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The future of USM's campus

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Photo Illustration: Hannah Lyon / *Design Director*
Krysteana Scribner / *Editor-in-chief*

Alan Hines, the General Manager of Love Kupcakes, had a truck vendor at the Taste of Portland event.

LETTER FROM THE EDITOR

My unoriginal advice to incoming freshman

The beach is one of my favorite places to think about nothing, to mull over what it means to exist in this complex universe. It is my hideaway from humanity.

Over the summer, I took some mini-vacations and escaped to places in Maine where I could hear nothing but the cries of the gulls and smell only the salt water, as it crashed along the shoreline.

This photo is candid, taken in a moment where I didn't try and impress the people around me, a split second of true prosperity where my happiness and the shoreline seem to mold into one. This moment, although short, represents my summer and all the memories I made away from school.

But here I am again: Another year is upon us, fellow students. We've stressed over the costs of textbooks, meandered around campus in between classes and more than likely, we've all run into someone we know. Whether you're a new student, or returning for another year of stressful exams and late night study sessions, just know you are surrounded by a community of people that, like yourself, are striving to better themselves through the means of obtaining an education.

We've all heard the advice of someone older, someone more genuine and experienced than us. As a freshman, I heard this often, mostly from my parents, my professors and from non-traditional students who would strike up a conversation in class. Yet, I didn't listen - at least, not the way I should have. But perhaps, by passing this information on yet again, you may listen more intently than I did.

Life isn't linear, and nor are the events that take place throughout your existence. This period in your life where you're studying at school is a way you've chosen to better yourself, and in turn to better the community that you are a part of. Regardless of your age or experience, cherish each moment. Far too often, as college students, we are thinking about the future; what will I be doing in five years? When will I finally achieve my dreams?

When I hear someone say "live in the moment," it almost always presumes that I should partake in the behavior of my peers, forget about responsibilities, and cherish the time while I'm young. However, when I think of this statement, I think of the simple pleasures in life; breathing in the smell of a freshly mowed lawn, cherishing the way my hand feels intertwined in the grasp of another. Living in the moment means appreciating the pleasures of existence, regardless of where you're headed.

We're taught to reach for the stars and achieve our dreams, both by our parents and mentors. I too, am a believer in this notion. We should all strive for an education in order to have a deeper understanding of ourselves and the world. We should choose a career that makes us happy and live a life that we, ourselves, can be proud of.

I may not be wise with age, but I can say this: I already know that change is inevitable; it is part of the human condition to fear what it means to stretch beyond our comfort zone and find ourselves lost in a world of difference. We will lose the people we love, eventually, and once we've passed through all the stages in life, we'll be left wondering where the time went - as if it went by in the blink of an eye.

Here is some advice that I tend to preach; like a religion with no forced ideologies, I simply offer suggestions based on my own experiences and the advice I've been given from others: Don't let a relationship be the guiding ship for your dreams in life. You are an individual, and because of this, no expectations or obligations should arise from another who also takes their own ambitions seriously.

Always try to be the best person you can be, but don't beat yourself up over procrastinating on these goals. Enjoy the simple pleasures in life. Travel the world and test the boundaries of your comfort zone. Stand by your beliefs, but be open to the interpretations of others. Accept those who are not like you, and know that regardless of the struggles you face, we are all facing the same thing: this aching desire to find purpose, to find meaning hidden beneath the reason we wake up each morning to begin with.

Don't take this life too seriously. Enjoy each moment as if it were your last.

Goodbye, Bedford Street: Master Plan reveals the future of USM

Krysteana Scribner
Editor-in-chief

In his presidential breakfast speech at the end of August, President Glenn Cummings spoke on behalf of the changes that are implemented to take place over the course of the next next few years. These changes, which include adding dorm rooms to the Portland campus and blocking vehicle access to Bedford Street, are aimed at providing students with a stronger sense of community connection, both within and outside the university.

According to a survey done last year by the Student Government Association, 82 percent of students stated that they would live on the Portland campus if dorms were readily available to them, especially if it was below the market value of most housing costs in Portland.

Because of this, Cummings and his team took the initiative to get a "Master Plan," up and running. The planning, which will take up to 24 months, is only the beginning of the process. If all goes as planned, the projects themselves could be completed in as early as 2-3 years.

He stated that the Woodbury campus center will be demolished and the parking lot located in that area will also be removed. In its place, the university would like to have a grass quad, while the new dorms will be in an "L" shape and the student center would be located where the community garden currently resides.

These extra dorms on the Portland campus could provide up to 400 beds, so students can find convenience in knowing they are located not only on the campus they take the most classes, but that they are within walking distance of downtown.

With the elimination of the parking lot, President Cummings added that the parking garage will have to be expanded in order to accommodate the extra traffic that would be coming in and out on a regular basis. Even more, the university plans to implement a project where Bedford Street will be completely closed to the public. This initiative aims to keep traffic within the university available to only those affiliated with USM.

"According to a survey done by Harriman Associates, who are collaborating on the Master Plan, there are over 11,000 cars that pass through Bedford Street each day, yet only 35 percent of those vehicles belong to USM students," he stated. "These are just estimates, but we've asked them to go back and do the survey again with their traffic engineer to be sure that the numbers are right."

Emily Rudolph, a senior psychology major, stated that she would prefer that more parking lots like the one located next to the Woodbury Campus center to be scattered across campus near the main buildings. As a commuter student, she believes that the university's choice to remove these smaller parking lots could negatively affect the students who commute to campus each day and have to endure the endless struggle of parking in the garage.

"I have a daughter, so living on campus has never been an option for me," she stated. "I would like to see more of these lots simply for convenience reasons. I dislike having to park in the garage because it's a long walk to my classes. Having the parking lot near Woodbury just makes being a commuter student so much easier."

She also believes that, by adding dorms to the Portland campus, the student enrollment would also increase by ten folds. She explained that dorms here would be much more attractive and more conveniently located for students.

"The Gorham campus is not really central to a lot of people, so having a dorm location on the Portland campus would be a great thing for our university," stated Rudolph. "There is so much more to do here in Portland. It seems students prefer to be here than the Gorham campus anyway."

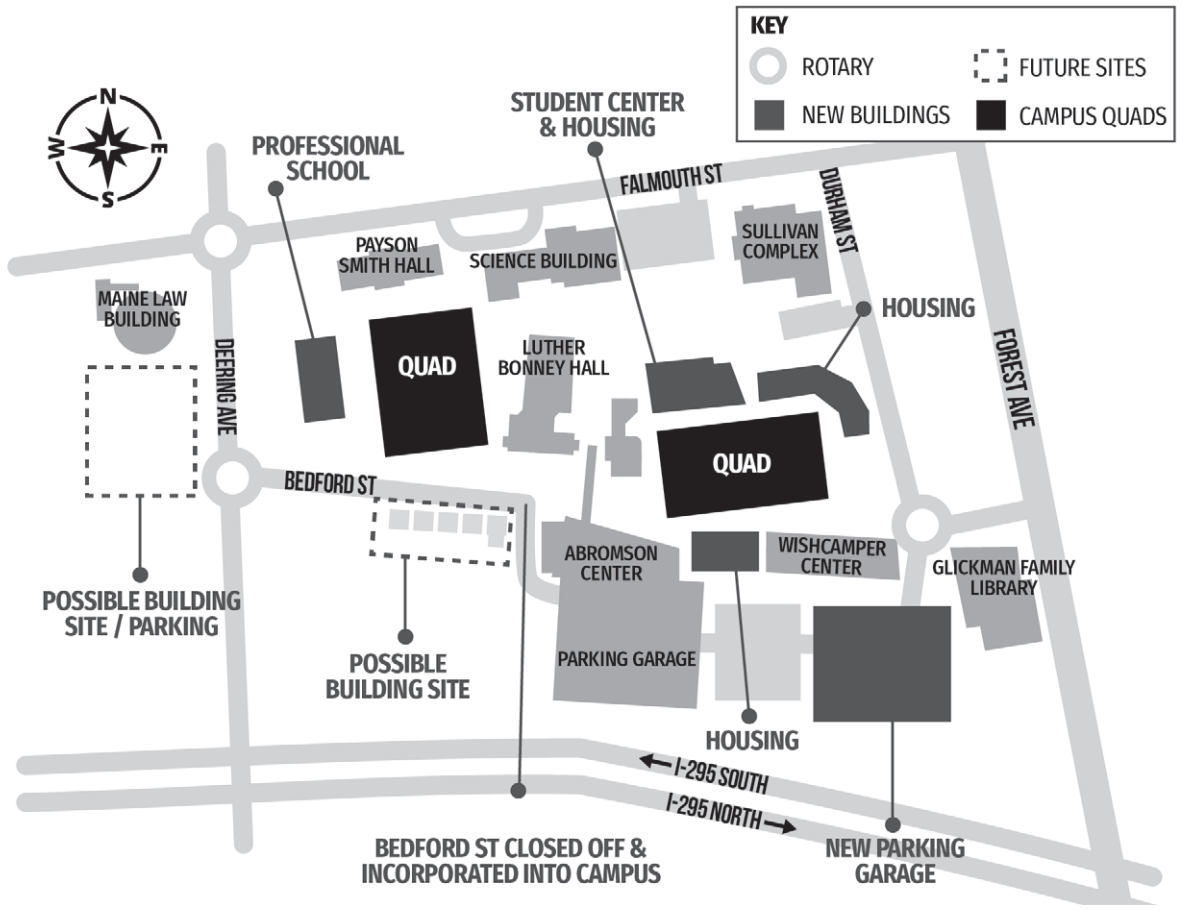
With Bedford Street closed off, President Cummings stated that the traffic patterns will need to change around USM as well, but there is still a lot of planning and collaboration that has to happen in order to further the project.

At this point in time, he suggested that the university is still looking at ways in which people can come up Brighton Avenue and continue to Deering Avenue. This could eliminate the six-way intersection near the Law Building and make way for a roundabout, which could offer an easier flow for traffic.

"We want Forest Avenue to have multiple entry points, and it's possible that the street could stop at the uphill end near Abromson and from there, we could create more green space for students to enjoy," he stated, "but what we have to ask ourselves

See **CHANGES** *on page 7*

> "According to a survey done by Harriman Associates, who are collaborating on the Master Plan, there are over 11,000 cars that pass through Bedford Street each day, yet only 35 percent of those vehicles belong to USM students."
>
> - Glenn Cummings
> USM President



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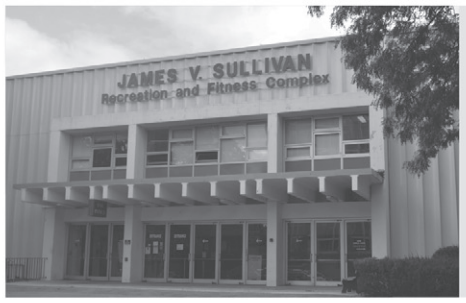

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PICKLEBALL A paddle sport created for all ages and skill levels. The rules are simple and the game is easy to learn, but can develop into a quick, fast-paced, competitive game for experienced players. T, 1:00pm - 3:00pm. **FREE activity.**

SPIN IT! Upbeat spin class, designed to wake you up and get you ready for the day! M, W, 6:00am - 7:00am. **Fees:** Free students, $30 members, $120 Public.

YOGA Classic: Yoga poses and guided visualizations make this class the perfect combination of relaxation and fitness. T, 12:00pm - 1:15p. Yoga for Life: Exploring basic yoga poses to gain strength, flexibility and balance for your body & mind. TH 1:00pm-2:15pm **Fees:** Students: $25 Members: $75 Public: $150.

WOMEN'S STREGTH & POWER HOUR

Women's only circuit training will focus on providing the essentials to increase muscular strength, bone density, core stability balance and mobility. Modifications can be made to meet different fitness levels. T, TH, 1:30pm-2:30pm. **Fees:** Students $10, Members $20 Public $100.

Like us on Facebook @ USM Sullivan Recreation and Fitness Complex
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Outdoor Adventures Board's Mission

Enrich the University of Southern Maine collegiate experience with the availability of unique and affordable recreational opportunities. Provide community engagement, transportation, funding, and skillsets to a diverse group of recreational enthusiasts. Build connections between peers, community, and the outdoors in the effort to develop and positively influence interpersonal and intrapersonal growth.

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Friday, Saturday & Sunday Sept. 9th-11th - Saco River Canoe
Tuesday, Sept. 13th - Disc Golf
Saturday & Sunday, Sept. 17th-18th - Sailing
Friday & Saturday Sept. 23rd- 24th - Common Ground Fair Volunteering
Saturday & Sunday Sept. 24th & 25th - White Water Rafting
Saturday, Oct. 1st - Bradbury Mountain Family Hike
Friday, Saturday & Sunday Oct. 7th-9th - Katahdin Hike
Friday Oct. 14th - Fall Fest
Saturday, Oct. 15th - Horseback Riding
Sunday, Oct. 16th - Apple Picking
Thursday Oct. 20th - EVO Rock + Fitness Gym
Friday Oct. 21st - Ski Movie with Sugarloaf
Saturday Oct. 22nd - Eastern Trail Biking
(Activities subject to change)

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Tired of buying textbooks? New options to rent for free

Pierce Kehlenbeck
Free Press Staff

Students scramble each year to get ready for the beginning of the fall semester. One of the more stressful aspects of getting prepared to take on the new course load is the process of securing books, often times at a price that breaks the bank. Through a new program offered this year at USM, though, all textbooks from any 100- level core classes will be available to students free of charge.

This program, the Textbooks on Reserve Project, is part of a partnership between the USM Student Government, Student Body President Muhammad Khan, and the USM's campus lLibraries. One textbook from each 100 level course will be accessible at the library on the campus where the course is primarily most often offered. If, for instance, the particular 100- level course you are enrolled in is offered primarily on the Portland campus, the textbook for that course will be housed in the Glickman Llibrary on the first floor.

Students should be aware that there is not an unlimited supply of textbooks for students to take for free and forever for any 100- level course that they are enrolled in. Rather, one copy of each text for each class will be housed at one of the three USM libraries on the (Gorham, Lewiston and, Portland campuses).

Each textbook housed at its respective library is available to be reserved and used at the library for two hours at a time. Along with these in-house copies, if the textbook is one that is available in e-book format, it will be accessible as such.

Though thisis program is meant to support those students who are in dire financial straits, though highly beneficial to the student body,it is not intended to entirely supplement eliminate the potential necessity the cost of of purchasing textbooks for all 100- level courses. With there being just one hard copy for each courselisting, students will still be required to purchase their own copy material if they intend to have it for personal use outside of their library's hours itself.

USM Pprovost Jeannine Uzzi sums up the purpose and limits of the project, highlighting what the program offers and what it does not.

Krysteana Scribner / *Editor -in-chief*

Director of Libraries David Nutty points to the new textbooks available for students to rent on the first floor of the Glickman library. This initiative was a collaboration between the Student Body President Muhammad Khan, the USM Bookstore and USM libraries.

"Keep in mind that we are providing one copy of each book, so it's not designed to replace the 100 level textbook purchases, but to at least provide a copy for first come, first served use," Uzzi said.

Despite the limitations of the project in terms of physical textbook availability, the Textbooks on Reserve Project is a significant olive branch offered by the uUniversity to alleviate the burden of purchasing all textbooks, but only if students take advantage of the opportunity.

Student Bbody Ppresident Muhammad Khan, sees this program as a push in the right direction towards in terms of his vision to have textbook prices greatly reduced and eventually eliminated.

"I think, when people look back, they will see this as the first concrete step toward the overall goal," Khan said. "It is good to dream big, but it is also good to start with a small, practical step. Obviously twelve thousand dollars (the program cost) was not just a small step, and we got it done."

Aside from the relief provided by the the program to the students body, it is also an impressive example of the student body, the administration and the university library system working together.

David Nutty, dDirector of Libraries and and Continuing Education at USM, sees potential in the project.

"My hope is that the textbooks on reserve are well used and the feedback is positive," Nutty said. "We are asking students who use the books to do a very short survey for feedback. If the project is successful, Huzma and I will ask the President and Provost for additional financial support to extend the initiative to more courses."

If students take advantage of the program at the onset, there will be more incentive for the program to be renewed and expanded in the future. Though the days of paying zero dollars for textbooks is still far off in the future, this program is a step forward in that direction.

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Sodexo opens amid student critiques

Julie Pike
Free Press Staff

Sodexo, one of the world's largest food companies, took over USM's dining services as of July 1, 2016. Tadd Stone, Sodexo's General Manager of Dining at USM, announced that Sodexo has committed to having 20 percent of its food be locally grown. Aramark, the previous food supplier for USM, was outbid by Sodexo to stay on at the school.

Sodexo will also be the food supplier for every other school in the University of Maine System, except for Orono. As stated in the Portland Press Herald back in February, Sodexo has a contract with the University of Maine System worth $12 million annually.

Sodexo was founded in 1966 by French businessman Pierre Bellon. The company is also one of the world's largest employers, providing a wide range of services other than food.

"It was a competitive decision to switch to Sodexo," Stone said. "It came down to Sodexo's plan to support local food vendors."

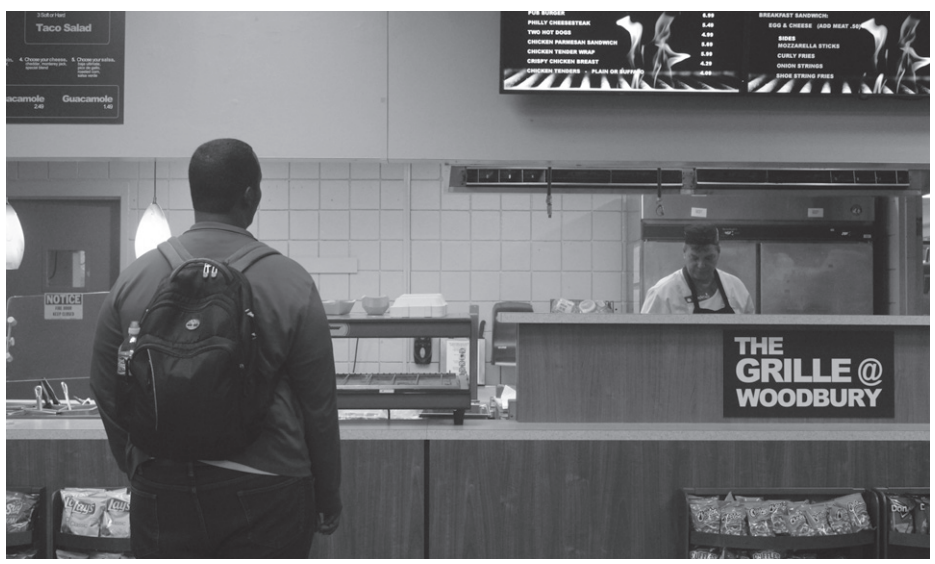
Some of the various food vendors Sodexo has partnered with are Oakhurst and Central Maine Meats. Most of its produce is from local companies.

Sodexo kicked off its first year at USM with a carnival in Brooks Dining Hall on Sunday, August 28. Sodexo employees featured local vendors and had carnival games, such as fortune tellers and clowns, as a way to introduce Sodexo to students on campus.

While some things will remain the same in the dining halls on campus, such as the "International Station" as well at the "Stir-Fry Station," Sodexo is implementing their own changes. There are two new entree lines featured in Brooks Dining Hall: the "Maine Course Station" and a line called "Simple Servings."

The "Maine Course Station" includes items that are all produced or grown in

See **SODEXO** *on page 9*



Krysteana Scribner / *Editor-in-chief*

Ibraham Yonis, a junior political science major, studies the menu in front of "The Grille," located inside the Woodbury campus center. Since Aramark has been replaced with Sodexo, a variety of changes have taken place, including the kinds of food they offer students.

From **CHANGES** *on page 4*

now, before any detailed planning, is what is the best way to get traffic into the parking garage?"

With the closing of Bedford Street, Cummings said there are no specific plans to tear down the white buildings that are located along the strip, however if that was something that needed to occur, USM would make the choice to do so.

"We would like to see those white house's be rented out or leased to non-profits, where students could do internships and have the opportunity to connect with community partners right here on campus. If we did so, we would move all the student groups to the student center. These are all just ideas.

Currently, the hope is to offer this dorm option on the Portland campus to upperclassmen and graduate students, so the space will not be readily available for just any student who is interested in them. Students would need to have 60 credits or more in order to apply for the housing.

"We want to be careful to balance out where we have our dorms located, so we don't accidently hurt the Gorham campus," stated Cummings, further elaborating that the new dorms are projected to house up to 400 beds for students. "Offering the dorms to upperclassmen and graduates helps keep that balance, and it gives students some incentive to work hard and to have something to look forward to once they've reached these qualifications."

With the six percent increase in student enrollment, Cummings stated that the dorms on the campus are currently filled, with some students living not only with one other roommate, but two. According to Cummings, having to put three students in a room together reflects the need to have more dorm space for students.

"The increased enrollment directly reflects the demand for housing on campus. We have 70 triples currently, and this makes a big case for why we need to add more housing to campus in the future," he stated. "Most of the tripled dorm room students have been understanding of the situation, but we obviously want to give them more breathing space during their time here."

Nasra Ali, a senior human biology major, explained that if dorms were available in Portland when she was a freshman, she would have jumped at the opportunity. As a senior, she felt that all the positive changes happening to USM were occurring as she finishes up her last year.

"When I was a freshman here at USM, my father was very ill. If there had been an option to live on the Portland campus, I would have taken that opportunity," she explained. "I needed to be close to my family, and the dorms on the Gorham campus couldn't provide me that. I ended up living at home to help care for my father."

Krysteana Scribner / *Editor-in-chief*

At the Metro 4 bus stop located on Bedford Street, students stand in line and wait to pay their bus fair. Currently, it is estimated that over 11,000 cars drive through this street each day, but only 35 percent of them are students. President Cummings master plan involves shutting down Bedford Street in order to give students more green campus space.

Cummings briefly mentioned that the university has been exploring their options regarding where to place a graduate center in the future. He stated that there is no question about it: This kind of addition would be a great thing for the university, but the significant funders of the project are still deliberating where it would be placed and whether or not they want to fund it in the first place.

Until then, the university will continue to strive for changes to campus that would make students feel more welcome, and in turn, increase the popularity of USM over the years.

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"We have more things in common than we do in differences"

David McKenzie, Interim Dean of Students, shares his life story and offers insight on diversity at USM

Jonathan Pessant
Free Press Staff

There are many new faces on campus this year, but one is an old friend returning to Maine and USM. David McKenzie, interim dean of students, grew up in Portland. His deep roots in the city shaped how he values community, leading to a lifetime devoted to serving Portland.

"It always felt very natural," McKenzie said, referring to the 15 years he spent working as a community coordinator for Riverton Elementary School and Community Center.

He started at the bottom, as a van driver shuttling kids to various events like Red Sox games, the animal farms in New Hampshire and to the movies. As he gained experience, McKenzie eventually had an office at city hall where he would coordinate fitness programs within the city of Portland.

During the mid-70s to the mid-80s, he also led instruction at USM for an adult fitness program for the public called Lifeline. McKenzie worked at local chapters of United Way and the Child Abuse Council, strengthening his ties to the community.

Much of McKenzie's feelings on how to serve the community were reinforced by his mother, June. He said she was and still is "very active" in the Portland community, serving as an integral part of the NAACP and her local church. In the 1970s and 80s she devoted her energy to voter registration and to AIDS awareness. Mackenzie said she "worked behind the scenes," but also worked closely with the Talbot family on issues important to the African American community.

The model she provided developed McKenzie's attitudes concerning the importance of the role of advocacy, something that he has striven to employ in his personal and professional career.

McKenzie left Maine in 1986 to develop his sense of community further. After moving to the West Coast, he continued working to facilitate community, this time with students at the University of Arizona and California State University, Fullerton. As assistant dean for student affairs for the College of Humanities and Social Sciences at CSU Fullerton, McKenzie advocated for over 7,000 students When he arrived here at USM on August 2, he brought back home the same character traits that drove him to help students at every stop he made on his career path.

> "We need to take [students] in one at a time. We need to help them become more productive citizens of the world. It's a blessing to be exposed to all the different cultures here at USM."
>
> -David McKenzie
> Interim Dean of Students

"I would love to be that person that I needed back then," McKenzie stated, referring to his initial experience in college at age 17, realizing that all students need a little direction and ultimately want to be part of the college community. "I want to serve that role."

Bringing all aspects of the USM community together is an important goal for McKenzie's tenure as interim dean of students. Nancy Griffin, vice president for enrollment management, agrees, saying: McKenzie is "very connected, very involved, and has a strong working knowledge of Portland." While at CSU Fullerton, McKenzie worked with an increasing number of minorities, especially Hispanic and Asian Pacific Islander.

"He's got a lot of experience working with minority students," Griffin adds, believing him a good fit for dean of students.

With this direction at the Office of Student Affairs, McKenzie is reminded that each and all students are special. "We take them one at a time. We need to help all of them become productive citizens of the world." McKenzie reiterates, "It's a blessing to be exposed to all the different cultures here at USM."

The commitment to bringing different people together in dialogue is an important issue for the new interim dean of students. He wants to put a face to seemingly opposing sides, to respect their differences and to come together on the many similarities that all students share.

"We have more things in common that we do in difference," McKenzie said. "We're not all one thing anymore," he remarked, speaking about the world as a diverse community.

Community and inclusion at USM are a priority for the Office of Student Affairs. McKenzie said that he's inherited an amazing staff and wants to find out their own strengths to help them advance those skills to benefit the students and the university. With the recent hiring of an assistant dean of students for diversity and inclusion, Mariana Cruz, McKenzie believes that the university is going in a positive direction to include all students in USM's community.

Krysteana Scribner / *Editor -in-chief*

David Makenzie, USM's interim Dean of Students, takes a moment to talk about his life growing up in Maine and to elaborate on his experiences. McKenzie has a variety of experience that he hopes to apply at USM, such as working with students in academic advising and helping students who struggle with learning disabilities.

He said his office wants to "connect with students, to hear from them and for them to be part of what we do. It is a shared responsibility. We are here to support them. It's a university for everyone. And we want folks to know that."

Joshua Casebolt, a freshman veteran majoring in history, said that he met Dean McKenzie recently at a Sea Dogs game. When asked if he knew the new dean of students, he admitted that he did not know fully what the dean of students office did.

McKenzie, when asked about this, said that since he arrived on campus back in August, he has tried to make himself available. "I've gone to everything I can, including the Sea Dogs game, the President's breakfast and freshman orientation."

He even provided an intro to a movie night on the Gorham campus. He assures that he will be attending many more student activities to highlight the role of the dean of students office. He plans to talk with students in every group to let them know that he supports them and wants them to succeed.

Mackenzie's background is evident when describing what he wants to accomplish during his tenure: "We want to do some good things, some cutting edge things to bring our community together."

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From **SODEXO** *on page 6*

Maine. "Simple Servings" is an entree line that uses food that is free of seven of the top eight allergens, excluding fish.

"Having allergy free stations was so important to us we made it the main entree station," Stone Stated. "We want people to feel comfortable in our dining halls."

Portland Pie will also continue to provide the dough used for pizza.

Sodexo has brought on two new positions as well, including a dietician that is available for all students with a meal plan. On the Gorham campus, a dietician is on staff for students who want advice on weight loss, weight gain or on how to deal with dietary restrictions. A marketing director was brought on as well to help promote Sodexo across campus.

"Sodexo is working hard to promote themselves across all campuses, with different events coming up during the month of September, such as a local vendor fair, and partnering with local farms in the dining hall," Stone explained.

The changes Sodexo has implemented thus far have received mixed reviews from students. Bryhanah Esposito is mainly on campus in Portland and uses the meal exchange program there, which has experienced some changes as well.

"Portland doesn't offer nearly as many choices for the meal exchange program as Aramark did, I don't feel as if I'm getting my money's worth," Esposito said.

Esposito is a vegetarian and claims that there are not as many options for vegetarians.

"In Brooks Dining Hall, I often have to resort to eating a salad because most of the time there aren't many other options for vegetarians," Esposito said.

Madeline O'Hara also tested out Portland's meal exchange program and agrees that there aren't nearly as many options as last year. Other students, such as Gabrielle Perron, noted a positive change with Sodexo.

"One big difference that I really appreciate is that all the food stations have the calorie amounts for what they're making." She feels that Brooks Dining Hall looks "cleaned up" and "a bit more organized and modernized."

As the school year continues, Sodexo will continue to make an effort to promote itself on USM's campus, keeping their promise to provide local food for students. This year will be a test for Sodexo to see if its changes are meeting the needs of the USM student body.

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In Brief...

Local & State

Wessie continues to elude, unsettle Westbrook residents

The mystery concerning the whereabouts of the massive anaconda named Wessie loose along the banks of the Presumpscot river in Westbrook. Rumors and sightings have been circulating for months around the snake, and have been amplified of late when the shedded skin of the snake was found in a neighboring park.

Residents around the area have been warned to stay out of the area around the Presumpscot and the adjacent park, although some people believe that the snake itself does not exist. After the shed skin was found to be from an Anaconda, many have speculated that the entire thing is a hoax.

Though the prospect of a snake then stretching over 10 feet in length is unnerving, the likelihood of a snake of that sort surviving as Summer shifts into Fall are minimal. Being cold blooded, Wessie will not be able to withstand the drop in temperature.

Govenor Lepage Making headlines for all the wrong reasons

Aaron Burr is not walking through that door, Governor Lepage.

After a week in which the head of the Maine executive branch left an expletive riddled voicemail to state representative Drew Gattine (D-Westbrook), Lepage turned it up to 11 when he expressed his wish that he could time travel with Gattine to the good ole days, when elected officials handled disagreements with pistols rather than using their words.

Governor Lepage has since apologized, again, for the words that seem to sneak out of his mouth.

Despite democratic legislators calling for his ouster, and republicans seeking to distance themselves from the dumpster fire that was Lepage's last two weeks of August, the Republican led congress has decided not to convene a special session in order to discuss his impeachment.

Buckle up, because Lepage isn't going anywhere other than the headlines of national news outlets and the talking points of the likes of John Oliver. It looks like there's nothing this man cannot say.

National

Hurricane Hermine causes wreaks havoc on the Sunshine State

Florida is left to clean up and rebuild as Hurricane Hermine, the first such storm to make landfall in the state in over a decade, made landfall as a category 1 on the Gulf shore last Thursday.

Streets were flooded, homes destroyed, and the people left to pick up the pieces. Along with the destruction left in Hermine's wake, there is the added issue surrounding the Zika virus that has been spreading from the southern tip of the state. The standing water that Hermine has left behind is the ideal breading ground for the species of mosquito, aedes aegypti, that is known to carry the virus.

The week that was (a dumpster fire) in the 2016 presidential race

Hillary Clinton's closet looks like the elephant graveyard in Lion King: full of skeletons. With the release of the FBI's report on the investigation into then Secretary of State Clinton's use of a private server revealed a level of carelessness that goes against the image her campaign has crafted as her being into the minutiae. She claimed that she didn't know the 'C' on the documents meant classified.

While the Clinton campaign was in full damage control mode, Donald J. Trump went to Mexico. Meeting with president Nieto, the republican nominee went into a country that he has lambasted throughout his primary and now presidential campaign. Who's going to pay for the wall? It depends on who you ask.

International

Bomb rocks Philippine city, killing 14 and wounding at least 70

A bomb went off in a crowded market in Davao City Friday night, in close proximity to the hotel that visiting president Rodrigo Duterte was staying. The bustling market scene turned into one of panic and carnage as the explosion went off in the night hours.

No one has claimed responsibility for the terrible act as of yet. In the meantime Duterte declared a "state of lawlessness" as the country seeks to rebound for the tragedy and find those responsible.

All as derived from CNN, and the New York Times.

Police Beat

Selections from the USM Department of Public Safety police log Aug. 12 to Aug. 22

08/12/2016

"Read our Editorial for more info"

Disruptive person, Glickman Library. Officer investigating a harassment complaint. Resulted in a male individual being trespassed from USM.

Mid-summer party on... campus?

Disturbance, Noise complaint, Upper Class Hall. Report of a large party. Officer arrested a female for disorderly conduct and violation of Bail. Report taken.

08/16/12016

Suspicious book viewer

Suspicious Incident, Glickman Library. Library Staff reporting a suspicious person. Officer responded. Resolved

08/19/2016

A rebel tries to read at Glickman

Criminal Trespass, Glickman Library. Officer out with subject to be trespassed from the Library.

"Lemonade" by Beyonce

Vandalism, 25 Bedford St. Employee reports damage to her vehicle. Report taken.

08/21/2016

"The hydrant was in my way, Officer!"

Motor Vehicle Accident, Upton Hastings Hall. Report of a vehicle striking a fire Hydrant. Report taken.

08/22/2016

The weed wars continue

Drug Complaint, Phillipi Hall. RA reports Marijuana on the second floor. Officer investigated and took a report.

Police Beats are edited for grammar and style.

Arts&Culture

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Orkhan Nadirli / Design Assistant

Taste of Portland

Colin Cundy
Free Press Staff

Last Thursday brought the fourth annual Taste of Portland event to USM's Portland campus. The event invites a host of Portland's eateries and food trucks to the curbside parking and green spaces outside Glickman Library and the Wishcamper Center. Taste of Portland serves as an initiation of sorts for incoming transfer students and freshmen, as well as returning students, to the culinary community of Portland.

Scattered along the banking curb of the parking lot adjacent to Glickman and Wishcamper were various food trucks, including The Marshmallow Cart, Love Kupcakes, Classic Sliders, Arabic Coffee, Leonardo's Pizza and more. Food trucks provide a particular summertime feel that, with the onset of the semester, will only last a short while longer.

A truck adorned with puzzle-like splotches of red, purple, brown and tan are revealed to be the jams, bread and peanut butter of PB & ME. They serve up buttery grilled cheese, fried peanut butter and jelly sandwiches, alongside crisp hand-cut fries, and delicious fried cookies. You can find them outside the regular food truck community serving up their grub at local events, including concerts at Thompson's Point.

Further down along the curb, Love Kupcakes offers a dazzling assortment of cupcakes. Speaking from personal experience, their cookie dough cupcake should not be missed. Allen Hines, the general manager, was pleased with the event and the reception their cupcakes received. Their truck can regularly be found along Waterman Drive in South Portland near Bull Moose, with a bakery opening soon on Fore Street.

Portland has long been a town with many a fine plate of food to serve up, and the food trucks that now serve along our streets has grown from that tradition. Ed Moore, coordinator of the Gorham Learning Commons, and Dan Welter, chief of staff for Campus Life, both were satisfied with the event they planned and how it brought the student body and the broader community together. Their hope for future Taste of Portland events is to continue to do so, with an eye on expanding the eateries on display around Glickman and Wishcamper.

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Krysteana Scribner / Editor-in-Chief

CLOCKWISE: Jennifer Sawtell and her dog, Sadie, attended Taste of Portland, where her shy dog had the chance to socialize; Maddison Champagne Gouzie, a traveling marshmallow merchant, roasted his creations for visitors at Taste of Portland Wednesday; A Sodexo employee offered produce to students interested in learning more about their food program

After 200 years of meetings, MCMA transitions to stronger community ties

Matthew Craig / Arts & Culture Editor

Located in Mechanics Hall on Congress Street, the banners of various MCMA-affiliated groups hang in the ballroom.

Matthew Craig
Arts & Culture Editor

On Wednesday of last week, the Maine Charitable Mechanic Association, a craftsman's guild, held a panel meeting. There were quite a few panel members, all with very different professions. Present was a labor historian, a boiler-maker, a software engineer, photographer, blacksmith, and a violin maker. This is only a brief description of the tradesman in attendance, and many practice other trades and arts as well. This series of meetings is called 'Makers at the Hall', and it is part of an initiative to rejuvenate the MCMA and attract more members. Since this effort began to include more people, membership has grown almost fourfold, to about 400 members.

One thing that really stands out about this organization is its history. The MCMA has been around for just over 200 years, having been founded in 1815. At its inception, the guild was more focused on trades than arts, however its name belies its true purpose. In 1815, the word mechanic commonly meant any person who used tools in their work. This explains the wide variety of people represented by the organization. The library at the Hall is also Maine's oldest non-academic library. In the 19th century the building served as town hall for a short time after the Portland's Great Fire of 1866, and union soldiers were served meals in its dining hall during the civil war.

Today the MCMA is a non-profit organization that provides a library members and a venue for events relevant to the guild and its members. A great time to visit the library is during Portland's First Friday Art Walks, during which the organization features a different artist each month.

Some might ask "where does art play into all this?" The answer is that guilds and unions are an essential part of many artistic industries, notably theatre and film. Further, the people who craft the fine instruments that many classically trained musicians play belong to similar organizations. Strong associations and networks for people involved in any trade or industry are also indispensable, so this may represent a growing artistic community in Maine, or at least a good opportunity to grow it.

There are many members in industries, but also plenty of artists who choose to participate, including people involved in theatre, music, literature and so forth. It could be theorized that this resurgence of the MCMA is part of a nation-wide reinvigoration of the labor movement. Last week's meeting was especially appropriate, as labor day weekend was upon us. Members could be seen carrying flags in Portland's labor day parade this year.

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Are you interested in Arts & Culture? Join the team, work from any location!
Visit usmfreepress.org/getinvolved for more information

Top 5:

Secret places to wine & dine in Portland, Maine

Krysteana Scribner / *EIC*

1. Norvare Res Bier Cafe

This location can only be found by entering through the alleyway on lower Exchange Street in Portland. It sells high-quality meat and cheeses, has roughly 25 rotating taps and 500+ bottles of alcohol to choose from. Also available is the Novare Riot My Precious Kölsch, which you can't find anywhere else in the world, in addition to other high quality brews that will have you coming back for more.

2. Lincolns

This bar is a local gem, with no social media presence and no contact information, so don't bother Googling to find their location, because it won't seem to exist. Located at an unmarked address on Market Street, you can only access this bar by walking through a nondescript doorway, descending a flight of stairs and sliding over a fake bureau. Everything on its menu costs $5.00 (including cocktails) and it is a venue for live comedy shows and music entertainment throughout the week.

3. Bramhall

Located off of Congress Street, this establishment offers craft cocktails and burgers, but its location goes unnoticed by those who aren't looking for it. The company claims their location as a "hideaway" as an all immersive experience, where you walk down into the basement of a brick building only to find yourself in a room lit primarily by candles through antique glass windows.

4. The Thirsty Pig

Tucked away on Exchange Street, this location is known for its craft brews and handmade sausages. If you aren't paying close attention while walking by, it is easily mistaken for another restaurant—but walk down a small alley way and you'll find yourself surrounded by live music and outdoor patio seating. Inside, customers order first then sit down at a table of their choice. From deep fried pickles, to their Rueben hot dog slathered in Morse's Kraut and Thousand Island dressing, you won't want to go the semester without this experience.

5. Tiqa Cafe and Bakery

Located inside the historic 1894 Castle in Deering Oaks, this cafe and bakery offers fresh hot coffee and a variety of food (such as sandwiches, salads and freshly baked pastries). It also offers beer and wine, while providing a patio area to relax outside. For entertainment, it has a variety of park and picnic games to offer, such as bocce balls, horseshoes and much more.

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Local musician review

Matthew Craig
Arts & Culture Editor

Recently, I had the pleasure of listening to Alejandra O'Leary's latest album, entitled *All I Know*. As a Portland local, she is a 'new' artist in the process of establishing herself as a musician. She describes her music as a combination of, "classic raw rock with a contemporary pop vision."

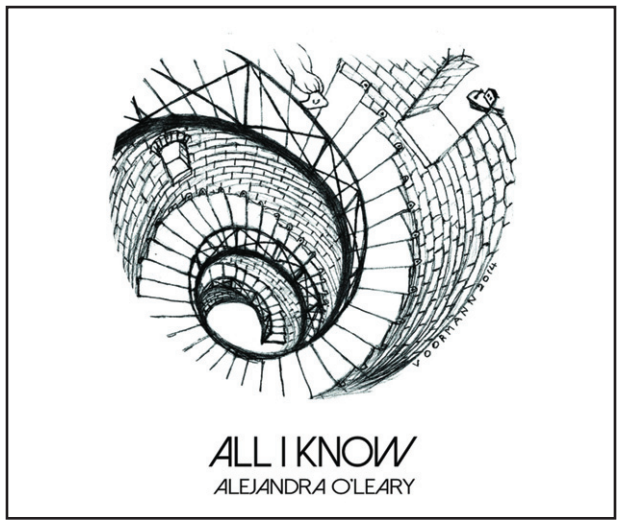
Let me start with the things that O'Leary has the opportunity to improve on, as they are trivial and few. Sometimes her vocals can be unclear and harder pronunciation of consonants such as 't' and 'd' would lend more confidence to her lyrics at times.

Sometimes, it seems as if she hasn't decided how to use her voice - at times it is dreamy, but not always. It lacks a consistent style, which is not necessarily a bad thing. Lastly, and this may be more of a compliment, the guitar riffs and arpeggios in many of her songs are not heard well enough.

After listening to this album, I was struck by O'Leary's incredible talent for songwriting. Her lyrics are thoughtful, with good word choice and enough variation to keep her songs from feeling too "poppy." Her supporting band is strong, with a tight drummer and bassist keeping the rhythm.

I think the drums and bass are very well played and mixed.The supporting guitar is very well chosen and played, although as noted above it does not stand out as well as it should. O'Leary has a great voice that is well suited to pop music.

All these factors result in an album that is great to pop in for a drive. There's nothing jarring about any of her music, so I felt no need to skip any songs while listening. Her overall style reminds me a bit of one of my favorite artists, Hospitality. That is not to say they are one in the same or that she is aping Hospitality, but merely that they share some of the same strengths, each with their own completely distinct identity. In short, I see a lot of promise in O'Leary. I'm excited to see what she does next, and I hope that people reading this will take the time to give her a listen



Alejandra O'Leary

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A&C Listings

Tuesday, September 6

The Gothard Sisters
One Longfellow Square
181 State St.
Doors: 6:00 p.m. / Starts: 7:00 p.m.

Wednesday, September 7

The English Beat
Port City Music Hall
504 Congress St.
Doors: 7:00 p.m. / Starts: 8:00 p.m.

Thursday, September 8

Film: Akounak Tedalat Taha Tazoughai
Space Gallery
538 Congress St.
Doors: 7:00 p.m. / Starts: 7:30 p.m.

Friday, September 9

Nigel Hall Band
Portland House of Music and Events
25 Temple St.
From 8:00 p.m. to 11:55 p.m.

Leon Bridges
Thompson's Point
Doors: 5:00 p.m. / Starts: 6:00 p.m.

Saturday, September 10

Haley Bonar with Morgan Bouton and Ossalot
Space Gallery
538 Congress St.
Doors: 8:00 p.m. / Starts: 8:30 p.m.

Sunday, September 11

Justin Townes Earle
Port City Music Hall
504 Congress St.
Doors: 7:00 p.m. / Starts: 8:00 p.m.

Want to submit an event?
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Our Opinion

Racism in Glickman and the blurred line of harrassment

Editorial Staff
The Free Press

In August, Nimco Mohamed, a student at the University of Southern Maine, was a victim of racial harassment in Glickman Library. Through social media, Mohamed first posted a photo of the perpetrator on Facebook, a photo that received 776 likes and 594 shares that aimed to support Mohamed and shame the individual who used racial epithets and baseless racial stereotypes to denigrate her. Through convoluted dialogue on Facebook, people have expressed a variety of opinions, but no one has offered any solutions for how this situation could have been better approached.

President Cummings issued in an email following the incident, explaining more about the situation and stating, "We have reached out to the student who was impacted and are identifying opportunities for our university community to come together to talk about race, racism, creating awareness, and the ways we can support one another." It was also noted that the perpetrator was escorted out, was not a student himself, and was handed a trespass order and banned from campus grounds for a year.

In a full statement posted on Facebook on Aug. 15, however, Mohamed expressed her frustrations with how the university handled the situation, writing that the perpetrator was not escorted out and that police did not take a report until her post drew attention on social media.

"...I am completely shocked and saddened on what my university has said on how they resolved the issue, because it's not the truth," she wrote in her full statement on Facebook. "I wish USM responded to the situation as swiftly and appropriately as they made it seem to the press and social media."

There are a variety of discussions that could be had in regards to this situation. Why do the stories of Mohamed and the university differ? Does social media justice truly produce real change? Why do we resort to violence towards our enemies as a way to stop their violence towards us?

I want to make a few things clear here: The racist acts in which Mohamed experienced are in no way justifiable. No one should be discriminated against for any reason, regardless of their race, religion, sexual orientation, mental illness or employment.

If what Mohamed is saying regarding USM's true reaction to the situation is correct, then the university should have handled the situation in a more professional manner by taking her concerns seriously, filing a report on the spot and taking immediate steps to discuss the situation with her and express their concerns in a private matter.

Since the publication of Mohamed's statements in the Portland Press Herald, all university officials have declined further commentary on the situation.

On a separate post located on USM's Facebook page, a status was added that addressed the situation once again, saying that because of the inundation of Facebook posts, media requests and inquiries, they feel compelled to respond quickly while still respecting Mohamed's need for time and space.

Perhaps the university did take actions unknown to Mohamed, who posted her statement only three days after the incident had occurred. Is there any real way in which the university could have prevented this from happening? Perhaps they could have a higher security count in Glickman, or ban non-students from entering campus grounds.

It is obvious that a discussion needs to be had between Mohamed and the appropriate university officials in order for change to occur. This seems to be one of the reasons why university officials have chosen to stay silent for the week as they continue to work on a solution to a problem that Mohamed claims was not properly addressed.

The biggest issue at this points calls into question the harassment which the perpetrator has received. Many individuals commenting on Facebook expressed frustration regarding the reactions of those who were quick to shame the perpetrator.

"Make sure you're strapped next time," writes one individual on Mohamed's picture, while another individual includes a photo of the alleged harasser in the mall, wearing the same clothes from two days prior, using their Wi-Fi. "Trespass him," writes another, in which the individual who posted the photo comments back, "I called security… they're sending someone right now…"

His actions have opened a door for the community to come together and discuss some of the issues that have gone undiscussed. In no way should any discrimination be tolerated at USM, in Portland or anywhere else in the world. We need to educate our students as incoming freshman about what it means to be culturally inept. We need to have required training on MaineStreet each year that educates students on how to be racially accepting. There needs to be more dialogue in the classroom and more people willing to voice their opinions, and listen to the opinions of others. As a white individual myself, I feel I cannot speak on behalf of the subject matter, because I will never truly understand what it means to deal with racial discrimination. But that doesn't mean I want to stay silent.

Read the rest online: usmfreepress.org

Semester at Sea

Take the advice of your peers, study abroad while you're young

Bradford Spurr
Staff Writer

Hello. Or more appropriately, Bula, which is how you greet others in Fiji. I decided to jet-set to a tropical island that people put on their bucket list. Why? Because I'm young(ish) and stupid. In all honesty, and I know you will read this with disdain, I didn't want to go at first. It seemed like an awful amount of money to spend to sit on a beach for a week while I read Hemingway under an umbrella with some condensating beverage in hand like the 90 year old man I know I am deep down (I caught a freaking chill on the beach, IN FIJI!). Needless to say I came to my senses and realized what an opportunity this was for me, this next part,(if my Confederate blooded full blown Roll Tide! Texan roomate heard, it would surely spell the end of me) is what sold me; a flight to Fiji from the United States of star spangled freedom costs well over 2 grand, and I paid about 30% of that to fly here.

I will never (realistically) see Fiji again so why not? I'm a photographer, whose nifty fifty skills are on the rise (google it), so I couldn't exactly turn down a chance to photograph freaking Fiji; this year Thanksgiving conversation is all mine.

My point is that I'm a senior now, and before I wanted school to pass me by, I did not subscribe to the theory that college will change your life, between the things you do and the people you meet. Now, however, I don't want it to end. Don't get me wrong, I've already written my fair share of papers and the thought of having many more on the horizon gives me a cold sweat on the nape of my neck, but it's the taste of freedom, both personal and intellectual, that has taken hold of me.

So please, I know everyone tells you that you should study abroad, but for the love of God just do it if you are able. I might be in Fiji for just a short week, but then I get to travel back to my temporary kiwi home of Christchurch, New Zealand, and if I'm being honest with you having New Zealand as your alternate isn't exactly a bad deal.

I've been in NZ coming up on two months now. I have bought a junk box of a car, spelunked, watched a family of sheep traverse the Porthills. I explained where Maine is more times than I'm comfortable with. I turned 21, which is depressingly minor compared to the fanfare, pomp, and circumstance the occasion brings back home. I've found a serenity, one that I was hoping to find, in knowing that I can see the world, that I am something bigger than a statistic or some frail light in the great sea of consciousness. Added bonus: I won't be in the country when America makes its biggest mistake since that one guy deciding to make food a quick commodity at the sacrifice of the consumers (ahem, McDonalds).

My time here is halfway done and yours hasn't even started yet. I'm already planning places to see and travel to in the U.S when I get back, but not before I do something stupid like willingly participate in the worlds tallest, or longest (I just can't tell which is proper), bungee jump in the freaking world (in case you missed the worlds tallest part earlier).

I've now firmly entered what I like to call the "selfish twenties," which I'd like to argue is ideal for the self discovery that can be afforded by college millennials in our position. Irregardless (which is a word, look that up too) of the negative connotation with millennials, we are fortunate enough to realize that our position in life is less and less dictated by our profession and job title and more and more judged upon the content of our character.

So take my advice, as a kid who switched from a promisingly lucrative but unfulfilling pre pharmacy gig to pursue an intellectually gratifying but otherwise Ramen-every-other-day salary wise career in the English Arts, which is a very fancy way of saying I've read hamlet twice and I'd like to think that the ghost was real but I don't really believe in that sort of thing, take chances, make mistakes, grow, and stay tuned for more rhetorical grandstanding from your favorite dude with a camera.

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Let's talk about saving people

Johnna Ossie
Community Editor

The last few weeks have had me thinking about whether or not it is really possible to save a person by loving them enough. Maybe you've heard of the common fictional character, the Manic Pixie Dream Girl.

An idealized character who exists only in movies and books, her sole existence is to change the lives of her potential love interest by loving them unabashedly (and with her unwavering joy and quirkiness). I'm talking about Natalie Portman in Garden State, whose naivety, eccentricity and gerbil graveyard are somehow enough to pull Zach Braff's character out of years of crippling depression. I'm talking about Along Came Polly and (500) Days of Summer, among many others.

The women in these movies exist solely to love someone enough that it can change their entire person. There are also plenty of movies where a sad, floundering girl is saved by a heroic and tender-hearted fella (I'm looking at you, Twilight). We can find many examples of this in queer media as well. The idea that the one thing that can save us is love encompasses the majority of romance stories I've seen or read. What I've been thinking about, and what I really want to talk about, is this: You cannot save a person by loving them enough.

I would be lying if I said this isn't a trope I have clung to since I was very young. Look at the fairy tales that you may have been read as a child. There's Cinderella, who is saved from her life of hardship by the love of a prince. Snow White, who is saved by her true love's kiss, and Sleeping Beauty, and Ariel in The Little Mermaid. Later, I watched Ryan try to save Marissa on The O.C., I watched Dawson try to save Jen Lindley on Dawson's Creek, and on and on.

It's romantic and easy to think that I can do little to no self-work and have someone come along and "fix me" with their love. Wouldn't that be so much more fun than the real introspection and work it takes to deal with my obstacles and become the person I want to be?

Unfortunately, our personal problems are not solved by relationships. I say this as someone who has tried and failed many times to save and be saved by the power of love.

One of my favorite poems, "The Journey" by Mary Oliver, reads, "You strode deeper and deeper into the world/ determined to do the only thing you could do/ determined to save the only life you could save." Having someone love me and pay attention to me isn't going to cure my anxiety, it is going to help me work through my unresolved issues, and it isn't going to absolve me of the work I have to do for myself.

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Sustainability and ME

USM hires new sustainability coordinator

Aaron Witham has a variety of expertise in natural resources

Aaron Witman
Contributor

The University of Southern Maine has a new sustainability coordinator, Aaron Witham. Witham comes to the Portland area from Burlington, Vermont. He started his career in campus sustainability eight years ago at Unity College. He later served as director of sustainability at Green Mountain College, where he helped the college earn a #2 rating on Princeton Review's Green Honor Roll and a #6 rating on Sierra Magazine's Cool Schools List. Most recently, he worked as the sustainabilty education and outreach coordinator at the University of Vermont.

Over the course of his career, he has worked with students to run waste diversion programs, broker solar installations, ban the sale of bottled water, divest from fossil fuels, and re-build student worker programs. Sustainability is his life passion. When he's not combating climate change, he can be found in the woods enjoying the sanctity of nature by foraging for wild plants and mushrooms with his finance and his dog.

A graduate of the University of Maine at Farmington, Witham also earned a master's degree in natural resources at the University of Vermont, where he focused on sustainable transportation and ecological economics. Witham believes that in order to fully understand the root cause of environmental problems, one has to understand economics. "The structure of our economy, the flow of money, and the consequences of economic growth dictate how big our environmental impact is" he said. "Whether we are talking about the macro-scale of how we measure our economy with GDP, or the micro-scale of how we justify installing solar with a cost-benefit analysis, money needs to be a central component of the conversation."

Witham was drawn to the University of Southern Maine for two reasons: one, he has close family and friends in the area, and two, he believes that the university has a rich roster of human resources for tackling sustainability.

"Former sustainability coordinator Tyler Kidder's staff and students built a strong program here, and her four-person team is still intact, including waste diversion heroes Steve Sweeney and Emily Eschner," remarked Witham. "Many people don't realize that USM is on the leading edge of waste diversion nationally, boasting a higher waste diversion rate than many of the top tier sustainability-focused institutions in the country and earning itself the prestigious WasteWise Award from the United States Environmental Protection Agency in 2014." The University of Southern Maine is also a signatory of the national Presidents' Carbon Commitment, which consists of a pledge to achieve climate neutrality by the year 2040. A climate neutral university is one that reduces more greenhouse gas emissions than it produces. The plan includes procuring renewable energy, finding ways for buildings to be more energy efficient and promoting sustainable transportation.

Witham believes that the University of Southern Maine's future sustainability achievements will be the result of passionate people. As he explained, "there are so many sustainability champions here from President Cummings, who has a proven track record of studying and advocating for sustainability, to our staff, our faculty and our students."

"The students," said Witham, "are the most important drivers of change, and we will need their involvement to accomplish our goals." The sustainability office is now seeking applicants for the Eco-reps program, the university's peer-to-peer outreach program that also assists with brainstorming ideas, collecting data and implementing initiatives.

The office of sustainability plans to announce its new goals for greenhouse gas reductions, waste diversion, sustainable food and student engagement later this fall. "This is a critical moment for USM," explained Witham. "We are advancing in the number of students we are educating, the quality of our education, our community morale, etc., and sustainability is one of the core themes underlying this momentum because it prepares our students for a rapidly changing world."

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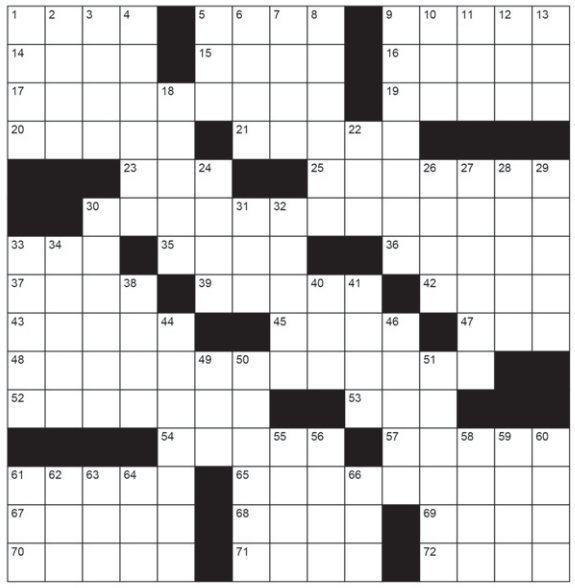
Crossword



Across

1. Kebab holder
5. Varieties
9. 1936 Olympics star
14. Glamorous actress Turner
15. Wake maker
16. Olympic great Comaneci
17. Theater section
19. Delight (in)
20. Sherlock Holmes portrayer Rathbone
21. ___ pole (Native American carving)
23. Neat suffix?
25. Strikes forcefully
30. Make a choice
33. Virtual address
35. Hailed vehicle
36. "The best is ___ come"
37. Enlist anew
39. Hagen and Ricci
42. Easing of tension
43. 2004 remake starring Jude Law
45. Zwölf divided by vier
47. Print measures
48. Boat safety gear
52. Old-time farm implements
53. Hottie
54. Spanish hero who died in 1099
57. Indian royals
61. Jackman and Grant
65. It may be cold and hard
67. "Is it me ___?" ("Whose turn is it?")
68. Italian soup ingredient
69. Newsweek rival
70. Sunday songs
71. Left on the map
72. Stone and Stallone

Down

1. Pig Pen, for one
2. Graph or medic starter
3. Bus. abbrs.
4. Sesame seed paste
5. GI-disorder
6. Ex-senator Trent
7. Syrup brand since 1902
8. Unwanted radio noise
9. Almost out of gas
10. Wane's partner
11. Academic address ender
12. Zero, on some scorecards
13. Used a chair
18. Mass-mailer's tool
22. Flightless Aussie bird
24. "Jungle Book" villain Shere ____
26. Aid's partner
27. "One of Ours" author
28. Saturn satellite
29. Puts away
30. Trite name for a kitten
31. ___ Clean (stain remover)
32. Cheese coverings
33. Russian border mountains
34. Piece of history
38. Artist Mondrian
40. "Diamonds ___ Forever" (Bond film)
41. Vassal
44. Paul wrote a letter to the church there
46. Old piano key material
49. Bro or sis
50. Conditional deposit
51. Makes happen, as revenge
55. Middle of a famous palindrome
56. Häagen-____ (ice cream brand)
58. "Get out of ____ free" (Monopoly card)
59. "With God ___ witness..."
60. Tom Jones's "___ a Lady"
61. Water, chemically
62. Ending with cent or us
63. Fitness center
64. Term of endearment
66. E-mail address part

WHAT KIND OF PUZZLES DO YOU LIKE?
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Cryptogram

Every letter in a cryptogram stands for another letter. Use the hint to crack the code.

O PNBKK UWCZYOH XTOUBTK KFYNZH CB KBBG WK DBYDZB XFY XTOUB YUFBTK' XTYGPK.

And here is your hint: X = W

Word Search

Theme: Back to School

Search for the list of words in the grid of letters. Grab a pen and circle each word as you find them.

D	Q	R	S	L	G	J	G	E	C	I	B	D	K	S	F	B	G	S	O
U	E	O	C	Q	U	M	L	O	R	H	O	M	E	W	O	R	K	G	D
M	X	S	I	G	J	B	M	G	I	U	B	A	C	K	P	A	C	K	E
W	A	S	E	F	A	P	K	T	C	G	T	I	H	M	I	S	C	G	D
H	M	E	N	J	U	I	H	L	N	C	K	A	J	W	E	Y	D	Y	M
F	H	F	C	T	E	B	A	I	A	G	S	L	R	B	N	O	O	A	Q
L	O	O	E	C	S	S	D	S	C	I	T	A	M	E	H	T	A	M	J
L	R	R	A	U	S	A	D	T	A	V	X	Q	Z	T	T	E	K	T	V
Y	S	P	C	E	E	V	A	U	D	L	I	C	N	E	P	I	E	S	V
V	G	O	S	R	A	H	S	D	E	E	S	E	J	N	X	X	L	S	K
G	N	I	Y	D	U	T	S	E	M	D	I	M	A	I	T	M	S	N	Y
S	I	C	U	Y	R	U	I	N	I	U	H	Q	L	B	D	M	O	Z	H
E	T	U	G	A	L	C	G	T	C	C	H	Q	O	S	A	T	R	C	I
B	I	V	N	S	I	J	N	W	S	A	B	O	K	C	E	R	O	N	F
B	R	B	I	S	B	R	M	N	O	T	K	F	E	B	X	U	T	H	A
I	W	X	N	E	R	T	E	J	K	I	P	W	O	S	R	F	U	R	Y
R	B	R	R	N	A	Z	N	O	S	O	R	O	C	S	C	T	T	H	C
L	H	N	A	D	R	E	T	M	E	N	K	T	E	K	T	S	H	A	N
I	C	J	E	S	Y	J	F	H	D	F	H	S	T	F	C	D	C	W	N
Q	D	O	L	I	G	R	A	D	E	S	E	V	R	J	K	R	D	V	E

Academics
Arts
Assignments
Backpack
Classes
Computers
Courses
Desk
Education
Essay
Exam
Grades
Homework
Learning
Library
Literature
Mathematics
Notebook
Pencil
Professor
Reading
Science
Student
Studying
Textbook
Tutor
Writing

Sudoku

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

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

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

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USM Community Page

People of USM

Hamdi Ahmed: Connecting the dots

Muna Adan
Contributor

Photo courtesy of Hamdi Ahmed

In what is perhaps one of the most memorable commencement speeches, Steve Jobs gave Stanford University's graduating class of 2005 simple yet thought-provoking advice: "You can't connect the dots looking forward; you can only connect them looking backwards," he said. "So you have to trust that the dots will somehow connect in your future."

Hamdi Ahmed was born in war-torn Somalia in 1997. Her parents fled to neighboring Kenya when she was merely several days old to ensure the welfare of their family. Ahmed's first recollections are from her time in Ifo—one of five refugee camps in Dadaab, Kenya. Early on, Ahmed was aware of the challenges that she faced.

"The education system there is so much different than it is here," she explained. "Here, in secondary school, you are provided tutors, after school programs, and counseling services, but in the camp we were not provided that."

As a child, Ahmed overcame her hopeless thoughts by envisioning what she could achieve if given an opportunity. That moment came when she immigrated to the United States with her family in 2005.

"When I came here, I made sure that I took full advantage of the education that was being provided to me," she said. "I am thankful that I have been given this opportunity to relocate to the United States. I am able to achieve my dreams here." Ahmed's life would be disparate if she lived in the camp today. She would not be able to attend college, which is the source of her success.

Ahmed's transition to the United States came with its own set of challenges. As a teenager, she juggled several jobs while attending school to make ends meet. Coming from a low-income household was a burden; she passed up opportunities so she could assist her parents in taking care of her family. Ahmed was unaware that her patience would soon pay off and that graduating high school would be the first step to a brighter future.

President Glenn Cummings invited Ahmed to join him at the University of Southern Maine's 2016 Opening Breakfast on Thursday, August 25. Ahmed discussed her first year as a political science major at the University and stated that she wanted the opportunity to expand her horizons by increasing her knowledge base. Last year, Ahmed became a first-generation college student and plans to be the first in her family to obtain a bachelor's degree.

In February, Ahmed attended the United Nations Youth Assembly at the United Nations Headquarters in New York City. The conference was made possible by funding she received from the University of Southern Maine. She met with youth from around the world to discuss the implementation of the United Nations' 2030 Agenda for Sustainable Development, where the goal is to end hunger, protect the planet and ensure prosperity for all by 2030.

This experience opened her eyes to how she can help children who were born into similar circumstances. Ahmed aspires to end world hunger, solve conflicts and make the world a safer place for all. She learned that she can attain her goals through the United Nations.

Several years ago, Ahmed wondered why she was born into the strenuous situation that she was. Perhaps she has a better sense now. Ahmed could not connect the dots looking forward, but she can looking back.

She believes that her purpose in life is to leave the world in a better condition than it was when she came in. Today, she is a youth delegate for the United Nations; one day, Ahmed hopes to be an ambassador.

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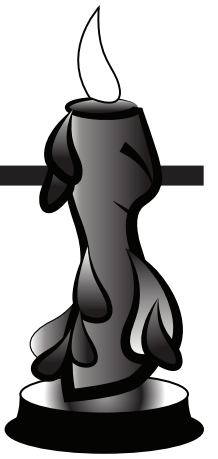
Vigil puts focus on overdose in Maine



Johnna Ossie
Community Editor

The mood was somber last Wednesday night in Monument Square as Portlanders gathered for the annual Overdose Awareness Vigil to remember those who have died from an overdose this year. Events like the Overdose Awareness Vigil are an important way for members of the community to come together with others who have experienced the loss of a friend, family member or client due to a drug overdose.

The vigil, which was held on International Overdose Awareness Day, drew a large crowd of individuals who were there to mourn, support and offer a hopeful perspective for the future. Paper lanterns with the names of those lost lined the monument and wrapped around it onto either side, creating a palpable sense of loss.

The vigil's main speaker, Pastor Jeff Logan of Grace Street Ministry, reported that between January and June of 2016, there were 189 overdose deaths in Maine. In all of 2015 there were 272 overdose deaths in Maine, which means the state is well on its way to having a record-breaking year for overdose deaths. Logan also stated that a worker at a local shelter reported delivering Narcan 11 times over a one month period this year.

To start the evening, members of the Portland based group, "I Am Here," provided trainings on how to administer Narcan, a life-saving drug that reverses opioid overdose. As more and more people arrived at the event, many hugged and comforted each other over the recent surge of deaths from drug overdoses.

As the sun began to set, the crowd lit candles and walked slowly towards the Oxford Street Shelter, as well as the Preble Street Resource Center. Workers from many of Portland's social services organizations were in attendance, as well as Mayor Ethan Strimling. The group walked up Preble Street and returned to monument square where an impassioned speech was given by Pastor Logan calling for Governor LePage to enact policies that would help aid those struggling with addiction and recovery.

Read the rest online: usmfreepress.org

Johnna Ossie / *Community Editor*

Paper Lanterns with the names of those lost to drug overdose line Monument Square. The vigil, which was held on International Overdose Awareness Day, drew a large crowd of individuals who were there to mourn, support and offer a hopeful perspective for the future.

Husky Festival offers sense of community

Krysteana Scribner / *Editor-in-chief*

Mariana Cruz (left) hosted a table at the Husky Fest Wednesday in hopes of educating students about the importance of diversity acceptance. She also wanted to introduce herself as the new Assistant Dean of Students for Diversity and Inclusion.

Mary Ellen Aldrich
Contributor

Between Luther Bonney and Payson Smith, a colorful collection of tables and tents sat ready for students and faculty to pursue. Each year, the USM community gathers together for Husky Fest to display its unique groups, clubs and resources. This event serves as a great way for students to easily look at what the the university has to offer, especially for incoming freshman looking to get involved in student organizations.

Among the many tables set up last Wednesday was the Psychology Club, whose yearly goal is to make it to the Eastern Psychological Association Conference. This spring, the conference will be held in Boston, so fund-raising for the trip is the club's main focus.

Madeline Waugh, a senior psychology major, stood behind her table at the event, and offered information regarding meeting times and topics discussed during these meetings. As a student who has tabled at the event before, she said that her goal was to recruit as many members as possible.

"I would like to help raise awareness of the psychology club, and help bring community to our department," she said. She also noted that the club, which consists mostly of upperclassmen, needs to recruit incoming students so that the club doesn't disappear once all its members have graduated.

Emily Epstein, a graduate student studying psychiatric nursing, stated that this was her second year attending the festival, and both times she has had a great experience and met many new people. She also explained that, as a commuter campus, USM often doesn't have a community-feel like other campuses, but this event in particular offers that kind of experience.

Located along the walkway outside of Payson Smith, the University Health and Counseling Services hosted a table. Andrea Beaudoin, both a counselor and graduate student intern, wanted to let students know the Health and Counseling center is there to help. According to Beaudoin there are many services offered at the University Health and Counseling Service that students may not even be aware exist. Whether a student is feeling ill, mentally exhausted or simply have a question regarding their health, they can visit their offices located on the Gorham campus in Hasting Hall, or on the Portland campus in Payson Smith.

Also tabling at the Husky Fest was the USM Theatre Group. Sara Valentine and Michael Boudewyns, both new USM teachers, work with students on main stage productions and on their Student Production Association or, more simply, SPA. Sara Valentine was pleased with the Husky Fest and readily related her enthusiasm.

"I can tell you how excited I was at this opportunity, that such a thing exists to be able to meet people, especially students, to share about our program," said Valentine.

There's a new show being created this semester that will be performed in Gorham and Lewiston-Auburn. Two guest artists from Libra Visiting Professorship will be involved with the production. This new production is called "Molded by Flow," which is about Maine and its many waterways. "Molded by Flow" is open to all USM students, as is the Student Production Association.

In addition to offering opportunities to learn more about the USM community, the Husky Fest offers a great chance to get out and talk to people. A lot of freshman aren't sure how to go about making friends, opting to sit on their own.

The Husky Fest does a great job at bringing out those shy freshmen and connecting them to others, and will continue to be an event to remember for all freshman involved, as it's a great way to connect and help the newcomers find their own little niche here at USM.

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Community Events

Tuesday, September 6

Its Honor is Here Pledged: Broken Treaty Quilts by Gina Adams
University of Southern Maine, Portland
AREA gallery, Woodbury Campus Center
Starts: 7:00 a.m. / Ends: 10:00 p.m.

Wednesday, September 7

The System is Broken: The Fight for a Socialist Future
Hosted by the USM Socialists
Payson Smith, Room 201
Starts: 7:00 p.m. / Ends: 9:00 p.m.

Portland Farmer's Market
Monument Square, Portland
Starts: 7:00 a.m. / Ends: 1:00 p.m.

Thursday, September 8

Sunset Yoga at Fort Williams
Cape Elizabeth
Suggested Donation $5-$15
Start: 5:30 p.m. / End: 6:30 p.m.

Friday, September 9

Red Tent Circle for Women
Leapin' Lizards
449 Forest Ave.
Starts: 6:00 p.m. / Ends 8:00 p.m.

Saturday, September 10

Portland NEDA Walk
Walk to raise money and awareness for the National Eating Disorder Association
Eastern Promenade
Starts: 9:30 a.m. / Ends 11:30 a.m.

Portland GreenFEST
Live music, vendors, art and activities.
Monument Square, Portland
Starts: 10:00 a.m. / Ends: 4:00 p.m.

Sunday, September 11

Puppeteers Happy Hour
Mayo Street Arts, 10 Mayo St., Portland
Starts: 5:00 p.m. / Ends: 7:30 p.m.

Want us to include your event?
johnna@usmfreepress.org

Sports

Wednesday
Women's VB
vs. UNE
6:00 p.m.

Wednesday
Women's Soccer
vs. ME Farmington
7:00 p.m.

Saturday
Golf
at Maine SC
10:00 a.m.

Saturday
Men's XC
vs. Bates
11:00 a.m.

Saturday
Women's VB
vs. Becker
3:00 p.m.

Husky Sports: Fall preview of athletic teams

Photo courtesy of University of Southern Maine Athletic Department

Left: Freshman Alex Dragon (South Hadley, Mass./Holyoke) scored a goal and had an assist to lead the Westfield State Owls to a 4-1 over the USM huskies Friday evening at Hannaford Field. Right: Freshman Kianna Pushard (Manchester, Maine/Maranacook) and senior gabby Martell (Gorham, Maine) each scored a goal to erase a one-goal deficit in Gorham last week.

Erin Brown
Sports Editor

Field Hockey

The Huskies ended their 2015 season with an 8-12 record. Senior goaltender Amanda Kasbohm (York, ME/York) returns for her fourth season playing with the Huskies and her second season as a captain.

After starting all 20 games of the 2015 season, Kasbohm ended the season with a save percentage of .813. Co-captain, Leanne Reichert (Portland, ME/ Portland), is also starting her fourth season with the Huskies. Reichert has found success by tallying points in the three prior seasons with the team.

Amongst these two, there is an abundance of ambitious returning players. Coach Bonnie Brown-Denico is hoping the team can work together to form a stronger offense for the 2016 season.

Women's Soccer

The women's soccer team finished up their regular season in 2015 with a tough 3-14 record. Senior captains Analies Ross-Dyjak (Orono, ME/ Orono) and Hana McNally (Edgewater Park, NJ/ Holy Cross) hope to lead the team to success for their final season as Huskies.

Defense will be need to be very strong this season for the Huskies. As will Sophomore goalkeeper Taylor Canastra (Fairhaven, MA/ Fairhaven) who picked up her first shutout of the season against Thomas College this past Thursday when the Huskies defeated the Terrier 5-0.

Men's Soccer

The Huskies struggled in the 2015 season. It was a developing year for the team after they ended with a 2-14-1 record. The bench is full of young, returning players who will have to learn one another's strengths to play together as a team. A strong offense is what this Huskies' team needs to be strong contenders.

Last season the Huskies' goals per game average came out to be 0.53. Sophomore goaltender Simon Hulbert (Bar Harbor, ME/ Mount Desert Island) showed his strengths for the Huskies last season wiand could be a crucial piece in this seasons' success.

Mens and Women's XC

Both men's and women's cross country teams finished up second in their respective Little East Conference Championships in the 2015-16 season. The men's team is especially young and eager with seven sophomores and five freshmen. With many of them being new, it's hard to predict how the seaon will go, but optimism is key to success.

The women's team has a packed roster of twenty-seven, including ten new runners, and they are looking forward to making their mark this season.

Golf

With an impressive list of accomplishments underneath their belt from the 2015 season, the Southern Maine golf team is looking forward to this season. The team had much success last fall from finishing third in the State of Maine Championship to placing fifth out of 22 teams at theNEIGA Championship.

Volleyball

It was tough for the Huskies to find a consistent groove in the 2015 season. They went 11-19 throughout the season with 106 sets. Per set, the ladies averaged 10.13 kills, 9.42 assists, 1.06 blocks, 1.92 service aces, and 15.03 digs. Senior captain Megan Nilson (Granby, CT/ Granby) is the power house the Huskies need for success this season.

Women's Tennis

Women's tennis ended the 2015 season with a 2-10 record. With a small team of only nine players, it was not uncommon for these ladies to be playing multiple games per matchup. This year's lineup is full of experienced players who have already played in tough matches together, including this years season opener against Thomas College.

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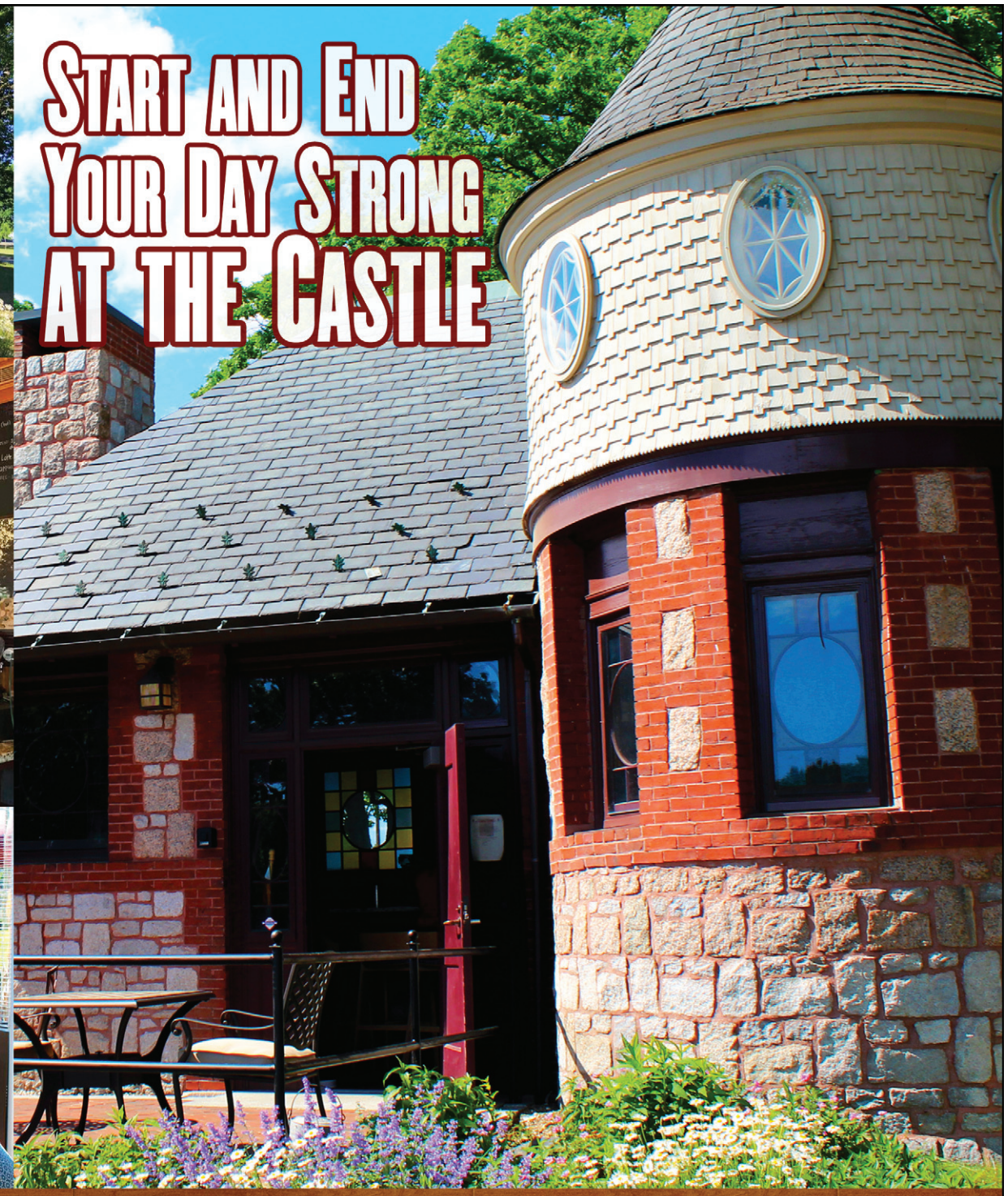

Start and End Your Day Strong at the Castle

The new TIQA Cafe & Bakery at the Castle in Deering Oaks Park serves Coffee By Design Special TIQA blend coffee, soft drinks, beer & wine, scratch pastries, breakfast sandwiches, lunch and dinner and homemade ice cream. Free Wi-Fi and lawn games, Mon-Fri, 4-6 p.m. happy hour during the summer (we start closing at 5 p.m. in October). Located next to the pond in Deering Oaks Park, open daily at 7 a.m.

Not Just Any Coffee: TIQA Coffee By Design beans are roasted just days, and sometimes hours, before we serve it. We grind and brew each cup to order. Also TIQA Blend includes coffee beans purchased from the International Women's Coffee Alliance Burundi, Africa Chapter, which supports the people of Burundi, recovering from a ten-year civil war.

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