

## SURVIVING FINALS WEEK

With finals coming up, how will you prepare for the bombardment of exams, projects and essays?

NEWS 2



## GARBAGE TO GARDEN

Banana peels, coffee grinds and egg shells: Portland is on its way to being environmentally friendly.

ARTS & CULTURE 7



## STUDENTS OF USM: GRADUATION

A few students graduating this spring spoke out about their best and worst times as a college student here at USM.

COMMUNITY 14

# the free press

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## USM awarded grant for recovery center on campus

Colin Cundy  
Free Press Staff

A federal grant from the Substance Abuse and Mental Health Administration (SAMHA), has been awarded to open a recovery center here on campus. Having a center for those in need will stand in contrast to the existing group's, Students and Recovery (SAR), previous set-up.

SAR has been directly involved in coordinating with the university throughout the application process. The group, formed in 2014, met with the administration this past August and USM's Collegiate Recovery Program Steering Committee was formed as a result. The committee worked

to successfully apply for a grant funding to increase Collegiate Recovery services offered at USM. The funding is contracted with Bringing Recovery Support to Scale Technical Assistance Center Strategy (BRSS TACS) and through SAMHSA. USM was one of seven universities to receive this funding.

In the past, SAR has met in reserved classrooms for one hour a week. This hasn't been ideal according to Andrew Kiezulas, a participant and group leader within SAR: "It causes confusion," he said in regards to the brevity of their meeting times and to having to use a space that wasn't their own.

See **RECOVERY** on page 3



Bradford Spurr/ Multimedia Editor

Although nothing is official, Payson Smith is likely to house the Recovery Center.

## Candidates for provost announced

Zachary Searles  
News Editor

Candidates for the provost position have been announced after the search committee, chaired by Tom Parchman, interviewed all interested candidates, narrowing the search down to three. Each candidate will have two days on campus, starting during finals week, where students and faculty will be able to ask questions of them.

The three candidates in the running for the position are Dr. Jon Harbor, Dr. George Anthony Pepper and Dr. Jeannine Uzzi, who is currently serving as interim provost.

The first candidate to be visiting campus is Dr. Jon Harbor who will be visiting on May 9 and 10. Dr. Harbor currently serves as the director of digital education and associate vice provost for teaching and learning at Purdue University.

"I am particularly excited by the emphasis that President Cummings and the community at Maine's Met-

ropolitan University has placed on providing a high quality, accessible and affordable education, and its specific focus on advancing learning through meaningful engagement and opportunities with communities," Harbor said in the opening to his cover letter.

Harbor received his PhD in Geological Sciences from the University of Washington and has published several articles in peer reviewed journals. While at Purdue he was included in their "Book of Great Teachers" for his success as both a professor and a researcher.

The second candidate to visit campus is Dr. Jeannine Uzzi, who will be open to questions on May 10 and 11. She has been serving as interim provost since late September and was a USM faculty member who was brought out of retrenchment by President Cummings to serve as interim provost.

"When President Cummings

See **PROVOST** on page 4

## A year in perspective: 2015-2016 editor opinion



Photo courtesy of USM athletics department

Freshman Jack Donnelly won his third game of the season as the Huskies defeated Bates 9-5.

**For full story, see page 15**

## Documentary raises awareness on sexual assault

Each year during the month of April, USM recognizes this ongoing issue

Julie Pike  
Free Press Staff

April is Sexual Assault Awareness Month (SAAM) in the United States. SAAM is an annual campaign to raise public awareness about sexual violence and to educate communities and individuals on how to prevent it. The campaign began in the late 1990s. The month of April was selected by the National Sexual Violence Resource Center (NSVRC) who created the awareness project.

Each year during the month of April, different community based organizations, schools, businesses and other groups plan events and activities to highlight sexual violence as a public health, human rights and social justice issue and to reinforce the need for prevention efforts. The slogan, resources and materials for the SAAM campaign are coordinated by NSVRC, which helps assisting different anti-sexual assault organizations throughout the country.

USM has been recognizing April as Sexual Assault Awareness Month for many years. Each year programming changes, all with the intent of raising awareness.

Sarah Holmes, the Assistant Dean of Students, states that: "The more awareness raising we do, the more reports we see - not meaning it happens more, but that more people know to come for-

ward to get help and support."

USM takes their own measures to prevent sexual assault at school and in the community. According to USM's "Annual Security Report" the university prohibits dating and domestic violence, sexual assault and stalking in all forms. Violators of these policies may be subject to criminal prosecution and disciplinary measures, including dismissal.

At USM, different organizations on campus conduct educational programs to increase awareness, understanding and prevention of sexual harassment and violence. All students and employees are required to participate in these educational programs.

USM's Campus Safety Project staff conducts educational programs designed to raise awareness

of these crimes and incidents and to encourage students and staff to be an active bystander. Some of the educational programs include: Speak About It, UnSpoken Maine and Title IX, an online primary prevention program called "Not Any More" by Student Success.

More recently, on April 26, there was a film showing of "The Mask You Live In" that was co-sponsored by the USM Campus Safety Project and partnered with Sexual Assault Response Services of Southern Maine (SARSSM) and Maine Boys to Men. The film is a documentary that was released in 2015, that shows boys and young men as they struggle to stay true to themselves as they face America's harsh definition

See **ASSAULT** on page 3



Screenshot courtesy of The Mask You Live In

A screenshot from the documentary that explores masculinity in America.

# SURVIVING FINALS WEEK

Raquel Miller  
Free Press Staff

The life of a college student is already busy and a constant balancing act between classes, work and one's sanity. Once finals are added into the mix at the end of the semester, the balancing act is taken to an entirely new level of chaos.

The week before finals, which begin as early as Saturday May 7th for some students and continue until Friday May 13th, USM's Portland Event Board is hosting a variety of StressFree activities for students on the Portland campus.

**I check my syllabus for everything that needs to be done and put in order what things I should get done first. It's hard if you have three papers to do and you try jumping between each. I try to focus on just one at a time.**

Brittany Simpson, Junior English Major at USM

Massages, cupcakes, therapy dogs and even an inflatable obstacle course are in the lineup in hopes of providing students with stress relieving events that they can access in between classes.

Campus libraries and computer

labs fill with students throughout all hours of the day as they tap away at their laptops, writing one of the three essays due in a week. Other students can be seen racing around, with a cup of coffee in one hand and a notebook in the other, as if there is not enough time in the day to get everything done. Undoubtedly, finals week can be one of the busiest weeks for some USM students.

Brittany Simpson is a junior English major, minoring in creative writing, and if everything goes according to plan, will graduate in the Fall of 2017. Writing two papers ranging from 7-10 pages in length, taking one final



Raquel Miller / Free Press Staff

On the fifth floor of the Glickman library, students work on laptops near the windows the East end of town. Many individuals go to Glickman because it provides a quiet location to study for finals and write up papers.

ing for an exam. I'm too anxious of a person and no matter how much I study, I've never been good at test-taking."

Unlike past semesters, the workload for Simpson during finals week is going to take a lot of effort on her part to complete, but luckily, her employer is flexible with her work hours, and she has planned ahead.

"I check my syllabus for everything that needs to be done and put in order what things I should get done first. It's hard if you have three papers to do and you try jumping between each. I try to focus on just one at a time."

While some upperclassmen have had the ability to develop study habits that work for them, younger freshman, who are approaching their first set of college finals might need added support.

During finals week, USM Health and Counseling Services does not offer specific programs for students, but opens its doors even wider for students who might need support. Lisa Belanger, Director of Health at the Health and Counseling Services, offered a few tips for students as finals approach, not unlike what a parent might advise. Making healthy choices for your body and mind is essential. It is something most students know, but cramming the night before a big exam, more often than not, will end up negatively. Belanger urged students to get enough sleep, hydrate and eat healthy foods that will fuel their bodies.

Many students will end up surviving off of any combination of coffee, energy drinks, and quick meals, but Belanger notes how important it is to "pace yourself and create a balance."

A large part of thriving in finals week is an organizational aspect, but Belanger adds that "finding moments to be present and appreciate what is going on right in front of you can help maintain a

positive balance in a students life. Finding a moment for mindfulness helps students slow down and decompress in whichever way works best for them. Even small moments like noticing the flowers as they walk to class can be helpful."

For Simpson, her cats are perfect for snuggling and also help calm her, but their cute purrs can also become distracting.

"Living at home there are always so many distractions. I usually tend to have to leave my house and seek out somewhere else to do my work."

In case she needs to, Simpson can always head over to one of the campus libraries for their extended hours during finals week. Both Glickman and Gorham Library and learning commons have extended their hours by at least an hour during finals week. The previously named "Late Night at Glickman" will be renamed to "Finals Festivities" and will provide students with free coffee and snacks to help students stay healthy and relaxed as they work.

With finals week only a week away, remember to take advantage of USM's resources for students whether it be a massage in Woodbury, or snacks at Glickman.

There is no denying the chaotic nature finals bring to students, but remembering to take a moment to slow down, and a moment for yourself, is key.



Raquel Miller / Free Press Staff

Finals week is right around the corner, beginning May 9, will find many students at USM in the library, cramming in some last minute studying for their tests and finishing their 10 page papers.

From **RECOVERY** on page 1

Having a center on campus will be a considerable step toward treating the issue of substance use

**“Every game, every half, every quarter we have to treat like a playoff game.”**

**Samantha Allen**, head coach of USM women's basketball

as one that deserves more attention and more resolution.

“The fallout from this not being here is more friends of ours die,” Kiezulas said. “We’re trying to increase positive outcomes.”

Diane Geyer, coordinator of substance abuse clinical services at USM, said the center will expand the current services offered through SAR.

“The new Collegiate Recovery Center will offer a physical space, a home for SAR group and all students in recovery,” she said.

While SAR will continue to meet, the Recovery Center will likely be open during regular campus business hours. The center’s presence and availability will exponentially increase the reach of its vital services.

“With the Recovery Center, we would like to have a space where people can go,” Kiezulas said.

Having a dedicated space located on campus will give students and those in need of help a supportive environment and a place to go to.

Working closely with the uni-

versity, a location has been selected to centralize recovery services at USM. It will be located on the first floor of Payson Smith.

This location also features the benefit of being located down the hall from the university’s Health and Counseling Services office.

“This was very deliberate,” Kiezulas said, speaking positively of the relationship between SAR and the university’s Health and Counseling Services office.

“We’re hoping to be liaisons to them,” he said. “A lot of our community members would do very well seeking professional clinical help.”

However, SAR and the Health and Counseling office’s hands are tied to a degree. SAR only meets once a week, and similarly clinicians can only work with someone for an hour a week.

“It can really stunt the growth of people when they’re trying to transition into recovery... without there being a continuum of care,” Kiezulas said.

That’s where the Recovery Center will come into play.

The exact date of the center’s opening hasn’t been announced yet, but efforts by the university and SAR will be made toward opening the center in August, or to at least ensure it is open in time for the fall semester.

“We anticipate the center being open to students by the middle of August,” Geyer said. When the launch date is in sight, the university, according to Geyer, “will be having an open house for the public and the college community.”

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From **ASSAULT** on page 1

of masculinity. The film is an example of the impact that our culture’s pressure of masculinity has on society as a whole.

In conjunction with the film showing during the month of April, emails have been sent out to all students to inform them about sexual assault.

The Campus Safety Project also uses social media to spread awareness, community partners have been tabling on the Gorham and Lewiston campuses, and SARSSM has held office hours of the Gorham and Portland campus.

USM also has ongoing awareness campaigns on campus, such as, Community Advocate Resource Tabling, Floor and Hall Meetings, Campus Safety Project Facebook postings, educational bulletin boards, Consent Days, and Take Back the Night Rallies.

USM’s “Annual Security Report” has exact directions informing students on what to do if they are sexually assaulted, ex-

“

**Sexual assault is a problem at every college and university... At USM, incidents of sexual assault are under reported.**

**Sarah Holmes**, Assistant Dean of Students

perience domestic violence, dating violence or stalking. For the complete sexual assault policy, relationship violence and stalking policy for USM, students can pick up a physical copy in the



Screenshot courtesy of *The Mask You Live In*

The documentary focuses on conceived notions of masculinity and the impact that has on society as a whole.

Dean of Students Office.

“Sexual assault is a problem at every college and university. National statistics tell us that 1 in 5 women will experience sexual assault during their college years. At USM, incidents of sexual assault are under reported,” Holmes

”

selling Services provides confidential supports to any students facing sexual assault and those impacted by it.

All employees at the university are also mandated reporters of sexual assault, dating or domestic violence and stalking. Those reports are sent to Sarah Holmes. Holmes is the Deputy Title IX Coordinator for the school. She works with students who have faced sexual assault to provide the support and resources they need.

The biggest resource for students are the sexual assault centers in every region. In Portland and Gorham, SARSSM is the agency that would help. There is a 24-hour hotline that anyone can call for help at 1-800-313-9900.

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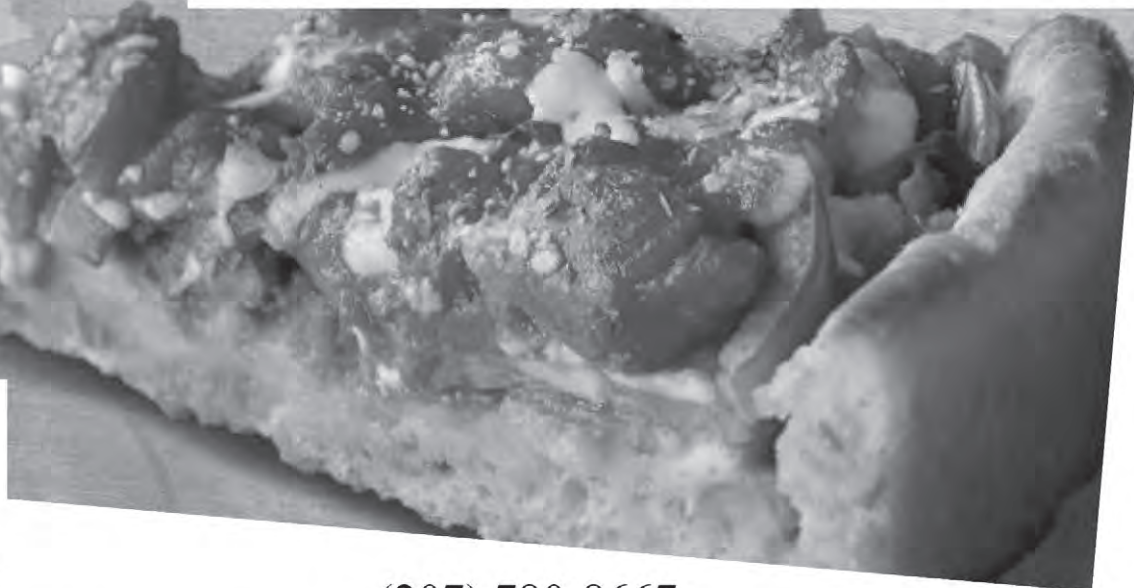
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Photos courtesy of USM, Purdue University and Castleton University

From left to right: Dr. Jeannine Uzzi, Dr. Jon Harbor and Dr. Tony Pepper, who will all be coming to campus during finals weeks to take questions from students and staff in hopes to obtain the provost position, which if selected, they will start on the first of July.

From PROVOST on page 1

asked me to step into the provost's office last year, I was excited, but I understood that the university faced significant challenges. On day one I took on the full responsibility of the office, focusing on the hard work USM needed," Uzzi said in her cover letter. "If retained, I will continue to put every ounce of my energy, enthusiasm and goodwill into what

**“When I was retrenched, I accepted my fate, changed course and adapted to a new role in administration... Simply put, I love this institution and would be honored to continue as provost and VPAA.”**

Dr. Jeannine Uzzi, Interim Provost of USM

is best for USM.”

Uzzi also stated in her cover letter that President Cummings told her that she could help heal the university. Since she accept the interim position, Uzzi has held many open meetings, spoken at a wide range

of meetings and events and has met with many students and staff, addressing any concerns they might have.

“When I was retrenched, I accepted my fate, changed course and adapted to a new role in administration... Simply put, I love this institution and would be honored to continue as provost and VPAA,” Uzzi said in her closing paragraph of her letter.

Peffer is among the leaders of Castleton to implement and develop graduate programs to attempts to become “Vermont’s Comprehensive Master’s Institution.” He also serves as a representative of the university to build partnerships with high schools and universities in China.

According to Peffer, his main responsibility is supervising around 250 full-time and part-time staff and faculty.

Peffer claims that one of his highest priorities is expanding the access of higher education and having the privilege of helping first generation, minority and international students realize their dreams.

“Castleton has won my heart as a special family full of cherished friends. I can’t imagine leaving here for anyplace but a university that offers even more meaningful connections with faculty, staff and students. USM seems exactly such a place,” Peffer writes in his cover letter.

A decision for provost will be made by the end of May, with the winner starting the first of July.

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# Locker Project establishes pantries in local high schools

Angelina Smith  
Contributor

In Maine, 1 out of 4 children are food-insecure, and in Portland and other locations in the state, it is often 3 out of 4 children.

Maine has the highest rate of child hunger in New England, and the need for nutritious food for these hungry children is critical.

The Locker Project is a non-profit organization that creates and supports food pantries in schools, and helps meet the needs of children suffering from food insecurity

during which students who would normally be provided meals and snacks at school often go hungry.

The bags were enthusiastically filled with macaroni and cheese, soups, granola bars, breakfast cereal, and other foods, and carried to an awaiting van to be delivered to the school.

“I am thrilled that the students in HON 103 had an opportunity to provide emergency vacation food supplies to food insecure school children in Portland,” said Professor Timberlake.

While the class is interested in working for long term change,

**“I am thrilled that the student in HON 103 had an opportunity to provide emergency vacation food supplies to food insecure school children in Portland.”**

Sharon Timberlake, Honors Professor at USM

in Maine.

The Locker Project began in 2011 when Katie Wallace, a volunteer and parent of a student at the East End Community School in Portland, noticed that some kids had to sit out during snack time and went hungry.

Wallace began to bring in snacks for these kids, and soon began a small food pantry with the help of the school nurse and a grant from the Good Shepherd Food Bank, so children could bring home food with them.

From there, the pantry expanded to other schools like Deering High School and Presumpscot Elementary School, and with collaboration with the Good Shepherd Food Bank, continues to provide food for students to eat as snacks at school or to take home with them.

In the future, the Locker Project plans to establish more food pantries in schools across the state of Maine in order to reach as many children as possible.

In coordination with the Locker Project, USM students in Professor Sharon Timberlake’s Honors course, A Cultural and Historical Perspective on Poverty, recently stuffed thirty bags with food for children to bring home with them from school to help them get through their vacation week, a time

students recognize the importance of healthy food and good nutrition in the academic performance and overall health of young people.

USM students interested in getting involved with the Locker Project can help in all kinds of ways, such as organizing a food drive, starting an online donation drive, or assisting with tasks like loading vans or delivering food.

Some foods that are particularly good for children to be able to bring home with them from school pantries are boxes of macaroni and cheese, pasta, pasta sauce, cans of soup, peanut butter, granola bars, cereal, tuna fish, rice, instant meals, beans, and canned fruit and vegetables.

You can even start your own food pantry, in your hometown or wherever you recognize a school in need of one, with the help of the Locker Project.

For more information about this, and the Locker Project in general, you can contact the Locker Project by calling 899-9540, emailing them at info@mainelockerproject.org, or finding them on Facebook through their website at mainelockerproject.org.

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Angelina Smith / Contributor

Students in HON 103 collaborate with the Locker Project, bringing food to high schools in the area.



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Local & State

Gunfire in Portland Shaw’s parking lot

Portland police are investigating gunshots that were reported in the Shaw’s parking lot last Tuesday night. Police were called to the scene at around 9:30 p.m., and people in the area stated that violence is rare for the area.

When police got to the scene, the people involved in the incident were absent, but witnesses claim that they saw a Honda Accord and a white GMC leave the scene.

Investigators are saying that this is an isolated incident, and that they don’t have a motive for why the shooting took place. No one was hurt in the incident and police are working with businesses in the shopping center where the Shaw’s is located to get surveillance footage of shooting.

Gov. LePage apologizes for storming out of dedication ceremony

During a ceremony last week at the University of Maine at Farmington, Gov. LePage, who was invited to give a speech, reacted to signs held by students, which criticized LePage for his record on the environment. He reportedly called the students “idiots” before abruptly leaving. The ceremony was for the renaming of a building after UMF’s former president, Theo Kalikow.

A day later, LePage apologized for how he acted during the ceremony, stating: “First and foremost, I apologize to President [Kate] Foster and especially to Theodora Kalikow for the sequence of events on Tuesday. I was humbled to be invited to speak at a ceremony to honor Theodora Kalikow and recognize the great legacy she has left the University of Maine at Farmington, as well as its faculty, staff and students.”

LePage went to accuse the students who were holding signs of disrespecting former president Kalikow and the university. LePage also criticized the state’s media.

“For more than five years, the media has flocked to events where I have been asked to speak, not to cover any good news about the events, but to disparage me over issues totally unrelated to the events,” LePage said. “Since I am such a distraction to the media, I will no longer attend some of these public events. I sincerely hope the media will continue to attend these events and report on the good people of Maine and the many positive things they are doing for our state.”

Stabbing at Portland Denny’s restaurant

Early Thursday morning, a stabbing took place outside of a Denny’s restaurant on Brighton Avenue in Portland. Police are investigating the incident that took

place just before 1:30 a.m. and they don’t have any suspects in custody.

According to Lt. James Sweatt, the victim was taken to Maine Medical Center, where he is in serious but stable condition. Police have not released the victim’s name.

Business resumed as normal for the Denny’s at 7:30 a.m. after the stabbing. Jim Clark, the restaurant manager, said that the victim and suspect were not customers and there are no cameras at the restaurant that were able to catch any of the incident.

National

Prince possessed opioids before his death

Prince died in his home at the age of 57 earlier this month. While authorities were investigating his death they found opioids that he had a prescription for, both on his person and in his home.

The pills found in his home are commonly used to treat pain.

Investigators have brought in the U.S. Drug Enforcement Administration to help with the case and are saying that he had a health scare about a week before his death, which caused an unscheduled landing of his plane.

When the plane landed, Prince was rushed to a hospital in Illinois and was treated for a potential overdose of pain medication. He later returned to his home and seemed fine, officials say.

Investigators are still waiting for the results of the autopsy and toxicology tests to better understand what caused Prince’s death.

Kalamazoo shooter suspect deemed fit for trial

Jason Brian Dalton, accused of killing six people and injuring two others during a shooting spree in Kalamazoo, Michigan in late February, blamed Uber for his shooting spree. He blamed the Uber app, claiming that it made him “like a puppet” and it would “take over your whole body.”

Dalton underwent a psychiatric evaluation. and this month District Court Judge Tiffany Ankley said that he is fit for a trial. He is being charged with six counts of murder.

Tamir Rice’s family reaches settlement agreement for \$6 million

The city of Cleveland reached a settlement with the family of Tamir Rice, a 12-year-old African American boy who was shot dead by a police officer while playing with a pellet gun. The family was awarded \$6 million, to be given in \$3 million payments per year for two years. Under the terms of the settlement, Cleveland admits no wrongdoing.

"Although historic in financial terms, no amount of money can adequately compensate for the loss of a life," Subodh Chandra, the Rice family's attorney, said in response to the reported settlement.

Last year, investigators found no hard evidence that the police officers involved in the shooting of Tamir Rice ordered him to raise his hands before they shot him.

"The problem of police violence, especially in communities of colour, is a crisis plaguing our nation. It is the Rice family's sincere

hope that Tamir's death will stimulate a movement for genuine change in our society and our nation's policing," Chandra said.

International

27 killed in an airstrike on Syrian pediatric hospital

Last week an airstrike in Syria killed 27 people, including children, at a pediatric hospital. The U.N. special envoy to Syria, Staffan de Mistura, warned that a humanitarian disaster is unfolding in Syria.

The Syrian Observatory for Human Rights said 27 people were killed, three of them being children and three being doctors. The strike came at a time when there has been increased violence around Aleppo, a city in northern Syria. The Observatory also stated that at least 148 civilians have been killed in Aleppo in the past six days.

"This devastating attack has destroyed a vital hospital in Aleppo, and the main referral center for pediatric care in the area. Where is the outrage among those with the power and obligation to stop this carnage?" Muskilda Zancada, Medecins Sans Frontieres head of mission in Syria, asked.

According to de Mistura, in the last 48 hours there have been an average of one Syrian killed every 25 minutes, and at least one Syrian injured every 13 minutes.

Trump lays out foreign policy plan, here’s what the rest of the world thinks

Last Wednesday, after sweeping the primaries in another Super Tuesday, Republican front runner Donald Trump gave a foreign policy speech on how he would deal with the world’s problems, discussing U.S. relations with countries such as Iran, China and North Korea.

Trump has stated in the past that under his administration, Iran will never be allowed to have nuclear weapons. Back in December, President Hassan Rouhani of Iran said that Republican candidates could hardly find Iran on a map.

"Sometimes when I would have time, some of it was broadcast live and I would watch it -- some of it was quite laughable. It was very strange, the things that they spoke of," President Rouhani said.

Trump has stated that he wants to fix relations with China and that America should be more of a friend to China. China’s state-owned newspaper condemned Donald Trump in an editorial last month, claiming that he was “big-mouthed” and that the Republican party has lost control of him, and now he is their worst nightmare.

Trump has also made remarks about North Korea, criticizing President Obama for just watching North Korea as it becomes more bellicose. Just a couple weeks ago, North Korea fired back.

"Donald Trump's remarks are totally absurd and illogical," Ri Jong Ryul, deputy-director general of the Institute of International Studies in Pyongyang, said. "Trump's remarks give us deeper look at America's hostile policy against my country. Simply put, America's hostile acts against us are making the situation on the Korean peninsula worse."



Police Beat

*Selections from the USM Department of Public Safety police log March 30 to April 14*

03/30/2016

“You’re Disturbing the Books”

Unwanted person, Glickman Library. Library staff would like patron removed. Subject escorted out and issued Criminal trespass notice. Report taken.

Just Call Your Phone and See Who Answers

Theft report, Sullivan Gym. Robert of a stolen cell phone from the gym locker room. Report taken.

Books Pose Dangerous Threat

Medical assistance: Glickman Library. Report of a person needing medical assistance. Subject transported to Maine Medical Center.

04/1/2016

Motorcycles Can Be Loud But Your Car Can’t

Motor Vehicle Stop, University Way. Defect card issued for loud exhaust.

Literally the Worst Feeling Ever

Theft report. Report of a stolen wallet while off campus. Report taken.

04/08/2016

Just Look for the Person Wearing Them...

Theft report, Anderson Hall. Student reports clothes stolen from washing room. Under investigation.

Research Gone Wrong?

Suspicious activity, Science building. Report of the smell of smoke in the building.

“Take that, Vending Machine!”

Vandalism, Anderon Hall. Report of graffiti on a vending machine. Report taken.

Who has time to make complaints like this

Drug complaint, GS1 Parking lot. Unfounded.

04/10/2016

Bumper Cars On Campus

Motor vehicle crash. P2 parking lot. Report taken.

Wrong Place at the Wrong Time

Paper service, 21 Falmouth St. Summons served to a subject.

04/12/2016

Someone Can’t Own up to Their Mistakes

Hit and run accident, G2B parking lot. Officer investigating.

04/13/2016

Reefer Madness in the Parking Garage

Drug complaint, parking garage. Report of unknown person smoking marijuana in the garage. Unfounded.

“Watch, I can Lift this Treadmill”

Medical Emergency, Sullivan Gym. Medcu transport to Maine medical Center after fall. Report taken.

04/14/2016

Nothing seems safe on campus

Theft, Science Building. Report of the theft of a credit card and cash from backpack. Report taken.

Police Beats are edited for grammar and style.

Five films of the summer / 8  
 Portland puppetry / 8  
 Drake does it again / 10

# Arts & Culture

## USM students are candid about culture shock

Meaghan Gonsior  
 Free Press Staff

“It bothers me that I really don’t have the history with the other Americans,” USM graduate Shagahayegh Sabeti remarked. “When you grow up with people, you go through this whole process. People start talking about things that I have no idea about, so I couldn’t really contribute to it.”

Teenage life comes with challenges in general, but Sabeti had the added complication of dealing with culture shock. Sabeti’s family left their home in Iran when she was sixteen because of the persecution they faced as Bahá’í believers.

“Now I’ve been here seven years, and I know stuff that has been happening,” she explained.

“You leave your country never knowing what is really going to happen to you. All these stresses and emotions were really difficult.”

Anthropologist Kalervo Oberg first coined the term culture shock in 1960, describing it as a state “precipitated by the anxiety that results from losing all our familiar

signs and symbols of social intercourse.” Oberg further explained that “cues, which may be words, gestures, facial expressions, customs, or norms, are acquired by all of us in the course of growing up and are as much a part of our culture as the language we speak or the beliefs we accept.”

When a person is transported from one culture to another, they may experience different levels of culture shock, from mild disorientation to severe depression and anxiety.

“I thought I knew English, but as soon as I came here and [our caseworker] started talking, I was like, ‘gosh, I have no idea what he is telling me right now!’” Sabeti recalled with a laugh.

“I had a really hard time in high school. I was honor roll, but I didn’t have very many friends. I was very reserved and shy,” Sabeti continued. “And Iran was so important to me. I felt some sort of betrayal, for my other friends and family.”

“Everything changed when I came to USM. I came to USM and everyone was educated, very



Meaghan Gonsior / Free Press Staff

From left to right: Marketing major Lydia Tsadik moved from Ethiopia to Cape Elizabeth when she was in eighth grade. Navid Rohani’s parents are from Iran. Behshad Sabeti moved to Maine from Iran when he was twelve.

**It seems like you have  
 to work really hard to survive here.  
 You just keep working and working...**

Lydia Tsadik, junior marketing major

understanding, and welcoming. It was way more welcoming than I expected. I might not have even been so accepting to refugees in Iran. Maybe it’s because this country is built on refugees.”

Sabeti’s cousin, Behshad Sabeti, moved to the U.S. with his family several years prior, at the age of 12. For him, the most difficult aspect of starting over in a new country

was the financial strain it put on his family, forcing his father to work extended hours.

“I barely saw [my dad] for a few years. That was the hardest part. In the beginning you have to work really, really hard,” Behshad explained.

Lydia Tsadik moved to Maine from Ethiopia in the eighth grade. Despite having to learn English

on top of her other studies, she excelled at Cape Elizabeth High School. She made the honor roll on multiple occasions, and is now studying marketing at USM.

“It seems like you have to work really hard to survive here. You just keep working and working,” Tsadik noted of American culture.

See **CULTURE** on page 9

## Banana peels, coffee grinds and egg shells: making Portland prettier

Matthew Craig  
 Free Press Staff

Today, Southern Maine’s Garbage to Garden service offers an easy way to compost food scraps, as well as obtain compost for growing things. The nonprofit organization was created by Maine resident Tyler Frank, who was living in the East End of Portland in 2012 when he recognized the fact that composting can be very difficult for urban residents. What started with 17 participants

has grown to just under 15% of households in Portland taking part, according to the company’s figures. Their services also extend to neighboring towns, including, but not limited to, South Portland and Westbrook. The University of Southern Maine, as well as St. Joseph’s college, are among Garbage to Garden’s clients. Garbage to Garden also services some public schools in the area.

The obvious question here is ‘what do they actually do?’ The role of Garbage to Garden in this

process of curbside composting and recycling is to provide well-structured delivery of compostable and recyclable organic materials. Their fleet of trucks makes rounds each day, picking up compost both from residences, commercial participants, and nonprofit organizations. The food waste is brought to Benson Farm in Gorham, where it is composted. Garbage to Garden then buys back the compost, which is delivered to those participants who can make use of it. In addition to diverting food and other compostable materials from landfills, those who take advantage of Mr. Frank’s services can recycle used cooking oil, which is then converted to soap and biofuel by Maine Standard Biofuels.

Composting this way has many advantages. This process benefits the environment for several reasons; less food waste gathers in landfills, compost can be used in place of synthetic fertilizers (which can run off into the ocean and other bodies of water, poisoning aquatic life) and this natural fertilizer is transported over a much smaller distance, reducing fossil fuel consumption in its supply chain. Further, participation in this program is an excellent way to get involved in one’s community and help others. If you love food, as many Portlanders do, it’s worth



Bradford Spurr / Free Press Staff

Outside of Hannaford in Portland, Garbage to Garden posters inform those interested what their program is all about.

mentioning that quality produce begins with quality fertilizer. What better way is there to grow some delicious fruits and vegetables in the back yard than with one’s own composted organic waste?

Garbage to Garden relies heavily on volunteers. By volunteering for Garbage to Garden you can save the environment, one banana peel at a time. If that’s not enough, each volunteer is entitled to free service, which otherwise would cost \$14 per month or \$168 per

year. Free service only requires something like two hours of work per month. It’s worth the little bit of extra effort to help protect Maine’s natural resources. USM students can give it a shot with a free month by entering the code HUSKIES during signup at GarbageToGarden.org (though there is still a \$5 charge for your bucket).

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Bradford Spurr / Free Press Staff

USM students can have a free month of composting by entering the code HUSKIES during signup at GarbageToGarden.org

# Spend your summer inside and watch these movies



Warner Bros.

**John Rocker**  
Free Press Staff

With the semester coming to a close and the summer months just within our grasp, I thought I would make a list of some films that I'm excited to watch this summer.

A reminder that this is simply my opinion and the list is only a selection of the films I will be watching this summer. Just because it's not this list doesn't mean I'm not interested in seeing it. In fact, let me mention a few films that aren't on the list but I'll definitely be watching this summer: Now You See Me 2, Independence Day: Resurgence, Star Trek Beyond...and maybe that new Ghostbusters reboot? I'm still on the fence with that one. Anyways, let's move on to the list.

## The Nice Guys:

The story takes place in the 1970's is about a private eye teaming up with a hired enforcer to investigate the death of a porn star. It wasn't until I saw the first trailer for this film that I got really excited for it.

You've got a solid cast with Ryan Gosling and Russell Crowe



Pixar

and you've got director Shane Black at the helm. It's got a buddy cop movie feel with loads of action and laughs, and that's just basing it off of one trailer. If one trailer can convince me to go see it, Black must be doing something right. Here's hoping it delivers.

## Finding Dory:

Finding Nemo holds a special place in my heart. It tells a thrilling tale of a father doing what it takes to get his son back and is filled with great characters, humor, and heart. A lot of people might say that Ellen DeGeneres's performance as the lovable and short term memory ridden Dory was a standout. Well, looks like Dory is getting her own movie now.

The story for this sequel revolves around Dory trying to find her family, whom she has forgotten about...until now. Finding Dory is intriguing because it really makes one wonder if a sequel is really necessary for Finding Nemo.

Really, as long as the film tells a compelling story and doesn't rely on nostalgia, it should hopefully be a good film. It is one my list to look out for, and if you're a fan of Pixar, chances are you are interested as well.



Lauren Shuler Donner

## X-Men:

Apocalypse: The sequel to Bryan Singer's 2014 film X-Men: Days of Future Past. This takes place in the 1980's and all seems to be going well for Charles Xavier (James McAvoy) and his school. Things are about to change when an ancient mutant known as Apocalypse (Oscar Isaac) begins a crusade for rebuilding the world and he's recruiting mutants such as Magneto (Michael Fassbender), Psylocke (Olivia Munn), and many more. What's interesting about this film is that there are actors that will be portraying younger versions of characters we've seen in past X-Men films. Some examples include Jean Grey (Sophie Turner), Storm (Alexandra Shipp), and Cyclops (Tye Sheridan). It seems that Singer will be raising the stakes in this film, and I hope it succeeds.

## Suicide Squad:

This is probably one of the films I'm most interested to see rather than actual excitement. After seeing Batman V Superman: Dawn of Justice I certainly have some concerns with what Warner Brothers is trying to achieve



Zach Snyder

with their DC Comics cinematic universe. The Suicide Squad is an interesting concept because the team consists of villains, and somehow they will have to be compelling. The second trailer that was release for this film gave a lot more promise on what the tone is supposed to be. It's going to be a lot more comedic and lighthearted in comparison to the previous DC movie. The cast also appears to be solid, with big names such as Will Smith, Margot Robbie, and Viola Davis. Perhaps the one thing I am most excited to see is Jared Leto's portrayal of The Joker, a classic Batman villain. After Heath Ledger's Oscar winning performance in The Dark Knight, Leto has some big shoes to fill. From what I've seen in the trailers, Leto seems to be taking an approach that is completely his own. We'll see what happens, but this is certainly one to keep an eye out for.

## Captain America Civil War:

This is the movie that I believe to be the start of the summer movie season. Also, this article is coming out before the release of this film, so therefore it counts. This is, without a doubt,



Kevin Feige

my most anticipated film of the summer. Following the events of Avengers: Age of Ultron, Captain America (Chris Evans) is leading a new team of Avengers. Things will change for the team when the government wants to take control of the Avengers, with Tony Stark aka Iron Man (Robert Downey Jr.) in full support of this. Cap doesn't like this idea and this causes a rift amongst the Avengers and people start taking sides. While the big fight between all these heroes is certainly going to be exciting, the trailers have conveyed that at its core, that this film will still be a Captain America film. It will be a difficult challenge for the Russo Brothers, who directed Captain America: The Winter Soldier, but I believe that they will be able to pull it off.

Those are films that I'm excited for to see this summer, and yes, three of them involve superheroes. Regardless, this summer looks to be a promising one when it comes to film, and I believe it will provide some great entertainment. We'll see if this list changes at all next fall. I hope you all have a good summer.

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# Adult puppet shows: re-mastering the ancient folk art for a wider audience

**Jimmy Dority**  
Free Press Staff

Anyone who has had the good fortune to meet Blainor McGough can't help but be struck by a certain gleeful, silly light that follows her around. Whether she's behind the bar, on the microphone, or on the strings of a marionette, her creativity is magnetic. The founder and executive director of Mayo Street Arts center, McGough works ceaselessly to enact the nonprofit organization's mission "to strengthen its neighborhood and community by providing a haven for the arts that is vibrant, safe, and inspiring; and to engage area youths of diverse cultural communities in robust participation in the visual, performing, and literary arts". Her work with puppetry has played an essential role in that vibrancy and inspiration and Mayo Street frequently invites puppetry artists from all over to participate in workshops, shows, and residencies.

From one look at the upcoming events on their website (<http://mayostreetarts.org/events/>) it's apparent that puppetry is a more potent and diverse artistic form

than often thought. There is the Children's Puppet Workshop, one of many outreach programs that welcome children from the diverse demographic of their East Bayside Neighborhood, and part of a larger literacy program. There is the Puppet Lab in which adult puppetry artists from "the nooks and crannies of Maine" come together to make new work. There are the more subversive shows produced by modern troupes stemming from Vermont's legendary Bread & Puppet Theater, through whom the tradition of socially conscious art has thrived here in the Northeast.

McGough spoke of the rich and largely unknown history of puppetry. Puppetry is an ancient form of art that has played roles as varied as children's education, satire, and political awareness, and had a ubiquitous presence across all cultures. In December Mayo Street will feature a version of "Kasperle", the Norwegian equivalent of "Punch & Judy". From the Kathputli puppets of India, to the felt figurines of Yo Gabba Gabba!, archetypes and roles pervade across oceans and cultures.

Especially interesting was pup-



Photo courtesy of Mayo Street Arts

Bread & Puppet Theater's Public Access Center for the Obvious will preform the "The Situation" on June 4th of this year at Mayo Street Arts.

petry's longstanding status "as a subversive art form

"Because the craft has always maintained a freespirted attitude, it lends itself to a form of expression that is free of pretension, so that even the most scathing cultural critiques take on an aura of

community and folkoriented fun. As seen in the work of many modern puppeteers (such as members of Bread and Puppet), there are few more celebratory ways to engage social consciousness, commentary, and satire than through the mouth of a puppet. In Octo-

ber, MayoStreet will feature one such performance: Paul Zaloom's "White Like Me: A Hunky Dory Puppet Show". The show will shed light on themes of race, gender, and gay marriage through puppet characters like "Mr. Butch Manly" and "WhiteMan", who learns of the amazing fate of white people in the year 2040.

"White Like Me" is one of many exciting upcoming events at Mayo Street. They'll be contributing to Shoestring Theater's annual Old Port Festival on June 12th. Soon after, on June 17th, they will host Puppeteers of Maine's gathering to discuss the craft of puppetry, to which the public is invited. That same evening, the comedy group, Improvised Puppet Project will be performing what is guaranteed to be a fun show: "The Complete Works of Jim Henson (abridged)". Mayo Street Arts is constantly buzzing with inspiring, important work and their puppet show productions have a unique power to lift the spirits.

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From **CULTURE** on page 7

“Back home, I feel like people are more relaxed. On holidays everything is closed, and you don’t work on Sundays.”

Where a person is traveling to and from often impacts the experience of culture shock. Navid Rohani was born in Brunswick, Maine to parents who had emigrated from Iran. When he travelled to Israel for a nine day Bahá’í pilgrimage, he experienced an increased sense of anxiety surrounding his interactions with the Israeli and Palestinian cultures.

“Israel was a little scary. You have to be conscious of the differences in the two different cultures living in such close proximity to each other,” Rohani explained. The tensions between the Palestinian and Israeli cultures created a unique experience for Rohani, who noted the need to use correct greetings for each culture.

Even if a person is speaking the same language as others, intent can often be lost in communication styles. Dilara Isik, an exchange student from the Netherlands, discovered firsthand that cultures interact differently.

“Dutch people are very polite, but very direct and straightforward in their speech,” Isik explained. “[Americans] might think that I’m coming off as rude, even though I’m trying to be polite. If I’m tired I just say, ‘I’m going to bed,’ I don’t dance around the subject. That’s just what Dutch people do.”

A similar experience that often follows a sojourner home, especially following an extended absence, is reverse culture shock. This phenomenon is similar to culture shock in that it is a reaction to a changed environment. It is a unique experience in that what

once was familiar and normal now feels altered or even foreign. Anthony Hancock, a native New Zealander, spent three years living in Israel before returning home for a visit.

“I think you definitely realize

“ **You have to be very conscious of the difference in two cultures.** ”

Navid Rohani, junior at USM

how remote New Zealand is to the rest of the world. [In Israel] I really got this idea of all the issues and conflicts,” Hancock reflected. “It all seemed so far away. Almost like well, we don’t worry about those problems so much.”

Being submerged in a new culture creates unique challenges and can be disorienting at first. As in these students’ experiences, however, it also offers a unique opportunity to learn, reflect and expand one’s perspective. When a person remains in their comfort zone surrounded by the familiar, there is often little motivation to examine personal habits, values or beliefs. Travelling can foster understanding and growth. Being aware of the anxiety or depression that may accompany travel helps to prepare a person for a successful experience, whether they are a refugee fleeing their country, a pilgrim practicing their faith or an exchange student eager to meet the world.

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Bradford Spurr / Free Press Staff

USM Graduate Shagahayegh Sabeti left Iran when she was sixteen and said she had found a more accepting environment at USM than in her high school back home.

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# A&C Listings

## Monday, May 2

Comedy Night  
Blue  
650A Congress St.  
Starts: 8:00 p.m.

## Tuesday, May 3

Music: Sheepdog  
Port City Music Hall  
504 Congress St.  
Starts: 8:00 p.m.

## Wednesday, May 4

Film: Fear of 13  
Space Gallery  
538 Congress St.  
Starts: 7:30 p.m.

## Thursday, May 5

Music: Eleanor Friedberger  
One Longfellow Square  
181 State St.  
Starts: 8:00 p.m.

Music: Perkulat0r  
Empire  
575 Congress St.  
Starts: 8:00 p.m.

## Friday, May 6

Film: Art House  
Portland Museum of Art  
7 Congress St.  
Starts: 7:00 p.m.

Peregrine Press and Portland Ballet  
Portland Public Library  
5 Monument Sq.  
Starts: 5:00 p.m. / Ends: 8:00 p.m.

Pink Talking Fish  
Port City Music Hall  
504 Congress St.  
Starts: 9:00 p.m.

## Saturday, May 7

Artist Talk: Khalik Allah  
Space Gallery  
538 Congress St.  
Starts: 7:00 p.m.

## Sunday, May 8

Open Mic: The Couch  
Empire  
575 Congress St.  
Starts: 6:00 p.m. / Ends: 10:00 p.m.

# HEAVY ROTATION

## WHAT CAUGHT THE EYES AND EARS OF OUR STAFF THIS WEEK

# “Drake is hit you up at three in the morning and you’ll still come through kind of guy.”

*Well balanced sounds, tender lyrics and other shenanigans*

**Bradford Spurr**  
*Multimedia Editor*

The Six God is watching. ‘Six,’ a reference frequently made by rapper Aubrey Graham (Drake) as a term of endearment for Toronto was dropped from the highly anticipated fourth studio album with Hip/Hop royalty Lil Wayne’s Young Money/Cash Money records (YM/CM). Anecdotally, because I personally had no clue for the longest time, Toronto is called the ‘six’ because it was originally divided into six different city sections, not unlike New York’s boroughs, before being consolidated into the fourth largest city in North America, fun fact.

Before the unpacking of Drake’s 20 track behemoth it is important to discuss roll-out, new RIAA rules in play, and what exactly is the deal with all of those mixtapes. Way, way, back (in internet years) Drake’s fourth studio album was announced in 2014 shortly after his third studio album Nothing Was the Same was released, which is currently rated platinum three times over in the U.S.

Spoiler alert: previously dropped singles “One Dance,” “Pop Style,” and “Hotline Bling” make appearances on the final track list. This is important to know for sales projections and for how the album will debut on the charts, currently Drake is three-for-three with debut number ones. Meaning, that for every 1,500 song streams on Youtube, Spotify, and other third party streaming applications, those streams are counted as a single album sale.

On Spotify alone “Hotline Bling” has been streamed over 430 million times. Taking into account the other three singles, Drake is already more than half-way to a platinum RIAA certification, five hundred thousand domestic album sales, with something close to three hundred and fifty three thousand “stream sales,” if that term I just made up makes sense and my limited math skills as an English major hold up, from Spotify listeners alone.

Now onto VIEWS. The Drake of internet memes, the Drake of feelings and drunk dialing your ex, the Drake of telling someone you love them, is still here at the

heart of VIEWS but something is inherently different than the critically acclaimed sophomore effort Take Care. Drake is more introspective at times, reserved and collected, and at other times his typical braggadocio by-way-of life style shines through. Drake is no longer the wheelchair bound basketball coach on Degrassi, Drake is hit you up at three in the morning and you’ll still come through kind of guy.

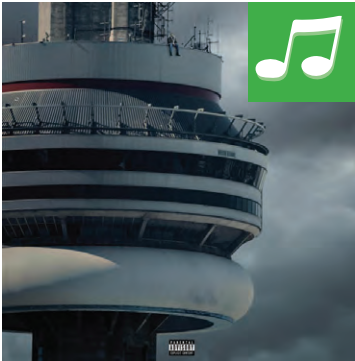
Well balanced are the tender moments, and then the not so tender moments when his flexing takes on a life of its own and you begin to feel some energy from this record, even if you will most likely not be peeling out in a murdered out luxury sedan import (unless Jettas count, then yes I am living the Champagne Papi life).

Drake just announced his own whiskey, Virginia Black, but enough on that.

We start with “Keeping the Family Close,” a reminder we keep hearing from Drake after his notoriously messy falling out with Philadelphia rapper and love interest of Young Money juggernaut Nicki Minaj, Meek Mill. Personally, Drake won the altercation with a slew of pretty devastating “diss tracks” that would make a normal man go into witness protection. This sentiment of the “inner circle” and of camaraderie is most significantly exhibited by Drake’s extensive use of Noah “40” Shebib, 40 year old fellow Torontonian, who produces nearly half of the tracks on the record. We still see “Drakeisms” throughout the piece, like “All of my let’s-just-be-friends are friends I don’t have anymore/How do you not check on me when things go wrong?” which is thrown into the opener.

The appeal of Drake, contrary to his two most recent mixtapes If You’re Reading This It’s Too Late and his surprise effort with Future, What A Time To Be Alive, the sing you back to sleep Drake after discussing your darkest fears and brightest hopes is ever present. You can’t help but feel for someone and at its most successful moments, even a college kid who is a product of the shrinking American middle class can begin to understand how fame and fortune can bring isolation and pain.

The seamless “flow” or transi-



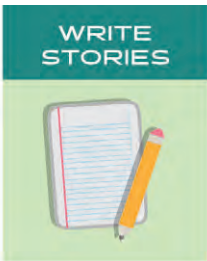
*Young Money/Cash Money Records*

tionary acumen of Drake between his heart melting crooning and his “should’ve loved me while I was there” rapping is only elevated through the incredible production value on the record. Employing African and dancehall rhythms, Southside of Chicago drill beats, and then those plunging synth bass hits that originated from Hip/Hop post Kanye West’s 808’s and Heartbreak (who also, ironically, produces one of the album’s highlights “U With Me?”) the entire album reflects an ebb and flow of emotions that are typical of an album in this style; you go through the gamut of anger and alienation, and when you get to the hallmark sing/talk/rap speak outro reflection Drake likes placing at the end of the journey, you feel tired, you feel understood, you feel full.

This album proves that the age old adage “Life is a marathon, not a sprint” rings hauntingly true; when reflecting on this record and the enormous success of young Aubrey Drake Graham, who could have been published in the Kenyon Review with a name like that, it seems impossible that anything he touches won’t end up as chart topping masterpieces. Drake is an ideal, a high watermark of which all other Hip/Hop hopefuls are compared to. VIEWS is here, and VIEWS has already taken the narrative of summer hostage. Buy this album. Listen to this album. Love this album. And Drake will love you, forever and always. Remember though, the six god is watching.

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What caught your eyes and ears this week? Email [arts@usmfreepress.org](mailto:arts@usmfreepress.org)



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# Perspectives



## Sustainability and ME

### Mindful movement at USM A zero waste event?

**Lisa Willey**  
Sustainability and ME

Zero Waste: An increasingly popular expression. But what does it mean? Last October, I attended the Zero Waste Conference organized by PLAN (Post Landfill Action Network), a non-profit group of student leaders who believe that waste is a logistics problem. The event was hosted at the University of New Hampshire in Durham.

At the conference, a grad student from College of the Atlantic taught me to use the phrase “discarded resources” when referring to trash. When I participated in a workshop led by students from Rochester Technical Institute in New York

majoring in management planning, they highlighted ‘Move Out Day’ as an overwhelming source of discarded resources. To help cut down on the amount of items being thrown away, these students created drop off stations for unwanted items, which included everything from computers to cans of soup. They donated cleaning products and food to a local food pantry, and held a sale of the other items for students moving back in.

USM has implemented a very similar program called ‘Mindful Move Out’ the past several years. How does it work? During the first week of May, “FreeCycle” areas are set up by USM Facilities in dorm common areas and lounges.

As students prepare to move out, they can drop off anything in good condition to be reused instead of trashed at these FreeCycle stations. Unopened food, furniture, clothing, lamps, rugs, fans, bed risers, dishes, pots and pans, hangers, decorations, TVs, stereos, trashcans and clocks are some of the most common items received, but the bottom line is if it’s reasonably clean and someone else could use it, it should go to FreeCycle and not in the trash.

USM Facilities and Sustainability staff collect the items and store them over the summer to sell to incoming students who will be living on campus starting in the fall. This saves the university money, as it doesn’t have to pay to throw away perfectly functional items. It also saves students money, as they can buy used hangers, trash cans, bulletin boards, or rugs (just to name a few things) cheaper than they could buy them new. Again, it’s all stay-

ing out of the waste stream!

Broken electronics can also be left in the FreeCycle area, as long as they’re labeled “broken.”

The kind of forward-thinking that the Zero Waste Conference, PLAN, RTI and USM share is exactly what is needed to address the problem of waste in our society too, beyond just college campuses. Did I find out what, exactly, is Zero Waste? Yes. It’s a cradle to grave philosophy. When Zero Waste events or lifestyles are done right, nothing is ever truly trash. This requires one to ask hard questions before every purchase, such as, “What is this packaged in? Where was this product made? Can I find this used?”

If you are interested in volunteering at the Common Ground Fair in the Compost and Recycling tent, please contact me at [lisa.willey@maine.edu](mailto:lisa.willey@maine.edu).

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## HELP WANTED LOOKING FOR SOMEBODY TO HELP CREATE A BUSINESS PLAN

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I am looking for two or three students to independently create business plans for a short term small business that stems from the upcoming presidential election. You would have a 2-3 week period to complete the plan. The plan must include marketing, website and product distribution components. A good business plan could potentially lead to profitable summer and fall employment.

The expectation is a preliminary 30-minute interview, the creation of a plan, and a 60-120 minute meeting once the plan is completed. I am looking for 2 or 3 students to present separate plans. Although not a requirement my preference is candidates who would be available for summer and fall part-time employment if I determine the business plan to be viable.

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## STUDENT FRIENDLY RATES

### Letter from the Editor

### A look back at my first year as EIC

Krysteana Scribner  
Editor-in-chief

There is something special about finding your niche in life. Everyone finds it, sooner or later, nestled under the acceptable we have all felt, at one time or another, we didn’t deserve. My years at the Free Press have taught me so much and I’ve often expressed my love for my student newspaper in past columns. But this one is different. This is the end of another year for me and I’m left reminiscing on the memories of the past my first year as EIC.

I’ve made friends here at the Free Press that I may have never run into outside the office. In many ways, we’re different from one another: We have different career goals, different tastes in music, differing views on political issues and a whole list of things that make us unique human beings.

But yet, we all share this desire to create work - from photography, to graphic design, to writing, that we want to show the world. We want to make a difference, even if it is just a small ripple in the pool of successes by the human race. We want nothing more than to make new friends and put out a product each week that others can see we’ve worked so hard on.

The office has become our shared space - a place where everyone is welcome, where coffee and bagels are periodically here to save us some money and computers sometimes go slower than syrup. Yet I have fond memories with my staff, remembering moments where I watched their personalities blossom and my perspective on them changed. I have learned from each of them what it means to be a leader, and even more, what it means to be a true friend.

To read the full column discussing each important member of the Free Press, visit our website at [usmfreepress.org](http://usmfreepress.org)

[krysteana@usmfreepress.org](mailto:krysteana@usmfreepress.org)  
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Portland campus

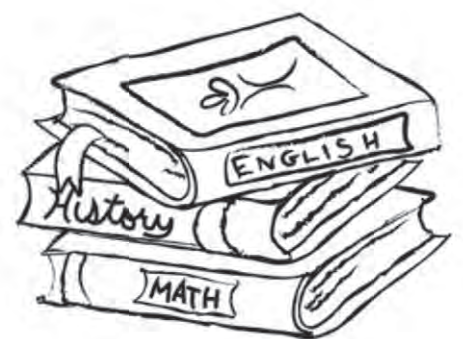
May 2 - May 6  
8:00 am - 4:30 pm

May 9 - May 12  
8:00 am - 5:30 pm

May 13  
8:00 am - 4:30 pm

*Location TBD*  
Gorham campus

May 11 - 13  
11:00 am - 3:00 pm



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The solution to last issue's crossword

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| L | E | N | A |   | I | R | O | N |   | A | R | A | G | E |
| I | S | A | R |   | N | O | A | A |   | C | A | F | E | S |
| S | P | A | G | H | E | T | T | I |   | R | H | I | N | E |
| A | N | N | O | Y |   | C | H | A | R | O |   |   |   |   |
|   |   |   | S | E | M |   | D | O | N | O | T | G | O |   |
|   |   |   | L | Y | N | Y | R | D | S | K | Y | N | Y | R |
| B | A | A |   | A | R | E | A |   | M | O | P | E | D |   |
| A | L | P | O |   | A | S | T | I | N |   | R | I | T | E |
| R | I | T | E | S |   | E | F | O | R |   | F | A | R |   |
| E | B | O | N | Y |   | A | N | D | I | V | O | R | Y |   |
| R | I | P | O | S | T | E |   |   | I | M | A |   |   |   |
|   |   |   | T | E | A | M | S |   | E | N | T | E | R |   |
| M | A | T | T | E |   | T | A | U | T | O | L | O | G | Y |
| O | P | I | U | M |   | E | T | N | A |   | O | R | A | N |
| D | E | L | E | S |   | R | E | S | P |   | W | A | D | E |




## Weekly Horoscope

**Aries**  
March 21-April 19


★★★★★

A friend shares your favorite TV show for mutual pleasure. Relax and enjoy together.

**Taurus**  
April 20-May 20


★★

Whether you decide to make a change at work, or keep things as they are, be sure to weigh your options carefully.

**Gemini**  
May 21-June 20


★★★★★

Creative efforts pay off. Your abilities and flair contribute to material rewards. You are appreciated.

**Cancer**  
June 21-July 22

★★★★

Feelings are deep and sensitivities high in love relationships. Tread gently and carefully and a soul-satisfying union is possible.

**Leo**  
July 23-August 22

★★★

Your relationships today are dealing with issues of work and nurturing. Seek a balance between caring for and being cared for.


**Virgo**  
August 23-September 22

★★★★★

Seek varied stimulation; you need change and a new challenge at work. You're energetic in the exchange of information.


★★★★★  
★★★★★  
★★★  
★★  
★

great  
good  
average  
alright  
difficult

**Libra**  
September 23-October 22

★★★★

You give too much to those you care for. Your need to be needed can be a great asset to those you love, but don't martyr yourself.

**Scorpio**  
October 23-November 21

★★

Sharp words slip out easily, yet compassion is highlighted as well. Steer clear of people who irritate you and all will be well.

**Sagittarius**  
November 22-December 21


★★★★

Enduring excitement is a possibility, but a critical eye could set up roadblocks. Focus on what you love in a partner for best results.

**Capricorn**  
December 22-January 19


★★★★

Avoid extremes today: pushing too hard to get your way OR giving up, believing you can't do anything. Energetic practicality works.

**Aquarius**  
January 20-February 18

★★★★

Avoid the temptation of "I told you so" as what you expected comes to pass. People have to make their own mistakes.

**Pisces**  
February 19-March 20

★★★★★

A mystical experience (through art, nature, beauty) uplifts you. A sudden sense of well-being overtakes you.

## Crossword

### Across

- Coat with gold
- Super-duper
- Numbered rds. (abbr.)
- Take \_\_\_\_ from (listen to)
- Water source
- A piece
- Whitman College site
- Paycheck stub abbr.
- Clumsy ones
- Fixed a squeak
- Popeye's girlfriend
- Win by \_\_\_\_
- Seesaw
- Grassland
- Verb preceder, usually
- Org.
- Nonetheless
- The General Theory of Employment, Interest, and Money author
- "\_\_\_\_ heart don't forget..." (Tim McGraw line)
- Scandal sheets
- Opposite of viejo
- Like bending over backward
- One way to live
- Large amphibian
- Soot with a lot
- In big numbers
- Religious mystic
- Exigent
- Dip \_\_\_\_ in (test the water)
- Rosalynn's successor
- "You can say that again!"
- Conflicted
- Some computer memory
- Waste containers

|    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| 14 |    |    |    | 15 |    |    |    |    | 16 |    |    |    |
| 17 |    |    |    | 18 |    |    |    |    | 19 |    |    |    |
| 20 |    |    |    |    |    |    |    | 21 |    |    |    |    |
|    |    |    |    | 22 |    |    | 23 | 24 | 25 |    |    |    |
| 26 | 27 | 28 | 29 |    |    | 30 |    |    |    | 31 | 32 | 33 |
| 34 |    |    |    |    |    | 35 |    |    |    |    | 36 |    |
| 37 |    |    |    |    |    | 38 |    |    | 39 | 40 | 41 |    |
| 42 |    |    |    |    | 43 | 44 | 45 | 46 |    | 47 |    |    |
| 48 |    |    | 49 | 50 |    |    |    |    |    | 51 |    |    |
|    |    |    |    |    |    |    |    |    | 52 |    |    |    |
| 54 | 55 | 56 |    |    |    |    |    | 57 |    | 58 | 59 | 60 |
| 62 |    |    |    |    |    | 63 | 64 | 65 |    |    |    |    |
| 66 |    |    |    |    |    | 67 |    |    |    |    | 68 |    |
| 69 |    |    |    |    |    | 70 |    |    |    |    | 71 |    |

### Down

- Stare
- Poet ending?
- Whopper
- Phi \_\_\_\_ (frat bro)
- Benister post
- Dodging maneuver
- Afflict
- World chess champion Mikhail
- "Pul \_\_\_\_ Happy Face"
- Coffee addict's request
- Animal's appendage
- \_\_\_\_ homo
- Fish of the herring family
- Portuguese islands
- Fictional Olive
- Brandy letters
- Former French coin
- Barnyard grunt
- Gladiators' venue
- Wreck \_\_\_\_
- Lend \_\_\_\_ (listen)
- Car's elec. syst.
- Destructive 1972 hurricane
- Italian fountain
- Big name in office equipment
- Said aloud
- WWII coding machine
- Chow \_\_\_\_-Fat
- Southern capital (abbr.)
- JPEG alternative
- Auto accident sound
- TV newswoman Soledad
- Future blossom
- Harm \_\_\_\_ (kind of sandwich)
- Future atty.'s challenge
- Prefix for pilot or focus
- "\_\_\_\_ one, think that..."
- Run \_\_\_\_ (owe)
- \_\_\_\_ Valley
- Nordic name
- Evenings, to poets
- Corp abbreviation
- Baby goat sound
- \_\_\_\_ Financial Services (Fortune 500 co.)

## 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.

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

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



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# USM COMMUNITY PAGE



## Students of USM

### Graduating seniors and their advice to undergrads

Many reminisce on some of their best and worst times at USM

**Thomas Fitzgerald**  
Community Editor

Another semester of classes is drawing near a conclusion at USM and for many students, it is just another routine end to a school year. With classes being selected and roommates being assigned, it seems like the monotonous rounds of trying to finish a degree are in place. However, for some students, this process has come to an end. These students are instead making sure they have their caps, gowns and graduation tickets ordered, and now face a future full of exciting uncertainty.

It is not easy to complete a bachelor's degree, and no student will tell you that their path to completion was easy. But adversity can always be battled with perseverance.

"My best advice to a student who feels

**Erica Brown**



Dan Jandreau is a graduating technology management major, and his active role within the USM campus community was one of the biggest highlights for him.

"My most memorable moments here have been with the fraternity Phi Mu Delta. From hosting one of the largest welcome back dances, to volunteering in the community and cooking an absurd amount of grilled cheese."

As for the future, the plans of some seem rather straightforward, but others are still on the lookout for where their future place of work will be.

"I am in the process of taking over Richardson Monument in South Portland, Maine," Andrew Richards, who will have his bachelor's in communication, said. "I always looked at the bigger picture, and had goals throughout schooling. I had struggled in school



like they're struggling is to breathe. I have a very hard time with managing stress, but I've learned through copious amounts of all-nighters and panic attacks that you will nevertheless come out alive! Never give up on yourself!" Molly Campbell, a graduating communication student, advised. "Talk to a fellow classmate or teacher or tutor."

Reaching out to students and faculty has been echoed by many students who have advice to give to students in need, and Erica Brown, who is graduating with a master's degree in social work, was quick to give the same advice.

"If I could give any advice to a new student or struggling student it would be to reach out to classmates, professors and other supports," Brown said. "You can gain so much from being more involved with the college community, and there are so many ways to be involved."

With difficult times also comes memorable times. College is typically a time in one's life to reflect on being young, and having new opportunities and forming a stronger personal identity.

"Some of my most memorable moments at USM have been spent tutoring at the learning commons, and studying with other physics students in the science building," Thomas Fitts, a graduate of the physics department, said. "Both the physics and tutoring commu-

**"I have a very hard time managing with stress, but I've learned through copious amounts of all-nighters and panic attacks that you will nevertheless come out alive!"**

**Molly Campbell, senior**  
communications major

**Molly Campbell**



Meaghan Gonsior / Free Press Staff

Each of the four depicted seniors, who will be graduating this spring from USM, were willing to offer some insight to undergrads before they go.

nities have been a big part of my experience at USM. Without the encouragement and camaraderie I found in both of those communities, I would not be where I am now."



early on, but now I will be a business owner at the age of 25."

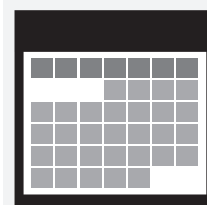
Other students like Erica Brown and Thomas Fitts do not have as much of a concrete plan as Richards, but their abilities to recognize what they would like to do, and where they would like to work give them the confidence they need for a successful future.

"I have no concrete post-graduation plan. I will be doing research with physics department over the summer and have aspirations of teaching physics in some capacity in the future," Brown regarding the future said.

Fitts had a rather similar response when being asked about his future: "I have no concrete post graduation plan. I will be doing research with physics department over the summer and have aspirations of teaching physics in some capacity in the future."

Whether you are a student who is doing well academically, or struggling to find your way, it is important to remain positive about the academic and social offerings that USM has. Students and faculty are always willing to lend a helping hand, and no student has the same path on the course to graduation.

editor@usmfreepress.org  
@USMFreePress



## Campus Events

### Monday, May 2

StressFree Chair Massages  
University of Southern Maine  
Woodbury Campus Center, Portland  
Starts: 11:00 a.m. / End: 2:00 p.m.

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

Free Student Recital  
University of Southern Maine  
Corthell Hall, USM Gorham Campus  
Starts: 2:00 p.m.

### Tuesday, May 3

Stress Free Cupcake Truck  
University of Southern Maine  
Woodbury Campus Center  
Starts: 11:00 a.m. / Ends: 2:00 p.m.

StressFree Cupcake Truck  
University of Southern Maine  
Woodbury Campus Center, Portland  
Starts: 11:00 a.m. / Ends: 2:00 p.m.

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

Indoor Walk and Job  
University of Southern Maine  
Sullivan Gym, Portland  
Starts: 12:00 p.m. / Ends: 1:00 p.m.

Multicultural Graduation  
University of Southern Maine  
Glickman Library, Portland  
Starts: 5:00 p.m. / Ends: 7:30 p.m.

### Wednesday, May 4

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

Stress Free Therapy Dogs  
Portland Public Library  
5 Monument Sq.  
Starts: 11:00 a.m. / Ends: 2:00 p.m.

### Thursday, May 5

Men's Tennis Playoffs  
University of Southern Maine  
Starts: 3:00 p.m. / Ends: 6:00 p.m.

### Friday, May 6

Agile Maine Day  
University of Southern Maine  
Abromson Center  
Starts: 8:00 a.m. / Ends: 5:00 p.m.

### Saturday, May 7

Moonlight Madness  
University of Southern Maine  
Brooks Residential Restaurant  
Starts: 8:30 p.m. / Ends: 9:30 a.m.

For more events:  
[www.usm.maine.edu/events](http://www.usm.maine.edu/events)

# A year in perspective: 2015-2016 editor opinion

Nicholas Beauchesne  
Sports Editor

It has been an amazing year for USM sports so far. With spring season coming to a close in the coming weeks and a full slate of fall and winter sports behind us, the USM community should be able to look back at this year with a sense of pride as to how the various athletic programs represented this school. It has been a pleasure getting the opportunity to cover the games, events and news surrounding USM sports this year and hopefully next year brings more of the same.

There have been some amazing victories celebrated and a fair

share of painful defeats suffered by all of the athletic programs. As this year rolls into the next though and the seniors of 2016 leave to be replaced by the 2020 graduating class, the memories created while wearing the blue and gold will linger on the fields, in the locker rooms and in the consciousness of the players and coaches long after the jerseys get washed for the last time and put in storage until next season.

That is, after all, what sports is all about. Yes, winning feels great and losing hurts. Sure, individual awards and team achievements can create a sense of accomplishment and success, but it really about the relationships you form and the time that you share in that collective confluence of



Photo courtesy of USM Athletics Website

Freshman Jack Donnelly won his third game of the season as the Huskies defeated Bates 9-5.



Photo courtesy of USM Athletics Website

Shelby Obert was 3-for-6 with four RBI and one run scored in USM's sweep of UNE. She leads USM with 22 RBI this season.

struggle, self-sacrifice and coming together that hangs highest, above any banner or retired jersey number.

Our paper tried hard to be a part of the moment-capturing and record keeping process for this year's athletes, but it can certainly do better. There were undoubtedly games missed and stories untold. Thankfully for the athletes and for the teams, those stories were surely shared among each other, and will continue to be remembered for years to come.

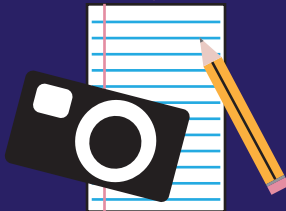
This school year was the first in the past three where the Free Press had a sports section. I know breaking myself into an article is somewhat faux pas, but I feel it is important to reflect in this last issue on what has

transpired this past year in terms of the sports section. Through the collective effort and will of our team, the paper once again covers our teams and we are proud of it.

Next year will be different: It always is. That's part of what makes college life so fresh and full of opportunity. Looking forward to 2016-2017, hopefully this sports section finds its legs a little more with a year under its belt. I have been grateful for the opportunity to be a part of its return. Here's to those that don the blue and gold, graduating and returning, alumni and future attendees... Go Huskies!

nicholas.beauchesne@maine.edu  
@USMFreePress

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We are looking for sports writers and photographers  
email: [editor@usmfreepress.org](mailto:editor@usmfreepress.org)

## Scoreboard

April 27

|             |   |
|-------------|---|
| Baseball    |   |
| Mass-Boston | 9 |
| USM         | 4 |

|              |   |
|--------------|---|
| Men's Tennis |   |
| USM          | 6 |
| Salem St.    | 3 |

|              |   |
|--------------|---|
| Softball     |   |
| USM          | 1 |
| Plymouth St. | 2 |

|                |     |
|----------------|-----|
| Men's Lacrosse |     |
| USM            | 11  |
| Plymouth       | St. |
| 6              |     |



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