USM announces brewery partnership

**USM Public Affairs Contributor**

The University of Southern Maine and the Maine Brewers Guild announced a partnership Thursday aimed at helping the region’s growing craft beer industry with analysis and testing by USM’s Quality Assurance/Quality Control and Research Laboratory. The lab will help brewers deliver a consistent, quality product to their consumers, ensure contamination has not been introduced during the brewing process, and develop new varieties and products as demand increases. For USM students, it will be a chance to work on practical projects that could help them find work in the growing industry.

“This provides our students with a great, real-world understanding of what they can do when they leave USM,” said Lucille Benedict, an associate professor of chemistry at USM. For brewers, benefits will include lower lab costs and shorter wait times for needed results.

“This public-private partnership, between USM and the (Maine Brewer’s) Guild, creates an important local resource that ensures our breweries are able to continue to lead the region in producing some of the highest quality beer in the country,” said Jon Sullivan, executive director of the Maine Brewers Guild.

USM’s craft beer industry employed 1,500 people and generated an estimated $432 million in sales in 2014, he said. The lab received a three-year, $488,514 seed grant from the Maine Economic Improvement Fund to build the infrastructure for the project.

Students for #USMFuture give their demands to administration

Bryer Sousa
Free Press Staff

Towards the end of the Fall 2015 semester, the collective Students for #USMFuture began working with Dr. Glenn Cummings, president of the University of Southern Maine, as well as Nancy Griffin, the vice president for enrollment management at USM, to address institutionalized racism on campus. Although the Students for #USMFuture could not be reached for comment, Nancy Griffin stated that “we (the University of Southern Maine administration) are thrilled to be working with them on improving the life of all marginalized individuals.”

Students for #USMFuture originally started out as a response, by students and faculty, to what they identified as being unnecessary faculty and department budget cuts, they have since expanded their mission to advocate “for our student interests, whether they pertain to academic freedom, affordable education, transparency and accountability to justice, safety, and accessibility for marginalized communities on campus,” according to a Facebook post the group made on February 22, 2016.

Currently, the group has maintained a particular interest in “[ensuring] that USM is a high quality institution accessible to all students regardless of race, class, gender or any other part of their identity,” as noted in the group’s description on its Facebook page. Consequently, the Students for #USMFuture adopted a list of ten demands that they discussed with President Cummings on December 22, 2015. Such demands included “an increase in diversity in faculty and staff,” “track/record[ing] incidents on campus,” “retaining students of color,” and “meeting with the Board of Trustees about our demands,” alongside six additional demands not mentioned herein. These demands have recently developed into a final draft of demands for the administration of USM to adopt as a means of ensuring cultural competency on campus.

On February 24, 2016, Nancy Griffin, among other members of the university staff, met with leaders, organizers and participants of Students for #USMFuture to go over the final draft of demands, item by item. Griffin said that the meeting would ensure that both the administration and the student group “better understand how to measure progress.” The proposed demands currently include ten items for consideration and was published on the website www.ipetitions.com and titled Student Demands for USM Administration. Some of the demands listed on the petition include: “expand[ing] mental health resources,” changing the school’s general education requirements such that “in their first semester at USM, students are required to take a course on the history of privilege and oppression, specifically concerning histories and realities of the oppression of women and racial, sexual, gender, and religious minorities” and requiring “cultural competency trainings for faculty, staff and students.”

Nevertheless, Students for #USMFuture is not alone in focusing on institutionalized racism on the University of Southern Maine campus. Student organizations are emerging on campuses around the country, following an array of racial occurrences at the University of Missouri, that sparked protests and provided momentum for students at other schools to enter into a dialogue with their respective administrations.
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PORTLAND, MAINE
A Look at Black History Month

Zachary Searles
News Editor

The United States finds itself in an interesting time, on one hand you have citizens that believe that the Civil Rights Movement and the ending of segregation and slavery also ended racism in America.

On the other hand, there are citizens of all races and nationalities that say racial tensions are rising due to the still present racism and discrimination that people of color experience.

Some of this discrimination can be a direct result of embedded ideologies that an average person might not even recognize they have, due to being brought up in a certain way in their home as a child.

Black History Month started in 1976, stemming from an older tradition of “Negro History Week,” a tradition started by historian Carter G. Woodson. Ever since each president has designated the month of February for acknowledging and celebrating achievements made by African Americans. Other countries have similar traditions but do not necessarily celebrate them in February like the U.S. does.

“Seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history,” said former President Gerald Ford, calling upon the public to recognize the achievements of African Americans in this country when he formally established Black History Month in 1976.

Here at USM, we had guest speaker Eddie Moore Jr. come to campus to give talks and facilitate workshops revolving around diversity and in the Glickman Library there are currently displays of African American Collection of Maine History.

The purpose of the collection is to collect and preserve various types of materials that document African American history in Maine and to emphasize the importance of such materials. The collection was inspired by Gerald Talbot, the first African American elected to the Maine state legislature and whose family has been in Maine since the eighteenth century.

“It is because of my long involvement in civil rights in Maine and New England and my deep interest and involvement in my black culture and history, that I have collected and preserved pieces of that black history, nationally and locally, for others to see and learn from,” Talbot said back in 1994.

So why is it important to celebrate Black History Month? According to Robert Stein, executive director of public affairs, there are a couple reasons.

“First, for people of color, Black History Month provides them with the opportunity to better understand and appreciate the struggles and achievements of African Americans throughout the history of the U.S.”

Lastly, Stein said that Black History Month serves a purpose for everyone and that’s to create “an opportunity for all of us to commit to work together on the many serious challenges that still must be addressed.”

Others also had that same feeling: that Black History Month was about more than just celebrating achievements. It was also about addressing the problems that African Americans and other minority groups are still facing on a regular basis.

According to Joy Pufhal, dean of students, the goal of Black History Month is just as critical today as it was back in 1976 when it got officially extended from one week to a full month.

“It is a time to reflect, to dialogue, to learn, to highlight the challenges and injustices that Blacks are facing in America today, and to raise awareness and commitment to the important work still to be done to create a more perfect union,” Pufhal said. “The key is to continue the work beyond February throughout the rest of the year.”

Rebecca Nisetich, Honors Program Interim Director, claims that we need Black History Month because African American History “is still systematically marginalized in our education system.” She went on to say that black culture is still constantly defined as ‘other’ culture.

Nisetich referred to the backlash that Beyonce has been receiving lately, both for her new music video “Formation” and her Super Bowl performance, where she made reference to the Black Panther Party.

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According to Nisetich, in her video, Beyonce “puts southern black culture unapologetically front-and-center, and not only black culture but black women and black children.”

Beyonce isn’t the only musician who has gotten criticism in the past weeks for performances that made bold statements about race relations in America today. Kendrick Lamar’s performance at the Grammys has also been receiving attention, along with criticism.

His performance, which started with several black males in a prison setting walking in chain gang style, ended with a silhouette of Africa projected with the word “Compton,” Lamar’s hometown, displayed in the middle.

For Nisetich, a scholar and specialist in African American literature and critical race theory, Black History Month is a way to “emphasize aspects of our history and culture that often given short shrift.”

Not everyone is for Black History Month. Prominent people in popular culture, such as Morgan Freeman and Whoopi Goldberg, have spoken out against the month, claiming that African American history is American history, so people should be learning it all the time, not just during this one month.

Zachary Searles / News Editor

TOP: On the first floor of Glickman Library books are laid out to celebrate Black History Month, showcasing different works put out by African Americans. BOTTOM: The Uncle Tom’s Cabin display in Glickman Library.
Melanoma is a preventable but common disease

Chances of being diagnosed with basal cell carcinoma increase by 70 percent for those that tan often

Erica Jones
Free Press Staff

Binge drinking, texting and driving, unprotected sex, these are just a few risky or dangerous activities that many people partake in despite knowing what the consequences could be. Smoking cigarettes is another good addition to this list: In the United States, smoking is the leading cause of cancer, but 40 million citizens smoked in 2014. But there is another, often overlooked cause of cancer that is on the rise, and it makes you 70 percent more likely to develop cancers like melanoma or basal cell carcinoma: indoor tanning.

The demographic that has seen the biggest effects of indoor tanning is women aged 18 to 39, being the demographic with the most frequent use of tanning beds. The number of young women with new diagnoses of melanoma has skyrocketed, and these women are now eight times more likely to be diagnosed with this potentially deadly form of cancer.

Dermatologist Michael Swann explained what makes tanning beds so dangerous: “Tanning beds can be UV-B [light] (which cause sunburns and is the target of traditional sunscreen protection) or UV-A,” wrote Dr. Swann in an email response. “UV-A is naturally less intense than UV-B, but UV-A tanning beds can emit 12-times the normal dose of UV-A, which causes suppression of the immune system and mutations of the pigment producing melanocytes. UV-A goes deeper into the skin and may be more important than UV-B in the initiation of the mutations resulting in melanoma.”

The rise of skin cancer rates coincides with the growth of indoor tanning, combined with common misconceptions about the safety of tanning beds.

“Dermatologists have found that young women who use tanning beds are more motivated by beauty than by the fact that they cause skin cancer,” said Dr. Swann. He also noted that tanning “has been shown in studies to be addictive. People get a euphoric feeling and some people enjoy the quiet meditation in a tanning bed.” Indoor tanning is a growing five-billion-dollar-per-year industry. Marketing strategies can lead people into believing that tanning is virtually just as safe, or at least only slightly less safe, than outdoor tanning with natural sunlight. “No matter what marketing you hear, UV radiation leads to premature skin aging caused by wrinkles, loss of elasticity, brown spots, blood vessel proliferation and sagging skin in addition to melanoma,” affirmed Dr. Swann.

When asked if there are any positive aspects of indoor tanning, Dr. Swann replied, “Tanning causes immunosuppression and can be useful for some patients with skin conditions, but should be discussed with a dermatologist because generally safer methods should be utilized initially.”

For the rest of us without those certain qualifying conditions, the truth is that aside from the euphoria experienced by many when tanning and the beneficial production of Vitamin D from the UV rays, there are no benefits to indoor tanning. A single tanning session increases your risk of melanoma by 20 percent, regardless of age. Dr. Swann also revealed that in some studies, indoor tanning has been shown to be more dangerous than cigarette smoking, and that when someone starts indoor tanning before age 35, their risk of melanoma increases by 70 percent. “I don’t know anything about melanoma, except for what you just told me is kinda crazy,” said bed in preparation for an upcoming vacation.

There are things you can do to reduce your risk of melanoma. Simply staying away from tanning beds is one method of keeping your risk lower, with even a single tanning session causing significant damage. Another preventative measure against melanoma is consistent use of physical sunscreens, said Dr. Swann: “Chemical sunscreens don’t protect you as well as physical sunscreens, so look for the ingredients like titanium dioxide and zinc oxide.”

Someday, Dr. Swann believes, melanoma will not be so prevalent in our country. “Smoking has sort of fallen out of vogue as we have become healthier as a culture,” he theorized, “and I think one day we will look back at tanned skin and see how ridiculous it looks and realize what people are doing to themselves.”

Michael Swann, Dermatologist

Photo courtesy of Flickr Creative Commons (http://tinyurl.com/zqj5s3z)

USM student Dalton Covel after hearing the statistics about melanoma for the first time. “I’m gonna tell my girlfriend, because she works at a tanning salon and maybe she doesn’t know it either.”

Another student commented that he had just recently used a tanning bed: “I don’t know anything about melanoma, except for what you just told me is kinda crazy,” said bed in preparation for an upcoming vacation.

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In Brief...

Local & State

Group offers reward for any info about lobster theft

The group Maine Operation Game Thief is offering an anonymous reward about a lobster theft that occurred on the Gulf of Maine. An investigation by the Maine Marine Patrol shows that around 200 lobster traps were stolen.

Maine Operation Game Thief said that the investigation works with other Maine groups and wildlife groups, such as Maine Patrol and Warden Services, and has offered the reward in hopes that they will get information that will bring the guilty party to justice.

Maine sees its first case of the Zika virus

The virus that has been tormenting South American countries for the past few months now has a confirmed case in Hancock County, according for the Maine Center for Disease Control. According to the Maine CDC, the person is older than 65 and travelled to a Zika-affected country.

The traveller has not been hospitalised and is recovering at home.

The Maine CDC is recommending that pregnant women and men who are sexually active with pregnant women who has travelled to a Zika-affected country should go and get tested for the virus.

It’s important for the public to be aware of the modes of transmission that transmits the Zika virus is not found in Maine and that you cannot get the virus from a trip to South America can not transmit the virus to you,“ said Dr. Stirit Bennett, Maine’s state epidemiologist.

Bennett also said that there is no need for widespread alarm or panic.

Public hearings on El Faro wrapped up last week

Last Friday the Coast Guard held the final public hearing on their investigation into the El Faro, the ship that sank last fall, killing all 33 members on board. Now, the agency is expected to make its findings public.

In April, a second attempt will be made to recover the voyage data recorder, which is similar to an airplane’s black box, and it could provide details about the sinking of the ship. The recorder could have data on the final 12 hours of the voyage.

While the first round of hearings just finished up, the Coast Guard plans to have a second round that focuses in greater detail on the trip. As of now, no date is scheduled for this second hearing but it’s expected to start back up in early summer.

New Jersey Governor endorses Donald Trump

Just weeks after ending his own bid for the Republican candidacy and presidency, New Jersey Governor Chris Christie has endorsed Donald Trump. Gov. Christie is the first major politician to endorse Donald Trump for president of the United States.

He went on to say that Trump is the best chance of the final five Republican hopefuls to beat Hillary Clinton.

Christie has been critical of Trump in the primaries before he dropped out, claiming that he was nothing more than an “entertainer in chief” and he called his plan to ban all Muslims absolutely “ridiculous.” Christie is now saying that part is over and that there is no one better prepared to provide American with strong leadership.

Eight people shot in Kalamaazoo, Michigan shooting rampage

Jason Brian Dalton was charged with six counts of murder and two accounts of assault with intent to commit murder on Monday after his shooting rampage that took place that previous Saturday. Dalton is reported to have shown no emotion in court when the charges against him were read in court.

Police are saying that Dalton drove around for hours Saturday night going from victim to victim, gunning them down at random. Dalton even picked up Uber passengers while on his rampage.

“There isn’t a connection that we’ve been able to establish between any of the three victim groups with the third victim group,” researcher Carlos Guerra-Correa told CNN. “We’re getting reports that it’s also happening in other places on the South American coast.

“This is happening along the entire coast of northern Chile and we’re getting reports that it’s also happening in Peru, our neighbor to the north,” researcher Carlos Guerra-Correa told CNN. “We could be talking about hundreds of sea lions washing up ashore dead in the entire region.

So what’s the cause of all these sea lion deaths? Well, according to Guerra-Correa, there could be many factors but one is the lack of food sources due to climate patterns such as El Nino that is leading to the seals dying of starvation.

The warming waters do not have the same nutrients that the sea lions need, so since species like phytoplankton, which feed sardines and anchovies which sea lions thrive on, are prominently found in colder waters, they are disappearing because waters are getting warmer.

Confederate Heritage Month defended by Miss. Governor

Last Thursday, Mississippi Governor Phil Bryant defended the notion of proclaiming April as Confederate Heritage Month in his state. Bryant had issued this proclamation earlier in the month saying that people should really try to understand their heritage.

“Gov. Bryant believes Missis- sippi’s history deserves study and reflection, no matter how unpleasant or complicated parts of it may be,” Clay Chandler, spokesperson for Gov. Bryant, said. “Like the proclamations says, gaining insight from our mistakes and successes will help us move forward.”

I’ve Fallen and I Can’t Get Up

Medical emergency, parking garage. Subject slipped on floor. Summons issued for possession of a credit card. Report taken.

I’m still stunned and Fox went on to say that Trump should know that Mexico can’t go on paying for the wall and that he isn’t sorry. Trump then took to Twitter to say that Fox should apologize and that if he were to do anything like that then there would be an uproar.

Dead sea lions wash up on shore in Chile

In northern Chile, marine researchers have found more than 100 dead sea lions that have washed up on the shore over the past three months, most of the sea lions being newborn. Researchers also believe that this is apart of a widespread die-off being observed in other places on the South American coast.

"This is happening along the entire coast of northern Chile and we’re getting reports that it’s also happening in Peru, our neighbor to the north," researcher Carlos Guerra-Correa told CNN. "We could be talking about hundreds of sea lions washing up ashore dead in the entire region."

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Proclamation back in 2012 and the proclamation comes at a time when the Mississippi legislature is going through 19 bills that all deal with keeping or changing the state flag, which is the only flag not in the US to feature a Confederate battle flag emblem.
No college administration likes to have crime on their campus. Beyond the simple fact that crime is hurtful and bad to people, it is also detrimental to enrolments rates. So the horrible truth is that in some institutes of higher learning, when sexual assault and rape crimes are reported, the administration often ignores the report or blames the victim for what occurred. The Sun-dance nominated documentary *The Hunting Ground*, uncovers a na- tion-wide pandemic of high rates of sexual assault on college campuses, but the low rate of justice on college campuses.

This past Thursday, the women's safety and gender studies program at USM hosted a well-attended viewing of *The Hunting Ground*, which was written and directed by Kirby Dick. The documentary follows the legal struggles of two students at Uni- versity of North Carolina at Chapel Hill, who were raped by their roommates. The university’s response was to dismiss their cases, and then to ignore the rape complaints of 15 other students.

For more information on the *The Hunting Ground* and other resources for students, faculty and administrators, visit the website: SeeActStop.org.

**What goes into being a comedian in Portland?**

Aharon Willows, a local co-median, had a lot to say about the comic perspective. “I think there’s a lot of people who do a lot of stories about themselves. That’s what I shoot for. It’s hard to say if there is an over arching Portland style because everyone is so diverse.”

Willows owns a cafe on Brack- ett Street, making some profit from comedy stand up on the side. When sitting down with him to gauge the atmosphere he explained that he does multiple shows throughout the week at Blue, Lincoln and Bull Feeney’s – all prominent locations for a comedy event. He also discussed planning events in Biddeford. Bull Feeney’s tends to be on the smaller side of crowds but Monday nights at Blue tends to have larger turn out.

Mark Turcotte, who does comedy full-time, and produces shows through Maine Event Comedy, and also has a monthly show in the Lewiston/Auburn area, further explained, “It’s al- ways a struggle at first but it does pay off. If you want to do comedy in Maine you have to come to [Portland] first. It’s a nice way to give people opportunities to get on stage more.”

The event at Bull Feeney’s was small but comprised of great comedy acts of Turcotte, Wil- lows, Tuck Tucker and Mike Silvester, and also provided op- portunities for members of the audience to stand up and put their material to the test. Being given a first hand experience of stand- up was fun but it might be best to keep my day job.

“It’s easier to make a 100 people laugh than three people laugh,” Silvester added when talking of the difficulties of drawing an audience and keep- ing to genuine material. He also does characters while on stage, such as Gov. Paul LePage and the front runner of the Republican party in this year’s election, Don- ald Trump. Silvester has been a comedian for 13 years, working first in Boston and starting off by taking a class. Willows has been performing for six years, and Turcotte has been performing for three.

Each act lasted at least a minute long in turn and was comprised of fast storytelling with laughs and jokes in between. Turcotte favored current events while Wil- lows told stories of his dog and his girlfriend. Tucker had a joke about making it a rule to be able to get one free slate or a punch for people sneezing on other people – not entirely recommended but still funny to imagine.

There were four acts from the audience that least humor of an adult or a childish nature to the event and, at the end of the night everyone could barely hold in their laughter. Comedy in its rawest form has a way of lending such a vibration and joy to peo- ple’s evenings that it’s little won- der that these greats do so well in the Portland scene. They kept it simple and fun and encouraged the audience to engage in the fun with them.
Monday, February 29
Comedy: Worst Night of the Week
Blue 650A Congress St.
Starts: 8:00 p.m.

Tuesday, March 1
Theater: Lost Boy Found in Whole Foods
Portland Stage Company
25A Forest Ave.
Starts: 7:30 p.m.

Music: Neko Case
State Theater
609 Congress St.
Starts: 8:00 p.m.

Wednesday, March 2
Music: Junior Brown
Port City Music Hall
504 Congress St.
Starts: 8:00 p.m.

Thursday, March 3
Talk: Edward Hopper’s “Pemaquid Light”
Portland Museum of Art
7 Congress Sq.
Starts: 1:00 p.m.

Friday, March 4
Performance: Birds of Pleasure
Space Gallery
538 Congress St.
Starts: 5:00 p.m. / Ends: 10:00 p.m.

Music: Girls Rock!
State Theater
609 Congress St.
Starts: 8:00 p.m.

Saturday, March 5
Shoestring Theater's Alice in Wonderland
Mayo St. Arts
10 Mayo St.
Starts: 7:00 p.m.

Music: SLY-Chi: Farewell for Now
Portland House of Music and Events
25 Temple St.
Starts: 8:00 p.m.

Sunday, March 6
Music: The Snails
Space Gallery
538 Congress St.
Starts: 5:00 p.m. / Ends: 10:00 p.m.

Watch Triple 9 if you have nothing else to do
The year 2016 has gotten off to an interesting start when it comes to movies. Normally, the beginning of the year is this drought of poorly made films that are simply fillers for the big blockbusters in the coming months. So far, with Academy Award nominated films and actual good films coming out, I was wondering if I would ever run into anything bad. Unfortunately, Triple 9 was this kind of film.

The story revolves around different characters, but they are all connected in some way. The first story line involves a man named Michael Atwood (Chiwetel Ejiofor) leading a crew of crooks and corrupt cops to pull off heist for the Russian mob. The movie opens up with this crew performing a successful heist, but the mob asks the crew to pull off one more heist. The location for said heist is a heavily guarded building, and the only way to succeed is to draw away all police units. So what if an officer was shot? This is where one of crew members, Marcus Belmont (Anthony Mackie), decides to use his new partner, Chris Allen (Casey Affleck), as the victim. The movie then becomes a build up for this heist. It’s a shame the build up wasn’t that interesting. There were some twists and turns once the heist gets going, but overall the story just felt clumsy. This review is certainly coming off as if this film is just absolute garbage. There are a few, but not many, positives. The first is that the opening action sequence that involves the crew pulling off their first heist was a lot of fun to watch, and it was a great way to start off the film. The other action sequences were well done, but it’s the opener that sets the bar. The performances were also good. They served their purpose for the film, but that’s pretty much it. Chiwetel Ejiofor was the standout, but that’s because his character had the most material to work with.

Let’s continue with why this film didn’t work. There were a lot of plot holes. Most of them have to do with characters are in the position they are in. It’s just never explained. This film expects viewers to just accept the situation and move on, but there is always a reason. That is something that cannot be ignored. These plot holes could have at least been explained better. The problem is that with such a large cast, it has to be used to develop these characters in some way, but not everybody gets adequate time, and even then the material being presented isn’t that interesting. The pacing is also a bit wunky. The run time for this film is under two hours, but it certainly felt longer. Some scenes felt too short and some felt too long, and sometimes the scene’s purpose wasn’t entirely clear. There’s a part in the film when Woody Harrelson’s character is driving to a crime scene. He comes off as weird, but the viewer has already seen what happened, so the tension is gone. Instead, we get to watch Woody drive like a maniac for what felt like ten minutes. Even the editing was a bit jumpy. It came off as trying to cover mistakes that were made during production. Overall, Triple 9 had a lot of potential. If you were to take a look at the cast and the fact that this could be a good crime drama film. While it does have a few good moments, they don’t make up for the terrible writing, acting, and some are kitschy in a unironic way but it is authentic. Whether that is needed to be. It tries and that is better than nothing at all.
You can’t live on $10.10 an hour

Brian Gordon
Free Press Staff

The march of gentrification moves on with the opening of new restaurants and breweries every few weeks in Portland. Are any poor college kids excited? Yeah me ei-
ther, I can’t afford them...

While I enjoy beer much more than the next guy, I can’t choke down a 12 oz. beer for $7—$9. Of course all these hip new breweries offer samples, which they have the gall to charge for. I’m taking the risk of tasting your swill and you want me to pay $3 in the hopes that I’ll buy more? We’re not in Kansas any-
more, Toto.

I also don’t go in for drinking little sippy cups of beer. When my throat runs dry I like a man-sized pint to slake my thirst. I’m not fancy on the brand either - macros like Schlitz, Busch, High Life, PBR will do just fine thank you for buying.

The people who work in these new restaurants and breweries make jack all for money. I’m not talking about the front of house servers, they do OK the ends of the week. My lady friend brings home ob-
serves amounts of money on the weekends, but lives in poverty dur-
ing the week.

My sympathies lie with those in the back of house:, the line cooks and dish dogs practically starve. It doesn’t take more than an hour to earn it.

The year was 2004. Six of my best friends and I piled into a beat-
up old Toyota and headed north to Portland. Are any poor 
move on with the opening of new 

Word of the Week

Brent and a girl I had fallen hard
among them were my friend
Crashing into the water
Looking or sounding sad or
dismal
Ex: “You’re looking so lu-
guorious today, my friend.”

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Brent and a girl I had fallen hard
among them were my friend
Crashing into the water
Looking or sounding sad or
dismal
Ex: “You’re looking so lu-
guorious today, my friend.”

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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.

**Weekly Horoscope**

**Aries**
March 21—April 19

You need a bit of space in your relationships. Share ideas, communicate, and be tolerant.

**Taurus**
April 20—May 20

You need people-contact at work today. Interact with those around you and make sure your social needs are met.

**Gemini**
May 21—June 20

Decide which rules at work are helpful and which need changing to increase efficiency. Then work to improve those regulations.

**Cancer**
June 21—July 22

Now’s the time to discuss what you and your beloved want from your relationship. Keep your priorities parallel.

**Leo**
July 23—August 22

Household members fluctuate from rowdy to silent or seeking fantasy rather than action. An adaptable attitude allows you to cope.

**Virgo**
August 23—September 22

A desire to truly scale the heights of ecstasy can lead to inspired lovemaking tonight (but don’t expect the earth to move).

**Libra**
September 23—October 22

Today you feel torn: you want company and yet you don’t. Relax and find a happy medium between solitude and sharing.

**Scorpio**
October 23—November 21

Choose your confidants carefully. Venting can help, but only with the right person.

**Sagittarius**
November 22—December 21

Teamwork is accentuated. Joint efforts work the best today. Share your activities with others.

**Capricorn**
December 22—January 19

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

**Aquarius**
January 20—February 18

A mutual give and take can be quite rewarding today, as long as no one gets into keeping score about who got more pleasure. Enjoy!

**Pisces**
February 19—March 20

Talk things over with your beloved today. Sharing what matters to each of you deepens the bond between you.

**Cryptogram**

Q KYL VWYA
YPAYJUKQAVTK
ITUSQKN TSYKYM
DOWA RDN MQN.

**Crossword**

**Down**

1. Gift addition (7)
2. “... Angel” (West Side movie) (5, 9)
3. “... Joe Black” star (6)
4. Discolored (5)
5. Behavioral city (7)
6. Starts (5)
7. Bulk meaning “real” (6)
8. Pongol impala (6)
9. Silence (2)
10. Express (5)
11. Volksw (4)
12. Talk-grabber’s phrase (6)
13. Take wing (9)
14. Online seller or bidder (11)
15. VCR format (8)
16. French wall (5)
17. Threaten “Getabio” (6)
18. Three tosses (5)
19. Cold roman nut (5)
20. Dogsalami (4)
21. Room... “Vanilla” (6)
22. Crying swallow (7)
23. Soft paella part (7)
24. Despina (7)
25. Looks up (5)
26. Call out (5)
27. Patrons, at a loss (7)
28. Central west wing (5)
29. B.a. unity (4)
30. “... in the Dark” (4)
31. Ups or right (5)
32. Slim and graceful (10)
33. Extremely long name (7)
34. Brand of chiefs (5)
35. Cobbler chamber (6)
36. Luka’s (Eagles)... “... Bring On Out of My Heart” (5)
37. Go: names (5)
38. Sense-endera adora (5)
39. Smoker and chocolate cherry brand (6)
40. Ages (6)
41. “... into...” (5) [metaphor of a Jimmy Walker character]
42. Beelitc (Sophie character) (5)
43. Assisted Connecticut (5)
44. Para meaning “real” (8)

**Across**

1. Facial feature (4)
2. “Clue” logo (5)
3. Sco in names (5)
4. “Mr. Wink” (7)
5. Power of greed (9)
6. PC interface (6)
7. Table thing (7)
8. Without fear (9)
9. WTC index (5)
10. Purse alteration (5)
11. Luke Skywalker’s namesake (5)
12. Administratively unprocessed (7)
13. Hypothalamic skin care brand (6)
14. Blackhead (9)
15. Soft fish fry (5)
16. Special equivalent of French (5)
17. Cold war forecasting idea (9)
18. Trench (9)

**Sudoku**

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

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

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

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

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

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

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

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

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

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**Great:**
- Very good
- Average
- Alright
- Difficult

**Weekly Horoscope**

**Libra**

September 23—October 22

**Scorpio**

October 23—November 21

**Sagittarius**

November 22—December 21

**Capricorn**

December 22—January 19

**Aquarius**

January 20—February 18

**Pisces**

February 19—March 20

**Cryptogram**

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

M = D

**Crossword**

The solution to last issue’s crossword

**Sudoku**

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Students thrive at motivational workshop

Raquel Miller
Free Press Staff

In a partnership with the University health and counseling services, USM’s TRIO Services held two motivational workshops on Monday Feb. 22 and Wednesday Feb. 24 in an effort to provide students with the tools to approach and re-shape their goals throughout the year.

As we all know, some goals and resolutions are easier said than done during the new year. Creating New Year’s resolution has become a societal norm and creates a sense of hope and ambition, but often falter into little follow through. I’m going to lose weight. I’m going to quit smoking. I’m going to workout five times a week. Essentially, these goals and resolutions turn into the hope of doing something more, doing something better or eliminating something all together. That is pretty drastic, but not impossible. What becomes impossible is in what becomes our failures, is the way we approach our goals.

Tom Gilley from the USM Counseling Center lead the interactive workshop on Wednesday, with the goal of getting participants actively to think about their goals.

He began his workshop by presenting the “1,000 Dollar Challenge,” which creates an imaginary scenario where 1,000 dollars has been hidden somewhere in town, and without the ability to collaborate with one another or without imaginary access to a car—with only the access to a map—participants must find the money.

The first one to the money, gets to keep it. It was a simple concept, but that one that allowed participants to see that when they have a specific goal in mind that is reachable and imminent, their brain begins to focus on completing the challenge and goal at hand.

Afterward, he prepared a helpful tool for goal setting that reevaluates one’s goal and addresses how a goal can be achieved in specific, achievable ways. Through the SMART sheet, participants outlined their goals by ensuring aspects of their goal are Specific, Meaningful, Attainable, Rewarding, and Time-Bound. Translating a goal like “I will lose weight” into “I will eat 5 servings of fruit and vegetables a day” makes the goal possible and urges the participant to reflect on whether or not the goal is right for them.

While this aspect of the motivational workshop urged students to reevaluate what could be their New Year’s resolutions, some students like Ariana Whalen from a senior political science and philosophy major, prefer not to participate. “I think it’s a weird societal norm to make goals or resolutions one day a year. As an individual, you should be working to improve year round,” Whalen said.

During the workshop, Gilley uses an exercise where participants took four steps forward, return to the starting position, change their direction once more, and took another four steps. As a result, people ran into one another, they avoided each other or cue each other to stay or go. More importantly, participants ended up in a completely different place than if they had continued in a straight line.

Gilley had students participate in this exercise because it reveals the concept of “course correction.” “Once you get momentum, a minor change in course can change where you end up and sometimes you need to reach out to others, avoid obstacles or let others pass before you. Ultimately you continue forward and work toward your goal.” Gilley’s goal was to help students understand that it’s important for people to remember that the goals we set for ourselves are not impossible, but sometimes it is a simple matter of reworking of the approach. One approach might work for your sibling or best friend but won’t be the best choice for you. It is inevitable that we are going to fail sometimes, but we can’t let obstacles, other people or changes hinder our achieving our goals.

students of USM

Mariah Garcia: Expanding possibilities through relocation

Meaghan Gonsior
Free Press Staff

Moving across the country can be exciting, scary and refreshing all at the same time. It can expand a person’s horizons, promote gratitude and present new opportunities and challenges that would otherwise not exist. Colorado native Mariah Garcia decided to try something new as she embarked on her college career three years ago. After her best friend moved to Maine from Colorado, she encouraged Garcia to give it a shot, with all the possibilities that the East Coast has to offer.

Garcia, a junior social work major, attributes much of who she is to her family’s influence. Her mom and dad started hosting foster children about five years ago, and they recently adopted a nine year old from the foster care system. Due to his firsthand experience with foster siblings, Garcia is planning to work in the foster care system after graduating from USM. She is open to staying on the East coast or returning home to Colorado. She imagines that deciding where she settles will depend mostly on her job prospects when the time comes. “I feel like [foster care] is very needed. I’ll love being able to work with kids,” Garcia explained adding, “It’s scary, but I feel like I’m going to love it. Keeping my work at work will be difficult.”

Another important part of Garcia’s life is being active, both in the gym and outdoors. She credits her father as a major role model in this respect: “He’s the one who really got me into sports.” Garcia’s father played Division 1 basketball, and her 16 year old brother plays “every sport known to man.” Garcia added with a laugh. She currently plays on the USM volleyball team, traveling around New England for games.

“I love everything about volleyball, it’s become a passion. It’s definitely been my favorite sport out of all the sports I’ve played,” Garcia said. In high school, Garcia also played basketball and tennis. “I do miss contact sports,” Garcia added, reflecting on her experience as manager for USM’s basketball team. Her other hobbies include hiking and snowboarding so she’s been slightly disappointed by this particularly unseasonably warm Northeast winter.

Garcia also has a tenacious attitude that keeps things fresh, not letting herself settle for the status quo: “I have a horrible tendency to do just a little more than what’s expected. I try to push myself to go above and beyond.”

Events
Tournament Recap

Dartmouth downs USM in OT

After forcing overtime, the fourth seeded Southern Maine Huskies fell 61-58 to the fifth seeded UMass Dartmouth Corsairs in a Little East Conference Quarterfinal game Tuesday night at the Costello Sports Complex in Gorham.

Seniors Gretchen Anderson (Kittery Point, ME/ St. Thomas Aquinas) and Ella Ramonas (Portland, ME/ Deering) were crucial players in Southern Maine’s fight to the end. Anderson led the Huskies in points, scoring 17. She also led both teams in rebounds with 15, including 12 on the defensive end. Ramonas followed Anderson in points with 16 for the night and also tallied four assists during her team high 44 minutes of play.

Southern Maine took an early lead over UMass Dartmouth and held onto it tightly through the first two quarters. The Huskies were able to end the first quarter outscoring the Corsairs 15-11. The Huskies extended their advantage in the second, securing an eight-point lead heading into halftime.

As the second half began, UMass Dartmouth was down 27-19 and came out swinging. The Corsairs outscored the Huskies 17-12 in the third quarter, allowing them to head into the final quarter of regulation just three points behind Southern Maine at 39-36. UMass Dartmouth’s fight through the fourth quarter was not taken lightly by Southern Maine. While they were outscored 13-10 through the fourth quarter, the Huskies were not going down without forcing some extra basketball. The teams went into overtime knotted at 49.

The teams went back and forth throughout the five-minute overtime period, until UMass Dartmouth broke the tenth tie of the match up with a jumper from junior Megan Ronaghan, giving the Corsairs a 60-58 lead with 21 seconds remaining in overtime. Ronaghan would then go on to go one for two from the free throw line to finish off UMass Dartmouth’s 61-58 quarterfinal victory.

Anchormen win thriller

The seventh-seeded Rhode Island College Anchormen upset the number two seed University of Southern Maine Huskies Tuesday night in the Little East Conference Quarterfinal with a close 64-63 victory. The Huskies started out hot, outscoring the Anchormen 9-0 during the first three minutes of competition. Things were looking good for the Huskies, but after fifteen minutes of play Rhode Island College came from behind to take their first lead of the game, closing the first half 37-31 in their favor.

The teams were neck and neck throughout the entire second half. While the Huskies outscored the Anchormen 32-27 in the second half, sophomore Malcolm Scott drained two consecutive three-point jump shots to put the Anchormen above the Huskies 64-62 with 2:30 to play in regulation. Junior Atencio Martin (Kittery, ME/ Traip Academy) took to the free throw line with eight seconds remaining in regulation hoping to force overtime. Martin went 1 for 2, falling just short of tying the contest as the Huskies fell 64-63.

Junior Zach Leal (York, ME/ York) lead the scoring for the Huskies, totaling 18 points Tuesday night. Atencio Martin picked up 8 points for the night, leading both teams in rebounds with a total of 10. Senior Jose Nouchanthavong (Westbrook, ME/ Westbrook) followed Leal in points with 17. Twelve of Nouchanthavong’s points came in the second half as the Huskies put up a fight against the Anchormen.

Coach Karl Henrikson believes the team still has a chance to go receiv e an at-large bid and make an appearance in the ECAC postseason tournament, but also looks forward to next season: “We’ve got a lot of guys coming back and they’re all enthusiastic about the following season. They’ll get back to work, back to the weight room, back to the gym, improve on some things and then right back out there for next season,” Henrikson says.
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