



THE FREE PRESS  
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**Cover Photo:** Hannah Lyon / Design Director  
Krysteana Scribner / Editor-in-chief

*This photo illustration is meant to depict the struggles of finding ones self in college, while also addressing some of the articles found within this issue.*

# LETTER FROM THE EDITOR

**Krysteana Scribner**  
Editor-in-chief

The beginning of this week started out strong, as any college student hopes it will. I found myself overwhelmingly excited at the notion that another week had begun, that I could start yet another week of doing the same exact thing, but maybe even better than before.

We all strive to be good at something, to find a calling in this life that defines who we are. There is a strange simplicity in the idea that we can craft ourselves a persona however we please. I suppose that is the beauty of aging and changing, where the realities we never thought possible blend beautifully with the future self we want to become.

So how do we find ourselves in college? There are a variety of ways to go about this journey. Joining a student group, enrolling in classes you're excited to attend, building friendships with strangers you meet on campus grounds or at your job... During this time in our lives, we can learn a lot about ourselves and a lot about the community in which we have chosen to immerse ourselves in.

This week, we chose to write about students who take Adderall as a way of coping with the stresses of classes, an addiction that is easy to fall into while you're trying to find yourself during your college career. Are their actions justifiable? Just how many students actually do this in order to get by? All these questions and more are answered in the article and its associated graphic on page 5.

We also talk about Molly Ringwald's visit to campus, who is campaigning for Hillary Clinton. Do students find happiness and purpose in her actions? Do they see a role model when they watch her

speak?

This week, Muna Adan chose to write about Reza Jalali as her spotlight for "People of USM," where she goes into detail about his life in Iran and his struggles filing for refugee status in order to escape the uncertain violence during the Iranian War in 1979.

What can Reza's experiences in life teach us about our own? What can we learn from his stories that can put bring us closer as a community? Read more on this story, found in our community section, on page 14.

Lastly, I want to mention a secret greenhouse on campus - not secret in the sense that no one will talk about it, but rather that is a hidden gem, located in the Science Building, that can give you experience that you'll not only enjoy, but will find useful on a resume. Nathan Baril, a senior biology major, spends a lot of time up there, taking care of plants that overlook the campus grounds. As one of the only students who has worked up there consistently, he extends a hand to other students interested in taking on this project long after he has graduated. This story is yet another example of a way to gain experience, to build and craft who we want to be.

I truly believe that in each story this week, we've found a way to connect back to you, the readers, in hopes that you can learn more about yourself and who the people you're surrounded by. We are all human beings, looking to find our place in this world - and miraculously, we have all chosen this small, subtle time in our existence to be in the same place at the same time. Remember, we can spend our whole lives crafting our persona, but creating memories may be the most important element to it all.

## What do Molly Ringwald, a secret greenhouse, study drugs and the people of USM have in common?

*My philosophy on the college experience and how we find meaning in this life*



# Molly Ringwald visits campus to campaign for Clinton

**Julie Pike**  
Free Press Staff

The Brat Pack star Molly Ringwald put her celebrity status to use while campaigning at USM for Hillary Clinton, the Democratic presidential candidate.

On Tuesday Sept. 13, Ringwald and other representatives of the campaign set up a voter registration table in the Brooks Dining Hall on the Gorham campus. She met and posed for photos with students and faculty, while also showing her support for Clinton.

Ringwald is best known for her roles in John Hughes' films from the '80s, like *The Breakfast Club* and *Sixteen Candles*. The actress is also an author, singer and an avid supporter of Hillary Clinton.

Ringwald has been working for Clinton's campaign

for around a month. She wanted to support her in the election in order to ensure a good future for her kids.

"I feel like this is the most important election in my lifetime, and I want to make sure my kids have the same freedom that I was raised with," Ringwald stated. "I feel like Hillary is the only person who can do that."

"Hillary is qualified, she's smart, she's resilient and she has the experience," Ringwald replied when asked why she chose to support Clinton in the upcoming election.

Ringwald spent the day in Portland hosting various events to show her support for Clinton. Her day began with a meet-and-greet at Arabica Coffee House in Portland.

From there, Ringwald had an interview with a radio station, as well as an in-studio interview with the

news station WMTW.

The Clinton campaign sent Ringwald to Maine because of the upcoming electoral vote, which Ringwald said that could go either way.

Maine allocates two electoral votes, one to the popular vote winner, and then one each to the popular vote winner in each Congressional district, which Maine has two. This allows for multiple popular vote contests, which could lead to a split Electoral Vote.

"I wanted to make sure that the electoral vote goes to Hillary," Ringwald stated.

In Brooks Dining Hall, Ringwald and her associates encouraged students to register and let students know that they can vote early.

"It's important to get out

See **RINGWALD** on page 6



Photo courtesy of Aria Northrop

USM students Aria Northrop and Devyn Winter took a photo with Molly Ringwald last week.

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**Colin Cundy**  
Free Press Staff

College students around the country are acclimating to the difficulties of a new semester replete with new courses, new professors and other difficulties. Some of these difficulties are not so subtle. Full course loads, in addition to extracurricular commitments and part-time jobs are often combined with the knowledge that this most recent semester will sink them further into debt. Some students are turning to non-medical uses of stimulants. Stimulants are a branch of pharmaceuticals that, warranted or not, are also known by another name: study drugs.

Stimulants, also known as study drugs, is the classification for drugs such as Adderall, Ritalin and Focalin. These drugs can increase

about a student who took stimulants to get high with friends, and instead only calmed down. "While everyone else was getting high on Adderall," she said. "He was just sitting there calmly." This kind of reaction suggests that perhaps the student did, in fact, have an attention deficit disorder that was undiagnosed.

However, this is just an anecdote. One isolated instance where the misuse of a controlled substance may have helped someone self diagnose. When the facts are considered it becomes clear why self medicating without a prescription is a risk.

According to talkaboutrx.org, non-medical uses of stimulants can lead to cardiac problems, organ damage, addiction, pulmonary difficulty, seizures, heart attack, stroke and even death. Geyer also noted that improper

Another student, who also wished to remain anonymous, reported that his one-time roommate underwent severe mood swings when taking the drug. In both these cases, these students had prescriptions. While the use of stimulants is on the rise.

Research suggests that many drastically overestimate the rates of use to justify their own use according to the Medicine Abuse Project. Every student interviewed had stories explained that taking this drug has more to do with cash strapped students trying sell a plentiful resource.

According to todrugabuse.com, there were 21 million stimulant prescriptions for Americans 12-17 in 2011

So why do students feel the need to take stimulants? If it's to keep up with their course load, should it be enough to know that most users actually have lower GPAs? Is it for recreational uses? If so, perhaps it's enough to learn of the potential side effects and risks associated with such uses. The urge to get ahead though is strong - no one wants to get left behind and if taking a pill can keep you on track, despite there being no reason to believe it will, many are willing to do just that.

Within the USM community students who feel they might be struggling with addiction, or need mental help guidance, which could benefit from treatment can turn to USM's Health and Counseling offices on the Gorham and Portland campuses. If they have turned to these substances on their own and their use has become a problem, these same offices are available.

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**"While everyone was getting high on Adderall, he was just sitting there calmly..."**

- Anonymous Student  
University of Southern Maine

alertness, attention and energy, as well as elevate blood pressure, heart rate and respiration.

According to Diane Geyer, coordinator of Substance Abuse Clinical Services, when an individual who has Attention Deficit Disorder takes their medication as prescribed, the medication will have a calming effect. However, some students find ways to access it without having to get a prescription.

A student at USM, who wished to remain anonymous, relayed an anecdote

use can also cause hostility, paranoia, malnutrition, sleep deprivation and more.

Whether these so-called "study drugs" even bring about improved cognitive performance is a questionable premise.

"Studies have shown that students who do not have ADHD and use these drugs in high school or college have lower GPAs," Geyer said.

So why do students feel they need to take stimulants when the potential benefits are dubious?

# STUDY DRUGS

## WHAT ARE STUDY DRUGS?

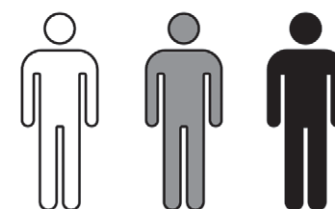


Study drugs are prescription stimulants like Adderall and Ritalin that are used inappropriately to increase mental focus and productivity for the purpose of studying

## WHO USES THEM?

**5%** of college students are prescribed ADHD medications.

**61%** of them share, sell, or trade their medication



2 in 3 college students get offered study drugs.

1 in 3 college students use them.

The two most common study drugs are:



Adderall



Ritalin

## ARE THEY BAD FOR YOU?

### YES! THEY CAN CAUSE:

- ⊗ high body temperatures
- ⊗ irregular heartbeats
- ⊗ heart attacks



They can be more dangerous and addicting than marijuana.

Orkhan Nadirli / Design Assistant

Information taken from Medicine Abuse Project and DrugAbuse.com

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From **RINGWALD** on page 4

there and start talking to people who might be undecided and give them information,” Ringwald said.

Currently, 90 percent of college students in Maine are in support of Hillary, which equals over 3800 students.

While Ringwald was there to support Clinton, she happily chatted with fans about her movies. However, her celebrity status and her support for Clinton did make an impact on students.

“When you see someone who is famous who claims ‘oh I’m voting for this person’ it makes you think, well maybe I should too,” commented Angela Simmons, a chemistry major from the class of 2020.

The USM Student Body President Humza Khan attended the event, to show his support for Clinton and his adoration for Ringwald.

When asked to comment on the idea of celebrities

campaigning for politicians, Khan replied

“It can be a positive or negative thing,” he stated. “As you see today, a lot of students are here just to see Molly Ringwald, not necessarily for politics or to support Hillary.”

However, Khan said he felt it was appropriate for Ringwald to campaign on a college campus.

“In college this is when we have the chance to express how we feel about politics,” Khan stated.

For celebrities supporting a political campaign, it can be hard to stay focused on showing their support for politicians. For Ringwald, she was happy to meet fans regardless of who they supported.

“I find it really lovely that people in different generations are fans of my movies,” Ringwald stated. “If that makes them more open to having a conversation about the campaign, that makes me really grateful

that I have that rapport with my fans.”

“I think people tend to be more open with me because they feel like they grew up with me and my movies,” Ringwald added.

Her day ended with a Hillary Happy Hour at Portland Hunt & Alpine Club on Market Street in Portland.

However, the day wasn’t all about politics for Ringwald. She shared how her day started with “the best lobster roll I’ve ever had in my life.”

Ringwald’s visit to USM and to Portland had a positive impact on both students and the Clinton campaign.

To credit The Breakfast Club’s unforgettable song, “Don’t you forget about me,” students at USM certainly won’t forget about meeting Molly Ringwald any time soon, regardless of their political affiliation.

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## Changes to take place in Multicultural Center

Mary Ellen Aldrich  
Free Press Staff

Mariana Cruz, the first assistant dean of diversity at USM, has many things in store for the Multicultural Center.

Cruz has organized many events and programs for the coming weeks at the Multicultural Center to help students feel more at home at the Multicultural Center. It’s planned that each month will have a theme that will then be reflected in each of the center’s programs.

A few of the upcoming events are monthly film screenings, monthly dialogue opportunities and art and creative expression opportunities. For the art and creative expression opportunities, Cruz plans to have participants generate art for the Multicultural Center.

The program, called Conversation Canvas, will in-

clude dialogue and conversation around a particular topic. Participants will then create a piece of art around that theme to be put up in the Multicultural Center with a note underneath that tells of the theme and some of the issues that came up around the theme.

Another program at the Multicultural Center will be Coffee and Tea Hour held every other Wednesday from 3-4 p.m. starting on Sept. 21, 2016. In addition to each month having its own theme, each Coffee and Tea Hour will feature different representatives from different USM offices and organizations.

This month’s theme is education and social justice, and will have David McKenzie, the new dean of students, talk about a life lesson and personal education experience from which he learned something, about his work at USM

and about how diversity and inclusion does, or can, fit into his work. McKenzie will speak for about 30 minutes, and he will then be followed by about 15 minutes of Q&A. Subsequent speakers will be from the counseling center, the financial aid center, the career center and from academic advising.

There will be many different opportunities for programming and events that will feed into the Multicultural Center’s larger mission of inclusion and maintaining an inclusive space that supports student success. While the Multicultural Center is still short-staffed, Cruz will soon be joined by Reza Jalali, the new coordinator. After Jalali joins Cruz, they’ll begin sending out announcements for the weeks’ programs.

Cruz believes in creating a dynamic space that revolves

See **CRUZ** on page 7



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From **CRUZ** on page 6

around the students. Her mission is to create a supportive space for students and for the Multicultural Center to help students thrive and succeed at USM. In addition to the educational and program changes, Cruz also recently replaced furniture in the Multicultural Center to help with the aesthetic side of the center.

The changes Cruz has made thus far must be heading in the right direction, as it drew the attention of Iman Mohamed, a freshman studying

computer science. In regards to her first visit to the center, Mohamed said, "I felt this is a place where I can come and do my homework and interact with other people. I needed a place. It's nice, people were playing games, studying. It was really exciting."

While Mohamed is excited about the Multicultural Center and its anticipated changes, she also hopes to see more open dialogue with everyone. Reminding people that difference in opinion is useful and welcome would be a good improvement.

In high school, Mohamed

participated in a student organization that focused on racial and educational equity within the school and having open dialogue at different schools. She hopes to see this type of organization here at USM.

William Chrysler, a freshman majoring in secondary education and biology, agrees with Mohamed on the subject of open dialogue. He believes USM needs more open dialogue, but that the mediator should be someone who has traveled outside of the U.S. or is from, or has lived in, another country. "We should have more discussion on different

racers," Chrysler said, "and it should be mediated by someone who is multi-cultured to educate people more. Instead of people thinking one's better than the other."

Under the guidance of Cruz and the rest of the Multicultural Center team, this increase in open dialogue should come to fruition. While the changes at the Multicultural Center seem to be going well, there's one more change that may need to be made.

Read the rest online:  
[usmfreepress.org](http://usmfreepress.org)

## In Brief...



### Local & State

#### Maine tribes looking to purchase traditional lands for healing power

Members of Maine's Wabanaki tribes are hoping a planned purchase of land along the Penobscot River is the first step in establishing a center for culture and healing in the state.

The 85-acre parcel, owned by Suffolk University, is in Passadumkeag and is the only available land access to Olamon Island, a historic and ceremonial gathering place for the Penobscot Nation, according to Tim Shay, president of the Wabanaki Cultural Preservation Commission.

#### Governor's views don't help as Maine's population dwindles

Leopold Ndayisabye, a Rwandan immigrant who works as a caseworker, has watched refugees, asylum seekers and other immigrants move to this city, fill health care jobs, send their children to school and line up to buy goods in the local

stores.

And increasingly, he said, he has witnessed their anxiety when Gov. Paul R. LePage makes sweeping statements denigrating asylum seekers, saying they are bringing diseases into the state or draining public money that should be going to people born in Maine.

"People are not feeling safe," said Mr. Ndayisabye, 46, the president of the local Rwandan association. He says he knows some immigrants who, feeling uneasy, have left for places like Ohio, Michigan and Washington State.

"Because it's from the governor's mouth," he said, "that's an official thing."

Community leaders and caseworkers here say that the unwelcoming stance of Mr. LePage, a Republican who strongly backs Donald J. Trump for president, has left many recent arrivals to Maine increasingly concerned about living here.

### National

#### National Museum of African History and Culture opens

The Smithsonian's National Museum of African American History and Culture opens on Sept. 24 in Washington after a long journey. Thirteen years since Congress and President George W. Bush authorized its construction, the 400,000-square-foot build-

ing stands on a five-acre site on the National Mall, close to the Washington Monument. President Obama will speak at its opening dedication.

Appropriately for a public museum at the heart of Washington's cultural landscape, the museum's creators did not want to build a space for a black audience alone, but for all Americans. In the spirit of Langston Hughes's poem "I, Too," their message is a powerful declaration: The African-American story is an American story, as central to the country's narrative as any other, and understanding black history and culture is essential to understanding American history and culture.

#### Two arrested in Georgia for false clown-sighting reports

Two people were in jail in Georgia on Thursday for calling 911 with fake reports of clowns trying to lure children into a van, according to police and local media, as claims of such sightings spread to a third Southern state.

Police in South Carolina, North Carolina and now Georgia have been on alert in recent weeks, chasing reports of people dressed as clowns and exhibiting creepy behavior. Most cases have not been substantiated, but accounts of costumed characters trying to tempt children with candy or cash

rattled residents and prompted increased patrols.

The Troup County Sheriff's Office in Georgia responded on Wednesday to a report of people dressed as clowns standing outside a white van. Deputies found the van at the scene but no signs of any costumes, the sheriff's office said in a statement on Thursday.

### International

#### U.S. says may have struck syrian troops

The U.S. military says it halted an air raid against the Islamic State group in eastern Syria after being told by Russia that it might have struck Syrian government forces. The U.S. Central Command statement was issued late Saturday, after Syria and Russia said the U.S.-led coalition had struck a Syrian military base in Deir el-Zour that is surrounded by IS militants, enabling them to advance.

The statement says "the airstrike was halted immediately when coalition officials were informed by Russian officials that it was possible the personnel and vehicles targeted were part of the Syrian military." It says "coalition forces would not intentionally strike a known Syrian military unit." The U.S.

All content is derived from ABC News, Portland Press Herald, Bangor Daily News, Reuters and USA Today.



## Police Beat

*Selections from the  
USM Department of  
Public Safety police log  
Sept. 2 to Sept. 5*

09/02/16

#### Don't drink liquor quicker

Liquor Law violation, Woodward Hall.

Intoxicated female transported to Maine medical Center. Report taken.

#### Mysterious marijuana smell

Drug complaint, Upton Hastings Hall. Odor of Marijuana 2nd floor Upton. No odor present, no report.

#### "No, I want to use the treadmill!"

Disorderly conduct, Sullivan Gym. Disagreement between two patrons. Resolved without further incident.

#### What were they stopped for exactly?

Motor Vehicle Stop, G7 parking lot. Verbal Warning issued

09/03/16

#### Bumper cars I guess

Motor vehicle crash, G6 parking lot. Two vehicle crash. Accident report taken.

#### What did the elevator do to you?

Vandalism, Upper Class Hall. Elevator light has been smashed out. Report taken.

09/05/16

#### Momma has your back

Wellbeing check, 28 Husky Drive. Dispatch noticed an intoxicated female on walk to Police Department. Officer looking for subject. Dispatch was advised that the subject has made it home picked up by mother. Two other intoxicated juveniles were found and brought to Police Station and parents were called to pick up.

#### Don't talk so loudly

Noise complaint, Upper Class Hall. Officer warned people on 1st floor dorm room.

*Police Beats are edited for grammar and style*

# Arts & Culture

Greenhouse on campus / 9  
Film & album reviews / 10  
Arts listings / 10



## King of Crows IV: ALL HAIL the king

*Deathmatch survivors duke it out one last time*



**Matthew Craig**  
Arts & Culture Editor

On Thursday, September 8, the crowbait club put on their King of Crows IV: All Hail the King, a selection of 10 shorts written and performed by members of the Crowbait Club. Each short was about ten minutes long. The Crowbait Club, a non-profit arts & culture club focused around theatre, currently has over 30 members and was officially incorporated as a non-profit in the state of Maine in July of 2015. The goal of the Crowbait Club is to “inspire, nurture, educate, and empower artists and audiences, thereby enriching and celebrating the Maine arts community and the culture of the community at-large,” and provides many actors and writers in Maine the opportunity to practice their crafts with their peers and before a crowd.

Every first Wednesday of each month, the club has a meeting, called a Theatre Deathmatch, in which 10 original plays written by members are performed, also by members. The au-

dience votes on which play they like best, and only one is crowned victorious. This event, King of Crows, is special because it consists only of fully produced performances of only the victorious plays from throughout the year.

The ten plays this year vary widely in theme and style, but are mostly rooted in comedy. The first, A Blonde Shock by Howard Rosenfield chronicles

*“What I love about the Crowbait club is that it brings so many crazy people from different walks of life together.”*

*-Callie Cox  
Stage Manager*

the life and legacy of one Sheila, who, even at birth, possessed a characteristic “shock of blonde hair.” The literary motif of her shock of blonde hair, along with that of her suitors asking her father for her hand in marriage, reappears throughout the play for comedic effect. This relieves darker elements in the plot for a fine balance between

silly and serious.

The sixth, entitled The Interview by David Body, explores a very interesting topic, that of demographic characteristics in the workplace. The un-named interviewer is instructed by her department head to conduct an interview online, in which the interviewee is unseen and the interviewee’s voice is masked. This piece plays on the fact that, in professional settings, it is

not considered appropriate to ask about things like ethnicity and religion. The audience is left thinking about the importance of such things, and why people concern themselves with them.

The final performance, All American Girls by Elizabeth Freeman, tackles a universal issue among sexually frustrated young males. The play chronicles

the experience of a man who loses out in a game of love to two foreigners who, in a surprising and comical twist, turn out to not be foreign at all.

In between each act, the stage crew came up on stage to clear props as the musicians, Lulu and the Murder Band, play a number that segways into the next piece. Rachel Friedman and Adam Ferguson, the two vocalists, also act in several of the plays. This made for an interesting continuity between cast and crew.

The King of Crows IV was inspirational to say the least. Callie Cox, the stage manager, loves the way that Crowbait Club brings together so many “crazy people from different walks of life... together,” and that shows in the final product of the King of Crows. For people interested in theatre, or who are looking for something a little different from auditioning for community theatre productions, the Crowbait Club will welcome you with open wings to a theatrical deathmatch.

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Matthew Craig / Arts & Culture Editor

CLOCKWISE: Jackie Oliveri, Ashley Thibodeau, and Paul Menezes bear witness to the birth of Sheila in A Blonde Shock; Lulu and the Murder Band groove with Rachel Friedman, who also acts in The Thing About American Girls and Love Somebody, providing vocals; Kara Haupt and Joe Quinn discuss their afterlife in Thunder; Sean Senior and Cory King as Jesse and Inner Jesse converse nervously with Rachel Friedman and Ashley Thibodeau as Pam and Inner Pam.

# USM has a greenhouse that you didn't know existed

**Jack Hahn**  
Staff Writer

Did you know USM has its very own greenhouse? Tucked away atop the science building on the Portland campus sits this peaceful strip of green, ripe with the scent of wet earth and new life. According to Professor of Biology Kenneth Weber, the greenhouse has been there at least as long as he has been at USM, since 1991.

"We use it as a department more now than we used to when I first got here in the '90s. Back then there was a lot of junk in the way which we got rid of," Weber stated.

Soon after Weber arrived at USM, Professor of Biology Theresa Theodose was hired and took over the greenhouse. A researcher

"It was a mess, more than it is now," he stated, poking fun at all of the dirt and plant parts scattered around the ground. "There used to be a big wooden structure along the wall for holding plants, but it was so rotten and moldy that bugs had started to infest it."

Baril got rid of the old structure and the vermin calling it home, and instead brought a different kind of insect into the greenhouse. These bugs, referred to as detritivores, feed on decomposing matter. He recently added composting bins to the greenhouse, in which he placed over 100 of the bugs he had collected by hand to help with the decomposition process.

"Over the years I have been working there, a great deal of organic matter ac-

when it comes to pest management."

When asked about the existence of the greenhouse, few science students seemed to know about it. Some knew of it but weren't sure exactly what it was used for. One student even thought it was on the Gorham campus.

If any science classes need a plant to use as an example or for a classroom activity, this is where those plants are grown. Any student who wants to perform experiments with plants can come, with permission, to partake in some horticulture. The greenhouse is full of dangerous plants and chemicals, which is why it is not open to the public. Baril described it as a tool for students to use.

"The greenhouse is a resource to students because it exposes you to horticultural practices, and in the process of honing those skills you learn a thing or two about botany," he said. "My experience in the greenhouse has been a practice in autonomy, which has been so valuable to me, because it has taught me about the work ethic of science."

Students eligible for Work Study are also more than welcome to apply for jobs in the greenhouse. These jobs would involve the upkeep of the greenhouse as a whole, as well as horticultural duties to take care of the plants.

As Baril put it, "Whether you're into horticulture or not, it's a fun and intriguing job that teaches you real skills."

To other students who do not have Work Study but would still like to have or take care of plants, the biology department will be hosting a plant sale by the end of the month. If you ever have the opportunity to get involved with the greenhouse in any way, it is highly recommended by a variety of people on campus that you should take it.

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Nathan Baril / Contributor

*Inside of the greenhouse located in the science building, senior biology major Nathan Baril sweeps up dirt at the end of the day. In the last pile he swept, seeds began growing even though he hadn't planted them. This is just another example of the interesting activities that take place in the greenhouse.*

"Over the years that I have been working here, a great deal of organic matter accumulated in many bins, so I started composting it with insects over the summer in an attempt to minimize that."

-Nathan Baril  
Senior biology major

named Tom Knight also began to conduct various experiments in the greenhouse. In one of these experiments he was trying to engineer plants to consume less nitrogen. Unfortunately, Tom Knight passed away a few years ago. Since that time the greenhouse has become a secret hideaway, where one student has brought it back to life.

Through the jumble of papirus, mycorrhizae and numerous other plants, senior biology major Nathan Baril discussed how he has played a role in the greenhouse over the past couple of years.

Baril, who is also a research assistant to Professor Theresa Theodose, is responsible for the major renovation and overhaul that has occurred here.

accumulated in many bins, so I started composting it with insects over the summer in an attempt to minimize that," he said. "So far it's working splendidly!"

Experimentation is, of course, the main purpose of the greenhouse. Baril's latest research project was focused on a native species of radish found on the beach. He was trying to determine what its primary source of nitrogen is. He tried to replicate the natural conditions in which the plant is found, but due to changes in light and nutrient levels the experiment could not be completed properly. But it's all just a part of the learning experience. As Baril put it, "I have gained a great deal of horticultural knowledge and skills, especially

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# Amphibious airplanes: Tom Hanks stars in Sully

John Rocker, Staff  
Aaron Halls, Staff

## Plot

Clint Eastwood's *Sully* follows the true story of air pilot Captain Chesley "Sully" Sullenberger (Tom Hanks) during this miraculous landing on the Hudson River on January 15, 2009, and simultaneously depicts the hearings that took place afterwards.

## What Did We Like?

**J:** I enjoyed whenever the film showed the events surrounding the landing. The film would show reactions from multiple angles besides those that were actually on the plane. The film would show people who were communicating with Sully, but also show the first responders heading out to the crash site. Sully certainly deserves credit, but it was also a collaborative effort. The scenes on the plane were also enjoyable to watch. Even though you knew what was going to happen, the lead up to the landing was still tense, especially when you see the

passengers freaking out to the shouts of "Brace! Brace! Brace!"

**A:** An aspect of the the movie that I enjoyed was the central performances. Tom Hanks gives a nuanced performance in the titular role. In the film, Sully is portrayed as someone overwhelmed by the attention from the media as well as members of the public in wake of the landing; Hanks does a fantastic job conveying this feeling of being overwhelmed using just his facial expressions. He also does a great job of portraying Sully as someone who is cool under pressure, an aspect that helps him make the difficult decision of landing the plane on the Hudson. Also excellent is Aaron Eckhart as Sully's co-pilot Jeff Skiles. As Jeff, Eckhart showcases some great comedic timing and portrays Jeff as a person that always has Sully's back, which makes his character likeable. Both Hanks and Eckhart have great chemistry, showing their characters comradery after having gone through an intense shared experience.

## What Did We Dislike?



Warner Bros. Pictures

**J:** The structure of the film is what bothered me the most. Don't get me wrong, the content that's in the film is good, and I even got involved with it at a certain point. The problem is that the film jumps between the hearings and the crash, and sometimes, it repeats itself, especially with a scene inside the cockpit. There's also some other flashback scenes that get thrown in there and I feel like they would have been used better at an earlier point in the film. I think if the film was arranged in such a way that it starts at the hearings and then goes to the crash as the hearing is happening, it would have worked better.

**A:** I have a similar viewpoint as John's. A minor critique I have is the repetition of scenes, specifically the landing on the Hudson. There is a large sequence of the film showing us, the audience members, what happened—but then a later portion of the film shows some of the same scenes again. I felt a little unnecessary having seen it before.

## Who Would Enjoy This Movie?

**J:** I think those looking for a good historical biopic will get the most enjoyment out of this film. It will leave you with a feel-good impression, so if you like that, you'll enjoy this film as well.

**A:** Similar to John, I feel like this is for fans of biopics, Tom Hanks, or Clint Eastwood's filmography. I also think that if you are curious to learn more about the "Miracle on the Hudson" and the people involved, you will enjoy this flick.

## Rating

**J:** Wait For DVD

**A:** A Must See

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# Escape into the world of Jeep and discover more than just a new planet

Krysteana Scribner  
Editor-in-Chief

"Change or Die," reads the first sentence on the back of my pastel-colored book titled *Ammonite*. It was a book I had asked to borrow from a friend, after noticing it was covered in dust, like an untouched treasure waiting to be discovered.

Nicola Griffith, the author of this science fiction novel, writes about one woman's journey to discover the secrets of a planet named Jeep. Readers can relate to the independent nature of the main character, while the trials and tribulations which she endures remind us of what it



Del Ray Books

means to live the human experience.

Marghe Taishan, the main character of the book, travels as an anthropologist to

Jeep in the hope of learning more about an endemic disease, named appropriately after the planet. While testing a vaccine against the virus, she also begins to explore the world around her, both through her scientific knowledge and her philosophical theories regarding the new world.

Planet Jeep is a described in detail throughout the text, often like a historical painting in which the meaning has been lost in translation. The narrator lingers on the sensory: the sight of the orange cream and indigo skylines, and the silence that fills the oxygen of this strange new planet. Her attention to specifics draws readers in with

a delightful, unique sensory experience that urges us to understand what it would be like exploring a world we know very little about.

Marghe, who goes on to travel across Jeep, lives and learns from a variety of tribes she meets on the way and begins participating in their cultures. From these people, she learns more about the planet she now calls home, and discovers that she, too, must decide whether she wants to travel or stay.

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Read the rest online:  
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## A&C Listings

### Monday, September 19

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

### Tuesday, September 20

The Kills  
State Theatre  
609 Congress St.  
Doors: 7:00 p.m. / Starts: 8:00 p.m.

### Wednesday, September 21

CHVRCHES  
State Theatre  
609 Congress St.  
Doors: 7:00 Starts: 8:00

### Thursday, September 22

Greensky Bluegrass  
State Theatre  
609 Congress St.  
Doors: 7:00 Starts: 8:00

### Friday, September 23

For King & Country  
State Theatre  
609 Congress St.  
Doors: 6:15 Starts: 7:00

### Saturday, September 24

The Devil Makes Three  
State Theatre  
609 Congress St.  
Doors: 8:00 Starts: 9:00

### Sunday, September 25

Brian Fallon & The Crowes  
State Theatre  
609 Congress St.  
Doors: 6:00 Starts: 7:00

What caught your eyes and ears this week? Email arts@usmfreepress.org

Want to submit an event?  
arts@usmfreepress.org

# Perspectives

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## Semester at Sea

**Bradford Spurr**  
 Free Press Staff

My grandmother told me that, shortly before my 30 hour radio silence with the world as I traveled ten thousand miles and countless time zones away from my home, Maine, I used to hate Maine. I was born in the suburbs of Massachusetts, a stone's throw from a T station and less than twenty minutes from the heart of Boston. Part of me will always remain in that semi-coastal and ridiculously historical state. Luckily enough for me my family stayed in New England, except the closest grocery store was twenty minutes away and our nearest neighbor was the scarecrow in the farm acreage a half mile down the road.

But I grew older. I came to respect the untameable wild that is Maine, the natural fortune that has been left to us, lest we squander it. The first time I left the country was when I boarded my plane to New Zealand, and I was

## Life is simple, the world hasn't ended... but you need to vote

scared. I had a semi panic attack in the LAX International terminal shortly before boarding. "What if I hate it?" rang through my head. But I calmed down. People would kill to be given the opportunity to travel to the bottom of the globe for five months and live in another country that isn't considering electing Donald Trump as president.

I brought something from home: a Red Sox hat I've had since I was at least 12. My mother bought it for me shortly before my first game at Fenway. It used to be Kelly green, a signature sign of the St. Patrick's day regalia made wildly popular in a hotspot for Irish pride, Boston. I wear it all the time here. I miss baseball, the crack of a home run swing, or the sound of a nasty slider returning home to the catcher's mitt. Here it is all rugby, cricket and futbol, not the sport that is currently lacking TB12.

I made friends, a home away from home, and I regret not bringing my Bean

boots. My roommate, Ollie, has become one of my closest friends here. He was bullied in high school for being different before coming out as gay. To me he is just Ollie, the sassy kiwi, and to my other roommate from Texas, Ollie is the first openly gay man with whom he has had contact (a revelation that blew my mind).

We go out to eat, we get coffee, and we sometimes go shopping, not so I can get fashion advice but so I can prevent him from looking like a member of the old guard of flamboyant Miamians, who he is so keen on emulating through gaudy paisley shirts. We drink beer (I am now 21 so it's legal either way), we play X-box and we talk about girls (and sometimes dudes).

It is normal, life is simple, the world hasn't ended. It wasn't until I saw first-hand someone speak out against Ollie that I realized hate is not something America has a monopoly on. I addressed the situation, and that 'tool'

will most likely think twice before spewing hate speech from a dying age of patriotism, dating back all the way to when we were afraid our own neighbors might be communists and when televisions weren't a household commodity but rather a luxury.

I don't want to use this column as a bully pulpit, but being here has made me realize something really important: You need to vote. It is your duty as citizens. I vote in even public elections, going so far as to writing my name in as a Library Trustee for my town, an elected position that I won after my mom wrote me in as well. It was an incredibly formative experience for me to have in the real world, and all because I showed up at my town office. It doesn't matter who you vote for, it just matters that you do. So please, when election time comes around, make an effort and make your voice heard.

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Bradford Spurr / Free Press Staff

On a hammock in Fiji, Bradford lounges and reads a book.

## Let's Talk About It

**Johnna Ossie**  
 Community Editor

How often do you say yes when you want to say no? I often find myself saying yes to my friends, my family, my partners, my bosses, my clients, the person on the street, to the acquaintance in the coffee shop—all when I would much rather be saying no. I say yes because I am scared of what it will mean if I say no.

From the time I was very young, I learned from my mother that the way to show someone you love them is to help them, invest time in them, and do what needs to be done for them. My mother taught me that saying "yes" is

saying "I love you."

Does saying "no" imply that I'm mean or uncaring? What does it look like to set a boundary? I have wondered how would it feel to say yes only when I actually meant yes.

So what is a boundary? The dictionary defines it as, "a line that marks the limits of an area, a dividing line." I would also define it as setting for yourself the limits of your physical, emotional and mental capacities.

A lot of women I know struggle with saying no. There's a long-ingrained fear of coming off as cold, or uncaring, or needy, or all sorts of other words that are used for women who are clear on

what they need and ask for it. That fear keeps women from setting firm boundaries. Cultural expectations have left me, my friends, and many of the women I know constantly overextending and bending over backward to keep others content.

Let's look at this scenario: Last week I took a walk with a former partner because he wanted to talk. Let's start from the very beginning of my lack of boundary setting in this situation. Part of me wanted to say no to meeting in the first place, but I still said yes, because I was afraid that saying no would come off as cold. The second thing that happened was that he asked me a question

I didn't feel comfortable answering. He kept pushing for an answer, then he said to me, "I don't like this, it feels like you're setting a limit."

Well, that's exactly what I was doing. I was setting not a limit but a boundary for our relationship. I was saying, "There are things I will tell you and things I will not, and that's my choice to make."

Then an amazing thing happened. He looked at me and said, "Ok."

Ok?! In all my fear of boundary setting, my fear of saying no, my fearing of not giving people exactly what they want, I have overlooked the fact the people who I want around, the people who are worth saying "yes" to, will be

the ones willing to hear "no."

I think many women are brought up to think that self-sacrifice is equal to love, and it gets passed down from woman to woman, mother to daughter. It's why my mother works and helps until she eventually collapses, gets overwhelmed, hides for several days and then starts all over again. It's why my aunts and grandmother cook family dinners, serve them, and clean up after them while my uncles argue and drink beer. It's the inability to say no, to put our own needs first, to focus on what we need to do for ourselves, without feeling like that act makes us selfish or self-serving.

Here's one thing: I am

self-serving. I am self-serving because I am learning to do what I need to do to take care of myself, and a lot of the times that means I have to put my own needs first. I also know that I need to take care of myself in order to take care of other people that I love. There's a saying, "You can't pour from an empty cup," and nowhere has that proved more true for me than in learning to set boundaries for myself. The more time I invest in my own needs, the more I am able to show up for my friends, my family, my job, and my school work in the best ways I can.

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## A Millennial's Conscience

## Solidarity with #NoDAPL and the indigenous population of Maine

Bryer Sousa  
Free Press Staff

Paul Street of counterpunch.org attempted to describe “the hideous long black Earth-poisoning and planet-baking snake that is the Bakken Pipeline” by way of writing the following on September 2:

“Beneath the cover of the endless presidential election season, which in Iowa started a year and a half ago, the Texas-based company Dakota Access LLC (a division of the corporation Energy Transfer Partners [ETP]) has moved methodically ahead with its plan to build this ugly, winding, and ecocidal tube of death. The \$4 billion, 1134-mile project would carry 540,000 barrels of largely fracked crude oil from North Dakota’s “Bakken oil patch” daily on a diagonal course through South Dakota, a Sioux Indian burial ground, 18 Iowa counties, and a Native American reservation to Patoka, Illinois. It will link with another pipeline that will transport the black gold to terminals and refineries along the Gulf of Mexico.”

The construction of this fracked-oil pipeline, known as the Dakota Access Pipeline (DAPL), has currently experienced a temporary de-authorization of development on “[Army] Corps land bordering or under Lake Oahe until it can determine whether it will need to reconsider any of its previous decisions regarding the Lake Oahe site under the National Environmental Policy Act (NEPA) or other federal laws.”

However, the joint state-

ment released by the Department of Justice, the Department of the Army and the Department of the Interior, quoted here, as Kelly Hayes notes, simply serves as a means of providing those opposing DAPL with the illusion that their voices are being heard:

“Let’s reflect on that for a moment: A company that recently sicced dogs on Water Protectors, including families, who stepped onto a sacred site to prevent its destruction, is being asked to voluntarily do the right thing ... Right now, all that’s being asked is that they play their part in a short term political performance aimed at letting the air out of a movement’s tires... So what did the federal government do? Probably the smartest thing they could have: They gave us the illusion of victory ... But if you raise a glass to Obama and declare this battle won, you are erasing a battle that isn’t over yet. And by erasing an ongoing struggle, you’re helping to build a pipeline.”

Moreover, without this most crucial bought of resistance, brought about by thousands of native tribal affiliates (who are assisted by more than 160 indigenous tribes in this effort) climate activists and backers of #BlackLivesMatter as a means of revolting against our plutocratic nation-state, as well as the tyranny of private corporations - who now act as the proto-financiers of our RECD society (Really Existing Capitalist Democracy, RECD)—the DAPL would have received gleeful authorization with little comment from the media. In

accordance with the Army Corps “reconsideration” of “previous decisions made,” I suspect that DAPL will once again be slated to cross Lakota Treaty Territory at the Standing Rock Sioux Reservation.

The establishment of DAPL would kindle a re-commencement of the fracking-frenzy (which Hillary Clinton helped bring about in other countries as Secretary of State) in the Bakken shale region, as well as jeopardize a fount of clean and fresh water for the Standing Rock Sioux and millions of citizens residing downstream of the Mississippi River. DAPL would also impact many localities that are sanctified by the Standing Rock Sioux and other aboriginal governing bodies.

In light of the given circumstances surrounding the current state of the pipeline, there is little I can do as a student, worker and family member, who needs to be present in Maine to fulfill obligations and the like, outside of dedicating a column to this particular cause. Be that as it may, Maine houses Native American tribes who are constantly under siege by the State, among other entities. As a result, it is time for those of us who care about preserving the sovereignty of Native Rights to rigidly align ourselves with the populations — whether the populations be in Maine or North Dakota—and do so with thoughtful organizing and mass actions.

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## Advising Advice

## Technology resources for non-techies

Lindsay Brissette  
Contributor

In a world where technology is catapulted forward every minute, it can be hard to keep up with the updates, new “apps,” and new software platforms. Online resources and classrooms are becoming the new normal and therefore having the “know how” to navigate them is becoming essential to being a successful student.

USM has a great resource in the Learning Commons—located in person on both the Portland and Gorham campuses. They have in-house Technology Assistants who can help walk you through the technologies emerging in your classroom. They also have a “LearningExpress Library” that is open to both USM students and the community at large as an online resource for support in computer applications such as Microsoft Office Suite and Adobe products.

To utilize the services of the Technology Assistants, you can go to the Learning Commons website under Tutoring and click on “Schedule a Tutoring Appointment.” You can also stop by the Learning Commons to schedule some time as well. To complement this, LAC also has great resources, with their IT Specialist and its Writing Center.

Outside of USM, some great online resources include [www.techboomers.com](http://www.techboomers.com) or [www.gcfllearnfree.org](http://www.gcfllearnfree.org).

GCF Learn Free is a great resource and easy to navigate. There are varying topics on the website and it’s not just limited to Technology. It also has reading strategies and math strategies as well. If you click on the “Technology” block on the website, you’ll be brought to a list of subtopics including Computer Basics, Gmail, Internet Browsers [Chrome, Explorer, General Basics] and Windows/ Mac guides.

They also have a “Tech Savvy Tips and Tricks” guide which can walk you through basic internet security, keyboard and mouse shortcuts, and some more basic “tech” skills.

TechBoomers has more articles on Social Media, “how to” App tutorials/ tips, and general Internet usage instructions. This is where you start if you need the bare-bones basics—how to search in google and change settings, how to use social media applications, and varying “everyday” websites. They also include more in depth “courses” on using google drive, dropbox, and gmail applications. This website is more for everyday usage—but very

helpful if your class utilizes social media, online news resources, and more “every day” internet resources.

Whether you’re a “non-techie” person or someone who needs a refresher on certain technological topics, there are resources available on and off campus including just searching for a tech topic on YouTube. Beyond the resources listed above, there are many websites with technology tutorials, including: [www.digitalliteracy.gov](http://www.digitalliteracy.gov), [www.digitallearn.org](http://www.digitallearn.org), [www.learnmyway.com](http://www.learnmyway.com) and many more found online for free. As always, if you have any questions regarding finding resources to help you navigate the online world of a student, ask your advisor! We are here to help.

## Contacts:

Portland/ Gorham: Learning Commons- (P), 2nd Floor, Glickman Library (780-4228), and (G), 1st Floor, Bailey Hall Library (780-5345).

LAC: Brian Pomelow, IT Specialist, [brian.pomelow@maine.edu](mailto:brian.pomelow@maine.edu), (753-6563), and the Writing Center, 753-6513 (technology tutoring)

All Campuses: Computer Help Desk: [techsupport@maine.edu](mailto:techsupport@maine.edu)

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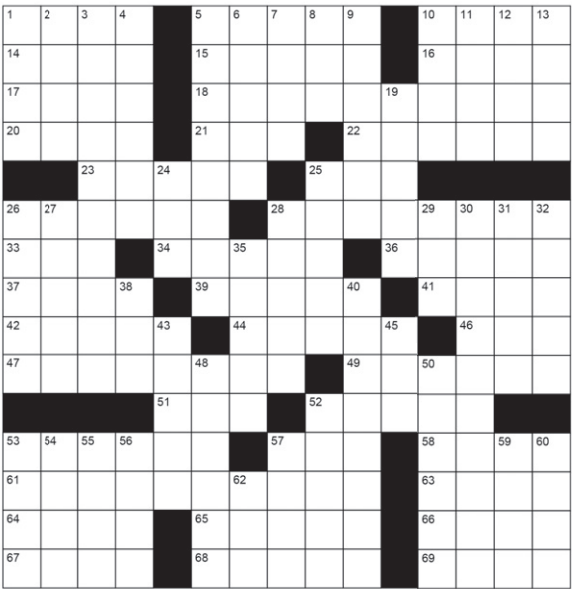
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Crossword

Across

- 1. Strikebreaker
- 5. Sri \_\_\_\_
- 10. Peruse the Internet
- 14. Sushi bar sheet
- 15. "Tragedy is \_\_\_\_ for the living to gain wisdom": RFK
- 16. Part of HOMES
- 17. Settles on, with "for"
- 18. Cyclones
- 20. Thailand monetary unit
- 21. \_\_\_\_ anglais (English horn)
- 22. Loyalist's answers
- 23. Russian mountain range
- 25. Avril Lavigne's "Sk8ter \_\_\_\_"
- 26. Walked purposefully
- 28. Lightly dismiss
- 33. Marching word
- 34. Nazi "race"
- 36. Run-down residence
- 37. Any thing
- 39. In a way, slangily
- 41. 3/9/70, for example
- 42. 1998 De Niro thriller
- 44. Musical scale letters
- 46. Ka \_\_\_\_ (southernmost Hawaiian point)
- 47. Golfer known as "The Big Easy"
- 49. Mutiny
- 51. Included on the email, for short
- 52. \_\_\_\_ boredom (be completely turned off)
- 53. Draw
- 57. Abbr. in a help-wanted ad
- 58. " \_\_\_\_ ain't broke..."
- 61. "A Tree Grows \_\_\_\_" (novel)
- 63. Fred's pet
- 64. First name in country
- 65. Ruhr industrial center
- 66. Danish footwear brand
- 67. Meeting of Cong.
- 68. Guitarist Allman
- 69. Card game beginning



Down

- 1. Hoity-toity type
- 2. Nightclub in a Barry Manilow song
- 3. "Little Big Man" director
- 4. European-style cafe
- 5. Legal assistant
- 6. Musketeer with Porthos and Aramis
- 7. Black, to Bernadette
- 8. Asian peninsula (abbr.)
- 9. Beatles song: " \_\_\_\_ Need Is Love"
- 10. Six, to a Spaniard
- 11. Holders of ashes
- 12. Sit in the passenger seat
- 13. Parker of "Daniel Boone"
- 19. Put on a scale
- 24. Oral surgeon's org.
- 25. Country inn, informally
- 26. Hobbits' home, with "the"
- 27. Privately instruct
- 28. Fritz and k.d.
- 29. Mason's carrier
- 30. It's in the West Wing
- 31. Curled-up position
- 32. Swift
- 35. Return, of a sort
- 38. Caesar's 1002
- 40. \_\_\_\_ Barbeau (actress)
- 43. Candy wafer brand
- 45. Payment for services
- 48. Came back, in a way
- 50. Canceled
- 52. Dean
- 53. Madams' mates
- 54. Patella location
- 55. Flows back
- 56. Sounds to skip by
- 57. "Born Free" lioness
- 59. Machu Picchu native
- 60. Belt item
- 62. Sch. in 1970 news

Cryptogram

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

IONV MVL QD OKP TRPSQCNWP EWRCHXN, SON PSNMBOQRPN CMVMENW KP TMWN-DRX SQ MPB, "IOMS'P LQRW HNND?"

And here is your hint: C = M

The solution to last issue's crossword



Word search

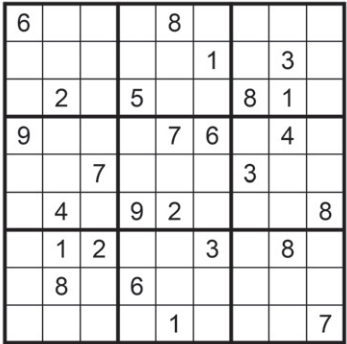
Theme: Autumn



Sudoku

Level of difficulty: Medium

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.



- autumn
- boots
- chilly
- cozy
- deciduous
- evergreen
- fall
- frost
- harvest
- hot beverage
- leaves
- migration
- orange
- rake
- red
- scarecrow
- scarves
- season
- squirrels
- sweater
- yellow



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# USM Community Page



## People of USM

**Muna Adan**  
Free Press Staff

Mention the American dream, and Americans tend to visualize a wealthy family living in a suburban home surrounded by white picket fences. Yet, to many immigrants who are chasing that dream, those same words evoke a chance to rebuild a life torn apart by war, poverty and persecution. To them, the American dream is the ideal that every American, born or naturalized, has an equal opportunity to achieve success and prosperity through their hard work, determination and initiative.

Reza Jalali was born in Qasr-e Shirin, Iran, amid the reign of Mohammad Reza Pahlavi—a dictator. He was encouraged to leave Iran by his family because the state was arresting anyone who was politically active. Jalali, at the time, expressed his thoughts and beliefs through politically motivated poetry. During his teenage years, his family sent him to India to seek higher education. Immersing himself in the culture and studying with students from various backgrounds provided Jalali with a rich experience that he would not have received if he stayed in his home country.

In 1979, as Jalali was about to graduate, the Iranian Revolution occurred. Months later, the revolution was followed by the Iran-Iraq War. After receiving his undergraduate degree in Engineering, Jalali returned to Bangalore University in Bengaluru, India.

“I went back to get another degree so that I could legally stay in India,” he said.

After obtaining his second undergraduate degree, Jalali accepted his fate of being a

displaced person. He had no country to return to and was at risk of being deported from India.

Facing an uncertain and dangerous future in Iran, Jalali applied for refugee status at the local office of the United Nations High Commissioner for Refugees (UNHCR) in New Delhi, India. His case was accepted immediately, however, the challenge was to find a country that was willing to resettle him. In 1984, he had an in person interview with United States immigration officials touring India.

“Many Americans do not understand that when you are coming legally to this country, the process is very, very long and complicated,” he explained. “It is nothing like what some anti-immigration politicians would have you believe. The vetting process, in terms of security, is quite complex.”

After an intense and lengthy process, Jalali relocated to Portland, Maine.

In 1985, when Jalali arrived, there was an active refugee resettlement community in Portland. Nevertheless, there were very few services and resources for them. Jalali was denied job opportunities because of his last name, where he came from, his accent and his background. Despite having two college degrees, he was unable to find a job. There were a lot of adjustments to be made. Now, looking back, he is pleased with how Portland, Maine, has evolved into a safe and accepting community. Jalali was an active member in creating that change.

“My passion has always been to be the voice for the voiceless and to bring visibility to our new neighbors, whom I prefer to call new Mainers,” he said.

## Reza Jalali, A New American Dream



Muna Adan / Free Press Staff

Reza Jalali poses for a photo outside of the Woodbury Campus center.

Jalali devoted his life to amplifying voices and changing the narrative of how less fortunate communities are perceived. He fights for the weak and speaks for those who are marginalized. He does this work because he does not want future generations to face the barriers and hostility that he did.

Jalali is an educator, a writer and a community activist. As the Coordinator of the University of Southern Maine’s Office of Multicultural Student Affairs, Jalali describes himself as a cultural broker between the University and the multicultural students.

In recent years, Jalali has been recognized for his accomplishments. In July, Maine Magazine included him in a list of 50 Mainers who are charting the state’s future. Similarly, in the 1990s, while he was serving on the national board of directors for Amnesty International, Jalali appeared on the Oprah Winfrey Show. The show focused on the issue of human rights across the world.

Immigrating to the United States was the beginning of Jalali’s new journey. He vividly remembers a day when

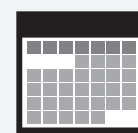
the beauty of living in this country became surreal. In 1992, Jalali was given an opportunity to travel to the White House as part of Amnesty International’s delegation.

“While sitting around this big table, I looked at my shoes and thought, ‘Wow, they know I am poor, all they have to do is look at my shoes and they know,’” he said.

The contrast between an expensive carpet and his worn-out shoes stood out to him. Jalali, a former refugee, was there to speak with Andrew H. Card Jr., the Deputy Chief of Staff during George H. W. Bush’s administration, to discuss the plight of Kurdish refugees fleeing Iraq in the aftermath of the Gulf War.

Jalali’s story demonstrates how, when provided the chance, one can rebuild their life, reinvent themselves and live freely and dignified—while helping others in the process. To come from a hopeless situation yet still be given an opportunity to dream, pursue and achieve is what this nation is built on. That is what the American dream is made of.

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## Community Events

### Monday, September 19

Social & Behavioral Sciences  
Major Info Session  
137 Luther Bonney  
Starts: 12:00 p.m.

### Tuesday, September 20

Sunset yoga in the park  
Bug Light Park, South Portland  
Starts: 5:30 p.m. / Ends: 6:30 p.m.  
Suggested donation \$5-\$15

### Wednesday, September 21

Film: Maya Angelou: And Still I Rise  
Space Gallery, Portland  
Starts: 7:30 p.m.  
\$6 w/ student i.d.

### Thursday, September 22

Chase the Chill Knitting Group  
Congress Square Park, Portland  
Starts 9:30 a.m. / Ends: 11:00 a.m.

### Friday, September 23

People Have the Power: Don’t Boo! Vote!  
Speak with local political candidates  
and hear local bands  
Bayside Bowl, Portland  
Starts: 6:00 p.m. / Ends: 10:00 p.m.

### Saturday, September 24

Common Ground Country Fair  
Hosted by the Maine Organic Farmers  
and Gardeners Association  
Unity, Maine  
Open Friday-Sunday  
\$10 advanced / \$15 at the gate

### Sunday, September 25

Noshbow Block Party  
Bands, Beers, and Pizza  
Slab Pizza, Portland  
Starts 12:00 p.m. / Ends: 7:00 p.m.

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

# Sports

**Tuesday**

**Field Hockey**  
vs. Plymouth State  
4:00 p.m.

**Tuesday**

**Women's Tennis**  
vs Plymouth State  
4:00 p.m.

**Tuesday**

**Volleyball**  
vs. Husson  
7:00 p.m.

**Wednesday**

**Women's Soccer**  
vs. St. Joseph's  
4:00 p.m.

**Thursday**

**Women's Tennis**  
vs. Thomas  
4:00 p.m.

## Meet the Huskies: Tiia Kand

**Erin Brown**  
Sports Editor

Tiia (pronounced Tie-ah) Kand is a year-round athlete here at USM. She participates in cross country, indoor and outdoor track for the Huskies. Out of the running shoes, Tiia is a junior international business major who's originally from Abbot, Maine, a small town in central Maine about two hours north of Portland.

Though she loves the out-

the Netherlands and was able to see neighboring countries, such as Belgium and France. Her next travel interest is Asia. "I'm super interested in Southeast Asia. I'm not even sure why, but I'd love to go there to teach English or just travel," she said about what she hopes will be her next endeavor.

This year is the third year Tiia has run for the Huskies. The great records and reputations the USM cross country and track teams have are what



Photo courtesy of  
USM Athletics

**"I always have the motivation to go out and run with people I like and a coach that pushes us to get better, which is great."**

- Tiia Kand  
student athlete

doors and peacefulness of her small hometown, Tiia said she chose to come to USM for a change of scenery and culture in general.

Fitting with her degree in international business, Tiia also is interested in learning and reading about international relations, as well as traveling abroad. This summer she spent time studying abroad in

drew Tiia to join the teams when she first started at USM. She said her involvement all started with her wanting to run indoor track, and her coach convincing her to train during cross country.

While it was a struggle to learn to run distance, Tiia said she loves being on the team and said she would be lost without being a part of it.

The team has been a motivator during her time at USM. "I always have the motivation to go out and run with people I like and a coach that pushes us to get better, which is great," she said.

Tiia not only loves the camaraderie of being on the team itself, but she feels she brings her own individual strengths to the team as well: "I feel I bring positivity, I'm certainly not the best member, but I feel I have improved and still have more room to do so. I like helping people achieve their goals and being a motivator as we all push each other."

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## Huskies edge Vikings 2-1 in home opener



Carly Coombs / Staff Photographer

Southern Maine used the home field advantage to improve to 3-2 Wednesday afternoon.

**Katie Harris**  
Staff Writer

Gorham, Maine — USM's women's soccer team kicked off its season at home at Hannaford Field on Wednesday afternoon, and won against Salem State with a 2-1 victory. The Huskies improved to 3-2 on the season in a tightly matched game. Salem State dropped to 0-5 on the season.

In what was an evenly matched game throughout, the Huskies pulled out the victory with nonstop communication both defensively and offensively. They made key plays when it counted the most. It looked like it was going to be scoreless at the half but Senior Analise Ross-Dyjak (Orono, ME/ Orono High School) scored with 5.8 seconds left to put the Huskies on top 1-0 to close out the first half.

The Vikings came back strong to start the second half, preventing an eventual shutout for the Huskies, when Junior Allison Celia (Hopkinton, Mass.) shot at the left post for her first goal of the season in the sixtieth minute.

The goal was assisted by Katie Brown (Milford, Mass.) who was left plenty of space between the defense and passed the ball to Celia for the score.

Five minutes later, the Huskies stormed back. Sophomore Sarah Michaud (Candia, N.H./ Manchester Central) took a shot into the goal for the game winner that put the Huskies ahead 2-1.

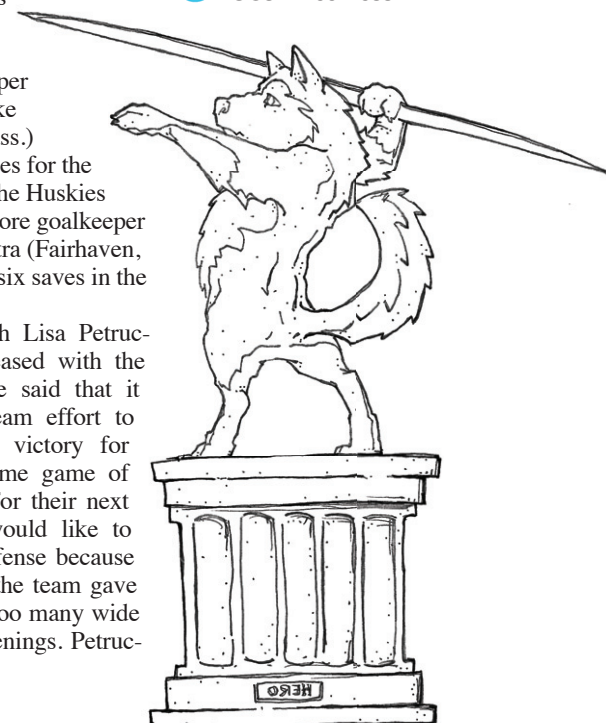
Salem State goalkeeper Amanda Backe (Danvers, Mass.) made two saves for the Vikings. On the Huskies side, Sophomore goalkeeper Taylor Canastra (Fairhaven, Mass.) made six saves in the win.

Head coach Lisa Petrucelli was pleased with the outcome. She said that it was a full-team effort to pull out the victory for their first home game of the season. For their next game, she would like to see better defense because she felt that the team gave Salem State too many wide defensive openings. Petruc-

celli also said that Canastra made key saves to keep the team in the game which gave the Huskies a greater chance to win.

The Huskies will return to Hannaford Field on Wednesday, Sept. 21 to take on the St. Joseph College Monks at 4 p.m.

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## HELP WANTED

## SALESPERSON

SOUTHERN MAINE SKI/BIKE SHOP



Southern Maine Ski/Bike shop is currently seeking a F/T and or P/T salesperson who is self motivated with a passion for skiing & cycling. Benefits include discounted lift tickets and discounts on merchandise.

**Please contact**  
**Dale or Bryan at:**  rogersski@myfairpoint.net  
 207-883-3669

# USM

## Graduate Studies Open House



# Save the Date!

**Monday, September 26, 2016**

**4:30 – 6:00 p.m.**

**Abromson Center, Portland**

Considering graduate study? USM offers 50+ programs at the master's, doctoral and certificate levels, including programs in Business, Education, Leadership, Creative Writing, Music, Policy, Planning and Management – as well as Public Health, Social Work, Counseling, Biology, Nursing and Occupational Therapy, among many others.

**Register at: [usm.maine.edu/gradopenhouse](http://usm.maine.edu/gradopenhouse)**

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