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CRUSADE'S LATIN PHRASE IN SGA OFFICE SPARKS RACIAL CONTROVERSY

BY KRYSTEANA SCRIBNER | P 5

"For the past 45 years, I don't know if the senate has done a thing for students of color. If we all unite, we can accomplish something for Muslims, for students of color, for every race and ethnicity."

- Humza Khan
Student Body President

Bernie Sanders rallies a crowd in Portland to support Hillary Clinton

Julie Pike
Free Press Staff

On Tuesday, Nov. 1, a long line of people waited eagerly outside the gymnasium of Deering High School in Portland. They were waiting to hear Senator Bernie Sanders, who was there to speak on behalf of Hillary Clinton's presidential campaign.

According to the New York Times, Sanders won the Democratic caucus in Maine last March, receiving 2,231 votes to Clinton's 1,232. Nancy O'Hagan, a Portland resident, attended the event because of her initial support for Sanders.

"He's is the only honest candidate and he's for everything that's for human beings," O'Hagan said. Since Sanders is so popular in Maine, Tuesday night's event had a large turnout of over 1,000 people.

Marilyn Thomas, a resident of Portland who attended the event, commented on the effect of Sanders campaigning for Clinton.

"I think Sanders being here brought a new group of people who were otherwise not interested in Democratic politics to support Clinton," Thomas stated.

Sanders has been campaigning all across the country for Clinton. This is the second time he has come to Maine. He recently campaigned for Clinton in Bangor on Oct. 7, which drew a crowd of 300 supporters.

"I intend to do all that I can to rally the American people to understand that we cannot have a president of the United States who disrespects women in such a deep sense," Sanders stated.

A majority of the people in attendance were devoted Sanders supporters sporting Bernie Sanders t-shirts, hats, stickers and other apparel. It appeared that only a few were outspoken Clinton supporters. There were also several Jill Stein supporters who held up signs for those waiting in line to see Sanders.

During Sanders' speech, a Stein supporter interrupted him, yelling at the crowd to vote for Stein instead. She was removed from the premises.

Most of the people at the rally were outspoken about being against Donald Trump for president, including Michael Shaughnessy, a USM art professor.

"It would certainly be a disaster to the world if we elect Donald Trump," Shaughnessy stated. "Quite frankly, I'd rather have a pile of rocks be president over Donald Trump."

Several people spoke about their support of Clinton before Sanders came out, beginning with Rep. Chellie Pingree. In her speech, she noted the importance of the upcoming election and encouraged people to get out and vote.

"This is the most serious election of our lifetime," Pingree stated.

After Pingree, Phil Bartlett, the chair of the Democratic Party in Maine, spoke about Sanders and Clinton's plan to alleviate college



Julie Pike / Free Press Staff

Last Tuesday, a group of people went into the gymnasium at Deering Oaks high school in Portland to listen attend a Bernie Sanders rally. He spoke on behalf of Hillary Clinton and urged voters to get out and support her cause as the Democratic Presidential nominee.

students' debt.

"Bernie Sanders worked with Hillary Clinton to build a strong college tuition plan so students can leave school without the crushing burden of student debt," Bartlett said.

The other speakers included Scarborough resident Elena Peters; Megan Casey, a teacher from Yarmouth; and Ben Waxman, a Portland resident. State Senator John Patrick from Maine's 14th Senate District introduced Sanders.

Sanders addressed many of the important issues in the upcoming election, beginning with the need to decrease the country's national debt and the failing of the nation's economy. "We can fix our economy by having millions of people stand up, get involved in the political process and demand that our government works for everybody and not just the few," Sanders stated.

Sanders spoke about how the middle class has been shrinking and more people are going into poverty, stating that there are currently 43 million Americans in poverty.

"Our job is to ask a very simple moral question, and it is important to subject a principle of morality into political discourse," Sanders stated. "The question is, is it moral and acceptable in America that the top one tenth of one percent now owns as much wealth as the bot-

tom 90 percent."

Sanders argued against the current tax system and that full time workers should not live in poverty. He also supports pushing the minimum wage to \$15 an hour. An issue that appealed to the younger generations in the crowd was the topic of tuition-free public college.

"In a highly competitive global economy, we need to make sure that everybody who has the ability and the desire is able to get all the education that he or she needs," Sanders said.

Sanders and Clinton support the idea that public college tuition should be free for every family in America that makes less than \$125,000 a year.

"This idea says to every child in Portland or any other city in America, if you study hard and do not give up in school, you will be able to get a college education and make it into the middle class," Sanders stated.

Sanders got a big applause from the crowd when he mentioned the problem of increasing student debt.

"What we've got to do," he said, "is give all people with student debt the ability to re-finance their loans to get the lowest interest rates possible."

One of the bigger issues Sanders addressed was health care. Sanders stated that America is the only country that doesn't guarantee

health care coverage to every citizen. Sanders brought up how other countries like Germany and Scandinavia guarantee healthcare for everyone in their nation. He believes that America can do the same thing.

The last issue that Sanders addressed was the issue of climate change. He mentioned the problem of fossil fuels hurting the planet and the need for renewable energy.

"The future of our planet is what's important," Sanders stated. After the event, Shaughnessy commented on Sanders' speech.

"He said all the things I believe in and it's great to see him out here even though he ran a tough race against Clinton," Shaughnessy said.

Although Maine is a more conservative state, Clinton currently leads in Maine over Donald Trump.

"This is a very close election," Sanders stated. "Maine has four electoral votes. Those four electoral votes make the difference of who is going to be elected the next president of the United States."

Aside from showing his support for Clinton, Sanders wanted to encourage the crowd to vote.

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Cover Photo: Krysteana Scribner / Editor-in-chief

LETTER FROM THE EDITOR

Krysteana Scribner
Editor-in-chief

As many of you know by now, anti-Muslim graffiti was found in the student government offices last week. This latin phrase, “Deus Vult,” meaning, “God Wills It,” was used as a rallying cry during the Crusades, and has more recently been used by alt-right individuals as an insult to Muslims. When I heard about the incident, I immediately wanted to cover it - no student should be made to feel threatened or endangered here at our University or anywhere else in the world. I wanted to witness the bravery of the students who stood up against the incident, wanted to clearly see an enactment of change come from the University of Southern Maine.

The racism that has allegedly been occurring in the Student Senate office is completely unacceptable. By staying silent and even considering “not reporting it to the police” only further validates the hatred and racism that has occurred on our campus grounds. It will not be tolerated, and hopefully the issue at hand will be addressed accordingly by the proper university officials.

To the students who have spoke up regarding their concerns about racism in the SGA office, and their experiences with microaggressions and other forms of harassment, thank you. It is individuals like you who are helping to create real change. To all our Muslim students, my heart aches for you. As a caucasian female, I am aware I will never know what it is truly like to experience discrimination because of the color of my skin, and I am saddened that you’ve had to experience such hateful rhetoric in your life. I stand by you, and will not stay silent if I am to bear witness to any form of behavior such as this.

The rally in Woodbury gave me goosebumps. Students bravely held signs depicting the words of senate members who had wanted to hide the evidence of what had occurred. These students spoke on behalf of their experiences. “When I heard about the incident in the Senate office yesterday, it hurt my feelings... not because I’m Muslim, but because I have Muslim friends, I live with Muslims, I grew up with Muslims,” said Nyawal Lia in a heartfelt statement to the crowd.

When the students occupied the SGA

office after the rally, they spoke about their experiences as Muslim students in an open discussion. “This is the first time I’ve seen such a diverse crowd in here,” said a former USM senator. “This is how it should be.” Other students expressed how, if the senate was as diverse as the room was that evening, it would be a true representation of USM.

At the SGA meeting last Friday, I expected to see a similar trend - students standing up for what they believe in, standing up for what is right and fighting back the hatred of these racist acts in a way that allowed discussion and various insights from all students - but the atmosphere was tense. Muslim students were angry, as they rightfully should be, but the way in which students addressed this anger and fear began to get aggressive. I sat in my seat, stunned by some of the hateful rhetoric from students who went up to speak at the meeting.

“I do not feel sorry for you guys. You deserve to cry and worse,” said one student, while another student said, “You’re just trying to cover your ass.” I heard the anger and frustration in the voices of these students, who have consistently tried to advocate with change but had seen no solid results. What happened next was behavior that, like the racism occurring on campus, breeds hate and pushes us further away from finding a solution to the issues at hand.

“I want to say to the Muslim community at USM that you should be hurt, you should be upset, you should be outraged about this - but, on the flip-side... this shouldn’t make you want them to feel like they should be “crying and worse.” Yes, they should feel bad, yes they should educate themselves, but saying you hope they feel worse than crying, where is the love in that?”

It was at this point that students starting interrupting her, chanting “Mic Check” over and over so her opinion couldn’t be heard. One student came up and gave a valid statement, but did so in a way that was threatening. She got up in the face of this speaker, who advocated kindness, and chastised her. “If you are not someone who has actively participated in the critiques that they are giving to students, you have no right, no reason, to discern or decide for them how they should feel.” And this I agree with to an

When tensions are high, discussion is lost and hate arises

extent. Yet, I don’t agree with the right to be violent when one person makes a statement so innocent, one that preaches kindness. You don’t have to forgive the actions of the senate, you do not need to feel love and kindness toward them, but you also do not need to demonstrate violence back. It only further wedges our community apart.

They told her to “sit down,” over and over again. When David McKenzie, Dean of Students, stated that their interruptions were not following SGA protocol, two students began to accuse him of targeting them because they were Muslim. “The senate is trash,” a voice rang from the crowd - and it was at this point that I felt a true pang of sadness in my soul. It was hatred from both sides that was tearing apart the community. This generation of Millennials, the people who grew up in times similar to my own, were unwilling to sit down and have an open and honest discussion.

This is not the kind of behavior we need, from either side. I stand by this opinion but I am always willing to learn new insights and perspectives. I stand by the Muslim community, and so many other people do as well. Racism will not stand at this university - but spewing more hatred and anger only dilutes what could be a discussion that could lead to real change. While I cannot say for sure what racism Colleen Ege has stayed silent on in the past, I know she wasn’t going to accept this Latin phrase as just “Latin,” in the way that the other senators did. She tried to take serious action, she immediately reported it, but still she is being told to “leave.” It’s not fair, or even appropriate, to suggest she “resign.”

I’ve talked to multiple officials on campus who share these ideologies - this idea that exclusive behaviors, from both sides, are born from fear, social circumstances and the physical and emotional wounds we’ve had inflicted on us. It’s time to take rise and offer dialogue that could truly propel us into a real possibility for reform at our university. Until then, it will only get worse, and tensions will only get stronger. I hope that we, as the generation of millennials, can break this chain of fighting hatred with hatred.

What Iceland's gender wage gap means for our university

Sarah Tewksbury
Free Press Staff

Though considered one of the world's foremost gender equal states, Iceland's gender wage gap indicates otherwise. On Oct. 24, thousands of female protesters left their jobs at exactly 2:38 in the afternoon. This is the time in a woman's typical eight-hour workday in which she stops being paid for her work. The protesters gathered in front of Iceland's parliament building to call attention to the 14 percent gender wage gap.

The recent protest was the third annual protest held in Iceland on Oct. 24, but this annual protest was not the beginning of gender equality demonstrations for the country. Forty one years ago, on Oct. 24, 1975, Iceland saw its first Women's Day Off, a day during which women did not go to their jobs or work in their homes. The focus of the demonstration this year, however, was on the "glacially slow pace of change," as USM Professor Susan Feiner described it. Every year Icelandic females gain only three minutes of fair wage earning time in their average eight-hour workday.

Within the past year, USM has established a partnership with Reykjavik University, in the hopes of broadening the relationship between the two academic institutions. Increased study abroad, internship and visiting professorship opportunities are among the intended outcomes of the newfound relationship.

USM has openly identified itself as an equal opportunity employer, though the most recent Gender Equity Report for the University of Maine System reported that female employees, without considering outside variables, at USM made an average of \$8,284 less per year than male employees in 1999. Taking into



Photo courtesy of USM Website

Senator Angus King and former President of Iceland, Ólafur Grímsson, visited USM's Portland campus on Oct. 26 to talk at an event titled, "Leadership, Exploration and Survival."

consideration rank, highest degree, discipline and length of service, the report showed that females still made \$851 less than males.

The newfound relationship between USM and Reykjavik University indicates there is potential for the partnership to develop adequate information sharing about the gender wage gap in order to progress in both nations. Equal pay for women would allow for a significant reduction of poverty in the United States. According to the Institute for Women's Policy Research, the "poverty rate for all working women would be cut in half" if women were paid the same as similarly qualified men. There is a national and local call to implement

policy changes to eliminate gender wage gaps and gender inequality in the workplace. In Iceland, examples of policies that show progress towards gender equity include free childcare and paid maternity and paternity leave.

The Global Gender Gap Report, produced by the World Economic Forum, released data in 2015 that showed Iceland ranked number one in the world in gender equity, while the United States ranked a mere twenty eight. Maine's gender wage gap ranks even lower than the United States' national average, causing Maine to fall even further behind Iceland.

"The University of Southern Maine has a lot to learn in general about the gender wage

gap," Feiner said. "It would be wonderful if in the USM-Iceland partnership we could have an engaging discussion around gender equity policies."

USM has made a strong commitment to ensuring equality for all individuals. However, the effect Iceland's gender wage gap protest will have on the USM community's relationship with Iceland will be interesting to see. To date, USM has made no public statement to support the protest in Iceland. When asked for a comment on USM's support of the equal pay demonstrators, the offices of the USM Chancellor, USM President, USM's Diversity and Inclusion Office and USM's Dean of Students did not respond.

"I'm not sure the goals for the partnership have been spelled out yet," said Bob Stein, executive director of USM's Office of Public Affairs. "We're not so good on wage equity in this country and we could certainly learn from Iceland."

In light of the recent protest, the women and gender studies department at USM would be interested in a partnership with the respective department at Reykjavik University. The importance of continuing the conversation about the gender wage gap in all employment opportunities will be a topic of discussion in the USM community in response to the newfound relationship between USM and Reykjavik University.

To calculate how the gender wage gap affects you, check out the Gender Pay Gap Calculator at <http://www.epi.org/multimedia/gender-pay-gap-calculator/>

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Noyes Street fire memorial

Nisbet found not guilty highlights Portland's housing problem and landlord accountability

Johnna Ossie
News Editor

Family and friends gathered in Longfellow Park on Oct. 30, to show support, share memories and remember those who died in the Noyes Street Fire two years ago this November. Some mourners placed carved pumpkins at the site of the fire.

The fire, which broke out early morning on November 1st in 2014, tragically claimed the lives of six young people, Nicole Finlay, Ashley Thomas, David Bragdon Jr., Steven Summers, Maelisha Jackson and Christopher Conlee, all who were under the age of 30. The fire started on the porch of the apartment and

spread into the home, and was deemed to be caused by an improperly discarded cigarette. It was the deadliest fire to take place in Maine in the last four decades.

The building's landlord, Gregory Nisbet, was found not guilty last week on six charges of manslaughter, brought against him by several of the families of victims. He was convicted with one fire code violation. The building lacked the proper amount of exits required for fire safety. When inspected, the multi-room apartment building was also found to lack adequate smoke detectors required for the amount of rooms.

See **NOYES** on page 6



Sam Hill / Contributor

Two years ago, six young Portland locals tragically died in a house fire. The building's landlord, Gregory Nisbet, was found not guilty last week on six charges of manslaughter.

Crusade's latin phrase in SGA office sparks racial controversy

USM investigating possible hate crime on campus

Krysteana Scribner
Editor-in-chief

PORTLAND - Last Tuesday, anti-Muslim graffiti was found in the student government offices. The Latin phrase, "Deus Vult," meaning "God Wills It," is currently being investigated as a hate crime by university police. The phrase was used as a rallying cry during the Crusades, and has more recently been used by individuals of the alt-right as an insult to Muslims.

An estimated 40 people showed up to rally in the Woodbury Campus on Thursday. Students gathered in front of the SGA offices with signs that depicted snippets of a facebook conversation had between some of the senators, where executive board members debated what to do with the findings. "Like I said, someone is offended... impose sharia and marital law," read one sign, which were the words written by Benjamin Bussiere, a commuter senator at the time.

Senate Clerk Colleen Ege attempted to ad-

dress the other executive board members with seriousness, saying that "yes, campus PD should be notified." She was met with backlash but student activists, as she had originally tried to "wipe it off" the wall and noted so during the facebook conversation. However, she claims she had, "already taken photographs, and already reported it to USM police."

Others in the group message attempted to dismiss the issue, and even suggested that the phrase, "go unreported if no one but them had seen it." It was this conversation, combined with the writing of the phrase and an alleged string of past racism and harassment experiences from students, that led to the rally.

Student Body President Matthew Raymond, who exposed the incident via Facebook, was praised by many on social media for his courage of speaking up to the public. However, not all University officials were happy about his actions. After the rally, while students occupied the SGA office, USM Dean of Students David McKenzie stated that students should put trust in the University's process.

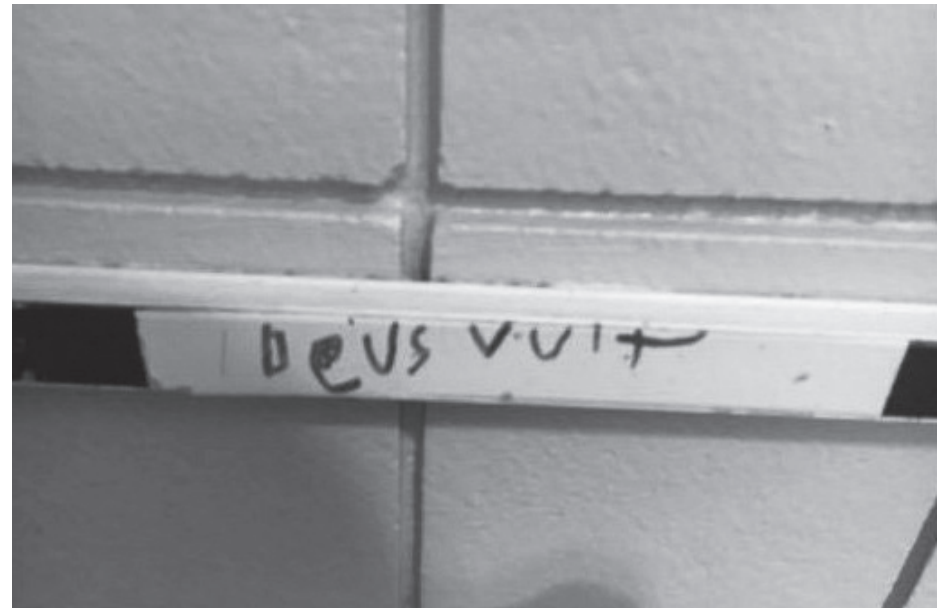


Photo courtesy of Portland Racial Justice Congress Facebook page

This image of graffiti was posted to the Portland Racial Justice Congress Facebook on Friday, after allegations arose that some USM senate members tried to cover it up.

"When it goes to social media, then we lose control because you open the door to allies and people who will vilify you and disagree with you," stated McKenzie. "I was a student on this campus a long time ago, and trust me, I've been through it. The process is going to work. I guarantee you. This has been on everyone's radar."

after many individuals had expressed feeling unwelcome and unsafe during past experiences with senate members.

"I want to recognize this is a good conversation. If you guys don't feel welcome, you need to join us," said Lia. "This is energy that needs to be put into the Student Government. I don't want students to just leave the conversa-

"When it goes to social media, then we lose control because you open the door to allies and people who will vilify you and disagree with you. I was a student on this campus a long time ago, and trust me, I've been through it. The process is going to work. I guarantee you. This has been on everyone's radar."

- David McKenzie
USM Dean of Students

At the SGA meeting on Friday, students and other members of the community went up to address their concerns in front of present senate members. Currently, half of the seats in the 21-seat Senate are vacant. Two student senators, Bussiere and Derrick Stanley, resigned on Friday, although Stanley did not make an appearance.

"I think all student senators should be removed," noted an anonymous speaker who questioned the legitimacy of the senate's fund distribution. Afterward, community activist and freelance writer Marena Blanchard stated, "Yes, it affects USM, but it affects the wider community at large. Let them know this will be a safe space. If we want to hold them accountable, we make a petition and organize. Commit and follow through."

Nyawal Lia, a commuter senator, stood up to address concerns from Muslim students,

tion here. Change is not going to happen if we don't get involved."

Because of the investigation, campus officials have still not released the name of the student who wrote the graffiti. Yet, the fight against racism on campus still has a long way to go.

"For the past 45 years, I don't know if the senate has done a thing for students of color. We make sure they start working for people of color," stated Humza Khan, the Student Body President of USM. "One person can only do one thing, but if we all unite, we can accomplish something for Muslims, for students of color, for every race and ethnicity, and make it a group that represents the entire university."

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2016-212P

From **NOYES** on page 4

The Noyes Street fire points to a problem with Portland's housing. Due to high demand and increasing rent prices on and off the Portland peninsula, landlords are able in many cases to neglect the proper codes and work that needs to be done to maintain rental units, because renters have very few options and apartments vacated will be easily filled by a new tenant in need of housing. Many buildings in Portland are old and out of date on modern safety requirements, which would take large amounts of

time and money for landlords to resolve.

Some buildings go without proper heat, apartment units that are unmaintained, or that are not up to code. One Portland resident reported that it took her landlord several months to fix her ceiling, which was coming off in large chunks onto her bed.

Out of state buyers who are looking for property in Maine are buying apartment buildings in lower cost areas of the city, causing evictions and lack of housing for working class people in Portland. Last December, a

24-unit building in Parkside was sold causing a mass eviction in the midst of a Maine winter. There are many new upscale condominiums being constructed all over Portland, including in East Bayside and on Congress St at the sight of the former Joe's Smoke Shop. Many worry that these condos will continue to displace and harm Portland's working class community as well as more vulnerable members of the community.

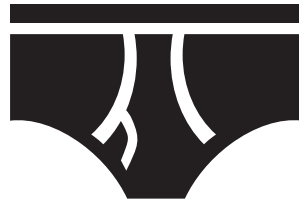
Renters are left in an unsettling position where they must look for housing, and may have to take less than de-

sirable housing if it is the only affordable option available.

After the Noyes St. fire the city faced harsh criticism for not keeping up with inspections of the building, which could have required Nisbet to make the proper changes for the building to be safe for tenants. Despite the city's promise to work diligently to keep this type of tragedy from repeating itself, many apartment buildings in Portland go unmaintained, placing tenants in danger.

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In Brief...



Local & State

Lepage wants to make it harder to send ballot questions to Maine voters

BANGOR DAILY NEWS — During a speech that's part of his ongoing effort to convince Maine voters to reject all five citizen-initiated ballot questions this year, Republican Gov. Paul LePage said Thursday that there should be a higher threshold for sending policy matters to a statewide vote. Speaking to the Lewiston-Auburn Rotary Club, LePage criticized the state's increasing reliance on ballot questions to make major policy decisions.

He said that instead of needing to collect signatures from 10 percent of voters in the last gubernatorial election, those wanting to get something on the ballot should have to collect signatures from 15 percent or 20 percent, a much tougher standard.

It would be "a big, big lift to get those names" if the number was hiked, LePage said.

In addition, the governor said, he's going to seek a change in the law to require that each of the state's 16 counties have to supply an equal percentage of signatures. An effort to require equal distribution of signatures among Maine's two congressional districts failed in the Legislature earlier this year.

National

Missing South Carolina woman found in metal container

NEW YORK TIMES — A South Carolina woman who was reported missing with her boyfriend in August was found alive on Thursday in a metal storage container on a remote 100-acre property and a registered sex offender was arrested in connection with her disappearance, according to officials and news media accounts.

The woman, Kala V. Brown, was in good condition and spirits after having been "chained up like a dog for two months," the sheriff for Spartanburg County, S.C., Chuck Wright, said at a news conference.

He said there was no sign of her boyfriend, Charles D. Carver.

Deputies were searching the property when they heard Ms. Brown banging from inside the container, which was 30 feet long, 15 wide and 10 to 12 feet high, television station WYFF reported.

International

Paris climate change deal becomes international law

BOSTON GLOBE — The Paris Agreement to combat climate change became international law on Friday - a landmark deal about tackling global warming amid growing fears that the world

is becoming hotter even faster than scientists expected.

So far, 96 countries, accounting for just over two-thirds of the world's greenhouse gas emissions, have formally joined the accord, which seeks to limit global warming to 3.6 degrees Fahrenheit. More countries are expected to come aboard in the coming weeks and months.

Amnesty International's Moscow office 'sealed by authorities'

BBC NEWS — Amnesty International's office in Moscow has been sealed off by the city authorities, say members of staff.

Arriving for work on Wednesday, they found official seals placed across the office entrances, the locks had been changed and the power was cut off.

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Police Beat

Selections from the USM Department of Public Safety police log Oct. 22 to Oct. 30

10/22/16

Sober 'em up, Sodexo!

Suspicious person, Woodbury Campus Center. Sodexo employee reports an intoxicated person inside Woodbury Campus Center. Subject had left the area when Officer arrived.

10/25/16

Party in the parking garage

Motor vehicle crash, parking garage. Caller advises that the parties have exchanged information all set.

Just checking on your wellbeing

Wellbeing check, Payson Smith Hall. Report of a possible missing student. Student located by Portland police department and was fine.

Someone stole the key... to my heart

Theft, Sullivan Gym. Caller report the theft of his key while at Sullivan Gym.

10/27/2016

Call the police! A sign was toppled!

Damage to University property. Stop sign in G20 was knocked over. Facilities notified.

Driving dangerously

Motor Vehicle Stop, School St. warning for operating at night without headlights.

10/29/2016

This is such a vague report

Assist Other Agency, Gorham police requesting assistance with a disturbance call off campus address. Assistance given.

10/30/2016

Hellish Halloween hangovers

Medical Emergency, Brooks Student Center. Officer found an unconscious male on the lawn of Brooks Student Center. Rescue called, transported to Maine Medical Center

Police Beats are edited for grammar and style

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Arts & Culture

Avenue Q: a mature puppet musical / 8
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ESCAPING THE ESCAPE ROOM

Ryan Jordan / Design Assistant

Dionne Smith
Free Press Staff

Have you ever wondered what it would be like to be stuck inside a room where you needed to solve puzzles and riddles to get out? Have you ever played a similar game and wished you could do it again? Or maybe actually been stuck inside a room and had to figure out a way to get out and found it fun? Well, GTFO Escape Rooms is a perfect activity for just that!

On Thursday, Oct. 27, GTFO Escape Rooms came to Gorham campus and set up a few escape rooms for the students to maneuver through. Different students all went through trying their luck at the tricky escape rooms. Russell Littlefield, the co-owner of GTFO Escape Room, and a fellow USM student explained what exactly the escape rooms are:

"In any escape room players will be solving puzzles and riddles while using logic

open for business." Russell explained the origins of GTFO's creation. There are two different types of escape rooms at GTFO, one of them being Calcifer's Conjuring, a magic-themed room where in order to escape you must do magic to impress the great magician Calcifer, who is a mystical painting who can magically communicate with the players.

Up to eight people can participate in this room at one time. Trapped in a Horror Movie is the next room, where you must make your way through a dark, mysterious lair with strange occurrences happening throughout the lair. In this room there can be up to 10 people at a time. While children of all ages are welcome, GTFO believes that children ages eight and up are best suited for Calcifer's Conjuring, and children ages 13 and up are best suited for Trapped in a Horror Movie.

These rooms are quite challenging and will need a real group effort to complete.

"Each player experiences a rush of adrenaline as they solve puzzles with their friends and share their frustrations... when they're on the final puzzle with the clock ticking down to the last few seconds and they open the final door in time to become buzzer beaters."

-Russell Littlefield
Co-Owner of GTFO Escape Room

and communication to escape in 60 minutes or less. These escape rooms may have different themes and the puzzles in the room will be based around that theme," Littlefield explained. GTFO Escape Rooms has been around since February.

"A year ago me and my business partner went on a trip to California and played an escape room there. We loved the concept and couldn't stop talking about how to bring it to Maine. Six months later we were

Calcifer's room has only a 25 percent success rate, and the Horror room has a 35 percent success rate. Even Littlefield has gone through seven different escape rooms and only has a 43 percent success rate. But do not fear, Calcifer is generous, and provides unlimited hints. In exchange for a hint from Calcifer, he will ask players to tell a joke, or to amuse him in some way. In the Horror room, however, the group only has three hints to work with. Also, if a group fails to



Photo courtesy of Russell Littlefield

Littlefield and company pose together at GTFO headquarters. From left to right: Russell Littlefield, co-owner; Sosanya Pok, gamemaster; Richard Reynolds, co-owner.

finish a room in the hour that they're given, the group is given bonus time of a few minutes to ensure that the players get to see the end of the room.

Also, if one of the player begins to feel claustrophobic, or is beginning to have a panic attack, the door the group entered from can be opened. Luckily, though, GTFO hasn't experienced that with their participants. These escape rooms are a fun and exhilarating activity, even if you don't complete the room.

"Each player experiences a rush of adrenaline as they solve puzzles with their friends and share their frustrations. It's an experience that anyone can enjoy. Players get the most enthusiastic when they're on the final puzzle with the clock ticking down to the last few seconds and they open the fi-

nal door in time to become buzzer beaters," Littlefield said.

Players tend to have a lot of fun when running through these rooms, laughing as they find out they've held a combination to a lock for the last ten minutes.

"Sometimes we get customers that are screaming because they are so giddy to be in the room and get out in time," Littlefield said.

For \$23 a person, this is a great experience and it's great fun. Also, you can schedule the escape rooms for birthday parties, date night and for team building exercises. Going through a series of puzzles and riddles is great for groups of friends to have fun, and create memories.

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Avenue Q Mature puppet musical

A multi-disciplinary production of Marx & Lopez's work

Matthew Craig
Arts & Culture Editor

Racism, homosexuality and homelessness—these are just a few of the themes present in Avenue Q. Intended for an adult audience, USM's latest student-produced musical takes much of its inspiration from Sesame Street and adapts that show's ideas to something more realistic. While there are indeed puppets on the stage, and this play is in no way intended to be taken seriously, the characters are more realistic than those you might expect from something made for children.

The play opens by introducing Princeton, the newest inhabitant of Avenue Q. The opening song, entitled "What Do You Do with a B.A. in English?" is sung by Princeton as he worries about his future and job prospects. More characters then make their appearance on stage, including Kate Monster, Princeton's monster neighbor, Rod and Brian, roommates with very different lifestyles, and Gary Coleman, the building's superintendent. Yes, the superintendent is the child star Gary Coleman.

This production by USM seemed ambitious, which is part of what made it so interesting. Reportedly, it was not that big of a challenge to many individual performers. Though some found learning to use the puppets effectively to be difficult, everything else about the production was "relatively easy," said Sam Allen and Drew Masse. Sam and

Drew played Nicky and Brian respectively. The stage manager, Emily Baker, found her responsibilities not to be very challenging. An exception to this was when Baker was "help[ing] to undress the puppets," which she said was one of the most challenging things to do in the show. With a limited amount of time and a notably high number of costume changes, those involved needed to be efficient and well-practiced.

Once the show began, there was a lot to take in. To the left, there was a full band, and at center stage, there could be as many as 18 actors performing at once. If there was anything in the show that left something to be desired, it would have been the set. It was rather bland, but since this was a puppet show, anything that stood out more might have detracted from the experience of the puppets.

The puppets were very interesting, with quite a variety present. There were some that were operated by a single person, with one arm fully animated by the puppeteer. Others were animated by two people, such as Trekkie Monster. The supporting puppeteer for Trekkie Monster also had other roles. This was not a traditional puppet show, and the cast was mixed between puppets and human actors. Of course, all the puppets were operated by people, but some actors had no puppet at all. One actress without a puppet, played by Sarah Flagg, was the offensive character known as Christmas Eve, who is a Japanese woman.

One of the biggest challenges of this production is the lack of diversity in the cast.



Photo courtesy of Lori Arsenault

The cast of Avenue Q chills on the stoop, brandishing puppets.

The show itself is very offensive, with many racist jokes and racist ideas in portrayals of characters. Having a cast made up of white, Anglo-Saxon people made it very difficult to portray characters such as Gary Coleman and Christmas Eve without being too offensive. Of course, the cast approached the play in such a way that it didn't come off as malicious, and none of the actors tried to modify their appearance other than changing their clothing, in order to look more like their characters. The play was intentionally written to

joke about sensitive subjects like race and sexuality, but with more tact than a show like South Park.

Overall, the production was excellent. The music was expertly played, voices were well matched to characters, and the puppet operation was masterful. When opening night sold out, the cast was pleasantly surprised. They delivered a performance that was worthy of the anticipation that it generated.

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WOVEN: Skudera's mixed media masterpiece

Katie Harris
Free Press Intern

There is that saying where a picture is worth 1,000 words. Can we say the same for fiber art? The WOVEN Art Exhibit by Gail Skudera is on display at the USM Portland campus on the fifth floor of the Glickman Library. Each of the 43 pieces in the exhibit has its own uniqueness and theme, and makes you feel that you are part of the story being told. However, there are two sides to every story. An example is when you see one of Skudera's pieces from afar. At first, it looks like a regular photograph. Yet, as you walk closer, the photograph turns into a quilt. It's like something that your own mother could make, but the technique used in this fiber art is called weaving.

Skudera has been creating woven mixed media for 20 years. She uses different pro-

cesses in order to make these pieces. She has a background in weaving and textile printing and is moved by how weaving can bring itself to life through many forms of self-expression. In a recent interview, she said she started to weave portraits by drawing or painting in front of a subject. When Skudera began to create bigger portraits she became interested in artist Vincent van Gogh. When she was doing extended research on him, Skudera came across a black and white photo of Gogh when he was 12 years old. She was inspired by this photograph.

"The photograph, in some way, spoke to me," Skudera said, "in that it engaged me in the act of looking. I used this photograph to make a series of 10 woven portraits of Vincent as a child."

In this exhibit, there are three images of Vincent. Skudera's most recent work was completed earlier this year.

The fifth floor of the Glickman Library is where local or out-of-state artists/photographers are put on display. The library works with the Maine Museum of Photographic Arts (MMPA) Director Denise Froehlich to bring these exhibits to Glickman for students, professors, faculty and any member of the USM community.

With each portrait that's woven into a quilt there's a story to be told. Each color can represent a feeling, emotion or an event that happens in our lives. The black, white and grey portraits can represent sadness, darkness or something in an historical context. No matter what the colors are, Skudera's work allows others to self-reflect with every fiber. A piece can remind us to look back on what went on in our lives. Yet, it all depends on which portrait you look at. Skudera wants others to learn how to be grateful for what we have. Each portrait represents an event

someone actually went through in their lives. Life is not an easy journey. We all struggle, but in the end, that struggle has gotten us to where we are right now. When Skudera teaches her students, she gives the following advice:

"I like to encourage students to pay attention to what they find themselves looking at or are attracted to. Also, to look for inspiration in other artists' works that they feel drawn to while being true to themselves."

Skudera plans on creating more portraits of woven fiber work next month. This exhibit will be on display until Dec. 30, which will give people an opportunity to look at her phenomenal work. There will be a conversation with Skudera on Thursday, Dec. 1, 2016, from 6-8 p.m., 423/424 Glickman.

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HEAVY ROTATION |

WHAT CAUGHT THE EYES AND EARS OF OUR STAFF THIS WEEK

Even hardcore Hanks fans might want to skip *Inferno*

John Rocker, *Staff*
Aaron Halls, *Staff*

Inferno is based on the fifth book of Dan Brown's Robert Langdon series. The film is a sequel to Ron Howard's adaptations of Brown's *The Da Vinci Code* and *Angels and Demons*. Robert Langdon (Tom Hanks) wakes up in a hospital in Florence and can't remember anything that has happened in the past two days. When an unknown assailant starts shooting at Langdon, his nurse, Sienna Brooks (Felicity Jones), helps him escape from the hospital. As the two begin recovering Langdon's memories, they learn of a viral plague known as *Inferno*, which will be released soon and, when it is, it will kill billions of people. It's up to Langdon and Brooks to find the virus before it is released.

What Did We Like?

A: Despite working with material that does not allow them to showcase their talent, cast members Tom Hanks, Felicity Jones and

Ben Foster do their best with what they are provided and give solid performances. Hanks and Jones have good chemistry and a fun dynamic.

Their characters are highly intelligent, and Zobrist (Ben Foster), despite his limited screen time, makes an impression with his character's philosophical speeches about reducing the population. This film also features a variety of settings as the characters travel around the world throughout their adventure. This gives the film a lot of visually pleasing location shots.

J: I agree with Aaron on the performances, especially Tom Hanks'. It seems like he's trying the most. This film does pose an interesting question about the state of the world's population, but it doesn't ever do that much to make us think about it.

All we ever get are bits and pieces of Zobrist explaining his views and that's not enough. They could have gone into more detail, but they didn't. I believe if they had explored



Columbia Pictures

that question more, it would have been a more engaging film.

What Did We Dislike?

A: Throughout *Inferno*, plot elements and plot twists are constantly being thrown at you as an audience member; this makes the viewing experience feel very disorienting leaving you caring little to none about it's characters or plot. These problems culminate in the film's final act where messy story structure makes for an unsatisfying conclusion.

J: Disorienting is definitely the best way to describe this film. The first part of this film is jumpy with its editing and includes a bunch of random shots that don't mesh together. It felt like Howard gave the camera to a young child learning how to use it for the first time. Sure, one could argue, "That's how Langdon was feeling, so we should be feeling the same way," but the thing is that it's not visually pleasing to watch. It could have been handled better.

Who Do We Think Will Like This Movie?

A: I think that if you are a fan of *The Da Vinci Code* and/or *Angels and Demons*, you may want to check this out. Otherwise this would be a film I would skip.

J: I agree with Aaron. It's not worth your time or your money unless you are truly interested.

A & J: Avoid it

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Video Games: *Ghost Trick* is an easily overlooked masterpiece

Matthew Craig
Arts & Culture Editor

Ghost Trick, a video game originally released in 2011 for the Nintendo DS by Capcom, was later ported to iOS. The game was critically well-received, but sales were not very good at all. Though the game sold very well in Japan, it didn't do as well in the United States. The game is very original, and there is really nothing else quite like it. The protagonist of *Ghost Trick* is Sissel, a dead person with

total amnesia. Sissel finds that his soul is still alive and that he is able to perform 'ghost tricks' at will. Sissel's soul is only able to survive for a limited amount of time, before it disappears at dawn. The main premise of the game is that, as the story progresses, people are killed. Each time a person is killed, a ghost is able to travel back in time by five minutes in order to save them using ghost tricks. This can be done repeatedly until the person survives. Technically, this would be considered a puzzle game, but the story is

really what makes it so incredible. It's extremely compelling to witness murders and other untimely deaths, time travel in order to save them, and uncover new clues about Sissel and his associates. *Ghost Trick* is full of surprises, not only in the story, but also in gameplay elements. Everyone should experience this piece of inspired writing and rock-solid gameplay mechanics.

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A&C Listings

Monday, November 7

Frankie Cosmos
Space Gallery
538 Congress St.
Doors: 7:30 Starts 8:00 p.m.

Tuesday, November 8

Nicole Rabata
Blue
650 Congress St.
Starts 7:30 p.m. / Ends: 10:00 p.m.

Wednesday, November 9

Atmosphere
State Theatre
609 Congress St.
Starts 7:00 p.m.

Thursday, November 10

El Ten Eleven
Port City Music Hall
504 Congress St.
Doors: 8:00 Starts: 9:00

Friday, November 11

Highly Suspect
Port City Music Hall
504 Congress St.
Doors: 8:00 Starts: 9:00

Saturday, November 12

United States Army Jazz Ambassadors
Merrill Auditorium
20 Myrtle St.
Starts 7:30

Sunday, November 13

The Adulthood School
One Longfellow Square
Starts 8:00 p.m. / Ends: 10:30 p.m.

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

Want to submit an event?
arts@usmfreepress.org

Perspectives

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Crossword and word search / 13

USM launches a food studies program

Michael Hillard
Contributor

In recent years, food has become the “It” phenomenon in greater Portland, and really the state and nation as a whole. Maine’s organic farmers, long a strong presence in our economy, are finding new markets in Portland and elsewhere through farmers’ markets and local restaurants that feature mostly or entirely locally grown food.

A walk around Portland’s Bayside neighborhood is all it takes to realize that micro-breweries, fermentories (kombucha anyone?), and local coffee roasters are sprouting like weeds. Less apparent to the eye is a huge food activist culture in Maine, with remarkable leaders working aggressively to address society’s loftiest goals right here in Maine, including environmental sustainability and the fight against climate change, or campaigning to end the widespread hunger that sadly plagues a large percentage of Maine’s population.

USM is now embarking on an initiative to become a major player in the Maine’s food scene. We are in the process of launching a first- in- the- state program in Food Studies. Starting in January, students can study the big picture food systems issues, and learn applicable professional skills that can help a student find a career in this field. Faculty, staff, and students in the program are already working closely with food system activists to help build a better Maine and world, and students

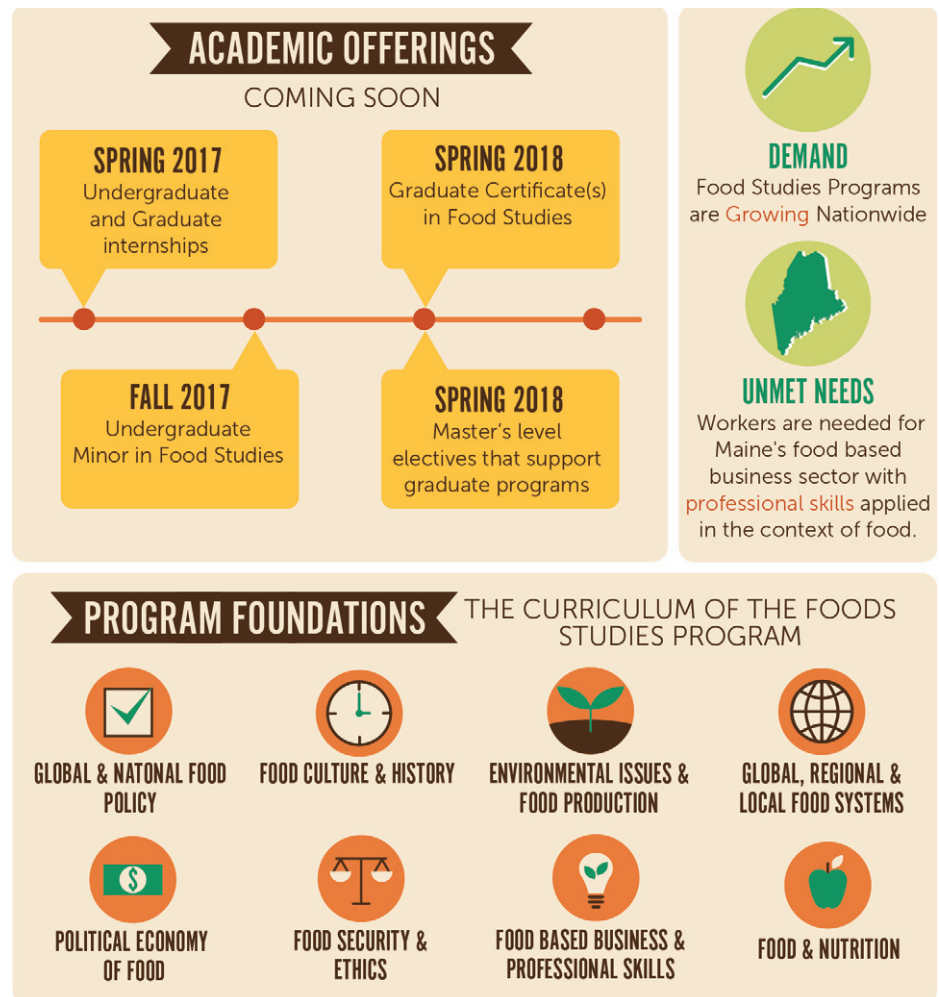
will benefit from their own and their faculty’s involvement in the most exciting policy and business ventures in Maine’s food system.

What’s also remarkable about the Food Studies Program is that it will bring together premier faculty talent and provide extensive support for everything from a large number of paid internships to bringing in nationally famous food speakers. All of this thanks to a generous award from Maine Economic Improvement Fund (MEIF), a public-private partnership that supports economic development through the University of Southern Maine and University of Maine–Orono.

Crucially, last year MEIF supported a team of faculty and staff that spent the past academic year carefully researching the characteristics food studies programs in New England and across the nation, and carefully connecting to local experts and business leaders in food studies. This enabled us to design a program that is at the cutting edge of one of the fastest growing academic fields in the U.S. For students, this means coursework in the social, economic, and environmental factors impacting food systems at all levels: local, regional, national, and global, combined with courses in practical application of this knowledge to real world problems.

When can you start? Next semester. In the Spring (2017), students can take advantage of our newly created Food Studies minor, and we will offer the minor’s three required courses:

See **FOOD STUDIES** on page 12



Hannah Lyon / Design Director

Our Opinion

Editorial Staff
The Free Press

The election is three days away and collective tensions are high. Early voting in Maine ended on Thursday, and lines remained long at City Hall up until the final day. People are scared, anxious, and deeply concerned about what could happen in the U.S. if Donald Trump wins the presidency.

The Trump/Pence campaign is dangerous to marginalized communities. Trump has vowed to defund Planned Parenthood and “punish” women for getting abortions. He said he would like to ban Muslims from entering the US and plans to build a wall along the border of Mexico and the United States. He has said that Mexican immigrants are rapists and criminals. Until recently he perpetuated the myth that President Barack Obama wasn’t born in the U.S.

The election is this week and tensions are high

His running mate Mike Pence has proposed in the past that money be taken away from HIV/AIDS research and instead put towards conversion therapy. Conversion therapy is a false therapy used by the religious right that claims to be able to change a person’s sexual orientation. It has been banned in several states because the effects are so detrimental to those “treated.” It’s important to remember that in the past in the U.S., conversion therapies included electroshock therapy and castration for gay men.

Many, many people have a lot to lose in this election if Donald Trump wins, but perhaps more disturbing than Trump himself is the collective mindset that has gotten him this far. If anything positive has come from Trump’s candidacy, it could be the exposure of the racist, xenophobic side of America that has been often ignored and hidden by many.

Even on our campus, the racism and Islam-

phobia perpetuated by the Trump campaign infiltrates what should be a safe learning environment for all students. Muslim students and allies came together to protest outside the student senate office after anti-Muslim graffiti was found in the Student Senate office. Student Body President Muhammad (Hamza) Khan reminded students and press that we as a community are stronger together.

There are those who say that supporting Trump does not mean supporting racism, sexism, homophobia and Islamophobia, but with the dangerously hateful rhetoric of the Trump campaign, it seems impossible that they are not directly linked.

Maine Governor Paul LePage, who was endorsed Trump, wrote a letter to President Obama on Friday saying Maine will no longer participate in the federal refugee settlement program, and judging from the comments on his announcement, there’s a large portion of

Mainers who agree with him.

LePage continues to perpetuate nationalist myths that refugees cannot be trusted. We should not forget that this is the same ideology that put Japanese Americans into internment camps in the U.S. during World War II. We should not forget that Anne Frank, whose diary many of us read in school as a part of history class, and who perished in a concentration camp, was denied entry to the U.S. as a refugee.

The USM student body, staff, and faculty are comprised of wide variety of people- a wide variety of people who would be directly harmed by a Trump presidency. To support Donald Trump and his rhetoric is to stand against our marginalized peers at USM, and marginalized communities everywhere.

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Letters & Comments:

Voting “yes” on Question 3 won’t take away your gun rights in Maine

A “yes” vote on Question 3 this year in Maine means you support requiring background checks before a gun sale or transfer between people who are not licensed firearm dealers. One would think that this is common sense, however there is strong opposition from the gun lobby. This is an extremely necessary practice that needs to be implemented in the state of Maine.

When applying to my first job, I was background checked. When applying to college, I was background checked. When I applied for my internship, I was background checked. I have been background checked numerous times. I am okay with being background checked, because I understand why it is necessary. Why shouldn’t people looking to buy potentially lethal weapons be background checked?

Those who are voting no on Question 3 are either assuming we are trying to take their guns away because they haven’t taken the time to read the actual law, or they have something on their record that they

are looking to hide. Having background checks and closing the gun show loophole would only make the people of Maine safer. It would not take away anyone’s guns, or restrict law abiding citizens from obtaining the guns they want.

I, in fact, am totally against guns. I think guns are a strange way of displaying masculinity and an unnecessary lethal tool. I have yet to meet someone who has purchased a gun “to protect their family” that has actually had to use it for that purpose. However, I am not against the Second amendment. The Bill of Rights is there for a reason, and I am not going to take that away from anyone. Although, I do not believe a lot of people have actually read what the Second Amendment says.

The Second Amendment reads: “A well regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear arms, shall not be infringed.” I would honestly be shocked if I asked anyone who owned a gun why they bought it, and they replied saying

anything about a militia. Not to mention this law was written well before AK-47s came into the picture, when the arms people bore were muskets. We have police officers and an extremely well-funded militia now in 2016. We do not even need citizens gathering and forming a militia, but like I said, I’m not trying to take away someone’s Second Amendment right.

In a 2013 Washington Post article, Daniel Webster, a gun violence expert, explained: “One of my studies found that a number of state laws prohibiting individuals under a domestic violence restraining order from owning guns produced an overall 19 percent reduction in intimate partner homicides”. Background checks work, and they are important. Webster also says, “...we found that states without universal background check laws had 30 percent higher levels of exporting across state lines guns that were later recovered from criminals”. He even explains how closing the gun show loophole will actually work, “state universal background

checks, and state laws that prohibit criminals and other high risk groups from purchasing guns, reduce gun availability of guns to high risk groups.”

The state of Maine also has an issue with gun trafficking. We have all seen Governor Paul LePage and his drug trafficking rhetoric, so why is he not as concerned about gun trafficking? It is so easy to get a gun in the state of Maine that we are trafficking guns to other states like

Massachusetts. Where is that rhetoric?

No one is trying to take away the guns you already have, and if you are a law-abiding citizen, you can still do everything you are already doing, you’d just now have a background check. It is common sense. Please, read the law and answer yes on Question 3 this November.

Signed,

Emily Donnelly
Contributor

LIVE MUSIC BY THE PORTLAND JAZZ ORCHESTRA
AND THE USM JAZZ ENSEMBLE, DIRECTED BY CHRIS OBERHOLTZER

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Saturday, November 12, 2016
Hill Gym, Costello Sports Complex, Gorham Campus

This USO themed event is brought to you by the USM Department of Athletics, School of Music, Department of Theatre, and the Department of Campus Life—allies united for the dancing pleasure of the USM community and the general public.

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Advising Advice

Using the learning commons to become an expert learner

Paul Dexter
Contributor

Paul Dexter is the Ph.D., Coordinator of Learning Support at USM.

As a USM student, you have advisors who can assist with your academic and career pathways. Have you considered, though, how much they know about learning itself? These are knowledgeable professionals who have completed multiple college degrees. In other words, they know how to succeed academically, and can relate to the experience of being a student.

Another resource, beside your advisors, designed on campus designed to support your learning process is The Learning Commons. Located on the second floor of the Glickman Library and the first floor of the Bailey Hall Library, these spaces were designed for active, collaborative learning. It's easy to find places both on and off campus for quiet, individual study; there are few places where you as a student can work with others with the tools and amenities to support multiple learning styles. Our spaces include moveable tables, rolling white boards, plush seating areas and group study rooms. It is

gratifying when I arrive in the morning and find how students have arranged the furniture to make it work for their learning activities.

Just like the space was designed for effective academic "time on task," the tutoring service offers the opportunity to work with fellow USM students in an active learning environment. Tutoring is not just for students who may be struggling. In fact, most students who come for tutoring do so because they want to stay on top of their academic game. Our tutors complete a nationally accredited training program, and know how to facilitate guided practice and self-testing. Several academic departments at USM have partnered with the Learning Commons to make it easier to find support in your courses including math, chemistry, biology, and accounting.

Want to become a stronger writer? The writing tutors at the Learning Commons, as well as those at the Writing Center at Lewiston-Auburn College, can help you brainstorm how you are going to approach your paper, provide guidance on your structure and arguments, and look for any patterns of grammatical issues that may detract from the reading of the paper by your professors. With the

Writing tutors working side by side with the campus research experts, namely the reference librarians, you can make your writing a collaborative process from start to finish!

With the resources available at USM, you truly can become an expert learner. Not only would this mean that you become more efficient with your time on task, but you also will remember more as a result, better understand concepts, and earn higher grades. Consider working with a peer academic coach to assist with managing time, reading textbooks and taking notes. Check out the new section of the Learning Commons website called "Ace Your Courses." Here you will find a YouTube "how-to" playlist on academic strategies, tips for succeeding in online courses and guidelines for effective study groups. The website also offers access to the online tutoring scheduling system, the room reservation system for the group study rooms, and a research skills toolkit. Many students have chosen the Learning Commons as an academic "home" on campus. We hope you do as well!

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From **FOOD STUDIES** on page 10

Introduction to Food Systems; Food, Power and Social Justice; and Food and the Environment (note: all can be found by searching economics or sociology classes in MaineStreet). In Fall 2017, new food studies minors can then move on to one of three tracks designed to let students fully explore a particular food system interest area: Social Justice, Policy, and Advocacy, Entrepreneurship, and Hospitality and Management.

We will soon be adding additional tracks. Finally, USM Food Studies will be bringing on two distinguished visiting faculty members for Spring 2017: Dr. Ardis Cameron, Professor Emeritus of American and New England Studies at the University of Southern Maine, and Kristin Reynolds, an accomplished scholar in the field and author of the new book: *Beyond the Kale: Urban Agriculture and Social Justice in New York City*. Between them they will teach five courses in the spring. Two of these course offerings: Introduction to Food Systems and Food Power and Social Justice

have the additional benefit of covering the EYE requirement and the Ethical Inquiry (EIRSC) requirement of the core curriculum, respectively. And we are already in the process of hiring full time faculty for fall 2017 and beyond.

The future of the new program is looking bright. In fall of 2017, USM Food Studies will be launching an impressive internship program, offering paid internships to at least 25 students every year. This program was developed in response to the strong indication that internships provide students an invaluable opportunity to become immersed in the industry, and gain skills that they wouldn't be able to gain in a classroom setting. In spring of 2018, the Food Studies Program will also be offering a 4-course Graduate

Certificate in Food Studies in support of multiple master's programs. We hope you'll join us! For more information please visit our website: <https://usm.maine.edu/food-studies>.

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Tyra Howes
Contributor

Sustainability and ME

It's time to take sustainability personally
How to deal with the end of the semester

can help you to generate new ideas and improve your quality of work.

Declutter. Take some time at least once a week to tidy up your space. This can boost productivity, help you stay organized, support a feeling of calmness, and reduce overall stress.

Unplug. Step away from omnipresent media and spend a more time with friends and family. Don't let media distract you from what needs to get done.

Meditate. Spend some time each day firmly in the moment. Close your eyes and just focus on your breath. Meditating can burn off anxiety, bring relaxation, and stir up new insights and ideas.

Rethink your eating habits. Become a more conscious eater. Food can affect your energy, so it is important to know what foods are good for you to eat when you need more energy. Try a handful of nuts instead of potato chips, soda, or candy.

Listen to music, laugh, dance. Make sure to leave some time for fun, either on your own, or with others. All of these small lifestyle changes have been proven to reduce stress and improve well being.

When we feel at our best, we can be of greater service to ourselves and others. It is important that we maintain good energy and optimism. In this time of busyness and stress, remember to take a little time to focus on yourself. Ask yourself what you need. You may find that it is something small that could change your mood for the better.

Tyra Howes is a sophomore nursing student at USM.

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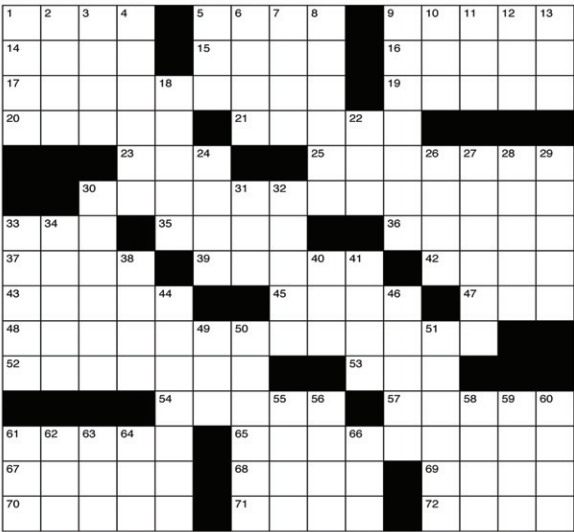
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Crossword

Across

- 1. Jeanne _____
- 5. Choral voice
- 9. Fess up (to)
- 14. Jacob's twin
- 15. Pear type
- 16. Stick out
- 17. Pie filling that dates to the 15th century
- 19. Like new pennies
- 20. Japanese city
- 21. Horse that bucks
- 23. Tie settlers, for short
- 25. Nucleus particles
- 30. Camaraderie
- 33. Automobile, in Boston-speak
- 35. It replaced the lira
- 36. Jump out of the way
- 37. Had bills due
- 39. Historic Irish city, familiarly
- 42. Observed
- 43. Goof
- 45. Used a links peg
- 47. Ending with cow or tank
- 48. Movie starring Tom Cruise and Nicole Kidman
- 52. Good-sized stain
- 53. Jazz instrument
- 54. Home of the Huskies
- 57. Aden's land
- 61. Lower oneself
- 65. Sandwich request
- 67. Like many notebooks
- 68. Univ. seniors' tests
- 69. Zeno's birthplace
- 70. 1945 summit site
- 71. House of _____Coburg-Gotha
- 72. Investor's consideration



Down

- 1. Electronic toy mode
- 2. Garage sale caveat
- 3. Frog genus
- 4. Swiss ticker
- 5. Missile abbr.
- 6. 1924 client for Darrow
- 7. Nicholas II, for one
- 8. Tentacled creatures
- 9. Take off
- 10. "I am such a dope!"
- 11. 1051, to Nero
- 12. Car starting syst.
- 13. Scottish mystery novelist Josephine
- 18. Message on a Wonderland cake
- 22. "Big Five" U.S. intel. agcy.
- 24. Idaho product, slangily
- 26. General of chicken fame
- 27. Worrywart's words
- 28. Country east of Mali
- 29. Not be frugal
- 30. Ties or Ladd
- 31. "____ You Lonesome Tonight?"
- 32. Mossy side of a tree
- 33. Most college students, these days
- 34. "That's ____!" (director's cry)
- 38. "You can only ____ much..."
- 40. Corned beef and sauerkraut sand.
- 41. Desires
- 44. Domed building
- 46. Operation times
- 49. TV monitoring grp.
- 50. Stripper's supply
- 51. Locale in Devon or New Hampshire
- 55. Nick Charles's wife
- 56. Ariz. neighbor
- 58. African republic
- 59. Bit of beginning Spanish
- 60. Mont. neighbor
- 61. Pro-prohibition
- 62. USA, in Portuguese
- 63. Unwell
- 64. Apprehend
- 66. "____ only as directed"

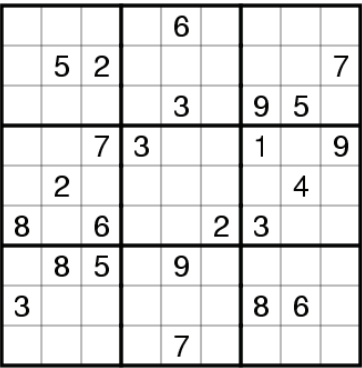
The solution to last issue's crossword



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.



Word Search

Theme: Music



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

- band
- bass
- guitar
- instrument
- jazz
- music
- notes
- percussion
- performer
- pop
- rock
- sound
- tune
- vocals

Cryptogram

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

MGB VNZ KBOKITSTROKM TAMBQ EBB-
IBE BFNMGPCFUBK MTHTRNFHGOJFS
BNNTNK.

And here is your hint: A = F



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USM Community Page



People of USM

Anthony McKeown, University bus driver

Mary Ellen Aldrich
Community Editor

Anthony McKeown is a bus driver for Custom Coach. He drives the Saturday morning bus between Gorham and Portland each week. During the week he drives a bus for the Windham K-12 school. In addition to these two jobs, McKeown is working on starting small Christian Discipleship groups for those interested in learning more about God and sharing the love of Christ.

Through his life McKeown has faced many challenges. These challenges started even before he was born, when his 19-year-old mother attempted to abort him three times. He grew up in foster care and, within the first 12 years of his life, he moved nearly every year. He spent quite a bit of time in the Bronx and White Plains as well as Brooklyn and New Jersey. He also attended boarding school in Pennsylvania and lived in Ossining, New York for a year and a half near Sing-Sing Prison.

From mid-February of his senior year of highschool until he was 20 years old, McKeown was homeless. He spent nights on staircases, rooftops, and crashed parties and stayed in laundry rooms. From time to time, friends would let him stay in their houses, hiding him from their parents.

"Laundry rooms were the best," he said. "I could put a quarter in the dryer and it would heat up the room, then it would cool down around five-thirty or six in the morning and I'd wake up because I got cold. This gave me time to get out before people came in."

During his time of being homeless McKeown became addicted to drugs. This was a huge struggle for a long while.

"I said 'okay God, if you're real, show me' and then my life got really freaky weird, like being in the twilight zone, I was freaking out."

- Anthony McKeown
Bus driver for Custom Coach at USM

He carried around a lot of hate and anger, "I was a God-hating agnostic and hated religion and belief systems because of the hypocrisy I was seeing," McKeown said, "Christians were the worse for me though."

When he was twenty, McKeown met a man named Vince. This encounter changed his path and his views. Vince showed McKeown a photo of himself from his days of heroin addiction a few years prior to them meeting. McKeown said, "Being on the streets I'd met a lot of people who were messed up. But very few people I met had that 'nobody's home' look in their eyes, they're scary people. It was hard to believe the person in the photo was the guy standing in front



Mary Ellen Aldrich / Community Editor

Anthony McKeown waits outside of Woodbury for students.

of me." Seeing the drastic change in Vince, McKeown realized something real had happened to him. This sent McKeown on a mission to find out why Vince had changed.

McKeown would question him at work, asking what he believed and why. The why was most important to McKeown though. He wanted evidence that would prove the beliefs presented to him. Vince introduced McKeown to the Bible and Christianity, as well as the concept of God in a way McKeown had never before considered. He then began questioning everything.

After some time of questioning not only Vince, but everyone, he decided he needed to know if God was real. McKeown said, "I said 'okay God, if you're real, show me' and then my life got really freaky weird, like being in the twilight zone, I was freaking out." McKeown said he went to a friends house and everyone there was doing drugs. On the TV was a show about Moses and the Ten Commandments. "First of all," McKeown said, "the TV was [usually] never on. Second, it was some God thing that was on."

On a trip to pick up drugs from the White Plains, McKeown saw many Christian-themed bumper stickers, and once while waiting for a friend to come back with drugs, a car passed by with a giant bumper sticker on the driver side door that read "Jesus loves you."

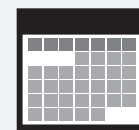
"The more God revealed Himself," McKeown said, "the more angry I became." As he learned more about God, he felt this high, not like anything he'd had before, not from drugs, but a high from the love he felt. McKeown said, "I felt how much God loved me, I'd never felt loved before, and wanted to share God with others." McKeown then quit the drugs he had lived on each and every day and did so without any type of rehab or withdrawal.

Seventeen years ago, McKeown met his wife at a Christian conference in Kansas city. They now live in the Windham Maine area and have two children they homeschool.

"I believe the point of life," McKeown said, "is to be loved by God, and to share that love with others."

editor@usmfreepress.org

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Community Events

Monday, November 7

Dinosaurs at Dusk
USM Portland Campus Location
Southworth Planetarium
Starts: 1:00 p.m. / Ends 2:00 p.m.

Tuesday, November 8

The Northwest Passage
USM Portland Campus Location
Osher Map Library
Starts: 10:00 a.m. / Ends 4:00 p.m.

Wednesday, November 9

Enterprise on Campus
USM Portland Campus Location
Luther Bonney Lobby
Starts: 11: a.m. / Ends 1:00 p.m.

Thursday, November 10

The Language Archive (ASL Interpreted)
USM Gorham Campus Location
Maine Stage Russell Hall
Starts: 7:30 p.m.

Friday, November 11

IBEX Full Dome Show
USM Portland Campus Location
Southworth Planetarium
Starts: 8:30 p.m. / Ends: 9:30 p.m.

Saturday, November 12

USM Big Band Ballroom Bash
USM Gorham Campus Location
Hill Gym, Costello Sports Complex
Starts: 6:00 p.m.

Sunday, November 13

The Paul Drescher/Davel
Invented Instrument Duo
USM Gorham Campus, Corthell Hall
Starts: 2:00 p.m.

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

Sports

Wednesday

Wrestling

vs. Coast Guard
5:00 p.m.

Friday

Women's Ice Hockey

vs. Manhattanville
4:00 P.M.

Friday

Men's Ice Hockey

vs. Daniel Webster
7:00 p.m.

Saturday

Women's XC

New England
Regionals
11:00 a.m.

Saturday

Men's XC

New England
Regionals
12:00 p.m.

Glimpse into the Huskies' upcoming ice hockey season

Erin Brown
Sports Editor

2016-2017 Men's Ice Hockey team is looking to start the season off on a good note. They opened up the season at home against Wentworth Institute of Technology Saturday Oct. 29 where sophomore Jimmy Currier (Middleton, MA/ Islanders Hockey Club) scored two goals to bring the Huskies to a 2-0 victory over the Leopards. The strong offensive performance by Currier earned him New England Hockey Conference (NEHC) Player of the Week. Junior goaltender Kyle Shapiro (Ocean, NJ/ Walpole Express) also had a standout performance in the team's opener where he made 21 saves earning a shutout and the NEHC Goaltender of the Week honor.

Head coach Ed Harding commended the performances of both in their season opener. "We need

Shapiro to come back and play for us the way he did his freshman year," where he recorded a .902 save percentage, "and he showed us a great start," Harding said

"You've got to bring in more skill and more speed, which I think we've done."

- Ed Harding
Men's Ice Hockey Headcoach

about the hopes for success in the net this season. "We also need to put some pucks in the net as well and a guy like Currier is going to help us out with that," Harding said about the offensive needs for the upcoming season.

The Huskies ended their 2015-2016 season with a record of 8-17-1, the team is full of fresh players looking just recently recruited by

Harding. Harding stressed the importance of recruiting for the team to ensure they have the skill and speed they need. "We have a short season with a 25 game sched-

ule. There's not as much time to coach and teach at the Division Three level, so you really have to get out there and attract the best players. In a nutshell, that's where we've needed to improve. You've got to bring in more skill and more speed, which I think we've done," Harding says the scouting process is 80-85% of his job as head coach.

This was Harding's first

full recruiting class and he is feeling optimistic about the talent he has been able to bring in. "Our practices are a lot smoother now, they're crisper. We get through them a little more easily. We can attribute that to players with a little better hockey sense."

The biggest key is to make sure all these new players are able to mesh together and work as a team. Hopefully under the leadership of sophomore captain, Tyler Mathieu (Stillwater Lake, NS/ Boston Jr. Bruins) who played 23 games for the Huskies last year tallying six goals and three assists, the Huskies can unify. "We've got some pretty good leadership, our captain Mathieu, has done a super job of getting everyone together and making sure we're ready to go," Harding said.

Point leaders from last year Parker Sanderson (Bangor, ME/ St. Stephen County Aces), who scored 5 goals and had six assists, and assistant captain Alex Pantalone (Hudson, MA/ Boston Jr. Bruins) who scored 7 goals and three assists, both return for the Huskies with hopes to find the back of the net even more this season.

Defensive assistant captain John Waghorne (Wheaton, IL/ Eliot Lake Bobcats) is also an important key to this team's season. Harding says they lean on assistant captains Waghorne and Pantalone quite a bit.

Keep an eye out for the Huskies this season as they begin a promising campaign.

Kasbohm to play in NFHCA Division III senior game



Photo courtesy of USM Athletics

Amanda Kasbohm's career is to be honored with senior game November 19 at William Smith College.

Erin Brown
Sports Editor

Senior captain Amanda Kasbohm (York, ME/ York) has been chosen to compete in the 2016 Victory Sports Tours/ National Field Hockey Coaches' Association (NFHCA) Division III senior game. The senior goaltender has had an impressive career with the Huskies over her four years at USM. She has been an All-Little East Conference selection twice, a two time William B. Wise Scholar Athlete, and All-Region status with Second Team Honors.

Kasbohm has started all 17 games this season for the Huskies recording seven wins and two shutouts. With a save percentage of .787, a goals against average of 2.02, and a total of 122 saves in 17 games, Kasbohm has been a strong piece of this team's success.

Her skill in the net and leadership has helped in their post-season run in the Little East Conference tournament. Kasbohm stood tall in goal for both the quarterfinal game against Westfield State University only allowing one goal and in the semifinal game against Bridgewater State University where she recorded a shutout.

Kasbohm will be in net for the Huskies first LEC tournament finals appearance since 2007 against number 1 seeded Keene State College. The Huskies and Kasbohm are hopeful to close her last season on a high note.

Kasbohm will appear in the senior game Saturday Nov. 19 at William Smith College.



Photo courtesy of USM Athletics

Kyle Shapiro named NEHC goaltender of the week after shutout win over Wentworth.

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