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PORTLAND, MAINE
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 bothi 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 bothi (enlightenment) through meditation, self-mortification and practicing austerity.

After several years of intense practice, he realized that bothi was to be found through meditation, but through a Middle Way between the extremes of self-mortification and self-indulgence.

The story goes that he encountered two young men who had practiced bothi at Gaya, a town in northeastern 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 enlightenment.

It is believed that after 49 days of continuous meditation, during which he confronted Mara, the lord of demons, Gautama achieved bothi (enlightenment) at the age of 35. This event is known as the Buddha (‘enlightened one’).

Buddhists around the world consider Bodhi Gaya, India to be the birth place of the tradition. Bodhi Day is celebrated in many countries, 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 Festival of St. Nicholas is celebrated in parts of Europe on 6 December. In Alpine countries, St. 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 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 Saint Nicholas, 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 Lucia’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. Lucia’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 Lucia is called Lucia, she is represented as a woman in a white dress and red sash with a crown of wreath of candles on her head. In both Northern 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 Lombar- dy, 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 saint[s] celebrated by the overwhelmingly Lutheran Nordic people – Dunes; Sweden; 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 this day predate the adoption of Christianity in Scandinavia and like much of Scandinavian folklore and even religiousness, 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 this 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 jól, 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 fixed date to the Christian liturgical year, it is prepared for by the season of Advent or Nativ- ity 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 a key celebration 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 car- oling, decoration of Christmas trees, cards, church services, a special meal, and the display of various Christmas decorations, includ- ing Christmas trees, Christmas lights, nativity scenes, garlands, wreaths, mistletoe, and holly. In the modern period, and often interchangeable fi- gures, known as Santa Claus, Fa- ther Christmas, Saint Nicholas, and Christkind, are associated with bringing gifts to children during the Christmas season and are symbols of tradition and lore. Because gift-giving and many other aspects of the Christ- mas festival involve heightened commercial 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,Hanukkah 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 holiday is observed by the kindling of the lights of a unique candelabrum, the nine-branched menorah or hanukkiah, 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 dis- tinct 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.
The Department of Psychology has seen a large amount of changes in recent years, and it is being brought into the light that 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 valued 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 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 psychologists is being understood, and not being properly treated like a STEM program.

"I have spent 40 years teach- ing 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 science entails but who feel comfortable recommending solutions to our problems. I find the attempts to demonize beyond what I have ever experienced at USM," Gayton said.

With all the mounting struggles that Gayton felt he was receiving 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.

"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."

One of Gayton’s main points that he 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 personal relationship with the farmer that grew it and the self-gratifying feeling of avoiding industrially produced food.

"I think in the process, we have very much oversimplified the political economy of local food," Gayton 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-}

News

Psychology department chair stepping down at end of semester

Thomas Fitzgerald

News Intern

Acclaimed author speaks at USM on the ethics of food workers

Grace Hachey, Senior psychology major at USM

Grace Hachey, Senior psychology major at USM

Nathan Bilari/ Multimedia Editor

An employee at Thurston’s cooks up an order of cheeseburgers. Without local 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 food movement.

"For our family farm, which certainly is in need of glorifying, but we have largely left farm workers out of the conversation," 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 personal relationship with the farmer that grew it and the self-gratifying feeling of avoiding industrially produced food.

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

"I think people really understand what substance use disorders 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 what this is about because it’s more 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 students suffering from substance use disorders means you’re morally weak or don’t have the willpower. He hopes to eliminate the stigma associated with addiction and educate 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 we can, 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, this student group, this semester represents a new effort in the history of USM.

"Our combined efforts thus far have 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 Cunnings last week, he seemed to agree that potentially one of the white houses may be appropriate for it and has been extremely supportive of 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 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 don’t go in vain. That we as a community we can learn grow from that tragedy, celebrate the time we had with them and grieve 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 in a person long term recovery. I may have an active substance use disorder, but I don’t believe I 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 impervious 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.”

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 position to “clear” the land is called叶吹. The leaves are removed and the soil is left with no organic material to keep the system healthy.

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.

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

Katelyn Wiggins / Free Press Staff

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Erica Jones
Free Press Staff
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USM students stand in solidarity with Mizzou

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

Nathan Baril / Multimedia Editor

USM students stand in solidarity with Mizzou

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

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.

Hamdi Hassan, student at USM

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.

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 1 percent are black, according to collegelocalu.

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],” Nisetich said.

She went on to mention that she hopes students don’t fully understand 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 education 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 community the ability to speak their voices in a way they have never been able to in the past.

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 lives.

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, openning 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 if the movement 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 am 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 to my teachers, they would tell me to just ignore it,” Bolduc said.

When Bolduc was in the fifth grade, she was walking home from school one day when four 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 if life was going to be harder for her, so she 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 to transfer to USM.

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

“As cliché as it sounds, nothing will tear me down. Being black in this world 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 Hamdi Hassan, a student at USM who didn’t speak at the event because of the lack of action against racism incidents on campus. Her statement was read by Jordan Haney.

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, and 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 you to believe you’re special because we’re a university and we’re special because we’re so liberally minded, but the truth is it is work to be done,” President Cummings said.

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

news@usmfreepress.org
USMFreePress

December 7, 2015

Hamdi Hassan, student at USM

A photo taken last month shows community members gathering to rally equality rights in Monument Square.
Melissa and Richard ‘Doc’ Costello bequest $1.65 million to USM, largest in history

Melissa and Doc met at USM and they both attended USM. Both Melissa and Doc have passed in recent years, but before giving the university $1.65 million that will be used to create the Costello Sports Complex in Gorham.

The gift will improve the experience of athletes by upgrading the athletic facilities and the facilities along with improving the outdoor lighting. It will also fund USM, its students and the athletic programs, the gift is a game changer. It will provide valuable resources to ensure the complex remains competitive. It will also ensure that the students can continue to receive support and inspire all USM students for generations to come,” 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 to unlock the gifts 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 pending death he turned to Professor Michael Stevenson to take over...”

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 be spent or the timeline over which the money will be given. In 2010, Zuckerberg and in his wife gave $100 million to help education in Newark, though the donation encountered resistance from local parents and activists.

“I have 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 all making an effort.”

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 expected 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 air strikes will make a difference in the fight against ISIS. Britain is already conducting airstrikes in Iraq, so some believe this is more of a move for alliance solidarity and leadership in military strategy.

“If there is an attack on the UK in the next week 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. ISIS 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. Transferred 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


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?

Incarceration investigating a Motor vehicle accident, 43 Campus Ave. Vehicle struck a tree at approximately 10:55 am. Report taken.

11/9/15

Peeping Troy

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

11/10/15

Incense-itive Incident

Incarceration investigating a Motor vehicle accident, 43 Campus Ave. Vehicle struck a tree at approximately 10:55 am. Report taken.

11/12/15

I Swear I Parked My Car Over There!

Motor vehicle accident, 34 Campus Ave. Student vehicle was removed as part of an accident report.

11/13/15

Crash Course in Life


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, and 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 typical 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 “thrifting” 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. People have done their thing about shopping or trading at all hours of the day.

“Thrifting 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 vintage pieces from lots of eras; you can really get creative with your style!”

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

Thrifting 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.

Thrifting 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 thrifting 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 clothes. “Clothes are kind of unique in that you can really get creative with your style!”

Find tries to stick to what people in Portland specifically like. They pay 30% of our price in cash or I.D or Wednesdays. This is popular for people who have a mood since we’re into the finesse of mixed martial arts and who keeps mudding “Ronda Rousey” under his breath at all hours of the day.

Get your mother a ceramic blue necklace combo would really complete the trucker chic style that Cosmopolitan named the #67 style trend to watch out for in 1982.

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

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

Nathan Baril / Multimedia Editor

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

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 ($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 mudding “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 shorts, 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.

“Thrifting 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?”

arts@usmfreepress.org
@USMFreePress

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

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 in 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 decades until 2012, when suddenly the attorney general of Maine sent them a letter basically saying that “the river is not the reservation.” The Penobscot tribe had never 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 cautious 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 dulse,” 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 taking advantage of 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 “legalise” 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 to 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.

Penobscot tribe tries to get their rights back through film

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 magnificient 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 toy-maker Uncle Drosselmeyer, who gives Clara the Nutcracker as a gift. One tussle with her younger brother (resulting in a damaged Nutcracker), a shrking 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 production’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, the invisible hand behind this legal battle,” said Girouard.

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A year in films: What to watch from 2015

1. *The Martian*
   - Ridley Scott delivers an incredible tale of a man who must overcome all odds and survive on the hostile planet Mars. With incredible performances led 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.

2. *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, "Ant-Man" goes in the opposite direction with a small, more personal 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.

3. *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 Riley, voiced by Kaitlyn Dias, and her five emotions, which include Joy, Sadness, Fear, Disgust and Anger.

4. *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.

5. *Avengers: Age of Ultron*
   - "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.

**Aaron Halls**
Free Press Staff

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**Pick Your Weapon**

We’re looking for talented writers, photographers, and graphic designers at the Free Press. If you want to apply, email editor@usmfreepress.org or visit www.usmfreepress.org/get-involved
The themes throughout remain the same: family, friendships and trying to survive during a time of war in a dystopian world. This will be 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 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 light flash-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.

This was 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 9/10 if 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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**What caught the eyes and ears of our staff this week**

**HEAVY RO​TATION**

**The next installment of the games that everyone is talking about**

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**Monday, December 7**

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

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**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.

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**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.

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**Thursday, December 10**

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

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**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.

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**Saturday, December 12**

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

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**Sunday, December 13th**

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

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Want to submit an event? arts@usmfreepress.org

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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 goose-bumps 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 th world. I grew 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 captivity 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 love and life: Emotions so easily control our lives and the decisions we make. He is very clever with his use of personification, using tasty lyr- ics 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 re- membered / 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 accommodation by Thile and Watkins. Written by this female lead, the song tells the story of love falling apart as a relation- ship 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 cho- rus, fresh energy is brought to the soundtrack; voices are completely in sync and instrumentals are aptly appropriately balanced with vocals.

Another one of their songs, "Love of Mine," 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 be- gins to play lower range notes in a minor scale, insinuating danger lies ahead. A second later, the vi- olin is again string a series 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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**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 film, to split movies into parts. Mockingjay is no exception. See- ing part two becomes easier if one has seen part one, either recently or when it first came out. This film picks up where the first left off, immersed the audience back into Katniss Ever- deed’s world.

The next installment of the games that everyone is talking about...
I stand with the idea that recovery is possible. “This theme sort of followed me throughout my life and to never take anything for granted. I didn’t realize that my mistakes could be a celebration, that my life-long struggle with a substance use disorder could be shared with others. I want to change the perspective. Recovery is possible.”

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 anyone, USM’s Student and Recovery Group is a great place to start. I stand with the idea that recovery is possible. 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 anyone, USM’s Student and Recovery Group is a great place to start.
Margin Notes

“Like a writer of that deadly ‘popular language which I can’t quite understand’ they’re written in some other language which the bright pennant of blood quivered in the light.”

I’m alive, he thought. His fingers trembled, bright with blood, like the bits of a strange flag now found and before unseen. He had been asleep, and what arrogance he owed to it. Holding Tom, but not knowing him there, he touched his free hand to the side of his face, and when it came away, held up, turned. Over the door he let go of Tom and lay on his back with his hands up in the sky. He was a head from which his eyes peered like sentinels through the portcullis of a strange castle out of which he was being born. His hands, those fingers where the bright pennant of blood quivered in the light.

Readng Bradbury led me to the discovery that, in contrasting his language and body of work, we can see a mirror of ourselves in this contemporary writing. Sharon Olds’s recent book Stag’s Leap chronicles the stages of the poet’s divorce through the lens of a popular Millenium 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 all, and yet, when we participate in a range of feel, not all of them comfortable, not all of them shaped: not the terror of war, but the happy moments of community in those bomb shelters.

Mег, who is a front of wisdom, recently told me why she loves to bake artisan bread (aside from the prestige of having made bread): not the terror of war, but the happy moments of community in those bomb shelters.

“Books should not be an escape, unnecessary because we need to step up forcefully to the comfortably bubbles of our lives, and they should expect the most of us.” If scholars demand that we pay attention, don’t we want to, to what we don’t want to. But that’s not the way of happiness, now, too. We are afraid of encountering all emotions, even the joyful ones, in the need to for- rence in areas where you are - at a realistic understanding of happiness in the world. The recipe, the culture shock. I prepared myself to serve that purpose for many of the students sing and dance in a fas...
Crossword

Across
1. Prim’s donee
5. Skiier’s aid
9. Expressed disagreement
14. Printor poems
15. Docy
16. Stallion film with numerous seques
17. Holds back
19. “It’s_____ country”
20. Theif’s Villa
21. Yoga position
23. Middle-earth monster
25. Not from the outside
30. Not competently
33. Pl. of GPA (abbr.)
35. Tones between fa and la
37. Attend to lose laces
38. _a va
39. Parox
42. Change the decor of
43. Mandy’s “The Princess Bride” role
45. Jed dit
47. Game official
48. Vacant building sign
52. Pine stickers
54. FBI operative
55. Dys
61. Eng. lesson
65. Ottoman
66. “And _____, Amsterdam”
68. Trendy sheepskin bootwear
69. Fashion designer Marc
70. Before and _____
71. Shoetace circle
72. Distort, in a way

Down
1. Stewart in Harvey, Elwood P.
2. “... before...”
4. Used pine
6. Name behind “Puck”
5. Mo. Lopez, to fans
6. Neatly
7. ____ Hors (Canadian singer of 1891)
8. Haynden
9. More impudent
10. “Poo!” response
11. Tool-scanning tool
12. Scratch (out)
13. Make Mondo, to
18. “... to you, Mrs. Robinson”
19. Sea unicorn, in sohit
20. Business excess into crunch numbers
21. Droncy
24. Vices
26. Trombone piece
28. Ken Follet’s “... the Needle”
30. Light
31. Mimi’s st.
32. Man and Gepi, e.g.
33. French plane
34. Where the show must go on?
37. “There is _____”
40. U.S. WPP propaganda agency
41. Renk’s refusals
44. Division ____ (work related)
46. English oddity of note
48. Enthal
50. Of service
51. Deal a heavy blow
52. Like some fast food orders
53. Lock in an arrow
54. Strong puff
56. Not very busy
61. Cold War broadcaster (abbr.)
62. Not right
64. Pl. (biography abbr.)
65. Readily impress
66. Recipe abbr.

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

KC DIZ UVZ VZI VE IZKBI KVFFVBV WMB TBJHWWZR EMO X MOE V YNUH-WXFHY WZZCDNRR.

And here is your hint:
N = U

The solution to last issue’s crossword

Weekly Horoscope

Arles
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.

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.

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.

Cancer
June 21-July 22
Your mind is sharp today, yet also precise. Plan to accomplish problem-solving that requires both speed and exactitude.

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.

Virgo
August 23-September 22
Your sociability quotient is higher than usual. Being with people, communicating and exchanging ideas is more enjoyable.

Sagittarius
November 22-December 21
Projects are unnecessarily delayed at work through lack of communication. Open up those channels!

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.

Capricorn
December 22-January 19
Efficiency comes through partnership. Working with another allows you to get the job done WELL.

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.

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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~ Since 1995 ~
Candlelight vigil held for World Aids Day
Dispelling the stigma and educating the public on HIV

According to the Maine Center for Disease Control, 40 people have been diagnosed with HIV in 2015. Maine is considered a low incident state, yet people still need to take 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 ur-
tation. The theme this year states “The Time
to Act Is Now,” where groups call in ur-
gency 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 educate the public on the disease and what it entails.

The Vigil was hosted by the Frannie Peabody Center, an HIV and AIDS re-
source center for individuals all across Maine. Their services provide their cli-
ents 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 Frannie Peabody Center.

HIV - which stands for human immuno-
deficiency 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 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 original-
lly thought to be a rare but serious form of 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 Tru-
vada, a Pre-Exposure Prophylaxis (PrEP) medication that acts as preventative pro-
tection. When taken consistently, can re-
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-
versity Professor Sarit Golub stated that Truvada could, “revolutionize the psy-
chology 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.
Aaron Clarke, junior music composition major

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.

Do you know any interesting students?
Email us: editor@usmfreepress.org
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 his 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 to 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. In 2005 and 2006, 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 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.

“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.”

“Bookending the celebration, 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 coaches, this evening could furthered from the truth.

USM announces men’s indoor track and field captains

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

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.

Scoreboard

Men’s Ice Hockey
USM vs. Skidmore
USM vs. Sacred Heart
Wentworth
Bowdoin

Women’s Basketball
USM vs. Saint Joseph’s
USM vs. Saint Joseph’s

Men’s Basketball
USM vs. Saint Joseph’s

Women’s Basketball
USM vs. Saint Joseph’s

Upcoming

Men’s Ice Hockey
USM vs. Trinity (Conn.)

Wrestling
Southern Maine vs. Western Conn. St.

Men’s Basketball
Southern Maine vs. Western Conn. St.

Women’s Ice Hockey
Southern Maine vs. Trinity (Conn.)

Women’s Basketball
Southern Maine vs. Western Conn. St.

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