

the free press

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Sizzling play hits Gorham

Theatre season opens with *Equus*

SARAH SKELDING

CONTRIBUTING WRITER

Theatre, says Autumn Rose, a student and featured player in the theatre department's season opener, *Equus*, is "a nice escape from reality and it gives you a new perspective on life and other people's lives."

The Tony award-winning play, an emotionally charged show that deals with issues of spirituality, passion, and obsession, opens Friday in Gorham and runs until October 15.

The play, written by Peter Shaffer, ran for more than 1,000 performances on Broadway and won the 1975 Tony award for best play. It follows the story of stable boy Alan Strand (Ian Carlsen, junior theatre major) who questions the norms of society and creates his own spirituality. His obsession with horses leads him to stab six horses in the eyes. Strand is referred to a psychiatrist, Dr. Martin Dysart (John Coons, senior music major) who finds himself fascinated by his patient's obsession.

"It's about a passion for life and different people's ideas of what that is," said Autumn Rose, who plays Strand's love interest, Jill Mason.

Director Walter Stump, a theatre professor explains the key issue raised by the play: "is normalcy preferable to a fully lived life?" Stump, who has been teaching theatre for nearly 40 years, will be retiring after this year. He chose this play as his 120th production because it is so complex.

"Dysart is faced with the dilemma of 'curing' a passionate, god-worshipping

Alan Strand and making him a normal member of society or allowing the boy to remain in contact with the gods of old," said Stump. Dysart discovers his own need to fulfill his passion as he studies his patient.

The play is directed toward a mature audience only, as there is a nude scene shared between Strand and Jill. About this scene, Stump says: "Normally I do not like to do nude scenes as I find them distracting to the play. They tend to embarrass or outrage an audience. The nude scene in *Equus*, however, is absolutely necessary to the understanding of the play."

The cast and crew are students, mostly theatre majors. "I (have) become so close to everyone involved in the piece," said Rose. "Every time you do a show, you get so emotionally attached. You get to know people and their lives really well."

Stump said of his students, "They are supportive, talented, and intellectually stimulating. I couldn't have asked for a better group to finish out my directing career at USM." This will be his 34th year teaching and directing at USM, and his 44th production with the department.

Rose said that attendance at shows has been relatively low in the past. Last season, some shows were seen by as few as 125 students, only a small portion of the student body. Cast members are hoping for a higher attendance at the show.

Tickets can be purchased at Russell Hall or by calling 780-5151 (\$5 for USM students). Show times are at 7:30 p.m. on October 6, 7, 12, 13, 14; and at 5:00 p.m. on October 8, 11, 15. ♦



PHOTOS BY JODI OZIMEKS

Equus cast Ian Carlsen and Autumn Rose (top) and John Coons and Mia Perron (above).

Student rally takes on hate crime

Administrators react to ongoing investigation

JOEL C. THERIAULT

STAFF WRITER

Last Friday USM Provost Joe Wood defended the university police department's investigation of a recent hate crime incident on the Gorham campus, saying, "I know they are very thorough and do the best job they can."

Asked in a telephone interview whether the campus police should collaborate with other law enforcement agencies in identifying suspects, Wood

said, "It is my experience that when something is referred to the Attorney General's office, it involves the [Maine] State Police."

Vice President of Student and University Life Craig Hutchinson said that a report on the September 12 incident has been referred to the Attorney General's office.

USM Police Chief Lisa Beecher previously told the Free Press that once the department had "exhausted all avenues and

see RALLY, page 2

Three strikes and you're out

USM Police take preventative approach to crime fighting

TODD HEBERT

STAFF WRITER

Have you ever been scolded by a mall cop for remaining in one area too long (he'll call it loitering), or driving too fast in the parking lot? No doubt you just shrugged it off and said, "What's he going to do? He's not a real cop. He has no actual powers of authority."

Students may have the same conception of the USM Police Department, that they are university cops, or rent-a-cops, with no real legal authority.

Not the case.

The USMPD is a real, Academy certified police department, with as much legal authority as Portland, Gorham, or any other municipal police department. Yes, they carry guns.

Many members of USM's police force have had previous experience at other police departments, and law enforcement agencies. One officer even served as a member of the Secret Service under President George H. W. Bush. Chief of Police Lisa Beecher spent 21 years with the Portland Police Department before coming to the university nine years ago.

These are no mall cops.

"This department is as professional and diverse as any department would want to be," says Michael LeBlanc, a 30-year veteran of the Kennebunk force who joined the USM police this year.

USM's population, which includes about 14,000 students, faculty, and staff, is as diverse as any city. But the compactness of a university and the constant flux of different students from year to year make it a unique community for a police department to serve.

The Bedford Street location will be torn down to make way

see POLICE, page 2



COURTESY OF THE
USM POLICE DEPARTMENT

SEPTEMBER 23

Noise Complaint / Criminal Mischief — Group yelling in courtyard of Upton Hastings Hall. Dispatcher could hear the noise through the phone. Group left two granite benches destroyed.

Criminal Mischief — Black Audi damaged in Gorham parking lot. The windshield was smashed and vehicle was keyed on all sides. Under investigation.

Disorderly conduct — Two males in a fight in the courtyard of Upton Hastings Hall. Subjects scattered toward Gorham town center.

Theft — Two reports of stolen purses from Upton Hall.

SEPTEMBER 24

Assault — Female residential student reported an assault by another female residential student at an off-campus location. The victim has bruises and lacerations on her face.

Nap Time — Police checked on two people sleeping in a vehicle in a Gorham parking lot. They were waiting to go to the ice arena for ice time.

Criminal Mischief — The RA of Robie Hall reported two males wrote on the walls.

Motor Vehicle Stop — Campus Ave, Shaun Chennard, 19, summonsed for expired inspection sticker. Verbal warning for failure to produce M/V Registration, displaying mutilated license, and failure to use turn signal.

Alcohol Violation — Kimberly Earle, 18, summonsed for illegal possession by consumption.

SEPTEMBER 25

Car Burglary — Victim reported his car window was broken. The CD player and his medication were taken. Gorham parking lot.

crime of the week

Concerned Mother — The mother of a resident student called looking for her son. She spoke with the RD who spoke with the son's RA. The son was last seen Saturday at dinner. He is later found sleeping in his room.

COMPILED BY ANNE HOBBY

POLICE, from page 1

for a new building to house the police force in Portland. No time table has been set as to when this will occur.

USM's population, which includes about 14,000 students, faculty, and staff, is as diverse as that of any city. But the compactness of a university and the constant flux of different students from year to year make it a unique community for a police department to serve.

"There's a lot to learn about working in this kind of community," says Beecher. "It takes a special kind of person to not only do what municipal police officers do, but also to acclimate to the uniqueness (of a university)."

In addition to law enforcement and security functions, Beecher and the rest of the police force strive to make positive connections with USM students, faculty and staff. They work closely with other departments on campus such as Residential Life, Health Services, Counseling Services, the Dean's office, and others, in a combined effort to deal with campus issues before they become problems. "In a university setting, it's almost like you have twice as much of a good thing," says LeBlanc.

The philosophy of the USM Police Department isn't to show up on the scene of an incident and arrest the bad guys, but rather to take advantage of the university's many in-house support systems to take a more community related, preventative approach to law enforcement.

"With most (police) departments," says USM officer Daniel Peterson, "by the time you get a call for service, whatever has happened has already happened, and you're trying to find out why."

Peterson says that in a university setting when a call for service comes in, a lot of the time they can actually diffuse the situation, simply because someone's college career may be on the line.

A valuable tool that the university police department utilizes is USM's Student Conduct Code. Officer Peterson describes the code as "a set of sub-laws that you can use to point someone back in the correct direction before they get involved in the legal process."

It's basically a "three strikes, you're out" system. If a student repeatedly steps out of line, the USM Police will, as Peterson puts it, "invite them to leave" the university.

Some of the most frequent violations that the department sees on the USM Portland and Gorham campuses include smoking in inappropriate areas, parking related issues, thefts, criminal mischief, assaults, and harassment.

"The number of OUI arrests on the Gorham campus has gone up just about every year," says Peterson. "Yes, we are serious about it. If you drink and drive you will go to jail and we will prosecute you."



PHOTO BY TODD HEBERT

Officer Peterson prepares to cruise Portland campus.

In the event of an incident that the department feels is a continued safety risk to the entire university, a Campus Safety Alert will be issued in an attempt to help the USM community be more aware of their own personal safety. In the first two weeks of this semester, two Campus Safety Alerts were issued. One involved a young woman who was pushed up against a building wall in Gorham by a strange man late at night, the other is being labeled as a "hate crime" and involved homophobic comments and even the threat of a gun by the perpetrator. (See hate crime, pg 1)

Beecher feels that many crimes committed on campus are unreported. She urges the community to come forward when crimes are committed or when they see something suspicious.

"We really do care about this campus community," Beecher says. "I want them to feel comfortable picking up the phone and calling us, and know that they are not bothering us. That's our job. That's what we want them to do." ♦

RALLY, from page 1

all leads" in a hate crime case, it would be filed with the Maine Attorney General's office. The methods used by campus police to investigate are not meant as public knowledge. Beecher said, "If anyone wanted to commit crimes, they could learn from that."

USM Police Lt. Ron Saindon also could not comment on methods used by the department, but said that every incident that threatens a student is thoroughly investigated and also entered in the Police Log available online.

The hate crime case involved a group of male students that harassed a homosexual couple at the Brooks Dining Hall on the Gorham Campus. The couple, also students of USM, were verbally abused, chased from the dining hall, and one of the suspects even referred to having a gun in his car.

Recent acts of uncivil behavior at the University of Southern Maine have sparked a student response, with several organizations collaborating with faculty

and department heads to raise awareness on issues of tolerance and diversity. Steffan Morin and Kiersten Fletcher, both student members of Queer Insurgency and the Gender Studies Student Organization (GSSO), set up a microphone and speaker on Masterton Hall's steps facing the parking lot at Woodbury Campus Center. They also lined the edges of the stairs with seven signs protesting against hate crimes and advocating tolerance towards diverse populations on campus. Morin and Fletcher mentioned support from staff in setting up the rally, including Maya Kasper, the Director of Social Justice Programs, and GSSO's Advisor, Professor Wendy Chapkis.

The sidewalk in front of Masterton's stairs had similar slogans written in colored chalk. A member of the participating organizations was available throughout the day to field any questions from students and faculty and to spread their message of acceptance and tolerance. One participant read a letter from the editor published in the Free Press by Executive Editor, Angelique Carson. (See September 18 edition)

Dean of Student Life Joe Austin said a meeting was held later that evening for Gorham's residential students to discuss this issue and other incidents that have as yet been reported. Austin said the goal of the meeting was "so that students can be a part of this."

Hutchinson said that more meetings are being planned to "address possible negative feelings from the Gorham community towards the campus population. [These incidents] are symptomatic of a larger issue."

"Some of this is indicative of what's going on in the greater community," Austin said in a separate interview.

The Free Press asked what the student body could expect from the campus police investigation, to which Austin said, "This hasn't gone off the radar."

The involved organizations considered the rally successful. Morin said, "Successful in the sense that we were able to communicate our message to people and that they were very responsive and supportive." ♦

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This week in history

"Slayer of Bulgars" blinds soldiers

OCTOBER 6, 1014 – Born Basileios II, Emperor Basil II ruled Rome's Byzantine Empire from 976 A.D. until his death in 1025 A.D. By the time the Empire took control of Bulgaria, he had already regained many of the territories lost in Asia Minor and Syria.

On July 29, Emperor Basil finally separated Bulgarian leader Samuel from his army after many years of battle. Having conquered Samuel's army, he took 15,000 of the troops as prisoners of war, and on October 6 ordered nearly all of them to be blinded. Ten percent of these POWs were blinded only in one eye so they could lead the rest back to Bulgaria. Samuel was shocked at the sight of his mutilated men, and fainted. Two days later, he died of a stroke. Bulgaria finally succumbed to the Byzantines, and Basil II earned the nickname "Boulgaroktonos," the Bulgar-slayer.

Basil II eventually returned Constantinople (modern-day Istanbul) and much of Southern Italy back to Roman control. He lived a military lifestyle, to the point of rationing his food in the same way as his soldiers had to, and he took in the children of his fallen troops as his own. He was planning a takeover of Sicily when he died in 1025 A.D. His last request was to be buried next to his cavalry training field so he could oversee his dead soldiers train for combat for all eternity. ♦

COMPILED BY JOEL C. THERIAULT

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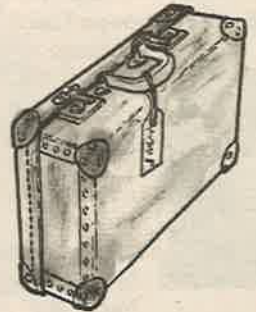
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LETTER FROM THE EDITOR

Our vision: to be transparent

ANGELIQUE CARSON

EXECUTIVE EDITOR

This week, we were confronted with an unusual circumstance: One of our columnists, Alex Steed, planned on writing a review of the film, "Jackass II." Instead, he decided at the last minute to use his "Media Whore" column to criticize The Free Press for what he thought was our biased coverage



(Sept. 12, 18) of the controversy over the university's exhibition of paintings by Thomas Manning.

My immediate reaction was to pull his column and inform him of my decision with a scathing phone call. We publish his column because we're interested in his voice and perspective on happenings in the media, and we think that some of our readers might share our view.

But Alex' column seemed an inappropriate forum for him to express his dissent. A letter to the editor, maybe, but hardly something that a columnist should write about in the very paper that publishes him twice every week. The gall of this man!

I was faced with a decision. There were mixed views on the staff. On the one hand, it seemed counter-intuitive to run the story. What if our readers read it and thought that Steed was right?

And in posing that question to ourselves, we found our answer: it is okay.

Steed is a USM student. The Free Press is the newspaper for USM students. We consider ourselves a voice for the Portland and Gorham campuses and, for our students, a weekly expression of the ideas and controversies within our school.

That means that even when students are saying things we don't agree with, and write a letter to the editor, we still have a responsibility to publish that voice as long as the arguments it presents are informed and provocative. We don't have to publish it; we want to.

As the newspaper at USM, we want to promote the exchange, discussion and debate of ideas, and serve as an open forum

for such discussion. Our job is to report and write the news, in an unbiased manner, so that you, as readers, can decide where you stand. These basic objectives should be the role of every news source. Sometimes, ego prevents this from happening.

But this ideal that media has a responsibility to be completely transparent to its readers, and on maybe this only, Alex Steed and I agree.

Our university's president, Richard Pattenau, seems to agree. He is quoted in the first Manning story we ran (Sept. 12), as saying in the midst of all this controversy that USM will continue "to serve as a neutral forum for the expression and discussion of ideas."

In our commitment to bring this ideal to fruition, we

publish Alex's column without reservation.

During discussion about this, my Arts & Entertainment editor, Anne Hobby, advised me: "You don't need somebody that always agrees with you. An opposing opinion challenges us to look at our paper and make it better if we can."

She's so rational, I sometimes hate it. But she's right.

It's not about agreeing with the idea, it's about letting you entertain the idea.

Go ahead, be entertained. ♦

HAVE SOMETHING
TO SAY?

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• Columns are the opinions of the columnist and do not necessarily reflect the opinions of the publisher or employees at The Free Press. On occasion, guest commentaries will be solicited or accepted from members of the USM community on topical issues and may not exceed 750 words.

• One copy of The Free Press is free of charge. Up to 10 additional copies are available for 25 cents each at the office of The Free Press, 92 Bedford St., Portland, Maine. On occasion, bulk purchases may be arranged. Payment and the Executive Editor's approval are required in advance.

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• The Free Press welcomes letters to the editor. Letters must be submitted electronically, include the author's full name, school year or relationship to USM, phone number for verification and may not exceed 350 words without prior approval from the Executive Editor. Anonymous and/or illegible submissions will not be published. The deadline for all submissions is Thursday at 4 p.m. preceding the week of publication. Send submissions to freepress@maine.edu

THIS COLUMN IS FUNNY

Hot for teacher

JAKE CHRISTIE

COLUMNIST

This Column is Funny is a weekly look at the least important parts of college life.

Once every few years, the God of Colleges likes to take a break from Jesus's Heavenly Keg Party and smile down on us. His benevolence can be shown in any number of ways: a cancelled test, an unexpected snow day, a bomb threat that no one is really scared of but we still have to take like totally seriously because of the world we live in. And hey, going to class sucks. Once in a great while, there is evidenced an act of College God that we like to call, in deeply religious circles, "The Jackpot."

Sometimes, you get a teacher who is just so damn hot.

There is rarely a time when you get a teacher who is a Perfect Ten. There are various incarnations of professors who are cute, pretty, or "eh, I guess, if I needed the grade." Often you will get someone who is attractive enough, but doesn't really do anything for you. You'll get a teacher with a fantastic ass, but a voice so irritating that it kind of makes you want to buy a litter of puppies just to drown them so that they will never have to hear it with their cute floppy dog ears. Other times, a teacher has great abs, but a restraining order. Sometimes a teacher is fun to be around, but has the body of a horse, like a Centaur. The unequivocally hot teacher is a wonder to behold.

The hot teacher – or "provocative professor," if you will – has great appeal. This attractive academe not only holds within him or her the vast expanse of knowledge concerning his or her chosen field, but holds it within a body that you could bounce a quarter off of. The strange mix of intelligence and sexual magnetism makes the teacher something that borders on mythological. Some say that they don't even exist.

I have seen them with my own eyes.

I had a professor a few years ago, for example, that all the girls in my class seemed to think was the greatest thing since sliced bread. While he was talking about symbolic methods in short fiction, I expected random pairs of panties to be thrown on his desk. I mean, I did it, so I don't know what all of the girls were waiting for.

This semester I was blessed with a hot teacher in one of my very own classes. It's definitely an incentive for going to class, kind of like a prize for the best attendance – except, instead of a trophy, it's getting the chance to stare at a perfect

pair of cans like it's your job. In essence, paying attention to the professor is your job, so there's nothing sketchy about it. Going home and crying in the tub, listening to "Come Undone" by Duran Duran again and again and rocking back and forth, is kind of sketchy. But that only happens to about one in 20 people, so you shouldn't be worried.

Unfortunately, the hot teacher isn't all tulips and rainbows. When it comes time to do that whole "learning" thing, an alluring professor can be more of a hindrance than a help. There have been a lot of times when I should have been taking notes, but instead found myself distracted, leading to many lectures that go a lot like this:

Professor: ...and this is one of many factors that leads to the foreign policy decisions made in today's world.

What I should be thinking: That is a valid and important concept. I should remember that for the final examination.

What I am thinking: Boobies.

The best thing to do, of course, would be to put the teacher out of my head. It's not like she's going to be grading her 12 dozen papers and say, "My, Jake Christie, that certainly is an arousing name. And what handwriting! I should find out how skilled he is in bed." Actually being attracted to the attractive teacher is just an exercise in futility. That whole having-sex-with-your-students thing only crops up until about middle school, which is cool, I guess. You always want the younger generation to have more than you had.

The distraction is a small price to pay. It's only once in a while that a smoking teacher comes along, and I'm going to savor it. If I fail, I'll just get to take the class again. My lawyer said I have at least a few more months before that restraining order goes through.

Jake Christie is a humor writer with credits at various websites. He can be reached at jason.christie@maine.edu or at www.JakeChristie.com. ♦



THE JELLY DONUT SERIES

The war benefits whom?

DAVID BROWN

COLUMNIST

This summer saw a hotly debated military conflict in the Middle East between Israel and Hezbollah (a radical Islamic movement group in the region). The conflict was triggered by Hezbollah's kidnapping



of two Israeli soldiers, and the aggressive attacks on Lebanon by Israel had many people fearing the start of a regional conflict. It seemed to me that the kidnapping was more an excuse to commit troops and further destabilize one of the world's most volatile regions.

I want to start with this definition because the concept of realism is one that is close to the heart of our First Diplomat, Condi Rice. The Oxford Concise Dictionary of Politics defines realism in the following way: "Realists see power as the driving force on all political life.... Because relations between states are power driven... realism emphasizes the competitive and conflictual side of international relations."

From a realist perspective, what Israel did in stamping out its authority in the region via the days of missile attacks on Lebanon and Gaza (consequently on Hezbollah and Hamas) were a means of telling the leaders of the region that the Israeli government will not be soft on the aggressive actions taken by their neighbors.

Realists would say that these actions will not lead to an all out war. A destabilized (at war) region is not in Israel's best interests. It does little for Israeli power in the long run. Thus, if we are realists we expect Israel to eventually pull back its attack once it has deemed that everyone understands who is the most powerful state in the area.

However, I am not a realist. At times, yes, action and motivation are just that clear cut, but not always. Consider the fact that Israel targeted more than the Hamas/Hezbollah structures and regions. Places like the Beirut airport and the coastal regions were subject to attacks and sanctions. The recent political developments in Lebanon

prior to last summer have led many to think that the nation is stabilizing, claiming its independence and taking concrete steps towards democracy. If this is correct, then we can assume that Lebanon would become an ally to the West, and thus to Israel. What would the benefit be in challenging this fragile government?

If Lebanon had committed troops to the Hezbollah-controlled south then there would have been a serious risk of civil war erupting in Lebanon. Already Hezbollah was gaining support due to Israeli action; they could have turned the Lebanese troop commitment into a move against Islam, the dominant religion in the region. Civil war would also give Syria the opportunity to claim "regional stability" to get involved and act in Lebanon. Surely the West understands that civil war in Lebanon means a weakened foothold in the region.

So where does one go from here without getting into conspiracy theory? A liberal would posit that International Relations is run on economic interests, but again, I fail to see the tangible benefits of destroying the ports of a potential market. Attacking the infrastructure in Lebanon will mean the country is less well off, thus less able to trade, and make money for all involved.

It can't be that the idealists have it right either. Certainly this conflict was not a moral issue. While the kidnapping was immoral, the attacks on Beirut made little sense considering the Lebanese government is separate from Hezbollah. So we return to the realist argument. Perhaps what is most important to Israel is that it makes a show of force, thus creating an illusion of safety for its citizens.

Yet I can't imagine that from where Prime Minister Ehud Olmert is sitting now, beleaguered, under investigation and unpopular at home, this move has had much benefit. His little "power play" has caused increased instability in the region and hostility towards Israel. While it might not get him removed from office, it must at least be a bit more clear that 40 years of this action/reaction relationship with the region has done little to bring stability and lasting peace.

David Brown is a political science major at USM. ♦

Question of the week

If you had to live in another country for a year, where would you live and why?



Kalarr Dunphy
Social work

Amsterdam, it's beautiful and totally different from here.



Joe Fedan
Business administration

Ireland, my family is from there, and I've never been, though I'm visiting after next semester.



Katie Skog
English

Scotland – it has castles, it's beautiful, and it'd be like I was living in a King Arthur's tale.



Raven Millette
Undeclared

France, it's really pretty and I want to see the Eiffel Tower.



Bianca Baker
Psychology

Germany because I know the language, it's my home country, and it's where psychology originated, which is my major.

PHOTOS AND INTERVIEWS BY ROBYN WILEY

Meet Joe Student

UNIVERSITY OF SOUTHERN MAINE

Drew Wyman

Gorham Lewiston Auburn Portland

MAJOR:
Media studies

YEAR:
Junior

USM CARD

What is one thing you're really good at?

Playing bass guitar, and being a team-player.

What's your favorite book of all time?

Toss up between *Catcher in the Rye* and *To Kill a Mockingbird*. I like classics a lot.

What's the best vacation you have ever taken?

My honeymoon. I went to Spain for three weeks. I went to a resort for a week and traveled around Barcelona for the remaining two weeks.

If you could be any other animal, what kind would you be and why?

Probably a hawk, because it would have a great view of nature and the ocean. Plus I love sushi.

What is your dream job?

That's what I hope to find out in the next two years here.

Name five things you love (that first that come to mind!)

Family (my wife and kids), mountains, being outdoors, music, and friends.

What are the first three words that come to mind when you think of England?

The Who, The Union Jack, and London.

What is the best documentary film you have seen?

The Kids are Alright on The Who, my favorite band as a teen and young adult.

Where do you usually hang out on the weekends?

At neighborhood playgrounds with my kids during the day, and at night my band plays at bars around New England. ♦

PHOTO AND INTERVIEW BY ROBYN WILEY

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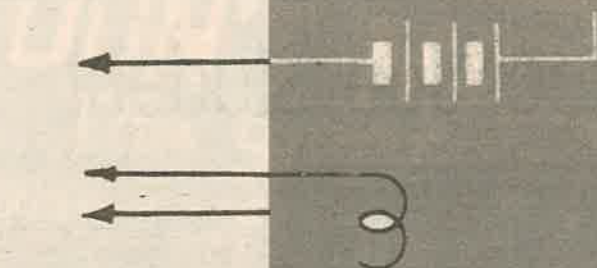
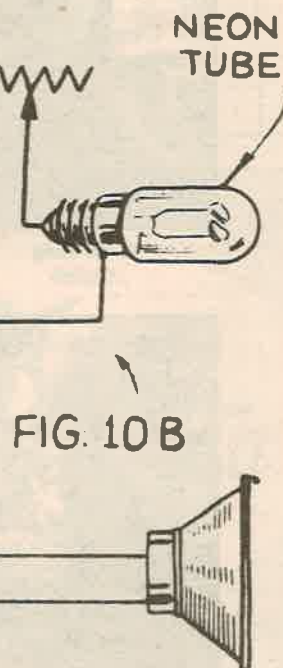
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90.9
104.1

WMPG

mission:

WMPG is a volunteer-based community radio station that exists to broadcast information, arts and entertainment programming for an audience of diverse racial, social and economic backgrounds. By providing a voice for people not represented by the mainstream media, WMPG increases understanding between peoples and communities, while fostering the values of democracy and social justice.

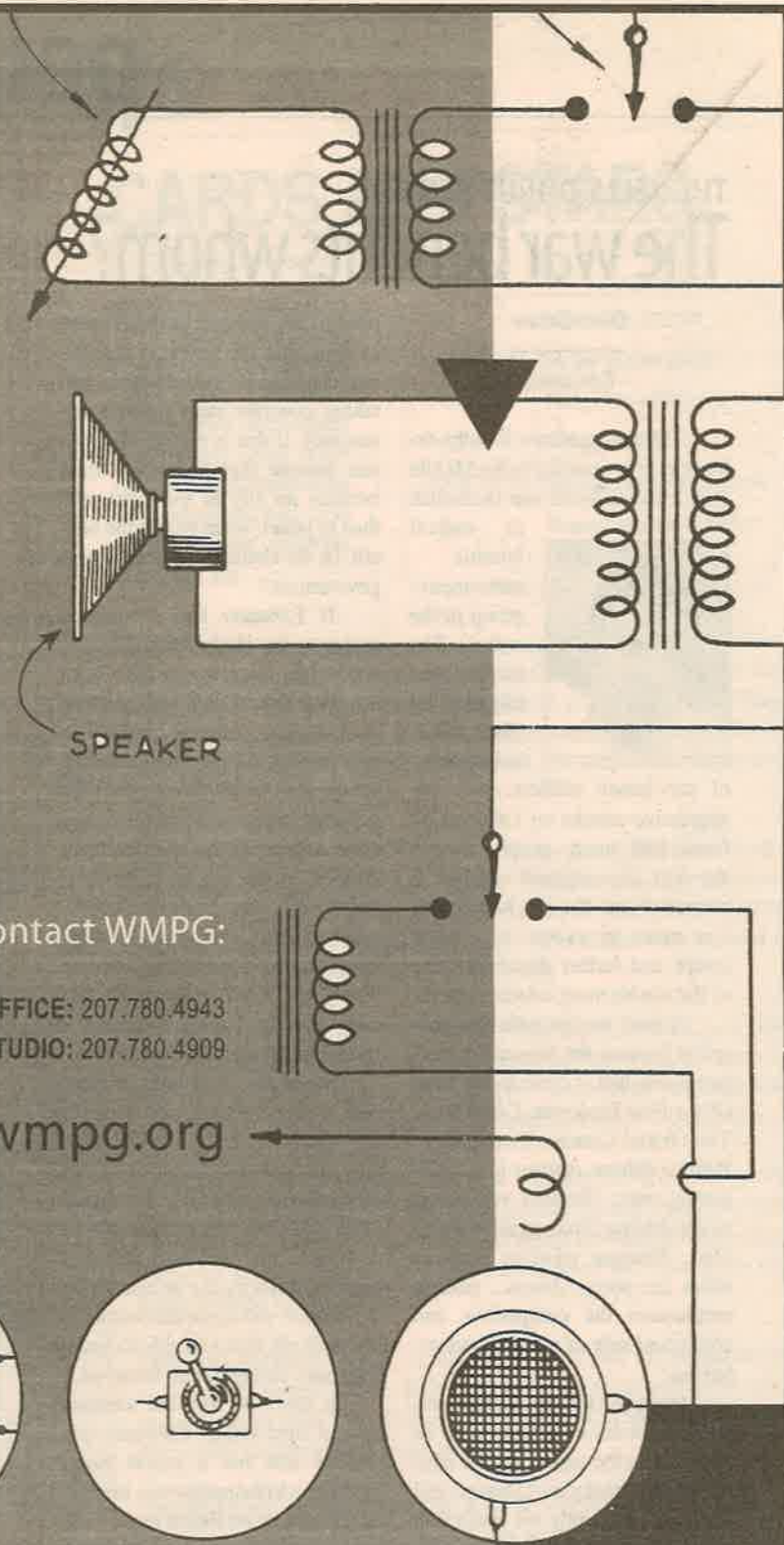
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community radio

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arts & entertainment

Rock 'n roll not dead in Portland

Loverless put on a killer show

TRAVIS REDMAN

CONTRIBUTING WRITER

When Loverless stepped on to a red-lit stage, there was an intense wail over the crowd. Some were requesting older songs like "50 Dollar Ticket" and "Trying to Avoid Your Love," and ladies screamed "Elijah, take your shirt off." In the back of the crowd a high pitched voice yelled: "Dan if you don't give me my skeleton mask, the goblins will get you." All this is typical at a Loverless show.

Exactly one year after their first release party for their self-titled album, Loverless returned to the Big Easy two weeks ago with an enlightening new album called *Fighter*. With them came about 200 fans, a hell of a lot of energy and their same old rock n' roll attitude.

Their sound is reminiscent of the late '60s and early '70s psychedelic blues-rock from Britain.

"Loverless is the blues," said Elijah Ocean, the band's lead singer and guitarist. "It's not traditional blues music. It's science fiction blues. It's 2006. We're not going to be playing music that seems like its 100 years old."

The other band members are Mike Anderson (drums) and Danny MacLeod (bass and organ).

The Big Easy was packed with people; some freaky, some not, some chatting and some chanting for Loverless. Local band members attended including Dominic from Dominic and the Lucid, Nick from The Lost Cause Desperados, Graham Isaacson, Evan Casas of Ocean and Casas, Mike McGovern of Solarfade and Chris James from Money Making Playa's. Almost everyone hip in the Portland music scene was there. After the Hot Tarts finished their enthusiastic set, the madness began.

"The venue was nice," said Ian Sawyer, a student from Southern Maine Community College. "It was well lit and the music wasn't overpowered by the microphone, which is what usually happens in bars."

They opened the set with "When the Sun Goes Down Tonight," which is on their album *Fighter*. This song starts with MacLeod using the organ to produce minimalist atmospheric sounds. Ocean comes straight into a slower blues/folk guitar progression and adds vocals. The emotion and rage is shown through the slightly distorted guitar and raspy lyrics.

"Honey don't cry now hide your tears, my train is coming in the mornin'. I wish I was dead and gone. Underneath the ground."

After that song, the drums kicked in and the whole band smashed straight into a twisted and up-tempo song from *Fighter*, "Out Back by the Railroad Tracks." This song gets the blood boiling and inspires movement. People were instantly head banging in front of the



Portland's Loverless takes on punk rock.

band. The song is an energized one minute and 23 seconds that keeps driving with the lyrics, "waiting for the wind to take me home," and the pumping bass line delivered by MacLeod's loud and picked Rickenbacker bass.

Ocean said of the romantic element of the album, "It's kind of like hopeless romance. Loverless is the blues to me, being not without love but without a lover." There's a romantic thread throughout the album that is epitomized in the title track.

"I'm not a fighter but I'll fight for you," shows this willingness to stand up for love in a desperate way. It's one of the fiercest and best constructed songs on the album.

Loverless even managed to infuse energy into their slower traditional blues song, "Motherless Child." The song starts slow, with only the guitar and voice, similar to "When the Sun Goes Down Tonight." After two verses the drums entered and as they added layers, they built tension.

The live sound of Loverless is an intensified version of both albums. Whether playing live or being recorded they put it all they have. They fight for quality in both areas. The guitar sound is similar to Jimi Hendrix's but with a Boss delay pedal and a Marshall stack cranked. The sound can be as aggressive as Nirvana or as sweet as Eric Clapton. MacLeod's bass playing adds thick and meaty texture that perfectly compliments the death metal as well as the slower rock drumming of Anderson.

Check out their new CD for sale at Bullmoose music. Check out www.myspace.com/loverless to hear a sample of their music and to find out where they are playing next.

◆

TAKE A WALK OFF THE BEATEN PATH Treasure hunting at the First Friday Art Walk

The First Friday Art Walk is an opportunity to explore what local galleries and businesses have to offer as they open their doors from 5-8 p.m. for the monthly event.

Six years ago to the month, Andy Verzosa, owner of Aucocisco Gallery, created the First Friday Art Walk as a way for local artists to show their work without the formality of many galleries. The mission statement of the walk is, "to open the doors of Portland's visual arts community by joining together and introducing a wider audience to the unique vitality of the artists and venues of Portland. Promoting interest with non-exclusivity and easy access, thereby strengthening the arts and community through diversity and celebration." The self-guided tour is available from 5:00-8:00 p.m. on the first Friday of every month.

AUCOCISCO (613 Congress Street) Mountains and Miniatures, featuring wood, acrylic, and metal works by sculptures Celeste Roberge until Oct. 28.

THE PORTLAND MUSEUM OF ART has two exhibits on display. One is entitled "A Century of Maine Prints: 1880s to 1980s" and draws mainly from the museum's permanent collection to create a history of printmaking in the state. The exhibit will be on display through December 10.

"Paris and the Countryside: Modern Life in Late-19th-Century France" is an exhibit that will be in the museum until October 15. Scientific and industrial developments during that time influenced art and how it portrayed "modern life." Artistic styles range from traditional (James Tissot, Alfred

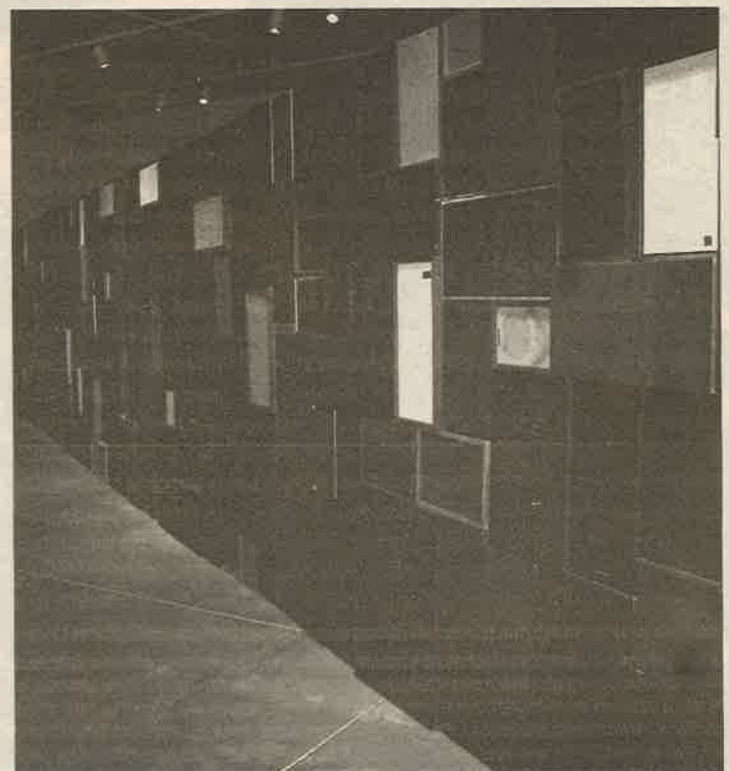
Stevens, Jean Béraud) to impressionistic and post-impressionistic (Degas, Monet, Seurat, Toulouse-Lautrec, and van Gogh.)

MAINLY FRAMES AND GALLERY (534 Congress). The current exhibit shows artists from Portland who have travelled for their art. Spotlights are the pen-and-ink drawings of William Harrison. They portray scenes of Portland, but also Washington DC, Cleveland, San Francisco, and more. Harrison has been drawing these pictures for the last 35 years, and is still local to the Portland area.

THE INSTITUTE OF CONTEMPORARY ART at the Maine College of Art (MECA) is hosting a multimedia exhibit titled "From Baja To Bar Harbor: Transnational Contemporary Art". The four Maine artists showcased are Justin Richel, Michele O'Marah, Julio Cesar Morales, and Sam Van Aken. Of particular interest is Aken's "Oh, My God!", a wall of vintage speakers from the 1970s and early 1980s stacked in relief. Aken was inspired to construct his unique "wall of sound" after watching a live broadcast of the World Trade Center's collapse on 9/11, in which one witness said, "Oh, my God" at the sight of the disaster.

The speakers are connected to a computer behind the wall, where a random algorithmic computer program loops and shuffles an eight-minute track of excerpts of lines from movies, television, cartoons, and even pornography, all of which are "Oh, my God." Although when

see ART WALK, page 9



Sam Van Aken's "Oh, My God!" at MECA's Institute for Contemporary Art.

usmfreepress.org

PHOTO BY AUSTIN MARTIN

IT'S ABOUT THE PLAYERS

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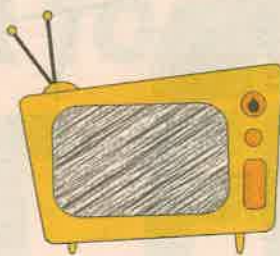
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IT'S ABOUT THE GAME

PORTLAND PIRATES

2006 ATLANTIC DIVISION CHAMPIONS

MEDIA WHORE
Manning coverage
was sub-par

ALEX STEED

COLUMNIST

What student body president Andy Bossie said in the Free Press of the campus hate crime also applies to the university's censorship of Thomas Manning's paintings: "This is a type of action that needs to be condemned." This should be considered especially true at a university, an environment that should be the birthplace and environment of ideas.

The Free Press, a symbol of speech on campus, should be bustling with editorial, commentary and points and counterpoints regarding the censoring of Manning's paintings. Instead, this paper's editor rehashed the incident in her first editorial (to her credit mentioning more of Manning's background than the articles about him), though she has remained ambiguous about an actual stance. The paper's overall coverage of the incident was sloppy at best.

In the two articles featured in this paper about Manning and the hoopla surrounding the showing of his art, USM President Richard Pattenau is quoted as having said, "Any reasoned discussion of ideas has been overshadowed completely by Mr. Manning's and Mr. Levasseur's criminal acts, and the pain and suffering they caused." Students and faculty members I have spoken with have speculated that, "reasoned discussion of ideas have been overshadowed completely" by threats of the financial divestment in the university organized by police groups. In an email response, Pattenau claims quite the opposite: "The University was never threatened with divestment or loss of focus on the issues and their personal thoughts about it. In the aforementioned article, the President said, 'at the end of the day, one makes a decision that one thinks is best.'"

As for the Free Press, a headline on the front page of the first issue this semester refers to artist and prisoner Thomas Manning as a "cop killer"—a term belonging mostly to critics of his installation—before the article told the background behind Manning's crimes. The article, the first in a series of two about Manning, discusses his involvement in bank robberies and "the slaying of a New Jersey state trooper in 1981." However, gone unmentioned is his involvement in an anti-imperialism/anti-apartheid group similar to the SLA or Weather Underground. The articles also fail to note Manning's status as a Vietnam Veteran, or the hostilities he harbored against the United States government as a result of his service.

The Free Press' "cop killer" headline is a mistake on the part of this paper, as it stifles open discussion of both sides of the issue. The university administration's rhetoric aside, there is still plenty of room for debate regarding this particular incident. One of the forums at which this discussion will occur is at the symposium about political prisoners that will take place on campus this Wednesday.

At the symposium on Wednesday, I would like to see Nelson Mandela discussed. He became the president of South Africa after nearly 30 years of political imprisonment. Mandela, often perceived as a non-violent man, was sentenced to jail in 1962 for coordinating a military campaign against the government of South Africa. There, I would ask how people differentiate between "cop-killers," those who intend to violently overthrow the state (as Mandela was considered at the time of his imprisonment) and world heroes (as Mandela is universally recognized today).

I hope attendees of the symposium will discuss the remarks of Raymond Luc Lavasseur, Manning's former partner-in-revolution, who were featured in the second Free Press article, "Still can't jail the spirit." Here, it was noted that "some of the media has indicated that there's only one side to this story: a homicide conviction." It is uncomfortably ironic that the very Free Press article including the quote, in a quite two-dimensional manner, focuses primarily on Manning's convictions and absolutely none of his motivations.

College campuses should be the site of discussion and debate. To have these things muffled as opposed to expressed and encouraged demonstrates a concerning atmosphere and echoes the borderline McCarthyism revival in the country. At the university, both our leadership and our press have set bad examples for a free dialogue of thoughts. In their absence, we must count on each other to keep a rational exchange of ideas alive.

I do not wish to undermine the value of the life lost by State Trooper Philip Lamonaco or the suffering of his wife, Donna Lamonaco, and their family. This should not, however, distract from an exchange of ideas, nor does it excuse bad media coverage. What must not be lost in any of this is that a haunted man living in a torturous time created this art. While this fact does touch a lot of nerves—understandably—it is important that we are granted access by our elders to these paintings and critical coverage of it by our media so that we can understand and discuss why crimes like Thomas Manning's were ever perpetrated in the first place. ♦

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greater portland community radio

StoryCorps Booth Leaves Portland

By Claire Holman, Director of Blunt

Monday, September 25th, the StoryCorps mobile booth, a sleek Airstream trailer, was eased out of Congress Square and headed south to Boston. During the month the mobile booth was here, more than 150 stories were recorded — the stories of a lobsterman, a young man coming out to friends and family, a WWII vet who was in charge of dead bodies, a teen who spent much of his high school days incarcerated.

Blunt Youth Radio and WMPG as a whole teamed up to sponsor the StoryCorps booth from August 31st to September 24th. At Blunt, we took on the project just on principle. We knew of the project and had met the founder, Dave Isay, at conferences and when he had been in town to speak at the Salt Institute. He's a nice guy, and the project has a mission that is such a good fit for a community radio station: to instruct and inspire Americans to record one another's stories in sound.



StoryCorps staffer Maddy hard at work in the trailer

For those who don't know how StoryCorps works, it's like this: two people go into the recording booth and interview each other. They can use their own questions, or StoryCorps has a fantastic list of questions they can use as a starting point. The idea is to tell about some part of life that has been memorable, on a personal level, or because it is connected to events in history that should be remembered. When the interview is over, the participants get a CD of the interview to take home, and if they agree, a copy of the interview is sent to the Library of Congress to be available for future generations, and portions of the interview could be selected for broadcast on WMPG or even NPR.

Bringing the booth to town was the right thing to do, but making it happen involved a lot of work and the help of many. Kerry Seed, Blunt's assistant director, did the lion's share of the work, handling the logistics, helping to secure sponsors and trades, and making sure the excerpts sent to us by StoryCorps got edited and ready for air. Kerry was there for all the key events — from going to the City Council to get the permits, to watching the nail-biting scene as the Airstream was backed over the curb into Congress Square, to arranging for the two StoryCorps facilitators to spend a day at Long Creek Youth Development Center recording the stories of residents there who would not have been able to get permission to go off grounds to the mobile booth.

Kerry was also the prime organizer for an event which we held in conjunction with the Salt Institute for Documentary Studies. StoryCorps founder Dave Isay spoke to a full house at Salt's gallery on Exchange Street on Monday, September 18th. Blunt members Katie Hughes and Emily Wall joined Isay in presenting StoryCorps tape from Portland and around the country. (Check out photos of the event: <http://snipurl.com/wueq>.) The event was a big success!

We also had a lot of help from WMPG. Kelsey Perchinski organized staff volunteers and work study students to staff a table in Congress Square. Dave Bunker found niches in the programming schedule to air the excerpts of the interviews. Katie Freddoso, a volunteer at Blunt who came to us from the Salt Institute, took the lead in helping Blunt members to produce the excerpts of the interviews which have aired on WMPG. Blunt members Kayla Artinyan, Jess Hedrich, Rachel Heasley, Johanna Greenberg, Emily Wall, Bly Lauritano-Werner, David Barber-Callaghan and Jake Anderson all came in and did the production for the WMPG excerpts.

We also need to thank the people who helped us scour the community to find good interview subjects for our outreach interview schedule. Blunt was charged with finding about 60 people to interview, and we managed to get quite a number of great ones — folks who would not necessarily have found their way to the StoryCorps booth without specific encouragement. Stephanie Philbrick from the Maine Historical Society was really helpful in finding some of the people who made it onto that list.

We had very good luck with the sponsors, thanks to the good efforts of Kerry Seed and Valerie Randall — the Portland Press Herald gave us free ad space and the Eastland Park Hotel provided free lodging for each of StoryCorps' facilitators and for Dave Isay when he was in town. On the opening day, Coffee by Design provided coffee and refreshments for all. All of this helped make the project possible, and we are really appreciative.

A number of WMPG volunteers did interviews at StoryCorps or organized them for others: Ruby Simkoff, Steve Hirshon, Jessica Lockhart, Jim Pinfold, Gail Wartell, Wendy Hazard, Johanna Greenberg, and even Kerry Seed and I managed to get into the booth to interview relatives.

In addition to providing more than 150 pairs of people with the chance to record their stories for themselves and for posterity, StoryCorps gave WMPG some excellent publicity. First, we were up in Congress Square, with WMPG and Blunt/WMPG banners posted the whole month, and on top of that, WMPG volunteers and work study students staffed the information table for many hours during the month. What's more, the Portland Press Herald ran 3 articles and their web site MaineToday.com carried audio excerpts. On TV we got a great story on WCSH 6 by Susan Kimball (who stayed there 2 hours and really did some good reporting) that also



aired on the Bangor affiliate, WLBZ. And news of StoryCorps was in the smaller papers like the Forecaster, and on many websites or e-newsletters, such as the South Portland News and the Maine Historical Society newsletter to name a few.

Anyone who would like to listen to the audio from the StoryCorps interviews in Portland still has a chance. First, more are still scheduled to air on WMPG. And you can listen to all of the ones which have already aired at 'MPG at the blunt website: www.blunradio.org. What's more, we are negotiating with Maine Public Radio to air a one-hour version of the stories, where they'd air at least twice.

On Thursday, October 19th, we are going to host a live event with the Maine Historical Society during which we'll play excerpts and discuss them. Details to be announced, so stay tuned.

WMPG and Blunt's sponsorship of the StoryCorps mobile booth was the first time in the two years that the project has had traveling booths that a community station (not an NPR affiliate) has ever been the sponsor. From what we heard from the StoryCorps staff, Blunt and WMPG

more than rose to the occasion.

From participants we heard that it was "a very moving, intimate and healing experience" and "very touching and a great thing to do... It is a moment we will treasure." So, to all who helped make this experience possible, many thanks. It's an honor and a pleasure to work with people who are willing to work hard to make something meaningful happen.



DAVE'S ONE MINUTE RANT

A radio commentary in written form which our Program Director Dave Bunker certifies he read aloud at least once in less than 60 seconds.

We did a poll last fall about (among other things) news, and lots of listeners said "Yes please!" to WMPG producing local news coverage. What kind of news? Election coverage was first on the list. We're not yet ready to found a fully-fledged news department—no kind of radio takes more money, time, and resources to produce—so we worked up the WMPG Election Project as a startup. We set up a news steering committee, recruited a corps of seasoned volunteer editors, and sent out a call to volunteers to be reporters. Many have stepped forward. Many who stepped forward have been shocked by how many hours it takes to produce a three-minute report, but they have persevered, and they have been turning out high-quality work. The results of their labors can be heard in regular slots throughout the week. (The referee says it's fair to list them on page 2 without having to squeeze them into these 60 seconds.) We're planning special coverage in the fall leading up to, on, and after November 7th,

but for now, tune in to these slots for Election Coverage WMPG-style—independent and local. Heartfelt thanks to the volunteer reporters, editors, and steering committee members, and to the regular hosts who made room in their shows for the Election Project pieces to air. We've hit the ground running with this and we're getting it right the first time. Yes! (:58)



Dave was all ears and eyes at Family Fest

WMPG's Mission

Adopted February 10, 1993

WMPG's purpose is to provide a high quality, community-oriented broadcast service to the people of Southern Maine by:

- providing a full-time schedule of music and culture, news and information;
- promoting awareness and discussion of local issues and activities;
- promoting awareness and discussion of global issues and culture;
- presenting artistic, cultural, and political perspectives which are underrepresented in mainstream media;
- promoting acceptance, understanding, and cooperation between people and cultures;
- fostering new and experimental uses of radio as a medium for creative expression;
- approaching radio as a dynamic medium for community dialogue, introspection, and expression.

Further, WMPG strives to be a training ground for students interested in broadcasting by:

- maintaining an authentic, full-functioning radio station;
- providing ongoing training and workshops in all aspects of radio;
- providing opportunities for hands-on experience in radio;
- maintaining local, national, and international broadcast industry contacts to assist students in furthering their involvement in broadcasting;
- providing opportunities for students to take management and decision-making roles.

Also, WMPG seeks to give citizens and community groups access to radio to share their interests, concerns, and talents by:

- providing low-cost broadcast training regardless of race, religion, sex, sexual orientation, lifestyle, age, or physical ability;
- providing opportunities for women and minorities and others who are under-represented in mainstream media to participate in management and decision-making;
- encouraging the participation of community members with diverse backgrounds and perspectives;
- encouraging two-way communication between the station and citizens by de-emphasizing the distinction between broadcaster and listener and encouraging active listener participation in all facets of radio via letters, tapes, phone calls, community events, studio visits, and performances.

WMPG Board of Directors

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Bob Caswell
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The Board meets the second Wednesday of each month at 7:00 pm in Payson Smith Hall, Room 1 on the USM Portland campus. Staff and listeners are invited to attend these meetings.

Board duties include: ensuring that programming is consistent with the station's Mission Statement, review and approval of the management plan, review of management job performance, organization of events and fund-raising campaigns via committee work, and community-building within and outside the station.

Problems? Gripes? Good ideas? Your Board wants to hear from you! Attend

WMPG Election Project 2006 Airtime Slots

Stories produced by station volunteers in the WMPG Election Project will air in the following regular slots in our schedule through election day, Tuesday, November 7th, 2006. Thank you very much to the volunteers who have made room in their weekly shows for these stories to air.

DAY AND TIME	SHOW
Mon at 1 pm	Between Democracy Now! and Counterspin (Thanks to Eric de Chevalier for agreeing to start Zanzibar late after Counterspin)
Mon at 5 pm	Red Hot and Blues edition of Evenin' Sun with Suzanne Walcott
Tue at 8:30 am	In Your Ear with Deirdre Nice
Tue at 1:30 pm	Caribbean Flava with Dany Challenger
Wed at 7:30 am	Reasonable Music with Jim Pinfold
Wed at 8:30 pm	Pass the Jug with the Old Fart
Thu at 11 am	Sample Radio with Stephanie Sample
Thu at 3 pm	Land of the Lost with Jim Rand
Fri at 8 am	Something or Other with Rock Bergeron
Fri at 3 pm	Aching Spirals of Black Vinyl with Win Phillips

An Update on the WMPG Election Project

by Erik Eisele, WMPG Work Study, DJ, and News Reporter

The WMPG Team has been on the streets. From City Hall to the Blaine House, WMPG Election Project reporters have been out on the beat, sending in stories from the bright and the shady side of politics. Trying to keep Portland informed is a full-time job, and the volunteers from 92 Bedford Street have their fingers in everything electoral, excluding ballot boxes.

From Phillip Morris Napier to Jean Hay Bright, WMPG has had the sound to keep you tuned in. Portland is a big town, and it's easy to lose track of who is running for what where and why. City Council debates? We've got 'em. School board? Yep, them too. Candidate profiles? Sure. For a small community station we've scored pretty big this election season, and with a month left until the November 7th election you can bet there will be even more great coverage, including an all out blitz on election night. So stay tuned to WMPG for all your election needs. And if you think we're missing a story grab a minidisk recorder and CAPTURE THAT SOUND! And remember... only you can prevent electoral ignorance. Pieces from the WMPG Election Project can be downloaded at our website - WMPG.org. And please remember to VOTE on November 7th.



WMPG Management

Station Manager
Jim Rand, 780-4424
stationmanager@wmpg.org

Office Manager
Kelsey Perchinski, 780-4916
officemanager@wmpg.org

Program Director
Dave Bunker, 780-4598
programdirector@wmpg.org

Music Director
Ron Raymond, Jr., 780-4976
musicdepartment@wmpg.org

Development Director
John Dennison, 780-4151
development@wmpg.org

Technical Director
Joel Lamer, 780-4943
technicaldirector@wmpg.org

WMPG Office Hours:

9:00 am to 5:30 pm, Monday - Friday

WMPG's Isaac of The Locals Seeks Aspiring Local Musicians

Isaac (of WMPG's "The Locals") plans on being available to record aspiring musicians during most "Open Mic" sessions on the 2nd and 4th Thursdays of each month from 7 to 10 pm. The Open Mic nights are located in Portland within the "Company Of Girls" Theatre Building at 10 Mayo Street (just below Munjoy Hill off of Franklin Arterial/Cumberland Avenue). The CD quality, digital recordings produced from these sessions could be used as a "demo." For more information and to be sure Isaac will be in attendance on the desired date, please contact Isaac by email: isaacthelocals@aol.com or by cell at either 207 650-8259 or 207 797-9088.

WMPG FUNDERS

groups who have granted money for WMPG programs

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WMPG AFFILIATIONS

Maine Association of Broadcasters
Corporation for Public Broadcasting
National Federation of Community Broadcasters
Intercollegiate Broadcasting System
Pacifica Radio Foundation

Listen In: Mama Africa, hosted by Keita Whitten

Interviewed by Stephanie Sample, WMPG Work Study, DJ & News Reporter

SS: Why do you call yourself "The Sunshine Lady?"

KW: I like to be equated with sunshine. People say, "You have a smile that lights up a room" and things of that nature and I've always liked that analogy. Also, it keeps me warm in the winter.

SS: What drew you to WMPG?

KW: When I first came to Maine 10 years ago, I was really psyched because I turned on the station and there was reggae. I was surprised. I think it was DJ Dansky - he did a Friday reggae show, and ever since then I've been listening and pledging. So that's how I became a part.

SS: Tell me a bit about Mama Africa.

KW: Well, as human beings we are really more alike than we are different. When you add everything up, there are minute differences and a vast array of similarities. One of the ways I found that out is through music. Music tells you the history of everything, so the African diaspora is really the journey of the African. There's a progression. You think of people like Chuck Berry, who started Rock and Roll, Jimi Hendrix, the first guy to take the guitar to a galactic level, and you start tracing that back, you hear the whole melodic sound from Mali. There's a connection here in terms of the genesis of the sound. Same thing with Congolese music, you listen to Spanish music, Cuban music, a whole influence of African music in Cuba. The connection is so blatant. In this show I want to point to those connections.

SS: Your show features a segment called Culture Beat Live?

KW: It's a half hour interview from 1-1:30 that

stems from a publication called Culture Beat that used to be published through the Department of Multicultural Student Affairs at USM. Culture Beat highlights experiences, voices and stories of students of color particularly on the USM campus. We're using the publication as a vehicle to harness voice and representation on campus. This semester in my role as the co-interim director, one of the visions I shared with Donna Loring, the former co-interim director, was to take culture to the next level. So we've got this publication and the stories, but wouldn't it be great if there were a radio show? For Donna this was particularly important because of the fact that there's an indigenous population at USM that's still very much invisible. So we were trying to think of some ways to really pull people in and say, "There's a venue for you to really share your stories and experiences, or poetry or art."

SS: USM is becoming more multicultural but the population, like you said, is still somewhat invisible. Why do you think that is?

KW: Some of us are multi-racial, meaning we have different ethnicities or backgrounds. Depending on the hue of your skin, if you're darker it's more evident that you are a "person of color" and I use it as a solidarity term; the lighter you are the harder it is to identify. For many Native American and Latin students they may have light skin, so their heritage could be "invisible." For example, there are a lot of Passamaquoddy who have blond hair and blue eyes and you would be surprised to learn they are Native American. Some of it may just be lack of connections, but you know it's getting better. I was an undergrad in '99-'00 and there was hardly any visual cues to 'Oh hey, you are a

person of color, let me connect.'

SS: So it sounds like you have community involvement, student involvement, you are here in the Office of Multiculturalism, and in print, and now you're on WMPG. You're all over the place!

KW: Culture Beat Live has developed a partnership with both WMPG and the Free Press, so Fall 2006 in particular is really exciting! Culture Beat is going to have print and on air versions. The on air version at WMPG is really exciting because of the community aspect. The Multicultural Center doesn't operate in a vacuum; it has to exist and it will cease to exist if it's not in the community. The community voice, student voices, and the vision are to make Culture Beat Live rich and informative. "It (the flyer) says Culture Beat Live, for, by and about people of color, so are you anti-white or something." I get tickled when people say that because if you look at it, it says "for, by and about." If you are down with the issues, if you want to represent multiculturalism, or if you're doing that work in the community, you are welcome to come on the show. I've had many races come on the show. It's about the work and the vision they're sharing. I think Portland has an advantage with our multiethnic population in terms of working outside of Maine. What a great opportunity to learn, right in your own backyard, about Sudanese, Cambodian, Latino, and other communities. Maybe learn how to speak some of these different languages to help you with international work. There are some rich opportunities that could advance all of us in terms of our learning and our economic growth.

When I came to this show a few weeks ago I did not know anything about how to run a radio show. I always check to see if there's an emergency service announcement to do, 'cause my very first week I did one and there was dead air for a good 15 seconds. That's a long time when



Keita "The Sunshine Lady" of Mama Africa

you're trying to switch the knobs. I say this because I'm still green when it comes to radio, and I'm 42. If I'm able to jump in and learn this and it makes me think of the ingenuity and confidence of younger people who are fearless. If I can do this, you can do this.

SS: What exciting things are coming up for Mama Africa?

KW: The last couple of weeks, I had several community members from different backgrounds. In October there will be 2 students who will be interviewed on the show. As far as individual guests, when the Paharo Hi came into town, an indigenous group from the Panamanian rainforests, they were sailing on the Penobscot river a month or so and that was really exciting to go and get that interview. They had built this cache of wood, made up from their forest, and they had never built a cruising yacht before, but they built it with the help of this man who was a Peace Corps member and came back with funding to help the indigenous populations. It's a project that's sitting in the wings.

Listen In: Every Sunday from 12-2 PM

WMPG's 1st Annual Family Festival : "The Unsuspecting MC"



Above: Frank Pennisi
Below: Steve & Lilliana at the craft tables



The USM Portland Campus Green was sumptuous, the weather was ideal, there were vendors with delectable food, there was face painting, amazing juggling by Program Director Dave Bunker, and balloon animals sculpted to order by Office Manager Kelsey Perchinski as well as special buttons and t-shirts commemorating the inauguration of the WMPG Family Fest.

To be honest with you, I'm uncertain how I ended up the on-stage and on-air host of WMPG's First Annual Family Festival, but I had a blast! There was great music all day long, featuring Mary Kaye, Rick and Elaine Colella, Sammie Haynes as well as my friends Frank Pennisi and Justin Brown, whose band Scapegoat Charlie made its world debut. (I have tried to match up Local Motives with Scapegoat, but their lead singer is about to give birth at any moment; fame and fortune will have to wait.)

Okay, so the turnout wasn't huge, but considering we were competing with Baystock and countless other summer festivities the atmosphere was that we were all among friends and family. The WMPG Family. When we plan next year's Second Annual Family Festival, mark your calendar. It will be bigger and better!

-Lorenzo Raffa

Above: Scapegoat Charlie, Below: Rick & Elaine Colella



Above: Sammie Haynes ends the day in song
Below: Mary Kaye sings and Professor dances



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<http://www.stlawrencearts.org>

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University Computing Technology
USM, 144 Luther Bonny Hall, Portland
<http://www.usm.maine.edu/computing/>

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<http://www.videoport.formovies.com>

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A Cartoon by Bob Cochran



Listen in to WMPG at 90.9 or 104.1 or online at <http://www.wmpg.org> on RealPlayer or ShoutCast or come on by and visit, our hours are 9-5.

Listen In: The Afterparty, Hosted by "Goobar"

Interviewed by Klarissa Austin, WMPG Work Study & DJ

KA: So your show is The Afterparty, how would you describe your show to readers?

G: My show is one that showcases DJs, both local and in the New England area, who are dedicated to electronic music. For the listener, this show was designed to be a way to keep the party going after all the clubs have closed in Portland. If you just got out of a party, you can still listen to the same kind of music on my show.

KA: How did you decide on the theme of The Afterparty? How do you think the music you play accomplishes that?

G: I used to host as an electronic DJ at Southern New Hampshire University and ever since we stopped doing that show, I've always wanted to do another one. The time slot is perfect for the music. It fits right in with the rave/dance music culture. Many different subgenres are played on my show. There's trance, house, drum and bass, break beat, and happy hardcore. I think the music is the theme. In rave/club culture, the music is central.

KA: How does your musical background tie in with the theme of your show?

G: I've been DJing for six years now and I've played pretty much all forms of music. I've had residencies in clubs in Boston, New Hampshire, Providence, and all over New England, so I've had plenty of experience in the club scene. I've been involved with club culture for seven years. I've been involved with promoting and putting on club and rave nights for nearly the past seven years, so the culturally musical-based background fits in with my show.

KA: As a college student, what is it like juggling studies, work, and a new radio show?

G: It's not too bad, but the radio can be pretty taxing. We'll see how it goes.

KA: How do you think your show differs from any other show?

G: Well it differs in the fact that I have DJs come on and spin vinyl on turntables. At WMPG, no other shows do that with vinyl and it's one of a handful of shows that have guests come in and play.

KA: You said you've been DJing for a while, what other kinds of music have you played?

G: Ha ha! Well in grade school I played the saxophone, but other than that, turntable is pretty much the only other thing I've played.

KA: Where do you feel this show will take WMPG, you, and your listeners?

G: To Wonderland! It will take us to meet Alice in Wonderland.

KA: Do you think that the rave scene and its music have changed much over the realm of your experience?

G: Definitely! There are so many more subgenres there used to be. There are all sorts of new sounds coming out. It's like rock where you have many different kinds of rock. There are different kinds of techno. Sometimes I'll be at a club and someone will give me a flyer for another show and it'll be like a different sound.

KA: Do you have anything special planned for The Afterparty coming up soon?

G: Well I should be doing some ticket giveaways, some CD giveaways. The ticket giveaways are to raves.

Listen in on alternating Fridays from 1-4 AM



DJ Goobar Spins at a summer house party

Mainly Dead

WMPG 90.9 / 104.1 FM

Mainly Dead: Fall 2006 Schedule

9/26 Ratdog: Casino Ballroom, Hampton Beach, NH, August 24th 2006, Set 2

10/10 The Grateful Dead: The Music Box, Omaha, NE. February 4th 1969, First of set

10/24 The Grateful Dead: The Music Box, Omaha, NE. February 4th 1969, Second of set

11/7 The Grateful Dead: Madison Square Garden, New York, NY. September 16th 1987, Set 1

11/21 The Grateful Dead: Madison Square Garden, New York, NY. September 16th 1987, Set 1

12/5 The Grateful Dead: Oakland Auditorium, Oakland, CA. December 31st 1981, Set 1

12/19 The Grateful Dead: Oakland Auditorium, Oakland, CA. December 31st 1981, Set 2



Changes in the Season, Stories on the Air

By Frederick Greenhalgh, WMPG Volunteer

Last spring, a piece of New Orleans was brought to Portland's airwaves when WMPG broadcast my radio drama "Day of the Dead," a story about a young man who heads to New Orleans looking for his missing lover. This fall, I intend to bring new stories to life with my FinalRune Productions radio project.

For those of you wondering what the heck radio drama (also known as 'audio theatre') is, it's a form of storytelling through the medium of audio. Using the tools of dialogue, music, and sound effects, the radio dramatist paints any tale imaginable on the canvas on the mind. Horror, western, mystery, and comedy are all popular, as well as the genre-less material that falls anywhere in between.

The medium was born in the 1900s when theatres experimentally broadcast their plays live over the radio. It wasn't until the 1930s and 40s, however, that radio greats like Orson Welles, Arch Oboler, and Norman Corwin mastered the art of using sound to tell stories. America's premiere medium of entertainment, immortalized by series like The Lone Ranger, Dragnet, The Shadow, and The Jack Benney Program (among many, many others), came to an abrupt demise when the major networks turned all their attentions to television in the early 60s.

So what does a seemingly archaic medium have to appeal to listeners in the 21st century? For me, radio drama is an alternative to overproduced, high-budget but low-substance movies, and a way to attract a larger audience than by fighting to publish written stories. And with sound and music added to the writer's arsenal,

Day of the Dead ...A Radio Drama



radio drama offers ways to realize stories impossible in any other medium. Best of all, modern technologies like the mp3 and the internet mean that the 'radio' part of radio drama is more of a denotation of its history than the limit to how it can be heard.

Keep your ears open for the premiere release of FinalRune Productions' fall season, a chilling narrative called "The Blind Man's Confession," due out Halloween. And if you missed the opportunity to hear "Day of the Dead" on the air, visit www.wmpg.org or www.finalrune.com/dead where you can check out the mp3. While you're visiting finalrune.com, explore more about the underworld of New Orleans, and learn all about FinalRune Productions and the grassroots production company I'm building.

If all this makes you want to get involved, you're direly needed! Voice actors, production help, sound effects engineers, musicians, and maybe even marketing personnel are all needed, and writers are especially encouraged to submit their scripts to me directly: fred@finalrune.com. For more information on the talent search, visit www.finalrune.com/talent.htm - Stay tuned!

INDI-REVOLUTIONS ROCK BLOCK T-SHIRT CONTEST

Hey all you "Indi-Revolutions Rock Block" listeners (that would be our Monday - Friday 3 to 5pm rock shows) we need your help! We want to make a T-shirt for the show and need a graphic. If you are an artist and want to get the bragging rights to this then listen up! E-mail, snail mail or hand deliver us a graphic ASAP. Not only will you get the bragging rights but you will also receive the 1st t-shirt printed from the design.

All designs must include "Indi-Revolutions Rock Block" and the time of the show, "Monday - Friday 3 to 5pm" and "WMPG". So come on, we need your help!!! It's time for a WMPG Rock N' Roll T-shirt. We will post the winning design along with other submissions on our web page. For more information call (207) 780-4424 or send an e-mail to stationmanager@wmpg.org.



Station Manager Jim Rand shows off the new audio board to Suzanne Goucher, CEO and President of the Maine Association of Broadcasters. The MAB donated the funds for the board. It took a good chunk of the summer to reberfish the studio and reconnect the wires. Several of our staff and volunteers worked together in order to move WMPG forward, but we wouldn't have this great opportunity without the kind donation from the Maine Association of Broadcasters. You can see our "plaque of thanks" on the left side of the board in this picture. For a tour of WMPG call 780-4943.



STUCK IN THE 80s U.K.: an interview with Richard Nott, host of STUCK IN THE 80s on community station Phoenix FM, Essex, U.K.

By Ron Raymond, Jr., host of WMPG's STUCK IN THE 80s

Three years ago, I went to Google.com and typed in "stuck in the 80s" on a whim. I found a radio show called STUCK IN THE 80s on this community radio station based outside of London (in Essex) called Phoenix FM. I then e-mailed its host, Richard Nott, and we've been e-mailing each other ever since. My former co-host, Kim, is now in the U.K. and even got to meet Richard earlier this year. In this, the 10th year of my STUCK IN THE 80s on WMPG, Richard and I thought it would be fun to switch shows for a week. So, on the weekend of September 30th and October 1st, we'll be doing each other's respective STUCK IN THE 80s shows (since we will not be able to trade locales for a week, they will be pre-recorded). I also thought it would be fun to interview Richard for the benefit of the folks here in the Portland area and WMPG. Here it is...

RR: What part of the U.K. are you from originally? Have you always lived near London? Tell me a bit about yourself.

RN: I was born in Ilford in Essex and have remained an Essex resident ever since. I currently live in a village called Hutton and can be in the country in 5 - 10 minutes and the heart of London in 30 minutes. My day job is as an internal auditor (boo hiss!!) for the Department of Constitutional Affairs, a central government department. I do quite a bit of traveling as I audit courts all over England and Wales. However, this year I have taken a career break to look after our daughter who was born in July 2005. My wife went back to work and I became a stay at home dad - great fun but tiring! I also direct the music and play the organ at a local church. I met my wife, Cheryl, at music college back in the 80s. I also teach the piano and organ. Oh yes, and somehow I find time to do stuff on Phoenix FM!

Phoenix FM started in 1996, the same year my version of STUCK IN THE 80s debuted at WMPG. Describe Phoenix FM and how you became involved with the station. How did your version of STUCK IN THE 80s come about?

Phoenix FM is a community station. Under current UK legislation we can broadcast on FM for only 28 days twice a year. However, we have had a full-time presence on the Internet for a number of years (www.phoenixfm.com) and put shows up for people to download as podcasts, as well as producing items of local interest. Earlier this year we were successful in our application for a full-time license under new regulations and hope to start our 24/7 broadcasts in January 2007. I became involved with Phoenix in 2000 after a piece in the local paper. I have been doing

'Stuck' for about four years and it has evolved as my collection of 80s music and dross has expanded!

RR: My version of STUCK IN THE 80s dips into a lexicon of the great 80s music you remember, new music from your favorite 80s artists, and everything in between. How do you define your show?

RN: Errr, well, I tend to only play music from the 80s. I also have some fun features [like highlighting an album every week with several cuts from the album, a "twin spin" featuring two songs by the same artist, and a dose of 80s cheese], and if I have time, I spend half an hour looking back at a particular year featuring music, news, events, etc. from that year. Above all, it is fun!

RR: Do you listen to 80s music ALL the time?

RN: No! I enjoy some of the new music out there and have a love of classical music too. My iRiver is full of different types of music so I have something for every mood.

RR: As a community radio station, what type of community events has Phoenix FM been involved in? What sticks out best for you?

RN: We have done many road shows for local fetes and fairs and these are always huge fun. We have also organized local debates at election time. One of the recent things we have done is produce a CD of local unsigned bands, something we are keen to support. There isn't one event that sticks out, although I had my face painted at a fete, forgetting I was in a concert that night. Trying to get all the paint off was not easy!

RR: Why is STUCK IN THE 80s and Phoenix FM important to you?

RN: I've always had a keen interest in radio. It is such a wonderful medium. You have to actively listen to the radio whereas you can just veg out in front of the TV and turn your brain off. Radio is all about imagination and ease of access. That is why I am so committed to the concept of community radio and, hence, Phoenix FM. Stuck in the 80s is a fun show

for me, but I also have responsibility for arts coverage for the station which involves me much more with the community.

RR: For the benefit of most of us here in Portland who have never listened to British radio, what are British radio stations like? Are stations there mostly gobbled up by conglomerates like here in America, are they mostly BBC-oriented or just something else? What are your thoughts?

RN: There are various types of radio stations in Britain. There are local and national commercial stations which tend to be owned by one of three or four big conglomerates. These mainly play pop music and can be quite cheesy, especially some of the local DJs! The BBC (www.bbc.co.uk) has national FM and digital stations each of which covers a particular genre, e.g. speech, new music, classical, comedy, pop etc. The BBC also provides local stations for all areas of the country. Our local station is BBC Essex (www.bbc.co.uk/essex). The great thing about the BBC is that there are no adverts! Now there is this new initiative for community radio stations and it will be fascinating to watch how this progresses. There really is something for everyone.

RR: You recently had the pleasure of meeting my former co-host, Kim. Are you two planning on doing some work on STUCK IN THE 80s together in the future?

RN: We did speak about doing some radio but haven't any firm plans.

RR: What are the latest CDs or albums you have purchased recently? What are you listening to now?

RN: I like the new albums by Keane, The Zutons and Snow Patrol. I also like the new material from Katie Melua, which is nice late evening or dinner party music.

RR: I'm compiling a list of THE BEST 100 ALBUMS OF THE 80s for a series of shows in October 2006. Name some albums you think should be in there and why.

RN: Now there's a question! Michael Jackson's Thriller has to be in there. It is a truly seminal album. I like Dare by the Human League, which produced a number of great songs. I would put Genesis' Genesis album in as well as Script for a Jester's Tear by Marillion. U2's Joshua Tree is a must, as are Synchronicity by the Police and Paul Simon's Graceland. I could go on and mention Eye in the Sky by the Alan Parsons Project ... ah, looks like I have. Enough for now I think!

RR: Any music from the 1980s you just can't get your arms around?

RN: Hip hop and rap.

RR: The 80s sure had their share of different genres - pop, punk, late disco, rap, rock, country, new wave, modern rock, hair metal, Kenny G, dance, soul and the second British invasion in 1985. What music genre from the 80s stands out for you the most?

RN: I'm a fan of jazz funk, soul, electro and synth-pop and new wave. However, I don't think you can beat a bit of classic 80s heavy metal. Those guys could really bang out an

ear-splitting great tune, and as for the classic guitar riffs ... wow. Today's metal just isn't the same - long hair, leather, denim and pints of beer. Fantastic!

RR: One of my regrets is that I didn't venture to Philadelphia to see Live Aid in 1985. Did you go to Wembley Stadium on July 13th, 1985 to see Live Aid? And, if so, what was that behemoth event like to be at?

RN: I didn't go, but did watch it on TV drinking beer with my mates. At least we had easy access to the toilet! Cheryl bought me the DVDs when they came out and I've watched them so many times. An incredible, historical global event for which it was great to be alive.

RR: What is on the horizon for STUCK IN THE 80s and Phoenix FM?

RN: As mentioned, Phoenix FM will be broadcasting full-time from January and we are busy with all the preparations, including a move to new premises. I shall be continuing with my arts show, but Stuck in the 80s will be taking a rest as I just don't have the time to commit to doing two shows a week. Also, Cheryl would not be happy if I was out every Saturday afternoon, and that's putting it mildly!

RR: Parting shot / comments about being STUCK IN THE 80s and community radio in general.

RN: It is an exciting time for radio in the UK with the introduction of community stations. Community radio has to be run by people who care for their community and not ego-trippers who are there just to 'big themselves up'. I love doing Stuck in the 80s and it is a great chance for audience participation and just a little self-indulgence! If anyone would like to see pictures of me and the family then do have a look at our website www.cherylrichard.co.uk

Best wishes to you all in Maine and thanks for taking the time to read this.

Local Motives

live, local music

FALL 2006 SCHEDULE

OCT 6 - THE MUTINEERS
(SPECIAL BEGATHON SHOW!)
[HTTP://WWW.THEMUTINEERS.COM](http://www.themutineers.com)

OCT 13 - THE GAWLER FAMILY
[HTTP://WWW.CHILDSPLAY.ORG](http://www.childsplay.org)

OCT 20 - TO BE ANNOUNCED

OCT 27 - DOUCE
[HTTP://WWW.MYSPACE.COM/DOUCETHEBAND](http://www.myspace.com/doucetheband)

NOV 03 - TO BE ANNOUNCED

NOV 10 - CRISS SUTHERLAND, OF CERBERUS SHOAL AND THREADS
[HTTP://WWW.CERBERUSSHOAL.COM](http://www.cerberusshoal.com)

FOR SCHEDULE UPDATES, MUSIC, IMAGES AND MORE VISIT:

[HTTP://WWW.LOCALMOTIVES.ORG/](http://www.localmotives.org/)

STUCK IN THE 80s
CELEBRATING 10 YEARS OF SUNDAYS ON
WMPG 90.9 104.1 WMPG.ORG

WMPG Charts

CMJ Radio 200 Report for WMPG, as reported 9/25/06 by Ron Raymond, Jr., WMPG Music Director.

1 NOUVELLE VAGUE	Bande A Part
2 YO LA TENGO	I'm Not Afraid Of
You And I Will Beat Your Ass	
3 NEW LONDON FIRE	I Sing The Body
Holographic	
4 BOB DYLAN	Modern Times
5 SONIC YOUTH	Rather Ripped
6 VINCENT VAN GO GO	Do U Know
7 MARS VOLTA	Amputecture
8 SLUMBER PARTY	Musik
9 BLACK KEYS	Magic Potion

10 COMPILATION Rogue's Gallery: Pirate Ballads, Sea Songs and Chantey's

11 THERMALS	The Body, The
Blood, The Machine	
12 R.E.M.	And I Feel Fine...
The Best Of The I.R.S. Years	1982-1987
13 M. WARD	Post-War
14 TV ON THE RADIO	Return To Cookie
Mountain	
15 RANDIES	Saw The Light
16 THE KNIFE	Silent Shout
17 RATATAT	Classics
18 JIM NOIR	Tower Of Love
19 ROBYN HITCHCOCK AND THE VENUS 3	Ole Tarantula
20 TAPES 'N TAPES	The Loon
21 SEBADOH	III
22 AKRON/FAMILY	Meek Warrior

23 SIGUR ROS	Saeglopur
24 REGINA SPEKTOR	Begin To Hope
25 BANGKOK FIVE	Who's Gonna
Take Us Alive?	
26 KASABIAN	Empire
27 SNOWDEN	Anti-Anti
28 SIMON DAWES	Carnivore Record
Collection	
29 KAKI KING	Until We Felt Red
30 LEE BABY SIMMS	Mystery Loves
Company	

CMJ New World Report for WMPG, as reported 9/25/06 by Kelsey Perchinski, WMPG's Acting Global Director.

1 COMPILATION	P u t u m a y o
Presents: Radio Latino	
2 NOUVELLE VAGUE	Bande A Part
3 TA' SHMA	Come Listen
4 BRAZILIAN GIRLS	Talk To La Bomb
5 LOS AMIGOS INVISIBLES	S u p e r p o p
Venezuela	
6 RAUL JAURENA	Tè Amo Tango
7 AZAM ALI	Elysium For The
Brave	
8 COMPILATION	Moro No Brasil
9 CIRQUE DU SOLEIL	Delirium
10 NOVALIMA	Afro

CMJ Loud Rock Report for WMPG, as reported 9/25/06 by Steve Cain, WMPG Loud Rock Director.

1 MOTORHEAD	Kiss Of Death
2 LAMB OF GOD	Sacrament
3 SLAYER	Christ Illusion
4 DIECAST	Internal Revolution
5 IRON MAIDEN	A Matter Of Life And Death
6 GWAR	Beyond Hell
7 STRAPPING YOUNG LAD	Heavy As A
Really Heavy Thing	
8 UNEARTH	III: In The Eyes Of Fire
9 MASTODON	Blood Mountain
10 HEAVEN SHALL BURN	Deaf To Our
Prayers	

CMJ Hip Hop Report for WMPG, as reported 9/25/06 by Jesaka Gia Elizabeth, WMPG Hip Hop/Urban Director.

1 J DILLA	The Shining
2 DARC MIND	Symptomatic Of A Greater Ill
3 NICOLAY	Here
4 MOJOE	Classic.Ghetto.Soul.
5 KENN STARR	"Against The Grain" [12-
Inch]	
6 MASTA KILLA	Made In Brooklyn
7 ROOTS	Game Theory
8 JURASSIC 5	Feedback
9 PIGEON JOHN	...And The Summertime
Pool Party	
10 OUTKAST	Idlewild

CMJ Jazz Report for WMPG, as reported 9/25/06 by Bob Cochran, WMPG Jazz Director.

1 ORNETTE COLEMAN	Sound Grammar
2 FLAT EARTH SOCIETY	Psycho Scout
3 MULGREW MILLER	Live At The
Kennedy Center	
4 FRED FRIED	The Wisdom Of
Notes	
5 HOUSTON PERSON/BILL CHARLAP Y o u	Taught My Heart To Sing
6 DAVE STRYKER	The Chaser
7 DAVID S. WARE QUARTET	Balladware
8 KEITH JARRETT	The Carnegie Hall Concert
9 NELS CLINE	New Monastery
10 EIVOR PALSDOTTIR	Eivor Palsdottir



These kids had a great time at Family Fest



Record & CD Donations Wanted For Upcoming Record Sale

WMPG is now accepting record donations for the record sale this November. If you have part or all of your collection sitting in storage or taking up room in your house this is the time to toss it over to us! Just call Jim at 780-4424 or John at 780-4151 and they will set up a time for you to drop off the records or for us to pick them up at your house. Donations are always welcome. If you can't get to us before the sale this year you can still give us a call and we will use them for next years sale. Make sure you come to the sale on November 11! It's more than just records - we'll have food and other items too!



EVER WONDERED HOW TO GET INVOLVED AT WMPG?

If you have ever wondered how to get involved at WMPG we'd be happy to talk with you! Every few months we have a on air training for anyone interested in learning how to run the equipment and train to have a show. If you'd rather not be on air we also have volunteer positions available in various departments and during events. If you are interested in on air training you can call Dave at 780-4598. For volunteer opportunities you can call Kelsey at 780-4916. You can come for a tour or visit our website for more information. We hope you'll join us!

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(Your gift to the station will grant you the gift of coolness. We'll hook you up with a tee, mug, CD, or other item!)

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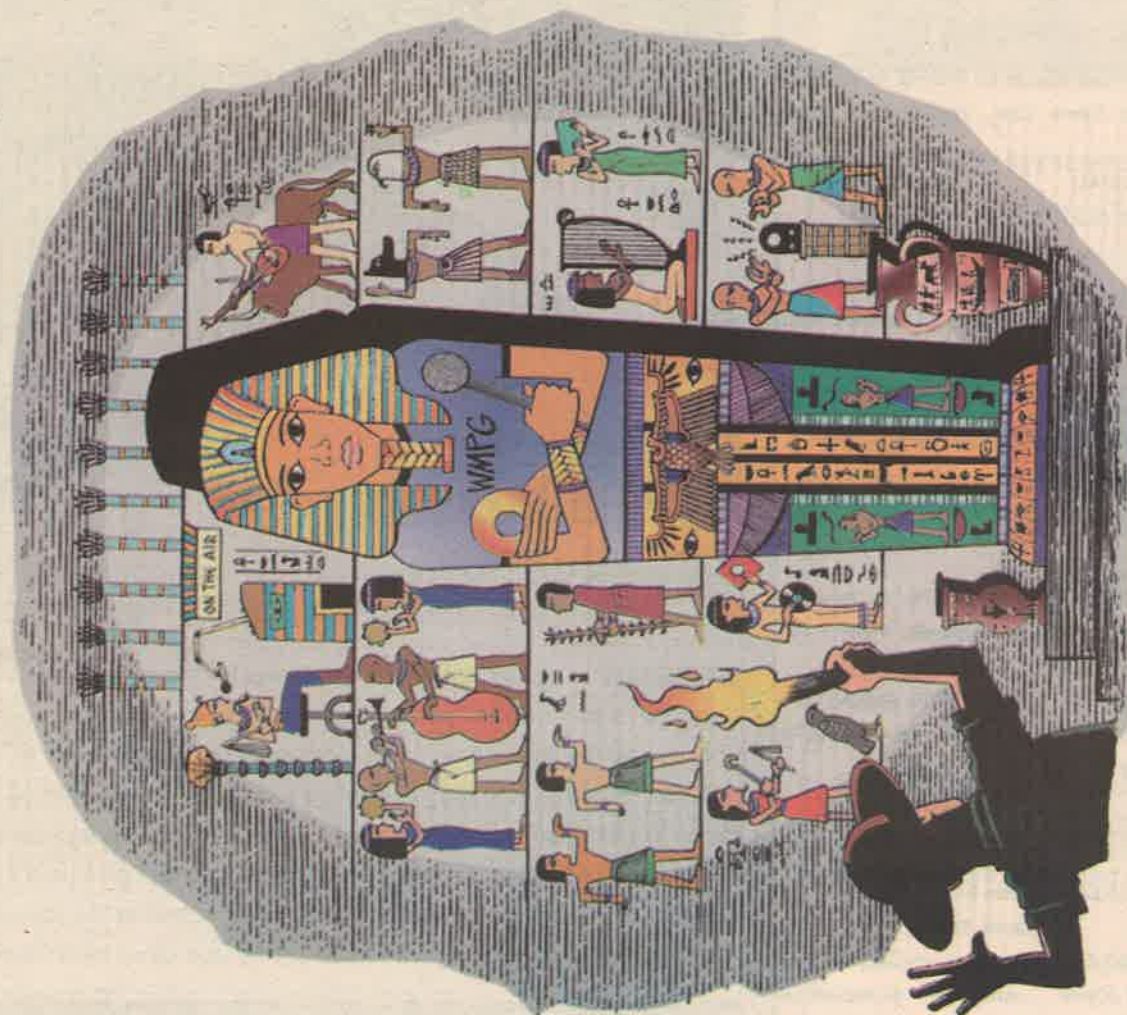
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WMPG PROGRAM GUIDE

FALL 2006



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Eternal Sunshine director fails on take two

The Science of Sleep pales in comparison

CHARLES HOBBY

STAFF WRITER

Only a few names in contemporary cinema have me waiting in line on opening day. Michel Gondry was one of those names, until I saw his latest film, *La Science des Rêves* (*The Science of Sleep*). I was initially excited about its release, but I left the theater utterly disappointed.

I had every right to be excited, judging from Gondry's 2004 feature film, *Eternal Sunshine of the Spotless Mind*. It was a nearly perfect blend of beauty, melancholy, bleak comedy, and outright pain. *Sunshine* has lines and spectacular visions still embedded in my memory. I expected the director to continue to delight and astound audiences. After sitting through *The Science of Sleep*, I couldn't have been more wrong.

Sleep was amateur compared to Gondry's previous movie. They do share themes and ideas: both are spent inside the protagonist's head, cluttered with deep desires and bizarre twists of reality. However, where *Sunshine* fully delivers with a flawless screenplay (by Charlie Kaufman), a mesmerizing dis-

play of visual beauty, and a cast that comes off as true and empathetic, *Sleep* is a nightmare of jumbled ideas, poor writing, and infantile visions of reality. When backed by a good writer, Gondry has the creativity to augment a film, but now, left to his own devices, he has failed.

Gondry tries to tell a love story between two apartment neighbors with very similar names, Stéphane (Bernal) and Stéphanie (Gainsbourg). Stéphane is a full time daydreamer and has difficulty discerning imagination from reality. This allows the audience full passage into his thoughts and desires. Unfortunately, these inner secrets are not interesting or mature.

The plot has no clear focus or development, apparently edited together using a rusted machete and a glue stick. Scenes vanish and appear, begin and end with no apparent order. Stéphane enters his new apartment exactly as it had been left from his childhood, complete with his toys and playful comforter. What a perfect setting for this film since his character never quite matured from this stage of life, either.

The love between the lead parts resembles a middle school crush, where slaps and insults are bartered as

flirts and romance. Gondry shows that this love is based on the similarity of their names and nothing more.

The characters desperately interact but never connect on a deep level. This is through no fault of Bernal or Gainsbourg, both make a valiant effort to add some life to this film. Gondry has failed to offer them anything substantial with which to work.

Sleep is nothing more than an excuse for the director to fool around in his funhouse of animation. There is no whimsy or emotion or truth to be found anywhere in this masturbatory experience. While initially the cardboard backdrops, the obvious blue-screen, and even the amateur animation style have a charming air to them, they quickly become stale and unexciting.

Gondry does what any teenager would do with access to a video camera; he makes silly movies that are more fun for the creator than the viewer, but hold a certain quirky fun for a few minutes. However, Gondry has turned his homemade mini adventure into a feature film for adults. And as the minutes tick on we are left not waiting to see what happens next, but waiting for the end; bored and continually checking our watches. ♦

ART WALK, from page 7

MAINE PRINT PROJECT, presents "The Arts Formally Known as Prints," a collection of print artwork showcasing local artists. SPACE is soon featuring a photo and video art collection called the Innocents Project on Oct. 19. SPACE's mission is "to present contemporary, unconventional, and emerging arts, artists and ideas." The SPACE Gallery also has a stage for musical performances, and a small corner bar.

THE CYCLE GALLERY AT PERCY'S CYCLES (9 Deering Avenue), features local, commission-free art. This week the gallery presents Jessica Turquotte and Nance Trueworthy, and others. Trueworthy is a photojournalist whose art includes scenes from nature as well as famous people in the eCaribbean, Europe, and the US.

Percy Wheeler, owner of the shop, always features local, commission-free artwork, leaving the money in the hands of the artists, and the art is not necessarily cycle-themed.

Other places worth exploring off Congress are the June Fitzpatrick Gallery on High Street, the Heron Point Gallery of Glass Art and Dichroic Jewelry on Middle Street, and the Nielson Smith Metalworks shop on Portland Street.

Another tradition of the First Friday Art Walk is for performance groups and street corner musicians to present their talents to the public. ♦

COMPILED BY BY
JOEL C. THERIAULT

DON'T STAY HOME

Things to do this week instead of staring at your dorm room walls.

MONDAY, OCTOBER 2

Open Juggling / all levels welcome / 7 p.m. / Reiche School / Brackett Street, Portland / 318-7089

TUESDAY, OCTOBER 3

Spoken word & open mic night / 7 p.m. / The Gorham Grind / 18 South Street / 839-3003

WEDNESDAY, OCTOBER 4

BusBoy Jazz Ensemble / until 12 a.m. / Top Of the East / 157 High Street / 1-888-671-8008

Pete Kilpatrick Super Group / 9:30 p.m. / Bull Feeney's / 375 Fore Street / 21+ / 773-7210

THURSDAY, OCTOBER 5

Comedy Showcase / 8:30 p.m. / Comedy Connection / 16 Custom House Wharf / \$6 / 774-5554

Salsa Night / dress up and get your groove on / 8:30 p.m. / The Pavilion / 188 Middle Street / \$5 / 773-6422

Alias and Tarsier with Astronutilus and Dilly Dilly / ambient trip-hop / 9 p.m. / Space Gallery / 538 Congress St, Portland / \$8 / 18+ / 828-5600

FRIDAY, OCTOBER 6

Equus / USM theater production directed by Walter Stump / 7:30 p.m. / reception will follow / through Oct 15 / Russell Hall, Gorham / \$5 students, \$8 fac/staff, \$8 seniors, \$12 public / for mature audiences; performance contains nudity / 780-5151

Esperanza / 9 p.m. / The Big Easy / 55 Market Street, Portland / 21+ / 775-2266

First Friday Art Walk check out exhibits and local artists / 5 - 8 p.m. / Portland / <http://firstfridayartwalk.com> / 775-6148

SATURDAY, OCTOBER 7

WMPG Blues Review Gates Street Blues with Riffin' Rick Miller opens, followed by Jimmy Junkins and the Soulcats / 7 p.m. / Chicky's Fine Diner / 3 Bridge St, Westbrook / \$10 / 854-9555

Argentine Tango Practicas practice your tango and learn from others / 6 p.m. - 9 p.m. / Maine Ballroom Dance / 614 Congress Street, Portland / \$5 / 773-0002

SUNDAY, OCTOBER 8

State Street Traditional Jazz / 10:30 a.m. / Portland Museum of Art / 7 Congress Square / \$6 / 775-6148

Quinceañera / documentary / Audience Award Winner at Sundance Film Festival / 1 p.m. / Movies on Exchange / 10 Exchange St, Portland / \$7 / 772-8041

COMPILED BY ARTHUR MOSEN



Big hands, big hopes in "The Science of Sleep" (2006)

SOURCE: WWW.IMDB.COM

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am 6:30 monday tuesday wednesday thursday friday saturday sunday 6:30 am more show descriptions

7	THIS BETTER BE GOOD A level tablespoon of crunchy chipotle-flavored methamphetamine to attenuate the Monday morning blahs. With Michael.	GROOVEYARD SHIFT Worldly jazzy stuff with Brother John.	REASONABLE MUSIC Stan Getz to Stanley Turrentine to Stand by Your Man, an all-request show that is 90% from the DJ. With Jim.	HUKKIN' A CHAINEK Steve plays popular music from the 2nd half of the 20th century, and newer stuff, too; and speaks with guests on subjects of current interest.	SOMETHING OR OTHER Rock music from all decades. Blues, folk, jazz, reggae, world and pop oddities as well. Rock plays stuff from his messed-up collection.	WOMANSONG Diana plays an eclectic mix of female musicians and vocalists, showcasing all genres.	SUNDAY SIMCHA An eclectic blend of Jewish music, news and announcements for the Southern Maine Jewish community. With Gail.
8	SOUTH BY SOUTHWEST Bringing you the very best in honky-tonk, Western swing, and straight-ahead country music. With Lincoln.	IN YOUR EAR Bluegrass, blues, folk, country, acoustic, local, and more. With Deirdre.	THE BLUE COUNTRY Bluegrass and country music to ride the rails of life by. With Blizzard Bob, the Lonesome Traveller.	SALTWATER FARM From the Carter Family to the Handsome Family, and beyond. Classic, insurgent, outsider, alt., and cosmic country, and more. Tom Flynn.	US FOLK Us, as in 'you and me.' Roots, folk messages woven into the ballads keeping regular folk tuned in. Live and live-recorded. With Chris.	CHICKENS R PEOPLE 2 (see description at right)	MAINE GOSPEL TRAIN The praise and worship of God through traditional and contemporary African-American gospel music. With Sister Milka.
9	ECHOES IN THE WIND Music of America's indigenous people, folklore, news, and discussion of current issues. With Valerie.	SOUNDSCAPE With John Dennison.	CROSSFADE The Music of common people around the planet. With Barb.	SAMPLE RADIO Truly, a sample for all tastes. With Stephanie.	A LA VOTRE Rock, pop, rap, hip-hop, jazz, news, and weather 'made in France.' With Jacques.	VOICE OF CAMBODIAN AMERICANS Traditional and modern Khmer music, local and Cambodian news. With Pirun, Kolap, and Savoeuth.	BALKAN Music, information, and news from Yugoslavia. Listener phone calls. With Sasa and Predrag.
10	DEMOCRACY NOW! A national, daily, award winning news/public affairs program, hosted by Amy Goodman and Juan Gonzalez.						
11	COUNTER-SPIN	HOME DAD	LESBIAN RADIO	DVD CLASSICS CORNER	VOICE ALONE		
12	ZANZIBAR French songs, African singers, Japanese and African drummers, Bombay hits, and more. With DJ Eric.	CARIBBEAN FLAVA Features the sounds of the Caribbean, including reggae, calypso, and soca. With Dany.	JUKE, JIVE & JAZZ Jazz masters and new musicians. Classic, bop, cool, free, beat poetry, and offbeat humor. With Dave.	CRUZ DEL SUR Music, art, history, news, and traditions of Hispanic America, local community issues. With Victoria.	ZVUKI RUSSI A celebration of different styles of music from Mother Russia and her neighboring countries. With Artur.	VIETNAMESE MELODIES Traditional and contemporary music with a wide variety of the finest for your soul. With Thian.	
1	LITE 68.6 Jasper brings you Metallica, Cat Power, and other great rock n' roll.	LONG TOMORROW Punk, folk, grunge, metal, hip-hop; it doesn't matter as long as it rocks you from where you are to where you are going. With A.J.	RADIO JUNK DRAWER Smart sound, garage visionaries, and pop with a problem. With David Pence.	LAND OF THE LOST A twisted world of psych and punk songs from the 30s to the sounds of Nowwww. With Jim.	ACHING SPIRALS OF BLACK VINYL Follow the threads and themes of this eclectic mix. Weekly musical journeys stopping everywhere from Nashville to Soweto. With Win.	GET HOT OR GO HOME The swingin'-est, rockin'-est, rockabilly roots show ever! Go Daddy-O!! With Matt.	
2	EVENIN' SUN Red Hot and Blues edition. Using a variety of blues artists, old and new, blending some rock and soul with it. Lots of theme shows. With Suzanne.	Blues and zydeco to cure your ills. With the Blues Doctor.	A helping of finger-lickin' blues every week, in particular celebrating the birth-days of various blues musicians. With Myron.	The Gumbo Shop edition. Blues with heavy doses of Southern soul and funk, plus zydeco and cajun for spice. With Daddy G.	Ruby starts off your Friday night with toe-tappin', hip-shaking, humming, get up and dance, can't get it out of your head tunes. Join me, won't you?	More of the best the blues has to offer. Liquid AI and Bill alternate hosting.	
3	FREE SPEECH RADIO NEWS National news from an alternative perspective.						
4	BLUNT (see description at right)	GRACE STREET	SOUND ECOLOGY (see description at right)	THE LOCAL OPTION	LOCAL MOTIVES (description at right)	SOUL MATES Michele and Steve play soul music that will move you.	WAABARI RADIO
5	3-PIECE GABARDINE SAXOPHONE Designed to strike terror into the hearts of purists everywhere. With Bob.	JUMP TIME Music to swing dance to from the 30s, 40s, and 50s, and modern-day styles too. With DJPJ and Paul.	PASS THE JUG Hot jazz of the 20's and 30's. Head-shakin', toe-tappin' stompers. With the Old Fart.	COOL RIFFS & BETWEEN THE NOTES Cool music you can't live without, or wouldn't want to. Oslip & Justine alternate.	STAY RUDE The SKA show! Skinhead reggae, bluebeat, traditional, even ska-punk, ska, ska, ska. With Rob.	JUXTAPOSTION 2006 On since '96, so tune in for the historians of hip-hop. With Seanne and Justin.	YOU'LL DANCE TO ANYTHING Looking for the beat week after week, you'll dance to: acid jazz, funk, trip-hop, trance, techno, and global beats, mixed with love. With Lars.
6	RE S DUAL MANG & GALACTIC NEW YEAR Alternating weeks. (see descriptions at right)	LUNAR JAMZ & MAINLY DEAD Alternating weeks. (see descriptions at right)	OVERNIGHT ROAD TRIP (see description at right)	THE FRANK ZAPPA SHOW Frank Zappa's unique music is an inspiration to anyone. With Buddy B.	IT IS TO LAUGH	SONGS TO BE MURDERED BY Music so loud, obnoxious, pulsating, in your face and raw you'll think you've died and gone to heaven. With Anne.	MINOR CHORD MAYHEM All the ear-splitting heavy metal you'll need to drive your neighbors crazy and scare off the Scripture freaks. Crank it up and blow out the speakers. With Theo.
7	DDP An essential blend of jazz, funk, blues, and hip-hop. With SAYLOVE!!	ON AND ON AND ON Playing all your favorites from the '20s, '30s, '40s, '50s, '60s, '70s, '80s, '90s, and today! With Jeff.	GO! Crazy music that makes ya wanna move forward. With kacy c. De-control.	HIT PARADE Metal is the Hit Parade. Take a ride on the wild side with the best loud rock/metal in the greater Portland area. With Steve.	RE S DUAL MANG Sound Collage with Skot.	BRADEN BIDDINGS SHOW Hip-hop with Braden.	THE JIM WARD SHOW Various genres of music along with soundbites, comedy, themed shows, & interviews. Jim Ward.
8	ROARR! Get ready to Rock N' Roarr with the Twisted Sistahs! Metal Monday Update, guests and interviews, requests. With EA, August, & the Doody Queen.	I HEAR PORTLAND SINGING Local musicians of any and all genres. With Dan.	A FAN'S NOTES Things that are not commonly or ever heard on the radio. Avant gardism in any field. With Chris Lee.	EARLY MORNING MADNESS Metal and loud rock to get your morning started. Local artists (not always metal) between 4:30 and 5:30am. With Daniel.	TEN BELOW Focus on downtempo music from around the globe, from groove and chillout to ambient. With Tyler.	APACALIPSIS A new way of discovering who we are in this world. Faith is a spiritual force. This show offers Christian music in Spanish. With Juan.	THE NIGHT WATCH Songs for rebels, tortured souls and those wary of the beaten track. With Jim.
9	WIDE OPEN Tunes chosen from the wide variety of music. The open-minded DJ can play what the listeners want to hear. With Brian.	DOLLAR GRAB BAG Experimental rock, electronica, classical, jazz, blues, noise, ambient, sound collage, spoken word, world, the utterly bizarre, and more. With Josh.	[TBD]				

(IN ALPHABETICAL ORDER)

BLUNT
Call-in talk show produced by teens. Deals with everything from video games to separation of church and state to teens and sex.

CHICKENS R PEOPLE 2
WMPG's long-running childrens' show. Listen in for fun songs, games, poetry, stories, and chatter. With K.P. and Little B.

CINEMA HITS & MISSES
A review/discussion call in show. Gail and Dawn alternate with Jessica and Zarra.

COUNTERSPIN
A critical look at how mainstream media reports the news. National show.

CULTURE MATTERS
Examine cultures from across the world and within your own home. Talk radio with a cultural perspective, with host Noel Bonam.

DVD CLASSICS CORNER
Reviews of current classic releases on DVD, exclusive interviews, and more. Hosted by Dick Dinman.

GALACTIC NEW YEAR
Spanning the ridiculous to the sublime. With Keith. Alternates with Re S Dual Mang.

GRACE STREET
Call-in talk/music show offering a "street view" of addiction and a forum about recovery. With Marty.

HOME DAD
Weekly discussion of family issues, with guests and phone calls. Chip Edgar hosts.

HOURLY SLACK
The authentic radio ministry of the Church of the Subgenius. Nationally produced.

IT IS TO LAUGH
An omnibus radio comedy series that'll tickle your ears and kick your cerebellum into overdrive.

LESBIAN RADIO
A feminist weekly half-hour show with interviews, discussion, music and news for women and lesbians. With Virginia Throckmorton.

THE LOCAL OPTION
The greatest radio from PRX, an online marketplace for indie producers, with a local twist. With Kerry Seed.

LOCAL MOTIVES
Imagine a peek into a different local band each week. Live. Hosted by Jan Wilkinson.

LUNAR JAMZ
Live soundboard recordings of jazz, rock, bluegrass, etc. With Celeste. Alternates with MAINLY DEAD.

MAINLY DEAD
Live soundboard recordings of the Grateful Dead, and the highly unexpected. Alternates with LUNAR JAMZ.

OVERNIGHT ROADTRIP
Late 20th century, early 21st century rock: pre-MTV punk, post-punk, new wave, and indie pop. With Baz.

RE S DUAL MANG
Amaze shnll zk etc. with DJ Skot. Alternates with GALACTIC NEW YEAR.

SOUND ECOLOGY
A wildly rational talk show. Armed with facts and guests in the know, Karen D'Andrea, host, wades through today's political quagmire.

THE TWEENLIGHT ZONE
The old Chickens show grew up into this show of music, talk, and fun for middle-school age kids, hosted by Portland kids.

VOICE ALONE
A half-hour weekly dedicate to the advent of poetry. With William.

WAABARI RADIO
A half-hour of news, announcements, interviews, and music by and for the Somali community. With Abdiwele.

WMPG
90.9 and 104.1

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Sudoku

Fill all empty squares so that the numbers 1 to 9 appear once in each row, column and 3x3 box.

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

SOLUTIONS

8	1	9	2	9	2	7	9	6
7	9	2	6	9	8	2	1	8
2	6	9	8	7	1	2	9	3
9	2	7	9	1	6	8	3	2
1	8	6	7	8	2	9	2	9
9	8	2	2	8	9	6	7	1
6	9	9	8	2	7	1	8	2
8	2	1	9	2	9	8	6	7
2	7	8	1	6	9	9	2	9

SOLUTIONS, from 9.25.06 issue

T	O	G	O	R	U	A
J	I	V	E	A	M	E
O	M	N	A	A	J	A
A	B	B	E	S	O	Y
N	E	A	E	T	I	N
R	B	I	O	C	I	G
E	Y	M	W	E	E	P
M	E	S	A	N	C	P
M	E	I	M	P	H	A
A	R	T	B	O	N	E

CARDS AND STARS

By LEMMA LUCIFEROUS

Rather than just looking at the sky for some insight into your week, I perform a single card tarot reading to see what challenges and blessings are approaching you during your journey through life.

r	retrograde, inverse
★★★★★	On top of your game
★★★★	Things are going well
★★★	Average week
★★	You have some work to do
★	Time to reevaluate your game plan

ARIES (KING OF SWORDS) ★★★★★: Energy and zeal, Aries. These are the themes that will define this week for you. Be aware of the potential for your friends and acquaintances to think you are being bossy, but know that you will have a commanding presence that will help get things done. An Aquarian could use some encouragement from you.

TAURUS (THE EMPEROR) ★★★★★: Whatever conflicts are blocking you this week, Taurus, don't worry. Your normal determination, or stubbornness as some wags like to call it, is doubled and you're ready to gore through the thickest walls. You might want to wear a sign warning others not to stand in your way.

GEMINI (6 OF PENTACLES) ★★★★★: This week, Gemini, you will find your dualistic nature in a harmonious balance when it comes to material issues, like money for example. It can help you negotiate new wages if you're going through a career change or a promotion.

CANCER (FOUR OF PENTACLES r) ★: Looks like a certain green-eyed monster is visiting you this week, Cancer. Rather than looking at other people's pastures, where the grass really isn't any greener, enjoy what you've got. Don't worry, this jealous spell will pass when you begin looking in rather than out.

LEO (THE HERMIT) ★★★: Like Pisces, Leo, you are experiencing a period of spiritual thirst. Being open to new ideas will allow good things to enter your life. There are also benefits in starting a spiritual discussion group with a Pisces near you.

VIRGO (KING OF PENTACLES) ★★★★★: Nesting and concepts of home will be very important to you this week, Virgo. You'll find that you can afford some of the nicer things in life as long as they are expenditures that will help add value to your living quarters.

LIBRA (KNIGHT OF CUPS) ★★★★★: Prepare to do something that makes you feel very adult-like this week, Libra. It will probably startle and please you. And, it will definitely help you find the balance between youth and maturity that you've been looking for.

SCORPIO (5 OF RODS) ★★★: Like your Taurian counter part, Scorpio, you have a strong drive this week. However, there is a lack of organization that may challenge you. Find a Gemini who can give you that extra guidance. They're pretty balanced this week.

SAGITTARIUS (2 OF CUPS) ★★★★★: This card is all about unions, Sagittarius. It's the card of deep love and relationships built from them. While it doesn't necessarily mean that you are about to meet that one and only, it may be hinting at that. It also means that you might begin to see your significant other in a new light – one that rekindles flames and creates a fulfilling partnership.

CAPRICORN (ACE OF CUPS) ★★★★★: This week, Capricorn, the world will look and feel fresh. Prepare to experience the same-old in a whole new way. Why? Well, there are nuanced lessons of beauty that we tend to miss the first time around and this week, you get a second go at it.

AQUARIUS (8 OF SWORDS r) ★: Don't let the chaos of the world immobilize you this week, Aquarius. The position of this card indicates that you'll be struggling with inaction at a time when you really need to get your butt in gear. Find an Aries to become your personal drill sergeant.

PISCES (5 OF PENTACLES r) ★★★: Playing the X-Box for an hour each day does not count as quiet time for reflection, Pisces. Downloading music, surfing the net, reading and watching t.v. don't count either. This week it's important to get away from materialism and to spend some time filling the spiritual voids in your life. Try starting a spiritual discussion group with an open-minded Leo.

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TEXTBOOKS WANTED for ECO 105 Novel Approach to Economics. Will pay. 603.770.1152 or josh.griset@usm.maine.edu

EVENTS

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HUSKY HERO

Cassi Sticht

Year: Sophomore
Major: Business
Hometown: Meredith, NH
Sport: Volleyball
Position: Middle and outside hitter

How did you decide on USM?

It was a school that was far enough away from home but at the same time close enough to visit.

Who do you give thanks to?

My parents and my high school volleyball coach.

Any pre-game rituals?

I used to in high school, but I don't do anything anymore, just hang out with my friends and teammates before the game.

Why do you love USM Athletics?

It gives me the opportunity to play the sport that I love.

Any other hobbies?

Spending time with my friends, hanging out and just having fun.

Who is your athletic hero?

Some high school alumni volleyball girls who helped me learn how to play the game.

DEPRESSION, from page 16

"It's a feeling of hopelessness," Small said. "Like you have no future." Small also said that it's important for everyone to know the symptoms of depression and suicide, because if they notice a friend's behavior is abnormal they can do something about it.

"Reach out," Small said. "It's okay. If you reach out to a friend and they don't accept, at least you tried."

UHCS says it's also important to know the differences in symptoms between depression and suicide. In most cases symptoms of suicide can consist of a preoccupation with death, talk of suicide, giving away possessions, a sudden improvement in mood after a period of sadness and withdrawal, extreme moodiness, excessive self-criticism, neglect of appearance, isolation from friends and family and a feeling that life is meaningless.

"It's a permanent solution to a temporary problem," Small said. He also said that not every

case of depression leads to a suicide or attempted suicide.

It is important to seek help, or help someone else if they may be depressed or suicidal. UHCS is always around to help, even if a student just wants to talk. Students can also see counselors 12 times during the school year for free, the cost of the service is paid for in student's \$40 health fee.

"Treatment [at UHCS] is a combination of psychotherapy [talking] and medication," Bertini said. "We are considered short-term therapy." In cases where students require further treatment, counseling services will refer them to outside resources. "The wait [to see a counselor] can be from one to three weeks," Bertini said. "But if there is an emergency, we will get them in that minute."

Small also said it's important for students to know that being depressed doesn't mean there is something wrong with them.

"It isn't always about what's wrong, it's about what's normal, and celebrating your strengths." ♦

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Drop your beer and grab your sneakers Fitness classes at USM

- Class Fees: Students – free (with a USM student I.D.); Fitness Center Members - \$35; All others - \$65
- All classes are one hour unless otherwise indicated. You may attend unlimited classes.

GORHAM CLASSES

Register in room 240 Costello Sports Complex

RISE & SHINE

Monday and Wednesdays 8 – 8:45 a.m.

Wake up your body and mind with this fast and furious workout. Basic step and floor aerobics combined with upper body toning and focused ab work keeps you fit.

FOUNTAIN OF YOUTH

Mondays at 9:00 a.m. / Fridays at 10:00 a.m.

Concentrates on increasing energy levels, maintaining everyday independence and improving overall quality of life. Provides mature adults the fun opportunity to meet new people and be physically active while working at their own level, performing basic strength and cardiovascular exercises.

YOGA STRETCH

Mondays at noon

Want to increase your flexibility in a relaxing atmosphere? Yoga stretch concentrates on yoga positions and developing a solid core.

APPLE BOTTOMS AND ABS

Mondays at 5:15 p.m.

This program concentrates on improving total body fitness. It concentrates on bottoms and abs, improving tone and strengthening core.

PILATES MAT

Tuesdays at 1:15 p.m.

This class focuses on enhancing core strength through a variety of movements performed on the mat. The class integrates pilates positions to work the upper and lower body as well as the core.

ROLLING WITH RESISTANCE

Wednesdays at noon

Combines a floor aerobic warm up with physioball resistance training segment that tones the whole body. Burn fat and tone arms, legs and core muscles.

BANGIN' BODY BAR

Wednesdays at 7:00 p.m.

This group class is designed to provide continuous resistive movement, linking basic exercise together while using a weighted body bar. This unique combination of constant movement weight training maximizes muscle toning and cardio fitness, resulting in a lean, strong, symmetrical body.

BOOTY CALL

Thursdays at 1:15 p.m.

A high intensity cardio class combined with an intense lower body workout to give a great total body workout. This class focuses extra attention on the legs and glutes, while including basic step aerobics, cardio kickboxing, physioball exercises, and free weights. All fitness levels welcomed.

PORTLAND CLASSES

Register at room 104 Sullivan Complex

BOOT CAMP

Monday, Wednesday, and Friday 5:15- 6:00 p.m.

An advanced level fitness class using many different programs, from circuit training to cardio and abs.

CARDIO MIX

Time and days TBA.

A cardio workout that includes step aerobics, toning and flexibility.

STEP AEROBICS

Monday, Wednesday, and Friday 6:15 – 7:15 a.m.

Includes circuit training, Step n Sculpt, Step n Tone and more (in the Multipurpose room).

ON THE BALL

Monday, Wednesday, and Friday 6:15 – 7:15 a.m. / 4:30 – 5:15 p.m.

Improve strength, flexibility, and balance using a fit ball for resistance. (See article on page 16)

WALK JOG AEROBICS

Monday, Wednesday and Friday 6:15 to 7:15 a.m. / 4:30 – 5:15 p.m.

Our original fitness class. Participants can walk, jog, bike, row or do aerobics.

COMPILED BY ASHLEY ST. MICHEL

Game Schedule

Go out and support your Huskies!

DAY	DATE	OPPONENT	TIME
Mon.	10-2	Men's Golf Classic @ Sable Oaks GC	9:00 a.m.
Tue.	10-3	Women's Field Hockey @ Fitchburg State	4:00 p.m.
Tue.	10-3	Women's Tennis @ Plymouth State	4:00 p.m.
Tue.	10-3	Women's Volleyball vs.UMass Boston	6:00 p.m.
Tue.	10-3	Men's Soccer @ Bates	4:00 p.m.
Wed.	10-4	Women's Soccer @ Framingham State	3:30 p.m.
Thu.	10-5	Women's Field Hockey vs.St. Joseph's	3:30 p.m.
Fri.	10-6	Women's Volleyball @ UMaine Farmington Invitational	6:00 p.m.
Fri.	10-6	Men's Golf scramble @ Sable Oaks GC	12:00 p.m.
Sat.	10-7	Women's Field Hockey @ Western Connecticut	11:00 a.m.
Sat.	10-7	Women's Soccer vs. Plymouth State	1:00 p.m.
Sat.	10-7	Women's Tennis vs. Western Connecticut	1:00 p.m.
Sat.	10-7	Women's Volleyball @ UMaine Farmington Invitational	9:00 a.m.
Sat.	10-7	Men's Cross Country @ New England Championships Franklin Park, Boston, Mass.	tba
Sat.	10-7	Men's Soccer @ Plymouth State	1:00 p.m.
Sun.	10-8	Men's Golf @ Husson Invitational @ Penobscot Valley CC	11:00 a.m.

* BOLD INDICATES HOME GAME

Husky Scoreboard

A look at our teams and how they're doing.

WOMEN'S CROSS COUNTRY

9/23 – Sophomore Christa Hutchinson was the first University of Southern Maine runner across the line, leading the Huskies to a 10th place finish among the 21 teams competing at the 39th Annual Codfish Bowl Harrier Classic at Franklin Park in Boston.

WOMEN'S FIELD HOCKEY (3-6, LEC 2-2)

9/23 – USM 5, Plymouth State 2 / 9/27 – Eastern Connecticut 2, USM 1

WOMEN'S SOCCER (1-6-0, LEC 0-2-0)

9/23 – Keene State 3, USM 0

WOMEN'S TENNIS (0-6, LEC 0-3)

9/23 – Rhode Island College 9, USM 0

WOMEN'S VOLLEYBALL (4-8, LEC 0-2)

9/23 – Western Connecticut 3, USM 0 / 9/23 – Plymouth State 3, USM 0

GOLF

9/26 – Junior Greg Mitchell posted an 85 to lead the Huskies to a third-place tie among eight teams competing at the John Queenan Memorial Golf Tournament hosted by St. Joseph's College at the Point Sebago Golf Course in Raymond.

MEN'S SOCCER (4-6-0)

9/23 – Keene State 2, USM 1 / 9/27 – Colby 1, USM 0

COMPILED BY ASHLEY ST. MICHEL

SPORTS

Health and fitness

Get on the ball, literally

ASHLEY ST. MICHEL

SPORTS EDITOR

Picture this: You finally get on a treadmill after waiting 30 minutes at the Costello Sports Complex. Ten minutes into your workout, your usual routine has left you frustrated, unfulfilled and worst of all, fat. If this scenario sounds familiar, Patty Medina and Bruce Koharian might have a solution for you.

"[The workout] has got to be positive and fun," Koharian said. "If you have a negative workout, people won't come back."

Patty Medina, instructor of "On the Ball" and Bruce Koharian, instructor of "Boot Camp" revolutionize the dull workout scene. Incorporating pleasing music, a relaxing atmosphere and good fun, the two instructors have centered their plans around enjoying your daily workout.

"On the Ball" begins with stretching and a light five minute jog. The workout moves relies on techniques with a large, rubber workout ball. The regiment concentrates on strengthening the core, increasing balance and stance, and includes yoga positions. The entire workout lasts about 45 minutes.

"It's all about educating [members]," Medina said. "And finding the right balance for yourself."

Medina has been instructing the class for 26 years. She began working at the Sullivan Fitness Center as a work study student, and after years of being the only female competitive power lifter at USM, began teaching her own workout classes. Medina later got her certification in weight training, mandatory for all weight program instructors. She also teaches a Latin line dancing class, and competes regularly in triathlons. "On the Ball," started with 140 members enrolled, but as bigger

businesses like Fitness World and Curves came into town, the class sizes got smaller. Medina has found most of her regulars are women in their 50s.

"These ladies have been with me since the beginning," Medina said.

"Boot Camp" begins with a ten minute jog. The workout then focuses on increasing agility, flexibility and free weights. The exercises consist of a combination of running, dropping to the floor to do five pushups and then running again. After the warm-up, the plan focuses on sprints only. The members engage in what's referred to as the "Dirty Dozen," where they sprint up and down the basketball courts, increasing their speed as they get closer to the opposite side. This is repeated 12 times. The free weights section consists of leg strides while holding weights of your choice, twenty curls, twenty lateral raises and twenty arm extensions. The workout ends with five minutes of yoga relaxation.

"Women won't cheat," Koharian said. "Sometimes when you aren't looking men will try to cheat, but women always do the exact amount of reps."

Koharian has been instructing the class for over 30 years. Koharian also spent four years in the Air Force, and finds much of his experiences in the force helped him develop skills for the class. He also coaches the Deering High Track & Field team.

Koharian also said the number of members who attend his class has significantly declined. "This place should be packed every night."



Better bodies through balls.

PHOTO BY AUSTIN MARTIN

Koharian attributed this fact to the number of competing yoga studios and fitness centers around the Portland area.

Laura Tamir, a graduate of USM and member of "Boot Camp," spent years as an avid runner, running at least five times a week.

"45 minutes and you are 20 lbs lighter," Tamir said. "It's always tough, but well worth it."

The programs are offered by Lifeline, a center that has been part of the University for 30 years. Koharian helped start the center in the early '70s. He and his friends helped raise money after they found there was no weight room on the Portland Campus. Once they raised enough money, the University got the wheels turning.

"Everybody gets something out of [Lifeline]," Koharian said. "It's all about taking recreation and making it work for you."

The class is held Monday, Wednesday and Friday at 6:15 a.m. and 4:30 p.m.

FMI: Peter Allen, Fitness Manager, 780-4641 or pallen@usm.maine.edu

USM Lifeline, 780-4170 or www.usm.maine.edu/Lifeline ♦

Campus combats depression

ASHLEY ST. MICHEL

SPORTS EDITOR

Counselors at USM's health services say they see "a lot" of students seeking help for depression, and that in most instances, it stems from relationships.

"Depression is called the silent killer," said Kristine Bertini, director of University Health and Counseling Services (UHCS). "You may not even know if someone has it." Neither Bertini, nor Bob Small, UHCS clinical director, had readily-available statistics on the number of USM students who sought help for depression in the past year.

Depression also is a leading cause of suicide, which is the second leading cause of death for 15-24 year olds in Maine. Bertini did not have suicide statistics on hand.

Almost 16 percent of college women and 10 percent of college men report having been diagnosed with depression at some time in their lives, according to a 2001 report by the American College Health Association.

According to the National Institute of Mental Health, a depressive disorder is an illness that involves the body, mood, and thoughts. It affects the way a person eats and sleeps, the way one feels about oneself, and the way one thinks about things. People with depression cannot merely "pull themselves together" and get better. Without treatment, symptoms can last for months and worsen.

There are also different types of depression. Dysthymia, a mood disorder, causes mild depression on most days over a period of at least two years. Seasonal Affective Disorder is a recurrence of major depression symptoms, only occurring during certain seasons. Postpartum depression, the most common type of depression occurs in women who have recently given birth. Postpartum usually interferes with the mother's ability to bond with her baby. Bipolar disorder is also one of the most common.

Because depression is not always evident, Bertini said that it is important to know the warning signs, which include: feelings of sadness, decreased interest in activities, loss of energy, a change in appetite, a change in sleeping patterns, restless-



Health services offers refuge.

PHOTO BY AUSTIN MARTIN

ness or feeling slowed down, decreased ability to make decisions or concentrate, feelings of worthlessness and thoughts of suicide or death.

see DEPRESSION, page 14

Husky highlights

Eastern Connecticut takes down Southern Maine

Connecticut freshman forward Emily Eshenfelder (Quaker Hill, Conn.) and junior forward Stephanie Mongelli (Pequannock, N.J.) each scored a goal to lead the Warriors field hockey team to a 2-1 win over the Huskies. Southern Maine freshman goalkeeper Allie Hill (Cape Elizabeth) made six saves in the Little East Conference game.

Men's soccer drops the ball in fourth straight

Colby College junior Jamie Waters (Andover, Mass.) scored the long goal of the match to give the Mules a 1-0 victory over the Huskies in a non-conference men's soccer match last Wednesday. Huskies senior goalie Chris Williard (Willimantic, Conn.) ended the game with five saves.

Hutchinson named runner of the week

Sophomore Christa Hutchinson (Gorham) of the USM women's cross country team has been named the Little East Conference Runner of the Week for September 18-24. Hutchinson was the first Southern Maine runner to cross the finish line at the 39th Annual Codfish Bowl Harrier Classic at Franklin Park in Boston, Mass. Hutchinson placed 35th overall among 160 finishers to help the Huskies to a 10th place finish in the 21-team field.

Huskies volleyball drops two LEC matches

The USM women's volleyball team dropped a pair of matches at the Little East Conference round robin hosted by Plymouth State University last Saturday. The Huskies fell in three straight games to both the Panthers and the Western Connecticut State Colonials. Sophomore outside hitter Shannon Stoll (Shrewsbury, Mass.) led the Huskies offensively with seven kills, two errors, and a team-high 13 assists.

Rhode Island College sweeps Southern Maine 9-0

The Rhode Island College Anchorwomen swept all nine matches last Saturday afternoon to destroy the Southern Maine Huskies 9-0 in a Little East Conference match. Rhode Island College swept the three doubles matches by identical 8-5 scores to open the match before taking all six singles flights.

Keene State blanks Southern Maine

Three different Keene State players scored and freshman goalkeeper Liz Rosen (Swanzey, N.H.) made two saves as the Keene State College Owls defeated the Huskies 3-0 in a Little East Conference women's soccer match. The win snapped a two-match losing streak for the Owls who improved to 5-4-0 overall and 1-1-0 in the conference.

SOURCE:
WWW.USM.MAINE.EDU/ATHLETICS