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LETTER FROM THE EDITOR

We must reform government as we continue to rally

Another semester is upon us, but so is an upcoming political revolution

Krysteana Scribner
Editor-in-chief

Another semester is upon us, and just like the changing of the seasons, we are faced with yet another five months of classes and career building. Like many of you, I work two part-time jobs and take a full course load each semester. At first, it was difficult, and the thought of handling such a workload made me feel like ripping a hole into the universe.

However, the harder I worked, and the closer I came

to achieving my goals, the more I realized the importance of taking care of myself. Instead of focusing too much on difficult tasks and letting your mind get bogged down with pessimism, take a deep breath. Look at yourself in the mirror. Know that you are a living, breathing human being that is capable of anything you set your mind to. It can be hard not to let the overwhelming chaos of college life get the best of you, so it's always good to take a moment to reflect on your achievements and pat yourself on the back.

On a related note, it can be difficult to keep your cool in a time when political corruption seems rampant. We have a president who has promised to "drain the swamp," yet his cabinet members are billionaires. He wants to prevent women from choosing what they do with their bodies, and often his statements are contradictory to his actions.

If you disagree with his political ideologies, it is important to remember one thing: If you desire to participate in a political revolution, it will not happen overnight. We must

march, rally and come together to support others who feel overwhelmed by the chaos of today's world. In addition, we must try to change government via grassroots initiatives. It's one thing to protest, and it's another thing to reform government and ensure our elected officials are those who don't pander to regressive social movements.

The implications of eliminating Obamacare

Krysteana Scribner
Editor-in-chief

Last Friday, President Donald Trump signed his first executive order, which included a set of instructions for the federal government to dismantle the Affordable Care Act, also known as Obamacare. This decision, which was a staple of his 2016 Republican Presidential campaign, has become a large topic of debate and discussion across the United States.

In light of recent events, many USM students stated that the repeal of Obamacare would be a dangerous first move by Trump. Yet, in order to grasp a better understanding of the topic at hand, it is important to look at both the pros and cons of Obamacare, as well as analyze the implications of repealing and replacing it.

Currently, the executive order signed by Trump doesn't necessarily change anything, but it does shed light on his determination to follow-up on his campaign promise to



Troy Bennett / Bangor Daily News

In November of 2016, then Republican presidential candidate Donald Trump made a point on stage during a rally in Portland. Last week, Trump was sworn in as the U.S. President.

eliminate what he considers "the burdens of Obamacare." The current health care law includes various legal requirements, and has provided billions of dollars in health coverage to millions of

Americans. The dismantling of Obamacare, then, cannot be repealed with an act of Congress.

According to the Obamacare Facts website, which lists the various pros and cons

of Obamacare, as well as updates on Trump's repeal process, tens of millions of uninsured people gained access to affordable and high-quality

See **TRUMP** on page 4

SGA strives for transparency, but much confusion still surrounds their process

Sarah Tewksbury
Staff Writer

The USM Student Government Association (SGA) is determined to hit the ground running and work hard in the coming months of the 2017 semester, though not without challenges. The enthusiasm among the members of the SGA is met with low interest among nonparticipating undergraduate students. Even more, most students who have no ties to the SGA have no knowledge of what the function of the group is—and generally do not care.

Some students on the Portland campus went said they felt that the students who care enough to participate in the SGA should be trusted to do their jobs well and without question. However, without the participation of outsiders, who are not affiliated with the SGA, students allow for a complete allocation of power to a small group of students.

The student Senate, the Student Body President, the Student Body Vice President and the student cabinet comprise the SGA, whose purpose is to act as a board of representatives for the students of USM and advocate for student issues and interests. Commuters, residents and at-large students sit on the SGA, and currently, there are vacant senate seats that still need to be filled.

In November 2016, scandal rocked the student senate when a student wrote offensive anti-Islamic graffiti on surfaces in the office. Though the student was not a mem-

ber of the group, some Student Senators did not react appropriately to the incident and were eventually asked to resign. An emotionally charged meeting followed the incident and cast the SGA in a negative light.

Due to the graffiti incident and the attempt to cover it up by some of the Senators, the question of the SGA's transparency has been raised. Students and faculty have questioned the openness of the organization and whether or not the SGA engages in practices that exclude members of the USM community. Last minute changes to the location and time of meetings, for instance, in the fall semester made people skeptical about how much non-SGA student participation is truly wanted by current members of the SGA.

In an attempt to make more students aware of meeting times, at the beginning of the 2017 semester, the SGA published a list of meeting dates, times and locations on both its USM affiliated website and Facebook page, USM Student Government.

Another question that has been raised is the availability of information from and access to students affiliated with the SGA. Most of this confusion comes from non-SGA students not being aware of where to find information they are looking for. Not only is information about what the SGA is currently working on readily available on its Facebook page, but also each Student Senator is required to have office hours each week, in an attempt to promote better relations with non-SGA students.



Krysteana Scribner / Editor-in-chief

Members of the Student Senate discussed the various aspects of their agenda last Friday. The Senate Chair, Liam Ginn, noted that senators who did not do their office hours could not vote during this meeting, a statement that caused confusion amongst members of the senate.

On top of that, Student Body President Muhammad “Humza” Khan is working to ensure that there is a free and steady flow of information to students. Through Facebook and Twitter, Khan communicates about upcoming events and updates. Partnering with WMPG and Gorham Community Cable Access Television Channel, Khan produces bi-weekly updates, called Cabinet’s Corner,

on his work as sStudent bBody pPresident and the work of the SGA. Archives and up-to-date recordings can be found easily on both SoundCloud and YouTube.

Though the social media accounts for the SGA are kept up to date and meant to aid the SGA in maintaining transparency, the USM

See **SGA** on page 6

From **TRUMP** on page 3

health insurance because of Obamacare’s expansion.

The site goes on to explain that, while the repeal of Obamacare is certain and the Republican process has already begun, there is still no official replacement on the table for discussion. Last week, Counselor to President Trump Kellyanne Conway stated that Republicans plan to turn control of Medicaid over to the states as part of the replacement plan, but this decision doesn’t come without controversy.

According to an article by the Bangor Daily News (BDN) published on Jan. 22, the Affordable Care Act has reduced the number of uninsured from 41 million to 29 million, including 22,000 in Maine, since it was passed in 2010. To eliminate this health policy, writes BDN staff writer Nick Sambides, which would lead to an annual loss of \$300 million dollars per year, and could cause an “utter collapse of the hospital system in Maine” if the replacement isn’t “reasonable.”

“What is [Trump] going to replace Obamacare with, and how?” stated Aaron Nielson, a senior media studies major at USM. “It seem

to be less about the people and more about asserting power and tarnishing the former administration’s legacy.” Nielson further explained that, while the process is complicated, healthcare for the masses seems like a step in the right direction for the United States.

However, Obamacare doesn’t come without its flaws, as many insurance premiums have skyrocketed since the inception of the

“Putting healthcare on the line without any sort of replacement is extremely irresponsible.”

- Samantha Torr
Sophomore
women and gender studies major

healthcare plan. But that doesn’t mean a repeal process will make the costs go down. An article published by CNN in early January writes that the repeal process of Obamacare alone will potentially cost \$350 billion over the next ten years.

Student Body President Humza Khan stressed that Trump’s plan for repealing the Affordable Care Act seems to be motivated by the desire to erase Obama’s legacy. He stated that this decision is not an attempt to reduce the cost of healthcare, and to repeal and replace will be detrimental to the millions of people who currently rely on it.

“This futile attempt to erase President Obama’s legacy is really not something the President should be focusing on. There are many issues that Americans are facing that need his attention,” Khan said. “On the other hand, Republicans should focus on how to fix or improve upon the current legislation and not attempt to strip millions of Americans of their healthcare. Improving the current legislation is better than removing and then replacing.”

According to an editorial published by the Los Angeles Times on Sunday, the proposal currently being discussed by the GOP would, “eliminate the requirement that insurers offer comprehensive policies,” which would result in insurers having the ability to “sell cheaper plans that exclude the coverage of costly treatments,” such as maternity care or serious surgeries. Costs of treatments, then, would be pushed on the people who desperately need

them, but cannot afford them.

“The incoming administration is very dangerous for not only women, but for people of color, the LGBTQ community, Muslims, immigrants and people with disabilities,” said Samantha Torr, a sophomore women and gender studies major. “Putting healthcare on the line without any sort of replacement is extremely irresponsible and dangerous for a lot of people. Organizations that are federally funded, such as Planned Parenthood, are necessary for many folks to have safe and accessible health care.”

As of Sunday, Jan. 22, Conway stated in an interview broadcast that health care coverage will continue to be provided after Obamacare is repealed.

“This is something that Donald Trump can do in pretty short order. And people instead of being, you know, reflexively negative and congenitally — critical should really stop and look at the difference he can make for many people,” she stated.

What is that difference President Trump can make, one may ask? Only time will tell.

krysteana@usmfreepress.org
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Some programs require pre-registration.
Schedule is subject to change.

CROSS TRAINING This program includes cardiovascular and anaerobic exercises. This is an all level boot camp style program. **FREE activity.**

Instructor: Liz Koharian

Schedule: M, W, 5:15pm - 6:00pm

MORNING FITNESS GROUP Senior fitness class looking to feel energized and work out in a group setting. The main gym is also open for walk/jog. **FREE activity.**

Schedule: M, W, 6:15am - 7:15am

EVENING STUDENT YOGA Basic flow yoga for USM students looking to gain flexibility, strength and lower stress levels. **FREE student activity.**

Instructor: Katie Tomer

Schedule: T, 5:15 - 6:15pm

SPIN IT Upbeat spin class, designed to wake you up and get you ready for the day!

Instructor: Casey Maynard.

Schedule: M, W, (starting 1/30) 6:00am-7:00am

Fees: Free students, \$30 members, \$120 Public

CLASSIC YOGA & YOGA FOR LIFE Yoga poses and guided visualizations make this class the perfect combination of relaxation and fitness.

Instructor: Severina Drunchilova

Schedule: T (starting 1/31) 12:00pm- 1:15pm

Exploring basic yoga poses to gain strength, flexibility and balance for your body & mind.

Instructor: Donna Bird

Schedule: TH (starting 2/2) 1:00pm-2:15pm

Yoga Fees: Students: \$25 Gym Members: \$75 Public: \$150

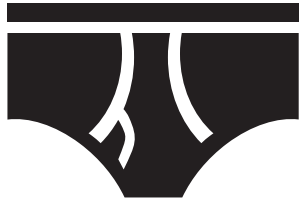
WOMEN'S STRENGTH & POWER HOUR The women's only fitness hour will focus on circuit training for increasing muscular strength, bone density, core stability, balance and mobility.

Instructor: Jennifer Niffy Allen

Schedule: T, TH, 1:30pm-2:30pm (Starting 1/31)

Fees: Students \$10, Members \$20 Public \$100

In Brief...



Local & State

Bangor council to weigh opposing any repeal of Obamacare

BANGOR DAILY NEWS — The City Council will discuss on Monday opposing one of the Trump administration's biggest goals — the repeal of the Affordable Care Act.

City Council Chairman Joseph Baldacci has directed City Solicitor Norman Heitmann to draft a letter opposing any repeal of the Affordable Care Act, also known as Obamacare. The council will review it in a workshop that starts at 5:30 p.m. Monday. The council meeting will begin at 7:30 p.m.

Baldacci said he expects that the council will go along with the idea.

"Obamacare saves lives. There are millions of Americans who have health insurance who wouldn't have it

otherwise," Baldacci said Friday. "There are preventative care provisions within it and a ban on discrimination against pre-existing conditions. These are all good things."

Heitmann's letter, which is expected to be sent to Maine's congressional representatives, among others, cites how the act, since was passed in 2010, has reduced the number of uninsured from 41 million to 29 million people nationwide, including 22,000 in Maine.

Under the act, 588,000 Mainers are eligible for preventative care without cost-sharing, while 8,000 others get coverage until age 26. More than 273,000 on Medicaid or the Children's Health Insurance Program also benefit the program, Heitmann wrote.

Yet, critics say the Affordable Care Act has deep flaws that outweigh its benefits. The Heritage Foundation, a conservative think tank based in Washington, D.C., presented in November a long list its flaws.

They include an expected 25 percent increase in health care costs in 2017, an overly complex system of excessive insurance subsidies, health benefit mandates and rating rules that greatly increase health insurance

costs, and a flawed arrangement for protecting people from coverage exclusions for pre-existing medical conditions.

National

With false claims, Trump attacks on turnout and intelligence rift

NEW YORK TIMES — President Trump used his first full day in office on Saturday to unleash a remarkably bitter attack on the news media, falsely accusing journalists of both inventing a rift between him and intelligence agencies and deliberately understating the size of his inauguration crowd.

In a visit to the Central Intelligence Agency intended to showcase his support for the intelligence community, Mr. Trump ignored his own repeated public statements criticizing the intelligence community, a group he compared to Nazis just over a week ago.

He also called journalists "among the most dishonest human beings on earth," and he said that up to 1.5 million people had attended his inauguration, a claim that photographs disproved.

Later, at the White House,

he dispatched Sean Spicer, the press secretary, to the briefing room in the West Wing, where Mr. Spicer scolded reporters and made a series of false statements.

International

Women's March: UK protesters join anti-Donald Trump march

BBC NEWS - Thousands of protesters have taken part in a Women's March in London as part of an international campaign on the first full day of Donald Trump's presidency.

They marched from the US embassy to Trafalgar Square for a rally, held in solidarity with a Washington DC march. TV presenter Sandi Toksvig and Labour MP Yvette Cooper addressed crowds, while London mayor Sadiq Khan attended.

Organisers say it highlighted women's rights, which they perceive to be under threat from the new US administration. London organisers announced on stage that between 80,000 and 100,000 women and men had taken part in the rally.

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Police Beat

Selections from the USM Department of Public Safety police log Nov. 8 to Nov. 10.

11/08/2016

USM, get your alarm system together
Security Alarm, Bailey Hall. No action required. Reset.

USM is a community of sharing
Theft, Anderson Hall. Report of a theft of property.

Oh, damn, that's bold
Auto theft, G20 parking lot. Vehicle stolen out of parking lot.

Student trespasses campus grounds?
Criminal trespass, Upper class Hall. Student summonsed to court for Criminal Trespass.

Probs just a ghost, problem solved
Suspicious activity, Parking garage. Unfounded.

How do I chemistry
Medical Emergency, Science building. Student transported to Maine Medical Center.

11/09/2016

"I'm filing a very vague report again"
Medical emergency, student transported to Mercy Hospital.

The person probably just forgot
Motor vehicle stop, University Way extension, operating at night without lights.

11/10/2016

School Street stop sign, dude!
Motor vehicle stop, School Street, stop sign violation.

Two days in hell, we're guessing
Recovered stolen vehicle. Maine State police reports recovering the car reported stolen from the Gorham campus on 11/08/16

Police Beats are edited for grammar and style

Have any insider news tips?
editor@usmfreepress.org

From **SGA** on page 4

website for the SGA does not provide current information. Documents related to the SGA, such as its constitution, can be found on the website. However, the list of members is outdated and inaccurate. The Google Drive that houses minutes from SGA meetings and documents are also outdated, as minutes can be found for meetings as current as September 2016, but none after that.

At the Student Senate's first meeting of 2017, held on Jan. 20, where attendance from individuals outside of the SGA was nonexistent, The tight group of SGA students worked together to discuss

the business of the day and future meetings. Among the issues discussed, the first was the business of interviewing and voting on the admittance of two new senators, Dylan Reynolds and Hamdi Ahmed.

Advocating for her acceptance to the student senate, Ahmed said she wants to be able to "encourage respect among all students, regardless of their backgrounds." Though she was hopeful for the future, she did bring up why she had not applied to the sSenate before: because of a fear of underrepresentation and lack of inclusion among previous sSenators.

During the dialogue, current Senator Fatuma Awale spoke to Ahmed's

concerns, saying that just because Ahmed felt comfortable to join the group now "that does not mean that those negative parts of the senate are completely gone."

Among other issues brought up at the meeting was the Board of Student Organization's (BSO) participation in the SGA. According to the SGA's constitution, BSO members are required to appear at student senate meetings. However, they have not been fulfilling that requirement.

During the meeting, Student Body Vice President Madison Raymond commented, "The BSO has failed to show up to a majority of meetings. If they

fail to continue to appear, we should consider changing the structure of the constitution because they are technically under us."

The SGA has a lot of ground to cover to change the USM community's perception of the organization o, but the members of the organization are prepared to work to dismantle that negative perception and to become more inclusive. Though they encourage other students to attend the meetings and have an active participation in the group, it will be up to students to decide what outside involvement looks like.

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Arts & Culture

Top 5: Things not to post on social media / 8
Heavy Rotation: Must-see movies from 2016 / 9

The African American experience in Maine

Exhibit of historical artifacts offers insight into the racism that pervaded, and still pervades, the state

Dionne Smith
Free Press Staff

The Glickman Library is home to the USM Special Collections, which holds a large African American Collection that is open to the public. The collection contains a vast amount of information regarding African Americans in Maine. While most Maine are white, there is a large amount of history that involves African Americans in Maine and famous African Americans traveling to Maine.

The collection is made up of primary materials ranging

“Material culture is important because people create things for a purpose.”

- Susie R. Bock
Coordinator of Special Collection

from manuscripts and documents to objects such as buttons. All the material collected creates a story which is linked to the history of African Americans in Maine. The large and constantly expanding collection has no exact count of material; it goes on for several hundred feet and seems endless.

“Material culture is important because people create things for a purpose,” Susie R. Bock, the Coordinator of Special Collections and Director of Sampson Center for Diversity in Maine, she stated.

The African American Collection was inspired by Gerald E. Talbot, who was the first African American legislator in the state of Maine, serving in the Maine House of Representatives from 1974 to 1978. Talbot believed that there should be a collection to store any documentation or significant objects of African American history in the state. In 1995, Talbot donated his collection of personal papers, and his collection of materials regarding African Americans in Maine from around the country, that he collected throughout his life. This became the basis for the collection, which would expand over the years.

The collection is popular and utilized by classes. Roughly 40 classes a semester make use of the collection. Students get the opportunity to gain hands-on experience with different materials, and they can read through a vast majority of the documents about African Americans in Maine. The collection can also aid in the research for Af-



Bradford Spurr / Multimedia Editor

These photographs, taken at the exhibit located on the 6th floor of the Glickman library, are pertinent to the ongoing social and racial struggles that African Americans have had to overcome. Darkie Toothpaste, which was established in Shanghai, was a toothpaste brand marketed to Black individuals. The bottom left photo depicts African American children playing by a alligator swamp, while the bottom right photo depicts various images of Martin Luther King Jr. buttons.

rican American history in Maine.

Bock strongly believes that all USM students should visit the collection at least once while they are enrolled. The objects and documents in the collection can offer insight into the racism that pervaded, and still pervades, Maine, which in 1820 was admitted into the Union as a free state. For example, the collection includes the charter that established the Ku Klux Klan as a official group in Maine. Bock said, however, that the collection is also about communities in Maine, and that the collection empowers the

African American community and celebrates it.

Sacha Kiesman, a 19-year-old freshman with a major in political science and minor in art history, has visited the African American Collection before for her EYE class. She was able to view artifacts that showed evidence of the dehumanization of African Americans and the effects of the Jim Crow era in the state.

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TOP 5

Things not to post on social media
(that future employers won't like)

Jordan Castaldo / Contributor

1. Drunk photographs with your friends

Posting photos of yourself holding an alcoholic beverage, especially if you're underage, is not something to be proud of. Your future employers will look at all of your social media accounts in order to weed out possible candidates. Many companies look to see if there is evidence of alcohol use on your social media sites because they believe that this behavior means the applicant is irresponsible and not cut out for their line of work. Keep in mind, companies do not want an employee that posts photos like these because anyone can go online and see these pictures.

2. Inappropriate Language

Using explicit language on your social media account will make you seem unprofessional. If you are trying to get a better job after college, using inappropriate language in a status or a comment is not recommended. By using indecent language, you are unintentionally defining your character. Swearing on social media, for example, may lead employers to believe that you may lack respect for others or for yourself. Also, it's possible your continuous cussing may come off as uneducated, and the use of incorrect grammar may also deter potential employers.

3. Personal Opinions about your job

If you were to bash your old employer or even your current employer through a status on your social media account, who's to say you will not do it to your future employer? When companies see that you have previously insulted your employers, they may assume you will do the same to them. If your Facebook friends see that you are insulting the place you work, they will be less likely to go to the business, causing the company to lose business. It reflects poorly on you when you publicly complain about a place you chose to work at, especially if you receive fair pay and equal treatment.

4. Political opinions

The discussion of politics can be difficult to avoid, particularly in today's globalized world. It is a good rule of thumb to just keep your personal political opinions off of your social media accounts. There is already enough politics throughout the media that sometimes people go on social media sites to get away from it all. If a company you are aspiring to work at discovers that your social media accounts are riddled with strong political opinions, you could potentially miss out on a good job. Careers in journalism, public relations and even education may desire someone who is passive about politics, but knows how to hold a proper conversation while also acknowledging the perspectives of others.

5. Photographs where you are barely dressed

Self-confidence is a beautiful thing, but no matter how confident you are, businesses do not want to see photos of potential employers wearing hardly any clothing. Posting photos of your behind in a bathing suit, or selfies of your "flexible abs" comes off as unprofessional and gives employers the wrong impression. This means that one photo you posted years ago of yourself wrapped in only a towel may be one that comes back to haunt you.

What do you think shouldn't be posted to social media?
arts@usmfreepress.org

HEAVY ROTATION |

WHAT CAUGHT THE EYES AND EARS OF OUR STAFF THIS WEEK

Denial offers fantastic cast with exceptional chemistry

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

Hello readers! A quick disclaimer: This list is completely our own opinions. There is no right answer to the question of what the best films of 2016 were, so if you see that a film that you love isn't on here, it's okay. You loved that film for a reason, just as much as we love these films. Thanks for reading!

Five:

J: *Sing Street*: Director John Carney's musical disguised as an homage to the music of the 1980s. It's about fulfilling your dreams and learning what it takes to achieve them, and that may mean going far from home to someplace new. The music is the clear standout of the film, as each song feels stylized and different. My personal favorite is "Drive It Like You Stole It," which is a great sequence in and of itself. I couldn't help but smile as the film drew to a close.

A: *Hell or High Water*: The dark horse film of the year for me: This Neo-Western about two bank robbing brothers and the law enforcement officials that are after them. Filled with great cinematography and complicated characters, this film, directed by David Mackenzie, had me hooked from the first scene until the credits rolled.

Four:

J: *Arrival*: This well-constructed science fiction film by Denis Villeneuve is more about humanity than it is about aliens. There is a piece of music used in the



Paramount Pictures

film called "The Nature of Daylight," composed by Max Richter. This piece fits the film so well, and upon re-listening to the track, I can only think of the powerful scenes that accompanied it in the film. I knew leaving the theater that I would want to see *Arrival* again.

A: *Manchester by the Sea*: A small scale character study about a man forced back to his hometown after his brother dies perfectly walks the line between comedy and tragedy. Directed by Kenneth Lonergan, this film depicts several scenes that feel like an emotional gut punch as well as scenes that had me laughing out loud.

Three:

J: *Nocturnal Animals*: Written and directed by Tom Ford, this film is multi-layered with stunning visuals and a story that takes a hold of you from the very beginning. It's a film about revenge, but also regret, and is sure to keep you on the edge of your seat. As Susan (Amy Adams) reads through Edward's (Jake Gyllenhaal)



Summit Entertainment

novel manuscript, the connections to her past become apparent, and it's fascinating. Backed with phenomenal performances, this is an enthralling film from beginning to end.

A: *Captain America: Civil War*: The Russo Brothers succeeded against all odds creating a compelling third entry in the Captain America franchise. When a government law divides The Avengers into separate teams lead by Iron Man and Captain America, a satisfying film unfolds featuring personal stakes, giant action set pieces and a whole lot of fun while also introducing new characters such as Black Panther and Spider-Man to the MCU.

Two:

J: *Swiss Army Man*: I never thought a film about a farting corpse would be so high on my list of favorites. There is no way to describe it other than saying there is nothing like it. This film, directed by the duo known as Daniels, is about what it means to be alive, and that includes the

positive and negative parts of it. With strong performances, a memorable a cappella score, absurd visuals and a hilarious script, this film stuck with me long after I watched it.

A: *La La Land*: This film follows an aspiring actress (Emma Stone) and jazz musician (Ryan Gosling) as they try to achieve their dreams in Los Angeles. *La La Land* dazzles with an optimistic spirit, a catchy soundtrack, with beautiful cinematography and exciting dance numbers. This film had me feeling more exuberant upon leaving the theater than any film from the past year.

One:

J: *La La Land*: This film is crafted with passion and care by Damien Chazelle, also the director of *Whiplash*. It has the feel of a classic musical, yet has some elements that modernize it. It glamorizes living in Los Angeles and then brings in the harsh reality to ground it. I've seen this film twice in theaters and have listened to the soundtrack multiple times, and it hasn't gotten old for me.

A: *Arrival*: With its smart sci-fi plot about a linguistic professor making first contact with mysterious aliens, this film offers great cinematography and fantastic performances led by Amy Adams. *Arrival* is a film that not only feels personal, but commentates on human communication, earning it the top spot on my list.

arts@usmfreepress.org
@USMFreePress



A&C Listings

Monday, January 23

Mothership Mondays with Bailie and Co.
Portland House of Music
25 Temple St.

Starts: 7:00 p.m. / Ends: 12:00 a.m.

Tuesday, January 24

Maggie Rogers
Port City Music Hall
504 Congress St.
Doors: 7:00 p.m. / Starts: 8:00 p.m.

Wednesday, January 25

Irish Night
Blue
650 Congress St.
Starts: 7:30 p.m.

Thursday, January 26

Susto
One Longfellow Square
181 State St.
Doors: 7:00 p.m. Starts: 8:00 p.m.

Friday, January 27

Umpfrey's McGee
State Theatre
609 Congress St.
Doors: 7:00 p.m. Starts: 8:00 p.m.

Saturday, January 28

Dead Sessions
Port City Music Hall
504 Congress St.
Doors: 8:00 p.m. Starts: 9:00 p.m.

Sunday, January 29

The LeeVees
Port City Music Hall
504 Congress St.
Doors: 2:00 p.m. Starts: 3:00 p.m.

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

Want to submit an event?
arts@usmfreepress.org

Perspectives

Advising advice / 11
Millennial's Conscience / 11
Crossword and word search / 13

Our Opinion

You are fake news, Donald Trump

Editorial Board
Free Press Staff

Since Donald Trump began his campaign, he has been relying on some negative sentiments of voters to gain popularity. It is plain to see that most media outlets are partisan, favoring either Democrats or Republicans, generally. Trump has taken full advantage of this fact, attacking news sources that support liberal ideologies and the democratic party. His attacks are often in the form of tweets, questioning the integrity of news sources, calling them fake news and sometimes disparaging the media in general.

In a recent press conference, President Trump refused to take questions from a representative from CNN, stating that their "organization is terrible," and despite the reporter's best efforts, would not allow him the opportunity to speak. While Trump is not compelled to answer every journalist that confronts him, it is in good faith to allow questions to



Johnna Ossie / News Editor

An individual marching in Washington holds up a sign in protest of Trump.

See **FAKE NEWS** on page 12

Letter to the Editor

Embrace your true potential and reach for higher goals

Muhammad "Humza" Khan
Student Body President

Dear Friends, welcome back to classes. I'm certain many of you are excited about starting new classes as you continue to pursue your academic goals. For me personally, I'm delighted to start a new semester at the beginning of a new year. For some, this gives us a much needed chance to start fresh. For others, the beginning of a new semester allows us to continue pursuing our academic aspirations with the same enthusiasm and commitment as our prior semesters.

As your Student Body President, I have gotten a chance to meet and become acquainted with many of you last semester. It has been such an honor to become acquainted with so many hard working and committed students. The most important thing I have learned during my time at USM is not to settle anything less than your true potential

and reach for higher academic and personal goals. Your commitment to higher education and love for this University brings a famous quote to mind, from the great Persian scholar Jalaluddin Rumi:

"You were born with potential.
You were born with goodness and trust.
You were born with ideals and dreams.
You were born with greatness.
You were born with wings.
You are not meant for crawling, so don't.
You have wings.
Learn to use them and fly."

As another semester is upon us, I encourage everyone to embrace their true potential and reach for higher academic and personal goals. I would encourage you all to go above and beyond. Don't settle anything less than what you be-

lieve in. As Jalaluddin writes, "You are not meant for crawling, so don't. You have wings. Learn to use them and fly."

As for me, I promise to continue working for USM students, faculty and staff to make our University better. We have and will continue to advocate for lowering tuition costs, reducing food insecurity on campus and I will work to implement the 20 other initiatives we have taken on with the help of your Executive Cabinet and Student Senate. Feel free to contact me with any idea or suggestions you may have by emailing me at muhammad.khan@maine.edu or give me a call at 766-1890. Good luck with the coming semesters!

Thank you,
Muhammad "Humza" Khan
USM Student Body President

editor@usmfreepress.org
[@USMFreePress](https://twitter.com/USMFreePress)

Letter to the Editor

I am a USM student and a victim of identity theft

Be aware of where you make purchases and report suspicious activity on your bank accounts

Meghan Jellison
AARP Maine Intern

As a recent victim of identity theft and a current student at the University of Southern Maine, hearing about the recent phishing attempt at the Orono Campus scares me.

I've had first-hand experience about how prevalent scams are and want to share some of the steps I have taken to keep my information, and my money, safe from scammers.

Being aware of where you make purchases and reporting any suspicious activity to your bank and/or the Attorney General's Office is a good start. This fall, my debit card information was stolen. Because I review my statements each month, I noticed charges that were unfamiliar to me including several purchases at an out-of-state Dunkin' Donuts.

I cancelled my card and worked with my bank to adjust the charges. Had I not been checking my statements, I might not have been able to

get my money back.

Most importantly, I placed a freeze on my credit report. Turning on the freeze is free in Maine and prevents identity thieves from accessing all the sensitive information in your credit report.

When the freeze is turned on, scammers cannot obtain credit (loans, credit cards, etc.) in your name. Any Maine resident (regardless of age!) can easily freeze and unfreeze their credit report for FREE at any time. Just make sure your place a freeze on your credit report with all three major credit bureaus.

The AARP Fraud Watch Network has great resources and tools available at www.aarp.org/fraudwatchnetwork and you can sign up for free scam alerts to stay ahead of the fraudsters. I've become a lot more cautious of how I'm sharing personal info—online and offline – and I encourage anyone reading this to place a credit freeze right away.

editor@usmfreepress.org
[@USMFreePress](https://twitter.com/USMFreePress)

like what you see?

hate what you see?



Let us know your perspective at:
editor@usmfreepress.org

Advising Advice

How do I add and drop classes?

Janis Albright
USM Advisor

One frequent question that you may ask your Advisors is in regards to the university's add, drop and Withdrawal policies for classes. Here are some tips for you to follow:

Review the Add/Drop policies in your Undergraduate catalog, under policies before each semester starts. If you go to our university website, type "add drop policies" in the top right search bar, and click on the first link that shows up from your search. Here, you will be able to familiarize yourself with the timeline of when you can drop/add/withdraw classes.

Did you know that your MaineStreet Student Center has a calendar icon next to each class on your semester schedule? Click that icon so you can see the exact deadline for dropping that class. Remember that spring and fall semester timelines are different than the more condensed summer and winter sessions. If you are still unsure about the information

provided within the icon, call the Office of Registration & Scheduling at: 780-5230 or Advising at: 780-4040.

If you want to drop a class, think carefully about why. Consider meeting, in the beginning of the semester, with your Professor for help. By starting early in the semester, scheduling a tutor appointment with the Learning Commons and reaching out for help with study strategies such as time management, you can often surprise yourself and do well!

Ask yourself how adding or dropping a class may affect the following, if any of these apply to you: Your financial aid plan, if you are an athlete, if you live in the residence halls, have Veterans benefits, or if you have health insurance. Connect with the offices that you need to and ask. Remember that failure to properly drop a class may result in a failing grade and financial liability. Please check with your Advisors as well if you are still unsure of the ramifications.

Learn how to add/drop classes on your own stu-

dent center in MaineStreet. Again, come into one of the Advising offices early in the semester, if you need to be shown how.

Did you know that you might be able to drop all or some of your classes with certain extenuating circumstances? Sometimes, emergencies happen in our lives and a student may need to adjust their schedule. If this is the case, it is best to talk with your Advisor early on to learn your options, because the results may vary depending on your individual circumstance. Hopefully this won't happen to you, but do know that there are procedures in place just in case. We're always here for you.

In summary, be proactive, informed and know who to contact for questions. If you do all of the following, you will be confident in understanding USM's add/drop/withdraw policies so that you can move forward with your academic goals.

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@USMFreePress

My grandmother attended USM in the 1950's *Gorham Normal School versus our university now*

Mary Ellen Aldrich
Community Editor

In the 1950s, when USM was known as Gorham Normal School (GNS), my grandmother, Charleen Ellen Lyons-Aldrich, attended her first semester of college here.

Charleen's fall semester ran from August 1950 to January 1951, during which time she studied to become a teacher. The school was much smaller then and had different rules and expectations than USM has today.

During this time period, the only dorm on campus was Frederick Robie Hall which also encompassed the addition known as East Hall. Today this dorm is called Robie-Andrews. The dorm had a curfew in place requiring all dorm lights to be out by 10 p.m., which is quite a contrast to today's simple rule of quiet hours. It was an all-girls dorm, and the males attending GNS customarily boarded in town.

"Any time a man needed to be in the dorm, for maintenance or any other reason, it was announced with, 'Man on floor! Man on floor!' to

make sure everyone was aware and decent," said my grandmother.

Today, there are several dorms on campus and they are all co-ed. It's no longer seen as necessary to announce the presence of a man on the girls floor. Not only are the dorms co-ed,

Students can go to the dining hall nearly any time of the day and find something to eat, as long as you swipe your card. Yet, during the days of GNS, the meal plan was a bit different.

Meals were served three times a day: breakfast, lunch, and supper. If you slept

"Any time a man needed to be in the dorm, for maintenance or any other reason, it was announced with 'Man on the floor! Man on the floor!' to make sure everyone was aware and decent."

- Charleen Ellen Lyons-Aldrich
USM Student, 1950-1951

but so are many of the floors, and upon request, some of the rooms.

Students who currently attend USM have a meal plan that's managed by an electronic system with ID cards. This gives students a set number of meals and dining dollars to be used wisely.

through breakfast, napped through lunch or skipped supper, that's it - you missed it. They wouldn't let students go hungry of course, but class schedules didn't interfere with customary meal times as they often do

See **USM 1950** on page 12

A Millennial's Conscience

The birth of neoliberalism and executive war powers: It's almost like clockwork

Bryer Sousa
Free Press Staff

It's almost like clockwork. Since 1979—the birth of neoliberalism (not the conception of neoliberalism, for its ideological roots may be traced back to the 1938 Walter Lippmann Colloquium as well as the 1947 Mont Pèlerin Society gathering)—the working class has been inundated with our elite's overbearing adherence to a set of principles centered upon the belief that markets know best and therefore should virtually be free to govern us. Alongside the religious frenzy concerning the Chicago school of economic thought, the citizenry of the United States was and remains forced to witness the hollowing out of any sense of class mobility and the development of a political class minted from two sides of the same coin, the coin being that

of strictly business interests.

Hence, the clockwork. A clockwork composed of worker-community despair and reactionary electoralism, where just about every two presidential terms, we are forced to witness the Republicans or Democrats exploiting the economic anguish that the previous party in power implemented during the last eight or so years to win the election. Whether the politician is tied to a conservative or liberal base, the overarching motivation for obtaining the presidency is solely concerned with the profit maximizing motives of the business class (not the woes of an electoral base). But this continuous transfer of power from Democrat to Republican is not alone. Instead, an equally distracting process emerges as well. That process being the idolization and faux love for the previous leader. And there is no better illustration of said motion

than the current liberal mourning over the legacy of Mr. Barack Obama in the wake of Trump.

Yet such sentiment is dangerous and misplaced. It pacifies us, enabling us to turn towards a false narrative of the past while overlooking the atrocities committed by the prior leader and the systemic corruption of our political system. Consequently, I hope to counter the contemporary yearning to romanticize the "legacy" of Obama such that those interested in building an anti-capitalist and anti-imperialist alternative may do so without falling victim to unsubstantiated illusions now being embedded into our collective memory of the Obama years.

Concerning executive war powers, Alex Emmons of The Intercept pointed out that in "Anticipating that Donald Trump might try to fulfill his promises to "bomb the

shit" out of terror groups and do a "hell of a lot worse than waterboarding," President Obama released a report on Monday summarizing his administration's views of the legal barriers and policies limiting the president's military power." To those who have been tirelessly dedicated to the recording of Obama's expansion of military might, the notion that a little over 60-page report can whiteout his "bombing campaigns in seven countries, a legally unaccountable drone program, and an open prison at Guantanamo Bay" would be entertaining if it were not for the fact that innumerable persons have died as a result.

On the other hand, Cornell West reminisced about Obama's "sad legacy" by way of writing the following: "We hit the streets again with Black Lives Matter and

See **CLOCKWORK** on page 12

From **USM 1950** on page 11

now. Charleen waited tables at the dining hall during her semester at GNS and said that meals were served much like a public school.

"You got in line with your plate," explained Charleen, "and someone served you what was on the menu."

Many colleges and universities today have laundry facilities that require quarters to get a load of laundry done. However, USM has laundry machines that are free to use, making it that much easier to get your clothes clean. In the 1950s GNS had a laundry room, but it was all hand-wash. That's right, you couldn't chuck your load into a washer and come back later.

"You stood there and you did it by hand," noted my grandmother, saying that all you needed was to put some elbow grease into it and wash your clothes by hand with a bucket, soap, and a washboard. "It wasn't particularly inconvenient, except for when we served fish. It would permeate our clothes and then we really had to scrub to get the smell out." She did note that there was an option to take your laundry into town to use automatic machines, but that would get expensive on a college budget.

Trips to town are a good way to kill time and boredom. These days, there are several coffee shops and various places to shop and eat that are located conveniently close to campus. In the 1950s, there was a movie theatre in town that often had double viewings.

"It was one of the few places you could go in town without a chaperone," Charleen said, "it was a good place to go if you had a boring afternoon ahead of you." Charleen and her friends also enjoyed going to one of the coffee shops in town for donuts and coffee. The donuts were only five cents and the coffee was cheaper than most of today's bottled water, and probably better tasting than most of today's coffee.

Most college students today have a vehicle on campus. For those who don't own a vehicle it's convenient to be able to hitch a ride with a friend or fellow classmate. Usually this is done without too much

thought and USM doesn't generally keep tabs on who is going where with who. Yet, in the 1950s there weren't many vehicles on campus, and those that were on campus belonged to faculty and upperclassmen. If a student wanted to catch a ride with anyone other than a legal guardian or parent, students' parents had to sign a permission waiver.

While there wasn't an appointed dress

"Holes in jeans wouldn't have gone over so well in 1950... If someone showed up in something immodest, they'd let them know about it."

- Charleen Ellen Lyons-Aldrich
USM Student, 1950-1951

code for GNS, nor is there currently one for USM, people were, and still are, expected to dress in a decent manner. What constitutes as decent today is different than what was considered decent in the 1950s.

"Holes in your jeans wouldn't have gone over so well in 1950," Charleen said, "If someone showed up in something immodest they'd let them know about it."

Today, ripped up jeans and crop tops are more common than slacks and knee-length skirts. In most cases these outfits aren't seen as indecent or inappropriate unless a professional appearance is required for something such as student teaching.

With the changes in name, buildings, faculty, students and societal customs, GNS and USM are two distinct variations of the same institution. Each version of USM has its good points and bad points. In two generations, our university has changed a lot, and that's just for the dorm-life side of things. It will be interesting to see where the next two generations lead.

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From **CLOCKWORK** on page 11

other groups and went to jail for protesting against police killing black youth. We protested when the Israeli Defense Forces killed more than 2,000 Palestinians (including 550 children) in 50 days. Yet Obama replied with words about the difficult plight of police officers, department investigations (with no police going to jail) and the additional \$225m in financial support of the Israeli army. Obama said not a mumbling word about the dead Palestinian children but he did call Baltimore black youth 'criminals and thugs.' Needless to say, West's indictment of Obama on matters of race and financial support and backing of the Israeli Government hardly goes far enough. What about Obama's militarization of America's police forces? Or the fact that we do not only financially support the Israeli army, but train factions of their police and military?

Of monumental importance, one must also consider the investigative work of John Pilger in understanding the genuine nature of Obama's administration and stances. In a piece published this past May, Pilger writes: "In 2009, Obama promised

to help "rid the world of nuclear weapons" and was awarded the Nobel Peace Prize. No American president has built more nuclear warheads than Obama. He is "modernizing" America's doomsday arsenal, including a new "mini" nuclear weapon, whose size and "smart" technology, says a leading general, ensure its use is "no longer unthinkable."

While the list could grow evermore swollen, a keen observer may note that there exists a tacit, almost unspoken assumption underpinning any motivations for why Obama's legacy is actually plagued with behaviors such as the aforementioned. That is to say, Obama—much in the same way that we like to accuse Trump of attempting to exploit the White House for financial gain—ought to be considered a softer, cooler, and more approachable surrogate with the same customer in mind. The customer being the business class, which profits of the needless death of American soldiers, military buildup in the South China Sea, and the bombing of whomever in the Middle East.

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From **FAKE NEWS** on page 10

be asked, especially by his opponents. If he is morally superior, then no question asked could harm him. Hopefully, this type of behavior will not continue through his presidency.

Unfortunately, the nature of his victory in the presidential election supports some of his claims. Many of the polls that were released throughout the presidential campaigns turned out not to be entirely reflective of public opinion. Trump, being the outspoken and brash individual that he is, immediately jumped on this and future polls, calling them "phony" and "rigged."

Several polls close to election day showed heavier support for Hillary Clinton than for President Trump. Taking methodology into consideration, it's not unreasonable for a poll to be incorrect. It is necessary to take a sample of voters into consideration, as it's not possible to literally ask everyone who they're voting for. Further, it's likely that not everyone would tell the truth about who they'll vote for, especially in such a tense political atmosphere.

News is something to be skeptical of and it is impossible to truly understand everything going on in the world regardless of how many articles one reads or newscasts one watches. Any article or story will have bias, but at the core of any media by someone who possesses some degree of journalistic integrity, there are objective truths and facts.

No information is perfect and no institution has a spotless reputation, but the media is an extremely important part of the culture and daily life of Americans. It is counterproductive for anyone, especially the President

of the United States, to attack the media and attempt to foster distrust and disdain toward news sources.

It is important for people to trust certain news sources, from people who share similar views and who have similar interests. Even more important though is a trust in sources which do not. In order to get a more accurate and fair idea of happenings around the country or around the world, it's important to consider the other side.

Freedom of the press is very important to the American political process as well, and increasingly so as we progress through the digital age. More and more, people continue to express themselves and seek information through the internet. The average millennial, as with any question they might like to research, will likely turn first to Google for answers about politics and the history of candidates and issues. With the rise of 'fake news', which people should be able to spot at a glance, the establishment and promotion of trustworthy news sources is even more important.

At the end of the day, there is nothing that can be done to turn back the historical event that was the Inauguration of President Trump, but the people do have the power to fight back the injustice. Contact your local government and voice your concerns. Obtain a subscription to your favorite news organization so that they can continue to thrive in a world where silencing the press is becoming a normality. Stand up for what you believe in, march for your rights and make your voice heard.

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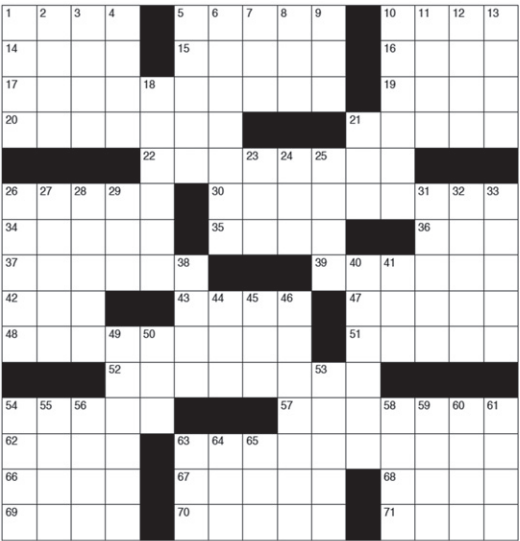
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Crossword

Across

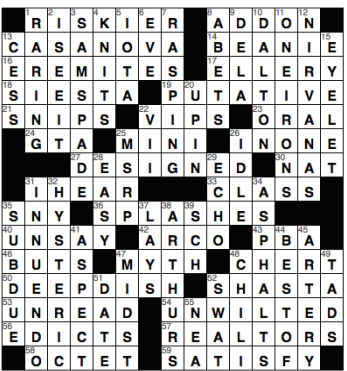
- 1. Food pkg. markings
- 5. When to "Stop Here"
- 10. Train operator (Abbr.)
- 14. Persian monarch
- 15. Bursts into bubbles
- 16. Like some losers
- 17. Root
- 19. Part of a deck
- 20. Very busy
- 21. "___ Day's Night" (Beatles film)
- 22. Disown
- 26. Aspirin targets
- 30. Siamese screech
- 34. Floppy
- 35. Pt. of FEMA
- 36. Moo ___ pork
- 37. Way around the city
- 39. "Life is but ___"
- 42. Glob suffix
- 43. French wharf
- 47. Beat
- 48. Confused
- 51. In a bizarre way
- 52. Doesn't bother to microwave
- 54. Mythical strongman
- 57. Kick-around shoes
- 62. Tamari sauce and the like
- 63. Pizza toppings, sometimes
- 66. River of Normandy
- 67. Daytime talk show host Tony
- 68. Have a goat
- 69. Locate
- 70. Anaheim player
- 71. Baker's meas.



Down

- 1. "Until Death (___ Part)" (Front 242 tune)
- 2. Fen-___ (banned diet combo)
- 3. Grocery vehicle
- 4. ___ Tzu
- 5. Mature
- 6. Never ever
- 7. Heyerdahl's raft
- 8. Comic Phillips
- 9. Certain Star Trek series, to fans
- 10. Shun
- 11. Weather grp.
- 12. Threatening sound
- 13. Foxx of comedy
- 18. Bible parts
- 21. Like some crosswd. answers
- 23. Chairman in reverse?
- 24. Beehive State tribe
- 25. Opposite of bianca
- 26. Book of photos
- 27. As a coquette would
- 28. "High ___" (song with a rubber tree plant)
- 29. That, in Spanish
- 31. Plant ___ of suspicion
- 32. Do-it-yourself mover's rental
- 33. Like some gravy
- 38. Carpenter's meas
- 40. Campdown refrain
- 41. Boxing match division (abbr.)
- 44. These days they're often graphical
- 45. Nuclear org. ended in 1974
- 46. Adore
- 49. Picked on
- 50. ___ in India
- 53. Not a tourist
- 54. Beginning on
- 55. Famous Amos
- 56. "For Better or for Worse" cartoonist Johnston
- 58. Indy 500 winner A.J.
- 59. ___ out a living
- 60. Bring in the crops
- 61. 9-digit IDs
- 63. Oklahoma town
- 64. Operated
- 65. "Star Trek" sequel, briefly

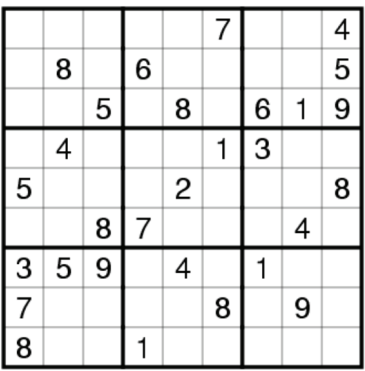
The solution to last issue's crossword



Sudoku

Level of difficulty: Hard

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



Word Search

Theme: Inauguration

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



- inauguration
- potus
- PeaceObama
- JoeByeden
- HiTrump
- MikePence
- Melania
- WhiteHouse
- oath
- America
- flag
- fourYears
- numberFortyFive
- republican
- speech
- Washington
- greatAgain

Cryptogram

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

SQFG LADZ RWROXHN EOWRLG, O HUKVQ AU: "GKA DRX'N ZRSQ GKAF VRNQ RXJ QJONZ NKK."

And here is your hint: F = R



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USM Community Page

Over one million rallied in marches across the world



Bradford Spurr / Multimedia Editor

Top: Last Saturday, thousands of individuals rallied outside the Maine State House in Augusta, in support of womens rights and in protest of the President Trump's ideologies on social issues such as healthcare and pro-choice for women.

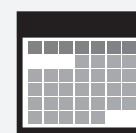


Erin Brown / Sports Editor



Johnna Ossie / News Editor

Middle left/right: : Taken at the rally in Portland, hundreds of individuals showed up to protest Trumps political ideologies. Bottom left/right: Last Saturday, over half a million individuals rallied in protest of President Trump's first day in office. Long after the program of events had ended, people were still marching and chanting in locations throughout the city.



Community Events

Monday, January 23

Mindful Mondays
USM Portland Campus
Recovery Oriented Campus Center
Starts: 1:30 p.m. / Ends: 2:30 p.m.

Tuesday, January 24

Free Ice Skating at Thompson's Point
10 Thompson's Point
Portland Maine
Starts: 4:30 p.m. / Ends: 9:00 p.m.

Wednesday, January 25

Winter Student Involvement Fair
USM Portland Campus
Woodbury Student Center
Starts: 11:00 a.m. / Ends: 2:00 p.m.

Thursday, January 26

Resistance, Resilience, and Renewal
USM Portland campus
Glickman Library 7th floor
Starts: 7:00 p.m.

Friday, January 27

Supportive ART Hours
USM Portland Campus
The Recovery Oriented Campus Center
Starts: 9:00 a.m. / Ends: 12:00 p.m.

Saturday, January 28

Opening Reception for Portals
USM Gorham Campus
USM Art Gallery
Starts: 2:00 p.m. / Ends: 4:00 p.m.

Sunday, January 29

Portals: Work by Maine Art
Education Association
USM Gorham Campus
Art Gallery, 37 College Ave.
Starts: 12:00 p.m. / Ends: 4:00 p.m.

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

Sports

Tuesday

Men's Ice Hockey

vs. Bowdoin
7:00 p.m.

Wednesday

Women's Basketball

vs. Plymouth State
5:30 p.m.

Wednesday

Men's Basketball

vs. Plymouth State
7:30 p.m.

Friday

Women's Ice Hockey

vs. Norwich
4:00 p.m.

Friday

Men's Ice Hockey

vs. UMass Boston
7:00 p.m.

Husky teams to keep an eye on this winter

Wrestling and indoor track and field continue to roll into 2017

Erin Brown
Sports Editor

Though the spring semester has begun, winter sports are still in session. After nearly a month-long break, the winter sports teams at the University of Southern Maine still have nearly half of their season to play. Many teams have found success thus far and are hoping to continue on to the postseason, while others are having a more difficult time finding their groove.

The men's wrestling team has achieved much success over the past year. The team has gone 7-2 in regular matches, and has been successful in opens and invitationals. On Saturday Jan. 14, the team came in first place out of ten teams at the Jim Aquilar Open at Plymouth State University.

Among the team success at this meet, senior Daniel Del Gallo (Gardiner, ME / Gardiner Area) won his bracket to keep his undefeated streak alive. Del Gallo improved his record to 32-0 for his senior season at USM. Furthermore, he is the key member of the Huskies' team to be looking out for during the remaining winter season. According to the Portland Press Herald article published on Jan. 18, the decorated wrestler has his sight set on not just making his way to nationals, but on becoming a national champion.

The women's indoor track and field team is also a team to continue to watch, as the ladies opened up the season last semester with plenty of success. They took first place in 14 events and played their way to the top three spots 28 times. More recently, the women's track and field team absolutely dominated in the Reggie Poyau Invitational held at Brandeis University. USM came in first out of eight teams with a score of 175.50 points. They tallied five first place spots amongst the 18 top three finishes they collected.

After the invitational, three members of the team were recognized with Little East Conference's weekly honors. Senior Jasmine Boyle (Brunswick, ME/ Brunswick) was honored as track athlete of the week. Freshman Adela Kalilwa (Lewiston, ME/ Lewiston) was honored as rookie field athlete of the week. Senior Molly Gibeault (Brooklyn, CT/ Woodstock Academy) was

named field athlete of the week with her impressive win at the pole vault, where she not only set a school record but also qualified for a spot at the New England Division III Championships and the NEICAAA New England Championships. Keep your eyes on Gibeault for the rest of the season to see where she success takes her next.

Men's indoor track and field has also been no stranger to success so far this season. Like the women's team, they too came

USM's Men's and women's indoor track and field, which both came in to the top spot at the Reggie Poyau Invitational Jan. 14, are teams to continue watching this season.

in the top spot at the Reggie Poyau Invitational Jan. 14, which was held at Brandeis University. The Huskies tallied a total of 158 points in their victory over six teams.

Huskies sophomore Jared Marshall (Gloucester, MA/ Gloucester) found great success at the Reggie Poyau Invitational. He was able to come in first place in the 55-meter dash, the 55-meter hurdle and the 200 meters. All three wins also qualified Marshall for the New England Division III Championship proving that he is another athlete to be keeping tabs on for the rest of the winter season.

You can catch the Huskies wrestling team's next home match Feb. 11 against Johnson and Wales. The Men and women's track and field teams will both be home again for the third and final installment of the USM Open on Jan. 28.

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USM Athletics Website

Top: Men's indoor track took home first place at the Reggie Poyau Invitational hosted by Brandeis University. **Bottom:** Senior captain Daniel Del Gallo remains undefeated in the 2016-2017 with a record of 32-0.



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