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WHAT DO STUDENTS THINK ABOUT SMOKING ON CAMPUS?

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ENROLLMENT INCREASE LEADS TO OVERCROWDED DORMS

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Krysteana Scribner / Editor-in-chief

*A student smokes behind Luther Bonney, although the
university is a tobacco free campus.*

LETTER FROM THE EDITOR

Overcrowded dorms, smoking on campus

Why did we cover these topics?

Krysteana Scribner
Editor-in-chief

Welcome to our second issue of the semester! As we continue to work in this new flat-tabloid format, a huge leap from our old editions, we look to produce larger pieces of work that students will feel a connection to, in one way or another.

This week in News, we take a look at some of the issues our campus locations have been faced with. As displayed on the cover, our university implemented a tobacco-free campus in 2013, and yet to this day, I still see students smoking in front of Luther Bonney, next to Payson Smith and outside on the picnic tables with a group of friends. Mary Ellen, a new staff writer who took on the challenge of reporting on this topic, talked to a variety of individuals who were both

for and against the policy. Those who were against it did not smoke cigarettes, and wanted nothing to do with the clouds of smoke they have to walk through by the steps leadnig to Bedford Street. Those who were opposed to the tobacco ban on campus argued that, as an citizen of America, they have every right to smoke on campus. It was argued that, as adults who have the ability to make this decision, it shouldn't be banned from a campus they are paying money to attend. Who is truly implementing this rule and cracking down on the students who do smoke on campus grounds? What is their punishment, and to what extent is this punishment really deserved?

I personally believe that USM should have a smoking spot, slightly off campus grounds. At this point in time, we've simply chosen to gather the perspectives of stu-

dents, faculty and staff about the dangers of smoking and the issues that arise when we try and take away the rights of students.

This week, we also analyzed the overcrowded dorms on the Gorham campus. With President Cumming's desire to open a dorm located on the Portland campus, it became clear to us that there had to be a reason. This year, enrollment skyrocketed, a positive change for our university, which has seen it's fair share of changes, particularly in reference to the layoffs that happened a few years ago.

Now, the Gorham dorms are overcrowded, with over 30 rooms housing triple beds where students have very little room to move around and create a space to call their own. As stated in Julie Pike's article, returning students received priority housing over first-year students. With this increase in returning stu-

dents, the number of rooms available for first years decreased.

What kind of impression are we leaving on students who, as first years, are required to house in a room with two other people? Don't we want to provide a more comfortable space for them? Even more, why not open Dickey Wood housing again? These are all questions that are addressed in the article, found on page 6.

While you may not live on campus, or smoke cigarettes by the stoop, you have to ask yourself this question: How can we accomodate our students to campus while still making them feel at home? From commuters to dorming students, we will continue to analyze how our university is changing, for better or for worse.

DIGGIN' IT!

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JAM.

We want to know what you think about our new print format

Send your opinions / comments to:



editor@usmfreepress.org

Students voice opinions on campus tobacco ban

Mary Ellen Aldrich
Free Press Staff

Within recent years USM has made a major change to the quality of its air. In January 2013, USM enforced a new policy that banned all tobacco products from being used on campus. Prior to 2011, tobacco use was permitted on campus without any restrictions.

In 2013 there was a hybrid policy, meaning that it was permitted, just not within 50 feet of buildings, and that there were designated smoking spots. Many argue that the designated spots didn't work, that people ignored them and smoked wherever they wanted. Some students believe the university could have tried a little harder.

The university has approximately 10,009 undergraduate, graduate and law students, and approximately 667 staff and faculty members. According to a study done in 2005 by the U.S. National Library of Medicine and National Institute of Health, about 29 percent of all college students smoke.

According to the Center for Disease Control (CDC), approximately 21.2 percent of all adults smoke and another 4.4 percent use smokeless tobacco. With these statistics in mind, USM has around 2,841 students using tobacco and approximately 120 staff and faculty members using

tobacco.

According to Malinda Scannell, an adult nurse practitioner at USM, the reason for USM's tobacco-free campus policy is to provide a healthy, safe and clean environment in which students and staff can learn, work and live. It's also trying to promote the optimal health and well-being of the campus community. As someone who lost her mother to lung and bone cancer due to tobacco use, this is an issue close to Scannell's heart.

While many understand the effects secondhand smoke has on one's health, others don't believe this to be USM's reason for the policy.

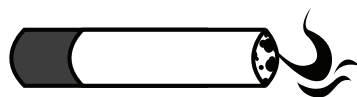
Aaron Sciulli, a freshman with an undeclared major, believes the reason for USM

us do it it's fine," said Sciulli. "It's empty, just completely empty. They don't actually stand by it. It's a scam and it's infringing on my rights."

Sciulli isn't the only one to think this way. Korey Paul Wetcher, a non-traditional senior student majoring in technology management, seems to think the same, saying,

"When this was just cigarette ban and their reasoning was that it was to limit carbon pollution. That's fair. Then they expanded it to chewing tobacco and snuff. This is when I started to realize what was happening, it wasn't just an environmentally friendly campaign anymore. A couple of years ago they expanded it to e-cigarettes and vaping. These two don't even have an active flame or give off car-

"If you have a spot to smoke you don't need to ignore the rules. A designated spot should be able to help with this whole thing."



-Caitlin Ostlund
Freshman
Social Work major

going tobacco-free is all just a gimmick, a selling point for parents.

"It's a gimmick that's just appealing to one certain moral virtue of 'ooh healthiness' but then we're basically told that as long as they don't see

bon pollution, no more than lighting a candle or burping a baby. My point is that this campaign to "freshen our air" was just a lie to make smokers stand on the side of the road."

Others, however, agree



Krysteana Scribner / Editor-in-chief

A anonymous student stands outside of Masterton Hall, smoking a cigarette. In 2013, a policy was enforced that banned all tobacco products from being used on campus. However, many students still participate in such activities.

with Scannell, who said, "I believe that there is no safe tobacco product, and that the harmful effects of all forms of tobacco and nicotine use are detrimental to one's health and well-being. That said, I do support the use of medically approved and FDA prescribed nicotine replacement for tobacco cessation." As a nurse practitioner on campus, Scannell readily offers resources to help those who want to quit to do so.

"College is a professional environment, somewhere you go to study," explained Madison Ochse, a freshman undeclared major who believes the tobacco policy is a good change to USM. "This isn't exactly the place to be smoking. I mean, there are plenty of public places in this area where you're allowed to smoke. Why here?"

Wetcher had the opportunity to live on the Gorham campus before, during and after the enforcement of the no-tobacco policy. While he did smoke cigarettes in the past, he no longer does and doesn't consider himself to be a smoker. Now, he vapes

on a daily basis as an alternative to cigarettes.

Around the time USM put the tobacco policy into effect, Wetcher was a sophomore in Dickey-Wood. In front of the building, there used to be a designated smoking spot at a picnic table. Wetcher reminisces about his time at Dickey-Wood before the no-tobacco policy, saying that when tobacco was allowed you could go out there at any time of the night and there would be at least three people sitting there.

"It could have been 0400 during a blizzard and there'd be three smokers huddled together. At earlier times in the night you could see 20-30 people just hanging out, some smoking, some just chilling and talking about their day," Wetcher said. "I'm not saying I miss having the smell of Marlboro's in my bedroom, but there was a certain novelty to it, a college feel."

Sciulli, who only smokes on rare occasions, believes smoking should be allowed as long as it's done outside. As an adult and an American citizen, he sees smoking

as his right. He stated that he doesn't appreciate USM trying to control that or take it away.

"You can have them in your room and walk around and show everybody 'hey, these are my ciggs!' you just can't smoke them. Just what does that even mean?"

Caitlin Ostlund, a freshman social work major with a pre-track law, believes there should be a balance or compromise. She thinks there should be designated places for smoking. She explained that having to drive or walk off-campus just for a smoke is a major inconvenience to some people.

"If there is no spot, they'll just smoke wherever because it doesn't matter, they're going to get in trouble anyway," she stated. "If you have a spot to smoke you don't need to ignore the rules. A designated spot should be able to help with the whole thing."

Scannell helped devise the policy that is enforced today. She worked closely with a committee that repre-

See **SMOKE** on page 6

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Professors turn to VoiceThread for online classes

Katie Harris
Free Press Intern

USM professors are relying on VoiceThread, an online communication discussion board as a means to communicate with students through digital conversation. What makes VoiceThread stand out to professors is that it allows students to communicate through different forms. On Blackboard, students are only able to communicate through discussion board posts. VoiceThread, however, has many features that both professors and students can take advantage of.

Unlike typing in a tiny text box on the discussion board, VoiceThread allows USM students and professors to communicate in many different forms. Like Blackboard, students can

still type in a text box to get their thoughts across, but with VoiceThread, students can do a lot more than just type words. Some professors have expressed high praise for this online tool and are impressed with how students are enjoying interacting through it so far.

USM's Communications Professor Leonard Shedletsky says that students have more variety to interact with their peers.

"Voice that allows you to approach a normal conversation more closely than the Discussion Board," Shedletsky stated.

Shedletsky also said he's been using this tool for years, and that he likes how VoiceThread allows students to post content through video with a microphone, photograph and audio. He uses VoiceThread

for all of his online classes that he teaches, but mainly uses VoiceThread for his Intrapersonal in Communication and Research Methods in Communications classes. By having students introduce themselves at the beginning of the semester through this interface, students and professors are able to connect faces and voices to the words they share with each other throughout the semester. It gives both sides a better feel of different forms of online discussion.

The main reason Shedletsky chose this as an online tool is for students to get more involved with their peers in the class he is teaching. He said that most of the students like VoiceThread and hopes that

See **VOICE** on page 7



Krysteana Scribner / Editor-in-chief

Media Studies professor, David Pierson, asks his students to participate in discussion via VoiceThread. Although there are options to record audio, write your post and take a video, he suggests students video record in order to have the classroom feel.

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From **SMOKE** on page 4
sented students, staff, faculty, administration, police and safety and community members. They worked together to form a policy, based on group consensus from data collected from campus, medical and community partners.

Andrew McLean, coordinator of conduct, stated that the the Dean of Students Office were also a member of the team in charge of the development of the no-tobacco policy. It's this office that is charged with enforcing university policies.

"We rely mostly on education from peers as those who are new to the university aren't always aware of the policy. If formal action is required because of consistent violations of this policy, they are referred to the Dean of Students Office." From there it's unclear what action will be taken against anyone who disobeys the policy.

The expected long-term policy goal is to create awareness about smoking and get folks the help they need to quit cigarettes. It is also in place to create safer and cleaner spaces on campus for those who have a medical aversion to smoke.

Scannell reiterated supported McLean's statement on the disciplinary action to be taken should it become necessary, saying, "The university relies on the campus community to self-enforce the policy. If there is a person who consistently violates the policy the committee recommends their name be given to Andrew McLean Coordinator of Student Conduct or one of his designated employees."

Sciulli closed his interview with a statement that probably a few people would agree.

"They're telling people that you're not smart enough to choose for yourself. What you want to spend your money on, what you want to consume, what you want to do with whatever. It's this unilateral body that you have no control over that's setting the standard for you. I just think it's wild. Just wild."

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Enrollment increase leads to overcrowding in dorm rooms

Julie Pike
Free Press Staff

This year USM has experienced a 20 percent increase in enrollment from last year for housing. On the Gorham campus there has been overcrowding in the residential dorms to accommodate the 612 new residential students. The Office of Residential Life has created many triples in response to the overcrowding, which will serve to accommodate three students in a standard double room. Converted spaces such as lounges have also been made into large dorms.

Robert Stein, the executive director of Public Affairs, commented on the issue: "There are triples in the Gorham dorms on the account of the largest incoming freshman class in many years. We are expecting that that this is a one-year issue."

There are currently 30 triples in traditional double rooms on the Gorham campus. Most of the triples reside in Upton Hastings, with some also in Woodward. Quad rooms, which house four students, have been created in the Anderson dormitory. These rooms have been converted from space previously used as student lounges.

"USM is looking to add additional housing on the Portland campus, that should take the strain off the demand for Gorham housing," stated Stein. The new dorms are projected to take two to three years to complete.

A room on the third floor of Upton Hastings, which used to be a student lounge, was converted into a large dorm room. It can house up to six students, and currently five occupy it.

An older dormitory on the Gorham campus, Dickey Wood, was not considered to house students due to the high cost of renovations it requires. The two towers have been closed down since 2013.

"You have to consider if there is enough demand to warrant the need to open



Julie Pike / Free Press Staff

Located in Upton Hastings hall, USM student Nicole Lenentine is sleeping in a triple room with two other roommates. Although she likes her roommates, she admitted that at times, it feels a bit cramped and crowded.

Dickey Wood," stated Jason Saucier, director of Campus Life.

Housing for first year students was over occupancy by 60 students this year. Dickey Wood fits 400 students, and would not have been a good financial option to accommodate the high occupancy.

The Office of Residential Life first became aware of the major increase in enrollment in June. To help with the overcrowding they predicted, letters were sent out to new students to give them the option to volunteer to be in a triple.

"It's quite cramped living in a triple," stated resident of Upton Hastings hall Nicole Lenentine, a freshman with an undecided major. "It's hard to find space to put all of our stuff in here, but we manage to fit everything so I can't really complain." Lenentine was assigned to a triple this year, even though she did not volunteer to be. Her roommates were chosen randomly

as well.

"We all get along well and we've managed to get all our stuff in here. It's just a little cramped," Lenentine added.

Although Lenentine did not have a choice of being housed in a triple, she stated that this experience would not put a damper on her experience at USM.

"I'd have to say that the downsides of living in a triple are worth it. I do plan to continue living on campus next semester," Lenentine said.

Students who were placed into a triple received several incentives. For the fall semester, those students received \$500 off of their housing fees, bringing their fees down to \$2000 per semester. They are also given priority housing selection for the next year.

Vice President of Enrollment Services Nancy Griffin awarded students in a triple with priority class enrollment for the spring semester.

Saucier predicts that the triples will only last for one

semester, and will be broken up by spring. This is due to students who may transfer, move off campus or study abroad.

"Through all of that we often see enough attrition in the halls to be able to break the existing triples down," Saucier stated.

About whole process of creating triples and several large dorm rooms, Saucier remarked, "The whole process has gone really smoothly. No issues out of the norm have arisen from the overcrowding."

The overcrowding in first year housing was due in part to the high increase in returning residential students. In the spring of 2015, approximately 450 students returned for housing. That number jumped to 555 this semester.

Returning students get priority housing over first-year students. With an increase in returning students, the number of rooms available for first years decreases.

"I think the housing market in Portland for the returning students is a huge challenge," Saucier said. "I believe that has facilitated the increase in returning residential students."

To move forward, USM is working on creating housing on the Portland campus.

A brochure created by Residential Life was sent out to all incoming students concerning the increased occupancy they would experience in the campus dorms. In this brochure, the following is stated: "We believe it is important to provide a residential living and learning experience to all first year, transfer, and returning students who require or desire USM housing."

Residential Life is continuing its work to ensure that all students are able to get housing. No student was turned away this year.

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From **VOICE** on page 5

it will enhance the level of discussion in online courses

Media Studies Professor David Pierson uses VoiceThread for his Writing for the Media course. This is the third semester he is using it for this class and, like Shedletsky, he said it is a great tool for students to use that provides more than just one way of communicating. He thinks that it benefits students in the long run, but believes that there needs to be more student involvement. VoiceThread is a great way to ask questions or make comments to both other students and the professor.

"It could help benefit students, and is a good way to ask questions," Pierson said.

"Voice that allows you to approach a normal conversation more closely than the Discussion Board."

- Leonard Shedletsky
Communications Professor

Pierson also says if the student has a question about the course material, the student can always send him an a traditional email for

further clarification.

VoiceThread is emerging as an online communication tool for professors to in-

group of USM professors that use it as a means to get more student involvement online. The Blackboard discussion board has become more difficult to navigate for students, with some choosing to not be a part of the discussion, which can be frustrating.

If VoiceThread continues to enhance the online learning experience at USM, it may be here to stay. The more USM professors introduce this, the more likely there will be an increase in of student involvement in online discussion in future online classes to come.

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In Brief...



Local & State

Lepage mural painted, painted over and washed off again

A controversial mural in Portland attacking Gov. Paul LePage drew a lot of attention Tuesday night. The mural on Marginal Way depicts LePage in a Ku Klux Klan outfit next to the words "racist, homophobe and moron." As of Tuesday night, the KKK references had been covered and replaced with Mickey Mouse ears and messages reading "No Hate" and "Hate is Hate."

The wall on which the mural was painted belongs to the East End wastewater treatment facility. Earlier in the day, a Portland Water District spokeswoman said the city of Portland is in charge of removing any offensive messages from the wall.

A city spokeswoman said it is a freedom of speech issue and the mural will stay.

However, around 7 p.m., several people began covering up the mural with a coat of white paint. That prompted onlookers who had gathered to view the graffiti to scrub and wash the paint off so that the mural would still be visible.

It's estimated that about 15 people helped remove the fresh coat of paint with windshield scrapers and other items from their vehicles.

Decomposing whale washes up on Kennebunk Beach

A decomposing minke whale has washed up on a Kennebunkport beach. The dead whale washed ashore some time before dawn Friday on Goose Rocks Beach, according to police.

Minke whales are common in the Gulf of Maine and are among the smaller whale species. They grow to be less than 30 feet long when fully mature and weigh about four to five tons. They can live for 50 years or more. Messages for Kennebunkport police and public works officials were not immediately returned, but a report from WMTW-TV showed a front-end loader attempting to remove the carcass Friday.

National

A Calais man paddled to Canada on an air mattress

last week.

John Michael Bennett was determined to get to Canada this week, even if it meant paddling across the St. Croix River on an air mattress he bought at Wal-Mart.

The 25-year-old Calais man was arrested Wednesday after police and border patrol officials found him walking down a road in St. Stephen, New Brunswick, boots in hand and his clothes dripping water.

Canadian officials say Bennett had been turned away at an official border station but was intent on crossing, saying he wanted to protect his pregnant fiancée from a violent ex-boyfriend. So he managed to make it into the country by paddling an air mattress across the river, they said.

Clinton discusses plans to defeat terrorism

Hillary Clinton discussed her plan to defeat Islamic terrorism and addressed the most recent North Korean nuclear test, while making the case that Donald Trump's leadership would make the nation less safe following a Cabinet meeting-like round table with national security experts on Friday.

The Democratic presidential nominee spelled out her security plans, including how she would bolster defenses against domestic terror attacks, before she turned to attacking her GOP

rival in an appearance before reporters in New York. Clinton cited her endorsement by 110 retired generals and admirals, including 15 within the past 48 hours.

International

Apple rethinks plans to do self-driving cars

Apple is rethinking what it plans to do about self-driving cars, just as other big tech companies appear ready to plow ahead with competing efforts.

In a retrenchment of one of its most ambitious initiatives, Apple has shuttered parts of its self-driving car project and laid off dozens of employees, according to three people briefed on the move who were not allowed to speak about it publicly.

The job cuts are the latest sign of trouble with Apple's car initiative. The company has added resources to the project — code-named Titan — over the last two years, but it has struggled to make progress. And in July, the company brought in Bob Mansfield, a highly regarded Apple veteran, to take over the effort.

All content is arised from ABC News, Portland Press Herald, WMUR, WMTW and USA Today.



Police Beat

*Selections from the
USM Department of
Public Safety police log
Aug. 19 to Aug. 27*

08/19/2016

You've been struck by, a smooth criminal

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

08/21/2016

I had to take my drivers test twice

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

08/22/2016

Mari Juana visits Gorham campus

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

08/23/2016

Can I get your (credit card) digits?

Theft complaint, Warren Hill Gym. Caller reports the theft of her wallet from the Gym. Report taken.

08/25/2016

James Bond theme songs plays

Motor vehicle crash, Hit and Run G3 parking lot. Report taken.

08/27/2016

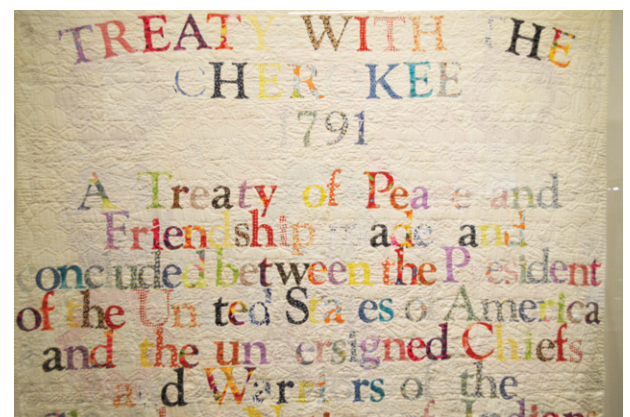
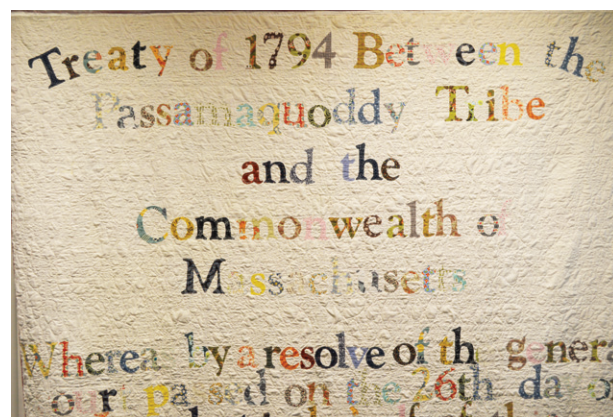
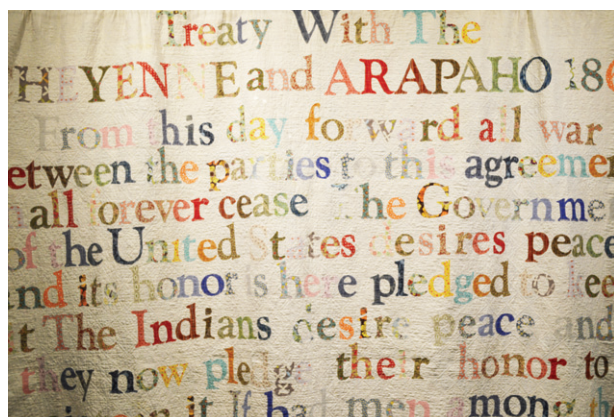
The most ambiguous USM crime ever reported

Vandalism, Upton Hasting Hall. RD reports vandalism in 466 Hastings Hall. Investigated

Bye USM! We're off to fight real crime

Assist other Agency, Off Campus. Officer assisting Gorham PD with a possible fight on New Portland RD. responded and report made.

Police Beats are edited for grammar and style



Matthew Craig / Arts & Culture Editor

Some of Gina's quilts hang in the Woodbury Campus Center, each of them stitched by hand. These quilts encompass her desire to turn tragedy into artwork.

Textiles of treachery: expressing ethnic roots through quilts

Gina Adams' Native American quilts in the AREA art Gallery

Matthew Craig
Arts & Culture Editor

Gina Adams, who did a significant portion of her growing-up in the San Francisco Bay Area, later to come to Maine, has brought a collection of her Broken Treaty Quilts to the University of Southern Maine. Adams has created a particularly poignant series of quilts in this body of work. She has looked to her Native American heritage, as many do, and felt sadness and pain as she learned of the wrongs done by Euro-Americans to her ancestors. At a glance, this exhibit may seem difficult to understand, but upon closer inspection, it is simple and clear. Each quilt, in simply being a quilt, is steeped in tradition. Quilting has been a practiced form of art since, at the latest, the 16th century. Adams puts her own mark on this art with Broken Treaty Quilts. In this exhibit, each quilt has a portion of a broken treaty woven into its fabric. In order to tell her story, she has "chosen to weave that over-arching sadness into a source of tremendous comfort."

After graduating from the Maine College of Art

with a Bachelor of Fine Arts, she went on to earn an MFA from the University of Kansas, specializing in visual art, curatorial

tween all the citizens of the United States of America, and all the individuals composing the whole Cherokee nation of Indians." This

"I, as all people of Native American descent, have carried a heart-wrenching history, a burden and a loss. Now I choose to weave that over-arching sadness into a source of tremendous comfort."

- Gina Adams
Artist

practice and critical theory. Carolyn Eyer, the director of exhibitions for USM's art galleries, curated this exhibition. She worked closely with Gina Adams in selecting which pieces to show at USM. Adams' interest in her heritage has led her to the creation of Its Honor Is Here Pledged, an exhibition of her Broken Treaty Quilts.

One of the treaties featured on a quilt in this exhibit, known as the Treaty of Holston, was made in 1791 between the Cherokee nation and the United States. Article I of the treaty states: "There shall be perpetual peace and friendship be-

agreement was broken many times. The Cherokee were later removed from their land by the federal government, resulting in the notorious story of the Trail of Tears, on which some 4000 Native American people perished, among other things.

Adams also stitched text from the 1794 Treaty between the Passamaquoddy Tribe and the Commonwealth of Massachusetts, which has been brought into legal disputes over land as recently as 2014. Since this agreement was made, at least 10,000 acres of land have been claimed by

American government, despite the terms of the treaty. Though Adams is originally from California, her sentiment about the treatment of Native Americans rings just as true on the East Coast as the West.

In another featured treaty from 1867, the United States government claimed it "[desired] peace, and its honor is here pledged to keep it" with the Cheyenne and Arapaho

peoples. The following year, at the Battle of Washita River, General Custer attacked a Cheyenne encampment with the help of scouts of the Osage Nation. The encounter is sometimes referred to as the Washita Massacre, as the Cheyenne were caught wholly off guard when they were attacked under the light of the moon.

The broken agreements mentioned above are only a

small picture of the treacherous acts committed by the United States government against its Native American brethren. Hopefully Gina's work can offer those affected by American territorial encroachment some level of catharsis, and at least raise awareness of these wrongdoings.

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Photo Courtesy of ginaadamsartist.com

A portrait of Gina, found on her website, where much of her work is displayed.

Purple Rain gives authentic glimpse into unique culture



Screenshot from birmingham.ac.uk

An actor plays the character formerly known as the artist formerly known as Prince.

Colin Cundy
Staff Member

The Sun rises over wide bleached white sandy streets and low rectangular structures of the Nigerian city of Agadez that would blend into the landscape if not for the sharp shadows cast across them by the Sun. A Radio DJ delivers his morning show routine before spinning some music, a spindly yet melodic guitar song. A visual montage introduces us to a community

Not so in the Tuareg language of Christopher Kirkley's 2015 film, *Akounak*. Tedalat Taha Tazoughai, the first feature film to be shot in Tamasheq. The film's title translates as rain the color blue with a little red in it, or as we might know it, *Purple Rain*.

There are good reasons not to think of *Akounak* as a remake of Prince's 1984 *Rock Opera*, a film I am not overly familiar with. Yes, the main character is a musician and a

The main character, Mdou Moutar (M-do Mock-tar) plays music in secret, as his father has forbidden it. He attempts to navigate the difficulties of love, in this case a notable departure from *Purple Rain* in order to fit the comparatively conservative Tuareg people. There's even a battle of the bands where Mdou faces down his music rival, a surprisingly compelling villain, plays before his Father, and attempts to win over his lady love, Rhaica Ibrahim.

The film won't surprise narratively, but that's beside the point. It's a remarkably authentic glimpse into a culture I am unfamiliar with, and a region I'd be hard pressed to locate on a map. A culture where currently the guitar is kind, music spreads rapidly due to the high-tech sharing capability of cell phones. Much of the film's structure is stitched together by the playing of music. Mdou is new to Agadez and quickly makes new musical acquaintances at musical venues, re-

See **PURPLE** on page 10

"The actors regularly vetoed lines and changed scenes to reflect... what they felt was more accurate."

-Christopher Kirkley
Director

deeply connected to its music as radios are everywhere. We learn of a concert happening that evening as a young musician dresses himself in what we would call purple pants and shirt. That's because we have a word for such a color.

guitarist at that. Yes, he wears the color blue with a little red in it. He even drives a motorcycle the color blue with a little red in it (might be better off to just using purple? What do you think?) But its themes are more universal than that.

Hell or High Water review

John Rucker, Staff
Aaron Halls, Staff

Hello readers! Before we begin with our review, we would like to explain our rating system. Most of the time, critics like to attach a number or a letter to grade a film. We think giving a film a value like that doesn't really explain how we feel about the film. Instead, we are going with a different approach. Our rating system is simple. There are four levels. The top being "A Must See" followed by "Wait for DVD," then "Watch on Cable," and lastly "Avoid It." These ratings are a reflection of our opinion. So if you disagree with us, that's fine. In the end, it's up to you to decide whether or not you like a film that you're watching. We are just sharing our thoughts. We hope you enjoy the review!

Hell or High Water, directed by David Mackenzie, follows two bank robbing brothers, Toby (Chris Pine) and Tanner (Ben Foster) in western Texas. The brothers' heists have caught the attention of rangers Marcus Hamilton (Jeff Bridges) and Alberto Parker (Gil Birmingham), and so a cat-and-mouse game ensues between the two duos.

What Did We Like?

J: I enjoyed a lot of the technical aspects of the film. Those are the kind of things I pay attention to more when watching films. The opening shot was an impressive 360 degree camera move. Considering how much coordination it takes to get a shot like that to work, I appreciated how they were able to pull that off. Another technical aspect that worked was the sound design. It's something that reminds you of the location you are in. The slow creaks of the windmill, the chugs of an oil

rig, those are the kind of things that kept me in the scene rather than bleak silence. The musical score, even though there wasn't too much, is also something worth mentioning. It made the best use of a fiddle and it felt authentic to the region.

A: Working in parallel with the script are the fantastic performances from each of the actors in the central cast. Chris Pine and Ben Foster are fantastic as Toby and Tanner Howard. Chris Pine gives a subtle performance; out of the two brothers his character he is more conflicted about their criminal activity, and as audience members we can easily see this with both the verbal and nonverbal characteristics he gives to the character. Foster also excels in his role. His character is more loose in his morals than his brother, but due to Foster's performance you still like him. The two have excellent chemistry, and as an audience member you really feel like the two are brothers that deeply care about each other. Also standing out are Jeff Bridges and Gil Birmingham as Marcus Hamilton and Alberto Parker. Bridges has a great authoritative presence as Gil and has an excellent dynamic with Birmingham, who shines throughout the movie.

What Did We Dislike?

J: To be honest, there isn't that much to find when it comes to things that didn't work. I think the only thing might be with how it ends. You see, you think the film is going to end at a certain spot, but it doesn't. There's actually one more scene. While that scene is a good one, I think it would have been just as effective to end it earlier. It doesn't ruin the movie for me or anything. It's more of a personal nitpick.

A: Similar to John, I have little to no criticisms of this film. I thought that although the ending worked for the film and was a good conclusion, the overall film experience might have resonated more if it ended a little earlier.

Who Would Enjoy This Movie?

J: I think this film fits for people who love westerns, as this has a lot of influences from that genre, even though it's set in modern day. I also think people who are looking for a film that has a strong story with rich characters. I'd also say this is for people who didn't enjoy *Triple 9* earlier this year. There are a lot of similarities between the two films. The major difference is that this film has character whereas *Triple 9* doesn't. This movie is a must-see.

A: I think this film is mostly for people who enjoy character pieces. If you're a fan of recent shows like *Breaking Bad*, where some of the main characters are morally complex but human, then this is a movie you won't want to miss. As John said, this movie is definitely worth your time.

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CBS Films and Lionsgate

From **PURPLE** on page 9

relationships he fosters through playing yet more music.

It's these moments I enjoyed the most, and there are plenty of them. Mdou sitting around restringing a right-handed guitar, as he plays left-handed, while a

Mdou's musical rival, and more. They really make up the backbone of the story.

While Christopher Kirkley directed the film it remains a Tuareg film. "The overall project was really a collaborative piece. I'm the director of the film only because I was the only one willing to take on that role," he said in an

"The overall project was really a collaborative piece. I'm the director of the film only because I was the only one willing to take on that role"

- Christopher Kirkley
Director

brass teapot sits in a smouldering fire. Shots of tea pots nestled among the embers of a dying fire abound. In these scenes he'll meet Rhaica, make and foster the musical connections, meet and agitate

interview with Okay Africa.com. "The actors regularly vetoed lines and changed scenes to reflect... what they felt was more accurate," he continued to highlight his unique film's unique process.

That collaborative process becomes more evident and believable when you observe the quality of the film. It's a decidedly low-budget feature, where most all of the dialogue was probably re-recorded in post. Most likely due to windy filming conditions. The camera moves are matchingly similar in their low-budget feel. But that is not to say these elements brought me out of the film, or distracted. The dialogue elicited laughter on many occasions and the film is bursting with beauty.

This is a fascinating film, simple in its themes and all the more universal because of it. It's a wonderful look at a rich culture where while much is unfamiliar, its story could happen anywhere. It's the exploration of international cinema that reminds teaches us not just how we should cherish our differences but that we really do have much more in common. I for one am glad we have a venue like Space Gallery, which



Courtesy of Warner Bros/ Purple Rain

The film poster for the original Purple Rain in all its glory.

brought us this film, to give stories like Akounak Tedalat Taha Tazoughai a platform in a small North American city like Portland.

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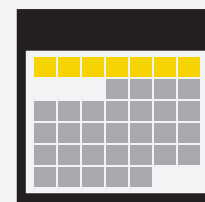
The new TIQA Cafe & Bakery at the Castle in Deering Oaks Park serves ground- and brewed-to-order TIQA Blend Coffee By Design coffee, soft drinks, beer & wine, scratch pastries, breakfast sandwiches, lunch and dinner and homemade ice cream. Free Wi-Fi and lawn games. Located next to the pond in Deering Oaks Park, open daily at 7 a.m.

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A&C Listings

Monday, September 12

Comedy Night: "Worst Day of the Week"
Blue
650 Congress St
Starts: 8:00 p.m.

Tuesday, September 13

Particle & Kung Fu
Port City Music Hall
504 Congress St.
Doors: 8:00 p.m. / Starts: 9:00 p.m.

Wednesday, September 14

Film: The Fits
Space Gallery
538 Congress St.
Doors: 7:00 p.m. / Starts: 7:30 p.m.

Thursday, September 15

Hippie Sabotage
State Theatre
609 Congress St.
Doors: 7:00 p.m. / Starts: 8:00 p.m.

Friday, September 16

Old Crow Medicine Show
State Theatre
609 Congress St.
Doors: 7:00 p.m. / Starts: 8:00 p.m.

Saturday, September 17

The Temperance Movement
Portland House of Music
25 Temple St.
Doors: 8:00 p.m. / Starts: 9:00 p.m.

Sunday, September 18

Kaleo
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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Perspectives

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Sudoku and Word Search / 13

Our Opinion

We shouldn't add a Starbucks in Glickman, build community connections instead

Editorial Staff
The Free Press

In an email from the university last week, President Cummings announced that a Starbucks will be put into the Glickman Library, likely by the end of next month. Currently, there are two coffee shops on the Portland campus, one in the Woodbury Campus Center and another in Luther Bonney.

With this new installation, students would be able to grab a venti caramel macchiato between classes, but, other than the simple pleasure of grabbing coffee at a familiar franchise, what will this installation offer?

In the email statement, Cummings wrote, [quote] "Starbucks is coming soon to the Glickman Library. If all goes well, it could be ready to serve by the end of next month."

Other than these ambigu-

ous statements, there is no further explanation as to how this addition to the campus would be a worthwhile investment.

How will this development affect the university's existing relationship with Coffee By Design (CBD)? While doing business with CBD isn't exactly the most progressive decision, the company is at least native to Maine and strives to engage in economically, and environmentally, sustainable practices.

The decision to engage in new business with Starbucks rather than expand the university's existing partnership with CBD, suggests that Starbucks is somehow more profitable.

How many coffee shops do we really need? While there may be sufficient demand for one more, there may be better ways to use university resources.

It does seem possible to



Krysteana Scriber / Editor-in-chief

Students who regularly drink Starbucks coffee will be excited to hear that this location will be coming to Glickman at the end of the month. However, an argument can be made that this offers no benefit to our community.

install a coffee shop in the library and turn a profit, but this raises many questions. Who owns the Starbucks? Is it an independent franchise who rents space in the library, or is the university buying into the franchise?

Regardless of what exactly the situation entails, it

does not seem that the student's best interest has been carefully considered to the same extent as the possible profit for the university.

From a basic Google search, one will find that Starbucks employees are not paid generously. Although Starbucks offers a tuition as-

sistance program, it does not apply to USM tuition. In a perfect world, the University would directly employ all its workers and qualify them for reduced tuition and fees.

Another problem with this initiative is that it is yet another squandered opportunity for student development. Is it not conceivable that students of USM's School of Business, which is less than a mile from the library, could develop a plan to create a student-run business to operate out of the library, rather than a franchised shop?

Maybe this couldn't be implemented by the end of next month, but it would offer more to students than a four-dollar coffee and a place to sit. It could offer students more pride and involvement in their institution.

Also worth noting is the fact that, in the same email, Cummings announced the

approval of our new food studies program. While the program is still in its early stages, with a minor in this discipline to be offered in spring 2017, one could imagine students of food studies and students from the business school working together to plan and operate a small coffee shop. It sounds progressive, ambitious and a bit time-consuming, because such an idea is. That doesn't mean we shouldn't try.

In short, this decision to install a chain coffee shop in the library detracts from the sense of community that USM has worked to build. Hopefully, university officials will consider alternatives in the future, so that USM becomes the beacon of progress that it can be. In a growing city like Portland, our school has an opportunity to make itself a leader.

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Let's talk about it

Who buys the beer? A timeless question

Johnna Ossie
Community Editor

We enter the scene on a gray Sunday night in a quiet downtown bar. I'm tucked in a booth, on a date with a boy who has excused himself. The bartender approaches me, leans in, and asks, "Should I bring one check, or two?"

I pause, unsure, and then answer, "Maybe one, I'll pay." Another pause and then I ask, "Wait, should I pay?"

She stares at me incredulously and asks, "Why would you pay?"

Why would I pay? I would pay because I thought it might be a thoughtful gesture, because it seemed po-

lite, and because I like this person and wanted to buy him a beer. Was it socially incorrect for me to offer to pay for a man? It's 2016, but it seems we are still pondering: Who does buy the beer? Why is the old fashioned and heteronormative idea that men should pay for women still so prevalent, even in progressive Portland?

In the past it's been my personal thought that the person who does the asking on the date should buy the beer. As I've gotten older I've felt otherwise, many times I've been happy to pick up the check even though I didn't do the asking myself. If someone buys me a drink, I will often offer to tip or buy

the next round.

I know some friends who prefer to "go dutch," splitting the check down the middle, but I dread the idea of trying to split a check. Figuring out who was cash or a card, and examining the bill together fills me with dread. I would much rather pay the check myself than deal with that sort of confusion.

A survey among a group of women I know brought varying results. Some said whoever has more money should offer to pay. Some said whoever initiates the date should pay. Many said that they won't accept a drink from a man on a date because they want to maintain financial

See **BEER** on page 12

Millennials Concious

From Ideas to Action, on the WGA

Bryer Sousa
Free Press Staff

To help readers understand my own ideological background, I authored a column titled "What am I if Sanders is a Socialist?" during my first semester at the University of Southern Maine. My intentions were grounded in transparency. In other words, I wanted my readers to understand that I subscribe to the Radical Leftist tradition and vehemently reject capitalism, as well as state-based economies, such as the USSR, generally. I see no place for markets and believe that the workers of the world should

manage society. However, simply offering commentary on matters of human concern is not enough.

Therefore, I'm writing to voice my trepidation regarding the continual breakdown of the "American Community," illustrated by Robert D. Putnam in "Bowling Alone," and offer a means of engaging with an organization that seeks to unify workers and community members. While Putnam and I would disagree with the causality of alienation and despair that workers and community members continue to experience, his analysis and compilation of evidence illustrates that an ever growing dis-

connect between ourselves, co-workers and our political, social, and economic institutions should motivate citizens to explore alternatives to the current system.

Though the Workers' Solidarity Alliance (WSA) was conceived before Putnam's manuscript was authored, we've been attempting to combat the alarming dismantlement of "community" by maintaining a collective of activists, members, and friends, since November 1984, enabling neighbors to come together via the democratization of their workplaces. However, since our inception, we have

See **WGA** on page 12

From **BEER** on page 11

autonomy and keep boundary lines clear.

There are power dynamics around dating that make this question more complicated than it seems. I know many female friends who won't accept a beer from a man, because men they have dated have felt like they are owed something after a beer is bought. In fact, a survey taken in 2010, showed that men who have paid for an expensive date are more likely to think sex should be expected.

What if both parties on the date are queer? I went on a date several months ago with a masculine-presenting girl who scoffed when I tried to pick up the check. When I asked our mutual friends about it later they agreed that I should have let her do the paying. A good friend told me she went on a date with a woman more masculine than her who refused to let her pay for anything. Are these instances of general social niceties, or old fashioned chivalry still shining through, even among my most for-

ward-thinking friends?

Cut back to the scene in the bar. The night is ending and the bartender returns to our booth and asks again, "Should I bring one check, or two?"

Without thinking I answer, "Two," and the question is settled. We each pay our respective bills, put on our coats and exit the booth. As we were leaving, I still wondered if I should have assumed he would be paying, or if I should have picked up the tab myself.

My question remains unanswered, but my favorite thought on how to handle paying, and the one that feels most apt, came from a friend and former bartender, Mary Henley, who told me paying should be done with, "A highly competitive, and behind the others back system of rounds, with the person not paying the round having to act surprised when the bartender says, 'It's already paid for.'" Cheers!

johnna@usmfreepress.org
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Advising at our university is here to help

Janis Albright
 Advisor

We are excited to continue our Advising Advice column in The Free Press and welcome you to the new fall semester at USM. The column's purpose is to help you use your advising resources. Weekly topics written by students, faculty advisors, advisors and staff should cover many of your academic questions.

For those new to USM, (as well as a quick review for returning students), this week's column acquaints you with the role of Advising. USM has a dual advising program, which means you benefit by having both a professional advisor and a faculty advisor in your declared major. (If you don't

have a major yet, your future department will assign you a faculty advisor when you declare.) We encourage new students to meet frequently with your advisors, and returning students—a minimum of once a semester, and any time you have questions.

So you may ask, why meet? Topics with your professional advisor may include selecting a major or minor, your graduation plan, course selection (for those with up to 53 credits), navigating through USM and overall support. Your faculty advisor is the primary advisor responsible for developing an early and ongoing connection beginning in the first year, as well as course selection for students with over 53 completed credits. They can also help with ex-

pert advice about their field, internships, grad school, writing letters of recommendation for you and much more.

Your Student Center, on MaineStreet, lists your Advisors. Click "detail" by each name for their emails, so you can contact them. Ask them where they are located (additional contact information is listed below). Many departments and Advising reach out to you in September, requesting a meeting so you can both get to know each other. It also gives you an opportunity to ask questions. Please take advantage of this, and know that you can also take initiative and connect on your own at any time.

What is the best way to prepare for appointments?

From a previous column, Dave Champlin, associate professor of biology, suggests that you start an Advising notebook (handwritten or electronic) that you can use throughout your experience at USM.

During your conversations a lot of detailed information will be exchanged. Use your notebook to record questions, plans, internship ideas and other tips. You may not know when a suggestion will be useful, so it is good to be organized (so that you can refer back to those important pieces of information later). In summary, we welcome you and encourage you to take full advantage of Advising at USM.

editor@usmfreepress.org
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Professional Advisors

Portland: 780-4040 / Gorham: 780-4555 / Lewiston: 753-6536

For general information: usm.advising@maine.edu

From **WGA** on page 11

evolved into a coalition of members that focuses upon coordinating self-managed movements, with the goal of working towards a society that fosters the healthy social bonds our psychologists desire.

Due to the fact that we continue to grow and have reached many corners of the U.S., I hope to initiate a dialogue with local resi-

dents and regional community members of the greater Portland area to ensure that we understand the needs of each, and therefore, are able to offer our comradeship. By way of exploring the relationship the WSA, myself, and others can develop with one another, we will be ready to organize upon the immense challenges that emerge. For example: the intensity of isolation stemming from addiction or the

recent financial recession that many Americans were subjected to by corporations that were devoted to more wealth acquisition.

With rare levels of discontent and disillusionment currently festering within the current state of presidential politics, let us unite and refocus the anger into collaborative process that simply seek to ensure solidarity among local communities, regional areas, and national

citizenry by educating and organizing with building blocks already established by the WSA and other organizations that aim to make commendable changes, such as: the Portland Tenants Union, Homeless Solidarity Project, Southern Maine Workers Council, Portland Racial Congress, and the Socialist Party USA of Southern Maine.

In undergoing the task of organizing, we have formu-

lated the first WSA group in Maine, the Southern Maine Workers' Solidarity Alliance as a means of building upon the "blocks already established by the WSA." To join the Local WSA of Southern Maine, please contact bryer.sousa@maine.edu and visit: <https://southernmainewsa.wordpress.com>

To learn more about the WSA generally, please visit <https://workersolidarity.org/>

and our e-journal Ideas & Action, <http://ideasandaction.info/>.

To discuss your community oriented concerns, please e-mail the W.S.A. Corresponding Secretary at wsa.corresponding.secretary@gmail.com or write to Workers Solidarity Alliance, PO Box 3967, Oakland, CA 94609.

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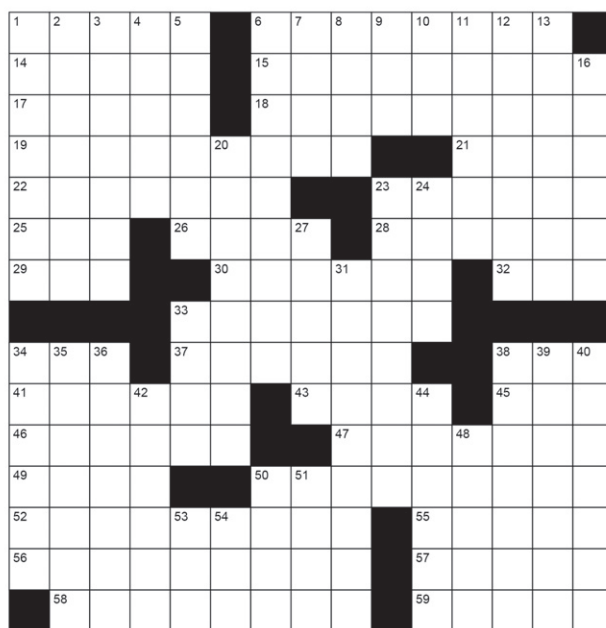
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Crossword

Across

1. Having roof overhangs
6. Most stalwart
14. Drop ____ (write)
15. Sagittarius
17. Online-speak for "Hilarious!"
18. Carpool, say
19. Is a menace to
21. Ashlee Simpson's "Pieces ____"
22. Cafeteria worker's wear
23. Ear inflammation
25. Enemy in reverse?
26. Go on and on
28. Famous Council
29. Napoleonic marshal Michel
30. Picked
32. Talk smack about
33. Angelic infants
34. Green and Gore
37. With this action
38. Kind of foil
41. Try again
43. Parisian possessive
45. Here, in Hidalgo
46. Snacks for Chip and Da
47. Engine valves
49. ____ avis
50. Brains
52. Painters' place
55. Pro golfer Lorena
56. Kids' meeting place
57. Numbers of carolers
58. Publicly supports
59. Avant-____



Down

1. Made of clay
2. Hawaiian goodbye
3. Make glassy
4. Hell, to Helene
5. "China Beach" star Dana
6. Piece of ambulance gear
7. Waiflike
8. Brit. ref. tomes
9. OPEC mem.
10. AirTran carrier code
11. Imitative
12. Swindled
13. End points
16. Candy name
20. Miss Canfield and Miss Landers
23. Individually
24. Metal containers
27. Place to get Seoul food
31. Foreign-film translations
33. Actor Jackie
34. Ark's landing point
35. "The Constant Gardener" novelist
36. Abridge
38. "____, She's Mine" (1963 comedy)
39. Frigid
40. Ilie ____ of tennis
42. Rubbed out
44. Throw ____ (do a "Hail Mary")
48. Aluminum company since 1888
50. Promises to pay
51. On the ____ (perfect)
53. ____ Chang ("Harry Potter" character)
54. Vert. alternative



WHAT KIND OF PUZZLES DO YOU LIKE?

TELL US AT:

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Cryptogram

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

FUTJNRD VRTPO VLRMP FMRCC-ORPU
DUOJO. RJ YLOJ YUND JQUB MGIU MRIRDA
GD JQU UPAU.

And here is your hint: D = N

The solution to last issue's crossword



Word Search

Theme: the Free Press

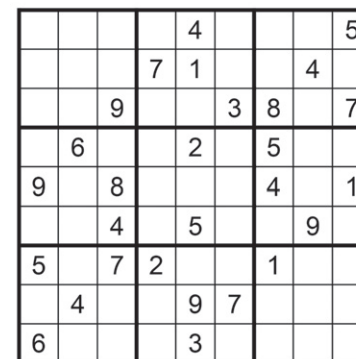
Search for the list of words in the grid of letters.
Grab a pen and circle each word as you find them.

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

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



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USM Community Page

Eating Disorders 101: USM is here to help you

Johnna Ossie
Community Editor

Eating disorders are a common problem among college-age students, but they often go unnoticed or undiscussed. According to the National Eating Disorder Association (NEDA), eating disorders have been steadily on the rise in the United States since the 1950s. Stigma around eating disorders, including who is affected, and what they look like, often keeps students who are struggling quiet. Fear of recovery and what that entails may also keep people from seeking help.

There are many different types of eating disorders, and they show up in different ways. Eating disorders are equal opportunity illnesses that affect people of all genders, all ethnicities and all socioeconomic groups. Many people have a specific idea of what a person with an eating disorder looks like, and this stigma can be problematic for those who want to seek help.

A USM student, who chose to remain anonymous, discussed how she had trouble seeking help because she did not feel she had the typical appearance of someone with an eating disorder.

"I didn't feel like anyone would believe me because I wasn't super skinny, and that made me feel even more hopeless," she said. "I didn't think I deserved help."

If you think you or a friend may be struggling with or developing an eating disorder, there are some signs to be aware of. Some things to

look for include the following: an excessive concern with weight gain or loss, a dramatic change in eating habits or an intense focus on how much food is eaten or the calorie content of the food.

Eating disorders have some of the highest mortality rates of any mental illness, and often need help and treatment from a group of professionals. If you are living with an eating disorder, there are resources to get help.

The NEDA's website is a great place to start. The offer a helpline, an online chat service as well as a crisis textline. Through the NEDA website you can take an eating disorder screening test, find support groups and find treatment options. The website also offers support and resources for friends, family and loved ones to help people they know with eating disorders.

The USM Health and Counseling Center is an important resource for students looking for help with an eating disorder. Every USM student has access to twelve free counseling sessions per year, and that can be extended if students feel they need more. Dr. Bob Small, psychologist and director of Counseling Services, says the center sees a number of students with eating disorders, and have many means of supporting them.

The Health and Counseling Center can refer students to the treatment center at Mercy Hospital, as well as other local community providers. They work with an

QUICK FACTS ABOUT EATING DISORDERS



Hannah Lyon / Design Director

Information from the National Eating Disorders Association.

off-campus psychiatrist who students can see for a \$30 fee. The center is staffed with licensed counselors who are able to diagnosis, work with and advise students with eating disorders.

Dr. Small emphasized that people struggling with eating disorders often feel shame, which can make it difficult for them to seek help or treatment.

"I think people feel so ashamed they don't want to come forward," he said, "but it's just what's going on, it's treatable, and we're here to help."

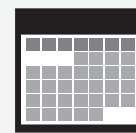
Students who want to speak with a counselor at the Health and Counseling Center can walk in to speak with someone, or schedule a consultation to see if counseling is something that would be helpful for them. Centers are located at 105 Payson Smith in Portland, 125 Upton Hall

in Gorham and are open five days a week. Counselors also travel to the Lewiston/Auburn campus one day a week.

The Well, located in the Student Center in Portland, also offers information and resources for eating disorders. A graduate student intern staffs the Well and can direct students to resources and information available for students. The Well is open Monday through Friday 8:00 a.m. to 4:30 p.m.

No matter what, you don't have to struggle with an eating disorder alone. Seeking help can be scary, but life is better after recovery. If you are struggling to stay healthy or have yet to begin, you are worth recovery and you deserve to be well.

johnna@usmfreepress.org
@USMFreePress



Community Events

Tuesday, September 13

Tuesday 9/13
Poetry Slam
Bull Feeney's
Starts: 7:30 p.m.
\$3-\$5 Suggested Donation

Wednesday, September 14

Presidential Candidate Jill Stein
Hannaford Hall
Starts 6:00 p.m.

Thursday, September 15

Contra Dance
State Street Church, Portland
Starts: 7:00 p.m.

Dem Drinks
Networking event hosted by
the Portland Dems
Novare Res Bier Cafe
Starts 5:00 p.m.

Friday, September 16

Take Back the Streets #3
Rally against violence towards
women and people of color
Lincoln Park, Portland
Starts: 5:30 p.m.

Saturday, September 17

Occupy Wallstreet 5th Anniversary in Maine
Lincoln Park, Portland
Starts: 3:00 p.m. / Ends 6:30 p.m.

Sunday, September 18

Maine Rally for Recovery
Music, games, food and support for
Portland's recovery community
Deering Oaks Park, Portland
Starts 12:00 p.m. / Ends 5:00 p.m.

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

Sports

Tuesday

Men's Soccer
vs. Bowdoin
4:30 p.m.

Wednesday

Women's Soccer
vs. Salem State
4:00 p.m.

Wednesday

Volleyball
vs. Bates
7:00 p.m.

Saturday

Field Hockey
vs. Westfield State
12:00 p.m.

Saturday

Men's Soccer
vs. RIC
5:00 p.m.

Is Sodexo accommodating athletes with healthy options?

Erin Brown
Sports Editor

Anyone who eats is able to notice the difference certain foods can make in how you feel and perform. A Number Seven at McDonald's will leave you feeling more sluggish than a salad with grilled chicken. Carbs will slow you down more than a serving of fruit.

Athletes certainly know this to be true when it comes time to compete. From the student level to the professional level, it is important for an athlete's body to be performing at maximum power, and a lot of that relies on healthy dietary routines.

At the Division Three level, nutrition is not a huge staple in the athletic department at USM. There are no team nutritionists, or even one for the entire department for that matter. Coaches do not have the time or provisions to make up a full diet for their team. This means the athletes must rely on themselves to stay on track with their healthy eating initiatives.

Majority of the athletes on USM's 22 Division Three teams are residential students who frequent the campus's dining halls and other eateries, but are these spots offering an adequate amount of healthy options for these athletes to perform at their best?

USM's new food vendor, Sodexo, moved in this summer, and athletes all over campus hope that it will fulfill the dietary routines they need to stick to in order to have a successful season.

The vendor has kept a lot of similar parts the dining halls have previously offered, but implemented new options as well. The vendor not only added the calorie amounts for different food options, but



Photo courtesy of USM Image Bank, Rene Roy

Student athletes look to Sodexo to bring healthy options to work with in-season routines.

also brought on a dietician for all students with a meal plan to come to for tips about weight loss, weight gain or dealing with dietary restrictions.

Junior basketball player Cam Scott has the 14 meal-per-week plan offered by the university. Scott typically tries to eat all three meals a day, but finds it can be tough to get them all with his particular plan and his class and practice schedules. As a regular in both the Brooks Dining Hall and The Food Court at Woodbury, Scott has become familiar with figuring out how to maintain a healthy diet on campus.

He finds making these choices difficult at times. He said that Sodexo does "a fairly good job offering multiple choices, they always have salad bar and they always have the pasta bar which are

good choices. The variety is good, but could be better." Former Southern Maine baseball player Chase Orava also said, "The cafe lets my routine work for the most part, but it is definitely a lot easier to be unhealthy in the cafe."

After spending the summer on campus, Scott also has gotten familiar with the new food vendor on campus.

"They [Sodexo] do things a little differently. Last year they always gave you a choice of chicken or salmon at the grille. Now they've started to change it up. Which is okay, but a lot of times if you don't like what's there, other options are slim."

erin@usmfreepress.org
[@eriinbroownnn](https://twitter.com/eriinbroownnn)

Read the rest online:
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Southern Maine's volleyball sweeps UNE 3-0

River Plouffe Vogel
Contributor

Gorham, Maine -- The University of Southern Maine women's volleyball team was in action on Wednesday night. The Huskies moved to 4-1 on the season in a decisive win against the University of New England, who dropped to 1-2 on the season. The Huskies won in an impressive three straight sets, winning 25-21, 25-21 and 25-18.

In what was mostly a back and forth match, the Huskies managed to play strongly and consistently on both sides of the court. Junior Jess Williams (Goffstown, N.H./Goffstown) led all plays with 14 kills. While sophomore Nicole Schmitz (St. Paul, Minn. / Cretin-Derham), and senior Megan Nilson (Granby, Conn. / Granby) combined for over 30 assists. Three Huskie players finished with double digit digs, Nilson (11), Williams (11) and freshman Jenna Graves (Corinth, Tx. / Lake Dallas) led all players with 14.

For the Nor'easters, Junior Kristen Falcinelli (Silver Spring, Md. / Academy of Holy Cross) had 21 assists and 8 digs, while Sophomore Erica Doubleday



Carly Coombs / Contributor

Huskies shutout Nor'easters in three easy sets Wednesday in Hill Gymnasium.

(Tilton, N.H. / Winnisquam Regional) led the team in kills with 11. Sophomore Rene Roggenbuck (Goffstown, N.H. / Goffstown) led the Owls in blocks.

The Huskies led for most of the first set. Though the feisty Nor'easters kept it close, they were unable to shake the Huskies, who won 25-21. After jumping out to a quick lead in the second set, the Nor'easters looked confident, but thanks to the great all around play, the Huskies stormed back to win the second set in dramatic fashion with 25-21. Up 2-0, and with the momentum on their side, the Huskies finished the final set in dominate fash-

ion, pulling away early and maintaining a several point lead.

Head Coach Diane Newell was proud of how her team played. She was especially pleased with their on-court communication and teamwork, which allowed them to take all three sets, even when facing a deficit. Newell was excited about the Huskies' great start, saying it definitely adds to their confidence, but she was equally wary of the tough road ahead as the Huskies near conference play and some of their tougher competition.

editor@usmfreepress.org
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SATURDAY,
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TICKETS + MORE: beeradvocate.com/belgian