The Free Press Vol. 47, Issue No. 12, 01-25-2016

Krysteana Scribner

University of Southern Maine

Follow this and additional works at: https://digitalcommons.usm.maine.edu/free_press

Recommended Citation
https://digitalcommons.usm.maine.edu/free_press/144

This Book is brought to you for free and open access by the Student Newspapers at USM Digital Commons. It has been accepted for inclusion in Free Press, The, 1971- by an authorized administrator of USM Digital Commons. For more information, please contact jessica.c.hovey@maine.edu.
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 react 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 and 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.

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 meaner 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 a "one stop shopping center" for students.

"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 computer boards spread out in different buildings 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 Junor 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
$0.50 PINTS OF BUD LIGHT & MILLER HIGH LIFE
$2 WELL DRINKS! $2 FIREBALL SHOTS!

EVERY THURSDAY IS COLLEGE NIGHT
ON FORE ST

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

We think we can make a change by educating people.

Steve Sweeney, Resource Recovery Supervisor for USM’s Department of Facilities Management.

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.

Throughout the semester, 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, of 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 their 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 Lewis- tone 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 students in Brooks have been staffed with a smaller trash can 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.

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 up to $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 up to $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 up to $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 up to $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 up to $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 up to $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 up to $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 up to $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 up to $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 up to $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 up to $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 up to $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 up to $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 separate
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 lab hours and wide open space for students. We’re excited to provide

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.

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.”

Sauschuck said Abu was not white, “Maryland’s first Somali immigrant elected to the school board committee, told Reuters. “If we have Somali police, 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.

“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

It’s tough enough to be a police officer, you have to be white,” Mahidin Libah, executive director of the Somali Bantu Community Association of Maine, told Reuters last year.

“For some people it is tough to think they could be a police officer,” Libah said.

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 Mohammad, 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.”

The chief said once candidates are hired — such as the five that were sworn in Friday — they must attend 16 weeks of training at the Maine Criminal Justice Academy and work through another 14 weeks of field training with local police.

“Strong enough to be a police officer today, let alone to be the first of anything,” he said, adding, “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.”
Outdoor Adventure Board – OAB

Outdoor Adventure Board, a brand new entity of the USM Recreation & Fitness Complex, 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@usm.edu
Phone: 207-228-8432
Facebook: Outdoor Adventures Board OR, Instagram @oab.usm

Outdoor Adventure Board - OAB Spring 2016 Academic Semester

Sunday
9:45 am - 6 pm
5:45 am - 5:00 pm
Tuesday-Thursday
5:45 am - 7 pm
Friday
5:45 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 number will be posted for 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 renewed your Sullivan membership call 780-4169, InfoCtr.

ID’S: Every person who enters Sullivan must show a valid USM Campus Photo ID or a guest verifiable 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 must be accompanied by a parent or guardian 18 years or older. Minors must be supervised by parent or guardian of same gender in appropriate locker or dressing 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 ID card beginning January 19, 2016. Must register in person with payment and USM Campus ID to confirm class availability. NO EXCEPTIONS! All passes 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.html

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 Offers
Discount Program offers through University Community Recreation & Fitness for Students, Faculty, Staff, and University Community members with valid Campus Photo ID. Discounted programs include: Fitness Center, Lap swim, Amusement park discount tickets at Canoe Lake, FunTown/Splashtown USA, Six Flags New England, Water Country USA, More! For a complete listing of all ongoing specials visit the web:
http://usm.maine.edu/sullivancomplex/university-commu-nity-recreation-fitness-discount-offers

Outdoor Adventure Board - OAB

Outdoor Adventure Board, a brand new entity of the USM Recreation & Fitness Complex, 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@usm.edu
Phone: 207-228-8432
Facebook: Outdoor Adventures Board OR, Instagram @oab.usm

Outdoor Adventure Board - OAB January 25, 2016

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

Cross-training:
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 keep fit during the holiday season. Fit feels good! You won’t regret it!
Instructor: Maureen Higgins.
Schedule: Monday-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 fee for all non-members.

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

Parkour:
A sport developed 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, 1:00 pm-3:00 pm (1 day/week)
Beginning: 1/19/16
Fee: Free to Sullivan members, Alumni, Faculty/Staff or Gen Public w/membership/Class ID & current gym members. $5 drop-in fee for all non-members.

Spin IT!
Group fitness workout on spinning bikes. Instructor: Stefanie Stultz. Level 1-14 & Level 2-18. Register for each class.
Schedule: Monday-Wednesday 6:00 am-7:00 am (2 day/week)
Schedule: Mon-Wed-Fri 6:00 am-7:00 pm (2 day/week)
Beginning: 1/16/16
Fee: $10 students, $30 member, Faculty/Staff or Gen Public w/membership; $100 without membership.

Step Aerobics:
Class for ALL fitness abilities, beginners through advanced levels. Best for Circuit Training, Step n Sculpt, Step n Tone and more... Instructor Lisa Bals
Schedule: Thurs 6:00 am-7:00 am

Weigh In Wednesday!
Join your health coach every Wednesday to weigh in not only for accountability, but for motivation. Each week a winner will be selected as the group with the greatest weight loss for the week.
Schedule: Thursdays 6:00 am - 7:00 am

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 well balanced work-out. Modifications can be made. Instructor Nify Allen, Limited to 12 participants.
Schedule: Thursdays 1:30 pm-2:30 pm (2 day/week)
Beginning: 2/16/16
Fee: $10 students, $20 member, Alumni, Faculty/Staff or Gen Public w/membership; $100 without membership.

Yoga:
Pre-registration for yoga classes offerings is a must. If you are signing up for this program, you are expected to make a 12 week commitment to one class per week. Each individual Yoga session is per time/session/cannot be combined
Beginning: week of 2/16/16 End: week of 5/13/16
Fee: $30 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 experienced 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 Als
Schedule: Classic Yoga - Yoga Tuesday 12pm-1:15pm (1 day/week) Classic Yoga - Yoga Thursday 1:45pm-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 Dillington at 780-4169. 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: kateatomer@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! Basketball court assignments are available for sign out.
Schedule: Tuesday & Thursday Open 1pm-4pm; Sullivan Main Gym Call 780-5464 or visit our website for details. Fee: Non-Members: $5 day fee and $25 court fee. Bring your own racquet for play as racquets are not available.

Main Gym Group Activities/ Open Gym
Open gym for students/Drive in Activities: Bring your own basketball or join with other Badminton, Dodge ball, Floor Hockey, or Volleyball equipment is available for sign out.
Schedule: Tuesday & Thursday Open 1pm-4pm; Sullivan Main Gym Call 780-5464 or visit our website for details. Fee: Free for students and members with ID, $5/day public.

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

Indoor Soccer:
Schedule: Thursday 7:30pm – 9:30pm
Sullivan Main Gym Fee: Free/Students and members must present, Limit 20

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

Services
Services available with a valid 3 month membership

Towel Service:
Clean towels for showering after your workout.
Fee: $3 months; $6 months $12; $18 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; $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 check in at the USM Sullivan Recreation & Fitness Complex.
Call our Information Center, 780-4169 or Admin Manager, 780-4093.
http://usm.maine.edu/sullivancomplex

Sullivan Recreation and Fitness Complex

USM Sullivan Recreation and Fitness Complex, Portland, Maine

5
advertisements
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

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

A consequence of living is the influence that species have on their environment. The original environment or the introduced 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 and the introduction and uprising of others, it is not surprising that when humans bring exotic species from far away places and new territories that they had yet to colonize.

The introduction of invasive species can be considered beneficial and detrimental to the ecosystem. The detrimental effects of invasive species can be recognized in both natural and managed ecosystems. Invasive 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 introduction, historically occurred or currently occurs in that ecosystem.”

Nonnative species are considered pests that must be controlled. The number of nonnative species in the United States is increasing, and they can devastate ecosystems when introduced to new areas.

The amount of impact invasive species have on the ecosystem depends on many factors. A good example of this is Oryctolagus cuniculus, commonly known as the European rabbit.

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 population down. The rabbits’

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

Now Hiring
Behavioral Health Professionals (HCT)

As a Behavioral Health Professional you would be working with children one on one in their homes and throughout the community to improve daily living skills. BHPs in section 65 HCT would be working with children who have a mental health diagnosis. BHPs in section 28 RSC would be working with children who have been diagnosed with intellectual disabilities, autism or other qualifying diagnosis.

Job Requirements Include:
• One year working with children.
• Willing to travel.
• Valid driver’s license and clean background.

If this sounds like you, make a difference in someone’s life! CALL TODAY!

Contact Erica @ (207) 591-4457
ehigginbotham@mascommunityhealth.com

Photo courtesy of Flickr

news@usmfreepress.org

USMFreePress

news@usmfreepress.org

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

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. curculio 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 $13B 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 relished 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.

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.
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 Florida, but most recent reports show that he was living in a Lewiston homeless shelter. Officials believe that 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 ballot 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 there 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 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 yet certain, 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 signs found 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 farther 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 its 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 population of about 10 times the size of Earth and 4,500 times the mass of Pluto.

Obama finally comments of poisoned Flint, Michigan drinking water

There has been an increasing amount of cases in Brazil of children being born with abnormally small heads because their mother had 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.

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

Today, scientists released a new analysis showing that the Zika virus, which has caused a major outbreak in Brazil, is more dangerous than previously thought.

The virus has been linked to a number of birth defects, including microcephaly and Guillain-Barré syndrome, a neurological disorder that can cause muscle weakness and paralysis.

In addition to the birth defects, the virus has also been linked to an increased risk of stillbirths and miscarriages.

The virus is a member of the Flavivirus family, which also includes the West Nile virus and the dengue virus.

The virus is spread through the bite of an infected mosquito and can also be transmitted through sexual contact.

There is currently no vaccine or cure for Zika.

More cases of the virus are expected in the coming months, as pregnant women travel to and from infected areas.

We're not getting the kind of detail we need,” Mayhew said.

Local & State

Riveting News

Abandoned Motor Vehicle, 20 G20 parking lot. Dispatch made contact with the owner. Vehicle will be moved in the next two weeks.

Mother Called; Wash Your Butt

Attempt to Locate, Parents called about locating son on Gorham campus. Student located.

Haunted Shaft Dial Cops


It’s Tricky When They’re Not Moving


Rookie Cop’s Big Break


“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


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. Unfound, 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.
Art exhibit looks at aggression

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

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 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 tin-plate is something I really like,” he said, “and to hear Caswell talk about his process. The deer beds are my favorite pieces.”

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.
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

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.

Rich observed.

The architect of the Asylum expansion project, Jocelyn Bothe 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 upstairs 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 open minded as them,” said Rich. Said Rich 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.”

Rich observed.

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 peer-commerce leaders, 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 live 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 diverse community is a prerequisite for creativity and innovation, if you are someone that understands that young people must have the opportunity to 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.

Muna Adan, a 19 year old freshman at USM, is the only student and youngest member to have been selected for Portland’s Global 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.
Graduate Studies Open House

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

Meet renowned faculty from USM’s master’s, doctoral and certificate programs, including Business, Education, Leadership, Fine Arts, Policy, Planning and Management – as well as Public Health, Social Work, Counseling, Biology, Nursing and Occupational Therapy and many others. Refreshments will be served.

Register at: usm.maine.edu/openhouse

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

Bradford Spurr
Free Press Staff

 arts@usmfreepress.org
@USMFreePress

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

HEAVY ROTATION

WHAT CAUGHT THE EYES AND EARS OF OUR STAFF THIS WEEK

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.

Seeing Through: Young Maine Photographers
PhoPa Gallery
132 Washington Ave.
Starts: 12:00 p.m. / Ends: 5:00 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: 3:00 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.
It’s been over sixty years since the Civil Rights Movement started and fifty-three years since Martin Luther King Jr. gave his famous “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 come across 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’s not to say we shouldn’t mean that we don’t recognize it that exists.

If you don’t want 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 all an entire religion you’ve never heard of, this is us.

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, several students were seen brandishing signs indicating to an end of institutionalized racism and demanding that USM has more black faculty to teach us.

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 than 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, dumping 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 one, breaks of our editorial board travelled down south to visit some farms. Anarchist Luddites travel the four airports, making their way through with nothing more than a few nodds and holding their hands above their head in a metal detector. This person also watched as several couples of Middle Eastern origin were stopped by TSA agents for what they passed off as a friendly chat, being feeling fuzzy having much second of the way. One was even pulled aside to be conversed with in private. All of this seemed like it doesn’t worry to the coming fear for people who look different than us - 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 just passing on to the upcoming generation that there is still a lot of work to do before everyone can truly be considered an equal part in this society.

The Free Press is a weekly student-run newspaper that is part of the Student Activity Fee. One copy of The Free Press is available free of charge. Up to 10 additional copies are available for $25 each. To advertise your event, call 207-780-4804 or email editor@usmfreepress.org for a listing of available positions or send a copy of your resume and cover letter to apply.

The Free Press is a weekly student-run newspaper that is part of the Student Activity Fee. One copy of The Free Press is available free of charge. Up to 10 additional copies are available for $25 each. To advertise your event, call 207-780-4804 or email editor@usmfreepress.org for a listing of available positions or send a copy of your resume and cover letter to apply.

The Free Press is a weekly student-run newspaper that is part of the Student Activity Fee. One copy of The Free Press is available free of charge. Up to 10 additional copies are available for $25 each. To advertise your event, call 207-780-4804 or email editor@usmfreepress.org for a listing of available positions or send a copy of your resume and cover letter to apply.

To advertise, contact our Advertising Manager at 207-780-4804 and look at our advertising rates on our website. We reserve the right to reject advertising. We will not accept acceptable ads.

The Free Press is a weekly student-run newspaper that is part of the Student Activity Fee. One copy of The Free Press is available free of charge. Up to 10 additional copies are available for $25 each. To advertise your event, call 207-780-4804 or email editor@usmfreepress.org for a listing of available positions or send a copy of your resume and cover letter to apply.

The Free Press is a weekly student-run newspaper that is part of the Student Activity Fee. One copy of The Free Press is available free of charge. Up to 10 additional copies are available for $25 each. To advertise your event, call 207-780-4804 or email editor@usmfreepress.org for a listing of available positions or send a copy of your resume and cover letter to apply.

The Free Press is a weekly student-run newspaper that is part of the Student Activity Fee. One copy of The Free Press is available free of charge. Up to 10 additional copies are available for $25 each. To advertise your event, call 207-780-4804 or email editor@usmfreepress.org for a listing of available positions or send a copy of your resume and cover letter to apply.

The Free Press is a weekly student-run newspaper that is part of the Student Activity Fee. One copy of The Free Press is available free of charge. Up to 10 additional copies are available for $25 each. To advertise your event, call 207-780-4804 or email editor@usmfreepress.org for a listing of available positions or send a copy of your resume and cover letter to apply.
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 will begin on Monday. There may be some classes that can be changed ($126 for a paper textbook is beyond me, it’s spineless).

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. 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 sense of accomplishment and that your success will signal to employers that you are responsible, organized, focused, and smart. In addition, you will need 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. It is important to 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 wisely: 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 3rd floor). These resources provide succinct information about what careers you can do with a major. Also, talk with upper class students about your particular interests.

Don’t skimp on credits: Try to complete no fewer than 15 credits each semester, remembering that USM degrees are at least 120 credits. You may need to adjust this number based on other obligations, but at a minimum, you must keep school as high a priority.

Good study habits: Avoid repeating courses. Work hard to good grades and give your best in all courses, 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 of your priority graduation 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.

Understanding 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 you have questions, contact Student Financial Services or work closely with your Financial Aid Counselor.

Graduating on time: Helpful tips to keep organized

Janisa@maine.edu

USMFreePress.Word of the Week

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

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

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 to the potluck, and were too stuffy to finish. It happens. The truth is, it happens way too much. It’s a $104 billion dollar problem in the US alone. Food waste that 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. How much food waste in the US? Between 33 and 40 percent of all food produced worldwide is never eaten. In the US 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 US, 40 percent of that is thrown away in landfills; only 3 percent is composted! It quickly becomes clear that our 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 estimated that if you have financial aid or veterans benefits, speak with staff from these offices to ask how it will work financially.

Be efficient: If possible take classes in the summer or winter session, and take advantage of the reduced tuition requirement. For example, sometimes a core class can also meet a class requirement.

Use tools to help you navigate: Understand how to use your USM Student Portal which helps you navigate to your academic and financial affairs on MaineStreet. On your Student Center, know how to use your wish list and degree progress report, check grades, and have more time to enjoy other activities outside of school. It may 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.

Janisa@maine.edu

USMFreePress.
**Weekly Horoscope**

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

**Virgo**
August 23-September 22
You and your partner are torn between experimenting tonight and sticking to the familiar. A little bit of both can be enjoyable.

**Libra**
September 23-October 22
You may have to decide how much to be a friend and equals 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.

---

**Cryptogram**

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

**RTQFMA EV QIVHP UHEVRKQHU TCR AQB QV EV ECHKMEVP, C CNBCEVPU CUEU DFURU NCBTU BPU DPU IEB.**

And here is your hint: P = E

---

**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.

---

**The solution to last issue’s crossword**

Across
1. Admiral’s axes
6. More loud
14. Country bordering Tibet
15. Benedicts
17. 1986 Oldsmobile debut
18. 1985 sci-fi film based on a Hugo Award-winning novella
19. Tongues
21. Moderate
22. Former Acura
23. ___ Plexus
25. Three-time rise for Keeney
26. Letters before “the”
28. Samantha’s mother on “Be- witched”
29. Hurricane center
30. Purple blooms
32. Australian state (abbr.)
33. Easy to tell for
34. Univ. admission test
37. Just the same
38. Actress Gardner
41. Made over
43. Fall moss
45. Shakespeare’s fairy queen
46. Venus-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. Timid
59. Operation times

Down
1. Waiting at the bant, perhaps
2. Actress Kim
3. Need of shepherd’s shoe
4. Germantown size
5. Stagnant swamp
6. Universal donor blood type
7. Rib or sias
8. Super Mario World cow
9. Online advertising metric (abbr.)
10. English cathedrality
11. Awerefulness
12. “Bomber” ___ (RFL-er)
13. Most apartment-dwellers
16. V.datas
17. Avoid gallery-keeper
18. Dress again
20. Massachusetts motto start
22. City in north Texas
23. Took off
24. Home of “The Why”
24. Produce provider
35. Get back
36. Dod ___-tegulls
37. Soap opera pilot twist
38. Feline letter’s companions
40. Bottomless pits
42. Codgers
44. Hole from view
45. Antelope with twisted horns
50. Just adequate
61. “The Way We ___”
53. Requested
54. Start of element #75

---

**Crossword**

**Sudoko**

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

---

**Cryptogram**

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

**RTQFMA EV QIVPH UHEVRKQHU TCR AQB QV EV ECHKMEVP, C CNBCEVPU CUEU DFURU NCBTU BPU DPU IEB.**

And here is your hint: P = E

---

**Weekly Horoscope**

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

**Virgo**
August 23-September 22
You and your partner are torn between experimenting tonight and sticking to the familiar. A little bit of both can be enjoyable.

---

**ARE YOU A BUSINESS MAJOR? WANT EXPERIENCE FOR YOUR RESUME?**

THE FREE PRESS IS LOOKING FOR AN AD MANAGER

**Leonardo’s Pizza**

415 Forest Avenue, Portland
(207) 775-4444
www.leonardosonline.com
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 the birthday of 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 would be called 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 stated 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 carnivorous like Donald Trump; assuming so is just another easy comfort. We need to reembrace 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 as citizens need to pay attention to.

“President Obama has recently attempted to challenge the political primacy 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 uneducated, 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 arrest 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.” Schmidt, 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.”

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 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 5 p.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.

“If 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 inclusion.”

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.

Dr. Robert Schmidt, associate professor of political science

Photo courtesy of Flickr Common Files
On Jan. 19, the University Credit Union celebrated its 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 gain 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 moment when the campus community was facing a financial crisis. In order to gain important knowledge, students were able to utilize UCU resources in order to gain 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 moment when the campus community was facing a financial crisis. In order to gain important knowledge, students were able to utilize UCU resources in order to gain 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 moment when the campus community was facing a financial crisis. In order to gain important knowledge, students were able to utilize UCU resources in order to gain 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 moment when the campus community was facing a financial crisis. In order to gain important knowledge, students were able to utilize UCU resources in order to gain important knowledge.
Men defeat Beacons in overtime

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 senior Cole Libby (Buxton, Maine/Bonny Eagle). Ten of Libby’s 17 points came in the second half and overtime.

Risti has shown promise in his first year at USM, ranked sixth regionally in his weight class. USM wrestling team member Mike Risti (freshman, Limerick, Maine/Massabesic) was named relay team of the week in the Pilgrim Wrestling Conference. 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.

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

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/Mesalskee), 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 on the Beacons on the offensive glass. Clutch free-throw shooting in the fourth quarter helped counteract 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.”

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).

Women’s Indoor Track and Field

Starts: 7:30 p.m.

January 27

Women’s Basketball

Southern Me. vs. Plymouth St.

Starts: 7:30 p.m.

Men’s Basketball

Southern Me. vs. Plymouth St.

Starts: 5-30 p.m.

Men’s Ice Hockey

Bowdoin College vs. New England College

Starts: 5:00 p.m.

January 26

Men’s Ice Hockey

Bowdoin College vs. New England College

Starts: 5:00 p.m.

January 26

Men’s Ice Hockey

Bowdoin College vs. New England College

Starts: 5:00 p.m.

Women’s Basketball

Southern Me. vs. Plymouth St.

Starts: 5:30 p.m.

January 27

Women’s Basketball

Southern Me. vs. Plymouth St.

Starts: 7:30 p.m.

Women’s Hockey

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

Bowdoin College vs. New England College

Starts: 7:30 p.m.

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

Upcoming
Eating Made Easy!

You have a lot on your plate... did you leave room for food?

We Have a Plan for Every Budget & Lifestyle!

Scan to find the best plan for you>>

www.usmdining.com | 207-780-5420
WELCOME HUSKIES!
See What’s New For 2016!

Get up to $10 a month CASH on debit card purchases! BACK

Ask for KASASA CASH BACK

Huskies to UCU! MUSH!

*When Kasasa Cash Back qualifications are met during a Monthly Qualification Cycle, you will receive (1) 2.5% cash back on up to a total of $400.00 debit card purchases that post and settle to the account during that cycle period. A maximum of $10.00 cash back may be earned per Monthly Qualification Cycle. You will also receive reimbursements up to $25 (4.99 per single transaction) for nationwide ATM fees incurred during the Monthly Qualification Cycle in which you qualified. An ATM receipt must be presented within thirty (30) days after the statement cycle when the reimbursement was applicable for reimbursements of individual ATM fees of $5.00 or higher. When Kasasa Cash Back qualifications are not met, no cash back payments are made and ATM fees are not refunded. Cash back payments and ATM fee reimbursements will be credited to your Kasasa Cash Back account on the first business day of the following earnings period. Rates and rewards are variable and may change after account is opened.

Additional Information: Account approval, conditions, qualifications, limits, timeframes, enrollments, log-ons and other requirements apply. No minimum deposit is required to open the account. Monthly access of mobile banking and receipt of electronic statements and log-ons may be required to meet some of the account’s qualifications. Limit one Kasasa checking account per prime member and per primary account. There are no recurring monthly service charges or fees to open or close this account. Contact a UCU representative for additional information, details, restrictions, processing limitations and enrollment instructions. Federally insured by NCUA. Kasasa, Kasasa Cash Back are trademarks of BancVue, Ltd., registered in the U.S.A.

Visit UCU at one of our 3 nearby locations:

Gorham - Brooks Student Center
Portland - 1071 Brighton Avenue
Portland - 391 Forest Avenue

uco.maine.edu
800.696.8628