News

Arts & Culture

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the free press

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President Cummings used first semester to repair USM

Bradford Spurr
Free Press Staff

Midway through the month of May in late 2015 it was announced that the university had found a more stable solution to the presidency as opposed to the revolving door of interims that has plagued USM for the past four years.

Dr. Glenn Cummings, former Speaker of the Maine House of Representatives, would replace President David Flanagan starting on the first of July.

This was after a presidential replacement had already been announced but the candidate, Harvey Kesselman, was forced to withdraw his application due to unforeseen circumstances at his current university.

The change and decision was not welcomed by all, chief amongst the dissenters were the faculty members who felt particularly alienated and taken advantage of by the administration.

One of President Cummings' first acts as Commander in Chief of USM was to hold a breakfast forum for the entire USM faculty where he asked those who decided to show up two things: the first was what would you tell the new president to do or to warn against doing and the second was tell me something that you are proud of. It was clear by the responses that community engagement in both Portland and USM was deeply important to them.

President Cummings also promised to dig into the coffers and "eat some reserves, give people a little time to rest but soon we will have to pick up our knapsacks and keep going up the hill," when layoffs were put on hold for the 2014-15 academic year.

There is still a $3.9 million budget gap that USM is staring at moving forward so the same promise to job security could not be made at this time.

All that President Cummings is able to commit to currently is the hope, "to create the best strategy around filling that [budget] gap with the least impact on students."

The University of Southern Maine finds itself at a crossroads where it is no longer tethered to snap decisions and hasty conclusions made by distant authority figures and is instead soldiering on with a President that it can hold accountable and who has concrete and attainable goals for this school.

President Cummings' goals moving forward through the end of this semester are, "to work through this budget, it is going to be a tough one and get ready for the '17 budget year and secondly is to begin to, now that the leadership team is in place, reach out to the top 20, 30, 40 chief executive officers in this area and begin to build this alliance."

With 209 days under his belt the new President has made great strides to, "repair and heal" the university, but we are only halfway up the mountain and only time will tell when a conclusion will be reached surrounding the fiscal crisis that the University of Southern Maine has found itself in.

Troy Bennett / *Bangor Daily News*

Glenn Cummings just finished his first semester as President of USM and wants to spend the spring semester getting the budget for 17' under wraps.

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Luther Bonney computer lab set to be completed by May

Construction began in October to provide students with a one-stop shopping center

Krysteana Scribner
Editor-in-chief

In Luther Bonney, students meander around the atrium, some using computers that sit right outside the computer lab. Dusty footprints clutter the first floor, where construction that began in October is still in the works to be completed by the end of the semester.

The plan for improvements, implemented by the previous administration, is meant to consolidate space for students to access different kinds of help all at one location.

The changes currently in place are meant to consolidate student services, financial aid, admissions and other student resources necessary for academic success.

Currently, these services are spread out all over campus - offices like student accounts and financial aid services are currently located in Payson Smith but will be consolidated as a "one stop shopping center" for students.

Photo courtesy of Harriman Associates

A rendered design of the future Luther Bonney computer labs at USM.

"The construction has progressed a great deal over the winter break and we're planning for the offices to be open inside by May 14," said Nancy Griffin, vice president for enrollment management. "We anticipate the construction be done three quarters of the way through Spring, so once that occurs, the computers inside will immediately become available to students."

In the beginning of the construction project, many students aired their negative feelings toward the changes taking place. With computers spread out in different building on campus, many were angered by the changes taking place.

"We're sacrificing money on this project, but for what? Offices we already have in Payson Smith?" said Junior biology major Casey Fillmore. "This is from the same administration that talks about our dire budget crisis' and that we need to fix the problem. It doesn't make a whole lot of sense."

Even though the same number of computers will be available across campus and in a variety of locations, Fillmore explained that Glickman can not accommodate the amount of computers that Luther Bonney has.

Laine Geistwalker, a senior business major, also felt the relocation was a huge inconvenience to her class schedule. Walking to different buildings, right now, makes it difficult for her schedule. Like many students, she isn't upset about the end goal, but rather the construction that is going on during her senior year.

"I don't like this at all because all of my business classes are in here in Luther Bonney," said Geistwalker.

"It seems that the relocation of all these student services is, in turn, scattering the library services across this campus. This is all just so inconvenient."

See **Luther Bonney** *on page 6*

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Pearl ultra nightclub
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MARK'S PLACE
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PORTLAND, MAINE

Take as much food as you want, but eat what you take

3,000 pounds of food is wasted every week on average, just in Gorham

Zachary Searles
News Editor

As students return from break and begin to use the dining hall on a full time basis, a new campaign is being launched to educate students on the amount of food that gets wasted every day.

On average, a student wastes about five ounces of food every day and an average of 1,000 students visit the dining hall to eat each day, if each of them were to waste five ounces that would be 5,000 ounces, or about 312 pounds, of wasted food every day.

The campaign encourages students to eat as much as they want, but to be sure that they eat what they take.

"We think we can make a change by educating people," said Steve Sweeney, Resource Recovery Supervisor for USM's Department of Facilities Management.

On average, 3,000 pounds of food is wasted in the dining halls every week, and close to 600 tons of waste a year. Most of this wasted food goes to a Gorham farmer who picks up the scraps twice a week to feed to his pigs.

The 3,000 pounds of wasted food is coming only from the Brooks Dining Center in Gorham because it is the only place where food waste is collected separately from other waste, though, currently between 300 and 400 pounds of food waste is collected from the Portland campus and Lewiston generates far less food waste because there is far fewer people having meals there, according to Tyler Kidder, Assistant Director for Sustainable Programs.

"Food waste has always been an issue at USM although we are lucky to have been diverting our waste from Brooks Dining in Gorham to farmers for animal feed for over 20 years," Kidder said,

What about set portions? If a student were to enter the dining hall and just receive the proper amount of food so none of it would be wasted, that would cut down on waste, but as Kidder pointed out, that wouldn't work in an all-you-can-eat, buffet style, dining hall.

"Over time, more of the stations in Brooks have been staffed meaning that portions are more carefully controlled in some areas. The idea isn't to encourage students to eat more or less, but just to choose the right amount to put on their plate," Kidder said.

Kidder went on to say that idea behind the campaign is to educate the consumer and allow them to be apart of the solution.

The campaign is beginning just a little over a month after Representative Chellie Pingree introduced a bill to Congress aimed at reducing the amount of food that is wasted every year in the United States.

If the bill is passed it would create an office of food recovery within the U.S. Department of Agriculture whose mission would be to support federal programs that reduce incidents of food waste.

"Forty percent of all food produced in the United States each year is wasted," Pingree said in a statement released on her website. "The Food Recovery Act takes a comprehensive approach to reducing the amount of food that ends up in landfills and at the same time reducing the number of Americans who have a hard time putting food on the table."

If passed the bill would also fund grants for food waste-saving efforts at schools.

Recently, the U.S. Environmental Protection Agency awarded USM with a Regional Food Recovery Achievement Certificate for their efforts in cutting the amount of food wasted in both preparation and thrown away.

But USM has been doing more than that in their part to help protect the environment. In 2011, USM recycled at a rate of 34 percent, which was the national average for that year, and it cost $58,000 to eliminate waste.

In 2012, USM started the Tiny Trash Initiative, getting rid of standard trash cans and replacing them with a much smaller trash can made for wrappers, napkins and food scraps, mostly everything else was to be recycled. That year recycling rose to 46 percent and the cost of eliminating waste dropped to $35,000.

Then in 2013, the Tiny Trash Initiative won the Grand Eco-Excellence Award and recycling rose again at USM to 51 percent and costs continue to fall, costing $24,000 to eliminate the waste. USM saw the same trend again in 2014, recycling rose to 61 percent and costs went down again to $16,000.

According to Sweeney, changes were made in small ways, such as switching from paper towels to hand dryers to save money. USM also started separating liquids, allowing students to pour out their unused liquids instead of mixing it in with the other waste.

USM now reduces its waste by 20 tons, pouring that liquid waste down the drain.

Coffee is big at USM, selling roughly 2,350 cups every week and four tons of coffee grounds each year, instead of throwing those coffee grounds in with the waste it has been repurposed for compost.

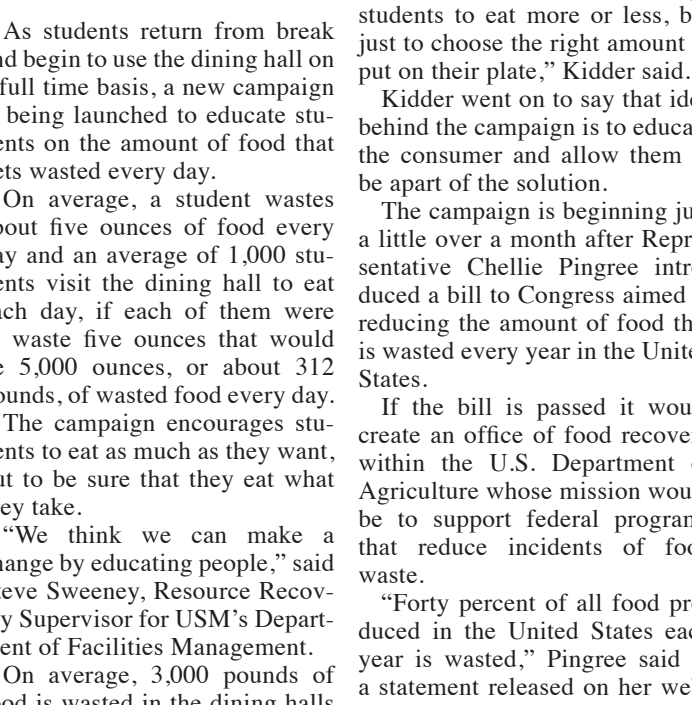
USM has also started selling fryer oil for 75 cents per gallon and it collects and sells ink and toner cartridges, bringing in $600 a year.

"We are taking what was once an expense and turning it into income," said Sweeney.

In an ideal world, there would be no food waste, but unfortunately that isn't the case. According to Kidder, USM is fortunate that it can divert food to animal feed and compost but even that isn't a perfect solution due to safety and liability concerns.

"My dream is that in the future USM and other institutions like it are able to send uneaten good quality food to those who need it without any barriers. Some of the people that need it may be right on our campus," Kidder said. "Anything that could be donated to people or composted would be collected in every building on campus and nothing would go to waste."

Because of the mass volume of students that eat in the Brooks Center, that's where most of the effort to limit food waste is happening and Kidder is hopeful that they will be able to cut back on food waste by 20 percent by the end of this semester.



Hannah Lyon / *Design Director*

All information used in the making of this chart was taken from the USM website and the website for Representative Chellie Pingree.

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From **Luther Bonney** *on page 1*

Carol Sobczak, Assistant Director for Computer Services, explained that the same amount of IT help will be available to students. The only thing that changed, she explained, was the computer locations.

"Some people are going to Gorham campus, some to the basement of Science Building and some of us will be placed on the 5th floor of Glickman," said Sobczak. "As far as lab space, we have computers set up outside of Luther Bonney and we will have someone sitting there to help students if needed."

Other students who were using computers outside of the previous lab complained that the change was "inconvenient and unnecessary" but were unwilling to be interviewed on the subject matter.

However, Griffin stated that the feedback from students and the current administration thus far this semester has been positive and many students love having computers in Woodbury and Glickman to use.

"There will be extended the lab hours and wide open space for students. We're excited to provide this new and improved outlet to everyone again," she said.

According to Fillmore, it's not the consolidation that matters, but the timing of the entire project itself.

Griffin said that her office will continue to send out emails to keep students up to date on the changes around campus, along with where faculty have been relocated. President Cummings will also continue sending out his weekly newsletter to keep students informed about campus happenings throughout the semester.

Photo courtesy of Harriman Associates

Harriman Associates, who created the renderings of the future Luther Bonney Lab interior, depict what the ultimate end goal is to visually entail. Computer's will be located in entrance area, while offices such as Student Success and Financial Aid will be located on the adjacent side walls.

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Portland police "break down barriers" by swearing in first female Muslim officer

Seth Koenig
Bangor Daily News

During a ceremony Friday morning, the Portland Police Department swore in five new officers. One was Zahra Abu.

Pious Ali — who was touted as the first African-born man and first Muslim to be elected to public office in Portland when he was voted onto the school board in 2013 — posted on social media that Abu became the state's first female Muslim police officer.

"The Portland Police Department certainly strives to have our workforce mirror our community," Chief Michael Sauschuck, whose city is the most diverse in Maine, told the BDN. "We realize the importance of diversity, and how that builds trust and relationships in the community. But our priority is hiring the very best people we can find.

"I don't care what color they are or what gender they are," he continued. "I want the best people possible to serve the city of Portland and Zahra Abu is one of them. I absolutely understand the impact when you break down barriers like this. But she may or may not be the first [female Muslim police officer in the rest of Maine] — I don't know for sure."

> **"I don't care what color they are or what gender they are. I want the best people possible to serve the city of Portland and Zahra Abu is one of them.**
>
> **Michael Sauschuck**, *Chief of Portland Police Department*

Sauschuck said Abu was not available for interviews Friday afternoon, but said the swearing-in represented a "truly powerful moment."

"I think internally here, officers went to a swearing-in today because they're happy and they're proud to be welcoming new folks into the Portland PD family," he said. "I believe that our officers, including Zahra, realize it could potentially be a groundbreaking scenario. But they don't necessarily look at it that way, because we treat everybody the same. I'm proud of all five of our new officers. She's top notch, as is the rest of the group."

The chief said Abu's parents are natives of Somalia, and that Abu herself is a Deering High School graduate who has been in the country since infancy. Katrina Ferguson is a 2009 Deering graduate said she played sports alongside Abu.

"We called her AZ," Ferguson told the BDN's Troy R. Bennett. "She was two grades below me, but we had some overlap being on sports teams and such. Very funny girl, big sense of humor."

Ferguson said she had heard the news of Abu's hiring as a Portland police officer.

"I'm really excited for her," she said.

By some estimates, there are between 5,000 and 7,000 Somalis in Portland.

Photo courtesy of Portland Police Department, Photograph by Kelly Watters

From left to right: Zahra Abu, Darrel Gibson, David Moore, Concetta Puleo, Benjamin Savage and Chief Michael Sauschuck.

"People were thinking, to be a police officer, you have to be born in the U.S. … you have to be white," Muhidin Libah, executive director of the Somali Bantu Community Association of Maine, told Reuters last year. "They never thought they could be a police officer."

Said Sauschuck: "There's no question that having a person who speaks Somali fluently – the current system is that we have to call in a translator or sometimes conduct three-way interviews over the phone – gives us access to build a rapport [with certain immigrant communities]. You can build that naturally through a mutual language, and that's incredibly powerful."

In Lewiston, the state's second largest city, the police chief said he hoped to attract Somali immigrant candidates as a way to fill nagging vacancies and better reflect the diversity of its constituents.

"When you're trying to live in a place, then you need to look like that place," ZamZam Mohamud, the first Somali immigrant elected to the Lewiston school committee, told Reuters. "If we have Somali police officers, Somali lawyers, Somali judges … That is a sign the community is assimilating, people are feeling comfortable."

Sauschuck said the Portland Police Department ultimately hires less than 3 percent of the people who apply for jobs, saying candidates must get through a rigorous selection process which includes a written exam, a physical test, a board interview, a background check, and medical and psychological tests.

The chief said once candidates are hired — such as the five that were sworn in Friday — they must attend 18 weeks of training at the Maine Criminal Justice Academy and work through another 14 weeks of field training with local police.

"It's tough enough to be a police officer today, let alone to be the first of anything," he said, adding, "We're looking for communicators, we're looking for compassionate communicators who really do want to help people. You're not out here for the pay — you really want to make a difference. This is a profession, a calling, where you really can do that."

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USM Sullivan Recreation and Fitness Complex, Portland

Spring 2016 Academic Semester

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

All Activities end 15 minutes before closing.

Schedule is subject to change.

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

Memberships

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

Day Pass Fees	Fee:
Fitness Center Day Pass:	$5
Fitness Center Week Pass:	$15 per week
Basketball Day Pass:	$5
Racquetball Day Pass:	$7.50

Membership options: *www.usm.maine.edu/sullivancomplex*
To renew your Sullivan Complex membership call 780-4169, Info Ctr.

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

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

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

Registration Information

To Register: Go to the USM Sullivan Recreation & Fitness Complex Office, 104 Sullivan Complex with your USM Campus photo I.D card beginning January 19, 2016. Must register in person with payment and USM Campus ID to confirm class availability! NO EXCEPTIONS! Classes are subject to change. Class fees = entire semester offering. Stop in or view website for updates on program offerings. *www.usm.maine.edu/sullivancomplex*

Body Shop & Fitness Center

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

USM Community Discount Offerings

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

Outdoor Adventure Board - OAB

Outdoor Adventure Board, a brand new entity of the USM Student Senate, will be offering awesome discounted outdoor recreation trips! OAB will be running trips for everyone from the seasoned adventurers to the new outdoor enthusiasts. Don't miss out on the fun! Connect with OAB for more information!

Email: *oab.usm@maine.edu*, Phone: 207-228-8432

Like us on Facebook FOLLOW US ON Instagram

Facebook: Outdoor Adventures Board OR, Instagram @oab.usm
Outdoor Adventure Board – OAB

Fitness Activity Programs

All programs require pre-registration.
Program Preview - Schedule is subject to change
Class fee: 1 fee for entire semester program offering!

Crosstraining:
In Main gym for ALL fitness abilities, beginners through advanced levels. Strength, cardiovascular and flexibility training are incorporated into every class. Exercise gives you more energy, more vitality and keeps the weight off! Stay fit, have fun and help stay stress free during the holiday season. Fit feels good! You won't regret it!
Instructor: Maureen Higgins.
Schedule: Mon-Wed, 5:00 pm-6:00 pm, (2 day/week)
Fee: Free for Students, Faculty/Staff or members w/ USM Campus I.D. & Risk & Release form
$5 drop-in day fee for all non-members.

Indoor Walk/Jog Drop In AM or NOON Options:
Open gym time for walk jog. The main gym is 12 laps to a mile.
Schedule: Mon-Wed-Fri 6:00am-7:00am (3 day/w group)
Schedule: Mon-Wed-Fri 7:00am-9:00am (3 day/week)
Schedule: Tues-Thurs 12:00pm-1:00pm (2 day/week)
Fee: Free for Students, Faculty/Staff or members w/ USM Campus I.D. & Risk & Release form
$5 drop-in day fee for all non-members.

Pickleball:
A paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.
Schedule: Tues, 1:00pm-3:00pm (1 day/week)
Begins: 1/19/16 ***Ends:*** 5/10/16
Fee: Free to Students, Alumni, Faculty/Staff or Gen Public w/membership w/Campus ID & current gym members. $5 drop-in day fee for all non-members.

Spin IT! :
Group fitness workout on spinning bikes. Instructor: Stefanie Stultz. Limited to 14 participants. Register for either AM or PM
Schedule: Mon-Wed 6:00am-7:00am (2 day/week)
Schedule: Mon-Wed 6:00pm-7:00pm (2 day/week)
Begins: 2/1/16 ***Ends:*** 5/11/16
Fee: $10 students; $30 member, Alumni, Faculty/Staff or Gen Public w/membership; $100 without membership.

Step Aerobics:
Class for ALL fitness abilities, beginners through advanced levels to include Circuit training, Step n Sculpt, Step n Tone and more… Instructor Lisa Bals
Schedule: Mon-Wed-Fri 6:00am – 7:00 am
Where: Sullivan Complex, Multi – Purpose Room
Fee: Free for Students, Faculty/Staff or members w/ USM Campus I.D. & Risk & Release form $5 drop-in day fee for all non-members.

Women with Weights:
An alternative option to Step Aerobics. Instructor Lisa Bals
Schedule: Thurs 6:00am – 7:00 am

Weigh In Wednesday!
Join your health coach every Wednesday to weigh in not only your body but your thoughts, ideas and experiences too! Each session will begin with a weigh in for accountability followed by discussion on wellness topics of interest. The informal meetings will be held from 12:15 pm to 1:00 pm each Wed beginning 1/20/2016, in the multipurpose room at Sullivan Complex. For more information feel free to contact the health coach, **Lacey Bouchard, RD, LDN,** *lbouchard@provanthealth.com*

Women's Strength & Power Hour:
The Women's Only Fitness Hour will focus on providing women with all the essentials to get in shape. Circuit strength training for increasing muscular strength, bone density, core stability, balance and mobility. With cool down stretching at the end. Get all the benefits of a good balanced work-out. Modifications can be made. Instructor Niffy Allen. Limited to 12 participants.
Schedule: Tues/Thurs 1:30pm-2:30pm (2 day/week)
Begins: 2/2/16 ***Ends:*** 5/12/16
Fee: $10 students; $20 member, Alumni, Faculty/Staff or Gen Public w/membership; $100 without membership

Yoga:
Pre-registration for yoga class offerings is a must. If you are signing up for this program, you should be prepared to make a 12 week commitment to one class per week. Each individual Yoga session is per time/session/cannot be combined
Begins: week of 2/1/16 ***Ends:*** week of 5/13/16
Fee: $20 students; $50 member, Alumni, Faculty/Staff or Gen Public w/membership; $100 without membership

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

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

Massage & Reiki Therapy

Therapeutic: Appointments available with a Licensed Massage Therapist.

FMI: *http://usm.maine.edu/sullivancomplex/therapeutic-massage*

Fee: $45 for 60 minutes or $65 for 90 minutes

Schedule:
Appointments made in advance by calling Linda Dillingham 712-6889. Therapists often need a couple of days to a weeks' notice for scheduling appointments as they schedule at other locations based on interest!

Meditation Program

Mindfulness Group
Schedule: Mondays, 1:30pm – 2:30pm
Where: Sullivan Complex, Multi – Purpose Room

Campus Photo ID is required to scan at the Information Center for access to Sullivan Complex.
FMI: *katietomer@gmail.com*

Basketball & Racquetball Courts

Basketball:
Drop-In hours vary. Please call 780-4169 or check our website for an updated schedule to confirm availability. ***36 maximum players during pickup play.*** Bring your own basketball for play during open gym times! **Basketballs are available only for sign out with a credit card!**

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

Main Gym Group Activities/ Open Gym

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

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

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

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

Services

Services available with a valid 3 month minimum membership

Towel Service:
Clean towels for showering after your workout.
Fee: 3 months $7; 6 months $12; 12 months $20

Lockers:
Half Locker Fee:
3 months $7; 6 months $13; 12 months $24
Full Locker Fee:
3 months $12; 6 months $18; 12 months $30

Laundry Service:
Save time with our laundry service!
Fee: 6 months $28; 12 months $50

Saunas: Saunas are available in women's and men's locker rooms.

Connect with Us!

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

Call our Information Center, 780-4169
or Admin Manager, 780-4939.
www.usm.maine.edu/sullivancomplex

Like us on Facebook

Sullivan Recreation and Fitness Complex

An introduction to the invasive species of Maine

Part one in a four part series, detailing why these species are a danger to our ecosystem

Haley Depner
Contributor

Photo courtesy of Flickr

The European rabbit is a common example of an invasive species. It is known for being able to adapt to its environment very easily.

This is the first article in a four part series. The first article focuses on introducing the concept of invasive species. The remaining articles will look at case studies of invasive species in Maine.

Every year damage from invasive species costs the United States billions of dollars more than damage from all other natural disasters in the U.S. combined.

According to the Washington State Invasive Species Council, invasive species in the US impact nearly half of the species listed as threatened or endangered by the US Endangered Species Act.

But what is an invasive species and how do they cause problems? In order to fully understand the answer, we first need to have a little background in ecology.

Ecosystems are never static. The ranges where species inhabit have been altered, spread, and eliminated since the beginning of competitive life on Earth.

Natural disasters and shifting climate have always had influence on where lifeforms can spread and thrive. Natural disasters have the potential to wipe out local populations as well as sweep species into new territories that they had yet to colonize.

Fluctuating climate causes some lifeforms to migrate to more desirable ranges (if accessible) while prompting other species to shift the timing of their breeding or growing seasons.

When an organism is taken away from or a new organism is added to an ecosystem, the change may be felt throughout the system. Such changes could signal the end to some populations in a community and the introduction and uprising of others. Whenever a population joins or leaves a community or shifts its life cycle according to a change in climate, there is potential for the ecosystem to be significantly altered.

The Pennsylvania State New Kingston University sums up the reasons for this nicely in an entry in their Virtual Nature Trail:

"A consequence of living is the sometimes subtle and sometimes overt alteration of one's own environment. The original environment may have been optimal for the first species of plant or animal, but the newly altered environment is often optimal for some other species of plant or animal. Under the changed conditions of the environment, the previously dominant species may fail and another species may become ascendant."

With that being said, it is not surprising that when humans bring exotic species from far away places into new communities that the effects of the introduction may be felt throughout the ecosystem. Anthropogenic introduction of species occurs in a variety of ways and for an assortment of purposes. Domesticated and game species are brought to new ecosystems by people who rely on them as resources. Some species are brought in as a form of biological control for serving anthropogenic activities such as agriculture. Other species that are brought in are merely for decorative purposes, kept as pets, or are unintentionally introduced by hitchhiking their way into new ecosystems. All of these situations have the potential for the nonnative species to find their way into the foreign ecosystem.

Nonnative species can compete with, prey upon, and infect native species with parasites and/or diseases of which they have no immunity to. Executive Order 13112 defines a native species as "with respect to a particular ecosystem, a species that, other than as a result of an introduction, historically occurred or currently occurs in that ecosystem."

A nonnative or alien species, on the other hand, is defined by the order as "with respect to a particular ecosystem, any species, including its seeds, eggs, spores, or other biological material capable of propagating that species, that is not native to that ecosystem."

If a nonnative species has a significant ecological impact it is dubbed "invasive." An invasive species, as defined by the Executive Order, is "an alien species whose introduction does or is likely to cause economic or environmental harm or harm to human health."

The amount of impact inflicted by the nonnative species on its new habitat depends on many factors. A good example of this is Oryctolagus cuniculus, a species of rabbit that, according to Flavia Schepmans of Columbia University writing for the Invasive Species Summary Project , has spread from its original range in Europe to every continent except Asia and Antarctica thanks to the aid of humans.

The spreading of this species began about a thousand years ago when Romans brought the mammal with them to Italy for food. According to researchers at the World Rabbit Science Association, today introduced populations of O. cuniculus in Italy are relied upon as a keystone species.

While the introduction of O. cuniculus worked out fine in Italy and select other regions, the same cannot be said for everywhere that the rabbits have spread to. As Schepmans wrote:

"in Australia (and many small islands where it has been introduced), the rabbit, virtually unchecked by local predators, decimates plants, affects soil composition, and changes entire ecosystems. In Australia, the rabbit competes for food and shelter with native animals such as the wombat, the bilby, the burrowing bettong and the bandicoot, and therefore has contributed to the decline of these native species."

Schepmans explains that this species has become particularly problematic in Australia largely due to its fitness and the lack of predators:

"The European rabbit is a highly adaptable animal. It is not a picky eater and breeds very fast. In Australia, the rabbit was particularly successful at spreading like wildfire because its natural predators from back home, the weasel and fox, were not originally present Down Under. The dingo and Tasmanian wolf, Australia's native carnivores (and potential rabbit consumers), were themselves being kept in check by local sheep and cattle ranchers, so they were not effective at keeping the rabbit populations down. The rabbits'

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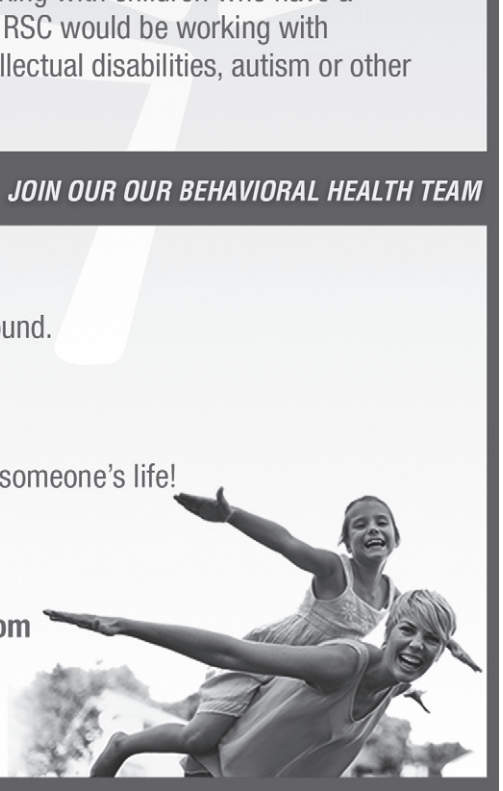

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spread was also aided by early hunters whose interest lay in having the animals spread so they could hunt more of them."

The contrast between the outcomes of the introduction of O. cuniculus in different settings demonstrates that it is not just what species but where it is released that determines the amount of impact on local ecosystems. The same species exists as a thriving nonnative keystone species in Italy, while having detrimental effects in Australia.

According to the National Oceanic and Atmospheric Administration (NOAA), there are already approximately 50,000 exotic species known to be in the United States. Of these, the US Geological Survey reports that there are currently over 6,500 species that are considered invasive.

During their 2012 fiscal year, the Department of the Interior spent over $2 billion on the prevention and control of invasive species in the United States. This funded activities that help slow the spread and impact of invasive species in the United States through prevention, early detection and rapid response, control and management, research, habitat restoration, education and public awareness, and leadership and international cooperation.

This is a small investment compared to the almost $138 billion estimated by the NOAA to be lost every year due to the impacts of invasive species in the U.S.

Maine residents and companies lose millions every year because of invasive species. These species affect Maine residents by negatively impacting agricultural productivity, the productivity of fisheries, forest and other habitat growth and stability, decrease property values, and disfigure favored tourism and recreational destinations. This damage is caused by dozens of species of plants, invertebrates, fish, microorganisms, and fungus that have found their way into the state.

The age-old adage "an ounce of prevention is worth a pound of cure" may be cliché but is a truism none the less. The best way to fight invasive species is to not let them become established in the first place. This means taking measures to prevent introduction, such as keeping firewood within 30 miles of where it was collected, making sure boats are clean of any plants or animals before entering new waters, thoroughly inspecting vehicles for insect eggs when traveling out of state, and selecting species for cultivation and biological control that are native to the area or support the ecosystem (for example, apples are not native to North America but are relied upon by many species as a food source), does more to reduce damage caused by invasives than trying to rebalance ecosystems after the damage has occurred.

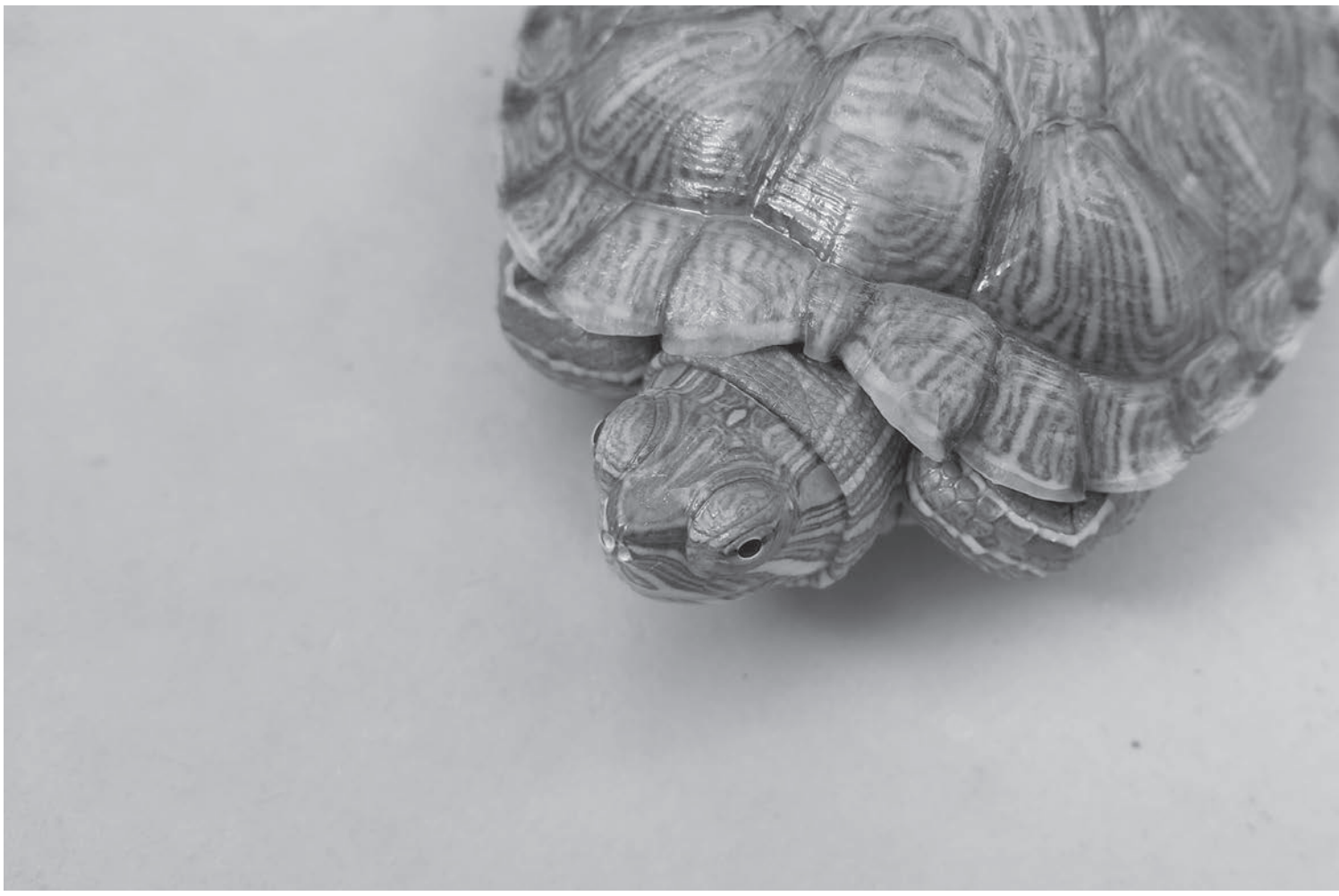

Photo courtesy of Flickr

The red eared slider turtle is a potentially invasive species in Maine, it is native to the southern part of the United States and is one of the top 100 most invasive species.

This is not to say that attempts to heal ecosystems affected by invasive species is not important. Clearing away invasive species and reintroducing native species can help an ecosystem reestablish its balance. Actions such as removing invasive plant species from your garden and replacing them with native plants help to reverse the damage.

According to Sarah Ogden, Program Coordinator at the Maine Wildlife Park in Grey, species are more likely to become invasive if, in the foreign habitat, they have no natural predators (or in the case of plants, have nothing consuming their plant matter), have a quick reproduction rate, and/or are a generalist species (species that are highly adaptable and capable of thriving in a variety of habitats).

This article is the introduction for a four part series on invasive species in Maine. Three more articles in this series will be published in this paper throughout the spring semester. These articles will look at case studies of three invasive species in Maine that students can easily play a role in control and eradication. Each article will introduce a species, give its profile, discuss its history as to how it was introduced, explore the impacts it has on Maine's ecosystems and the Maine economy, and provide information as to how that species is spread and how it can be controlled.

The topic for the next article is the potentially invasive red eared slider turtle (Trachemys scripta elegans) and will be coming out in the next few weeks. The two remaining articles will focus on wood-boring beetles and invasive plants you may find in your garden.

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Photo courtesy of Flickr

This invasive plant species is known for its ability to regenerate it's body from just small fragments, when people chop it up and try to get rid it, they only aid its spreading and regeneration.

In Brief...

Local & State

Man found dead in Durham rest area, foul play not suspected

Alan Kelley, 43, was found dead in a Durham rest stop on Tuesday morning, police say that there is no sign of foul play.

Kelley was originally from Durham, but most recent reports show that he was living in a Lewiston homeless shelter.

Five miles from where his body was found, lived his estranged wife and child.

Police say that when they found Kelley's body he had a hypodermic needle in his clothes and was not dressed for the cold, a medical examiner will conduct a toxicology test before ruling on the cause of death.

Maine Moms Demand Action turn in petitions for ballot measure

Maine election officials are currently going through petitions for a ballot measure that would allow the Maine people to vote on requiring criminal background checks on all private gun sales in the state.

The group claims to have 72,000 signatures, they needed 61,123 valid signatures and election officials have until February 18 to verify the signatures, if valid the measure will be on the ballot this November.

Currently, most licensed gun dealers will offer a background for private sales, but most come with a fee. If passed, the measure would require that private sellers have background checks done on potential buyers through the federal system.

Top health official says Maine needs more data to help fight heroin addiction

On Tuesday, the top health official in Maine said that the state needs better data to help connect patients of addiction with effective treatment.

According to Mary Mayhew, the state's health and human services commissioner, substance abuse providers that are contracted through the state still have around $500,000 in unspent funds, which she believes is an indication that treatment availability is meeting its demand.

Despite her claims, those who run these treatment programs have been complaining that there isn't nearly enough treatment capacity to tackle the heroin problem in Maine. Especially those who are uninsured, they have the most difficult time finding treatment.

Mayhew said that more data would give the state the information it needs to make decisions on the strategy for tackling the heroin problem in the state.

"The providers are not submitting comprehensive data to us. We're not getting the kind of detail we need," Mayhew said.

National

2015 was the hottest year on record

On Wednesday, scientists reported that across the globe, 2015 was the hottest year on record, breaking the record that had been set the previous year in 2014. In the United States, 2015 was the second hottest year on record, with a December that was the warmest and wettest on record.

Scientists say that part of the heat had to do with the El Nino weather pattern which was releasing large amounts of heat into the atmosphere from the Pacific Ocean, but most of the heat comes from global warming due to the large amount of carbon emissions by humans.

It isn't certain yet, but the back to back record years in heat may put the world back on a path of rapid global warming, after a period that saw relatively slow warming since the last El Nino which was in 1998.

Two astronomers found signs of potential ninth planet

It's possible that a ninth planet has been discovered by two astronomers that say they have found signs of something that would fulfill the current definition of a planet.

The two astronomers have yet to find the planet, only evidence that it exist. In a paper published in the Astronomical Journal, they lay out their evidence for the planet's existence.

The planet is most likely located further out than Pluto and an equal to Earth, but it's likely that it's much larger, with a mass about 10 times the size of Earth and 4,500 times the mass of Pluto.

Obama finally comments of poisoned Flint, Michigan drinking water

Dozens of Flint residents have been poisoned and hundreds of others are still unsure if they will see any ill effects after lead was found in their drinking water after the city switched it's water source to save money. The city has since gone back to Detroit for its water.

"I told her that we are going to have her back, and all of the people of Flint's back, as they work their way through this terrible tragedy," President Obama said in a White House meeting with Flint Mayor, Karen Weaver.

Just hours before President Obama made this statement, Mayor Weaver stated that something like this never would have happened in a rich suburb. Flint, Michigan is a poor city with a mostly black population.

Hillary Clinton also stated in the Presidential Debate on Sunday, January 17, that there would have been action if this had happened in a rich suburb in Detroit.

International

20 killed during Taliban attack at a university in Pakistan

Last Wednesday, Taliban members in Pakistan stormed a university, killing at least 20 people, most of which were students and teachers. As of now, reports show that there were at least four attackers.

The attackers used fog for cover as they made their way through fields, scaling the back wall of the university, storming through classrooms and open firing.

Security forces cornered the attackers, which some described as appearing to be teenagers, in two university blocks, sparking combat that reportedly lasted for hours. Officials report that the attackers were killed before they could explode their suicide vests.

1,400 year old monastery in Iraq reduced to rubble by Islamic State

Irbil, Iraq was the home of St. Elijah's Monastery for 1,400 years before the Islamic State destroyed it on Wednesday, continuing their destruction of ancient cultural sites.

Recently, the monastery was used as a place of worship for U.S. troops.

"I can't describe my sadness," said Rev. Paul Thabit Habib. "Our Christian history in Mosul is being barbarically leveled. We see it as an attempt to expel us from Iraq, eliminating and finishing our existence in this land."

St. Elijah's Monastery has joined a list of over 100 religious and historic sites in Iraq and Syria that have been destroyed by the Islamic State.

More Brazilian babies are being born with birth defects due to Zika virus

There has been an increasing amount of cases in Brazil of children being born with abnormally small heads because their mother has the Zika virus. There have been 3,893 cases since October.

This is the largest outbreak on record of the Zika virus, which is transmitted through mosquito bites.

Currently, the virus has killed five babies and another 44 cases are being investigated.

Brazil isn't the only Latin American country being hit by the virus, latest reports show that Colombia has had more than 13,500 cases of the virus reported.

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Police Beat

Selections from the USM Department of Public Safety police log January 5 to January 15

01/05/2016

Don't Mess With Lib. Staff
Criminal trespass, Glickman library. Staff reports that a subject known to them is trespassing. Subject was arrested by USM Officer and transported to the Cumberland County Jail.

01/06/2016

Riveting News
Abandoned Motor Vehicle, G20 parking lot. Dispatch made contact with the owner. Vehicle will be moved in the next two weeks.

01/07/2016

Poo Box Dumped
Abandoned Motor Vehicle, 88 Bedford St Parking Garage. Vehicle towed. Report taken.

01/11/2016

Mother Called; Wash Your Butt
Attempt to Locate, Parents called about locating son on Gorham campus. Student located.

01/13/2016

Haunted Shaft Dial Cops
911 Call, 59 Exeter St. Emergency phone in elevator. No answer. Handled by Dispatch.

It's Tricky When They're Not Moving
Motor Vehicle Crash, G20 Parking lot. Vehicle struck parked car. Report taken.

01/14/2016

Rookie Cop's Big Break
Motor Vehicle Stop, Fort Hill Rd. Vehicle defect issued for brake light out.

"I Used My Mouth Hole to Tell Him To Stop"
Motor Vehicle Stop, Campus Ave. Verbal warning for stop sign violation.

Cops Score Crack Pipe Study-Buddy
Drug complaint, Upton Hastings Hall. R.D, Drug paraphernalia found and turned over to Police. Report taken.

01/15/2016

Reading Books Deemed Illegal
Unwanted person, Glickman Library. Officer located a person that is not welcomed at the library. Trespass paperwork served by Officer.

Buying Books, Also Illegal
Unwanted person, Woodbury Campus Center. Unwelcome person reported in the store. Unfounded, no official restriction in place.

Beating with Books, Awesome
Disturbance, Glickman Library. Staff reports two people fighting. Officer responded. Trespass paperwork issued.

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

Asylum's mural in danger / 10
USM student gives back / 10
David Bowie's final album / 12

Arts&Culture

Francis Flisiuk / *Contributor*

A "Kilt Girl" serves a hot meal to a customer at The Tilted Kilt, a new and controversial pub in South Portland.

Burgers and boobs: empowering or degrading?

Anora Morton
Free Press Staff

Disclaimer: *This piece is directly opinionated by Anora Morton and does not directly reflect the views of the Free Press as a whole.*

When we hear about uniforms and dress codes today, we think about high schools requiring girls to cover up (so they don't distract the boys), or passive aggressive office memos about what exactly is "business casual". We think about modesty. That is not the case at Tilted Kilt, a new link in the chain restaurant just opened up in South Portland, and everyone has something to say about their dress code. The dress code in question is a plaid bikini/crop top with a matching mini kilt for their trademarked waitresses, or Kilt Girls, and a company t-shirt and kilt for the Kilt Guys (though there is little to no controversy over the male uniform). Many have called the Tilted Kilt a Celtic Hooters, it is the first of it's kind of restaurant in Maine, and it is a bit of a culture shock to some.

Franchise owner Dave Debois describes in a press release on the company website, that the sports pub is "really classy" and "family-oriented". The menu itself is classic pub fare, with the addition of American chain standards (pasta, soup, and salad), and the amazing scotch with no haggis in sight. With 58 TVs, a Direct TV sport package, and with 18 beers on tap behind the bar, the South Portland addition to the chain is striving to the company slogan of "The Best Looking Sports Pub You've Ever Seen".

Many have called the Kilt Girls required outfit degrading, and anti-feminist. The biggest concern raised is that the Tilted Kilt isn't "a family restaurant" because of the outfits, but Dubois insures that the uniforms are "G-rated" and "nothing over the line". This is the truth. So much sexualized media is "exposed" to the general public everyday, from advertisements. Rob Simmons, a South Portland firefighter and member of the Guns & Hoses Pipe Band

Orkhan Nadirli / *Design Assistant*

of Maine was on site for the restaurant opening, providing the often under appreciated music excellence of the bagpipes. Simmons commented on the uniforms, saying that a passerby would "see much worse" walking past the Victoria's Secret in the nearby Maine Mall. There is no more guilt in going to the Tilted Kilt and ordering "Sadie's Stuffed Breasts" or "The Big Rack" (Both of which, excluding the names, sound pretty good) than flipping through a current magazine or watching advertisements. There is no moving around the sexualization of the Kilt Girls, but they are working people, just like the rest of us. Who is anyone to judge the way they make a living? Dubois advocates that the uniforms "truly empowers the girls and they're all excited to be here".

The company website describes what they look for in potential Kilt Girls is Bombshell Girls Next Door, Hollywood Hotties, and Country Cuties. If you feel you fit any of the above descriptions, head in for a casting call (an interview).

So what are you waiting for? Stop in, grab a scotch egg, watch the game and talk to a Kilt Girl.

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Art exhibit looks at aggression

Cole Caswell's exhibit in Glickman Library uses tin and ink to look at phenomenon

Amanda Melanson
Free Press Staff

On Thursday evening, from 6 p.m. to 8 p.m., Glickman Library hosted the opening reception for local artist Cole Caswell. The title: Patterns of Aggression.

USM's website entry on the exhibit explains, "Cole investigates landscape, place, environment, and geography, through a strata of observation, technology, subjectivity, and his surroundings."

The reception itself was a more intimate affair, consisting of a small level of attendees for the gathering. Caswell's materials are varied. The exhibit entry explains that "He uses traditional, historic and digital photographic mediums: GPS, environmental data sets, augmented sampling procedures, clothing design, and classification to investigate our present state."

The exhibit featured tintype and inkjet prints. For the less old school art savvy: a tintype is a photograph made by creating a direct positive on a thin sheet of metal that is coated with a lacquer or enamel and used as the support for photographic emulsion, a light-sensitive coating on paper or film that consists of fine grains of silver bromide suspended in a gelatin. This method was primarily used in the 1860s and 1870s.

Inkjet prints, on the other hand, are a modern form of printmaking. Caswell experiments with both in a way that lends to his subject matter, referred to on his website as "investigations." In the audience on opening night, several guests were there representing the Maine Museum of Photographic Art, with whom USM collaborated with to showcase the exhibit. As for a younger audience, one student, Hans Nielson, an art major, was in attendance for the exhibit.

"The amount of detail in a tintype is something I really like," he said, "and to hear Caswell talk about his process. The deer beds are my favorite piece."

The piece in question depicts a small section of open field in which a deer had burrowed out a nest-like shape in the grass in order to hide, something anyone who hunts deer as a hobby would be familiar with seeing.

Caswell also brought along family and friends, who were happy to celebrate the moment with him. Jessica George, a MECA alumni and friend of Caswell's, joined the gathering in support.

"Caswell has a way of looking at things and making a survey of it. There are lots of different ways to show shape and perspective." said George.

Several pieces were not exclusively nature but also showcased outside influences such as a satellite or a large tube in a field or a tractor and a piece of inkjet paper, aged over time. Much of the project showed locations in Maine , local areas such as Gorham and New Hampshire.

Caswell explained that the investigations he made were about "thinking on exterior influences" but also in full he explained that the point he wants to get across with aggression is not a violent way but "being in my space and asserting myself, when someone comes into your home you greet them and you invite them into your space."

Caswell offers a unique perspective of aggression as a non-violent form of expression.

The exhibit itself can be found on the 5th floor of the Glickman Library and will be there until May 19th. For more information, please contact the library or visit the USM website.

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Krysteana Scribner / *Editor-in-chief*

Caswell's new exhibit is located on the fifth floor of Glickman library.

Portland's 1,000 foot postcard is in danger

Asylum's potential expansion will mean the beginning of a more dynamic nightclub, but the end of its mural

Dora Thompson / Arts & Culture Editor

Painted in 2011, the mural on the back of the Asylum has been added to throughout the years to be one of the most eye-catching pieces in the downtown. Enjoy it while it lasts.

Dora Thompson
Arts & Culture Editor

The iconic "PORTLAND" graffiti wall that sprawls across the back of Asylum is in danger, causing locals, tourists and artists to mourn.

Recently, concept plans filed with the city of Portland depict a larger, more eye catching version of the popular nightclub. The building, which lies at the corner of Center and Free Streets in Portland, will expand into its parking lot, leaving a only a small alleyway between it and the neighboring building.

This would ensure the destruction of the PORTLAND mural. Mike Rich, a local artist and big part of the project, bets that lots of tourists have pictures with the murals in photo albums at home.

"It's the site of senior pictures, photos of models in bikinis on cars and rap music videos," he said.

I'd be hard to find to local that wouldn't know about this explosion downtown color.

Having this wall as a place for community artists began back in 1997. Rich confronted Asylum about letting artists paint something large scale on the side of their establishment.

"The wall was getting tagged constantly before that.bPeople did drugs and drank. It was a pocket in Portland where graffiti was going to thrive no matter what. We wanted to make it nice," said Rich.

Rallying ten or twelve artists in the area, they covered the 1,000 foot high wall in a few murals over the years. At first it was a collage of Stephen King references, and then an political, apocalyptic George Bush scene. In 2011 it became the Portland mural we all know, and it's been added to ever since. Rich came up for the idea for it in an antique shop one day, when he came across an old MAINE postcard. He thought that each artist could do their own work in each letter.

The effort to make the PORTLAND mural was unlike most. The artists all rallied to pay for their own supplies. As they were working, hundreds of passersby gawked and took pictures. The mural was always a community piece.

"It appealed so much to the mainstream," Rich observed.

The architect of the Asylum expansion project, Jocelyn Boothe of WBRC, said in an application, "The goal of this addition and renovation is to expand the usable event space in the building in order to bring more bands to the Portland area and enhance the experience of concert-goers,"

The versatile venue has a large concert space that can hold up to 465 people. It also hosts a sports bar with hot wings and large flat screens. The downstairs is a dance club known as "The Basement." It is a staple in the club life in Portland, with its circular light up letters spelling its name.

In the past Asylum has had big name artists such as Walk the Moon, and on the 30th of this month they will host the band Marianas Trench. But the club is looking to go even bigger. The plans would give the Asylum one more upper floor and large windows facing Free Street. It is also rumored that it would give Asylum more concert and green room space, but one less graffiti wall.

But Rich says there are no hard feelings though.

"Asylum has been nothing but nice to us. Not many business owners are as opened minded as them," he said. Rich said that since the mural was in such a central place with such an easy connectable theme, it has done well for fighting the stigma against graffiti.

Rich accepts the destruction of the Asylum wall though. He says they'll be other walls and other paintings.

"That's the nature of the art though. You go into it knowing it's not gonna be there forever."

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Something great is coming to Portland and a USM student is helping

USM Freshman Muna Adan is invited to join Portland's Global Shapers Hub to give back to the community

Meaghan Gonsior
Free Press Staff

The Treehouse Institute, located in Portland, announced on December 3, 2015 the selection of the city's "inaugural class of Global Shapers;" an international community of millennials founded by the World Economic Forum in 2011. Portland has been added to the list of over 450 other vibrant city-hubs to implement innovative community-based efforts that aim at solving local economic issues.

Adam Burk, co-founder of The Treehouse Institute and director of TedxDirigo, was chosen by WEF to found the Portland hub. After reviewing applications for Portland's Global Shapers, The Treehouse Institute chose 20 dynamic leaders under the age of 30 to get the Hub off the ground.

"Portland's Hub members come from many facets of experience, but share a spirit of public interest, entrepreneurship and a desire to work directly with communities," said Burk.

"All of Portland's Hub members adhere to the highest standards of moral and intellectual integrity while bringing a holistic perspective to their work."

Among those chosen, USM freshman Muna Adan is the youngest member at age 19 and the only student. Adan immigrated to the U.S. from Ethiopia as a child with her family. While small in stature, her stage presence is a force to be reckoned with. Adan was featured as a TedxDirigo speaker in 2015, where she recited a spoken word poem detailing her struggle to find acceptance in America as a black Muslim woman.

According to Burk, Adan was selected because she "is a thoughtful, passionate, and engaged Portland citizen. She was chosen on these merits first, and secondly her position as a student was considered to add diversity to the Hub composition." Burk stresses the importance of the hub members taking on the role of student, as well as "teacher and colleague," as they set out to make a difference in the community.

This new team of young activists will kick off their endeavors at this weekend's retreat, where the group will begin the process of brainstorming project ideas.

"We will share research on five topic areas: housing, sustainable communities, diversity and inclusion, millennials (engagement, retention and attraction), and being the best place to raise all kids," explained Burk.

Other Global Shaper Hubs have taken on service projects that have included building a health center in Nepal, a solar community-owned garden in Minneapolis, and constructing libraries in Manila. At the retreat, the members will also decide how they will go about recruiting new members going forward. Burk adds, "Coming out of the retreat we will have a challenge question to develop projects using design thinking and other innovation methods," An example of a challenge question is 'How might we reduce food waste in our school cafeteria? The Hub will be announcing community opportunities to engage with this process soon.

Portland's Hub is on its way to meeting a $30,000 fundraising goal. "If you are someone that understands that an inclusive and diverse community is a prerequisite for creativity and innovation, if you are someone that understands that young people must have the opportunity to both see and have the chance to create a place for themselves here in Maine," said Burk, "then investing in the Hub will be fulfilling."

Stay tuned to www.thetreehouseinstitute.org for more information on community involvement or to donate directly to the cause.

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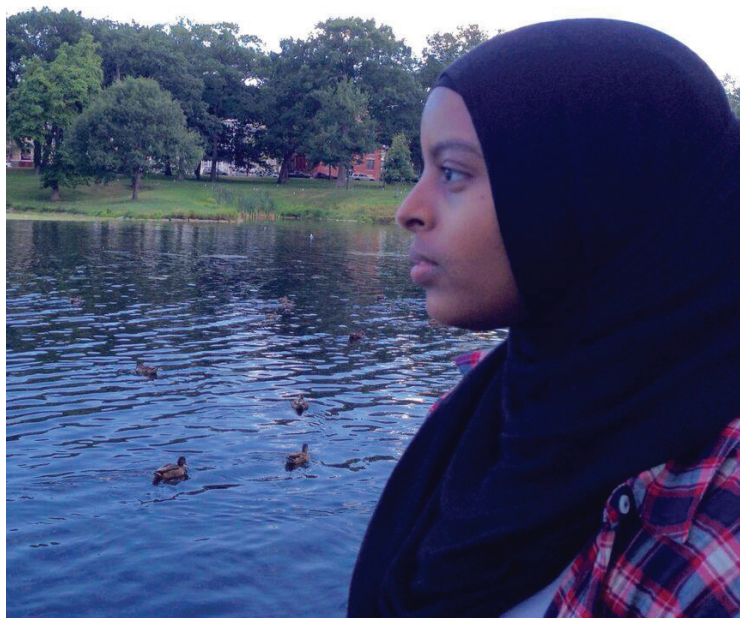

Photo courtesy of The University of Southern Maine website

Muna Adan, a 19 year old freshman at USM, is the only student and youngest member to have been selected for Portland's Globe Shapers Hub, a group of activists and engineers that are currently brainstorming ideas to help Portland's community. Adan has given a TedxDirigo talk on her struggles as a black Muslim woman. "My dream would be to travel and give motivational speeches. Inspiring people," said Adan.

USM

Graduate Studies

Graduate Studies Open House

Monday, February 8
4:30 p.m. – 6:00 p.m.
2nd Floor, Abromson Center, Portland
(Snow Date February 10)

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Register at: usm.maine.edu/openhouse

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For local information visit usm.maine.edu/armyrotc, call 207-780-5726, or go to goarmy.com/rotc/dn38.

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A&C Listings

Monday, January 25

Comedy Night: Worst Night of The Week
Blue, Live Music Bar
650A Congress St.
Starts: 8:00 p.m. / Ends: 10:00 p.m.

Tuesday, January 26

Tinderbox
Maine College of Art
522 Congress St.
Starts: 11:00 a.m. / Ends: 5:00 p.m.

Seeing Through: Young Maine Photographers
PhoPa Gallery
132 Washington Ave.
Starts: 12:00 p.m. / Ends: 5:00 p.m.

Wednesday, January 27

Film: More Than a Month
Space Gallery
538 Congress St.
Starts: 7:30 p.m. / Ends: 9:30 p.m.

Portland Comedy Showcase
Bull Feeney's
375 Fore St.
Starts: 8:00 / Ends: 9:30 p.m.

Thursday, January 28

Happy Hour
Top of the East
157 High St.
Starts: 4:00 p.m. / Ends: 7:00 p.m.

Friday, January 29

A Journey to Our Future
68 Commercial St.
Portland Science Center
Starts: 9:30 a.m. / Ends: 6:30 p.m.

The Preservation of Portland, Since 1961
Greater Portland Landmarks
93 High St.
Starts: 11:00 a.m. / Ends: 1:00 p.m.

Saturday, January 30

Mariana's Trench
The Asylum
121 Center St.
Starts: 8:30 p.m. / Ends: 9:30 p.m.

A Cold, Cold Night: A Wintertide Revue
Space Gallery
538 Congress St.
Starts: 8:30 p.m. / Ends: 9:30 p.m.

Sunday, January 31

Stand-up Comedy Open Mic
Otto's East End
223 Congress St.
Starts: 8:30 p.m. / Ends: 10:00 p.m.

Want to submit an event?
arts@usmfreepress.org

HEAVY ROTATION

WHAT CAUGHT THE EYES AND EARS OF OUR STAFF THIS WEEK

Walt Disney / Pixar

Blackstar was released on Jan. 8, 2016, two days before Bowie's death.

Screenshot of Lazarus music video

Bradfurd Spurr
Free Press Staff

David Bowie has now been gone for two weeks. Indifferent to societal norms, Bowie has left a void in his wake. Thousands of people are morning, ranging from millennials suffering a collective existential crisis to the Baby Boomers donning their lightning strike face paint and sequins to honor the legacy of a man more essential to music than the guitar.

He left us a final gift however, a goodbye present to the world that he never quite fit into. *Blackstar* comes three years after the release of his last studio album which put a capstone on a legacy that he began back in 1977 in a tiny apartment in Berlin. David Bowie, a.k.a Ziggy Stardust, a.k.a the Thin White Duke released what would be his final album on his 69th birthday. Just two days later he would succumb to his 18 month battle with cancer.

However in traditional Bowie fashion he did not disappoint with the dense seven- track record that embodies nearly every aspect of his career that spanned five decades. Featured heavily across the whole album is the saxophone, which was the first instrument the Bowie learned how to play.

The opening title track stretches to almost ten minutes and features two major instrumentation shifts that Bowie has employed on past albums.

Four and a half minutes in Bowie sings, "Something happened on the day he died. Spirit rose a metre and stepped aside, Somebody else took his place and bravely cried (I'm a blackstar, I'm a blackstar)." The theme of loss and the struggle to acknowledge the end echoes throughout the album much like the hooks on each track.

Track Four, "Girl Loves Me," is notable not only because of its artistic merit but because in it Bowie sings in the language created by Anthony Burgess who authored his favorite book A Clockwork Orange.

The final track, "I Can't Give Everything Away," begins with Bowie saying, "I know something's very wrong," but that was something he kept to himself.

David Bowie might no longer be with us but he built a towering legacy that has taught generations of misfits that being different is hardly a bad thing. Sometimes it is exactly what makes us great.

David Bowie will be sorely missed. The end of the bedrock of '70s glam rock marks the end of an era. Hopefully, he is somewhere out there floating in a most peculiar way amongst the stars that yes, look very different today.

arts@usmfreepress.org
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What caught your eyes and ears this week? Email arts@usmfreepress.org

Perspectives

Our Opinion

53 years later and racism still exists

Editorial Board
USM Free Press Team

It's been over sixty years since the the Civil Rights Movement started and fifty-three years since Martin Luther King Jr. gave his infamous "I Have a Dream" speech, so why are we still dealing with racism in America and in the World?

Last Monday, before the start of the Spring Semester, students were given the day off in memoriam to commemorate all the achievements of MLK and what he stood for, but has the progress that we dreamed of really been made in the last sixty years?

As Maine natives, it can be difficult to recognize racism in our own back yards, because we rarely end up in a situation where we're forced to contemplate it. As a state that's 97 percent white and an editorial board that's made up of three white students, we recognize that we will never truly understand the wide range of racism in this country. But that doesn't mean we don't recognize that it exists.

We don't need to look very far to see stories of black youth being gunned down by police officers, or even the front runner in the Republican party saying that he would like to deport 11 million people and ban an entire religion in this country.

What has happened in this country that we have become so afraid of someone just because of the color of their skin or the religion they choose to practice in the privacy of their own homes?

Even on our own campus we have begun to recognize the institutional racism that exists in this country. Before the winter break, students organized a rally, calling to an end of institutionalized racism and demanding that USM has more black faculty to teach its students.

To give the university some credit, they have been trying to improve their diversity around the campus, establishing a diversity council to deal with such matters and introducing foods in their dining halls from all around the world and different cultures. USM has at least tried to boost its diversity, which is more that can be said for other colleges and universities.

Even our governor, Paul LePage, has made some bold and ignorant statements about minorities in this country, dumbing them down to nothing but drug dealers that are coming into the state and impregnating white women here. Not to mention, he was one of the first governors in the nation to proclaim that he would not accept any Syrian refugees into the state, despite the fact that he has no control over that whatsoever and him doing so would be illegal.

Over break, one of the members of our editorial board travelled down south to visit some family, during their travels they went through four airports. making their way through with nothing more than a few nods and holding their hands above their head in a metal detector. This person also watched as several couples of Middle Eastern descent were stopped by TSA agents for what they passed off as a friendly chat, being followed and watch every second of the way. One was even pulled aside to be conversed with in private. All of this seemed likely to due to the mounting fear for people who look different than us - and it's just not right.

For a while now, at least the past few years, we have been told that these were no longer issues in America. We have been told that the race war was over, that we must move past these issues and that everyone is equal now - but we can't accept that. It is clear now now more than ever that there is still a lot of work to do before everyone can truly be considered an equal part in this society.

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Letter From the Editor

Education outside of the classroom

Krysteana Scribner
Editor-in-chief

We all know that imminent, beautiful doom that comes with the dawning of a new semester. We prepare ourselves for only the best, as we should, to keep ourselves comfortable with the idea that we'll be spending yet another semester paying others for our education.

I like to think that some of the best learning happens outside the classroom - behind the walls of buildings that provide no educational certificates and outside amongst nature's finest creations.

Humans are exploratory creatures, ones that have the option to discover the drive within that pushes us to find a purpose.

Universities provide just a small piece the education spectrum; learning inside a stuffy classroom with four walls while the kid in front eats his god-awful tuna sandwich can only provide so much.

I will say this: College creates both professional and colleague connections and can, in some logistical way, prepare you for the adult world - but what about the real world? The one where people die for expressing their opinions? The one where creatures yet to be discovered roam right beneath our feet, beneath ocean floors yet discovered?

I want to travel and explore the world because I can't imagine never knowing, never learning. I want to dip my toes into cultures vastly different than mine in order to understand my own human experience. Journalism will do that for me. I never would have known my calling had I never stopped in at the Free Press.

It provides me an education with real-world experience. Most of our stories have to relate back to USM in some way, but I have the opportunity to explore anything of my interest. I also work for the Journal Tribune, a daily newspaper in York County, so I'm always on the go and always learning more about the community in which I am a part of.

One minute I'm interviewing child survivors of burn injuries and being inspired by the challenges they've overcome, the next minute I'm dissecting racial discrimination and its prevalence here in Portland.

Ultimately, my message is this: Aspire to inspire. Learn about the world around you and you'll find the key to your own happiness (something money can never truly do).

Everyone at the Free Press is so kind and welcoming; we're willing to help you find your niche in life, regardless of your interests and we're all motivated by the idea of finding our purpose in this big, scary world.

This semester, we're working hard to provide our audiences with interesting, new and improved content. Our social media sites will be up and running again, after a long semester of re-vamping our website. There will be regular Facebook, Twitter and Instagram posts, as well as information about campus events and community listings.

If you'd like to join the team or have suggestions for further improvement, don't hesitate to email me at krysteana@usmfreepress.org. Regardless of your schedule, we can work something out if you're really dedicated to indulging yourself in the world of Journalism.

I hope the coming semester is as enlightening as I hope it is for myself. Work hard, procrastinate less and save your money.

It can be tempting to visit Mr. Bagel each morning for a lox cream cheese bagel (okay, maybe this is only me) but saving your change can be the first stepping stone for your future. Money, according to most, is the key to happiness…. right?

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Anarchist Luddite

"Why not make a habit out of helping people? You'll feel better about yourself."

Brian Gordon
Free Press Staff

If you've walked through Deering Oaks in the past month, you've surely seen the winter coats taped to trees and poles with a sign saying "I'm not lost, please take me if you need me." Indeed, what a good deed some soul has done.

If you've cut through the park on your way to class in the recent week it looks like the kids from the local elementary school have stripped down and are skinny dipping in the pond. There's thermal underwear, fleeces, hats, gloves all strewn around the park, all wrapped in plastic flapping in the winter wind. Where does all that plastic wind up? My bet is in a seagull or mallards stomach. It seems the kind soul only shows up for the hanging and doesn't worry about the plastic getting cleaned up.

There is a less sexy, less Instagram-worthy way to donate warm clothes to the poor and homeless. You walk into Preble St. or their teen center, or the Oxford St. shelter, or a dozen churches around town and hand them to a staff member. They say "Great thanks a lot, we can really use these." And then you leave feeling fuzzy having done your good deed for the year. The problem with that is it doesn't draw attention to the act and in turn yourself.

It's a selfless action to give with no one looking and no chance of praise, 'thumbs up,' or 'likes,' The deed need not pay dividends. However it's been my experience and others that if you continue to do kind acts the universe will help you. Hippies and Hindus call it karma.

We all now demand instant validation from every act we do, whether it's a picture of our breakfast shared on social media or giving away cheap clothing to less fortunate, we need other people to know we're doing it and we value their approval.

I appreciate someone helping the poor but why not do it in a way that keeps the focus on poverty, not a picture of you smiling while giving away an old jacket to someone?

People complain that newspapers don't report enough good news. That's fine by me. I wouldn't like to see an article every time an old woman gets help crossing the street. But if you don't know that these things happen every single day then maybe that's your cue to start doing them.

True you can read the paper and think the world a horrible, scary place but once you get out in it and move around a bit you realize people are the bees knees.

Why not make a habit out of helping people? You'll feel better about yourself and the world around you. And please keep it out of your timeline. If I read another story in the paper about people sitting in their SUV's "paying it forward" by buying someone else's Starbucks order I'm gonna ralph.

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Self Exploration

When the storm comes rolling in...

Nicholas Beauchesne
Sports Editor

Welcome back everyone. Another semester begins and I guess it is about that time to settle in. Syllabi should be out by now, first classes behind us, books bought (how I can be charged $126 for a paper textbook is beyond me, it's spineless).

That's another column altogether though. For now I want to talk about something entirely different. This coming weekend's winter storm-tracking just south enough now to spare Maine the worst of its wrath seems destined to be one for the record books in those states below us. It will surely be felt up here in some capacity, but the effects along the Atlantic seaboard due south could bring unprecedented damage and danger to a vast expanse of land and people.

The snow on its own will be measured in feet in some areas. It's the wind and storm surge though that are drawing even greater concern from prognosticators, professional and otherwise. If the worst of the already disquieting circumstances all come together, we could be looking at a natural disaster our country will be reeling from for some time to come.

I've seen articles and interviews about this storm coinciding with a full-moon, which will cause the highest of tides and, in turn, the biggest threat of storm surge impact. Models also show the weathermaker stalling out off the coast, causing the storm's duration to increase. The threat, from Connecticut to the Carolina's, is real. Our relatively docile Maine winter may continue beyond Sunday, but the break is over for many millions of other American in this storm's path.

Hopefully the storm moves out to sea quickly and the impact proves to be less severe than feared. There is a tendency sometimes to make mountains out of molehills. Weather reports are often wrong. In the case of this storm, particularly for those in the mid-Atlantic, hopefully this is the case. Come Monday, the extent of the damage will be more clear than it is now.

Maine, by most accounts, seems likely to avoid the most dangerous effects of the storm. Though I am personally thankful that we up here seem to have missed the worst, I am concerned for the people more directly in its path. Friends and family of mine and others appear less fortunate.

As sad as it is to think about, this event too will become politicized. There are those that will call this storm an example of the effect of a changing climate, one that is becoming increasingly hostile and unpredictable. Others will respond that it is an outlier- an exception to the rule. Arguments will drown each other out while those most impacted will be left to recover and rebuild

Whatever side of the climate debate one wants to take, though, the fact remains that people are greatly impacted by natural disasters of this sort. Often times people come together after devastating events, and those outside of the zone of impact feel for those inside.

As those that live, work and study in Maine, we are all too familiar with winter's potential perils. Though the storm may largely miss us this time, the next one may not.

So as we settle into spring semester, and the grind of another set of classes makes it easy to focus on the immediacy of the here and now, try and keep in mind those that this storm

Word of the Week

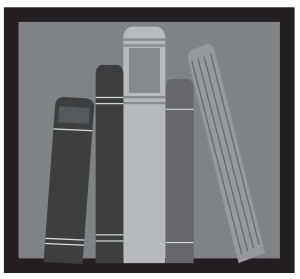
Ineffable

Pronounced: Inef-ah-bul

Incapable of being expressed or described in words; utterly indescribable.

Ex: The way I feel when I watch the sunset is ineffable.

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



Poetry Corner

Last Goodbye

Dustin Kelly
Free Press Staff

Getting an injection of pure pain and misery
It fries my heart and breaks my brain, this thing is a mystery
You lied to me, said you'd be a friend to me
But you brought out the worst in me,
all I could feel or see was the apathy
I should have never let you take me by the hand,
you raped me, played me and then betrayed me
Made my family and friends seem like enemies
when really they wanted the best for me
Corrupted, disrupted, my destination was hospitalization
Even with contemplation I had no realization of the situation
You overpowered my being and took away my morals so precious
On the floor unconscious, never thought this could be so infectious
Unwanted tears pour from my loved ones faces
Even after a change in all the people the things and the places
Time passed and the numbness went away and feelings rushed back
Time to turn my life around and pick up your undesired slack
I mean it this time when I say this is our last goodbye
Chin to the sky with a smile wide,
you won't see a single tear in these eyes
And for you a tissue - I don't miss you, I dismiss you

Advising Advice

Graduating on time: Helpful tips to keep organized

Janisa Albright
Academic Advisor

Can you graduate from USM in four years? Yes! Many students here have accomplished this goal because they followed the suggestions below and so can you! Even if you are not a first year student, or need to go part time, these tips can help you be more efficient in your progress. Benefits are that you will feel a great sense of accomplishment and that your success will signal to employers that you are responsible, organized, focused, and smart. In addition, you will save yourself thousands of dollars and have more time to enjoy other aspects of your life, once you have completed your degree.

Advising: Make full use of advising available to you. Meet often with your Faculty Advisor and Academic Advisor to develop your four year plan for graduation, understand course requirements, and learn about department events. If you have concerns with school seek help early with your advisors, because they can help you explore options and offer suggestions.

Choose a major early: Decide on a major early and stick with it. Not sure what major to pursue? Work with your Academic Advisor who can help you with major and career exploration. In addition, use the Major to Career Sheets (found in all Advising offices on the 3 campuses). These resources provide succinct information about what careers you can do with a major. Also, talk with upper class students about their experiences.

Don't skimp on credits: Try to complete a course load of 15 credits each semester, remembering that USM degrees are at least 120 credits. You may need to adjust this number based on other obligations so that you are successful, but keep school as a high priority.

Good study habits: Avoid repeating courses. Work hard to get good grades and plan carefully to ensure that you meet all the requirements.

Improve your learning strategies: Just like an athlete, sharpen your skills to perform your best. Use tools provided by the Learning Commons. The staff will help you connect with tutors, Reference Librarians, and others to help you tackle your challenging classes. Form study groups and manage your time wisely.

Get ahead: Enroll in summer and winter session classes to get ahead. If you have financial aid or veterans benefits, speak with staff from these offices to ask how it will work financially.

Manage your schedule: Schedule your classes wisely. Having a three or four-day weekend is nice, but cramming all of your courses into a few days may make it difficult to get high grades.

Be efficient: If possible take courses that meet more than one requirement. For example, sometimes a core class can also meet a major requirement.

Use tools to help you navigate: Understand how to use your USM Student Portal which helps you navigate to your Student Center on MaineStreet. On your Student Center, know how to use your wish list and degree progress report, check grades, and find contact information for your advisors.

Pre-register on time: Take advantage of your priority registration date and register on time. By waiting, you will have fewer classes to choose from, which may set you back a semester. Be proactive and schedule a meeting with your advisor before your registration date, so you can discuss your wish list and confirm your choices.

Understand your financial obligations: Learn how to use the financial information on your Student Center to understand your account balance and your financial aid package, if you have one. If questions, contact Student Financial Services or work closely with your Financial Aid Counselor. (Names listed here: usm.maine.edu/student-financial-services/people)

Balance school and personal life: Put your effort and hours into school. For many, the income from a part-time job is important for meeting tuition and living costs. But when work takes up too much time, it can interfere with studying. It may be more cost effective, in the long run, to take that student loan, work fewer hours, and finish your degree on time.

Get involved: Gain new experiences, such as through clubs and student government to improve your leadership and communication skills. Activities outside of class can also help you discover your passions and strengths.

Connect with others: Build a network of supportive people. Ask faculty, in your major, about their area of expertise. Explore research opportunities with them. Discover peers' and staffs' talents that you meet up with for inspiration.

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Sustainability and ME

Environmental Issues: Fill your belly, not the landfill

Emily Eschner
Sustainability and ME

Wasting food - we're all guilty of it from time to time. The head of lettuce you forgot about in your refrigerator. The extra helping you took at that party and were too stuffed to finish. It happens. The truth is, it happens way too much. But it's not just you - food waste happens regularly worldwide, in all parts of the process from farm to table. Food can be wasted or "lost" in the production, processing, transportation, distribution and consumption stages.

You want some staggering statistics? Between 33 and 40 percent of all food produced worldwide is never eaten. In the U.S alone, that's about 133 billion pounds of food annually, which is equivalent to 1,249 calories per person, per day. Of the food waste generated in the U.S, about 97 percent ends up in landfills; only 3 percent is composted! It quickly becomes clear that food waste is a serious, complex, and multi-faceted problem.

It's a social justice issue. There are millions of people in the US who live in food-insecure households and millions more worldwide who suffer from chronic undernourishment. The UN Food and Agriculture Organization estimates that about 795 million people of the 7.3 billion people in the world, or 1 in 9, are malnourished.

It's an environmental issue. Food waste that goes to landfills breaks down without oxygen (unlike compost) and produces methane, a greenhouse gas many times more potent than CO2. Almost 25 percent of all freshwater used for agriculture worldwide is used to grow food that is ultimately wasted. Wasted food accounts for roughly 300 million barrels of oil, or about 4 percent of the total US oil consumption per year.

It's an economic issue. In 2008, the EPA estimated that food waste cost roughly $1.3 billion just to dispose of it in U.S landfills. The average American throws away about 20 pounds of food each month, which ends up being over $500 per year.

Dishearteningly as this information is, in developed countries like the US, most food is wasted at the consumption stage, which means it's easier to make a difference! YOU have the power to be thoughtful about how, when, where, and why you eat, and thereby limit how much food waste YOU produce.

What does USM do? USM sends all pre-consumer (kitchen-generated) food waste to a local farmer to feed his pigs. Unfortunately, post-consumer waste tends to have plates, napkins, and other non-edibles that pigs won't eat. In the past, USM composted with an outside contractor, but the cost became prohibitively expensive. At this time, we do not have a contract with a composting facility, but are currently exploring options.

Between Jan. 25 and Feb. 5, the Sustainability Office will be weighing individual's food waste at Brooks Dining Center and talking about how to reduce the amount generated on a daily basis.

What can YOU do? Take only what you will eat at the dining halls. If you don't finish everything at a meal, save your leftovers to eat later on. Keep tabs on food you buy and store in your refrigerator and shelves. Make a list of food to buy after checking what you already have. Advocate for on-campus composting.

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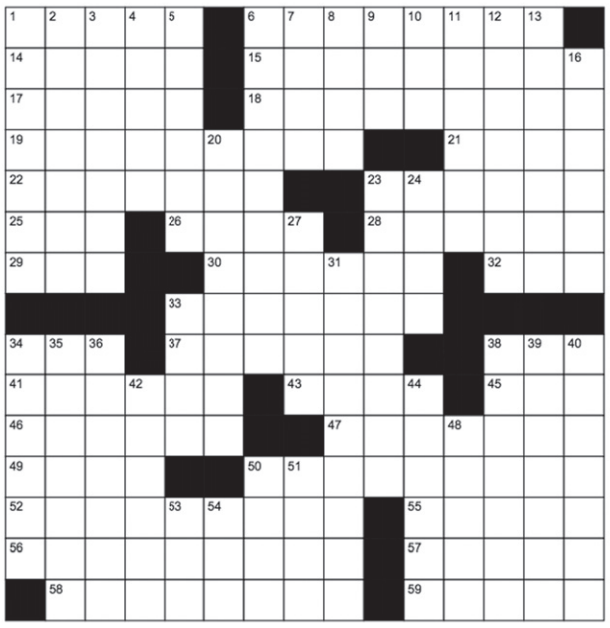
Crossword

Across

1. Admired ones
6. More lewd
14. Country bordering Tibet
15. Bewilders
17. 1998 Oldsmobile debut
18. 1985 sci-fi film based on a Hugo Award-winning novella
19. Tongues
21. Moderate
22. Former Acura
23. ___ Pieces
25. Three-time role for Keanu
26. Letters before ://www
28. Samantha's mother on "Bewitched"
29. Hurricane center
30. Purple blooms
32. Australian state (abbr.)
33. Easy to fall for
34. Univ. admission test
37. Just the same
38. Actress Gardner
41. Made over
43. Fall mos.
45. Shakespeare's fairy queen
46. Vision-related
47. Candy bar
49. Wearing
50. Like a stray dog
52. Set aside
55. Fertile desert spot
56. What hitchhikers do?
57. Come together
58. Tinkered
59. Operation times



Down

1. Waiting at the bank, perhaps
2. Actress Kim
3. Kind of women's shoe
4. Garment size
5. Stagnant swamp
6. Universal donor blood type
7. Rib or ulna
8. Super Mario World console
9. Online advertising metric (abbr.)
10. English cathedral city
11. Anesthetized
12. "Boomer" ____ (NFL'er)
13. Most apartment dwellers
16. Vacillate
20. Avid gallery-goer
23. Dress again
24. Massachusetts motto start
27. City in north Texas
31. Took off
33. Horne of "The Wiz"
34. Produce provider
35. Get back
36. Don ___ tequila
38. Soap opera plot twist
39. College letter earners
40. Bottomless pits
42. Codgers
44. Hide from view
48. Antelope with twisted horns
50. Just adequate
51. "The Way We ____"
53. Request of
54. Start of element #75

Sudoku

A sudoku puzzle consists of a 9 × 9–square grid subdivided into nine 3 × 3 boxes. Some of the squares contain numbers. The object is to fill in the remaining squares so that every row, every column, and every 3 × 3 box contains each of the numbers from 1 to 9 exactly once.

	6		4			5		9
	4	3						
5				7	8			3
2			8	3		9		
	1						7	
		9		2	5			4
4			3	6				1
						7	3	
1		7			9		6	

6				8		1	7	
5			3		2			
	9				4			
8						4		
2		4				6		8
		9						1
			8				9	
			2		6			4
	2	1		9				3

Cryptogram

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

RTQFMA EV QIVPH UHEVRKQHU TCR AQB QV EV ECHKMEVP, C CNEBCVP UTEU CU DFRU NCBTU BPU DPU IEB.

And here is your hint:
P = E

The solution to last issue's crossword

Weekly Horoscope

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

Aries ★★★
March 21-April 19

Chores are the first order of business today. Getting things done is important, and clears the decks for fun later.

Taurus ★★★★
April 20-May 20

Listen to your intuition! You could have flashes--just a sense of knowing without knowing how you know.

Gemini ★★★
May 21-June 20

You focus on all the little details tonight which can be helpful in setting the scene for love, but don't let it interfere with the flow!

Cancer ★★★★
June 21-July 22

Strength is an issue today; your willpower is better than usual. Focus, concentration, and business instincts are good.

Leo ★★★★
July 23-August 22

Give up your habit of underestimating your abilities. You're much better than you think!

Virgo ★★★
August 23-September 22

Emotional matters change rapidly. Roll with the punches and don't expect to end up in the same mood as you start your day.

Libra ★★★
September 23-October 22

You may have to decide how much to be a friend and equal versus a person wielding power and authority.

Scorpio ★★
October 23-November 21

Keep your eyes and ears open. You pick up vital information through observation. Silence is your best tool.

Sagittarius ★★★
November 22-December 21

Use your common sense. Stay grounded around love and romance today. A solid appreciation brings rewards.

Capricorn ★★★★
December 22-January 19

Grasp an opportunity to discuss goals with those you love. Religious, spiritual or ethical issues are worth examining.

Aquarius ★★★
January 20-February 18

Body language and nonverbal cues from people offer a gold mine of information. Pay attention to what lies beneath the surface.

Pisces ★★★
February 19-March 20

You and your partner are torn between experimenting tonight and sticking to the familiar. A little bit of both can be enjoyable.

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USM Community Page

Remembering Dr. Martin Luther King Jr.

Dr. King stood for more than just racial equality

Thomas Fitzgerald
Community editor

As we return for another semester here at USM, we all gain an extra day off before adjusting to a full week of classes. This day off is in recognition of an important figure of American history, as it is dedicated to humanitarian and activist Dr. Martin Luther King Jr. Although some may not bring recognition to his accomplishments during this holiday, there are many within the USM community that are actively grateful for the work that he has done to change our society.

It has been almost fifty years since Dr. King was assassinated and taken from us too early, but it is important to evaluate the rhetoric he left us with, and wonder if we are truly leaving the world a place that he would like to call home.

Dr. Ronald Schmidt, an associate professor of political science at USM, wrote a powerful piece about the message that Dr. King was trying to convey. Schmidt stressed that the factors behind war and terrorism are serving as a barrier for our equality, and referenced a speech that King made in 1967 that brought up the point that a system of beliefs that causes beggars requires reconstruction.

"The problem isn't just with carnival barkers like Donald Trump; assuming so is just another easy comfort. We need to redeem the idea of shared action, and shared sacrifice, and to assume the genuinely, incredibly difficult task of changing, in political institutions and in our streets, the economic system that currently blights so many lives." Said Schmidt in a published article online in the Maine Beacon.

We have become sensitive to our news media in the modern era when threats of terrorism arise, but according to Schmidt, that may not be the only priority that we have as voting citizens.

"President Obama has recently attempted to challenge the political prioritization of a defense against terrorist organizations over and against any other priority," said Schmidt. As long as Americans keep telling pollsters that they worry about terrorism more than anything else, we can't just lean on the easy comfort of blaming fear-mongering politicians."

Although the points that Schmidt brought up about inequality recognized by Dr. King regarding the poor and uninformed, there has also been struggles with race as generations have passed. Recent racial riots were as recent as 2015 in Baltimore, MD when 25 year old Freddie Gray suffered injuries to his spine while being transported by police and died. Another example of outcry happened in Ferguson, MO regarding the unrest following a fatal shooting of Michael Brown.

"Dr. King's legacy was in the articulation of the violent marginalization of millions of Americans, based on their skin color, and how so many of us, as persons of color, were denied a seat at the table." Stated Jalali, the coordinator of multicultural student affairs.

Jalali was not hesitant to express the disdain that we are not being active enough to assure equality among all races,

"He challenged America to repair the damage done to the soul of this nation by building beloved communities that were inclusive of all. Now when I listen to the national news, and hear of police shootings of young African-American men and women, the income disparity between America's whites and blacks, and listen to the name calling and hurtful public expressions made by some of the elected officials, I feel we, as a society, have gone backward. I believe we have failed him."

Photo courtesy of Flickr Common Files

Top: Individuals gather as an act of protest in order to stand up for their displeasures with inequality that is plaguing us nationwide.

> **"As long as Americans keep telling pollsters that they worry about terrorism more than anything else, we can't just lean on the easy comfort of blaming fearmongering politicians."**
>
> **Dr. Robert Schmidt, associate professor of political science**

It is important to stress the fact that Dr. King opened the eyes of more than just issues with race, as he stood against all forms of inequality that are present within society. However, how can we properly educate our students to have a more open mind about the issues that are plaguing our society? Dr. Flynn Ross, an associate professor of teacher education, could not stress enough how essential it is to address issues of social justice in the classroom

"It is vitally important to continue this education in the classroom, as it is an integral part of the 21st century and any preparation of our future, said Ross. Citizens requires greater understanding of race as it connects to privilege, poverty, and equality. He was not as much ahead of his time, but more in touch with his time," stated Ross.

If you are wondering what immediate action can be taken as a part of the USM community to remember and honor what Dr. King stood for, there is a workshop being held on the seventh floor of the Glickman Library on the Portland campus on Thursday, Jan. 28 starting at 5p.m. Financial aid for people new to Maine, as well as recredentialing foreign degrees and certificates will be discussed to assure the educational equality for all seeking an experience here at USM.

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Campus Events

Monday, January 25

Two Small Pieces of Glass
University of Southern Maine
Southworth Planetarium, Portland
Starts: 1:00 p.m. / Ends: 2:00 p.m.

Tuesday, January 26

PEB: Pancake Breakfast
University of Southern Maine
Abromson Lobby, Portland Campus
Starts: 7:30 a.m. / Ends: 10:00 a.m.

OML Gallery: Five Centuries of Maps
University of Southern Maine
Osher Map Library, Portland Campus
Starts: 10:00 a.m. / Ends: 4:00 p.m.

Graduate Studies Informational Meet
Tiqa Mediteranian Dining
327 Commercial St.
Starts: 5:00 p.m. / Ends: 7:00 p.m.

Chocolate Workshop
Whole Foods Market
2 Somerset St.
Starts: 5:30 p.m. / Ends: 6:30 p.m.

Wednesday, January 27

Eli Clare: Moving Beyond Pity & Inspiration
University of Southern Maine
7th Floor Glickman Library, Portland Campus
Starts: 2:00 p.m. / Ends: 4:00 p.m.

Africa: A Very Complete History
Portland Public Library
5 Monument Sq.
Starts: 6:30 p.m. / Ends: 8:00 p.m.

Thursday, January 28

Laugh Shack Comedy
Lincoln's
36 Market St.
Starts: 8:00 p.m. / Ends: 10:00 p.m.

Friday, January 29

Holly Meade: Woodblock Prints Exhibit
University of Southern Maine
7th Floor Glickman Library, Portland Campus
Starts: 7:45 a.m. / Ends: 10:00 p.m.

Saturday, January 30

Student Recital: Free and Open to Public
University of Southern Maine
Corthell Hall, Gorham Campus
Starts: 5:00 p.m. / Ends: 6:00 p.m.

Out on Ice!
Thompson's Point
10 Thompson's Pt.
Starts: 5:30 p.m.

Sunday, January 31

Chris Bathgate
One Longfellow Square
181 State St.
Starts: 7:00 p.m. / Ends: 8:00 p.m.

Want to list your event?
editor@usmfreepress

Students of USM

Delaney Kenny, senior finance and economics major

Meaghan Gonsior
Free Press Staff

Student Delaney Kenny jokingly describes herself as a "Super Senior," double-majoring in Finance and Economics and minoring in geoscience. Her post-graduate goal is to become a CFO or CEO, preferably working in the renewable energy field.

She's passionate about LGBTQ rights and her recently adopted cat, Sugar. The former fuels her efforts as an intern with Equality Maine, a non-profit organization dedicated to support Maine's LGBTQ community through legislation. Kenny is also an active member of USM's chapter of Enactus, a "community of student, academic and business leaders committed to using the power of entrepreneurial action to transform lives and shape a better, more sustainable world." (enactus.org).

Kenny can also be found tutoring in the Learning Commons, where her bubbly personality warms the atmosphere. "Tutoring is super important for everyone," Kenny explains knowing the impact she can have assisting students of all backgrounds.

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University Credit Union celebration educates students

Raquel Miller
Contributor

On Jan. 19, the University Credit Union celebrated their one year anniversary of opening on the Gorham Campus with a birthday bash featuring games, cakes, and prize raffles at its location in the Brooks Student Center. This celebration exemplifies the ways in which the University Credit Union has created a positive presence on campus and within the community by giving back.

Since their opening in January of 2015, the Gorham location has experienced significant growth. The convenience of location makes this branch not only accessible, but comforting. This branch, among six others throughout Maine, is immersed in the USM community which gives students a financial resource right on campus. From offering financial literacy and clarity on creating budgets, or advice on student loans, the UCU provides a resource for students to understand the potentially intimidating financial world to not just students, but alumni, employees, and family members of students.

Head of Campus Development at UCU, Lesley Ridge emphasizes that with this location directly on the Gorham Campus, she is able to build relationships with individuals because they see her on a day to day basis as she works in her office in Brooks Center. Unlike the unfamiliarity of a local bank, Ridge is a familiar face for students and parents alike. She has also commented that she frequently provides information and resources to parents of USM students who find their presence reassuring.

Ridge witnesses students grow and tackle problems as they evolve from uninformed freshman to mature, knowledgeable adults. Aria Northrop, a Junior Social and Behavioral Science Major at USM is a campus resident, and began using UCU services about six months ago.

"My experience with UCU has been great. When I came to them expressing that I wanted a savings account so I could set up direct deposit from my work study job here on campus. They were more than helpful." Since becoming a member, Aria knew little about the intricacies of personal finance, but was able to utilize UCU resources in order to gaining important knowledge.

Unlike your local bank or credit union, the UCU is tailored for the needs of students. In the fall of 2013, Dan Welter, Chief of Staff for Community Life, remembers one crucial element in the proposals to bring a financial institution like the UCU to campus: emphasis on preparing students for financial success now and in the future.

The University Credit Union mission statement is "to actively advance the financial well-being of our members in every stage of their lives." Like their mission statement, the UCU Gorham branch has established a presence on campus and created a solid foundation for significant growth. As a student, like Aria Northrop, or as a parent, there is great comfort in knowing that there are resources available on campus to help prepare students for their days in college and for life challenges that follow.

Katelyn Wiggins / *Free Press Staff*

Students gather in the Brooks Center for a celebration of UCU being on campus for a year.

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Hello from the Free Press staff!

Krysteana Scribner / *Editor-in-chief*

nicholas.beauchesne@maine.edu
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Nicholas Beauchesne, who goes by Nick, is the Sports Editor at the University of Southern Maine Free Press student newspaper. As an English major with a double minor in history and public and professional writing, Nick keeps himself busy at all hours of the day. Whether he's reporting on a sports event, substitute teaching as an alumni at Lewiston High School or attending one of his four classes, you can find him everywhere on campus.

After struggling to figure out his path in life, Nick has returned to USM at 30 years old and hopes to pursue a professional career in broadcast journalism. He writes a weekly column in the Free Press Perspectives section as well, highlighting the mistakes he made in his youth and how he learned from the consequences. Nick is a very kind and caring human being - those who are lucky enough to cross paths with him can tell just by his smile and outgoing personality.

Are you interested in writing about community events? Covering campus news and taking photography?
Email editor@usmfreepress

Feature Photo: Winter storm

Patrick Higgins / *Free Press Staff*

A gust of snowflakes took over the Southern Maine region on Jan. 18. The storm paved way to freezing temperatures for the week to follow. This photo was taken on the Gorham campus as the snow fell in front of the water tower and all of its surroundings. Text alerts are available to sign up for on the USM website for information regarding cancellation text alerts.

Sports

Friday
Women's Hockey
vs. UNE
4 p.m.

Saturday
Women's Hockey
vs. New England Collge
4 p.m.

Saturday
Women's Basketball
vs. W. Conn. St.
1:00 p.m.

Saturday
Men's Basketball
vs. Keene State
3:30 p.m.

Huskies sweep LEC basketball doubleheader

Photos courtesy of USM Department of Athletics website

Left: Jose Nouchanthavong pulls up for a contested shot in the team's win over the University of Massachusetts-Boston. Right: Huskies forward Megan Pelletier attempts a shot over a Beacon defender.

Men defeat Beacons in overtime

Nick Beauchesne
Sports Editor

The University of Southern Maine men's basketball team won an overtime thriller Wednesday night against the UMass Boston Beacons in a Little East Conference game that, even with a month left in the regular season, had serious postseason implications.

The Huskies (9-7 overall and 3-3 in-conference) were able to overcome a three-point shot by Beacon's senior Quandry Allen that tied the game with one second to go in regulation, dominating the overtime period by a 16-7 margin.

With four different players in double figures, USM's balanced attack was spearheaded by a 23 point effort from senior guard Jose Nouchanthavong (Westbrook, Maine), and 17 points from senior Cole Libby (Buxton, Maine/Bonny Eagle). Ten of Libby's 17 points came in the second half and overtime.

"This was a big win for us," Huskies' head coach Karl Henrikson said. "Every game in conference is important in terms of seeding for the playoffs. Our conference is so strong at the top that no one wants to go into the tournament as a bottom seed and have to play on the road in the first round."

With the victory, the Huskies moved to moved to .500 in conference play with eight league games left in the season, including a home match-up against top-ranked Eastern Connecticut State on Saturday.

Along with Nouchanthavong and Colby, Junior Zach Neal (York, Maine) scored 16 points and Senior Aaron Toman (Gardiner, Maine) dropped in ten to round out the quartet of Huskies in double figures.

Having battled through injuries to key players throughout the season, the Huskies have won 3three out of their last four games, all of which were against conference opponents. This recent run has propelled USM into a four way tie for third place in the LEC.

The team seems to be finding its stride at a crucial point in the season, and it couldn't have come at a better time. With the team starting to get on a roll, they are well-positioned to make some noise come as the regular season winds down and tournament play approaches.

Women win fourth straight

Winning doesn't always come easy. The University of Southern Maine women's basketball team was a case in point Wednesday night as they pulled out a 54-51 victory against UMass Boston.

In a game where the Huskies, admittedly, did not play their best brand of basketball, they were still able to come away with a key conference win, improving their record to 10-6 overall and 5-1 in conference play, earning their fourth straight victory in the process.

Led by a near triple-double (17 points, 13 rebounds, 7 blocked shots) from senior forward Megan Pelletier (Winslow, Maine/Messalonskee), the win moves USM into a three-way tie at the top of the LEC with Keene State and Eastern Connecticut State.

USM was able to battle through periods of inconsistent play in a game where they committed 26 turnovers and were outrebounded 37-34, with a 19-6 edge to the Beacons on the offensive glass. Clutch free-throw shooting in the fourth quarter helped counterract some of those miscues.

"We had far too many turnovers, and gave up too many offensive rebounds," Huskies coach Samantha Allen said after the game. "Every game, every half, every quarter we have to treat like a playoff game."

Treating mid-season games with the same amount of focus required to be successful in tournament play should serve the Huskies well in the future, as they find themselves atop the conference standings first place in the LEC with eight conference games remaining on the schedule.

> **"Every game, every half, every quarter we have to treat like a playoff game."**
>
> **Samantha Allen**, *head coach of USM women's basketball*

Next up for USM is a Saturday tilt at home against Eastern Connecticut State, in a contest that could prove pivotal in the race for the top seed in the conference tournament.

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Huskies fall to Holy Cross in women's hockey

The University of Southern Maine Women's hockey team lost to Holy Cross on Friday night 5-1. Outshot in the contest by a margin of 27 to 11, the short-handed Huskies struggled to keep pace with the Crusaders, winners of their last ten contests. Senior Cassandra Sherman (North Smithfield RI) scored a third period goal for USM in the defeat.

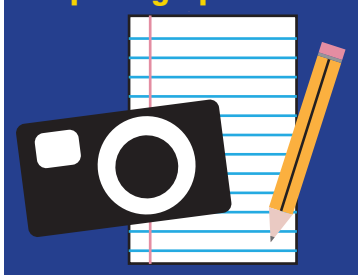
Men's Indoor 4X400 squad named relay team of the week

The LEC announced that the USM men's indoor relay team was recognized as the conference's top unit this past week, in a performance that moved them to ninth in the country. Pictured are senior Jeremy Collins (Standish), freshman Sam Anderson (Bristol, Conn.), freshman Hany Ramadan (Portland), and senior Dan Webb (Acton).

Risti earns Wrestler of the Week honors

USM wrestling team' member Mike Risti (freshman, Limerick, Maine/Massabesic) was named wrestler of the week in the Pilgrim Wrestling League. With a record of 16-4 for the year, Risti won all three of his matches at Plymouth State's Jim Aguiar Invitational this past weekend. Risti has shown promise in his first year at USM, ranked sixth regionally in his weight class.

We are looking for sports writers and photographers.



email:
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Scoreboard

January 16

Men's Ice Hockey
USM 0
Norwich 1

Women's Ice Hockey
USM 1
Salve Regina 3

January 20

Men's Basketball
USM 87
U-Mass Boston 78

Women's Basketball
USM 54
U-Mass Boston 51

January 23

Men's Hockey
USM 2
UNE 9

Upcoming

January 26

Men's Ice Hockey
@ Bowdoin College
Starts: 5:00 p.m.

January 27

Women's Basketball
Southern Me.
@ Plymouth St.
Starts: 5:30 p.m.

Men's Basketball
Southern Me.
@ Plymouth St.
Starts: 7:30 p.m.

January 29

Women's Indoor Track and Field
John Thomas Terrier Classic
@ Boston University
Starts: 11:00 a.m.

Men's Ice Hockey
@ U-Mass Boston
Starts: 7:00 p.m.

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

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