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 the campus this past week. NEASC representatives visiting USM are tasked in 2021. In the middle of this ten-year cycle this year, USM hosted NEASC representatives visiting the campus this past week.

NEASC representatives visiting USM are tasked to complete an Interim Report, where they are asked to review the university’s five-year process of the previous visit, and to report the campus’s progress and to prevent those comments being made in the future. The reports 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 “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.
Primaries are in full swing, twenty states still to decide

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 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 from the caucus goers of Maine.

With twenty states having yet to caucus or hold primaries, the current frontrunner of the Democratic’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.

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 new variety that simply electing the right 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, democrats or otherwise, do not stand a chance.”

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 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 if 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.
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 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 Iaffe and Jeremy 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.

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.

April 11, 2016

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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

The visit by members of NEASC involved meetings with students, faculty and administration. Informational luncheons 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 was the importance of academic integrity.

Before every NEASC visit, the university is required to prepare an Interim Report that affords the university an opportunity to evaluate all of the processes involved in the accreditation cycle. The purpose of this is to enable the university to assess itself from within, allowing them to see that they are making decisions for the future of the university, based on evidence.

The full report from NEASC will not be received by USM until 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.

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

Despite the fact that this part of the cycle is only a half-way progression report of sorts, the emphasis remains on ensuring that the 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 was 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 that the point of emphasis in the 2011 accreditation process coalesced with issues the university has been dealing with 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 accreditation in this process.”

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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 has stated that it cannot continue in the area without a move, and that it is considering moving to central Maine. LePage said that he has been in contact with the company's executives and they have indicated that they are considering a move to another state if they do not receive some sort of financial assistance.

Troubles with meth continue in Northern Maine

Despite new laws and regulations making it stricter to get and use methamphetamine, which is commonly found in cold medicine, meth continues to plague Aroostook County. reportedly there have been meth labs busted just this year.

According to Peter McCo- rner, an employee with Aroostook Mental Health Care, meth users range from construction workers who need the stimu- lant to stay awake during night shifts to younger people who are starting to experiment with hard drugs, but a recent study sug- gests that the number of people using meth in the county 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 cause over $50,000 in depreciation. The U.S. Senate passed a bill that would make it easier to remove meth labs from homes.

Security Alarm, Glickman Library. False alarm.

Police Beats are edited for grammar and style.

In Brief...

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.

No One Wants Crappy Art


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


Your Phone Will Be Obsolete In A Week

Drug complaint, G8 Parking lot. Student 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 of a useable amount of marijuana. Report taken.

Papercuts Are The Worst

Security Alarm, Art Gallery. Officer investigating.

Spring Break - Gorham, Maine - It's Crazy

Noise complaint, Upperclass Hall. Party on the second floor.

Paraphernalia Paranoia

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

Papercuts Are The Worst

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

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.

The Madness Continues! Rebel Rebel!


You’ll Be Able to Run Anywhere

Security Alarm, Art Gallery. Officer investigating.

Good Ol’ Fashion Clam Bake


Not My Antique Sitting Chairs!

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

Police Beats are edited for grammar and style.
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 USM students like 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 as PortCon has become more professional, 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 nerdy-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 they have things in common with easily.

“I think that it allows for creativity 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.

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 Gravél, provide local, independent filmmakers, actors and writers the opportunity to get exposure in the film industry.

The 4 Minute Film Festival has given filmmakers a spot in the opening ceremonies of events such as PortCon and other New England conventions in the past, stated that as PortCon has become more professional, 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 nerdy-ness.

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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.

In 2015, PortCon hosted a dance party for attendees to get down in their gams. This is one of the many events put on by the geek fest. each year.
The Zombies: A track by track guide through the Odyssey

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 verses 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 watching everyone else take their time in crafting an album, the undegod 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 ASAP Mob, which produced ASAP Rocky, and Pro Era, Joey Badass 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 psychedelic 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 a blast off to space followed by an intro that explains why Flatbush Zombies have also sampled a line from Palm Trees, arguably their biggest track off their second mixtape, “Better Off Dead,” one that gained them notoriety and a pretty big portion of their fan base...

The plot issues, how they 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 why it’s so f**king 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 still hold it together. There are also moments that I found work, 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.

Want to submit an event?
arts@usmfreepress.org

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

Monday, April 11

Comedy Night: Worst Night of the Week
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.

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

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 deliver 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 and it just didn’t work. For a man who is supposed to be a maniacal genius, he comes off as a twitchesy psycho.

Zack 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 BiES, a hip-hop trio from Brooklyn, New York, is certainly doing their part in keeping it alive with their music. Now, the release of their debut album, “3001: A Laced Odyssey,” is certainly doing their part in keeping it alive with their music. A sound that features trippy, psychedelic and sometimes just plain weird production and a rhyme scheme far ahead of their time, with plenty of psychedelic 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 a blast off to space followed by an intro that explains why Flatbush Zombies have also sampled a line from Palm Trees, arguably their biggest track off their second mixtape, “Better Off Dead,” one that gained them notoriety and a pretty big portion of their fan base...
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 VapoRub under our noses, we set to work, digging through soggy pizza crusts, moldy fruit cups, candy bar wrappers, chip bags, used paper towels, sanitary wet wipes, and rubber gloves. Then, after all that hard work, we had to throw our phone out the window! Our conclusion: It wasn’t pretty, but this meticulous process, known as a Waste Characterization, was a peek. So how do I navigate this world of information that I desperately want and don’t want at the same time? A more self-restraining person may have anything in particular that I lack. My crush has been hanging out with, or who someone is with when they aren’t talking to me. I need to get over it! It wasn’t pretty, but this meticulous process, known as a Waste Characterization, was a peek. So how do I navigate this world of information that I desperately want and don’t want at the same time? A more self-restraining person may have anything in particular that I lack. My crush has been hanging out with, or who someone is with when they aren’t talking to me. I need to get over it! It wasn’t pretty, but this meticulous process, known as a Waste Characterization, was a peek. So how do I navigate this world of information that I desperately want and don’t want at the same time? A more self-restraining person may have anything in particular that I lack. My crush has been hanging out with, or who someone is with when they aren’t talking to me. I need to get over it! It wasn’t pretty, but this meticulous process, known as a Waste Characterization, was a peek. 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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.

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 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. Béarnaise, in a way (2, 2)
8. Wonderland message on a cake
13. Hostile challenge
14. Photograph subject’s place
16. Improves pain
17. Engaged in a violent encounter
18. Fit to be eaten
19. Making minor changes
21. Tooth problem
22. Ameras of “The White Nile Years”
23. Vocal infection
24. German article
25. Check clarity
26. On with no hops
27. Go beyond the limit
30. Twisted curve
31. “Labor ___ Virgil” (Dickensian title)
33. Prasines
35. Anti-communist propaganda
36. Lack of tact
42. There___ in cook’s throat
42. One-end of a sailboat line
43. NYC clock setting
45. Buck or cow
47. Spyderco’s Hari
48. Him___ (for is knowledgeable about)
50. Hot
51. Donor’s group
53. “___-Dying” (Faurel novel)
54. Decorous
55. Lonely Primal competitor
57. Followed
58. Animal propodiasal
59. Like Greed1 Great alight

Down
1. Sold from a machine, maybe
2. Workplane
3. John O. Rockefeller, e.g.
4. “The ___ Show” (Jim Stewart vehicle)
5. Bush on the job
6. Hummick
7. Bottom sections
8. White-leathered wrapper
9. Bank delivery
10. Developed a liking for
11. Signaled
12. Uniformly
13. Went out, as a fire
15. Some landscaping equipment
20. Map direction
22. Clean
23. Cull ewe, to Cobbler
26. Student assets
27. Kent neighbor
29. Ancient Greek city
31. Football squads

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 and marketing and outreach to a rich community of support.” Said Bishop of the event.

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.

Bradford Spurr / Multimedia Editor

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 Gosnior
Free Press Staff

On any given Thursday night, media studies student 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 explained.

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 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 gang from Hanaford or the cashier from Rite Aid. We have people here you see around town and wouldn’t realize they 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.
Spring Sports: Early season roundup

Nick Beauchesne
Sports Editor

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

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 one 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- 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.

Bradford Spurr / Multimedia Editor

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