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University of Southern Maine Student Newspaper

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THE FOODIE ISSUE

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2 News.....

The business of food

7 Arts & Culture..

*A students' guide to
Maine Restaurant Week*

12 Perspectives. . .

*You Are Wrong:
Dieting Edition*

14 Sports.....

*Student athlete
nutrition: fact and fiction*

16 Community.....

*WMPG's Cajun
Cook-Off*

Photo & Design:
Randy Hazelton

Portland gourmets discuss roads to success

Exploring the fine line between success and failure in food



Randy Hazelton / Multimedia Editor

Triple berry (above) is one of the tamer flavors at The Holy Donut, others of which include mint mojito and bacon cheddar.

Sidney Dritz
News Editor

As the annual Maine Restaurant Week progresses, you may notice that among the old faces, there are a slew of brand new eateries, and a handful of others that you remember

that. “Restaurants are the same pretty much everywhere. They are the business most frequently started and most frequently closed.”

Greg Dugal, executive director and CEO of the Maine Restaurant Association and Maine Innkeepers Association, had a few ideas about why that is. “Primarily, in this day and age, food is not the question,” Dugal said. “Most everybody knows how to cook.”

A common problem, he said, is that often chefs open restaurants, and they come into the business with more knowledge about the kitchen than the front of the house. Poorly trained servers, managers, bartenders and other front-of-the-house staff who don’t know the menu or don’t treat guests courteously, Dugal said, can break a fledgling restaurant, no matter how good the food is.

Leigh Kellis, owner of Portland’s The Holy Donut, has owned and operated her donut shop for almost two years, and this October, she opened up a second location on Exchange street. She came into the foodservice industry with more experience at the front of the house than in the kitchen. Kellis had worked as a bartender and a server before opening The Holy Donut when she started experimenting with donut recipes. “I was working at Otto’s Pizza, and that summer, I craved donuts, and Otto’s owner said ‘You should open a donut shop.’”

Kellis, who does \$3,000 worth of business a day, can speak to what it means to run a successful Portland food establishment. She attributes

the success of The Holy Donut to her staff, of whom there are now 24 between the two locations, as well as to having a product she is passionate about and sticking to her ideals of making healthy food with local ingredients.

“My philosophy is that I wouldn’t sell anything that I wouldn’t feed to my daughters,” Kellis said.

Another issue Dugal said many restaurants face is the relatively low profit margin for each individual plate of food. “Profit margins are pretty small, if you’re good you can make 10 percent,” Dugal said. There are a lot of people involved in keeping a restaurant running, which keeps the profit margin for restaurants low.

The best way to combat this issue, Dugal said, is to keep portions regular and keep costs down. Those with business experience rather than culinary experience, Dugal said, are more likely to have effective plans for how to keep costs low and profits high.

Shannon and Tom Bard, the husband and wife team who co-own and operate Zapoteca, a high-end Mexican restaurant with a focus on Oaxacan recipes and ingredients located on 505 Fore Street, together balance managerial and culinary experience. Shannon Bard studied Oaxacan cooking at the Culinary Institute of America and recently filmed an episode of Bobby Flay’s Dinner Battle, which will air some time in March, while Tom Bard has been in the industry for 40 years and brings a strong managerial foundation.

Shannon Bard described her thoughts about the Portland restaurant scene during a recent trip to New York City. “There’s nothing they were doing there that we’re not already doing here [in Portland] ... We’re all just competitive and want to be the best at what we do,” she said.

Colgan and Dugal agreed that simple lack of sufficient funding can bring a restaurant down. “Restaurants tend to be under-capitalized for the hyper-competitive market of food, especially in a foodie town like Portland,” Colgan said, while Dugal cited high rent, utilities, insurance and payments on loans to cover start-up costs, that could eat too far into profit margins for a restaurant to stay afloat.

Kellis expressed gratitude for The Holy Donut’s strong local following and said that she believes the affordable price at which she can both make and sell donuts is a strong contributing factor to her success. “It’s a cheap thrill, as I like to say,” Kellis said.

“Portland’s restaurant scene is often described as ‘vibrant,’ but that is just a more optimistic description of the tumult that is the native characteristic of most urban restaurants,” Colgan said, so this Restaurant Week, be sure to check out your favorites while they’re hot.

Kirsten Sylvain contributed to this story.

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Advisory Board presents final recommendations

Presentation reveals ineffective methods of evaluating departments



Sam Hill / Managing Editor

Associate Professor of electrical engineering Carlos Lück presented information about the health of individual departments at last Friday's Direction Package Advisory Board presentation. However, he also cautioned that the methods used to evaluate departments were ineffective, since there is not currently a way to count classes that are taken by students who belong to other departments, and so the results for departments that provide prerequisite or elective classes for other programs don't show the whole story.

Sam Hill
Managing Editor

The Direction Package Advisory Board met for the last time last Friday to present its final recommendations to the President's Council. While the work of the board is officially finished, what will actually be done with the work has yet to be determined.

The board sub-groups came together for a cohesive presentation and gave plenty of recommendations, both short and long-term, to fill the \$14 million budget shortfall. The task of turning

these recommendations into action falls to University President Theodora Kalikow and the President's Council.

"I don't particularly envy Theo's next two weeks," said Direction Package advisory board co-chair Jerry LaSala. "I feel like we've got a promising vision, some great suggestions and [a] nice framework for trying to make academic judgements as well. Time is money, they say, and we have not much of either."

The academic review committee spoke at length about the evaluation of programs and departments at the university, citing enrollment numbers and program costs, but the data gathered doesn't tell the whole story, according to Jeanne Munger, an associate professor of business administration.

"It's not that cut and dry," said

Munger. "We need to learn a lot more about what each other does."

At the previous board meeting, Munger stressed that evaluation of programs should include input from the programs themselves and that decisions could not be made solely on the numbers. The academic review committee stated that the qualitative information about each program was worth as much as the raw, quantitative data, which is another problem area for analysis.

"We've been talking about programs a lot, but when it came down to crunching the numbers, we could not look at programs," said Carlos Lück, an associate professor of electrical engineering.

According to Lück, they couldn't look at programs because they do not have the means with the data available in the current structure of any university environment to look at the cost to deliver a program in isolation. The analysis has to stop at a departmental level because of the way the data is recorded. Because certain programs require students to take credits in other programs, it's difficult to measure them accurately.

What the committee was able to do was look at departments, their enrollment and costs. A graph identifying programs having trou-

"I don't particularly envy Theo's next two weeks ... Time is money, they say, and we have not much of either."

-Jerry LaSala
Physics Professor and Co-Chair of the Direction Package Advisory Board

See **DIRECTION** on page 4



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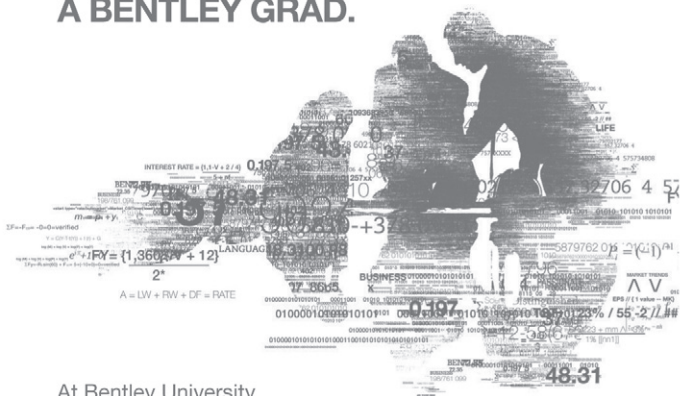
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From DIRECTION on page 3



Kirsten Sylvain / Editor-in-Chief

Co-chairs of the Direction Package Advisory Board President Theo Kalikow, physics Professor Jerry LaSala and Direction Package consultant Dave Stevens (left to right), watched the final presentation of the Direction Package Advisory Board, which was assembled in response to concern following the initial Direction Package roll-out event that there was insufficient input from the USM community into the next step for the university. Now, the President's Council will have two weeks to turn these recommendations into an action plan for the future of the university.

ble with enrollment and costs over the past four years was a staple of the presentation. Major programs that were in the red in both categories included, art, theater, geology and anthropology.

"If anything, this picture will highlight areas that may need closer attention," said Lück. Programs in the red may need to reinvent themselves, while well-off programs can share their success stories, said Lück.

"There's a story behind each one [department]," said Munger, adding that this is the reason cuts cannot be made strictly on a numbers basis.

This issue of information gathering and analysis will now fall on the President's Council to sort out.

"I know and I think President's Council members know that this is not fully cooked by anybody or anybody's group, and that as we move from these really great ideas to implementation, we're going to have a lot of questions," said Kalikow

A lot of the questions will have to be answered quickly so progress can be made before the next fiscal year. The President's Council will be taking advisory recommendations to use to make their decision on how USM should move forward within the next two weeks. This plan will be reported to the Faculty Senate on Friday, March 14, and in an all-campus open meeting scheduled for the following Wednesday. The timeline for these decisions was a topic discussed at length at during the board meeting last Friday.

"I would urge you to continue with the data analysis, but you have a very urgent problem at hand, and not all of it can wait for complete analysis," said Rebecca Wyke, the vice chancellor for finance and administration for the University of Maine System. "You have quite a bit of information before you, and you need to use that to inform the decisions that you have to make pretty quickly."

"I think there's one thing that's

very important, and we all need to subscribe to," said Laurenz Schmidt, a member of the Board of Visitors, an active group of volunteers that assists the president of the university in various tasks. "It is that there will be no time at which we will have all the necessary information to make a fully informed decision."

The need for action on the work of the board was emphasized by Maine State Senate President Justin Alfond early on in the meeting,

who shared an anecdote about his grandfather. "He would say, 'Justin, don't tell me you're going to do something, show me you're going to do something.' So, please, show this state and show this community that we can

"Please, show this state and show this community that we can do this. This university is too important to fail. Failure is not an option."

-Justin Alfond
Maine State Senate President

do this," said Alfond. "This university is too important to fail. Failure is not an option."

UMS Chancellor James Page brought Alfond's words up again as the meeting closed, agreeing and adding that getting by was not an option either.

"The people, the businesses and the community leaders of this region want this institution to shine," said Page.

Over the next two weeks, the President's Council will review the advisory board's final recommendations and draw up plans for action.

"I think one of the challenges of the next two weeks will be to digest some of this information enough to put forward the plan and the vision," said Kalikow. "What I hope to do is give us enough of a way forward and a picture as to what this institution can be that we will be able to unite behind it and have civilized conversations about how to work out the details."

An audio recording of last Friday's meeting and the slideshow that was presented can be found on the Direction Package website through USM.

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University mourns the loss of three students

Kirsten Sylvain
Editor-in-Chief

University officials held two community gatherings last Thursday for students, faculty and staff, following the deaths of three USM students in the previous two weeks.

President Theo Kalikow opened the event. "They have passed away, but they have not gone out of our lives," she said.

The first gathering took place at noon at the Woodbury Campus Center in Portland, and the second was held at 7 p.m. in the presidential and faculty dining room in the Brooks Student Center in Gorham.

Classmates, friends and professors of the three students gathered to talk about the lives of the students lost and about grieving. Speakers included representatives from USM's Interfaith Chaplaincy. Buddhist community adviser John Baugher spoke to the audience about reflecting on what audience members could be thankful for in their daily lives. Judy Spross, professor of nursing, acted as another representative of the chaplaincy. "[It's hard to understand why] people who were so young who had such bright futures ahead of them are gone from this planet," she said.

The news of the death of Brandon

Hodges, a freshman on track to study engineering, was sent to students in a campus-wide email on Feb. 21. Hodges was a resident of Anderson Hall as a part of the "Student Entering Science and Engineering" residential community. Officials report that Hodges died unexpectedly at his home on Feb. 19. He was born in Farmington and attended school in Livermore Falls.

Students were also notified that junior English major Jordan Maroon died in a one-car accident around 4:30 a.m. on Feb. 21 in Winslow when Maroon's car collided with a utility pole. The accident, officials said, in part appeared to have been caused by the slippery conditions of the road. He was born in Waterville and attended school in Winslow.

The USM community was informed of a third student death via an email from Executive Director of Student Life and Dean of Students Joy Pufhal, though the USM officials have yet to release the student's name and cause of death.

Executive Director of Public Affairs Bob Caswell said that the Gorham Police Department confirmed that a student had died and reported that it occurred off-campus in Gorham. Caswell did not have additional information at the time.

"We've been trying to make con-



Kirsten Sylvain / Editor-in-Chief

Nursing professor and Coordinator of the USM Faculty Commons Judy Spross (left) led students, faculty and staff in song in honor of the three students whose lives were lost.

tact with his immediate family and have been unable to do so at this point. With a student death, particularly one that occurs off campus, our process is to talk with members of the immediate family." Caswell ex-

plained that the university policy is that they cannot release information about a student death without permission from the immediate family. "Our focus right now is just making sure that students and other

members of the campus have the services they need to cope with the loss," he said.

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Presentation illuminates new health care law

Anthony Emerson
Contributor

Representatives from the Department of Health and Human Services and other health organizations led an information session on Monday in an attempt to chip away at public misconceptions about the federal Affordable Care Act.

The session, which was also attended by representatives from Western Maine Opportunity Alliance, provided students and community members with assistance enrolling in the new health care plans. Few students were in attendance since, as event speaker Jake Grindle of Western Maine Community Action noted, most students are covered by either their parents' or the school's health insurance. Still, USM's high non-traditional student

population kept the discussion immediately relevant to USM.

Graduate biology student Jennifer Miller attended the event and praised it as "very helpful." She did, however, admit reluctance to signing up for the program at this time, as she is planning on moving out of state following graduation in the spring.

Grindle believes that the biggest issue people have with the ACA is misinformation spread by the media. Grindle said that some people believed that they would be arrested if they didn't purchase health insurance or forced into purchasing something they couldn't afford.

"People have heard so many different things and conflicting things that the problem is more that they don't know what is true and what isn't true," Grindle said, following a public presentation on the nuts and

bolts of the ACA at Masterton Hall last Monday, at which he was the primary speaker. "[People] just kind of throw their hands up and say 'I don't know what this is...every different radio station and TV channel says something different than the last one,'"

For many people enrolling in the ACA, their health insurance premiums have gone down. According to Grindle, over 21,000 Mainers have signed up for ACA-sponsored insurance, and over 90 percent have seen a decrease in premiums or received tax breaks.

Coverage under the ACA is broken into three tiers: Bronze, Silver and Gold coverage, with differing premiums and protection levels in each. Even at the most basic levels of "Bronze" coverage, however, no person will spend more than \$6,300 per year out of pocket.

Some people have heard about a potential fine for not signing up for provisions in the ACA. While this is true, the fine is only \$95 and has many provisions to protect people from it, such as people whose religion disallows them from having insurance, or people who fall below the federal poverty line. People who would have been protected under a federal subsidy doubling Maine's state health insurance provider, MaineCare, also will not be penalized.

Christie Hager, the regional director of the Department of Health and Human Services reminded the audience that Governor Paul LePage rejected federal doubling of MaineCare, which was offered to all 50 states under the Affordable Care Act. Maine and New Hampshire are the only New England states that did not accept the subsidy.

Hager then enumerated benefits which the ACA has already had for Maine's population. "More than 400,000 Mainers [are] protected from lifetime limits, preventing people from losing their insurance coverage when they need it most," Hager said.

She also said that over 300,000 people in Maine alone have received completely free preventative services, like vaccines, under the ACA.

One of the lesser-known ACA provisions is "catastrophic coverage," available for people under 30, to protect them in case of a major injury or disease diagnosis.

Open enrollment for ACA provisions ends on March 31.

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1:00 p.m. to 4:30 p.m.
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5:00 p.m.

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In Brief...



Heather Guaciario
Free Press Staff

Divest UMaine
make case
to divest to
Trustees

On Thurs. Feb. 27 the group called Divest UMaine met with the investment committee to urge the UMaine system to divest from the top 200 companies that make up the coal, oil and natural gas industries. “It’s a shame that the Committee did not respond to our request to set up a committee of students, faculty, and staff— which would devote itself to further fact finding and revisions to our sample resolution,” said Iris SanGiovanni, a USM freshman and one of the students that lead the presentation

UMaine Divest is comprised of both USM and UMO students. Armed with facts, figures and an argument the students made their case for the UMaine system to divest within the next five years, or at the very least create a committee made of students, staff and investee members for the purpose of reviewing research further so that they are able to vote for approval of the movement in May.

“At this point we’ve collected about 1000 signatures from students and faculty in support of our campaign, and President Kalikow did make a public statement of support as well,” said SanGiovanni.

Despite the fact that the presen-

tation went smoothly, the response from the committee was not what the group had hoped for. “We appreciated the time of committee and their support in continuing to have an open dialogue on divestment in the future; however, we are disappointed that their timeline does not satisfy our request nor the timeline of the severe climate crisis,” said SanGiovanni.

But they aren’t going down without a fight if need be. “We hope the Committee realizes we not just any special interest group. We will make sure divestment is brought to the forefront of the committee’s conversations,” said SanGiovanni after the meeting.

Singularity of
Place Exhibit
opens

From Feb. 21 to May 29 the fifth floor of the Glickman Library will be home to a photography exhibit titled A Singularity of Place: Photographs by Jeffery Becton.

The exhibit, put on by The Maine Museum of Photographic Arts showcases the portfolio of Maine artist Jeffery Becton with 31 of his digital montage works on display. Becton defines this digital montage as the seamless harmony between many different visual forms into a digital form. “Combining primarily elements of photography as well as painting, drawing, and scanned materials, the techniques I use foster and give form to visual ambiguities, reexamining the boundaries of mixed media and creating altered realities that merge into images rich in symbolism both personal and archetypal,” said Becton.

“Jeffery Becton’s montages are made up of a layering of regionally recognizable architecture and still objects that feel inherited or collected by former generations,” said Denise Froehlich, director of exhibitions for the MMPA. “They are quiet and slow meditations on the

existential that unfold only after patient viewing.”

On Thursday, February 27 a reception was held for the opening of the exhibit from 5 to 7 p.m.. A conversation with the artist will be held on April 11 from 2 to 3:30 p.m. in rooms 423-424 in the Glickman Family Library in Portland.

Opera brings
history to life

On Thursday, March 6 USM will host a panel discussion titled *The Summer King in Winter: A Panel Discussion on Integration and the Demise of the Negro Baseball Leagues*.

The event highlights the upcoming world premiere of *The Summer King*, an opera about the life of Negro League great Josh Gibson written by USM associate professor of music and composer Daniel Sonenberg. The opera will have its premiere performance on May 8 at Merrill Auditorium, Portland. It aims to bring together performers, historians and Maine dignitaries to discuss the story of African-American baseball players and the impact integration had on the Negro League and professional sports in Maine and across the United States.

“This panel event should appeal to anyone interested in baseball, history and opera,” said Sonenberg. “This is an interdisciplinary discussion of issues raised by the opera and raises the question about a highly under-examined subject.”

Notable participants in the panel will be Maine sports journalist Bob Greene, USM assistant professor of African-American history and politics Leroy Rowe and Gerald Talbot, Maine’s first African-American state representative. There also be a performance of an aria from the opera.

The panel event will take place on March 6 from 5:30 to 7 p.m. in Talbot Auditorium, Luther Bonney Hall on the USM Portland campus and will be free and open to the public.



Police Beat

*Selections from the
USM Department of
Public Safety police log
Feb. 13 to Feb. 25*

Thursday Feb. 13

Be the well-est being you can be
4:47 p.m. - Report taken for a wellbeing check. - Dickey Wood Hall, 17 University Way

Friday, Feb. 14

Happy Valentine’s Day!
12:01 a.m. - Summons for possession of a useable amount of marijuana issued to Konnor Eastman, 18, of Gorham. - GS1 Parking Lot, 128 School St.
Anything’s possible if you just believe
12:25 - Unable to locate source of reports of possible marijuana odor. - Upperclass Hall, 25 Husky Drive
Kissin’ cousins
6:03 - Report taken for drug related items found in a room. - Woodward Hall. 20 University Way

Sunday, Feb. 16

“Remember, you’re taking this class pass/fail.”
12:04 p.m. - Verbal warning issued for failure to stop at the stop sign. - Costello Complex, 43 Campus Ave.

Tuesday, Feb. 18

Not aDOORable
10:17 a.m. - Report taken of damage to a door. - Brooks Student Center, 32 University Way

Thursday, Feb. 20

Ignoble failure
1:09 p.m. - Warning to operator for failure to stop at the stop sign. - G11 Parking Lot, 52 University Way
Collector’s items
4:23 p.m. - Report taken for drug paraphernalia. - Upton Hastings Hall, 52 University Way

Saturday, Feb. 22

“Verb that noun, now.”
12:49 a.m. - Verbal warning to operator for defective equipment. - Main St.
At a crossroads
9:34 a.m. - Assisted Gorham Police Department with a call. - New Portland Road at Little Wing Way
Lending hands, feet, whatever’s handy
5:51 p.m. - Assisted Gorham Police Department with a call. - Main St., Gorham

Monday, Feb. 24

Sound and fury, crime and punishment
3:02 a.m. - Noise complaint, referred to Dean of Students. - Robie Andrews Hall, 39 University Way

Tuesday, Feb. 25

Time to DTR?
3:07 p.m. - Drug related items recovered. Report taken. - Upton Hastings Hall, 52 University Way
Opposite of a chameleon
9:13 p.m. - Possible criminal trespass suspected. Not the correct individual. - Upperclass Hall, 25 Husky Drive

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Menu exhibition / 8
Top 5 Food Apps / 9
Gluten-free bakery / 10

Arts & Culture

The student's guide to ...

— Maine — Restaurant Week

Francis Flisiuk
Arts & Culture Editor

The 6th annual Maine Restaurant Week is the perfect opportunity to break free from the doldrums of frequenting the same eateries and explore new flavors at an especially discounted price.

Over 90 restaurants all over the state are offering new 3-course dinners for either \$25, \$35, or \$45 and lunches for a fixed price of \$15. As Portland is home to over 35 of these featured restaurants, USM seems to be in the perfect city for this decadent and reasonably-priced celebration of food culture.

Maine Restaurant Week officially started at the Incredible Breakfast Cook-Off on Friday, when ten chefs from local restaurants gathered at the Sea Dog Brewing Company. They competed for the votes of guests who tried their signature breakfast dishes. Eve's at the Garden won the cook-off with their hard to resist pork belly waffles. But the food-related festivities don't end there. A series of lectures, taste-offs, samplings, dinners and exhibitions are planned for the rest of this 10-day culinary showcase. One upcoming event includes a "pancake race" at Maine Craft Distilling on Tuesday that will have teams of competitors don kitchen aprons and flip pancakes through a 100-yard relay race.

Ultimately though, Restaurant Week is about the food, and the best way to experience the culinary mastery of Maine's chefs is to go out to some of the participating restaurants here in Portland. While Portland is home to quite a few world-renowned chefs who cook in a number of upscale restaurants, celebrating this week doesn't have to mean breaking the bank at a 5-star establishment. Take advantage of these specially discounted restaurant week menus from participating Portland establishments, and you may just find your new favorite place to grab dinner in town. Here's our student's guide to Restaurant Week to help you get a great bite on a student's budget. All of these restaurants are offering between \$15 and \$25 options.

HOT SUPPA..... \$15-25



703 Congress St.

Hot Suppa, a quaint and cozy West End eatery, is number one for many reasons. Situated in a 19th-century brick Victorian building in Portland's West End, Hot Suppa excels first in the atmosphere it creates. Guests are seated adjacent to a wall filled with colorful, Maine artwork that depicts familiar local scenes in vibrant colors.

If Hot Suppa can't initiate a warm and fuzzy feeling with its laid back, charming atmosphere, then it certainly can with its menu. Specializing in classic American cuisine with a southern focus, Hot Suppa features a Restaurant Week menu that's an equal blend of gourmet and home-cooking. According to the co-owner of the restaurant, Alec Sabina, visitors will have the choice of one of three appetizers, three entrees and two desserts for \$25. Sabina predicts one of their entrees, a bacon-wrapped meatloaf served with a side of mashed bourbon sweet potatoes and garlic kale, will be the week's favorite.

"As long as you're not a vegetarian, I think you'll find our bacon-wrapped meatloaf hard to resist," said Sabina. "And wait until you try the sauce we put over it."

The sauce that's served with the meatloaf is described by Hot Suppa's chefs as "super ketchup" and is a creamy tomato based sauce slow cooked with herbs and brown sugar.

"Paired with the meatloaf, it's the perfect winter comfort food," said Sabina.

Another entree is a testament to creativity in the culinary world. Diners more inclined to feast on seafood can choose the shrimp szechuan salad, a uniquely Asian spin on savory Louisiana Gulf shrimp. Succulent and boldly-spiced shrimp rest neatly on a bed of arugula greens, roasted mushrooms, shallots, radishes and carrots topped with a tangy ginger sesame vinaigrette.

According to Sabina, their pork chops with grits and their jambalaya with fried green tomatoes are some of the most popular because they represent true American cuisine.

"The flavors and ingredients present in our dishes are examples of classic Americana," said Sabina.

If Cajun-influenced cooking doesn't entice your taste palette, Hot Suppa also offers \$1 Maine oysters from 4-6 p.m., but Sabina warns, "Come early, they go fast."

PEPPERCLUB CAFE... \$25-30



78 Middle St.

If there's anything that can be said about the Pepperclub Cafe on Middle Street in Portland, it's that it strives to make sure there are delicious options for every kind of food lover. There's something for everybody here.

Pepperclub's chefs have been serving locals for over 25 years, and in that time, they've learned one important thing: keep the ingredients local. By emphasizing wholesome ingredients, like organic beef and chicken from local farms, scallops pulled from Maine waters or produce harvested from Maine farms, the Pepperclub has made its dishes stand out in a way you can feel good about.



Randy Hazelton / Multimedia Editor

Above: A Hot Suppa's entree, the szechuan shrimp salad. Top Right A Hot Suppa's appetizer choice, spicy and tangy ginger glazed wings. Bottom Right: A Pepperclub favorite, the meatloaf with roasted sweet potato.

See **RESTAURANT** on page 8

From **RESTAURANTS** on page 7

Treat yourself to an appetizer of Maine crab cake with a sweet chilli mayo or roasted brussel sprouts with a tangy horseradish sauce, and you'll taste the difference local flavor makes over frozen and processed food. According to owner Mary Paine, locally sourcing most of their menu ingredients positively impacts the food's healthiness and taste.

"Our meatloaf is one of our most popular dishes," said Paine. "One customer told me he's never tasted anything comparable in flavor, and it's because the beef was raised close to home."

Preparing food from mostly, Maine ingredients is something chefs at the Pepperclub have always done, Paine says. The Snow's family farm in Hollis is just one of many of the community farms that visits the Pepperclub every week to drop off ingredients-from carrots, onions and leeks to potatoes and other root vegetables.

"We make food that's freshly prepped, very successful and very flavorful," said Paine.

Pepperclub, unlike other participating restaurants, opens up its entire menu for the restaurant week price of \$25. Diners are given a variety of tempting entree options, all made from scratch in house, like scallops, salmon, haddock, meatloaf, chicken and braised pork. There are also five more vegetarian options which, according to Paine, were originally the focus of the restaurant. In fact, one of the Pepperclub's traditional favorites includes a vegetarian Indian curry dish, which has spicy curry with crispy samosas and a side of flowery jasmine rice and beet chutney.

"Since 1989 we've always been about 75-percent vegan and vegetarian," And don't let the word "cafe" in Pepperclub's name fool you. There's still plenty of local beer, wine and mead on tap with a couple of brand new choices available on the "signature cocktail list."

BONOBO PIZZA..... \$22

46 Pine St.

Portland boasts many signature pizza places, but none does such a high quality job as the pizza artists of Bonobo. Bonobo never uses frozen dough, preparing it just hours before baking it in the oven. This freshness, combined with the unique flavor that baking in a wood fire oven cultivates, results in a thin crust pizza that is delectable every time. Not to mention that Bonobo is a great place to experiment with non-traditional pizza toppings. The whole process ensures that you end up with a pizza that has a distinct flavor and memorable presentation.

During Restaurant Week \$22 gets you the choice of one of three salads, three pizzas and three desserts. According to some recent Yelp reviews, their house salad with chevre has been a local favorite for years now and is drizzled with a caesar dressing made in house, which is sweet, herby and wildly delicious creation.

As far the pies go, the toppings are interesting combinations that simply make you wonder what the taste will be like. One featured pizza includes a vegetable extravaganza with spinach, swiss chard, golden beets, feta, parmesan, honey leeks and garlic butter. If your taste for pizza is a little less adventurous, you can't beat the classic meatball and ricotta with fresh oregano. The third and last pie on the Restaurant Week menu may be the most colorful pizza you've ever seen. The baby arugula pizza is topped with arugula almond pesto, roasted red peppers and goat cheese, proof that Bonobo has pizzas that are both visually appealing and immensely satisfying.

They also have their own free parking lot which, if you know anything about the difficulties of parking downtown, is a huge plus.

PORTLAND ROCHESTER PUB..... \$25

118 Preble St.

Just eight months after opening, the Portland and Rochester Pub at 118 Preble St. is gearing up for its first Maine Restaurant Week. They've created a whole new menu for the occasion, which the chefs hope represents the classic flavors of New England in standard pub fare. According to Tegan Curry, co-owner of Portland and Rochester club, just because the food is "pub food" doesn't mean it's of a lesser quality.

"We have a lot of really complex flavors," said Curry. "Pub style, yes, but with the quality of a first-class dinner."

According to Curry, what she described as a "varied conglomeration of flavors" can be anything from pub-style pretzel bites to a portobello risotto. Rustic and authentically New England flavors are the focus of this pub, and there's one dish in particular that so far has repeatedly delighted customers. The signature dish is an herb-roasted chicken served with baby brussel sprouts and spaetzle, a crispy German noodle in a smooth, seasoned sherry sauce.

"Although we've changed the menu around for Restaurant Week, that dish isn't going anywhere," said Curry "It's an all-time favorite."

Making a first-time appearance on the menu is a vegetarian white bean and kale soup that Curry assures will please even die-hard meat lovers.

"We're super excited to be a part of Restaurant Week," said Curry. "We try to be involved with the community any time we can."

EL RAYO TAQUERIA..... \$10-15

101 York Street.

If you're looking for Mexican food that's actually made from authentic fresh ingredients, then El Rayo Taqueria could be your next favorite lunch takeout spot. Self described as "gourmet takeout," El Rayo certainly doesn't lack in indulgent "feel good" food.

You can grab a dinner with enough food to take home for about \$10 to 15 dollars. According to Talia Rendall, the front of house manager, it's their affordability that makes El Rayo a go-to place for college students.

"I would say we're most popular with college students," said Rendall. "It's because of our theme. We're very casual but also fast-paced."

Rendall explained that young people tend to grab lunch "on the go," which makes El Rayo a prime destination because of its minimal wait times, and the food itself doesn't suffer in taste despite its speedy preparation. This food isn't "fast food," but it is faster than many sit-down spots in town.

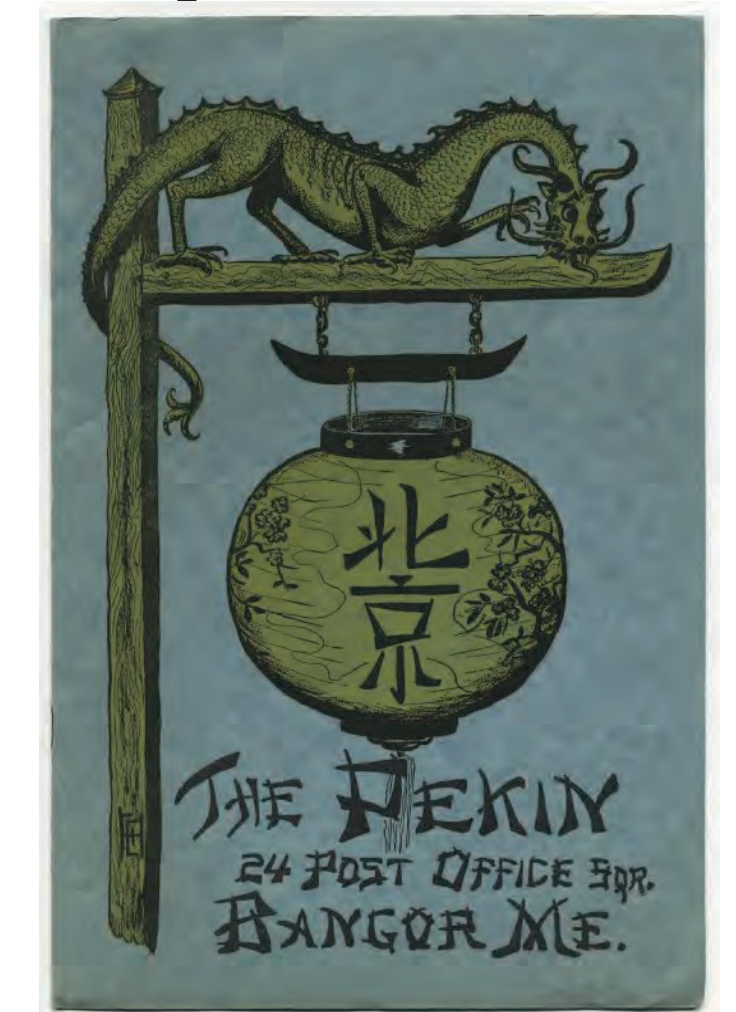
From the sweet-and-spicy salsas made from organic tomatoes harvested in Maine, to the fiery peppers preserved right in the El Rayo kitchen, this Mexican restaurant is committed to cooking our favorite guilty pleasures, just with high quality ingredients. El Rayo's tacos, quesdillas and frittatas are filled with rich meats, balanced with beans, avocado and tomato and further made more complex with the sweetness of their salsas, for an authentic and straightforward Mexican food experience.

Restaurant Week has inspired El Rayo's chefs to experiment with some bold flavors, as they are introducing a duck and manchego empanada served with a chorizo-potato frittata and a rainbow carrot side salad.

"It's quick, it's good, it's fresh," said Rendall.

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100 years of food history on display



The front menu from a Chinese restaurant called The Pekin from 1920.

Sam Hill
Managing Editor

To celebrate Maine Restaurant Week, the Maine Historical Society Museum has put together a collection of culinary history. From Chop Suey to Washington Pie, Maine Menus features a collection of menus from 1882 to 1949, all with a special link to the state of Maine.

The exhibit has been curated by MHS archivist Nancy Noble, who suggested the idea after archiving a whole collection of different menus over the years.

"Some of them existed in larger collections, and some of them came individually, and a lot of them have been donated over the years by friends of the Society," said Noble.

Each piece has a story behind it and has been paired with relevant pictures.

"At first you think they're just menus," said Noble, "but the stories behind them are wonderful bits of history."

"[Noble] does a great job of creating a story as she does her work," said Elizabeth Nash the marketing and public relations manager of the Society. "Finding a story, too. Going, if we have these in our collections, what are the common themes and the links and piecing that information together for the public to get

a little insight."

One of Noble's favorite pieces is a menu from Boone's Restaurant in Portland dating back to 1940. This satirical menu includes an appetizer of "Mother of Pearl-in-Law (Ground Seashells)," a Maine seafood special of "Young Whale Stuffed with New Buick" (for only \$3,500.00), Steaks and Stuff such as "Pigs Knuckles a Thritis," and a dessert of "Jellyfish with Whipped Cream."

This is one of the few menus in the exhibit that still has a home today. Boone's Restaurant, a long-time staple of the seafood market on the Portland waterfront, dating back to 1898, was recently re-opened as "Boone's Fish House & Oyster Room."

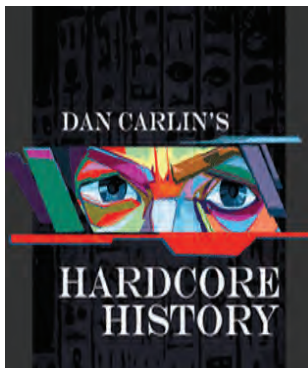
Another piece with a local connection is an 1882 menu from Peaks Island House. This "Bill of Fare" features lobsters served in a variety of ways, including plain, pickled, scalloped, stewed, fancy dip, fried, and as a salad, along with an enormous list of pie flavors. Everything is priced between 5 cents and 25 cents, except for fish dinners, which are 75 cents.

"Each one is a snapshot of a different era," said Noble.

See **MENU** on page 9

In Heavy Rotation

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



Wizzard Media

Hardcore History Dan Carlin

This podcast has transformed my morning commute from a boring 30 minute drive, into an exciting, and thought provoking dive into some of the most tumultuous times in history. It's made all the more enjoyable by the incredible oratory skills of Dan Carlin, who creates cliffhangers just from his thrilling narrative style.

-Francis Flisiuk
Arts & Culture Editor

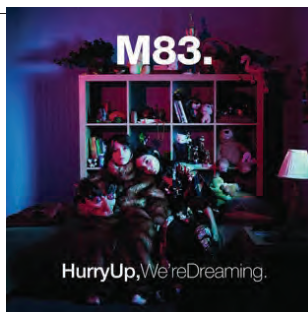


Lab'oratoire/Undercover

Collected Poems Stevie Smith

"Not Waving But Drowning" is Smith's best known poem, and possibly her best and most moving, but it's in the rest of her (self-illustrated!) collected works that her humor and whimsy breaks free. The collection is thick and full, and perfect to sink your teeth into.

-Sidney Dritz
News Editor



Naïve/Mute

HurryUp. We'reDreaming/ M83

I keep listening to this album because I really like the beginning and only the beginning to "Midnight City." I think I heard a dub-step remix once and I keep forgetting I don't like the original. I keep checking though. Someone out there must know what I'm talking about. Email me.

-Sam Hill
Managing Editor



Local Top 5: Food apps

Elle S. Davis
Staff Writer

In honor of Maine's Restaurant Week, let's take the stress out of finding somewhere delectable (and local!) to eat by exploring our top five apps that can be used to locate restaurants catering to every palate and wallet. Many people today indulge in the technology of smartphones. This information especially serves those of this demographic, who are already out and about and ready to receive their daily bread. However, at the convenience of any computer, these apps are also widely available.

1.) Urbanspoon

Customer ratings generally give Urbanspoon five-stars. This app has it all, uncomplicated layout, GPS to find restaurants, plentiful filters to find exactly what's being hankered for, the ability to make reservations, and reviews upon reviews upon reviews ... The coolest feature is that the user can shake their iPhone, and the app will use a "slot machine" technique to suggest a restaurant in a nearby area.

2.) Yelp

Like Urbanspoon, it's free to download and has an easy-to-use layout that allows one to search for restaurants that are close by. Since Portland generally has a pretty strong pride in its local restaurants, with many chefs gaining bragging rights by how many local and/or organic farmers they partner with, access to finding out about these places is a no-brainer with Yelp. Searches can be as detailed or as broad as needed, including result narrows by price, distance, cuisine and open availability. Then there's the bountiful amount of reviews that stream in at a near constant. According to Allie Athearn, a sophomore English major at University of Southern Maine, Yelp is a great tool for finding restaurants specifically geared towards your tastes.

"Yelp makes it easy to find places that are new and that fall in line with what I'm craving at the time," said Allie. "It has also encouraged me to try places that I otherwise wouldn't have thought of trying."

3.) LocalEats

This is the only app that has a price tag attached to it in order to be downloadable. However, it's well within the college budget at a mere ninety-nine cents. It's quite similar to Yelp in its ease of use; however, some differences are that it cuts out searching for all businesses and limits the search to only restaurants. Other features are being able to get driving directions, read menus, book reservations, and you can even schedule a taxi through this app to get you there and back. Keeping with "local pride," you won't be able to find chain restaurants with LocalEats.

4.) Foodspotting

Feast your eyes before you satiate your hunger: this app gives the user a visual low down on nearby restaurants. Reviewers recommend and post images of noteworthy dishes which makes it easy to pick out what to eat before even getting to the restaurant. The only concern is that some of the reviews are a bit outdated, but this doesn't negate this app's validity and usefulness. It's like having a picture menu to all the local restaurants right in your pocket.

5.) Feast on Maine

This app is designed for only Maine restaurants. It can't do as many of the fancy tricks as the other apps, but it's simple, basic and locates the best local fare in Maine! The app is brought to us by the Maine Restaurant Association.

From **MENU** on page 8

The Peaks Island House, a small hotel, was replaced in 1904 by a four-story building,

which burned down in 1934.

"I think these are interesting because they're very ephemeral," said Noble. "Some are from places that have been torn down, and some have become condos or been repurposed in one way or another."

There will be an opening reception for the exhibit next Friday during the First Friday Art Walk.

On Thursday, New England food historian and author Sandy Oliver will speak and present a food demonstration with a Maine theme.

In the past few years, Noble has started contributing to the NHS blog as she catalogues.

"It gives me more of an awareness surrounding the work. Instead of just cataloguing, I can go hey, this is cool, I should share this with everyone"

"She does a great job of creating a story as she does her work."

Finding a story, too. Going, if we have these in our collections, what are the common themes and the links and piecing that information together for the public get a little insight.

Some of them existed in larger collections and some of them came individually. A lot of them have been donated over the years.

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Gluten-free at Bam Bam

One Portland bakery offers several tasty options for gluten-sensitive food lovers



Above are a selection of some of Bam Bam's specialty: baked treats. The bakery offers rich and decadent cures for you're sweet tooth all while cutting out the gluten. You can grab a bakery item and coffee for \$5.

Elizabeth Friedman
Contributing Writer

With one percent of the entire U.S. population suffering from celiac disease, it's no surprise that many of Portland's eateries are attempting to tap into this new, sometimes under-represented clientele.

Bam Bam Bakery, situated at the corner of Union and Commercial streets, caters to the customers who don't consume gluten, a type of protein found in wheat and a variety of other grains.

"Gluten-free patrons are an underserved population, and there are not a lot of products on the market," said owner of Bam Bam Bakery Bevin McNulty. "When I started [a gluten-free diet] five years ago, it was even more limited than today."

Sophomore and psychology major Maria Kondax agreed saying "The campus in Gorham doesn't have a lot of options for people with gluten intolerances. Plus, they put the section in a corner and sometimes cross contamination can occur." Kondax chooses to be gluten-free because she considers it to be a healthier option, but she also knows of the consequences of gluten contamination for someone with celiac disease. It can occur in any facility that carries the two

products and is a major concern for people with celiac, an autoimmune disease that can lead to the deterioration of the intestinal lining when gluten is ingested. Research also suggests that it could also lead to severe diseases like lymphoma, an autoimmune type of blood cancer.

"It's hard to find safe food," said McNulty. "People with celiac can get sick from cross contamination. Most restaurants can't create separate prep stations." But because Bam Bam Bakery doesn't sell products that contain gluten, the gluten-free customer doesn't have to worry about a possible contamination. Adrianna Tibke, a Portlander who keeps up a gluten-free diet by choice, these options are not only appreciated by the public, they're also a good business move.

"It's incredibly important for restaurants and cafes to regularly offer food options for people with gluten sensitivities," said Tibke.

Some of the options at Bam Bam Bakery include savory pies, pizzas and cupcakes. They also offer several items that can be made vegan. Take their breakfast bombs for instance, a portable and nutrient dense morning treat, made with quinoa, flax seed, molasses, ginger, gluten-free oats and other ingredients.

"I love the selection at Bam Bam Bakery," said Tibke.

Though many places are now

serving up gluten-free items, McNulty reiterated that safety in these kitchens is still a concern for gluten-free customers. "'Safe' is really hard for people with celiac. It's not easy to control in a kitchen that also serves glutenous items. This includes the gluten-free products found in stores, a good portion of which are made in facilities that also process gluten."

There are, of course, people like Kondax who do not have celiac disease or a serious allergy but who still choose not to eat gluten. McNulty offered one theory as an explanation of that choice: the grains that the average, gluten-consuming person eats are over-processed, she said. Kondax agreed that gluten-free fare is easier to digest because it's less processed than non-gluten-free foods.

Whatever your reason for eating gluten-free, the affordable Bam Bam Bakery is capitalizing on a healthy trend by making an array of tasty but wholesome baked treats. Some of which are incredibly rich, decadent and delicious. Make sure to try the quiche which is particularly savory. Bam Bam is a bright, welcoming, gem of a bakery that people with aversion to gluten are glad to have in their city.

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A&C Listings

Monday, March 3

The Avett Brothers
Cumberland County Civic Center
1 City Center
Doors: 7:00 p.m. / Show: 7:30 p.m.

Tuesday, March 4

Brett Dennen
State Theatre
609 Congress St.
Doors: 7:00 p.m. / Show: 8:00 p.m.

Fine Lines: American Drawings from the Brooklyn Museum
Portland Museum of Art
7 Congress Square Plaza
All Day

Wednesday, March 5

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

Clash of the Titans: Fleetwood Mac vs. Jackson Browne
Empire
575 Congress St.
Doors: 6:15 p.m. / Show: 7:00 p.m.

Thursday, March 6

Vertical Horizon and Dishwalla
Asylum
121 Center St.
Doors: 8:00 p.m. / Show: 9:00 p.m.

Hotspot
SPACE Gallery
538 Congress St.
Doors: 7:00 p.m. / Show: 7:30 p.m.

Friday, March 7

The BAND band
One Longfellow Square
181 State St.
Doors: 7:00 p.m. / Show: 8:00 p.m.

My Name is Rachel Corrie
Portland Ballet Studio Theater
517 Forest Ave
Doors: 7:00 p.m. / Show: 7:30 p.m.

Saturday, March 8

Randy Houser
Cumberland County Civic Center
1 Civic Center Square
Doors: 7:00 p.m. / Show: 8:00 p.m.

The Machine
State Theatre
609 Congress St.
Doors: 7:00 p.m. / Show: 8:00 p.m.

Marshal Manlove the Hypnotist
Italian Heritage Center
40 Westland Ave
Show: 6:15 pm

Sunday, March 9

Bryan Graf Photo Exhibition: Moving Across the Interior
Maine College of Art
522 Congress St
Lecture and opening reception: 7:00 pm

Veils
Portland Stage Company
25 Forest Ave
Doors: 7:00 p.m. / Show: 8:00 p.m.



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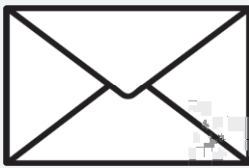
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Perspectives

Our Opinion

Students need to speak up

With the budget deficit, there are going to be changes at USM, whether we're a part of them or not. The work of the Direction Package Advisory Board is officially finished, and plans are being made to put their work into action. Over the next few weeks, serious decisions will be made that will affect USM staff, faculty, the communities around our three campuses and, most importantly, the students. Members of the advisory board conducted a survey to ask students why they enrolled at USM, what their most positive experiences at the university have been and what they felt needed to be worked on. While the board felt they received worthwhile feedback, the student response wasn't exactly impressive. Only 347 students responded to the Direction Package survey out of USM's roughly 8,000 student population. We know there are more students than the 347 who care deeply about what's happening here. It seems there are always comments about the apathetic student body floating around the community, but we know that isn't entirely true. Student involvement has been on the rise over the past two years, and students are regularly noted for their work in the community. Now, we don't expect all students to be attending Faculty Senate meetings or calling up administrators to ask questions about retention and cost saving measures, but we encourage students to let their voices be heard and take advantage of any situation that calls for their input. Issues we may not think of as problems of students, such as enrollment, are already causing trouble for involved students. Due to low projected enrollment for next year, the Student Government Association may be facing as much as a \$33,000 budget shortfall due to less incoming student activity fee funds. Without those funds, student groups won't receive as much money. This is not something students can fix directly, but your input can help. Administrators are trying to figure out ways to increase enrollment, and what better source than the people who are already enrolled? Right now, all Direction Package material is up online for anyone to view, and there are forms available for anyone to leave feedback. If you have the time to dig through the materials or simply leave feedback about your experience at USM, we urge you to do so to help make USM's future brighter and more student-centered than ever. The recommendations of the Direction Package Advisory Board that the President's Council will use to make its decisions will be brought before the Faculty Senate on March 14, and there will be an open meeting on March 19. Let's fill as many seats as we can with students to show that we care about the future of USM.



Letters & Comments:

Portland is the only urban choice for Maine students

Thanks for your coverage of the Direction Package (Feb. 24, 2014). As faculty member who (with many others), has for years emphasized the urban uniqueness of USM, I too am excited that this old idea is getting a new and enthusiastic look. When I talk with neighbors in Deer Isle and Blue Hill, they tell me that their children see USM as the only urban alternative in Maine. "If my kids wanted rural," they point out, "they have many choices, but the idea of a city experience is what excites them." And Portland has consistently been at the very top of national rankings for "best cities to live in." Combine this with The Princeton Review ranking that named USM "one of the best, affordable, small colleges in the east," and you have an identity to build on. Indeed, it was the Portland community who urged USM to launch a number of its degree granting programs, including the American and New England Studies Program, a graduate program in the humanities that continues to use the city as a lab. Along with members of the Maine Humanities Council, the Director of the Maine Historical Society was on the original search committee. In the past twenty years so, our students have interned in almost 30 different sites including a six week summer program on Monhegan island that continues today. Classes have taken place at the Maine Historical Society, Victoria Mansion, Maritime Museum,

um, Portland Museum of Art, and at Delano Park, Willard Beach, Cushing Island, Winslow Homers' Studio and along Baxter Blvd. The curriculum has also included visits to The Boston Museum of Fine Arts, Lowell National Park, Foxwoods, York Historical Society, and Norlands Living History. Not surprisingly, many of our former students are now curators, administrators, and educators in these very institutions. I was deeply surprised then to read the comments of the CAHS Dean, Lynn Kuzma who complains that, "none of it [the work on community connections] is intentional, none of it is directional or sustainable." I can only worry that such misinformed statements will eventually produce the very problems they warn against. I can think of a dozen programs and even more faculty who have creatively and consistently over the years, woven Portland and the metropolitan community into their curriculum. In the hopes of creating a more focused, urban-oriented future, we need not erase the past; we need to celebrate and build upon it. Ardis Cameron Professor of American and New England Studies and treasurer of the Berkshire Conference of Women Historians

Be a part of the conversation.
Write a letter to the editor today.

To: editor@usmfreepress.org



Sustainability and ME You can still eat fresh in winter

Tyler Kidder
Contributor

For those of us who try to eat locally, the winter used to be a bit of a challenge and left us longing for the warmer days of spring, summer and fall, when our beloved nearby produce was easier to obtain and contained more variety. Now, thanks to a growing demand for healthy, high-quality, local food, you can continue to eat a large percentage of your calories from Maine producers. Here are a few places to check out (and look for them on Facebook, too).

Portland Co-op:

Become a member-owner now in anticipation of the opening of the new storefront at 290 Congress St., Portland this fall and take ownership of your food. Currently a bulk buying club, the co-op is and will continue to be the best place to find a huge selection of affordable local produce, meat, seafood, cheese, dairy, eggs, household cleaners, soap and body care, tinctures, beer making

kits, bulk spices, and more – all from Maine! www.portlandfood.coop/.

Portland Winter Farmers Market:

There is nothing like the calm weekend wander through a summer farmers market, but we live in Maine so that's only a reality for half of the year. Maintain your Saturday morning shopping routine year-round by cruising through the cozy and bustling weekly winter farmers market. Starting this year, the market is located at 200 Anderson Street every Saturday from 9 a.m. to 1 p.m., and is chock full of greens, root veggies, honey, tempeh, yogurt, kombucha, bread, pies and so much more! Well-behaved pets are welcome, too. www.portland-maine-farmersmarket.org/winter-market.htm.

Rosemont Markets:

Did you know there are now four Rosemont Markets? They must be doing something right and they are known to carry plenty of local options! Stop in to do your quick and dirty milk, kale, eggs and tomato shopping, or linger a little longer and explore the stocked deli and cheese counters, treat yourself to a local beer

and mead, or snag some of Rosemont's own baked goodies. Have you tried the pretzels? Go, now. www.rosemontmarket.com/.

Seafood (we live on an ocean, people):

If you haven't already, please switch to buying local seafood. Support our own working waterfront (we all know someone who fishes for a living!) and reduce our carbon footprint at the same time. Check out Salt & Sea for an always-local and super fresh seafood share: marketplace.saltand-sea.me/ (or order their products through the Food Co-op, above). Want to look your dinner in the eye? Visit Harbor Fish Market, a longtime staple of Portland's waterfront, and ask for their local options: www.harborfish.com/.

Lastly, for your and our oceans' health and safety, follow the guidelines for buying seafood put out by the Monterey Bay Aquarium: www.seafoodwatch.org/.

Tyler Kidder is USM's Assistant Director for Sustainable Programs, who always boasts loudly about the quality and quantity of local food served to her dinner guests.

the free press

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Corrections

From the Feb. 24 issue on page one in the story “Students ask trustees to divest,” the University of Maine System Investment Committee meeting was on Thursday, Feb. 27, not Friday.



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You Are Wrong

Trust your gut and eat what you want



Ellen Spahn / Design Assistant

Thaddeus Moriarty
Contributor

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

Because you eat food. Food wants to be eaten, will make itself smell good and look tasty in order to be eaten, and — by eating it — you’re falling right into its trap. Don’t play food’s game. Think for yourself, you sheep. (Mmm, lamb chops.)

I’m being facetious, of course; food doesn’t coerce us into sampling it. Shaw’s Supermarket employees do that. No, what food does is entice us into eating it, filling rooms with delicate aromas and mysteries and the hopes that ARAMARK will serve something identifiable this week. (Nope.)

Food is potentially the greatest invention since sliced bread—er, since grated cheese—um ... since the chalkboard. Lives are saved by it, relationships strengthen over it and the Virgin Mary was found on a Dorito. Ignore Benjamin Franklin: it is far more fun to live to eat than to eat to live.

And yet we, as humans, insist upon the diet plan. Diet plans confound me. Now, not just dieting; a healthy diet makes for a healthy everything else. You know what I’m talking about when I say diet plan; the fat-free diet, the Atkins diet, the gluten-free diet, my current nothing-but-Twix diet. These diets, each one promising a slimmer waist and healthy glowing skin and toenails, do little more than deprive people the food that they want and need and instead make them eat nothing but Twix. Is this truly fair to the food? Think of the food. (Mmm, lamb chops.)

Now don’t get me wrong, as wrong as you are; there is certainly some merit to the Only-Purple-Foods-Diet© and its diet-planny brethren. Eating fat-free foods really can help to lower your risks of health problems (except in a recent study by the European Journal of Nutrition, reviewers found that in most of the participants, high-fat dairy was associated with a lower risk of obesity.) And the Atkins diet is proven to be useful for quickly losing weight over a one-month period (except the British Medical Journal reports that there is no significant weight loss beyond one month when comparing Atkins to regular diet-exercise regimens.) And hey, the

nothing-but-Twix diet got me a column in this paper, so there’s that (except...nope, I’ve got nothing; the Twix diet’s pretty rad).

My main issue with a lot of these diet plans isn’t so much the intent (although “Lose Weight Fast” sounds a lot like “Get Rich Quick,” and my Sea-Monkey selling enterprise is foundering), but rather the foods that are then marketed towards the folks who use them. How is the fat taken out of the fat-free foods, and where does it go? Has no one really ever thought about this but me? (Nope.)

In my head, the only thing that could possibly be truly fat free would be ants, and I don’t really think the Antkins diet would catch on with the greater populace. (Writer’s note: it turns out ants do in fact contain small amounts of fat. I consider my point proven, and therefore you are still wrong.)

You have to be careful about things with low-calories, too, I’m afraid. By (somehow) removing all the fat from foods, the flavor usually goes with it, because fat things taste good or something. The way to then combat a Lean Cuisine (because I want to pick on Lean Cuisine) tasting like a soggy magazine is to — you guessed it — add a metric crapton of salt, which is even worse for you than fat. Your nothing-but-salt diet is a scam, Paula Deen; a scam!

Here, then, is the moment you’ve been waiting for, dear reader: the hypocritical Thaddeus Moriarty diet plan. Listen closely: I’m only going to type this once. Ready?

Eat whatever you want. Seriously. Just eat what you like, eat what tastes good, eat what your date is eating to be nice to her because she has pretty green eyes and is good at video games. But if you feel like having two of something, just eat one. If something looks bad for you, it probably is. If you feel full, you’re full. And a few hours after you’re done eating, go for a walk. Or a run. Or a hang-glide/jet-ski/mountain-bike adventure. And live.

That doesn’t sound like a diet plan?

Well, then. You are wrong.

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



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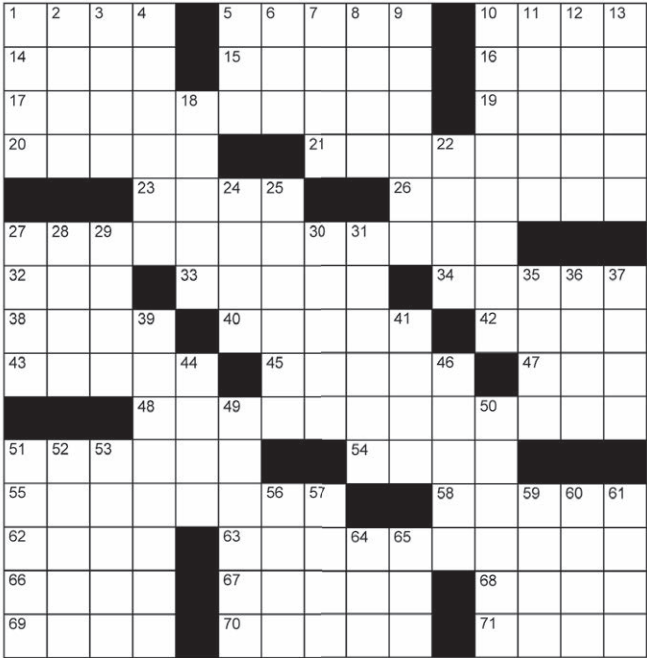
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Crossword

- Across
1. Rights org. estab. 1960
5. Famed fiddle
10. Attacks, with "into"
14. Minute bit
15. "There ___ exceptions"
16. Running great Zátópek
17. Wimbledon winner
19. Clark's crush on "Smallville"
20. "Less Than Zero" novelist
21. Pudding and pie
23. Actress Jessica of "Dark Angel"
26. Major Prophet
27. Baseball tiebreakers
32. Powerball selections: Abbr.
33. Like some ancient Mexican architecture
34. Minds, as a bar
38. Double
40. "Be quiet!"
42. Five-peseta coin
43. ___ throat (winter ailment)
45. Cookies
47. Kind of rug or dog
48. Toaster's words
51. Author of 'The Foundation Trilogy'
54. Revealed
55. "LASSIE ___" (1943 FILM)
58. Picture on a ceiling
62. Sam and Miltie, in Toledo
63. Calm
66. ___ footed: clumsy
67. Untagged, in a game
68. '___ she blows!'
69. Bone (prefix)
70. Open-fronted jackets
71. Fleet fleet members of old



Down

1. Highest number on the dice
2. Carolers' song
3. Lower-left PC key
4. Beluga delicacy
5. Animal pocket
6. Foil or pan preceder
7. Do one of the three R's
8. Suffix with clear or perform
9. Slays
10. Set free
11. ___ ware (Japanese porcelain)
12. Ship of 1492
13. Cut dramatically

18. Moslem faith

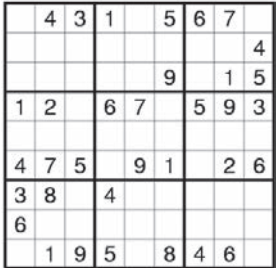
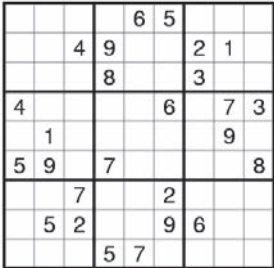
22. Army drill instructor, often: Abbr.
24. Favoritism or discrimination
25. "Well, then..."
27. Draws to a close
28. Obliterate
29. Russian emperor
30. Pacific nation once known as Pleasant Island
31. Newspaper ad, often
35. Not valid
36. Mild expletive.
37. 10th-grader, for short
39. "I'll try to think of something..."

41. Hearty laugh

44. "Whinnie the ___"
46. Alabama city
49. DeCarlo of "The Munsters"
50. Mom and pop
51. "Don't ___ surprised!"
52. Makes filthy
53. Words said by a folding poker player
56. Irrelevant, as a point
57. Within: Comb form
59. Fans' shouts
60. Sci. subject
61. Items in a P.O. box
64. The Reds, on scoreboards
65. Altitudes: Abbr.

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.

QZJHF JXPHSHA OQMH
TZZ UPJX XHF IQA
AJTSH, AXH UQA Q MH-
FQCIHM UTOQC.

And here is your hint:

S = V



Weekly Horoscope



Aries
March 21-April 19



Be open to seeing several sides at work today. Your challenge is to cooperate with everyone and have a say in the final compromise.

Taurus
April 20-May 20



Just be yourself today. That's much more attractive and lovable than you give yourself credit.

Gemini
May 21-June 20



You work harder safeguarding someone else's funds than your own. Save some care for yourself.

Cancer
June 21-July 22



You may be torn between self-expression and intimacy today. Balance needs for freedom with needs for emotional closeness.

Leo
July 23-August 22



You'd like a more ideal job (better hours, better pay, better conditions). Make the dreams you seek are achievable.

Virgo
August 23-September 22



Head-to-heads over money, sex, or control issues are possible. Don't run from a fight, but do be willing to compromise.

Libra
September 23-October 22



Beauty is accented for you--whether you go shopping for clothes, get a haircut, pretty up the house or do something else.

Scorpio
October 23-November 21



Your primary relationship is on your mind today, and could be a topic of conversation as well. You learn through interactions.

Sagittarius
November 22-December 21



Shopping for or with relatives is a good bet for today. You may find that special something a family member has been wanting.

Capricorn
December 22-January 19



Avoid extremes today: pushing too hard to get your way OR giving up, believing you can't do anything. Energetic practicality works.

Aquarius
January 20-February 18



Assertive action by you can bring financial rewards. Put yourself forward.

Pisces
February 19-March 20



A friend tries to tell you what to do and how to behave. You're an adult; assert your independence!

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Healthy or not: the truth about athletes' diets

Justicia Barreiros
Sports Editor

The difference between a nutritional diet and unhealthy habits can make or break a student athletes' performance.

Many student athletes find it difficult to keep their diet on track when their sport is off season. "When I'm out of season, I'll eat more junk food—you know chips, salsa—everything you shouldn't be eating," said Sabrina Soddors, sophomore athletic training major and track and field athlete. "And then when I'm in season, I try to eat more salads and fresh fruit."

However this isn't a problem for Tyler Leavitt, sophomore exercise science major and baseball player. "I don't change my meals on or off season," said Leavitt. "I try to eat healthy all the time, but I find that if I plan out what I'm going to eat before I eat it, that definitely helps."

In their sports' season, athletes need to focus on consuming enough calories to maintain their weight and energy levels, while also staying hydrated and eating a balanced diet with fruits and vegetables.

Many athletes in sports that require weight loss resort to extremes to cut weight, like cutting carbs. Carbohydrates, head athletic trainer Matthew Gerken explained, are essential to the diet of the athlete because that's the best way to fuel their bodies.

Using a system revolving around weight classes for competitions, wrestling especially sees a large number of students concerned about making weight each week. "I'm not really good at maintaining my weight, so after a wrestling meet, I may gain a few pounds and throughout the week slowly work off the weight each day," said Khalil Newbill, freshman computer science major and wrestler. "I won't eat a ton of food during the wrestling meet, but when we come back to USM I'll eat a lot of food. It's a continuous process of gaining weight and losing it again."

However, for student athletes in general, maintaining weight is a key part of staying healthy. "Pretty much the main thing is you want to get calories back in your body," said Alex

Tobey a junior holistic health major and baseball player. "After you've worked out or played a sport, you lose a bunch of calories. [So] you just want to replace them and make sure you eat, so that you're staying healthy and maintaining weight."

According to Gerken, because of the amount of calories athletes burn, they should actually be consuming more carbohydrates than non-athlete students. "I think a lot of athletes don't realize that they need more than just 2,000 calories a day," said Gerken. "If you're an aerobic athlete, running like 40 miles a week, you need probably 3,000 to 4,000 calories."

According to Gerken, there are two main myths that student athletes' diets tend to follow. The first myth is that athletes need to reduce their carb and calorie intake; the second is the assumption that athletes need a lot more protein than non-athletes. "But the reality is that because they're athletes, they're generating so much more caloric burn that they need to get more caloric intake, and they don't want to be ingesting a lot of fat and protein—that's the other myth, a lot of athletes think they need a lot of protein," said Gerken. "You need protein, you need to keep your iron levels, but you can get your iron from other non-meat sources and get enough of it from your diet."

"It affects the record, it affects their own statistics and the team's record."

-Matthew Gerken
Head Athletic Trainer

Myths that athletes should eat fewer carbs and more protein are very ingrained in our society and commercial culture. "I think when most athletes, or at least dedicated athletes, are in season, they tend to lean more towards healthier things, eating salads all the time, avoiding carbs, protein shakes—I know so many baseball players that just live



Ellen Spahn / Design Assistant

off of protein shakes, and it's ridiculous," said Soddors.

Some athletes like Mike Frey, junior sociology major and wrestler, are aware of these myths. "Something a lot of people don't understand about them is that a protein shake is a meal, so if you eat one of those and a meal you're getting two meals as opposed to one meal, and if you ate an entire plate, you're negating everything you gained from that protein shake," said Frey. "If you have that protein shake, you'd better be on a clean diet too."

There is a risk that comes with taking supplements, though, because according to Gerken and the Food and Drug Administration website, supplement manufacturers are not required to obtain approval from the FDA. "So if you go to GNC, for instance, and you buy this bottle of some kind of supplement, there is no way you know for sure that what it says in the ingredients is right or [if] the components and measures

are accurate, because nobody is monitoring it to make sure that it's done right—because it's not food- or drug-controlled," said Gerken.

When teams make it to the NCAA tournaments, there are random drug tests on student athletes. These tests can turn out positive because of illegal substances that were in a supplement. Quite often these substances will be misnamed or not listed on the supplement's bottle. "So you might have something that is an illegal substance, banned by the NCAA or the Olympic committee, and you don't know that you have it in your system," said Gerken.

This can affect not only the athlete taking the supplement but the entire team as well. "They'll say you had an athlete who tested positive, they're ineligible for a year, all the team participation that they had—the wins become losses, and it affects everybody," said Gerken. "It affects the record, it affects their own statistics and the team's record."

For student athletes that are seeking ways to improve their diets but can't afford to hire a personal dietician or nutritionist, Gerken recommends speaking to members of the USM community. According to Gerken, members of the health center staff have an interest in and knowledge of dietary requirements. Gerken also recommends Robin Hoose, coordinator of fitness and recreation, as a good source for information about good nutritional habits.

Gerken's main advice to athletes however is to make sure that they are ingesting enough calories using a well-balanced diet. "Carbs would probably be the most important thing and the balance of their diet, making sure they're getting lots of vegetables and plenty of water," said Gerken.

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Jamie Ruginski triple jumps to the nationals



Justicia Barreiros / Sports Editor

Connor Hamilton
Contributor

Junior Jamie Ruginski from Buxton is a highly decorated member of the USM indoor track team. He has competed and scored at both the regional and national level and will be representing the university at the New England Intercollegiate Amateur Athletic Association Championships, one of the oldest track and field competitions in the country.

Though Ruginski has won more than a dozen track and field awards, he was humble during his interview, highlighting the hard work and skill

of every teammate who passed and mentioned the importance of teamwork during competitions. "It takes everyone—every thrower, every jumper, every runner. It takes every person to win," he said. "That's what makes [track and field] so great."

Ruginski himself has acquired an incredible amount of awards since joining the USM team. This season he has broken four school records in the 4-by-400 meter relay, long jump, triple jump and heptathlon. The record he broke for the long jump was his own, set on his very first meet for the USM Huskies.

Ruginski has received the Little

East Conference Field Athlete of the Week award an unprecedented seven times and was named Eastern College Athletic Conference Track & Field Athlete of the Week another six times. The ECAC Track & Field Athlete of the Week award is comprised of schools from Maine all the way down to Georgia. Ruginski said he was very honored by the award.

Ruginski is ranked nationally in Division III for three events, having tied for second place in long jump and is third in both the triple jump and heptathlon, achieving victory in the heptathlon by a single point,

See **TRACK** on page 10

From **TRACK** on page 14

where each of the seven events usually net between 700-800 points.

His favorite event is the triple jump, for which he has also picked up a slew of awards, including first in both the State Championship and New England Division III Championship. At the Men's Indoor Track and Field Maine State Championships held at Bowdoin College on Feb. 1, Ruginski won two titles, long jump and triple jump, while also setting a new meet triple jump record of 48 feet, 4 inches. He was also named the recipient of the Peter Goodrich Memorial Most Valuable Field Athlete Award, becoming the second USM field athlete ever to receive the award, joining Wil Snyder, a pole vaulter who won the award in 2004. Ruginski picked up two more titles, scoring first in both long jump and triple jump at the New England Division III Championships held at MIT on March 1. He participated in an open Division meet at Boston University this past Friday, Feb. 28, where he placed third in long jump.

Last year, the Huskies sent three competitors to Nationals. This year Ruginski is predicting six to seven athletes—the most ever from USM. “We are bigger, better, faster, stronger this year,” he said. “We are doing things no other schools do.”

For all the events he participates in, Ruginski admits that he is unnerved by one in particular—the pole vault. “It doesn’t look like 11 feet when you are up there, and that is just the starting height,” he said. “I give credit to anyone who does it.”

As well as spending as many as four hours a day at the track, Ruginski still makes time to keep up with his grades and snowboard between sport seasons. He admits that with track, there isn’t a lot of time for



Justicia Barreiros / Sports Editor

Jamie Ruginski, junior track and field athlete, practicing triple jump before the New England Division III Championships on Feb. 22.

much else. “They tell you—school first, family and then track, but you almost have to put track first to stay ahead.”

The interview ended with a shout out to Ruginski’s fellow Huskies. “I’d like to thank my coaches and

team for pushing me,” he said. “This will be the year we do something incredible for Maine.”

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This Week

March 4

Women’s Lacrosse
Bates
@ USM
4:00 p.m.

March 5

Men’s Lacrosse
UNE
@USM
3:30 p.m.

March 7

Men’s Indoor Track
ECAC Div III
vs USM
1:00 p.m.

Women’s Indoor Track
ECAC Div III
vs USM
2:00 p.m.

March 8

Men’s Lacrosse
Curry College
@ USM
1:00 p.m.

March 9

Baseball
USM
vs Old Westbury
@ Yaphank, NY
10:00 a.m.

Men’s Tennis
USM
@ Southern NH
5:00 p.m.

Scoreboard

February 25

Women’s Basketball
LEC Quarterfinal
USM 53
UMass Boston 45

Men’s Basketball
LEC Quarter Final
USM 66
Rhode Island College 74

February 28

Men’s Indoor Track
NEIcAAA New England’s
26 pts; Tied 6th of 37 teams

Women’s Indoor Track
NEIcAAA New England’s
2 pts; Tied 30th of 36 teams

Women’s Basketball
LEC Semifinal
USM 58
Eastern Conn 49

March 1

Women’s Basketball
Little East Championship
USM 59
Rhode Island College 64

Men’s Lacrosse
USM 2
Mount Ida 6

Men’s Tennis
USM 1
Stonehill 8

Huskies win two but lose in the final game

David Sanok
Contributor

In what was a back-and-forth game throughout most of the night, the second-seeded USM Huskies women’s basketball team eventually pulled away with a 53-45 victory over the seventh-seeded UMass Boston Beacons on Tuesday, Feb. 25. Although the Huskies went on to lose in the final game, they had a great run this season ending with a 20-8 record.

Though the final point-spread was not particularly slim, the final score does not tell the full story. For Huskies Coach Gary Fifield, the slow start contributed to the overall lackluster performance on the part of his team. “We just didn’t come and play our best game,” said Fifield. “We practiced so well the days leading up to this game, yet we still came out flat.”

The Huskies only had a slim 24-22 at the end of the first half. It was not until midway through the second half that the Huskies finally began to get in a rhythm. “We just came out in the second half, made the baskets, and got in sync offensively. Most importantly, we played more aggressively on defense,” said Fifield. But even with the Huskies 10-1 run that widened the score to 45-33, the Beacons would stage a late rally, cutting the lead to 49-44.

With 1:10 left to go in the game, the Beacons called timeout

to strategize their next offensive play. But that opportunity would not come about, for when UMass Boston senior Elisa Ogawa passed the ball inbound to UMass Boston freshman Mallory Nelson, she didn’t see the ball coming her way as it bounced off her face, and it was recovered by USM junior Taylor Flood. Her critical rebound allowed the Huskies to take more time off the clock and add more points as USM seniors Erin McNamara and Mariah Cal-

“It’s not a pretty way to end a ball game, but we will take anything we can in order to win.”

-Gary Fifield
Women’s Basketball Head Coach

lender each hit two free throws to seal the 53-45 win.

“I’ve never seen anything like it in my 26 years as a coach,” said Fifield. “It’s not a pretty way to end a ball game, but we will take anything we can in order to win.”

With this victory, USM improved to a 19-7 record, and they advanced to the LEC semifinals tournament where they faced the



Patrick Higgins / Free Press Staff

USM #15 Stephanie Gallagher, a juniior guard, attempting to advance up the court past two UMass Boston defensive players.

third-seeded Eastern Connecticut State Warriors last Friday, Feb. 28.

“We are going to have to play much better against the Warriors this Friday (Feb. 28) if we want to win and continue on in the play-offs,” said Fifield. “It will all just depend on how well we execute

ourselves on the court and how we finish the game.”

After USM’s 58-49 win over Eastern Connecticutt on Friday, Feb. 28, they advanced to the LEC final game against Rhode Island College on this past Saturday, March 1. Though the Huskies played strong they did not prevail

and suffered a 59-64 loss to take second place overall in the Little East Conference. The Huskies wait for an announcement about a possible NCAA tournament post-season.

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USM COMMUNITY PAGE



Community Spotlight: USM will cook it up Cajun style

Nathan Baril
Contributor

The sounds, smells and tastes of Mardi Gras will fill the halls of Woodbury Campus Center this Tuesday with the annual Fat Tuesday Cajun Cookin’ Challenge.

Right in the middle of Maine Restaurant Week, USM’s non-profit, community radio station, WMPG will host its 19th annual cook-off with representatives from local restaurants competing for the title of best Cajun dish. The restaurants entering dishes for the competition this year are Po’ Boys Pickles and Bintliff’s American Cafe, as well as last year’s reigning champs Great Lost Bear and Congress Street Bar and Grill. Gritty McDuff’s and Bayside Bowl will also compete along with USM Dining.

The whole event started as a way for the station to thank the community for the support it received from USM and the greater Portland area. “It’s like one big party to cheer us all up in the dead of winter with great food and great people,” said senior communication major Cat Smith. “What makes it so successful are all the lovely people who keep coming year after year.”

There are no restrictions on which restaurants can sign up, and there is no entry fee, though a donation is encouraged to help pay for the expenses associated with the event. The only condition is that the restaurants produce an example of down south flavor. This means tables laden with beans, rice, seafood gumbos,

spicy jambalaya and all the Cajun favorites. WMPG will keep the theme going by broadcasting typical New Orleans music beginning at 10 a.m. and will be followed by Sylvain’s Cajun Aces, who will perform live in the amphitheatre at 1 p.m. Sylvain’s Cajun Aces are a local five-piece band, specializing in the distinct bourbon-flavored sounds of Cajun mayhem.

“I’m excited for it. I kind of ran into it [the cooking challenge] by accident three years ago between classes and haven’t missed it since.”

-Matt Becker
Senior media studies major

The participating restaurants have to create a Cajun-inspired entrees that will be judged by popular vote. The winner will be determined by 4 p.m. by ballot count. The whole process is fairly casual, said Dale Robin Goodman, the program director of WMPG. “As the attendees are going around, we give them a ballot, and they mark their favorites,” said Goodman.

“It’s not formal or formally judged, but it’s their chance to really reach out to the public because usually 500 to

600 people will come,” said Goodman. “People love it, they remember it. The restaurants really do it up, and it’s a bit of a competition.”

With free food and live music, it is no wonder that the Cajun Cookin’ Challenge sees a fair turnout from year to year. The event also gives students, who don’t have the time, money or transportation, to try the culinary adaptations from these local restaurants.

“It’s crowded, but it’s fun. The restaurant people get to talk to people from the WMPG community, and we encourage them to hand out their propaganda about the restaurant, menus, cards, flyers or whatever,” said Goodman.

The event serves as an opportunity for the local restaurants and the musicians performing there to get free public exposure to an age group that otherwise can be difficult to access. “They really get to meet the public and kind of build relationships. It’s really fun for them.”

That’s exactly why Matt Becker, senior media studies major, attends the Cajun Cookin’ Challenge. “I’m excited for it. I don’t often get off campus to try all the different food the city has to offer,” he said. “I kind of ran into it [the cooking challenge] by accident three years ago between classes and haven’t missed it since.”

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Campus Events

Monday, March 3

English Student Association (ESA)
2:00 p.m. - 3:00 p.m.
Room 219, Glickman Library, Portland

Circle K International Weekly Meeting
8:00 p.m. - 9:00 p.m.
113 Upperclass Hall, Gorham

Tuesday, March 4

Southern Maine Navigators Nav Night
7:30 p.m. - 9:00 p.m.
10 Bailey Hall, Gorham

Gorham Events Board Meeting
8:00 PM to 9:15 PM
Brooks Student Center, Lower Level, Gorham

Wednesday, March 5

USM Enactus Weekly Meeting
11:45 a.m. - 1:00 p.m.
Luther Bonney, Room 310, Portland

Visiting Artist Lecture - Shawn O’Connor
12:00 p.m. - 1:00 p.m.
Burnham Lounge, Robie Andrews Hall, Gorham

Political Science Student Association Weekly Meeting
3:00 p.m. - 4:00 p.m.
55 Exeter St, Political Science House, Portland

Create Your Own Wellness Box
8:00 p.m. - 10:00 p.m.
Brooks Student Center, Lower Level, Gorham

Thursday, March 6

Student Led Women’s Group
3:00 p.n. - 4:30 p.m.
235 Luther Bonney Hall, Portland

The Summer King in Winter
5:30 p.m. - 7:00 p.m.
Talbot Auditorium, Luther Bonney Hall, Portland

Friday, March 7

Building Community to Support Students in Distress
8:00 a.m. - 3:30 p.m.

Lee Community Hall, Wishcamper Center, Portland Campus
Anime Club
7:00 p.m. - 9:00 p.m.
Room 403, Baily Hall, Gorham

Saturday, March 8

USM Boff Club Weekly Meeting
1:00 p.m. - 4:00 p.m.
Wrestling Room, Costello Sports Complex, Gorham

SNO Ball
7:00 p.m. - 10:00 p.m.
Wishcamper Center, Portland

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



Featured Photo:



Patrick Higgins / Free Press Staff

Tuesday night 15 students competed in the Greek Life hosted USM Iron Chef Cook-off. The event was held in the Lower Brooks Student Center in Gorham. Student Josh Wolfe, who had trained in classic French cuisine, took the title.

Tell us about what your student group is doing.
Email editor@usmfreepress.org