

The Love Issue



News

HISTORY OF VALENTINE'S DAY



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GIRLS DON'T APPRECIATE *creepy* pickup strategies



Francis Flisiuk / Managing Editor

Female students share their worst bar stories

UMaine Law students Marpheen Chann (LEFT) Toye Akinjiola and Carlos Medina attempt to flirt and chat up an annoyed and non-reciprocating Abby Kohle, a senior communication major in a simulated situation at the Great Lost Bear. This image is meant to highlight the uncomfortable situations that average women may find themselves in while attempting to have a peaceful drink at a bar.

Francis Flisiuk
Managing Editor

Bar and clubs are usually the stereotypical hot spots to pick up women and with Valentine's Day around the corner, the nightlife in Portland is sure to be filled with thirsty dudes looking for some last minute love. But how do women feel about that?

Based on the experiences of several female students the general consensus is grim: a good portion of men are over-aggressive creeps when it comes to their strategies for scoring dates.

"I'm sure every girl has been hit on, one way or another, in a creepy fashion," said Nicole Downing, a sophomore art major.

According to Downing, "creepy behavior," can be anything from prolonged stares, the use of pickup lines, to unwanted touching and grabbing. From the accounts of female students, these behaviors happen far too often and can discourage girls from feeling comfortable in the dating scene.

"Men suck," said Sarah Morrell, a marketing and business management graduate. "The best ones are either taken or gay."

"Straight staring makes me uncomfortable," said Andreanna Anderson, a former USM student. "One of the worst things is when a guy is just staring at me from across the bar."

Anderson said that once while out in the Old Port, she had a random guy that she never met before come up to her and immediately start groping.

"He just walked up and grabbed

“ He just walked up and grabbed my ass and casually walked away. I wouldn't go into the bars looking for my future husband. ”

Andreanna Anderson, Former USM student

my ass and casually walked away," said Anderson. "I wouldn't go into the bars looking for my future husband."

Anderson considers this behavior disrespectful and attributes it to an overabundance of male confidence. Anderson is quick to point out these kind of men, because according to her they are usually the ones that will call you "babe," or "sexy," before even learning your name. For her, men that employ that tactic are an instant turn off.

"I really hate it when guys come at me super aggressively and over confident," said Anderson. "I don't like guys that think they are the hottest thing on the planet."

Abby Kohle, a senior communication major, also has had some experience with aggressive men and said that only when she tells pursuers that she has a boyfriend, will they leave her alone.

"It's really degrading because they're not respecting me, they're respecting my boyfriend," said Kohle. "I know a lot of girls that

lie about having a boyfriend just to get them to back off."

As far as pet names, like "baby," "sugar" and "sexy," Kohle considers them all to be disrespectful. According to Kohle, if a man doesn't ask for her name, or address her by her name, she ignores them. Kohle described the men that employ that kind of approach as cocky instead of genuinely confident.

"Confidence is something everyone should have inherently," said Kohle. "But when you talk to a girl you should give her your attention, instead of making it all about you and getting her to like you."

Pickup lines were cited as particularly cringe-worthy methods of seducing women by nearly all the women interviewed. Kohle finds them demeaning to her gender.

"I was at LFK once and met a guy outside while smoking a cigarette," said Kohle. "The first thing he said was, 'I'm Alec, a lot of people hate me.' It was the worst pickup line ever."

"[Pickup lines] work for men some of the time," said Rachel Zahn, a music graduate. "I've always thought it was cheesy, but some girls who don't get much attention go for it."

Zahn thinks that crude, lewd and cheesy behavior might be because some men go through a lot of rejection and don't know how else to act around women.

"Going through a lot of rejection isn't even an excuse for the behavior," said Zahn. "I've learned to not even put myself in those situations, it isn't my duty to take responsibility for those actions."

Despite the cheesiness of pickup lines, some girls enjoy them, but only if they're humorous enough.

"I kind of like them because they make me chuckle," said Anderson. "A sense of humor can go a long way with me."

Rylee Doiron, a musical theatre graduate, told a bar story about a guy who improvised a line based on the drink that she ordered. The guy approached her, looked at her whiskey drink, and said 'Lady after my own heart, drinks her scotch neat.'

"I had to give it to him that he paid attention to what I was drinking and found a common ground that we could easily make conversation from," said Doiron. "My good experiences with guys at bars have only been when they actually notice me and say something that doesn't have anything to do with my appearance."

According to Doiron, as long as a man is respectful and treats her

like a human being instead of just a piece of meat, then she's more inclined to like them.

Men like Brandon Owens, a recreation and sports management graduate, and his friend Cody Rohde, a senior sports management major agree and understand that women usually have a "wall of caution" around them when talking to strangers.

"Girls are on their guard a bit more," said Owen. "Men don't know what it's like on their end."

Owens said that if somebody expresses disinterest in him at a bar, then he immediately stops flirting to avoid coming across as weird or creepy.

While Rohde spoke out against pick up lines and simply hitting on girls, he did say that he's been persistent on occasion when trying to win a girl's favor.

"I try to read the vibe a girl is throwing at me," said Rohde. "If she says no in a serious manner, I'll back off. But if it's a playful no, then I might try to persist."

Anderson offered some advice to anyone looking for a Valentine's love within Portland's bar and club scene and said to approach a girl and compliment her, but about something other than her physicality.

"If she's wearing a nice dress, say something about it, because that girl probably spent a long time picking that dress out," said Anderson. "All ladies love compliments."

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The lesser known history of Valentine's Day

Victorian era love cards symbolize change of times

Francis Flisiuk
Managing Editor

Over priced roses and heart shaped pieces of plastic have adorned department store shelves, signifying that the ancient fertility festival of Lupercalia is almost upon us. But of course, most modern Americans know it as Valentine's Day.

According to the U.S. Census Bureau, 62% of American adults celebrated the holiday of love and romance last year, but how many are aware of its pagan and later Christian origins?

After stopping to ask this question to about 25 students in the Woodbury Campus Center last week, the air of uncertainty surrounding the holiday's beginning was tangible. Most students responded with, "I think it has something to do with St. Valentine," but not much else.

"It was a religious day right?" said Christina Cook, a first year social work graduate student. "Like St. Valentine did some stuff at one time. I'm sorry, I don't really know."

"The only thing that comes to my mind is baby cupid shooting arrows," said freshman international business major Rona Sayed. "I don't think most students have an idea about the religious foundations of certain holidays."

Despite the cute and loving nature of the holiday in its current form, back in Roman times, it was a different sort of celebration. Lupercalia, as it was called back then, was celebrated by sacrificing animals and whipping naked women with their hides in a drunken revelry. The holiday didn't get its name until 400 A.D. Pope Gelasius declared Feb.

14 the day to honor two men, both named Valentine, who were executed by the Romans 100 years prior. The Pope wanted a Christian holiday to honor the church but didn't want to upset the then huge populace of pagans. So Pope Gelasius simply changed the name of Lupercalia to Valentine's Day in homage to the two bishops who were imprisoned and tortured in Rome before they died as martyrs. However, according to the Roman Martyrology, there's only one person listed as Saint Valentine.

By the medieval era of the late 1300s the holiday was first associated with love and romance, spurred on by the works of Geoffrey Chaucer and William Shakespeare. But according to Libby Bischof, a history professor at USM, the Valentine's Day rituals and symbols that we're used to didn't really gain popularity until the 17th and 18th century. After Europe embraced the idea of sending each other Valentines, the tradition carried over to America.

"As you might imagine, the British colonists brought over the tradition of card exchange with them to the New World," said Bischof.

Bischof collects vintage Valentine's Day cards from the late 19th century for personal pleasure and for her history students to examine. Bischof said that it is evident from her historic collection where we get our classic symbols of cherubs, hearts, flowers and doves. The cards were highly ornate, with soft tones of pinks, reds and blues and layered with lace and images of Victorian era scenes.

"Much like the women of the time were overdressed with ruffles and



Francis Flisiuk / Managing Editor

Some of Libby Bischof's private collection of vintage Valentine's Day cards from the 19th century, when the mass sending of love messages gained popularity. One card reads: "When thou art near, the rose doth seem less fair, the lily pale is shorn of balf its grace, I only see the glory of thy hair. I only know the beauty of thy face, thy presence gladdens like the vernal year, and it is always May, when thou art near."

lace, these Valentine's Day cards were way overdone," said Bischof. "But I love card exchange."

Bischof said that people living in the Victorian era, which lasted from 1837-1901, were more sentimental than the current generation and spent their Valentine's Day sending gifts and detailed artistic stationaries to not just their romantic desires, but also to their friends and family.

"Today the honor of 'my Valentine' is usually reserved for somebody's boyfriend or girlfriend," said Bischof. "Friendships were more intimate back then."

From the pop up art work, to the romantic verses and handwritten notes to even the envelopes they were sent in, these messages of love followed a structured format, but

“ The only thing that comes to my mind is baby cupid shooting arrows. I don't think most students have an idea about the religious foundations of certain holidays.

Rona Sayed, International business major

without lacking in creativity and meaning.

"In the 1700s there were actual manuals and coded social behaviors on what you should put into a Valentine's Day card," said Bischof.

Even the direction and angle of the stamp carried some sort of sentiment and meaning. For example a crooked stamp might mean that your intentions are to transcend being friends and start courting.

The art of the handwritten note and the act of making things from scratch in general is something that Bischof believes has for the most part, taken a back seat in modern society.

"Times have changed," said Bischof. "There's no handmade touch anymore, when taking the time and sentiment is important. It would be a nice thing if we could do more of it, but it's gone by the wayside a little, partially from laziness and partially the demands of our time."

According to Bischof, Valentine's Day rituals have altered to a point where the holiday is more commercialized and people feel pressured to spend a lot of their money fueling a billion dollar industry. And while according to U.S. Postal Service, 150 million Valentine's Day cards were sent through the mail last year, most were mass produced.

"Nowadays I'm sure it's more common to make a Facebook post and tag your significant other in it," said Bischof. "There was more genuine caring behind the Victorian practices, that may have just been filtered out now."

Emily Maynard, a community planning and development graduate,

used to keep fostering the older card exchange tradition as an R.A. on campus by leaving Valentine's Day cards under residents' doors. She believes that handmaking a card and sending it through the mail shows a lot of initiative, but is simply a hobby for some people.

"But that card in the mail has definitely been almost phased out by modern society," said Maynard. "My parent will send me a card. But I probably won't send one back."

"I might send out one card," said Brandon Owens, a recreation and sports management graduate. "If I had time, I'd try to make something. Creativity does mean more."

Owens and his friend Cody Rohde, fellow sports management major, said they plan on watching Netflix on Valentine's Day and think that people view the holiday as just another "Hallmark holiday but don't really understand it."

Today the holiday has strayed far from its dark Roman origins and Victorian era days of highly cordial but sincere rituals, into a big, money churning business. According to CNN, two years ago Americans spent more than four billion dollars on just candy and roses and \$18.6 billion overall, by the time the day of love appeared on the calendar.

However according to the same survey, 85% of men and women in America say sex is an important part of their Valentine's Day celebrations, so modern observers of the holiday hanker back to some of their ancient roots.

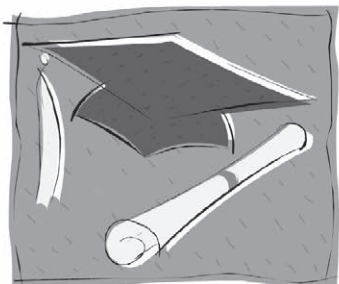
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First presidency finalist visits

Brian Gordon
Free Press Staff

The first of the three prospective USM presidents, Jose “Zito” Sartarelli, met with student leaders, faculty and staff Thursday to introduce himself and answer questions about his vision for USM.

“Job one is enrollment. You have to fix enrollment. Job two is fundraising. Fundraising takes time, three to five years,” Sartarelli said. “USM has great bones but absolutely needs a new vision.”

Throughout the day Sartarelli was vocally adamant about recruitment and getting enrollment up by marketing to students.

“That dream of ‘build it and they will come’ – that doesn’t work anymore, you have to go out and sell it,” said Sartarelli. “We have to sell abroad and nationally – make our classrooms more diverse.”

“I have coined a slogan already. ‘USM Rising.’ Rising enrollment. Rising community engagement,” Sartarelli said.

The student senate ate lunch with Sartarelli and were all concerned about what his take of the “metropolitan university model” would be. Sartarelli’s vision entails not just reaching out to local businesses but a global reach. He would like to raise our student population from hovering around 7,000 to 10,000 and have international students be 10% of that makeup.

“One thing is for sure, we have to get our numbers up, it doesn’t matter what a metropolitan university is,” Sartarelli said.

Sartarelli wants to use his diverse international background working for global companies such as Johnson & Johnson and

Bristol-Myer Squid, running their Latin American and Asia-Pacific departments.

Sartarelli is currently West Virginia University’s Chief Global Officer and Milan Puskar Dean of the College of Business and Economics at West Virginia University. He grew up on a farm in Brazil and until the age of seven read by the light of a kerosene lamp. Sartarelli finished high school in Texas and is still close friends with his host family.

“I am the epitome of ‘It takes a village.’ I’ve been helped by a lot of people in my life,” Sartarelli said.

If he was president six months or two years ago, he was asked, would he have gutted the university of professors and courses? Sartarelli said he didn’t like to answer hypothetical questions but he did say when you have a university such as ours that has 75% of its money connected to people, someone will be affected.

“If enrollment doesn’t go up there’s going to be more cuts in the future,” said Sartarelli. “For the greater good of the entity, it takes some pain.”

Megean Bourgeois, an undergraduate voting member of the presidential search board, broached the question of firing tenured professors by voicemail. Sartarelli said there needs to be dignity when releasing professors.

“It’s the termination of a dream. It’s shocking. There needs to be dignity and it must be done face to face,” said Sartarelli.

Benn Marine, a junior in political science and economics, expressed worry about students leaving as a direct byproduct of the retrenchment of professors.

“Will you fight like hell for faculty?” he asked Sartarelli.

The prospective president deflected and said the budget should be balanced so there shouldn’t be a need to cut anymore faculty.

Wayne Cowart, a linguistics professor, said faculty have been left in the dark concerning the budget and he would like more transparency. Sartarelli answered, “If the faculty doesn’t know and have a reliable way of knowing, it’s very disabling and disappointing.”

“I will have an open door policy. Accessible all the time,” he said.

Sartarelli added that he currently meets with two or three faculty members a day at WVU.

“If we do not reach out to you, you have a reason to be upset,” said Sartarelli. “I’m not a person who closes the door. I do a lot of managing by walking around, floor to floor.”

Lucinda Cole, associate professor of English and director of women and gender studies noted the board of trustees is in charge of the budget right now and asked what Sartarelli would do if that was still the case and he was the president.

“If I’m coming in with my hands tied behind back, I’m not coming here; I’m not interested,” said Sartarelli, noting that he wants to have full control of USM’s budget.

“No one is going to cry for us if we close. We need to get them [the state government] to care about us by being a valuable resource. I would love to be president and take the university to a new level.”

The other presidential candidates will be on campus this week; Dr. Glenn Cummings will visit the 9th and 10th and Dr. Harvey Kesselman the 12th and 13th.

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Police Beat



Selections from the USM Department of Public Safety police log January 21 to 27

Wednesday, January 21

I got a hankering to do some late night welding

1:24 a.m. - Reported unauthorized entry into a building. Attempted theft, under investigation. Welding Shop, 45 University Way

“What? Is this not a reasonable place to park?”

7:46 p.m. - Suspicious activity. Vehicle parked in a non parking area. Upton Hastings Hall, 52 University Way

Black-eyes, concussions and missing teeth up the wahzoo!

10:04 p.m. - Subject transported to hospital following medical emergency. Ice Arena, 55 Campus Ave.

Thursday, January 22

It’s Thirsty Thursday Bub, relax

11:19 p.m. - Disturbance. Assistance to residential life for loud party. Upperclass Hall, 25 Husky Dr.

Friday, January 23

Pick-pocket targets drunk freshmen

12:01 a.m. - Suspicious activity. Item removed from individual. Upperclass Hall, 25 Husky Dr.

You rolled the bones and lost

7:12 p.m. - Summons issued to Joseph A. Zukowski, 22 of Portland for suspended registration and a warning for stop sign violation. Parking Lot P3, 34 Bedford St.

Sunday, January 25

Whiskey on a Sunday

1:39 a.m. - Report of subjects yelling, unable to locate. Philippi Hall, 19 Campus Ave.

Yelling “Fire!” in a crowded theater

5:44 p.m. - Fire alarm activated due to light smoke and odor in building. Check by Gorham Fire Department and determined to be an issue with the HVAC system. Upton Hastings Hall, 52 University Way

Monday, January 26

Don’t panic! It’s only a button

10:28 a.m. - Security alarm. Accidental trip of panic button. Law Building, 246 Deering Ave.

Tuesday, January 27

But it’s my turn to sleep with the binky!

1:52 a.m. - Assisted with a roommate conflict, all set. Peace restored. Upperclass Hall, 25 Husky Dr.

Late night puker wakes the dorm

3:42 a.m. - Disturbance. Assisted residential life with a call. Upperclass Hall, 25 Husky Dr.

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

Haven's handcrafts their chocolate treats

Inside the store, employees are preparing for the upcoming holiday



Krysteana Scribner
Arts & Culture Editor

Valentine's day is often associated with the typical romantic gestures of dinner dates, sending roses and seeing a romantic comedy to wrap up a cliché date night. One of the most typical gifts of romance, chocolate, is being produced all over the world. At Haven's in Westbrook, the smell of freshly melted chocolate lingers in the air as customers walk in prepared to buy their loved ones that something special.

Art Dillon, a self-proclaimed master candy maker, is one of the many people working hard to create the variety of chocolate products sold at Haven's. He explained that this time of year there are a lot of people who come into the store looking for chocolate for that special someone in their lives.

"People love chocolate because it makes them feel really good. It has good endorphins, it has antioxidants and when eaten in moderation it's good for you," said Dillon.

Within the store, glass windows give customers a behind-the-

scenes look at the production of their favorite treats. Employees poured cream centers into starch holdings, which mold them to be covered in chocolate in the morning once it has cooled.

"Candy making itself is usually a 24 hour process. In an average day, one person can pack about 150 pounds of chocolate in an eight hour time span," said Dillon. "A lot of work goes into making our chocolates."

In a large mixing container out back, candy makers melt hot, bubbling caramel to a sweet simmer. Once it's done mixing, employees will take the hot caramel and put it into impressions until it cools. As everyone hurried around making chocolate delights, Dillon explained that as a business, they have to think ahead to future holidays.

"Our company wholesales so we're busy pretty much year round. Retail sales go up substantially during the holidays," said Dillon. "We always have to be thinking ahead. We're thinking about Easter right now and we finished all of our Valentine's Day stuff last week, except for dipping

strawberries."

Some of their most popular items this time of year are the chocolate hearts, cherry cordials, turtles, sea salt caramels, toffee and butter crunch. Dillon explained that everything except the gummy products and foiled items that the customer can purchase is made right in store.

"Before I started here, I used to think that chocolate was expensive. Now that I work here, I've seen the labor that goes into making all the product," said Dillon. "Everything is hand-packed. I thought it would be automated and machine driven. The amount of packaging and inventory that has to be kept on hand is crazy."

Dillon explained that out of all the chocolate that is made at Haven's, his favorite will always be the almond bark.

"Almond bark is basically hand-tempered chocolate with almonds put in it," said Dillon. "It looks like tree bark but it tastes so good."

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Francis Flisiuk / Managing Editor

Top left: Employees pour melted chocolate into molding trays.

Bottom left: Art Dillon stands by the store's handmade product stand.

Top right: Employees mold chocolate bunnies in preparation for Easter.

Bottom right: Caramel is melted down and mixed until it's ready. The next day, it will be cool enough to make caramel strips and package.



Local Top 5:

Alternative Valentine's Day dates in Portland

Kristin Ouellette
Contributor

1 "80 Shades of Awesome" at Port City Music Hall on Congress Street

Time to pull out your mom's old pumps and rummage through thrift shops for a pair of legwarmers - and leather pants, if you so choose. Grab your significant other or friends and come dance away at Port City Music Hall with The Awesome, presenting "80 Shades of Awesome." - a parody of the popular novel "50 Shades of Grey." Hailing from Portland, these performers are guaranteed to re-surface everything you loved about the 80's (or what you imagine the 80s to have been like!)

2 Couples Guided Tour at Wadsworth-Longfellow house on Congress Street

Many couples feel great warmth from being able to learn something together. As Henry Wadsworth Longfellow once said, "Love keeps the cold out better than a cloak." In celebration of Valentine's Day, the Wadsworth-Longfellow House on Congress Street is hosting a love-themed tour. Bring your special someone out to Congress Street and listen to tour guides talk about things like 19th Century courtship rituals, as well as the Longfellow family's many romances, heartbreaks and marriages. Tours are taking place between February 5 and 14 and reservations are filling up quick so be sure to book early!

3 7th Annual Valentines Day Public Dance at Maplewood Dance Center

Looking for somewhere fun, upbeat and unique to take your date this Valentine's Day? Why not kick it high school style and head over to the 7th annual Valentine Public Dance. This exciting event is happening on Valentines Day at the Maplewood Dance Center. The dress code is Dressy Casual to tux and ball gown, so pull out your best attire and get dolled-up for a great night of dancing with your special someone. Listen to the sounds of the Carmine Terracciano Band, presented by Tony Boffa Music. Maplewood Dance Center is the largest ballroom dance floor in Maine and is located on Warren Avenue. The dance lasts from 8:00-11:00 p.m.

4 Portland Ballet presents: "Boy Meets Girl" on Forest Avenue

Do you envision a classy, upscale romance with your significant other? If you want to make Valentine's Day a memorable night for your love, why not take them to the Portland Ballet Studio Theater? Throughout February, Portland Ballet is presenting "Boy Meets Girl" a beautiful show that will leave you and your love smiling. Watch dancers glide across the stage and enjoy an array of fantasizing music to accompany the show. If you want a night that will be undeniably classic and memorable, it is highly recommended that you check out this lovely show.

5 Flatbread Company on Commercial Street

If you and your lover are foodies, Portland is the perfect city to feed your taste buds with any kind of food imaginable. One restaurant in particular, Flatbread Company on Commercial Street in Portland, is unique in flavors and atmosphere. After you order from the wide selection of delicious and interesting flatbread pizzas, gaze out the window with your love and watch the amazing sights of the New England seafaring atmosphere. At this restaurant, your food is prepared right in front of you. Treat your significant other, your mom and dad or a few friends to this delicious restaurant that strays far from the typical and cliché "dinner and a movie."

Do you know of a fun Portland Event?
Tell us on Twitter @USMFreePress

HEAVY ROTATION

WHAT CAUGHT THE EYES AND EARS OF OUR STAFF THIS WEEK

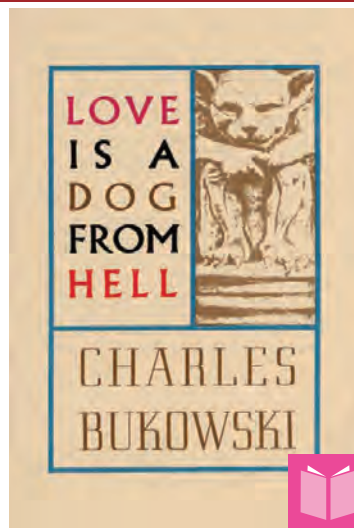


Tree House Pictures

That Awkward Moment

In the film *That Awkward Moment*, three best friends find themselves at that confusing moment in every dating relationship when you have to decide 'So... where is this going?' This romantic comedy touches upon what it's like to find new love while trying to get over someone you once loved. After Mikey loses his girlfriend, his best friends Daniel and Jason decide to create a pact with him to stay single. As time progresses on, these three friends find themselves in situations where they may be willing to date again. Between laughter and tears, this film is perfect for couples to watch over a bowl of popcorn together while cuddling. It touches upon relatable topics in dating and is sure to bring a lot of 'awe' moments that will leave you and your significant other glad to have one another.

- Krysteana Scribner
Arts & Culture Editor



Ecco Publishing

Love is a Dog From Hell by Charles Bukowski

Love is a dog from hell. No truer words were ever put to paper. Shakespeare ain't got nothing on Bukowski when it comes to love. This skid-row poet laureate knows a thing or two about amour'. Ladies of the night and weathered old hags, Buk's been with them all and appreciated their worn corners like an old book. No date for the fraud-olday? Curl up with my man and have a laugh at our bad luck being human. This is poetry for people who don't like poetry because it reads like short stories. "Our educational system tells us, that we can all be, big-ass winners. It hasn't told us about the gutters, or the suicides, or the terror of one person, aching in one place alone."

"You boys can keep your virgins give me hot old women in high heels with asses that forgot to get old."

- Brian Gordon
Free Press Staff



Pornhub

Pornhub Premium

Pornhub, arguably the most customer friendly company on the planet, makes its premium content and features entirely free on Valentine's Day.

What makes it premium? We're not entirely sure, but we aren't about to turn down free, potentially super-porn because we're being cynics. Whether you're looking to spice up the bedroom with your partner after a romantic evening, get the ball rolling with a new flame or need some self-love while the movie your streaming is buffering for the 17th time, a visit to the world's most popular porno connect can't possibly be a bad choice.

If you chose to have a sexier Valentine's Date, be sure to rate, appreciate and use us as a reference if you end up subscribing. We probably get rewards points or something for that.

- Free Press Staff

What caught your eyes and ears this week? Let us know! arts@usmfreepress.org

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Perspectives

Our Opinion

Make Valentine's Day whatever you'd like; with respect of course

Love. That's what Valentine's Day is all about. But love doesn't necessarily mean you have to dedicate one day of the year to your significant other. Love can be for a boyfriend, a parent, a sibling or a friend. It's subjective, so you don't have to give in to the intense commercialization of the emotion and feel pressured to find romance.

Sure, show you care in some way. Realistically, life can get so crazy that we sometimes forget to appreciate those we encounter in day to day life. There are more ways to show this appreciation than a romantic date night.

Empowerment. That's what "Galentine's Day" is all about. It's not a day designed to sell trinkets, nor is it a recognized national holiday, regardless of how many people think it should be. You don't have to dress up. You don't have to spend extravagant amounts of money. There's but one requirement: you must possess ovaries.

It could be anyone from your mother, to co workers to friends from school. As long as you're a girl, you can officially celebrate a relationship that might stand the test of time: friendship.

If you're the type of person that might crack under the societal pressure to find love and will feel

the need to roam the town for a potential date, make sure you do so in the least creepy way possible. Be respectful and don't let your lustful desire for companionship turn you into an animal. We've heard many accounts this week of females having to deal with suitors flirting with them in very awkward and uncomfortable ways. Make sure you're not one of them. While the feeling of no one wanting you, both emotionally and physically, can be intensely depressing, don't let it addle your demeanor or change your personality. From what we've heard, guys can turn into big, cocky jerks out of desperation for love.

Ultimately, Valentine's Day is a day that can be what you want; try to send some respectful positive vibes to somebody in your life. You can be that stereotypical couple that rents a hot air balloon, or you can just hang out with the ladies at home or make your way through the Old Port with the guys. Use it to do what you want. Just don't forget to recognize and appreciate those you have around you in a respectful and truly loving way.

Our Opinion is written and reviewed by the Free Press editorial board.

Can we handle another snow day?

If there's one more snow day spree at USM, we're not sure how students are going to get what they're paying for out of their courses.

It's becoming difficult to keep focused and stay concentrated on our studies with constant interruptions, and with most professors kicking class into high-gear to catch up on the syllabus before the end of the year, we're speeding through readings and assignments that should really take more time.

At what point should students start wondering if their money is being put to good use? Generally, most professors start slashing students' grades when students don't show up and three or four absences can sometimes result in automatic failing grades. But if three or four classes are missed due to weather, students aren't refunded any of the cost for that class and are often forced into working double-duty for the rest of the semester to meet expectations the professor had set beforehand.

If we're scheduled to read, go over and complete assignments over two chapters in a text book, it isn't reasonable to jam another five chapters and terse analysis into an hour because of decisions made by the administration. In some courses, class topics are

sometimes completely ignored or passed over because of cancellations and students miss out on pieces of what they're paying for. And we know for certain there are students out there that are genuinely bummed at missing class content.

It isn't fair for students to be charged for classes they aren't attending. It's like cancelling a show at the State Theater and not refunding anyone who purchased tickets.

It's been snowing a lot in Maine. That's unavoidable. But maybe more preventative snow removal and facilities action could reduce the number of classes that students miss. Even days after a storm, students are forced to trudge through snow and slush covering heavily used walkways and parking is still limited because of snow on campus.

We're paying students and we desire to learn. We know you can't control the weather, but any more snowdays are going to seriously put us behind schedule, which we hope won't cause us to frantically be catching up by the time finals come around.

Our Opinion is written and reviewed by the Free Press editorial board.

Have your own opinion?

The Free Press welcomes letters to the editor and guest commentaries from the USM community. Letters to the editor may not exceed 400 words and op-eds may not exceed 700 words without prior approval from the Editor-in-Chief. Any content must be submitted electronically and must include the author's full name, school year or relationship to USM. We reserve the right to edit or refuse all materials submitted or solicited for publication. Columns do not reflect the opinions of The Free Press or its staff. We have a gender-neutral language policy. Deadline for submissions is the Wednesday before publication. Send submissions to editor@usmfreepress.org.

Simple Science

Pheromones dictate attraction

Have you ever wonder what makes you attracted to someone else? Is it just physical appearance and interpersonal experiences? Or is it something more...scientific?

Studies involving osmology, or the science of smell research, has observed that men and women are attracted to each other via selective chemical messengers called pheromones. Coming from the Greek term pherin, meaning to transfer and hormon, meaning to excite, pheromones are primarily perceived through olfactory sensors, and are suggested to be excreted by several areas of the body, including the skin, sweat glands, saliva, and urine. Pheromones are arousal- stimulating chemicals that signal sexual desire, sexual readiness, hormone levels, fertility and the deepest emotions. When released by the body, certain pheromones are suggested to attract members of the opposite sex.

You may even pick your soul mate by subconsciously reacting to pheromones that transmit their genetic compatibility. One landmark study found that women consistently select stranger who genes are genetically compatible with their own after smelling their tee-shirts. and were turned off by those who were genetically incompatible. What's more, the odors they preferred reminded them of their boyfriends.

Does this mean you should go around smelling peoples shirts to

see if you are genetically compatible? Maybe not.

Other studies have found that initial attraction might be based 55% on body language, 38% on tone and speed of voice and only 7% on the words you say.

So can we fall in love?

New York social neuroscientist Arthur Aron, who has been studying cognition and motivation among personal relationship at Stony Brook University in New York for over 40 years, suggests that you can have a deep emotional connection with someone in just 34 minutes. One of his studies took 20 complete strangers and had them spend 30 minutes discussing intimate details about each others lives for half an hour. Afterwards they were asked to stare deeply into each others eyes without talking for four minutes. Over half the population stated feeling a closer connection with the people they talked to and a third felt deeply connected. Two of the people from the study eventually got married.

So what is more important? Body language, pheromones or discussing personal details? While science has not fully broken the code of falling in love it is most likely a combination of all of these things and much more.

Donald Szlosek is a USM graduate who majored in human biology and minored in physics.



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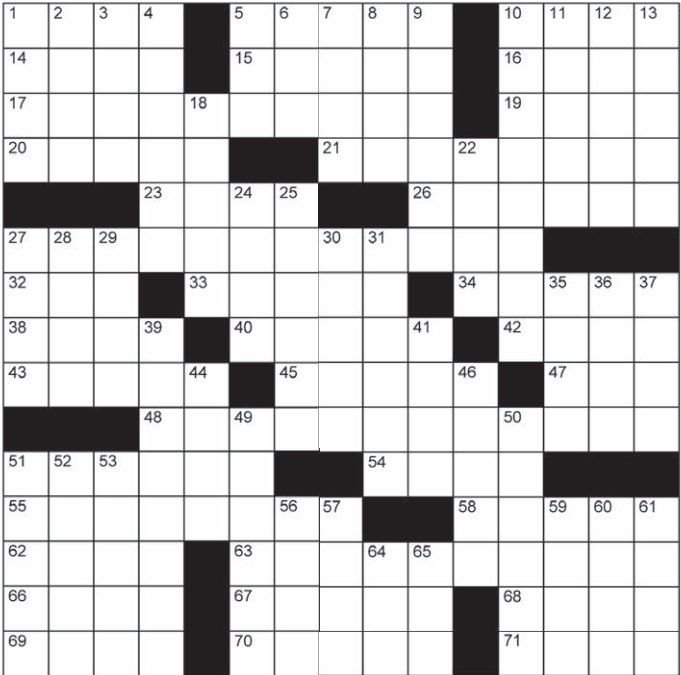
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Crossword

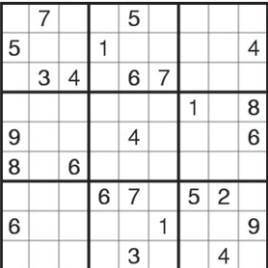
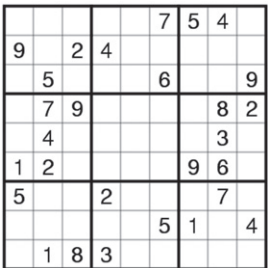
- Across
1. Indian beast of burden
5. Note in a soprano's range
10. Author Martin or Kingsley
14. Collar
15. Mosque god
16. Scandinavian goddess of fate
17. Warner's statement after the fact
19. Quiet exercise
20. Drum used to accompany a fife
21. Small floor covering
23. Small batteries
26. Where St. Paul preached
27. Not just a fib
32. __ pro nobis
35. Treasure chest
34. Squeeze with force
38. Trip to Mecca
40. Gets ready for surgery
42. Morales in movies
43. Like sunflowers
45. Farm plantings
47. Suffix with Gator
48. Unlikely Planned Parenthood member
51. Volleyball player
54. Cancel a correction
55. Practice Zen
58. IBM offerings of the '80s
62. Author/lecturer Wiesel
63. Jimmy Buffett fan
66. Signs of summer
67. Oscars' cousins
68. 'Orinoco Flow' singer
69. Latvian
70. Goldblume of "Hill Street Blues"
71. Regina's prov.



- Down
1. Time: Ger.
2. Old comic strip character Kett
3. Hardly a genius
4. Get rid of
5. Stable serving
6. UN workers' agcy.
7. Satiated
8. Sauteed leftovers
9. Designed for group singing
10. All-inclusive location
11. Roger of "The Saint" TV series
12. Militant Zionist group in Palestine
13. Hosiery risks
18. "Rough" writing
22. Of hearing
24. Org. for senior citizens
25. Discolor by burning
27. Danish Nobelists
28. Venezuelan copper center
29. 1975 hit by Styx
30. U.S. tennis great
31. Bus stations
35. Mil. branch
36. Popular Anglo-Nigerian singer
37. Yesterday, in Dijon
39. Most spasmodic
41. Flyspeck
44. Kind of soda
46. Dozed
49. Wine source
50. Needs scratching
51. Sense
52. West Indies volcano
53. Chucklehead
56. Make compact, as pipe tobacco
57. First name in wit
59. Actress Malone of "Stepmom"
60. Sun emanations
61. Pierre's state: Abbr.
64. Rembrandt van ____
65. Bear in Barcelona

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.



Cryptogram

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

P CBPOL WXX
KWN LZCKWXX
JXWQZDN OZZI KPKN
GBP XZ JXWQPOH.
CBZQ'DZ WXGWQN
IDPKKXPOH.

And here is your hint:

G = W

The solution to last issue's crossword



Weekly Horoscope

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



Aries
March 21-April 19

★★★★★

A new hobby or interest presents itself. Take advantage of an opportunity to increase your skills.



Taurus
April 20-May 20

★★★

A day for fantasies and fairy tales with family. Indulge your imagination and enjoy the world of magic and make-believe.



Gemini
May 21-June 20

★★

Have you hugged your kids today? Demonstrating your affection physically is a good idea. Get a little TLC yourself too.



Cancer
June 21-July 22

★★★

Today the watchwords are safe, sane and sensible. Any financial moves should be very practical. Use your common sense.



Leo
July 23-August 22

★★★★★

You're "up" today with more faith, optimism and confidence. You take direct action to advance truth, religion, education, or values.



Virgo
August 23-September 22

★★★

A shared interest or hobby helps you relate to an important client or business connection.



Libra
September 23-October 22

★★★★★

Creativity and originality are highlighted. You can find new solutions and arrive at answers others could not see.



Scorpio
October 3-November 21

★★★★

Today you can be more patient and practical than usual at work. Common sense and stability are watchwords.



Sagittarius
November 22-December 21

★★★★★

You find yourself much more upbeat, positive, and energized than usual. You are ready to enjoy life!



Capricorn
December 22-January 19

★★★★

If you listen closely today, you'll hear a clue about what to get someone near and dear for next birthday.



Aquarius
January 20-February 18

★★★★

Beware of too much self-assertion or too much self-sacrifice. Be moderate; don't give too much nor expect too much from those you love.



Pisces
February 19-March 20

★★

You may leave your current vocational position, or just think about it, planning for the future. Avoid boredom with new tasks.

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USM COMMUNITY PAGE



Krysteana Scribner
Arts & Culture Editor

Valentine’s Day is a way to show the people in your life that you love and care about them. Everyone’s definition of affection is different based on their own experiences with love.

“To me, love is a deeper mutual connection between two people,” said senior environmental science major Jackie Allen. “I grew up surrounded by a caring family and friends and I base my definition of love from my experiences of growing up in a loving family.”

Although Allen believes Valentine’s Day is a way for big businesses to make more money, she also believes that it’s still important to show the people in your life the ways you care for them.

“I show the people in my life that I love them by always being there. I give advice where it’s needed and listen to people if they want to talk,” said Allen. “There are definitely different types of love though. You love your family different than you love your partner. There are so many ways to define love that sometimes they overlap.”

Junior communication major Forest Gates believes that it is important to love other people regardless of their flaws. He elaborated and said that it’s important to love and care for others in the way that you would want to be cared for.

“There are guys out there that wait all year to show their lovey-dovey sides to their girlfriends, and that is fine - but celebrating your relationship shouldn’t be



Krysteana Scribner / Arts & Culture Editor

Sophomore communication major Jul Heale defines love as being limitless.

confined to one day,” said Gates. “It’s an awesome day to have a celebration for, but it should be a love we express everyday.”

Freshman art major Kayleigh Verrell-Peters agreed, and said that there should be more than one day dedicated to love than just have one day that people focus all the romance on.

“I think it’s the little things that count,” said Verrell-Peters. “I am really close with my older sister and both my parents. I grew up in a family where we would always say ‘I love you’ before hanging up on the phone, which is a really important way I show them I care.”

Verrell-Peters believes that whoever

your love is, celebrating Valentine’s day can be made that much more special by being in their presence. To Gates, it is important that people remember to love the people around you and to, most importantly love yourself.

“I think it’s important to know we’re not perfect and sometimes we’ll fail in loving one another, but to do the best we can just to will for another person’s well-being is important,” said Gates. “Just love, love love.”

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Campus Events

Monday, February 9

Mid-Winter Body Care Product Making
12:00 p.m. to 3:00 p.m.
Woodbury Campus Center, Portland

Mindfulness Practice/ Insight
Meditation Group
4:00 p.m. to 5:00 p.m.
Multipurpose Room of the
Sullivan Gym, Portland

Astronomy Cafe: Aurora on Ice
8:00 p.m. to 9:00 p.m.
Southworth Planetarium, Portland

Tuesday, February 10

Dinosaurs at Dusk!
February 10, 2015
1:00 p.m. to 2:00 p.m.
Southworth Planetarium

Wednesday, February 11

USM Strengths Celebration
3:00 p.m. to 4:00 p.m.
Amphitheater, Woodbury
Campus Center, Portland

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

Regression Night
8:00 p.m. to 9:00 p.m.
Brooks Student Center, Gorham

Thursday, February 12

USM Job Fair
11:00 a.m. to 3:00 p.m.
Sullivan Recreation & Fitness
Complex, Portland

Friday, February 13

Laser Fest: Pink Floyd’s “Dark
Side of the Moon”
8:00 p.m. to 9:00 p.m.
Southworth Planetarium, Portland

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

Local Events

Friday, February 13

Petit déjeuner du vendredi
7:30 a.m. to 8:30 a.m.
The Language Exchange, 80
Exchange St, Portland

Wild Hearts Can’t Be Broken:
Love Poetry Aloud at PPL
5:45 p.m. to 7:00 p.m.
Portland Public Library, Lewis Gallery,
5 Monument Square, Portland

For more photos, visit our website and Facebook page



Featured Photo:



Patrick Higgings / Free Press Staff

Freshman forward Brett Norman glides across the ice in a loss to UMass Boston last Friday.

Breaking News!

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