



MINDFULNESS IN THE LAW PROGRAM

A recent study found a correlation between law students and high suicide rates - so what is being done to help?

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FLATBUSH ZOMBIES ALBUM REVIEW

Rock is dead and hip-hop is dying: Can this band's new album dispute a statement from Gene Simmons?

ARTS & CULTURE 7



SPORTS ROUNDUP

From women's lacrosse to men's tennis, take a look at our brief spring sports update.

SPORTS 11

the free press

University of Southern Maine Student Newspaper

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NEASC visits USM for mid-cycle review



Bradford Spurr / Multimedia Editor

Last Tuesday, group members from the NEASC review board addressed questions and comments from USM community members.

Nick Beauchesne
Sports Editor

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"



Bradford Spurr / Multimedia Editor

Teams took to the field house in Gorham, playing tournament style kickball to raise money for cancer.

For full story, see page 10

Initiative aims to prevent hateful and racist acts

Julie Pike
Contributor

"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 microaggressive behaviors are, the board clearly outlines how to define them so students can be aware if they see or hear it happening.

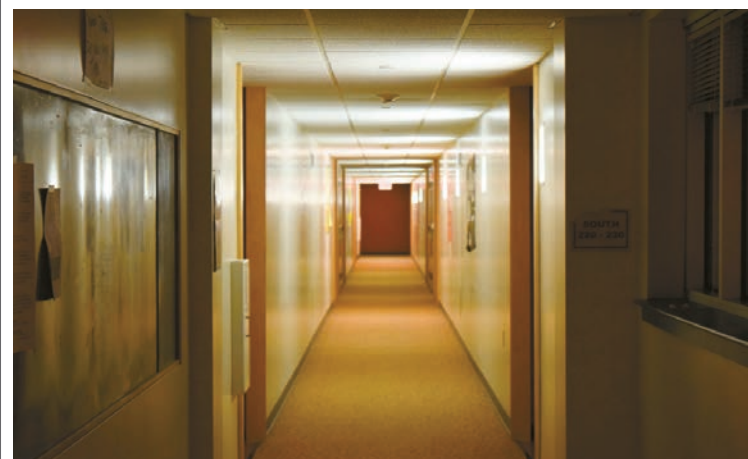
Every Residential Director and Resident Assistant (RA) is working to inform each student about what to do if they witness an act of racism, sexism or any uncomfortable comments being made. Each RA was given a format to follow for the boards to be put up in each hall, and personalized them to their liking. 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 RA's 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," he 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.

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Bradford Spurr / Multimedia Editor

Residence halls have launched a new campaign to cut down on hate and racism from taking place in the dorms, asking students to speak up

Primaries are in full swing, twenty states still to decide



Photo courtesy of Bangor Daily News

Registered Republican voters Elton Anderson (left) of Milbridge and Gary Willey (right) of Milbridge review presidential comparison materials before the Washington County Republican Super Caucus on Saturday, Feb. 18, 2012, at Washington Academy in East Machias.

Bryer Sousa
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 frontrunner 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 from the caucus goers of Maine.

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 517 while Kasich has 143.

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 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.

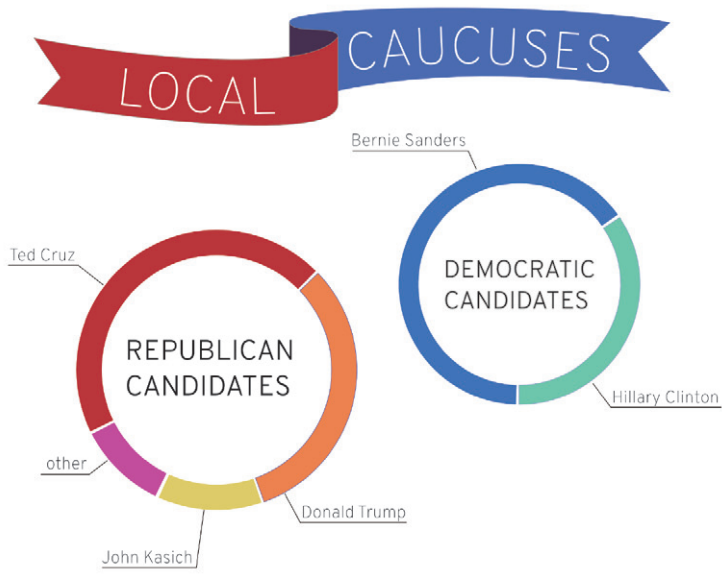
“We elected Obama with a naivety that simply electing the right person will take care of all of the problems that began accelerated under Reagan,” said Hillard.

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.

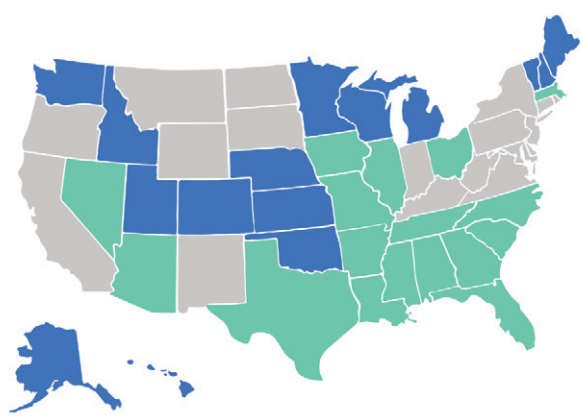
Nevertheless, Associate Professor of Philosophy and Chair of Philosophy and Liberal Studies of USM Jason Read provided comments on the current election season.

“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, democratic or otherwise, do not stand a chance.”



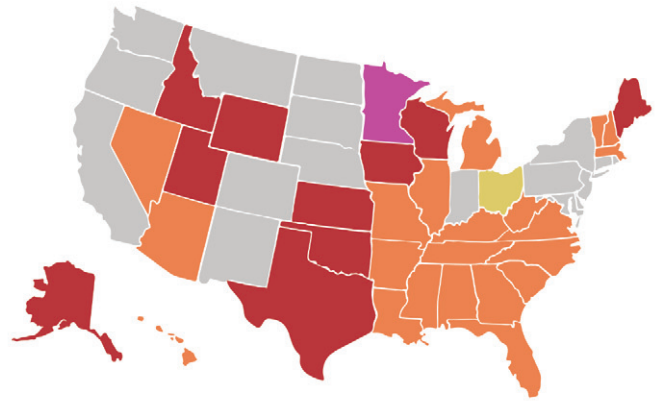
NATIONAL DEMOCRATIC

winners by state, colors as above



NATIONAL REPUBLICAN

winners by state, colors as above



Orkhan Nadiqli / Design Assistant

Information from the graphic was gathered from the New York Times.

Senior political science and international relations major Rochelle 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 said 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 participation that we have [with respect to national elections] to a town hall...” he stated. “The downside of a caucus is that it can lower voter participation,” said Professor Schmidt.

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STUDENT FRIENDLY RATES

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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 schools career. 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 Jaffe 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



Patrick Higgins / Free Press Staff

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.

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.

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.

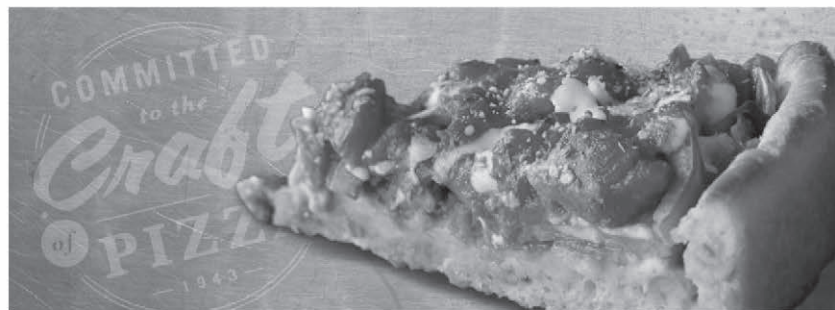
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From NEASC on page 1

Ranging from Mission and Purposes, Students, Faculty, Financial Resources and Integrity, the standards, created by faculty and administrators from across the region, aim to evaluate all of the facets of an academic institution.

In preparing for the Interim Report, USM was required to address what it has done to improve upon the standards that were highlighted as areas to work on in 2011. A progress report, drafted in 2013, reported out on those issues, which included system finances and data collection.

Accreditation is run out of the office of the Provost at USM. Sally Meredith, Chief of Staff of the Office of the Provost, explained how the points of emphasis in the 2011 accreditation process coalesce with issues the university has been dealing in the time following the last visit by NEASC.

“We are constantly seeking to improve our institution. There is no time to rest on your accredi-

Despite the fact that this part of the cycle is only a half-way progress report of sorts, the emphasis on remains on ensuring that the

The visit by members of NEASC involved meetings with students, faculty and administration. Informational luncheons

“ We are constantly seeking to improve our institution. There is no time to rest on your accreditation in this process. ”

Sally Meredith, Chief of Staff for the Provost Office

university is prepared to present its progress when official re-accreditation comes around in 2021.

It is important to understand that the standing of USM as an accredited institution is not something that is in jeopardy. Meredith explained that every institution gets critiqued, and this

were held over the course of the week where members of the USM community voiced their concerns and opinions about the direction that the university is heading.

The range of opinions varied greatly with the experiences of each individual. A recurring theme particular attention during discussions were issues concerning recent retrenchment and how the university has handled its responsibility to teach out (provide a means for students to complete their degree) to the students that were matriculating through a discipline that has been eliminated.

This concern, along with those surrounding implementation of recommendations concerning the Metropolitan University model and USM’s goals to increase enrollment, are at the center of focus for what to improve upon during the five years between now and the 2021 NEASC visit.

As much NEASC evaluation is from an outside entity looking in at USM, the process of the accreditation cycle emphasizes the importance of academic institutions striving to improve themselves from within. Adam Tuchinsky, interim dean of the college of arts, humanities and social sciences, expressed this opportunity that the NEASC Interim Report affords the universi-

“ 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

tation in this process,” stated Meredith. “With the end of each cycle begins another one, so we work constantly to grow through assessing ourselves and making adjustments based on the data we collect.”

During the NEASC visits, the focus on accreditation and self-assessment goes into overdrive.

midcycle check-in allows them to catalogue internally where USM has grown and where they still need to improve.

“Schools that find themselves in danger of losing their accreditation demonstrate systemic failure over a period of time, and we are not in that situation at all,” she stated.



Bradford Spurr / Multimedia Editor

James W. Schmotter, former president of Western Connecticut State University, participates in discussion with NEASC members last Tuesday.

ty in terms of self-measurement.

“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.”

The full report from NEASC will not be received by USM un-

til November of this year. From that point forward, there will be a little less than five years before the 2021 accreditation period. In the five years between now and then, USM will continue striving to grow and improve.

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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. I happen to know about it, and I’m sworn to secrecy until they make a public announcement, but we’re talking 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 get ahold of pseudoephedrine, which is commonly found in cold medicine, meth continues to plague Aroostook County, where there have been 21 meth labs busted just this year.

According to Peter McCorison, 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 that usage among youth is declining.

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 rental owners.

According to MDEA agent, Joey Seeley, meth remains so persistent because it is fairly easy to manufacture and everything you need for a meth lab can be found at Walmart and cost no more than \$78.

Casino proposal won’t be seen on Maine ballot in November

Another ballot initiative has failed to gain enough valid signatures to make it onto the ballot in November. This one, regarding a casino in York county, will join the initiative to regulate marijuana like alcohol in ballot measures that won’t be seen this year.

In early March state election officials ruled that there wasn’t enough signatures to be valid, there was an appeal and last week a Superior Court ruled that the election officials were right in their decision and rejected the petitions. The marijuana also entered an appeals process, a final ruling is expected later this month.

“We realize that those citizens

who signed this petition in good faith may be disappointed, but our job is to ensure that the constitutional requirements are met, and to that end, we are gratified by the ruling,” Matt Dunlap, Secretary of State, said.

National

NASA space probe discovers over 70 near Earth objects

Last week NASA, using one of its space probes, revealed that they have discovered 72 new NEOs, near Earth objects, since 2013, including eight that have been classified as potentially hazardous, as in asteroids that could potentially approach or hit Earth.

NASA has stated that no big asteroids are likely to hit Earth any time soon, but that doesn’t mean that smaller space rocks can’t slip through undetected. But, if a big asteroid is heading towards Earth, what can be done? NASA’s Asteroid and Comet Watch page states:

“Unless there are a few decades of warning time, hazardous asteroids larger than a few hundred meters in diameter will require enormous energies to deflect or fragment. In the rare case of a large threatening asteroid, nuclear explosions that could push or fragment the object might provide a sufficient response.”

Currently no national or international government agency is responsible to stop an asteroid should one be discovered, but NASA is currently working on a mission to redirect asteroids if it threatens Earth. The program should be ready to go sometime in 2020.

Coast Guard hands over 14 tons of seized cocaine

Last week the U.S. Coast Guard handed over 14 tons of cocaine that they had seized from January to March to the Drug Enforcement Agency, with almost half of their bust coming from the bust on one submarine-like vessel.

According to the Coast Guard, about 28,000 pounds of the cocaine came from seizures from off the coast of South America, leading to the arrests of dozens of drug smugglers.

The seized drugs have a street value of at least \$400 million. The busts ranged from fishing vessels, submarine-type vessels and even about 1,500 pounds that were found wrapped in bales and just floating out in the ocean.

U.S. Senate passes provisions to tighten airport security

The U.S. Senate passed a number of provisions last week to bunker down on security at transportation systems throughout the country, marking this the first legislative action to come out of the Senate since the terrorist attacks in Belgium last month.

The new provisions strengthen airport employee vetting, double the number of visible security threats that are used to deter threats, as well as funding law enforcement training that trains them to deal with active

shooter situations.

“Events around the world and security lapses at U.S. airports necessitate new protections for the traveling public,” said Senator John Thune, a South Dakota Republican. “Keeping Americans safe from future attacks is a top priority in this Senate.”

This legislation is in direct response to the terrorist attacks that hit a subway station in Brussels last month, killing dozens of travelers and injuring hundreds of others.

International

Pope Francis urges Catholic Church to be more accepting

Last Friday, Pope Francis released a 256 page document, entitled “Amoris Laetitia,” which is Latin for “The Joy Of Love,” calling for the Roman Catholic Church, and priests across the globe, to be more welcoming of divorce, gay people and unmarried straight couples that choose to live together.

“A pastor cannot feel that it is enough to simply apply moral laws to those living in ‘irregular’ situations, as if they were stones to throw at people’s lives,” Pope Francis stated in his document.

Even though Pope Francis is saying to be more accepting of gay people in a broad sense, he is still not in favor of gay marriage, stating that it is not the equivalent of a heterosexual marriage.

In his writing, Pope Francis shoulders some blame for the church alienating families and writes many passages where he details pressures that things such as poverty and drug abuse can have on a family.

“In many cases, parents come home exhausted, not wanting to talk, and many families no longer even share a common meal,” Francis wrote. He went to claim that some families “often seem more caught up with securing their future than with enjoying the present.”

Panama Papers puts world leaders and politicians on blast

Earlier this month, the International Consortium of Investigative Journalists, ICIJ, published a leak of documents, that have been dubbed the Panama Papers, which detail how 12 current and former world leaders and 128 other politicians and public officials have been storing money in offshore accounts that were kept secret.

Due to information leaked in the Panama Papers, the prime minister of Iceland, Sigmundur David Gunnlaugsson, is said to have ties to an offshore account that wasn’t properly disclosed and this information has led to his resignation. British Prime Minister, David Cameron, has also admitted that he’s earned money through offshore accounts.

Vladimir Putin, President of Russia, who was also named in the papers to have links to offshore accounts, has denied all accusations and claims that the Panama Papers are nothing more than an American plot to destabilize Russia.



Police Beat

Selections from the USM Department of Public Safety police log March 19 to March 28

03/19/2016

Dude, Where’s My Car?

Suspicious incident, P2 parking lot. Student reported finding an unknown male passed out in her car. Portland Police assisted and conducted a transport. Report taken.

03/22/2016

Paraphernalia Paranoia

Drug Complaint, Robie Andrews Hall. RA found drug paraphernalia in the residence hall. Officer took a report.

03/23/2016

Police Reports are the new Snapchat

Disorderly Conduct, Sullivan Gym. Two patrons of the gym were having a disagreement and wanted it reported. Report taken.

03/24/2016

No One Wants Crappy Art

Security Alarm, Art Gallery. Officer handled. False Alarm.

You Took My Breath Away

Medical Emergency, Bailey Hall. Student having an asthma attack. Gorham rescue transported to Maine Medical Center.

Hastings in a Haze

Drug complaint, Upton Hastings Hall. Officer investigating. Report taken.

Your Phone Will Be Obsolete In A Week Anyways

Theft Report, Sullivan Gym. Caller reports the theft of an Iphone 6 and a credit card from the Gym. Under investigation.

03/25/2016

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. Custodian reports that a few chairs in the lobby have been damaged. Report taken.

03/28/2016

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!

Disturbance, 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

Medical Emergency, Philippi Hall. Student having a medical issue. Gorham Rescue transported to Maine Medical.

Nobody Reads Books During Spring Break

Security Alarm, Glickman Library. False alarm. to Maine Medical Center.

Police Beats are edited for grammar and style.

Arts & Culture

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 sculptures, 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 partici-

pants 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 nerdiness.

"There is a lot of judgment that has found it's way in and people are 'testing' others to see if they're



Photo courtesy of Julie McCubrey

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.



Photo courtesy of Julie McCubrey

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.

'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 they 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," 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 be given a discounted rate.

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Independent filmmakers get four minutes of fame

Matthew Craig
Free Press Staff

On Thursday, March 24, Nickelodeon Cinemas in Portland hosted the 4 Minute Film Festival. The organizers, David Surkin and Anna Gravel, provide local, independent filmmakers, actors and writers the opportunity to get exposure in the community through the festival.

After the films are shown, members of the audience have the opportunity to vote on which film they enjoyed most. Prizes are awarded in a variety of categories, but the winning film was presented with something that most people involved in independent film would likely covet. Nickelodeon Cinemas offered the winning film a spot in the opening advertisements for a full month after the festival.

These films epitomize the creativity and resourcefulness that goes into local, independent films.

One of the more artistic films, "Snapshot of a Dancer," was created by a veteran filmmaker named Jim Ouellette who has been in the industry for 14 years and was the recipient of an Emmy award. He was also a professor at USM. The film itself features breathtaking aerial shots of a woman dancing in the wilderness

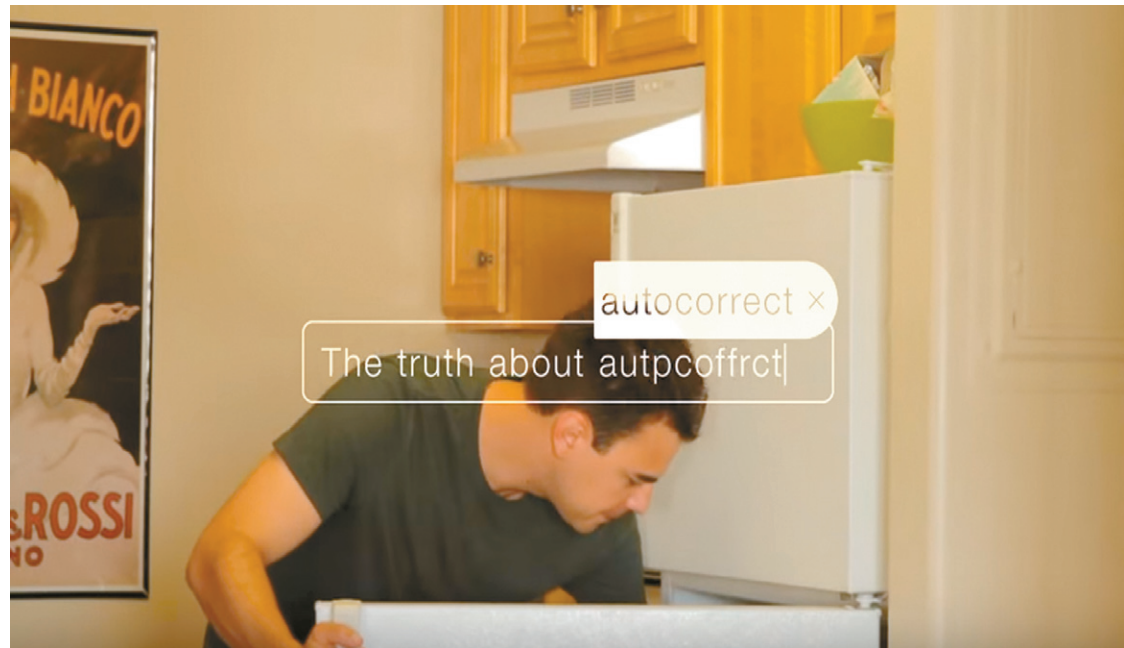
and some of the best backing music from the festival (in fact, he won the award for best music).

"A Joyful Day to Behold" was quite a unique piece as well. The film, by Jeff Day, is centered around a friend of his who is an artist, motorcycle enthusiast and lover of cats. As the title suggests, it is a chronicle of a day in the life of an interesting person in which he has personal connections with. Day is also working on a feature length 'mockumentary' about roller skating.

Waynflete School's film represents an aspect of local, independent filmmaking that is not often considered. By allowing his students to enter their film, a student-led project that was created in just two hours, Scott Taylor helped participating youths find their way to the silver screen.

The standout piece, "The Truth About Autocorrect," is a comedy short written and directed in the style of a sitcom. This film is quite well written, nicely acted, and delivers its humor very effectively. The filming also seems very professional, with good use of perspective change between scenes to hold audience interest.

"The Truth About Autocorrect" won as overall best presented film



Screenshot from "The Truth About Autocorrect"

Ian Cardoni played the character "Travis" in this 4 minute film by Sam Clarke and Phil Hamilton, titled "The Truth About Autocorrect." It won awards at the festival for best direction, writing, editing and best male actor.

created by Sam Clarke and directed by Phil Hamilton, it also won awards for best direction, writing, editing and best male actor (Ian Cardony). Second place went to "Street Donuts" and third to "A Joyful Day to Behold".

Other awards included best female actor, won by Joanna Clarke for her part in a film titled "Walk", an emotional short about a girl and her dog, and best special effects, which went to George Delphine for his work on "Fleshers," a science

fiction short.

The 4 Minute Film Festival has become a great avenue for aspiring filmmakers.

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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 Weisman
Space Gallery
538 Congress St.
Starts: 8:30 p.m.

Sunday, April 17

Tristan Omand
Blue
650A Congress St.
Starts: 9:00 p.m.

Want to submit an event?
arts@usmfreepress.org

HEAVY ROTATION |

WHAT CAUGHT THE EYES AND EARS OF OUR STAFF THIS WEEK

The Zombies: A track by track guide through the Odyssey



The Glorious Dead Productions

Zach Searles
News Editor

In a Rolling Stone interview last month, legendary Kiss guitarist, Gene Simmons, stated that rock is dead and hip-hop is dying. Whether that's true or not, Flatbush ZOMBIES, a hip-hop trio from Brooklyn, New York, is certainly doing their part in keeping it alive with the release of their debut album,

3001: A Laced Odyssey.

The Zombies, a trio consisting of Zombie Juice, Meechy Darko and Erick 'The Architect,' who does all the production for the group as well as throwing down versus on almost every track, have had to sit and watch while group after group come out of New York, just waiting for their share of the limelight. But after putting out three projects and taking their time in crafting an album, the underdog group has built a dedicated fan base and is now ready for their piece of the pie.

With a sound that varies greatly from other groups that have spawned out of Brooklyn within the last four years - including A\$AP Mob, which produced A\$AP Rocky, and Pro Era, Joey Bada\$\$ is slowing bringing his group into the limelight with his increasing fame. A sound that features trippy, psychedelic and sometimes just plain weird production and a rhyme

scheme far ahead of their time, with plenty of psilocybin references and punchy one-liners to get you hooked from the very opening track.

So here it is, your guide through *3001: A Laced Odyssey*:

Track One: "The Odyssey"

Track one is the title track, opening with ablast off to space followed by an intro that explains why Flatbush reigns supreme. The Zombies also sampled a line from Palm Trees, arguably their biggest track off their second mixtape, "Better-OffDead," one that gained them notoriety and a pretty big portion of their fan base...

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For full story, see album review online at usmfreepress.org

Batman V Superman: not as heroic as promised

John Rocker
Free Press Staff

"Batman V Superman: Dawn of Justice" is a sequel to Zack Snyder's 2013 Superman film, "Man of Steel." Snyder is once again back in the director's chair for the sequel. There was a lot of hype building up to the release of this film. It's important for Warner Brothers and their DC Comic Cinematic Universe because it has to get the ball rolling in order to catch up to Disney's Marvel Cinematic Universe.

The story takes place eighteen months after the events of "Man of Steel," where Superman and General Zod's fight ends up destroying a good portion of the city of Metropolis.

Bruce Wayne, also known as Batman (Ben Affleck) was there. The result of Superman's fight leaves one of Wayne's towers destroyed, causing the death of many employees. Now, Wayne believes that Superman should be taken down, even if he is trying to do good. Meanwhile, Clark Kent, also known as Superman (Henry Cavill) continues working at the Daily Planet as a reporter and continues his relationship with Lois Lane (Amy Adams), but also tries to prove to the world that he wants to help. Meanwhile, Lex Luthor (Jesse Eisenberg) also has a plan of defeating Superman.

That's the best way I can describe it without giving too many spoilers. It's really cool that Snyder ties in Batman with "Man of Steel", showing that there are consequences for Superman. The story for Superman, which is trying to find his role in the world, is the next logical step based off the events of "Man of Steel."

Does the world need a Superman? Of course, the film doesn't delve too far into this question because there are other things that have to be done, like setting up the Justice League and the characters that are a part of it.

This film feels like a clump of stories with no clear through line to hold it together. There are also

some scenes that really don't make any sense and they serve no purpose to plot nor character development. This could be more of an editing issue, as the film does feel choppy. There are a lot of good ideas here, but perhaps if more time was used to focus on those ideas, the movie would have to be split up into two movies.

Affleck's portrayal of Batman does and it's one of the best parts of the movie. This Batman is a version we haven't really seen before in films. He is much older and he has become bitter. He just doesn't care what happens, just as long as he is able to achieve his goal. I

Really, the performances for the most part work well and they work with what's happening in the movie, but Affleck was the clear standout. The action sequences were good, but there's one that happens with Batman that was insanely fun to watch. It's brutal, and nothing is being held back. Visually, this movie does look impressive, and you can tell that its Zack Snyder based on the looks and how it is shot. There does seem to be a lot of slow motion shots, but it's not overdone.

Now time for what doesn't work and there's certainly a lot: As mentioned earlier, this film doesn't really have any cohesiveness. It feels like five different movies happening within one movie. There is one scene that takes the time to show all the future Justice League members and really it would have worked as a post credits sequence rather than in the film. There are also some nightmare sequences that happen that really have no purpose of being there and the only people that will truly understand what's happening are comic book fans.

Then there's Eisenberg's performance: I like the actor a lot, but I don't think this was his best role for him. It's clear that, like Batman, they were trying to do something different with the character and it just didn't work. For a man who is supposed to be a maniacal genius, he comes off as a twitchy psycho-



Warner Bros. Pictures

path. There are moments that I thought worked, but that's when the genius side of the character shows. The mannerisms just don't work and become more a distraction than a character trait.

There's also the final fight, which if you've seen a certain trailer, you already know who it is and how it goes down. The CGI with this character looks more like a cave troll from "The Lord of the Rings" and I couldn't get that image out of mind. The design could have been better and made to look more like that character in the comics, but I guess that's more nitpicking than actual criticism.

Overall, "Batman V Superman" is a mixed bag. There are some things that work, and some that don't. This is a movie that's clearly made for the fans, and that's perfectly fine. The plot issues, however, cannot be ignored, and I feel this movie will not respond well with the mainstream audiences that don't follow anything comic book related.

If you really wanted to see this movie, chances are you already have. If you're on the fence, it can wait until after it has left the theaters.

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What caught your eyes and ears this week? Email arts@usmfreepress.org

Perspectives



Sustainability and ME

What we found in your trash:
“Our findings were pretty grim”

Megan Pryor
Sustainability & ME

On February 9, our Solid Waste Planning and Policy class was greeted by heaps of plastic trash and recycling bags on the floor of the 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 smears of Vicks Vapo 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, known as a Waste Characterization, serves a purpose: It's a policy-making tool that provides insight into what people are throwing away much more accurately than any survey can. So what did we find 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 was recyclable. There was also a lot of usable stuff - a brand-new sports bra, a new reusable razor, 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 “residue 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 Sweeney, our waste characterization was right on par with what previous characterizations have turned up. He notes that USM's recycling rate went from 34 percent (the national average) in 2011 to “between 49 percent and 59 percent.” However, he also notes that more effort from students and staff could drastically improve that rate to “between 75 percent and 85 percent.” Plus, if the environmental incentives aren't enough, Sweeney points out that Facilities Management's “costs went down from \$58,000 to just under \$20,000 annually” as recycling increased. He explained that the “dorms, athletic events, and conferences” are the biggest challenges to improving recycling rates, but while the public can be educated, dorm residents should already know what to do. The answers Sweeney has been asking himself are the same ones that came up in our classroom as we mourned the perfectly good sports bra and loads of recyclables buried in the trash. “Is it that they don't know or don't care? How do we increase awareness? How do we increase caring?”

Well, to quote from Dr. Suess' The Lorax, “Unless someone like you cares a whole awful lot, nothing is going to get better. It's not.”

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Life stories

Social media leaves me questioning my self worth

Johnna Ossie
Contributor

“Why am I doing this to myself,” I ask at 2 a.m. as I not-so-casually stalk the crush of my crush on Instagram. I have gone beyond just wanting to know if she is prettier than me. Now I need to know if she is wittier than me. I need to know if she is more interesting than me. I need to know what she has that I lack. My day-time self knows that looking through someone's entire Instagram profile and scrupulously staring at their selfies with my eyebrows furrowed is an unhealthy way to pass the time. My 2 a.m. self, however, does not care. My 2 a.m. self needs to know: Am I not good enough?

This is the peril of social media for a stressed out and perpetually heartbroken 24-year-old. I joke that I want to throw my phone out the window, but I'm not really kidding. 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 photos of their new girlfriend. A more self-restraining person may be able to ignore these particular facets of technology and go about their day normally with cell phone in tow. My anxiety and I can't help but wonder and eventually give into our impulses to know who our ex has been hanging out with, or who someone is with when they aren't calling us back.

Sometimes having constant access to social media feels like being left alone in a room with a pile of someone's journals. You know you don't really want to know the information that's written in them, you know that there are probably things in there that are going to hurt you, and yet, you can't help but take a peek. So how do I navigate this world of information that I desperately want and don't want at the same time? How do I teach myself

Advising Advice

Using the Disability Services Center for academic success

Common questions advisors are asked

Joanne Benica, Contributor
Rachel Brennan, Contributor

Did you know?: Your Faculty and Academic Advisors collaborate frequently with the Disability Services Center and know how to make an appropriate referral?

The DSC receives referrals from not only them, but also from the Counseling Center, TRIO support services, and individual faculty and staff.

How do I make an appointment with the DSC? Just give us a call: 780-4706, and set up an appointment with either our Accommodations Coordinator or one of our two Counselors! Or simply stop in, (242 Luther Bonney- Portland), to schedule a time to meet with someone to discuss services and/or request more information. P.S. Our candy bowl is often full!

What are some reasons I might contact the DSC? (1) You had an IEP (Individualized Education Plan) or a 504 plan in high school and want to learn more about available accommodations at USM, or, (2) You have experienced a recent illness or injury and have questions about temporary services/accommodations, or, (3) You have recently sought mental health treatment and are experiencing symptoms impacting your academic status.

What are some common accommodations? The most common include: testing accommodations, note taking services, ASL interpreters, and priority registration.

What are some other things I should know? The Disability Services Center at USM works with over 400 students a year!

Students reporting hidden or

invisible disabilities represent the largest number of students served based on disability type. Some examples of hidden or invisible disabilities include epilepsy or seizure disorders, psychiatric disabilities, learning disabilities, ADD/ADHD, and chronic illnesses such as lupus, GI disorders and diabetes.

What is the mission of the DSC? It is to ensure equal access to all qualified students with disabilities in graduate and undergraduate courses, and extended academic programs offered by USM on the Portland, Gorham, and Lewiston-Auburn campuses.

Students with documented disabilities are entitled to reasonable and appropriate academic accommodations in accordance with Federal laws including Section 504 of the 1973 Rehabilitation Act and the Americans with Disabilities Act of 1990 and its amendments. The DSC coordinates a range of services and accommodations for students with documented disabilities. In addition to determining eligibility for disability accommodations, the DSC serves as a resource for faculty, staff, and USM departments regarding accessibility on campus.

Last Words: The DSC provides a wide range of services to qualified students with physical, psychological and learning disabilities. We strive to minimize physical and attitudinal barriers and to build relationships with the larger community that enhances the learning and life experiences of our students. We hope you will contact us to learn more about our services!

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Word of the Week

Tenacious
[te.nashes]

Tending to keep a firm hold of something; clinging closely.

Ex: “She has a tenacious grip!”



Know of any interesting vocabulary words?
Email us at
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The solution to last issue's crossword





Weekly Horoscope

★★★★★

great

★★★★

good

★★★


average

★★

alright

★


difficult



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 18

★★★★

Disagreements arise easily because thinking your own way is accented. 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. Bewitches, in a way
8. Wonderland message on a cake
13. Hostile challenge
14. Phonograph needle's place
16. Imposes pain
17. Engaged in a violent disturbance
18. Fit to be eaten
19. Making minor changes
21. Tooth problem
22. Amanda of "The Whole Nine Yards"
23. Vocal inflection
24. German article
25. Checks closely
26. One with no hope
27. Go beyond the limit
30. Twisty curve
31. "Labor ___ Vincit" (Oklahoma motto)
33. Praises
35. Anti-communist propaganda org.
36. Lack of tact
40. Have ___ in one's throat
42. One-third of a Seinfeld line
43. NYC clock setting
46. Buck or doe
47. Spydom's Hari
48. Has ___ for (is knowledgeable about)
50. Hot
52. Donors' group
53. "___ Dying" (Faulkner novel)
54. Discourteous
56. Lonely Planet competitor
57. Followed
58. Almost perpendicular
59. Like Grateful Dead attire

Down


1. Sold from a machine, maybe
2. Workplace
3. John D. Rockefeller, e.g.
4. "The ___ Show" (Jon Stewart vehicle)
5. Back in the day
6. Autumn mo.
7. Sonnet sections
8. White-feathered wader
9. Diva's delivery
10. Developed a liking for
11. Signaled
12. Uniformity
13. Went out, as a fire
15. Some landscaping equipment
20. Map direction
22. ___ diem
25. Calf meat, to Collette
26. Student stats
28. Kent. neighbor
29. Ancient Greek city
31. Football squads
32. Baxter or Vieira
34. In a beneficial manner
35. Tire type
37. Actress Cannon
38. Retract a misstatement humbly
39. Leg. contract of protection
41. Menacing remark
44. Many a Middle Easterner
45. Camped out
47. Giuliani, e.g.
48. Way to read
49. Perjured oneself
51. Sorcerer
52. Sanctuary section
55. "Trust ___ wouldn't lie to you..."

Sudoku

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

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

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



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Relay for Life brings USM together for a cause

Raquel Miller
Free Press Staff

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 the day of the event.

Behind the scenes, the administrative specialist of residential life, Elizabeth Bishop, is working hard to assure that everything goes smoothly for students and faculty.

“Many hours of planning, meetings, marketing and outreach to a rich community of support.” Said Bishop of the event. We look to the USM community but also outside businesses and organizations to Sponsor and create teams. This year the community has been really fantastic as donations 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 statics 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 fight against cancer that many people share and although we will be goofing around and having fun, this meaningful cause brings a real sense of community to the event.”

Relay for Life has been working hard nationally to bring communities together



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.

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 \$33,00 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 can-

cer and support those affected by it. Their ultimate goal is to help build a world without cancer and with community events like these, taking place throughout the world, every individual—every community—can make a difference.

If you were not able to be present during this kickball event, make sure to stay aware of what is happening on campus. 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.

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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 with 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 bagger 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.”

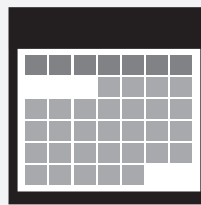
Damon can’t remember a time when he wasn’t exploring technology. He originally planned to major in Computer Science like his older brother, but he switched over to Media Studies two years ago when he saw the opportunity to have fun while making a living.



Meaghan Gonsior / Free Press Staff

espite a rough time with the SAT’s, he was accepted into USM’s Russell Scholar program when he entered USM four years ago. The program offers the same curriculum as other USM courses, but students live and take classes in a unique community setting in Russell Hall.

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Campus Events

Monday, April 11

Dinosaurs at Dusk!
University of Southern Maine
Southworth Planetarium, Portland Campus
Starts: 1:00 p.m. / Ends: 2:00 p.m.

Tuesday, April 12

The Golden Age of American Maps
University of Southern Maine
Osher Map Library
Starts: 10:00 a.m.. / Ends: 4:00 p.m.

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

Wednesday, April 13

Wellness Breakfast
University of Southern Maine
Woodbury Campus Center,
Portland Campus
Starts: 10:00 a.m. / Ends: 1:00 p.m.

Staff Senate Monthly Meeting
University of Southern Maine
304e Payson Smith
Starts: 1:00 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
Talbot Hall, Luther Bonney
Starts: 7:30 p.m.

Thursday, April 14

Hop into Spring with Bunnies
University of Southern Maine
Lower Brooks Student Center
Starts: 4:00 p.m. / Ends: 6:00 p.m.

The Missed Warning of 9/11
University of Southern Maine
Talbot Auditorium, Luther Bonney
Starts: 7:00 p.m.

Friday, April 15

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

Advisory Council Meetings
University of Southern Maine
Room 312, Glickman Library
Starts:7:00 p.m. / Ends: 10:00 p.m.

Saturday, April 16

Laser Beatles
University of Southern Maine
Southworth Planetarium
Starts: 7:00 p.m. / Ends: 8:00 p.m.

For more events:
www.usm.maine.edu/events

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Sports

Monday	Tuesday	Thursday	Saturday
Women's Lacrosse vs. Me.-Farmington	Softball vs. UNE	Baseball vs. Saint Joseph's	Men's Tennis vs. Mass-Dartmouth
4:00 p.m.	3:00 p.m.	3:30 p.m.	1:00 p.m.

Spring Sports: Early season roundup

Nick Beauchesne
Sports Editor

to continue their hot start going into Little East conference play.

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 with a doubleheader 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 Huskies have not been struggling 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

Men's Lacrosse:

The men's lacrosse team is coming off of 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, but plenty of opportunities are coming up in the schedule to get right against conference opponents in the near future. The first of these chances is 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/Bon-



Bradford Spurr / Multimedia Editor

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

ny 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 unity 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.

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USM

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first class meetings

4-WEEK SESSIONS

- SESSION 1:
May 16 – June 10
- SESSION 2:
July 5 – July 29

7-WEEK SESSIONS

- SESSION 1:
May 16 – July 1
- SESSION 2:
July 5 – August 19

14-WEEK SESSION May 16 – August 19

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