing Arts Center, Gorham High School, 41 Morrill Avenue, Gorham

- ASB Informational Meeting
  6:30 PM - 7:30 PM
  Wednesday - Burnham Lounge, Gorham
  Tuesday - Woodbury Dining Room, Portland

- Tuesday, November 13
  ASB Informational Meeting
  6:30 PM - 7:30 PM
  Wednesday - Burnham Lounge, Gorham
  Tuesday - Woodbury Dining Room, Portland

- Thursday, November 15
  Food Sale Fundraiser - USM Classics Club
  10:00 AM - 4:00 PM
  Luther Bonney Hall, Lobby, Portland

- Friday, November 16
  2013 Senior Committee Week
  10:00 AM - 11:00 AM
  Woodbury Campus Center, Conference Room, Portland

- Student Senate Weekly Meeting
  1:00 PM - 3:00 PM
  Glickman Library, Room 423/424, Portland

- 13th Annual USM Drag Competition and Show
  7:00 PM - 11:00 PM
  Holiday Inn by the Bay, Spring Street, Portland