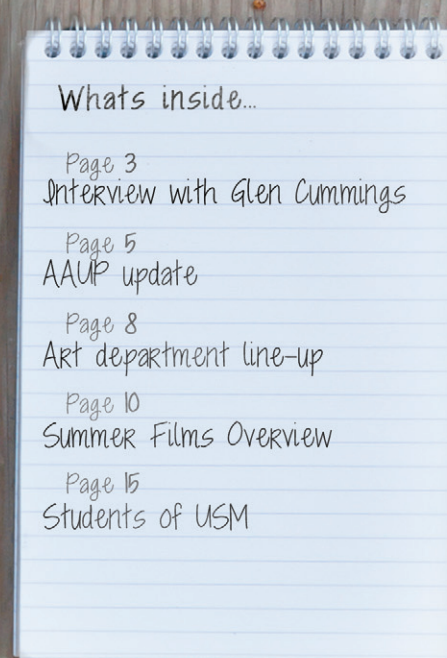
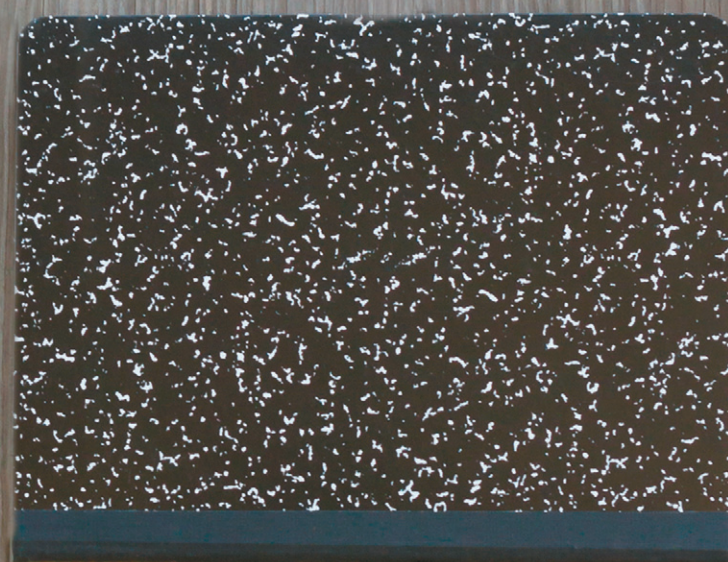


## BACK TO SCHOOL ISSUE

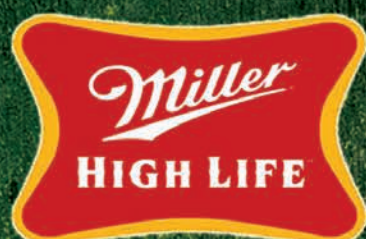




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**\$2 VODKA DRINKS!**

**\$2 FIREBALL SHOTS!**



**EVERY THURSDAY IS**

**COLLEGE  
NIGHT**

**ON FORE ST**



**420 FORE ST**



**446 FORE ST**



**442 FORE ST**



**416 FORE ST**

**PORTLAND, MAINE**



# New president shares his vision for USM

*Glen Cummings hopes student engagement will allow our university to thrive*



Nate Baril / Contributor

President Cummings speaking at the welcoming breakfast Thursday

**Krysteana Scribner**  
Editor-in-chief

*What was it like when you were told you were going to be our new president?*

I was in total shock when they said I was given the title of president at USM. I went to the trustee's meeting and the Vice Chancellor said the Chancellor wanted to speak to me. I was like, "Is everything okay?" and he said, "Oh, things are very okay." I was taken very much by surprise, but I'm very honored.

*What drew you to USM's campus? Why did you want to work here?*

I have a lot of ties to Maine and this particular university. I've lived in this state all my life and I've lived in Portland for about thirty years. I've even taught here as an adjunct since 1996. My grandmother graduated from Gorham Normal School in 1927, so you could say my history at this university stretches way back.

The University of Southern Maine is the central cultural economic center in this state. When we're firing on all cylinders, when we're at our capacity in terms of our performance, it is an enormous boost to the rest of the state. As I said before, I'm a big fan of the state of Maine. I think USM is the best place to make a contribution.

*What are some of the renovations and changes that happened this summer?*

Well, my office was moved to Masterton Hall last Friday morning. This is a huge change, considering the President's office has been on the 7th floor of the law building for over two decades now. Now, I'll be closer to students. I'd like to get a cup of coffee and interact with them whenever I get the chance. It's important to set the tone for learning and welcoming our students and a great opportunity to hear student complaints and observations of the university.

We've also been doing facility upgrades. We borrowed money from the system office which is allowing us to do a full implementation so every dorm will have wifi - because most students expect that when they come to our campus.

*How can you promise faculty won't be cut this year? How does our budget allow this?*

We're looking at our budget with a level of one year. There are two different paths we could take: One path says we don't meet goals for enrollment, and therefore layoffs will be necessary next year. The second path, if we were to work together, will strengthen our student retainment [and] we can reduce the likeli-

hood of layoffs. This means we need to make ourselves more attractive in the larger market of Maine and New England.

Also, instead of -13% enrollment we estimated last year, we're at -7% enrollment. This may still seem low, but we're narrowing that gap, which allows us from some freedom from laying off faculty. This doesn't mean we have the ability to buy new positions either, but we don't have to let go of anyone, at least this year.

*How do you plan to bring students together to have a community feel when we're mostly a commuter school?*

When we move student services to the first floor of Luther Bonny, it will become sort of a one stop shopping for students, where they can get all the help and support they may need in one place. Our goal is to create physical spaces for students to learn and grow, such as how we added admissions down to Abromson so students can have an easier time finding it. We need good academic leaders that are helping us maximize faculty and staff connections.

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@krysteana2016

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# Sexual assault training necessary on campus

Campus safety project puts on sexual assault prevention training for RAs

## WHAT CONSTITUTES SEXUAL HARASSMENT



Abigail Johnson-Ruscansky / Multimedia editor  
Ellen Spahn / Design Assistant

Zachary Searles  
News Editor

Recently, Resident assistants at USM completed a mandatory sexual assault prevention program to be prepared for the upcoming semester. The course was apart of the Campus Safety Program, a program that helps support a healthy campus environment.

The course taught RAs how to respond when dealing with sexual assault and domestic violence. RAs were also taught how the should support a student if they happen to be a victim.

According to Sarah Holmes, assistant dean of students, RAs are on the “front lines” when it comes to sexual assault and domestic violence. It’s their job to let students know that they have a place to go if they need someone to talk to.

“RAs see when someone is having a hard time. Or they see when someone’s pattern of behavior has suddenly changed because something has happened,” said Sarah Holmes.

In 2012, there was 15 reported instances of sexual assault in the Gorham residence halls. The following year there was four and there was also one case of stalking and two reported cases of domestic violence.

These numbers may seem low, but can be deceiving, according to Joy Pufhal, dean of students. It is possible that people don’t want to

discuss the incident, leading to assaults going unreported.

To help combat assault and to raise awareness, last year there was an online training that was mandatory for all students to partake in.

“We can always do more. But this online training gives us the foundation to start,” said Holmes in an interview last year with the Free Press. “If you take the training, you

WCSH, a sign hangs from a Sigma Nu house at Old Dominion University, telling parents to leave their freshman daughters with them if they want a good time.

Sarah Holmes commented, saying in an interview with WCSH. “I’m often surprised that we are seeing things like that in this day and age. It is 2015.”

A DKE chapter was banned from

“ I’m often surprised that we are seeing things like that in this day and age. It is 2015. ”

Sarah Holmes, assistant dean of students

will pay more attention to domestic violence, or other forms of harassment.”

With a large number of commuter students at USM, Pufhal believes that it may be possible that a lot of abuse may happen off campus, so it never gets reported to the school.

“There are no numbers for sexual harassment on campus, only crimes that may stem from harassment,” said Pufhal.

Fraternities and Greek life have seen their names in the news with stories surfacing in connection with sexual assaults. According to

Yale University for making their pledges chant and hold inappropriate signs, encouraging sexual acts even if the woman wasn’t consenting.

Recently, Greek life at USM received a nod from Senator Susan Collins for their proactive engagement in sexual assault prevention. Greek life at USM is committed to creating a safe community for students.

news@usmfreepress.org  
@USMFreePress

# Important information for incoming students:

Everything you need to know about add/drop policies and bus schedules

## + ADD

12 WEEKS OR MORE IN LENGTH  
THROUGH OUT THE FIRST WEEK  
AUG 31- SEPT 6  
STUDENTS CAN **SELF ADD** CLASSES

LESS THAN 12 WEEKS IN LENGTH  
STUDENTS CAN SELF-ADD DURING  
**7%** OF THE CLASS

PROVIDED THAT THERE IS SPACE  
AVAILABLE AND STUDENTS HAVE  
MET ALL REQUIREMENTS

IF STUDENT IS UNABLE TO  
**SELF-REGISTER**  
AN INSTRUCTOR'S SIGNATURE  
OR DEPARTMENTAL PERMISSION  
**IS REQUIRED**

## - DROP

STUDENTS MAY SELF  
DROP FROM A COURSE  
AT ANY TIME

IT WON'T BE  
ON YOUR  
TRANSCRIPT IF 

12 WEEKS OR MORE IN LENGTH  
COURSE IS DROPPED DURING THE  
FIRST 2 WEEKS OF A CLASS

LESS THAN 12 WEEKS IN LENGTH  
DURING THE FIRST  
14% OF THE CLASS

CLASSES THAT ARE DROPPED THROUGH  
**60%** OF THE CLASS  
WILL RECEIVE THE GRADE **W**

AFTER THAT WILL  
RECEIVE THE GRADE **F**

## USM SHUTTLE BUS SCHEDULE FALL & SPRING

Monday - Friday

\*SCHEDULE CHANGES FOR FINALS WEEK\*

No Buses on Sundays, Holidays or Breaks

Gorham Bus Stop: Front Entrance of Bailey Hall

Portland Bus Stop: Front Entrance of Woodbury Campus Center

LEAVES PORTLAND	LEAVES GORHAM
7:15 AM	7:15 AM
8:00	8:00
8:45	8:45
9:30	9:30
10:15	10:15
11:00	11:00
11:45	11:45
12:30 PM	12:30 PM
1:15	1:15
2:00	2:00
2:45	2:45
3:25	3:25
4:10	4:10
4:50	4:50
5:35	5:35
6:15	6:15
7:10	7:10
7:40	8:15(via Mall Mon-Fri)
8:45 (via Mall Mon-Fri)	9:35 (Mon-Thurs)
10:00 (Mon-Thurs)	10:20 (Mon-Thurs)

### SATURDAY MINIBUS

8:30 AM (No Mall Stop)	9:00 AM (No Mall Stop)
9:30	10:30
11:30	12:30 PM
2:00 PM	3:00
4:00	5:00
6:00	7:00



# SHIP effective for all students August 1, 2015

*Students at risk of paying for unneeded coverage if not waived by deadline*

Erica Jones  
Contributor

Classes have officially resumed, and the enrollment process is still active for many of us as we sift through our emails and say goodbye to summer. One email you

may have received this summer contained information about the university's mandatory health insurance policy for students. If you didn't receive an email, you may have noticed a charge for insurance in your Mainstreet account.

The University of Southern Maine's Student Health Insurance Plan (SHIP) is available to all eligible USM students. Beginning August 1, 2015, all USM students who meet the criteria were automatically enrolled in SHIP.

This criterion for enrollment includes taking nine or more credits, graduate students or law students enrolled in six or more credits, all School of Nursing students enrolled in clinical coursework, all Athletic Training Programs students enrolled in clinical coursework, and all students enrolled in the Occupational Therapy program.

Last year, over 3,800 students in the University of Maine Sys-

tem were enrolled in SHIP, says Lisa Belanger, Director of Health Services at USM. Approximately 32% of those were USM students alone.

Students who are already covered by an insurance policy and wish to waive out of SHIP should visit USM's University Health and Counseling Services website, where

instructions on providing proof of current insurance are on the page. In order to complete the waiver form, students will need to follow the link provided in the instructions and log in with their seven-digit Student ID and birthdate.

Alternatively, students who would like to participate in SHIP should look to the instructions, also on the Health and Counseling Services page, on how to confirm their enrollment in SHIP.

The deadline to waive out of the plan is October 1, 2015. Failure to complete and submit the waiver by this date will result in an inability to withdraw from SHIP or remove the charges from your account.

Every school in the University of Maine System requires verification of health insurance to enroll in courses at the beginning of each academic year. The



Abigail Johnson-Ruscansky / Design Assistant

*Any student that may need help can go to the Financial Aid Office or pay a visit to the student success center, where professionals will sit down with you and go over your options for health insurance or anything else.*

coverage in this year's plan ends on July 31, 2016. The cost of the annual premium is \$1,185.

If you have more questions about SHIP's coverage and pol-

icy, Cross Insurance invites anyone to call their customer service line at 1-800-977-4698. Students are also always welcome to visit USM's Health Center, located on

the Gorham campus in 125 Upton Hall.

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# Cummings trying to repair AAUP sanctions

*USM is one of fifty-six universities currently on the censure list*



Alex Greenlee / Contributor

Cody Marcroft  
Contributor

University of Southern Maine President Glenn Cummings said he has been working to repair the shared governance issue that caused the American Association of University Professors (AAUP) to censure the university's administration last June.

"I have been working directly with our faculty and senate," said Cummings. "There's no sense in

reaching out [to the AAUP] when we haven't worked on the issue with the locals."

Once shared governance is strengthened on campus, explained Cummings, USM can look forward to working with the AAUP to have the university removed from the organization's censure list.

Last June, the AAUP voted to sanction the university after an investigation found USM's administration to be in violation of various principles recognized by the organization as appropriate for achiev-

ing academic freedom and tenure.

Among the violations, the investigative committee found the university's termination of sixty full-time faculty members and elimination or reduction of academic programs for financial reasons to be in violation of the 1940 Statement of Principles on Academic Freedom and Tenure, according to the AAUP's official report.

The report argues that USM's alleged financial exigency was not substantial enough to warrant the cuts. The recent faculty and pro-

gram cuts, addressed in the report, have been a controversial topic in the USM community.

The report also concluded that the USM administration's failure to consult the faculty senate violated the, "generally accepted norms of academic governance in American higher education."

"Our goal is to create a strong shared governance model," said Cummings, adding that he has been meeting weekly with Tom Parchman, chair of USM's faculty senate, as well as organizing

reach out to them twice per year to work with them and get to a point where we can vote to remove them from the censure list," said Donna Banks, an administrative assistant for the AAUP's Department of Academic Freedom, Tenure & Governance.

Banks predicts that the organization will reach out to the university around October.

USM is one of fifty-six universities currently on the censure list, and one of four universities sanctioned during the 2015 AAUP An-

**“What we do with the administrations on our censured list is reach out to them twice per year to work with them.”**

Donna Banks, AAUP's administrative assistant

weekly luncheons with various faculty members.

Meanwhile, the AAUP has plans to reach out to USM in an attempt to repair relations, but has yet to contact the university due to the recency of the sanction.

"What we do with the administrations on our censured list is

nual Conference in Washington, D.C. According to the AAUP website, institutions can be removed from the list at a vote held during the association's annual meeting.

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# In Brief...

## Maine Senators make case for Iran nuclear war

At a forum hosted at USM in mid-August, Sen. Angus King, former Maine Sen. George Mitchell and former U.S. Ambassador Nicholas Burns were all on the same page regarding the proposed nuclear deal between the United States, Iran and a number of other nations: It’s either this agreement or no agreement.

“Those who oppose this deal tend to base their opinions almost entirely on this agreement versus a perfect agreement,” said Mitchell. “I think there is very, very little chance that negotiations could ever be resumed if this deal falls through.”

King, who along with the rest of Congress will vote on the issue in early September — through a resolution either in support or opposition to the deal — has voiced strong support.

“What I’ve done is tried to immerse myself in this,” he said. “I ultimately ended up with a long list of flaws in the agreement but then ended up trying to think of the alternatives. ... I was afraid we’d end up with the worst of all worlds: a weaker sanctions regime against Iran and an Iran unfettered by this agreement.”

## Portland is one of the most well-educated cities in the U.S., says data analysis

A recent post by WalletHub, a data analysis company that regularly publishes independent data analyses comparing U.S. states and cities across a wide range of criteria, ranked Portland and South Portland as the thirteenth most-educated city America.

To find the most attractive cities

for college graduates, WalletHub compared the 150 most populated U.S. metropolitan statistical areas across two key dimensions, including “Education Level” and “Quality of Education & Attainment Gap.”

This included statistics on the level of education attained by residents over 25, as well as data on the quality ratings of the area’s public schools and universities, enrollment numbers and racial and gender gaps.

Portland and South Portland were considered to be one city in the data set and had the fourth highest percentage of high school diploma holders.

Ann Arbor, Michigan was ranked first in education level.

The complete project can be found online.

## USM gets awarded \$100,000 grant for economic research

The Maine Center for Business and Economic Research at USM has been awarded \$100,000 from the Economic Development Administration, U.S. Sens. Susan Collins and Angus King announced in mid-August.

“The Maine Center for Business and Economic Research works to strengthen existing regional economic development initiatives and stimulate economic opportunity in the state of Maine,” the Senators said in a joint statement. “This funding will provide an important catalyst for innovation, and build upon ongoing economic development efforts at the University of Southern Maine to support Maine’s private and public sector organizations.”

The grant will fund the final year of a five-year Economic Development Program at the university, which provides technical assistance, along with research and development tools for the purposes of spurring innovation and

economic growth throughout the state of Maine.

The EDA’s University Center program partners with academic institutions in a competitive environment, providing regional economic development initiatives access to valuable university resources and technical expertise.

## Stone House to be transferred to Wolfe’s Neck Farm Foundation

Ownership of the historic Stone House in Freeport, which housed USM’s Stonecoast Writers’ MFA program is being transferred to the nonprofit Wolfe’s Neck Farm Foundation.

Christopher Quint, executive director of USM’s Office of Public Affairs, confirmed the transfer in a recent interview with the Portland Press Herald

According to those reports, no money will be involved in the transfer, but ownership and maintenance of the historic building, will become the sole responsibility of the foundation.

The ownership transfer was announced in the first week of August during an informal town council workshop at Wolfe’s Neck Farm.

“The formal transfer has not happened yet because the lawyers are still working out all of the legal details,” Quint explained. “But it is going to happen.”

Last year, USM officials said that closing the Stone House would save the University of Maine System about \$75,000 to \$110,000 a year in maintenance and utility costs and that the building was also in need of \$8.5 million in repairs and maintenance.

Quint said the Stonecoast Writers’ program was housed at Bowdoin College in Brunswick this year.



# Police Beat

*Selections from the USM Department of Public Safety police log August 23 to September 1*

### Wednesday, July 1

#### False alarm

Burglary alarm went off in Payson Smith hall. Employee called to say they entered the alarm code, and alarm went off. Employee error.

### Thursday, July 2

#### Lab equipment? Nah, just the cash

Theft report in the science building. Caller reports that a wallet was taken from the science building. Report Taken.

### Tuesday, July 7

#### Bro cops

Assisted other agency, Gorham PD. Disturbance. Suspect left area before officer arrived. Assistance Given. Report taken.

### Thursday, July 9

#### Racking up the speeding tickets

Motor vehicle stopped on School St. Summons issued for speed and inspection. Verbal warning for registration. Report taken.

### Monday, July 13

#### Skid mark street art

Vandalism report in the parking garage. Officer advises that he heard a motor vehicle squealing tires in garage. Vehicle gone upon arrival. Black marks left in garage. Officer investigating.

### Tuesday, July 14

#### Hello, this is definitely not an emergency

911 Call. Pocket Dial. Called back, all set.

### Wednesday, July 15

#### Do you even lift bro?

Disturbance in the Sullivan Gym with people yelling in the lobby. Officer warned subjects for disturbing the peace.

### Thursday, July 16

#### Nothing to see here people

Suspicious activity in the G16 Parking lot with a large group of people. Moved along.

### Friday, July 17

#### Clearly not a Mac fan

Burglary in the Masterton Hall. Faculty reports the theft of a computer from a locked office. Officer recovered computer, off campus. Investigation Pending. Report Taken.

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).



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## USM Sullivan Recreation and Fitness Complex, Portland



### Full Academic Semester Hours

Sunday	9:45 am - 6 pm
Monday-Thursday	5:45 am - 10 pm
Friday	5:45 am - 7 pm
Saturday	6:45 am – 6 pm

All Activities end 15 minutes before closing.  
Schedule is subject to change.

Call 780-4169 or visit our website for details.  
Check with Sullivan Rec & Fitness Complex as the Fitness Center and Body shop close for Academic class periods in Fall & Spring.  
The alternate room may be used during these class times.

### Memberships

If you're a current USM Student, you're already a member!

Day Pass Fees	Fee:
Fitness Center Day Pass:	\$5
Fitness Center Week Pass:	\$15 per week
Basketball Day Pass:	\$5
Racquetball Day Pass:	\$7.50
Membership options: <a href="http://www.usm.maine.edu/sullivancomplex">www.usm.maine.edu/sullivancomplex</a>	
To renew your Sullivan Complex membership call 780-4169, Info Ctr.	

**ID's:** Every person who enters Sullivan Complex must show a valid USM Campus Photo ID or a government issued ID for access to the facility. No exceptions! New ID's are required within 72 hours.

**Risk Release Forms:** An assumption of Risk and Release is required to be completed at the time of purchase by each member for participation in all activities and programs held within the Sullivan Recreation & Fitness Complex.

**Minimum Age:** No unaccompanied minors 12-17 are permitted in the facility. Persons aged 12-17 years of age are permitted in the facility only when accompanied, and directly supervised within sight and vocal range, by a parent or guardian 18 years or older. Minors must be supervised by parent or guardian of same gender in appropriate locker room facilities. These policies apply to holders of day passes, as well as memberships. (Unisex restroom facilities are available, ask staff members for locations).

### Services

**Services available with a valid 3 month minimum membership**  
**Towel Service:** Clean towels for showering after your workout.  
Fee: 3 months \$7; 6 months \$12; 12 months \$20  
**Lockers:**  
Half Locker Fee: 3 months \$7; 6 months \$13; 12 months \$24  
Full Locker Fee: 3 months \$12; 6 months \$18; 12 months \$30  
**Laundry Service:** Save time with our laundry service!  
Fee: 6 months \$28; 12 months \$50  
**Saunas:** Saunas are available in women's and men's locker rooms.

### Body Shop & Fitness Center

Fitness Programs can be found on the web:  
<http://usm.maine.edu/sullivancomplex/usm-fitness-center-body-shop>  
Choose from a program that includes a fitness evaluation and a tailor-made fitness program designed to meet your goals with supervised basic training sessions by our Fitness Center Personal Trainers.

### Registration Information

**To Register:** Go to the USM Sullivan Recreation & Fitness Complex Office, 104 Sullivan Complex with your USM student photo I.D card beginning August 31, 2015 Must register in person with payment and USM Campus ID to confirm class availability! NO EXCEPTIONS! Classes are subject to change. Class fees are per class per semester. Stop in or view website for updates on program offerings.  
[www.usm.maine.edu/sullivancomplex](http://www.usm.maine.edu/sullivancomplex)

### USM Community Discount Offerings

**Discount Program offerings through University Community Recreation & Fitness** for Students, Faculty, Staff, and University Community members with a valid Campus Photo ID. *Dine Around books, Sunrise Guides, Amusement park discount tickets at Canobie Lake, Funtown/Splashtown USA, Six Flags New England, Water Country & More!* For a complete listing of all ongoing specials visit the following website:  
<http://usm.maine.edu/sullivancomplex/university-community-recreation-fitness-discount-offerings>

### Outdoor Adventure Board - OAB

Outdoor Adventure Board, a brand new entity of the USM Student Senate, will be offering awesome discounted outdoor recreation trips! OAB will be running trips for everyone from the seasoned adventurers to the new outdoor enthusiasts. Don't miss out on the fun! Connect with OAB for more information!  
Email: [oab.usm@maine.edu](mailto:oab.usm@maine.edu), Phone: 207-228-8432, Facebook: Outdoor Adventures Board, and Instagram @oab.usm

Outdoor Adventure Board – OAB



### Fitness Activity Programs

All programs require pre-registration.  
Program Preview - Schedule is subject to change  
Class fees are per semester offering, 7-14 weeks depending on offering

**Crosstraining:**  
This program includes cardiovascular and anaerobic exercises, strength training, and plyometrics! This is an advanced group exercise fitness program. Drop in as part of the group exercising together boot camp style! Instructor: Maureen Higgins.  
**Schedule:** M-W-F, 5:15 pm-6:00 pm, (3 day/week)  
a full-fledged advanced fitness class.  
Ongoing year round drop in group activity  
**Fee:** \$10 students; \$30 member, Alumni, Faculty/Staff or Gen Public w/membership; \$100 without membership.

**Indoor Walk/Jog Drop In AM or NOON Options:**  
Open gym time for walk jog. The main gym is 12 laps to a mile.  
**Schedule:** M-W-F 6:00am-9:00am (3 day/week)  
**Schedule:** T-Th 12:00pm-1:00pm (2 day/week)  
**Fee:** Free to Students, Alumni, Faculty/Staff or Gen Public w/membership w/Campus ID & current gym members.  
\$5 drop-in day fee for all non-members.

**Pickleball:**  
A paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.  
**Schedule:** T 1:00pm-2:00pm (1 day/week)  
**Begins:** 9/15/15 **Ends:** 12/15/15  
**Fee:** Free to Students, Alumni, Faculty/Staff or Gen Public w/membership w/Campus ID & current gym members.

**Spin IT!:**  
Group fitness workout on spinning bikes. Instructor: Jillian Magee. Limited to 14 participants.  
**Schedule:** M-W 6:00am-7:00am (2 day/week)  
**Begins:** 9/14/15 **Ends:** 12/18/15  
**Fee:** \$10 students; \$20 member, Alumni, Faculty/Staff or Gen Public w/membership; \$100 without membership

**Spin IT! :**  
Group fitness workout on spinning bikes. Instructor: Stefanie Stultz. Limited to 14 participants.  
**Schedule:** M-W 5pm-6pm (2 day/week)  
**Begins:** 9/14/15 **Ends:** 12/16/15  
**Fee:** \$10 students; \$20 member, Alumni, Faculty/Staff or Gen Public w/membership; \$100 without membership

**Weigh In Wednesday!**  
Join your health coach every Wednesday to weigh in not only your body but your thoughts, ideas and experiences too! We will begin each session with a weigh in for accountability followed by discussion of wellness topics of interest. This gathering will be held from 12:15 pm to 1:00 pm each Wednesday starting September 16th, 2015, in the multipurpose room at Sullivan Complex. The meetings will be informal so come as long or as little as you prefer. For more information feel free to contact the health coach, Lacey Bouchard, RD, LDN at lbouchard@provanthealth.com.

**Women's Strength & Power Hour:**  
*The Women's Only Fitness Hour will focus on providing women with all the essentials to get in shape. Circuit strength training for increasing muscular strength, bone density, core stability, balance and mobility. With cool down stretching at the end. Get all the benefits of a good balanced work-out. Modifications can be made to meet different fitness levels.*  
Instructor Niffy Allen. Limited to 12 participants.  
**Schedule:** Tues/Thursday 1:30pm-2:30pm (2 day/week)  
**Begins:** week of 9/15/15 **Ends:** week of 12/17/15  
**Fee:** \$10 students; \$20 member, Alumni, Faculty/Staff or Gen Public w/membership; \$100 without membership

**Belly Dance:** 7 weeks, view the web for class description.  
Instructor Anabee Beal.  
**Schedule:** Monday Time: 7:00pm-8:00pm, (1 day/week)  
**Begins:** 9/14/15 **Ends:** 11/2/2015  
**Fee:** \$10 Student, \$25 Sullivan members, \$65 Gen Public

**Yoga:** Pre-registration for yoga class offerings is a must. If you are signing up for this program, you should be prepared to make a 12 week commitment to one class per week.  
Each individual Yoga session is per time/session/cannot be combined  
**Begins:** week of 9/15/15 **Ends:** week of 12/17/15  
**Fee:** \$20 students; \$50 member, Alumni, Faculty/Staff or Gen Public w/membership; \$100 without membership

**Classic Yoga:** - *Make your day with the noontime or early afternoon yoga class. A gentle to moderate class in the traditional (Iyengar) hatha yoga style. Suitable for beginners as well as more advanced students this all-level class will increase flexibility, endurance, focus and concentration while it tones and strengthens. Regular, restorative, and relaxation poses and guided visualizations are all included.*  
Tuesday Instructor: Severina Drunchilova or Thursday Instructor: Anni Ala  
**Schedule:** Classic Yoga- Tuesday 12pm-1:15pm (1 day/week)  
Classic Yoga- Thursday 1:15pm-2:30pm (1 day/week)

**Vinyasa Yoga:** Instructor: Sarah Johnston  
**Schedule:** Vinyasa-Tuesday 6:30 -7:45pm (1 day/week)

### Massage & Reiki Therapy

**Therapeutic:** Appointments available with a Licensed Massage Therapist.  
**FMI:** <http://usm.maine.edu/sullivancomplex/therapeutic-massage>  
**Fee:** \$45 for 60 minutes or \$65 for 90 minutes  
**Schedule:** Appointments made in advance by calling 780-4939. Therapists often need a couple of days to a weeks' notice for scheduling appointments as they schedule at other locations based on interest!

### Basketball & Racquetball Courts

**Basketball:**  
Drop-In hours vary. Please call 780-4169 or check our website for an updated schedule to confirm availability. Bring your own basketball for play during open gym times! **Basketballs are available only for sign out with a credit card!**

**Racquetball/Squash/Wallyball:**  
Courts can be reserved up to 1 week in advance.  
Fee: Non-Members: \$5 day fee and \$2.50 court fee  
Bring your own racquet for play as racquets are not available!

### Main Gym Group Activities/ Open Gym

**Open Gym for students/Drop in Activities:**  
Bring your own group or join with others! Badminton, Dodge ball, Floor Hockey, or Volleyball equipment is available for sign out.  
**Schedule:**  
Tuesday & Thursday Open 1pm-4pm;  
Sullivan Main Gym  
**Fee:** Free for students and members with ID, \$5/day public

**Fencing:**  
**Schedule:**  
Tuesday 6pm-9pm – Sullivan Main Gym  
**Fee:** Free for students and members with ID; \$5/day public  
**FMI:** E-mail the Blade Society [usmbladesociety@gmail.com](mailto:usmbladesociety@gmail.com)

**Indoor Soccer:**  
**Schedule:** Thursday 7:30pm - 9:30pm - Sullivan Main Gym  
**Fee:** Free students/members must pre-register. Limit 20

**Ultimate Frisbee:**  
**Schedule:**  
Tuesday 7pm-9pm – Sullivan Main Gym.  
**Fee:** Free for students and members with ID; \$5/day public  
**FMI:** Visit the Ultimate website: [www.portlandultimate.com](http://www.portlandultimate.com) or email Toby Jacobs: [asdf.tobylsatcloudbridge@gmail.com](mailto:asdf.tobylsatcloudbridge@gmail.com)

### Connect with Us!

For more information and/or current program offerings, stop by our office at 104 Sullivan Recreation & Fitness Complex.



Call our Information Center, 780-4169 or Admin Manager, 780-4939.  
[www.usm.maine.edu/sullivancomplex](http://www.usm.maine.edu/sullivancomplex)  
Sullivan Recreation and Fitness Complex

### Sullivan Complex - A Part of USM's Metropolitan Community

We would like to take this opportunity to invite you to the Sullivan Recreation and Fitness Complex. The success of our programs is much in part to the family and friends' atmosphere and relationships that are developed with the staff and other members, forming a community over the years. The atmosphere is very comfortable here..... In fact, many of the folks that worked out here years ago still come in three or more days per week.

Membership fees are reasonably priced! We offer memberships for Alumni, General Public, Faculty, Staff, Military, visiting college students, as well as discounts' for immediate family members for those whose children or spouses are current USM students. Did you know that as a member of the Sullivan Complex, you can take full advantage of both the Body Shop and the larger Fitness Center/Weight Room? We also offer specialty programs at Sullivan Complex, such as Belly Dancing, Cross Training, Spinning, Yoga and more! All programs are offered regularly and are available on various days and times throughout the year to meet a variety of schedule opportunities. Therapeutic massage appointments are available at a very special rate, which is an all-time favorite. Basketball, racquetball, squash, and wallyball are all available on a drop-in basis. In addition we have fitness evaluation services as well as personal training. While we do not require physician's clearance, we highly recommend that you check with your physician prior to starting any exercise program, especially if you have been inactive for a while.  
**There are few places around that offer all of these opportunities..... all in one friendly, community - based gym! Not a bad deal for staying healthy!**



# Arts & Culture

## Semester art department line-up

### Theatre department overview



#### *The Beauty Queen of Leenane*

**Dora Thompson**  
Arts & Culture Editor

Beginning what is sure to be an impressive theatrical lineup for USM this year is *The Beauty Queen of Leenane*, written by Irish playwright Martin McDonagh. The play starts off the 2015-16 school year on a dark note with this four-time Tony Award winning sinister comedy. The beauty queen in question is a 40 year old virgin Maureen (played by Mary Kate Ganza), forced to take care of her aging mother, Mag (played by Elinor Strandskov). In a small town in 1990's Ireland, Maureen's need for freedom clashes viciously with Mag's colossal fear of being alone. The result is a sharply written play about violence, deception and secrets. USM's theater department has already proven itself fully capable of tackling small town Irish dramas in 2013 *The Cripple of Inishmaan*, also written by McDonagh. Directed by USM's own Thomas Powers, *The Beauty Queen of Leenane* premieres on The Portland Stage, October 7th- 10th. Get your tickets by calling USM's Theater Box Office at (207) 780-5151.

#### *Our Town*

Our Town is the story of every town, America. Its character's are a milkman, a paperboy, a priest and the boy and girl next door. The set of this Pulitzer Prize winning play is a literal stage, a community theater in the supposed town and as an audience you are spoken to directly by the stage manager.

He asks the audience questions and narrates the seemingly typical happenings of this sleepy little village, each act being a different phase of life. Yet the purpose of *Our Town* is that is it humdrum and average, while asking big questions about life, love, death and what it truly means to be alive. Impactful

and thoughtful, *Our Town* is sure to leave you musing. Directed by guest director Andrew Harris, *Our Town* is shown in Russell Hall in Gorham, November 13th-22d. Get your tickets by calling USM's Theater Box Office at (207) 780-5151.

### Portland Art Exhibit: Todd Webb

Don't miss a rare look into the collections of American photographer and late Maine resident Todd Webb's photographs in the USM Area Gallery in Woodbury Campus Center in Portland. From USM's Art Department and Gallery archives comes 24 black and white photographs showing life in New York, New

Mexico and Paris from the 1940s to the 1980s. Famous his documentary style, Webb is regarded as an historian of sorts. His photographs capture a time so well that you'll forget they're in black and white. Webb typically photographs sleepy, soft everyday life, from passersby on a sidewalk in the city to eerie ghost towns.

The exhibit is currently showing until December 9th. On October 15th from 6:30-7 p.m. there will be an opening reception.

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

### USM's Symphony Orchestra: Auditions



Get involved in USM's renowned music program this fall! The school of music is seeking talented musicians to join their symphony orchestra this year. The group is especially in need of string players. The full-sized orchestra, led by Robert Lehmann, is comprised of students and community members. The ensemble has quite the reputation. Their performance of Mahler's Third Symphony was dubbed by the Portland Press Herald as 2013's Best Classical Music Event. Occasionally the orchestra will be accompanied by a voice choir (they've worked with up to 250) or even live dancers. Auditions are being held this Wednesday, September 2nd from 7:00 p.m. to 10 p.m. in Corthell Hall in Gorham. Hopefuls will need to show up to auditions with two short pieces that best demonstrate their skill and be available to practice regularly on Wednesdays at 7:15 p.m. to 9:45 p.m. Break a leg! For more information, contact [lehmann@maine.edu](mailto:lehmann@maine.edu).

### Gorham Art Exhibit: Picturing Maine



Abby Johnson-Ruscansky/ Multi-media editor

*Russel Hall, Corthell Hall, and The Art Studio on the USM Gorham Campus, where the art department calls home*

If you've lived in Maine for any extended amount of time, you've probably be bombarded with huge amounts of images of "Perfect Maine." Sunny postcards of Portland Head Light, Acadia National Park bathed in an Autumn glow. But is this reality? It's the way life should be, but is it really the way life is? "Picturing Maine" is an exhibit featuring photos from USM's archives. Using photo collections from the 1900's to the 1950s', the gathering of history allows the viewer to spot similarities and differences in tourist destinations throughout time. Is Maine truly unspoiled? The exhibit also seeks to explore the role photography plays in the image of Maine. Curated by Donna Cassidy and Libby Bischof, the exhibit will be in the USM Art Gallery on the Gorham Campus. It will run from September 17th to December 11th.



# Top 5:

## Reasons to stay on the Portland campus after your class ends

**Krysteana Scribner**  
Editor-in-chief

### 1.) Student Organizations

After class ends, a lot of students rush off to the next thing they have that occupies their time: another job (or two), children, friends, studying by netflix, whatever it may be. Not a lot of students know what USM's Portland Campus has to offer after they've attended the class they need to complete their degree. All hours of the day, the campus is buzzing with activity and joining a student group can really broaden your horizons. If you're not sure of your major, attend a subject oriented club. All student groups look great on resumes and will give you life experience beyond what the classroom has to offer.

### 2.) Free Wifi / Napping spots

Save yourself the wifi bill at home and take advantage of the wifi on campus. Desktops are also available in every building, so no matter where you are. There are also lots of hidden sanctuaries on the Portland Campus, where students can do their work in silence in a comfortable setting. The second floor of Woodbury holds what students call "The Nook" - a small area with comfortable couches and chairs that students are notorious for napping in. When the weather is nice, perch yourself on the lawn outside Payson Smith and study vocabulary terms between sandwich bites. If you're looking for a place to relax and wind down with alone time or friends, campus is definitely the place to be.

### 3.) Secret Art Exhibits

If you can appreciate art in all mediums, the Portland Campus is the hub for all great artwork produced by students, faculty, staff and other members of our community. Glickman library hosts a variety of art exhibits throughout the year, such as an solargraph exhibit on the fifth floor and one woman's drawings over a 50 year span on the seventh floor. The Osher map library which is located right next to the entrance of Glickman, which contains maps dating back to the the 1400s. Spend a day or two on campus after class to explore the hidden art exhibits and invite your family or friends to join you in appreciating the fantastic art here on campus.

### 4.) Study spots

Sometimes, heading home after class to do homework in front of the television isn't always the wisest choice. Portland Campus offers so many study environments that it's hard to justify leaving campus after your class ends. If you're looking for a quiet place to work, Glickman library has a variety of small tables hidden behind bookshelves to give you the privacy you'd like to get a project done. If you're struggling in a class, tutors are always available and are willing to meet you on campus. Together, the two of you can work together and you can leave USM knowing that you've put in extra effort into your studies.

### 5.) Gym

You can finally cancel that unused Planet Fitness membership now, because Sullivan Gym, located next to the Woodbury Campus Center, is free for any student that attends USM. This large scale building offers a Fitness Center, multi-purpose rooms for weights, three basketball courts and three racquetball court. They also offer services such as massage therapy and exercise classes at a good price. Choose to take a semester long yoga class, join the ultimate frisbee team or learn to belly dance. The gym is open 7 days a week in the fall, and they even offer discount coupons when you show a valid ID. You could get discounts on hotels, amusement parks, shawnee peak skiing, local restaurants, even veterinarian discount coupons. So even if you decide not to work-out, at least stop by to grab some coupons after class.

# Arts & Culture Recommends: First Friday Art Walk in Downtown Portland

**Krysteana Scribner**  
Editor-in-chief

For those of you that live in Portland, it can be a hassle trying to navigate downtown Portland on the first Friday of every month - unless you're going to be attending the Portland art walk. This event, which is free to all whom attend, is the largest celebration of creative culture in all of Maine.

The art walk spans on many streets of Portland, so whether you're on Congress street, Fore street or State street, there are always venues of art by local community members. On the first Friday of each month, all local artists are welcome to set-up their products for sale. Venues offer everything from homemade necklaces to elegant paintings at great prices.

The First Friday art walk happens regardless of weather conditions. There is something nostalgic about getting lost between venues of artwork, hearing the chatter of people, smelling hot coffee from local shops crowded with people, wearing a warm sweater as you navigate the streets of Portland exploring what it has to offer.

As the hundreds of people gather to appreciate the artwork for sale, local shops and museums also open their doors in hopes that Portland locals will explore what they have to offer. The Portland Museum of Art is free during the artwalk, so you can meander into their newest exhibits to see what they have to offer.

If you're looking for something fun and exciting to do this weekend, definitely head over to the First Friday art walk. With lots of things to do and see, why wouldn't you?

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[@krysteana2016](#)



Krysteana Scribner / Editor-in-chief

Top: People from all over New England and beyond walk around the streets of Portland looking at the variety of venues and art work for sale. Bottom: Carved Wooden gems like these represent the variety of art available at the art walks each first Friday of the month.

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Schedule Changes Effective August 16, 2015





# A&C Listings

## Monday, August 31

The Way We Wear:  
Fashion in the nineteenth century  
Victoria Mansion  
109 Danforth St.  
Starts: 10:00 a.m.

## Tuesday, September 1

First Tuesday Book Club  
Maine Charitable Mechanic Association  
519 Congress St.  
Starts: 12:00 p.m. / Ends: 1:00 p.m.

Vintage Trouble  
Port City Music Hall  
504 Congress St.  
Starts: 8:00 p.m.

## Wednesday, September 2

Half-day Kayak Trip  
Portland Paddle  
East End Beach  
Starts: 9:00 a.m. / Ends: 1:00 p.m.

## Thursday, September 3

Exhibit: Screen Door by Mary Bourke  
Greenhut Galleries  
146 Middle St.  
Starts: 5:00 p.m. / Ends: 7:00 p.m.

Bomb diggity arts: TV SHOW  
SPACE Gallery  
538 Congress St.  
Starts: 7:30 p.m.

## Friday, September 4

First Friday Art Walk  
Downtown Portland  
Starts: 5:00 p.m. / Ends: 8:00 p.m.

Flea Bites  
Portland Flea-For-All  
125 Kennebec St.  
Starts: 6:30 p.m. / Ends: 9:30 p.m.

New Orleans Suspects  
Portland House of Music  
25 Temple St.  
Starts: 9:00 p.m. / Ends: 1:00 a.m.

## Saturday, September 5

International Toy Theater Festival  
Mayo Street Arts  
10 Mayo St.  
Starts: 7:30 p.m. / Ends: 9:30 p.m.

## Sunday, September 6

Sea Kayak to Fort Gorges  
Portland Paddle  
1 Cutter St.  
Starts: 9:30 a.m. / Ends: 12:30 p.m.

Historic cemetery walking tour  
Eastern Cemetery  
Congress & Mountfort St.  
Starts: 11:00 a.m. / Ends 12:00 p.m.

# Summer 2015 films: What you may have missed



George Miller



Alfonso Gomez-Rejon



Thomas Vinterberg

Anora Morton  
Contributor

## Summer break is a very busy time for most.

From beach days, to mountain camping trips, family reunions, and summer jobs, it’s not surprising that many students did not make it to the movie theater. Catching up on the latest box office hits may be a daunting task with a new semester of classes ahead, so here are a few of the most critically acclaimed summer hits to add to your to watch list.

### Mad Max: Fury Road

The fourth instalment in George Miller’s Mad Max series, Mad Max: Fury Road continues developing the Road Warrior legend. The main protagonist of this movie is not Max, a role taken over from Mel Gibson by Tom Hardy, it is in fact Imperator Furiosa, played by Charlize Theron. The film revolves around the escape of the tyrant Immortan Joe’s Five Wives, and Furiosa role in assisting them to the safety of the Green Place. This is a perfect movie for car chase and explosion fans.

Mad Max is an honest to god action flick complete with heros , villians, and violence, set to a stunning background. . Mad Max is visually stunning, and will leave you dazed as you exit the theater. But it’s not all just action. This movie also offers up an immersive post-apocalyptic universe with feminist themes and fast paced storytelling.

### Me and Earl, and the Dying Girl

Not many young adult books make the successful transition to film, but Me and Earl, and the Dying Girl is a stand alone exception. Taking home the Sundance Film Festival Grand Jury Prize, Me and Earl and the Dying Girl is charming and reflective film, showcasing the relationship between a young girl with terminal cancer (Olivia Cook) and the boy who is spending time with her because his mom told him to (Thomas Mann). Tear jerking and heart warming, the young actors deliver a wonderful performance. It is a movie that makes you feel a lot, without being too heavy and hard to watch. Me, and Earl and The Dying Girl depicts adolescent life accurately, complete with angst, confusion, charm,

and deep friendship Different than most cancer movies tropes, this one will stay with you.

### Far From the Madding Crowd

Far From the Madding Crowd follows the resilient Bethesda Everdene, portrayed by Carey Mulligan, and the three suitors that pursue her. Visually stunning, Far From the Madding Crowd is an immersive classic tale set in the Victorian era, with incredible attention to detail, historically accurate costumes, and gripping drama. Carey Mulligan delivers a great performance as Bathsheba Everdene. Adorable, headstrong, and free spirited, she keeps her suitors on their toes. Far From The Maddening Crowd has all of the things you love about love stories: the romance, the tears, and beauty, yet with a lovely period backdrop. This rendition stays true to the original novel by Thomas Hardy, and is comparably successful to the first film adaptation in 1967, with a Rotten Tomatoes score of 87%.

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# Perspectives

## The Talk

### Sexual positivity and you

Lorraine Kessler  
Contributor

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

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

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

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

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



## Simple Science

### Déjà vu, messing with memory

Donald Szlosek  
Contributor

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

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

Well, what do we know?

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

So what causes déjà vu?

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

As your eyes see images, they send this information to the back of the brain, this is where your occipital lobe is located and where the visual cortex processes images so that we are aware of what we are seeing. But visual cortex isn't the first stop that information

makes. Instead, we know that it stops in lots of other places. For instance, the amygdala, where it is processed at an involuntary emotional level, and the tectum, where it's involved in preliminary visual processing and helps control eye movement.

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

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

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

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



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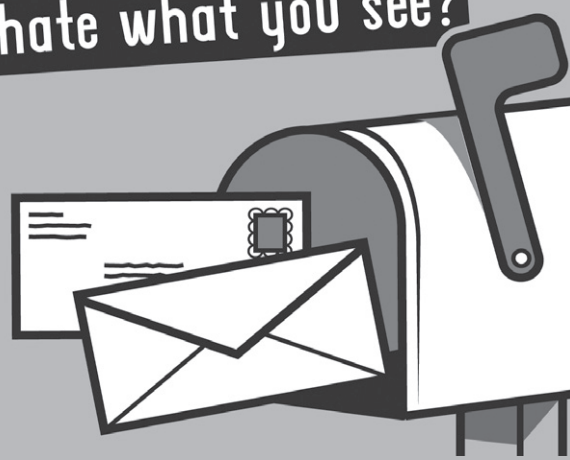
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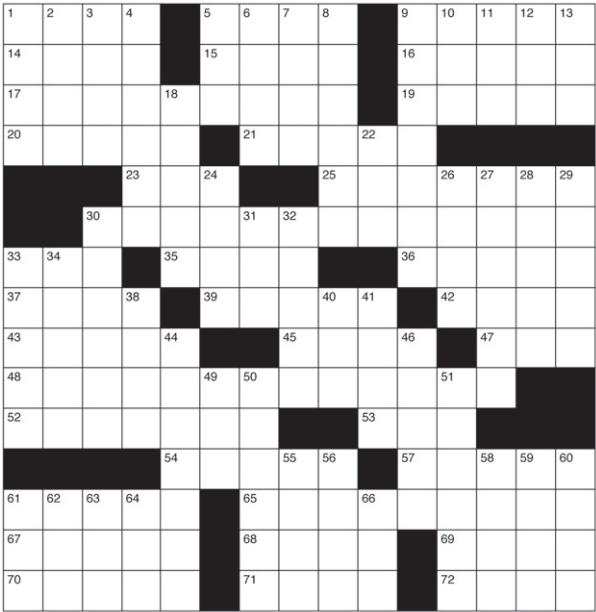


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Crossword

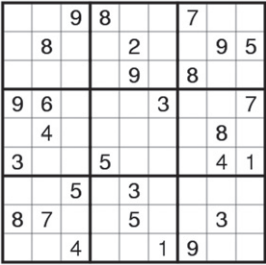
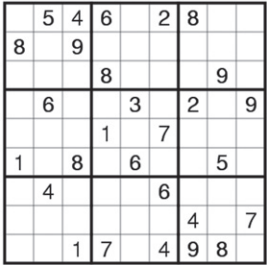
- Across**
1. Sacred bull of ancient Egypt  
5. Hosp. areas  
9. Heavy horns  
14. "\_\_\_\_, Joy of Man's Desiring"  
15. \_\_\_\_ mi (Vietnamese sandwich bread)  
16. Athlete's activity  
17. Slanted  
19. Amalgamate  
20. Print again  
21. Big name in mineral water  
23. Off-contracted word  
25. Communication coordinator  
30. Safely situated  
33. \_\_\_\_/IP (Internet protocol)  
35. Breakfast brand  
36. "\_\_\_\_ man with seven..."  
37. Renowned diamond  
39. Test  
42. Wry comic Mort  
43. Show feeling  
45. St. south of Manitoba  
47. Bag-screening agcy.  
48. Open to choice  
52. Like certain poker hands  
53. Twelve doz.  
54. Lacking subtlety  
57. Preminger and Graham  
61. Two arenas that have hosted the Sacramento Kings  
65. Wisconsin city whose name means "clear water"  
67. Oddity  
68. West Coast gas brand  
69. Not imaginary  
70. Moth-\_\_\_\_ (timeworn)  
71. Kid  
72. Southern contraction



- Down**
1. Open just a bit  
2. Guitarist Townshend  
3. River through Germany and Austria  
4. New Hampshire senator John  
5. Son of, to Saudis  
6. Lovebirds' place  
7. Silver State inst.  
8. \_\_\_\_ E. of "The Glamorous Life"  
9. Deadly natural disaster  
10. TV network shut down in 2006  
11. Big \_\_\_\_ (Outkast rapper)  
12. Dog's sound  
13. Pigs' digs  
18. Make \_\_\_\_ of (remember)  
22. Jordan's nickname  
24. Roman robe  
26. Tenets  
27. Perspiring  
28. Statements taken by officials  
29. Striped antelope  
30. Stand in the way of  
31. NFL 3-point gains (abbr.)  
32. Egypt's Mubarak  
33. '70s TV courtroom drama  
34. Stand-up performer  
38. Make an engraving  
40. "Without further \_\_\_\_."  
41. Yin's partner  
44. 11th-century mariner  
46. \_\_\_\_ Wojtyla (Pope John Paul II)  
49. Psyche part  
50. Impending danger  
51. Kind of club  
55. Not any  
56. "Gross!"  
58. How to \_\_\_\_ knot (Boy Scout lesson)  
59. Preacher Roberts  
60. Hawk, as wares  
61. Super serve  
62. Road, in Rio  
63. Monitor, briefly  
64. Goose, in French  
66. Country singer David Allan \_\_\_\_

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.

PCMIH OYX GBG  
JQFYXOIE OYG CBH  
KIMMYFK EYHMA, OI  
QFEIHXMBBE MOPM  
KHYGI EBIXF'M JPA.

And here is your hint:

J = P

The solution to last issue's crossword



Weekly Horoscope

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

**Aries**  
March 21-April 19

A mystical experience (through art, nature, beauty) uplifts you. A sudden sense of well-being overtakes you.

**Taurus**  
April 20-May 20

Surround yourself with beauty today--whether you create it, visit an art gallery, a flower show, window shop, watch the sunset, etc.

**Gemini**  
May 21-June 20

Health and food issues require your attention. Menu planning is a possibility; so is improving your diet or eating out.

**Cancer**  
June 21-July 22

A quest for the best is emphasized today. Help protect what you feel is vital in life, or simply enjoy your most favored recreation.

**Leo**  
July 23-August 22

Passions burn and excitement soars. A day for morning, evening and afternoon delight. The time for action is now!

**Virgo**  
August 23-September 22

Sharing beauty with those you love is important today. Take extra care with your grooming and makeup. Use your good taste.

**Libra**  
September 23-October 22

Time for fun with a partner. Plan a joint escape or some activity you can both enjoy together. Double your fun!

**Scorpio**  
October 3-November 21

You will need to compromise with a household member between wider horizons and the familiar home scene.

**Sagittarius**  
November 22-December 21

Don't overdo impulsive speech, but do enjoy exciting topics, stimulating conversations and new or challenging ideas.

**Capricorn**  
December 22-January 19

Slow and easygoing is the style for love today. Comfort is a higher priority than passion. Satisfaction can follow a gradual buildup.

**Aquarius**  
January 20-February 18

You feel torn being in charge versus being part of a team. Take enough responsibility, but not too much.

**Pisces**  
February 19-March 20

You and your spouse notice different things and what one misses drives the other crazy. It's normal; relax and don't sweat it.

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Abigail Johnson-Ruscansky / Multimedia Editor



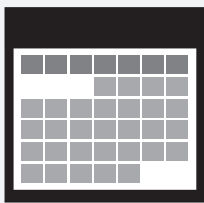
## Students of USM

### Lauren Lessard, Junior Exercise Science Major

Before coming to USM, Junior exercise science major Lauren Lessard graduated from Kent's Hill Prep School. This will be her first year as an RA in Upperclass Hall.

"When I first came to USM I was going toward Health Science, which helped me find what I really wanted to do. I am an athlete and I wanted to be involved with people and the athletics department," said Lessard. "I found my way and realized I want to be a personal trainer. I would love to coach a team, whether it be ice hockey or lacrosse."

**Do you know any interesting students?**  
**Email us:**  
**[editor@usmfreepress.org](mailto:editor@usmfreepress.org)**



## Campus Events

### Monday, August 31

Welcome Tables and Tents  
8:00 a.m. to 7:00 p.m.  
Portland & Gorham campus

Todd Webb: Historian with a camera  
7:00 a.m. to 10:00 p.m.  
Woodbury Campus Center

### Tuesday, September 1

Welcome Tables and Tents  
8:00 a.m. to 7:00 p.m.  
Portland & Gorham campus

### Wednesday, September 2

15th Annual Husky Fest  
11:00 a.m. to 2:30 p.m.  
Payson Smith Lawn

AUDITIONS: Southern Maine Symphony Orchestra  
7:00 p.m. to 10:00 p.m.  
Corthell Concert Hall, Gorham

AUDITIONS: USM Youth Ensembles- Vocal  
5:00 p.m.  
Corthell Hall, Gorham  
Room 211

### Thursday, September 3

Comedy Hypnotist: Eric Mina  
9:00 p.m.  
Brooks Student Center, Gorham

Catholic Newman Club Bonfire  
7:30 p.m. to 9:30 p.m.  
Fire pit next to baseball field, Gorham

### Friday, September 4

Student Involvement Block Party and BBQ  
11:00 a.m. to 2:00 p.m.  
Upton Back Lawn, Gorham

First Friday Art Walk  
6:00 p.m.  
Bus departs from Bailey Hall, Gorham for Monument Square, Portland

Garage Top Movie: Jurassic World  
8:00 p.m. to 10:30 p.m.  
Parking Garage, Portland

Information Session for the Accelerated BS in Nursing Program for Non-Nurses  
1:00 p.m. to 2:30p.m.  
403 Luther Bonney Hall, 85 Bedford St. Portland

Pingo!  
10:00 p.m.  
Brooks Student Center, Gorham

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

## Dorm move in day: Students prepare for the year

*Incoming freshman say goodbye to their parents as they prepare for classes*



Abigail Johnson-Ruscansky / Multimedia Editor



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