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 Assessing the risk of alcohol
Dispelling a stigma and getting the facts on substance use

Krysteana Scribner
Editor-in-chief

For college students, the consumption of alcohol varies from person to person. Whether you’re drinking to celebrate, celebrate, suppress difficult emotions or to simply relax, it has both a strong and varying effect on those who decide to drink. Why does alcohol cause us to act and feel differently? How much is too much? Why do some people become addicted and not others? While drinking alcohol in appropriate amounts won’t put you at high risk for long-term damage consuming the beverage often and/or in large quantities can put you at risk. According to the Institute of Alcohol Abuse and Alcoholism (NIAAA), drinking at college has become a ritual that students often see as an integral part of their higher education experience. They estimate that each year in the U.S., and average 1,825 college students between the ages 18-24 die from alcohol related injuries, 696,000 students are assaulted by that are in control of movement, speech, judgement and memory. In turn, the effects lead to clear signs of drunkenness: Difficulty walking, slurred speech, memory lapses and acting on impulsive behavior.

Consequences of Drinking in College:
According to the National Council of Alcoholism and Drug Dependence, brain development continues well into a person’s twenties and excessive drinking at a young age can hinder this process. Those who consume alcohol irresponsibly encounter trouble in academics, memory loss, sleep deprivation and a number of medical conditions that develop the longer you consume, such as Anemia, Cardiovascular Disease, Depression, Liver Disease, Pancreatitis and more.

Paul Dexter, Coordinator of Learning Support at USM, had a $450,000 endowment from the estate of alumna A. Carol HAglund and a $482,000 grant from the Maine Economic Improvement Fund (MEIF) — an almost one million-dollar gift in total. The students in the program will spend two weeks in Iceland at Reykjavik University, with transportation, room and board included.

“This program will provide a significant opportunity for our students to broaden their horizons, to engage in the wider world and better equip them with the necessary knowledge and skills to play key roles in the expanding and strengthening of our economy here in Maine,” said President Cummings.

Rebecca Nisitich, interim director of USM’s honors program in interim, discussed how USM came to receive these grants. “The Haglund Gift was donated to the university. The gift specifications were that it would go to students with certain GPAs,” she explained. A. Carol HAglund’s estate designated the gift as an endowment for international opportunities for USM students, according to USM’s website.

USM receives grant for study abroad in Iceland
Erica Jones
Free Press Staff

Starting in 2017, thanks to generous gifts received by the Honors program, incoming University of Southern Maine honors students will have the chance to study abroad in Iceland for two weeks as part of a new, four-week summer course.

Last Thursday at the Glickman Library, USM President Glen Cummings announced the plan that offers students the “chance to enroll in a four-week course, the second half of which will take place in Iceland,” according to USM’s website. This travel opportunity is made possible by a $450,000 endowment from the estate of alumna A. Carol HAglund and a $482,000 grant from the Maine Economic Improvement Fund (MEIF) — an almost one million-dollar gift in total. The students in the program will spend two weeks in Iceland at Reykjavik University, with transportation, room and board included.

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See Honors on page 3

USM looks to open season strong

Senior Sarah Pelligregni had two goals and an assist for the Huskies against Saint Joseph’s Wednesday night.

For full story, see page 11

SUSTAINABILITY & ME: Birds and Bees
What brings to mind when you hear the word pollinator? Pestides? Honey? Find out for yourself!

ARTS & CULTURE 6

400 YEARS OF SHAKESPEARE
April 23 marks the 400th anniversary of his passing. How is Portland celebrating his legacy?

USMFreePress.org

usmfreepress.org

For full story, see page 11

COMMUNITY 10

THE TRUTH ABOUT
ALCOHOLISM

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COMMUNITY 10

THE TRUTH ABOUT
ALCOHOLISM

25% of college students who drink cannot remember where they were or what they did while drinking.

60% of college students who drink in one sitting have not been in control of movement, speech, judgement and memory.

40% of college students who binge drink are suffering.

25% of students associate academic consequences with drinking.

AVG. DRINKS PER WEEK

4 DRINKS FOR FEMALE COLLEGE STUDENTS
9 DRINKS FOR MALE COLLEGE STUDENTS

F

MISSING CLASS

POOR TEST SCORES
BAD GRADES

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$0.99 MILLER HIGH LIFE DRAFTS!
$2 WELL DRINKS!  $3 FIREBALL SHOTS!

EVERY THURSDAY IS
COLLEGE NIGHT
ON FORE ST

PORTLAND, MAINE
Panelists offer uncensored advice on sex

Julie Pike
Contributor

On Tuesday, March 8, the newly founded group Huskies For Reproductive Health put on an event in the Gorham campus Lower Brooks. The event was a panel of “sexperts” who could talk and answer any questions from students about all things sex-related.

On the panel was Samar Jamali, a nurse practitioner from Health and Counseling Services at USM, Gina Rouat, a sex educator and owner of Nomi in Portland and Kimberly Brown, a disease intervention specialist, from the Maine Center for Disease Control.

The founders of Huskies for Reproductive Health, Emma Donnelly and Molly Concannon, both students at USM, created this event to help reduce the stigma that surrounds the topic of sex, especially on college campuses.

Their club began back in December, and the group decided that they need to bring the topic of sex and reproductive health up on campus. The “sexpert” panel was created to encourage students to ask their unanswered questions and to promote safe sex on campus.

Donnelly voiced the objective for the event, “We wanted students to be able to come to our event with their uncensored sex questions for our ‘sexperts’ to give them uncensored down to earth real answers with no judgement.”

The event was successful, around thirty to forty students attended, with lots of audience participation to ask questions for the panel. Each student that attended got their own goody bag with information about how to keep themselves sexually healthy, including how to contact planned parenthood.

Most of the questions rendered laughs from the audience, for their generally uncomfortable nature, but the important part was that the audience was engaged in the talk and asked a variety of questions, no matter how embarrassing they may seem.

This was just what Donnelly had intended for the event. “The topic of sex always seems kind of taboo, but we are in college and this is the age where people are typically experimenting, or have their first long term relationship and are sexually active, so it needs to be talked about.”

To keep things light free prizes were given away in several raffles, winners received free t-shirts, books, and various sex toys. Dan Welter, Chief of Staff for Campus Life at USM, was there to engage the audience, gave the introduction for each of the panelists and created the ground rules for the event. Welter kept things light by getting the audience to laugh at the more uncomfortable topics.

Donnelly and Concannon provided extra resources for any students who wish to find out more about safe sex, reproductive health, and any other questions they have. Students who wish to find out more can visit Nomi, a sex shop in Portland, Planned Parenthood on Congress St. in Portland, Portland Infectious Diseases, which have many resources and any other questions they have. Students who wish to find out more can visit Nomi, a sex shop in Portland, Planned Parenthood or USM Health Services, and STD testing and treatment for all students to utilize.

Katelyn Wiggins / Free Press Staff

From Honors on page 1

Nisetich is also responsible for one part of the generous donations. “The MEIF grant was something I did on behalf of the Honors Program,” said Nisetich. “I wrote the proposal and submitted it MEIF. It was accepted, and now we have the grant for the next 3 years.”

The course in Iceland is part of an ongoing effort to build strong educational partnerships that will both create exciting new opportunities for our students and set the stage for economic growth between our two countries,” said President Cummings in a news release, also stating that “the core of economic growth is education.”

Last semester in October, President Cummings as part of a group of 40 officials traveled to Iceland and stayed for five days, where they attended the Arctic Circle Assembly in Reykjavik.

“Last semester in October, President Cummings as part of a group of 40 officials traveled to Iceland and stayed for five days, where they attended the Arctic Circle Assembly in Reykjavik, Iceland, a small nation of 323,000 people, and Maine, its closest neighbor in the United States, has had a beneficial trade relationship since Eimskip, an Iceland-based shipping company based, designated Portland to serve as its U.S. port of call, according to USM’s website. The initiative to create strong ties between Maine and Iceland, Cummings believes, will be advantageous for the future economy as our world changes.”

Ari Jonsson, Reykjavik University’s rector/president, also expressed his eagerness for the new international education program. “Iceland’s a small country, which means that if we end up closing ourselves within Iceland and not providing the ability for Icelanders to experience and connect with people outside of Iceland, we’ll become isolated and backward,” said Jonsson. “That’s just the nature of being closed off in a small community. So, we have to open up. We have to be connected.”

The first group of students is expected to leave for Iceland in summer 2017.

President Cummings shakes hands with President of Jonsson of Reykjavik.
Maine businesses come together to raise minimum wage for entire state

Zachary Searles
News Editor

Maine’s state minimum wage is $7.50 an hour and hasn’t been raised a cent since 2009. Some Maine businesses feel that isn’t good enough, causing a coalition of nearly 10,000 individual Maine business owners to call for an increase in the state minimum wage.

The coalition proposed a four-step process. Starting in 2017, Maine’s minimum wage would increase to $8.50, then increase $1.50 each year until 2020 when the wage per hour would reach $10.

The coalition is not calling for an index in the wages, so it would not be adjusted with inflation. “Our coalition supports a meaningful increase in the minimum wage and wants to ensure that any increases are sustainable for the long term,” said Greg Dugal, president and CEO of the Maine Restaurant Association and the Maine Innkeepers Association, in a press release. “We are calling on Maine legislators to support a responsible option for voters to consider on this fall’s ballot.”

Several business owners in Maine have come out in favor of this plan, one of them being Chris Tyll, owner of Pat’s Pizza in Portland.

“I support raising the minimum wage and doing so in a way that is not harmful to small business owners,” said Tyll in a press release. “Eliminating the tip credit would hurt Maine’s vibrant restaurant industry by dramatically increasing the cost of doing business for restaurants, and others involved in Maine’s tourism industry.”

Last fall, voters in Portland decided against raising the minimum wage to $15 an hour, citing that it would hurt small businesses in the city.

While the ballot initiative was shut down in Portland, at the start of the new year the hourly wage was increased to $10.10, with a plan to increase again at the start of 2017 to $10.68 and then in 2018 the minimum wage will be directly tied to the cost of living as measured by the Consumer Price Index.

Students at USM felt the benefit from the rise in the hourly wage, receiving an email just before the new year that stated USM would raise the hourly pay to all student workers making less than $10.10 an hour.

“While the city’s action does not technically apply to members of the USM family in Gorham and Lewiston, it is our strong belief that we function and succeed as one in reaching our institutional goals and objectives and therefore the minimum wage increase is rightly shared across our university,” President Glenn Cummings said in an email in late December.

Despite the state minimum wage being $7.50, some employers are already starting their employees out at a higher wage.

“The minimum wage in our business is $10 per hour and I am confident $10 per hour is sustainable for Maine businesses and Maine’s economy,” said Ken Keiran, owner of Union Farm Equipment in Union, in a press release. “However, increasing starting wages above that threshold would outpace our pricing support and force us to either raise prices or cut positions – both of which would be bad for Maine businesses.”

The coalition is looking to get the issue onto the ballot in November and let the people of Maine decide.

“We are proposing a significant increase in the minimum wage in Maine and we are calling on the Legislature to give the voters of Maine a choice when they go to the ballot box this fall,” said Dana Connors, President of the Maine State Chamber of Commerce in a press release.

From Alcohol on page 1

important symptoms presents itself in a change of brain chemistry.

If a person continues to use in a high risk way, then you see changes in brain chemistry, and that’s when tolerance goes up,” he stated. “It’s going to take more to get the desired effect. From an academic standpoint, one of the challenges when someone continues to use in a high risk way overtime is that he/she is affecting the brain’s ability to modulate stress.”

According to the NIAAA, in 4 college students report academic consequences from drinking, including missing class, falling behind in class, doing poorly on exams or papers, and receiving lower grades overall. Dexter stated that it is important to understand with drinking, little sousages on the brain become more problematic and harder to control.

“Not every student who drinks develops an addiction, and in modernity, it’s okay to experiment, as long as you’re being safe. If any student finds themselves making changes related to their substance use, there are many support services here at USM,” Dexter said.

“No one has to feel ashamed by their drinking habits. No has to go through a substance use disorder alone.”

Student Recovery Liaison Ross Hicks, who works closely with administration to ensure that students seeking recovery, explained that a lot of people think substance use disorder means you’re morally weak or don’t have the willpower.

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

Dispelling the stigma around substance use disorders:

Diane Geyer, the coordinator of clinical substance use services, is dually licensed in mental health and substance use and works closely with students on campus who may be struggling with the disorder. She explained that there are a variety of reasons why students drink, but a lot of cases are centered around the desire to fit in and make friends.

“Having a sense of wanting to belong is a big reason it happens. These students want to belong, they want to fit in and, as most students would agree, taking risks can seem fun,” Geyer stated. “It’s important to understand that we all can have a substance use problem. Everybody is at risk, but some people are more susceptible.”

She further explained that there are two types of risk: low risk choice and high risk choice. For students who integrate drinking into their social lives, it’s important to recognize that it is okay to do so, as long as the consumer is being responsible and knows when to stop.

When a student finds themselves at a crossroads of uncertainty regarding their drinking habits, Geyer stated there are many resources for students on campus to take advantage of.

“Often times, those struggling with the disorder have to find new friends to socialize with, because their old friends are so consumed in the addiction,” she stated. “We need to stamp out the stigma of those struggling with substance use disorders - they are people just like you and me, and they can’t always control the problem. If everyone around them is using, they may not see it as a problem.”

For Jake Mitchell, a freshman physics major, his struggle with substance use disorder began in his hometown of Chicago, where he was unable to escape the grasp of addiction. The chance to recover came along when he decided to start new, move to Maine and attend USM.

“I was getting into really bad situations in the last city I lived in and this geographical change is just what I needed. I’m happy to say I am 16 months sober.”

Andrew Kiezulas, a senior chemistry major at USM, has dealt with addiction first hand and has seen how the illness affects the people. He stated that so many kids feel today feel broken and are made to feel as if the struggle with substance use disorder will never end. However, Kiezulas has made it his life’s mission to change that perspective by providing others with his experience of recovery.

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

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

“I may die a person in long term recovery. I may have an active substance use disorder, but I don’t have to be an alcoholic my whole life. I’m in recovery along with many other incredible people,” explained Kiezulas. “The truth is, I like to think I’m strong and impervious to what other people say and think - but it matters.”

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Patrick Higgins / Free Press Staff

News

March 21, 2016
Dumont’s brother is claiming that paramedics refused to come to the scene, but they didn’t want to put themselves at risk. According to a CBC report, a snowmobiler with Dumont offered to take the paramedics to the scene, but they refused, saying that government regulations that state that they cannot refuse to intervene if they themselves might be put in danger. Lewis Pelletier, Dumont’s brother, stated that they dug a snowmobile out of a snowbank after the crash and strapped Dumont to it to bring him to the ambulance, but at that point it was too late. “(Quebec) is advertising the snowmobile industry,” Pelletier told the CBC. “Little do we know that this is all they do advertise, but if you get in trouble, you’re on your own.”

National

SeaWorld announces no new generations of killer whales

Last Thursday the company announced that current generation of killer whales housed at SeaWorld will be the last. This comes almost three years after the release of the documentary ‘Blackfish,’ which profiled one of the whales and since the release of documentary SeaWorld has been under constant attack. “Why the big news? SeaWorld is changing and we’re changing with it,” the company said. “SeaWorld is finding new ways to continue to deliver on our purpose to inspire all our guests to take action to protect wild animals and wild places.” Recent reports say that Tilikum, the whale profiled in ‘Blackfish’ may be nearing the end of his life. Close estimates have him at around 35 years old. SeaWorld also announced that the company is partnering with the Humane Society to advocate for ocean wildlife protection.

President Obama gives his choice for Supreme Court judge

With the passing of Antonin Scalia, there was a vacancy in the supreme court that needed to be filled and both sides have been fighting ever since to decide as to when that position should be filled, with Republicans claiming that President Obama should not get to pick the next judge because he is within the last year of his term and newly elected president should be the one to decide. Last Wednesday President Obama nominated Merrick Garland, who is a well respected in Washington legal circles and has drawn praise from both parties, to fill the vacancy. “I’ve selected a nominee who is widely recognized not only as one of America’s sharpest legal minds, but someone who brings to his work a spirit of decency, modesty, integrity, even-handedness, and excellence,” President Obama said in a formal Rose Garden ceremony announcing his nomination. Republicans were quick to reject the nomination, one of them being Kentucky Senator Mitch McConnell who said he would not allow Judge Garland in his Capitol office or taking any action on his nomination.

International

U.S. man sentenced to 15 years hard labor by North Korea

Otto Frederic Warmbier was getting ready to leave North Korea on Jan. 2 when he was arrested at the airport for committing a hostile act against the state. Last week he was sentenced to 15 years of hard labor. Warmbier was accused of removing a political banner from the hotel he was staying in. The State Department said the punishment did not fit the crime and urged North Korea to pardon Warmbier and grant him amnesty. The trial reportedly only lasted one hour and North Korean officials presented fingerprints and surveillance images that they claim prove Warmbier is guilty. “My brother and my sister need me,” Warmbier said during the trial. “I beg that you see that I am only human, how I have made the worst mistake of my life.”

Kurdish group TAK claims credit for the Ankara bombing

The Kurdish militant group TAK is now claiming credit for the bombing in Ankara, the Turkish capital, that took place on March 13 and killed 37 people. The group says the bombing was in retaliation for military operations in south-east Kurdish. The TAK is a group that stems from the banned Kurdistan Workers’ Party and had already claimed credit for a bombing that also took place in Ankara last month. The group posted on their website, stating that the bombing had been intended for security forces and there was no intention of killing any civilians, but the group did go on to say that civilian casualties are inevitable in their attacks.

On the evening of March 13, a suicide attack was carried out...in the streets of the capital of the fascist Turkish republic. We claim this attack,” the group said on their website.

All information for Briefs was gathered from the Bangor Daily News, New York Times, CNN and BCC.

3/1/16

4:20 on 4th Hastings


3/3/16

Experiments after dark

Vandalism/Burglary. Science Building and Masterton Hall. Report of damaged door knobs. Police found that several offices in Masterton Hall and Science Building were damaged as a result of attempted and/or forced entry. Currently under investigation.

3/4/16

Blowing smoke in Upton Hastings

Criminal Mischief: Supervisory Alarm, Upton Hastings Hall. Smoke detector in pre-alarm: Officers found that a fire extinguisher had been discharged. Under inv.

3/6/16

Don’t jump!

Suspicous incident, Parking Garage. Report of person too close to the edge of the roof. Students photographing the area. No report.

3/7/16

Hey, I left my homework in there!


3/8/16

Finders Keepers

Theft report, Brooks Student Center. Theft of cash. Under investigation.

I could have sworn that was my bag

Theft report, Masterton Hall. Report of a male individual going through back packs. USM Police charged James R. Emerton, 56 of Portland with theft. He was also trespassed from USM.

3/9/16

Those parked cars come out of nowhere

Motor vehicle crash, parking garage. Caller reports their vehicle was struck while it was parked on the 3rd floor. Accident report taken.

3/11/16

Going, going, gone

Suspicious Activity, G13 lot. Report of people climbing the fence to rear Softball field. Gone on arrival.

3/12/16

Rule #1: Don’t talk about fight club

Noise Complaint, Upper Class Hall. Report of a disturbance and fight. Investigated, resolved.

Police Beat

Selections from the USM Department of Public Safety police log

March 1 to March 12
The works of William Shake- speare are so deeply woven into the English-speaking world that most folks are unaware of the extent of its impact. This April 23rd marks the 400th anniversary of the passing of The Bard, and the Portland area is not letting the event go off without a bang. Three events will be taking place throughout the month of March into April. Port- land currently houses an important artifact called the “First Folio” that is currently being showcased at the Portland Public Library. The book itself is hundreds of years old, handwritten, and contains numerous single- copy quotes of Shakespeare’s works, both well known and lesser. The First Folio will be showcased at 5 Monument Way – on the corner of Congress and Elm Streets - until April 2. 

Another event to celebrate the anniversary include a showing of Shakespeare’s famous Macbeth which is currently being performed throughout the month of March by Bare Portland. Tickets are currently still for sale and priced at $10. According to Bare’s website, Bare’s mission is to create “a performance collaborative focused on community building through site- specific creative projects,” and to “create high caliber theatrical productions open to all members of the Portland community to foster empathy and inclusiveness.”

From March 31 to April 10, the Portland Shakespeare Company will be performing Richard II at the Immmanual Chapel at St. Luke’s Ca- thedral, located at 143 State Street in Portland. Tickets are on sale and currently priced at $20. Richard II is a story of a monarch, whom since childhood believes himself to be God’s ruler of England. But his vanity threatens to send everything crumbling. General Admission for the show can be purchased online or at the door.

Professor Benjamin Bertran of the English Department teaches several classes on Shakespeare at USM. He gave a lecture on Shake- speare earlier in the week. “There were many reasons people went to see Shakespeare in his own day, and one of them was definitely his inventiveness and experimentation with words. I think we still feel a fascination with Shakespeare’s words, even though English has changed considerablly since he wrote the plays,” explained Bertran. “I will say that – and I realize this is just my bias as an English professor – we can’t truly appreciate Shakespeare until we have struggled with and, as a result come to take pleasure in, his language.”

Bertran also encouraged a visit to the Portland Library, for anyone looking to gain more knowledge. The way we consume Shakespeare is vastly different from when he was alive. Rather than attend plays in large amphitheaters, we consume Shakespeare everyday in the form of books, movies and audio. Each coming generation in the 400 years since Shakespeare’s death has gotten to consume his work in a different way, with a different set of cultural lens to color his plays. Yet, there remains a brutal timelessness about it.

“Think about how our media has changed and how that has changed our experience of Shakespeare. In many ways these changes are for the better,” said Bertran. “Think of how we can now read the First Folio as an ebook on a website. I like to be optimistic about the way our new technologies keep Shakespeare alive.”

While at the exhibit, Volunteer Kristen Vovoydich gave guests a first hand look at the hand bound tome, published seven years after Shakespeare’s death. The First Fo- lio is the first collection of plays in Shakespeare’s ‘First Folio’ exhibition at the Portland Public Library is open to the public until April 2, 2016. The library made sure to impress the importance of this through their updated murals around the ex- hibit, decorated with quotes from Shakespeare and themed furniture.

“The library made sure to impress the importance of this through their updated murals around the exhibit, decorated with quotes from Shakespeare and themed furniture. Guests were instructed not to touch the glass, so as not to trip the formation was provided, along with other unrelated memorabilia. Vovoydich also mentioned that the group prior was much smaller and that she was “hopeful to see more turn out to explore the exhibit.”

As the first collection of plays in history of the English, it is significant as an artifact from Jaco- bian times. It shows a moment in history of the English, it is significant as an artifact from Jacobian times. It shows a moment in time where theater was becoming part of culture. All 18 of Shake- speare’s plays that are bound in the book would have been lost were it not for this Folio. It took five compositors two years to print 715 copies of these folios. Each copy is unique – including mistakes.”

Vovoydich also mentioned that several original copies of ac- tor’s lines got ruined when they had been destroyed by cannon fire dur- ing a play. This particular original copy of Shakespeare’s works was carefully placed in a temperature controlled encasement of glass, using silica to maintain an even temperature so as to preserve the pages. Guests were instructed not to touch the glass, so as not to trip any alarms or disturb the book.

Marc Vovoydich, visiting the exhibit in support of his daughter, said “It’s a remarkable opportunity for the people in this community to be in touch with the shared heri- tage that goes back to England and Shakespeare... I don’t think anything like this has ever happened before, here in Portland. I’ve been at Strat- ford upon Avon and Shakespeare’s grave. It’s nice to be able to get in your car and be reconnected to his- tory.” Earlier in the exhibit, he en-thusiastically instructed those wait- ing to visit the presentation to tell his daughter how brilliant it was - something none found hard to do. Miss Vovoydich, who has a Mas- ters in Shakespearean Literature, has been studying The Bard for a while. She wants to stress that it is no small deal that the First Folio is in Portland. An extremely rare object is available for the public to gawk at, and it’s just on Congress Street. Without The First Folio, our language and culture would abso- lutely be different.

“A remarkable thing to do is to see a first edition. It is incredible. The amount of access you get by it being in a public li- brary is great because it gives an introduction that someone might not otherwise have.”

After the exhibit, guests were encouraged to visit the guest shop where Shakespeare texts and in- formation was provided, along with other unrelated memorabilia. Vovoydich also mentioned that the group prior was much smaller and that she was “hopeful to see more turn out to explore the exhibit.”
Indie film on Netflix is a noteworthy watch

**Dope**

**John Rocker**

*Free Press Staff*

Dope is an Indie film that came out last year. The reviews for this film were positive and it got an 88% on Rotten Tomatoes. The story takes place in present day, but based on how the main characters are dressed, you wouldn’t believe that. The main characters are three teenagers who are about to graduate high school and they are considered geeks. They are obsessed with 90’s culture and they have their own band. Out of the three, the story focuses on Malcolm (Shameik Moore). He lives in Inglewood, California, an area known for a lot of criminal activity. He lives with his single mother and his father left him when he was young, but despite all the things surrounding Malcolm, he wants to better himself. He wants to do well on the SATs and even go to Harvard. The story really kicks off when Malcolm and his friends go to a party by a hot young lord, and chaos ensues from there.

The story takes a lot of crazy directions, but it’s something that grabs your attention and is paced well. It’s an adventure film mixed with a coming of age film, set in modern times. It’s a film that’s difficult to categorize. The film is truly something original, which is great to see. It also gives a great message. No matter where you come from, you can achieve it if you are willing to make the effort. This is something that is shown throughout multiple points of the film with different characters, and it works.

The performances are also noteworthy, particularly Shameik Moore. He did a fantastic job of making his character feel natural and likeable. Throughout the movie, you watch this character evolve while still retaining to his true self, and Moore certainly deserves a lot of credit for this. I hope to see him in more movies in the near future. Really, most of the performances felt natural, with the exception of a certain businesswoman. Other than that, the cast does a great job and the dialogue certainly helps. It’s a great mix of comedy and drama, and it gives the characters a lot more complexity. It makes the characters believable, which makes the world feel believable, which makes the story feel believable.

Looking at the technical aspects, the editing is definitely something worth mentioning. It does a great job using non-linear storytelling at points, allowing us to go back to certain points in the story to fill in the blanks. Perhaps a certain moment is lost in the chaos. There is also an incredible emphasis on music and it’s used in interesting ways with the editing. There’s one moment where a song says “backwards” and the film literally starts to go backwards because it is going to take us back a point in time to fill in the blanks. It’s like that make this film stick out from the rest. The soundtrack is a huge part of the story, making the characters, since a majority of it is 90’s hip-hop.

Overall, *Dope* is an original and enjoyable film with a good story and great performances. Since the film is on Netflix, *Dope*, I’d give it my highest recommendation.
Join the team!

Krysteana Scribner
Editor-in-chief

This week, the Free Press team returns from a Journalism Conference in NYC with new ideas to showcase in our print edition. We changed the teasers, found on the first page of our paper, and after our brief vacation coming up in a few weeks, we will be adding new design and layout like you’ve never seen before.

On our trip to NYC, I learned what it means to be both a leader and a friend. I bonded with my staff members in ways I never had before. I had the chance to see them as people outside the office for a chance, and I’ve never felt closer to each and every one of them.

One of my favorite things about being a part of the Free Press team has been learning and growing with my co-workers. Regardless of my higher title, I see myself as equal to my peers, another cog in the machine of student journalism. We are all important here, even those of us that write only one article a month.

We’re looking for more Free Press staff members to join our team. You’re not required to have any writing, design or photography experience because we have staff here that are trained to help you. If you send us an email with your resume, we can set up a meeting to discuss your options. You can write for any section you want, take photos of any event you please and be a part of a team of individuals with varying interests and career goals.

It’s great experience on a resume, and has served as a transition job into places like the Bangor Daily News. So why not give us a try?

The NMMP experience: What did we learn there?

Nicholas Beachenne
Sports Editor

This past weekend, nine members of the Free Press staff spent four days and three nights in New York City. Attended at the College Media Association (CMA) conference, this trip gave us all a chance to sit in on presentations with professionals across the vast spectrum of careers in the fields of people and journalism. As impactful as the conference was though, the experiences that we shared as a staff and as friends will be something that we learned as any of the classes we attended.

The Manhattan in Times Square, a 22 story structure owned and operated by some conglomerate out of Qatar, was our home for the trip. Four blocks from Central Park and pollinators—tell them why you don’t want them on your plants. It’s not just big box stores which sell these pesticides, or nurseries that spray pesticides on their plants. It’s not just the tower, stretching skyward, flanked by mourning people immediately picture a honey bee, but there are many other plants, such as squash, milkweed, and purple coneflower, pollinated not by a bee, but by a kid with a big butter knife.  Get out there and enjoy the flowers. Join us at the Portland First Friday Seed Bomb Slow Ride in April! If you are into citizen science, visit the Maine Island Fish and Wildlife website where you’ll find information on the Maine Butterfly Survey and the Thistle Bee Atlas (where you get to run around like a kid with a big butterfly net!).

Beekeepers watch bumblebees clumsily fly from flower to flower, or visiting an apple orchard, take time to appreciate pollinators. That hum you hear on a spring day may just be your fall apple being pollinated.

Lisa Willey
Sustainability & ME

What springs to mind when you hear the word “pollinator”? Most people immediately picture a honey bee, but there are many other insects and even birds which are critical to pollination. Essentially a pollinator is a critter who, in its efforts to put food on the table, spreads pollen from one plant to another. This fertilizes the plant, which eventually produces some sort of seed or fruit. According to the Pollinator Partnership (www.pollinator.org), 75 percent of the world’s flowering plants rely on pollinators, about 200,000 species in all, including bees, butterflies and bats. This isn’t simply about blueberries and apples; animals that are important to humans, such as cows, rely on flowering plants. If you like chocolate, think about the fact that a tiny fly pollinates the cocoa plant.

The biggest threats to pollinators are pesticides and herbicides. It makes sense: if a pesticide is meant to kill hornets, it will kill honeybees. If it’s meant to kill weeds, it will kill dandelions, a very important nectar source for many insects, including honeybees and butterflies. Broad-spectrum insecticides are the worst, as they are designed to kill ALL insects. For a complete list of pesticides that can harm pollinators, visit www.xerces.org. The most important thing you can do to help protect pollinators is not to use pesticides. Also, protect pollinators by testing your wallet. Refuse to shop at places that sell pesticides, or nurseries that spray pesticides on their plants. It’s not just big box stores which sell these chemicals; smaller greenhouses may also. Always ask, and if they sell or use these toxic chemicals, tell them why you won’t be shopping there.

Boycotting the products is one of the best ways to bring about a ban on their use. Write, call, and email your senators and congress members (contacts available at www.maine.gov), about legislation to ban chemicals such as Neonictinoids and brands such as Round Up. There are other alternatives to dealing with pests, including hand picking and raising praying mantis and ladybugs, which consume many garden pest insects. This is called “integrated pest management,” and a great place for ideas is www.maine.gov. Get out there and enjoy the work of pollinators! Stop and smell the roses, visit a local beekeeper (like The Honey Exchange on Steven’s Ave), and think about how you can help to protect the pollinators who are our friends.

The birds and the bees: Learn to appreciate the pollinators

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Interested in working with us?
Visit our website at www.usmfreepress.org or email our editor, Krysteana Scribner at kscribner@usmfreepress.org with a copy of your resume and letter of interest. We respond to all applications.

We’re looking for more Free Press staff members to join our team. You aren’t required to have any writing, design or photography experience because we have staff here that are trained to help you. If you send us an email with your resume, we can set up a meeting to discuss your options. You can write for any section you want, take photos of any event you please and be a part of a team of individuals with varying interests and career goals.

It’s great experience on a resume, and has served as a transition job into places like the Bangor Daily News. So why not give us a try?
Weekly Horoscope

**Aries**
March 21-April 19
Your family needs freedom and independence today. Physical action can channel high energy.

**Taurus**
April 20-May 20
Time to catch up on the family news. Perhaps you can visit, or phone some other family members and hear the latest.

**Gemini**
May 21-June 20
You blend the left and right brains, but are tempted to enjoy your own inner world. Keep in touch with those around you.

**Cancer**
June 21-July 22
Thrift comes more naturally to you today. Fixing up the old rather than buying something new is also satisfying.

**Leo**
July 23-August 22
Sometimes you just want OFF the "information highway." Don't be afraid to take a break!

**Virgo**
August 23-September 22
You can be the life of the party today. Your sense of humor is accentuated and your entertaining skills are strong.

**Libra**
September 23-October 22
You will need to discriminate between what is really necessary for you to do now and what can be done later or by someone else.

**Scorpio**
October 23-November 21
Creative efforts pay off. Your abilities and flair contribute to material rewards. You are appreciated.

**Sagittarius**
November 22-December 21
Rumors create financial anxiety if you listen. Those who talk the most often have the least to say. Trust yourself and your abilities.

**Capricorn**
December 22-January 19
Time for communication! Bring up those issues you’ve been avoiding and encourage your partner to face facts also. Talk it over.

**Aquarius**
January 20-February 18
You find many varied demands on your time at work today. A lot of little tasks call for your attention.

**Pisces**
February 19-March 20
Today you can be very goal directed. What you set your heart and mind upon, you will accomplish.

Crossword

**Down**
1. Drink TV ad
2. Hear ______ drop
3. Barn storage space
4. "The Hairy Ape" playwright
5. UPS rival
6. Brand of guppies
7. "Take ______" (Rihanna song)
8. Horse lady
9. Like some sea bass
10. Suffix with meteor or planet
11. Feature with a high elbow
12. Earl of Roosby
13. Ball
14. Licks the tail out of the bag
15. Plan or Gears
16. "I'm listening..."
17. Math class before calc
18. More prying
19. ____ and a leg
20. Followed orders
21. Provides funding
22. Right- or left-handed
23. Cuban dance
24. Sawyer of morning TV
25. Ken Lay's company
26. CAT procedure
27. Sisters.org
28. Divor Lauren
d
29. Racquet
30. End of a presenter
31. Hurd
50. Recall
51. Musical key with four sharps
55. Possible plea, briefly
56. Brook rock band
58. Game on handwritten
59. "Stupid, stupid dummy"
60. Recruit body
61. "Oh no!"
62. Fade away
63. Wipe
64. "Holy cow!"
65. College-level H. S. test

**Across**
1. Nohbuse
2. Tree borne
3. Cause for a pause
4. Second word in many hairy tales
5. Burn
60. Bipedal, ______ stupid dogo"
62. Fade away
63. Wipe
64. "Holy cow!"
65. College-level H. S. tests
42. ____ own tails
43. "I'm ______..." (Paul Simon song)
45. Yeens-inducing speaker
47. Red ______ (German race)
48. Danielle Steel novel
52. Catch in a net, e.g.
53. Previous store
54. Controlling
57. Brie
58. Whine saying
60. Noy
61. Full drink
64. Bit of thunder
69. Rose Nylund's birthplace St.
70. "One Flew Over the Cuckoo's Nest" novelist Ken
71. Appetite starter?
73. Pick, as cheeks

Sudoku

The object of a sudoku is to fill in the remaining squares so that every row, every column, and every 3 x 3 box contains each of the numbers from 1 to 9 exactly once.

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How do we choose roommates? They are the people we will be living with for varying chunks of time, so hopefully our roommate is the kind of person we are looking for. What are we looking for? Are they like us? Do they work? What is their major? These are all very important questions to consider before making a final decision.

On March 9, student activities hosted a Speed “Roommating” event in order to relieve any anxiety students feel about finding a roommate for the upcoming school year. A take on the “Speed dating” concept, in Speed “Roommating,” located at Lower Brooks on the Gorham campus. Students each received a name tag where they list their basic idea of what roommates they are looking for. A fellow honor student, a specific gender or gender neutral person, or even if they have no preferences at all.

Coordinator of student activities, Samantha Elliot states, “Regardless of roommate gender or gender neutral, every student will have an opportunity to speak and network for compatible friends at the ‘Speed Roommating’ event.”

Students of USM

Blue Hayler: Moving across the country for his passion

Meaghan Gonsior
Free Press Staff

Born and raised in the mountainous region of western Montana, Blue Hayler fell in love with the ice when he was in the first grade. He learned to skate on a frozen river nearby his family’s rural cabin. Shortly after he joined a youth hockey team in Missoula, his parents and brother became hooked on the sport as well.

A successful high school career for Hayler included three state championship titles, leading his hockey team as captain, and being selected as all-state in both soccer and lacrosse. He was attracted to the University of Southern Maine that USM’s coach Edward Harding recruited Hayler as a forward/wing, based on his strength and speed. Harding also looks for “hockey sense and competitiveness” in his players.

Blue is a very driven and hard-working young man. He knows the direction that he has to go to become successful.” Hayler was attracted to the University of Southern Maine based on the school’s engineering program, as well as the opportunity to take his hockey career further.

After moving to Maine last fall, Hayler discovered that his expectations of vaccationland were slightly off. “I was expecting everyone to have these crazy accents, but they just don’t. It was kind of a let down, actually.” Hayler laughed. He isn’t the first person is his family to attend college in Maine. As a student at the University of Montana, his mother spent a semester away studying at USM in Portland.

If Hayler’s life had a theme song, he’d pick “Hotel California, because it’s awesome,” and his favorite read is Robin Hood.

“All the guys on the team are good guys, automatic friends. You get instantly molded into the system... We didn’t have the best season this year... It’s a good conference, all the teams can beat each other,” Hayler said, remaining positive that the Huskies will have a better run next year.
USM Lacrosse teams excited for 2016 season

Nick Beauchesne
Sports Editor

After finishing the 2015 season with a 6-7 overall record, the University of Southern Maine’s Men’s Lacrosse team is looking for a change of pace this season. The Huskies have a total of eighteen returning players on their roster, including their top scorer from last season, junior Seth McStowe (Plymouth, MA / Plymouth-Wilmington), and junior Jaymz Jurgelevich (Portland). Eddie Area).

Men’s Lacrosse team is looking forward to heading even further during the 2016 season. The Huskies ended the 2015 season with a 7-12 record and a total of 230 goals scored in those nineteen games.

The Huskies will have eleven players returning to the team, including top scorers from 2015, seniors Sarah Pelligrinelli (Southington, CT / Southington) and Anh Nguyen (South Portland, ME / South Portland), Pelligrinelli led the team in goals, scoring 54, and came third for assists with 11; totaling 65 points for the season. Nguyen led the team in points with 71, 40 goals and a team high of 31 assists. Pelligrinelli and Nguyen were named All-Little East Conference players.

USM freshon named pitcher of the week

The Little East Conference announced its first set of weekly baseball awards last week and USM freshman Dalton Rice (Oxford Hills) was selected as the Pitcher of the Week. In his first collegiate start this past Saturday, Rice pitched six shutout innings for the Huskies en route to a 14-2 victory over Worcester State University.

USM senior named to All-New England Region Fourth Team

Senior Megan Pelletier (Winslow, Maine/Messalonskee) of the University of Southern Maine Huskies’ women’s basketball team has been named to the D3hoops.com All-New England Region Fourth Team. Pelletier is earning all-region honors from D3hoops.com for the first time.

Scoreboard

March 9

Men’s Lacrosse
USM 11
Husson 3

March 12

Baseball
USM 7
Worcester St. 4

Women’s Lacrosse
USM 17
Husson 2

March 16

Men’s Lacrosse
USM 25
Farmington 2

Women’s Lacrosse
USM 8
Saint Joseph’s 13

Upcoming

March 21

Baseball
@ Auburndale, Fla. vs. Salve Regina
Starts: 11:00 a.m.

Softball
@ Claremont, Fla. vs. Worcester St.
Starts: 1:00 p.m.

March 23

Men’s Lacrosse
Southern Me. @ Mount Ida 3:30 p.m.

Men’s Tennis
Southern Me. @ Thomas College
Starts: 4:00 p.m.

Softball
Salve Regina @ Southern Me.
Starts: 11:00 a.m.

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