



4 Students react to ISIS



6 Portland named coziest city



11 Ruginski sets record

# the free press

Vol. 46,  
Issue No. 17  
Mar. 2, 2015

University of Southern Maine Student Newspaper

[usmfreepress.org](http://usmfreepress.org)



How much food do we waste?

Francis Flisiuk / Managing Editor

Ahmed Muti, an Aramark food service worker dumps about 30 pounds of food from the salad bar in Portland.

**For full story, see page 3**

## Presidential race down to two



Troy Bennett / Bangor Daily News

UMaine Chancellor James Page will pick a final candidate to recommend to the board of trustees. He will announce his decision this month.

**Emma James**  
News Editor

The USM presidential search committee provided Chancellor James Page with the names and assessments of two finalists: Glenn Cummings and Harvey Kesselman. The third candidate, Jose "Zito" Sartarelli, withdrew from the candidacy beforehand.

Sartarelli was unavailable to hold an interview at this point in time.

Cummings and Kesselman are the final two standing, from a pool of approximately 80 applicants – the largest group of appli-

cants for a leadership position in the UMaine System in a number of years.

Both Cummings and Kesselman were given the opportunity for two-day campus visits at the university. During this time, each candidate was able to meet with students, staff and faculty, to answer questions and converse.

Based on these campus visits, as well as references and the application of each candidate in general, the committee shared their assessment of each with the Chancellor.

"I want to thank all of the community members who participated

in the finalists' campus visits," said Jim Erwin, UMS Trustee and Chair of the Presidential Search Committee. "By taking the time to listen, and ask questions, you were able to submit insightful and informative feedback to the committee."

He added that all the candidates came away from the visits with great appreciation for the opportunity to learn so much about USM and to hear from so many faculty, staff, students and members of the community.

Chancellor Page is expected to make his decision in March, after which the vote will be put before the board of trustees. If all goes accordingly, the president will begin their duties and take office in July 2015.

According to Erwin, the candidates were not ranked, nor was a formal recommendation made to the Chancellor.

"The selection now rests with the Chancellor, subject to approval by the board of trustees," said Erwin. "Chancellor Page expects to make a recommendation to the Board following completion of customary due diligence."

Additional background information on the two finalists can be found on the presidential search committee's web page.

[emma@usmfreepress.org](mailto:emma@usmfreepress.org)  
[@EmmaJames94](https://twitter.com/EmmaJames94)

## 'This is a real match:'

*Final visiting candidate boasts long career*



Troy Bennett / Bangor Daily News

Harvey Kesselman, presidential candidate, addresses a crowd of USM community members.

**Sam Hill**  
Editor-in-Chief

Harvey Kesselman, the last presidential candidate to visit USM, cited his long history of experience in higher education and the challenges he's overcome at transforming school at Richard Stockton College of New Jersey as why he'd be a good fit for USM.

"This is a real match," said Kesselman, who currently serves as provost and executive vice president at Richard Stockton. "It's exactly the kind of university I'm looking to work for and understand. I feel like I'm a good fit."

Kesselman said he's at a point in his career where becoming a university president is the obvious next step. Before his current position, he has held senior level positions including dean and professor of education, interim vice president for administration and finance, special assistant to the president and vice president for student affairs. His experience at Richard Stockton spans over 30 years and he's been committed to teaching on top of his other duties.

"I haven't checked them out, but I doubt the other candidates have the breadth of experience that I do," said Kesselman. "You can only gain that by committing to a single institution for a considerable amount of time."

Kesselman told a small crowd of students and staff that he has experience in successfully dealing

with challenges that USM and the UMaine System is currently facing. Working to transform a campus culture and boost community engagement and service learning while battling low state funding, declining enrollment and bleak demographics is a situation he's familiar with.

According to Kesselman, his college and New Jersey gets only 12 percent of its funding from the state government, less than half of the percentage USM receives.

"We'd love to get the percentage you've had," said Kesselman. "We had to be entrepreneurs. We went through what Maine is going through right now years ago."

The revolving door of leadership, which has given USM three presidents since 2012, is something Kesselman noted as problematic for the university. Citing his long history at Richard Stockton, Kesselman told the group that he was not planning on being a short-term fix, but wanted to be a real piece of the university. He said that if chosen for the position, he has at least eight years of service in him.

"You never know what's going to happen, but I like to think George Washington got it right," said Kesselman. "Two terms, eight years as president, feels right. it makes for good business to do so."

[sam@usmfreepress.org](mailto:sam@usmfreepress.org)  
[@SamAHill](https://twitter.com/SamAHill)



# USM takes precaution against measles

Zach Searles  
Contributor

Over February break, USM Health & Counseling services sent out two emails to update students about the measles outbreak that has occurred, starting in California and has started to make its way eastward across the United States.

Measles is a viral illness that causes symptoms similar to the flu, and shortly after these symptoms arise a rash appears. The disease is airborne with high transmissibility because of its incubation period of two to three weeks.

Lisa Belanger, director of health services said that the point was not to cause a hysteria or fear of measles among us. "It was more to make students conscious and aware of the fact that this is what we know and be prudent while you're travelling," Belanger said.

Right now, the goal is to educate without causing panic. With no confirmed cases so far in Maine, Belanger didn't want there to be panic and public outcry on campus. Especially since there really is no way of confirming if measles will ever even make it to the state.

"Our messages need to be truthful and not fear based," said Belanger. "Getting the notice out was not to make people afraid but to empower them with information."

Another reason for the notice

was to get students that still haven't turned in their records to do so and as soon as possible. Belanger also commented on the fact that this is law in the state of Maine and students are expected to comply.

"It's not because we are saying this, as USM, it's the law, said Belanger. "We are required to track and inform students of this requirement."

"We did the same thing in years passed with tracking immunization." Belanger said, "This year it's at least conceivable that measles could make an appearance, so it makes it that much more important and that much more real about the purpose for getting in your shots."

Enrolled at USM right now are 493 students that have signed declarations to not be vaccinated for measles because of religious, medical or philosophical reason, along with a smaller number of students that have yet to turn in their immunization records. If there were to be a case of measles at USM, these students would be asked to leave and they wouldn't be allowed to return until the outbreak was deemed over by the Center for Disease Control (CDC) in Maine.

This would be for the students' protection. Without the vaccination, they are much more susceptible to the virus.

news@usmfreepress.org  
@USMFreePress

## Join the crew!

Check out available positions on [www.usmfreepress.org](http://www.usmfreepress.org) or email [editor@usmfreepress.org](mailto:editor@usmfreepress.org)

**Pearl ultra nightclub**

COME JOIN US ON  
MARCH 6TH & 7TH

**SPRING BREAK WEEKEND**

**PEARL ULTRA NIGHTCLUB**  
442 FORE ST PORTLAND, ME 04101

Free Entry // Doors 9 pm  
\$3 Corona Bottles  
\$5 Malibu Drinks  
Prizes and Swag Giveaways  
For VIP call 207.232.1813

**VJPULSE**  
facebook.com/VJPulse

**DJ HANZO**  
facebook.com/DJ-Hanzo

**PEARL ultra nightclub**

**Corona Extra**

**MALIBU**

**Pearl ultra nightclub**

# USM

## Summer Courses



### Make working on your degree your summer job.

With over 500 offerings, including more than 150 online courses, it's easy to fit a summer course into your schedule.



Registration begins  
March 2nd through  
first class meetings,  
space permitting.

#### 4-WEEK SESSION

Session 1:

May 11-June 5

Session 2:

June 29-July 24

#### 7-WEEK SESSION

Session 1:

May 11-June 26

Session 2:

June 29-August 14

#### 14-WEEK SESSION

May 11-August 14



PORTLAND • GORHAM • LEWISTON • ONLINE

[usm.maine.edu/summer](http://usm.maine.edu/summer)



# Almost two tons of food waste tossed weekly



Francis Flisiuk / Managing Editor

Ahmed Muti, an Aramark food service worker in the Woodbury in Portland explains the food waste procedure. About two-to-three times a day, he collects all food that is out of code and throws them in compost bins.

**Francis Flisiuk**  
Managing Editor

Despite good intentions and efforts from both Aramark and USM Sustainability, dining services wastes about 3,500 pounds of food a week in the Portland and Gorham kitchens.

This information comes from Steve Sweeney, the resource recovery supervisor, who said that about 3,000 pounds of that food waste comes from Gorham because a buffet service is offered there.

"The all you can eat style set up in Gorham, results in a ridiculous amount of food waste," said Sweeney. "We need to encourage students not to eat in excess."

Sweeney said that, in light of all the budget problems, he's happy with their process because it's one of the most cost effective methods for dealing with several thousand pounds of food waste. The University pays a local farmer \$200 a month to pick up food waste every week from both a Portland and Gorham location, regardless of the amount. The farmer then uses the waste as pig feed and the coffee

grounds as compost.

While this is a good method of eliminating the food waste on campus, Sweeney believes we should search for ways to reduce that waste in the first place. According to Sweeney there have been recycling competitions in the dorms to encourage students to practice good habits surrounding food wastes.

Chris Kinney, the general manager of Aramark on campus, agrees and said that accurately predicting how many customers will arrive and adhering to strict rules concerning food shelf life are

strategies to minimize the amount of food that gets tossed.

"Our team monitors how much food we're wasting every day," said Kinney. "I'm happy with our strategy; we have the right people working to execute it."

While Kinney said that Aramark at USM has more training, tools and experience than a lot of food establishments in the area, there's always room for improvement.

"Part of my job is to never be satisfied," said Kinney. "If one kitchen produces 35 pounds of food waste, I'll challenge them to bring it down to say 27 the next week. I'm always trying to get the team to further reduce food waste."

Aramark, the dining services company on campus, that also provides food to hospitals and prisons across the country, tries to eliminate food waste by making sure employees follow the standardized recipes when preparing menu items. For Pamela Almodovar, a culinary arts graduate from SMCC and sandwich maker at the Woodbury dining hall, that means when you order a BLT, she's not allowed to meet your request to add hummus, or slap on extra bacon slices.

"The menu, the schedule and the structure is down to the T here," said Almodovar. "They say sticking to the Aramark strategy eliminates food waste, yet we throw away a lot of food."

Despite genuine attempts from the staff of chefs to minimize food wastes, like keeping close tabs on the freshness of produce and slicing vegetables in a specific and economical way, some employees at Aramark are concerned about their full waste bins.

"I think Aramark is wasting too

much food," said Almodovar. "It seems to be a growing issue that bothers the employees the most. The food costs here are getting out of control."

Almodovar said that during one shift she personally threw away over 25 pounds of food just from the small food station in Luther Bonney. When casually asking a supervisor if she could put a sandwich and chips into her pocket instead of the wastebin, she was met with fierce opposition.

"My supervisor said I could be terminated on the spot," said Almodovar. "However we'll also have employees that are enforcing these rules take unpaid food and eat it in front of us."

Due to liability issues surrounding food borne illnesses, all Aramark employees have to sign a document stating that they won't sell, donate or eat any out of code food product.

Issues surrounding liability are the main reason a strategy involving donating leftovers to food banks and soup kitchens hasn't taken off the ground, despite attempts from the USM Eco Reps and the Food Recovery Network.

Joy Grandbois-Gallup said that it took a while for Aramark to respond to the Eco Rep's request to recover food and when they did they said that students shouldn't be involved in the process. The reason why: food safety issues.

"We do have an eager group of students who would like to bring this project to life if at all possible," said Grandbois-Gallup.

[francis@usmfreepress.org](mailto:francis@usmfreepress.org)  
@FrancisFlisiuk

# Plans for student advocacy program unfold

**Sam Hill**  
Editor-in-Chief

Students concerned with state appropriation for higher education in Maine will soon have an opportunity to take their thoughts and concerns straight to the state legislature.

In connection with the University of Maine system chancellor's office, Laura Cyr, a postgraduate fellow in finance and administration, is spearheading the formation of a student advocacy program that would give students from all seven UMaine campuses direct access to their elected officials.

"I think students have been asking for this kind of opportunity for a long time," said Cyr. "Students have been looking to learn about the decision making process, not only at their university but in their state government as well."

Cyr spoke with student senators at their meeting last Friday, having recently returned from a visit to all the other UMaine campuses, to explain the program and ask for help in promotion and member selection.

"The program will get students involved in phone-banking, letter writing campaigns and start a dialogue between the student body and legislatures," she explained.

This year will serve as a pilot year for the program and Cyr will be guiding a to-be-determined

group of student representatives throughout the statehouse on March 24. She is currently accepting suggestions and applications for interested students. The goal is to take four students from each of the UMaine campuses.

"There's no limit to the amount of students who can participate, but for this one-day event we're testing the waters," said Cyr. While four students per campus is the aim, Cyr said that she would keep additional interested students on a reserve list, in case a student drops out of attending or there are not enough interested students on a certain campus.

According to a summary of Governor Paul LePage's 2016-2017 budget, his plan includes a 3.64 percent increase — roughly \$14.2 million — for the University of Maine system.

"I think this year, we're handed an issue on a plate," said Cyr, "but we're excited that, in future years, students will be able to bring their own issues to the table."

Junior student senator John Jackson drafted a resolution that, if passed, would give the program the senate's full endorsement, urge the faculty senate to pass a similar resolution and provide the manpower to help organize a search for student representatives.

Due to a breakdown in communication between senators, the resolution was not on the agenda



Sam Hill / Editor-in-Chief

Laura Cyr, postgraduate fellow in finance and administration, made her last stop at USM last week to present her student advocacy program to the student senate. She explained the program and asked for help in promoting it and selecting members.

despite being submitted earlier in the week. The senate voted to consider passing the proposals after reading and revising the document, but after spending time arguing semantics and grammar in just a few sections of the resolution, voted to table it until their

next meeting.

Cyr noted that although this first visit to Augusta will be a pilot trip, that the administration is set to develop and continue the program in the future.

"We're looking for ways to make this easier and more acces-

sible to students," said Cyr. "The response [throughout the system] has been overwhelmingly positive, so we're hoping to create a program that will last."

[sam@usmfreepress.org](mailto:sam@usmfreepress.org)  
@SamAHill



# ‘It’s a clash of ignorance’: ISIS atrocities continue

Francis Flisiuk  
Managing Editor

ISIS, the group of fundamentalist Sunni muslims that have brutally conquered chunks of land in Northern Iraq and Syria under the banner of an “Islamic State,” has dominated headlines of numerous national and international news agencies. And with new reports of kidnappings, airstrikes, vandalism and acts of public torture and execution pour in from the Middle East on a weekly basis, most USM students interviewed said they consider ISIS to be one of the most important news stories to follow.

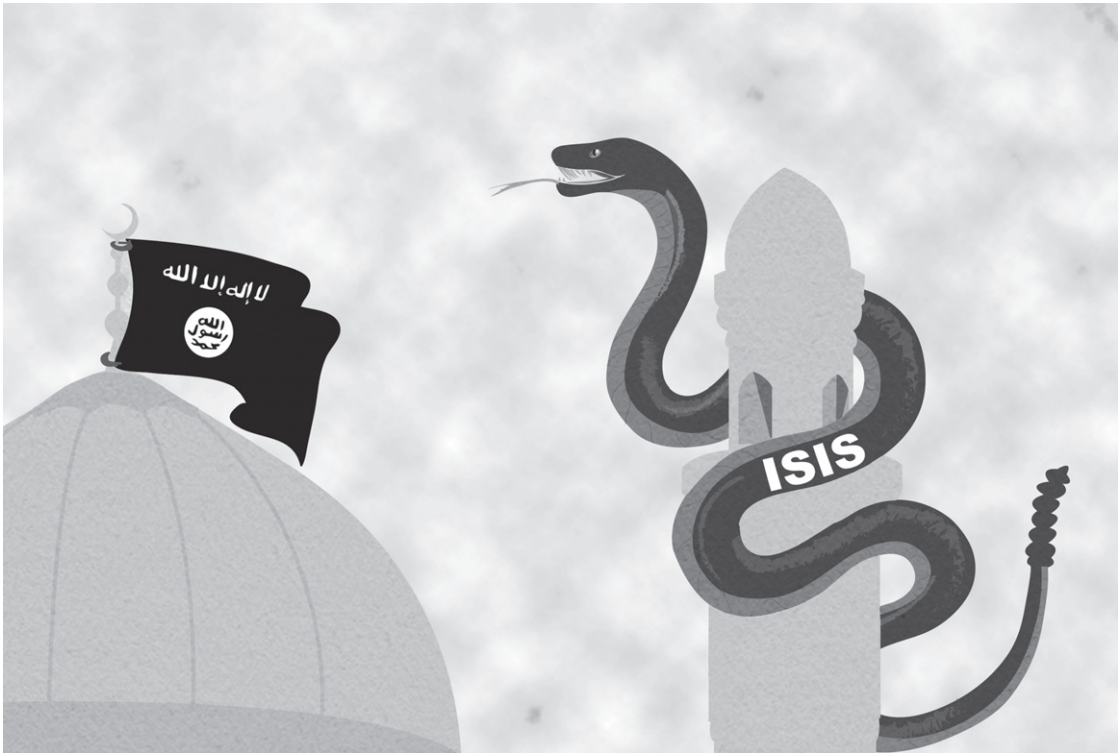
Just last week the ISIS army, which according to CBC news boasts around 20,000 people willing to die for God and country, has shocked the world with even more acts of senseless violence and destruction.

According to the Fiscal Times, last Monday ISIS militants burned down the public library in Mosul which housed over 8,000 rare manuscripts and books from the Ottoman era. Two days before that they kidnapped 262 Assyrian Christians from the Syrian town of Hasaka, and threatened to slice their throats if Obama doesn’t stop his airstrikes. Since then, the U.S. led coalition has backed the Kurdish and Assyrian forces in their defense against ISIS, with more airstrikes. Last Thursday, the Jerusalem Post reported that in a seperate U.S. led airstrike, 17 prominent Islamic state militants were killed, but the fate of the Christian hostages is still unknown.

According to the Syrian Observatory for Human Rights, 1,465 ISIS members were killed by American air strikes, as well as 1,000 civilians, since September 23, 2014.

Some student veterans, like Samuel Kingsley, a political science major and former U.S. Army infantryman, believe that military action will do little to quell the rise of Islamic militancy. According to him, after the recent situations of Iraq and Afghanistan, the United States can’t afford to involve itself in another middle eastern war.

“ISIS is something that only Muslim countries can hope to deal with,” said Kingsley. “The best possible outcome is that the United States



Abigail Johnson-Ruscansky / Design Assistant

will re-evaluate its support of these repressive dictatorships [Egypt Jordan Bahrain] and that Islamdom in general will be able to address its own fractionalization and political disunity.”

Kingsley is referring to the fact that ISIS is mostly composed of Sunni muslims, while most government bodies in the middle east have a Shia majority, a population with a different view of Islam and how society should be run. Kingsley predicts that if the U.S. slows its involvement combating ISIS, civil wars will spring up in the middle east and several dictators will rise and fall like during the Arab Spring.

“ISIS arose from a deep-seated mistrust between Sunnis and Shia in Iraq,” said Austin Toothaker, a student veteran and sophomore geography major. “The withdrawal of U.S. troops may have led to the inability of the Iraqi government to contain threats such as ISIS.”

On top of not having the support of the government in Baghdad and the Kurdish people in Northern Iraq and Syria, ISIS is making a laundry list of international enemies. Some 40 countries have joined a coalition against ISIS, including Australia, Egypt, France, Germany, Italy, Jor-

dan, Turkey and the U.K.

According to Reza Jalali, the multicultural affairs coordinator at USM, ISIS has been doing surprisingly well in attracting foreign fighters and young muslims to their cause despite the opposition. Over 1,700 Russians alone are reportedly said to be fighting alongside ISIS.

“There are some muslims in western society around the world that feel alienated, marginalized and silenced,” said Jalali. “A charming ISIS recruiter attracts them with messages of hope. He might say, ‘come with us, we’ll give you a gun and change the racist system.’ It takes you from being a nobody, a faceless, nameless, invisible person, to this person who has power and can actually be part of a growing army.”

Jalali also believes that when it comes to stopping ISIS, there’s no military solution. He thinks U.S. diplomats need to convince Sunni governments to stop supporting ISIS.

“The can of worms have been opened,” said Jalali. “ISIS is more dangerous than they [Sunni majority governments] think. Name calling all Muslims actually encourages youths to join militant groups.”

While Jalali isn’t necessarily opposed to the creation of an Islamic State, it would have to be under the auspices of peaceful and diplomatic practices. Jalali considers what ISIS is doing completely criminal.

According to Jalali, ISIS kills more muslims than non-muslims, but doesn’t discriminate when it searches for beheading or crucifixion victims. ISIS has killed Christians and Jews that have been living in Syrian towns in complete harmony with Muslims. Beyond the grief and horror of losing a loved one under the knife of a radical fundamentalist, Jalali believes that ISIS’s level of violence has another negative impact: the stereotyping and demonization of what a peaceful religion of 1.6 billion diverse members.

“As a modern Muslim I will say they have very little to do with the Islamic faith,” said Jalali. “They are not the real version of Islam, they are un-Islamic. They’re a group of criminals using the religion to mobilize support for their political cause. They want to restore the state to its former glory under the Caliphate.”

Jalali read one quote from the Koran, noting that ISIS is very selective in which quotes they justify their “sick actions” with from the

holy book. “If you kill one, you’ve killed humanity. If you’ve saved one, you’ve saved the entire humanity,” the passage reads.

Kingsley said that Islam has always had a bad reputation in Western nations, but that it stems mostly from ignorance and lack of education.

“People don’t understand the fractionalization, political dynamics and history of Islamic culture so it makes it easy to group all Muslims in together as ‘terrorists,’” said Jalali.

“They’re called a rebel group for a reason,” said Howa Mohamed, a muslim student and health sciences major. “They’ve rebelled against Islam’s commandments of peace and understanding. Does the KKK represent the religion of Christianity?”

Mohamed said that of course she thinks ISIS contributes to casting Islam in a bad light, but that she wishes practicing Muslims didn’t have to constantly defend themselves.

During Kingsley’s five-year career in the Army, he’s heard many of his leaders express anti-Islamic sentiments and cites it as an Army tactic to motivate troops to combat.

“It could be calling them ‘goat fuckers,’ or referring to civilians in a war zone as ‘local nationals,’ which is somewhat cold and impersonal,” said Kingsley. “Although on the surface the Army expresses official concern for civilian casualties, in reality, at my level, there was zero concern for civilians. The only concern was that you may get prosecuted if you accidentally killed a civilian, but in reality there is very little chance of that actually happening. Many of my leaders told stories about how they would kill civilians and carry ‘drop weapons’ (AK’s or other common enemy weapons that were liberated in previous operations) to give the appearance they were in fact killing a combatant.”

While it’s easy to condemn violence done in the name of Islam, Jalali reminds us that all major religions have had atrocities committed in their name, and that the majority of Muslims don’t support ISIS.

“This is not a clash of civilizations,” said Jalali. “It’s a clash of ignorance.”

francis@usmfreepress.org  
@FrancisFlisiuk

# USM ‘Bod Squad’ spreads positive messages

Sam Hill  
Editor-in-Chief

If you’ve used a restroom on campus in the past week, you’ve likely been complemented by USM’s Bod Squad.

Last week was national eating disorder awareness week and the body-positive student group has been raiding campus with informational materials and leaving inspirational messages on mirrors in public restrooms.

The messages are simple. Stay positive about your body. Believe in yourself. You’re beautiful.

Ann Conley, a nurse practitioner with health and counseling services, hopes that the efforts of the group get students talking about eating disorders.

“We’re hoping that getting information out into the public will help reduce stigmas around eating

disorders, help students recognize what constitutes a disorder and let them know that we’re here to help if they need anything,” she said.

According to statistics from the National Eating Disorder Association, 35 percent of “regular” dieters eventually develop eating disorders. Conley said that the rate for college students is slightly higher.

“People don’t always know that they have an eating disorder,” said Conley. “It starts as a habit and then, through a variety of different factors depending on the individual, it can become more serious.”

Students on-campus responded positively to the signs on campus, saying that it was a great reminder to be comfortable with their body.

“With all the modeling shows on TV and in magazines and sex being used in advertising, it’s no wonder that people can sometimes feel uncomfortable in their own skin,”

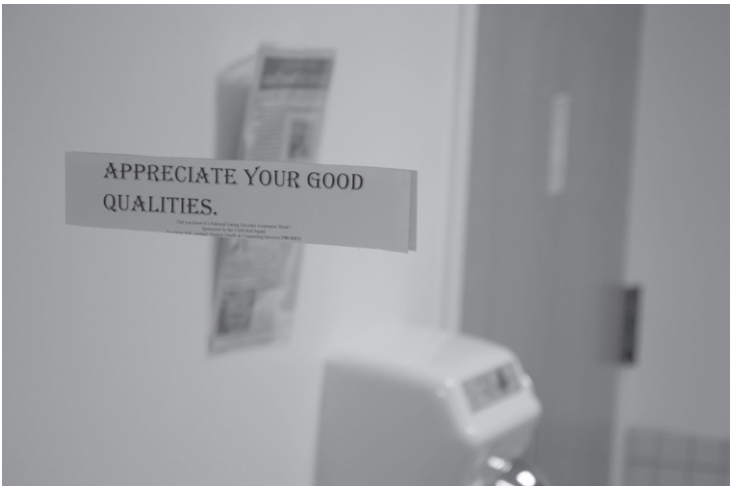
said Sarah Worthington, a freshman marketing major. “Sometimes it’s nice to hear someone say, don’t worry about it, just do your thing.”

“It’s a big problem in our country that needs to be looked at more often,” said undeclared freshman Chelsea Moyer.

Of American elementary school girls who read magazines, 69 percent say that the pictures influence their concept of the ideal body shape and 47 percent say the pictures make them want to lose weight according to reports used by NEDA.

While eating disorders are more regularly attributed to women in the media, it has been reported that roughly 30 percent of cases are in men.

Conley said she hopes that spreading information about eating disorders will help prevent those at risk, urge those with eat-



Sam Hill / Editor-in-Chief

ing disorders to seek help and to help the public get educated.

“There’s a fair amount of shame associated with having an eating disorder and a lot of people will deny having one,” said Conley. “I

hope anyone in that position will see that it’s okay and that there’s help out there for them.”

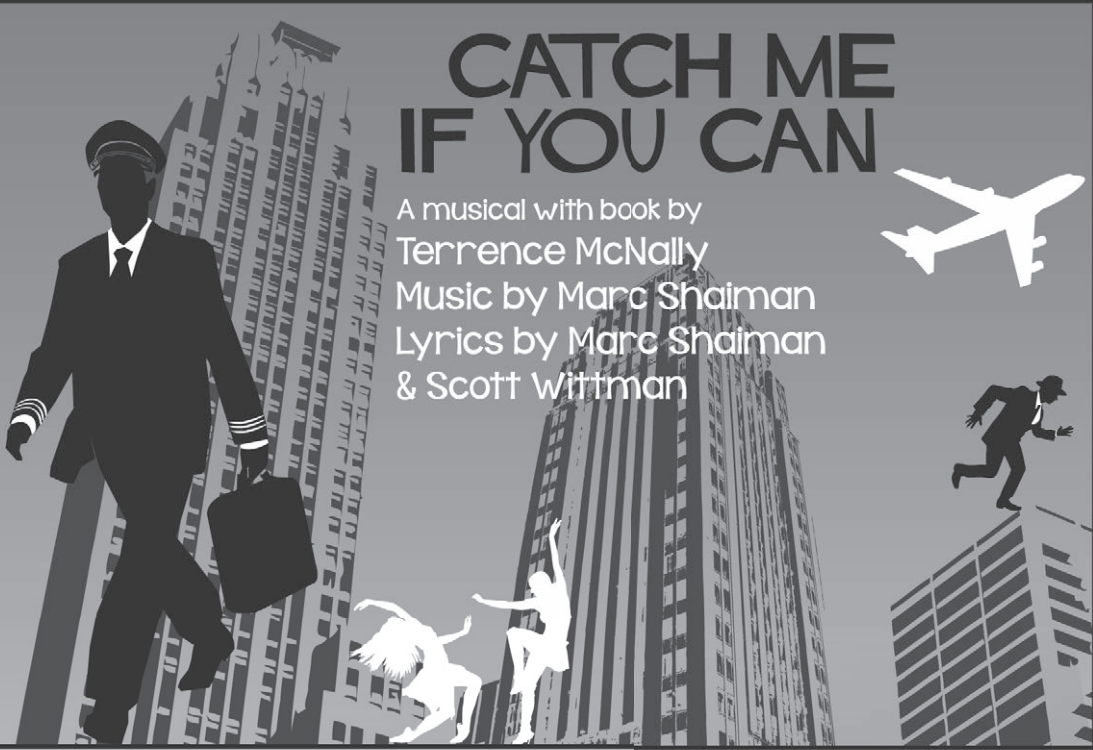
sam@usmfreepress.org  
@SamAHill





# Join the crew!

Check out available positions on [www.usmfreepress.org](http://www.usmfreepress.org) or email [editor@usmfreepress.org](mailto:editor@usmfreepress.org)



## CATCH ME IF YOU CAN

A musical with book by Terrence McNally  
Music by Marc Shaiman  
Lyrics by Marc Shaiman & Scott Wittman

### Theatre 2014-2015 Season

Directed by Wil Kilroy  
Musical Direction by Edward Reichert  
Choreography by Vanessa Beyland

#### March 13-22

Friday, March 13 & March 20 at 7:30 p.m.  
Saturday, March 14 & March 21 at 7:30 p.m.  
Sunday, March 15 & March 22 at 5 p.m.  
Wednesday, March 18 at 5 p.m. (\$10 show)  
Thursday, March 19 at 7:30 p.m.

### Main Stage, Russell Hall Gorham Campus

Box Office  
(207) 780-5151, TTY 780-5646  
or visit [usm.maine.edu/theatre](http://usm.maine.edu/theatre)

\$21 general public; \$10 students  
\$15 seniors, USM employees and alumni



spatech  
INSTITUTE

\$20!\*

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

Full hour Massage or Facial

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

591-4141

100 Larrabee Rd Westbrook, ME



DRUMMOND  
& DRUMMOND  
A Limited Liability Partnership

## Attorneys at Law

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

Andrew P. Pierce

Attorney At Law

One Monument Way, Portland, Maine 04101

(207) 774-0317 ATTORNEYS SINCE 1881 [www.ddlaw.com](http://www.ddlaw.com)



## Police Beat

*Selections from the  
USM Department of  
Public Safety police log  
Februrary 20 to 27*

### Friday, February 20

#### Cops Pretend to Work

8:42 a.m. - Assisted Gorham Police with a call.  
Upperclass Hall, 25 Husky Dr.

#### Nothing to see Here Rummy

12:06 p.m. - Intoxicated individual given a ride off campus.  
Wishcamper Center 34 Bedford St.

### Saturday, February 21

#### Thou Shalt Not Turn Right

10:14 p.m. - Warning to operator for illegal right turn.  
Brighton Ave. @ Kenwood St.

### Tuesday, February 24

#### Sorry Dude You Got Busted Hard

8:14 p.m. - Traffic summons for no inspection, operating  
unregistered motor vehicle and operating after suspension  
issued to Max A. Feigenbaum, 23 of Portland.  
96 Falmouth St.

### Wednesday, February 25

#### Poo-box Towed to Dump

5:43 a.m. - Vehicle towed for unpaid fines.  
Parking Lot, 140 School St.

#### Public Not Allowed in Public Library

4:22 p.m. - Report taken for unwanted individual in  
building. Subject issued trespass paperwork.  
Glickman Library, 314 Forest Ave.

### Thursday, February 26

#### Playing With the Big Boys

2:19 p.m. - Assisted Gorham Police with a call.  
South Street, Gorham

#### Ghost's Puffing Tough

10:48 p.m. - Reported odor of marijuana. Unable to locate.  
Upton Hastings Hall, 52 University Way

### Friday, February 27

#### Probee on the Loose

1:58 a.m. - Motor vehicle stop. Nicholas J. Whitten, 19  
of South Portland, arrested for violations of conditions of  
release. Issued a summons for criminal trespass.  
Campus Ave. Gorham

#### Boys Playing Grab-ass

1:05 a.m. - Fighting. Subjects moved along and warned for  
disorderly conduct. Peace restored.  
Upperclass Hall, 25 Husky Dr.

#### The Bum-Rush

6:00 p.m. - Roy W. Presby, 50, transient, arrested for  
criminal trespass.  
Glickman Library, 314 Forest Ave.

#### Sweet Sweet Pot

11:12 p.m. - Report taken for odor of marijuana.  
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](http://usm.maine.edu/police/campus-crime-log).*



# Arts & Culture



## Local Top 5:

Coziest Places  
in Portland

Kristin Ouellette  
Contributor

### 1 Tandem Cafe on Anderson Street

Nothing beats the frigid winter blues like a big mug of steaming coffee. With numerous places in Portland to help fix your coffee cravings, the best place to go is somewhere cozy and warm. Head over to Tandem Cafe and Roastery, located at Anderson Street in East Bayside. The roasting space was designed to be open and transparent so you can witness the sample roasting and cupping of brand new coffees. This wonderful, warm and cozy space was designed to make customers feel like they are stepping into a home, a place where strangers easily become close friends.

### 2 Snow Squall on Ocean Street

Over on Ocean Street in South Portland, a restaurant called Snow Squall is serving elevated American fare, unique cocktails and draft beer. Snow Squall is a relaxed, casual space that not only has a cozy feel, but also features a wide selection of delicious comfort foods made from the best of local Maine ingredients. If you are looking for a cozy place to grab something to eat, Snow Squall is a popular watering hole for Portland residents and is guaranteed to keep you coming back for more, stomach warming brews.

### 3 Longfellow Books on Monument Way

When one thinks of a “cozy environment”, often the idea of snuggling up with a good book comes to mind. Longfellow Books, located on Monument Way in Portland, is a beloved institution for the city’s literary community. Come in and peruse the wide selection of genres, and feel comfortable with the knowledgeable and friendly staff that are happy to assist and give feedback on a novel you have been eyeing.

### 4 Kamasouptra on Monument Way

What better way to warm the heart and soul than with a large bowl of steaming soup? At 28 Monument Way, Kamasouptra is the perfect place to provide warmth and coziness in every bite of soup. Come by and pick from a choice of 9+ soups daily, including vegan, vegetarian, and gluten-free options. Served with a side of freshly-baked bread, you can never go wrong with making a stop in at Kamasouptra during one of Maine’s chilliest winters.

### 5 Two Fat Cats on India Street

Over on India Street, historically the oldest street in the Eastern Old Port, a cute, cozy bakery is serving up the highest-quality, homey desserts. The name of this restaurant, called Two Fat Cats, has a goal to modernize and bring back home-baked favorites to share memories of the past with customers. The building itself is tucked away off of the street, with picnic tables outside to enjoy your delicious treats on warmer days. With a wide selection of treats to choose from, many customers rave about the bakery’s pumpkin whoopee pies and home-style blueberry pie. If you are stuck in the winter blues and looking for a cozy, nearby shop to satisfy your sweet tooth, make the short trip over to Two Fat Cats; you will not be disappointed.

## Portland takes the title of coziest city in the U.S.



Aaron Damon / Free Press Staff

Top Left: Longfellow Books on Monument Way provides a comfortable and cozy environment to read books. Top Right: Dobra Tea is a warm and welcoming cafe in Portland that provides a cozy environment to drink tea. Bottom: Tandem Coffee is filled with individuals looking to get a warm coffee to keep them warm in the winter.

Dora Thompson  
Free Press Staff

Listen up frozen-fingered drive-way shovelers and take comfort, frost covered students, there is hope in the midst of this long and treacherous winter: Portland has been named the coziest city in America.

Honeywell Heaters consulted a team of scientists at Environmental Health and Engineering to determine the winner of their second annual “America’s Coziest Cities” campaign. The team helped to identify what the adjective meant, and what metropolis in the U.S.A personified it perfectly.

They looked at temperature as well as culture, delving into each city’s coffee shops, bed and breakfasts, museums and restaurants. Not even touching the list last year, Portland shooed Boston from the top and put it in forth, giving our city the prestigious title.

But what does cozy mean to actual Portland locals? Stephanie Broido, a sophomore health sciences major and employee at Dobra Tea said that there is a general sense of a warmth and welcoming environment.

Everyone has their own way of getting cozy themselves. Leslie Hogan and Kelly Brioux both Portland locals and worker-owners at Local Sprouts, are polar opposites. Hogan plays a lot of winter sports to fend off the seasonal blues. Brioux, prefers the moment when you go indoors after being outside after a while.

“I like being inside with everyone you love, it’s nice,” she said.

Sengmolicka Vuthy, a freshman marketing major simply likes to “burrito” herself in blankets and watch indie films on netflix.

Following Portland on the list of ten cozy cities are Santa Barbara,

“

“It’s cozy because it’s huge in supporting local businesses and it’s definitely a big food city, and food is very comforting”

Sengmolicka Vuthy, Freshman Marketing Major

”

California at second and Providence, Rhode Island at sixth. Listed among such iconic destinations, why did Portland supreme? Vuthy stands firmly behind Portland’s title of coziest city.

“It’s cozy because it’s huge in supporting local businesses, and it’s definitely a big food city, and food is very comforting,” she explained.

Hogan said that she could see how Portland was named the coziest city in the country because it is so small. She explains that she always saw Portland simply as a big town pretending to be a city.

Broido agrees.

“Maine has a nice environment for the winter season, you can walk into a place and know there’s a comfy couch to sit on and good music,” she said. “When I go out in the winter time in Portland it’s a really enjoyable experience.”

Besides Portland’s waterfront, brick streets, and old buildings, it is the flavor of the businesses that make the city the ultimate place of comfort. Dobra Tea is independently owned and operated, and gets all their tea sourced from two men in the Czech Republic. It is co-owned by Ray Marcotte, along with his wife. He agrees that Dobra is helping to make Portland the coziest city in America.

“It’s a great place to take some time away from your busy life. People go on the computer or chat. We get a lot of people coming in on first dates. We hope to create a relaxing atmosphere,” Marcotte explained.

Local Sprouts is a family friendly cafe, serving local food and cooperatively owned by everyone who works there. Local Sprouts have a safe space policy as well, and a company idea about how to treat people, which greatly adds to it’s inviting atmosphere.

“You can sit here for hours on end and it doesn’t matter who you are or even what you’re doing here,” said Hogan.

Raised in the area, Vuthy suggests The Public Market, Two Fat Cats, Vena’s Fizz House, and The Maine Squeeze as some of Portland’s coziest food and beverage destinations.

Portland’s streets are filled to the brim with warm coffee shops and cluttered bookstores, and not to mention foot upon foot of snow. In culture and weather, Honeywell Heaters certainly named the perfect city for its number one spot this year, but perhaps it is the people of Portland that truly make this city the coziest in America.

What makes Portland a cozy city?  
Tell us on Twitter @USMFreePress

arts@usmfreepress.org  
@USMFreePress





# A&C Listings

## Tuesday, March 3

Visiting Artist Talk: J.D. Pascoe  
Maine College of Art  
522 Congress St.  
Starts: 12:00 p.m. / Ends: 1:15 p.m.

J.D. McPherson  
Port City Music Hall  
504 Congress St.  
Starts: 8:00 p.m.

## Wednesday, March 4

Ireland 101: Irish Food  
The Maine Irish Heritage Center  
2 Grey St.  
Starts: 7:00 p.m.

Black Light Yoga  
Woodbury Campus Center  
Starts: 7:00 p.m. / Ends: 9:00 p.m.

Jukebox the Ghost  
Port City Music Hall  
504 Congress St.  
Starts: 8:00 p.m.

## Thursday, March 5

Exhibit Opening: Reanimation  
Space Gallery  
538 Congress St.  
Starts: 5:00 p.m. / Ends: 7:00 p.m.

## Friday, March 6

First Friday "Russian North" Images  
The Language Exchange Center  
80 Exchange St.  
Starts: 5:00 p.m. / Ends: 7:00 p.m.

Book Signing with Jada Fitch  
Maine College of Art  
522 Congress St.  
Starts: 5:00 p.m. / Ends: 7:00 p.m.

Comedy Competition  
Andy's Old Port Pub  
94 Commercial St.  
Starts: 7:00 p.m. / Ends: 8:00 p.m.

## Saturday, March 7

Filmmakers Workshop  
Maine College of Art  
522 Congress St.  
Starts: 2:00 p.m.

Justin Townes Earle  
Longfellow Square  
One Longfellow Sq.  
Starts: 4:30 p.m.

Punch Brothers  
State Theatre  
609 Congress St.  
Starts: 7:00 p.m.

## Sunday, March 8

Film showing: Girlhood  
Space Gallery  
538 Congress St.  
Starts: 7:00 p.m.

**Want to submit an event?**  
**arts@usmfreepress.org**

# Solargraphy slows moments in time



Krysteana Scribner / Arts & Culture Editor

Johanna Moore's solargraph exhibit is located on the 5th floor of Glickman library.

**Krysteana Scribner**  
Arts & Culture Editor

The new USM solargraphy exhibit consists of 28 images that show the whole length of the Kennebec River. These photos, taken with a pinhole camera and given long exposure, act as a diary that tells the story of the river as it goes through seasonal changes.

To make the pictures into a diary, the artist Johanna Moore built 120 pinhole cameras and placed them along the Kennebec River. These cameras then took long solargraphy, or exposure photos, over a six month period between the longest and shortest days of 2014.

"When I started the project solargraph it was a test because I was about to conduct a pinhole photography workshop in 2013 and I did the test in the swamp behind my home," said Moore. "I would walk out there on a daily basis. I realized that I could record time in photographs like a movie. Sunny days blend with rainy days and cloud streaks."

A pinhole camera is described as a box with a tiny hole that you place on

your lens. Moore described her situation of buying tin cans and creating each of the 120 pinholes by hand to be a tedious but very important part of the process. These pinholes needed to match the depth of the camera in order to get the most accurate photos. Using black and white photographic paper, Moore produced photos with exposure that ranged between 63 and 134 days.

After she finished putting together each camera, Moore took all 120 cameras and duct taped them to trees, stumps, fence posts, bushes and whatever else she found to be sturdy enough.

"I put so many cameras out around the river because I had to ask myself, 'what are the odds of what can go wrong?' I had to take into consideration that my cameras may not function properly, that they may be stolen or get filled with water," said Moore. At the end of the project, Moore found that at least 20 cameras had a failure.

"In total, I lost 38 cameras. 20 of those were to basic failure, and the rest were thrown in the river or taken down by someone who perhaps didn't know what it was. One camera I put over a

marsh, and it ended up failing because the camera was submerged half the time. Luckily, I planned for this kind of malfunction to happen," said Moore.

Moore said that each photo taken from individual cameras came out entirely different. In some photos, the sky would be filled with more streaks from the sunshine and photos less exposed would have less streaks.

"Ideally I would have done them all for six months that was near impossible because of how long the river is and how long it took to set the cameras out," said Moore. "I had to go obtain my cameras while the weather was still relatively nice. If I tried to get them in the middle of December it would be rough. I went and got them at the end of November and even then everything was starting to get slippery."

Moore said that the most important message she tries to get across with her photos is that it's important that we keep the river clean and healthy in order to maintain the natural habitat of the creatures that live there.

"Time is a constant and its moving and each moment that you live you have a moment that leaves, we take for granted that place," said Moore. "I think the river is important because it could easily be taken away by things like development and toxic waste."

For Moore, this exhibit has allowed her to express emotions that become visual representation of what she believes to be the most important part of her life. She loves the river, and by taking photographs of a special place to her, she can show others how important this place is to her.


"Some people have a diary and write down their feelings, where as I take my photographs that essentially do the same thing."

krysteana@usmfreepress.org  
@Krysteana2016

## Hey Huskies!

**University Credit Union is here to help you with all of your financial needs.**

**Checking & Savings Accounts | Mobile Deposit & Online Services  
Private Education Loans | Auto Loans | & More!**




Visit us in Portland at **391 Forest Avenue** and **1071 Brighton Avenue** or in the **Brooks Student Center** in Gorham!

Students, employees, and alumni of the University of Southern Maine are eligible to join!

**Become a member today  
at [ucu.maine.edu](http://ucu.maine.edu)!**

800.696.8628 | Federally insured by NCUA

**ORONO | BANGOR | FARMINGTON | GORHAM | PORTLAND | PRESQUE ISLE**





# Perspectives

## Our Opinion

### Student advocacy group a promising move for USM

Students need better access to university officials and their elected government officials for a variety of reasons. With budgets being slashed across campuses and weak state appropriation for the UMaine system, students deserve, more than ever, a direct connection to officials in charge and a voice in the conversation.

Navigating through administrative offices and state government departments can be confusing and few students have the patience to learn the jargon. With an official, organized program on each campus, students have a chance to unify, find a cause that we can all jump on board with and create positive change for the entire student body.

What the program will need is a diverse, dedicated and driven group of students who will speak up on issues they care about, even if that means setting up uncomfortable meetings with government officials who have been working in politics for ten plus years.

This program, while designed to benefit students across the system,

is especially beneficial for students at USM.

We've seen our fair share of protests during the past two years, but often, the energy from those events fizzles out and student activists fall silent. With full-time course schedules, full-time jobs and full-time social lives, it's difficult to stay on the front line of USM politics and issues.

This program would offer students who would like to get involved and organized, constructive and systematic way of bringing issues from the classroom and campus to officials who can make changes.

There's a phrase that has been used in a variety of situations at USM, from student protests, to faculty senate meetings and closed-door administrative discussions: We need to tell our story.

While this program is a pilot, we believe that, with interest from students, it could prove to be a valuable resource for all.

*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](mailto:editor@usmfreepress.org).

## Simple Science

### How do we make sound?

Donald Sclosek  
Contributor

Ever wondered what why a door creaks or why you makes sounds when you clap?

What is sound? Well, sound is the compression of molecules floating around in the air. These compression move in a pattern forming a wave in three dimensions.

To get a better idea, think of throwing a single rock into the center of the pond. You can see the propagation of a wave in two directions. Now imagine the trough (bottom) of the wave to be where the air molecules are less compressed and the crest (top) to be where the air molecules are most compressed. This is sound.

But a door hinge doesn't have any space in between its hinges so how does it make sound? This is actually due to friction or the resistance one surface or object encounters when moving over another.

When two objects are stationary you get more friction than when one of the objects is moving. When you start moving the door, the hinge lock bends and the force gets high enough from the bending for it to jump forward and then stop and bends, then jumps forward again in a cycle. This bending and jumping of the hinge creates a space that becomes compressed when a piece of the hinge jumps forward, causing the sound

wave between 50-100 hertz.

But how do humans create sound?

When you clap, you are actually squeezing the molecules in the air into a finite volume (your cupped hands) and shooting them out away from you. This releases pressure waves propagate out from your hand into the environment and are detected by our ears through a system of drum and fluid filled sacs connected to our nervous system. Kind of cool, right? It gets even better.

In nature, some species have evolved to use sound as a means of catching prey. The alpheidae, more commonly known as the pistol shrimp, currently holds the record for being the world loudest animal. The pistol shrimp snaps its claw that shoots water so quickly that it vaporizes the water around it into a bubble (known as a cavitation bubble). Since the pressure at the bottom of the ocean is 1000 times the pressure at sea level, the bubble gets compressed by the weight. This collapse of the bubble causes a fraction of a second increase in temperature comparable with the surface of the sun (5,000 C).

So the next time you want to stun an enemy or impress someone with your super powers, give them a standing ovation.

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



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

#### EDITOR-IN-CHIEF

Sam Hill  
[sam@usmfreepress.org](mailto:sam@usmfreepress.org)

#### MANAGING EDITOR

Francis Flisiuk  
[francis@usmfreepress.org](mailto:francis@usmfreepress.org)

#### NEWS EDITOR

Emma James  
[emma@usmfreepress.org](mailto:emma@usmfreepress.org)

#### ARTS & CULTURE EDITOR

Krystiana Scribner  
[krystiana@usmfreepress.org](mailto:krystiana@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](mailto:sokvonny@usmfreepress.org)

#### DESIGN ASSISTANTS

Abigail Johnson-Ruscansky,  
Hannah Lyon

#### MULTIMEDIA EDITOR

--

#### STAFF PHOTOGRAPHERS

Aaron Damon, Patrick Higgins,  
Katelyn Wiggins

#### WEB EDITOR

--

#### COPY EDITORS

--

#### EDITORIAL BOARD:

Sam Hill, Francis Flisiuk, Emma James

#### ADVERTISING MANAGER

Bryan Bonin  
[ads@usmfreepress.org](mailto:ads@usmfreepress.org)

#### ADVERTISING EXECUTIVES

--

To advertise, contact our Advertising Manager at 207.780.4084 x8 and look at our advertising rates on our website. We reserve the right to reject advertising. We will not accept discriminatory ads

#### BUSINESS MANAGER

Lucille Siegler  
[lsiegler@maine.edu](mailto:lsiegler@maine.edu)

#### FACULTY ADVISER

Shelton Waldrep  
[waldrep@maine.edu](mailto:waldrep@maine.edu)

#### Interested in working with us?

Visit our website at [www.usmfreepress.org](http://www.usmfreepress.org) for a listing of available positions or email [editor@usmfreepress.org](mailto:editor@usmfreepress.org) with a copy of your resume and cover letter to apply directly.

The Free Press is a weekly student-run newspaper paid for in part with the Student Activity Fee. One copy of The Free Press is available free of charge. Up to 10 additional copies are available for 25 cents each at the office of The Free Press, 92 Bedford St., Portland, Maine.



## Sustainability and ME

### Thinking about sustainable investments

#### Everyday ways to save money and Earth

Dillon Richardson  
Contributor

As a college student, it's hard to imagine that sustainable investment opportunities exist for you to pursue. In reality, a great investment is one that maximizes profit from the least possible input.

To be clear, an "investment" is the allocation of current resources (things like money, energy, or time) from which profit or material result can be later received. A good example is a college education. Students invest time, money and energy into a degree that can help them to achieve higher paying positions, after they graduate. Being that most of our resources are wrapped up in an education as students, it's very important that we find ways to optimize the little we have left.

For instance: I'm crazy about lattes and I can imagine that you feel the same. Unfortunately for us, they aren't all that cheap. A small latte from your favorite coffee place can set you back as

much as five bucks! If you're like me, the problem is that you're going to need three or four of these double shot bad-boys before noon. But how are you supposed to function without the ten yummy lattes that you are so accustomed to drinking? The answer is that you shouldn't have to. Grabbing coffees from a café is convenient, sure, but at what cost?

Meet the Moka-pot. Consider investing in one of these sick alternative espresso-makers. These little guys are about the same price as 3 lattes or so, and the coffee they make is totally off the hook. Cute too, aren't they? With this one small investment, you can stop completely emptying your wallet to get your fix.

Meet the Moka-pot.

Just so you know, your wallet isn't the only one suffering from the madness that is your caffeine addiction. Mama Earth feels that the number of paper to-go cups required for sustaining this habit of yours is totally uncool too. In addition to your new coffee maker, consider picking up an insulated to-go mug to be its little partner in

crime. Not into coffee? Reach for a reusable water bottle.

Investing in a reusable vessel for beverages is a viable and sustainable investment. In one year, the average American uses over 160 water bottles and only recycles about 40 of them. The rest, (about 75 percent) are destined for landfill. A glass water bottle is great because unlike plastic, it is very easy to clean. This means that it won't absorb any gross smells or tastes from the weird stuff that you might want to drink. At a lot of cafes you'll get a discount for using a reusable cup or bottle for your beverage, too! Be sure to inquire about the 'refill' price.

For another great way to recycle, consider investing some of your pocket change in antiques. As strange as it sounds, summer yard sales can provide you with great investment opportunities. With a little research, you can start taking advantage of them. Watch some Antiques Roadshow and you'll see what I mean. It would be smart to tour an antique shop or two just to see how cer-

tain things are priced. You could even look an item up on your phone at a yard sale if you think it looks interesting.

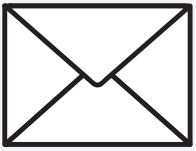
After doing a little research, go ahead and buy that ugly 75¢ ceramic water pitcher from the nice old couple having a moving sale. Understand that to them, taking this ugly thing off their hands is your way of doing them a favor. What these nice folks don't know is that they are selling an 18th century Italian Majolica pitcher for about \$4,000 less than what its worth. You can give them a dollar and insist they keep the change, if you want.

Buying an antique is an environmentally friendly investment because, like recycling, it takes advantage of resources that are already in use. In contrast, buying a new thing increases the need for more new things to be produced.

Remember that it's never too late to start investing because, in the end, it's the future that needs to be invested in.

*Dillon Richardson, Student Coordinator, USM Office of Sustainability*





## Letters & Comments:

### Consciously Forgotten History

The University of Southern Maine is steadily losing its history. I have worked here for 14 years. I have seen people come and go over the years and each time someone who has really had an impact, I mean really, leaves behind their work. The countless hours put into everything they did. These file cabinets that have been stored in a dusty corner of some third floor office that has never seen the light of day because some of these spaces don't have that privilege. Their handwriting that is recognizable over thirty years later. These documents don't mean anything anymore but they represent everything USM has been in the past that has created its future.

Recently I have been charged with dismantling 30 years of historical files in the center that I work in. They have become obsolete or "not with the times." The former director, whom retired years ago, was one of the developers of this center that has been an integral part of the university since the center's beginning dating back to the early 80's. As I pull apart these files, and see handwriting of people long gone, I ask myself...Where is the want for history? My short answer...nowhere. Nobody wants these documents, nobody cares to take the time to document important dates in USM's history, regardless of how menial they seemed at the time, what was done in the past has helped to shape what USM is today.

I know USM is not all that it can be at the moment, administration seems to have lost its way, where money is the only gain to them in this current economy, but as an employee who has spent her entire adult life at USM, I feel connected to

its history as many of my counterparts do. We see how lives are bettered through education, we put our all into our work and many of us work from home on the weekends to answer student questions so they feel they are being heard and to make their college experience as stress free as possible so they can concentrate on learning. I have faith in this university, not because of the decisions that are being made by high level administrators, but because we are a community that believes in this mission and we will soldier on as our history is dismantled and our colleagues are asked to leave with little more than a goodbye wave. I have faith because of its history, its ability to push through stormy weather like a ship crossing the ocean. This unfaltering vessel that has hit a few waves but still manages to stay afloat. But most of all...I have faith in its people for we are the heart of the university. Money or no money we will make this the best experience we possibly can for our students because that has been our legacy and will continue to be.

So, as I throw documents from 1980 into the recycle bin, which will probably never get a second glance from this moment on, I realize that I am now part of USM's history. I am part of its legacy whether I am here for another 35 years or if I am gone tomorrow, and that makes me smile.

*Christen Stande is a teacher education advisor and the professional development center program manager in the school of education and human development.*

## ASK ALI

Need advice? Send in your questions about love, life and anything you need to talk about. [advice@usmfreepress.org](mailto:advice@usmfreepress.org)

**Rahma Ali**  
Contributor

**Q1:** So I have some friends and while they're fun to be around and sometimes they're super hilarious, other times they do things I don't feel very comfortable with. Like, they take unflattering pictures of me when I'm unaware and send them to people, and they call me names and tease me on my physical appearance. I'm the type of person who would never stand up for themselves, and I feel helpless because I know everyone will tell me "Just talk to them!", but it's hard for me. I don't want to lose my friends because I know they're good people but at the same time I just hate it when they do things like this. Should I just ignore it and hope it goes away? It's what I've been doing for years, and I've become so used to this "defense mechanism" that I don't think I can ever change.

**Ali:** It's a form of cyberbullying if they are sending these unflattering pictures of you to other people online without your permission. For more information about what cyberbullying is please go to [stopbullying.gov](http://stopbullying.gov), it'll further explain that aspect of your question in detail.

Let's give your friends the benefit of the doubt for a minute and say that yes they are actually good people. Good people that just don't

know what they're doing is wrong and hurting others. They probably think it's "funny" and since you've been going along with it for THIS long that you don't mind it. I know it might sound scary to tell them but trust me in this situation that's exactly what you're going to have to do. If they really are good friends they will apologize and immediately stop, if not, you have to try your best to move on and meet other people.

**Q2:** I'm in a relationship with this guy, we have only been seeing each other for three months and just recently, one of my exs got in contact with me. I don't know if I should talk to him because he's broken my heart before but I still feel a strong connection between us. What should I do?

**Ali:** Your ex has contacted you, and suddenly you just question maybe it was a mistake to leave him after he left you heartbroken before? Surely if you're in a relationship with someone you should be happy with them. But if someone who has wronged you in the past is making you have second thoughts about your current relationship then perhaps neither is the best option. Since the one you're in doesn't seem to be working, and the ex potentially drawing you away might still be that same guy who will break your heart again.

### Back to School

## If you're non-traditional, you're not alone

**Joy Grandbois-Gallup**  
Contributor

It is early March and winter break seems but a distant memory. You remember that about six weeks ago you had a social life. You look fondly back on those nights of eight hours of sleep and afternoons where you weren't rushing from your day job to a 4:00pm class. You thought your days of eating meals out of a vending machine were long gone; yet here you are, two Snickers® bars and a coffee into dinner, asking yourself, "Just what was I thinking when I decided that this going back to school thing was a good idea?"

Welcome to the life of the non-traditional student. According to the American Council on Education 40% of all college students are considered non-traditional students; some estimates even put the number at 70%. 38% of enrolled college students are over the age of 25 and 25% are over 30. They are generally working full-time, have achieved some level of financial independence and many have children living at home.

Whether this is your first time in college or you are making a return, you've chosen to add the pursuit of a degree to your already full and established life. You may be juggling a full time job, a primary relationship, myriad hobbies, a social life and possibly

family commitments. Even if you are attending part-time you are adding an additional ten to fifteen hours a week of class, study and homework time to all of that. Is it any wonder you might be asking yourself if you are a little crazy?

Despite the difficulties there are many benefits to being a non-traditional student. You have been out in the world making a life for several years now. As such you have a much better idea of what you want out of life than you did at 18. The decision to go back to school was probably not one you took lightly. That decision may be rooted in a desire for personal enrichment or to further your career, but whatever your reason for enrolling here at USM you really want to be here, and you are determined to do what it takes to achieve your goal.

It's true that being a non-traditional student is not easy. You can at times feel stressed to the max, cut off from your former life, and yes, you question your sanity often, but the good news is that you are not alone. USM is full of non-traditional students like you and me. This column, which will be shared weekly, is written for students like us. It is my hope that it will not only shed a bit of light on the life of the non-traditional student and offer a bit of advice, but also to help each of us feel a little bit less isolated.

Welcome.

## How do you tell stories?

No matter your medium, we're looking for good story tellers. Apply to be a reporter, columnist, photographer, designer or copy edit today! Email [editor@usmfreepress.org](mailto:editor@usmfreepress.org)

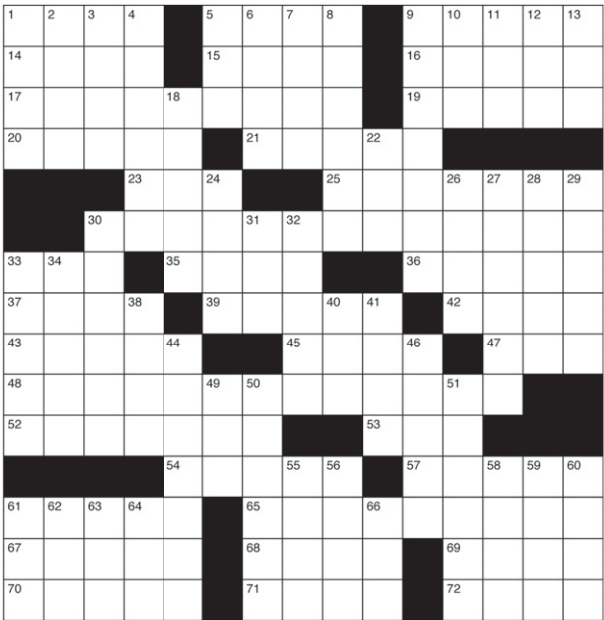
[WWW.USMFREEPRESS.ORG/GET-INVOLVED](http://WWW.USMFREEPRESS.ORG/GET-INVOLVED)





Crossword

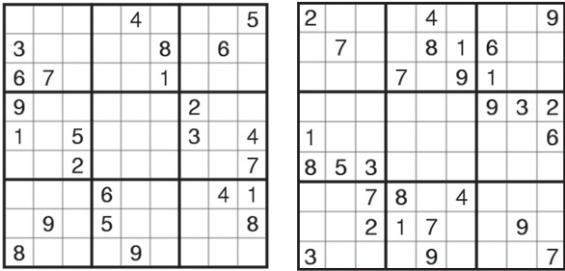
- Down**
- 1. China preceder
  - 2. Kiddy toy material
  - 3. lambs
  - 4. Big Brother's creator
  - 5. Book balancer, for short
  - 6. Crocus bulb
  - 7. '63 Liz Taylor role
  - 8. Classic Hollywood thriller
  - 9. Attache's residence
  - 10. Go, in Glasgow
  - 11. With "ate," to dance wildly
  - 12. Cauliflower \_\_\_\_
  - 13. Genetic stuff
  - 18. Old Testament spy
  - 22. 90 degrees from vert.
  - 24. Some briefs, briefly
  - 26. "Now I get it!"
  - 27. Lousy
  - 28. "Jurassic Park" star Sam
  - 29. Test for content
  - 30. Places securely (in)
  - 31. Popular cable channel, briefly
  - 32. Alpine region
  - 33. Mark on a steer
  - 34. Tea variety
  - 38. Gruel, e.g.
  - 40. Ending for care or hope
  - 41. Common noun suffix
  - 44. Gymnast's attribute
  - 46. Eastern guru
  - 49. Place for a pig
  - 50. Effervesce
  - 51. Political escapee
  - 55. Curvy-horned goat
  - 56. Middle
  - 58. Cambodian dollar
  - 59. Hwy.
  - 60. Amoco rival
  - 61. Conducted
  - 62. Grow long in the tooth
  - 63. Liriculi Ctr. locale
  - 64. World Health Day mo.
  - 66. Rental ad abbr.



- Across**
- 1. Details
  - 5. USSR, in Russian
  - 9. Spurred (on)
  - 14. Poetic negative
  - 15. D.C. bigwigs
  - 16. Like some Central American pyramids
  - 17. The Price is Right host
  - 19. Catcher in the World Series' only perfect game
  - 20. Cup \_\_\_\_ (personal preference)
  - 21. Java house order
  - 23. J.D. forerunner
  - 25. Cry of adoration
  - 30. Boots for a peewee
  - 33. Heart-rate meas.
  - 35. Excuse to eat cake, briefly
  - 36. Bear and Berra
  - 37. CSA soldiers
  - 39. Feudal peons
  - 42. Soft-drink nut
  - 43. Kipling's pack leader
  - 45. French affirmatives
  - 47. Washington st. capital (abbr.)
  - 48. Ubiquitous sign in "Snoopy, Come Home!"
  - 52. Notwithstanding
  - 53. '60s conflict site, for short
  - 54. Word in a song
  - 57. Edith Wharton novel, "The House of \_\_\_\_"
  - 61. Roofed patio
  - 65. Early inhabitant
  - 67. Cairo's country
  - 68. Time in a seat
  - 69. Dems.' foes
  - 71. Alimony recipients
  - 72. Wapitis

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.

ZOPF WDCXU P IGJDG  
IGRVJURTF'V URTFCGRV  
HR WPXXRU? FOR  
LRDGLR ZPVOJTFLFDT  
HGXJULR.

And here is your hint:

I = P

The solution to last issue's crossword



Weekly Horoscope

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



**Aries**  
March 21-April 19

★★

Focus on your ambitions. Evaluate your capacities for advancing and use your communication skills to further your position.



**Taurus**  
April 20-May 20

★★★★★

Take a look ahead at your monetary prospects. Time spent now can help insure a rosier financial future. Make flexible plans.



**Gemini**  
May 21-June 20

★★★★

Self-analysis comes easily today, as you examine your deepest motives. You will gain insight into what makes you tick.



**Cancer**  
June 21-July 22

★

Firm and forceful action is appropriate on the job. Don't hesitate; do what needs to be done.



**Leo**  
July 23-August 22

★★

The expectations of others seem particularly high. Don't let them pressure you. Do your best and relax.



**Virgo**  
August 23-September 22

★★★★★

Be sure to distinguish between useful information which comes intuitively and fantasies or fears. Blend imagination and logic.



**Pisces**  
February 19-March 20

★★

Fun with friends is in focus. Your children (and/or your inner child) enjoy lighthearted activities with other people today.



~ Since 1995 ~

# The GOLD Company

Joel Gold, CFP®, Ph.D.  
USM Finance Professor since 1973

**I CAN HELP WITH.....**

- Deciding when to retire
- Rolling over your retirement accounts to IRAs
- Developing an investment portfolio
- Family money issues

— INVESTMENTS & FINANCIAL PLANNING —  
**Call 207-650-7884 or 207-934-3698**  
[thegoldcompanyfinancialplanning.com](http://thegoldcompanyfinancialplanning.com)

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

Leonardo's Pizza  
415 Forest Avenue, Portland  
(207) 775-4444  
[www.leonardosonline.com](http://www.leonardosonline.com)

**\$3.00 OFF**  
any large pizza

[www.leonardosonline.com](http://www.leonardosonline.com)  
Free delivery or carry out  
One coupon per pizza  
Expires 5/1/15



# USM COMMUNITY PAGE



## Community Spotlight:

## *Ruginski, Miller Set School Records at NEICAAA New England Championships*

## Staff Reports

USM Athletics

BOSTON -- Senior Jamie Ruginski (Buxton, Maine/Bonny Eagle) and junior Zach Miller (Rochester, N.H./Spaulding) set school records Friday to highlight the University of Southern Maine men's indoor track and field team's performance during the first day of competition at the New England Intercollegiate Amateur Athletic Association's (NEICAAA) New England Championships being held at Boston University's Tennis and Track Center.

Ruginski broke his school record in the long jump for the second time in the last two weeks with a leap of 7.22 meters (23-8 ¼). Ruginski finished second to earn All-New England honors.

Miller broke the school indoor standard for the 200 meters with his time of 22.21 seconds in Friday's trials. Classmate Jeremy Collins (Standish, Maine/Bonny Eagle), the former record holder, also eclipsed his previous record with his time of 22.29.

Miller posted the 15th quickest time in the 60-meter dash trials with his time of 7.07 seconds, and advances to Saturday's semifinal round. Collins had the 12th quickest time in the 400-meter trials with his time of 49.55 seconds.

Junior Nick Wall (Sanford, Maine) cleared a career best 4.50 meters (14-9) in the pole vault to finish in eighth place. Rookie Ron Helderman (Madi-



*Photo courtesy of USM Athletics*

*Junior Nick Wall finished eight at the Open New England Championships clearing a personal best 4.50 meters (14-9)*

son, Maine) tied for 14th in the pole vault clearing 4.35 meters (14-3 ¼).

Senior Kevin Desmond (Monmouth, Maine/Monmouth Academy) and junior Dan Webb (Acton, Maine/Sanford, Maine) both advanced to the 800-meter finals after finishing among the top eight in Friday's trials. Desmond had a season-best time of 1:52.30 to place third overall, and Webb crossed the line in 1:52.63 to take the final spot in tomorrow's final.

Senior Sheldon Allen (Boston, Mass./Charlestown) advanced to Sat-

urday's semifinals in the 60-meter hurdles. Allen had the ninth fastest time in Friday's trials crossing the finish line in 8.44 seconds.

Fifth-year senior Conor Sullivan (Scarborough, Maine) and sophomore Roger Charest (Auburn, Maine/Edward Little) competed in the 500-meter trials. Sullivan posted a time of 1:06.31 while Charest was timed in 1:07.63.

Competition continues Saturday starting at 10:00 a.m.



# Campus Events

Monday, March 2

Gorham Campus Activities  
Board Weekly Meeting  
8:00 p.m. to 9:00 p.m.  
Husky Center, Gorham

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

■ Tuesday, March 3

Two Small Pieces of Glass Full Dome Show  
1:00 p.m. to 2:00 p.m.  
Southworth Planetarium

Queer Straight Alliance Student  
Group Meetings  
7:30 p.m. to 8:45 p.m.  
Alternating between Portland and Gorham

■ **Wednesday, March 4**

MU Lightning Talk Series  
4:30 p.m. to 6:00 p.m.  
110 Abromson, Portland

■ **Thursday, March 5**

Beehive Collective | Activist Arts Collective  
5:30 p.m.  
522 Congress Street, Portland

Dear White People Screening  
7:00 p.m. to 9:00 p.m.  
Talbot Lecture Hall, Luther  
Bonney Hall, Portland

Love Is An Orientation - Christianity  
and the LGBTQ Community  
7:30 p.m. to 8:30 p.m.  
Gorham

Pingo!  
9:00 p.m. to 11:00 p.m.  
Brooks Student Center, Gorham

■ **Friday, March 6**

The Summit Project  
7:00 a.m. to 2:00 p.m.  
Luther Bonney Hall, Portland

Visiting Artists Talk: tectonic industries  
12:00 p.m.  
Burnham Lounge, Robie  
Andrews Hall, Gorham

■ **Saturday, March 7**

James Kallembach Residency Concert  
8:00 p.m.  
Corthell Concert Hall, Gorham

Rusty Rocket in Full Dome!  
3:00 p.m. to 4:00 p.m.  
Southworth Planetarium

**For more events:**  
**[www.usm.maine.edu/events](http://www.usm.maine.edu/events)**

# The Maine Loan<sup>®</sup>

from THE MAINE EDUCATIONAL LOAN AUTHORITY

## Maine's Alternative Student Loan<sup>SM</sup>



**NEW Lower Rates & More Flexible Loan Terms**

- Range of Low Fixed Interest Rates
- Multiple Repayment Options
- Quick Online Loan Approval
- Maine-based Customer Service

**the loan for me.<sup>SM</sup>**



**www.mela.net**

**f**

**1-800-922-6352**



# Breaking News!

## BECOME THE NEXT:

› Editor-in-Chief

› News Editor

› Design Director

› Arts Editor

› Ad Manager

› Perspectives Editor

A lot of our editors will be graduating and moving on next semester. Do you have the skills to take the lead?

Start working for us today to get ahead. For more info,  
Email [editor@usmfreepress.org](mailto:editor@usmfreepress.org)



**Recent free press staff went on to work at:**

The New York Times | The Associated Press | The New York Post | Bangor Daily News | Mainebiz

Maine Magazine | The Kennebec Journal | Diversified Communications | The Portland Phoenix