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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, relieve stress, or simply relax, it has both a strong and varying affect on those who decide to drink. Why does alcohol cause us to feel different? 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 risk, consuming the beverage often and/or in large quantities can put you at risk. According to the National Institute on 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 another student who was drinking, 24 die from alcohol related injuries, and over 97,000 students reported another student who was drinking, 696,000 students are assaulted by another student who was drinking, while 696,000 students are assaulted by another student who was drinking.

Consequences of Drinking in College:

According to the National Council on 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 struggle in academics, memory loss, sleep deprivation and a number of medical conditions that develop longer you consume, such as Anemia, Cardiovascular Disease, Depression, Liver Disease, Panic attacks, and more.

Coordinator of Learning Support at USM, Paul Dexter, is in charge of building partnerships with academic departments across the institution to identify ways to help students succeed. He explained that when drinking, comes lack of sleep, and with that comes the inability to function as well as those who do not drink.

“Many people believe [alcohol] helps you sleep because of the initial depressive affect, but with enough consumption it actually reduces the amount of REM sleep (or deep cycles of sleep) one gets...” he stated. “These REM sleep cycles are required to feel well rested and this is the time when information you take in during the day is solidified in your memory. The less REM sleep we get, the less effective learning and memory. In turn, the effects lead to clear signs of drunkenness: Difficulty walking, slurred speech, memory lapses and acting on impulsive behavior.”

Not everyone who drinks develops an addiction, and in moderation, it’s okay to experiment, so long as you’re being safe.

Paul Dexter, Coordinator of Learning Support at USM

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. Carolia 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.

“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 Nistitch, 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 in 2017, because it is, a limited funds, which were designated the gift as an endorsement for international opportunities for USM students, according to USM’s website.

See Honors on page 3
$0.99 MILLER HIGH LIFE DRAFTS!

$2 WELL DRINKS!

$3 FIREBALL SHOTS!

EVERY THURSDAY IS COLLEGE NIGHT!

ON FORE ST

MARK3 PLACE

PORTLAND, MAINE
Panelist 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 Jamal, a nurse practitioner from Health and Counseling Services at USM, Gina Roark, a sex educator and owner of Nomia 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 judgment.”

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 Nomia, a sex shop in Portland, Planned Parenthood on Congress St. in Portland, Portland Infectious Diseases, which have many resources and exams, and STD testing and treatment for all students to utilize.

Try something NOT MALL while out at the Mall!

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 Grant 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. Iceland, a small nation of 323,000 people, and Maine, its closest neighbor in the United States, have 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 Icelander to experience and connect with people outside of Iceland, we’ll become isolated and backward,” said Jonsson. “That’s just the nature of being isolated 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.

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@USMFreePress

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 50 cents 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 wouldn’t be adjusted with inflation. “Our coalition supports a meaningful increase in the minimum wage and wants to ensure that any increase is 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 isn’t harmful to small business owners,” said Tyll in a press release.

“Eliminating the tip credit isn’t harmful to small business,” his plan, one of them being Chris Tyll, owner of Pat’s Pizza in Portland.

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News Editor

The coalition is looking to get 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 Maine’s economy, said Ken Keiran, owner of Union Farm Equipment in Union, in a press release.

“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,” said Dexter. “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 changes are made to accommodate 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 not technically apply to members of the USM family in Gorham and Lewiston, it is our strong belief that we function and succeed as we do 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.

Students at USM feel 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.

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Police Beat

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 a attempt of 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!

3/7/16
Hey, I left my homework in there!

3/8/16
Finders Keepers

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. Emerson, 50 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.

News

March 21, 2016

Local & State

Bill proposed by Gov. LePage opposed by slim margin

Early last week Gov. Paul LePage proposed a bill that would impose a mandatory six-month driver’s license suspension for any convicted drug dealers. A legislative policy committee voted to oppose the bill with seven against and six in favor.

According to Republican Sen. Scott Cyrway, this new law would give law enforcement with a greater tool to combat the drug problem in the state.

“We are experiencing one of the worst drug epidemics in history, and we need to use all tools that are available to fight the battle to keep drugs off the streets,” Cyrway said.

Maine has filed for waivers from federal supervision provisions in the past, but Gov. LePage is no longer inclined to do so because it goes against his personal stance on drug enforcement. Failure to file for the waiver will result in a $13 million loss in federal highway funds.

Judge will decide if Bangor man was sane or not during the beating of his girlfriend

Joshua Cole was arrested back in 2014 for beating his pregnant girlfriend to the point where she is now blind. Cole has a history of mental illness, so a Superior Court judge will now decide if he “acted in a state” or not when the beating took place.

Cole has been hospitalized all over the state and is currently being held in the mental health wing in a correctional center in Windham.

He was out of his mind when he committed these acts, suffering from an acute mental illness, and was not taking his medication,” Hunter Tzovarras said in his opening statement. “He was delusional, irrational and unable to appreciate the wrongfulness of his actions.”

Two psychologists have testified to Cole’s defense, both of whom said he was sane or not when the beating took place.

Paramedics allegedly refused to help man in snowmobile accident

On March 2, Glenn Dumont collided with another snowmobile, dying in the crash. Now, Dumont’s brother is claiming that paramedics refused to come to the crash because they didn’t want to deal with the accident, which was in a wooded area with the nearest road about a mile away.

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 they can 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.

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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.

“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 BBC.
The works of William Shakespeare 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. Portland 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, hand bound, and contains numerous single copies 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.

Recent events 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, whose mission is to create “high caliber theatrical performances 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.”

“Think of how we can read the First Folio as an ebook on the website...” — Benjamin Bertran, English Professor at USM.

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 and displays. One such mural had quotes from Romeo and Juliet. It also modernized the ancient story by making it into “tweet” form.

Shakespeare’s ‘First Folio’ exhibition at the Portland Public Library is open to the public until April 2, 2016.

While at the exhibit, Volunteer Kristen Voyvodich gave guests a first hand look at the hand bound tome, published seven years after Shakespeare’s death. The First Folio is the first collection of plays in to be in touch with the shared heritage that goes back to England and Shakespeare. I don’t think anything like this has ever happened before, here in Portland. I’ve been to Stratford upon Avon and Shakespeare’s grave. It’s nice to be able to get in your car and be reconnected to history.” Earlier in the exhibit, he enthusiastically instructed those waiting to visit the presentation to tell his daughter how brilliant it was - something none found hard to do. Miss Voyvodich, who has a Masters 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 gaze at, and it’s just on Congress Street. Without The First Folio, our language and culture would absolutely be different.

“...the fact that it’s in Portland is incredible. The amount of access you get by it being in a public library 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 information was provided, along with other unrelated memorabilia. Miss Voyvodich also mentioned that the group prior was much smaller and that she was “hopeful to see more turn out to explore the exhibit.”

Think of how we can read the First Folio as an ebook on a website... I like to be optimistic about the way our new technologies keep Shakespeare alive.

Benjamin Bertran, English Professor at USM.

Amanda Melanson / Free Press Staff

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Logic performance in Portland was all about the fans

On Friday, March 11 the rapper Logic played a sold out show at State Theatre. Opening for him was Dizzy Wright who, also a rapper, is a much different performer than Logic. Together the two put together a very energetic show, filling State Theatre with more concertgoers than I’ve seen in some time.

The opening of the concert made me optimistic about the coming show. I was surprised when Dizzy Wright and his band members took the stage. Having only been to a few rap concerts myself, including OFWGKTA (for Odd Future) and Macklemore (wasn’t crazy about his show), I didn’t expect that Dizzy’s performance would incorporate live instruments. I wouldn’t call Dizzy a lyrical genius, but I also don’t think his objective was to blow away fans with clever lines. At times, I would have called his beats boring and likened them to some of the played out rap music that’s on the radio, but the fills and syncopations from his drummer kept it fresh and exciting. Dizzy also does a good job of engaging the crowd, keeping concertgoers involved with the music.

After Dizzy Wright departed, Logic’s DJ did his best to satiate the crowd before the headline act came on. He played one track featuring an Outkast sample that I found to be quite fresh. This provided me with a good, relatively quiet moment to find out a little about Logic’s fanbase and how they feel about him. Based on my sample, I would estimate that the median age of Logic’s followers is around 18 years old. I met fans who were 21, 18, 19, and some who were in their mid-20’s and early 30’s; however, Logic’s most enthusiastic fans appeared overwhelming to be 18 and under. Regardless of age, gender, or any other factor, there were some feelings about Logic that were ubiquitous among fans. In short, the people I spoke with felt that Logic cares about his fans, spreads a positive message in his music and provides content with more depth than a lot of popular rap artists. One fan, named “Devin” exclaimed that Logic is “lyrically off the charts” when I inquired as to his reasons for following the rapper. Others described him as “old school.”

Logic’s performance itself was focused around his fans. He played his most popular songs and got to know the crowd, while providing some interesting visuals in the background. Much of the supporting visuals were images from pop culture. A couple of clip inclusions from the film Akira and the series Cowboy Bebop. His performance was visually stimulating, with some cinematic qualities. As for the crowd interaction, he took his time at the beginning of his set to talk to some members of the crowd, finding out their names and ages. After speaking with quite a few, Logic talked to 13 year old boy named “Son.” After finding that he was familiar with one of his songs, Son was invited up on stage to perform the song with Logic himself. It’s safe to say that Logic is a highly competent lyracist. His instrumental tracks are also varied and interesting. Logic’s production is tight. There were no awkward hiccups in the performance, and the sound was clear and suited to the venue. Overall, it was a good time, and Dizzy Wright was an excellent opener for Logic. If you’re looking for high-energy rap concert and part of the younger crowd (under 21), I doubt you’ll find a Logic concert to be disappointing.

Indie film on Netflix is a noteworthy watch

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 local 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 business man. 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 detail was 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 to a point in time to fill the blank. It’s like a small thing that makes this film stick out from the rest. The soundtrack is wonderful, 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 out on Netflix, I’d give it my highest recommendation.

WHAT CAUGHT THE EYES AND EARS OF OUR STAFF THIS WEEK

Logic's performance in Portland was all about the fans. He played his most popular songs and got to know the crowd, while providing some interesting visuals in the background. Much of the supporting visuals were images from pop culture. A couple of clips included scenes from the film Akira and the series Cowboy Bebop. His performance was visually stimulating, with some cinematic qualities. As for the crowd interaction, he took his time at the beginning of his set to talk to some members of the crowd, finding out their names and ages. After speaking with a few, Logic talked to a 13-year-old boy named “Son.” After finding that he was familiar with one of his songs, Son was invited up on stage to perform the song with Logic. It’s safe to say that Logic is a highly competent lyracist. His instrumental tracks are also varied and interesting. Logic’s production is tight. There were no awkward hiccups in the performance, and the sound was clear and suited to the venue. Overall, it was a good time, and Dizzy Wright was an excellent opener for Logic. If you’re looking for high-energy rap concert and part of the younger crowd (under 21), I doubt you’ll find a Logic concert to be disappointing.
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, as 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 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?

Nicholas Beachenesne
Sports Editor

This past weekend, nine members of the Free Press staff spent four days and three nights in New York City. Attendees 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 some- thing memorable 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 Pollution...This trip, when we began the six hour drive down this road, we were when we first got on the road because I’ve not just a collection of coworkers. We are now people of a shared experience, and are all far closer as a result. Some activities that we did during the CMA conference that we hope our work from here forward will reflect the impact and skills attained. I think that they will. Something else though that I believe will reflect itself the Free Press from here on will be on the closeness that this trip created.

The NYC experience: What did we learn there?

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Self Exploration

The NYC experience: What did we learn there?

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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 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. On-line TV show
2. Hear ___ drop
3. Barn storage space
4. “The Hairy Ape” playwright
5. UPS rival
6. Favorite creature
7. Take ___ (Rihanna song)
8. Home lady
9. Like some old basis
10. Survive with meteor or planet
11. Feature with a high elbow
12. Exquisite beauty
13. Belt
14. Let the cat out of the bag
15. Plan or climax
16. “I’m listening…”
17. Math class before café
18. More crying
19. ___ and a leg
20. Followed orders
21. Provides funds
23. Cuban dance
24. Sawyer of morning TV
25. Ken Lay’s company
26. CAT procedure
27. Sisters’ org
28. Diner Lugareses
29. Racquet
30. Enola’s perimeter
31. Ayd
32. Recall
33. Musical key with four sharps
34. Possible plea, briefly
35. Brook rock band
36. Game on handshake
37. “Stupid ___ stupid doo”
38. Recall body
39. “Oh no!”
40. Fails away
41. Weight
42. “Holy cow!”
43. College-level H/S tests
44. Rumors create financial anxiety if you listen. Those who talk the most often have the least to say. Trust yourself and your abilities.
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71. “Holy cow!”
72. College-level H/S tests
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Across:
1. Nihombus
2. Chief butler
3. Cause for a pause
4. Second word in many fairy tales
5. Burn
6. Recall
7. Musical key with four sharps
8. Possible plea, briefly
9. Brook rock band
10. Game on handshake
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The solution to last issue’s crossword:

**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.

Sudoko:

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

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Expressed 5/16/16
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 put their basic family/roommate info. Shortly after, students were encouraged to ask questions that are important to speak with all the students attending.

We want to help build friendships as well as find roommates!” In 3 to 5 minutes, students will have the option to utilize note cards with questions they could ask a potential roommate, but students are encouraged to ask questions that are important to them. The conversation can be cut short, which students feel comfortable with.

Ideally, after their 3 to 5 minute interaction, students will have a general idea of whether or not they like the person they met with and ideally like them enough they might want to live with them so they will write their name down on a note card to be turned in at the end of the night.

In order to minimize pressure and promote a sense of comfort between students, contact information will not be exchanged during the event. If two students both write down each other’s names on a card after a successful meeting, student activities will send contact information to the matches.

Thankfully, if students are having a difficult time warming up to each other, student activities provides an ice breaker question like: “If you had to be one age forever, what age would you be and why?” The ice breaker question aims to get each person thinking and become comfortable with one another.

Often, students struggle to meet new people after the school year begins. They find their group of friends and classmates, forgetting that we are on a campus full of other interesting people.

Eliot notes “We have been noticing for the past few parts of being on a collegiate team is the success and losses together.

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 near 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, receiving Missoula’s highest academic award, the eagle gold medal, and earning all-state in both soccer and lacrosse.

After high school, Hayler spent two years playing hockey on the East coast for the Richmond Generals in the U.S. premier hockey league.

“It was a blast, one of the best times of my life. I got to play hockey and didn’t have to worry about school.” It was in Virginia that 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.

When he’s not on the ice or playing other team sports, Hayler enjoys being active outdoors: backpacking, mountain biking and avoiding spiders whenever possible. According to Hayler, Portland is somewhat similar to his hometown of Missoula, which he describes as “a laidback college town, where most people know everyone else.”

After moving to Maine last fall, Hayler discovered that his expectations of vacationland 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 Southern Maine, 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.

According to Hayler, one of the best parts of being a freshman is the camaraderie forged, through both wins and losses together.
USM Lacrosse teams excited for 2016 season

By 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 scorers from last season, junior Seth Wing (West Gardiner / Gardiner Area).

Wing was announced captain for his second year in a row, alongside seniors Ryan Jurgelevich (Plymouth, MA / Plymorton), Eddie McStowe (Plymouth, MA / Plymorton North).

Five freshman and junior Joe Pena (Saco / Thornton Academy) and Joe DelGiudice (West Gardiner / Gardiner Area) join the Huskies for the 2016 season. Freshman Paul Leonardo (Groton, MA / Groton-Dunstable) has already made his mark with the team after being named Little East Conference Rookie of the Week.

Leonardo’s strong performance in the Huskies matchup against Maine Maritime Academy, where he scored three of the teams fourteen goals including the game-winning goal, prove him to be a strong contender in the Little East Conference.

So far, 2016 looks good on the Huskies. They dominated their first two games of play winning 14-6 over Maine Maritime Academy in the season opener and then taking down Husson University 11-3 in their home opener. The Huskies host UMass Dartmouth for their next home game on Saturday, April 9th at 1:00 P.M.

USM looks to open season strong

After finishing last season at the Little East Conference Semi-final game against Plymouth State, the University of Southern Maine Women’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 co-captains for the 2016 USM Huskies’ men’s tennis team. Second-year head coach Theo Marwick 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 looks at some key returning players

Senior Megan Pelletier (Winslow, ME / 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.

Pelletier, a guard for the Huskies, was named Little East Conference Rookie of the Week. LaSalle was a force in the Huskies season opener against Husson University. In the 17-2 victory, LaSalle tallied a goal, five draw controls, and six ground balls.

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Students named co-captains for USM’s 2016 tennis team

Senior Tyler Adams (Buxton/Bonny Eagle) and junior Kyle Curley (Gorham) have been named co-captains for the 2016 USM Huskies’ men’s tennis team. Second-year head coach Timothy Lacombe made the announcement. They are two of the four returning All-Little East Conference players.

Contact: editor@usmfreepress.org

USM freshman Dalton Rice 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

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Top story in USM sports

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Scoreboard

March 9

Men’s Lacrosse
USM 11
Husson 3

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.
11:00 a.m.

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