

USM couple ties the knot after fourteen years

The two men married after years of rallying for marriage equality

Nate Mooney

News Assistant

Ray Dumont and Rodney Mondor were used to playing different people on stage, but last Tuesday, they walked off the stage at the Portland Players Theater in South Portland with new roles in each other’s lives — legally recognized spouses. The two tied the knot under the lights at the theater in front of over 100 friends and family, less than 50 feet from where they first met 14 years ago.

Mondor is the student success coordinator at USM, and Dumont is coordinator at the Student Government Business Office. The two have been part of gay rights campaigns in Maine for many years, so this year’s victory for the Yes on 1 campaign was a big reward for the couple’s years of effort. They appeared in an Equality Maine ad with their son

Ethan in the months leading up to the vote on Question 1, and Mondor formerly served as president of the EQME board.

“This was a bit of a surprise,” said Mondor of the bustling turnout of well-wishers in the front lobby. The two — in matching blue shirts and ties, no jackets — were kept busy meeting the dozens of happy hugs and handshakes with warm, if not slightly overwhelmed, smiles. Dumont explained that the two had initially planned to save a public ceremony for the summer and officially wed quietly at City Hall on Feb 5.

“We wanted to just have one anniversary,” he said. Dumont and Mondor met on Feb. 5 14 years ago in the entry foyer of the playhouse in South Portland, egged on by mutual friends. A year after that, the two exchanged rings in front of Portland City Hall. They kept the rings on their right hands until last Tuesday



Alex Greenlee / Multimedia Editor

Dumont and Mondor smiled at each other and laughed lightheartedly as they exchanged vows on the set of Arsenic and Old Lace at the Portland Players Theater last Tuesday.



Alex Greenlee / Multimedia Editor

The two men happily stand with their son Ethan, their best man, after finally getting hitched.

evening when they moved them to their left as a gesture of completion over a decade in the making.

Mondor and Dumont were joined onstage by their son, Ethan, who was their best man, and a longtime friend who acted as justice of the peace. True to the slightly unorthodox backdrop, the set of *Arsenic and Old Lace*, the couple marched down the aisle to a show tune played by a solo pianist, and they exchanged funny stories and appreciations along with their vows. At the end of the brief ceremony, one of the couple’s many friends, who had what Dumont described as “a voice for days,” sang “Somewhere Over the Rainbow” before the bubbly audience moved back into the lobby for a champagne toast.

After extending their appreciation to all of their family and friends, Mondor made sure to thank the state of Maine for allowing the couple to make legal their commitment to one another. Though no longer on the board of EQME, Mondor, and Dumont remained heavily involved in the equal marriage citizens initiative passed last November. Mondor proposed to Dumont on Nov. 2 at

the Yes on 1 campaign’s election-eve event at Portland’s Holiday Inn By The Bay, after finding out that Question 1 had passed. Though the victory is a huge step for same-sex couples in Maine, Betsy Smith, executive director of EQME, explained that the need for the efforts of the non-profit is far from diminished.

Much work remains for EQME, despite the group’s success in the Yes on 1 campaign. According to their website, the group seeks full equality for Maine’s LGBT community through “political action, community organizing, education and collaboration.” Recognition of same-sex couples on a federal level is still a big goal for the organization, and they are currently working to petition Maine’s four delegates in Washington D.C. to support a bill called the Respect for Marriage Act. The bill aims to repeal 1996’s Defense of Marriage Act — which defined marriage as between a man and a woman — and update federal law to recognize any marriage acknowledged by a state. In a move that reflects the changing cultural tide regarding same-sex marriage,

the bill is supported by former senator Bob Barr, who was the original sponsor of DOMA. EQME is currently working on a project to send postcards and stories from Maine same sex couples to Maine Sens. Susan Collins and Angus King and Reps. Mike Michaud and Chellie Pingree to show their constituents’ support for the bill.

“It’s a huge accomplishment,” said Smith of the victory in November. “It provided so many wonderful things.” She is thankful that Maine couples now receive not just the 200-plus legal protections that come with marriage in the state of Maine, but also “the validation every couple wants when they stand at the altar.” Though Dumont and Mondor stood in front of two olive green easy chairs instead of an altar, the validation they felt was still palpable. Afterward, the two raised their champagne glasses in a packed lobby and toasted to the union that can now add the state of Maine to its long list of supporters.

news@usmfreepress.org

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News on the news

Free Press to host media training day for students

Kirsten Sylvain
Editor-in-Chief

Don't panic – this is just an exercise. When you see a crowd of students and police responding to an

emergency event on campus on March 1, don't run off to call for help. This is just The Free Press helping the youth of Maine become name-taking, info-grubbing news hounds.

The Free Press will host a me-

dia training day in which students will be invited to practice building the media skills required in covering breaking news.

No experience is necessary. This will be a chance for students to learn new skills in an extremely

hands-on way. One of the chief goals of the event is for students to have fun while they learn about what it takes to get out the news.

The event will be free and open to all students. USM, local high school and neighboring college students are encouraged to register.

Here's how it will work: groups of the student journalists will gather in the "newsroom," like on any other normal day, but that day, a call will come in. There will have been an emergency on campus. They will need to respond.

That's how it starts. The students, working in groups, will have to cover the emergency to the best of their abilities. In the end, there will be a constructive critique in which our esteemed panel of judges will talk about each group's work. The winning group will receive a prize, courtesy of The Free Press.

The event is inspired by a similar one that takes place every year at the Grady College of Journalism and Mass Communication in Georgia. The conference is called the Management Seminar for College News Editors.

At that conference, nearly 60 college newspaper editors from across the U.S. responded to the staged emergency at the MSCNE training day. Working together, they covered the faux-news in less than two hours through mul-

timedia and written coverage.

Kenneth Rosen, former editor of the Savannah College of Art and Design and current correspondent for USA Today College, described the media training day in his blog.

"It was a thrilling experience," he said, "one I plan to replicate for training once back in Savannah, and one I implore all college news teams to do at least once a year."

Volunteers are also encouraged to register for the event to help with preparations, and student actors (or non-actors) are welcomed to play people in the crowd, victims and criminals.

Registration for the event will be available online at The Free Press's website (below) and at USM student life website. You can also register at the Student Involvement and Activities Center in Portland or at The Free Press office at 92 Bedford St. in Portland.

Stay tuned to hear who the judges will be in upcoming weeks!

Apply Online:

www.usmfreepress.org/breaking-news-exercise

kirsten@usmfreepress.org
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REGISTER ONLINE FOR THE EVENT HERE: [HTTP://USMFREEPRESS.ORG/BREAKING-NEWS-EXERCISE/](http://USMFREEPRESS.ORG/BREAKING-NEWS-EXERCISE/)

Sokvonny Chhouk / Design Assistant

USM events

University of Maine schools plug in to Project Login

Tom Collier
News Editor

Over 100 people were present last Thursday at the official kickoff of Project Login, the product of a year-long partnership between educators and local businesses with the goal of increasing interest and job placement in the fields of computer science and information technology here in Maine. The event, held at USM's Glickman Library, was attended by business leaders, educators, administrators from the University of Maine System, students and interns.

The need for IT and Computer Science professionals is at an all-time high in the state, with more available positions in those fields than Maine companies are able to fill. As a result, some of Maine's largest companies have been forced to look out of state to fill positions.

"Unfortunately, some of our large companies are going to have to start exporting jobs outside of Maine because we just don't have enough people," said Lance Berberian, CIO of IDEXX, a company that provides diagnostic and information technology solutions for animal health and water and milk quality around the globe. "We had 40 job openings for IT people last year and could only fill 20 in Maine. That means that 20 potential students who could have graduated and joined IDEXX in very high-paying, fun jobs couldn't because we didn't have the talent, and it's the same for all the big companies in Maine."

Michael Dubyak, CEO of WEX, a financial and information solutions company based in South Portland,



Casey Ledoux / Free Press Staff

Michael Dubyak, CEO of WEX Inc., was one of the keynote speakers at the official kickoff event for Project Login.

said that the idea for Project Login began when he contacted other local business leaders in the area. "Over two years ago, I reached out to the other CEOs and got them together for a breakfast, and we said that there's a call to action in the state to create more jobs." After consulting with their respective HR departments, each company found that its number one hiring need over the next five years was in the computer and information science sector.

To meet this need, the group of business leaders began working with USM, which had about 12 graduating computer science degree students at the time. "We started to work with USM, and we asked, 'How can we work with you to see if we can get more students coming out?'" Dubyak said.

Then, when former UMS Chancellor Richard Pattenau found out what the group was doing, he sug-

gested that the program be made systemwide with the goal of doubling the number of IT and comput-

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-Lance Berberian
CIO of IDEXX Labs

er science graduates over the next four years. At that point, the group of business leaders began working with Educate Maine, "and they became the backbone organization,"

said Dubyak, who was asked to chair the project.

Now there are over seven teams of people working on Project Login to launch marketing programs, create and update the website and increase paid internships.

Maine currently has the greatest median age of all U.S. states, as more and more young adults leave in search of employment in other states.

"I believe that the reason most young people leave is because there are opportunities elsewhere and there are not equivalent opportunities here," said UMS Chancellor

James Page.

He believes that Project Login will provide students who pursue work within the fields of IT and computer science opportunities in Maine equivalent to those found in other states.

"We're the oldest state in the nation, age-wise, and we need young folks to stay here or it's not going to be a pretty economic picture in the future."

For more information on Project Login, visit their Facebook page or find them at www.projectlogin.com.

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[@USMFreePress](https://twitter.com/USMFreePress)



Quote of the Week:

In his State of the State address last Tuesday, Governor Paul LePage admitted that he agreed with those who criticized his new state budget, saying,

"I do not take pride in this budget; In fact, I do not like it at all."



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System News

Campus goes international

Program seeks to up enrollment

Sidney Dritz
Free Press Staff

Starting in the fall of 2013, the public universities in Maine may start seeing an upswing in international students. The schools that will most likely be the most impacted are USM and the University of Maine at Orono, which will both be installing International Student Study Centers as a part of the University of Maine System's new program for recruiting international students.

UMaine will be home to the first of these centers, which are an innovation brought about by the UMS's decision to partner with Study Group International, an organization that has been working since 1994 to connect students from all over the world with schools outside their home countries at which they may study. The USM center is expected to be ready and active for the spring of 2014.

Janet Waldron, UMaine's senior vice president for administration and finance and the leader of this system-wide initiative, explained that the study centers are meant to provide a resource for international students. "They're there for acculturation as well as English support," Waldron said.

In the guidelines of the initiative listed in a document from the

board of trustees meeting held on Jan. 28 in Orono, the trustees mandated that no financial aid will be awarded to these new international students. Waldron confirmed this, adding that these students will pay full out-of-state tuition.

The UMS is not the first set of state universities looking to improve its international student programs. In fact, the recent phenomenon is so widespread that the National Association for College Admission Counseling has put together a commission to study the appearance of increased international student recruitment. One of the commission's main observations, as expressed in the public summary of their meeting in March of last year, is that schools are increasing international student recruitment in order to meet their budget deficits. The concern is that the schools might not, as a result, have the resources to support those international students.

While the trustees' mandate that no financial aid be expended on these students might seem to signal this concern, the tuition they will be charged is no more than the regular out-of-state tuition. Waldron's description of the purpose of the study centers, as a support system both linguistically and culturally, seems to directly answer the concern that schools

might attempt to recruit international students without providing them the necessary resources.

As for the volume of this recruitment, Waldron said the objective is to try to recruit 400 students per year system-wide with the hope of recruiting 1,000 total after four years. However, the admissions decisions will still be entirely in the hands of the individual institutions to which the prospective students will be applying. "The admissions decisions are made by the university," Waldron said. "We set the admissions criteria." Study Group's role is to detail that criteria to prospective students and show them how to apply.

This expanded international program is not meant to replace the means by which international students already attend University of Maine schools, and is, according to Waldron, meant to be complementary to them. The board of trustees' list of objectives from the Jan. 28 meeting expressed the hope that this program would boost on-campus housing numbers. The project is certainly not free of economic consideration. Said Waldron, "We will be compensated through Study Group."

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Storm 2013

USM battles Nemo

Nate Mooney
News Assistant

Record snows hit the USM campuses over the weekend as winter storm Nemo dropped over two and a half feet of snow in Portland and Gorham. Chris Legro with the National Weather Service in Gray reported that, although it was not a record snowfall for many areas of Maine, the Portland International Jetport received a record-beating 31.9 inches. Gorham received the highest snowfall in the state from Nemo with a total accumulation of almost 33 inches.

Despite record accumulation, there was little damage done by the storm in terms of outages or other issues on either USM campus. Though a prank involving a fire extinguisher did necessitate the evacuation of Gorham's Upperclass Hall late Friday, no storm related issues arose over the weekend. "Thankfully, there were no power outages or emergencies," said USM Director of Public Relations Bob Caswell.

Mariah Lary, a freshman psychology major, had first-hand experience with Nemo's impact around her room in Gorham's Upton Hastings Hall. "I almost got blown off my feet, and that was after the snow stopped falling," she said. She said the wind kept blowing the snow around and the plow trucks had to run constantly. "Personally, I'm not a winter person, and this storm made me

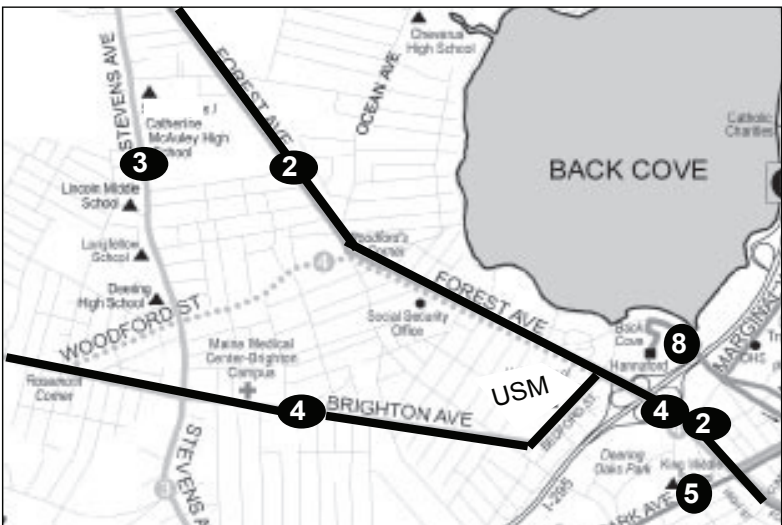
want to stay in my room until it all melts," she said.

Dan Gearan is associate executive director for maintenance and operations for facilities management at USM and his office is responsible for much of the preparation involved in dealing with a storm like Nemo. He said they brought over staff from other departments and sought additional help from the contractors normally responsible for snow removal. "Unfortunately we have been short staffed in our Grounds Department recently because of some vacancies and staff on medical leave," he said.

Facilities Management fueled and checked the generators owned by the school in addition to renting one to power Brooks Dining Hall. "Brooks is used as a refuge location for our resident students in case of a long term power outage," he said. Gearan made sure to thank Jeff McKay, USM's assistant director for grounds, for ensuring a smooth storm weekend at USM. "Jeff, his staff and his contractors have pulled off a heroic effort. They worked long hours and braved very difficult conditions to keep the walkways and roads passable. We are lucky to have such dedicated staff here at the university."

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Bus service available throughout the Greater Portland area



This partial map highlights METRO bus routes near USM.

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

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

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

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

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

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

Discounted METRO TenRide bus tickets available for \$8 for USM students and staff.

Purchase tickets at USM Parking Garage (Portland), and bookstores at

Woodbury Campus Center (Portland) and Brooks Student Center (Gorham).

Call 780-4718 for information.
Current USM ID required for purchase.



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For more information, updates, and complete schedules, visit www.gpmetrobus.com or call 207-774-0351.

In Brief...

“CreateMaine”

The USM School of Music and Departments of Art, Environmental Science and Theatre are putting on CreateMaine Monday from 7 to 10 p.m. in Gorham’s Corthell Concert Hall. The event is designed as a free networking and brainstorming opportunity for Maine’s creative minds. Several notable Maine entrepreneurs will lecture at the event, including Leigh Kellis, owner of The Holy Donut in Portland, Heather Chandler, founder of the green-minded Maine Sunrise Guide and Kai Adams, founder and vice president of Sebago Brewing Company. All three will share their experiences and challenges starting their own business. Prizes are available for all attendees, and the event is free and open to the public. Contact Lori Arsenault at 780-5142 FMI.

Planning For Service Day

A planning meeting will be held Wednesday, from 1 to 2 p.m. in room 109 of the Abromson Center. The meeting will center around community service, program planning, public speaking, fundraising and leadership. It will be open to all USM faculty, staff, and stu-

dents. The 4th annual USM Day of Service will be held on April 19. The first meeting on Wednesday will outline the opportunities for involvement. Contact Julia Pond of Student Life by phone at 207-780-4787 or by email at jpond@usm.maine.edu FMI.

Valentine’s Day Free Breakfast

The Portland Events Board will be sponsoring a free Valentine’s Day breakfast this Thursday, from 9:30 to 11:30 a.m. in the Woodbury Campus Center. Bring your significant other and share the love with free waffles and coffee. Food will go fast, so get here early before it’s all gone! Contact Annie Stevens by email at peb.usm@maine.edu for more information.

Celebration of Soul Food and Jazz

The Office of Multicultural Student Affairs and the Portland chapter of the NAACP have come together to celebrate African-American History Month with an event that will be held in the Wishcamper Center Thursday, from 5:30 to 8:00 p.m. Internationally-acclaimed chef Del Torre will demonstrate what healthy soul food should really taste like while scat singer Lorrain Bohland, pianist Terry Foster and jazz singer Olivia Crupi chime in with a musical arrangement. Contact Reza Jalali by phone at 207-780-4006 FMI.

The Dating Game

The Gorham Events Board is hosting a dating game to be held in the Brooks Student Center in Gorham Thursday, from 9:00 to 10:30 p.m. Celebrate Valentine’s Day by coming down, dating around, and hopefully by leaving town with that special someone you’ve been searching for. Contact Michael DesRoches by phone at 207-780-5218 or by email at mdesroches@usm.maine.edu FMI.

Skiing/Snowboarding Weekend

The Southern Maine Outdoor Recreation club is hosting a two-day skiing/snowboarding trip to the mountains Saturday and Sunday. The trip will commence at 6:00 a.m. Saturday morning and end Sunday evening at around 8:00 p.m. All-day skiing/snowboarding on Saturday will be followed by an overnight stay in a hostel. On Sunday the fun will begin all over again. Tickets cost just \$75 for students (\$30 for New England college pass holders) and \$115 for USM faculty/staff/spouses/dp. Cost includes transportation, lift tickets, dinner and accommodations, but does NOT include lessons and/or rentals. Space is limited and registration is required for all Southern Maine Outdoor Recreation club programs. Stop by the Sullivan Recreation & Fitness Complex or contact Wendy Benson-Sargent by phone at 207-780-4939 or by email at wsargent@usm.maine.edu FMI.

Police Beat



Selections from the USM Department of Public Safety police log Jan. 30 to Feb. 4

Wednesday, Jan. 30

Fouled box

12:28 p.m.- Report of a break-in to the press box sometime in the last three weeks. - Baseball Field

He’s messing with my reps

6:03 p.m.- Disruptive individual removed by officer. - Sullivan Gym

Thursday, Jan. 31

Hook ‘em up!

10:43 a.m.- Vehicle towed for unpaid fines. - Gorham Lot 20

Mixing your meds?

9:20 p.m.- Reported odor of marijuana. Summons issued to Ryan J. Finn, 20 of Kennebunk, ME for possession of alcohol by a minor. - Dickey Wood Hall

Wall balled

9:56 p.m.- Report of damage to the wall. - Upton Hasting Hall

Friday, Feb. 1

Buckle up!

1:13 p.m.- Warning to two subjects for riding in a vehicle unsecured. - University Way

Stop and shine

5:15 p.m.- Warning to operator for stop sign violation and use of headlights. - Portland Lot 3

Officer Oust™

10:27 p.m.- Odor of marijuana. Handled by residential life. - Upton Hastings Hall

Saturday, Feb. 2

That’s for postage!

1:48 p.m.- Reports finding drug material in a room while doing room inspections. Report taken. - Upperclass Hall

Sunday, Feb. 3

I don’t feel so good.

4:50 a.m.- Subject transported to hospital following medical emergency. - Upton Hastings Hall

Presidential prowler

12:00 p.m.- Officer observed a person walking around the president’s house slowly. Property checked and no issue. - President’s House

Sounds like a fight, eh?

5:16 p.m.- Officer assisting with crowd issue. - Ice Arena

Stop!

5:37 p.m.- Verbal warning for stop sign violation. - Bedford St.

Better call for backup.

10:31 p.m.- Officer requested to stand by while Residential Life staff deals with an issue in a room. - Phillippi Hall

Monday, Feb. 4

Saucy shipment

8:47 a.m.- Report of a substance leaking from a package. Package owner reports it was food. Package opened and confirmed as food. - Upton Hastings Hall

You ain’t s’posed to be here.

9:50 p.m.- Summons issued to Jessica E. Sims, 18, of Gorham for violation of criminal trespass order. - Upperclass Hall

Police logs are edited for grammar and style. They can be found at usm.maine.edu/police/campus-crime-log.

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Crossword

Across

1. Caspian seaport

5. Mining tools

10. Not at all close

14. ____ o'clock scholar

15. Drink rudely

16. Chest rattle

17. Brendan Behan book

19. 1102, in dates

20. Octo plus one

21. Greeted intrusively

23. Pit-__: heart sound

26. Extensions

27. The ____ Massacre of 1856

32. Gibbon or gorilla

33. More snaky

34. Bayou cooking style

38. Slangy agreement

40. Accumulation on the brow

42. ____ moth (pale-green insect)

43. Money, of sorts

45. Vanity Fair photographer Leibovitz

47. Austrian affirmatives

48. High school infatuation

51. Quit work formally

54. 1999 film directed by Ron Howard

55. Canine

58. " ____ lovely as a tree": Kilmer

62. Earth: Comb. form

63. Gold digger's "mine"

66. French vocalist Edith

67. A job for an emcee

68. Drape holders

69. Prefix with starter

70. Hoards

71. Twist

Down

1. The pig picture

2. Solar disk

3. Songwriter Jerome

4. Vote out

5. Ad Council ad, e.g.: Abbr.

6. " ____ be darned!"

7. Havana's island

8. Ray who created the McDonald's empire

9. Surveillance device

10. Nuke treaty, say

11. De tail

12. Deportation victim

13. Actors Tim and Daphne Maxwell

18. Toledo tidbits

22. Of a poem.

24. Leatherworkers' tools

25. Pescadores neighbor

27. Ponies up

28. 11-member cartel

29. Sign of weeping

30. "Lovegirl's" Marie

31. Timely fruit

35. Amulet

36. Fingernails: Sp.

37. 'A Beautiful Mind' subject John

39. Got along well

41. 20-20, e.g.

44. " ____ My Heart" (1913 hit)

46. Outward: Anat.

49. Goal of some Greeks and Cypriots

50. Short campsite

51. Harvests

52. Eagle's home

53. "Love Story" writer

56. Spicy ____ roll (popular sushi)

57. 'Design on a Dime' network

59. Do too much of

60. Edible root

61. Popular computer adventure

64. "Blessed ____ the meek..."

65. Dnepr feeder

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.

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

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

Cryptogram

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

ATRIU ETDCTFC HC VTB-
BCVG LF UCEVBLHLFK
WF LFERIGLFK GCICK-
BWD WE W HWBHCU
ALBC?
And here is your hint:
A = W

KJMF SQ FJC VCQF
QFGEF FG VC SP NIESPH
MP CMEFJAIMXC? M
QFMFSGPCEZ QFGEF!
And here is your hint:
I = U



Weekly Horoscope

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

Aries ★★★
March 21-April 19
Patience, fortitude, and follow-through are essential today. Remember to count to 10.

Taurus ★★★★★
April 20-May 20
Indulge your favorite musical preferences in your leisure time today. You'll relax and release any leftover tensions.

Gemini ★★★★★
May 21-June 20
Good deeds time! Check out your friends, neighbors and community to see who needs help and what you can do.

Cancer ★★
June 21-July 22
Emotional support is a must today. Be sure the people and things you rely upon are truly dependable.

Leo ★★★
July 23-August 22
Joint finances are in focus. Borrowing or lending may be essential, but try to keep both to a minimum.

Virgo ★★★★★
August 23-September 22
Beauty moves your soul--in your appearance, attending galleries or museums, creating beautiful things, or listening to music.

Libra ★★
September 23-October 22
Things are not what they seem. Just as you feel settled, something will come along to force changes. Stay flexible.

Scorpio ★★
October 23-November 21
Have you hugged your kids today? Demonstrating your affection physically is a good idea. Get a little TLC yourself too.

Sagittarius ★★★
November 22-December 21
Your primary relationship is on your mind today, and could be a topic of conversation as well. You learn through interactions.

Capricorn ★★★
December 22-January 19
Fun could be mind-connected today, or relatives might be involved. The style is laid-back and easy. Go for relaxed pursuits.

Aquarius ★★
January 20-February 18
Money comes (and goes) through situations involving the home or family. Maintain a balance between spending and saving.

Pisces ★★★
February 19-March 20
You are more alert, articulate and quick-witted. Don't jump to conclusions or let assumptions interfere with communication.

Word Search

Theme:
Valentine's Day

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

P I H S D N E I R F D I P U C A L

V D H S U R C A C F B A L E N D O

N Y N T I A E A S O L C T O Y M V

S R N E N S N L Y E H O I E R I E

T L E D I D S F A O N T W S A R B

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E I S D U M R B E L O V E D B I G

W L O D R P O A F F E C T I O N P

S R E M A L F R R E N T R A P A R

E A Y C N A F O R E V E R L I K E

R D R O T I U S D N O I T O V E D

ADMIRER

ADORE

BELOVED

BOYFRIEND

CANDLES

CANDY

DEAR

DEVOTION

FOREVER

FRIENDSHIP

GIFT

GIRLFRIEND

HEARTS

JEWELRY

LIKE

PROPOSAL

RELATIONSHIP

RESTAURANT

ROMANCE

ROSES

SENTIMENT

SUITOR

The solution to last issue's crossword

10	11	12	13	14	15	16	17	18	19	20	21	22	23
A	R	A	P		C	E	S	A	R		A	P	A
14	R	A	B	I		P	E	A	B	O		C	A
	B	L	U	E	M	O	N	D	A	Y		T	Y
20	S	E	T	T	E		D	R	A	G	S	T	E
27	T	U	R	N	I	P		G	R	E	E	N	S
31	U	R	I		A	G	G	E	R		L	I	S
	B	L	O	C		A	S	C	O	T		F	A
43	A	S	T	A	B		O	U	T	I	E		G
51	P	A	I	N	T		I	T		B	L	A	C
59	R	E	D	I	R	E	C	T		N	A	H	U
63	A	R	I	Z		B	L	O	O	D	Y	M	A
67	B	O	R	E		O	O	O	L	A		A	D
71	U	S	E	S		X	Y	L	E	M		S	A

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Arts & Culture

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Local Top 10: Portland sweet spots to bring your honey this Valentine's Day



Alex Greenlee / Multimedia Editor

A cook at Otto makes a fresh pizza. Grab a slice to fill up while on your date.

Kirsten Sylvain
Editor-in-Chief

1) For the vegan valentine

Does your valentine love animals and the environment? Check out Silly's on Washington Avenue. This place is kitschy and casual, and they have a huge selection of vegan and vegetarian menu items. They are also well-known for buying local and recycling, but don't worry, if you would like a big helping of meat, they've got that too, and it's delicious. Try the jerk chicken in a dish called "WeeBee Jammin" with a tasty draft beer served in a tin cup.

2) For the casual valentine

If you are a part of a more competitive, fun-loving couple, Bayside Bowl is the place to be. Nothing is better than getting a little intense during a heated string of bowling. Bayside Bowl has plenty of opportunities to enjoy your night together with music and food. After the scores are tallied, cool down with a beer and a slice of pizza. This unassuming environment is sure to light up a date while remaining inexpensive.

3) For the crepe-crazy valentine

There's nothing like a crepe drenched in chocolate ganache and a cozy hole-in-the-wall restaurant to set the mood. Check out The Merry Table Creperie on Wharf Street for some authentic French fare and a remarkably romantic atmosphere. Trust us – if you want to find a piece of Paris in Maine, this is it. The wait staff speaks nothing but French, and the owner and chef Jean-Claude Vasalle will make you feel right at home.

4) For the nature-loving Valentine

Fort Williams Park is a spectacular sight that everyone should see. The park used to be a tremendous military asset during World War II, so you can impress your valentine with a quick history lesson. Bring a couple of pairs of snowshoes and trek through the snow, listening to the ocean and watch a beautiful sunset. Don't let the cold prevent you from coming out, it's a perfect opportunity to get close and comfy with your special someone.

5) For the beer-happy valentine

Does your gent or lady love a good brew? Go out and be adventurous – try some beers at Novare Res Beer Cafe on Exchange Street. This European-style beer-garden has over 500 bottles of beer and 25 taps, so if you're looking for variety, that's what you'll get. You won't get a filling meal here with their small and shared meat and cheese plates, but if you want a liquid one, this is the place to go. Check out their beer and chocolate pairing event for this Valentine's Day.

6) For the fresh valentine who doesn't need dinner, just funky beats and drinks

There has to be a lover out there who's crazy for funky beats and doesn't care about having an decadent meal. Maybe she just wants to go out and dance like nobody's watching? If this is your gal (or guy) check out Jaw Gems and Model Airplane Valentine Orchestra playing at the Big Easy this Valentine's Day.

7) For the sweet-toothed valentine

Is your valentine the "essence of sweet sophistication?" That's what the Portland Press Herald called the Bar of Chocolate Cafe on Wharf Street, with its eclectic menu and decadent desserts. Stop by to be enjoy a sandwich, some tapas, a bottle of wine or a thick flourless chocolate torte.

8) For the valentine you want to splurge on

Fore Street is for the valentine that you really want to impress. It may take a little persistence to get in for dinner, but your date will likely feel pretty special from all of the work. They hold one-third of their tables for walk-ins that they start filling up at 5:00 p.m. If you want a delicious surprise, Fore Street will be for you, as their menus changes every day.

9) For the pizza-pining valentine

If you're looking for a casual and relatively cheap location to dine with some interesting choices, Otto is a great place to go for a slice or a whole pie with your valentine. With two locations in Portland and a recent expansion at their 576 Congress St. location, there's plenty of room to sit down and drink a beer over a pulled pork and mango pie.

10) For the mature valentine

Looking for a restaurant with a little history? "DiMillo's Floating Restaurant" opened their doors in 1982 after the vessel had been used up and down the East Coast for nearly 40 years. Owner Tony DiMillo quickly coined the slogan "The clams you eat here today slept last night in Casco Bay." To get the freshest seafood around, a bit of romantic music and a taste of Portland history, head on down to Commercial Street and jump on board.

USM theater students attended festival

USM actor made it to semi-final round for first time in seven years

Sam Hill
Arts & Culture Editor

A select group of USM theater students made the trip to Hyannis, Mass. last Tuesday to take part in the nationally recognized 2013 Kennedy Center American College Theater Festival. Some students competed and were successful, some just attended the workshops that were held, but all seemed to learn something new.

"Our theater department, like all theater departments, can get cliquy," said senior theater major

Clarissa Bergeron-Lawrence, "but I think we sort of broke up those small groups last week and really bonded as a whole. Everyone seems to be re-energized."

KCACTF has been developed as a means to encourage, recognize and celebrate the finest and most diverse work produced in university and college theater programs. Theater students from across the country participate in regional festivals, with those who make it to finals going on to compete on the national level in Washington D.C. USM competed in Region I, which consisted of students from Connecticut, Maine,

Massachusetts, New Hampshire, northeast New York, Rhode Island and Vermont.

The USM Department of Theatre came out of the festival event with a victory, too. For the first time in nearly seven years, a USM competitor made it to the semi-finals. Freshman theater major Martin Bodenheimer, who competed with his scene-partner, senior theater major Hannah Perry, was excited to advance to the second round of competition, as one of the top 36 performers out of over 200.

See ACTF on page 10



Patrick Higgins / Free Press Staff

Freshman theater major Martin Bodenheimer, who competed with his scene-partner, senior theater major Hannah Perry, advanced to the semi-final round of competition at the festival. He was chosen to move on with 36 others actors out of over 200 that were competing last week. The last time a USM student made it to the semi-finals was seven years ago.

Arts & Culture Recommends: “Everything” by Astrid Bowlby

Courtney Aldrich
Free Press Staff

Most artists have a specialty, a favorite style or subject. For artist and USM alumna Astrid Bowlby, it’s drawing, well – everything.

The walls of the exhibit, covered in colossal pieces of white paper, contain images of different trinkets, household objects and simple, everyday items.

“It’s all images on paper,” said Director of Exhibitions Carylton Eyer, “although the subject of each work of art can be, any object anybody can think of.”

Bowlby’s abstract and unconventional style makes the gallery like a dream land. Appropriately, one of Bowlby’s inspirations is the picture book *Harold and the Purple Crayon* by Crockett Johnson. “I’m not sure I know any other artists whose inspiration includes the book *Harold and the Purple Crayon*!” said Eyer.

This ongoing event offers a unique opportunity for attendees to engage with the artist. At the entrance of the gallery there is a fish bowl with requests for drawings. This means that anyone can write down anything, and Bowlby will draw it.

“I like that I’m drawing things for people,” said Bowlby.

But for an artist, trying to create something that isn’t an original idea can be a tricky task. Bowlby described the challenges in holding a gallery like this when she explained one of the first drawings created for the exhibit.

A garden hose, a request from Bowlby’s father, didn’t end up resembling the hose her father first



Hans Large / Free Press Staff

“Everything” by Astrid Bowlby will be on display until March at the Gorham Art Gallery. Bowlby will be at the gallery from 12 p.m. to 4 p.m. on Sundays to draw requests made by visitors and add them to her collection of work.

imagined. But Bowlby is open to various perspectives of the art and appreciates the way that the same ideas can emerge differently among individuals.

“It’s challenging enough,” Bowlby admits about starting out with a nearly empty gallery. “I wouldn’t have had enough confidence [to do the project] ten years ago.”

This is why Bowlby’s exhibit exists, for the artist and for the guests. Her project celebrates merging creative ideas and explores how those that come from the viewer can transformed by the artist.

The gallery gives the viewer the chance to become part of the ex-

hibit while also allowing the artist to be vulnerable and learn from the experience. “It’s important to me to become better at drawing,” said Bowlby.

The Gorham Art Gallery is itself a gem to the USM Gorham campus and to the surrounding area. It’s located right on campus, on the corner of College Avenue next to the president’s house. The gallery, which used to be a church, now houses artwork from visiting artists, outside shows, faculty shows, student jury exhibits and the Bachelor of Fine Arts exhibit. There is also the AREA gallery in Portland in the amphitheater space of the Woodbury Campus Center that is currently exhibiting a fac-

ulty art show.

If you missed seeing Bowlby this past weekend the best time to catch her at the gallery is Sunday afternoons. Astrid Bowlby’s exhibit, “Everything,” will be open from now until March 6 in the Gorham art gallery. The exhibit will be closed during winter break at USM during the week of Monday, Feb. 18. For more information check out the USM Art Galleries website: www.usm.maine.edu/gallery.

arts@usmfreepress.org
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In Heavy Rotation

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



Don Giovanni Records

Laura Stevenson & The Cans / Sit Resist

Laura Stevenson has one of those voices you’re either going to love or hate, she doesn’t get many in-between reactions. This album is quirky and folky and strange in a way that seems like it should draw a cult-following, but the lyrics will break your heart.

-Sidney Dritz
Free Press Staff



Def Jam

The Roots/ Undun

Undun is an existential concept album about the fictional character Redford Stevens and his short life in urban poverty. Sounds crazy right? And it’s The Roots! What’s not to love? Poetic lyrics, snare-driven beats, keyboard soundscapes and a love for classic hip hop.

-Sam Hill
Arts & Culture Editor



Atlantic

Led Zeppelin / Led Zeppelin II

This is when Zeppelin became Zeppelin. There isn’t one filler track in the bunch, and Jimmy Page established himself as the master of riff. Add to that what is arguably the best rhythm section in all of rock proving that they are, and you get one of the greatest albums ever made.

-Andrew Henry
Perspectives Editor

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Studio Rep is a new, collaborative project launched by Portland Stage to build bridges between the theater, local theater artists, and our audience. 3 local artists/ companies will produce shows in rotating rep over a 4 week period, in the Portland Stage Studio Theater.

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*price includes ticket handling fee

Big Mouth Thunder Thighs by **bess welden**

Big Mouth Thunder Thighs, a one-woman vaudeville about body and food, intertwines memoir storytelling with a variety show of roller skating, song, dance, poetry, jokes and five heart-stopping “Death Defying Acts.”

If We Were Birds by **erin shields**

Presented by Lorem Ipsum, If We Were Birds tackles contemporary questions of war, violence, and womanhood through the lens of ancient Greek tragedy.

For the Lulz by **ben ferber**

Presented by Horn&Ivory Productions, in For the Lulz the blogosphere watches in horror as a hacktivist, a phreaker, and a cyberterrorist wage war on each other for money, for revenge, and for the lulz.

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Local Review

This lady is anything but a lamb



Let 'Em In Music, Ba Da Bing Records

Sam Hill
Arts & Culture Editor

Even though she performs under the name Lady Lamb and the Beekeeper, Aly Spaltro proves with her debut album *Ripley Pine* the she is no lamb to be led around. Spaltro taught herself to write music and sing, and until now has been releasing music recorded out of her home in Brunswick, Maine, and selling her work in little homemade bundles at the local Bullmoose Record Store. But now she resides in Brooklyn, N.Y. and will soon be releasing her first professionally recorded album.

“Love is selfish / Love goes tick-tock, tick-tock, tick / Love knows Jesus / Apples and oranges,” Spaltro sings sweetly in the opening track “Hair To The Ferris Wheel.” At only 23, you wouldn’t expect such soul and power in her lyrics, but with five years of music experience she sure has found a way to find a powerful voice within herself. “It’s a zoo in your room when you part your lips / And you long to kiss like you won’t exist / Come the morning time,”

she continues as the song picks up and swiftly becomes more intense. The song goes back and forth between light bursts of sweet guitar and beautiful acappella to driving drums and a heavier guitar riff. Spaltro masterfully balances the two styles and creates a truly unique listening experience. The mood of the music affects how you take in the lyrics throughout.

I wish I could go into great detail about every single track, because they’re all standalone works of art. “Bird Balloons” is an upbeat soulful song as Spaltro sings at full volume with zero difficulty. “I’m a ghost and you all know it / I’m singing songs and I ain’t stopping,” she practically yells, her voice husky with emotion. And then on “Little Brother,” she seems to channel Adele’s deep, slow-paced, sorrowful style. Spaltro can do whatever she wants on a track and it’s all fantastic.

Ripley Pine is evidence of an artist finally getting a chance to do what she wants with her music. While Spaltro has been making music for a while, a makeshift home studio is no replacement for a professional recording studio. Her talent was finally recognized by someone with some resources, and now that she has so many tools at her disposal, there’s no limit to her creativity. As much as Portland’s music scene will miss her regular high-energy live shows, we know it is time to let her go. Spaltro is already creating great music, and this is just the beginning of her career.

The album will be released on Feb. 19 and is a must-buy for anyone who wants a good dose of a true Maine artist.

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@SamAHill

National Review

Local Natives step up once again



Infectious, Frenchkiss Records

Sam Hill
Arts & Culture Editor

It may be too early to call it, but I’m willing to bet that *Hummingbird* by Local Natives will be considered one of the best albums of the year.

Local Natives’ 2010 debut, *Gorilla Manor*, was a hit. The melodic and energetic lyrics combined with the choir-style hooks left listeners in love with this Fleet Foxes and Grizzly Bear love-child. *Hummingbird* does not disappoint, as it brings back those same elements. While the subject matter might be a little dreary, the style is the same, and that’s what’s going to please fans. Some believed their debut would be the last of the band, a memory of some friends having a good time while they could, but they managed to keep up the pace and create a sophomore effort worthy of another round of applause. It’s not innovative, but it’s a step up in quality.

Less than a minute into the first track, “You & I,” keyboardist and vocalist Kelcey Ayer confesses, “I woke up with my green eyes blue / And all I think about is you /

And it feels.” These heartbreaking sentiments can be found spread throughout most tracks on the album, in lyrics that are the best songwriting by the Local Natives to date. And with the ambient feel to the song and light rhythm, it’s a great choice for the opening track.

The brightness and upbeat sound of *Gorilla Manor* is mostly absent. Ayer’s mother passed away last summer, which clearly had a direct impact on the songwriting. Like *Gorilla Manor*’s “Airplanes,” “Colombia” is a track for a lost love. The former is for Ayer’s grandfather, and the latter is for his mother. While you might not understand through the first listen, keep his loss in mind while you’re listening, and the beautiful lyrics quickly turn heavy and somber. Over a slowly building piano line and ominous, distorted guitar riffs, Ayer sings, “The day after I had counted down / All of your breaths / Down until there were none / A hummingbird crashed right / in front of me and I understood / all you did for us.” This is that one song that will really make you think – one that you could waste the day away zoning out to.

Every song on the album is fantastic, though, from the intensity of “Woolly Mammoth,” to the light-hearted and delicate rhythm of “Ceilings.” The band has amazing chemistry, always weaving in and out of tracks with ease and swirling around the vocalist. Each song just feels complete with no note, riff, pause or beat missing.

Like I said, this is album of the year material. If you’re a fan, go buy the album. If you’re not, go grab the album and become a fan within the first few minutes.

sam@usmfreepress.org
@SamAHill

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A&C Listings

Wednesday, February 13

Passion Pit / Matt & Kim / Icona Pop
State Theatre
609 Congress St.
Doors: 7:00 p.m. / Show: 8:00 p.m.

Thursday, February 14

The Barn Swallows
Blue
650 Congress St.
Doors: 7:00 p.m. / Show: 7:00 p.m.

Big Gigantic / Kill Paris
State Theatre
609 Congress St.
Doors: 7:00 p.m. / Show: 8:00 p.m.

Model Airplane Valentine Orchestra / Jaw Gems
The Big Easy
55 Market St.
Doors: 7:00 p.m. / Show: 8:00 p.m.

The Southbound Outlaws
The Dogfish Bar and Grille
128 Free St.
Doors: 8:00 p.m. / Show: 8:30 p.m.

D.V.S. / Psymbionic / The Cyborg Trio
Port City Music Hall
504 Congress St.
Doors: 9:30 p.m. / Show: 10:30 p.m.

Friday, February 15

Jonathon Edwards
One Longfellow Square
181 State St.
Doors: 8:00 p.m. / Show: 8:30 p.m.

When Particles Collide / Kurt Baker
Empire Dine and Dance
575 Congress St
Doors: 9:00 p.m. / Show: 9:30 p.m.

The Four Legged Faithful
Blue
650 Congress St.
Doors: 10:00 p.m. / Show: 10:00 p.m.

Saturday, February 16

F*#k Love, Let's Mosh: It Lives It Breathes / Mara
Studio 250
250 Read St.
Doors: 5:00 p.m. / Show: 6:00 p.m.

The John Clavette Band
The Big Easy
55 Market St.
Doors: 7:00 p.m. / Show: 8:00 p.m.

The Dunwells / Darlingside
Port City Music Hall
504 Congress St.
Doors: 7:00 p.m. / Show: 8:00 p.m.

Lay-Z-Gait Western Swing Band
One Longfellow Square
181 State St.
Doors: 8:00 p.m. / Show: 8:00 p.m.

Mark Tipton
Blue
650 Congress St.
Doors: 10:00 p.m. / Show: 10:00 p.m.

Sunday, February 17

Punch Brothers / Anais Mitchell
Port City Music Hall
504 Congress St.
Doors: 7:00 p.m. / Show: 8:00 p.m.

From ACTF on page 7

“I was surprised I was chosen, honestly, but I was really excited. It feels pretty good,” said Bodenheimer.

The competition took place in three rounds. Actors were expected to prepare a three-minute scene, a two-minute scene and for the finals, a one-minute monologue. There were enough competitors that everyone was practicing in their spare time, and most were not able to watch each other.

Bergeron-Lawrence was nominated to compete in dramaturgy for her work on last year’s USM production of *You Can’t Take It*

With You by playwright George S. Kaufman, but missed the deadline to accept her nomination. Still, she traveled to Hyannis to attend workshops and make connections.

A dramaturg deals mainly with research and development of plays or operas, making sure all aspects of set, design and costume are accurate for the time period and giving a general historical context to the shows.

Students were able to choose the workshops they attended, so everyone was able to focus on their specialty. Bergeron-Lawrence was glad to be able to attend workshops on dramaturgy, because there are none offered at USM.

“We as a department need to talk

about it [the festival] more. It was a really great experience, and I regret not doing it before, but I didn’t know how to go until I was nominated to compete,” said Bergeron-Lawrence.

Bergeron-Lawrence hopes to use her experience and connections to acquire a grant that would support a dramaturg position at the Waterville Opera House after she graduates this spring.

USM will be returning to the festival next year with a small victory under their belt and a larger group of experienced students - they hope to accomplish a lot.

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Food drive being held by theatre workshop

Francis Flisiuk
Contributor

The students of USM’s theatre workshop, a required course in the theater major, are holding their annual food drive. From now until Feb. 28 donations are being accepted in the blue bin in the lobby of Russell Hall on the Gorham campus. All donations are given to the Preble Street Resource Center’s food pantry and soup kitchen in Portland.

“Our aim in holding the food drive is to make students aware of the needs of the greater community and provide them with an opportunity to help others,” said theater professor Meghan Brodie. “My students want to make a difference in their community, and I am so happy to help them coordinate their efforts.”

Brodie, along with theater professor Shannon Zura, has been encouraging students in all her classes

to donate and has been for several years now. Some students in her class also helped distribute flyers around campus to help promote the cause.

The Preble Street Resource Center is an organization that helps the citizens of Portland who are in need. They provide a number of programs and services to help people including, housing services, soup kitchens, the Maine Hunger Initiative, Home for Good and the Joe Kreisler Teen Shelter. These programs benefit Portland citizens from simple things like feeding a hungry mother to more elaborate aid like helping a family establish a home or helping a teen resume his education.

Food items that are encouraged to be donated are: coffee, cooking oil, rice, pasta, tea, cereal, juice, salad dressing, beans, soup, tuna, canned tomatoes and spaghetti sauce. Preble Street also accepts personal hygiene

products.

“At the end of the food drive, Shannon and I try to identify the items Preble Street needs that we have not collected and we then buy several bags of these items before we deliver everything to Preble Street,” said Brodie.

Brodie and Zura usually donate several bags of dog and cat food.

“Some people who are homeless or are struggling to buy food will feed their pet companions before they will feed themselves and we want to make sure that both can eat. We know what the companionship of our pets means to us and we don’t want people or their loved pet companions to be hungry,” said Brodie.

Brodie and her students have already collected several bags of food and they aim to collect many more before the drive ends on Feb. 28.

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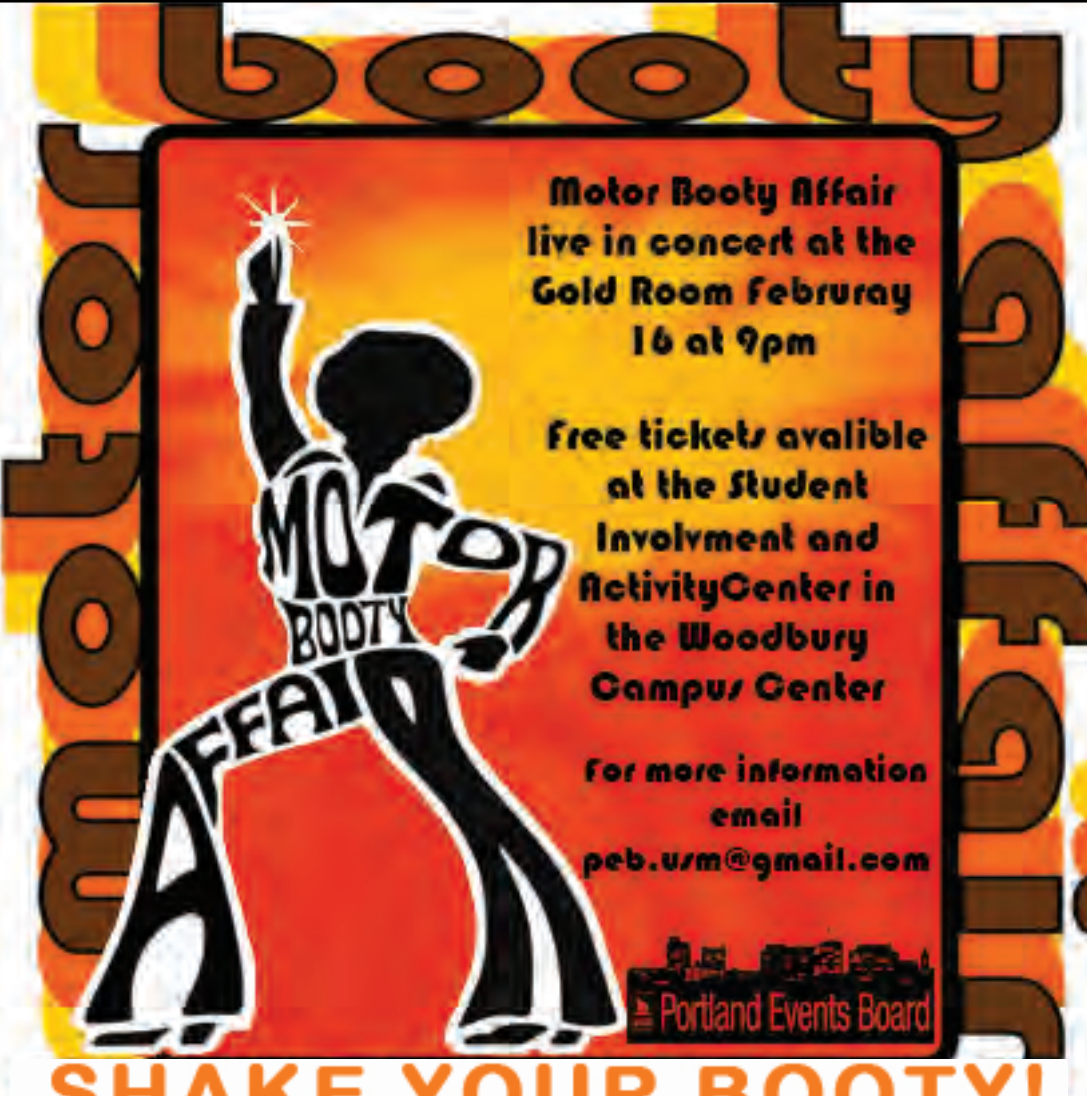
live in concert at the Gold Room February 16 at 9pm

Free tickets available at the Student Involvement and Activity Center in the Woodbury Campus Center

for more information email peb.usm@gmail.com



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Perspectives

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THINGS OF THE W E E K

Henry's Head

National controversy of the week

Andrew Henry
Perspectives Editor

Trustworthy, loyal, helpful – but not gay. The Boy Scouts of America have postponed a vote to lift the ban on including gay members. Gay members who would like to join will now have to wait until May, when the next vote will be held. The ban has been in place since 1991, when the BSA released a statement saying that “homosexuals do not provide a desirable role model for Scouts.” The board cited the complexity of the issue as the main reason for putting off the vote, but the BSA has been dealing with this for a long time. While I can understand the caution involved in making this decision within a primarily male organization, the ban should just be lifted

already. As someone who is a former Scout and knows several gay Boy Scouts, the motion to postpone the vote is flat-out evasive, and I know I'm not the only one who has this view. Steven Spielberg even left his position on the BSA Advisory Board in 2001 because he strongly disagreed with their exclusion of gay people. The BSA website says that “The BSA provides a program for young people that builds character, trains them in the responsibilities of participating citizenship and develops personal fitness.” That is, unless you're gay. Get over your homophobia, BSA. It's time that the board earned their social tolerance merit badge. And while you're at it, lift the ban on atheists being able to join as well. It's equal rights, after all.

Worrisome local drug outbreak of the week

HEROIN

Overdose Alert!

ATTENTION: Users and friends of Users
There is an increase in overdoses associated with heroin currently in the area.

To Reduce Your Risk of Overdose
PLEASE:

- Do Not Use Alone
- Do a Tester Shot
- Avoid Mixing Drugs

Use the Recovery Position!



DIAL 911 - SAVE A LIFE



Portland has put up fliers about recent overdoses warning users about the new strain of heroin.

Portland police say that new, more potent strains of heroin are the cause of four near-fatal overdoses in

State of the State address of the week



Troy R. Bennett / Bangor Daily News

Governor Paul LePage seemed confident as he delivered his State of the State address on Tuesday.

Governor Paul LePage seemed assertive and frank as he addressed issues and leadership criticisms during his State of the State address on Tuesday. He opened saying “I am here to update you, the people of Maine, about the condition of our great state.” Unfortunately, the state of our state is, in fact, not so great, but he spoke honestly toward the potential for a brighter future in Maine. LePage discussed our business-friendliness (or lack thereof), inflated energy costs and our public schools' supposed lack of success in giving students what they need educationally. “The path forward offers two choices,” he said. “We continue to accept the status quo, or we can make the tough decisions to create a better Maine for everyone.” However, LePage didn't give any examples of these “tough choices.” At least he wants to “...put ideologies aside and get to work to make Maine a competitive and prosperous state.” I truly hope that he means what he says, but I have trouble believing that he can put ideologies aside. His past track record as someone with a fiery temper left a mark on his reputation though he claims to just be “passionate.”

In reality, it's a combination of both. Storming out of press conferences, calling for a repeal on the ban of the cancer-related chemical BPA and taking down a mural that represented a working-class people are just a few of the times he has refused to put ide-

“...it's a terrible thing. But I'm doing better. I'm working on it.”

-Paul LePage, on his temper

ologies aside. As someone who claims to have come from a working-class background, LePage seems to be confused on where he stands. But his State of the State address this year shows a calmer, more confident governor who pines for success in the working-class section of Maine. I'm optimistic but skeptical that he'll do what he says. So please, prove me wrong, LePage.

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Petition USM to divest its fossil fuel holdings

Chriss Sutherland
Guest Contributor

Climate change is increasing the temperature of the planet, raising the level of the seas, and engendering a phenomenon known as environmental refugees. These changes are happening now all over the planet. Climate change is increasing instances of the following health concerns: respiratory disease, cardiovascular disease, water security, food security and nutrition, cancer, infectious diseases and mental health. World leaders agree on one detail with regard to climate change: two degrees Celsius is the limit (3.6 degrees Fahrenheit). At the end of 2012, the average temperature

of the planet had risen 0.8 degrees Celsius. Scientists estimate that the atmosphere can handle approximately 565 more gigatons of carbon dioxide before losing hope of staying below two degrees. Currently, the fossil fuel industry (coal, oil and natural gas) is planning on digging-up, selling, trading and burning 2,795 gigatons of carbon—these are proven reserves. Given these serious conditions, the fact that the University of Maine System has a portion of its endowment invested in fossil fuels (at least \$7.5 million) is immoral and contradicts its mission. It is imperative that the system divest its holdings 100 percent from this industry.

How it works:

The UMS's endowment (some \$121 million) is like a savings account, originally made up of principal in the form of gifts from alumni, foundations, corporations, governments and philanthropists. The money is invested in financial markets and earns returns as well as interest on that principal. In theory, the endowment is managed for the benefit of the institution, i.e. students, faculty, and staff. Furthermore, since the UMS is a non-profit academic institution with tax-exempt status it should maintain total transparency and disclosure. A recently filed freedom of access request

revealed that as of June 30, 2012, the system's portfolio holds investments in over 40 companies that appear on the list of the 200 firms holding the majority of the world's proven coal, oil and gas reserves—including BP, Exxon Mobil, Peabody Energy, Chevron, Conoco Phillips and Hess. The system's investment strategy also includes various mutual and commingled funds, which by nature obscure the investment details (e.g. \$8 million is held by Dimensional Fund Advisors, a portfolio worth \$2.8 billion with 0.89 percent exposure to fossil fuels, equaling approx. \$25 million).

Why it matters:

The system's 2012 annual report states that \$5 million of the endowment was distributed via scholarships and operating activities. When asked for an accounting of those disbursements the chancellor's office stated that, “This is not information that we produce.” This savings account, which is operated for the benefit of students, faculty and staff is currently invested, both directly and mutually, in the fossil fuel industry; an industry whose business model is predicated on the severe disruption of life as we know

See **DIVEST** on page 13

Gorham Forum

Gorham essential to the success of USM, vice versa

Spencer McBreairty
Free Press Staff

More than 130 years ago, USM was established with the opening of the Academy Building on a hill in a small village nine miles from Portland.

Despite obvious connections, relations between USM and the town of Gorham seem to be at a standstill, unable to properly communicate. Whether it be unfair restrictions on Greek life, or the highly unfavorable reaction to the short-lived “Church Performing Arts Center,” Gorham townspeople do not often seem to be on the side of USM students.

They find the Gorham campus and its surrounding town to be lacking in nightlife and venues to socialize.

All is not lost, however, as Gorham businesses benefit from USM being nearby. The Portland Press Herald asserted in a recent article that businesses are hoping for more revenue from USM students. Currently, the USM student body is an untapped resource for Gorham businesses, as many stu-

dents leave the town to find items they need.

On top of that, many USM students leave on the weekends for a variety of reasons. For quite a few, the ultimate reason is boredom. They find the Gorham campus and its surrounding town to be lacking in nightlife and venues to socialize.

As President Theo Kalikow noted in the Portland Press Herald article, new businesses such as a tea house or movie theater would be a sure way to attract more students to downtown Gorham. I love going to the movies, but in Gorham, your only option is Redbox. It’s not bad, but for new movies you need to drive to Westbrook, Saco or South Portland.

The bottom line is that Gorham is missing out on 1,200 students and their wallets. Many students have thin wallets to begin with, and bringing in more businesses could bring more jobs for students and circulate more money within the community. If each student spent, on average, \$5 per week somewhere in Gorham, that would be \$6,000 per week in revenue. Over the course of the school year, that amounts to \$192,000 spent by USM students.

So Gorham, who needs whom?

While I can guarantee not every student spends money in Gorham each week, many spend more than \$5. Were there more opportunities to spend money, they would be more likely to invest back into the Main Street businesses.

When I worked at a local restaurant in downtown Gorham, we always braced for big events at USM. Craft fairs and admission events would bring over 1,000

Gorham could exist without USM perhaps, but it would be much weaker than it is now. USM’s more than 500 jobs would disappear, and the sporting events that



Wanwen Li / Design Director

guests to the campus, and brought in large weekend revenues for businesses.

The signs could be positive. USM’s future will likely be one filled with discussion about the sustainability of a three-campus university, and certainly our current system isn’t perfect.

Could USM, one day, become unhinged and split off into three separate universities? Perhaps, but it could also stay the same.

It is clear, above all else, that Gorham and USM are linked, whether they want to be or not. We need to make the best of it.

locals rely on for cheap entertainment would be gone. Let’s be frank – what else is there in Gorham to draw revenue?

The two must work together for the good of both. Gorham is a wonderful town – the perfect setting for a residential community. The university is moving toward working with the local people to ensure a harmonious partnership that benefits both parties.

Together, we can create a larger sense of community within the town of Gorham that transcends campus borders and town lines and stretches throughout south-

ern Maine. By having bases in Gorham, Portland, Lewiston and online, USM serves thousands of students with an attainable education. If we can link those campuses to their surrounding communities a bit more, it will be more profitable in the long run both financially and socially. After all – USM may be a school of multiple campuses, but we are one community (or at least we could be with a little effort).

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From **DIVEST** on page 11

it. Yet, not only is the endowment invested without the consultation of its supposed beneficiaries, as members of the UMS community we are held in the dark as to the allocation of the supposed profits this environmentally and socially disastrous investment strategy produces.

What can you do?

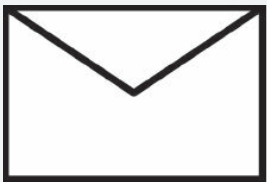
Speak up and petition your university’s president to put pressure on the UMS board of trustees finance committee to divest your institutions holdings from all funds containing fossil fuels. As of today, the board of trustees finance

committee has not researched its options for socially responsible investment and is relying on an antiquated strategy that directly supports an unconscionable industry. As members of the UMS community, we need to hold the system to the climate rhetoric espoused in the Blue Sky strategic plan, the university’s Sustainability Solutions Initiative, and the American College and University Presidents Climate Commitment Network; all of which name climate change as a major concern and reaffirm the UMS’s commitment to sustainability and renewability.

Students, faculty, staff and alumni: educate yourselves as to

the workings of your particular institution and the greater system at large. Demand transparency and equal participation regarding investments that directly jeopardize your present and future. This is especially pertinent for students, as you are the ones the UMS purports to be educating, to become engaged, socially responsible citizens. Armed with this information, we should all be demanding responsible stewardship from the board of trustees: divestment from the fossil fuel industry.

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Letters & Comments:

Response to Free Press work to rule coverage

When I first started reading the opinion piece about how students should support faculty efforts in obtaining contracts with cost-of-living raises I was a little confused about who was even addressing me. The printed version of the article contains no byline (unlike the online version) and is listed under Our Opinion in the Perspectives section, even though it begins with a personal pronoun and is obviously written by an individual voice. The author then goes on to describe how he/she went through the library and asked multiple students if they knew about the faculty’s work-to-rule vote to which all answered “no,” and then describes how concerning it is that more students do not know anything about this issue.

Until the Feb. 4 edition of The Free Press, I too did not know much about the vote and was rather displeased about the tone of the article. I was aware of the struggles our faculty had been facing concerning pay raises and contracts but I didn’t know many details. I think it is a bit presumptuous for any staff member at the Free Press to accuse USM students of being uninformed when there has only been one article previously published (week of Jan. 29) concerning this issue. Besides reading that one article, where else would students learn about the work-to-rule vote? Unless students work in a position where they are exposed to the administration or faculty (besides in class time) on a regular basis, it is hard to imagine where else they would come across this topic. The Free Press’ mission is to be the “definitive source of news and commentary for the USM community,” so if students are uninformed about an issue then I have to wonder if the Free Press should be taking some responsibility for that as well.

These efforts by the faculty are ones that students should certainly be aware of and I encourage them to get behind. However, I also think a major piece of this article was missing and that is the piece about how students can show their support. It’s important not to just encourage students to take action, but to also make the pathways to action available. This letter is my own personal first step and I encourage any other students who want to take a stand to sign the petition available in the Student Government Association in the Woodbury Campus Center.

Annie Stevens, senior criminology major

Want to voice your opinion? Email editor@usmfreepress.org.

Have an opinion?

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Contact editor@usmfreepress.org

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Sports

Home Games

Monday Men's Ice Hockey vs. Babson 3 p.m.	Tuesday Women's Ice Hockey vs. New England College 7 p.m.	Saturday Women's Basketball vs. Mass.-Dartmouth 1 p.m.	Men's Basketball vs. Mass.-Dartmouth 3 p.m.
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Try something freaky with reiki



Alex Greenlee / Multimedia Editor

The use and positioning of the hands is the core component to reiki practice.

Anna Chiu
Sports Editor

Within Eastern traditions of healing practices is the belief that the movement of energy affects both our physical and mental health. There are many energy healing practices, but the one becoming most popular in the United States is reiki, which will be making a debut in the coming months at USM's Sullivan Gym in Portland.

Melinda Irving, a certified reiki practitioner and USM senior majoring in holistic health, will be offering her reiki practice at the Portland campus to interested students looking for an alternative to Western medicine. "Healthy USM students will find themselves catching every cold or flu during the winter, a sign of imbalance; an imbalance that has voiced itself through a lessened immune system," Irving said. "That is where a practitioner comes

into play."

The focus of energy is the key component to reiki practice. When energy is stagnant or flowing less freely, the body can begin to fall out of balance and experience illness. From a reiki's perspective, all illness is seen as a manifestation from a deep imbalance of inner energy and the symptoms we experience, such as headaches, depression and pain all voice where the imbalance resides. The word reiki is made of two Japanese words: rei and ki; rei, meaning universal and ki, meaning life force energy. The belief is that we are alive because of the life force that flows through and around us, hence reiki's translation.

Reiki is administered by the use of 12 different hand positions and is based on the idea that an unseen "life force energy" can be transferred from the practitioner to the client. Testimonies of first time

"Catching the cold or flu is a sign of imbalance that has voiced itself through a lessened immune system."

-Melinda Irving
Reiki practitioner and current USM student

reiki clients reveal that treatment feels like a glowing radiance that flows through and around them. Since it is thought to treat the whole body, mind and spirit, the beneficial effects can include relaxation, security, well being and feelings of peace.

"Students who seek out a reiki practitioner will find that the healing practice will help them return to balance physically, emotionally,

spiritually and psychologically," Irving said.

Reiki is a non-invasive and safe method and can be combined with all other medical techniques to maximize results.

A typical reiki session beings with the practitioner and client going over a simple intake sheet that allows the practitioner to know the general lifestyle and experience of the client. Questions focus on current health matters, surgeries, stresses and why they have sought out the practice. Through discussion the practitioner will begin to develop a healing plan that will have specific activities or suggestions that will aid in their healing. The client will then rest on a massage table with music playing in the background to help them relax. The practitioner will recite a prayer before laying their hands on the client and will use their intuition to

See **REIKI** on page 15

Upcoming

February 11

Men's Hockey
Babson
@ USM
Postponed from 2/9
3 p.m.

February 12

Women's Ice Hockey
New England College
@ USM
Postponed from 2/9
7 p.m.

February 13

Women's Basketball
USM
@ Plymouth St.
5:30 p.m.

Men's Basketball
USM
@ Plymouth St.

February 15

Men's Indoor Track
New England Division III
Championship
@ Tufts University
TBA

Women's Indoor Track
New England Division III
Championship
@ Gorham
12 p.m.

Men's Ice Hockey
USM
@ St. Anselm

Women's Ice Hockey
USM
@ Mass.-Boston

February 16

Women's Basketball
Mass.-Dartmouth
@ USM
Senior Day

Men's Basketball
Mass.-Dartmouth
@ USM
Senior Day

Men's Ice Hockey
USM
@ New England Col.
4:30 p.m.

Women's Ice Hockey
USM
@ St. Anselm
1 p.m.

Men's Indoor Track
New England Division III
Championship
@ Tufts University
TBA

Women's Indoor Track
New England Division III
Championship
@ Gorham
11 a.m.



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Scoreboard

February 5

Women's Basketball
USM 77
Mass.-Boston 69

Men's Basketball
USM 55
Mass.-Boston 69

February 8

Men's Indoor Track
@ Boston University
CANCELLED

February 9

Men's Indoor Track
Little East Conference/
Alliance Championship
POSTPONED

Women's Indoor Track
Little East Conference/
Alliance Championship
POSTPONED

Wrestling
USM Tri Meet
POSTPONED

Men's Ice Hockey
Babson
@ USM
POSTPONED

Women's Ice Hockey
New England Col.
@ USM
POSTPONED

February 10

Women's Basketball
USM 56
Rhode Island Col. 54

Men's Basketball
USM 46
Rhose Island Col. 64

Women's Ice Hockey
Castleton 1
USM 1



Anna Chiu
Sports Editor

Cancellations and Postponements from Feb. 8-9
Some games still remain unscheduled

While most of the games were moved to Sunday, some are still without a makeup date. The Men's Indoor Track Valentine Classic at Boston University has been cancelled. The Wrestling Tri Meet has been postponed without a makeup date so far. The women's hockey game against New England College has been postponed to Tuesday, Feb. 12 starting at 7 p.m. The men's hockey game against Babson will take place on Monday, Feb. 11 starting at 3 p.m.

Men's Basketball
Huskies face their second consecutive loss

The men's basketball team were unable to triumph against UMass Boston, losing 69-55 in a Little East Conference game last Tuesday evening. The loss brings their record down to 13-9 overall and 7-4 in the Little East Conference. Junior guards Brandon Tomah and Conor Sullivan lead the team with 13 points each while senior guard Mike Poulin and freshman guard Cole Libby each scored seven points. The men's team will next face Plymouth State this Wednesday, Feb. 13, at 7:30 p.m.

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Quick Hits: The Huskies' week in review



Justicia Barreiros / Free Press Staff

Top: Ryan Turner pole vaults during the Little East Conference Championships/ New England Alliance Championships on Sunday afternoon. The meet was postponed from Friday, Feb. 8 due to the weather. Bottom: Christopher Walker get's ready for the men's 55 meter hurdles

ILLUSTRATOR? ARTIST? DESIGNER? GRAPHIC

We are looking for creative USM students to join the free press staff!

Interested?

Contact the Editor-in-Chief for more information by email: editor@usmfreepress.org

From REIKI on page 14

pick up anything that is relevant to the client's healing.

"Students tend to experience more physical or emotional ailments during college because the energy they place on all that they are trying to accomplish leaves little energy for their own needs," says Irving. Irving has been practicing reiki in Portland for the past two years and has regular clients who come to her for symptoms that range from chronic pain to mental illnesses.

Reiki practice is thought to be effective in helping all maladies. The promise of reiki seems too good to be true and is still a new healing method to Western culture, which can lead people to be very skeptical. Surprisingly, there are a growing number of studies and data supporting the efficacy of Reiki practice. These studies and cases not only rule out the placebo effect, but also demonstrate positive and, in extreme cases, miraculous effects.

In a study published by the Helfgott Research Institute at the National College of Naturopathic Medicine, scientists showed that Reiki did enhance the immune system. Volunteers were randomly assigned to three different groups,

including those who received reiki, those who relaxed and those who received neither. Blood was drawn before, directly after and four hours after treatment to measure white blood cell levels. Those who received Reiki saw a significant increase in white blood cells compared to the two other groups.

In another study conducted by medical doctor Otelia Bengssten, a group of 79 patients with diagnosed illnesses such as brain tumor, congestive heart failure and pancreatitis were split up and into two groups: those who had hands-on reiki and those who did not. Patients who had reiki saw a significant increase in hemoglobin levels and also reported improvement or complete disappearance of symptoms.

Those who swear by reiki have helped push the practice as an effective alternative form of treatment in mainstream medicine. So whether you believe it or not, Reiki practice will soon be available for curious students looking for an alternative to Western medicine. For now, Irving's Portland-based reiki practice can be reached through her website at touchoftheearthhealing.com.

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USM COMMUNITY PAGE



Community Spotlight: USM celebrates Chinese New Year

Anna Chiu
Sports Editor

Chinese students at USM are saying goodbye to the Year of the Dragon and welcoming the Year of the Snake. Chinese New Year, or the Lunar New Year, is the most important and celebrated of all the traditional holidays in China. It is a time of joyful celebration that centers around eating special foods and spending quality time with family. Celebrations last for 15 days, but most of the activities are on New Year's Eve, New Year's Day and on the last day, called the Lantern Festival.

Chinese New Year always begins on the first day of the lunar calendar, which is why it is sometimes called Lunar New Year. This year, Chinese Eve fell on Saturday and was celebrated with a New Year's Eve feast. Traditionally, families will then stay up late into the night making dumplings. For Luke Huang, associate professor with the department of technology, his favorite part "is New Year's Eve and the family reunion."

Some of the most important things to include in Chinese New Years are food, clothing and decorations that are red. Red symbolizes all the good things in China; it is the color of blood and therefore represents vitality, health and strength. After ringing in the New Year on New Year's Eve, families will spend New Year's Day doing fun activities.

The first thing that is always done on New Year's Day is the worshipping of ancestors. Families provide offerings like candied walnuts and fruit and also burn incense and paper money. It is also tradition for all family members to wear brand new clothing from head to toe, symbolizing a new start to the New Year.



Alex Greenlee / Multimedia Editor

Professor Luke Huang introduced four children in traditional Chinese garments who performed a rendition of a Chinese talk show to entertain the crowd at the Portland Chinese Fellowship in Cumberland.

Married couples give out red envelopes filled with money to children and unmarried adults. For the young, this is the best part of celebrating the new year.

For many Chinese residents in Portland, the traditions of celebrating the Lunar New Year are similar, but some are celebrated with an American twist.

Some Chinese-Americans incorporate candy and sweets such as chocolate coins. This is becoming a bigger trend in Western society.

Xiaolan Luo, a first-year international student, spent Chinese New Year for the first time in America. "My favorite part of New Years," Luo explained, "is simply

hanging out with friends and staying with family members."

Celebrating Chinese New Year in Maine is similar to Americans celebrating Thanksgiving or Christmas: there are the traditional foods and activities, but it's also simply a tradition to be with loved ones and enjoying each others company.

The Asian Student Association planned a presentation on Chinese New Year, but due to the weather last week, the event will be moved to another date that will soon be released.

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Campus Events

Monday, February 11

Advising 411
10:00 a.m. - 2:00 p.m.
Woodbury Campus Center, Portland

Student Performing Artists Weekly
3:30 p.m. - 4:15 p.m.
Lab/Black Box Theater, Russell Hall Portland

"CreateMaine:" entrepreneur-
ship event for everyone
7:00 p.m. - 10:00 p.m.
Corthell Concert Hall, Gorham

Tuesday, February 12

WMPG - Fat Tuesday
12:00 p.m. - 3:00 p.m.
Woodbury Campus Center, Portland

USM Commuter Night
5:00 p.m. - 7:00 p.m.
1st Floor, Luther Bonney, Portland

USM Navigators - Nav Night
7:30: p.m. - 8:45 p.m.
Hastings Formal Lounge, Upton
Hastings Hall, Gorham

Wednesday, February 13

Self Defense Series
12:00 p.m. - 1:30 p.m.
Multi-purpose room, Sullivan Gym, Portland

4th Annual Day of Service-Planning Meeting
1:00 p.m. - 2:00 p.m.
Room 109, Abromson Center, Portland

Thursday, February 14

American Red Cross Blood Drive
11:00 a.m. - 4:00 p.m.
Wishcamper Center, Portland

Friday, February 15

Student Senate Meeting
1:00 p.m. - 3:00 p.m.
Room 405, Bailey Hall, Gorham

Multicultural Women's Circle
2:00 p.m. - 4:00 p.m.
Women and Community Center, Woodbury
Campus Center, Portland

Saturday, February 16

Laser Beatles
7:00 p.m. - 8:00 p.m.
Southworth Planetarium, Portland

Sunday, February 17

LASER: Pink Flyod's "The Wall"
7:00 p.m. - 8:00 p.m.
Southworth Planetarium, Portland

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



Featured Photo:



Justicia Barrierros / Free Press Staff

Huge icicles hung from the roof of the print-making studio in Gorham this weekend after Gorham was pelted with 2.5 feet of snow on Saturday. Watch your head!