

the free press

University of Southern Maine Student Newspaper



MEET THE FREE
PRESS STAFF / 3



FIVE FILMS TO SEE
THIS SUMMER / 10

PORTLAND AND GORHAM
CAMPUS MAPS / 11



WHAT ARE
HUSKY BUCKS
FOR? / 14

TAKE A CLASS
AT WMPG / 17



GORHAM
BUSINESS
GUIDE / 19

2016 SUMMER ISSUE

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The Free Press is a weekly student-run newspaper paid for in part with the Student Activity Fee. One copy of The Free Press is available free of charge. Up to 10 additional copies are available for 25 cents each at the office of The Free Press, 92 Bedford St., Portland, Maine.

LETTER FROM THE EDITOR

Welcome to our summer issue, printed on a new format that differs greatly from our current tabloid print editions. As the Spring semester at USM comes to a close, we want summer students and incoming freshman in the Fall to get a strong understanding of what our campus locations are all about.

As a new student living on the Gorham Campus, do you know where all the local food and business locations are? What about the bus schedule? Have you ever wanted advice from students who have already gone through their freshman years? What exactly are Husky Bucks and how do you get access to it?

In this issue, we have brainstormed some of the more difficult questions we

ourselves were asking as freshman - and in turn, we'd like to make it much easier for you as new students at our University.

I enjoy retelling the story of my involvement at USM and the Free Press as a first generation college student with no idea how to even be an adult. I sort of stumbled my way into the Free Press office, thinking I wanted to be something like a dentist or doctor at the time. Oh, was I wrong.

Writing had always been an incredible strength of mine and I had thought it would be of no use in the real world of careers - but again, I was wrong. The Free Press has taught me so much about myself. The whole process of becoming a college stu-



dent, especially right out of high school, can be intimidating. My one piece of advice: don't give up on your dreams. Get involved on campus (you automatically pay a student activity fee in your college tuition, so why not get involved?) and know that you're not expected to conform to any specific soci-

etal norm. You can be whoever you want to be and there are no limitations on what you do during your time at USM.

Krysteana Scribner
Editor-in-Chief

Meet the Editors at our student-run newspaper



Hannah Lyon
Design Director



Zach Searles
News Editor



Nick Beauchesne
Sports Editor



Matthew Craig
Arts & Culture Editor

Next year will mark Hannah's second year as the Design Director at the Free Press. She will be a senior marketing major in the fall at USM. Someday she hopes to work for a magazine here in Maine. She is looking forward to the changes happening at the Free Press this upcoming year, which include working with a new print size, new computers and updated programs. If you're interested in graphic design Hannah would love to meet you!

Zach will be returning as News Editor for this upcoming semester. The fall will mark his third year at USM. He is currently working towards a bachelor's degree in media studies with a minor in cinema studies. When he graduates, he will most likely be heading to the west coast to attend film school. He loves any movie made by Quentin Tarantino and likes to listen to music that's made by Flatbush ZOMBiES. His favorite book is Slaughterhouse Five.

As a non-traditional student, Nick will be working as the Sports Editor again in the Fall. He is interested in broadcast reporting in his future career, although he currently substitutes at local high schools when he's not working at the Free Press or succeeding in his classes. Every staff member would agree that Nick is kind, caring and easy to get along with. If you're interested in sports photography or writing, Nick is your man!

Matthew Craig has been a writer at the Free Press only a short time before being promoted to Arts & Culture Editor. He is currently studying computer science at USM, and is very excited to begin in his new position in the Fall. He has written about a variety of events that occurred in Portland over the past few months. If you're interested in becoming a part of the team and want to write about related topics, you will work closely with Matthew!

2015-2016 GOODBYE LETTERS



Thomas Fitzgerald, Community Editor

This is one of the hardest writing assignments I have had to do while in college. Sure long reports, tedious English essays or long class lectures are tough, but those were easy to write as they became quickly forgotten after completion. This is a letter that I won't forget.

It's easy to goodbye to people and things that you don't have much emotional investment in, that's why I won't say goodbye to my peers at the Free Press. Hard work goes unforgotten, and the memories I have made during my time here surely won't either. I came into this group as a stranger, desperate to find an internship. I left feeling like I had found a new family.

This organization was more than just meeting deadlines and making sure everybody was keeping on task, it was a group of people that cared for one another despite what is thought or said. We were not always particularly nice to each other, with plenty of bickering, teasing and joking, but it was never personal as our respect for one another was always understood. It was the kind of bickering you would observe in a family.

A spectrum of personalities with one combined interest of creating a product that students would be proud to call their own was what made this year long journey at the free press so rewarding. Without all these combined talents there would be nothing, and I really felt like my skills grew by observing the dedication of those around me. Instead of writing a goodbye letter to all these great people that allowed me to grow as a graduate, and a person, I am just going to say thank you. I can't wait to see how great it will look next year.

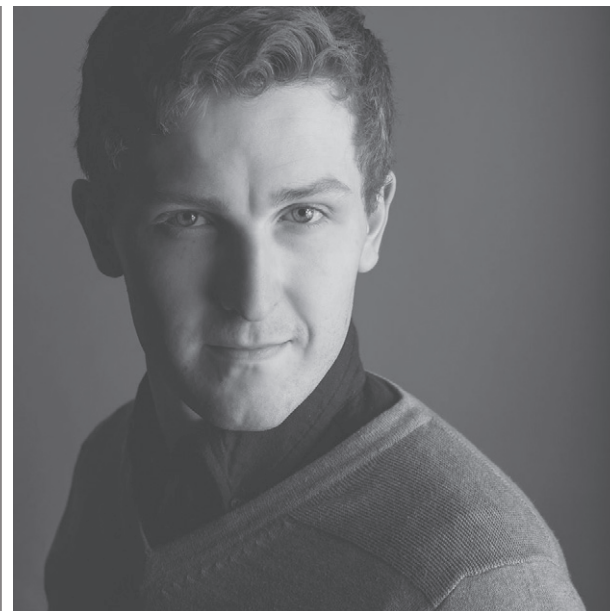
Shelton Waldrep, Faculty Advisor

I am temporarily stepping down after three years as the advisor to the paper you are reading. Much of what we have accomplished over the past years has been behind the scenes - expanding the Advisory Board and professionalizing how it is run; switching all editors and reporters to Google Docs so that we do much of our work online, etc. But some of the changes you can notice in the paper itself such as expanded coverage of the types of stories we do within each section; bringing back the sports section; providing more coverage of the arts that occur on campus; and giving our news section, where appropriate, a more national or even international perspective.

Throughout the last three years we have endeavored to make changes that make The Free Press responsive to student interests. We have also expanded what is meant by that, realizing that our students are interested in a variety of events and perspectives - both on the campuses and off. I hope that you have enjoyed some of our content. The first two years of my tenure on the paper were the most calamitous in USM's history involving, as they did, the firing, then re-hiring, then firing of faculty. The most important news happening in academe was

happening right here at USM; unfortunately, the news was mostly bad news. This past year has given us an opportunity to focus on issues other than the forced unraveling of our academic reputation, and the students, and I, are thankful for that.

In the future, look for continued varied content; experimentation with the format of the paper; and, we hope, improved quality overall as the The Free Press tries to get better and better even as it remains a learning experience for the many students who are involved in the writing, editing, photographing, and designing of the paper. My thanks to Dean Adam Tuchinsky for supporting the faculty advisor position; the students, past and present, for their hard work and dedication to the newspaper; and to the members of the Advisory Board, many of whom are fellow alums who come back to USM to pass on their knowledge and expertise to new students. There can be no greater testament to the tradition and the spirit of USM than The Free Press community and the importance that it plays in helping to unite the disparate parts of USM. It is an honor to be a part of it.



Patrick Higgins, Photographer

When I first came to USM for orientation in the summer of 2012 I knew that I wanted to get involved in something photography-related. From what I could tell, the Free Press newspaper was the only student organization that really needed photographers, so I put my name down on the list. As soon as the semester began I was contacted by the Multimedia Editor for an interview, and started working soon after. It's been almost four years (I had to pause to take that in) and I've been working for the paper throughout my entire time at USM. The editor who hired me ended up becoming an amazing mentor of mine, as well as a trusted friend. It wasn't just him though; the people I've worked with at the Free Press became like a college family. Although my time at the Free Press and USM has come to an end, I'm confident that the opportunities and experience they both provided will set me apart from others in my field, and for that I'm grateful.

Amanda Melanson, A&C Writer

I joined the Free Press feeling excited and hopeful for the opportunities that would be out there waiting for me. I wasn't disappointed. Working with the Arts and Culture department has been about as much of a whirlwind as this entire year. Senior year is always busy - though that can be true of any year in college. The Free Press became important for me because journalism is a passion of mine that I want to carry with me when I leave after Graduation. As a Senior, juggling all of the fun events I wanted to talk about with school work was not always easy. Telling a story takes a lot of work! I wouldn't replace it for anything.

Brian Gordon, Perspectives Columnist

My advice to incoming students is move out of your parent's basement and into the Gorham dorms or a shared apartment in Portland. Taking bong rips by yourself or with your dweeb high school friends is lame. To get any taste of the college experience you need to move away from Standish or Buxton and find your new people at USM. Join a group. Any group. Go to events. Eat free food. Meet people who don't look like you. Have sex with strangers you trust. Drink a lot - but be responsible about it. Say yes to any new experience. It's time to cut the umbilical cord of your safe little home-life and learn what you're all about. Goodbye USM I hope you don't turn into condos or a small plates wine bar after I'm gone.

WELCOME LETTERS



Matthew Killmeier, Faculty Advisor '16-'17

Matthew Killmeier joined the Department of Communication and Media Studies in the fall of 2005. He received his B.A. in communication from the University of Louisville (his hometown) and his M.A. in journalism and Ph.D. in mass communications from the University of Iowa. Professor Killmeier is the chair of the Department of Communication and Media Studies and serves on the executive board of the faculty union and the board of directors for community radio station WMPG.

Professor Killmeier regularly teaches Introduction to Media Studies, Introduction to Cinema Studies, and Journalism Reporting and Writing. He also teaches Consumer Culture, Writing Opinion, Film Genres, History of International Cinema to 1945, Film Genres (horror), Media and Social Theory, and Critical Perspectives on News.

Professor Killmeier's primary research interest is the cultural history of U.S. radio. His current project focuses on mystery-thriller radio programs from the 1930's-1950's. He is interested in these programs' interconnections with pulp magazines, films, and TV programs, their production, and what they can tell us about U.S. culture during a period of great change. A secondary research interest is on the radio writing of Arch Oboler, one of the most esteemed American radio dramatists of the 1930's and 1940's. Matthew's recent publications have focused on the mystery-thriller programs *Dark Fantasy* and *The Witch's Tale*, and Arch Oboler's radio film adaptations of *The Adventures of Mark Twain*.

Professor Killmeier will serve as the faculty advisor for *The Free Press* during the 2016-17 academic year. His journalism experience includes reporting for alternative newspapers, writing a regular op-ed column, and crafting radio news. He has also co-hosted a weekly radio interview program. In his new role, Professor Killmeier plans to support *The Free Press* staff in becoming better critics of their own work in order to aid their further growth and development.



Sustainability and ME

How can you reduce, reuse, recycle?

A few ways you can play your part and go-green at USM

Dear Incoming USM Students,

Welcome to the University of Southern Maine. What brought you to study here? Let me guess. The location. The professors. The affordability. No? Alright then, the flexibility and accommodations offered that make taking classes work with your busy schedule? Oh! I've got it, you like the excellent sports facilities on the Gorham campus. Hold on, what's that? You came here because of USM's award-winning Office of Sustainability? Get out of town.

So it's unlikely that any student has enrolled at USM strictly for its sustainability process. That being said, there are a lot of sustainable practices - particularly in the areas of recycling and waste reduction - that happen across USM campuses year round. Some of them are visible to students, but others less so. Read on to learn about them all.

Mindful Move Out

Mindful Move Out happens each year during the second week of May when the residential students in Gorham skip town. This tradition was created to reduce material and labor waste associated with students moving out. Instead of throwing everything away, each of the six dorms have a "FreeCycle" area in a common space or lounge where students can leave or take unwanted items that can still be used. Think school supplies, books, dishes, small furniture and even unwanted food. Folks from the Facilities and Sustainability Offices collect items to either donate to local food banks and non-profits or save up for a large yard sale for incoming students during Move In weekend.

The USM Surplus Store

The USM Surplus Store, located in the lower level of the Sullivan Gym, is a funky thrift-store that promotes reuse and recycling of office supplies and furniture. Items that will be used by staff and faculty on campus are free, but most things are also for sale to the general public. The Surplus Store is a great community resource. Because everything is used, prices are low. Like, \$.50 for 3-ring binders kind of low!

Tiny Trash

Tiny Trash is a program instituted campus-wide in all faculty and staff offices that won its founders a Community eco-Excellence Award in 2013. Instead of giving all USM staff members a standard office size four-gallon wastebasket, they instead receive a quart-size Tiny Trash desktop trash can that they empty into a larger office-wide receptacle at their own discretion. Not only does this get people thinking more about what type of material they throw away, it also allows custodial staff to do other special cleaning projects and saves \$3,150 annually on plastic liner bags alone.

Standardized recycling containers

Standardized recycling containers can be found all over campus. These large blue bins are clearly labeled for collection of trash, single-stream mixed recycling, returnable

bottles and liquids. All recycling and trash is sent to eco-Maine, a non profit, municipally-owned, single-sort recycling and waste-to-energy operation. USM pays for both trash and recycling by the pound and it doesn't make sense to throw away liquids, which are heavy and don't burn. Luckily, we have the liquid recovery stations in all of these containers, so you can dump that last swig of cold coffee or flat soda out and then recycle the cup. Additionally, cell-phones, printer ink or toner cartridges and all batteries can be recycled free of charge by dropping them off at wooden collection stations located at both the Portland and Gorham libraries near the front desk.

Refillable water bottle stations

Refillable water bottle stations are found in Bailey Hall on the Gorham campus and in Luther Bonney, Woodbury and Payson Smith in Portland, with more likely on the way. These stations make it easy to fill your own reusable water bottle with water rather than using a traditional bubbler-style water fountain. All this translates into more money in your pocket and less plastic waste created from disposable water bottles.

Reusable coffee cups

Reusable coffee cups can also be purchased in the USM bookstore. Students who bring their own mug get a discount on each cup o' joe they purchase on campus, which can really add up. And again, less waste from disposable cups is generated and thrown away.

Composting

On the food front, USM now contracts with Garbage to Garden, a local composter, to collect all pre and post-consumer waste at Brooks Dining in Gorham, as well as all pre-consumer food waste at Woodbury Campus Center in Portland. Composting means the university doesn't pay to throw away biodegradable waste. In fact, students, staff and faculty at the USM community garden use this nutrient-rich soil created from this process on their garden beds each year in the spring.

Food waste

Curious about what happens to all the waste fryer oil used to make fries, chicken fingers and other delicious treats on both campuses? It's recycled through local company AMENICO that makes biodiesel. Coffee grounds resulting from the thousands of cups sold on campuses each week, as well as all grounds waste such as leaves, weeds and wood debris get a new life as topsoil at a local sand and gravel company.

By Emily Eschner



If you're interested in being involved in sustainability initiatives on campus or for more information, visit:
<http://usm.maine.edu/sustainability>.



Welcome message from USM Public Safety

Kevin J. Conger
USM Chief of Police

I would like to take the opportunity to welcome summer program students, incoming students in the fall, faculty and staff to USM. USM police are fully trained, state certified officers. Our offices are located in the Sullivan Gym on the Portland campus and 28 Husky Drive on the Gorham campus. Please feel free to visit our website at www.usm.maine.edu/police.

Sign up for the USM ALERT, an emergency notification system that is used to notify members of the campus community in the event of an emergency on campus (such as safety related incidents). Once you have registered you will receive a text message on

your cell phone alerting you to the emergency and directing you to the USM website or Emergency Phone line recording for updated and more thorough information upon availability. To sign up for this service, simply go to: <http://www.usm.maine.edu/usmalert>.

You will be directed on how to complete the online registration and then will receive a confirmation e-mail and/or text message. If you have difficulty completing your registration please contact USM Public Safety at 780-5211. USM Public Safety would also like to remind you to not leave valuables unattended, and to secure them whenever possible. Please call us at 780-5211 to report a crime or notify us about your safety, security and parking con-

cerns.

Student and faculty and staff parking permits are available at Public Safety in the Sullivan Gym, on the Gorham campus and in the Parking office located in the Parking Garage in Portland. Students only may obtain one at the campus card office on each campus as well.

For any emergency at Lewiston Auburn College (LAC) Dial 9-911 from any campus phone to reach the Lewiston/Auburn 911 center. If you have questions, concerns, complaints, reports, or suggestions about parking, you can reach us via the "contact us" link on the website or call us at 780-4718. For any questions or concerns, please email usmparking@usm.maine.edu for more information. Have a safe and pleasant summer.

The Free Press student newspaper



Krysteana Scribner / Editor-in-chief

Our student-run newspaper is located at 92 Bedford St., just across Luther Bonney and next to the parking garage. We're the first white building in the row. We share a building with WMPG, so if

you'd like to visit, come inside the front door and up to the second floor! Regardless of your involvement here at USM, everyone is welcome to stop by and say hello! Remember, you don't have to

be perfect at any craft to start at the Free Press - we're here to help you learn.

editor@usmfreepress.org
@USMFreePress

Advising in Portland moves to Luther Bonney to serve you better



Krysteana Scribner / Editor-in-chief

The advising team poses for a portrait photo outside of Payson Smith Starting in the Fall, offices will be consolidated and located within Luther Bonney, inside of the computer lab.

Janice Albright
Advisor

At the end of May, Advising along with Student Financial Services, Registration and Scheduling Services, and Community Engagement and Career Development will move from Payson Smith into its new space, on the first floor of Luther Bonney. We are very excited about this change and invite you to come visit us soon!

The decision to move was made to serve you better and to complete the "one-stop" model on all three physical campuses. As you may know, the Lewiston Auburn and Gorham campuses are already using a "one-stop-model" on their floors. Many students and several Division staff provided insights on the best ways to support our students.

What does this mean for you? Beth Higgins, Director of Academic Advising, states that "students will

benefit from the integrated location. Within one visit, students will be able to receive assistance from multiple offices. In addition to improved self-service opportunities, the proximity of offices will allow students to get most of their questions answered efficiently. Staff in the location will continue to build upon their relationships with their colleagues to assist students in achieving their educational and professional goals."

How will it look? When you walk into Luther Bonney from the Computer lab, you will have instant access to Advising, Student Financial Services (student billing and financial aid), Community Engagement and Career Development, and Registration and Scheduling Services. Veterans Services, the Disability Services Center, and Prior Learning Assessment will be close by, on the second floor. The whole area has been remodeled with these

design qualities in mind: easy traffic flow, color (bright and pleasing), and lots of light. In addition, the individual offices in Advising offer more privacy, and there are designated student work spaces if you wish to take an assessment or for a small task.

What are others thinking about this?

Nick Krier, Exercise Science Major, says, "I appreciate how convenient being in one place will be, for the things I need to do."

Lindsay Brissette, Advisor, explains, "I think my students will really enjoy how easy it will be to get their questions answered. Plus, I can't wait to meet them in our new office space for appointments."

So, check your e-mails at the Computer Lab, grab your cup of coffee from Luther Bonney's food court, and then come into Advising for your questions. Stay tuned for an official welcome celebration soon!

Meeting regularly with your advisor is important to your academic success. For more information, please call 780-4040

Students and Recovery

A personal story of overcoming a substance use disorder

Bryn Gallagher
Contributor

Dear Fellow Student,

You have arrived. Here, you are at college. Is it everything you hoped it would be? For the first few years of my time at USM, half of me answered “yes” to that question and the other half knew in my gut that the answer was no. If this sounds familiar, you are not alone. Things can get so much better. Let me explain.

When I started at USM in the Fall of 2011, I didn’t intend to stay here long. I came to most of my classes and listened some of the time,

Definitely. Was I getting sick at the end of most drinking nights? Yup. Did I think this was normal? Well, kind of. I distinctly remember thinking to myself in the middle of being sick one night: This cannot be right. This cannot be the way most people drink. Obviously, there were numerous problems with that situation. Primarily, I saw countless people my age drinking the same way. So it had to be normal, right? Wrong. There is no “bottom” you have to reach before you can enter recovery. You do not have to get blackout drunk before you can enter recovery. You do not have to get an OUI before you

2016, finished my first year of Law School. Next week, my boyfriend and I are bringing home an energetic, cuddly, already-chewing-on-everything puppy. This summer, I will be working as the Legal Fellow for the Maine Women’s Policy Center in Augusta. I can confidently say that few (probably none) of these things would be true if I were living the way I was when I first came to USM. I’ve heard it said that when you go into recovery, your wildest dreams come true. My experience has been that recovery finally gave me the clarity to dream wild ideas for my future in the first place. With lots of hard work put in, they are now becoming reality. If you are feeling any type of less-than-ideal way about your relationship with alcohol and/or drugs, I promise you are not the only one. USM is home to a whole crew of students in recovery. Some of us are still very much in the beginning of the journey, while others are well on their way to five years of sobriety in recovery. We meet as Students and Recovery every Tuesday from 5 p.m. to 6 p.m. in 203 Payson Smith and we are so excited to be moving into a more permanent space – likely on the first floor of Payson Smith – sometime in the next year.

Please, do not hesitate to come check out a meeting of Students and Recovery. Many of us are in recovery from substance use disorder. Others of us are working on our relationships with food or mental health, and some come for the support because they have family members in (or needing) recovery. No matter what you are feeling, I can almost promise you that one of us – likely many of us – in the room will be able to relate. Recovery is possible, it is beautiful, it is real and it is here at USM.

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- Bryn Gallagher
USM graduate student

but my mind was fixated on the nights, the weekends and what felt like my key to the kingdom: a fake license that said I was 21. The end of classes could not come soon enough, because it meant I got to escape – not just the classroom, but my mile-a-minute head and the fear in my heart that I would never measure up to the people around me. This didn’t start at USM; as far back into my childhood as I can remember, there was a dissonance between the way I wanted to feel and how I actually felt. Drinking did an amazing job at quieting all of that and, even better, it made me feel smarter, funnier and really really good-looking (Think... Zoolander).

Forget about my 1.7 GPA. I was sneaking into the Old Port, getting attention, living in a downtown apartment with some girlfriends. Was I blacking out frequently?

can enter recovery. You do not have to be failing classes before you can enter recovery. Too often, the world around us tells us that it is normal – especially as college students – to drink to the point of alcohol poisoning on a regular basis. This is false and it is fatal. The truth about substance use disorders is that they exist on a spectrum from mild to severe. The moment you say, even if just in your head, I want to do something different about my relationship with substances – that is the moment you enter recovery.

It is a process. A beautiful, scary, sometimes painful, incredible, beyond-wildest-dreams process. I am grateful to say that today, things look a little different from what I described above. Today, I am person in long-term recovery. I graduated from USM in May 2015 and in early May

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STUDENT FRIENDLY RATES

Domestic violence awareness and help

Sarah Holmes
Assistant Dean of Students

We know that interpersonal violence impacts members of the university community, our families and our loved ones. The University of Southern Maine and our Campus Safety Project is committed to creating a campus environment that educates about, and responds appropriately, to sexual assault, dating violence, domestic violence and stalking.

According to the National Coalition against Domestic Violence, nearly 20 people per minute are physically abused by an intimate partner in the United States. Over the course of a year, that equates to more than

10 million women and men experiencing domestic violence. You are not alone in your struggle. Violence can be in a variety of forms: Physical, mental and emotional abuse is unacceptable. It’s time to stand up and say, “Not Anymore” to this kind of behavior.

In partnership with organizations in the community - Family Crisis Services and Sexual Assault Response Services in Cumberland County, and Safe Voices and Sexual Assault Response Services in Androscoggin County - the Campus Safety Project trains staff and student leaders, educates students and faculty in the classroom and promotes awareness and resources across campus.

If you, or someone you know here at USM, are a survivor of sexual assault, stalking, or domestic violence please reach out for help. If you are in immediate danger, you can contact Campus Safety at 780-5211 or 911 from a campus phone.

Confidential support is available through University Health and Counseling Services or our off-campus community partners. If you need additional assistance, or would like to file a complaint, please contact Sarah E. Holmes, Assistant Dean of Students and Deputy Title IX Coordinator for USM at sarah.e.holmes1@maine.edu or 780-5767.

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Multiculturalism matters in Maine

Reza Jalali
Contributor

Multiculturalism matters in Maine: The greater Portland area is now resembling the rest of the United States and the world. As the face of Southern Maine is being transformed, thanks in part to immigration, so are our communities and our student body at the University of Southern Maine.

With change comes opportunities: USM strives to be a home and a destination for Maine’s multicultural com-

munities, by celebrating and honoring the different cultures and the faith traditions present in Maine.

In order to make USM’s mission of creating safe, welcoming and inclusive communities for all its students - regardless of their differences - a reality, we need to ensure students from the under-represented communities gain positive and meaningful experiences while students at USM. The Office of Multicultural Student Affairs is charged to advocate and support students of color

in their efforts to reach their educational goals. The Multicultural Center, located in Woodbury Campus Center in Portland campus, exists to create a safe zone and a sense of belonging for Native American, African-American, Asian-American, Hispanic, New American students, international students and many others. To contact someone at our office, located in the Woodbury Campus center in Portland, call 780-4730.

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Letter from the President, “Opportunity awaits at USM”

Glenn Cummings
USM President

Yes, that’s me competing in USM’s Into the Mud Challenge, organized by students in our Sports Management program.

I’m writing about this not because the event was a blast (which it was), or because it was a great success (sold out), but because it’s a terrific example of how USM provides students with real world experience that enables them to truly test their interests and give them a leg up in launching their careers.

Clear as mud? Let me explain.

In this particular case, sports management professionals often have to organize special events. So our faculty challenge its sports management majors to come up with a sporting event and organize every aspect – from securing sponsorships to publicity, from purchasing insurance to handling registration, from laying out the course to event-day coordination.

This is what USM does in most every one of our programs: we help students take what they learn in the classroom and apply it in their chosen field.

And because USM is located in

the economic and cultural heart of Maine –in one of the most dynamic and exciting small cities in America -- we are uniquely positioned to offer our students incredible internships and other hands-on opportunities with businesses, hospitals, health care and human service agencies, non-profits, cultural institutions -- even cruise ships and professional sports teams.

One does not even have to necessarily venture off campus to take advantage of our authentic hands-on learning. In recent weeks, for example, our Chemistry Department launched a new Quality Assurance and Quality Control Lab in our Portland campus Science Building in partnership with Maine’s craft brewers. The services we are offering the brewers through our QA/QC Lab is helping them to cut costs while growing their companies and at the same time providing our chemistry students with a unique and very real experience working in a growing industry.

The Free Press, too, is another great example of students gaining hands-on experience right on campus. USM students literally run the paper, doing everything from reporting to photography, editing to design, layout to advertising –

all the while serving a critically important function of keeping our campus community informed.

That the Free Press staff can turn out editions on an almost weekly basis seems incredible to me and that they have just received a first place award for excellence from the American Scholastic Press Association is a testament to just how well they do it. But most importantly, the Free Press offers tremendous experience for aspiring journalists, editors, photographers, graphic designers and salespeople and at newspapers and other media outlets around the state, you’ll find Free Press alumni.

Whether it’s on campus or off-campus in our extraordinarily vibrant community, USM offers our students opportunities and experience that no other university can. You combine these opportunities with USM’s student friendly support and our affordability and you’re not going to find a better educational experience in a better location anywhere.

Besides where else will you find a university president willing to get down into the mud?

editor@usmfreepress.org
@USMFreePress



Photo courtesy of USM Office of Public Affairs

USM President Cummings participated in the, “Into the Mud” challenge, organized by students in the Sports management program on April 24.

Time to move aside Aramark, Sodexo is here

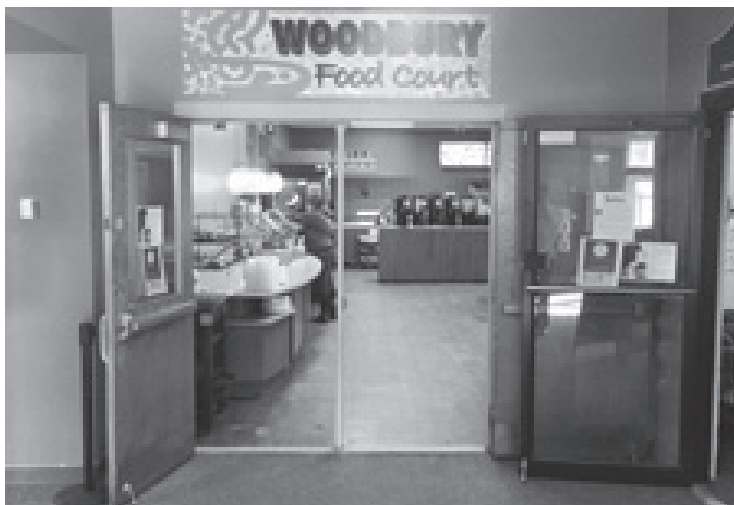


Photo courtesy of University Dining Website

Located inside the Woodbury Campus Center, the Food Court has a variety of food selections, from pizza, to chinese food, to salads and chips.

Thomas Fitzgerald
Community Editor

USM is seeing a change in a major service that is provided to the campus with the transition to Sodexo as the primary provider of food and drink. Aramark, the previous provider, had been outbid for their services here and did not make a new offer in order to keep their name familiar on campus.

One interesting aspect of this process comes from viewpoint of employment. The individuals who provided our food in the cafeteria were not members of the USM staff and actually represented Aramark. So does this mean that an entire region of employees have been put out of work? Christopher Kinney, a representative from Aramark did not believe that to be the case.

“Aramark very much values the contributions of our employees, and we are particularly proud of the service they have provided at USM throughout our successful 50 year partnership,” said Kinney. “Typi-

cally, the new provider will offer existing hourly employees the opportunity to continue employment. Aramark will also consider employees for other opportunities in our business.”

Once Aramark was outbid for the opportunity to feed students here on campus, there was a small window of time where there was a possibility to appeal.

“The dining contract with Sodexo is five years long, and a possible five one year renewals,” said Nancy Griffin, the vice president of enrollment management, who was also apart of the selection committee.

Sodexo is happy to be providing students with their services for the upcoming years at USM, and speak highly of their commitment in the company’s mission statement, which states,

“We also believe it is important that our work is meaningful to all who contribute to it and thus we remain faithful to our mission, our core values and the ethical principles that have guided us since 1966.”

Founded by a French businessman by the name of Pierre Bellon, Sodexo has grown from a small business into a leader of quality services for over four decades. Their focus is on growth, a client centered approach and a company culture shared throughout their staff members.

It will not be until the beginning of the Fall semester when students will get to have a glimpse of the changes that are happening in the dining hall, as it will only be open for private functions during the summer months. If students are in need of food or drink while on campus during the summer, Luther Boney and Bailey Hall will be open. After years of hard work that Aramark provided for our students on campus, Sodexo looks to carry on the tradition of providing USM students, staff and faculty with a great dining experience.

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Learning to love and take care of yourself

Regardless of semester stress, it's important to put your own interests first

Johnna Ossie
Free Press Staff

"If anyone's going to be on my team, it has to be me," I said this to a friend of mine, towards the end of winter, as we were walking down Park Ave lamenting over the state of our lives. When I said it, something clicked inside me. It was like my heart had been waiting for my mind to figure it out for years.

Let me start with a small confession. Last summer, right as I was starting to think, "Hey, things are kind of okay," I got dumped by my boyfriend of four years and I did not take it well. By "did not take it well," I mean I spent two weeks on my parents couch watching *Gilmore Girls* for ten hours a day and alternating between hysterical crying and sending angry texts to my ex asking how he could do this to me. I took a seven hour bus ride to Vermont with the thought to hide in a cabin in the woods, hoping it would somehow heal my broken heart. In some ways

it did, in some ways it didn't, but that's the nature of heartbreak.

I returned to Portland in the fall and spent the first week of classes morosely moving my things into my new apartment, somehow attempting to go to class and work and function as a normal human even though I felt everyone could see I was more the shell of a human. A tired, gloomy, fake human posing as real. I faked my way through the rest of the fall, the winter brought on a whole new level of gloom as I got my heartbroken all over again, and I stumbled into early spring, blinking into the sun.

There's a lot of hype around learning to love yourself, and I can say from personal experience, that task can seem absolutely daunting. In fact, the more I tried to "love" myself, the more I felt like a complete failure at my lack of ability to do so. I would wake up thinking "Okay! Today I am going to love myself!" As the day went on and my lack of

real, true, self love became more and more evident, I would feel more and more like a self-love failure. Why couldn't I just love myself, already?! That's when it came about, that fateful day on Park Ave, that I turned to my friend and said in pure desperation, "If anyone is going to be on my team, it has to be me."

I spent the spring not trying to force myself to meet some ideal of self love that at the time I was relatively incapable of, but rather trying to show up for myself in a certain way. Trying to do what I needed to do to be on my own team. I took care of myself. I fed myself well, I bought myself coffee, I did my homework, I took myself out dancing, I tried to get enough sleep, made sure I saw my friends, I told myself I was doing ok, and I did these things over and over. I was learning to take care of myself, and the more energy and time I put into showing up for myself, the more I found that I actually liked myself, I actually thought

I was pretty cool, I may even...love myself.

Now the school year is over already and in some moments I can't believe I survived it. Here I am, though, barefoot in Vermont again, looking out over a rolling hay field, far from Portland, far from my stacks of textbooks. I made it through this year, and I hope you made it, too. Sometimes being a human can be so hard that it feels practically impossible. It seems like it would be easier to lay in bed with the covers over our heads, watching *Gilmore Girls* and pretending the world outside is some sort of strange dream. But I would challenge all of us, this summer and next year, to learn to be on our own teams. To take care of ourselves in ways we didn't even know we needed. To show up for ourselves in small and big ways, and see where it could take us.

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The University of Southern Maine health and Counseling Services offers a broad range of ways you can keep yourself happy and healthy, both mentally, physically and emotionally.

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To Do List:

- Use the USM Bookstore website to order your Fall textbooks.
- Buy USM car decals for your family so they can show off their USM pride!
- Follow the USM Bookstore on Facebook and Twitter for updates on sales and cool events.
- Enjoy the rest of Summer!



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THE FREE PRESS | SUMMER, 2016 9

Tired of superhero films? Here are five moves to watch this summer



Dreamworks



A24



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Sony Pictures



Robert Ludlum

Zach Searles
News Editor

We are into the month of May now and it's time for the big summer blockbusters to start being released. I do feel that "summer blockbuster" is more of genre than a time of year, characterized by special effects heavy films that will have to make a \$100 million just to earn back what was spent on the film. Most movies that are released this summer won't be thought provoking, but they will be entertaining and that's the point of them, and that's fine.

It's safe to say that no movie you see in the next three months will have much to offer come Oscar season, except for maybe effects stuff.

This year the summer blockbuster got started off with a bang with the new *Captain America* film, which is already poised to make a billion dollars and some are claiming that this is the best superhero movie to date. But, if you are like me, then you are tired of seeing superheroes on screen - so here are five other, non superhero related films, that you should be watching out for this summer.

5. The BFG

I don't really get excited for too many kids movies anymore, but this is one of my more anticipated movies for the summer. Based on the Roald Dahl book, *the BFG* centers around a young girl who meets an intimidating giant, but despite his giant appearance, he is kindhearted

and an outcast to his peers because he refuses to eat children.

This movie is going to have just enough nostalgia from people like myself who were fans of the book from their younger days to get teenagers and young adults in to watch it. Plus, with Steven Spielberg directing, the movie is going to look great visually and just be a lot of fun because he knows how to tell a great story.

4. Swiss Army Man

This film received a lot of buzz coming out of Sundance earlier this year, taking home the best directing award. The film stars Daniel Radcliffe and Paul Dano, both of whom I am fans of and am excited to see them onscreen together and see the kind of chemistry they are going to have.

The plot focuses on a man who is stranded in the wilderness and comes across a dead body which he befriends and he sort of helps him on his journey home. This dead body, played by Daniel Radcliffe, is one of the most unique characters I have seen portrayed in a trailer. That sounds vague and strange, but that's one of the reasons I'm excited to see this movie. It sounds like it's going to be surreal and just interesting to watch.

And this summer we are being blasted with sequel after sequel, not to mention a reboot or two, so I think this is going to be one of the more original films to come out, so I'm excited to see it and

I think it will be well worth your time.

3. The Lobster

I am super excited for this movie. I'm a huge fan of Colin Farrell, I think he's an excellent actor and I think he's going to do great in this. The movie takes place in the not-so-distant future and is set at a hotel where people go and they are given 45 days to fall in love, if they don't then they get transformed into animals and sent off to live in the woods.

Similar to *Swiss Army Man*, this movie is going to be super original and a real heavy hitter in terms of content and actually getting you to think about a movie after you leave the theater. I can picture this film being similar to *Her* or *Carol* in the sense that it's going to be a love story told in a very non-traditional way.

This could be the movie that makes me retract my statement about no movie released during the summer getting Oscar recognition, if I had to pick one that could do it, this would be it. I have full confidence that it will be excellent. I'm not convinced that it will be out in wide release, but if it does come to your area, be sure to check it out.

2. Sausage Party

My second most anticipated film for the summer is an R-rated animated film that was written by Seth Rogen. I've been hearing rumors about this movie coming out for the past couple years and now that there is an actual release date makes me so excited.

The plot centers around a sausage link who is on a quest to discover the truth about his existence. I don't really know what else you can say about this movie - it's going to be crude, it's going to be obnoxious and over the top - but it's also going to be hilarious.

I'm willing to bet that it's going to be the funniest movie to come out this year. Just looking at what's due out for the rest of the year, there isn't a whole lot of comedy. I think this movie is just going to run away with its plot and be crowned 'the funniest movie you will watch this year.'

1. Jason Bourne

Finally, we are going to get another good Bourne movie. I was a big fan of the first three, I remember watching them all as a kid with my mom and brother and not really understanding them, but as I have gotten older and revisited them, I have grown to love them.

It has been eight years since *Bourne Ultimatum* came out. The most recent Bourne movie with Jeremy Renner was terrible, I hated it, but I am excited for this new one. I mean, what's not to be excited about? Paul Greengrass is returning to direct, Matt Damon is returning as Jason Bourne, it's going to be a thrilling experience to sit in and watch this film.

I've harped on story for these past four films in this list, and that's what the fourth Bourne movie was missing, it had no story, it wasn't trying to say anything, it was just a lame action movie. Greengrass

proved with his original Bourne trilogy that he can tell a good story, so I think this new one, while being ridiculously entertaining and fun and everything that you want out of a summer movie, I do think it will have a solid story with some depth and the film will have heart, which is what was lacking from the previous Bourne movie.

Honorable Mentions

Obviously there were some movies that I just couldn't quite fit into my list, such as *Star Trek: Beyond*, which I think is going to be good, no J.J. Abrams directing on this one, but I do think it will be worth watching.

Alice Through the Looking Glass is another one I'm excited for. I like the Tim Burton movie which this is a sequel to and I think this one will be visually pleasing, plus it's the last film that features Alan Rickman.

Free State of Jones is a Civil War period drama that looks pretty good. I'm on board with anything that the McConaissance is doing and this is no exception. I'm completely on board with watching him lead a rebellion against the confederacy.

Finally, *Pete's Dragon* is sure to be a huge hit this summer. Again, not that interested in kid's movies generally, but something about this one just strikes me and I'm intrigued to go out and see it when it's released.

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Your guide to Portland and Gorham campus locations

PORTLAND CAMPUS



The two most common campus locations can be intimidating, which means you can get lost more than once trying to find your destination. Here is a simple guide to help you find your way.

1 THE FREE PRESS

Our office is one of the small white buildings located next to the parking garage. We share our building with WMPG radio station downstairs. There is always someone in the office whether its our business manager Lucille or one of the staff members, so come in and say hello!

2 PAYSON SMITH HALL

Payson Smith is the building almost directly across the lawn from Luther Bonney. It's home to USM counseling services and a variety of classrooms. The temperature is always too hot or cold in these classrooms, according to our staff, so be prepared to under or overdress.

3 LUTHER BONNEY HALL

Luther Bonney is home to all your USM needs. They host a small snack shop, a computer lab, advising assistance and much more. It's a great building located right across from the Free Press office! However, beware of the elevator if you can - students found themselves stuck in the elevator more than once last semester, including one of our staff members.

4 WOODBURY CAMPUS CENTER

Woodbury is where you can grab a bite to eat, stand outside to catch the bus to Gorham, or go to the bookstore and buy that last minute book that you couldn't find on Amazon. Beware the costs, though - at both at the bookstore and the cafeteria.

5 GLICKMAN LIBRARY

If the Luther Bonney computer lab is full, there's always enough computers at the Glickman library. You can also reserve a group room which is perfect to work on group projects. Trust me, you will have plenty of homework and projects to do this semester!

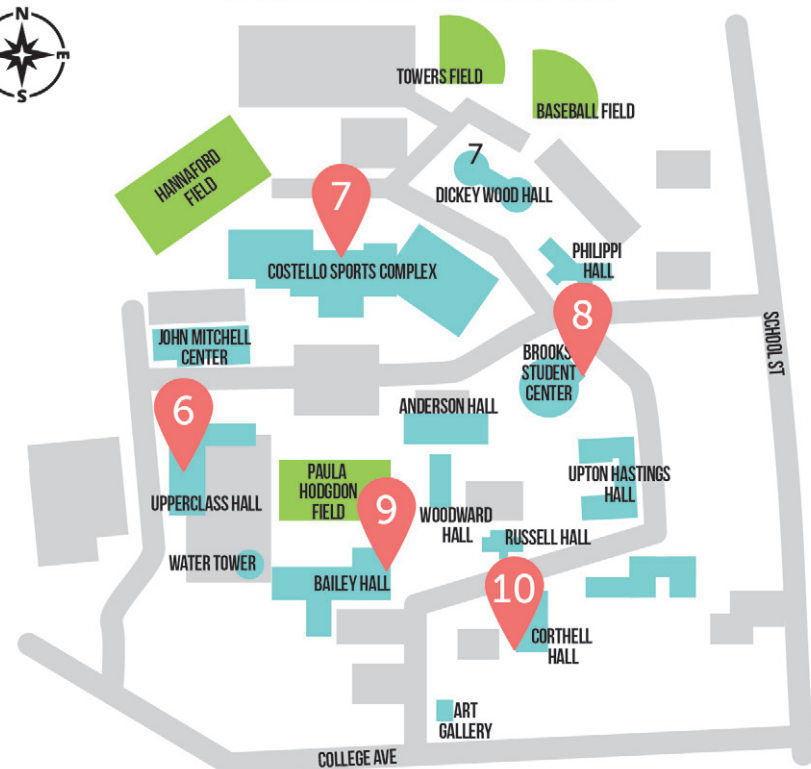
6 UPPERCLASS HALL

Upperclass hall is home to, well, upperclass. All apartments and suites have a private bath, (yes you read that right!) It's very luxurious and expensive.

7 COSTELLO SPORTS COMPLEX

Take advantage of the free activities and cheaply priced athletic classes Costello has to offer. Ever wanted to try a Yoga class? A spinning class? How about just run around the track between classes? Being a student at USM means you have an accessible gym at your fingertips for no extra cost.

GORHAM CAMPUS



Hannah Lyon / Design Director

8 BROOKS STUDENT CENTER

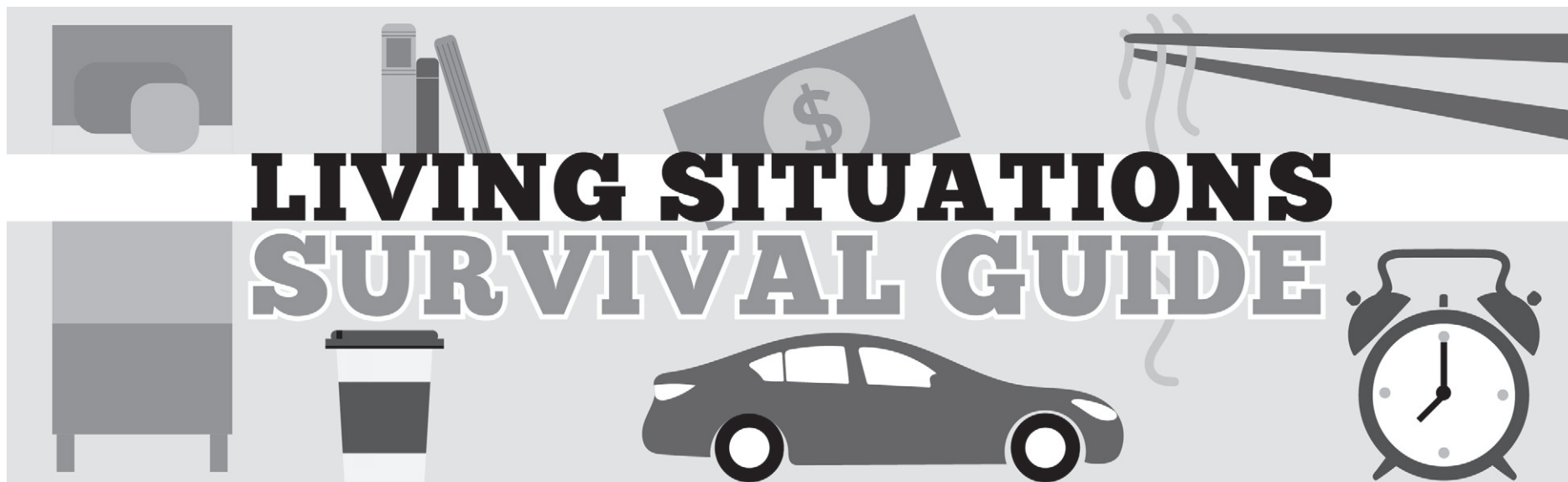
This area of USM's Gorham Campus is home to a recreational hub of activities that periodically occur throughout the semester. Grab some food and relax here. Brooks Student Center is also home to the another campus bookstore, where you can exchange your texts and buy new ones every semester.

9 BAILEY HALL

This building is home to a variety of classrooms, a small snack shop and a computer lab that has comfortable chairs and plenty of seating space. Better yet, if you're trying to study but need a quiet place to go, head on up to the second floor of the computer lab. You'll find that isolation on the Gorham Campus during finals week becomes a grateful safe haven.

10 CORTHELL HALL

Corthell Hall, built in 1878, was the first building to ever be built on campus. It's halls have seen performances from some of the best local musicals, plays and musical performances in New England. With the architecture of the building still in it's original gothic-style form, you won't miss this building upon your arrival to the Gorham campus!



Hannah Lyon / Design Director

Living on campus, a beautiful and strange life

Dora Thompson
Free Press Staff

I've lived on campus my entire college career. I've been awakened by the alarm clock of the girl in the room next to me. I am occasionally lulled to sleep by my neighbor's opinions of the performance of their teammates in Call of Duty. Hair of all colors coat the walls of the showers in the bathroom that I share with a dozen others. Regardless of the constant sounds and often strange living conditions, I live in Woodward Hall and I absolutely love it.

When I first moved into college I spent hours lugging in boxes and bags while my mother cried as she wondered if I had enough band-aids. I was so excited to meet my new roommate. I pictured a Zoey 101 esque scenario of two girls navigating the rough collegiate world together. Unfortunately it didn't go exactly how I had thought it would.

As always, getting assigned a random roommate is a huge hit or miss. Some say that allowing a random roommate will help you expand your horizons and make new friends. While this is true, I would suggest rooming with a someone you already know. While going out of your comfort-zone in college is essential, the person you're going to be spending most of your day five feet away from is not something to risk.

New friends can be made elsewhere, in places such as the classroom and students groups you can find on campus. Whether it's your close friend from high school or someone you met on your class



Krysteana Scribner / Editor-in-chief

Robie Andrews, a student dorm, is located on the Gorham Campus.

Facebook page, it's better to assure that you two will get along before agree to live together. Lifestyle choices like bedtimes, cleanliness and visitor frequency are extremely important. Silent resentment between roommates can affect your mental health and your grades.

Although USM has nice dorms for students, it certainly isn't a five-star hotel. Depending on what dorm you live in, you will experience stained mattresses, drafty windows, leaky ceilings and a cold shower or two. Some may say this adds character to the older buildings, while others will be signing the lease to an apartment as fast as possible.

Living on campus almost always means you're permanently bound to a campus meal plan. Lots of college students take issue with this, saying it is too costly for the quality of food

they receive. I do think it's way too expensive, but at this time in my life it's incredibly beneficial to have access to food all the time.

A huge complaint from students living on campus is parking. USM parking is very limited and often times students will have to park far away from their dorms because their designated lots are filled. Parking tickets go out frequently and students are even towed for parking in commuter lots. I think it's better not to have a car on campus at all. If you do need a car to travel home on the weekends or to just have that extra freedom, anticipate a little walking from parking places.

Another drawback of living on campus living is that you don't get a lot of alone time. I used to relish

See **ON CAMPUS** on page 13

Off-campus means adulthood

Krysteana Scribner
Editor-in-Chief

When I first started college, I had the option to live on campus but decided that it was in my best interest to live at home for a year or two and save my money. I would drive forty minutes each day to campus, spending late nights in the library and early mornings drinking black coffee and writing newspaper articles for the Free Press.

I lived at home, I lived in a furnished basement apartment with a boyfriend for a while, I lived at home again and now I've recently found myself settling into an apartment that's only fifteen minutes from USM. I've always lived off campus, although I've been told living at the dorms is an essential part of the college experience. Living off campus has been a wild ride of uncertainty, but I'm enjoying every minute of it.

One of the first things I learned right away about living off campus is that you'll have to go out of your way to socialize, because living off campus means being alone unless you choose otherwise. Although doing homework alone in your bedroom may sound relaxing, try joining a campus study group so you can't make up excuses to take a nap or make a huge meal to avoid doing homework. Take time to look into student groups that you can participate in and try your best to make new friends in the cafeteria or in the classroom. Sure, the awkwardness of approaching someone may be paralyzing, but friendships made in college are certainly worth your

while.

It's easy to get caught up in school, work and everything else life throws your way. When you're living on campus, making time for friends can seem like planning an event. Not only is it important to make new friends if you're living off campus but it's also essential to make time for old friends once in awhile, even if it is only for a few hours.

These may be the people that stuck with you through your awkward years or stood proudly by your side when you went through your rebellious teenage phase. Whoever these incredible people are, it's nice to catch up and stay in touch. Even friends who live too far to visit can be reached by a simple phone call at a time convenient for both of you. Not only will these conversations be fun but they will keep you and your friend close and give you the nostalgic feel of home from wherever you may be living.

Roommates are a gamble, but I can say I'm lucky enough to have two great roommates to share my space with. Bills are never fun to pay, but there is something about splitting a huge rent bill between five people that makes me feel like a lottery winner. Your roommates will have friends over and sometimes you won't feel like socializing with them. Try your best to be kind and make at least some small talk - you can shut yourself in your room once you've said a courteous hello. Living in an apartment with other students at USM is nice because I get the freedom of escaping to my room while still getting the opportu-

See **OFF-CAMPUS** on page 13

From **ON CAMPUS** on page 12

showers, just because it was the one moment I got to be by myself. Such lack of privacy can be frustrating if one needs to have a private phone call or a good cry. I had a single room my second year in order to have my own space. It is important to remember that this is an option, as well as suite-style housing. Many people suffer from chronic oversocialization in the dorms.

When you disregard the fact that you'll have to talk to everyone around you, it can also be super helpful to have the support of friends close by. What other time in your life will all of your best friends within walking distance? It's a blessing to be able to walk to a friend's dorm at 3:00 a.m. for academic or moral support. It's unearthly beautiful that if I don't have a fork in my room I can walk to my friend's room upstairs and ask for one. Friendships certainly run deeper in college for this reason.

Living on campus also means you get to be a part of campus lore. There are dorm ghost stories, hidden art pieces, ancient graffiti, age-old sledding hills, secret forest trails, traditions and history. You get

to be a part of place that has meant so much to so many people. These dorm rooms have seen dreams being born, changed, molded and extinguished. They've seen great work and student tears and taken virginities. This age is so electric for everyone and it's impossible not to strongly emotionally connect with the place that has had so many people pass through it's rooms.

Even though your sleep may be interrupted with college noises and your dorm might vaguely resemble a prison cell, I guarantee you will absolutely adore living on campus. It is rare to share a building, let alone campus, where hundreds of people that are going through the exact same thing you are.

You can tell in the understanding look students give you when you come in the cafe looking exhausted on a Sunday morning or you're surrounded by books in the lobby during finals week. We study together, we party together, we regret partying together. Everyone is growing up, figuring life out and making mistakes: and love being right in the middle of it.

dora@usmfreepress.org
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From **OFF-CAMPUS**
on page 12

nity to meet new people every now and then. I find that my apartment is usually quiet and having my roommates around gives me the little bit of socialization I may need every day.

I'm still relatively new to living in an apartment, because living at home meant having the fridge always magically stocked by who my father used to call the "food fairy." I looked in my fridge the other morning and noticed its contents: half a gallon of milk, an old banana and for some reason, a bag of veggie chips. Here is a huge word of advice that I wish I could have taken myself as a freshman: If you have to buy your own groceries, try your best to buy healthy food.

Incoming freshman who are living on their own often gain what is called the "Freshman Forty": 40 pounds of excess body fat that comes from eating ramen everyday and drinking too much beer at house parties. This happened to me, some of my friends and even people I'd went to highschool with who had been skinny their whole lives. This isn't to say that excessive junk food

intake was the cause of this transformation or that gaining some weight is a bad thing. Eating healthy is just generally good for you, especially when you run on coffee and 3 hours of sleep every day like myself.

Speaking of the "food fairy," my house also have something my mother would call the "cleaning fairy" which was a fantastical creature that would visit the house and clean it overnight when all the children were sleeping.

Unfortunately, apartments don't come equipped with this kind of convenience. Instead of putting a dish in the sink and thinking "I'll clean this tomorrow" just rinse it off then and there. Otherwise, you'll come home to what smells like a dead carcass in your kitchen and having the inevitable stress of knowing you have to dig through the sink and wash those dishes. Apply this cleaning technique to everything in your life.

Living off campus is hard because you don't usually have other people to care about the mess you make - but for the sake of your sanity, keep it organized. That way if you do happen to get a hot date to come home with you, your room doesn't look and smell like a medi-

eval dungeon.

Living off campus comes with a variety of freedoms that you certainly couldn't have living at the dorms. I can have friends over whenever I want and we can stay up late with the lights on and talk about life in the privacy of my very own living room. If I decide I want to leave home at 2:00 a.m. to grab some fast food to curb the fear of finals week approaching, I simply just go because no one is around to keep track of me. It's a freedom that can be scary at times and even overwhelming, but adulthood outside of campus is simply a learning experience and I wouldn't have it any other way.

I'm sure I could write a list of advice that would stretch at least fifty pages, but simply put: living off campus is a roller coaster ride. It has its good times, its stressful times, its downright terrible times. Roommates are a gamble, socialization is a must and regardless of where you're living you will most likely survive on coffee - just don't forget to buy it yourself, because that's what adults do in the real world.

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HUSKY BUCKS

ITS HISTORY AND HOW IT WORKS

Raquel Miller
Free Press Staff

In 1999, USM introduced Husky Bucks to students, as a way of increasing security for residential students and also providing a safe alternative approach to e-commerce for students as they spend on campus. Since its introduction, Husky Bucks has become a way for both residential students and commuter students to make purchases on campus and businesses partnered with USM.

Now, what is a Husky Buck? It is a monetary system that works within USM and the local community. In some ways, it is like using a debit card or credit card attached to your USM account, without having to go through a bank and the control of adding funds that work for each student. Husky Bucks is a declining balance account that students can deposit money into at any time. The USM card is a useful tool that carries your Husky Bucks which students can use for discounts, as well. Many local business offer discounts such as discounted cell phone plans, veterinary services, discounted transportation services and most importantly, discounts at local food eateries.

USM's Husky Bucks provide students with an opportunity to spend their money safely and conveniently, as the options for spending appeal to the necessities within a student's lifestyle.

Husky Bucks starts with the student. Students can go online in-between classes and simply type in "USM Husky Bucks" to their search browser or visit kiosks or offices provided on all three USM campuses, to put money on their card, with a minimum of five dol-

lars on their account.

These kiosks provided to quickly add money to an account, are located in Glickman Library, Luther Bonney Hall, the Law Building, the Woodbury Campus Center, Brooks Dining Hall or Bailey Hall. At these machines, provided on Portland and Gorham campuses, students can easily add money to their account at their convenience. In case of any problems, a student can reach out to the Campus Card Offices located in Portland at 142 Luther Bonney Hall and another, on Gorham's campus located in the Upton Hall basement.

Not only are Husky Bucks an easy system for going cashless, they provide an easier way to budget funds

locations, laundry in residential halls, purchasing of books and items at the USM Bookstore and payment at dining locations as well as selected vending machines around campus."

Up until two years ago, students were not able to pay for laundry services in residence halls using their USM card.

Currently, students have a variety of off-campus locations to indulge in a little snack as they study, or have a meal. Dunkin Donuts, Domino's, Amato's and Panera Bread, at selected locations, are all appealing options for students to use. Having a USM card in general is beneficial for students who are busy balancing work and school and need more than

USM card.

In addition to purchasing food, students can use their card to print on campus. Using Husky Bucks is the only way the printers on campus actually work.

As a large percentage of USM students are commuters, it must be noted that they are not excluded in the possibility to reap benefits from Husky Bucks. The card can actually work wonders for them too, whereas instead of using cash to grab food after classes it's much easier to walk through and scan your USM card and use yo your Husky Bucks.

"Husky Bucks is a safer alternative for students than carrying cash and is also a good way to track purchases by logging into our website

Bicycling, bus riding, driving and walking

Welcome to our commuter campus, where students are always on the go and the variety of transportation services are endless. It's important to know a few things before you begin your ventures, however.

If you plan to ride your bike, bike in the same lane as traffic. If you must drive on the road, use hand signals and wear a helmet. If you haven't noticed, Portland is covered with green bicycle lanes, so it's safe to say that you'll have your own lane when traffic gets out of hand.

If you're riding the bus on campus, take a look at the cut-out schedule we

have provided you below. It doesn't cost anything to take the USM bus (included in tuition, yet again) but you will need your student ID before boarding.

If you want to take the Metro Bus throughout Portland, Gorham, Westbrook, or farther, visit gpmetro-bus.net for more information on bus fairs and seasonal passes for those who expect to ride the bus every day.

As for driving and walking, our only advice is to be safe and drive responsibly. Avoid texting, and *never* drive under the influence. Fun with friends isn't worth losing your life over.

CAMPUS CARD & CELLULAR SERVICES

- Home
- Overview
- People
- Location & Hours
- Contact Us

OnLine

Husky Bucks can be added on-line (minimum \$5.00)

- Husky Bucks are required for on-campus printing & resident laundry.
- Enjoy the convenience of using Bucks at other on-campus & off-campus locations.
- To purchase a non-resident meal plan, please call us (207) 780-5600

LOGIN

Login = MaineStreet logon + password

Screenshot of USM website

Campus Husky Bucks can be used for a variety of things: student discounts at local business's in the area, printing costs, to purchase cafeteria food, and more.

and also reap benefits and discounts across the USM community.

Susan Robinson, Manager of the Campus Card and Cellular Services Office, states, "Husky Bucks was established for student convenience as a way to pay for printing at designated USM

an energy bar for dinner. Students can get a discount of 15 percent off your meal at the Burger King on 449 Forest Ave. in Portland; The Subway on Forest Avenue, also offers a 10 percent discount and most importantly Stavros Pizzeria offers 15 percent off when using a

at usm.maine.edu/usmcard," Robinson noted.

Husky Bucks makes it easier to balance a budget and most of the campus - on and off - now becomes open for students in terms of dining.

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@USMFreePress

USM SHUTTLE BUS SCHEDULE FOR FALL & SPRING	
Monday - Friday	
SCHEDULE CHANGES FOR FINALS WEEK	
No Buses on Sundays, Holidays or Breaks	
Gorham Bus Stop: Front Entrance of Bailey Hall	
Portland Bus Stop: Front Entrance of Woodbury Campus Center	
LEAVES PORTLAND	LEAVES GORHAM
7:15 AM	7:15 AM
8:00	8:00
8:45	8:45
9:30	9:30
10:15	10:15
11:00	11:00
11:45	11:45
12:30 PM	12:30 PM
1:15	1:15
2:00	2:00
2:45	2:45
3:25	3:25
4:10	4:10
4:50	4:50
5:35	5:35
6:15	6:15
7:10	7:10
7:40	8:15 (via Mall Mon-Fri)
8:45 (via Mall Mon-Fri)	9:35 (Mon-Thurs)
10:00 (Mon-Thurs)	10:20 (Mon-Thurs)
SATURDAY MINIBUS	
8:30 AM (No Mall Stop)	8:30 AM (No Mall Stop)
9:30	9:30
11:30	11:30
2:00 PM	2:00 PM
4:00	4:00
6:00	6:00

WHAT I WISH I COULD TELL MY FRESHMAN SELF

Krysteana Scribner
Editor-in-chief

Don't let your major be the death of you: You either think you have your major figured out or you don't - either way, you're going to change your mind and it may happen more than once. You may doubt yourself in choosing and you may spend too much time thinking about it when you could be having fun. Just relax and know that when you find yourself doing something that is both fun and rewarding, you've finally found your path.

Make the most out of student organizations: I'm sure this statement had been said to you before, but I'm going to tell you again. These are going to be some of the best years of your life. You're going to meet lots of new people and go so many new places. Get involved and find people who strive for success in a similar way as you. Push your boundaries, but stay within comfort level.

Try new things and don't be afraid to fall because you can always stand back up. Getting involved in something is so important! It can lead to gaining life long friends, give you connections to jobs and internships and provide you with memories that will last a lifetime.

Work hard and take nothing for granted: Bills are ridiculous and annoying. Save up your money so you can gain the freedom of an apartment or a car if you haven't already. Pay bills ahead of time and keep up with expenses, because those will come back to haunt your nightmares (for real though, it's scary). Save change in a jar and one day travel with it. Take out minimal loans and work at jobs that will be relevant to your degree. Money will always be the number one currency, so why wouldn't you do all this to stay afloat?

Call someone you love once a week: No, I mean it. Give your mother a call and tell her how much you love her. Call your dad

and ask him how his day was. Call your brace face sister who always annoyed you as a kid and ask how she's doing in school. These are the people that helped form you into the person you are today. They may have raised you or simply been there when you needed a shoulder to cry on. Let them know how much they mean to you, because isn't family the most important thing at the end of the day anyway?

Don't overwhelm yourself: Being a full time student means having a full work load. If you have a job or two on top of that, your twenties may seem consumed with all work and no play, as the saying goes. Don't overwhelm yourself. Taking a full course load can mean taking the minimum credits needed to be a full time student (which is around 12 credits). If a class seems too difficult, don't wait until you're drowning in bad grades to drop the class. Even though you have a month to drop the course for a withdraw to take place of a real grade, you won't get your money back. It's so important to make realistic goals and even more important to create a realistic schedule.

Love and accept change: When I was a freshman at USM I thought I had it all figured out. I

wanted to be a psychology major with a minor in a ASL. Not only was I completely wrong, but other things in my life changed too. My boyfriend at the time was on a completely different life track, I contemplated my major, I worked at Hannaford in Saco and felt distanced from old friends because I was off at college working hard for a degree.

The truth is, every one chooses a different life path. People will come and go from your life, and the one's who stay will probably always have your back. You'll make lots of new friends and maybe even make connections with old ones. You'll make good and bad decisions and learn from the experiences you go through. College shapes you into a completely different human being. It's the place you figure out what you want and who you are.

Be childish once in a while: Just because we're all adults doesn't mean we can't go back to childhood tendencies every now and then. Request off every Sunday from work to play Donkey Kong on the Nintendo 64 (if you've never played this game, you're really missing out). Eat ice cream after class while watching Digimon. Listen to Lou Bega's "Mambo no. 5" while dancing in the shower. This may sound a

little ridiculous and not similar to things you did growing up (I was honestly a strange child) but you get the gist. Take yourself back to times when you had no responsibilities, because it's refreshing to close your mind to real-life every now and then.

Write down things that happen to you. Good and bad: When I say this, I try not to think of a diary - because we all know diaries are for little girls who wear pigtails and have milk with their toast every morning (right... right?). Honestly though, keep a journal. Write down your favorite college memories, even if you don't like to write!

Keep photos in an album and never take your memory for granted. It's fun to go back and read about things that were frustrating you a month before and see that it's just a lost thought now. Writing down your memories during your time in college will give you the ability to look back and feel nostalgic, as well as realize that stress is in the moment and not forever. Be good to yourself during your time at USM, because this time will go by in the blink of an eye.

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What are the entry year experience courses all about?

Colin Cundy
Free Press

Freshman year, or that first post-transfer semester, brings many new experiences. Whether you're settling into a dorm, playing a sport, or forcibly adapting your quotidian existence to the Gorham-Portland bus schedule, it's safe to say you have a lot to get used to. Among those shared experiences are the Entry Year Experience (EYE) courses. These courses, in addition to providing your first year at USM some unique flavor, are designed to academically acclimate you to a college education.

EYE courses have been part of USM's core curriculum for incoming freshman, as well as transfer students with fewer than 24-credits, since being introduced in 2009. EYE was one of the earliest parts of a broader initiative to revamp USM's Core Curriculum. These

courses are designed to challenge students early in their college career so that they are ready for what's to come.

"They [EYE courses] are integral to students' success because they prepare students for the critical reading, thinking and writing that will be expected of them throughout their college career," said Susan McWilliams. She is the Assistant Provost for the core curriculum. The added benefit of challenging students earlier is that they are more able to deal with the difficult course work they will face in their majors. The EYE would produce better prepared students, McWilliams said, and in turn increase "student success and retention."

On offer this fall will be a variety of courses to appeal to students own varied interests. Courses this fall range from Culture, Identity, and Education, to Built Environ-

ment: Energy, and Society and Cancer. There are in addition courses in the arts, how play influences the brain, on the origins and modern implications of utopias and dystopias and more. Beyond the pure variety of courses is an interdisciplinary element. Two to five faculty members are allowed to collaborate on each course.

"Interdisciplinary perspectives are important for all students," said McWilliams. She continued, explaining that EYE courses provide students with their first formal exposure to that type of thinking. Tasking students with applying concepts from independent and separate fields of study to the same subject is a skill that students, McWilliams said, receive more of in the rest of the Core and in their major.

Since the program's inception it has largely stayed the same. New course options are added or ex-

isting courses are tweaked from year to year. However, in Fall 2015 the program was expanded for residential students. Incoming students this Fall will select their EYE course and housing option based on a subject or theme of interest to them, according to McWilliams. She added that non-residential students will hopefully have a similar option in 2017.

For residential students each EYE course has an associated co-curricular lab. McWilliams highlighted how these will bring students together, as well as into the USM community and the community at large. This will be accomplished, she explained, by applying their EYE learning outside the classroom. This contributes to a general effort with the EYE to make it an "experience in the fuller sense." The program angles for students to confront big questions in an active manner, and have the

opportunity to apply their learning outside the classroom.

Whichever EYE course incoming freshman choose they will be addressing big question subjects, from a variety of academic perspectives. As a student, your choice might reflect a pre-existing interest in a subject or it might not. Your choice might be the beginning of something; an interest, or an inclination, that they will be free and academically prepared to follow in their remaining years at USM. At the very least they will be better able to cope with the rigors and expectations of college. Freshman year is clearly a time of transition, it is reasonable and appropriate that the required core curriculum reflect that reality. USM's EYE courses are a part of an initiative to reflect that need.

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An overview of the “One University Model”

Zach Searles
News Editor

The One University Model is a complicated initiative to wrap your head around, mainly because there is still so much still to be smoothed out, such as budgetary matters, and there are a lot of moving pieces. Simply put, the One University Model is an integration plan that offers students the most amount of resources available to them because they are able to use resources from all universities in the UMaine system.

President Cummings stated last fall that, in terms of what One University Model means for USM, there are three main things to focus on: seven differentiated campuses, administration integration and academic collaboration.

Chancellor of the UMaine System, James Page, gave his one sentence explanation of the model in an opening meeting last fall when he said, “In the ideal, we can bring every one of our resources to bare in coordinated support for every Maine student, business and community.”

Both President Cummings and Chancellor Page have stressed in the past that each of the seven campuses within the UMaine system would have to be specialized, with certain programs only being offered on certain campuses and they have to continue to have their own brand.

“We serve an enormous geographic area, an enormous range of student populations and other constituencies and we need to serve all of them,” Chancellor Page said last fall.

Chancellor Page has also stated that each campus should have its own mission and it should be one that doesn’t make it so that the seven campuses are in competition with each other.

For USM, our mission is to continue to grow as a Metropolitan University to better serve our community with partnerships and community based learning.

Another important staple of the One University Model is administration integration, which according to President Cummings, means that administration will be scaled back to save money and be more efficient.

“If we can save money, then we



Nate Baril / Contributor

A photograph looking up from the court yard between Luther Bonney and Woodbury Campus Center, where straight ahead the University Skywalk branches out to the Wishcamper Center. USM is currently trying to implement the “One University Model,” an integration plan that offers students resources from all locations.

can do a better job of putting that back into our support system for vulnerable students and I think One University, at least in theory, offers us that opportunity,” said President Cummings at an open meeting last fall.

President Cummings also said that the savings from integrating administration is money that can be put back into helping the students, such as giving more to the traditional students that, statistically, need more help financially.

There are approximately 28,000 students in UMaine System that stretch across all seven campuses. According to Chancellor Page, the current system does not allow for proper allocation of resources that’s the most beneficial for students, so over the last three years the Chancellor’s office has been working on reducing administration, which will help with cutting costs and free up money that can go right back to the students.

The third important part of this

model is academic collaboration which, according to President Cummings, is the integration of programs and the sharing of resources across all programs to better serve the students.

“The challenge then is to create a financial model that allows for collaboration that benefits students

“If we can save money, then we can do a better job of putting that back into our support system for vulnerable students.”

- Glenn Cummings
President of the University of Southern Maine

and the programs and yet becomes impossible because of a bureaucratic barrier,” said Chancellor Page, which he followed by saying that he is working on a way to incentivise these types of collaborations.

With the introduction of this model, there has been concern if this model is paving the way for a strictly online platform for learning within the university. Chancellor Page has stated that it is not his intention to have strictly online classes. But the Chancellor did say that with this new model if a student

wanted to take a class that wasn’t offered at their university but was offered at another university in the UMaine system, they would now have that option to take that class.

“Will online play a large role in

the future of this?,” the Chancellor posed. “Remember, we also serve, and must serve, a large population of people who are place bound and whatever the appropriate mode, whether hybrid or online, we have a responsibility to serve those folks and so online will be a significant component to how we deliver education.”

There are still many questions surrounding this initiative, but the groundwork has been laid and plans are proceeding. For better or for worse, within the next few years programs here at USM will start to be phased out to avoid competition with other sister universities, but with less competition, students in those programs will have all the resources necessary at their disposal.

All decisions regarding the One University Model are made at the bimonthly Board of Trustees meetings.

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Get involved while you're here!

The WMPG radio station, located on the Portland campus, offers real world experience to students

Megan Gonsior
Free Press Staff

The western mindset has largely been impacted by Descartes' philosophical declaration, "I think, therefore I am." In the world of education, there could be a parallel assertion made, something to the tune of: I do, therefore I learn.

"The best and deepest learning that occurs is when we engage in something, rather than merely read about or think about it," said Learning By Doing author and presenter Richard Dufour. "It's when we roll up our sleeves and begin doing the work that we will come to the deepest understanding of the na-

the idea is it's just music and your voice, it's just a really cool medium," she explained.

Lockhart earned a degree in Communication at USM, graduating with the class of 1998. She and two friends started hosting a weekly radio talk show while she was in school. In that informal laboratory, Lockhart began developing many of the skills necessary for reporting, writing for radio and sound engineering.

Today, Lockhart is an award winning independent journalist with the Maine Association of Broadcasters and the National Federation of Community Broadcasters. Since 2004, she has been arming the next generation of radio journalists with the technical skills and experience necessary to succeed in the industry.



Photo courtesy of WMPG Facebook Page

Jim Rand, WMPG's station manager, works at the radio station located on Bedford Street. Rand said that WMPG began in 1970, with a student broadcasting a small signal from her Gorham dorm room.

ture of that work."

The practice of learning by doing is an integral part of USM's approach to education, especially in the Communication and Media Studies Department. Chair of the department, Matthew Killmeier, strives to expose students to a concrete, true to life education.

"We try to hook students up as much as possible to help them get a taste of the real world," he said.

Jessica Lockhart, a USM Media Studies instructor, was first introduced to the field of audio production when a friend invited her to jump in on a project.

"I just got involved by happenstance and I was really intrigued. Radio is really unique,

Part of the reason why Lockhart enjoys producing radio programs is because of the inherent learning experience involved in the process of doing it.

"When I've done the talk shows, I got a chance to really learn a lot about the community here, because I got a chance to interview people. I love that part about talk radio," she elaborated. Lockhart has been working at USM's community radio station, WMPG, since 1994.

WMPG began in 1970, with a student broadcasting a small signal from her Gorham dorm room. It became a licensed station in 1973 and the facility has since moved to the Portland campus.

Today, WMPG boasts a global reach and a 200+ volunteer staff. According to Lockhart, WMPG considers itself a part of USM, with a dual-pronged mission of helping the USM community as well as the greater community of Portland.

USM students have the opportunity to apply for Federally funded work study positions at the station, where they may receive training in all aspects of radio production, from sound engineering to disc jockeying. Lockhart teaches a variety of audio production courses, like CMS 222 Digital Radio & Audio Production, which actually takes place in WMPG's facility.

"This radio station is so unique, a cool little learning lab. I'm really interested in making sure the university students understand the old-school way of doing radio, it's totally set up as a learning exchange," Lockhart explained. Aaron Nielson is one student who has immersed himself in the WMPG learning lab.

"It has definitely re-fired a creative spirit in terms of the unhinged possibilities of late night radio," explained Nielson, a non-traditional fourth year student, currently filling in as the Music Director for WMPG. Nielson has also hosted a late night radio show called Nightwires.

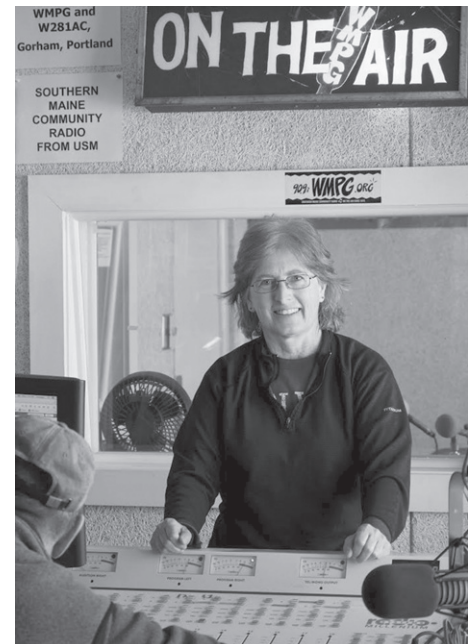
"I think with radio and other aspects of media production, it's good to be thrown into the deep end and you learn a bit from experience. There's always that sense that, if anything goes wrong all eyes, or ears rather, are on you," he stated. "Nightwires has helped to unlock a lot of possibilities and given me a chance to make the mistakes necessary to obtain industry skills. I've also met a lot of

"This radio station is so unique. I'm interested in making sure students understand the old-school ways of doing radio."

- Jessica Lockhart
USM Media Studies Instructor

interesting people and made connections with most of the major promoters and record labels around the country!"

Another media outlet for USM students, is yours truly, The Free Press. The Free Press is a separate entity from the university, however, students have access to paid positions as edi-



Megan Gonsior / Free Press Staff

USM Media Professor, Jessica Lockhart stands in WMPG's radio. In the Fall, WMPG will host a class on radio engineering.

tors and work study positions as staff writers and photographers.

According to Killmeier, who also serves on the WMPG Board of Directors, USM's Communication and Media Studies department has created various symbiotic business and non-profit connections in the Portland community, like with the Community Television Network. These opportunities for students include internships and experience rich collaborations.

Aaron Damon, a media studies senior at USM, has been directing Turnstyle Thursdays, a weekly Community Television Network show, for over a year. He invests this time on a volunteer basis, because he believes real-world experience is more valuable to future employers than a four-year degree alone.

Killmeier supports Damon's approach to career preparation, saying, "Employers want these soft skills - such as interpersonal, communication and leadership skills - and we want to help students be as prepared as possible."

Many USM students, like Damon and Nielson, take advantage of these hands on opportunities every year, gaining the sharper edge in an increasingly competitive workforce.

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USM Sports

Pete Warner
BDN Staff

There is nothing Sam Dexter likes more than playing baseball. His passion for the game is reflected in a superb career at the University of Southern Maine.

The senior shortstop is the program's career leader in numerous categories, including at-bats (789), hits (305), doubles (79), extra-base hits (107) and total bases (459).

"Great players make others better around them, and that's really what he's done. The culture of the team has kind of centered around Sam and the way he plays," veteran USM head coach Ed Flaherty said.

Dexter, a three-sport star at Messalonskee High School in Oakland, anchors

"He's a kid that is always looking to get better."

- Ed Flaherty,
USM head coach

the infield at shortstop and usually bats second in the order. He ranks first on the team in hits (69), doubles (22), home runs (5), runs batted in (43), runs (51), walks (23) and stolen bases (19). He is second in batting average (.408).

The 5-foot-11, 180-pound Dexter is the reigning ABCA/Rawlings and D3baseball.com national player of the year and LEC player of the year. He was a first-team, All-American in 2015 and is a three-time, all-conference and All-New England selection.

Dexter tries not to get caught up in the hype.

"Records and accolades or whatever, they just come with coming in every day and playing hard, just competing with your teammates and trying to win," he said.

Senior shortstop chasing big-league dream

Flaherty, in his 31st season directing the program, has coached USM to 940 victories and two national championships. He has produced 29 All-Americans and several pros.

He said Dexter's accomplishments at USM have been unprecedented.

"When it's all said and done, without a doubt to me — not putting anybody down because they've been great — he's the best [ever] because he does it on both sides of the field," Flaherty said.

Baseball in his blood

Dexter grew up immersed in baseball as the older son of Tom Dexter, the former baseball coach at Colby College in Waterville, where he is now the defensive coordinator for football.

Sam spent countless hours around the diamond with his younger brother Jake, who is a freshman second baseman at USM this year.

"Growing up around Colby and being able to see so many different games, just learning, watching, I think that's helped a ton," Sam said. "My dad's been extremely influential on my career and Jake's career as well. He's extremely positive and never pushes us too hard."

At Messalonskee, Sam not only won a Class A baseball state title and was a John Winkin Mr. Maine Baseball finalist as a senior in 2012 but was an all-state performer in hockey and football.

Sam Dexter credited his mother, Sarah, with helping him maintain a sense of perspective.

"I think she's helped all of us keep a positive mindset through everything," he said.

Division III detour

After his junior year at Messalonskee, it appeared as though Dexter might be taking his baseball talents to the University of Massa-

chusetts.

He committed to the Minutemen, but ultimately did not meet Division I academic requirements. While that opened the door to several other opportunities, Dexter chose USM.

"You get a feeling when you come here and you meet [Flaherty] and you see the field and you meet some of the guys," Dexter said. "It's just a real positive atmosphere and it's intense, at the same time, which I love."

Dexter quickly fit into the system, where he focused on a single sport for the first time in his life.

"He's a kid that is always looking to get better," Flaherty said.

"He has never thought he knows it all, has always tried to find a better way," he added.

Dexter debuted in 2013 as the LEC, ECAC Division III and D3baseball.com New England Rookie of the Year. He enjoyed a 22-game hitting streak. He has continued to improve, maintaining a consistently high level of play.

A tough out

Dexter was the All-LEC first-team shortstop in 2014 and last season was honored as the league player of the year en route to All-American honors.

"He does a really good job controlling the strike zone. He hits for average, hits for power. He doesn't strike out," said 12th-year UMass Boston coach Brendan Eygabroat, who guided the Beacons to the 2016 LEC regular-season title.

"You kind of just hope he hits it at somebody," he added.

Dexter also can run and has stolen 19 bases this spring. Flaherty said pitchers who try to work around him have discovered Dexter is willing to go after pitches out of the strike zone.

"He's a fairly decent bad-



Troy Bennett / Bangor Daily News

University of Southern Maine shortstop Sam Dexter celebrates a successful double play Friday in Gorham during a baseball game against Eastern Connecticut. Coach Ed Flaherty said Dexter is the best player he's ever had at USM.

ball hitter. You kind of have to be when you're in his spot," Flaherty said of opponents' caution in pitching to Dexter.

He heads into the postseason as the active Division III career leader in at-bats, runs, hits, doubles and total bases and is second in games played.

Dexter seldom strikes out, having fanned only once every 13.6 at-bats in 190 games.

"He can handle a lot of pitches. I've never seen anyone overwhelm him with velocity," said Aaron Izaryk, who coached Dexter the last two summers with the Sanford Mainers of the New England Collegiate Baseball League.

Dexter believes it is his willingness to put in the work and to stay in the moment that have enabled him to be successful.

"I try not to overthink too much," he said. "I try to keep the game simple and just get a good pitch to hit and whack it."

Flashing the leather

Dexter also turns heads

with his defensive abilities. He has committed a career-low six errors in 38 games this season and owns a .971 fielding percentage.

"He's a phenomenal offensive player, but he's as special and as good defensively as he is offensively, and that's something that you don't normally see at the Division III level," Eygabroat said.

Izaryk said Dexter has a special sense of timing and poise in the field.

"No matter how hard the ball's hit, he always gets the runner by half a step," Izaryk said.

"He knows where the ball's supposed to go and Sam just plays under control and very seldom do you see him make a mental mistake," he added.

Chasing a dream

With his senior season hanging in the balance, Dexter wasn't anxious to discuss the potential for playing at the next level.

Flaherty, whose older son, Ryan, plays for the Baltimore Orioles, is convinced Dexter has the skills

and drive to make it as a pro, still a rare feat for a Maine native.

"Sam does things [Ryan] doesn't do," offered Flaherty, who said New England scouts are tracking Dexter.

"I wouldn't discount the fact that he can play at the major-league level at this point. But he needs a chance," he added.

Dexter is keeping his focus on that which he can control in the short term. He is poised to earn a degree in history, with a minor in coaching.

"I try not to ever think about the future too much but, yeah, I'd definitely like to continue playing. If I got that opportunity, that would be great."

Flaherty said that measured response is typical of the way Dexter has handled being the best player ever to wear the pinstripes at USM.

"[He] doesn't like to be the center of attention, but you can't help it," Flaherty said. "When he plays, he's the center of attention."

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A GUIDE TO DOWNTOWN GORHAM

Written by Julie Pike, Free Press Staff

Gorham may seem like a small town, but it actually has a lot to offer...

There are many businesses in walking distance to USM's Gorham campus for students living in the dormitories to visit. Downtown has everything a college student will need.

Students will never go hungry when there are over ten local food places for them to walk to. There are three great coffee shops all close by to the school for students to get their caffeine fix. Keep reading to see a few small previews of what our local foodie scene has to offer.



Sebago Brewing Company

Casey Ledoux / Contributor

The Greater Portland area is home to a plethora of independent brewing companies, including Geary's Brewing Company, Shipyard Brewing Company and Sebago Brewing Company.

From breakfast to a late night treat, downtown Gorham has whatever a college students in terms of food. For dessert, students can visit iSpoon, a frozen yogurt shop at 102 Main St., which offers self-serve froyo with lots of toppings to choose from. They also recently began serving their own Gelato. At iSpoon, students can take a break from hot stuffy dorm rooms and cool off with a delicious treat. Residential students at USM, Madeline O'Hara and Gabrielle Perron, explained that iSpoon is their favorite spot to visit during warm weather.



Krysteana Scribner / Editor-in-chief

Located near USM, iSpoon offers a variety of delicious frozen yogurt and gelato with fresh cut fruit and dry toppings.



Justicia Barreiros / Contributor

Taken in 2013, this photo depicts a Gorham Grind employee Sable Strout chatting with a customer at the register.

The Gorham Grind

The Gorham Grind, located on 18 South Street, has been the best place for students to get their caffeine fix since its inception in 2004. "It's a place to meet, play original music, write and relax outside the day-to-day classroom environment," described Carson Lynch, owner of Gorham Grind. They offer prepared drinks and specialty coffee and tea, as well as free wifi to all of their customers. USM student Alexis Miller explained that she often visits the Gorham Grind after classes as a place to unwind. "It's a go to spot to get a cup of coffee and relax in their comfy chairs," she stated. The Gorham Grind is the home of "rocket fuel high-test coffee milk," which is a delicious treat perfect for students who need an extra caffeine boost. Lynch advocates for all Gorham businesses, stating, "Independently owned small businesses are understood to be the driver of the overall economy, especially here in Gorham."



Krysteana Scribner / Editor-in-chief

Located right across from Cumberland Farms and Hannahford, this Mr. Bagel location sells a variety of coffee and bagels.

Mister Bagel

Also located in the heart of Gorham is Mister Bagel located on New Portland Road. Stop in for a delicious home-made breakfast or lunch. They are a family run establishment, which creates a comfortable and relaxing environment in their shop. They have lots of space for customers to sit down and a variety of food options. Be sure to try "The Sarah," a unique bagel and cream cheese mix only found in the Gorham location.

Gorham House of Pizza

Students can enjoy a slice of pizza at Gorham's favorite pizza joint, Gorham House of Pizza (GHOP) located on State Street. At GHOP, you'll find many residents happily enjoying a meal, regardless of age. Located within walking distance of USM's Gorham campus, this business has lots of customers coming through their doors, especially during busy school semester. Angelo Sotiropoulos, the owner, explained that the atmosphere of the place is like a welcoming community, where everyone can feel like they're at home.

"I feel blessed that I'm in such an awesome community and I feel loved by everyone," he stated. GHOP is a place every student at USM should experience and they offer more than a great slice of pizza. They also serve sandwiches, salads, calzones and much more - you can't go wrong with pizza!

While Gorham offers many food places for students to walk to, there is also a multitude of hair and nail salons in walking distance for students who want to pamper themselves. You can visit Art's Nails for a mani or pedi. There is also plenty of hair salons in the area, there is Village Hair, then just off of Main Street is Whispy Ends and Salon La Luna, and others. For the more adventurous students looking to do something different, they can visit BraveSoul Studios, a tattoo and piercing parlor located on Main Street. Regardless of your adventures around town, these are just a few interesting and unique places to visit, so give them a visit during your free time!





Patrick Higgins / Contributor

Gorham House of Pizza owner Angelo Sotiropoulos poses at the register with employees back in 2013.

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