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the free press

University of Southern Maine Student Newspaper

Vol. 46,
Issue No. 14
Jan. 26, 2015

usmfreepress.org

Number adjunct professors on the rise at USM



Abigail Johnson-Ruscansky / Design Assistant

Brian Gordon
Free Press Staff

The university has been firing tenured professors and replacing them with adjuncts or temporary workers as part of executing their vision of a “metropolitan university.” The administration has been carrying this out in the name of saving money. The national average of adjuncts teaching is 50 percent at 4-year public universities. USM uses more than 50 percent to teach their classes and is headed towards more as they let more full time professors go.

The adjuncts are paid per class, per semester. On average they are paid \$3,215 per class, for a three credit course for a four month semester. Most adjuncts have to work second and third jobs to make ends meet. Still the adjuncts were adamant about their love of teaching and realized they wouldn’t become rich from it.

Michele Cheung has been teaching part time at USM for twenty years. She holds a master’s in Celtic languages and literatures and is also president of the Part Time Faculty Association union.

To make teaching adjunct work, she freelances, does marketing writing and has a share in a local cleaning company.

“It’s a stereotype that we’re not good enough to be full time faculty, this is a lurking attitude,” said Cheung “Most adjuncts don’t want

to be full time; we want a life that’s a bit of this and a bit of that. However we do feel that we should be paid on par as full time.”

She used to teach four classes but now they’ve been done away with. This semester she’s only teaching one section of creative writing.

The administration has been pushing to get tenured professors teaching a full load of four classes, rather than two or three. But at the same time, the administration is cutting classes leaving the tenured professors fighting over classes with the adjuncts.

Cheung notes that adjuncts used to only teach introductory classes but now the tenured professors may need those courses to satisfy their own requirements set by the president and provost.

While some adjuncts are being brought in to replace full-time faculty who have been retrenched, in other departments they have been given fewer sections. This situation creates its own problems. As Cheung notes, adjuncts with the most seniority are the only ones left standing.

“The lesser temps can’t find work at USM. There’s no way for a person to make a living teaching one class; they’d have to pump gas or get government aid,” said Cheung.

Elizabeth Peavey was an USM adjunct teacher of public speaking for 20 years before her class was neutralized last fall.

“I knew I was going to dedicate

an enormous amount of my week to this one class so then I had to find something to offset that,” said Peavey. “I did advertising work for years.”

“Anybody who goes into teaching, does it with their heart. It’s public service,” said Peavey. “You don’t aspire to teach for money or because it’s going to be easy.”

Andrew Barron just finished his master’s degree at USM in statistics. He is in his fourth semester as an adjunct teaching at USM. Barron would like to get hired on full time but knows that might not happen due to a campus-wide freeze of hiring tenured track professors. For now he’s content teaching adjunct as much as he can at USM and SMCC but realizes if he does want to get a full time job he might have to move out of state.

As for the pay, Barron isn’t complaining because he loves to teach but “you always pretty much have to do something else.” For Barron that something else was bartending and managing at local bar LFK.

“I can make more bartending two nights than a semester of teaching 12 credits,” said Barron. “It’s not the most efficient way to make money. So you have to like it.”

Susan Feiner professor of economics and women and gender studies thinks the use of adjuncts on campus is too prominent. She

See **ADJUNCT** on page 3

Michael Berube chairs the AAUP investigation

Emma James
News Editor

Last week, a team was sent to USM by the American Association of University Professors to investigate claims against USM’s execution of academic freedom and shared governance.

Chairing the investigative committee was Michael Berube, director of the institute for arts and humanities at Pennsylvania State University.

According to Berube, hundreds of requests for intervention come before the AAUP every year, regarding what he described as “shady practices in American higher education.” From those, only a handful are selected.

“The investigative process is very labor intensive,” said Berube. “We try to take the ones that we think are the most important for the future of higher education.”

USM fell into that category.

“What’s going on in Southern Maine, it seems, is pretty drastic,” said Berube. “It seems to have pretty far-reaching implications and that’s why it was authorized for investigation.”

Berube explained that the process of investigation includes two main components. First, the committee must read every document relevant to the investigation.

“I’ve read massive amounts of material, ranging from the faculty bylaws, to the constitution; I’ve gone through email exchanges, reports from the administration, various information about financial disaster,” said Berube. “We just try to get the lay of the land here.”

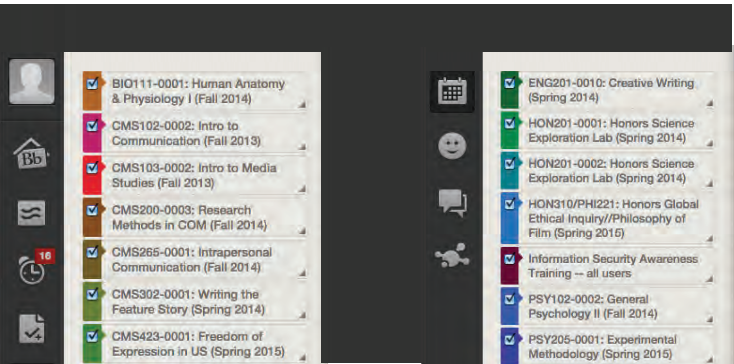
Berube explained that, in an investigation, the team wants to hear as much from administration as it does from faculty.

See **AAUP** on page 3



Alex Greenlee / Free Press Staff

Students still prefer classroom experience



Blackboard

Emma James
News Editor

In the fall, the College of Arts, Humanities and Social Sciences issued a survey to ask students in the department which kind of learning they prefer. A resonating 92 percent answered that they prefer in person instruction, with two percent preferring online, and five percent preferring the blended classroom concept.

Leonard Shedletsky, professor of communication, has focused his teaching efforts online but does enjoy both.

“While the two contexts differ in many ways, there are ways in which they share significant features,” said Shedletsky. “What I have in mind is the potential more and more to meet live or synchronously online, to discuss, hear one another’s voice, see one another, share documents, view texts and videos together and to feel the immediacy of one another.”

Shedletsky noted the results of the survey, but advised that they be considered very carefully.

“These data should not be taken too literally without deeper examination,” Shedletsky said. “I believe that when people imagine the comparison there is a tendency to imagine scenarios that are not realistic. There is a tendency to romanticize the classroom, a world of give and take, authentic talk, engaged debate. Little of that is actually true, however.”

Matthew Killmeier, chair of the department of communication and media studies, explained that the survey was taken in class, which may cause some bias. He also recognized that when the department offers online classes, they fill up quickly.

“The bias is this survey is one we did in class,” said Killmeier. “When we offer an online section of something it usually fills up right away. There is demand. There is a considerable number of students that do do exclusively online.”

Killmeier went onto explain that one of his students, a blueberry farmer in Washington County, completed his communication degree completely online.

“It’s got potential if you do it right, recognizing that online is not for everybody, and I think a lot of students would attest to that,” said Killmeier. “It demands a lot more of the student. They have to be very self-disciplined because it is asynchronous.”

Ashley Belanger, sophomore biology major, believes there are pros and cons to online learning.

“[Online classes are] easier in some aspects because it’s more time friendly and convenient but also harder because it is not the first class you think of and it can be harder to focus,” Belanger said.

Belanger doesn’t believe that students should be able to complete a degree solely online, because that may deprive students of the hands-on aspect that some require to thrive. However, she does think offering online classes to those who may need it is a good route to go.

“I believe that it would be a good idea [to offer more classes online] since a great portion of our students work while going to school or have a family to take care of,” said Belanger. “It would fit better in almost everybody’s schedule.”

Lexi Huot, an undeclared freshman, is currently enrolled in her first online class at USM, but explained that she already knows that she prefers a face-to-face educational environment.

“With my class right now it’s very confusing to know what is due and how the professor wants it done,” said Huot. “Whereas, in a classroom environment they explained how the assignment should be done.”

She added that online classes are helping her manage her time better, since they are more independent.

Huot recognized that online classes are not how everyone learns.

“Many students, like myself, prefer to see the material done in front of us,” said Huot. “I also feel it is easier to engage in a class discussion when you have everyone else in front of you instead of going back to check your computer to see what your other classmates opinion is on the topic.”

Regardless of the preference, all agreed that online learning has potential, but is certainly not something that should be required, as students all have different needs.

“A quality academic experience, whether online or face-to-face is the goal we need to seek,” said Shedletsky. “It can be done if we set our minds to it.”

emma@usmfreepress.org
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From **AAUP** on page 1

"We come in as outsiders," said Berube. "We come in as impartial observers."

Berube addressed the idea brought up time and time again by USM administration that the AAUP has no standing, and reiterated that it is only true in a "narrow" legal sense.

"The AAUP is in fact a nationally recognized authority on what academic freedom and governance actually are," said Berube. "So we don't take this stuff lightly, but we don't come in with any preconceived notions either."

Another member on the committee as well as a professor of accounting at Eastern Michigan University, Howard Bunsis is in the process of the financial analysis.

Berube explained that this step has been difficult, because USM has not published all of the information or made available the numbers that they're basing the financial crisis upon.

"President Flanagan did go over some larger scale demographic and financial projections for the state of Maine," said Berube. "We have been able to go over published financial information of the system as a whole, but Howard Bunsis has only recently been able to get ahold of specific information about the University of Southern Maine."

Christopher Quint, executive director of public affairs, explained that USM has been "nothing but transparent" throughout the process.

Berube also noted the difficulty in determining the financial status of USM because the numbers they're looking at are projected, and have been for quite some time now.

"The administration's approach on this is 'Yeah, we've had a looming problem for quite some time. We're not making this up, this is a systematic problem.'"

The third challenge, Berube said,

is not about the numbers or about the money.

"Even if these projections and these predictions are true, is this anyway to run a university?" asked Berube. "Is this really the way we go about retrenching faculty and cutting programs? And that's a procedural question, but a really important one."

Berube explained that even if the numbers pan out, the AAUP will still be looking at whether or not the process to filling the budget gap was done in a "proper and professional manner."

A censure, according to Berube, could have any number of effects, and depends on how willing the administration is to get off the censure list once they're put on it.

When asked whether USM would make an effort to be removed from the censure list if the university is indeed censured, Quint said, "USM is focused on implementing the Metropolitan University concept and ensuring that we remain an affordable, accessible and quality institution for our current and future students."

He said that the state university of New York system has been on the censure list since the mid 70s, and will be on the list forever. They have a clause that allows them to fire faculty at will.

On the other hand, Louisiana State University was censured and immediately began working to be removed.

"It's not like we censure you and we're done and we never talk to you again," said Berube. "The idea is not to censure people and show that they're bad. The idea is to get institutions to stop doing the kinds of things that are getting them censured."

The vote on whether or not USM will be censured will go before the AAUP during their annual conference in June.

emma@usmfreepress.org
@EmmaJames94

because 201 was a little too relaxed and 202 was too strict. Perhaps if the adjunct professor had more time to commit to classroom preparation, they wouldn't have needed to rely so heavily on videos," said SanGiovanni.

Caleb Coleman, a senior economics major has had adjuncts with mixed success.

"Almost every full-time professor I've had has seemed more passionate about the content they are teaching."

Coleman noted he had a great adjunct professor last year but he left for more money.

"It feels like adjuncts are usually there to just teach the class and would rather avoid spending too much extra time helping students, understandable, given their pay."

Feiner believes relying too heavily on underpaid workers isn't fair to the adjuncts or the students.

"This is the problem of administrators seeing everyone as assembly line workers. It's a very diminished view of education," said Feiner. "To make the part time worker the norm, rather than the exception is very very detrimental to the academic enterprise."

"As conditions for full time faculty grow worse and more like the conditions for adjuncts faculty, there's going to be more and more alliances and coalition building and backing each other up. I'm all for that," said Cheung. "It's just another way the university is not investing in the school by not investing in teach-

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UCU opens campus branch

Students ready for convenient banking



Sam Hill / Editor-in-Chief

The new, open-campus branch of University Credit union is located on the lower level of the Brooks Student Center on the Gorham campus. The office will be open from 10 a.m. to 3 p.m. during the week.

Sam Hill
Editor-in-Chief

Last week, University Credit Union celebrated the grand opening of an on-campus branch in Gorham, giving residential students a quick and convenient banking location.

"We know that managing your finances can be confusing, so we want to be there for USM's students, staff and faculty if they need any assistance at all," said Amy Irish, UCU's assistant vice president of member development.

The Brooks Student Center has housed an official UCU kiosk for years where members could deposit checks, manage their accounts and withdraw cash, but now a branch with regular business hours will provide students with more assistance if needed.

"Not only are we there to open new accounts, but anyone on campus can come to us to talk about

loan applications, computer or car loans, budgeting assistance and loan payments, too," said Irish.

The one-employee branch will be open from 10 a.m. to 3 p.m. and by appointment during the week and the kiosk will be on and available whenever the student center is open.

Having a credit union on campus means that residential students will no longer have to trudge down to Casco Federal Credit Union on Main Street to access their account.

"Especially in the dead of winter, it can be a pain to leave campus," said Irish.

"I've had late fees charged on my credit card just because I couldn't bring myself to walk down to the credit union when it was below freezing out," said junior marketing major Chris Egan.

While they haven't been in to set-up an account yet, undeclared freshman Melissa Boone and Ashley Shaw said that they planned

on looking into it.

"I've always been told that credit unions are better places to put your money," said Shaw. "And since there's one set-up practically on my way to lunch everyday, I'll probably stop in."

The new branch has a table of free UCU items to lure in passers-by and Irish says she hopes that the branch will be able to serve more and more of the USM community as time goes on.

"We've always had students and staff tell us over the years that we should just open up on campus," said Irish, noting that UCU has a branch open in Portland just a short walk from campus. "The opportunity presented itself late last year and we've been working on it ever since. We're here to serve the community in any way that we can."

sam@usmfreepress.org
@SamAHill

From **ADJUNCT** on page 1

believes they are taking jobs that should go to tenured-track professors.

Feiner said there is a place for adjunct teachers on campus where they have a lot of experience in their field of expertise. For example, "A nurse, software designer, the judge in the law school," said Feiner.

"I'm not saying they're not good in the classrooms, but they are not teacher-scholars," said Feiner, meaning they haven't received their Ph.D and they don't have a research background.

Do students notice a difference in the teaching quality between adjuncts and full time tenured track professors? "When I'm teaching, I'm teaching and my focus is on that. On the other hand I'm not teaching four courses so I can put more energy into the one or two I do," said Cheung.

Crystal Lancaster, a Health Sciences major who notes she's had nurses teaching her said, "I respect the adjuncts a lot more because they're the ones that go out and do it, rather than someone that just blabs from a textbook."

Some students have noticed a difference in teaching styles like Iris SanGiovanni, a political science sophomore. Her Spanish 201 class taught by an adjunct relied too heavily on English language Youtube videos, whereas a 202 Spanish class taught by a full time professor used more in class discussion taught in Spanish.

"I feel a little like Goldilocks

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Senate works to retain and train new members

Student senate turns down motion to change application process

Sam Hill
Editor-in-Chief

The student senate shot down a motion last week that would have changed the senator application process for the remainder of the semester. Throughout the year the senate has occasionally questioned whether or not applicants should have to gather signatures from the student body in order to become a senator. On Friday the senate decided that the signature process should remain, but only after thorough discussion.

“The petition process was put in place when the senate was set to have a busy election and thought that the seats were going to fill up instantly,” said senate parliamentarian Joshua Tharpe. “As we all know, that hasn’t been the case.”

The senate has been under seated all year and has suspended the rule requiring signatures in order to appoint senators on occasion. The requirement used to be 100 signatures but was later reduced to just 25. Recruitment was key in the discussion, as some senators said petitioning could be getting in the way of recruiting new members while they have only 14 of 21 seats filled.

“Not everyone has the go-getter attitude necessary to talk to so

many strangers and get signatures,” said senator Emily Rose.

Other senators felt that the petitioning was an important part of the process.

“You should have to work to be on senate,” said senator Ashley Caterina. “If you can’t bother going out and talking to students you’re going to be working for, you shouldn’t get the job.”

“I know it can feel like a hassle and a pain,” said senator John Jackson. “But it forces you to get out there and connect with the community. It really helps put a face to our names, which is something we’ve been working to do.”

Josh Dodge, former senate chair who stepped down to take an out-of-state internship, was in attendance and explained why the signature process was created in the first place.

“There was a point a couple years ago when senate was this empty and we started appointing senators without an election just to fill seats, but there was a little bit of an outrage because people thought senators were abusers of certain clubs,” explained Dodge. “With the petitioning, we at least have something saying this handful of students wanted you to be a senator. It’s not an election, but it backed our decisions up.”



Sam Hill / Editor-in-Chief

Senate parliamentarian Joshua Tharpe (right) explains to the senate and gallery that the rule requiring new senate applicants to gather 100 signatures from the student body was created during a time when the senate was more popular, in a meeting last Friday.

There was a motion on the floor to suspend the petition requirements until the senate had at least 18 senators, but was shot down, with only four senators voting to do away with the rule.

The senate has been working to increase the size of the senate, but decided to start from the inside. This week the executive board introduced a senator retention pro-

gram, pairing up veteran senators with freshly appointed ones to guide them through a handful of meetings and help them get used to their duties.

The senate also assigned senators to each of its entities, including the board of student organizations, the campus events boards and the student communications board, in order to maximize re-

lationships with other student groups.

“I feel like this will help everyone keep on track,” said senate chair Judson Cease. “We’re moving in a good direction.”

sam@usmfreepress.org
@SamAHill

Portland Phoenix to buy out and shut down Dig Portland to end the local newspaper rivalry

Seth Koenig
BDN Staff

In the latest twist in what has been a short — but heated — rivalry between two alternative weekly newspapers in Maine’s largest city, the Portland Phoenix has purchased and discontinued Dig Portland.

Officials with the two newspapers announced the deal jointly about midday Monday.

“It was unfortunate timing that we both started at the same time, because both of us now know that Portland can support only one alternative newspaper,” Mark Guerringue, publisher of the Portland Phoenix, said in a statement. “It eventually came down to who would buy whom, and it made more sense for the Phoenix to continue because it is an established brand.”

According to Monday’s announcement, Dig Portland LLC agreed to sell its weekly newspaper to Portland News Club LLC — the parent company of the Phoenix — and Dig Portland will cease publishing immediately.

“Portland is a fantastic market and one I am personally invested in, but in the end, it became clear that if there was only one paper in the market, they’d have a better chance of investing in quality journalism than if there was two,” Marc Shepard, co-owner of Dig Portland and a former associate publisher of the Portland Phoenix, said in a statement.

The sale and disbanding of Dig Portland comes about three months after Shepard and Lawrence — top

officials with the longer-standing sister paper Dig Boston — announced their foray into the Portland market.

That move came at a time when the Portland Phoenix’s future was uncertain, as sister Phoenix publi-

vertisers were signs of illegal use of trade secrets, among other claims.

The filing of the lawsuit spurred a heated exchange in the media between the heads of the rival newspapers, but the dispute went quiet in recent weeks.

“There was a four-week span when we thought each of our issues was our last issue.”

Nick Schroeder, Editor of Dig Portland

cations in Boston and Providence had in recent years closed and a proposed sale of the Portland version to local buyers fell through.

But as Dig Portland prepared to launch — and hired most of the Phoenix’s most recognizable staff members and columnists to do so — the ownership behind the former daily Portland Sun emerged to buy and revive the Phoenix.

By late December, the Portland Sun announced it would cease publication and its editor David Carkhuff would join the Phoenix staff.

Guerringue hired Dan MacLeod, formerly of the New York Post, to serve as the Phoenix’s editor.

In early December, the Phoenix ownership group sued the Dig Portland team, arguing the newer paper’s hiring of former Phoenix writers and conversion of former Phoenix ad-

Monday’s announcement broke the silence and indicated the two parties have resolved their differences, and that only one will continue on.

“I’m saddened that it seemingly came down to a legal matter,” said Nick Schroeder, who left the Phoenix to take over as the editor of the nascent Dig Portland. “From my perspective, the Phoenix was struggling for a long time when I was there, and I was really excited for this opportunity to start fresh with a new paper. I was more excited about that than the prospect of working with the Daily Sun and what seemed to be a rebranding effort on their part.

“It’s unfortunate, because in that time, there was a lot of confusion about what the state of the Phoenix was,” he said. “There was a four-

week span when we thought each of our issues was our last issue.”

According to the announcement, both sides will work together on a transition plan for the publications.

“It was a tough decision, but it was the right one,” Dig Portland co-owner Jeff Lawrence said in a statement. “When we entered the Portland market, we were committed to providing quality journalism and arts and entertainment coverage, and in a very short period of time, we achieved that and are extremely proud of it.

“That said, it takes a lot of resources to provide that kind of journalism, and this buyout will allow the Portland Phoenix to invest more than we can in the market,” he said.

Schroeder acknowledged that the two publications likely appeared similar to readers for the few months they coexisted, but he said he thought they would have settled into different coverage niches as time went on and ultimately could have both survived.

“I had a lot of ideas for new directions that we would have begun to implement over the next few months,” he said. “I think what you would have seen would have been increasingly different papers.

“What’s unfortunate is that, I feel like with our shuttering, there was a clear winner and a clear loser, and I don’t think it had anything to do with the quality of the two papers,” Schroeder said. “I don’t mean that as a knock on their quality, but it came down to who had the benefactors with the deeper pockets.”

Left unclear in Monday’s announcement are the fates of the remaining Dig Portland staff and columnists, nearly all of whom left the Phoenix to join the Dig Portland team less than three months ago.

“I and I think all of the freelancers would be lying if we said we didn’t feel a sense of betrayal,” said longtime Phoenix music columnist Sam Pfeifle, who left the paper to write for Dig Portland. “This is a complete and total surprise.

“I’m sure all of us are going to be scrambling with what we’re going to do,” he said. “I have not had any contact with anybody at the Phoenix and, as of now, I’m assuming I have no place to write.”

Lawrence said Monday that he can’t comment on the cases of Dig Portland employees.

“I cannot comment on the specific details other than to say that [Guerringue] welcomes employees to contact him if they are interested in employment with his company,” he said.

Schroeder said he was not offered continued employment or a severance package as part of the Dig Portland closure.

“I’m feeling a little heavy-hearted because a lot of those writers — who are fantastic writers — don’t have bylines any more,” he said.

The Bangor Daily News provided in-kind web hosting and development assistance to the Portland Phoenix after its new owners took over in the fall.

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In Brief...

Board of trustees to vote on divestment from fossil fuels

On Monday, January 26th, following a two-year campaign led by students at the University of Southern Maine and University of Maine campuses, the University System Board of Trustees will vote on a proposal to divest direct holdings from coal companies. The proposal would make the University of Maine System the first public land grant institution and the first university system in the country to divest any fossil fuel holdings.

The proposal is part of the consent agenda, and will take place sometime after 11:00am. Students, alumni, staff, faculty and community members will be present to speak in favor of the proposal.

Where: University of Maine System office | 16 Central Street, Bangor | 3rd Floor, Rudman Room

When: Monday, January 26th | 11:00am

The proposal was submitted by trustee Karl Turner, and approved unanimously by the Investment Committee on December 3rd. The campaign to divest from fossil fuels is led by Divest UMaine, a coalition of students, staff, faculty and alumni from both the USM and UM campuses. Students argue that coal divestiture is a necessary

step for the system, both financially and morally.

Iris SanGiovanni is a student organizer with Divest UMaine. “Coal is the energy of the past. As world governments place stricter limits on carbon emissions — which they must if we are to avoid catastrophic climate change— coal reserves will lose their value. Divesting now protects our assets, and puts us on the right side of history,” she said.

In 1982, the University of Maine System became one of the first in the country to divest from Apartheid South Africa. “It’s time for the board to once again step up and do the right thing. It is time to invest in the future,” SanGiovanni said.

USM has announced the appointment of Interim Chief Financial Officer, Harry “Buster” Neel. Buster comes to us after a distinguished career in finance and administration at a number of higher education institutions, most recently as the Senior Vice President for Finance and Administration at Nevada State College. His 34-year career in finance and administration will serve this university well until we are able to do a search for a permanent replacement. Buster will begin work on January 20th.

USM appoints interim chief financial officer, Harry “Buster” Neel

After over 40 years of service to USM and UMA, Dick Campbell, USM’s Chief Financial Officer, will be retiring this month. Dick began his time at USM as a student, later becoming Director of Financial Aid, Executive Director of Financial Resources and finally USM’s CFO in 2007. Dick has an active history of community service. He is a member of the Boys and Girls Club of Southern Maine Board of Directors, and has served as vice-chair of the Town of Cumberland Community Education and Recreation Advisory Board, and coached in the YES for Youth basketball program. Dick was integral to implementing key technical upgrades and innovations at USM. Under Dick’s leadership, many notable efficiencies have been made in areas reporting to him.

With the buzz increasing regarding the Patriots’ football team “Deflategate” scandal (where 11 of the 12 balls used by the Pats in the first half of the AFC Championship win over the Indianapolis Colts had less air than the NFL’s regulations require), our own Psychology Chair, William Gayton, weighed in. He was recently interviewed by Press Herald reporter Ray Routhier about the psychological impact of the cheating scandal, saying --

“One of the most important reasons people watch sports is to gauge their own self-esteem. When their team wins, they feel better; and if something tarnishes a win — like cheating — it’s a blow to their self-esteem,” said William Gayton, chairman of the psychology department at the University of Southern Maine, who focuses on sports psychology. “People identify so strongly with their teams. If the teams win, they win.”

Police Beat

Monday, January 12
Student falls out of window onto dog
3:51 a.m. - Subject transported to hospital following medical emergency.
Robie Andrews Hall, 39 University Way

Obese Shady
12:53 p.m. - Report taken for suspicious incident.
Upperclass Hall, 25 Husky Dr.

27 car pile-up
8:12 p.m. - Reported traffic incident
Parking Garage, 88 Bedford St.

Tuesday, January 13
Defective poo-box
12:44 p.m. - Warning issued for vehicle defect.
State Street at Flaggy Meadow

Cop getting pizza, does some work
6:35 p.m. - Motor vehicle stop. Warning issued to operator.
Forest Ave by Leonardo’s Pizza

Majoring in
8:04 p.m. - Fire alarm activation due to burnt food.
Upperclass Hall, 25 Husky Dr.

Wednesday, January 14
90 car pile-up
12:08 p.m. - Report of motor vehicle accident.
Parking Garage, 88 Bedford St.

Thursday, January 15
I’m surprised your poo-box rolls
7:41 p.m. - Motor vehicle stop. Warning to operator for no proof of insurance, expired registration and inspection.
Parking Garage, 88 Bedford St.

40-year-old new driver? Yikes!
9:11 p.m. - Summons issued for no proof of insurance and violation of learner’s permit issued to Alphonse A. Matembe, 39, of Portland.
Deering Ave

Fale ID fools no one
11:20 p.m. - Jama M. Ahmed, 21 of Lewiston, arrested for violation of conditions of release and possession of suspended or fictitious license.
Upperclass Hall, 25 Husky Dr.

Friday, January 16
Them boys love them booze
9:11 p.m. - Summons issued to Brando O. Deas, 19, of Gorham for illegal transportation of alcohol by a minor. Summons issued to Juliana H. White, 19 of Gorham for sale and use of drug paraphernalia.
University Way

Put down your phone and live!
4:38 p.m. - Warning to operator for texting while driving.
Bedford Street at Brighton Ave

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



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Arts & Culture

Portland startup creates space for innovators

Collaboration is key for The Open Bench Project

Francis Flisiuk
Managing Editor

On Thompson's Point in Portland is a warehouse that looks ordinary on the outside but inside is a buzzing hub of creative and productive energy. In this vast 7,000 square foot industrial space, robots are assembled and tested out, while quadcopter drones fly over head. In one corner, a group of children are being taught how to install an electric motor on an old police bike. Computers are being taken apart in the same space that boats are being built. Piles of donated lumber, scrap metal and in-

and shapers," said Ryan.

Jeremy Niles, a entrepreneurship graduate of USM, interned at The Open Bench Project last year during its inception and helped launch the website, build the sign and tour the space to potential members.

Coming from a childhood filled with garage projects that included brewing beer, blowing glass, firing potato rockets and assembling model airplanes, Niles said he always wanted a space where he could simply create.

"It's really important to have makerspaces as a middle ground between independent studios and classrooms, especially for college

Projects don't come here to die; they get blown up. There's a community of people here to help your ideas grow.

Jake Ryan, architect

sulation dot the space in a kind of organized chaos, while the humming of a 3D printer and the whirring of a band saw subtly compete for audial dominance.

This is the vision of architect Jake Ryan, who brought Portland its first "makerspace" and called it The Open Bench Project. However he dedicates its founding and its future to the local creative community.

"Everything here is donated or salvaged. It's like a big found art project," said Ryan. "I'm not building The Open Bench Project for me, I'm building it for everybody. It will respond to what the community needs it to be."

According to Ryan, The Open Bench Project is a shared resource facility, engineers, scientists, artists, hobbyists and entrepreneurs of any skill level, can bounce ideas off each other and work on bringing their dream project to life, without having to pay for equipment rentals or fees.

"Projects don't come here to die; they get blown up," said Ryan. "There's a community of people here to help your ideas grow."

From a fully equipped woodshop, to a planned "hacker lab," The Open Bench Project offers the tools and the space that, according to Ryan, would be too expensive to acquire otherwise.

"It would take you seven years to pay off that table saw and we've got two of them, plus CNC machines

students" said Niles. "The most stalwart of us are getting at least a little tired of being taught things. Most of us have desires to go experience things on our own, or to teach."

Everything about The Open Bench Project, from its \$28,000 Indiegogo campaign, to its mission statement, to its logo and outdoor sign is done with innovation and collaboration in mind. Even the still ongoing building process is a team effort.

"WMTW gave us their news desk. We're building with materials donated from Hillside Lumber. The National Brotherhood of Electrical Workers, is going to come do all the lights for free, as part of a training lab for its workers," said Ryan. "But for now, I've got an office built out of milk crates."

Currently Ryan and his team of volunteers work every week to build up the space to its final form, but its doors are still open to its now 25 members, and curious creators, despite the lack of heat and amenities.

"This place is and will be an example of what people can accomplish when they get together when they work on a project," said Ryan. "That's what we do here, we mix and match mediums. It makes sense to carry on that story, even in the building of the space."

Keeping up with the narrative of cooperation and collaboration,



The Open Bench Project has partnered up with the USM student group Enactus, who will be overseeing their marketing strategy.

"It seemed like a natural marriage, having [Enactus] be around for our members," said Ryan. "I was interested in connecting with business students, because if you can tap into their potential, you've got the gold. They're on the cutting edge."

According to Sarah Snowman, a senior sustainability business management major, and president of Enactus, she will have worked on five marketing projects with Ryan before the semester ends, acting as a business consultant.

A big part of Snowman's job is to help develop a guide book for The Open Bench Project, which would lend insight on how to function and style their membership. Enactus also plans to work with The Open Bench Project, to assist in forming their companies "culture."

"You know when you walk into a business and you get a really good sense of the brand and what it's all about?" said Snowman. "That's internal culture, which we're helping to promote."

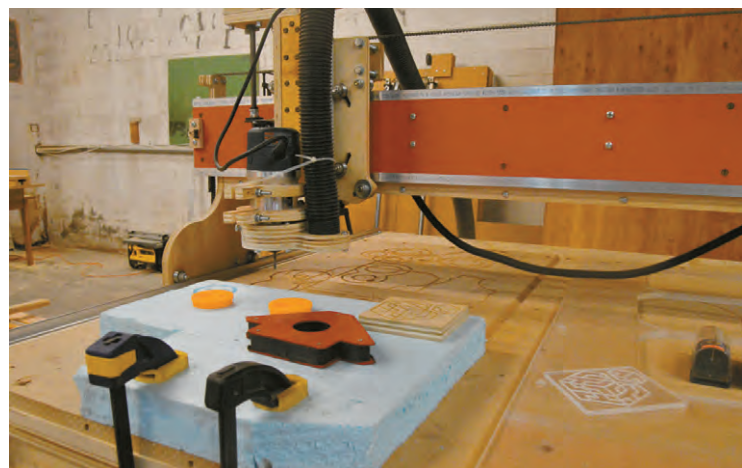
Snowman said that Enactus will continue working with The Open Bench Project for a very long time and hopes to be their number one community partner.

"As they grow, we want to grow with them," said Snowman. "We have a similar mission. Enactus creates that formal structure, where students have the freedom to work and empower the community."

According to Ryan, they get more people signing up online and joining the conversation on their forum each month. There are 25 members working in the space currently and Ryan hopes to reach 250 members, a number that's estimated to make The Open Bench Project a sustainable business.

"People are like gravity, the more you get, the more you get," said Ryan. "There's no reason to cut your finger off in your garage alone anymore."

francis@usmfreepress.org
@FrancisFlisiuk



Francis Flisiuk / Managing Editor

(FROM TOP TO BOTTOM) Jake Ryan sits underneath a sign that was a collaborative production effort of several carpenters, engineers and metalworkers. A rack of donated police bikes that are used in Ryan's "hack a bike" class for local youth. A band saw that is being used to create a version of the logo that will also have LED lights and 3D printed pieces embedded. A "spider" robot built by an Open Bench member, that is programmed to walk independently, until it meets an obstacle.



A&C Listings

Monday, January 26

Richard Lee Paper Trails Exhibit
University of Southern Maine
96 Falmouth St.
Starts: 9:00 a.m.

Eight Planets Omni Dome Show
Southworth Planetarium
70 Falmouth St.
Starts: 1:00 p.m. / Ends: 2:00 p.m.

Tuesday, January 27

Open DJ Night
Flask Lounge
117 Spring St.
Starts: 9:00 p.m.

Wednesday, January 28

Vanna
Port City Music Hall
504 Congress St.
Starts: 6:15 p.m.

Thursday, January 29

Oscar Shorts Film Showing
Space Gallery
538 Congress St.
Starts: 7:30 p.m.

Friday, January 30

Visiting Artist Talk: Traci Molly
Robie Andrews Hall
37 College Ave.
Starts: 12:00 p.m.

Mayfly Acoustic Performance
Acoustic Artisans
594 Congress St.
Starts: 7:00 p.m.

The Portland Jazz Orchestra
One Longfellow Square
181 State St.
Starts: 8:00 p.m.

Saturday, January 31

Gustafer Yellowgold
Space Gallery
538 Congress St.
Starts: 11:00 a.m.

The Machine Performs Pink Floyd
State Theatre
609 Congress St.
Starts: 8:00 p.m.

Sub/Merge Dance Party
Flask Lounge
117 Spring St.
Starts: 9:00 p.m.

Sunday, February 1

Gallery Poster Sale
Woodbury Campus Center
96 Falmouth St.
All Day Event

Hypnotist makes puppets out of students on stage

Krysteana Scribner
Arts & Culture Editor

Comedian hypnotist Eric Mina wowed audiences at USM with an act that had USM students making a fool of themselves on stage.

Mina explained that his routine is a simple one and that everyone has the ability to hypnotize themselves. With a bachelors degree in psychology and a certificate in hypnotherapy, Mina told his audience that the most amazing thing in life is the human brain.

"People can see how powerful their brain is and they are excited by it," said Mina.

"I give them the ability to believe in themselves and that is why I say I dare you to dream."

Mina was first introduced to the potential of the human mind when he was 22. He saw a man perform magic and mentalism at his school. He was so inspired by it that he began to read a lot about magic.

"The guy who inspired me came back to my school years later, so of course I showed him everything I had learned," said Mina. "After showing him all my magic tricks, he said I should become a hypnotist because I'd good at it especially with my background in psychology."

As his performance began, Mina invited students to come up onto stage and submit to the process of hypnosis by having them inhale and exhale. Mina also told participants to close their eyes and imagine their individual limbs getting warm and heavy. The audience watched in amazement as one by one the students drifted off into a dream like state and began following every one of Mina's commands.

"I only remember falling asleep," said sophomore business major Christina Colman, who initially was



Katelyn Wiggins / Free Press Staff

Students on stage clasp their hands together in a furious attempt to "un-glue" them after hypnotist Eric Mina convinced them they were stuck.

too nervous to go onto stage but was hypnotized from her seat in the audience. "My friend just showed me a bunch of videos of myself and I don't remember doing any of it. I woke up on stage a little bit confused."

Mina had students perform a variety of hilarious stunts. From twerking over chairs to acting like cats and dogs, Mina had the participants and their willpower in the palm of his hands.

"I have a routine I do where I have people come up with weird wacky charities when they are working for *Dancing with the Stars*, said Mina. "I love when I get people to talk and their own creativity comes out. This all shows just how amazing the human brain is."

During this segment of the routine, sophomore media and communications major Roosevelt Bishop stated that he was supporting the, "people for the better treatment of paperclips foundation because they are tired of

getting bent out of shape."

"The experience was very relaxing initially and then it became like a game of charades. The events played out like a movie in my head. I don't want to use the word enlightening, but it was very freeing," said Bishop.

At the end of the performance, Mina had the students on stage think of a negative aspect in their lives, and then hypnotized them into believing they could change themselves. He suggested that smokers try and quit, shy people become more outgoing and students obtain better study skills.

"The best part of my job is the audience. There are always a few people that get inspired by the part where I say you can better yourself," said Mina. "I think that for anyone who wants to get into anything, the bigger the why the easier the how."

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Perspectives

Our Opinion

Looking forward to a fuller, more engaged student senate.

The student senate had an opportunity to make becoming a senator easier than ever at their last meeting by doing away with rules requiring applicants to gather supporting signatures from the student body, but in the end decided to stick by the rule and enforce the process.

We applaud the senate for sticking to their policies. The petitioning process forces applicants to get out into the community, out of their comfort zone and get a feel for what students around USM want and need to see in the senate. While talking to strangers may seem awkward, it's important to know who you're representing and prove that you're dedicated to the job. The senate has been plagued with attendance and membership problems since the beginning of the academic year, like a lot of student groups on campus, and changing the rules to accept anyone into the organization can be tempting. We're glad the senate has committed itself to finding and keeping students who are going to be in it for the long run.

That being said, the system in place isn't all that impressive or complex. Senators used to have to gather 100 signatures, but that number has been cut down to only 25. Going out and talking to 25 people doesn't exactly mean someone is

qualified to handle the responsibility of caring for the student activity fee. As one recently elected senator mentioned at last week's meeting, people like to sign things and generally don't turn down someone with a clipboard. Like clipboard-wielding activists who turn up on sidewalks every election season, getting the signatures takes time, but doesn't necessarily mean anyone is making connections. If anything, we wish the application could be more extensive, requiring applicants to have a list of goals or outreach projects ready to go before they're even appointed.

In the senate's efforts to increase membership and rebrand itself, it should look to popular and engaged student organizations for ways to connect with students more. Like one member of the gallery said at last week's weeks meeting, the student body knows that the senate does a lot, but doesn't know anything about the details of senate meetings or what its purpose is.

We hope that the new senate buddy system and assigning senators to speak directly to student groups will help promote a more collaborative community that aims to better the lives of all students at USM.

Student organizations lead the way in community engagement

The idea of a metropolitan university is one that's been almost forced to the USM community since it was introduced as the future vision for the university back in August. We've heard the term mentioned in almost every interview with administrative members and understandably so; because whether the faculty and community like it or not, this model is going to be one that defines USM's future.

The metropolitan model wants to simply capitalize on USM prime location in the populated southern Maine area and make it an institution that engages with the community more through education and applied research. The goal from that is more opportunities will be created for both students and entrepreneurs and business leaders that might want to tap into an academic clientele.

While new letter heads with "Maine's Metropolitan University" are being printed, and a new president is searched for with the new model in mind, let's take a moment to consider the ways that USM already functions like a metropolitan university.

We've never viewed USM as a gated "ivory tower" community, that distances itself by crafting its curriculum, extracurriculars and mission without the southern Maine com-

munity in mind. So we think that inherently USM has always been a metropolitan university and doesn't exactly need an expensive rebranding to tell that story.

The student group Enactus is a perfect example of metropolitan ideals practiced right now in our university. Since its inception 12 years ago, Enactus has been empowering students by connecting them with real world companies and organizations in partnerships that test the business concepts they've learned in the classroom. They've done over 20 community outreach projects with businesses in the local area just this past year.

Enactus is competing with The Portland Alliance, and The Center for Grieving Children for a \$2,000 grant sponsored by the Maine Masonic Charitable Foundation, that supports organizations that "build our community."

While we aren't opposed to the idea of USM formally labelling itself as a metropolitan university, we just don't need to be reminded about it. We've already got the longtime contributions of student groups like Enactus, ASL Club, the Social Work Student Group and the various fraternities and sororities to thank for that.



The Talk

Sexual positivity and you

Lorraine Kessler
Contributor

A huge part of being holistically healthy and sexually healthy, is loving yourself where you are, and turning that love into an action. This segment is going to focus on a few concepts (which I could go on about for much longer than this page) and briefly introduce them as tools you can use to improve your wellbeing.

The first is sex positivity. Though there is a complex discussion happening right now about what it means to be sex positive, I accept the term sex positive not to say that sex is always great and inherently good, but to say that sex can be a natural experience for many people. I want to stress many, not all, because, for some sex is not a safe, comfortable or desirable experience, be it because of past trauma, interest in other things, or identity as an asexual person. Sex positivity should embraces all sexualities, including those of us who do not wish to engage in sex for whatever reason. Sex positivity should not glamorize sex in general, but instead accepting sexuality in its many forms as a part of the human condition. For some, sex positivity is about reclaiming certain identities such as slut from the mainstream consciousness, and saying I'm fine as I am. This sort of stuff feels different for everyone, but sex positivity should allow people to label their own unique sexuality however they feel comfortable and we should support each other regardless of differing identities. Learning to enjoy our sexuality without guilt is difficult, but it's a good place to start.

A part of why sex positivity can be difficult is that society often sets a standard for what bodies are acceptable, and what bodies are sexy, or even valuable. Anyone outside of a straight, white, cis, conventionally attractive (ie. Barbie, anyone?), body is often treated poorly, and we can internalize the message that our bodies are not worthy of care and love. Those of us with unconventional bodies including people of color, transgender people, nonbinary

people, and people who are "too" fat or "too" thin have an especially hard time feeling confident in our bodies when compared to the "norm." Learning media literacy and knowing when an image is true to live or representative of a population is an important skill to help you remember no one is that perfect person. These limits on bodies encourage us to use negative self-talk about ourselves, and fighting the urge to criticize our bodies is a huge step. It's okay to not love everything about yourself all the time, but remember that our bodies do good for us, and try to do for them. Try not to judge others worth by their appearance, but by their attitude and their intelligence; The same goes for judging yourself.

Finally (just one more dorky buzzword then I'm done) we have self-care. We live in a society that requires us to put everything at the top of our priority list but ourselves. We should stay up all night studying, we should go to work for 40 hours a week, but still have time to look great, and be cool, and be stylish but get all of our work done. However, making time for yourself, to take care of yourself, is not selfish – putting yourself at the top of the list will help everything else fall into line. "An empty cup of tea cannot fill another." Make sure that you take the time to do things you enjoy; go for a walk, take a bath, visit a friend, get enough sleep, eat enough surround yourself with people who support you. Taking care of ourselves means making time to be happy and healthy, appreciating our bodies for what they do for us and not worrying about our shortcomings. You are good enough as you are; You are deserving of care (from yourself and others), and you deserve to feel whole in your body, comfortable in whatever your sexuality may possess, and content knowing that you're the only you out there. (Couldn't give you "the talk" without giving you a pep talk too, right?) Embrace yourself where you are, and make whatever choices are best for you.



THE FREE PRESS
92 BEDFORD STREET,
PORTLAND, MAINE 04101
(207) 780-4084
www.usmfreepress.org

EDITOR-IN-CHIEF

Sam Hill
sam@usmfreepress.org

MANAGING EDITOR

Francis Flisiuk
francis@usmfreepress.org

NEWS EDITOR

Emma James
emma@usmfreepress.org

ARTS & CULTURE EDITOR

Krysteana Scribner
krysteana@usmfreepress.org

COMMUNITY EDITOR

--

STAFF WRITERS

Martin Conte, Brian Gordon, Dora Thompson, Sergey Miller, Alex Huber, David Sanok, Annie Quandt

DESIGN DIRECTOR

Sokvonny Chhouk
sokvonny@usmfreepress.org

DESIGN ASSISTANTS

Abigail Johnson-Ruscansky,
Hannah Lyon

MULTIMEDIA EDITOR

--

STAFF PHOTOGRAPHERS

Aaron Damon, Patrick Higgins,
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Sustainability and ME

You can positively impact the ecosystem, and here's how

Joie Grandbois-Gallup
Contributor

The USDA made headlines recently when, in a recent draft of their proposed updated nutrition guidelines, they suggested that your food choices should not only be based on how good the food is for you but also how good it is for the planet. Now most of us are familiar with what is healthy and what isn't but how do we know if our food choices are good for the planet as well as our bodies? Here are a few simple food choices you can make that can have a positive impact on our ecosystem.

Buy organic: This is probably the most obvious choice you can make. Many people purchase organic food to prevent exposing themselves and others to pesticides. However the benefits of buying organic go beyond just pesticide reduction. According to the Food and Agriculture Association of the UN organic farming practices such as crop rotation, cover crops, water conservation practices and non-use of genetically modified organisms also lead to healthier soil, cleaner water and greater biodiversity in our ecosystem.

Buy Local: The buy local movement has had a significant positive impact on local economies across the country and farmers' markets have been one of the greatest beneficiaries of this movement. Buy-

ing local is not only good for the economy but also good for the environment. You might think that one of the greatest environmental benefits of buying food locally is due to the food being transported a shorter distance, and this is indeed a big benefit of buying local, but local farms also tend to be smaller farms which are far less likely to engage in industrial farm practices like monoculture (the planting of only one type of crop), large scale use of petroleum based pesticides and energy intensive packaging.

Eat less meat: Americans eat 270.7 pounds of meat per year per person. That's 168 pounds more than the world wide average per person. It is estimated that the average hamburger requires 6.7 pounds of feed, 52.8 gallons of water, 74.5 acres of land for grazing and 1,036 volts of energy to produce. That's a huge amount of resources! Studies go back and forth on how good or bad meat is for you, but eating less meat is certainly better for the planet. Try going meatless one day a week and on those other days choose to eat meats that require less resources to be produced such as chicken or pork. Buying local and organic are great options too!

Avoid processed foods: A cup of noodles or a microwave meal is so much easier when you are faced with looming homework deadlines. It can be even more

tempting if you also work full-time or have a family to care for. We know that processed foods are higher in additives, preservatives, salt and fat than non-processed or whole foods, but they also require a lot of energy and resources to go from their natural state to convenient, easy to heat and eat packaging. Try making a large casserole or soup one night a week that you can portion up to eat through the week or organize a meal swap with your friends where each person brings an item to be portioned into servings and everyone takes a bit home in a reusable container. (For more information on how to organize a meal swap visit: <http://www.simplifylive.com/tips-for-setting-up-a-freezer-meal-exchange-group/>)

Making choices that are healthy for ourselves makes sense, and so does making choices that are healthy for the planet. If we are to create a more sustainable world we need to start thinking not only how our choices impact our bodies, but how they impact our community and our world, which in the end is a healthier choice for everyone.

Joie Grandbois-Gallup is a USM senior studying business administration and environmental sustainability.

Simple Science

Déjà vu, messing with memory

Donald Szlosek
Contributor

You know those moments that felt like they already occurred? In fact, you are certain that they have, but you don't know when or how it became too familiar?

Well this is known as déjà vu (which in French means "already seen") and was first studied in 1876 by the French scientist Emile Boirac. To this day, déjà vu is difficult to scientifically study because there is no reliable way to cause it to happen in a laboratory.

Well, what do we know?

Humans don't seem to experience déjà vu until they are at least 8 or 9 years old. Déjà vu occurs most frequently occurs in our teens and twenties and then tapers off as we get older, so it might have to do with brain development.

So what causes déjà vu?

Currently there over a dozen theories as to how déjà vu occurs. Much like a stomach ache, déjà vu might be a symptom with many possible causes. One of the most prominent theories involves a disconnect that may be occurring between the deep structures of the brain that process our experiences unconsciously and the parts of our brain that are conscious about that they experience. In order to get a better understanding of how Déjà vu might work, we have to understand a little neuroanatomy and physiology of the visual system.

As your eyes see images, they send this information to the back of the brain, this is where your occipital lobe is located and where the visual cortex processes images so that we are aware of what we are seeing.

But visual cortex isn't the first stop that information makes. Instead, we know that it stops in lots of other places. For instance, the amygdala, where it is processed at an involuntary emotional level, and the tectum, where it's involved in preliminary visual processing and helps control eye movement.

It is those preliminary structures that are involved in the disconnect which cause déjà vu.

If I experience event A and then B, and then C, and the inner parts of my brain commit it to memory and generate an emotional response, but then, a fraction of later out of sync, my visual cortex finally gets around to telling me, the conscious aware part of my brain, what I am seeing. It will say "ok guys, we are looking for A and then B and then..." and then the brain says "whoah whoah whoah, wait and then C, right? That's already happened I thought?" That might be déjà vu.

What could cause these processes dealing with the same information to get temporarily out of sync like that? Well its probably a neurological abnormality, possibly an epileptic episode where neurons all fire in sync. We also know that patients who experience chronic and persistent déjà vu tend to have brain damage in the temporal lobes of their brain. Next time you are experience déjà vu and are thinking you are a fortune teller, just remember that you are having a small neurological abnormality.

Donald Szlosek is a USM graduate who majored in human biology with minors physics and biochemistry. He is currently a graduate candidate in the MPH program focusing in biostatistics and epidemiology.

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Crossword

Across

1. Pigpen dweller

5. Palm tree fruits

10. Egyptian vipers

14. River of Pisa

15. Siberian antelope

16. NL stadium

17. One way to compete

19. singer Bennett

20. "___ is Born"

21. One way to order on a menu

23. Freight

26. More stale

27. Knowing no more than before

32. Abbr. akin to alias

33. Flavorful

34. Colleague who forsook Paul

38. Honduran seaport

40. Foot bottoms

42. Parlor, in La Paz

43. Pundit Alexander

45. Durable woods

47. ___ and Stimp (cartoon duo)

48. Secret diet-breakers

51. Deliverer

54. ___ St. Vincent Millay

55. Well maintained

58. Musical upbeat

62. Rialto light

63. In pairs

66. Cave, in literature

67. ESPN anchor Rich

68. Noted pugilistic family

69. Spade and Hill

70. Stall call

71. Fixed procedure

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66					67						68			
69					70						71			

Down

1. ___ Ullah, Persian religious leader

2. Some natural resources

3. Sci. subject

4. Prevention publisher

5. British mil. decoration

6. What a doctor might ask you to say

7. '___ Yellow Ribbon Round the Ole Oak Tree'

8. The same, in Paris

9. Former First Family of Egypt

10. Fred and Adele

11. Film genre

12. Game similar to go-moku

13. One talking

18. Uses a sully

22. Street ___

24. Cries of triumph

25. Places for arms

27. Washington nine

28. Approve

29. "The Lion King" daughter

30. Cartoon Coyote

31. Dream up

35. Stallion's mate

36. DiMag, for his entire career

37. Without Fr.

39. Patriarchs and matriarchs

41. Calendar a la Variety

44. Hanging loosely

46. Capital of Yemen: var.

49. Sounds off

50. Xanthippe, e.g.

51. Comes clean

52. "It's the end of ___!"

53. Souped-up engine sound

56. "Victory is mine!"

57. Gnawed: It.

59. Fodder storage site

60. issue

61. Late ruler Mobotu ___ Seko

64. ___ Lingus: Irish carrier

65. Boom producer, for short

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.

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

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

Cryptogram

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

X RXIUVOSR
RXMGFSFM DYDXVWV
KFGRFY KOY UFLY.

And here is your hint:

D = U

The solution to last issue's crossword

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



Weekly Horoscope

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

♈ **Aries** ★★★★★
March 21-April 19

Friendships are natural on the job, but don't let them keep you from relating to everyone. Exclusion leads to inefficiency.

♉ **Taurus** ★★★
April 20-May 20

You notice a friend struggling with an addiction. Don't lecture, but do offer moral support--one day at a time.

♊ **Gemini** ★★
May 21-June 20

You are more sensitive to hidden messages and agendas at work today. You could ferret out secrets, uncover cover-ups.

♋ **Cancer** ★★★
June 21-July 22

News of expansion in the home arrives--a visit, plans to add on, a new child, pet, or other arrival.

♌ **Leo** ★★★★★
July 23-August 22

Uncovering hidden information proves useful. You put your knowledge to work.

♎ **Libra** ★★★★★
September 23-October 22

Your mind can be stretched today: engage in repartee; study vocabulary; take a class, or communicate about important matters.

♏ **Scorpio** ★★
October 3-November 21

Verbal expression feels extra good. Flow with any spontaneous utterances your child (or your inner child) may blurt out.

♐ **Sagittarius** ★★★★★
November 22-December 21

Your mind and tongue are quicker, sharper and livelier than usual. Mental games, sarcasm, irony, or word play can be used for offense or defense.

♑ **Capricorn** ★★★★★
December 22-January 19

Money matters may be faced through correspondence. Other people can also offer useful information and ideas.

♒ **Aquarius** ★★★★★
January 20-February 18

Today you'll be both breaking and following the rules. (Know when to do which!) Make the most of traditions as well as progress.

♓ **Pisces** ★★★★★
February 19-March 20

Today you are more aware of your strength, determination, and willpower. A bit of self-indulgence is OK.

♍ **Virgo** ★★★
August 23-September 22

Today you are more aware of balancing between success and ambitions versus caring and relationships. Both are important.

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USM COMMUNITY PAGE



Community Spotlight: Fair encourages students to study abroad

David Sanok
Free Press Staff

Students interested in studying abroad crowded the Brooks Dining Center last week, to explore opportunities to travel for a semester overseas, at an informational fair hosted by the office of student life.

Freshman Riley Laflin spent her time at the event looking for abroad programs that featured art major as an option.

“I’m looking into taking a semester in South America. Spanish is my second language so I won’t have a problem with communication if I attend there,” said Laflin. “South America has always been someplace I’ve wanted to visit because it’s so warm there and I’ve always been fascinated by their ancient culture and art.”

When it came to deciding what South American country, Laflin did not have anything specific set in mind.

“Countries like Peru and Bolivia have a lot of art history in their culture, but it really doesn’t make that big a difference what South American country I go to as long as it offers an art program,” said Laflin. “The challenge for me right now is looking at all these different abroad programs and deciding which one best suits me.”

The fair featured many different abroad programs such as Capa, Education Abroad Network, CIS Abroad, USAC abroad, SIT Abroad, AIFS, and Set Sail Around the World. To promote the abroad programs, tables were lined up across the cafeteria that had guides, brochures and pictures of potential global destinations that the students could browse through, before decid-



Abigail Johnson-Ruscansky / Design Assistant
Alex Lyscars, a senior French major, stops by a table to sign up for more information.

ing to ask any questions.

“Our abroad program is primarily comprised of students looking to major in education,” explained Nancy Clarke, campus relations director for the Education Abroad Network.

“The countries our network offers as destinations include New Zealand, China, Australia, Southeast Asia and South Korea. We want to give students who live on the east coast the opportunity take classes in the Pacific.

Tabling for the API Study Abroad was Cary Ann Bailer. Bailer had taken a semester abroad working with API. After graduating from college, Bailer became

a teacher for API where she now teaches classes in Colombia.

“I joined API as a student during my junior year of college, and I went to Madrid in Spain,” said Bailer. “I’d been taking Spanish ever since middle school and always the opportunity to take classes while in Madrid for a semester. The experience gave me the opportunity to interact with Spanish speaking people on a daily basis as well as visit some beautiful sites and make new friends.”

news@usmfreepress.org
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Campus Events

Monday, January 26

Richard Lee: Paper Trails
9:00 a.m. to 4:00 p.m.
7th Floor, Glickman Library, Portland

Eight Planets Omni Dome Show
1:00 p.m. to 2:00 p.m.
Southworth Planetarium, Portland

Tuesday, January 27

Rusty Rocket in Full Dome!
1:00 p.m. to 2:00 p.m.
Southworth Planetarium, Portland

(Women’s Basketball) Southern Me. at Mass.-Boston
5:30 p.m. to 8:30 p.m.

(Men’s Ice Hockey) Southern Me. at Bowdoin
7:00 p.m. to 10:00 p.m.

(Men’s Basketball) Southern Me. at Mass.-Boston
7:30 p.m. to 10:30 p.m.

Wednesday, January 28

Dinosaurs at Dusk!
1:00 p.m. to 2:00 p.m.
Southworth Planetarium, Portland

Thursday, January 29

CTEL Workshop: Online Assessments
10:00 a.m. to 11:30 a.m.
213 Abromson, Portland

Student Mental Health and College Success: What Faculty Need to Know
12:00 p.m. to 1:30 p.m.
Room 312, Faculty Commons, Glickman Library, Portland

Friday, January 30

Visiting Artist Talk: Traci Molloy, USM Artist-in-Residence
12:00 p.m.
Burnham Lounge, Robie Andrews Hall, Gorham

(Men’s Ice Hockey) U. of New England vs. Southern Me.
7:00 p.m. to 10:00 p.m.

(Women’s Ice Hockey) Southern Me. at U. of New England
4:00 p.m. to 7:00 p.m.

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



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