



Taking it to heart

Sidney Dritz
News Editor

When you love someone, you don't literally give them your heart (we hope), so what is this feeling that is as important to our emotional lives as the blood pumping through our bodies? What is love?

In a highly informal poll taken in the Woodbury Campus Center cafeteria at lunch time, not a single student volunteered a personal definition of love when asked. "I don't like Valentine's Day," said Sunjung Kim, a sophomore nursing major. Iyann Mohamed, who she was having lunch with, agreed. "Next week I have too many exams on Valentine's Day."

One student with a defined notion of love, though, is junior women and gender studies and sociology double major Jules Purnell, who drew upon their experiences with kink to explain aspects of their own personal experiences with romantic and erotic love.

"In my own life, kink and love are very closely tied. My partner and I married back in March, and our love life, sex life and interest in kink are very

much overlapping. My partner is in service to me, and that plays out in interesting ways. For them, providing service is a means of expressing their love and devotion." Purnell explained, concluding, "All of us who are into [kink] are into it for different reasons, but many of us find that gently pushing each other's limits or serving one another can be acts of love."

Personal definitions of love are necessarily subjective, but science can give a more general explanation.

Psychology provides explanations for much of why people act the way they do in contemporary society, but the USM psychology department were as reticent as the student body. "Not an area I feel competent in discussing," said psychology Professor Bill Gayton when asked for a psychological perspective on love. Associate professor of psychology and department chair John Broida was equally direct. "I know nothing about this topic," Broida said.

Biology Professor Jeff Walker's answer, however, did have

See **LOVE** on page 6

3 NEWS

NO LOVE FOR NEW DIRECTION

7 ARTS & CULTURE

LOVE IN THE DIGITAL AGE

11 PERSPECTIVES

IT'S OKAY TO BE SINGLE

14 SPORTS

THE GREATEST GIFT

16 COMMUNITY

SATURDAY STUDYING

Scientific journal publishes student's research

Heather Guaciaro
Contributor

The work of an bioinformatics class offered at USM in spring 2013 will be published in *Frontiers in Genetics*, an online science journal, with USM undergraduate Jeffrey Thompson leading the co-authorship of the peer-reviewed paper.

The article, entitled "Common features of microRNA target prediction tools" is in part the work of Thompson, a USM senior and computer science major who will be entering the Institute for Quantitative Biomedical Sciences Ph.D. graduate program at Dartmouth after his graduation in May, and University of Maine Ph.D. students Sarah Peterson and Melanie Ufkin. The students were mentored by computer science professor Dr. Clare Bates Congdon, who taught the class last spring whose own research and expertise is in Bioinformatics, and Dr. Lucy Liaw and Dr. Pradeep Sathyanarayana at at Maine Medical Center Research Institute.

The students began their work in a course called bioinformatics in spring 2013. Bioinformatics is an interdisciplinary class cross-listed in the applied medicine, biology and computer science departments and also University of Maine Graduate Studies in biomedical sciences and engineering program. They continued working over the summer and fall 2013 to refine the presentation of their work for *Frontiers in Genetics*.

Bioinformatics is the process of applying computational tools as a means of understand biological data. Essentially it's using one form

of science to understand the data of another. The class was developed to teach students how to work in this interdisciplinary field and how to overcome the specialized jargon of biology and computer science and bridge the gap between the two disciplines. "By the time you're a junior or senior, you've learned so much, but you don't realize how much you've learned is so specialized and jargoned that people who haven't been through that path don't know what you're talking about," said Congdon.

The research produced by this team explores the pros and cons of computational tools which can be used to easily target special genetic molecules called microRNA and help scientists better understand how they work. "The tools are not new, they're other people's research, what's new is the way that we've managed to present this information. So, we've reviewed these tools in a way that's much more accessible than anything that's been done previously," said Thompson. Congdon then added, "This paper is largely written for biologists to understand the available computational tools."

The article focuses on microRNA, the small genetic molecules that regulate the expression of genes. Understanding where the microRNA bind to a gene is an important part of learning how our genetic machinery works. The students learned everything they could through reviews about computational tools previously developed by other scientists in order to help predict the locations of microRNA, saving both time and money. These three students set out



Randy Hazelton / Multimedia Editor

Dr. Clare Bates Congdon (left) and Jeffrey Thompson (right) a senior computer science major, discussed the work begun in a class last spring that will be published on an online science journal in the next week.

to explore all these computational tools used by molecular biologists and bioinformaticians and break them down for the researchers to understand and choose the best one for their research needs.

Congdon observed that this publication isn't just an interdisciplinary effort, but also inter-institution effort within the community with researchers from USM, UMO and the Maine Medical Center Research Institute working together on the research and sharing credit for the work. "There's been a big push be-

tween research institutions to figure out ways to start working together on problems because then they can pull in people with specific knowledge that might help out," said Thompson on the achievement. "There's now a greater understanding that to solve the big problems we need to work in interdisciplinary teams," said Congdon.

"Given that I am pursuing research as a career, the chance to help author a journal publication as an undergrad was a great opportunity," said Thompson, but this

isn't his first time being published. Thompson has been the leading author on conference publications in the past pertaining to a system called Genetic Algorithms for Motif Inference, which is being developed in Dr. Congdon's lab.

The paper is currently available online in its draft form and is expected to likely be posted in its final form on the open-access journal by the end of next week.

news@usmfreepress.org
@USMFreePress

View our site online: www.ghop.me

Follow us on Twitter: [ghopme](https://twitter.com/ghopme)

Like us on Facebook



GORHAM HOUSE OF PIZZA

839-2504

"Serving Gorham Since 1981."

We serve pizza, pasta, salads, calzones, wraps & more!

GHOP loves USM Students! ❤️

USM Students get 10% off their purchase with a valid USM ID.*

Drinks are excluded from 10% off discount.

2 State Street • Gorham, ME 04038

Restaurant Hours

Sun-Thurs:
11 am to 11 pm

Fri & Sat:
11 am to 12 am

Senate pushes for Direction Package details

Skyla Gordon
Free Press Staff

At the Faculty Senate meeting last Friday, faculty members expressed concern to President Theo Kalikow about the purpose and conclusions of the Direction Package committee. The committee is scheduled to present its findings to Kalikow on Feb. 28.

Many at the meeting were frustrated, saying that Kalikow wasn't giving enough details pertaining to the initiatives of the committee. "There's word on the street that the direction package has no direction," one faculty member said to the president. Kalikow responded, "I think the direction package is moving along nicely. The soft rollout isn't until next week. The details, I think, are still being worked out."

"[The committee is] working very diligently and with great focus. I think the process is going to be very fruitful. The overall goal is to do the right thing for our students, the state and the communities where we find ourselves," Kalikow said.

She went on to stress the scope of the undertaking and the amount of time that will need to be invested in it. "But I hope we will work in partnership with the Faculty Senate to do a good job and to set a reasonable direction for USM," Kalikow said.

Jerry LaSala, chair of the physics department and the Faculty Senate and co-chair of the Direction Package Advisory Board, spoke to the difficulty of the committee's task. He explained that it's the committee's job to create a vision for USM's future and to save \$14 million next

year. "[They're] trying to focus on both of those; it's a challenge but they're doing their best," he said.

English professor Nancy Gish pressed Kalikow about how the committee was planning to serve the students of USM. Kalikow, who has not yet seen the advisory board's full presentation, responded, "I don't know what the hell these people are going to do. So I can't be pinned down on this."

Another faculty member expressed the concern that despite the committee's findings, they would be unable to find a way to cut \$14 million from next year's budget. Kalikow said, "What I think is, we can come pretty close. It may be a combination of things. I don't how it's actually going to unfold."

Some faculty expressed frustration at their inability to help brainstorm ideas to save the \$14 million, when the preliminary 2015 budget is due only a month after Kalikow receives the recommendations from the Direction Package committee. One member said, "We could help with that if we knew what those ideas are." Kalikow responded that she would not share her ideas until after Feb. 28.

Christy Hammer, president of the USM chapter of the University of Maine System full-time faculty union, told the Free Press later, "I was heartened to hear the president say that we will not let [the University of Maine, Orono] take all the resources from USM, because I think it was and has been a fear. And with USM being in the economic and cultural hub of Maine, I believe that political and community members



Kirsten Sylvain / Editor-in-Chief

Direction Package consultant Dave Stevens has been involved in the formation and advising of the Direction Package since summer 2013. He attended last Friday's Faculty Senate meeting, where the Direction Package and the Direction Package Advisory Board, which was formed in early November, was a source of contention.

will not be happy that we have to cut opportunities for students at USM."

There was contention at the meeting about whether or not online classes are an acceptable substitute for live classes. University officials across the system have been discussing the possibility of working more collaboratively using online mediums due to system-wide shortfalls.

Hammer said, "What we're afraid [of] is that UMO will take over the programs, and we don't think that's what the greater Portland commu-

nity deserves. They deserve quality programs with real faculty and not just online access. I'm hoping they can figure out a different way to restructure the funding so that USM, that runs very efficiently, can still provide the programs to Maine students in the population center."

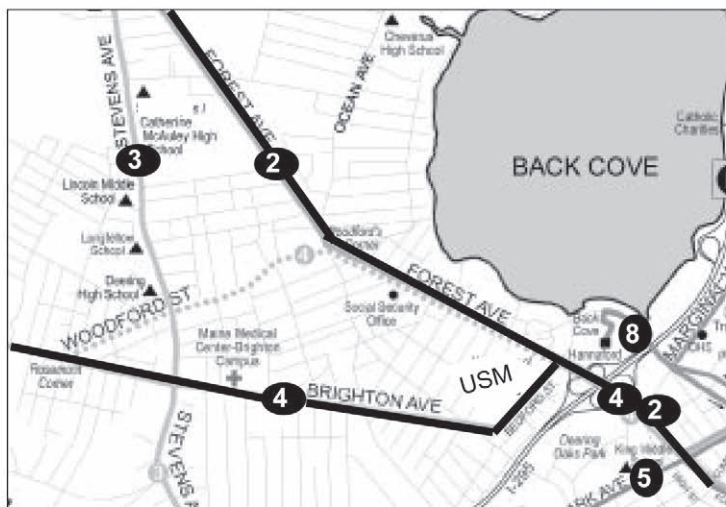
Mark Lapping, distinguished university professor for the Muskie School of Public Service, stressed the economic importance of USM to the Portland community and argued that we were not properly funded

to begin with. Eve Raimon, a USM English professor, agreed and added to the Free Press after the meeting, "It's the administration's job to keep reiterating that USM is in a death spiral."

Kalikow will present the Direction Package Advisory Board's findings to the Faculty Senate in a meeting on March 14.

news@usmfreepress.org
@USMFreePress

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.



See YOU at the Bus Stop!

METRO
Greater Portland Transit District

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

Nominations site goes live

John Finison & Sam Hill
Free Press Staff

Nominations for this spring's student government elections opened up last Monday, and the Student Government Association is waiting for student nominations to come rolling in. This year, the SGA is making promotion of the elections a top priority and focusing on making the process easier for students.

"We want to get as many people nominated and as many people voting as we can," said Will Gattis, a senior economics major and Vice-Chair of the Student Senate.

Along with senior political science major and student body Vice President Marpheen Chann, Gattis is a co-chair of the SGA election committee. Their goal is to make this year's elections the most active elections in recent USM history.

One of the ways they're doing that is by creating a specific, user-friendly website to make it easier for students to get involved. All

information about SGA elections is now on USMVotes.com.

"It is a new external website which will allow us to enhance and improve the way we present information, candidates and voting in general," said Chann.

"If students can see the priorities of all the candidates, they can align themselves with the people they align with."

-Will Gattis
Senior economics major and vice-chair of the Student Senate

"Candidates will also have their own personal webpages that they will have the freedom to update. This will then lead them to directing students to the website for info about their candidacy...[and]

theoretically will also get them to look at other candidates and general election information."

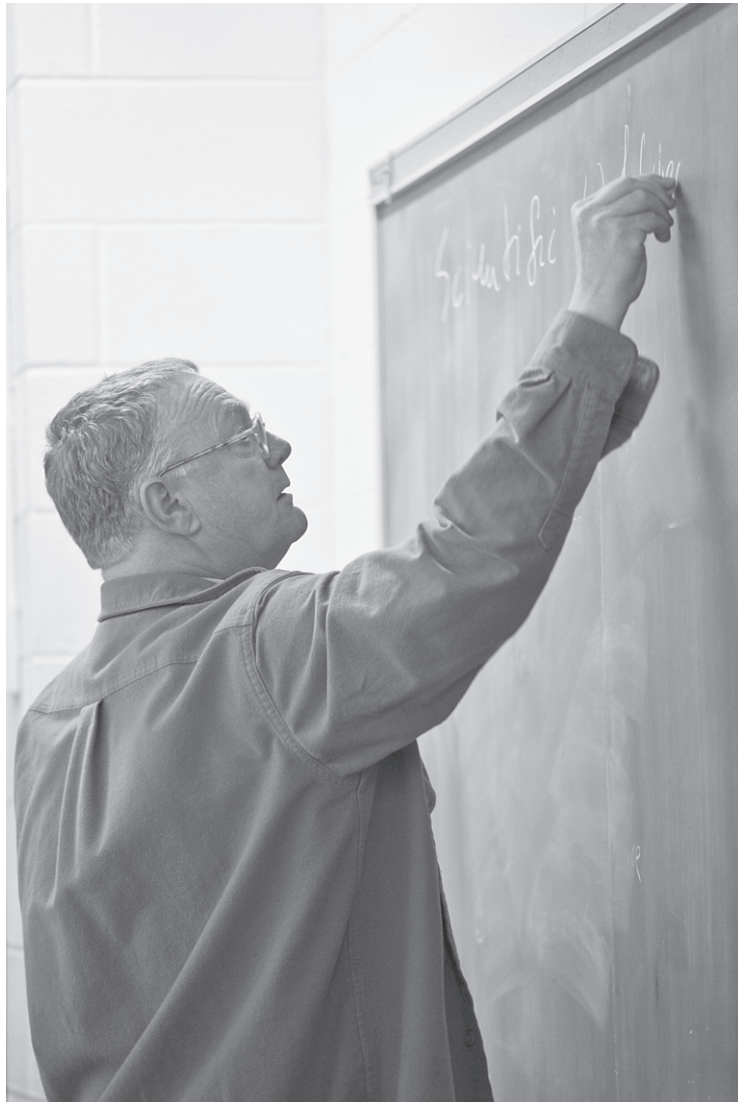
"When all the nominations come in and it's time to vote, students won't just see the names of other students and choose one on a whim," said Gattis. "We want these profiles to be personable and informative. If students can see the priorities of all of the candidates, they can align themselves with people who they align with."

The new website was created using Weebly, a web-hosting service that features a "drag-and-drop" website builder, and solves a number of issues that have hampered SGA elections in the past.

In past years, the SGA website was not readily searchable through the main USM page and could only be accessed through another page or external link. Now it is one of the first that appears when searched on the USM website. The simple nature of the Weebly platform will also ensure that future SGA members will

See SENATE on page 5

Thoreau resurrected by alumni lecturer



Randy Hazelton / Multimedia Editor

University of California San Diego Professor Mark Hinline studied philosophy at USM before moving to the West Coast. He returned to his alma mater to give an interdisciplinary lecture last Thursday.

Shaun Nigro
Contributor

USM alumni Professor Mark Hinline has developed a thought experiment that sets up a hypothetical situation designed to help explore binaries between the modern and the anti-modern. The experiment is about how Henry David Thoreau might have felt about the developing modern world if he had lived past 44.

"I have framed a set of questions I think you should take some time to think about," said Hinline, a professor at the University of California, San Diego. Hinline graduated USM with a bachelor's degree in philosophy, and holds a master's of Science from the University of California, San Diego, and a Ph.D. in History of Science and Science Studies.

He returned to USM last Thursday to address a subject closely tied to the New England area: Massachusetts native and 19th century philosopher, Henry David Thoreau.

Though the title of Hinline's lecture, "Henry David Thoreau and His Problems, Theoretical and Practical," implies a larger focus on Thoreau (whose writings reached as far as Mahatma Gandhi), much of it evolved more toward his thought experiment.

Hinline passionately articulated the two categories that the experiment focused on, modern and anti-modern, which spurred an equally passionate debate among lecture attendees.

Hinline admitted that much of the material he presented was

based on a generalized conclusion. "As a historian," he said, "I am interested in the history of the problematic." Hinline encouraged listeners to utilize the 'thought experiment' system in their everyday lives.

The origin of this modern/anti-modern binary comes from a further thought experiment and book in progress in which Hinline ponders a philosophical dialogue in an altered past where Henry Thoreau has gone on to live past the age of 44.

He discusses the application of science (modern) and contrasts it with the refutation (anti-modern). Much like Thoreau's paradoxical style of writing, Hinline's imagined binary plays out in this pattern.

Hinline's lecture, which lasted about two and a half hours, concluded with a final comment from USM's Chair and Professor of philosophy Julien Murphy, who introduced Hinline. Professor Hinline was given further introduction by USM philosophy Professor William Gavin, who taught Hinline during his time as a student.

Gavin described the lecture as exciting. He also noted its controversial and interdisciplinary nature and the way Hinline interacted with the students.

The lively debate sparked by the lecture illustrated the passionate interest of USM's philosophical community.

Looking for a part time job?

(must not interfere with class)

DELIVER NEWSPAPERS!

Routes available in Falmouth, Yarmouth, Windham, Freeport, and Raymond, Maine.

****\$100 Sign-On Bonus****

For more information, contact:
James Whiteside, District Manager
(207) 310-4386

Paid Advertisement by: James Whiteside

Theatre

2013-2014 Season

A drama by John Patrick Shanley
Directed by William Steele

A roller coaster of suspicion, accusation and defense!

February 7-16

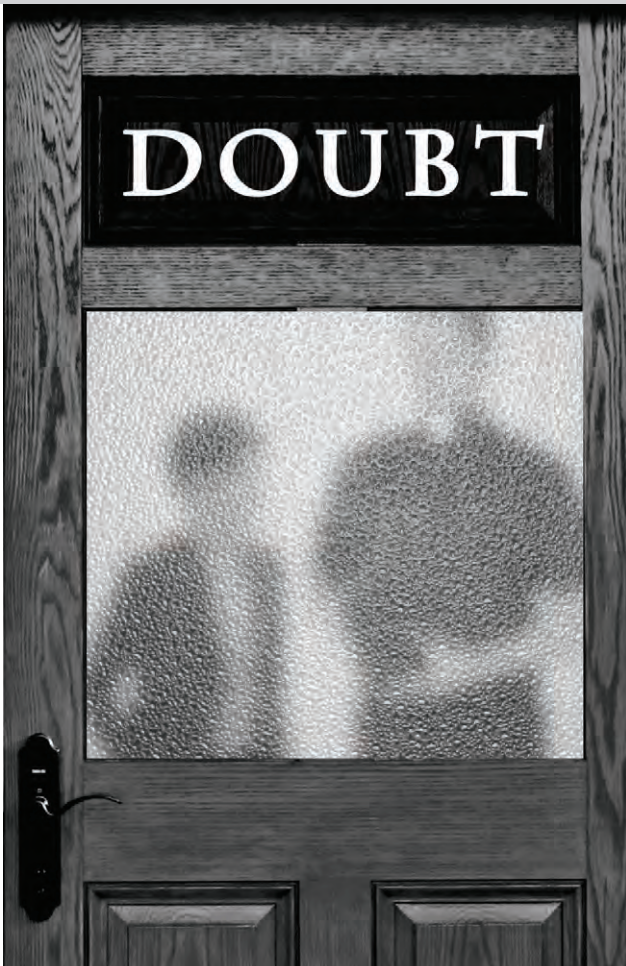
Friday, Feb. 7 & 14 at 7:30 p.m.
Saturday, Feb. 8 & 15 at 7:30 p.m.
Sunday, Feb. 9 & Feb. 16 at 5 p.m.
\$5 at 5: Wednesday, Feb. 12 at 5 p.m.
Thursday, Feb. 13 at 7:30 p.m.

Performances take place off-campus at:

**The Studio Theater at
Portland Stage
25A Forest Ave., Portland**

Tickets: \$15/\$11 seniors, USM
alumni & employees/\$8 students
Special \$5 matinee: Wednesday, Feb. 12 at 5 p.m.

usm.maine.edu/theatre
(207) 780-5151, TTY 780-5646



UNIVERSITY OF
SOUTHERN MAINE
PORTLAND • GORHAM • LEWISTON • ONLINE

news@usmfreepress.org
@USMFreePress

From **SENATE** on page 4 not have to worry about finding someone with the technical skills to build a website. According to Chann, the new website is already having an impact. "There has been decent traffic since Monday," he said.

While voting has taken place online for several years, low voter turnout has always been an issue at USM. In spring of 2013, the elections only saw 609 counted

votes out of the entire student body, an increase from the 146 votes cast the year before. Nominations for senate seats have been low as well, with senators frequently running in uncontested elections.

"[The seats on the senate] have been uncontested for the past few elections, and I really want to change that," said Gattis.

At last Friday's student senate meeting, Gattis encouraged other

senators to nominate each other and to encourage leaders in the USM community to consider becoming members of the SGA.

"Every student pays a student activity fee, and the senators, they're essential the guardians of that money," said Gattis. "I love all of the people here [on the senate], but I would like to see all of the seats contested. It's important that students get to choose who controls all of the money that they

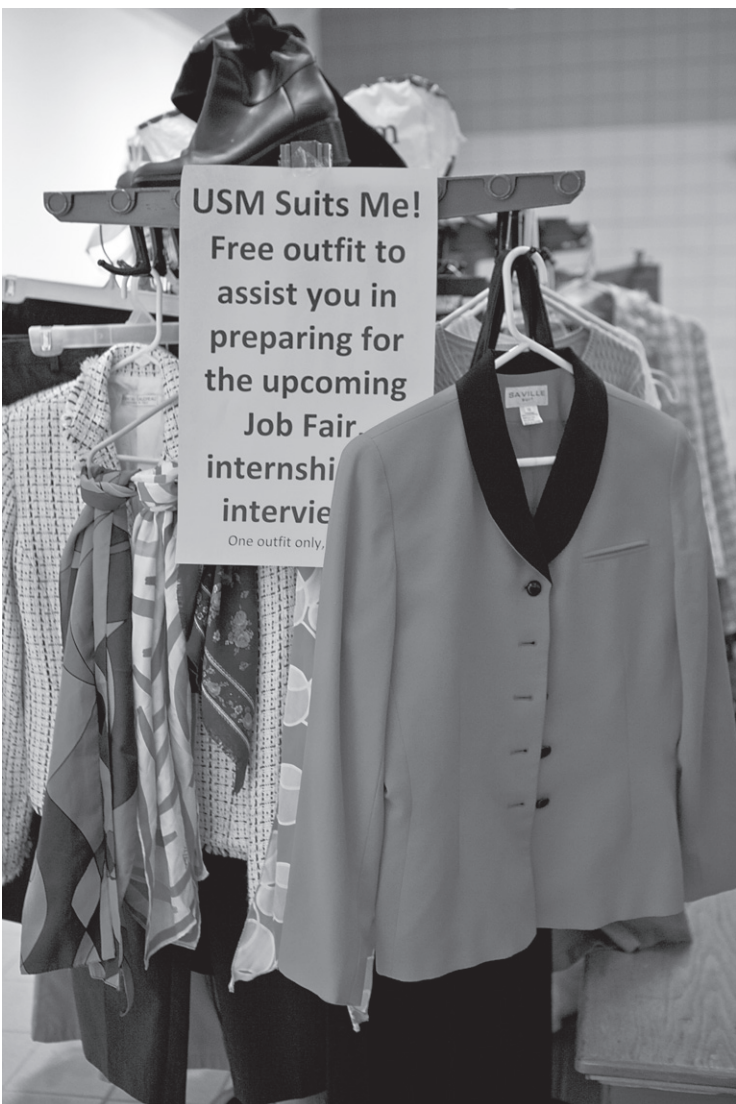
spend in student activity fees."

The election committee has included information about how much students pay in activity fees per credit hour. A full-time student taking 12 or more credits spends \$55 a year for their student activity fee, while part-time student pay less at different credit number intervals. All of these fees combined leave the SGA to oversee the distribution of over \$500,000.

"For us to know what the students want, there need to be more students involved," said Gattis.

SGA nominations will close on Friday, March 14 and voting begins just days later. Nomination forms can be picked up in the SGA office or via the elections website, USMVotes.com

news@usmfreepress.org
@USMFreePress



Randy Hazelton / Multimedia Editor

One of the components of career week was a collection of interview-appropriate clothing donated by faculty and staff, which students could help themselves to.

Career Week attended by few

Student Success and Student Life make plans for a stronger next try

Dakota Wing
Free Press Staff

Attendance at Husky Career Week events last week at USM was limited. Student Success and Student Life on the Portland and Gorham campuses teamed up to plan this first-time week of events in anticipation of this Wednesday's job fair.

Rodney Mondor, student success coordinator for the Portland campus, said Career Week is a response to employers at job fairs. Over the years, employers have said that USM students were under prepared for the job market. The intention of Career Week is to help college students prepare to start careers after school.

"It's a great opportunity to explore," said Stacy Stewart the USM Coordinator for STRIVE U, an organization that helps young adults with developmental disabilities to build career and academic skills. "For students looking to gain experience that they could earn in an internship." Career Week offered an students the opportunity to learn from professional how to create a resume, how to act and dress in an

interview and how to work a job fair.

Attendance averaged only about four people per event, but Mondor called this year a pilot for Career Week and said it was an opportunity to ask "What can we do better?"

Director of Portland Student Life Chris O'Connor was aware of the small attendance of Career Week and said a large part of the problem was in the promotion, which consisted of a mass student e-mail and a few posters around campus.

"We have to come back and revisit how to market it," said O'Connor. The plan was to schedule workshops multiple times at different times of the day to accommodate students' differing class schedules. Since the low attendance indicated that this strategy did not lead to high attendance, O'Connor said, "that wasn't the most realistic way to program for it."

O'Connor believes student involvement would have grown with more promotion, including getting into classrooms, getting more people talking about it and having more than a week to promote for it and put it together.

Another cause may have been

that in previous years the job fair occurred in March rather than February, as it is this year. The job fair is scheduled for Wednesday at the Sullivan Recreation and Fitness Complex. The early date, Mondor said, is a response to employers' requests to move it up, and to help students prepare for the fair, Student Success and Student Life wanted to hold Career Week in case the early date caught student off guard. The lack of attendance was especially surprising due to the massive attendance seen at the job fair in previous years according to O'Connor.

However, Career Week was helpful to some students. When senior philosophy major Jamie Grindle was asked about her experience at Career Week, she said, "looking for a job can be very overwhelming." She said that she feels that it is important that students attend these events because many people find it difficult to get started after college. She believes that it should seem even more pertinent to the upperclassmen. "There is guidance out there," said Grindle.

news@usmfreepress.org
@USMFreePress

25%-50% OFF!!

February Sale



mexicaliblues.com

(excludes the purchase of gift cards and other promotions/coupons)

25%-50% OFF

the entire store,
for the entire
month of
February!

PORTLAND • NEWCASTLE • RAYMOND • FREEPORT • BANGOR

COMING THIS
SPRING BREAK...

FROM THE POLITICAL SCIENCE STUDENT ASSOCIATION

MR SMITH WANTS
YOU TO GO TO
WASHINGTON

MARCH 29-
APRIL 1

ONLY SIX SPOTS LEFT!
COME TO 55 EXETER ST.
WEDNESDAYS 3-4

From **LOVE** on page 1

a psychological basis. “From a neurophysiological perspective, love is an emergent, subjective set of conscious and unconscious behaviors and/or feelings that arise from a set of active neural circuits that have been created and strengthened by signaling mechanisms activated by our personal history,” Walker told the Free Press.

That is, in perhaps simpler terms, that love is the way each individual person feels, when a set of circuits are set off in their brain, interacting with their experiences.

“I would say that love, from a Jewish lens, is an action ... you can translate the word ‘love’ as an act, the act of giving.”

-Rebecca Wohl Pollack
Southern Maine Hillel

Walker explained, “This is a circular and maybe not very satisfying definition, boiling down to ‘Love is the set of circuits that are activated that give us the feeling of love.’”

He warned that it would be a mistake to try to reduce the feeling of love down to nothing more than cell–cell signaling, but said that love is not alone in being activated in the brain by various means.

“This isn’t too different than, say, a definition of red. Red is the color that we perceive when circuits in our brain that give us the sensation of red are activated. These circuits can be activated by certain wavelengths of light hitting our retinas but can also be ac-

tivated by input from other areas of the brain (imagine the phantom of the opera walking down the staircase with his red suit),” Walker wrote in an email to the Free Press.

Philosophy Professor Derek Michaud echoed Walker’s sentiment about the different forces behind love. “I’m sure that you’d get as many answers to this question as there are philosophers,” Michaud said, going on to explain his own answer, which is concerned with the various situations and explanations that the word “love” is applied to.

“Well, love is highly complex, as anyone who has ever felt this most celebrated of emotions already knows. Or as the underrated philosopher Ronny Cammareri says in the film Moonstruck, ‘it ruins everything!’” Michaud began, before exploring the differences between the love people feel for family members, for lovers, and even for food, and the fact that these three arguably very different sentiments fall under the same word, a fact that he traces back to the way the ancient Greeks talked about love.

“What makes all these things ‘love?’” Michaud asked, and answered himself that the thing that connects these different types of love is that they all involve a union of the lover and the beloved, in whatever form that takes.

“In erotic love that takes a rather straightforward form. After all we regularly speak of the physical union of sexual intercourse as ‘making love.’ But in other cases too when we love we are united in some sense with another. Love forms the emotional bonds between us and thus forms a central part of our subjective experience as social beings,” Michaud said.

Allison VanderLinden, the Christian Inter-Varsity Chaplain to USM’s graduate students, also traced her conception of love to ancient Greek roots, citing the

four different Greek words for love in the ancient world, and the four different types of love they represented, as well as citing a series of Bible verses on the subject of love, notably from John 4:16 b, “God is love, and those who abide in love abide in God, and God abides in them.”

Rebecca Wohl-Pollack of Southern Maine Hillel gave a different religious perspective. “I would say that love, from a Jewish lens, is an action,” Wohl-Pollack wrote in an email to the Free Press.

“The word for love in Hebrew is ‘ahavah,’ with the root built

“Love forms the emotional bonds between us and thus forms a central part of our subjective experience as social beings.”


-Derek Michaud
USM philosophy professor

upon the consonants ‘h-v’ meaning ‘to give.’ Therefore, you can translate the word ‘love’ as an act, the act of giving.”

So there it is.

This Valentine’s Day, remember that love is strange, hard to define and analogous to the process of seeing the color red. It is a concept that has been an evolving part of human society for thousands of years, might be divine and might ruin everything, and is probably best expressed through actions.

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



Police Beat

*Selections from the
USM Department of
Public Safety police log
Jan. 23 to Jan. 27*

Thursday, Jan 23

Mr. Fix-it

12:18 p.m. - Possible harassing communication issue. Met with officer. – 35 Bedford St.

But where do you draw the line?

1:55 p.m. - Report taken for reportable traffic accident. – Parking Lot P3, 34 Bedford St.

Man cannot live on odor alone...

2:16 p.m. - Report taken for a marijuana odor. – Upton Hastings Hall, 52 University Way

All smoke, no fire

7:16 p.m. - Reported odor of gas and light smoke. All set, facilities was changing fuel sources. – Parking Lit G-2B

Friday, Jan. 24

First domino

1:00 a.m. - Summons issued to Keegan Smith, 18, of Gorham for a useable amount of marijuana. - Upton Hastings Hall, 52 University Way

What's your issue?

6:25 p.m. - Motor vehicle stop and traffic warning issued. – 92 Bedford St.

Saturday, Jan 25

Two strikes, you're out

2:04 a.m. - Ashley A. Hauser, 24, of Gorham arrested for operating under the influence and possession of marijuana. – G2B Parking Lot, 25 Husky Drive

Odoriferous

11:03 p.m. - Report of marijuana odor. – Upperclass Hall, 25 Husky Drive

Monday, Jan. 27

Not just there for decoration

12:07 p.m. - Vehicle stop for expired registration. Current stickers were not placed on vehicle. All set. – Brighton Ave. at Kenwood St.


“You’d better run!”

2:30 p.m. - Reported hit and run accident. Report taken. – Parking Lot P-9

Loose lips sink vehicles

5:13 p.m. – Report of damage to a vehicle. - USMG

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



**DRUMMOND
& DRUMMOND**
A Limited Liability Partnership

Attorneys at Law

STUDENT DISCIPLINE • LANDLORD ISSUES
CAR ACCIDENTS • DRUNK DRIVING • CRIMINAL CHARGES

Andrew P. Pierce

Attorney At Law
One Monument Way, Portland, Maine 04101

(207) 774-0317 ATTORNEYS SINCE 1881 www.ddlaw.com



**UNIVERSITY OF
SOUTHERN MAINE**
PORTLAND • GORHAM • LEWISTON • ONLINE

USM Bookstores Coupon!

**Welcome back! Use this coupon for
25% OFF
A Hooded Sweatshirt!**

Expires: 2/28/14 (Not to be combined with any other discount offer)

Arts & Culture



Finding love in a digital age

Francis Flisiuk
Arts & Culture Editor

Whether we care to admit it or not, technology is changing every aspect of our 21st century world and, of course, dating and relationships are not exempt. Single people in the digital age have numerous tools at their disposal for finding love in the form of dating apps like Tinder and Hot or Not. But how often do these interactions lead to real, meaningful relationships? Could that cyber relationship flourish into something off the screen, or will it simply result in the singleton, sitting alone, illuminated by the pale light of a computer screen?

For years there has been a certain level of social stigma surrounding online dating that has, according to Taryn Grenier, a sophomore marketing major, since diminished. "People used to consider online dating a last resort for those who didn't have confidence to flirt in person," said Grenier. Grenier said that her experience with the dating app Tinder has been generally positive. She met someone by using the site with whom she keeps in touch—though she clarified, they're just friends.

"I definitely think nobody should be ashamed of online dating," said Grenier. "My friends and I have all tried it."

So why has the stigma been disappearing in recent years? Well, because there's an app for that. The normalization and increased accessibility of dating sites and programs like Tinder, Blendr, Grindr, and Hot or Not has made them friendly and fun for users, who according to Grenier, treat them more like a game than actual dating. Tinder for example, which according to the co-founder Justin Mateen garners around 15,000 new downloads each day, has users sign in with their Facebook profiles, allowing their personal information, interests and photos to be automatically synched with their Tinder profiles. Then, in a sleek and easy-to-use interface, users are shown an array of single people that fit their preferences of age, sex and location.

"I think the app is super fun," said Grenier. "I like how simple it is. I can talk to people whenever I want, wherever I am."

The game aspect of the app could be attributed to how users operate it: they browse people's photos based on their preferences and choose whether they deem them attractive or not by simply swiping to the right or left of the screen. Once the app finds a person the user has liked who has also liked them back, a match is made in the form of a message box often with a cute tagline or question to initiate conversation. Then it's up to the user to steer the conversation toward whatever relationship

ality, the driving force that connects people.

Matt Skinner, a sophomore business major, has had the app for several months but has never taken it seriously.

"It's just really shallow and kind of boring," said Skinner. "It's definitely not an alternative to going out into the real world and meeting people."

While Tinder's goals are simply to connect people for everything, from casual conversation to physical dates, some users like Leah Churchill, a senior music education major, find it hard to shake the notion that it's nothing more than a "hookup site." That some users see

the site as just a shortcut to sex may stem from the nature of some of the conversations on Tinder, which in Churchill's opinion are often a bit too vulgar. Tinder never led to any actual dates for Churchill because the quality of the conversations were, in her opinion, so poor.

"I found it kind of creepy when guys would message me and either say very little, such as, 'Hey,' or the complete opposite with lines like, 'Do you want to hook up tonight?'" said Churchill.

Such propositions are often the result of the freedom that users have under the anonymity of the site. According to Dr. Maureen Ebben, a lecturer and professor of communication at USM, people are much

See **TINDER** on page 8



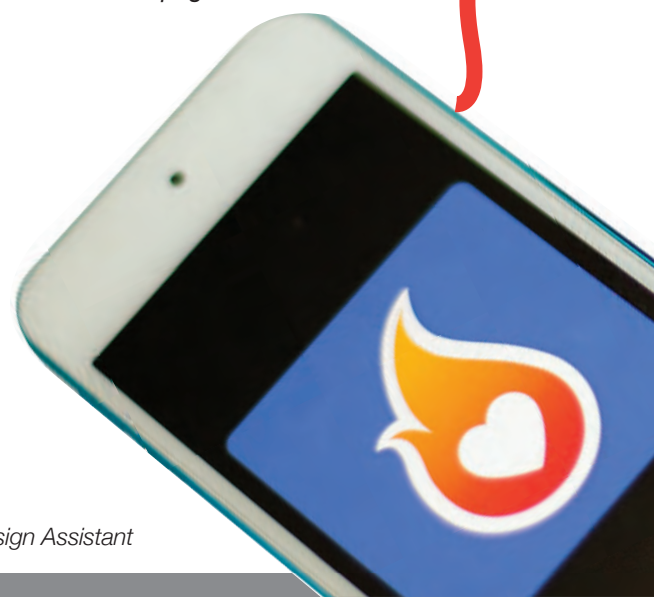
goals they are trying to achieve.

"Tinder is great practice for texting and communication skills with people of the opposite sex," said junior economics major Ethan Parker, who downloaded the app after he was referred by a friend who said that it was a good way to meet local girls.

According to Parker, Tinder requires you to make snap-judgements about people solely based on looks, and that this, is actually one of the app's best features. Tinder creates a place where people can obsess over their looks, boost egos and pass judgement without the terrifying fear of rejection.

"The superficial pairing of people is actually enjoyable. It allows us to put aside emotions, feelings and personal baggage and really just break it down to animalistic selection," explained Parker.

However, Tinder is not free of controversy. A number of people disapprove of the app's method of making appearance, and not person-



From **TINDER** on page 7

more likely to type out their true thoughts on line and prefer to be in control of communication situations. In short, the anonymity involved in dating on the Internet generally makes people more comfortable.

“In dating situations, there is the potential for rejection, and it can be difficult to put yourself out there,” said Ebben. “But apps like Tinder allow people to strategically represent themselves online.”

According to Ebben, this representation is an aspect of hypersocial communication theory, which states that during online interactions people tend to display the best public image of themselves. When users customize that online profile, deciding how to craft their cyber-selves, Ebben says they are crafting the best image of themselves. This freedom also allows plenty of room for lies and exaggerations, with some online users creating whole new identities for themselves.

Because of the possibility of such dishonesty, Churchill was nervous

about actually meeting her potential matches from Tinder. “I was always afraid that they would end up being a totally different person from the description,” said Churchill.

USM alumna Sarah Gelber had a similar experience with online dating. She believes that some profiles that users encounter on online dating sites and apps could be pure fantasy.

“People can type anything they want,” said Gelber. “And the way a person looks in a picture isn’t necessarily the way they look in real life.”

But, Gelber said, she’s one of the lucky ones. Her online dating resulted in more than some cyber flirting. “I met my current boyfriend Alex originally on Tinder,” said Gelber. “One of the reasons I gave him a real shot was because my roommate vouched for him. Several months and dates later we made things official.”

Although technology helped Gelber start a relationship, she stressed that virtual interaction should never be a couple’s sole method of communication.

“Face to face interaction is the only real way to get to know some-

one,” said Gelber. “The sooner you’re able to meet someone in real life, the better.”

Churchill’s perspective was similar. “Dating is supposed to be about people enjoying each other’s company and gradually developing feelings for each other,” she said.

Despite some criticism, no one can deny that technologically-aided flirting is both popular and convenient. How effective this method is for finding love is ultimately up to the users, their communication skills and their judgement. While Tinder makes it possible to start and maintain a relationship, it can’t replace the value of face-to-face interaction. According to app users like Grenier and Gelber, when it comes to actually building a relationship, getting to know someone and eventually falling in love, the only things that can help online daters are real, physical experiences.

“Face-to-face interaction is still the gold-standard for human communication,” said Ebben.

francis@usmfreepress.org
@FrancisFlisiuk



Local Top 5:

Places to feast with your Valentine

Nate Baril
Contributor

1.) Dobra Tea

Dobra is an authentic tea room that offers an extensive tea menu and diverse culinary influence wrapped in a charming Eastern atmosphere. The menu reads more like a journal with green, white, yellow, oolong, black, pu-er, yerba mate, herbals and many other specialty teas. Dobra Tea offers whole pots of tea (often with infusions) ranging from \$3 to \$5, and the limited food items are the only items that approach double digits. Its affordability and extensive tea menu make Dobra the only truly possible \$5-date on the list, making it Number One. Dobra Tea is located at 151 Middle St. in Portland.

2.) Public Market House, Kamasouptra

Located in the Public Market House, Kamasouptra sells a myriad of soups that are inexpensive and delicious, and they often have a few vegan options. Their hardy chilies and soups are the perfect way to warm up on a cold Valentine’s day. Kamasouptra offers the second cheapest date, coming in around \$10, and with those savings, you could even take advantage of some of Portland’s local entertainment. Nestled in the middle of Monument Square, its downtown location makes for easy access to a number of venues.

3.) Local Sprouts

Armed with a mission to provide Maine residents with organic and local food, Local Sprouts has become a Portland staple, with a friendly staff dedicated to serving only the freshest food. All of the ingredients for the dishes come straight out of farms in the area that make up the Local Sprouts community. Local Sprouts operates as a cooperative, which means it is a worker-owned restaurant or a business that gives its employees the opportunity for part-ownership. Whether you’re listening to smooth jazz or enjoying a cold glass of kombucha (sweetened tea fermented by a symbiotic colony of bacteria and yeast), Local Sprouts is an inexpensive way to get a professionally crafted meal, right in the heart of Portland at 649 Congress St.

4.) Duckfat

A local staple in Portland, known for and named after its hand-cut fries that are fried Belgian-style in duck fat, this establishment boasts locally sourced produce and ‘great homemade food,’ but I’m sure you’re wondering why it landed 4th on our list. While the prices are reasonable, they’re still considerably higher than the last three options, ranging from \$10 to \$14. Duckfat is a modern, yet rustic, sandwich shop at 43 Middle St. that would be perfect for two people just taking time to enjoy each other’s company.

5.) The Green Elephant Bistro

Is your significant other vegan or vegetarian? For a nice gesture, show them you’re willing to be a veggie-eater for the night. An easy way to do that is to go to one of the great Thai restaurants in Portland. Green Elephant offers the only vegetarian bistro in the area, making it a rather welcome destination for someone adhering to a strict diet. The interior has a homely feel and the location of the restaurant is on 608 Congress St. Visit any of the great bars in the old port or around downtown, you’re within easy access to heart of Portland. You’ll pay a bit more for a night at the Green Elephant than at our top four, but it certainly won’t break the bank. Get a nice evening out, with great food and atmosphere at a reasonable price.

arts@usmfreepress.org
@NateBaril

Hey Huskies!

Enjoy on and near campus convenience with University Credit Union!

Full-Service Electronic Kiosk located in the Brooks Student Center
Cash & Check Deposits & Withdrawals | Loan payments | Transfers | & More!

Fee-free* ATMs in the Portland and Gorham student centers

Two full service branches in Portland



UCU

UNIVERSITY CREDIT UNION

DEBIT

VISA

Become a member today at ucu.maine.edu!

UCU

UNIVERSITY CREDIT UNION

Prepare • Progress • Achieve®

Federally Insured by NCUA | *Fee-free ATMs for UCU Members and SURF network ATM/debit cards
800.696.8628 | 391 Forest Avenue, Portland | 1071 Brighton Avenue, Portland



Want to see your work in here?

www.usmfreepress.org/job-opportunities

National Review

Light the incense and press play



Dead Oceans

Francis Flisiuk
Arts & Culture Editor

Mark McGuire has had a busy year. After splitting up with the electronic band Emeralds and signing on to the Dead Oceans label, McGuire has managed to keep up an impressive creative pace with the release of what may be his most ambitious work yet.

His EP, entitled *Along the Way* features 14 tracks of soothing synthesizers and spectral guitar leads, and that doesn't even scratch the surface of number of instruments incorporated in this album.

This album is complicated, but in the best way possible. Each track is distinct and dense with a plethora of different sounds layered on top of each other. McGuire has strayed away from the strictly solo guitar setup that made up his last album for an exchange of sparse bass notes, sprinkled with the high notes of piano, mandolin, drums and electronic sounds for a truly unique, new age and almost psychedelic feel. The instruments work together as if they were built upon interchangeable layers that result in songs that change drastically within

seconds, but so organically and naturally that you don't even notice right off.

This shape-shifting quality of the music makes the whole album feel like a story unfolding, with its high moments and low. Because of this narrative effect of the whole album there's never a dull moment, and first time listeners will find it impossible to predict how some songs are going to play out. Vocals, often processed through a talk box, make their way into the tracks as well, but not as a focal point. In fact sometimes they are so soft, well-blended and chant-like that it takes a while to realize they are even there, as the track lulls you into a more relaxed state. This album oozes positive vibes. The best way to listen to this album is by embracing its meditative qualities, closing your eyes and envisioning the story McGuire is trying to tell with his intriguing and beautiful soundscape. You might as well start burning the incense now.

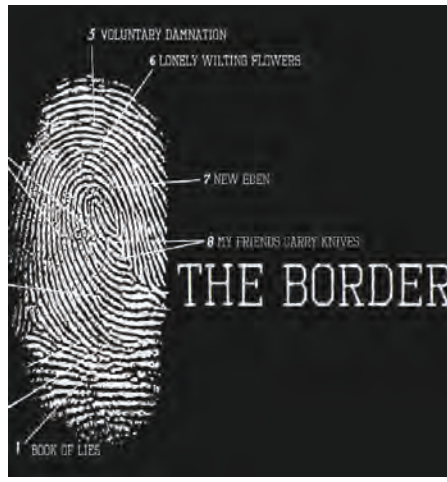
One track in particular, called "The Instinct," stands out in my mind as a song that's part of a journey. Positioned right in the middle of the album, this 12 minute sonic parable feels less like music and more of an audio representation of a story playing out in your head fueled by whatever thoughts stream into your consciousness. Featuring a slow and steady minimalistic beginning, it's clear by the progression that the song is actively evolving into something different. By the halfway mark the atmosphere of the song has completely changed, with heavy synthesized guitars added and, distant vocals that seem to stimulate the listeners imagination further.

Described by McGuire as "an odyssey through the vast, unknown regions of the mind," *Along the Way* is a complex yet soothing audio journey, that through the emotions it evokes, can often mimic the rhythm of life itself.

francis@usmfreepress.org
[@FrancisFlisiuk](https://twitter.com/FrancisFlisiuk)

Local Review

Punk sounds meet country vibes



Dirigimus

Elle Davis
Contributor

Successfully executing the traditionally untraditional, and predominantly disfavored integration of punk and country genres, here's one stampede of an album fresh out of Dirigimus, Portland's very own DIY music cooperative. Seriously, listen up and listen well.

The Coalsack in Crux released their second album, *The Border*, in January, and it's by far one of the most innovative local records released in the past year. It looks (or rather, sounds) like they've assumed responsibility for unyieldingly redefining much of the tones of Portland's music scene (whether they meant to or not).

Many a music fan has cringed at the mere mention of cowpunk abominations and the tacky psychobilly trend, and while the undertones of both are slinking amidst the tracks, such as "New Eden," there is undeniably something more happening within these songs. One would think Coalsack would be doomed to condemnation, with such a peculiar choice of melodic amalgamation, but the emo-

tion is too raw, the imagery too pensive. The cherry on top is a conceptual allegory that's subtly pious. They certainly give the nihilistic punk scene in Portland a run for its money in terms of what's left to be considered "edgy."

"Book of Lies", the very first track, dashes all despairing expectations of any cowpunk kitsch. Country? Sure. Punk? Yes. Psycho? Absolutely. The listener is thrown into a rather straightforward punk number, amidst a whole album of fantasy-spaghetti-western musical contemplations, with lines such as "Hold your ground at the speed of light / Footsteps behind your whole life / Fall asleep at ninety miles an hour / You're shouting silence from the tower." The album continues to unfurl into a moderato of twangs and snarls with Leif Sherman Curtis's surgically played guitar, the mastermind energy of frontman Caleb Coulthard, the perfected drums of Adinah Barnett and the bass lines of Steve Tesh.

Consider *The Border* the result of a raunchy desert trailer romp between Hank Williams and The Gun Club, forming a wayward child with a dichotomous mindset pulled between perilousness and holiness. Even in the more down tempo moments, as manifested in "My Friends Carry Knives," you never find yourself relieved of the tense downward spiral into cavernous wit and deranged lawlessness. And lawless they are in their genre-defying act. Don't miss out on having your mind blown to smithereens by The Coalsack in Crux in the best of ways.

A bit of life-changing advice from someone who attended the unbelievable recent CD release show: go see them live. Their next show is March 7 at Geno's with Boyfriends and Erroracon. *The Border*, and their first album, *Before, After, Forever, and Always*, can be found at Bull Moose.

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

Summer • On Campus or Online

A great time to
**take a
course**

Over 500 courses
online and on campus.

**USM SUMMER COURSES
CAN TAKE YOU WHERE
YOU WANT TO GO.**

**Catch up, get ahead, and keep
moving toward graduation.**

With hundreds of courses to choose from, flexible schedules, condensed 4- and 7-week formats, plus 150 online courses, summer is the perfect time to go to USM.

REGISTRATION BEGINS
MARCH 3RD CURRENT STUDENTS
MARCH 5TH ALL STUDENTS



**UNIVERSITY OF
SOUTHERN MAINE**

Portland • Gorham • Lewiston • Online
usm.maine.edu

PROFESSIONAL & CONTINUING EDUCATION: 780-5900 • 218 ABROMSON • USM.MAINE.EDU/SUMMER



A&C Listings

Monday, February 10

Banff Mountain Film Festival
State Theatre 609 Congress St.
Doors: 6:00 p.m. / Show: 7:00 p.m.

Artist Talk: Maine Women Write
SPACE Gallery
538 Congress St.
Doors: 7:00 p.m. / Show: 8:00 p.m.

Tuesday, February 11

Words by Ira Gershwin
Portland Stage Company
Doors: 7:00 p.m. / Show: 7:30 p.m.

Port Veritas Performance Poetry
Bull Feeney's Yeat's Room
375 Fore St.
7:30 p.m.

Wednesday, February 12

Irish Music Night
Blue
650 Congress St.
Show: 7:00 p.m.

Spank! Harder! A Fifty Shade Parody
State Theatre
609 Congress St.
Doors: 7:00 p.m. / Show: 8:00 p.m.

Thursday, February 13

Alpenglow/Plume Giant
SPACE Gallery
538 Congress St.
Doors: 7:00 p.m. / Show: 8:00 p.m.

STS9 Concert
State Theatre
609 Congress St.
Doors: 7:00 p.m. / Show: 8:00 p.m.

Friday, February 14

Model Airplane
Port City Music Hall
504 Congress St.
Doors: 8:00 p.m. / Show: 9:00 p.m.

The Sweet Art Pop-Up Shop
MECA
522 Congress St.
4:00 p.m.

Saturday, February 15

Zed's Dead
State Theatre
609 Congress St.
Doors: 7:00 p.m. / Show: 8:00 p.m.

Chris Klaxton Jazz
Blue
650 Congress St.
Doors: 10:00 p.m. / Show: 10:00 p.m.

Sunday, February 16

Blackberry Smoke
State Theatre
609 Congress St.
Doors: 6:00 p.m. / Show: 7:00 p.m.

Local Love Muscle Valentine's Day Film Festival
SPACE Gallery
538 Congress St.
Doors: 7:00 p.m. / Show: 8:00 p.m.

Film Review

McConaughey's performance may be career best



Focus Features

Martin Conte
Contributor

Sporting a bucket-sized cowboy hat and thinner than a cornstalk, Ron Woodruff is nevertheless a very familiar character to us. He's a womanizing, alcoholic, rugged, obnoxious, insulting, son-of-a-gun. Loved in a certain cautious way by his friends, and appreciated for a compassionate heart under all the grime, Woodruff is still repulsive to us, as his skin literally drips with blood, sweat and cocaine. Though his gaunt figure is enough to haunt all of us as a creature from the hellish underworld of the west, it is Woodruff's miraculous arc from a homophobic con-man to a hero for desperate AIDS victims across the country that makes this film so enchanting and heartwarming. The subtlety of Woodruff's change, manifested through a brilliant performance from Matthew McConaughey as well as a carefully articulated script, makes for one of the best visualized character transformations on screen.

Set in Dallas in the 1980's, as AIDS overtakes the country. This is the true story of a man faced with an upending of all his expectations and suppositions about life. Ron is invincible, a bull-rider who spends most of his time in the arms of cheap prostitutes and a white powder haze. In a fleeting, panic stricken moment, Ron's life is thrown overboard with a diagnosis of HIV and little more than a month to live. The story then becomes one of desperation, of a man who suddenly knows that all stereotypes, all walls of fear and laws of society cave in the face of imminent death. Ron packs his body again and again with drugs enough to keep him floating for just a little longer, just one more day at a time. It's then the next logical step for a man in his position to realize that to keep himself alive, he could also be making money keeping others alive. What begins as a quick-cash scheme turns into the *Dallas Buyer's Club*, an extremely public organization that smuggles illegal and unapproved medications into the United States for AIDS victims, and snubs its nose at any efforts from the FDA to shut it down.

Ron's transformation is witnessed and partially inspired by his constant companion, a transvestite named Rayon. Played with a fierce diva power by Jared Leto, Rayon is fiery, and walks the walk. She shines with all the unfamiliarity of a queen and yet all the humanity of a young person grappling with the cruel reality of a young death. Rayon is dazzlingly beautiful, but it is her relationship with Ron that truly moves us. Ron is dedicated, and before we realize it, willing to give up

all semblance of his former life for Rayon's sake. After Ron violently forces a former friend to shake Rayon's hand, the look shared between him and Rayon is heart-wrenchingly beautiful, and we become suddenly willing to forgive him of all his obscene transgressions.

Set in the pale yellow light of the dusty desert, in gritty gay bars and the underbelly of an already dark and gothic city, *Dallas Buyer's Club* is not just a story of one man's heroism, or about snubbing the corruption of higher powers. It is about human life, and what happens when you're suddenly faced with losing it. Bill Minutaglia, the journalist who originally brought Woodruff's story to light, writes how, "Very early on, Ron told me that he was doing this to stay alive. And like many people, that's a story I love: someone rising to the occasion and behaving really differently because they're faced with some unbelievable thunderclap in their lives." Perhaps it is the reality of Ron's inconsistencies, his self-ish drive for survival, and how it transforms into an understanding that he can do more than just keep himself alive, that enchants us about his story. In one critical scene in the film, Ron returns after losing a legal battle with the FDA, to find his home filled with cheering and appreciative friends and fellow victims. Ron doesn't swoop in with all the power and invincibility of Superman. He certainly isn't a role model of virtue and temperance. But he fights, he struggles, he bites down into life and he survives.

arts@usmfreepress.org
@USMFreePress



Summer Session 2014

Session I: May 19–June 30 **Session II:** July 3–August 14

Day, Evening and Online Classes

Arts, Biology, Business, Chemistry, Citizenship, Education, English, Environmental Studies, History, Marine Science, Mathematics, Neuroscience, Philosophy, Physics, Political Science, Psychology, Sociology, Sport Management

Ask about Art Courses open to high school juniors and seniors to earn college credit.

Programs for High School Students

Scholarships available

Live and study on UNE's oceanfront campus and earn college credit in one of four programs:

- Coastal Marine Ecology
- Creative Writing—Poetry
- Neuroscience
- Pre-Law/Trial Advocacy

For more information,
call (207) 602-2050 or visit www.une.edu/oce



**UNIVERSITY OF
NEW ENGLAND**

Office of Continuing Education
and Summer Programs

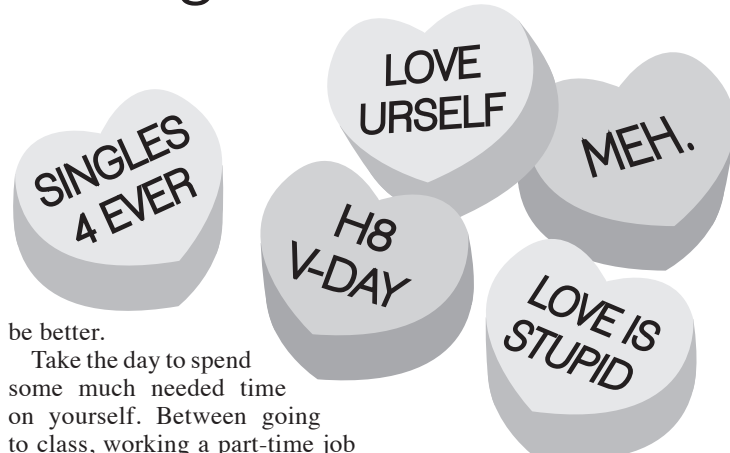
Perspectives

Our Opinion

It's okay to be single on Valentine's

With Valentine's Day right around the corner, singles everywhere are rolling their eyes and looking for an excuse to be single. What's our opinion? Valentine's Day can be great, but it's also an overrated monument to commercialism that's only saving glory is that it gives us an excuse to dine out and eat a lot of chocolate.

This marketing machine of a holiday can get some people feeling down in the dumps, and we totally understand. Heart-shaped candy at your local Rite-Aid may have had you stressed out about finding someone special to take out since they started selling it after Christmas. Maybe you've just ended a long-term relationship and the thought of happy couples prancing around with their "love" makes you want to lock yourself in your room for the day? Or maybe you're single and looking and hearing about your friends' romantic dinner plans makes you nervous about spending the day alone? Or maybe you're someone who absolutely hates this Hallmark-holiday and plan on spending the day burning bouquets of roses and decapitating stuffed teddy bears in the name of real romance? Whatever your reason for being single on Valentine's Day, there's no reason to feel bad about it. In fact, there are quite a few reasons why being single might



be better.

Take the day to spend some much needed time on yourself. Between going to class, working a part-time job and sitting down to pound out papers, homework and exams in between, there's hardly anytime to sleep, let alone do things you actually want to do. Why spend the day making someone else happy when you can focus on yourself? Call up your employer today and let them know that you've got plans with the most important person in your life – you. See a movie or go to that art gallery you've been meaning to check out. Spend all day rereading one of your favorite books, working on a new creative endeavor or seeing how much ice cream you can eat in a day. Put the hater-blockers up and do whatever you want.

If you don't want to be alone, get together a handful of other Valentine's Day protesters and paint the town red! Well, maybe

Ellen Spahn / Design Assistant not red, but you get it. Search the city for dinner deals. Two-for-one entrees? Why, yes, we've been together for three years now. When can we order? Just because you don't have a "special someone" doesn't mean there aren't special people in your life. Tackle the day elementary school style and give all your friends special notes. Besides, it's much more fun eating a box of chocolate with friends. You need someone to test out the weird ones right?

And if you feel like you it, just ignore the whole thing. Yes, a lot of people consider it to be a day to celebrate, but some people have better things to do.

Our Opinion is written by the Free Press editorial board.

Olympics fans have good reason to worry about Sochi

Nick Rotondi
Contributor

With the start of the Winter Olympics in Sochi, Russia on last Friday, there have already been various reports of terrorist threats and "hotel horrors," leaving many wondering if Putin has been putting everyone on with his promise to provide a "really spectacular show."

For Mainers, the Winter Olympics are always popular due to the abundance of winter sporting in the state of Maine and Maine's long history of sending athletes to compete for the United States. In 1928, Maine's first Olympian, Geoffrey Mason, was studying at the University of Freiberg in Germany when a post in the Paris Herald caught his attention. The write-up was looking for U.S. athletes in Europe to try out for the Olympic bobsledding team at the first true Winter Olympics in St. Moritz, Switzerland. The former Bowdoin track and football athlete ended up with more than just a place on the U.S. Olympic team: he came home with a gold medal. Since 1948, there has been at least one U.S. athlete from Maine in every Winter Olympics. In total, there have been

37 U.S. athletes who were either born in Maine or attended school in our notably wintery state. This year, former University of Maine stand-out goalie Jimmy Howard will be one of three between the pipes for the men's hockey team, and Russell Currier of Stockholm, Maine will be going for gold in the biathlon.

However, with the festivities, there is also a great deal of controversy. Being a large gathering of people of many nations, the Olympics always prompt terrorist threats and security concerns, but this year they come at an unprecedented level. Perhaps the most well-known example of terrorism related to the Olympics took place in 1972 at the Summer Olympics, held in Munich, West Germany, where 11 members of the Israeli team were held hostage and eventually murdered. As most people have already heard, there have been a number of terrorist threats made on this year's Olympics and even recent suicide bombings in Volgograd, formerly known as Stalingrad. Most people are also, hopefully, praying for the safety of all athletes and spectators alike. The

See SOCHI on page 12



Stephanie Broido
Contributor

I have been studying herbal medicine and the magic of wild plants and herbs for a couple of years now. I have found a distinct change in my immunity and strength during the change of seasons and among these cold winter months now that I support my body with herbs daily. I want to share some of my favorite herbs and explain how they should be prepared with the hope that you can take them as your own and find out how powerful we can be when our bodies and minds are fulfilled and thriving.

Stinging Nettle (*Urtica dioica*)

I have wild-crafted stinging nettles many times. While backpacking in Oregon I met a full-time wild-crafter and we drove into the Ashland hills and harvested ten pounds of nettles. Not only was it a beautiful two days in the forest drinking nettle tea and eating nettle stew, but those days spent simply harvesting nettles taught me tons about the plant. Stinging nettles are a tonic, which means they boost resilience and overall strength. Nettles sup-

Sustainability and ME

Restore your body's balance

port the body both to the stress of winter's cold and to combat spring allergies.

To prepare: Use one tablespoon of dried nettles for every cup of water. Boil water, add nettles, cover and let steep for at least ten minutes.

Tulsi (*Ocimum tenuiflorum*)

My first connection with tulsi was while I was staying with a family in Varanasi, India. My mataji (host mother) had a giant pot of tulsi growing on the back patio. One day I saw that the plant had candles lit in the pot and my mataji explained that the tulsi plant is thought to bring good luck and keep away bad spirits. Everyday, she would light the candles and do a small prayer for the family. Apart from the spiritual properties of tulsi, there are many medicinal benefits. Tulsi is an adaptogen, which means it helps the body return to a state of well-being. Tulsi is a beautiful way to relieve stress and feel at ease.

To prepare: Use one tablespoon of dried tulsi for every cup of water. Boil water, and pour over herbs. Let it steep covered for 5-10 minutes.

Dandelion Root (*Taraxacum officinale*)

Dandelion root tea supports detoxification in the liver and kidneys.

This herb keeps the body hydrated and balanced. Two years ago while studying with an herbalist in Lee, New Hampshire, I learned that skin issues are often an external representation of liver problems. For six weeks I took dandelion root tincture and my previously acne attacked skin cleared up beautifully. It is important to detox our kidneys and livers so they can do their job properly. Brew up some dandelion root tea every couple of days and restore your overall balance.

To prepare: Use one teaspoon of dried dandelion root for every cup of water. Put the water and root into a pot and cover. Let it boil for at least 20 minutes.

It is inspiring to see the bountiful resources that grow all around us. I am eager for spring to come around because Jocelyn Egan, the coordinator of the Community Garden, and I will be planting a variety of plants at the community garden. As summer and fall roll around we will have an abundance of beautiful plants ready to be harvested! Join the herbal revolution and find a place of balance in your body and mind.

Stephanie majors in health sciences and fancies avocados and listening to Billie Holiday.

the free press

92 BEDFORD STREET, PORTLAND, MAINE 04101
(207) 780-4084 • editor@usmfreepress.org

EDITOR-IN-CHIEF

Kirsten Sylvain

MANAGING EDITOR

Sam Hill

NEWS EDITOR

Sidney Dritz

NEWS ASSISTANT

Francis Flisiuk

ARTS & CULTURE EDITOR

Francis Flisiuk

PERSPECTIVES EDITOR

SPORTS EDITOR

Justicia Barreiros

DESIGN DIRECTOR

Sokvonny Chhouk

DESIGN ASSISTANT

Ellen Spahn

MULTIMEDIA EDITOR

Randy Hazelton

BUSINESS MANAGER

Lucille Siegler

FACULTY ADVISER

Shelton Waldrep

ADVERTISING MANAGER

Bryan Bonin

ADVERTISING EXECUTIVES

Eric Winter

STAFF WRITERS

Dan Kelly, Skyla Gordon, Jeremy

Holden, Dylan Lajoie, Dakota Wing

STAFF PHOTOGRAPHERS

Alex Greenlee, Casey Ledoux, Patrick

Higgins

COPY EDITORS

Stephanie Strong, Lucie Tardif, Alex

Vieira

INTERNS

Heather Guaciara

EDITORIAL BOARD:

Kirsten Sylvain, Sidney Dritz,

Sam Hill

Editorial & Advertising Policies

The Free Press is a weekly student-run newspaper paid for in part with the Student Activity Fee. • We reserve the right to edit or refuse all materials submitted or solicited for publication. • Columns do not reflect the opinions of The Free Press or its staff. • Guest commentaries are sometimes solicited or accepted from members of the USM community; they may not exceed 700 words. • We have a gender-neutral language policy. • One copy of The Free Press is available free of charge. Up to 10 additional copies are available for 25 cents each at the office of The Free Press, 92 Bedford St., Portland, Maine. • To advertise, contact our Advertising Manager at 207.780.4084 x8. • We reserve the right to reject advertising. We will not accept discriminatory ads. • We welcome letters to the editor. They must be submitted electronically, include the author's full name, school year or relationship to USM, and may not exceed 350 words without prior approval from the Editor-in-Chief. • The deadline for all submissions is Wednesday at 5 p.m. preceding the week of publication. Send submissions to editor@usmfreepress.org.

From SOCHI on page 11 safety concerns have caused many U.S. athletes to tell their families to stay home while they compete. For the parents of athletes, it must be a hard pill to swallow—after supporting their children through a lifetime and having them reach the pinnacle of competitive sports, to be told to stay at home while they compete to bring home a gold medal for their country.

A recent CNN poll has shown that 57 percent of Americans believe that a terrorist attack will occur at this year's Olympics. In conjunction with the terrorist threats, it is hard to blame the athletes for being concerned about the safety of their loved ones while they already have enough to worry about in competing alone. Perhaps some of the reasoning behind these numbers comes from Sochi's proximity to Chechnya and Dagestan, two well-known terrorist hotbeds. Both Chechnya and Dagestan are home to the the Islamic-Jihad terrorist organization known as the Caucasus Emirate, which the United Nations Security Council officially deemed an entity associated with Al-Qaeda on July 29, 2011. With many not making the trip to Sochi, The Five co-host Eric Bolling considers this to be "letting the terrorists win." I, personally, have a hard time holding anything against the athletes for thinking in the best interest of those whom they care about the most. Not so dissimilar to Bolling's point, I strongly feel that these terrorist threats completely undermine the entire point of the Olympics. Shouldn't everyone be able to put aside their differences and politics for a few weeks every two years

and be able to enjoy watching the world's top athletes contend to bring home a gold medal?

In addition to the threat of terrorist attacks, recent reports of the hotel conditions in and around Sochi have been less than welcoming. Soon after the arrival of reporters in Sochi, it was reported that 97 percent of all hotel rooms in the area are incomplete, from missing shower curtains, pillows, door knobs and light bulbs to unreliable electricity and water. The image of two water glasses that appear to be filled with urine or beer, rather than water, were put into the spotlight by Chicago Tribune reporter Stacy St. Clair. Not to mention the toilets that are two to a room and only a few feet apart from each other that come with directions to dispose of used toilet paper in the trash bins instead of flushing it.

Another issue that has received much attention is Russia's anti-gay laws. Should the International Olympic Committee have chosen a country to host the Olympics that has threatened to jail those openly expressing their views on the matter? On the day of the opening ceremonies, four gay rights activists were jailed in St. Petersburg, Russia for a banner that made reference to Principle 6 of the Olympic Charter: "Any form of discrimination with regard to a country or a person on ground of race, religion, politics, gender or otherwise is incompatible with belonging to the Olympic Movement."

One possible positive side of what we in the U.S. might call an apparent lack of civil liberties is that Russian security officials will have no problem jailing suspected terrorists or threats, and maybe that's something that will help Olympians

and spectators sleep at night.

Certainly many are also not in favor of the capturing and disposal of stray dogs in the Sochi area. A pest control company, Basya Services, has been given a contract to cull the stray dogs of Sochi for this year's Olympics. Russian authorities are opposed to the sterilization of these stray dogs instead of killing them as the humane way to handle this issue. Alexi Sorokin, Managing Director of Basya Services, says the stray dogs have bitten people and insists that they are poisoned humanely. If the dogs were to enter the stage during the Olympic Opening Ceremonies, "it would be a disgrace for the whole country," said Sorokin. Isn't this fact, which was made public, of inhumanely killing these poor, defenseless animals pretty disgraceful? I would argue yes, it is extremely disgraceful and one reason why I would not choose to live in Russia.

With all of this turmoil in mind, what should be done in the future to prevent heightened security concerns, people being jailed for expressing their views and low quality hospitality for both athletes and spectators at the Olympics? Should the International Olympic Committee be more careful in deciding where to hold the Olympics or should the holding country take more precautions and make preparations much earlier? Even though Vladimir Putin put a shirt on and was seen cuddling with a snow leopard in his lap a few days prior to the opening ceremonies, I'm not sure this comforting image will be enough for many who would like to be at the 2014 Winter Olympics to cheer for their country.

You Are Wrong

Superbowl countdown

Thaddeus Moriarty
Contributor

I'm Thaddeus Moriarty, and you are wrong. Why?

Because you thought that this year's Super Bowl was as un-competitive as pile of soggy newspaper and that it was worth absolutely nothing to society at large.

Well, I'm here to tell you that this Super Bowl was worth a lot. Yes, I agree; the final score of 43-8, the play of the Denver Broncos, and the boring commercials made the game about as riveting to watch as soup being eaten by your aunt. But this year, I actually learned a whole lot by watching three hours of mostly nothing. Here's my list of ten things I learned from Super Bowl XLVIII:

10) Domino's wings really aren't that good.

This is a lesson well learned by the author: the wings you get when you get wings from Domino's are among the worst wings you can get. I mean, okay, I'm being mean; they aren't terrible. But I've had the same quality wings out of the freezer section at Hannaford and I didn't have to tip anyone to eat them. Pass.

9) Peyton Manning really isn't not that good.

This is for all you Manning-haters out there (Yes, you!): Peyton Manning is one of the best quarterbacks in the history of history. I have him number 8 or 9 on my all-time list, and that's nothing to sneeze at. Still, he had a terrible, horrible, no good, very bad day—which is why he's not number 5 or 6 on my list. But don't bash the guy. You don't perform to your best every Sunday night either.

8) Obama and O'Reilly plain don't like each other.

This was technically before the Super Bowl, but I'm the writer so I get to cheat. Traditionally, the President of the United States sits down and has an interview with the channel that broadcasts the Super Bowl before the game; this year, that privilege fell to Fox News and Bill O'Reilly. If you thought that this was going to be a civil conversation, then you are wrong yet again. They interrupted each other, talked over each other, and President Obama blasted Fox News for perpetuating fake scandals after O'Reilly brought up Benghazi for the third time. So much for good sportsmanship.

7) Children who want Doritos plain don't like anyone.

This year's batch of the Greatest Commercials on Earth were lackluster at best. The funny ones just weren't funny, and the inspirational ones just made no sense (Bob Dylan selling Chrysler?!) There were some gems, of course, and some of them taught me some things that ended up on this list. The first one is this: kids like Doritos, and will be hellions to people who have them. In the two commercials that aired during the game, one hungry kid tricks an adult into a fake time machine and then another kid literally hogties his brother to get the chips. Jerks.

6) I might like Bruno Mars.

Let me get this out of the way first: "Grenade" is an annoying song that needs to go the way of the dodo. That said, Bruno Mars impressed

the hell out of me. You have to be a bad dude to come out killing it on the drums before your own set, but he crushed it. His songs were fun, his moves were tight, his voice was stellar, and when the Red Hot Chili Peppers came out you had music that sounded like the 50s with guys playing music in their 50s. Neat-o.

5) I might not have liked the halftime show.

All that being said, this was a great, impressive, forgettable halftime show. It seemed too short to me, too obvious. Bruno Mars sang some stuff, danced a bit, then RHCP came out and sang one song, then Bruno Mars made some saps cry, then we all went back to bad wings and a worse game. There was no nipple, no old-guitarist cameo, no acrobats, no ... nothing really. Snore.

4) Coca-Cola made the best commercial of the night.

If you haven't seen it yet, look it up. It consists of children singing "America, the Beautiful" in English, Spanish, Arabic, Hebrew, Tagalog, and various other languages, all while showing how diverse Americans look and are today — including a gay couple and their daughter. It was simply perfect, and almost made me tear up This is the sort of humanistic message that there isn't enough of in American media today. Of course, not many people were pleased with the ad, which brings me to my next item:

3) Twitter is a terrible, terrible place.

I love Twitter. I'm on it constantly (@MrThaddeusM). Still, you will never find a more wretched hive of scum and villainy. As you can imagine, the more socially conservative members of American society took offense to a commercial that showed that same-sex couples were normal and that America isn't all white English speakers, and they took to Twitter to announce it. "Nice to see that coke likes to sing an AMERICAN song in the terrorist's language. Way to go coke. You can leave America," tweeted one person. The backlash is not surprising, but no less sickeningly sad.

2) Marky-Mark Wahlberg has stooped so low that he actually accepted a role in "Transformers 4."

No, that's pretty much it. First "The Happening," now this. Yikes.

1) People will watch anything on TV.

The numbers are in: Super Bowl XLVIII was the most watched television program in United States history, with 111.5 million people tuning in to watch a bad football game and a boring bunch of commercials. 111.5 million people. That's almost 84 times the population of the state of Maine. And now, days later, all people can talk about (including this person) is how boring the game was and how not-funny the commercials were. And yet we didn't turn it off. Do we ever turn it off?

That's my list, sports fans. Still don't believe that the Super Bowl was educational?

Well, you are wrong.

Thaddeus is a senior history major, and he is right.

\$20!*

or receive 10% off any services in our
Cosmetology Clinic first time visit
only with this ad

Full hour Massage or Facial

Call today to schedule your appointment in our
teacher supervised student clinic!

591-4141 100 Larrabee Rd Westbrook, ME

774.0465
PORTLANDSTAGE
where great theater lives

YouTube
Facebook

*Have you heard about
the best deal in town?*

Scene Pass

**\$10/Month.
Unlimited Theater.
Best. Deal. Ever.**

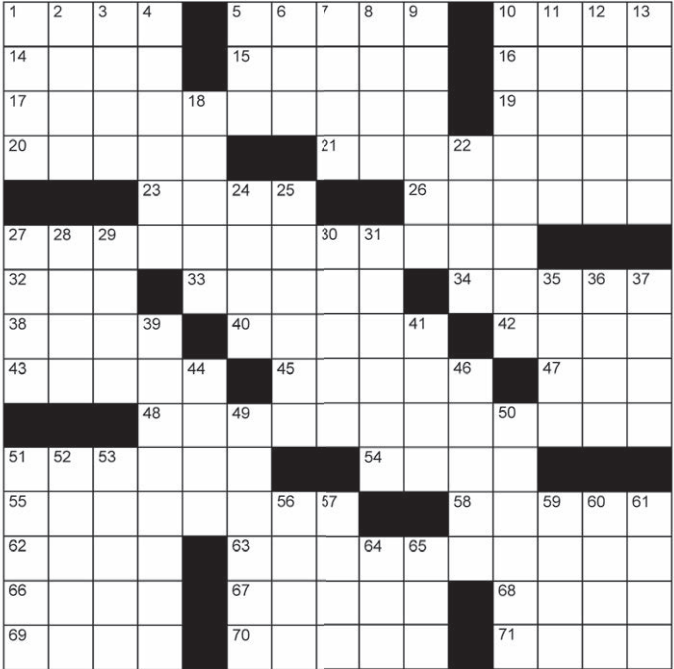
Bring a friend for 1/2 the regular ticket price.
For ages 35 and under.
Call the Box Office or visit our website for details.

Come join the crew!

Check our available positions online and apply:
www.usmfreepress.org/job-opportunities

Crossword

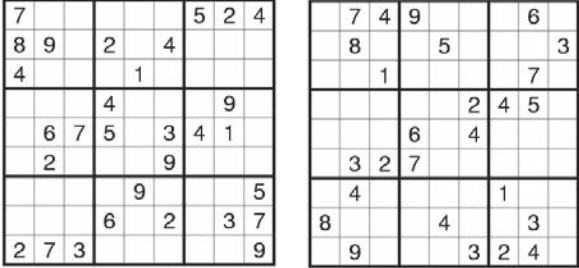
- Across
1. Ransom, the car maker
5. Roller coaster features
10. Texas pioneer Houston et al.
14. "Whinnie the ____"
15. A ____ sante
16. "... hear ____ drop"
17. 1967 Pulitzer poet
19. M'sieur's daughter
20. Don't mess with
21. Manager
23. Norwegian river
26. Ocean liner firm
27. "The Red Badge of Courage" author
32. Overeater
33. Calpurnia's wrap
34. Overtakes
38. Inch or teaspoon
40. Cir. dividers
42. Its password was "Mickey Mouse"
43. Leveled in London
45. Ensign wannabees' org.
47. Mag. unit
48. In all directions, figuratively
51. "The Summer Game" author
54. Commencing on
55. Small outgrowths
58. Good witchcraft
62. Art print: Abbr.
63. Be humbled
66. "____ Perpetua," Idaho motto
67. Commerce
68. Irish Free State successor
69. German negative
70. Jockey Earle



- Down
1. Whitish gem
2. ____ wolf (person who doesn't like to work with others)
3. "____ Tread on Me"
4. 1984 Cyndi Lauper hit
5. Opposite of arr.
6. Losing tic-tac-toe row
7. Palindromic fellow
8. United States : st. :: Canada : ____
9. Nero's tutor
10. Three-time Masters champ
11. Cop ____: bargain in court
12. 1,760-yard racer
22. Crossbar
24. Collecting Soc. Sec., maybe
25. Use chrism on
27. ____-of-the-moment
28. Turner who sang "I Don't Wanna Fight"
29. Mythical shield
30. "The Nutcracker" girl
31. Beverly Ceary heroine
35. "Gotcha," to a beatnik
36. Old Rambler manufacturer
37. Method (abbr.)
39. Jerry Lewis special
41. Criteria (abbr.)
44. 'The Farmer in the ____'
49. Naval arrays
50. '... à€' occasion in a good quarrel...': 'Romeo and Juliet'
51. Michael of "The Green Hat"
52. Ping or zing
53. John who was called the Dapper Don
56. Fictitious plantation
57. Ollie's sidekick
59. I.O.U.
60. Jack or 10
61. Sweetstop
64. Kooky
65. Alumni newsletter word

Sudoku

A sudoku puzzle consists of a 9 x 9-square grid subdivided into nine 3 x 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 x 3 box contains each of the numbers from 1 to 9 exactly once.



The solution to last issue's crossword



Cryptogram

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

VZG VHJVZ TXB HSWU
PJV ISDG X MGII, MJV
SV SA AGIFPT GNGH
VPIIGF.
And here is your hint:
W = N



Weekly Horoscope

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

- Aries** ★★
March 21-April 19
Today you feel torn: you want company and yet you don't. Relax and find a happy medium between solitude and sharing.
- Taurus** ★★★★★
April 20-May 20
A relative favors you. Be conscientious and helpful to avoid jealousy from others.
- Gemini** ★★★★★
May 21-June 20
Catch up on financial matters. Do your banking; pay the bills; check the investments, etc. Plan ahead.
- Cancer** ★★★★★★
June 21-July 22
A chance to share some fun and frolic with friends. Get together to chat, laugh, enjoy life with one another.
- Leo** ★★★★★★
July 23-August 22
An optimistic attitude allows you to spot opportunities which others miss. By focusing on what COULD be, you help create it.
- Virgo** ★★★★★
August 23-September 22
A note of appreciation goes over big. The simple act of telling someone how they've helped reaps great dividends.
- Libra** ★★★★★
September 23-October 22
You expect the best in your relationship. Don't focus on what's wrong; work toward your ideal (but recognize perfection is impossible).
- Scorpio** ★★★★★
October 23-November 21
Don't be so hard on yourself. You're doing the best you can to combine emotional (love) and career (work) needs.
- Sagittarius** ★★★★★
November 22-December 21
Resist the urge to nag someone close to you about weight, spending, or alcohol. You're most effective setting a good example.
- Capricorn** ★★★★★
December 22-January 19
Investigative instincts are strong today. Play CLUE, read Sherlock Holmes, explore the attic, do research, archeology in the yard, etc.
- Aquarius** ★★★★★
January 20-February 18
You have trouble deciding because you do not see one side of a question without also seeing the other. Don't push a decision today.
- Pisces** ★★★★★
February 19-March 20
Do something financially which will please both you and a partner in your life. Satisfy personal as well as shared goals.

~ Since 1995 ~

The GOLD Company

Joel Gold, CFP®, Ph.D.

USM Finance Professor since 1973

I CAN HELP WITH.....

- Deciding when to retire & to help with your cash flow in retirement
- Rolling over your retirement accounts to IRAs
- Developing an investment portfolio
- Family money issues

— INVESTMENTS & FINANCIAL PLANNING —

Call 207-650-7884 or 207-934-3698

thegoldcompanyfinancialplanning.com



- Award-winning pizza
- Free delivery
- 10% off with college id
- Order online

Leonardo's Pizza
415 Forest Avenue, Portland
(207) 775-4444

www.leonardosonline.com

\$3.00 OFF
any large pizza

www.leonardosonline.com
Free delivery or carry out
One coupon per pizza
Expires 5/31/14

Must Watch Games

Wednesday

Winter Olympics
Pairs Free Skating

7:45 p.m.

Wednesday

Winter Olympics
Ladies' Halfpipe
Snowboarding Finals
9:30 p.m.

USM athlete will donate kidney to save a life

Sophomore Demi Ruder's selfless act of love for her father



Justicia Barreiros / Sports Editor

Demi Ruder is a sophomore social work major, captain of the volleyball team, and secretary of the Student Athlete Advisory Committee. She also works part time at a retirement home in Portland.

Justicia Barreiros
Sports Editor

Demi Ruder, sophomore social work major and captain of the volleyball team, is the perfect match to save her father's life.

Her father, Michael Ruder, was diagnosed with kidney failure last May. "It was out of the blue. They called it an autoimmune disease, so no one knows why it happened or where it came from," she said. "[The doctors] literally tried everything. Because my dad was so stubborn, he refused dialysis for the longest time, but it finally got to the point that it was dialysis or not make it." Dialysis is an artificial method of eliminating waste and unwanted water from the blood—essentially replacing the function of a failed kidney. "He had to do it four times a day for a month. Watching that is one of the scariest things I've ever seen," she said. "I don't know how people can go for years doing that."

For Demi Ruder, the decision to give her father a kidney wasn't difficult. "He didn't want any of us to get tested to donate—just being a dad—but from the very beginning, anything I could do, I was going to do," she said. "As soon as he was put on the list, I was the first to get tested—perfect match."

Demi Ruder is extremely grateful for the opportunity to help her father. "Just thinking about not

having my dad in my life is one of the scariest things I've ever thought about," she said, "so the chance to do something to keep him in my life is amazing. It means the world to me."

This experience has really made her aware of the importance of becoming a donor. "I think that if anyone has the opportunity to help someone like this—then you should get tested to be on the donor list," she said. "You can give someone a second chance at life—if you're willing to do that it's definitely worth it."

"Just thinking about not having my dad in my life is one of the scariest things I've ever thought about."

-Demi Ruder
Sophomore Volleyball Captain

Before Michael Ruder was placed on dialysis the doctors attempted other treatments such as plasmapheresis and chemotherapy. Plasmapheresis is an extracorporeal therapy in which the blood plasma is removed from the body, treated and returned to the body during a constant circulation.

The attempted chemotherapy treatments led to other complications for Michael Ruder. "The worst part about this whole thing was that [the doctors] put him on chemo for three months. And while he was on chemo, his immune system was so suppressed that he got shingles in his eye. He lost his eyesight in his right eye," she said. "He's been through so much."

As this will be her first surgery, Demi Ruder is nervous, but her doctors have reassured her about the low risk, so she is excited to help her father. The doctors have informed her that her surgery and recovery will go quickly, but her father's recovery will take longer.

Looking ahead to the next volleyball season, which resumes in late August, Demi Ruder predicts this will not affect her athletic abilities. "Since I don't play a contact sport, [the doctors] aren't worried, which was definitely reassuring," she said. "I just hope I can get back to it soon. It's going to be weird not playing for a while." Demi Ruder has been participating in organized volleyball teams since she was 12-years old.

The surgery is scheduled to take place on Feb. 13 at the University of Colorado hospital. "It's been a scary journey, but I'm glad there's hope in sight," said Demi Ruder.

justicia@usmfreepress.org
[@USMFreePress](#)

Athletes in Action: working out at Costello

(Front, left to right) Junior health fitness majors Stephanie Hayslip and Noah Dow teach the iTabata class in the group exercise room at the Costello Sports Complex in Gorham on Thursday.

The Spring fitness center classes began last week and run until May 2—excluding the weeks of Feb. and March breaks when USM is not in session.

The exercise classes are generally an hour long each and are free for students and gym members to attend. Many of the classes are led by USM health fitness students.

The iTabata class uses a series of high intensity interval training exercises to burn fat and increase muscle endurance.

Other exercise classes include Zumba, SMART, Kiss my abs, Reboot camp, iYoga, iSweat, iStep, and more.

For more info on classes go to the USM website at www.usm.maine.edu/studentlif/gorham-fitness-center. Or visit their Facebook page.



Justicia Barreiros / Sports Editor

This Week
February 14
Women's Ice Hockey St. Anselm @ USM 4:00 p.m.
Men's Ice Hockey St. Anselm @ USM 7:00 p.m.
February 15
Women's Indoor Track LEC Championships @ USM 12:00 p.m.
Men's Indoor Track LEC Championships @ USM 12:00 p.m.
Women's Basketball Rhode Island College @ USM 1:00 p.m
Women's Ice Hockey UMass. Boston @ USM 1:00 p.m.
Men's Basketball Rhode Island College @ USM 3:00 p.m.
Men's Ice Hockey New England College @ USM 4:00 p.m.
Wrestling N. Atlantic Championships @ Univ. New Hampshire

Scoreboard
February 4
Women's Basketball USM 55 Colby 32
Men's Basketball USM 58 Colby 63
February 7
Women's Ice Hockey USM 1 Castleton 4
Men's Ice Hockey USM 2 UMass. Boston 3
February 8
Women's Ice Hockey USM 1 New England College 3
Men's Ice Hockey USM 0 Babson 3
Women's Basketball USM 59 UMass. Dartmouth 64
Men's Basketball USM 56 UMass. Dartmouth 66
Wrestling USM 12 Rhode Island College 31
Wrestling USM 6 Roger Williams 31

USM falls to Colby College

Missed free throws haunt Huskies

Anthony Emerson
Contributor

The USM men's basketball team couldn't follow the ladies' example as they fell to the Colby College Mules 63-58, for their second straight loss—a tough one for USM.

Colby was led offensively and defensively by sophomore center Chris Hudnut, who scored 20 points and had 11 rebounds. USM was led offensively by senior forward Conor Sullivan, who had 19 points, while James Odneal led USM defensively with nine rebounds. Senior center Tyler Penney and sophomore guard Zach Leal also contributed on the boards, hauling in five rebounds each.

Colby was able to make the most of their 3-pointers, going ten-for-21, while USM struggled, going only four for 16—three of which were made by sophomore guard Sean Caddigan.

USM failed to capitalize on several free throw opportunities, finishing the second half nine-for-15, but missed several down the stretch.

Colby also ruled the boards, grabbing 10 more rebounds than USM, including 12 offensive rebounds providing the Mules with second chance opportunities.

This loss keeps USM seventh in

the eight-team Little East Conference with just one more win than last-place UMass-Boston.

USM finished the first half seven points behind Colby but came out of halftime on fire, forcing several turnovers and at times drawing level with the Mules. However, Colby was able to convert several 3-pointers quickly opening a nine-point lead. Despite the loss, the Huskies outscored the Mules 31-29 in the

second half.

The game appeared to break in favor of the Huskies, but they never got over the hump. After two free throws by sophomore forward Jacob Littlefield, USM was within six points—down 54-60 with just under three-and-a-half minutes remaining. Colby extended their lead back to eight, but Conor Sullivan again cut it

to two possessions with just over two and a half remaining. Sullivan hit another free throw to come within five with just under two minutes remaining.

At that point the game was winnable for the Huskies, and an offensive foul put the ball back in USM's possession. Penney nailed one of two free throws with over one and a half remaining to come with four. With 49 seconds remaining, Conor Sullivan fumbled on a defensive rebound that went out of bounds, giving Colby the ball with a full 35-second shot clock. Colby was able to hold the ball before a foul on vHudnut, which advanced the lead to three possessions.

Colby's victory was dampened early in the second half when sophomore guard Michael Loginoff was injured and left the game. Loginoff had to be helped off the court by two of his teammates, later returning to the bench on crutches and keeping his weight off his right leg.

This is USM's second-straight loss, after a steep loss at Keene State 95-59 on Feb. 1. USM has gone 1-9 in their last ten, their only victory coming against UMass-Boston on Jan. 28.

Team Statistics		
	Colby	USM
Field Goal %	37.3	35.0
Rebounds	45	35
Assists	11	11
Turnovers	16	8
Pts off turnovers	8	13
2nd Chance pts	12	7
Bench pts	13	18

editor@usmfreepress.org
@USMFreePress

COME JOIN THE CREW

Do you ever wonder what we really do at the free press?

— Check out what we have to offer below: —

WRITE

for News,
Arts & Culture,
Perspectives,
Sports or Community.

TAKE PHOTOS

for events, interviews
and features.

DESIGN

create graphics,
illustrations and ads.

SOCIAL MEDIA

update our wordpress,
twitter and facebook

SELL ADS

to national or local businesses
for our weekly or special issues.

www.usmfreepress.org/job-opportunities

USM COMMUNITY PAGE



Community Spotlight: Students study overtime

Sam Hill
Managing Editor

While a lot of students like to spend Saturdays sleeping in, hanging out in their dorms and catching up with friends or binge watching entire seasons of whatever show their roommate claims to be the greatest show ever, some use the time to catch-up on their school work.

Senior nursing major Jason Dobrovolny said that studying is something he can't escape and that visiting the Glickman Library is the only way he can get all of his work finished. With three weekly lectures and eight hours spent completing clinical studies on top of regular homework assignments, exams and papers, the quiet weekend mornings Dobrovolny spends in the library are the only way he can keep from being distracted.

"Most of my success here is because of the library," said Dobrovolny. "This is one of the only places I can escape from distractions completely."

Dobrovolny works in the afternoons on the weekend, so he gets in as soon as the library opens in the morning.

"With nursing, you're going to have people's lives in your hands, so you really have to take your studies seriously," said Dobrovolny.

"This is where I can get away from home and actually sit down and focus," said Jim Ewing, a non-traditional student majoring in mechanical engineering. "It's a lot more free here during the weekend."

Ewing is a part-time student and works as an engineer at a rope company when he's not on campus, so finding free time to study is sometimes a task.

There are fewer classes over the weekend, so library resources and spaces are



Sam Hill / Managing Editor

Mechanical engineering major Jim Ewing works on a take-home exam for one of his classes. Ewing works at Glickman Library most weekends to avoid distractions.

more available.

"It's never completely dead in here," said library assistant Kate Herbert, "but it is a lot quieter every weekend."

"I feel like the people who come in on Saturdays and Sundays stay a lot longer," said senior geography-anthropology major Ani St. Amand, who is a work-study student at Glickman Library. "People actually sit down and are able to study, instead of during the week when students just come in between their classes."

According to freshman history major Jeffrey Hill, Glickman Library is one of the only spots in the area where people can actually focus on studying.

"I have a lot of friends who try to hole up in their rooms or in coffee shops, but they always seem to have trouble with it," said Hill. "You think you're in the

zone until five people start chatting with you on Facebook or a shop gets really busy and suddenly you're packed in at your table."

Hill lives in Portland and used to go to the Portland Public Library to do a lot of his school work, but found being on-campus to be a better alternative.

"The public library was fine until one day this woman sitting nearby was hollering and complaining about the library staff because they couldn't find a book for her," said Hill. "When you're on campus, everyone is on the same page, especially over the weekend. You're not going to get distracted because everyone has their head buried in a book."

Sam@usmfreepress.org
@SamAHill



Featured Photo:



Randy Hazelton / Multimedia Editor

USM facilities trucks took to the parking lots on the Portland campus Wednesday afternoon after classes were canceled for the first time this year. The storm dropped over 8 inches of snow in Portland and throughout southern Maine.



Campus Events

- Monday, February 10
- Husky Career Week: USM Suits Me Clothing Rack (Free)
12:30 p.m. - 4:00 p.m.
Amphitheater, Woodbury Campus Center, Portland

Husky Career Week: Walk-in Career Assistance!
8:30 a.m. - 4:00 p.m.
119 Payson Smith Hall, Portland and 119 Bailey Hall, Gorham

Husky Career Week: Career Pathways
10:15 a.m. - 11:00 a.m.
Amphitheater, Woodbury Campus Center, Portland

Husky Career Week: #UseSocialMedia
11:45 a.m. - 12:30 p.m.
Amphitheater, Woodbury Campus Center, Portland

Husky Career Week "How to Ace the Interview"
2:45 p.m. - 3:30 p.m.
Amphitheater, Woodbury Campus Center, Portland

Husky Career Week: Getting Hired - An Employer's View on the Hiring Process
3:30 p.m. - 4:30 p.m.
213 Abromson Center, Portland
- Tuesday, February 11
- Husky Career Week: Holland Party: It's a Zombie Invasion!
6:00 p.m. - 8:00 p.m.
Upton Hastings, Gorham

Where Careers and Identities Cross: LGBTQ Alumni Panel for USM Husky Career Week
6:00 p.m. - 7:30 p.m.
Woodbury Campus Center, Portland
- Wednesday, February 12
- Career Fair 2014
11:00 a.m. - 3:00 p.m.
Sullivan Recreation and Fitness Complex, Portland
- Thursday, February 13
- Tabling for Healthy Relationships
11:00 a.m. to 1:00 p.m.
Woodbury Campus Center, Portland

Contesting and Celebrating Citizenship: Commemorating the 50th Anniversary of the Civil Rights Act of 1964
6:00 p.m. - 8:00 p.m.
7th Floor, Glickman Library, Portland
- Friday, February 14
- Valentine's Day with Lantz and Kargul: "To Clara, With Love"
8:00 p.m.
Corthell Concert Hall, Gorham
- For more events:
www.usm.maine.edu/events