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University of Southern Maine Student Newspaper

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THRIFT SHOP HOLIDAY GIFT GUIDE

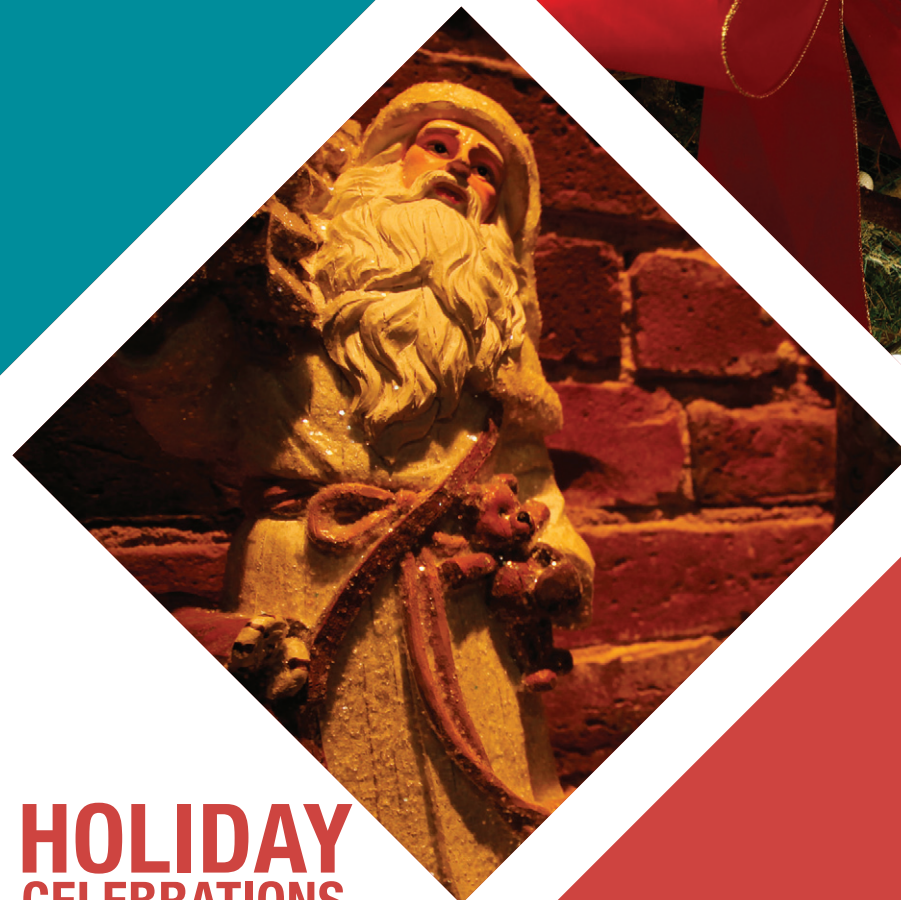
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NUTCRACKER BALLET

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THE HOLIDAY ISSUE

DEC. 7, 2015 VOL. 47 NO. 11



HOLIDAY CELEBRATIONS

PG 3

A YEAR IN FILMS 2015

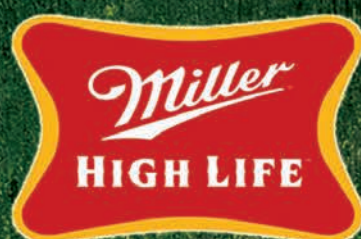
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Photos by Nathan Baril and Design by Hannah Lyon

\$0.50 PINTS OF BUD LIGHT, HIGH LIFE, NATTY DADDYS!

\$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

Holiday celebrations in other cultures and religions

Amanda Melanson
Free Press Staff

December is a time for many celebrations and with Portland having a diverse population, more than just Christmas will be celebrated this holiday season.

Buddhism: Bodhi Day

Bodhi Day is a Buddhist holiday that commemorates the day that the Buddha achieved enlightenment, translated as bodhi in Sanskrit or Pali. Bodhi Day is celebrated on the eighth day of the 12th lunar month. In 2014, Bodhi day is observed on Monday, Dec. 8.

The Buddha was born as Siddhartha Gautama into a noble, privileged household. When he was close to 30 years old, he abandoned his material lifestyle and retreated to the forest seeking answers to the problem of suffering, specifically old age, sickness and death. According to tradition, he initially sought bodhi (enlightenment) through meditation, self-mortification and practicing other austerities.

After several years of intense practice, he realized that bodhi was to be found through meditation, but through a Middle Way, away from the extremes of self-mortification and self-indulgence. The story goes that he meditated in Bodhi Gaya, a town in north-eastern India, under a peepal tree (a species of Banyan fig), now famously known as the Bodhi tree, and resolved to continue meditating until he achieved bodhi(enlightenment).

It is believed that after 49 days of continuous meditation, during which he confronted Mara, the lord of desire, and his army of demons, Gautama achieved bodhi(enlightenment) at the age of 35. Since then he was known as the Buddha ('enlightened one').

Buddhists around the world consider Bodhi Gaya, India to be the most sacred of holy places as the birth place of their tradition. Bodhi Day is celebrated in many mainstream Mahayana traditions including Zen and in Pureland Buddhist schools in China, Japan and Korea.

Buddhists commemorate this day by meditating, studying the Dharma, chanting sutras (Buddhist texts) and performing kind acts toward other beings. Some celebrate by a traditional meal of tea, cakes and readings.

Christianity: Krampusnacht

The history of the Krampus figure has been theorized as stretching back to pre-Christian traditions. In a brief article discussing the figure, published in 1958, Maurice Bruce wrote

"The Feast of St. Nicholas is celebrated in parts of Europe on 6 December. In Alpine countries, Saint Nicholas has a devilish companion named Krampus. On the preceding evening of December 5th, Krampus Night or Krampusnacht, the wicked hairy devil appears on the streets. Sometimes accompanying St Nicholas and



Nathan Baril / Multimedia Editor

Hidden in the depths of a local holiday shop, an Old Christian holiday ornament of Santa Claus sits for sale.

sometimes on his own, Krampus visits homes and businesses. The Saint usually appears in the Eastern Rite vestments of a bishop, and he carries a ceremonial staff. Unlike North American versions of Santa Claus, in these celebrations Saint Nicholas concerns himself only with the good children, while Krampus is responsible for the bad. Nicholas dispenses gifts, while Krampus supplies coal and the ruten bundles."

Saint Lucia's Day (Sweden)

Saint Lucy's Day is on December 13, in Advent. Her feast once coincided with the Winter Solstice, the shortest day of the year before calendar reforms, so her feast day has become a festival of light. St. Lucy's Day is celebrated most commonly in Scandinavia, with their long dark winters, where it is a major feast day, and in Italy, with each emphasizing a different aspect of the story.

In Scandinavia, where Lucy is called Lucia, she is represented as a woman in a white dress and red sash with a crown or wreath of candles on her head. In both Nor-

way and Sweden, girls dressed as Lucy carry rolls and cookies in procession as songs are sung. Even boys take part in the procession as well, playing different roles associated with Christmas. It is said that to vividly celebrate St. Lucy's Day will help one live the long winter days with enough light.

In Italy, Saint Lucy's Day is a church feast day dedicated to Lucia of Syracuse (died 304), also known as Saint Lucy, and is observed on 13 December. A special devotion to St. Lucy is practiced in the Italian regions of Lombardy, Emilia-Romagna, Veneto, Friuli Venezia Giulia, Trentino-Alto Adige, in the north of the country, and Sicily, in the south, as well as in Croatian coastal region of Dalmatia.

Saint Lucy is one of the few saints celebrated by the overwhelmingly Lutheran Nordic people — Danes; Swedes; Finns and Norwegians but also in USA and Canada and Italy. The St. Lucy's Day celebrations retain many indigenous Germanic pagan, pre-Christian midwinter elements. Some of the practices associated with the day predate the adoption

of Christianity in Scandinavia, and like much of Scandinavian folklore and even religiosity, is centered on the annual struggle between light and darkness.

The Nordic observation of St. Lucy is first attested in the Middle Ages, and continued after the Protestant Reformation in the 1520s and 1530s, although the modern celebration is only about 200 years old. It is likely that tradition owes its popularity in the Nordic countries to the extreme change in daylight hours between the seasons in this region.

The pre-Christian holiday of Yule, or jöl, was the most important holiday in Scandinavia and Northern Europe. Originally the observance of the winter solstice, and the rebirth of the sun, it brought about many practices that remain in the Advent and Christmas celebrations today. The Yule season was a time for feasting, drinking, gift-giving, and gatherings, but also the season of awareness and fear of the forces of the dark.

Christmas:

Christmas is an annual festival

commemorating the birth of Jesus Christ, observed most commonly on December 25 as a religious and cultural celebration among billions of people around the world. A feast central to the Christian liturgical year, it is prepared for by the season of Advent or Nativity Fast and is prolonged by the Octave of Christmas and further by the season of Christmastide. Christmas Day is a public holiday in many of the world's nations, is celebrated culturally by a large number of non-Christian people, and is an integral part of the Christmas and holiday season.

The celebratory customs associated in various countries with Christmas have a mix of pre-Christian, Christian, and secular themes and origins. Popular modern customs of the holiday include gift giving, completing an Advent calendar or Advent wreath, Christmas music and caroling, an exchange of Christmas cards, church services, a special meal, and the display of various Christmas decorations, including Christmas trees, Christmas lights, nativity scenes, garlands, wreaths, mistletoe, and holly. In addition, several closely related and often interchangeable figures, known as Santa Claus, Father Christmas, Saint Nicholas, and Christkind, are associated with bringing gifts to children during the Christmas season and have their own body of traditions and lore. Because gift-giving and many other aspects of the Christmas festival involve heightened economic activity, the holiday has become a significant event and a key sales period for retailers and businesses. The economic impact of Christmas is a factor that has grown steadily over the past few centuries in many regions of the world.

Judaism: Hanukkah

Also known as the Festival of Lights and Feast of Dedication, is an eight-day Jewish holiday commemorating the rededication of the Holy Temple (the Second Temple) in Jerusalem at the time of the Maccabean Revolt against the Seleucid Empire of the 2nd century BC. Hanukkah is observed for eight nights and days, starting on the 25th day of Kislev according to the Hebrew calendar, which may occur at any time from late November to late December in the Gregorian calendar.

The festival is observed by the kindling of the lights of a unique candelabrum, the nine-branched menorah or hanukiah, one additional light on each night of the holiday, progressing to eight on the final night. The typical menorah consists of eight branches with an additional visually distinct branch. The extra light, with which the others are lit, is called a shamash and is given a distinct location, usually above or below the rest.

Other Hanukkah festivities include playing dreidel and eating oil based foods such as doughnuts and latkes.



Nathan Baril / Multimedia Editor

This Santa Clause ornament holding a dreidel dispels the religious stigma and puts two celebrations together.

Psychology department chair stepping down at end of semester

Thomas Fitzgerald
News Intern

The Department of Psychology has seen a large amount of changes in recent years, and it is being brought into question if these changes have actually been a benefit to the students and the university. Dr. William Gayton, who is currently serving as the department chair of psychology, is stepping down from his position effective at the end of this semester.

The program was beginning to see the effects of budgeting at the beginning of the semester, as two positions were no longer active after cuts made to faculty. Shortly following the beginning of the semester, the USM community and psychology department lost a val-

hand for the department is their efforts to establish themselves within USM as a part science, technology, education and math (STEM). In a statement that Dr. Gayton released regarding his resignation, he cited the fact that the major of psychology is being undervalued, and not being properly treated like a STEM program.

“I have spent 40 years teaching Introductory Psychology. The reason is simple. This population, of mostly non majors, believe they are already psychologists. From an early age they need to try to understand and predict human behavior. They grow up believing they know what psychology is all about. During the last one to twelve years I have repeatedly dealt with people who have no really good understanding of what psychology as a

“
For over a century, psychology has fought to establish itself as a legitimate science and its place among STEM sciences.
”

Grace Hachey, Senior psychology major at USM

ued member of faculty when Dr. John Broida passed away.

However, the professors in the department have been working hard in order to ensure that students will not have issues finding classes that they need in order to continue their education. The larger issue at

science entails but who feel comfortable recommending solutions to our problems. I find the attempts to be demoralizing beyond what I have ever experienced at USM,” Gayton said.

With all the mounting struggles that Gayton felt he was receiving



Photo courtesy of Creative Commons

USM's Science building, where professor of Psychology William Gayton's office was located this Fall.

from President Glenn Cummings and Provost Jeanine Uzzi, he finished his statement of resignation that was sent to the department by citing that he is standing behind the students and could no longer continue under the present circumstances.

“I feel strongly that our majors deserve better. The USM catalog is very explicit. We have always conceptualized our major as intending to prepare students for graduate school in psychology as well as an occupation in the helping professions. I am not going to perpetuate the fraud that is currently in place,”

said Gayton.

Students who are currently enrolled as psychology majors could not agree more with Dr. Gayton regarding how scientific the study of psychology is, and feel as though their program deserves full recognition in STEM education.

“For over a century, psychology has fought to establish itself as a legitimate science and its place among STEM sciences. At USM, I have received what I believe to be a substantive and comprehensive scientific degree in psychology. Rescinding the psychology depart-

ment further strengthens these misplaced sentiments that psychology should not be considered a natural science,” stated senior psychology major, Grace Hachey.

The best way for psychology majors to establish themselves within the STEM education is to express the benefits of their education as a contribution to science, reaching out to President Cummings, or Provost Uzzi.

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Acclaimed author speaks at USM on the ethics of food workers



Nathan Baril / Multimedia Editor

An employee at Thurston's cooks up an order of cheeseburgers. Without farmers, no local business' would have any meat to serve customers.

Zachary Searles
News Editor

On November 19, the Thursday before students left for the Thanksgiving holiday, Margaret Gray, a professor at Adelphi University and author of “Labor and the Locavore,” spoke about the workers that are being exploited in the local food movement.

She started the talk by explaining what being a locavore really means: a person who makes an effort to eat food that is produced or raised locally.

Gray spent a decade doing interviews and research for her latest book, during which time she talked to farmers and their work-

er felt so indebted to the farmer that she hardly ever spoke out about not receiving overtime pay or if her regular pay seemed a little short.

According to Gray, a lot of workers remain in these hostile work environments because a lot of times there is no other alternative for them. A lot of workers don't know what their rights are under the laws and are afraid to challenge their bosses.

“Farm workers in New York, as in most of the country, don't have the right to a day of rest. They don't have a right to overtime pay and they do not have collective bargaining protections,” Gray said.

According to Gray, most of the laws stem back to the 1930s, when President Franklin D. Roosevelt was passing New Deal legislation. Northern democrats had a big influence in Congress and didn't want these new laws to affect their workers, the main reasoning being that they didn't value the black workers, so agriculture and domestic workers were left out of New Deal legislation.

“I think that the public really needs to hear about the conditions of workers on local farms, we need to hear about the difficulty they have challenging their situations, and we have to ask ourselves questions about why the food movement has largely orphaned this group of worker,” said Gray.

One of Gray's main points that she makes is what she called the local trap, which she described as the idea that when you buy local food you are also buying the idea that the food you are getting that personal relationship with the farmer that grew it and the self

ing many of the hostile environments that local food workers are placed in.

She ended her talk by providing ways in which we could try to help, stating that advocates need to get more involved, we need to start treating farm workers as peo-

“
We have glorified the family farm, which is certainly in need of glorifying, but we have largely left farm workers out of the conversation.
”

Margaret Gray, author and professor at Adelphi University

gratifying feeling of avoiding industrially produced food.

“I think in the process, we have very much oversimplified the political economy of local food,” Gray said. “We have glorified the family farm, which certainly is in need of glorifying, but we have largely left farm workers out of the conversation.”

Gray went on to mention the majority of consumers are aware of the horrors of industrial agriculture, which gives a lot of positive attention to the local food market. It then becomes easy to imagine that local food is better in every possible way, overlook-

ple and not just laborers and we need to educate ourselves about where the food we eat is coming from.

“I think the food movement is also about how do we eat and how do we act as consumers to avoid lining the pockets of corporate boards and stockholders,” Gray said, making her final point before closing her talk.

Currently, the UMaine system is working towards purchasing 20 percent of the food they serve from local providers by 2020.

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Students and Recovery seeks to estalish center on campus

Krysteana Scribner
Editor-in-chief

The University of Southern Maine is on its way to creating a collegiate program for university students struggling with substance use disorders. With the hopes to create Students and Recovery center on campus and future plans to discuss sober housing on campus, opportunity is in the works to end the stigma attached to addiction and provide the USM community with resources for continuing recovery.

Andrew Kiezulas, a senior at the University of Southern Maine has dealt with addiction first hand and has seen how the illness affects the people.

The problem with heroin, he explained, it that you feel as if you have to keep using, otherwise you experience withdrawal symptoms such as vomiting and migraine headaches.

He is co-founder of the group Students and Recovery, which meets every Tuesday in Payson Smith room 203.

“Not many people really understand what substance use disorder looks like,” explained Kiezulas. “So they see you drinking or they see you doing drugs and they say ‘why can’t you just stop?’ You want to shake them and tell them it runs so much deeper than that.”

Student Recovery Liaison Ross Hicks has been working closely with administration to ensure changes are made to accommodate students seeking recovery.

According to Hicks, a lot of people think substance use disorder means you’re morally weak or don’t have the willpower. He hopes to eliminate the stigma associated with addiction and edu-

cate the public on what it means to those who suffer from it.

“It is a medical condition and there is a treatment,” said Hicks. “If we address it as so, we can frame the conversation in a way that will hopefully lead to better access to treatment and for those of us that have been able to accumulate some measure of sobriety, whether it’s days or years, we tend to identify ourselves as long-term recoverers.”

Hicks explained that the push for a Students and Recovery Center started two years ago but after meeting some resistance from administration for bureaucratic red tape sort of things, the effort kind of petered out. For everyone involved in this student group, this semester represents a new effort in the history of USM.

“Our combined efforts thus far has been pushing to establish a recovery center modeled after the other student centers with a full-time coordinator,” explained Hicks. “Based on the conversation we had with the President Cummings last week, he seemed to agree that potentially one of the white houses may be appropriate for it and has been extremely supportive for this cause.”

According to both Kiezulas and Hicks, the current administration seems to understand the urgency of implementing a collegiate recovery program here at USM. Integrating it into the school’s policy would allow for Students and Recovery to be more than just a group on campus. Adding a center for students in Woodbury could provide opportunity for all students on campus who are struggling with substance use disorders to get the extra help and support they need.

“So many kids these days think they’re so broken. We’re made to feel like we’ll have to suffer from the disease of a substance use disorder for the rest of our lives,” said Kiezulas. “I would like to change that perspective. Recovery is this incredibly hilarious amazingly powerful experience that is so awesome. We want to remind people that recovery truly is possible.”

According to Kiezulas, the space they would get in Portland would be named after USM Student David Zysk, who tragically died from drug overdose. His recent passing has been a devastation for all who were lucky enough to know him.

“I’ve lost a lot of people - we all have,” said Kiezulas. “One thing I’m hoping is that they didn’t go in vain. That we as a community we can learn grow from that tragedy, celebrate the time we had with them and grow from that experience.”

For Kiezulas, the road to recovery will continue to be one where he grows and learns. He explained that it’s important for people to realize that his illness doesn’t define who he is as a person.

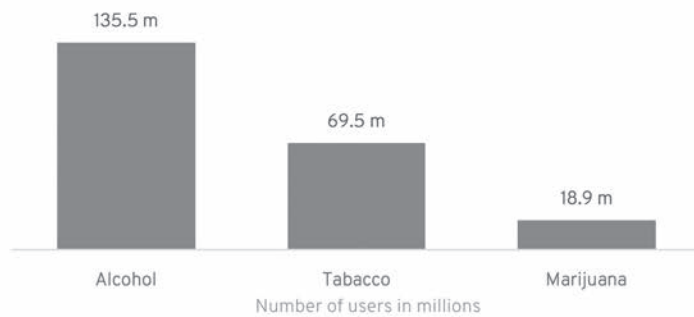
“I may die a person in long term recovery. I may have an active substance use disorder, but I don’t have to be an alcoholic my whole life. I’m in recovery along with many other incredible people,” explained Kiezulas. “The truth is, I like to think I’m strong and imperious to what other people say and think - but it matters. Language holds incredible strength and sway. That’s why a number of us are so passionate about language because it holds a lot of power.”

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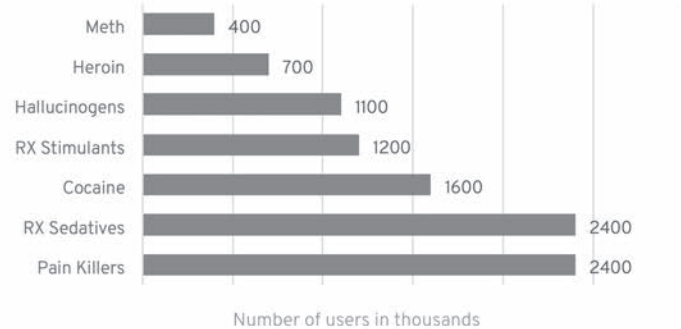
EVERY MINUTE, 1 PERSON DIES FROM DRUG ABUSE

About **570,000** people die annually due to drug use. That breaks down to about **440,000** from disease related to tobacco, **85,000** due to alcohol, **20,000** due to illegal drugs, and **20,000** due to prescription drug abuse

Most Common Drugs in the US



Other Most Common Drugs in the US



Orkhan Nadirli / Design Assistant

Recovery is possible. USM's Students and Recovery group meets every Tuesday and the people there always willing to get you on the right track.

USM's leaves don't enter landfills, staying true to their environmental mission

Erica Jones
Free Press Staff

In fall, especially in New England, clearing fallen leaves off the ground is a yearly tradition that many of us do not think twice about. Recently, the practice of removing leaves from their naturally-fallen place on the ground, which the University of Southern Maine does on each campus, has come under scrutiny as a practice that is harmful to wildlife and the environment.

An article published in September by the National Wildlife Federation Magazine urged readers to “leave the leaves” on their property, reporting that removing leaves from the ground eliminates a source of food and shelter for various animals, depletes the soil of all-natural fertilizer and contributes millions of tons to landfills. The article made the rounds on social media after being shared by various other news websites such as Upworthy and the Huffington Post.

Typical methods of leaf removal include raking, leaf-blowing or vacuuming. “Increasingly, conservationists say these actions not only harm the environment but rob your garden of nutrients while destroying wildlife habitat,” says the article’s author senior editor for the National Wildlife Magazine, Laura Tangley.

“Critters ranging from turtles and toads to birds, mammals and invertebrates rely on leaf litter for food,

shelter and nesting material,” Tangley writes. “Many moth and butterfly caterpillars overwinter in fallen leaves before emerging in spring.” Furthermore, she quotes NWF naturalist David Mzejewski, who provided another reason not to move leaves: “Fallen leaves offer a double benefit. Leaves form a natural mulch that helps suppress weeds and fertilizes the soil as it breaks down.”

Students, staff and faculty at the University of Southern Maine in Portland may have noticed the university grounds crew busy at work picking up excess leaves across campus. In light of the surge in discussion of leaf removal, some may have wondered about USM’s policy on clearing leaves and if the practice really does more harm than good.

“We must remove the leaves from the sidewalks, stairs and paths for safety because they are slippery and trip hazards,” explained USM’s assistant director of sustainable programs, Tyler Kidder. “If we just blow them off the paths but don’t remove them entirely, they just blow back onto the paths an hour later and have to be removed again. Multiply that scenario times infinity and you get that it’s not an option to let them blow around campus.”

It is also important to keep in mind the differences between a forest ecosystem and a heavily-trafficked area such as the Portland campus when considering the need to remove leaves, remarked Kidder. “Addition-



Katelyn Wiggins / Free Press Staff

A USM Groundskeeper spends the afternoon cleaning up campus and the leaves that coat its grounds. Although some students believe the leaves should stay, others are concerned they are hazardous and ugly.

ally,” she explained, “leaves that accumulate close to buildings become a fire hazard if people throw their cigarette butts into the leaves.”

In addition to the concern that leaf removal damages delicate ecosystems, the issue of yard debris’ contributions to landfills was also touched upon in the Tangley’s article. The Environmental Protection Agency

reported that leaves and other litter make up 33 million tons of the country’s solid waste, which is 13 percent of all solid waste produced in the U.S.

“In fact,” says Tangley, “solid-waste landfills are the largest U.S. source of man-made methane—and that’s aside from the carbon dioxide generated by gas-powered blowers

and trucks used in leaf disposal.”

Thankfully, leaves and other debris collected on each campus by USM’s grounds crews do not end up in landfills, in keeping with USM’s mission to minimize environmental impact.

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www.usm.maine.edu/books



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Dec. 14 - 18: 8 am - 5:30 pm
Dec 21 - 23: 8 am - 4:30 pm

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Dec. 16th, 17th, & 18th:
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USM students stand in solidarity with Mizzou

65 schools have now had protests and gatherings, voicing their support for Mizzou

Zachary Searles
News Editor

What started in Missouri has spread to upwards of 65 schools that have stood in solidarity with the University of Missouri, with students and faculty protesting institutionalized racism not just in their university, but universities across the country.

USM is no exception. Last Wednesday students organized a rally to address the problems of racism on our own campus. Not even a month before that, students from Portland and around the state gathered in Monument Square to show their support for Mizzou.

Maine is predominantly white state which had a thriving chapter of the Ku Klux Klan back in the 1920s. The chapter has disbanded, but that hasn't stopped them from trying to resurface, with people protesting at their rallies in the 1980s, 90s and the early 2000s.

USM is predominantly white school as well. The statistics vary from one report showing 81 percent of the student body being white and 3 percent being black, to another that showed 93 percent of the student body was white and just 1.7 percent was black.

These numbers are also reflected amongst faculty, where nearly 82 percent of faculty are white and less than one percent are black, according to collegefactual.com.

According to the same site, USM was ranked #1453 in ethnic diversity nationwide.

At Mizzou, only 8 percent of students were not white, numbers which reflect fairly closely to USM's.

Rebecca Nisetich, Honors Program Interim Director and English professor who teaches classes on race and racial identity in literature, said that racism does still exist today because society is structured to the point where if it is blatant racism, then a lot of the time it goes unnoticed.

"I think this generation of students is more attuned to thinking about diversity and using different lenses and really analyzing different situations better. They are able to say that it's wrong for our president

not to address [racism on campus], it's wrong for our chancellor not to take a stand against this behavior," Nisetich said.

Nisetich also said that she wouldn't be surprised if students from other schools started speaking up about these same kinds of activities happening on their campuses, which has already begun to happen with schools like Yale and the University of North Carolina.

Racist incidents are occurring here at USM as well. Just last month a Nazi flag was waved out the window of a bathroom in one of the residence halls in Gorham. The flag was confiscated by two resident assistants just moments later.

"Regardless of the intent for possessing the flag, the intent in waving it out a window, and the protection afforded by the First Amendment, we all must be cognizant of the impact this action has on our Community; especially our Jewish students and faculty and staff, and the extreme harm, vulnerability, and fear displaying this flag has and can have on individuals and on our entire campus," Dean of Students, Joy Pufhal, said in an email sent out to all students late Tuesday night.

Many protests, rallies and demonstrations have taken place on campuses across the country to display how hateful and hurtful acts like are, as well as protesting the lack of action by members of the administration when incidents like this do occur.

"I think public protest is an impor-

“ Being black in America is not a death sentence and I will no longer watch my fellow citizens live in a younger society that preaches hate. ”

Hamdhi Hassan, student at USM

tant way to raise visibility on an issue, but I think there's more of a role of educators to play in this as well," said Nisetich.

She went on to mention that she hopes students don't fully under-

stand the true meaning behind what they are doing when they use racial slurs, or hang nooses on the doors of their classmates, and it's up to the educators to make sure that their students fully understand how hateful and offensive these actions are.

Social media sites like Twitter and Facebook are increasingly being used to orchestrate protests and rallies, along with giving the com-

mon person a platform to speak out against the actions they are witnessing. Nisetich said that a site like Twitter allows for more voices to be a part of the conversation.



Alyssa Thompson, student Monmouth Academy, speaks about her experiences as a bystander to discrimination in hopes to educate the public about what it means to treat people with respect, regardless of their race.

Nathan Baril / Multimedia Editor

But while social media sites have been used to do good, the reverse is also true. There were two incidents in Missouri where an anonymous social media site was used to threaten the lives of black students at Mizzou. Some black students asked their teachers to be excused from class because they didn't feel safe coming to campus for fear of their life.

Last Wednesday, a rally was held in the Woodbury Campus Center to stand with Mizzou and support the fight against institutional racism. The event was sponsored by Students for #USMFuture, as well as many other groups and departments of the university.

"This rally is a call to action to begin dismantling the institutionalized racism that exists on our campus," said Iris SanGiovanni, opening speaker at the rally and member of Students for #USMFuture, before leading the crowd into a chant of Black Lives Matter.

She went on to claim that of the faculty retrenched last year, the ones that suffered the most were those of color. She also demanded that there be more faculty of color, along with more people of color in counseling services and the administration.

SanGiovanni closed by recognizing that she and many of the speakers and people in attendance were white, giving the reason that black students didn't feel safe speaking out against the administration.

"I, as a white ally, can not express the intensity of the hurtful experiences students of color have survived on our campus," said SanGiovanni.

Brooke Bolduc, a history major in her first semester at USM, spoke next sharing her experiences. Bolduc grew up in Maine where she was one of two black students in her elementary school.

"I was bullied and beat up, I felt isolated and alone, and whenever I expressed my anger and sadness about this, people would tell me just to ignore it," Bolduc said.

When Bolduc was in the fifth grade, she was walking home from school one day when four white girls in an SUV threw a water balloon filled with black paint at her

face, it turned out that one of the girls was the principal's daughter. When Bolduc's mother went to talk with the principal about what happened, she was told that it wasn't a big deal and they shouldn't make a big fuss about what happened.

When she started college at Keene State, one professor was much harder on her than the other students and when she asked him why he said that it was because she was black and life was going to be harder for her, so he would push her harder. Because she had to work so much harder in this one class, the grades in her other classes started to slip and she lost her scholarship and could no longer afford to attend school, causing her transfer to USM.

Bolduc's finished her story to applause of cheers for how strong she was for having to deal these tragic events throughout her life.

"As cliché as it sounds, nothing will tear me down. Being black in America is not a death sentence, and I will no longer watch my fellow citizens live in a younger society that preaches hate. We are the generation of progression and we are the generation of love," said Hamdhi Hassan, a student at USM who didn't speak at the event because of the lack of action against racist incidents on campus. Her statement was read by Jordan Henry.

Glenn Cummings, president of USM, said a few words towards the end where he said right now he is going to listen. He has created a diversity council that reports directly to him, but he said he can't do it alone.

"I would like to tell you in our world and America today that it doesn't, but [institutional bigotry] does exist. And I would like to tell you we're special because we're a university and we're special because we're so liberally open minded, but the truth is, in this university, there is work to be done," President Cummings said.

He closed by saying he was committed to doing that work and would do it by working together with students.



Krysteana Scribner / Editor-in-chief

A photo taken last month shows community members gathering to rally equality rights in Monument Square.

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In Brief...

Local & State

Melissa and Richard ‘Doc’ Costello bequest \$1.65 million to USM, largest in history

Melissa and Doc met at USM, and they also taught at USM. Both Melissa and Doc have passed in recent years, but not before giving the university \$1.65 million that will be used to improve the Costello Sports Complex in Gorham. The gift will improve the experience of athletes by upgrading the athletic fields and the facilities, along with improving the outdoor lighting. “For USM, its students and the athletics program, the gift is a game changer. It will provide valuable resources to ensure the complex named in the Costellos’ honor can continue to serve, support and inspire all USM students for generations,” said President Glenn Cummings.

Online course taught by John Broida continues to be taught despite his passing

When Professor Broida was diagnosed with pancreatic cancer last summer, he rushed to complete his online course, a course that 90 students are enrolled in. He passed just a few days after the start of the fall semester.

Broida’s class was entirely online with no in-class meetings. With his pending death he turned to Professor Michael Stevenson to take over the class once he had passed. “Really, it’s what kept him alive. He didn’t let the cancer get him,” AnneMarie Catanzano, wife of Professor John Broida, said. “When he was intellectually involved, he wasn’t as sick, he wasn’t feeling the illness. At his memorial service, I hugged Michael and said, ‘You know, you kept him going.’”

New partnership allows students to earn bachelor’s and law degree in 6 years

USM and the University of Maine School of Law have entered a partnership that allows USM students to earn a bachelor’s and law degree in just six years. “Our partnership with USM will provide students an expedited track to a law degree, resulting in substantial savings for them in both time and tuition,” said Danielle Conway, Dean of Maine Law. The new program lets students complete three years in the undergraduate program and then apply for law school at the end of their junior year. If accepted they will spend three years in law school, starting in what would have been their senior year. Once the program is fully implemented, interested students can enroll in the program their sophomore year where they will continue to meet with advisors to make sure they are on track toward meeting the criteria.

“With the law school located right on our Portland campus, it could not be more fitting for USM to be the first to enter into this exciting partnership agreement,” said Provost Jeannine Uzzi. “We look forward to working with Maine Law as we provide another great reason for students to attend USM.”

National

At least 14 dead and 21 injured in San Bernardino shooting

Two gunmen stormed a service center for people with disabilities on Wednesday, killing at least 14 and wounding 21 more. The police engaged in a shootout with the gunmen, killing two that left the third gunman on the run, he was later detained by police. Once detained police determined that he was not involved with the shooting and had fled the scene because of the gunmen.

The motive behind the shootings is unclear at this time, but Police Chief Jarrod Burguan said it was clear that assault was planned, referring to the reports that the armed couple were wearing masks and body armor.

Some investigators now believe that the couple were radical Islamists that had been subjected to ISIS propaganda footage and carried out the acts in the name of their faith. The couple stormed the building with four semi-automatic weapons, which they obtained legally, and 1,600 rounds of ammunition.

Gun sales soared on Black Friday

On Black Friday, 185,345 background checks were run, or about two background checks every second, which is five percent higher than it was on Black Friday last year.

According to Jon Vernick, co-director of the John Hopkins Center for Gun Policy and Research, about 40 percent of gun sales happen through unlicensed sellers, so the number of guns sold is probably a lot higher than the data that has been recorded.

In October there were nearly two million background checks performed, and stocks for two of the largest gun manufacturers soared after the Oregon community college shootings and President Obama calling for more gun control, according to The Guardian.

But despite all the gun sales, some studies show that number of American households that possess a firearm has declined over the last 40 years.

Mark Zuckerberg pledges 99 percent of his Facebook shares to charity

Last Tuesday, Mark Zuckerberg, co-founder of the social media site Facebook, pledged in an open letter to his newborn daughter that he and his wife would give 99 percent of their shares in Facebook to charity, a donation that will be worth nearly \$45 billion.

As of now, Zuckerberg and his wife have not yet outlined how the money will spent or the timeline over which the money will be given. In 2010, Zuckerberg in his wife gave \$100 million to help education in Newark, though the donation encountered resistance from local parents and activists.

“Having this child has made us think about all of the things that should be improved in the world for her whole generation,” Zuckerberg said. “The only way that we reach our full human potential is if we’re able to unlock the gifts of every person around the world.”

International

Brazil’s Congress to start impeachment proceedings against president

Impeachment proceedings were opened against President Dilma Rousseff on Wednesday by the speaker of Brazil’s lower house, Eduardo Cunha. A request to impeach President Rousseff was first filed in September, accusing her of manipulating government finances to help her win re-election.

A special committee that contains members from all parties will decide whether or not the request will go through. It needs a two-thirds vote to pass, which would result in President Rousseff being suspended, pending a 180-day trial.

President Rousseff has been severely unpopular, heading a \$1.5 trillion economy which is suspected to contract both this year and next, making it the longest recession in Brazil since the 1930s.

Air Strikes Against ISIS approved by British Parliament

Last Wednesday, British Parliament voted to approve air strikes in Syria to help fight ISIS. The decision came after a daylong debate where Prime Minister David Cameron said that the threat was very real.

On Wednesday night, it was confirmed that two warplanes had taken off from an Air Force base in Cyprus; it still has not been confirmed if they were going to Syria or not.

Some question whether the airstrikes will make a difference in the fight against ISIS. Britain is already conducting airstrikes in Iraq, so some believe this is more a move for alliance solidarity and leadership than military strategy.

“If there is an attack on the UK in the coming weeks or months, there will be those who try to say it’s happened because of our airstrikes,” Prime Minister Cameron said. “I do not believe that to be the case. ISIL have been trying to attack us for the last year.”

Turkish doctor facing two years in prison for comparing Turkey’s president to Gollum

Bilgin Ciftci, a Turkish doctor, could be spend as many as two years in jail for sharing a meme that compared President of Turkey, Recep Tayyip Erdogan, to Lord of the Rings character, Gollum.

President Erdogan ruled last week that a five-person panel will rule on whether the character was good or bad. If they rule that he is bad, Ciftci will be imprisoned for insulting the president.

Lawyer Hicran Danisman said that she has changed direction in her defense, originally arguing for freedom of expression. She is now arguing that Gollum was not a bad character, therefore it isn’t an insult.

The trial will resume in February where final decisions will be made.



Police Beat

Selections from the USM Department of Public Safety police log November 1 to November 13

11/1/15

Two Girls, One Ambulance

Medical emergency, Upton Hastings. 2 female students not feeling well. Transported two female students to Maine Medical Center. Under investigation.

11/3/15

Catch Me If You Can

Theft report, 28 Husky Drive. Male Student reports identity theft and credit card fraud. Under investigation.

11/4/15

Parked Poo-Box For Sale

Abandoned Motor vehicle, Parking Garage. Officer report an abandoned vehicle parked in the Parking garage. Vehicle towed. Report Taken.

Have You Checked the Children Lately?

Harassing phone calls, Robie Andrews Hall. Caller wanted to speak to an Officer in regard to harassing phone calls.

11/5/15

Bumper Bummer

Motor vehicle accident, Hit & Run, parking garage. Officer investigating a hit and run accident at 88 Bedford St in the parking garage. Under investigation.

11/7/15

Dude, Where’s My Roomate?

Liquor Law Violation, Upperclass Hall. Report of intoxicated student, Gorham Rescue transported to Maine Medical Center. Report taken.

11/9/15

Peeping Troy

Arrest: Troy Sprague, age 41, transient, arrested by USM Police on an outstanding warrant. Also charged with Criminal Trespass.

11/10/15

Incense-itive Incident

Odor of Smoke from Upton Hastings. Officer investigated. Incense burning.

Keef the Marijuana off Campus

Drug Complaint, Philippi Hall. Odor of marijuana reported. Officer investigating and report taken.

11/12/15

I Swear I Parked My Car Over There!

Parking Violation, GS1 Gorham, vehicle towed for outstanding parking fines.

11/13/15

Crash Course in Life

Motor Vehicle Accident, 43 Campus Ave. Vehicle struck a building. Accident report taken.

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

Shop local thrift stores this holiday season

Portland's thrift stores thrive during the holiday season, proving to be more than just a second hand shop

Bradford Spurr
Free Press Staff

The holidays are fast approaching, in case you missed “Baby It’s Cold Outside” over pieces of pumpkin pie during the holiday. It is that time of the year that your tight college kid budget becomes something inbetween a shoestring and a broken string. There is no need to fret, a simple solution exists that will not break the bank.

You might be familiar with the term “thriftling” from the OG hipster Macklemore and Ryan Lewis. Way back in 2012 tags were being popped, twenty dollars were spent, things were awesome and thrift shop sales increased slightly in the Seattle area because hipsters.

Other worthy options in the area include the classic Goodwill, Find which is located on Free Street in the Old Port, and Little Ghost Vintage which has its own Etsy shop if you didn’t already believe its alternative street cred.

“Thriftling is about treasure hunting. It’s how you can find those extra special items that you wouldn’t find at the mall,” said Laura Ker, owner and operator of Find. “What I love about shopping at places like Find is that current pieces are mixed in with vin-

tage pieces from lots of eras; you can really get creative with your style!

Find says that they go “Thriftling Without Sifting” and welcomes testimony to the readiness of local thrift shops gearing up for the holiday season.

Thrift shopping has become a hot topic in pop culture. One can get name brands, vintage fashions that you can’t get anywhere else and such low prices that you’ll buy a t-shirt from the year you were born. There is something for everybody, even your drunk uncle. There are rugs that really tie the room together, and exercise equipment invented before the time of blender bottles and massive gains.

Thriftling wasn’t always so popular however. Ker reflects on the changing view of second hand clothing.

“There has been a huge shift in my lifetime. When I was a kid thriftling was really frowned upon.” said Ker. “I am thrilled that it has become so popular. It’s great for the planet. It’s also a great way to get more value from your clothes.”

She always thought about what she’d do differently if she owned the thrift store when she’d visit them, and finally she started her

own upon moving to Portland. She said there was a gap in the market and she filled that gap.

Nowadays. Portland’s thrift scene has expanded.

“I have noticed in the past few years Portland has become a destination for vintage shoppers. There are so many good shops in town now. I am thrilled to be part of it,” Ker exclaimed.

Many people try to donate their

nated homemade superhero suits, wooden shoes, 80’s ice skating leotards and chaps.

The Salvation Army on Warren Ave. in Portland is less picky but supports locals charities. It’s close to the USM Portland campus, and it has examples of items for the whole family.

First up is a genuine MMA registered merchandise TAPOUT long sleeve black t-shirt for \$3.99

“Thrift stores keep the story of the clothes alive! Clothes are unique in the respect that it’s a form of culture that stays around in a physical way.

Laura Ker, Owner and Operator of Find

clothes to thrift shops. Goodwill and Salvation Army are known to take anything wearable, yet other thrift stores will be more choosy, making sure the clothes fit their vibe or their quality level.

Find tries to stick to what people in Portland specifically like. They pay 30% of our price in cash or 50% in store credit for items.

Ker’s found some weird things in her travels. People have do-

(\$1.99 on Tuesdays with college I.D or Wednesdays). This is perfect for your brother who is dabbling in the finesse of mixed martial arts and who keeps muttering “Ronda Rousey” under his breath at all hours of the day.

Get your mother a ceramic blue jay in an action pose atop a tree branch in order to get her to not ask about your grades. With its surreal life-like depiction it is sure

to fool even the most educated bird enthusiast. Act now this piece is sure to go quickly.

Also available are a fantastic assortment of mens and womens jorts, that is jean shorts for the uninitiated for when summer tries and throw a kink in your work-wear attire.

You can not forget about the uncle who is keen on his libations. For him a nice hooded sweatshirt/red flannel combo would really complete the trucker chic style that Cosmopolitan named the #67 style trend to watch out for in 1982.

So this holiday season do your wallet a favor and think of your loved ones by buying gently used vintage items at a bargain of a price. Remember the number one rule of thrift shopping: always check the pockets. Ker encourages shoppers to shop at second hand stores.

“Thrift stores keep the story of the clothes alive!” said Ker. “Clothes are kind of unique in that it’s a form of culture that stays around in a physical way. You can actually hold and wear something that people from the past wore. How amazing is that?”

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A thrifty holiday gift guide: impress, amaze and confuse your loved ones this season



Nathan Baril / Multimedia Editor

Find thrift store, located on 16 Free street in Portland, offers quality, gently used items at a great retail price. **Top left:** Once used, this candle can become a mug. **Bottom left:** Shoes in all sizes are available to purchase. **Top right:** Purses and bags range from \$1.00 - \$10.00. **Bottom right:** This cute shaker set would look lovely on your table this holiday season.

Penobscot tribe tries to get their rights back through film

Films explores issues of river on Penobscot reservation being polluted by surrounding landfills and paper mills

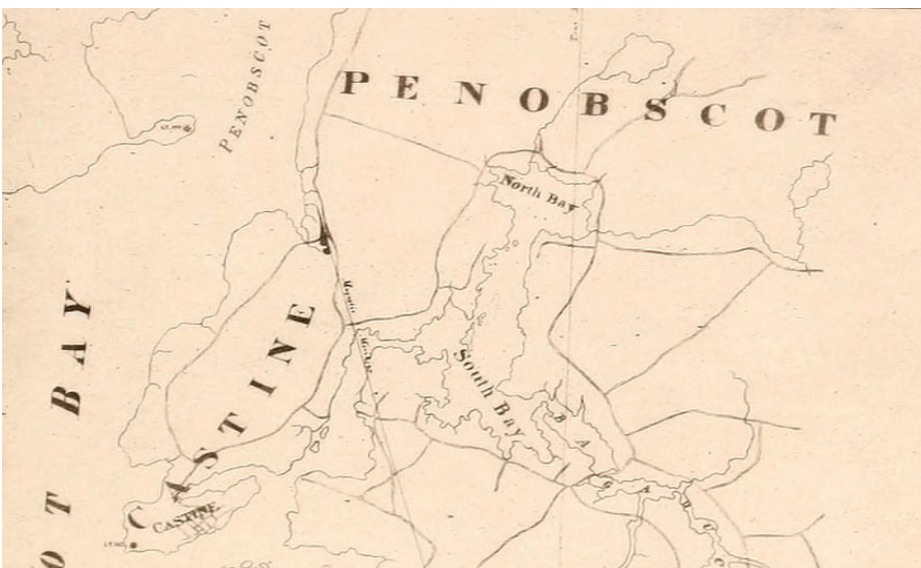


Photo courtesy of Flickr Online Archives

Left: An early map of the Penobscot River. Right: Members of the Penobscot Tribe go fishing in canoes down the Penobscot river. Today, the river is too polluted to even swim in.

Brian Gordon
Free Press Staff

As part of Native American month in November, the Penobscot Nation of Maine presented a film at USM about their struggles to gain recognition in the Maine government. The movie, titled “The Penobscot: Ancestral River, Contested Territory,” showcases the struggle for access to their native fishing grounds which surround the whole of their reservation of Indian Island, in the middle of the Penobscot river, near the University of Maine, Orono.

For years the Penobscot had fishing rights to the river that bears their name around where their island sits. They had a working treaty for de-

cadecades until 2012, when suddenly the attorney general of Maine sent them a letter basically saying that “the river is not the reservation.” The Penobscot people hadn’t changed their methods of fishing and weren’t sure why the Maine government suddenly wanted to change their mind about the land rights.

Maria Girouard, who presented the film and spoke before and after, said that the Native Americans were cautioned about speaking out, but now that she’s not sitting on the reservations council she feels that she must.

“It’s a fight for our cultural survival and water rights,” she said. “This is not an Indian versus white fight. It’s a fight for water, which affects all of us.”

Most of The Native Americans in the film speak with Mainer accents and have been living on Indian Island for generations. One of them featured in the film was Sherri Mitchell who sees the river as an integral part of her people.

“We are stewards of the river. We are a part of the water. There is no separation,” Mitchell said.

Much of the film backed up this sentiment concerning Penobscot river being a huge part of the people and illustrating the Native Americans close relationship with nature. One of the jobs of the Penobscot people is to test the water that has been polluted for decades from paper mills dumping toxic materials straight into the river.

“I don’t want to worry about algae

blooms and oil in the river. I want to work myself right out of a job. I want to worry about fiddleheads and moose,” said the Penobscot water tester.

Girouard speculated that the existing paper mills on the river, many of which have closed and turned into methane dumps, and the possibility of the “East/West Highway Project” prompted the change in their water rights.

“We do believe there’s enormous corporate interests that are really the invisible hand behind this legal battle,” said Girouard.

The state also owns a landfill just upriver from Indian Island and would like to protect it’s interests.

“Governor LePage thought the EPA was being too far reaching. The

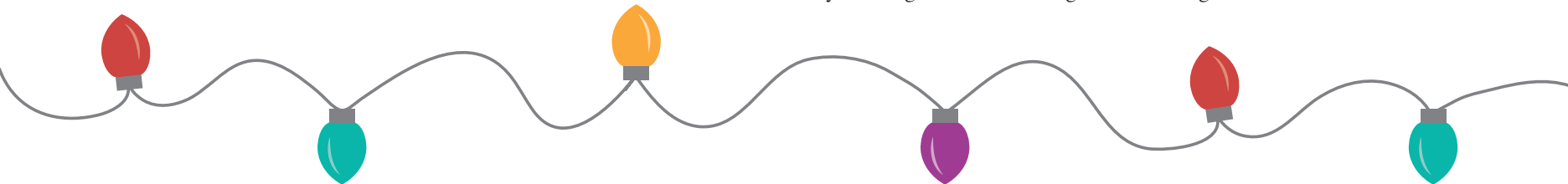
legal battle is steeped in the Clean Water Act and he wants to undo that and blame it on the tribe,” Girouard said.

“The state fights for the right to pollute the river.”

Ultimately Girouard would like to get away from the “legalese” of the case and have people see it more as a basic fight for water rights.

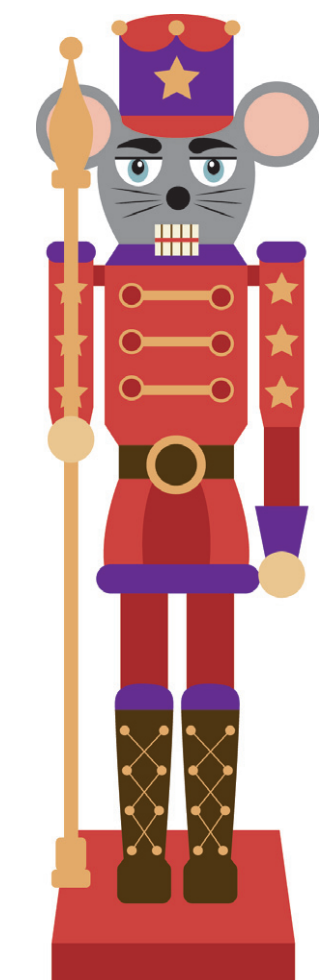
“We need to move the discussion from in the legislature from our heads to our hearts. Is this the way we want to engage with Native Americans in our state and does this represent us as Mainers?” she asked.

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The sugar plum fairies invade Portland

2015’s Nutcracker Ballet at the Merrill Auditorium draws in crowds, like it does year after year



Anora Morton
Free Press Staff

The Holiday season comes with many traditions, but a classic winter treat is attending a performance of The Nutcracker. The Maine State Ballet Company has been dancing this iconic ballet since 1985 and their vast collective experience is more than evident.

Keeping to the classic tale, the Maine State Ballet Company’s Nutcracker follows young Clara’s magnificent journey from her family holiday gathering, to the domain of the Sugar Plum Fairy, with the heroic Nutcracker turned-prince in tow. For those unfamiliar with the ballet, the first act features the meeting of the mysterious toymaker Uncle Drosselmeyer, who gives Clara the Nutcracker as a gift. One tussle with her younger brother (resulting in a damaged Nutcracker), a shrinking episode with an amazing growing Christmas tree, a fierce battle between the Nutcracker and the Rat king, a beautiful snow flurry and an intermission later, Clara and the Nutcracker find themselves in the

realm of the Sugar Plum Fairy. The second act is a worldly tour with many incredible soloists and dazzling costumes, which Clara and the Nutcracker observe on their throne-like sleigh. Though the story is very 1800’s (and is definitely written for that audience), it is still captivating today, whether you are a ballet buff, or just trying to absorb more culture.

The Maine State Ballet’s artistic director, Linda Miele, describes their Nutcracker as “their largest production, using more than 285 dancers over the course of 9 shows, 45 musicians, 40 singers, 8 stagehands and an army of volunteers”. Though the size of this production, she says, is not the only thing that sets it apart: “We also have the rights to George Balanchine’s copyrighted choreography of Snowflakes, Waltz of the Flowers and Reed Flutes, which is very rare.”

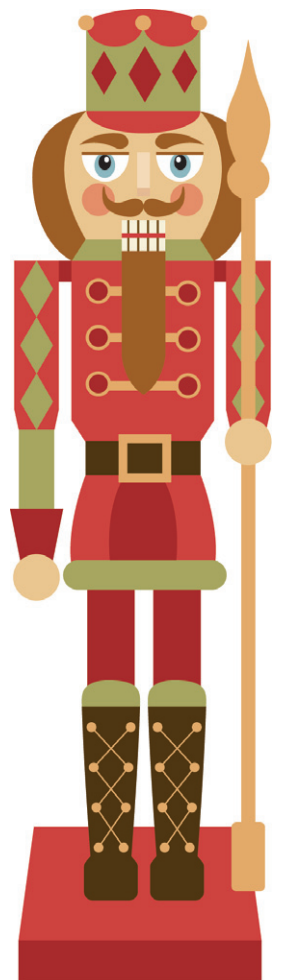
The entire show is accompanied by the Maine State Ballet Orchestra, an invaluable listening experience on its own. The intricate, petal-skirted costumes worn during the Waltz of the Flowers, along with the entirety of the pro-

duction’s costumes, were made right in Falmouth Maine and were designed by Gail Csoboth. The sets were also designed by Csoboth, and sent to New York to size for Merrill Auditorium.

Many audience members have been attending the Nutcracker for generations, so the show’s direction doesn’t change drastically year to year, for tradition’s sake. This does not mean that the Maine State Ballet is not moving with the times though: “Each year, we try to upgrade a particular costume,said Csoboth. “Last year we made new Angel costumes with lighted wings.

This year Gail designed all new Russian costumes and a new sleigh. he 2016 production will feature a new backdrop for the Snowflake scene and new Reed Flute tutus.

The Maine State Ballet has upcoming performances at their Falmouth location, including a tap and jazz show, as well as the Sleeping Beauty ballet.



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A year in films: What to watch from 2015



Marvel Studios

Avengers: Age of Ultron

Aaron Halls
Free Press Staff

“Avengers: Age of Ultron”, written and directed by Joss Whedon is a super hero summer blockbuster in every sense of the word.

While the film’s action set pieces are bigger and more characters are introduced into the overall story, Joss Whedon still finds time for numerous character moments and humor which helps give the movie a lot of heart. James Spader performance as Ultron creates a unique villain that’s humorous, but also threatening. With the increased amount of action and adventure that fills this movie, you’ll be sitting on the edge of your seat waiting for the next big fight.

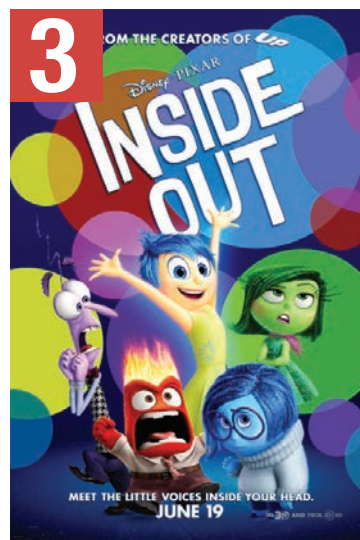


20th Century Fox

Kingsman: The Secret Service

“Kingsman: The Secret Service” comes to audiences from acclaimed director Matthew Vaughn who in the past did movies such as “Kick-Ass” and “X-Men: First Class.” In a fresh take on the spy genre, Kingsman: The Secret Service tells the tale of a young man named Gary ‘Eggsy’ Unwin, played by actor Taron Egerton.

A big standout of this movie is the script by Jane Goldman and Matthew Vaughn. Audiences will find a movie that is as funny as it is exciting and smart. With Vaughn’s direction the movie also contains fight scenes that will leave audience members wanting to applaud with their brilliant choreography and style. Taron Egerton is excellent as Gary ‘Eggsy’ Unwin. Due to his performance audience members will be invested as he tries to become a modern day spy.



Walt Disney / Pixar

Inside Out

“Inside Out” marks another incredible film from the successful film studio Pixar, who in the past made movies such as “Toy Story” and “The Incredibles.”

The movie, directed by Pete Docter and Ronnie Del Carmen, tells the story of an 11 year old girl named Rylee, voiced by Kaitlyn Dias, and her five emotions, which include Joy, Sadness, Fear, Disgust and Anger.

As to not go too much into the plot and ruin the wonderful story and script from Pete Docter, Josh Cooley and Meg LeFauve, just know that this is a movie only Pixar could make. It will make audience members laugh, cry and love each and every character. This movie is perfect for both adults and children alike.



Walt Disney

Ant-Man

“Ant-Man” is the second movie released from Marvel Studios this year, aside from “Avengers: Age of Ultron.” While “Avengers” was a large scale movie featuring a lot of characters audience members are familiar with, “Ant-Man” goes in the opposite direction with a small, more personal and character driven film; this is only fitting due to the powers of the titular character Ant-Man, played by Paul Rudd, who has the ability to shrink down to small sizes. With a script from Paul Rudd, Edgar Wright, Adam McKay and Joe Cornish as well as fantastic direction from Peyton Reed, Ant-Man infuses heart and humor, as well as the spectacle one would expect from a Marvel movie. One of the big standouts of this movie is its cast who all have fantastic chemistry.



20th Century Fox

The Martian

“The Martian” is why I go to the movies. Ridley Scott delivers an incredible tale of a man who must overcome all odds and survive on the hostile planet Mars. With incredible performances lead by Matt Damon, gorgeous visuals and a heartwarming tale about the strength of the human spirit “The Martian” is a movie you won’t want to miss this year.

Damon does an incredible enlightens the mood of this terrifying situation with his dark and witty humor. He intrigues you with his ingenuity when figuring out other wordly problems and makes you really appreciate the life you are given.

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A&C Listings

Monday, December 7

Music: Grownfolk
Slab
25 Preble St.
Starts: 7:00 p.m.

Tuesday, December 8

Pickleball
USM Sullivan Rec. Complex
66 Falmouth St.
Starts: 1:00 p.m.

Film: The Visit
Space Gallery
538 Congress St.
Starts: 7:30 p.m.

Wednesday, December 9

6th Annual SoPo Art Studios Holiday Show and Sale
SoPo Art Studios
855 Sawyer St.
Starts: 11:00 a.m. / Ends: 6:00 p.m.

Community Event: Print vs. Pixel
Space Gallery
538 Congress St.
Starts: 7:00 p.m.

Winter Comedy Classes at OS
One Longfellow Sq.
181 State St. #201
Starts: 7:00 p.m.

Thursday, December 10

Music: Mister Moon
Blue
650A Congress St.
Starts: 6:00 p.m.

Friday, December 11

Big Band Syndrome Volume 5
State Theater
609 Congress St.
Starts: 7:30 p.m.

Maine Outdoor Film Festival
Portland Museum of Art
7 Congress Sq.
Starts: 5:30 p.m.

Preformance: Boring Angel
Space Gallery
538 Congress St.
Starts: 8:00 p.m.

Saturday, December 12

Music: Pip and Piners
The Dancing Elephant
855 Main St.
Starts: 7:00 p.m.

Sunday, December 13th

Sean Mencher
Local Sprouts Cooperative
649 Congress St.
Starts: 11:00 a.m.

Want to submit an event?
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HEAVY ROTATION |

WHAT CAUGHT THE EYES AND EARS OF OUR STAFF THIS WEEK

The next installment of the games that everyone is talking about

Amanda Melanson
Free Press Staff

For anyone who has followed the popular film series based on Suzanne Collins’ “The Hunger Games” trilogy, seeing the last part of the book-to-film adaptation provides a semblance of closure.

It has become the popular norm, starting with the final Harry Potter films, to split movies into parts. Mockingjay is no exception. Seeing part two becomes easier if one has already seen part one, either recently or when it first came out.

This film picks up where the first left off, immersing the audience back into Katniss Everdeen’s world.

The themes throughout remain the same: family, friendships and trying to survive during a time of war in a dystopian world. This will be as spoiler-free as humanly possible for anyone who is unfamiliar with the books or the films.

Visually, the film takes on a softer tone in places that part one lacked. There are moments with characters that are expanded from the book along with others that fans were looking forward to - and at the same time dreading in several cases.

This second part seems to be about shedding the main heroine of her safety net. Several important characters become dearly departed friends, adding to the body count that spans the series. Some



Lionsgate

characters, just when we think they are getting their happy ending, are left in the dust as a casualty to the story.

One scene in particular stood out to me. It involves characters being placed within the sewers as part of their journey to take the fight to the Capitol. This scene made me feel cramped just watching them try to squeeze through tightly packed tunnels and wade through water. The lighting was spot on in that it had a flashlight-in-the-dark sort of feeling to it.

I was on the edge of my seat, as a fan of the books who knew how intense the scene was going to be, and for the most part characters nailed it perfectly. My one gripe is Jennifer Lawrence’s deadpan

delivery at the end of the scene. For the sake of spoilers that is all I will say.

One other gripe I have with the film as a whole is the lack of expanding of Katniss’ friendships with anyone who isn’t male in the story or her sister.

Scenes from the book with characters like Johanna and Annie are cut short or completely removed - though Annie is justifiably less significant in Katniss’ growth as a character than Johanna has been.

Scenes that were important to their interactions were removed and replaced with added scenes for different effects - namely, we got more Katniss/Peeta/Gale love triangle while also adding fun scenes between side characters that fans love.

The film does a great job of distinguishing the choices that lay in Katniss’ hands and also gives a great visual depth to what things she must learn to live without and to compromise upon.

All in all, I give the movie a 10/10 though closer to a 9-point-something if I were to dock points for the minor things I had issues with.

This was a great way to finish off the series, and the audience should be more than satisfied by the conclusion.

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Melancholic melodies to melt your heart this winter

Krysteana Scribner
Editor-in-chief

You know those moments when you stumble upon an album so great, each song sends goosebumps down the nape of your neck? In their not-so-new but long-overdue album *A Dotted Line*, Nickel Creek has outdone themselves with a new creative spark of imagination in both song lyrics and overall music style.

The first time I ever heard their music, I was 12. On a long drive to a family party during the Holidays, my father played an older Nickel Creek song, called “When You Come Back Down.” Swift violin strokes flowed like a chill autumn wind - their music made me feel different emotions and connections and enhanced what I knew about the world. I’ve grown up with Nickel Creek and their newest album is beyond fantastic.

Each note seems precise, clean and creative: A set of guitar riffs blend perfectly with the chopping of a mandolin in one song, while the sweet sounds of violin hum solemnly in the background of another. One of my favorite songs, “Love of Mine,” personifies love from a first-person perspective, explaining that our captivation for this feeling often pushes us to fall too hard. Accompanied by the sibling duo Sean (guitar) and Sara (violin) Watkins, Mandolinist Chris Thile sings, “Love of mine,

when you’re born I tell myself that you’ll never die / and I throw my arms around the girl who finds you / ‘Cause the world is rosier / through your eyes.”

This haunting melody has me thinking about life and love: Emotions so easily control our lives and the decisions we make. He is very clever with his use of personification, using tasteful lyrics such as “Oh, but she gave us to each other / The only thing she’s done for me that you could never do / For that she’ll always be remembered / After she discovers I don’t love her half as much as you.” Thile sings with brutal honesty about the wars of love and reminds his listeners not to take their own emotions for granted.

Another song on the album, “Destination,” is sung by Sara with instrumental and harmony accompaniment by Thile and Watkins. Written by this female lead, the song tells the story of love falling apart as a relationship progresses through the stages. She starts off strong, her vibrato like an echo in the middle of the night, “You don’t owe me one more minute of your wasted time” - slowly the guitar chops until he’s loud enough to play full chords. When the song begins to escalate into a full-blown chorus, fresh energy is brought to the soundtrack; voices are completely in sync and instrumentals are appropriately balanced with vocals. Another one of their songs,



Eric Valentine

“Rest of My Life,” is nothing more complex than waking up after a party, but the way the band has allowed the instruments to convey emotion is what was really striking about this song. Thile sings, “The battle is over / Here we all lie / In a dry sea of Solo cups / with the sun in our eyes.” This moment of waking up with a hangover is relatable for listeners.

When Thile sings, “There are worse ways to start / the first day of the / rest of my life” the violin begins to pluck and the guitar begins to play lower range notes in a minor scale, insinuating danger lies ahead. A second later, the violin is again a string of beautiful melodies and the guitar is picking in a major key. I had never heard a band do that before, so listening to their rendition of emotion in music was delightfully pleasing.

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@USMFreePress

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

Perspectives

Our Opinion

My interview with Andrew Kiezulas

Krysteana Scribner
Editor-in-chief

Last week, I sat down with Andrew Kiezulas for an interview about the Students and Recovery group and his own experiences with addiction. Never have I felt more comfortable talking to someone than I did with Andrew. He greeted me with a hug and was very open and honest during our conversation. His words were a reminder to be thankful for every moment in life and to never take anything for granted.

I blatantly asked the first question, “What can you tell me about your experiences as someone who suffers from a substance use disorder?” With my notebook in hand, I was completely unprepared for how moving our conversation would be.

“When I was five years old, my mother bought me these boots,” he chuckled, passively looking down at the table as if lost in thought. I wasn’t sure where he was going with it, but I wanted to hear more.

“Those boots were the coolest thing ever. I can remember rocking back and forth with the arches of my boots locked into the corner of the steps. There was this moment where I leaned a little too far forward and I thought, ‘I’m just going to fall.’ So I did. I fell flat on my face. I was bleeding and bruised up and hurt.”

He paused. Andrew’s eyes expressed a sadness so genuine. I wondered about all the things he had been through and pondered on everything he had overcome.

“This theme sort of followed me through life. My whole life I’ve been faced with two choices when making big decisions: One had consequences, one did not - and often times I took the road that led to a negative outcome. A life with drugs. A life with alcohol. I chose to treat my physical, mental and emotional pain the wrong way. Most of

my youth and adolescence I was just trying to deal with life and figure out how to make everything okay,” he said.

Andrew told me personal struggles: How his tipping point was an overdose with a reminder that every day he shouldn’t be here. He has lost people he loves to drug overdose. He’s made mistakes and learned from them. Yet regardless of all the negative things Andrew has experienced, he was adamant about the fact that life’s greatest gift is overcoming obstacles.

“The mountain is life’s obstacles. We literally are climbing a mountain. I didn’t realize that my mistakes could be a celebration, that my life-long recovery with a substance use disorder could be shared with others. I want to change the perspective. Recovery is possible.”

Maybe he could tell, maybe he couldn’t - but I was on the verge of tears myself. Andrew is a reminder to everyone that any struggle can be overcome. All he wants to do is spread the word about substance use disorder, a critical issue that needs to be resolved and it isn’t going to go away any time fast unless we do so. Our conversation felt warm and honest and genuine: Childhood memories gave me an insight to his thought process and made me appreciate my own memories even more.

I stand with Andrew. I stand with the other people who are looking for help who didn’t know it existed. I stand with the idea that recovery is possible and if you need someone to talk to, USM’s Student and Recovery group can help. Andrew is there each week along with a group of people who are just as kind and caring. If you get the chance to talk to him about his outlook on life, I’m sure it will be just as life changing for you as it was for me.

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Self Exploration

Get excited about your obligations

Nicholas Beauchesne
Sports Editor

Where did that semester just go? It is a little hard to believe that it’s already the last week of regular classes. I don’t know about you, but I am kind of torn about it. One part of me cannot wait for winter break. The thought of not having to read anything that I don’t genuinely want to for a month is like an extra Christmas present; it’s been on my list since about Halloween, and right now it’s somewhere near the top.

But then there is this other part of me that wishes somewhat that I had an extra week or two to make sure I finish this semester off right. I could use an extra cram-session opportunity or two budgeted into the time I have left before finals are taken and final papers are due.

There is no extra time though. Come next week the classes I am in will finish- with or without me finishing them the way I need to.

The work ahead is formidable. Pages of papers are yet to be typed; hundreds are yet to be read.

I know I am not alone in this situation. Everyone on campus is dealing with their own individual stress and sense of things really starting to come down to the wire.

Get excited about it, I keep telling myself. Accept the obligations left and make the most of the time that remains.

What, after all, is the alternative? I know first-hand that alternative and, believe me, not getting the work done is more stressful than the work itself. Despite the proverbial window closing on this fall semester, there are still two weeks left. A lot can get done in that amount of time, as long you come to it with the mindset that each moment is an opportunity to produce and to prepare for the work that is still left to be done.

One day, one class, one page at a time. One after the other until that final paper, final or project is turned in and the time comes to turn the page on this semester and look to break, to 2016 and to the Spring semester.

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Words of the Week

Empathy

Pronounced: *em.pah.thy*

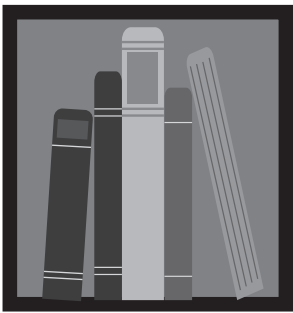
Understanding and entering into another’s feelings.

Apathy

Pronounced: *ap.ah.thy*

Lack of interest, enthusiasm, or concern for another person’s feelings.

Know of any interesting vocabulary words?
Email us at
editor@usmfreepress.org



Anarchist Luddite

Give me your yearning masses and I’ll vaguely try to keep them safe from gun violence

Brian Gordon
Free Press Staff

It’s surprising American students are allowed to study abroad because everyone knows we’re all gun-toting lunatics that pack heat while going to church and school. Right now my buddy Noah is studying abroad in Holland and I’m sure he’s hatching a plan to run amuck with his fully automatic assault rifle that he had stowed in his luggage. He is American and isn’t that what we’re all like? We’ve grown up in a country where a mass shooting takes place every week with such regularity, it’s like taco night.

But yet a large portion of the doughy mass that makes up America assumes people who come from Muslim countries are terrorists. This is worse than ignorant; it’s mental. There are religious

nut jobs in every faith, just look at the white trigger-happy whackos of the Bible Belt that make up a surprising bulk of this country.

Syrians don’t have a culture like ours where there’s a mass shooting every week. If they did they wouldn’t be fleeing their country trying to escape it. Americans stay put and carry on with their lives in the midst of extreme violence because killing each other is normal to us. Our country was founded on the blood of other people, so now when someone shoots up a school it’s news for a week then on to the next. We live with bloodshed while others flee it. This is not an admirable trait to me. It’s sick how normalized mass shootings have become in this country.

It should be common knowledge that immigrants come to this country for a better life. They’re not out to get us. In a land of such

excess we have more than enough to provide the means to people who have nothing. The argument that 10,000 Syrians living here would make our country less safe is laughable. We’ve had two mass shootings in less than a week and the nutters seem to be gearing up for a big holiday bloodletting.

If you’ve ever traveled abroad to a non-white country, some things become apparent rapidly: Other humans are just like you. Most folks are nice and want to help you. They want a means to provide a good life for their family. This isn’t radical stuff here. It should be common knowledge but yet this pervasive attitude of xenophobia exists because Americans stay at home with their televisions watching people who talk funny blow each other up, while ignoring the Christian Jim Bobs of our country killing each other.

Even Maine this summer had

multiple mass shootings. Stunned neighbors stand in their dooryards and issue statements like, “I don’t know what happened. They seemed like such nice people. He just snapped.” And it goes on and on.

So I urge you to go abroad and leave your guns at home. Americans need to get out and see how the rest of the world lives. Numbers are sketchy but something like only 20% of Americans have passports and the majority of them just go to our white neighbor to the north. I’d feel much safer in Paris, France than I would in Paris, Texas any day of the week. Plus them Frogs know how to live: Socialized medicine, stinky cheese, and 2 Euro bottles of wine? I’m drooling already.

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Margin Notes**"We do not need to sugarcoat to present a realistic understanding of happiness in our writing"****Martin Conte**
USM Graduate

"I'm alive, he thought.

His fingers trembled, bright with blood, like the bits of a strange flag now found and before unseen, and him wondering what country and what allegiance he owed to it. Holding Tom, but not knowing him there, he touched his free hand to that blood as if it could be peeled away, held up, turned over. Then he let go of Tom and lay on his back with his hands up in the sky and he was a head from which his eyes peered like sentinels through the portcullis of a strange castle out along a bridge, his arm, to those fingers where the bright pennant of blood quivered in the light."

Ray Bradbury, *Dandelion Wine*.

Following my reread of *Fahrenheit 451*, I've come to remember my love for Bradbury like a gold nugget hidden inside of me, waiting for me to find it again. I turn his pages like they're wonders, like they're written in some other language which I can't quite understand, but which nevertheless looks beautiful on the page. He sounds like a writer of that deadly "popular fiction" genre, but he also sounds like a prophet, like a poet, like a journalist, like a presidential candidate. I couldn't quite pinpoint what made Bradbury's voice so unique.

Until my friend and housemate Meg Anderson made it plain to me. She said (and I paraphrase) "Brad-

bury always seems to find that exact point where pure happiness and pure sorrow meet. He understands the necessity of both."

Reading Bradbury led me to the discovery that, in contrasting his language and body of work, we have a dearth of happiness in contemporary writing. Sharon Olds's recent book *Stag's Leap* chronicles the stages of the poet's divorce from her husband. The immensely popular *Millennium* trilogy (*The Girl With the Dragon Tattoo* being its popular name) drives us into the dark underworld of Swedish crime, and its even darker world of law enforcement. Terrorism haunts us (*The Goldfinch*, *Extremely Loud and Incredibly Close*), while queer writing is most often plagued by suicide, disease, and fear (*Angels in America*, *Written on the Body*, *The Hours*) than the happy ending of serial romance. Different interpretations of Walter White's death at the end of *Breaking Bad* include notions of satisfaction, pride, accomplishment, but rarely happiness.

This is not to argue that happiness should be overrated. A friend and trusted counsel recently posed the question "why is everyone so obsessed with happiness?" Yes, there is a need to balance our emotional spectrum, to explore and participate in a range of feeling, not all of them comfortable, not all of them designed to instill a euphoria of joy. But writing in par-

ticular seems to have taken a dark turn, a turn purposefully away from any expression of happiness. How many happy secrets are expressed on the sharing site postsecret.com?

But happiness is part of that emotional spectrum! We need to feel that happiness the same way we need to feel that sadness and that anger and that fear and that confusion. We need to watch a character's trial by fire, and we need to see the enlightened moment of comfort afterwards. We do not need to sugarcoat to present a realistic understanding of happiness in our writing. We need to be as honest with the themes of joy, of exhilaration, of satisfaction, as we are with the themes of betrayal, anger, mistrust, grief. During a talk-back, the poet Charles Simic was asked about being in Belgrade during World War II. He told the following story (again, a paraphrasing): We gathered in bomb shelters during the night. At first, we'd be silent, scared, listening to the explosions above us. Then someone would start singing. Someone else would tell a joke, or a baby would make a sound, and we'd laugh. This is how my childhood was shaped: not the terror of war, but the happy moments of community in those bomb shelters.

Meg, who is a fount of wisdom, recently told me why she loves to bake artisan bread (aside from the obvious satisfaction it provides for her grateful housemates). She

explained that the breadmaking is like a map, directions guiding her back to herself when she needs to be reminded. The recipe, the steps, the practice, the movement, is intrinsically tied to her personal notion of being. Books, too, seem to serve that purpose for many of us. We read a book to discover the interior of those characters, yes, to empathize with an experience not our own, yes, but to also rediscover those little truths about ourselves in the words on the page. What does it mean if those maps are leading us to our darkest selves? What does it mean if those characters only speak to our sorrows, to our fears, and not to our individual victories over that darkness?

Books should not be an escape, they should be an encounter. They should step up forcefully to the comfortable bubbles of our lives, and they should expect the most of us. They should demand that we pay attention, when we don't want to, to what we don't want to. But there is a bubble insulating us from happiness, now, too. We are afraid of encountering all emotions, even the joyful ones, in the need to forsake cliché and avoid simplicity. Dare yourself to encounter joy, to encounter happiness, to embrace the opportunity for excitement.

Visit my blog at burnthebooks.org and you can watch a video taken in the Spring of 2012, when I visited Rwanda and Uganda. I spent two semesters studying African

culture, politics and history. I read about genocide, about economic inequality, about colonialism, poverty, hunger. I prepared myself for culture shock. I prepared myself for the guilt that accompanies (and should accompany) the privileged Westerner encountering those who we typically deem as "less" privileged, at least economically. What I did not prepare for was the expression of joy, the constant happiness and excitement and pleasure, which we were gifted to share with so many people we met. We played tickle monster with children, we played football with teenagers, we cracked jokes about the length of my beard with hospital workers. And we visited a school, where we were invited to watch and listen to the students sing and dance in a fascinating combination of traditional and contemporary African techniques. What I encountered was a new, poetic, unsettling expression of happiness, an ecstasy so loud and undeniable. Happiness is not an overtrodden theme of writing. Happiness is not automatically cliché and is not automatically boring. In order for us to be properly affected by the sense of tragedy and sorrow and anger and grief and confusion, we must meet those sensations at that point where they meet joy.

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Advising Advice**Resources to stay on track next semester****Mindy Hull**
Online Programs

According the USM Factbook, there were approximately 3,200 USM students enrolled in online or blended courses during Fall 2015. Roughly 18% of the total credit hours taken at USM in Fall

2015 participated in online or blended courses, and this represents a 1.5% increase over Fall 2014.

These numbers echo the five-year trend of growth in online and blended course offerings at USM, as more and more students take advantage of the variety of online delivery options in their coursework. Taking courses online provides much needed flexibility and convenience for our students who are juggling jobs, family commitments and a whole host of other life circumstances while pursuing their education. Often, the availability of online or blended courses ensures that both traditional students and working learners stay on-track and engaged with their academic programs, even during times of scheduling crunches and unexpected life events. While managing life, work, online courses and other life circumstances, it may be challenging to stay connected to your classmates, academic programs and USM community.

Below, please find some useful resources to stay connected to the university even if you cannot make it to campus.

Academic and Faculty Advisors – Your Professional Academic Advisor and Faculty. Advisors fantastic resources for choosing courses, discussing professional opportuni-

ties, learning about academic options or just about anything else you may need as you pursue your degree. Curious about an opportunity? Have an idea that you want to share to get ideas on how to develop it further? Give your advisor a call or send them an email.

USM's Website – You may have noticed that USM is in the process of redesigning its web presence. The News and Events sections of our webpages, as well as Quick Links and Resources, all provide information on what's new, notable and going on in and around campus and online: www.usm.maine.edu

Blackboard and Online Course Platforms – Don't forget to check the announcements on your Blackboard home screen. Your online courses provide easy access to instructors and classmates through structured and unstructured interactions. Log in and participate regularly in discussions and assignments, and encourage your professors and classmates to provide more opportunities for connection using message boards, chats, interactive recorded lectures and video assignments.

Student Newspaper and Campus Radio– Stay up to date on campus happenings, ideas and opinions with online versions of *The Free Press* and by tuning into WMPG daily online.

The above resources are by no means comprehensive but can serve as starting points for you to engage with your classmates, colleagues, professors and other helpful people in and around campus and online. If you want to share ways that you stay connected with the campus community, please email it to usmonline@maine.edu.

**Nicholas Kenney**
*Contributor***Sustainability and ME****Sticking to it: Budget and sustainability programs**

Sustainability comes in many different forms. Some people buy from local businesses, some people drive their cars less and some people grow some of their own food. However, these lifestyle changes are often time-consuming and expensive. When people are asked their stance on the environment, many say that the environment is invaluable. However, their actions don't always support this sentiment. For example, many consumers wouldn't bat an eye at buying a t-shirt that is cheaper than another, although the more expensive one advertises that their company plants a tree for every shirt sold. Pricing is always on the minds of most consumers, and sustainability often falls by the wayside when one's own finances and job security are at stake.

Luckily, from the private sector, there are more and more companies that are making a commitment to sustainable practices. The shoe company TOMS has rooted its business in sustainability and social responsibility. They "...understand the imperative for our company to operate responsibly and know that you want to buy from a company that works hard to integrate sustainable and responsible practices." They have demonstrated this by launching TOMS One for One program, where they

donate one pair of shoes to someone in need for every pair of shoes sold.

Another example is Patagonia, a company that makes and sells climbing gear and other athletic apparel, and is clearly oriented toward environmental sustainability. Their mission statement reads: "Build the best product, cause no unnecessary harm, use business to inspire and implement solutions to the environmental crisis." One exceptional way they have done this is by being completely transparent about their supply chain and their own impact on the environment. They also sell products that are fair trade certified, which means they meet certain labor and environmental standards. Patagonia addresses both environmental sustainability and economic sustainability as well.

On a personal level, it may worth acknowledging that sustainable purchases and behavior AND budgets are important. Being realistic and committing to just one thing is a good start. Maybe you decide to purchase a third or half of your produce from the local farmers market. This is a concrete step you can take that won't break the bank but will be both tasty and something that makes you feel good morally. Using your personal influence in areas where you are involved such as a school, workplace, church, club or group can also have critical impacts.

Maybe your soccer club decides to sell concessions in all recyclable packaging. Maybe your sister's dance recital provides tap water to drink instead of selling bottled water. Neither of these items on their own will likely upset the organization's budget, but they are both choices they can feel good standing behind. Decide to make a commitment to sustainability, but then remember that Rome wasn't built in a day. Start small and make a change that still works within your budget. If everyone did this, the world would surely be a better place, and more united in the effort to have a sustainable environment.

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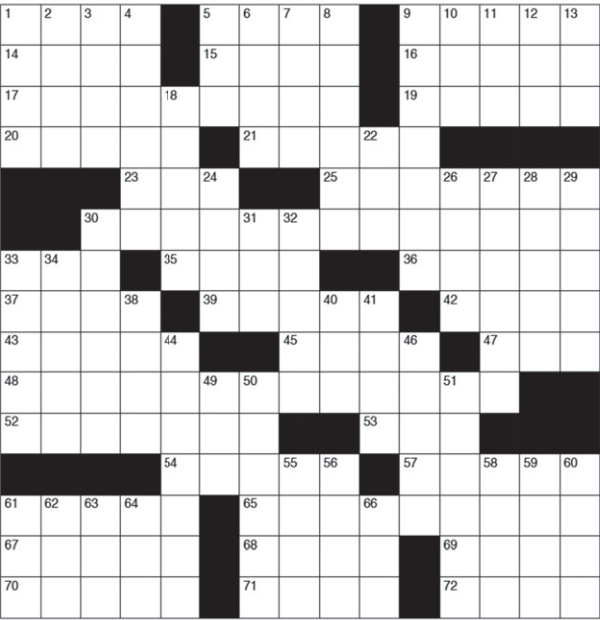
**We're looking for
USM students
interested in
writing a column
each week in our
Perspectives
section!**

**Email us at
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Crossword

Across

- 1. Prima donna
- 5. Skier's aid
- 9. Expressed disappointment
- 14. Pindar poems
- 15. Doozy
- 16. Stallone film with numerous sequels
- 17. Holds back
- 19. "It's ____ country"
- 20. Tivoli's Villa ____
- 21. Yoga position
- 23. Middle-earth monster
- 25. Not from the outside
- 30. Not competently
- 33. Pt. of GPA (abbr.)
- 35. Tones between fa and la
- 36. Attend to loose laces
- 37. ____ cava
- 39. Parlor
- 42. Change the décor of
- 43. Mandy's "The Princess Bride" role
- 45. Jedi ally
- 47. Game official
- 48. Vacant building sign
- 52. Pine stickers
- 53. Patriotic Uncle
- 54. FBI operative
- 57. Dyes
- 61. Eng. lesson
- 65. Ottoman
- 67. "Sands ____ Jima"
- 68. Trendy sheepskin footwear
- 69. Fashion designer Marc
- 70. Before and ____
- 71. Shoelace circle
- 72. Distort, in a way

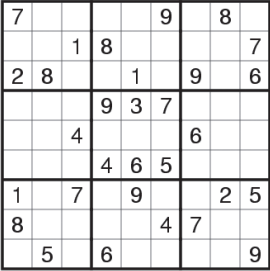
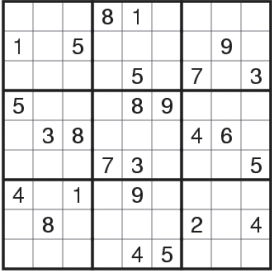


Down

- 1. Stewart in Harvey, Elwood P. ____
- 2. "If ____ before..."
- 3. Old pros
- 4. Name behind "Punk'd"
- 5. Ms. Lopez, to fans
- 6. Malarkey
- 7. ____ Nova (Canadian singer of 1981's "Fantasy")
- 8. Hayseed
- 9. More impudent
- 10. "Pow!" response
- 11. Text-scanning tech.
- 12. Scratch (out)
- 13. Make blonde, say
- 18. "____ to you, Mrs. Robinson"
- 22. Sea urchin, in sushi
- 24. Business execs who crunch numbers
- 26. Doozy
- 27. Voices
- 28. Trombone piece
- 29. Ken Follett's "____ the Needle"
- 30. Light
- 31. Miami's st.
- 32. Man and Capri, e.g.
- 33. French plane
- 34. Where the show must go on?
- 38. "There is ____!"
- 40. U.S. WWII propaganda agcy.
- 41. René's refusals
- 44. Division ____ (work related)
- 46. English odist of note
- 49. Entreat
- 50. Of service
- 51. Deals a heavy blow
- 55. Like an aborted space mission
- 56. Like some fast-food orders
- 58. Incision in an arrow
- 59. Strong puff
- 60. Not very busy
- 61. Cold War broadcaster (abbr.)
- 62. Not right
- 63. Op. ____ (bibliography abbr.)
- 64. Really impress
- 66. Recipe abbr.

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.

KC DIZ UVZ VZI VE
IEZXBI KVFFVBY WMB
TBIVHWVRZ. EMO X
MOE V YNUH-WXFFIY
WVZZCDNRR.

And here is your hint:

N = U

The solution to last issue's crossword



Weekly Horoscope



Aries
March 21-April 19



Do your own thing on the job today. Working alone, in your own way, at your own speed, you can be more effective.



Libra
September 23-October 22



Projects are unnecessarily delayed at work through lack of communication. Open up those channels!



Taurus
April 20-May 20



Living your values is important today. Make a contribution, no matter how small, toward changing the world for the better.



Scorpio
October 23-November 21



Today you tend to see only what you want to see. A positive focus is fine, but remember reality too!



Gemini
May 21-June 20



Responsibilities and obligations keep you from spending time with a loved one. Find a way to combine duty and pleasure.



Sagittarius
November 22-December 21



You can be an excellent mediator and get a good overview of what needs to be done. Your logic contributes to work effectiveness.



Cancer
June 21-July 22



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



Capricorn
December 22-January 19



Efficiency comes through partnership. Working with another allows you to get the job done WELL.



Leo
July 23-August 22



How is your car running? A timely checkup may save money later. Transportation could be a source of income or outgo today.



Aquarius
January 20-February 18



Running away from certain financial realities has great appeal, but is ineffective. Don't expect to win the lottery. Do what's necessary.



Virgo
August 23-September 22



Your sociability quotient is higher than usual. Being with people, communicating and exchanging ideas is more enjoyable.



Pisces
February 19-March 20



You'll have an opportunity to learn about not sacrificing too many of your needs in a relationship. Be sensibly assertive.



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USM COMMUNITY PAGE

Candlelight vigil held for World Aids Day

Dispelling the stigma and educating the public on HIV



Krysteana Scribner
Editor-in-chief

According to the Maine Center for Disease Control, 40 people have been diagnosed with HIV in 2015. Maine is considered a low incident state, where the numbers for HIV Diagnosis each year have been holding a steady rate of 50-60 people per year, but a startling CDC statistic shows that young people have accounted for 26 percent of all new HIV infections in the United States in 2010, leaving members of the community to continue taking measures to lower the rate and end the AIDS epidemic by 2030.

December 1 marks World AIDS Day across the globe, which provides people the opportunity to work in collaboration to raise awareness about HIV and help move closer to the goal of an AIDs free generation. The theme this year states “The Time to Act Is Now,” where groups call in urgency to implement recent discoveries in prevention and treatment.

Last Tuesday, community members gathered together for a candlelight vigil in Monument Square. Their common goal: to spread awareness and find a cure for HIV. Together they celebrated the lives of people lost to the illness in hopes to educate the public on the disease and what it entails.

The Vigil was hosted by the Frannie Peabody Center, an HIV and AIDS resource center for individuals all across Maine. Their services provides their clients with as much as they can provide: From prevention education to free and anonymous testing for those concerned they may have the illness.

“World AIDS Day is a time when we can all come together and highlight the issue, but it’s definitely something we should be talking about every day with our kids, making sure people know there are programs out there and the support that’s needed,” said Katie Rutherford, Director of Development at the Frannie Peabody Center.

HIV - which stands for human immunodeficiency virus - weakens a person’s immune system and destroys the cells that fight infection and disease in the body. Currently, there is no cure for HIV or AIDS, but it has come a long way since it



Nathan Baril / Multimedia Editor

Top: People gather for the Candlelight Vigil in Monument Square last Tuesday.
Bottom: An anonymous student has their blood drawn at a USM blood drive.

was first understood to be a disease.

In 1981, the first warning of the virus was released by the Center for Disease Control. The unknown virus was originally thought to be a rare but serious form of

duce the risk by up to 92 percent.

This treatment method has had mixed reviews, with some believing PrEP will become a substitute or replacement for condoms. In an interview with CNN, Uni-

“ World AIDS Day is a time when we can all come together and highlight the issue, but it’s definitely something we should be talking about everyday with our kids. ”

Katie Rutherford, Director of Development at: the Frannie Peabody Center

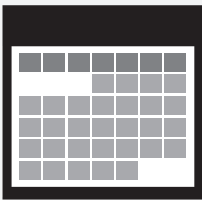
pneumonia that affected gay men. A year later, they named the disease HIV and the progression of the disease AIDS.

According to Online Documents on End AIDS 2030 through the Frannie Peabody Center, it is important for primary care clinics to understand and be willing to treat people for risk of HIV infection with Truvada, a Pre-Exposure Prophylaxis (PrEP) medication that acts as preventative protection. When taken consistently, can re-

versity Professor Sarit Golub stated that Truvada could, “revolutionize the psychology of the HIV epidemic.”

With the goal to end the prevalence of disease, the education for generations to come will act as the most important piece to solving this puzzle.

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Campus Events

Monday, December 7

Cookie Week at USM Libraries
University of Southern Maine
Gorham and Portland Campus
Starts: 7:45 a.m. / Ends: 11:00 p.m.

Seasons of Light Full Dome Show
Southworth Planetarium
University of Southern Maine, Portland
Starts: 1:00 p.m. / Ends: 2:00 p.m.

Tuesday, December 8

Masterpieces at USM: Rare
Maps and Globes
Osher Map Library
314 Forest Ave.
Starts: 10:00 a.m. / Ends: 4:00 p.m.

Staged Reading: Jeanne et
Osithée: Parallèles Croisées
University of Southern Maine
Room 170, Lewiston Auburn
Starts: 4:00 p.m.

Students and Recovery
University of Southern Maine, Portland
Payson Smith, Room 203
Starts: 5:00 p.m. / Ends: 6:00 p.m.

Husky Film Festival
University of Southern Maine, Gorham
Lower Brooks Student Center
Starts: 8:00 p.m. / Ends: 9:30 p.m.

Wednesday, December 9

Fall Semester Poetry Night
University of Southern Maine, Gorham
Seminar Room, Bailey Hall
Starts: 7:00 p.m. / Ends: 8:00 p.m.

DIY Mug Decorating
University of Southern Maine Gorham
Lower Brooks Student Center
Starts: 9:00 p.m. / Ends: 10:30 p.m.

Thursday, December 10

GCAB Stress Relief
University of Southern Maine, Gorham
Lower Brooks Student Center
Starts: 8:00 p.m. / Ends: 12:20 a.m.

Friday, December 11

Final Exams Day
University of Southern Maine
Gorham and Portland Campus
All Day Event

Saturday, December 12

Jazz Improvisation Weekend
University of Southern Maine, Gorham
Corthell Hall
Starts: 9:30 a.m. / Ends: 6:00 p.m.

Sunday, December 13

Moonlight Madness
University of Southern Maine, Gorham
Upper Brooks Residential Restaurant
Starts: 8:30 p.m. / Ends: 9:30 p.m.

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



Meaghan Gonsior / Free Press Staff

Aaron Clarke sits and plays guitar before the USM Composers Showcase.



Students of USM

Aaron Clarke, junior music composition major

Meaghan Gonsior
Free Press Staff

Aaron Clarke, a junior majoring in Music Composition, feels driven by the desire to “push the boundaries of what you can do with music.”

Saturday December 5th, he performed original works in USM’s Composers Showcase directed by resident composer Daniel Sonenberg. Students start composing from scratch at the beginning of the semester, creating original works to be performed by the Composers Ensemble.

Twenty year old Clarke has been crafting

music for five years, but it has been a major part of his life, “since I was this tall,” Clarke laughed as he gestured down at the floor.

One of his favorite ways to “push the boundaries” in music is to experiment with various instruments in a nontraditional manner.

After graduation, his plan is to make his dreams a reality by performing in major cities like New York and Los Angeles. He currently plays in local bands that lean in the progressive rock direction, but is excited by the prospect of being surrounded by a rich variety of music.

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USM honors long-term basketball coach

Nick Beauchesne
Sports Editor

On the first night of December, 2015, the University of Southern Maine honored one of the most successful and impactful coaches to ever work as a Husky. Gary Fifield, the USM women's basketball coach for 28 years - from 1987 to 2015 - was honored for the countless contributions he made, not only for the women's basketball program but for the university as a whole. In honor of this legacy, established over the better part of three decades with Fifield at the helm, the basketball court on Gorham Campus will from here forward be known as Fifield court: a fitting tribute and an apt name for a gym that saw such great and sustained success under his tutelage.

At the conclusion of the men's game Tuesday night, the court was cleared to make way for the special tribute to a man that left a lasting impact on the young women that called him coach. A collection of former players and assistant coaches, along with current members of this year's team, took the court alongside coach Fifield to show their appreciation for the role he played in their development as players, as competitors and as people.

"This night is a reminder of the true reason someone gets into coaching," said Fifield. "Seeing all of those girls from all of the teams that I had the privilege of coaching during my time at USM was very special. It was difficult for me to be able to control my emotions, seeing so many former players and assistant coaches of mine together again."

Coach Fifield had the sort of sustained success over the course of his career that most coaches can only dream of. His teams were conference champions 21 times in 28 years. They made the NCAA tournament an astonishing 26 times over that span, with 15 Sweet Sixteen appearances and five trips to the Final Four, including back to back appearances in 2005 and 2006.



USM announces men's indoor track and field captains

The University of Southern Maine men's track coach, Ryan Harkeroad, has recently announced that four seniors - Jon Clement (South Portland), Jeremy Collins (Standish, Maine/Bonny Eagle), Zach Miller (Rcohes-ster, N.H./Spaulding) and Dan Webb (Acton, Maine/Sanford) have been selected as captains for the 2015-2016 indoor season.



In honor of coach Gary Fifield, the basketball court at Warren G. Hill gymnasium will be renamed Fifield Court.

Despite all of those athletic accomplishments, coach Fifield is most proud of the success his players have had off of the court, both during and after their athletic careers.

“This night is a reminder of the true reason someone gets into coaching.”

Gary Fifield, former USM Women's Basketball coach

"We took great pride as a program, and as an athletic department as a whole, in prioritizing the development of student-athletes, with an emphasis on the student aspect," Fifield said. "Our team GPA was consistently excellent, and it is a tribute to the USM athletic department as a whole to see such successful individuals come out of our program."

It was only fitting that this

honor took place on a night when the Bowdoin Polar Bears were in Gorham for a men's and women's doubleheader. Over the course of Fifield's career at USM, his teams had numerous classic encounters

with Bowdoin, among many other state and conference rivals.

"When I was told that they would be putting my name on the court, I said that now people would have the chance to walk all over me every day," Fifield joked.

Based on the outpouring of support by his past players and colleagues, nothing could further from the truth.

Bookending the celebration,

basketball games were played. After all, that's what the court was used for before coach Fifield took over in 1987, and that is what will continue to happen on it throughout the rest of the 2015-2016 season and beyond. The scoreboard reflected a tough evening for the Huskies, with both teams falling by double figures. With the loss, the men's team fell to four wins and three losses on the season, and the women's team now has a record of two wins and four losses.

This night, though, was one destined to be remembered for years to come, regardless of how the teams performed. After two tough losses, the fans attending the game cleared out and the lights were turned off. The next morning though-and every future morning- when the lights are switched back on, they will shine upon Fifield Court.

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Huskie's baseball to host holiday clinic

USM's baseball team and coaching staff will be hosting a holiday clinic on Sunday, December 27 for baseball players grades 3-12. In addition to instruction from head coach Ed Flaherty and staff, the clinic will also feature instruction from Ryan Flaherty of Major League Baseball's Baltimore Orioles. Clinic costs \$50.00. For more information, please call (207) 780-5474.



USM announces men's indoor track and field captains

Senior Lucas Hausman (Westport, Conn./Hopkins Grammar) led three players in double figure with 20 points as the Bowdoin College Polar Bears shot 48.5 percent from the field (32-for-66) to earn an 81-55 win over the University of Southern Maine Huskies in a non-conference men's basketball game Tuesday night at Hill Gymnasium.

We are looking for sports writers and photographers.

email:
editor@usmfreepress.org

Scoreboard

November 28

Men's Ice Hockey

USM7

Wentworth2

November 29

Women's Basketball

USM67

Saint Joseph's74

Men's Basketball

USM66

Saint Joseph's71

December 1

Men's Basketball

USM55

Bowdoin81

Women's Basketball

USM46

Bowdoin77

Upcoming

December 8

Men's Ice Hockey

Skidmore

@ Southern Me.

Starts: 7:00 p.m.

December 11

Wrestling

Southern Me.

@ Coast Guard

Starts: 4:00 p.m.

December 12

Women's Ice Hockey

Southern Maine

@ Trinity (Conn.)

Starts: 1:00 p.m.

Women's Basketball

Southern Maine

@ Western Conn. St.

Starts: 1:00 p.m.

Men's Basketball

Southern Maine

@ Western Conn. St.

Starts: 3:00 p.m.

For more listings of upcoming Husky sporting events, please refer to the official USM athletic's website.

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