Mayoral candidates take the stage for debate hosted at USM

Rise in graduate education reflected at USM: Is it worth the cost?

Thomas Fitzgerald
News Intern

There are fifty options at USM for studies beyond a bachelor’s degree, but many students face a conflict of interest when it comes to finding a job, or entering their field of study.

Graduate social work student Erica Brown finished her bachelor of science degree in social work last Spring, but decided that pursuing graduate school would be the best option for her future.

“As an advanced standing student in the Masters of Social Work program, I never thought that getting my masters degree was possible. Yet as I moved through the undergrad program I realized it was more attainable than I had thought,” said Brown. “Now that I am in the program it’s a seamless transition that allows a person to build on the foundation that the undergrad program built.”

Brown explained that she felt very prepared going into her program from what she previously learned.

“The courses are easily applied to the knowledge we are gaining at our internships and vice versa, being in a setting where the professors are as passionate as mine makes it easy to engage in class discussions and become an active learner at our placements.”

Brown also said it would not be as beneficial if it wasn’t for the hands on learning experience and the full immersion.

From a national perspective, the interest in graduate school has been on the rise. A census study that was done by the council of graduate schools reported that mathematics, computer science, and engineering have seen the highest increase in enrollment, but there has also been a 5.4 percent increase, which has been reflected here at USM.

According to associate director of graduate admissions, Lisa Sweet, there are approximately 1,500 graduate students. Sweet also said that the most popular programs are business administration, nursing, occupational therapy, social work and counselor education. If you are a student who is considering continuing their education at USM on a graduate level, consider reaching out to the Executive Director of Graduate Studies, Tara Coste.

“Graduate School is a wise choice for many professions,” said Coste. “In fact, in an increasing number of fields, graduate level education is becoming the entry level credentialing required. Certainly, a graduate degree is what many employers look for in candidates for management positions.”

If the thought of adding graduate school to a busy schedule seems hard to manage, Coste explained that accommodations in scheduling of many programs can be scheduled for students with varying schedules.

“USM is committed to meeting the needs of Maine’s professionals and businesses. The majority of our graduate programs offer classes in the evening and in online and other low residency formats to accommodate the complicated lives of working adults,” Coste said.

According to Coste, USM is developing new programs that combine undergraduate to graduate pathways that make it easier for students to make that transition and pursue graduate degrees.
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PORTLAND, MAINE
The impact of technology in the classroom

Cody McFarroff Press Staff

Digital technology exists in individuals’ lives more than ever has and the revolution shows no signs of slowing soon. Education, like many other systems, is subject to the revolution and the classroom is no exception. The use of computers and the Internet with this in mind, how are services and technology at USM using this digital technology to maximize value for students? Should we be concerned about the direction education is headed?

The Modern Library

Visit the second floor of the Glickman Library on USM’s Portland campus, and you’ll find there aren’t many books. A few shelves containing reference books separate lounge areas from computer stations. There’s a lively chatter among students sitting beside each other at a computer, or those gathered at tables in or pods discussing class projects. A few software programs sit atop the spotty bookshelves around the room notifying visitors that, “This is a quiet floor.” It isn’t the traditional library scene.

“There was a time when there was speculation that the physical library would disappear,” said David Nutty, Director of Libraries at USM. “Instead of disappearing, we’ve adapted and we’ve changed.”

Nuttty referred to the Learning Commons. The space was created to give students a place to collaborate with classmates, seek help from a tutor or librarian, or get assistance with technology.

“As we’ve decreased the amount of print material in libraries, we’ve converted those spaces to active learning spaces,” said Nutty. “That’s what you see here in Glickman, for example, on the second floor with the Learning Commons.”

Nuttty admitted that book circulation is steadily declining, but that doesn’t mean the library is leaving. Paul Dexter, Coordinator of Learning Support at USM, argued that, at a time when distractions are rampant, the library is more important than ever in offering a place for students to focus on one task at a time.

“The brain hasn’t necessarily changed that much in terms of viewing it as a cognitive task,” explained Dexter, who has a B.A. in psychology along with a Master’s degree in social work and a Ph.D. in Public Policy. “So what becomes more important is finding a place where you can be focused solely on one task at a time. The library does that.”

The physical library is surviving, but technology also allows the library to expand into the virtual world. Nutty noted that students have online access to the same resources, with the implementation of a new service called “The Digital Commons,” which allows students to take advantage of the resources the library has. “That’s where the online library is going,” said Nutty. “It’s the use of all devices. The public as well.”

The amount of information available through the Internet can serve as a distraction. At times, it seems like everywhere we turn there is a screen in front of us. Allowing the use of laptops or other devices in the classroom is at the professor’s discretion.

If you walk into one of Joseph Staples’ environmental science lectures, you won’t find a single laptop open. “I’m a Professor of Environmental Science at USM, prohibits the use of all devices. I have had numerous students complain when their neighbors are using these devices that it is distracting to them,” wrote Staples, in an email. “As an instructor, it is extremely distracting for me to see somebody with their heads down texting away while I am talking.”

Staples added that the day allowed students to spontaneously use their phones to check facts or answer questions during lectures.

“Mobile applications in particular offer educators ways to engage folks with the materials they are studying and I am working on a few things to really explore the use of mobile apps in science,” Dan Panici, more is relaxed in his classes. “I’m allowing students to use laptops for note-taking if they prefer to. He doesn’t want to force students to use a laptop. I’ll work around to see what they’re doing.”

news@USMfreepress.org

Patrick Higgins Free Press Staff

Whitney Bolduc, Jr. and Cynthia Yang sit together and work on homework in Woodbury Campus Center. From online classes to online texts, laptops are becoming more prominent in the classroom.

“There was a time when there was speculation that the physical library would disappear. Instead of disappearing, we’ve adapted and we’ve changed.”

David Nutty, Director of Libraries

According to Nutty, USM students have access to 240 online databases. The library pays a subscription fee to a vendor who compiles articles, organizes them into a database and creates a search engine that makes them usable.

The library is also making USM material -- student and faculty research, still about research and helping find information.

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October 19, 2015

News

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news@USMfreepress.org
**USM goes the extra mile to help its veterans**

**Kysteeana Sortinen I Editor-in-Chief**

The veteran resource center, located in the Woodbury Campus Center.

**Zachary Searles I News Editor**

USM has roughly 400 students currently enrolled that have served in one of the many military branches. Regardless of this large demographic, the veteran center located in Woodbury campus center is finding student participation to be a challenge.

The veterans office was created with the goal of assisting veterans with the various needs and services that they require, such as GI bill questions, scheduling, housing and health insurance.

According to Camden Ege, Leader of the Student Veterans of America chapter at USM, the veteran community has a diverse group of students, faculty and staff that come from all different backgrounds.

"The biggest challenge with the veteran community here at USM is participation," said Ege. "For any number of reasons a lot of veterans do not participate or take advantage of the resources available.

Lorraine Spaulding, Coordinator of Veteran Services, explained that there are potentially three different type of veterans on campus.

"There are those that are very proud of their service, and then there people who did serve but are moving on to a new chapter in their life as a student," she explained. "The third type of veteran is one that wants to put their past behind them; they typically don't want to talk about their service."

Junior English major, William Zander, has served in the Marines right out of high school as a combat correspondent. He stated that there may be a scale for the kinds of veterans at USM where some individuals are more vocal about their service while others choose to leave their past undressed.

"There are some vets who wear it on their sleeve a bit more, so you know they have the knowledge about them," said Griffith. "There are vets where it's just kind of a thing they did while others had a really rough time and don't speak much about it," said Griffith.

While Griffith doesn't mind discussing his service, he did state that he tries not to let it be the only thing that he talks about.

"I find that there are some vets who kind of set themselves apart from the student population by being a little too hardcore about it," said Griffith. "They assume their service means they're more hardcore than everybody else. That kind of creates a divide."

There are many opportunities for veterans to be involved, as well as many opportunities to raise awareness for veterans on campus.

"I think this is a more challenging time for veterans than a lot of people understand," said Camden Ege. "I don't believe you can simply begin to support veterans until there is a basic understanding of the problem at hand."

Spaulding commented, saying that it has been hard to get faculty and staff to take part in this training because they are so busy already with their regular office hours that some staff just don’t have the time.

Griffith and Palmer both stated that USM goes above and beyond to support their veterans. Griffith explained that whenever he has a question, all he has to do is call Spaulding and she will take care of it.

"When compared to other Universities, USM goes the extra mile to provide its veterans with the tools needed to succeed," said Palmer. "I am thankful for all of the great faculty and staff members who go out of their way to help veteran students."
In the state of Maine, if you are a law-abiding citizen with no felonies or mental health issues, you are allowed to open carry a loaded firearm in any public place where it’s permitted.

Last Thursday, October 15, a new law went into place in Maine that allowed citizens that can open carry to conceal a handgun without having to obtain a concealed weapon’s permit. The law also permits people to have a loaded handgun in a vehicle with them.

“I think there’s been a big deal about this, but in truth I think it’s a very moderate one,” said Eric Brakey, a Republican member of the Maine State Senate at a panel discussion on constitutional carry law that took place at USM earlier this month.

At the panel discussion, Brakey told a story about why he is in support of this law. He said that one of his friends had a stalker, but she didn’t have a concealed weapon’s permit. He claims that her choices were between breaking the law to protect herself, or following the law and face potential harm from her stalker.

I think that when the law is presented people with this choice of being able to defend yourself or being in compliance of the law, that suggests to me that maybe there’s something wrong with the law itself and we need to really come at this law from all angles and really do something about it.

“I think in the first place we need to understand how children growing up today think about guns instead of adults. I believe in universal background checks, but we need to do more,” President Barack Obama said in a press conference that there had to be a bigger push for more common sense gun control legislation.

“What does the future of guns look like in this country? Recent polls say that a majority of Americans agree that there should be some form of gun control laws passed in this country.

With the latest development in technology, a German entrepreneur, Bernd Dietel, has developed a smart gun that will only fire if the user was wearing a wristband that broadcasted a certain frequency, according to the LA Times.

So far, no gun store in the United States has agreed to sell a smart model of gun, but perhaps this is what Americans will look to in the future to continue to practice their second amendment right, while also trying to reduce the amount of gun violence in the country.
**USM President takes trip to Iceland**

Thomas Fitzgerald
News Intern

Economic and educational ties are looking to be made, while a gathering of USM staff, including President Glenn Cummings, visit the country of Iceland.

“We’re traveling to Iceland to build strong educational partnerships that will both create exciting opportunities for our students and set the stage for economic growth between our two countries,” said President Cummings in a recent press release.

Many delegates left on October 14th, and will be returning early next week after participating in a three day Arctic Circle, which is a non politically biased meeting with representation from all over the country. Portland is planning on hosting this meeting in the Fall of 2016.

Judy Tupper, the managing director for Population Health and Health Policy at the Muskie School of Public Service, is representing USM while meeting Icelandic academic members to help get an idea how Iceland runs their health care system.

“There are many similarities with Maine,” said Tupper. “We hope to learn from their expertise.”

This is far from the first time that there has been educational representation in Iceland from Maine, as Governor Paul LePage visited Iceland’s largest city, Reykjavik.

There has been a relationship between Iceland and Maine developing since 2013, when a shipping company named Eimskip appointed a location in Portland for importation of trade.

President Cummings made a presence alongside other educational leaders aboard the bridge of an Eimskip ship in a signing of a partnership in support of the New England Cluster House in Portland.

Former Governor of Maine Angus King will be attending the mission, as students and staff remain curious to the findings that will be made overseas.

**Know your new administrators**

Why did Chris Quint resign from his position at USM?

“I came to USM at a point in my career where I was looking for a change and looking to be closer to my family. I had spent over 6 years commuting back and forth to Augusta from my home in Biddeford, mostly on a daily basis, and I needed to find something that afforded me more time with my wife and young daughter and son,” said Quint. “Former President Flanagan gave me that opportunity and I will be forever grateful to him. My short time at USM has been a great experience.”

As replacement for Chris Quint, Robert Stein will be the new Executive Director of Public Affairs, wants students and faculty to know that USM is a place that is thriving.

“We have a new president, Glenn Cummings, this University if already starting to thrive. Our University is unique and I can’t wait to see what this year brings for the success of our metropolitan University.”

Jeaninne Diddle Uzzi, Ph.D. Provost and Vice President for Academic Affairs, talks about what she hopes to accomplish in her new position.

“One thing I am focusing on in my new role is academic support services. I am working to partner closely with academic advisors and writing centers to make certain students have plenty of tutoring and plenty of access to academic support, particularly in math and writing,” said Uzzi. “Student success is academic success, and my philosophy is that student life and student services must have close ties to the academic side of the university.”

Nancy Griffi, vice president for enrollment management, graduated from USM in 1982. She feels USM is the right place to be.

“I am honored to be back “home”. This is an amazing university with great students, faculty and staff. Go Huskies!”

**Police Beat**

**Selections from the USM Department of Public Safety police log September 22 to September 28**

**Tuesday, September 22**

**Free car wash**

Vandalism, G12A. Caller reports Criminal Mischief to a vehicle. Left a message for Vehicle owner. Officer investigating.

**Wednesday, September 23**

**Don’t wear your sunglasses at night**


**But it’s my right!**


**Friday, September 25**

**Suspicious Minds**

Suspicious Incident, Parking Garage. Caller report a suspicious incident in a motor vehicle parked in the garage. Officer Handled.

**Leave Britney alone**

Disorderly Conduct, 246 Deering Ave. Caller reporting harassment. Trespass paperwork prepared.

**(Stomach) pumped up**

Rescue Call, Upton Hastings Hall. Intoxicated Student transported to Maine Medical Center. Report Taken.

**Yeah I just “found” this**

Drug Complaint, Sullivan Gym. Caller reporting finding drugs on Campus. Officer Handled.

**Tow cool 4 you**


**Saturday, September 26**

**If you like Pina Coladas**


**If you REALLY like Pina Coladas**


**Sound the alarm**


**Monday, September 28**

**Husky Huddle**


**Black Bears Sux**

Vandalism, Baseball field. Investigation pending. Report Taken.

**You are cordially invited to...**

Paper service, Luther Bonney. Court paperwork. Officer advises no contact.
Student production gives new meaning to a ‘first kiss’

Dora Thompson  
Arts & Culture Editor

Last weekend a heart wrenching love story unfolded in Russell Hall’s intimate black box theater. Senior theater major Callie Cox makes her directorial debut in Diana Son’s Stop Kiss. Captivating Gorham’s audiences, the play was small and intense. Completely student done, from the lighting to the set design, Stop Kiss was a true testament to USM’s student theater power.

Student Performing Artist productions (SPA) are made up of a collection of majors, non-majors and minors and rabs elbows with USM’s main theater program. It is a great way for students to try out professional roles in directing, designing, stage managing and more.

Stop Kiss flickers back and forth through time, drawing the audience into the settings backgrounds. They handled the heavy themes beautifully, with a deep understanding of the emotions of their individual characters as they struggled through the process of falling in love.

“This show is a collection of scenes,” said Burke. She said that the hardest part of the show was switching between sets, costumes and emotions so quickly.

“When you go from being beside the person you’re in love with in a coma, to post making love with the guy you’re engaged to, it’s difficult to do that in such short time periods,” she laughed.

Pryor agreed. To get into her character, she said she needed to do a lot of thinking about what Sarah would be feeling in that particular scene.

“I have to bring it all together, moment by moment, and then start completely over for the next scene.”

Cox suggested that the play came together in the last minute, but from opening night’s performance, you couldn’t tell. She chose Stop Kiss because it was original, but could appeal to everyone.

“I think this story is really beautiful and different. Love stories in film and TV are often times hetero-sexual,” she explained. “Telling the story of two lesbians is something that doesn’t happen as often as it should. It’s also extremely relatable.”

Though this is her first play directed here at USM, Cox has acted in several and prop directed for one.

“It was really cool to be directed by someone who I admire so much as an actor,” said Burke, on being directed by a student director.

In the future, she hopes to teach theater. She explained that she really enjoyed the environment of helping freshmen, sophomore and non-majors come into their own. Cox said that sometimes the cast and crew would help her convey idea and everyone would bounce ideas off each other.

From lighting designs, stage managers, to the director herself, the cast and crew are full of students in full-time classes and jobs. Most are even in other plays at USM currently. Cox said finding the time for rehearsals was difficult, but that the cast was all extremely dedicated.

Among other obstacles the cast overcame were a limited budget and design challenges in the small black box theater. They managed to pull Stop Kiss together in relatively little time.

“I had to oversee this whole package come together, and I had never tried that before. It was a big job,” Cox explained. “Thank god for my crew. Everyone is super hard working and I could not have done it without them.”

The closeness of the cast and crew was blaringly obvious evident in the production, and the crew of student handled limited budgets and time, and tough subject material beautifully.

Keep an eye on these students in the future. They make seem like a small production, but you could be witnessing future stars.

Photos left behind tell a story of exploration

Photos courtesy of Samantha Roche

Anora Mortin  
Free Press Staff

The AREA Gallery at the USM Woodbury campus center currently exhibits Todd Webb: A Historian With a Camera, a photography exhibition curated by Carolyn Elyer. This past week, a reception was held in the gallery, attracting many students, faculty, and friends of the late photographer, Todd Webb.

The atmosphere of the reception was relaxed and accepting, as even those in attendance with no prior knowledge of photography could enjoy and discuss the photographs. The exhibit itself is separated by the general geographic locations the photo’s were taken, from New York City to New Mexico, from Paris to London, each wall of the exhibit showcases the intuitive “slice of life” photo’s, many as much as 50 years old, these 24 photographs spanning from the 1940’s to the 1980’s.

Though the resounding “theme” of the exhibit is Todd Webb’s work throughout the years, there is a sub theme that carries throughout the exhibit. “He was always trying to tell a story,” Betsy Evans Hunt, the executor of Webb’s estate, related when she spoke at the reception.

“If you look at his photographs, even when there are no people in it, there is always the presence of a person and a story there,” this is especially true of Webb’s work.

Whether an empty French dining room or Webb’s good friend Geor gia O’keeffe’s patio door, there is an overwhelming sense of humanity; of presence. This theme holds true thought the exhibit, throughout the many years and photographs, and even from each city though Betsy Evans Hunt admits that Webb’s photographs reflect him “trifling off the energy of each individual city.”

Betsy Evans Hunt spoke of Todd Webb’s attitude towards his fame, that “he didn’t want anything from anyone.”“Todd was completely without guile, and very humble, but also a lot of fun to be around,” this resounding with the many reception goers that knew him. In this exhibit, there is only one photo to where the subject is seemingly aware of Webb’s presence (Wedding Party, Paris, 1950), and this factor resonates that Webb loved his work for the sake of sharing it, not to be recognised, though he is certainly remembered, fondly and with much admiration.

Todd Webb used to say when asked how to take quality photographs; this quote was remembered and shared lovingly by many at the reception, how Webb never spoke down to an inexperienced photographer, just encouraged them.
Arts & Culture
October 19, 2015

Local Top 5:

Apple Orchards

Amanda Melanson
Contributor

1.) Randall Orchards, Standish
Randall Orchards has been operating since 1906 and is located off Rte 25. They typically have apples available to "pick your own" from Late August until November 7 pm. Not only do they offer the chance to pick your own apples but they also provide a fun trailer ride during good weather and a cider mill. Also for sale is a selection of gourds, pumpkins, and squash to pick from. The variety of apples they have is plentiful.

2.) Orchard Ridge, Gorham
Orchard Ridge is located at 236 Sebago Lake Road. It was has fruit available to pick between September and early November and different apples can go rather quickly. They offer Apples for sale during season at $2 per pound and also offer blueberries and raspberries at $4 and $5.50 per pound, respectively. Their Facebook page has over 1,000 followers currently.

3.) Brackett's Orchards, Limington
Brackett’s Orchard can be found at 224 Sokokis Avenue. The season started on September 15. They are open from 10 a.m. to 5 p.m. The orchard has been in operation since 1783. Brackett's Orchards offers a pickyourown service for their apples and blueberries, priced at $3 per pound for over 10lbs and $3.25 per pound for purchases under 10lbs. Their varieties include Honeycrisp, McIntosh, Cortland, Golden, Delicious, and Northern Spy apples. They also offer a farm store which is well stocked with all apple varieties, pumpkins, squash, cider, potatoes, honey, jams

4.) Snell Family Farm, Buxton
Snell Family Farm, located at 1000 River Road off of Rte. 112. Their apple season starts Mid September and runs to Mid October according to their website. Their hours run from Monday through Friday from 9 a.m. to 6 p.m, Saturday 9 a.m. to 5 p.m. And Sunday 9 a.m. to 4 p.m. They can also be found at the Portland Farmers Market on Saturdays from 7 a.m. to 1 p.m. They offer a PickYourOwn selection while apples are in season and also sell a variety of vegetables, raspberries, herbs, flowers, pumpkins, and other plants.

5.) Doles Orchard, Limington
located at 187 Doles Ridge Road, in Limington, is owned by Earl Dunting and offers a variety of fruits. Apple season starts in August through October. Their hours of operation are seven days a week from 9 a.m. to 5 p.m. They offer a 'pick your own' service that is $1.30 per pound with a card and $1.25 per pound with cash. Operation hours run from Monday through Saturday from 10 a.m. to 6 p.m. In 2016 they will be offering a cherry/plum hybrid fruit "an experiement" of theirs, according to Dunting. The Orchard was purchased in 1993 and started growing apples as early as 1910.

Fall usually means a variety of things – warm sweaters, leaves changing color and fruit, ripe for picking. There are several orchards scattered across the state but these five are within the Greater Portland Area and come highly recommended. If you are looking for somewhere fun to go apple picking before the winter chill hits or to create a new experience for the young ones in your family, these are the places to go.

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Krysteana Scribner / Editor-in-chief

2015-O17P-3
**Film Review**

**Saturday, October 24**

Saltwater Celtic Music Festival
State Theater
609 Congress St.
Starts: 7:00 p.m.

Joseph and the Amazing Technicolor Dream Coat
Corrhill Hall
37 College Ave.
Starts: 8:00 p.m.

**Sunday, October 25**

Film: The Great Man
Portland Museum of Art
7 Congress Sq.
Starts: 2:00 p.m.

**Music Review**

**Friday, October 23**

37 College Ave.
Saltwater Celtic Music Festival
Saturday, October 24
Starts: 2:00 p.m.

517 Forest Ave. No. 2
Three Tales By Poe
Starts: 8:00 p.m.

538 Congress St.
Nomia
Erotica Writing 101 Workshop
Starts: 8:00 p.m.

**Thursday, October 22**

501 Danforth St.
Thompson's Point
Ingrid Michaelson
Wednesday, October 21
Starts: 7:00 p.m.

538 Congress St.
517 Forest Ave.
Local Sprouts Cooperative
Starts: 8:30 a.m.

538 Congress St.
Shellshag, Fur, Gary Bangs
One Longfellow Sq.
Starts: 8:00 p.m.

538 Congress St.
Three Tales By Poe
Starts: 8:00 p.m.

37 College Ave.
Saltwater Celtic Music Festival
Saturday, October 24
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Technology is distracting for students in the classroom

This week Advising begins a regular column. We thank the Free Press for this opportunity! The column’s overall purpose will address how you use your advising resources to help your experience at USM. The topics will provide practical tips and advice on how you can explore majors and careers, explain new initiatives and resources, and share areas of interest suggested by students. Advising will feature input from faculty advisors, academic advisors, staff, and students. We invite you to ask questions and suggest topics relating to this column. Please send them to the contact information at the end of this article.

Previous articles about advising explained that students who have declared a major will have a faculty advisor within their department and an academic advisor from Advising. Only the exception to campus advising is if you are enrolled in an online program. Students enrolled in online degree programs are assigned an online academic advisor and a faculty advisor within their department and an academic advisor from Advising.

Another thing I’m curious about is why people who drive out of town on routes 302, 22 and 25 (out-of-State, Forest, Congress and Brighton respectively) don’t advocate for a “try-to-run” law system? Do you enjoy that smell of gasolineburning engine fumes every week? Are you unique that you prefer to be trapped by yourself, paying gas and breathing fumes rather than carpooling? It seems like the more you drive into town instead of walking, the better it is for you.

I’ve driven into town at rush-hour and been stuck in the slow-dying fumes of single-occupancy cars stretching miles all the way to Buxton. How much time has been wasted sitting in your car? Get out the air and breathe like a real human – screen-less and free.

Advising: Know the basics of advising

You can make academic advising appointments by calling the numbers listed above or by directly e-mailing your advisor. When you make the appointment it is helpful to state the purpose of your appointment, and to provide your phone number and student ID. Currently Academic Advising is working on a self-booking appointment feature for on-campus advising. Stay tuned, because it will be online soon.

We thank the Free Press for this opportunity! The column’s overall purpose will address how you use your advising resources to help your experience at USM. The topics will provide practical tips and advice on how you can explore majors and careers, explain new initiatives and resources, and share areas of interest suggested by students. Advising will feature input from faculty advisors, academic advisors, staff, and students. We invite you to ask questions and suggest topics relating to this column. Please send them to the contact information at the end of this article.

Previous articles about advising explained that students who have declared a major will have a faculty advisor within their department and an academic advisor from Advising. Only the exception to campus advising is if you are enrolled in an online program. Students enrolled in online degree programs are assigned an online academic advisor and a faculty advisor within their department and an academic advisor from Advising.

Another thing I’m curious about is why people who drive out of town on routes 302, 22 and 25 (out-of-State, Forest, Congress and Brightly respectively) don’t advocate for a “try-to-run” law system? Do you enjoy that smell of gasolineburning engine fumes every week? Are you unique that you prefer to be trapped by yourself, paying gas and breathing fumes rather than carpooling? It seems like the more you drive into town instead of walking, the better it is for you.

I’ve driven into town at rush-hour and been stuck in the slow-dying fumes of single-occupancy cars stretching miles all the way to Buxton. How much time has been wasted sitting in your car? Get out the air and breathe like a real human – screen-less and free.

Advising: Know the basics of advising

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As summer slips away into memory and fall seems in a hurry to be done with us, I can’t help but look ahead to the impending winter season with a confused sense of both doom and desire. Yes, winter can be miserable. Icy roads, power outages, the dreaded snowfall…(feel free to pile on any other comment). Most of these misery makers will surely come, and go, as they always do. What of it, though?

Yes, I’m looking forward to theark before most of us get done class. True- those boots and gloves with holes in them. Of course, being freezing just like they did last January when it was decided that they can make it one more winter. Sure- the shoveling…not for me. The snowblower- so what, though?

Those are just a few of the things I'm looking forward to as a Maine winter here at USM.

There is also the beauty of nature, blanketed by freshly fallen snow with the mornings cool, clear climate as we ourselves awaken. That beauty resides also in our weather patterns. Rain or shine, the city or town we call home. Gorham and Portland each in their own way acclimate to the winter season.

The Gorham campus, even in the depths of winter, still stokes the intellectual fires of the students studying inside. The library is a haven, the snowshoeing, fueled by caffeine and the realization that we are all grinding through this together. Portland, with the winter at its back and the ocean crashing in, hunkers down. The streets narrow, the sidewalks disappear, and the snowfall continues- yet the people carry on.

Better than that, people often say that the winter seasons can bring us together. Activities abound, from snowshoeing in any of the many parks that are in the surrounding area to visiting the multiple “corners of culture” that do not disappear when summer does.

It isn’t the self that I have any issue with. I find that I have taken too many weeks off on this journey, and really have don’t even have issue with the self stick itself. It is merely an obstacle occasionally. Yes, you are starting between a few feet of snow and the self stick on one side of you. I have experienced the situation of being stuck and not being able to move with your duffel bag. The self stick is torn, and I’m not saying here that you should climb to the top of Munjoy Hill in shorts, sandals and a tank, run down the rocks and whip the ocean into submission a la Xerxes…

Then again, I’m not saying you don’t get the Wetter Dearfooters through, though, and cover up. The aim is to overcome the winter weather by exposing yourself to the beauty and opportunity it has to offer, not to be overcome by the winter weather due to exposure.

Explore, though. Find the secret beauty hidden beneath the harsh exterior of things. Winter blanketing our environment in white, seems to make us cover up everything in its wake.

That’s only a matter of perspective, though. Being stuck at through a different slant, that enveloping snow is not a blanket, but a blank slate- one on which we can build. How long will it last as long as there are writers to do so.

**Editor’s Note**

*Contribute your best! Send your thoughts to: editor@USMfreepress.com or USMFreePress*

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**Self Exploration**

**Winter is a matter of perspective***

Nicholas Beauchesne
Free Press Staff

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**Semester at Sea**

*“Has social media turned us into self-centered travelers?”*

Joie Grandbois-Gallup
Free Press Staff

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You have paid 15 euros to walk the wall that surrounds the medieval city of Dubrovnik. You are anticipating the views of blue Mediterranean water as far as the eye can see to the west and the charming orange rooftops of the town to the east. And depending on your eye, you can see the snow covering the area- nearly 85 degrees and as you follow the crowd of tourists up the narrow stairs snow begins to form on your forehead. The shoveling begins to disappear, and a cool breeze that will refresh you. Finally you are nearing the top step, your reward is in sight when…

Down the line it comes, one person after another bumping into each other. The line stops dead. For a moment, you stand there, and ask yourself if you don’t see it? To find the full RFP and read all 62 of its glorious pages, head to the UMaine Strategic Procurement website or Google ‘Request for Proposal Dining Marine’.

Tyler Kidder is the Asst. Director for Sustainable Programs at USM. She works on the three USM campuses to reduce environmental impact.

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There are tons of affordable office & college supplies in the Portland Surplus Store, so stop by!

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For the last ten months a small consultant, the Strategic Proposal Exchange, has been working to create a Request for Proposals (RFP) to address the approaching end of the dining services contract. Currently, Aramark is the vendor who holds the contract for six of the seven campuses (Orono is self-operated, meaning their food service is not contracted out to an external vendor but instead operated as a university department). Aramark is the current dining services program that provides residential dining, to-go kits, late night snacks and catering to our campuses. They order, plan and prepare the food as well as employing the staff who make the food happen. Aramark won the last round of contract negotiations in 2006 and now the 10-year contract is up - it’s time to go back out for bid. Due to the fact that UMS is a public entity we must always put large purchases and contracts out for public bid process to ensure transparency.

Over the last year, a consultant was hired to help the campuses assess the current state of their food programs. This investigation looked at equipment age and condition, hours of operation, types of food served, style of menu, number of meal plans, student population, availability of local, sustainable, special diet food, etc. Once the data was amassed, a survey went out to all students, staff, and faculty across the System asking what they thought was most important about food service and what they wanted to see in the future.

Using all this data, as well as information researched and provided by expert community groups, the consultant, the Strategic Proposal Exchange and the core team worked together to craft the language for the RFP. The document went public at the end of August and vendors have until November 4 to respond with their proposals. The proposals will be long and detailed documents with the vendors asked to show how they will deliver on the various demands of the UMaine System right down to the specific needs of each eatery on each campus such as Bailey & Luther Bonney Kiosk operation, for example. The confidential proposals will be extensively and fairly evaluated by the core team, and a decision will be reached on the winner later in the winter.

Multiple vendors have expressed interest in submitting proposals and each proposal will be very different in terms of solutions being presented to solve current challenges. Excitingly, one of the vendors who will be bidding is a Maine-based cooperative which offers collective membership to the students and community. Others are corporations like Aramark who specialize in institutional food service (colleges, hospitals, prisons, etc).

So, what will change? Although the specifics of the contract won’t be ironed out until the proposals are evaluated, one thing we do know is there is a much larger emphasis on local food in this contract than in previous contracts. Local food is defined as being any food generated within 175 miles of any UMaine system school. Therefore, UMPI could buy corn from New Hampshire and USM could buy fish from Canada if they really wanted to. Most of the foods that qualify as local, however, will be from within our own state. Having the local foods found on university plates is going to increase significantly. Exact current local food purchases across the system are moving target and not well measured. Within the first year of the contract, however, vendors must purchase 15% of their food from local sources. The 15% is measured in cost and averaged out over a calendar fiscal year so there may be more local products during certain seasons. The 15% must be spread out between these categories: Produce, dairy, eggs, fish/seafood, poultry, meat, baked goods, and grocery. Each year, the vendor must increase the percentage of local food purchase by 1%, reaching 20% local food by 2020 (year five of the contract). This is great news for farmers, processors, fishermen and distributors of Maine grown food! Maine has a thriving local food scene with abundant variety of whole and crafted food products and this new consistent market for food is important for further growth and stability in the food economy.

Once the decision is made for the new vendor is made this winter the winner will be announced. The new contract for food service will take effect July 1 2016. So next summer and fall, expect to see some new menus and more local and sustainable foods for sale on campus! There will still be a large percentage of food served on campus that is not local, so be sure to choose local whenever you can and ASK if you don’t see it! To find the full RFP and read all 62 of its glorious pages, head to the UMaine Strategic Procurement website or Google ‘Request for Proposal Dining Marine’.

Tyler Kidder is the Asst. Director for Sustainable Programs at USM. She works on the three USM campuses to reduce environmental impact.
Puzzles

Crossword

Across
1. Triangular sails
5. "In Praise of Amor" author
10. "... to doth"
14. Reply to "Are you awake?"
15. Make __ of (got down)
16. Axe (in bad faith)
17. Sandwich spread
19. Broadway's Linda
20. Prepare for use, as software
21. W.C. Handy's style
22. Rebound requirement
24. Type of chest
25. Rent splitters
34. Mexican friend
35. Ick
36. Phone no. follower
37. Cost off
39. Obama was in it until November 2008
42. Anterior citter
43. Homes for mil. planes
47. Melksh creation
48. Chuck Yeager, e.g.
51. __, I'll Be You
52. Factoring
54. Litty
57. Fall symbol
62. Signifying gorilla
63. Cruel
66. Prefix meaning "personal"
68. Brighten
69. Cost on arm and ___
70. Pull on
71. Move without effort
71. Some beans

Down
1. Musk icon Hendrix
2. One-named supermodel
3. Play the piano for
4. Parking place
5. Without much energy
6. Printed
7. French statute
8. NIl installations
9. Doctor's charge
10. Ferdinand's wife
11. Singer English
12. Robert ______ (Civil War general)
13. Long-encoded titles
14. Like an infielder
21. Emenee's exclamation
23. Cave under weight
24. Males logo
25. Ambulance staff, etc.
26. Military academy student
27. French author Zola
28. Fishes, e.g.
30. Prior to the point
31. Eekrate
32. Bonus
33. Charge
34. Unorthodoxed one
35. World War II encoding machine
41. Glenn Turner
42. With "Mox," a golf brand
45. Carlin
46. Galaxy
49. They're forbidden
50. Love mil. letters
51. Nightgale, for one
52. "You're too young. You're just ___"
53. "And ___ it"
56. Similar (to)
57. Elementary school gym
58. Metac weight
60. Tiny-winner Judith
61. "Just like" (in short)
63. Currant end
64. Blanc who voiced Bug Bunny
65. Hind-head food

Sudoku

A sudoku puzzle consists of a 9 × 9–square grid subdivided into nine 3 × 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 × 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.

GYUQ VC RAPHCZFZAH
LHZ QC EUMM ZUEY
COYZA? EZMM
RYCFZH.

And here is your hint:
L = U

Poetry Corner

My heart guides a love filled brush to caress the empty canvas.
Blonde in addition to blue will stroke and kiss the white sky.
It prevails colors and beauty so true though its landless
Only her natural elegance can fill this volume and get one high
Mark after mark the imagination will merge with reality
Art comes to life and brings her eyes into focus with mine
Yearning to touch the creation would break my morality
Reaching out helps none but reading her signs help every time
I think our skins touch I think our lips touch I think she's mine now
She is unable to crawl out until I put the final touch on this fantasy
Paint paint paint many shades but trapped she is why, no how
Colors are splashed reaching the page but perfection has no vanity
Blinking wakes me as I stare at the nothing on my thought
Again I dreamt of the perfect fusion dealing with love and art
I cant count how many times I've envisioned her rather than not
True love will not be found if the brush never touches a soul from the start

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Leonardo’s Pizza

Empty Canvas

The solution to last issue’s crossword

Aries
March 21-April 19
Take the family portrait, give your lover a sexy boudoir photograph, or create some pleasing visual memories.

Taurus
April 20-May 20
You expect the best in your relationship. Don’t focus on what’s wrong; work toward your ideal (but recognize perfection is impossible).

Gemini
May 21-June 20
You may be feeling a bit frustrated today if you are thinking only of what you don’t yet have. Face reality, while working to improve it.

Cancer
June 21-July 22
Your persuasive abilities are in focus. Sales go well. You can play the comedian or entertainer for colleagues.

Leo
July 23-August 22
You find a family member pulling away when you want to be close and supportive, or you want to separate when others seem needy. This, too, shall pass.

Virgo
August 23-September 22
Clearing the air is a good idea. Bring up that topic you’ve been hesitant to discuss and talk it over with the one you love.

Libra
September 23-October 22
Your mind is sharp today, yet also precise. Plan to accomplish problem-solving that requires both speed and exactitude.

Scorpio
October 23-November 21
Power plays or manipulations by loved ones are likely, so be extra empathic and cooperative tonight. Look for chances to be a team.

Sagittarius
November 22-December 21
Relationship and achievement needs seem at odds today. Keep a balance between love and work and remember you’re not superhuman.

Capricorn
December 22-January 19
Important papers require your attention today. Legal matters may be involved. Read everything carefully.

Aquarius
January 20-February 18
You’re inclined to take it a bit easy on the job today. Your good taste could be called upon, or diplomatic skills may be necessary.

Pisces
February 19-March 20
Inspirational activities will give you a lift. Seek out nature, art, beauty, or religious or spiritual settings.
Multicultural center event discusses difficult topics

Diversity dialogue hopes to increase community outreach

MaryAnn Silliboy
Free Press Staff

At the Multicultural Center, the USM’s Diversity Dialogue is a way to engage in a meaningful discussion about race related issues. It is where students can express their pent up frustration, anger and irritation of mistreatment on a campus, the place they are supposed to feel the most safe.

According to Reza Jalali, Coordinator of the Multicultural Student Affairs, the event went well and helped students.

“I do hope, and pray, the discussion, as painful as it was, helped the students who participated,” said Jalali. “The participants were honest, took risks, and shared their inner fears and thoughts on feeling invisible, not valued and not accepted by the USM community.”

This discussion is just one of the many events the center holds. It is open to all students and gives multicultural students the opportunity to talk about their positive or negative experiences on campus without being judged.

The Multicultural Center began in 2000 and has been growing ever since, providing a space for students from all over to congregate. It’s a place for students from marginalized and invisible communities to meet, gather for social events, have discussions and student group meetings.

“I believe it benefits those, who feel marginalized to find a safe place and time to talk about racism and exclusion,” said Jalali. “It benefits them as they share their views and, at times, it creates a better sense of community by doing so.”

Yet many people are intimidated to enter because of lack of acceptance and the overall clique mentality.

“It walked into the multicultural center and felt very uninvited in a place that is meant to be inviting to all cultures and all people,” said an anonymous USM student. “Everyone was very distant, and there was a true lack of communication between the obvious grouping of students within the center.”

The Diversity Dialogue meeting was an idea by Abdelaziz Rhazzali, a senior Mechanical Engineering major. He explained that his idea was to start the Diversity Dialogue so students could have a safe place that they could discuss the problems they face on campus.

“I felt that this dialogue was much needed within our university especially for the multicultural students,” said Rhazzali. “The goal was to provide safe space for multicultural students to discuss issues that they face as being part of USM community.”

Susan Lewey Hamilton the Coordinator of the Multicultural Student Affairs and Native American Waiver and Educational Program, helped Rhazzali put the Diversity Dialogue together.

As the discussion went on at the event it started to become opinionated, everyone wanted to voice their opinions and talk about the many issues related to discrimination and race on campus that was currently bothering them. It began as a calm discussion about the differences everyone has, but some students got defensive when certain touchy topics were brought up.

“It didn’t go very well for me personally, because of how it was facilitated, not in a way that it was open enough,” said Nancy Umba, a sophomore theatre major. “I didn’t think it went anywhere, or solved anything. There was a lot of arguments, and people weren’t being receptive enough to what others were saying, people were quick to get angry with certain things others said.”

Hamilton disagrees, saying she has a much different view on the center and what it is supposed to bring to the campus as a whole. She also explained that the event was aimed at discussing and bringing to light issues of inclusiveness and racism on campus.

“The Diversity Dialogue went as expected, great conversations happened and students weren’t afraid to speak up about things that were bothering them,” she said. “A lot of it is the typical issues of inclusiveness on campus, how other people look at them, stare at them, issues of racism.”

According to USM enrollment totals in 2013-2014, there was a total of 410 male minority students, and 2929 male white students. There was a total of 305 female minority students, and 3939 white female students on campus.

“What should come out of this are individual decisions or workshops that they can begin to understand themselves a bit more and why they react to certain events that happen to them,” said Hamilton. “What they can do to resolve the issue and that’s prominently, why we want to do these de-cisions, more self-awareness for each individual student, understanding what oppression does to people, and to show how it affects the community.”

The Multicultural Center is going to try to continue to put on Diversity Dialogues once a month, for students to come and voice what they believe, how they feel and maybe solve the issues of what is happening on campus. They plan on doing workshops and to begin educating students on oppression, colonization and to help the students better understand where the racism and pent up anger stems from.

Photo courtesy of Multicultural Student Affairs

Katelyn Wiggins / Free Press Staff

Students and staff gather together in the Multicultural Center, where anyone can openly discuss racial issues.

The participants were honest, took risks, and shared their inner fears and thoughts on feeling invisible, not valued and not accepted by the USM community.

Reza Jalali, Coordinator of the Multicultural Student Affairs
A new fraternity is coming to campus next month called Gamma Iota Sigma. Previously known for being a nationally recognized fraternity that chartered in 1965, it has since grown to over 60 schools and over 22,000 alumni. With a strong student interest already accumulating, the group still hopes to expand its prominence at USM.

The fraternity is an academic fraternity that caters to students majoring in risk management and actuarial sciences. As an academic fraternity, Gamma Iota Sigma provides its members with a multitude of opportunities that include networking, opportunity to travel, advising, and mock interviews.

Last week, members of Gamma Iota Sigma members traveled to Chicago for a conference. This meeting gave them opportunity to learn a great deal and enabled them to network with seasoned industry professionals. These conferences provide students with real world experience all while learning leadership skills and interviewing skills.

Matt Swan, the president of USM’s chapter of Gamma Iota Sigma, attended the conference in Chicago. This conference attracted nearly every Gamma chapter, along with a massive job fair that drew over 50 large corporations actively looking for Gamma members to hire, connect and network with.

Swan stated that the switch from risk management club to a charter fraternity gives it much more validity, as well as gives them the access to a large national outreach of like minded students and industry professionals.

Said Swan that this fraternity has been an excellent experience for him. It has been an excellent experience for him. He graduated from SMCC. To me, that is just what I needed. I’m happy to say it and then I would then try to make my way up the ladder of success.

“This fraternity has been an excellent experience for him. He graduated from SMCC. To me, that is just what I needed. I’m happy to say it and then I would then try to make my way up the ladder of success. My dad came here from Cambodia when he was really young and he’s always wanted to go back to school too. Since my dad did it, nothing, he was able to show me that I could as well.”

As he progresses through his college career, Chap has found that his love for dancing keeps him motivated and inspired with each passing day.

“I love performing and dancing is my passion. When I was younger, I watched a lot of videos of people dancing and it caught my eye. I would copy it and then I would then try to make my own thing. I am part of a dance crew now down in Massachusetts called Rice Paddy Heroes. We’re getting out there and we’ve been performing a lot at various colleges.”

As a student at USM, Moutwei Chap is inspired by his fathers determination to work his way up the ladder of success.

“My dad came here from Cambodia when he was really young and he’s always told me stories of how he started from the bottom and when he got here he didn’t know anything,” said Chap. “He graduated from SMCC. To me, that was an inspiration that helped me go to school too. Since my dad did it, nothing, he was able to show me that I could as well.”

For Jake Mitchell, his struggles with substance abuse have given him incentive to go back to school and work on bettering his life goals. “I used to struggle with substance addiction. At one point, I went and lived in the wilderness of Oregon for a couple of months. I also lived in Chicago, which is where I have recently moved from,” said Mitchell. “I’m living in a sober house right now, and that’s why I am going to USM. Maine was my only option to stay out of trouble. I was getting into bad situations in the last city I lived in, and this geographical change is just what I needed. I’m happy to say I am six months sober.”

Rahma Ali Chap, Sophomore Computer Science major

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The Huskies’ week in review

Soccer team struggled to withstand UNE

At the beginning of the game, the USM lady Huskies’ played their hardest, working together as a team towards the common goal of winning.

Nick Beauchesne
Free Press Staff

On an afternoon where each passing minute the skies appeared poised to pour down on Hannaford Field, the USM Lady Huskies soccer team struggled to withstand the deluge of shots from UNE in a 7-0 defeat.

USM (3-9) dropped their sixth of the season. The winners of 4 straight, and 7 of 8 overall, UNE finds themselves in sole possession of first place in the Commonwealth Coast Conference (CCC). As overwhelming as the UNE offensive attack proved to be throughout, their defense was equally impressive. The Huskies were unable to put a shot on goal throughout the contest, their three shots all having missed the target.

Things do not appear to get much easier for USM as they prepare to head south Saturday to take on the conference leading Eastern Connecticut State Warriors.

With three days to prepare through research and the development of data-driven strategies for hazing prevention, they will have to be able to make the playoffs is to be re-alized, they will have to be able to withstand the elements and the opponent from here onward.

Pelletier emphasized hope for the future for USM, rather than focusing on the disappointment of Tuesday’s defeat: “We have 5 games left before the end of the season, and we are focused on doing our best at Eastern Connecticut this Saturday.”

The forecast calls for cold and overcast weather for the game Saturday. If the Huskies’ hope to make the playoffs is to be realized, they will have to be able to withstand the elements and the opponent from here onward.

sports@usmfreepress.org
@USMFreePress

Stop Hazing presentation

This presentation will take place on October 23, where the mission is to promote safe school, campus and organizational climates through research and the development of data-driven strategies for hazing prevention.

Pre-championship poll

The Huskies’ golf team is prepping for the 2015 Great Northeast Athletic Conference (GNAC) Championship this coming weekend on Saturday and Sunday. For more info, visit the USM athletics website.

Husky Hysteria

Come on out to Hill Gymnasium on October 22 (9:00 p.m.) and join the Huskies’ men’s and women’s basketball, men’s and women’s ice hockey, wrestling and men’s and women’s track & field teams for the first Husky Hysteria Event.

We are looking for sports writers and photographers.

email: editor@usmfreepress.org

Scoreboard

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>October 11</td>
<td>Field Hockey</td>
<td>USM 1 - Western Conn. St. 2</td>
</tr>
<tr>
<td>October 12</td>
<td>Golf- USM Fall Classic</td>
<td>USM placed 2nd out of 8</td>
</tr>
<tr>
<td>October 13</td>
<td>Women’s Soccer</td>
<td>USM 0 - UNE 7</td>
</tr>
<tr>
<td></td>
<td>Field Hockey</td>
<td>USM 1 - Bowdoin 2</td>
</tr>
<tr>
<td></td>
<td>Women’s Volleyball</td>
<td>USM 0 - Mass-Boston 3</td>
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</tbody>
</table>

Upcoming

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>October 19</td>
<td>Men’s Soccer</td>
<td>USM @ Bates 4:00 p.m.</td>
</tr>
<tr>
<td>October 20</td>
<td>Field Hockey</td>
<td>Salem State @ USM 4:00 p.m.</td>
</tr>
<tr>
<td>October 21</td>
<td>Women’s Soccer</td>
<td>Framingham St. @ USM 3:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>Women’s Volleyball</td>
<td>USM @ Colby-Sawyer 7:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>Men’s Soccer</td>
<td>USM @ Farmington 7:30 p.m.</td>
</tr>
</tbody>
</table>