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University of Southern Maine

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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 (SAMHSA) has been awarded to open a recovery center 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 (BRASS 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

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 Peffer 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 retirement by President Cummings to serve as interim provost.

“When President Cummings expressed enthusiasm that President Cummings expressed enthusiasm for the campus during his cover letter,” Uzzi said. “I am particularly excited by the emphasis that President Cummings and the community at Maine’s Metropolitan 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.”

See PROVOST on page 4

A year in perspective: 2015-2016 editor opinion

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’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 (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

Documentary raises awareness on sexual assault

For full story, see page 15

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.

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

Surfing finals week

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

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

ARTS & CULTURE 7

RECOVERY
A recovery center on campus is Dr. Jon Harbor who will have two days on campus, starting during finals week, where students and faculty will be able to ask questions of them.

Candidates for provost announced

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

Bradford Sprott Multimedia Editor

University of Southern Maine Student Newspaper

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For full story, see page 15

A screenshot from the documentary that explores masculinity in America.

Photo courtesy of The Mask You Live In

Screen Shot 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.

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 exam and completing a full revision of her 17-23 page short story might seem like a lot to some—it totally is—but is part of why Simpson loves being an English major. “Being able to prepare for exams is easier for me than preparing 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 a balance, younger freshman, who are appreciative of their 17-23 page short story finals approach, not unlike what Simpson is going through.

“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.”

Simpson 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 1 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

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.

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 do everything done. Undoubtedly, finals week can be one of the busiest weeks for some USM students.

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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.

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Having a center on campus will be a considerable step toward treating the issue of substance use as one that deserves more attention and more resolution.

“The fall from this not being here is more friends of ours dying,” 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.

Working closely with the university, 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.”

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

The documentary 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.
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 she 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
Live off Campus?  
Don’t forget to sign up for the USM Road Runner Discount.

High Speed Internet  
$34.95  
per month

Sign up today!

Campus Computer Store  
142 Luther Bonney (in the computer lab)  
Portland Campus 780-4453  
usm.maine.edu/computer-sales-service/road-runner-internet-access
Denny's restaurant

May 2, 2016

In Brief...

Local & State

Gunfire in Portland

Shaw’s parking lot

Portland police are investigating

gunshots that were reported in the area that took last Tueday 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 stated that it was a group of about 20 men. According to the account and a white GMC left 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 to the extent where police are working with businesses in the shopping center where the shooting occurred.

Gov. LePage apologizes for storming 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 walking off stage.

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 last 48 hours, but to regret our over-seizure of footage of shooting.

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

Trump laid out foreign policy blueprint, here’s what the rest of the world thinks. It is the Rice family's attorney, said. He later returned to his home and seemed fine, officials say.

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

Motorcycles Can Be Loud But Your Car Can’t

Motor vehicle crash, P2 parking lot. Report taken.

Wrong Place at the Wrong Time

Motor vehicle stop, University Way. Defect card issued for loud exhaust.

Research Gone Wrong?

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?" Muslinda Zancada, Medecins Sans Frontieres head of mission in Syria, asked.

While the Mista, in the last 48 hours there have been a average of one Syrian killed every 25 minutes, and at least one Syrian injured every 13 minutes.

“Take that, Vending Machine!”


Who has time to make complaints like this

Drug complaint, GS1 parking lot. Unfounded.

Better Cans 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.

Someone Can’t Own up to Their Mistakes

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

Reef Madness in the Parking Garage


“Watch, I can Lift this Treadmill”

Medical Emergency, Sullivan Gym. Medcu transport to Maine Medical Center, where he is in critical condition and a white GMC leave the scene.

The city of Cleveland reached a settlement with the family of an 11-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 20 years.

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 watch it -- some of it was quite laughable. It was very strange, the things that they spoke of and what 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 not watching "too closely," as it becomes more aggressive. 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 our country. Simply put, America’s hostile acts against us are making the situation on the Korean peninsula worse.

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

“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


Books Pose Dangerous Threat

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

“Take that, Vending Machine!”


Who has time to make complaints like this

Drug complaint, GS1 parking lot. Unfounded.

Just Look for the Person Wearing Them...


Motorcyles Can Be Loud But Your Car Can’t

Motor vehicle crash, P2 parking lot. Report taken.

Wrong Place at the Wrong Time

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

Nothing seems safe on campus


Police Beats are edited for grammar and style.
USM students are candid about culture shock

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 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).
**Spent your summer inside and watch these movies**

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

**John Rocker**
Free Press Staff

Anyone who has had the good fortune to meet Blainor McGough cannot help but be struck by a certain glee 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, diverse, and welcoming to all.”

You’ve got a solid cast with Ryan Gosling and Russell Crowe and you’ve got director Shane Black at the helm. It’s got a buddy cop movie vibe, with loads of action and laughs, and that’s just beginning it off 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 and heartwarming story of a fish on a journey to find his way back home. The animation is top-notch, and the characters are lovable. With the success of the first film, Finding Dory is eagerly anticipated by fans and critics alike.

**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 my doubts about this film. The director, in the midst of all the controversy, has decided to make another film involving superheroes. While I believe this movie will be a hit, I hope it succeeds.

**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 it counts. This is, without a doubt, my most anticipated film of the summer. Following the events of Captain America: Civil War, Steve Rogers (Chris Evans) is leading a new team of Avengers. Things will be different 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 heroes are certainly going to be exciting, the trailers have conveyed that at its core, this film will be a Captain America film. It will be a difficult challenge for Russo Brothers, who directed Captain America: Civil War but believe that they will be able to pull it off.

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**X-Men:**
Apocalypse is 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 young 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.

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Those arts films that I’m excited to see this summer, and yes, there are three of them involve superheroe.

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 all at next fall, I hope you have all a good summer.

**Photo courtesy of Mayo Street Arts**

**Bread & Puppet Theater’s Public Access Center for the Obvious**

**Complete Works of Jim Henson**

**Puppetry's longstanding status as a subversive art form**

**Because the craft has always maintained a free spirited attitude, it lends itself to a form of expression that is free of pretension, so even that most scathing cultural critiques take on an aura of community and folkloric fun. As seen in the work of many modern puppeteers (such as members of Bread & Puppet), there are few more celebratory ways to engage social consciousness, commentary, and satire than through the mouth of a puppet. In October...**
"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 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.

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.

"You have to be very conscious of the difference in two cultures."

Navid Rohani, junior at USM

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- Condensed classes to fit with any schedule
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Summer Courses

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

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

14-WEEK SESSION
May 16 – August 19
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.

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.

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 an- nounced fourth studio album with Hip/Hop royalty Lil Wayne’s Young Money/Cash Money rec- ords (YMC/M). Anecdotally, be- cause I personally had no clue for the longest time, Toronto is called the ‘six’ because it was original- ly 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 ex- actly 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 appli- cations, 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 certi- fication, five hundred thousand domestic album sales, with some- thing 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 morn- ing and you’ll still come through kind of guy.

Well balanced are the tender moments, and then the not so tender moments when his heart 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 Jetas 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 Fam- ily Close,” a reminder we keep hearing from Drake after his no- toriously messy falling out with Philadelphia rapper and love in- terest of Young Money juggernaut Nicki Minaj, Meek Mill. Person- ally, Drake won the altercation with a slew of pretty devastating “diss tracks” that would make a normal man go into witness pro- tection. This sentiment of the “in- ner circle” and of camaraderie is most significantly exhibited by Drake’s extensive use of Noah “40” Shebib, 40 year old fellow Torontonian, who produces near- ly half of the tracks on the record. We still see “Drakeisms” through- out 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 song you back to sleep Drake after discussing your darkest fears and brightest hopes is ever chang- ing. You can’t help but feel for someone and at its most success- ful moments, even a college kid who is a product of the shrinking American middle class can begin to understand how fame and for- tune can bring isolation and pain. The seamless “flow” or transi- 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 high- lights “U With Me?”) the entire album reflects an ebb and flow of emotions that are typical of an al- bum in this style; you go through the gamut of anger and alienation, and when you get to the hallmarksing/talk/rapping/ to see a lyric that is inherently different than the other third party streaming appli- cations, those streams are counted as a single album sale.

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When I participated in a workshop hosted at the University of New Hampshire in Durham, at the conference, a grad student from the Atlantic College taught me to use the phrase “discarded resources” when referring to trash. When I returned to campus in the fall, I noticed the FreeCycle station 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, dish-es, pots and pans, hangers, decorations, TVs, stereo, 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, they 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 staying out of the waste stream!

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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 call 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 it 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.

There is something special about finding your niche in life. Everyone finds it sooner or later, needed or 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 is different. This is needed. 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 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 from money and computers sometimes go slower than syrup. Yet I have fond memories with my staff, remembering moments when I watched their personalities blossom and the 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 what it means to be a true friend, visit our website at usmfreepress.org. For more information visit: drmichaelgouldingblog.com.
GET CASH FOR YOUR BOOKS at the USM Bookstore

Where & when to sell back your books:

**Woodbury Campus Center**
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

We buy back books regardless of where or when they were originally purchased. An ID is required to sell books.

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May 4 from 10:00 am - 2:00 pm
Woodbury Campus Center, Portland campus

*Pick up your cap & gown*
*Meet with vendors*
*Order class rings & custom announcements*

*All in-stock diploma frames 10% off*
*Caps & gowns will remain available for pick-up through May 13th.*

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**USM Clothing is 25% OFF**
now through May 13!

Customer Appreciation Sale

NOTE: Textbooks, lamps, chairs, special orders, and already discounted items are excluded from this sale.

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**TEXTBOOK RENTALS ARE DUE**
TO THE USM BOOKSTORE ON OR BEFORE MAY 16
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.

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
1. Coat with gold
2. Spider spinner
12. Numbered kink (rel.)
13. Take ___... from thin to thick
15. Watery source
16. Agape
17. William College son
18. Psychick stub dialect
19. Clumsy crew
20. Pooped a squid
21. Poopy’s girlfriend
22. Win by
26. Sneer
27. Greenland
28. Verb precedent, usually
29. Or
30. Nonsequela
31. The General Theory of Em-
32. typerament.
33. Interest, and blurry author
42. “____ heart can’t last...”
(Tim McGraw line)
43. Scenic spots
44. Opposite of giggles
45. Like bleeding (over backward)
46. One way to lose
47. Large amphibian
48. Seat with a hit
49. Tricky numbers
50. Religious myths
51. Digest
52. ____ in (tend the water)
53. Amusement’s occasional
54. “You can say that again!”
55. Contingent
56. Some computer memory
57. Inside coordinates

Down
1. Store
2. Pulls sporting?
3. 8,480 miles
4. M. ___ (short tons)
5. Beaver post
6. Terrifying hooverer
7. Affid.
8. Word chess champion Mikhail
9. Pm ___ Palace
10. Coffee soda likely request
11. Author’s appetite
12. ___ _ ___ (trick)
13. Fish of the herring family
14. Portuguese island
15. Northern Echo
16. Bulbous onion
17. Gendars’ versus
18. Weaker
20. Lord ___ (Blaine)
21. Weary
22. Confuses
23. ___ in (tend the water)
24. ____ (Chicago)
25. Ambiguity
26. Author’s appetite
27. ___ in (tend the water)
28. ___ in (tend the water)
29. 1920s, 1930s, or 1940s
30. Sell
31. 1920s, 1930s, or 1940s
32. Bury
33. 1920s, 1930s, or 1940s
34. Ambiguity
35. ___ in (tend the water)
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100. 1920s, 1930s, or 1940s

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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The solution to last issue’s crossword

Puzzles

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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 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 communications major

Dan Jandreau, 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 my college. I had struggled in school 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.”

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.”

Regarding the future said.

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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 communities 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.”

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

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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.”

Regarding the future said.

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 communities 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.”

Dan Jandreau, 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 college. I had struggled in school early on, but now I will be a business owner at the age of 25.”

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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 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 the fourth wall here and introducing myself into an article is somewhat of a 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 those blue and gold, graduating and returning, alumni and future attendees… Go Huskies!

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