NEASC visits USM for mid-cycle review

Every ten years, the University of Southern Maine gets evaluated by the New England Association of Schools and Colleges (NEASC) on an array of standards that all reputable academic institutions in the region are assessed on. These evaluations are directly tied to the university’s standing as an accredited institution. The last official accreditation visit took place in 2011. Five years after each NEASC accreditation, USM is required to complete an Interim Report, where they are tasked with showing what steps have been taken since the last visit, as well as what other things the university needs to work on in order to ensure a positive assessment in 2021. In the middle of this ten year cycle this year, USM hosted NEASC representatives visiting the campus this past week. Universities are evaluated on a set of 11 separate standards, each of which has a series of sub-standards that further encompass what makes up a university. See NEASC on page 4.

Relay for Life event has USM students “Kicking it to Cancer”

“Not In Our Halls” is an initiative created by the Residential Life department on the Gorham Campus to stop the instances of hate and racism in residential halls. It began as a way to help educate students on how to be a good active bystander and to encourage students to stop bullying or tormenting others. This initiative began after there were issues of graffiti being put up in the residence halls on the Gorham Campus. Other students had overheard rude comments, or microaggressions, which are brief verbal comments or behaviors that are hostile, derogatory and/or racist, directed towards them in the hallways that made them feel uncomfortable or targeted.

The “Not In Our Halls” program has put up bulletin boards in every residential hall on campus to inform students about this issue and to prevent those comments being made in the future. The boards explain how each student can help if they see an act of hate directed towards others. It encourages students to respectfully confront inappropriate behaviors or actions and to report it to a professional staff member or online anonymously.

The board also includes several phone numbers to call to report those acts, including the USM Police Department and Residential Life. To inform students about what hate crimes and microgressive behaviors are, the board clearly outlines how to define them so students can be aware if they see or hear it happening.

Initiative aims to prevent hateful and racist acts

Julie Pike
Contributor

Every Residential Director and Resident Assistant (RA) is working to inform each student about what to do if they witness an act of racism, sexism or any uncomfortable comments being made. Each RA was given a format to follow for the boards to be put up in each hall, and personalized them to their liking. In the dorm Upton Hastings, they also had a program where they asked residents what diversity meant to them, which is on display in the lobby of the dorm.

Rikki Demoranville, an RA in the Upton Hastings dormitory, stated that the board was a way for RAs to open dialogue with residents to get people talking about issues they don’t necessarily want to address.

“Some people are not aware that what they are saying is hurtful, thinking of it as a joke, and this helps students gain a new perspective,” she stated. “It’s an important subject and it’s not easy to talk about, but it needs to be done.”

Jason Saucier from the Residential Life Office on the Gorham Campus, who is an active proponent of “Not In Our Halls,” said that he wants to encourage students to be active bystanders if they see any instances of students speaking against others, and for them to speak up and say something like, “Not in our Halls.” He is hoping this program will catch on with students on campus, to create a more welcoming, comfortable environment for all students to enjoy.

For full story, see page 10
Primaries are in full swing, twenty states still to decide

Free Press Staff

Having explained how the caucusing process works in Maine, in a piece titled “Maine is one of 13 States that has a Caucus, Here’s how it Works,” prior to when state party members of the Republican and Democratic Party’s caucuses as a means of declaring their respective preferences for the presidential nominee’s, members of the USM community may be curious about the state of the current primary election season.

According to the Associated Press, Bernie Sanders, with 62.3 percent of the vote from Maine Democrat party members claimed victory over Hillary Clinton, while Ted Cruz earned 45.3 percent of the Maine Republican caucus goers, beating front-runner Donald Trump and John Kasich. In other words, Sanders was awarded sixteen delegates, Hillary was awarded nine, Cruz was pledged twelve and Trump was assigned nine, while Kasich was awarded two and Trump was assigned nine, and Cruz has awarded ten, Trump has been awarded nine, while Kasich has awarded eight, Cruz was pledged twelve, Hillary was awarded seven, Sanders was awarded six, while Trump was assigned one, Sanders was awarded one, and Kasich was awarded one delegate.

Given the enthusiastic emphasis upon income inequality, wealth distribution, international trade agreements, and the economy in general during this election season, Professor Michael Hillard of the University of Southern Maine (USM) Department of Economics was reached by phone to provide an economist’s point of view. “If you look at this election season it is as an economist, it has been about forty years since we have had a genuine political left in this country,” said Dr. Hillard.

This political emergence of a candidate like that of Sanders illustrates a really dynamic shift in our politics, as a consequence of the Great Recession,” stated Dr. Hillard.

Hillard continued by expanding upon the notion of needing a sustained effort for political and economic change organized by the people, such as a prolonged Occupy-like movement. “We elected Obama with a naivety that simply electing the right person will take care of all of the problems that began accelerated upon Reagan,” said Hillard.

As an attempt to expand upon Hillard’s comments, Esther Pew, a graduate student dually enrolled in the School of Social Work and the Muskie School of Public Service of USM, who also is involved with USM for Bernie, stated that despite reports of voter suppression in states like Arizona through the form of fewer available polling places, many voters continue to show their support for Bernie’s message.

“His overwhelming wins in states like Alaska, Maine, Hawaii, and Washington shows that his message is resonating across the country and with a variety of populations,” she stated.

Nevertheless, Associate Professor of Philosophy and Chair of Philosophy and Liberal Studies of USM Jason Read provided comments on the current election season. “If there is one defining feature of the current election it would seem to be that conventional wisdom has utterly fallen apart,” he explained. “Conventional wisdom dictates that outsider candidates, businessmen and celebrities, do well at the early stage of primaries only to fade away and be rewarded with a talk show. The same wisdom dictates that socialists, democrats or otherwise, do not stand a chance.”

Senior political science and international relations major Rebelle Soohey, who serves as the Deputy Secretary General of the Maine Model United Nations Conference, provided her thoughts on the 2016 presidential election as well. She believes that if you were to have asked her months ago on her election predictions, she would have aid that former governor of Florida, Jeb Bush, would have soared through the primaries and caucuses with his large super PACs and clearly established political ties. “Although I personally voted for Bernie Sanders in the Maine Caucus and have done work for his campaign, I feel that this election season has been very successful for third party candidates, particularly the Libertarian party,” Soohey said. “Libertarian candidate Gary Johnson is at 11 percent in the national polls. The 2016 election has been very unusual to the point where many Americans are looking for alternatives”.

Lastly, Associate Professor of Political Science, Ronald Schmidt Jr., who also serves as the Coordinator of the Political Science Major at USM, stated that his one take-away from this year’s elections is how unpredictable the electoral politics remain. “This election points to the enduring significance of race in politics, where race serves as an important organizing question,” he said. “Trump has been able to acquire a lot of free publicity by way of the major media outlets as well.”

Dr. Schmidt concluded the discussion by highlighting the upside as well as downside of Maine holding a caucus rather than a primary. “A caucus is the closest form of presidential comparison materials before the Washington County Republican Super Caucus on Saturday, Feb. 18, 2012, at Washington Academy in East Machias.

Bryer Soussa
Free Press Staff

Registered Republican voters Elton Anderson (left) of Milbridge and Gary Willey (right) of Milbridge review 1,280 pledged delegates as well as 469 superdelegates, in comparison to Bernie Sanders 1,030 pledged delegates and 31 superdelegates. With respect to the Republicans, Trump has accumulated a total of 743 delegates, whereas Cruz has been awarded 317 while Kasich has 143.

With twenty states having yet to caucus or hold primaries, the current frontrunner of the Democrat’s is Hillary Clinton with 1,280 pledged delegates as well as 469 superdelegates, in comparison to Bernie Sanders 1,030 pledged delegates and 31 superdelegates. With respect to the Republicans, Trump has accumulated a total of 743 delegates, whereas Cruz has been awarded 317 while Kasich has 143.

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Trainer advocates mindfulness for law students

Candice Issac
Free Press Staff

With so many competing interests and demands, law students are at a high risk for stress, anxiety and depression if they do not find balance early on in their law school careers. According to the American Bar Association (ABA) Substance Abuse in Law Schools Toolkit, if mental health and substance abuse issues are left unaddressed, the rates of law students grappling with substance abuse and mental health problems increase dramatically.

Additionally, a 2014 Survey of Law Student Well-Being, which is co-piloted by David Iaffe and Jerry Organ and funded by the ABA Enterprise Fund and the Dave Nee Foundation, showed that at the time of the survey that 20.4 percent of individuals have thought seriously about suicide sometime in their life and roughly one-sixth of those with a depression diagnosis had received the diagnosis since starting law school.

Like in many other communities, the legal community is no different in that there can be a stigma associated with mental health issues. However, achieving a well-balanced life is not too far from reach if students are able to identify the risk factors and common root causes of mental health issues as well as the tools to combat those potential risks. One of the common root causes of law student mental health issues is living an unbalanced life. An unbalanced life often leads to burnout. So on March 29, in honor of ABA National Mental Health Day, the University of Maine School of Law’s ABA Law Student Division hosted a panel on mindfulness meditation as one method for reducing stress, anxiety, and depression among law students. Panelists included nationally regarded mindfulness teacher, author, and trainer Scott L. Rogers, M.S., J.D., founder and director of the Institute for Mindfulness Studies and of the University of Miami School of Law Mindfulness in Law Program, Professor Deirdre Smith, Director of the Cumberland Legal Aid Clinic, Bill Nugent, Director of the Maine Assistance Program for Lawyers and Judges, as well as Associate Dean Sherry Niang from the Office of Student Services.

Rogers led the discussion by highlighting Jon Kabat-Zinn’s definition of mindfulness which states that “mindfulness means paying attention in a particular way; on purpose, in the present moment, and nonjudgmentally, to the unfolding of experience moment by moment.” Kabat-Zinn is internationally known for bringing mindfulness into the mainstream of medicine and society. Rogers advocates for the use of mindfulness meditation by law students because of its benefits of increasing focus and productivity, reducing stress and anxiety, and heightened body awareness. Rogers notes that mindfulness takes practice so beginners should not pass judgment on themselves. Smith, who led a brief mindfulness exercise, echoed the same sentiments that practice makes perfect when it comes to mindfulness. Smith’s mindfulness exercise helped attendees focus on their breathing and staying present in the moment. Smith explained that mindfulness can be done anywhere and that students would benefit from regular practice. Nugent, from the Maine Assistance Program for Lawyers and Judges (MAP), shared his personal journey with mindfulness and the need for people to be patient with the process.

In 2014, Buddhist community adviser for the Interfaith Chaplaincy John Baugher led a Mindfulness Meditation Group. The group, which met on Tuesdays in the Sullivan Gym, was started by the USM Health and Counseling Services’ suicide prevention group.

Nugent explained that MAP provides free and confidential assistance to students at the University of Maine School of Law for problems related to anything from mental and emotional health to work-life balance issues. To further assist with a mindfulness routine, Nugent announced that there will be a four session MAP-sponsored Course on Mindfulness which will begin on, April 21 available to law school community members (students, faculty, and staff).

The University of Maine School of Law recognizes the stressors that come with pursuing a legal career and continues to provide access to the mental health resources when necessary, said Associate Dean Niang. It is important for law students to develop a healthy, balanced lifestyle now as it will serve them well throughout their legal career.

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Sally Meredith, Chief of Staff for the Provost Office

They (NEASC) wants to see that we are actually assessing ourselves, and that, based on how we are measuring ourselves, look to see that we are making decisions for the future of the university, based on evidence.

Adam Tuchinsky, Interim Dean of CAHS

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 START A COLUMN!
Local & State

Southern Maine at risk of losing 900 jobs

Last week at a town hall style meeting in Orono, Gov. Paul LePage told the crowd that a company in the southern part of the state is at risk of losing 900 jobs.

There’s a big company that hasn’t come out yet, he commented. I happen to know about it, and I’m sworn to secrecy until they make a public announcement. LePage is talking about 900 jobs in the most prosperous part of our state—down south,” LePage said.

LePage credited this loss of jobs to energy costs and said that until Maine does more to lower energy costs and adopts a more business-friendly environment, then companies will have no choice but to leave the state.

Troubles with meth continue in Northern Maine

Despite new laws and regulations making it stricter to obtain the drug, methamphetamine, which is commonly found in cold medicine, meth continues to plague Aroostook County, where there have been 4 meth labs bust just this year.

According to Peter McCord, an employee with Aroostook Mental Health Care, meth users range from construction workers who need the stimulant to stay awake during night shifts to younger people who are starting to experiment with hard drugs, but a recent study suggests they’re using meth because of addiction.

It can cost as much as $10,000 to properly clean up a meth lab and not only that, but it can also greatly diminish the value of a home which can screw over current and future owners.

According to MDEA agent, Joey Seeley, meth remains so easy to manufacture and very easy to manufacture and very easy to manufacture that it threatens law enforcement training that were found wrapped in cellophane and just floating out in the ocean.

No One Wants Crappy Art

Drug complaint, Glickman Library. False alarm.

Medical Emergency, Philippi Hall. Student having a medical attack. Gorham rescue transported to Maine Medical Center.

Hastings in a Haze


Your Phone Will Be Obsolete In A Week Anyways

Between the USM Police Beat and the Daily Campus, there are dozens of travelers and injuring dozens of travelers and injuring dozens of travelers. The Daily Campus.

Good Ol’ Fashion Clam Bake

Drug complaint, G8 Parking lot. Students smoking marijuana in a vehicle. Summons was issued for possession of a useable amount of marijuana. Report taken.

Not My Antique Sitting Chairs!

Vandalism, Corthell Hall. Custodial reports that a few chairs in the lobby have been damaged. Report taken.

Spring Break - Gorham, Maine - It’s Crazy

Noise complaint, Upperclass Hall. Party on the second floor broken up, warning for disorderly conduct. Report taken.

The Madness Continues! Rebel Rebel!

Disruption, Upperclass Hall. Report of a possible fight in progress. Officer advises that people were talking loudly and there was no fight.

Papercuts Are The Worst

Nobody Reads Books During Spring Break

Security Alarm, Glickman Library. False alarm.

Police Beats are edited for grammar and style.
PortCon participants plan ahead for this year’s event

Amanda Melanson
Free Press Staff

Portland is known for its diverse artistic and creative culture. From painters, to sculptors, to writers, there is never a dull moment in Portland’s art scene. However, it goes above and beyond a physical medium. Many people in Portland also have a strong love of video games, sci-fi and animation.

Each year, South Portland holds a convention called PortCon hosted at the DoubleTree near the Maine Mall in the month of June. This is hosted by convention staff consisting of the chair, Julie McCubrey and other management and leadership staff members who volunteer their time and efforts to make PortCon a great space for self expression and creativity. Although the event isn’t happening for another two months participants are already eager to express their inner creativity for a unique and interesting art form.

PortCon’s attendees often spend months in advance creating costumes, planning activities and pre-registering for the event to be first in line to enjoy the festivities. Those who wear costumes are called ‘cosplayers’ - a portmanteau of the words ‘costume’ and ‘play’. Participants will work together to create incredibly detailed costumes to portray their favorite characters as accurately as possible.

Cosplay itself is a larger community that spreads far beyond Portland and is viewable on a global scale in places such as Japan and more local venues on the east coast such as Boston, which hosts conventions such as Anime Boston and Pax East. According to McCubrey, preparing for events like this are a bit like dressing up for Halloween, but it is something that can be done year round at various conventions across the states. Since PortCon’s establishment, most - if not all – conventions are all inclusive of video games, sci-fi, anime, card and board game fans. Members of the community can come to a convention dressed in costume if they’d like and can sit down for a game of Magic the Gathering - a popular card game that is often a staple of stores such as Bull Moose and Weekend Anime of Westbrook - or chat with their friends.

Geek culture as a whole is overwhelmingly welcoming, but there are some instances such as fans on the internet who become overzealous, creating incidents such as ‘GamerGate’, an incident where various prominent members of the video game industry are harassed by members of the gaming community because they are female.

Sean Keukelaar, a resident of Portland who has attended PortCon and other New England conventions in the past, stated that that as PortCon has become more popular, it has become more aggressive. “As with everything, the bigger the event gets, the more jerks show up in the crowd. You hear stories about the rampant misogyny that still plagues the community at times. The issues it stems from are left over from when the community was more dominated by boys and girls were still in the closet about their neri-ness.”

“There is a lot of judgment that has found it’s way in and people are ‘testing’ others to see if they’re ‘true fans’ of things...” said Keukelaar. “I think it’s a problem that badly needs to be addressed, especially with the double standards given from men to women.”

McCubrey also explained that because PortCon is a smaller convention - boasting a roughly 2,000 attendee headcount year after year – larger conventions have a larger support and because of that, PortCon is more casual.

McCubrey and Keukelaar both voiced similar sentiments about the importance of conventions in the Geek Community, with Keukelaar stating that the culture is important because it allows people to find others who have things in common with easily.

“ I think that it allows for creativ-ity and expression without having to worry about being judged for where your inspiration comes from,” said Keukelaar. “I think it has spurred a lot of artist and fashion designers to get involved, between fanart and cosplay and has given a venue for those people to make money doing the things they love.”

PortCon attendees are welcomed every year to participate, regardless of whether they decide to dress in costume or not. This year, the event will take place from June 23 to the 26. USM students wishing to attend can also register as a group and can come to a convention dressed in costume if they'd like and can sit down for a game of Magic the Gathering - a popular card game that is often a staple of stores such as Bull Moose and Weekend Anime of Westbrook - or chat with their friends.

In 2015, PortCon hosted a dance party for attendees to get down in their garb. This is one of the many events put on by the geek fest. each year.

Last year, a PortCon participant combined Mario and Hello Kitty to make an original costume to showcase at the event. Each year, hundreds of people gather for PortCon to play a part in creating their own costume.
**A&C Listings**

**Monday, April 11**

Comedy Night: Worst Night of the Week
Blue 650A Congress St. Starts: 8:00 p.m.

Funky Monday
Portland House of Music 25 Temple St. Starts: 9:00 p.m.

**Tuesday, April 12**

Music: Kvelertak
Port City Music Hall
504 Congress St. Starts: 9:00 p.m.

**Wednesday, April 13**

Music: Between The Buried & Me
The State Theater
609 Congress St. Starts: 6:30 p.m.

Music: Calen Perkins presents In a Round Local Sprouts
649 Congress St. Starts: 7:00 p.m. / Ends: 9:00 p.m.

**Thursday, April 14**

Film: Chicago
Portland Public Library 5 Monument Way
Starts: 6:30 p.m. / Ends: 8:30 p.m.

**Friday, April 15**

Music: The Ballroom Thieves
Port City Music Hall
504 Congress St. Starts: 7:30 p.m.

Music: Melissa Ferrick
One Longfellow Square 181 State St. Starts: 8:00 p.m.

**Saturday, April 16**

16th Annual USM Royal Majesty Drag Show Holiday Inn by the Bay 88 Spring St. Starts: 7:00 p.m. / Ends: 10:30 p.m.

Music: Michael Hurely and Chris Weissman
Space Gallery 538 Congress St. Starts: 8:30 p.m.

**Sunday, April 17**

Tristan Omand
Blue 650A Congress St. Starts: 9:00 p.m.
On February 9, our Solid Waste Planning and Policy class was greeted by heaps of plastic trash and recycling bags on the floor of our classroom. The stench that also greeted us grew more intense as we tore into the bags, dumping the contents onto a plastic-wrapped table. We grabbed long metal tongs and rubber gloves. Then, armed with protective smocks of Vicks vapor rub under our noses, we set to work, digging through piles of soggy pizza crusts, moldy fruit cups, candy bar wrappers, chip bags, used paper towels, sanitary napkins and q-tips. It wasn’t pretty, but this meticulous process, as a Waste Management activity, was often slapped at our doors. It’s a policy-making model that provides insight into what people are throwing away much more than we know. Now I can see just how much I self-scrap. So how did we find out in one day’s worth of garbage and recycling from a residential dorm hall in Gorham?

Our findings were pretty grim.

More than 40 percent of the trash that we threw away was recyclable, and several energy bars still in their packaging. On the bright side, most of the stuff people threw in the recycling really was recyclable, with a “residual rate” or average percentage of non-recyclable items in the recycling of only 4 percent by weight (6 percent by volume). The total recovery rate for recyclables was 25 percent by weight (29 percent by volume). In other words, about 75 percent of the recyclables wound up in the trash.

According to USM’s Resource Recovery Supervisor, Steve Sweaney, our waste characterization does right on par with what previous characterization studies have turned up. He notes that USM’s recycling rate has increased from 34 percent (the national average) in 2011 to between 49 percent and 59 percent. However, he also notes that when we surveyed the perfectly good sports bra and loads of recyclables buried in the trash. “Is it that they don’t know or doesn’t care? How do we increase awareness? How do we increase caring?”

“Tending to throw my phone out of a window, which I can’t see myself doing anytime soon, I don’t have the answer. Practicing self restraint seems like a good start, but before that practicing self worth seems more important.”

Ultimately, none of these people have anything in particular that I lack, especially not anything that I can see in a picture of them at happy hour.

Searching through our social media accounts certainly isn’t going to help any vines in my head but make me feel any better about myself than before I opened Instagram. Eventually I have to turn my phone off, I have to be gentle with myself and I have to go to sleep. I joke that if I ever graduate I’ll turn my phone off. I don’t want to be able to check my phone every five minutes as I wait for my absent crush to text me, or to see my ex’s face appear on my Facebook feed, or to have access to too many vocabulary words? Email us at editor@usmfreepress.org

**Joanne Benica, Contributor**

**Rachel Brennan, Contributor**

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Weekly Horoscope

Aries
March 21-April 19
Today you can tune into deeper emotions—within yourself and others. It’s OK to withdraw if things get heavy.

Taurus
April 20-May 20
Whether or not you take action for humanitarian ideals, your awareness of the wider world (beyond personal needs) increases.

Gemini
May 21-June 20
A shared interest or hobby helps you relate to an important client or business connection.

Cancer
June 21-July 22
Your friends give you an opportunity to try something new. Keep an open mind.

Leo
July 23-August 22
You may be inclined to resist authority a bit. Make sure you have enough space to work your own way today.

Virgo
August 23-September 22
Good food and pleasurable people set the scene for an excellent time. Plan or attend a dinner party.

Libra
September 23-October 22
Moderate attention to practical matters will improve your relationships. Discipline, care, and perseverance are highlighted.

Scorpio
October 23-November 21
You may feel torn today between going your own way at work versus seeking some input from others. Find a middle ground.

Sagittarius
November 22-December 21
The old, familiar standbys work best tonight. For optimum pleasure, depend on what makes you feel safe and secure.

Capricorn
December 22-January 19
Your family can be more detached about what’s going on now and can take steps to improve a tense situation. Be open to change.

Aquarius
January 20-February 19
Disagreements arise easily because thinking your own way is accentuated. You are clear about what you want, just don’t forget tact.

Pisces
February 19-March 20
How do I love thee? Let me count the ways. You could be counting into the wee hours of this evening.

Crossword

Across
1. Smell, in a way (9)
2. Wonderland message on a cake (9)
3. Hostile challenge (8)
4. Photographic sudoku’s place (9)
5. Improves pain (9)
6. Engaged in a violent disturbance (10)
7. Fit to be eaten (6)
8. Making minor changes (10)
9. Twelve problem (6)
10. America of “The Whole Nine Yards” (9)
11. Vocal inflection (9)
12. German article (9)
13. Checks identity (6)
14. Oars with no hoops (7)
15. Go beyond the limit (6)
16. Twisted curve (6)
17. "Labor___ Virgil" (Dickensian fable) (6)
18. Praxes (9)
19. Anti-communist propaganda (9)
20. Lack of tact (6)
21. "...in each thrift” (4-4) (9)
22. One-half of a seafarers line (11)
23. NYC clock setting (9)
24. Back or obs (9)
25. Spyderman’s Hare (6)
26. Hero for an all-knowing (11)
27. Hot (6)
28. Donors’ group (4-4) (11)
29. "...Dying (5)" (Faulkner novel) (11)
30. Discourages (11)
31. Lovely Manual competitor (11)
32. Followed (11)
33. Acrimony propoundal (11)
34. Like Greed Dead strife (11)

Down
1. Sold from a machine, maybe (6)
2. Workpiece (5)
3. John Q. Rockefeller, e.g. (8)
4. "The ___ Show" (Jon Stewart vehicle) (9)
5. Bush on the fly (6)
6. Autumn’s (6)
7. Summertime sections (6)
8. White-leathered stoker (9)
9. Bank delivery (6)
10. Developed a liking for (6)
11. Signal (6)
12. Uniformly (6)
13. Went on fire, as a fire (6)
14. Some landscaping equipment (6)
15. Map direction (6)
16. Class (6)
17. Cell tax, to Couple (6)
18. Student debts (6)
19. Fort, neighbor (6)
20. Arab耨ic city (6)
21. Football squad (6)

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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Relay for Life brings USM together for a cause

The USM community played a big part raising money for cancer this past week, holding a successful Relay for Life event last Friday at the Costello Field House on the Gorham campus. “Kicking it to Cancer” was the theme of the event, and it changed up the Relay for Life tradition, which once consisted of an overnight community fundraising walk.

The event is a kickball tournament where teams of 8-12 people sign up at a flat rate of $100, or as an individual, can sign up for $10 as a “free agent” be placed in teams by the day of the event.

Behind the scenes, the administrative staff at USM, including students, faculty, and staff, were working hard to ensure that everything goes smoothly for students and faculty.

“Many hours or planning, meetings, marketing and outreach to a rich community of support,” said Bishop of the event.

Damon directs the network but also outside businesses and organizations to Sponsor and create teams. This year the community has been really fantastic as contributions have come from organizations both on, and off campus.

When asked how the devastation of cancer can take effect on the lives of our community, Bishop gave a heartfelt response.

“The statistics for cancer are staggering. 1.6 million Americans will be newly diagnosed with cancer in this year alone. At the heart of this event is a connection to the lives of our community. Bishop gave a heartfelt response.

Relay for Life has been working hard nationally to bring communities together in support of raising awareness and funds to support the American Cancer Society. It began back in May of 1985, when Relay for Life had a different name: The City of Destiny Classic Run Against Cancer.

The founder of the organization, Dr. Gordy Klatt spent 24 hours running and walking the track at Baker Stadium in Tacoma, Washington. Supported by friends, family and patients, he walked more than 83.6 miles over the course of 24 hours, raising $27,000 as his walking became publicized and donors became aware.

As he was circling the track, he started to consider ways to get others involved and one year later, 19 teams participated in a 24-hour event relay event, raising $33,000 dollars. Since then, the event has transformed into Relay for Life, taking on nationwide fundraising, and extending globally, raising five billion dollars in an effort to help save lives of those with cancer.

Relay for Life will be a constant presence on our campus and is always looking for new ways for students to get involved to make a difference in the fight against cancer. Representatives such as Elizabeth Bishop will be working hard in the meantime to come up with creative ideas to raise awareness and bring the community together.

editor@usmfreepress.org

Students of USM

Aaron Damon: Transitioning his passion to education

Meaghan Gonsior
Free Press Staff

On any given Thursday night, media students major Aaron Damon can be found volunteering his time and talent to Portland’s Community Television Network (CTN). The CTN provides an open platform for free speech, a meeting place for creative discussion, classes to learn the skills to create quality video and a venue to practice them in.

Damon directs the network’s Turnstyle Thursday open mic show, where he runs the master controller, an operating board that allows him to edit live TV in real time. “I watch the show and tell the cameraman what shots to get,” Damon explains.

Turnstyle Thursday performances run the gamut from beatnik, to local singer-songwriters and five-piece rock bands. The show’s vibe is very light-hearted, open and humorous, with performers often inviting audience members to join in. Many return to the stage week after week, creating a relaxed sense of community.

“Sometimes the show gets weird,” Damon admits, adding that the show is adult-themed. “We’ve had a Christian Shaman before. He offered LSD to everyone... he was very relaxed.”

Every week is a unique experience, which Damon masterfully edits live with crossfades, dissolves, and other special effects that enhance the viewing experience. Archived episodes can be viewed at the CTN website.

“One regular act is the Campfire Cowboy. Every time he goes up he teaches a lesson from his cowboy tales,” Damon explained. “If you ever watch the show, you’ll recognize your geography from Hanaford or the cashier from Rite Aid. We have people here you see around town and wouldn’t realize have these really awesome skills.”

After a year directing Turnstyle Thursday shows together, Damon’s crew continues to work like a well-oiled machine. “We all know each other really well, so the videographers often change the shot without me having to direct them.”

Damon can’t remember a time when he wasn’t exploring technology. He originally planned to major in Computer Science like his older brother, but he switched over to Media Studies two years ago when he saw the opportunity to have fun while making a living.

Bradford Spurr / Multimedia Editor

Students at the Costello Sports Complex joined for kickball as a way to raise money for Relay for Life. Other perks of the event included pizza, drinks and a cereal bar.

editor@usmfreepress.org

USM Flow Jam
University of Southern Maine
Multipurpose Room, Sullivan Recreation Complex
Starts: 4:00 p.m., Ends: 5:00 p.m.

Drones: Weapons of War?
University of Southern Maine
423 Glickman Library
Starts: 4:30 p.m., Ends: 6:00 p.m.

He and She: A Staged Reading
University of Southern Maine
Telbot Hall, Luther Bonney
Starts: 7:30 p.m.

Husky Day of Service
University of Southern Maine
Campuswide event
Starts: 8:00 a.m.

For more events visit: www.usm.maine.edu/events
Spring Sports: Early season roundup

Baseball: The Huskies find themselves at 8-5 with one game remaining in the early season non-conference schedule. Having beaten Bowdoin College Wednesday by a score of seven to two, the Huskies are looking to rebound from a stretch where they had lost three out of four games. Led by reigning DIII player of the year in senior Sam Dexter (Oakland/Messalonskee) and sophomore Sam Stauble (Harrison/Bridgeton Academy) USM opens up conference play Saturday at UMASS-Dartmouth.

Softball: At 13-3, USM softball finds itself off to a great start to open up the season. The Huskies have won five straight, including a three game stretch most recently where they have outscored their opponents by a count of 20-1. Solid pitching and defense have allowed USM to keep their opponents off the scoreboard, but the team is looking to put up crooked numbers themselves of late. With a team batting average of .330 on the season, to go with an opponent batting average of just .281, USM seems ready to continue their hot start going into Little East conference play.

Men’s Lacrosse: The men's lacrosse team is coming off a 9-6 win Wednesday night against St. Joseph's college at Fitzpatrick Stadium. With the win, the team moves to five and three on the season. Their next game is a home matchup against conference rival Keene State on Saturday, April 16 at 1:00 p.m.

Women’s Lacrosse: The lady Huskies lost a close conference matchup last Saturday against Eastern Connecticut State by a score of 8-6. The loss drops USM to one and five on the season. The team opens up conference play this Saturday when the team travels to UMASS Dartmouth for a 1:00 p.m. game.

Men’s Tennis: Off to a 3-0 start to the season, the men’s tennis team seems to be rolling at the right time as the season moves into the middle portion of the schedule. The team swept Johnson St. 9-0 Thursday afternoon. Paced by two-time conference player of the year Tyler Adams (Buxton/Bonny Eagle), USM looks to continue its hot start.

Women’s Outdoor Track and Field: The women’s track and field team returned to the northeast after a southern swing through Florida to open up the Spring season. With two scored meets under their belt, USM has two impressive finishes of second and fourth place out of 18 and 26 teams respectively. The team looks to open up regional competition strong as they attend the Bowdoin Invitational this Saturday.

Men’s Outdoor Track and Field: The Huskies head to Fitchburg State this Saturday. With a fifth place finish at the season opening meet at Tufts, the Huskies are hoping to build on that showing and take strides over the course of the season. The 4X400 relay team was recognized as the relay unit of the week for the Little East Conference during the first week of the season. If other units and individuals can step up similarly, USM would be well positioned to make a strong showing this season.

Bradford Spurr | Multimedia Editor

USM Spring Sports: Early season roundup

Nick Beauchesne
Sports Editor

Smaller size text:

Last Thursday, the softball field on USM’s Gorham campus went unused as the evening slowly approached.

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