the fp

MAR. 6, 2017
VOL. 48 ISSUE NO. 17

A useful tool or an archaic database?

Sarah Tewksbury | p 4

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Cover Graphic: Orkhan Nadirli / *Design Director*

LETTER FROM THE EDITOR

Mainstreet: An archaic database that needs fixing

There are too many issues that cause stress among students

Senior Seminar
Successfully complete the senior seminar.

The following courses may be used to satisfy this requirement:

Course	Description	Units	Typically Offered	Grade	Status
ENG 419	Seminar in Genre and Form	3.00	Variable		
ENG 431	Seminar on Literacy	3.00	Variable		
ENG 441	Sem:Literary Criticism Theory	3.00	Variable		
ENG 445	Sem Interdisc & Cult Studies	3.00	Variable		
ENG 451	Seminar in Medieval Studies	3.00	Variable		
ENG 456	Seminar in the Renaissance	3.00	Variable		
ENG 466	Seminar in the Eighteenth Cent	3.00	Variable		
ENG 476	Seminar in 19th Cent Studies	3.00	Variable		
ENG 491	Sem in Literature Since 1900	3.00	Variable		

Krysteana Scribner
Editor-in-chief

This is a screenshot from my Mainstreet, highlighting one of the last requirements I need to meet for my English degree. If you're familiar with Mainstreet, you'd think the process of applying for this needed class would be easy, right? Well, the further you dig into the database of Mainstreet, the more you realize how unorganized and confusing it can be. Upon clicking the link in my degree progress report to find which classes could meet the seminar need, these pop up: Eight classes on various topics that seem super interesting. However, I was met with disappointment when I learned, after clicking on each and every one, that only four of these classes are available to sign up for. This means that the other four classes haven't been offered in years and yet they still sit in the database, marked with an asterisk. The oldest class on here hasn't been offered since 2004. Why in the world is it still on Mainstreet 13 years since it hasn't been offered?

You may think I'm finding frustration in a silly subject and that this isn't a big deal, but I beg to differ. Confusing classes are strewn throughout Mainstreet. Want to sign up for a class you see in the course catalog, but can't find it on Mainstreet? That has happened to me. What about putting in a pin, in which you must obtain from your advisor, in order to add and drop classes? I went three years without doing that, and it went through fine. Over the course of my five-year college career, I have had to take the initiative to take care of my Mainstreet and class schedule. I've also had 5 different advisors, three in which I never met.

My freshman year, I went into the offices to try and get a better understanding of just what needed to be done to graduate. Not only did I leave that office confused, but I left upset: Even the advisor didn't know how to use Mainstreet that well. During my sophomore year of college, I went into my advisor's office and asked to change my major from Education to English. Of course, they offered to change it, and I trusted them. I left the fate of my class schedule and requirements in the hands of my advisor, and I should have never done so. My major wasn't legitimately changed on Mainstreet until a year later. Unaware, I continued taking very difficult classes (Cellular Biology and Statistics) thinking it was required because I was an undergrad and Mainstreet said I needed these requirements fulfilled.

Unfortunately, I failed them. It was because of these failed classes, and the failure of the advising office to recognize their fault, that my financial aid started to dissipate. There was nothing that could be done, and I ended up paying for six credits I didn't need. I was misadvised.

Luckily, I'm still here, and it took a lot of work to get past that. It hasn't been easy trying to figure out this college process on my own. I know advisors are here to help and they have certainly gotten better since President Cummings has been here, but in the years before that, they didn't have a clue what they were doing and students suffered the consequences. By telling my story, I hope you can learn this lesson and avoid what I went through. Get help from your advisors, but never rely on them or their knowledge of Mainstreet. They have a lot going on too, and it's ultimately in your hands what happens with your schedule and class credits while you're here.

Don't rely on Mainstreet to give you the best update of your college progress and physically write out how you plan to graduate on time by arranging your degree progress report in a physical format. Don't get me wrong, Mainstreet is a helpful student tool, but until someone fixes it and does a thorough clean-up of all those extra classes, it's going to be near impossible to get through Mainstreet easily.

It's the biggest fault of the UMaine system, in my opinion, and I hope that by reading the article we've chosen to feature this week, you too will consider all the things wrong with it and talk to your advisors on how to navigate it and perhaps even make a suggestion. If only we took the money spent on the Starbucks in Glickman (read this story on page 14) and put it toward student services and learning opportunities, perhaps we'd be in a better place.

MaineStreet: A useful tool or an archaic database?

Systemwide tool for UMaine students has its pros and cons

Sarah Tewksbury
Free Press Staff

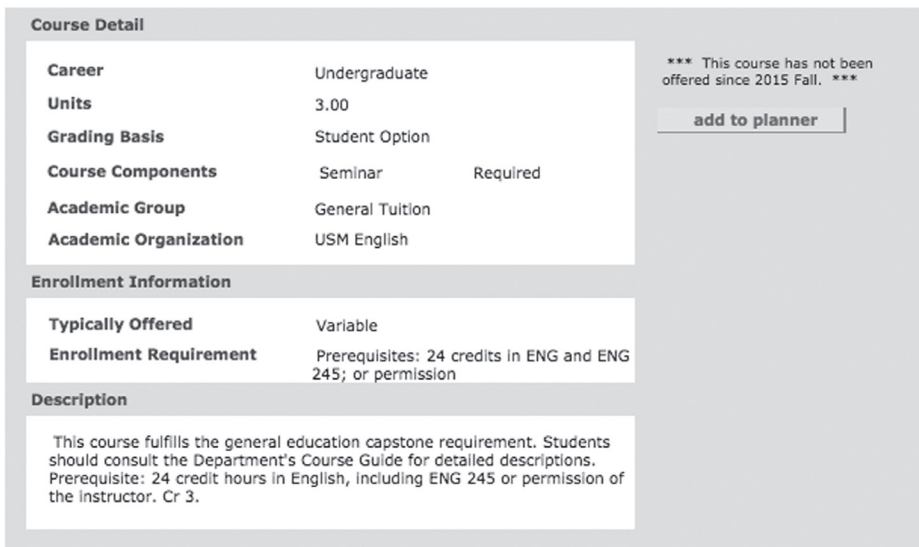
Since the fall semester of 2008, the University of Maine System has been using MaineStreet, an online tool, to aid students, faculty members and employees in university business such as registering for classes, managing work study hours, paying university bills and accessing personal academic information. In recent years, however, some members of the USM community that are using the system have determined it to be outdated and archaic.

The system-wide tool is used by many universities nationwide, such as Cornell University and Princeton University. The software's true name is PeopleSoft, but the University of Maine System has nicknamed it MaineStreet for local use.

One major complaint from students is that the web design of the program is akin to that of an aging and worn-out website, making it seem more difficult to use than it truly is. According to USM's Director of Registration and Scheduling Services Karin Pires, the problem could potentially be fixed.

"It is powerful in terms of its database capabilities; where it falls short sometimes is in the user interface," Karin Pires wrote. "Other schools have purchased 'add-ons' to PeopleSoft in order to make it easier for students, particularly when trying to put together a schedule. I am exploring some of the same products."

Pires went on to discuss the benefits of USM purchasing "add-ons" to the MaineStreet system. One of the most appealing supplementary features USM could buy is one that would allow students to build their schedules in a more visual and modern way. Dragging and dropping classes into a viewable block schedule would allow for students to create a schedule more easily.



ENG 419 - Seminar in Genre and Form

Course Detail

Career	Undergraduate	
Units	3.00	
Grading Basis	Student Option	
Course Components	Seminar	Required
Academic Group	General Tuition	
Academic Organization	USM English	

*** This course has not been offered since 2015 Fall. ***

add to planner

Enrollment Information

Typically Offered	Variable
Enrollment Requirement	Prerequisites: 24 credits in ENG and ENG 245; or permission

Description

This course fulfills the general education capstone requirement. Students should consult the Department's Course Guide for detailed descriptions. Prerequisite: 24 credit hours in English, including ENG 245 or permission of the instructor. Cr 3.

Photo courtesy of USM Mainstreet website

Upon searching for classes to fufill a seminar requirement, many of the listed options turn out to no longer be in session. While still listed, this class hasn't been offered since 2015.

When students navigate MaineStreet to find courses for upcoming academic sessions, courses that have not been offered for several semesters are often listed. When students consult their academic advisement report on MaineStreet, they are shown lists of courses that would satisfy program requirements. However, the lists of potential courses are often outdated. For example, a student looking for a course to satisfy a political science major requirement could come across courses that are no longer offered, such as POS 340 (The Politics of Developing Nations), which has not been offered at USM since fall term 2011.

Though there are issues surrounding MaineStreet, the advising department at USM has placed a great emphasis on students understanding the possibilities and benefits the system offers early on in their academic careers. Being able to efficiently navigate the portal can help students track their own academic progress and be completely aware of their GPA, financial aid and class registration.

"I think that the degree progress report is important, even though it isn't always perfect. It can show what core are still needed, and what major requirements have to be met," said Janis Albright, an academic advisor at the Portland campus.

Though the system could benefit from an update and become more user-friendly, advisors say that there is currently a large host of resources available to students who need help with the system. A simple search on the USM website turns up 12,700 results that help students and faculty members navigate, use and explore MaineStreet. According to the USM Advising Office, the resources available are not often utilized, making the system seem more difficult to operate than it really is.

USM staff members are also available during business hours to assist all students with issues they find when using the MaineStreet system. However, staff has found that the majority of questions and problems about the system come from new students who have not used MaineStreet before and that problems upper-class students have with the system are focused on the web interface and web design.

"I don't get a lot of questions from most students," said Jami Jandreau, the associate director of Student Financial Services. "Brand new students typically have questions about how to activate their accounts, but other than that I don't see many students who are unable to use MaineStreet."

Several departments at USM are available to answer topical questions about the system. Staff members in the Advising Office, the Technology Support Center, Student Financial Services and the Registrar's Office are all knowledgeable and willing to aid any student or faculty member having issues with MaineStreet.

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USM hopes to expand support and resources for trans students

Johnna Ossie
News Editor

Last Wednesday, amidst public outcry, the Trump administration removed federal guidelines which stated that transgender students have the right to use the restrooms that best align with their gender identity. Over the past two years the Obama administration had issued memos to the nation's public schools that stated not allowing trans students to use the bathroom that aligns with their gender identity was in violation of federal anti-discrimination laws under Title IX. The Trump administration issued a Dear Colleague letter that stated schools should ignore memos received from the Obama administration surrounding trans rights in public schools.

Newly appointed Secretary of Education Betsy DeVos, who has been widely criticized, said the Department of Education's Office of Civil Rights "remains committed to investigating all claims of discrimination, bullying and harassment against those who are most vulnerable in our schools…protecting all students, including LGBTQ students, [is] not only a key priority for the Department, but for every school in America," according to the Washington Post.

Many people are concerned for the safety and future of trans rights in America. Trans individuals have one of the highest murder rates, as well as the highest rates of suicide, in the LGBTQ community. So far, in 2017, there have been at least seven reported murders of transgender women. Many people are concerned that these rollbacks will have a detrimental effect on trans students' mental health and put their lives at risk.

Sarah Holmes, USM's Title IX coordinator, is hoping to continue to expand support for trans students, despite current attitudes and regulations coming from the federal administration.

"One of the things that's really important from a university perspective is that legally, by policy and state law, the University of Southern Maine believes that Title IX absolutely still applies to all students," she said, "and in particular trans students, and so we know that we have good policies, [and that] we still for the moment have really good state laws. There's good legal precedent in Maine. The piece around bathrooms is that individual students, employees, guests on campus, should absolutely, one hundred percent of the time, be able to use the bathroom of the gender that they identify as."

Holmes discussed that many are concerned about what will become of Title IX under Trump's administration. She said that though they are concerned about Title IX as a whole, including where the current administration stands on sexual assault, harassment and sex discrimination, this challenge of trans rights was the first hit.

Read the rest online
usmfreepress.org

Portland campus sees a rise in theft in the past month

Julie Pike
Free Press Staff

In the last month, there has been a significant rise in the number of thefts on the Portland campus. On Feb. 22, USM Public Safety issued a statement on their Facebook page informing the public that several thefts have occurred in lockers and in unattended offices.

In the first seven weeks of the spring semester, seven thefts have been reported so far. Six of them happened on the Portland campus and one in Gorham. This is compared to the 12 total thefts that occurred in the Fall semester, of which nine were in Gorham and three were in Portland.

The thefts this semester have primarily occurred in the Sullivan Gym and Woodbury Campus Center. Lieutenant Ronald Saindon from USM Public Safety stated that cash and wallets had been taken out of lockers in the gym, and purses or bags left unattended have been taken in Woodbury.

> "While I'm in Woodbury, if I ever need to leave to go to the bathroom or something, I will ask the person next to me if they can watch my stuff. Almost every time they say yes."
>
> - Beatrice Downs
> Senior tourism and hospitality major

Saindon stated that USM police are actively looking into the thefts that have taken place. They have also asked the manager of the Sullivan Gym, Kevin Normand, to post signs throughout the gym to notify people that thefts have occurred and that extra measures to secure their valuables should be taken.

"This does two things. It makes the public aware of the thefts," stated Saindon, "and it puts whoever is doing this on notice and shows them that we are taking this seriously."

Saindon is also encouraging the community at USM to take extra caution with their valuables.

There are video surveillance cameras in place on both campuses. However, these cameras are not present in private spots, such as locker rooms, making that area more susceptible to thefts.

In response to the increase in thefts, some students are becoming more cautious of where they are leaving their personal items. Beatrice Downs, a senior tourism and hospitality major, explained a tactic she uses to keep her stuff safe.

"While I'm in Woodbury, if I ever need to leave to go to the bathroom or something, I will ask the person next to me if they can watch my stuff," Downs stated. "Almost every time they say yes."

Out of 50 students surveyed, 64 percent of them were aware of thefts happening on campus. The students were notified via a mass email sent to students, or they heard of the incidents through the Public Safety Facebook page.

Of those students surveyed, 70 percent of them drive to school and all of them reported that they kept their cars locked at school. However, 15 percent of those students admitted that they would sometimes leave valuables in plain sight in their cars.

Saindon suggests that people should store their valuables in the trunk of their car, instead of leaving them out on the front seat, to lessen the chance of a vehicular theft. He also suggests that, to combat the rise in thefts, members of the USM community need to practice keeping their valuables hidden and secure, regardless of where they may be on campus.

"A lot of these crimes are crimes of opportunity," Saindon said. "If the opportunity is there and somebody isn't watching their stuff while their laptop or purse is out in the open, people will take that chance to take it."

Saindon also encouraged faculty and staff at USM to not leave their belongings unattended and to lock their offices when they leave.

When students were asked if they felt that their things were safe at USM, half of the students surveyed agreed. The other half claimed that they did not feel as if their personal items were safe at school anymore.

In response to students' feedback, Saindon asks for students to take extra precautions and to notify USM police if they see someone acting suspiciously or oddly.

The biggest question with the rise in thefts is the reason why the last month has seen more than usual. Saindon offered insight into why more are happening.

"The Portland campus is much more of a public campus," Saindon said. "There's a lot more people in the public that can wander in and out of campus in the Portland area. It's also that time of year that we see a rise in crimes of opportunity. We're not immune to it any more than any other college campus."

To ensure that student's valuables remain safe and secure, students are encouraged to not leave their things unattended, lock their vehicles and lockers and keep any valuables secure and out of plain view in their cars.

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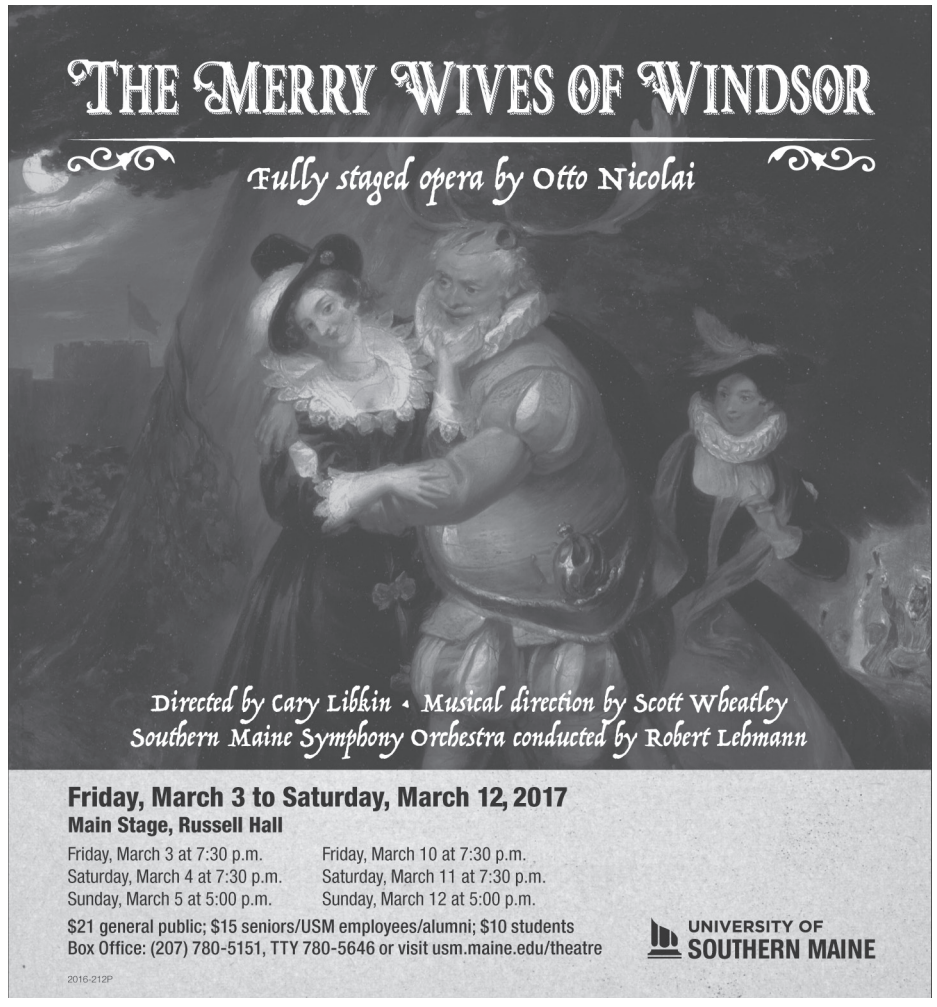
Photo courtesy of USM Website

The Sullivan Gym, located on the Portland campus location, has been the hub of recent thefts on campus. Posessions left inside of lockers have been the target of these incidents.



In Brief...

Local

LePage's stay and activities in Washington fuel speculation about post in Trump administration

PORTLAND PRESS HERALD - Gov. Paul LePage has been out of the state for most of the past two weeks and has spent much of that time in Washington, fueling speculation he might be in line for a position in the Trump administration.

LePage has participated in a conservative conference, visited President Trump and appeared on a national cable television news show while in the U.S. Capital. On Wednesday, he was expected to attend a national conference there on the biofuels industry, said Peter Steele, his communications director.

LePage's activities have fueled some conjecture that Maine's governor could be in the running for an appointment to Trump's administration, but Steele declined to comment on that Tuesday, saying only that Maine's newspapers, a frequent target of the governor's criticism, would be the last to know if LePage is offered a post.

But Steele did little to dispel any rumors. "The president is pretty impressed with all the accomplishments the governor has made over the last six years that the Maine media have ignored," he said.

Neither Steele nor the governor's press secretary, Adrienne Bennett, would reveal LePage's daily schedule while he's in Washington. Steele did disclose Tuesday that LePage would be attending the biofuels conference Wednesday. He refused to provide specific details about his attendance, except to say LePage is interested in putting Maine's working forest back to work.

National

Threats and Vandalism Leave American Jews on Edge in Trump Era

NEW YORK TIMES- The high-pitched, rambling voice on the telephone was disguised and garbled, and warned of a slaughter of Jews. The voice spoke of a bomb loaded with shrapnel and of an imminent "bloodbath." Moments later, the caller hung up.

The mid-January threat to a Jewish community center turned out to be a hoax. The warning was one of at least 100 that Jewish community centers and schools have reported since the beginning of the year, a menacing pattern that has upended daily life for people in 33 states and prompted a federal investigation that has come under increasing scrutiny from lawmakers, security specialists and Jewish leaders.

Combined with the recent vandalism at Jewish cemeteries in Missouri and Pennsylvania, the calls have stoked fears that a virulent anti-Semitism has increasingly taken hold in the early days of the Trump administration.

At the beginning of an address to Congress on Tuesday night, Mr. Trump said the episodes, along with last week's attack on two Indian immigrants in Kansas, "remind us that while we may be a nation divided on policies, we are a country that stands united in condemning hate and evil in all of its very ugly forms."

In a meeting with state attorneys general earlier Tuesday, Mr. Trump suggested that the threats and destruction might be a politically coordinated effort to "make people look bad," according to the attorneys general of Pennsylvania and the District of Columbia.

International

Trump's plan to slash foreign aid comes as famine threat is surging

WASHINGTON POST — President Trump has proposed large cuts to foreign aid at a time of acute need across Africa and the Middle East, with four countries approaching famine and 20 million people nearing starvation, according to the United Nations.

It is the first time in recent memory that so many large-scale hunger crises have occurred simultaneously, and humanitarian groups say they do not have the resources to respond effectively. The United Nations has requested $4.4 billion by March to "avert a catastrophe," Secretary General António Guterres said last week. It has so far received only a tiny fraction of that request.

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Police Beat

Selections from the USM Department of Public Safety police log Dec. 12 to Dec.18

12/12/2016

Freshman watches Art Heist too often
Security Alarm, Art Gallery. Officer advised employee error.

We all cry in cars sometimes
Wellbeing check, RTE 25 Gorham. Off Duty Officer following a vehicle that needs to be checked. Gorham Police advised.

12/13/2016

Love is an open door
Assist Other Agency, Gorham P.D. Request a backup for Gorham Officer for Residential open door.

12/14/2016

Gotta pay for books somehow
Report that the access door was ajar on the ATM in Brooks. Looks like oversight. All set.

I'm dreaming of a green Christmas
Theft, University Way Extension. Evergreen tree cut and stolen.

12/15/2016

Oh...is that what that sign means?
Motor Vehicle Stop, Husky Drive. Warning for a stop sign.

12/16/2016

Banksy visits USM!
Vandalism, Glickman Library. Report of graffiti.

12/18/2016

Gorham P.D. needs more officers?
Assist other agency, Gorham P.D. Report of vehicle off the road New Portland Rd in Gorham. Assistance given.

Police Beats are edited for grammer and style

Have any insider news tips?
editor@usmfreepress.org

Arts&Culture

Oscar awards recap / 9
Arts & Culture listings / 9

USM International Academy opens for business

New program offers transition from high school to college

Kelly Scrima
Web Editor

The University of Southern Maine is welcoming a new addition to its campuses, The International Academy (TIA), an international high school accredited by the NEASC-Commission on Independent Schools (CIS), which is currently accepting applications. The academy is open to international students in grades 11 and 12, who upon graduation will earn a U.S. diploma, and the classes they take can translate to college-credit. The students will have the opportunity to choose between a STEM (Science, Technology, Engineering, and Mathematics) or Liberal Arts track while enrolled. Students will also be able to engage in "social and recreational opportunities" at local high schools if they wish to as well.

Joanna Evans M.Ed., is the Executive Director & Head of School, and Jenn White is the Associate Director of the School. Evans said the inspiration for the academy comes from an idea that President Glenn Cummings had, she states that it was "his idea, and it was something that he proposed when he was applying for the position". Evans has a background in higher education and in boarding schools, and she believes that working in her current position is "exciting, as it is a combination of both".

Students in the academy will learn alongside USM students in a variety of classes. As for the integration of high school students onto a college campus, Evans remarks that "since 1976 high school students from the area have been taking classes on campus here at USM". The students will take the majority of their classes alongside USM students, integrating them directly into the college community.

Jenn White opened up about how she feels about the academy bringing the world to Maine, and said, "I get jazzed every time I think about that." The University of Southern Maine has put a great deal of focus on promoting and fostering diversity and inclusion on all campuses, and this academy will further both. Currently, the USM student body represents several U.S. states and 36 countries worldwide.

As the students will take the majority of their classes with USM, the potential for engaging global perspectives in the world of academia. "In the classroom I think that it will add a lot to the conversation. You're going to have folks coming from areas of the world that you may not be familiar with at all, and their cultural values are very different from what we may have grown up with here in the states. I think for professors it might be invigorating to have those new ideas brought into the classroom and hopefully it will help people become a little more engaged and add that global view. And it's not necessarily something you can just read about, so being able to have conversations with people just face-to-face, I think that's when we really get to learn."

White hopes that this international academy at USM will become a "real trendsetter", as there "aren't other universities out there right now that have the type of program that we're creating". While there are other universities that do have similar programs, there is no one quite exactly like the one set to be instilled at USM. As time unfolds we will learn more about how USM and TIA will work together to foster a global learning environment. To find out more about the academy visit: usm.maine.edu/the-international-academy

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Jovencio & Co. extend welcome blankets to SPACE patrons

Jordan Castaldo
Free Press Staff

Imagine a place that you could go, for free, to watch a movie, concert or performance. At this specific place, there are handwoven blankets made for your comfort to share amongst the friends and family you have brought to watch this performance with you. You are able to put one on the ground to sit on for added comfort, along with one to wrap around your shoulders for warmth. The idea of sharing warmth and comfort with others, while watching beautiful, artistic performances, is something this gallery hopes that all their visitors will take part in.

Located on 538 Congress St. in Portland, SPACE Gallery is a nonprofit gallery that showcases contemporary art projects and screens films and documentaries that might not be available to see elsewhere. In 2015, a total of 37,908 visitors attended the 203 events it offered. The name "SPACE" came from the idea of lending space for things to happen. The gallery's ultimate goal is to present work that may not otherwise be accessible to many in Maine.

SPACE held one last exhibition before closing down on March 8, 2017and reopening on April 7, 2017 for renovations. This exhibit, titled Return to Great Mother's Infinity, was organized by Jovencio de la Paz, an artist from the University of Oregon where he is the fiber and textile coordinator. He gathered handweavers from both Maine and Oregon to weave a site-specific blanket library for SPACE that encourages visitors to spread warmth and teaches them to share. Some of the weavers, besides Jovencio, include Nilufar Amali, Cathy Barnes, Melina S.A. Bishop, Synclaire Horlings, Jeanne Medina, Anna Post, Seah Choo Fen, Kok King Ying and Ashley Wernher-Collins.

Jovencio has been working with textiles for quite a long time, and his family has practiced the tradition of blanket-making for generations. Like Gina Adams, who exhibited Its Honor is Here Pledged last fall at USM, Jovencio is concerned with how certain forms and aspects of art can be "... linked to expansive histories of colonialism, globalization and immigration." Since he earned his master's degree from The Cranbrook Academy of Art, he has been teaching at places like the Ox Bow School of Art and the University of Oregon.

Weaving is the process of intersect-

See **SPACE** on page 8

Matthew Craig / Arts & Culture Editor

A collection of blankets made by Jovencio de la Paz and his contemporaries hangs from the wall in Space Gallery. The throws are in stark contrast to the adjacent construction zone.

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From **SPACE** *on page 7*

ing threads and gathering said threads into a singular plane for the purpose of art. The blankets are hung up throughout the room on copper tubing and they can be used during the gallery's music, film and performance programs and shows.

But Jovencio did not stop with sharing the blankets. He also wanted to teach people the act of weaving, so he began to weave a blanket and allow the crowd to help him complete it on First Friday where the exhibition was premiered. Estimated to be about ten feet, this blanket hangs on a separate wall near the stage at SPACE until their temporary closing day.

There are blankets of all types of weaving patterns and colors. Some even had very touching back stories. Elizabeth Spavento, the visual arts coordinator at SPACE, took the time to mention a story about one of the blankets specifically.One rainbow-colored, checkered blanket was created by Jovencio's grandmother and his mother. Spavento told the story behind the blanket.

Photo courtesy of SPACE Gallery website

Artist Jovencio de la Paz weaves a blanket with his loom at Space Gallery. On 3/3 he demonstrated this process for the public

"His grandmother used to hoard the leftover thread scraps, and she would tie them together. His mother found the art in that, turning those leftovers into a beautiful hand-woven blanket with a gorgeous design and eye-popping colors. Jovencio is said to have taught his mother how to weave and she, in return, had taught his grandmother."

Although the exhibit is no longer being shown at Space Gallery, a documentary publication will soon become available that provides a history of the project. Patrons of Space can look forward to new installations in April, when the gallery will reopen after renovations.

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the fp

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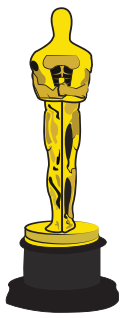

THE OSCARS

The good, the bad and the beautiful

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

What Did We Like?

J: Damien Chazelle Winning Best Director: This is a remarkable achievement for the director as he has become the youngest person to win this award at the age of 32. Whether you liked the film or not, there's no denying that Chazelle did some great work with La La Land. From a filmmaking perspective, there are a lot of things to love about La La Land. From the incredible cinematography to the intricate and colorful production design and of course, the catchy, yet variant music. La La Land is Chazelle's fourth film and it's his second film to get nominated for an Academy Award (The other film being Whiplash). Chazelle has a promising career ahead of him, and I truly look forward to what he will make next.

A: Jimmy Kimmel's Hosting Job: I'm not going to lie to you guys before the big night I was not really sure how Jimmy Kimmel would do as a host as I'm not too familiar with his late night show Jimmy Kimmel Live! In the end I thought he actually had one of the better Oscar hosting gigs that I've seen so far; I thought most of his jokes landed, he kept the energy fun, and I like how he incorporated some elements from his late night show such as Celebrity Mean Tweets and his "feud" with Matt Damon. To me the whole show had a nice smooth pace, surprise ending aside (more on that later), and felt like a true celebration of the films of 2016; I definitely would not mind if he hosted again next year.

What Did We Dislike?

J: The Run Time: This is always an issue with the show. It ends up being over three and half hours long, a run time longer than the films that the actors have starred in! I feel trimming the show by getting rid of some comedic sketches and music numbers would save a lot of time. If the nomination announcement can be done in not even two minutes, then the show itself should be two hours.

A: Tour Bus Surprise: Although I think that Jimmy Kimmel rocked his hosting gig I felt one of his bits went on a little too long that being when he surprised several random people on a tour bus and brought them in front of the live oscars crowd; seeing the tourist's varied reactions as they unexpectedly met Hollywood's best was hilarious and fun, but I felt it went about a couple minutes too long to where it became a little awkward.

What About That Ending Though?

J: The La La Land/Moonlight best picture mess up will go down in history as one of the craziest moments at the Oscars. You know that the Academy will never make a mistake like that ever again. I think the saddest part of it all is that Moonlight didn't get its time to truly celebrate the win, as there was much confusion happening and time was running out. It's a well deserved win too. In fact, Aaron and I reviewed this film not so long ago, so check that it out if you want to know our thoughts on it!

A: Echoing John, the La La Land/Moonlight mishap was definitely a crazy and jaw dropping moment that I never in a million years thought would happen at the Oscars. I too was also sad that the Moonlight team did not get their proper celebration for best picture due to the mixup, but despite this I have to commend La La Land producer Jordan Horowitz, who graciously took charge and cleared up the mistake essentially "passing the baton" over to the Moonlight team, Moonlight director Barry Jenkins, who gave a shout out to the La La Land team, and Jimmy Kimmel, who tried to keep the show going by bringing some humor. Despite feeling horrible for everyone involved I love that the La La Land and Moonlight team showed respect for one another as they were two of the best films of 2016.

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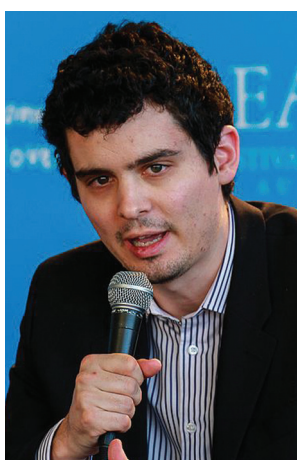
Richard Barton Lewis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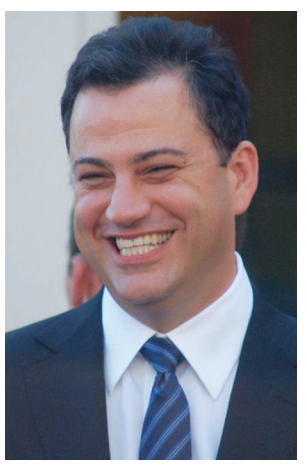
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Richard Barton Lewis

A&C Listings

Monday, March 6

The Head and the Heart
State Theatre
609 Congress St.
Doors: 7:00 Starts: 8:00

Tuesday, March 7

Fat Knuckle Freddy
Blue
650 Congress St.
Starts: 7:00

Wednesday, March 8

Every Time I Die
Port City Music Hall
504 Congress St.
Doors: 6:00 Starts: 7:00

Thursday, March 9

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

Friday, March 10

Maine ACLU Benefit Concert
Port City Music Hall
504 Congress St.
Doors: 7:00 Starts: 8:00

Saturday, March 11

Devendra Banhart
Port City Music Hall
504 Congress St.
Doors: 7:00 Starts: 8:00

Sunday, March 12

I See Stars
Port City Music Hall
504 Congress St.
Doors: 6:00 Starts: 7:00

Want to submit an event?
arts@usmfreepress.org

Perspectives

The value of martial arts / 11
Balancing roles as parent and student / 12
Puzzles and crossword search / 13

Sustainability and ME

Connecting city and nature at our community garden

Photo courtesy of USM Community Garden Facebook

Students work to clean out the USM community garden after the summer season ended.

Stephanie Broido
Contributor

In juxtaposition to the human-made structures of brick and metal, nestled between walking paths and parking lots, lay a hidden gem of natural abundance. Behold, the USM Community Garden. The garden hosts 34 students, faculty and staff who grow organic produce from May to November each season. Throughout the season we have community potlucks, workshops and work-parties.

The ability to connect to nature in the city landscape has become a highlight of the USM experience for many. Being able to taste the seasonal strawberries in spring, the sun-ripened tomatoes in the heat of summer, and the squash and potatoes late in the season are a life changing experience. Food is really important in this crowd. Seasonal produce taste better, are higher in nutrients and are full of life! Often gardeners walk to the garden during their break to pick fresh produce for their lunch. It's a very rewarding experience.

So, how did it all start? The answer: students. The garden began as a student club in 2008. Then in 2013, the Office of Sustainability took over advisement of the garden space. Now, the garden is coordinated by an Eco-Rep work-study student under the umbrella of the Office of Sustainability. Since its humble beginnings nine years ago, the garden space has doubled in size and continues to grow.

Gardeners pay a small yearly fee to rent a plot to grow whatever produce they desire. All materials including compost, tools, and water are provided. Non-GMO and organic seeds are available to all through the USM Seed Library located at the front desk of Glickman Library. Seasoned gardeners, as well as "newbies," are welcomed. Interested in being a part of this community? We're hosting info sessions the first week of March to explain how you can get a plot for the 2017 season. The first info session is on March 8th from 11:00 am to 12:00 pm, and the second info session is on March 9th from 4:00 pm to 5:00 pm. Both sessions will be in Glickman Library, room 520. Join us and just imagine how it will taste biting into that first lush tomato of the summer.

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Our Opinion

Feeling tired and depressed?

Study shows that Americans, in the midst of tense political climate, feel this way too

Editorial Board
Free Press Staff

For many students, college is a time of high stress. All around campus, we see posters and fliers explaining how students can reduce their stress levels, especially around midterms and finals. Get outside, take deep breaths, drink some water. But what can students do when their stress is not caused by midterms and essays, but by what the future may hold for our country, for our own lives?

Earlier this year, the Free Press published a piece about students and community members who had been triggered by Trump's words and actions. In that piece, we quoted sophomore student Emma Donnelly as saying, "As a survivor of sexual assault, I find it disturbing and almost personally insulting that people are letting him get away with this and think it's normal. The fact that someone similar to my perpetrator has the potential to lead this entire country is just absolutely unbelievable, and is honestly my worst nightmare."

Now, the American Psychological Association (APA) reports that more that 57 percent of Americans feel the current political climate is a very or somewhat significant source of stress; 49 percent feel the same about the outcome of the election. This report encompasses all sides of the political spectrum. They also report that Americans living in urban areas are are experiencing higher levels of stress. What does this rise in stress levels, which started before the election, mean for students, many of whom have multiple identities that are under attack by the current administration?

Students struggling to cope with the day to day stress of being a college student may find it even harder to function in the current political climate. According to the APA, between August 2016 and January 2017, the average reported stress level of Americans went from 4.8 to 5.1, on a scale where 1 means little or no stress and 10 means a great deal of stress. This is the first significant increase in the ten years since the APA's Stress in America survey started.

Stress doesn't just affect mental health. It also affects physical health. The Mayo Clinic reports that stress can cause muscle pain, chest pain, fatigue and sleep problems, among many other things. Stress can cause increase in drug, alcohol and tobacco use. The APA document declares that the number of people reporting at least one health symptom from stress rose from 71 percent to 80 percent over the past five months: "A third of Americans have reported specific symptoms such as headaches, feeling overwhelmed, feeling nervous or anxious, or feeling depressed or sad."

The USM community, which is composed of students from Maine, the country and around the world, is no stranger to the effects of the current political climate. College students are historically at the forefront of political movements. USM students have been participating in protests and rallies, including the Women's March on Washington, as well as organizing events on campus. With what feels like constant attacks on our rights and lives, as well as access to terrible news on social media, how can USM students continue to cope for what could be four more years?

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Featured Photo

USM's Engineers Without Borders

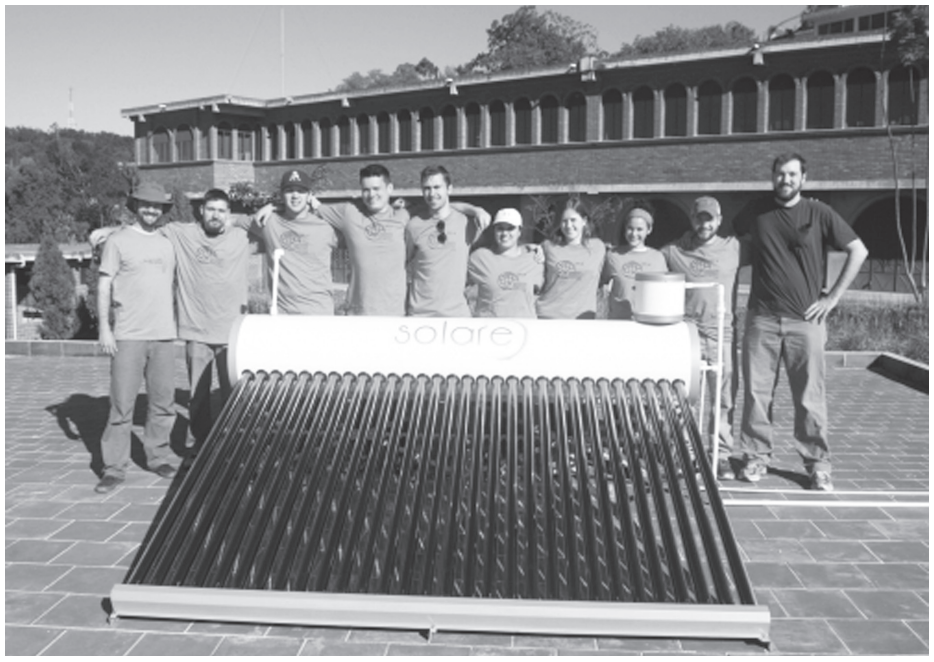

Photo courtesy of the University of Southern Maine Website

USM's chapter of this organization, made up of eight students and two professional engineering mentors, travelled to Quatemalan orphanage to install solar water heaters.

Letter to the Editor

The value of martial arts and defense

Grow your mind and strengthen your body

Emily Torres
Contributor

Martial arts are seen all the time in action movies. The courageous hero throws a few punches, kicks around the bad guys and then saves the damsel in distress. There are a few problems with this picture. The first is that there is no need for a damsel in distress because she can save herself with some of those punches. The second is that there is so much more to martial arts than being offensive in a street fight.

The opposite of being offensive is being defensive. Having a good defense is especially important in sparring, just as much as it is in a football game. Having a strong defense is important no matter where you are or what you are doing. Simply walking down the street can cause one to need to be defensive. Being able to protect yourself is often more important than being able to hurt others.

I often find myself using techniques I have learned while training in TaeKwonDo. While I haven't been attacked while out and about, I have still faced dangers in my everyday life. I have jumped out of the way and blocked a garage door hurtling down towards my head, used proper falling techniques after my brothers have pushed me off the couch and I have used pressure points to protect my food from people who thought they could take it (less of a danger, but still important!).

Martial arts is not only a defensive technique, but also a sport. Judo and TaeKwonDo are both Olympic sports. Physical fitness is very important to be successful in martial arts. Many academies have different ways of making sure their students keep with their fitness. A Karate dojo, which is the Japanese term used for academy used by martial arts from Japan, in my hometown requires that their students run two miles during their testing in order to qualify for their next rank. My TaeKwonDo dojang, which is the Korean term used for academy used by martial arts from Korea, also has a physical fitness aspect to their testings. When preparing to test for the next rank in the series of black belts testers are given a "Black Belt Book" in which to record how much of each type of exercise they have done in the six months before the testing. There are specific amounts of exercise to complete as part of the preparation. Some examples of what needs to be completed are: 3,000 push-ups, 3,000 sit-ups and 50 miles of running.

In addition to the physical requirements of TaeKwonDo, there are also certain mental aspects to be met. Martial artists are not meat-heads; they must be able to memorize any number of forms and creative defenses and be able to maintain their focus no matter what environment or situation they are in. In an attempt to disrupt our focus, and therefore strengthen it, the masters in my dojang have us do our forms facing different walls, and sometimes even the corners, but not while facing the front of the room. While this doesn't seem like that big of a deal, what we see around the room are memory cues and we end up relying on those instead of actually knowing our forms. We need to focus on what we are doing instead of what we are seeing. This teaching extends outward into other aspects of life too. At one point I struggled to focus in my classes, as in I literally just could not concentrate on what my teachers were saying. However, after a few months of training, I managed to listen well enough to take quality notes.

> "Martial arts is not only a defensive technique, but also a sport... Physical fitness is very important to be successful..."

I am a First Dan, or first degree, Black Belt in TaeKwonDo and I will be testing for my Second Dan in this upcoming May. I am not a well-muscled and serious man either. I am a petite woman that can and will take on anything and I am living proof that martial arts can drastically improve living styles. Martial arts are not restricted to a small population, but rather are for anyone who enjoys them and is willing to put in the effort to improve. There are several different styles that can match various personalities. Academies aren't that difficult to find either. Portland and Westbrook have several martial arts academies, making access to training convenient for college students. USM has made martial arts even more readily accessible by having a Martial Arts Club on campus. More information about USM's Martial Arts club can be obtained by contacting Jacob Korney via email at jacob.korney.yes@gmail.com or via phone at 207-319-8977.

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Let's Talk About It

The only mess I have to clean is mine

Johnna Ossie
News Editor

I've lived with at least one roommate, but usually at least three, since I moved out of my parents house eight years ago. First, at eighteen, I lived in an unfinished bungalow in Hawaii with four roommates, a kitten and an untrained dog. When I moved back to Maine, I moved into a ramshackle house with twelve roommates, two dogs, one kitten and a lot of transient musicians who would fall asleep on the living room floor. Next, I moved into a studio apartment with my partner where we shared our home with two cats and a puppy. Later, I moved into my friends attic, in which I had to sneak through her room and into her closet to get up the stairs to my room. This house I shared with three roommates, a kitten, a dog, and a freezer full of placentas because one of my roommates was a midwife. It's gone on like this for years and years, and while generally I love living among these quirky, tender humans, the time came this month, at age almost twenty-six, when I decided it was time to take the plunge into…a one bedroom apartment.

After a few weeks of casually looking on craigslist at places I could never afford (a task my best friend refers to as craigslist porn), I very suddenly discovered a place I could afford, signed a lease, and found myself standing in the middle of my very own empty living room. The sound of the radio playing WMPGs Fat Tuesday all day zydeco music was echoing of the empty walls of my new home as I stood solo in the middle of the room, surveying. That's when I realized I actually own nothing to fill an apartment. My possessions have been cultivated over the years to be moved from bedroom to bedroom. Everything I own fits in the back of a pick-up truck and can be moved in several hours. I don't own a broom, silver wear, a toilet plunger or a dining room table. I don't even own a broom. How on earth do I live alone?

Beyond my lack of physical belongings, the amount of time I've spent sleeping alone in a place is slim to none. I'm used to the sounds of other people opening and closing doors, cooking midnight risotto or giggling in the room next door. Alone in my apartment, I could hear only the footsteps of my upstairs neighbors. The silence was creeping me out.

Despite my reservations, here I am- and the step feels important and exciting. I know that the only mess I'll have to clean up is mine. The only person to blame for dishes in the sink and the bathroom going uncleaned will be me. The only person to blame for the electricity shut off notice that comes will be me. A certain responsibility that I've yet to take on, and that feels scary but grounding.

So, even though I'm nervous, and even though all I currently have to fill a living room is a chair and a coffee table, I feel like I'm moving one step closer to a new version of "adulthood." A version in which the only person who is going to be stumbling in and making too much noise at 2 a.m. will be me, and the only person to blame for the mess in the morning will be yours truly.

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Advising Advice

Balancing roles as parent and student

Lynsey Thibeault
Academic Advisor

Janis Albright / *Academic Advisor*

Lynsey Thibeaulty stands with a photo of her son, Oliver. She talks about the difficulties of balancing responsibilities.

Two years ago I wouldn't have been fully equipped to write this article. That is when I became a parent to my son, Oliver. Then two months ago I enrolled in a class and am now experiencing what many of you deal with everyday: the balancing act of being a parent and a student. In one word, it can be overwhelming. Here are some strategies that I've learned that may help you.

Schedule in Study Time: A parent once told me that she wasn't quite honest with her family about her class meeting times. I don't normally encourage dishonesty, but I loved her plan! She simply pretended her classes ran two hours longer than they actually did so that she could complete her schoolwork on campus instead of at home. This became her weekly schedule for the semester and she and her family planned around it. This may not be doable for everyone but the idea here is to schedule those hours to study. Treat it like a dentist appointment or a PTA meeting and put it on your calendar. You'll feel better if you can concentrate on school during those periods and focus on your family during the rest of your week.

Meal Planning: Organizing groceries and cooking meals means spending less time on them and more time on other priorities. I do my meal planning every Friday on a piece of notebook paper. On the top half of the paper, I list out my family's seven dinners for the week (some nights are leftovers). On the bottom half, I write the grocery list. This means I only have to figure out the meals and visit the market once for the week. When I get home, I put my list of meals on the fridge and follow it. Need help to get started? There are great meal planning websites, such as EMeals.com and PlateJoy.com, that will send you personalized meal plans for a fee.

Don't Forget, You're a Role Model: Okay, I'm going to be honest. Oliver watched more screen time last week than the American Academy of Pediatrics would have liked. Don't judge. This is real life and I had homework to do, among many other things. I wanted to spend all of that time playing with Oliver, but it wasn't possible. I had to remind myself that I am a role model. Devoting time to further my education and visit and take care of family are all priorities I want Oliver to also have some day. What better way to help him learn these things than actually modeling them. A college degree is an investment in your family and your future. The time spent in college is temporary, but the dedication you model for your children will leave a lasting impression.

> "Two years ago, I wouldn't have been fully equipped to write this article. That is when I became a parent... Then two months ago I enrolled in a class... In one word, it can be: overwhelming."

Find Your Support System: Surrounding yourself with people who build you up is critical. What you're doing isn't easy, and it's even more challenging alone. Support is one of those things where some people have more than they need and others struggle to find it. If you are the latter, know that there are people here at USM who can support and cheer you on such as: Advising, Campus Life and faculty. Believe in your path and let us believe in it with you. Another local resource to help you is the G.E.A.R. Parent Network (crisisandcounseling.org/services/gear).

Obviously, this is not an exhaustive list. Please e-mail me any tips that work for you, so I can share with parent-students looking for that balance (or that I can use for myself)!

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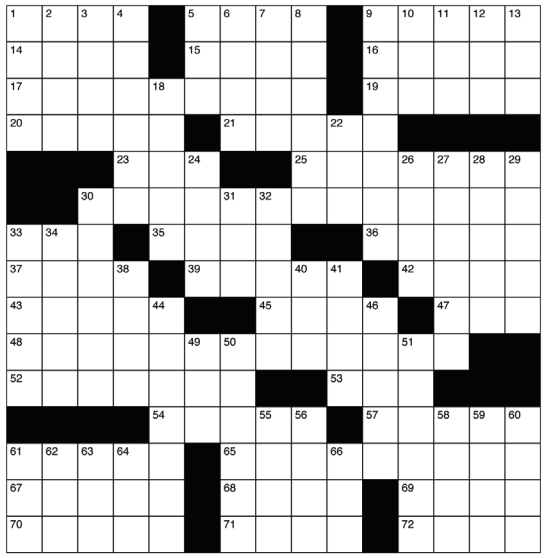
Crossword



Across

1. "In the Valley of ____" (2007 Tommy Lee Jones film)
5. Durango dwelling
9. Might
14. Insane
15. Officers' grps.
16. Mature
17. Yellow flower
19. Given to carping
20. Bee-based
21. Football great Favre
23. Pilot's number, briefly
25. "The Silence of the Lambs" wine
30. Arrangement
33. Thai province
35. Not wild
36. Getting gradually louder, musically (abbr.)
37. Dodgers pitcher Hershiser
39. Tricked
42. 1978 Village People hit
43. Paired socks
45. Relative of the heron
47. ___ in "apple"
48. 1992 film
52. Polite
53. Negative link
54. Infer
57. Credits as a source
61. Clever
65. Swindler
67. Delhi garment
68. McKellen and namesakes
69. Famous Amos
70. Adjust, as car wheels
71. Barnyard belles
72. GIs' mail drops

Down

1. Napoleon's isle of exile
2. Half-mask
3. Start of a play
4. Kind of balloon
5. EMT's specialty
6. Rhyme scheme
7. Lizard's ending
8. Countenance
9. GM brand
10. "Son ___ gun!"
11. Tail wiggle
12. Souffle ingredient
13. King, in Spain
18. Vote into law
22. By way of (abbr.)
24. Food fish
26. Give it ____
27. ____ Foundation for Journalism (Harvard institution)
28. "Vissi d'arte" singer
29. South American pyramid builders
30. A little after 1300
31. Ostrich relative
32. Old photo tone
33. Chinese menu phrase
34. "It's ___ to the finish"
38. Loaned
40. "Charlotte's Web" author's monogram
41. Canadian singer Celine
44. Increase
46. Painter's protector
49. Classic ref. work
50. QB Doug
51. Record label for the Kinks and the Grateful Dead
55. Sticking place
56. Bild article
58. Firebird feature
59. Architect Saarinen
60. Hindu titles
61. Fed. benefits issuer
62. Lyricist David
63. Onassis nickname
64. Pump choice (abbr.)
66. Web-based styling language

The solution to last issue's crossword

Sudoku

Level of difficulty: Easy

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

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

Word Search

Theme: Disney Princesses

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

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

Anna
Ariel
Aurora
Belle
Cinderella
Jasmine
Merida
Moana
Mulan
Pocahontas
Rapunzel
Snow White
Tiana

Cryptogram

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

JUUX MEIS RUT ZUUOEKJ SJJY: MWS ZTLZO UR XLFK.

And here is your hint: J = G

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USM Community Page

Starbucks, not all it's brewed up to be

Dionne Smith
Free Press Staff

The Glickman Library's new Starbucks installation has received mixed reviews. To some people, it seems like a blessing that there is a coffee shop in the library, but to others it's seen as an excuse for a Starbucks to be on campus. Was the installation worth everything put into it?

The small Starbucks installation cost around $20,000–$25,000 according to Buster Neel, USM's chief business officer. But none of that comes from the university. The money is pulled from a one-million-dollar contract between USM and Sodexo, which states that in the first two years of the contract, there is one million dollars available for university renovations through Sodexo.

While the Starbucks in the library is small, it's not the completed product .

"The initial goal was to have more of a full service," Neel stated "We simply didn't have the time to get everything done for the spring semester." The plan that Neel and Sodexo have in mind is putting another $20,000–$25,000 into the installation to make the Starbucks full service.

Mary Ellen Aldrich / *Community Editor*

While closed on Saturday, the Starbucks in Glickman offers little variety to USM students.

> "It didn't seem like a real coffee shop. It seemed like the same as Coffee by Design except less options and the coffee is still bad."
>
> -Mariah Ross
> Biology and communications major

A Starbucks is in the library instead of Coffee By Design or a student-run business for a big reason, which is demand. Requests from student, faculty and staff showed a big demand for a Starbucks to go into the library. According to Neel, Sodexo also wanted to be present in the library, and David Nutty, the Director of Libraries, also wanted something to pull more students into the library.. On top of high demand, another reason that a Starbucks is there instead of a student-run business is because there were no other ideas were put forward, which would have been put through a bid section.

While Neel said he has heard mostly positive feedback, he also stated that he has heard that some people are disappointed that it's not full service. Neel looks forward to the upgrade that the Starbucks will receive over the summer to make up for its current small state.

"I think you're going to have much more variety than you have now," Neel stated.

Neel believes that Sodexo sees the Starbucks as a good investment. While the Starbucks hasn't had as many customers, Sodexo believes that will change once fall comes and the upgrade has been completed.

The lack of customers at the Starbucks is apparent, as many students haven't even been to the Starbucks. There are students that have been there, but are disappointed with it.

"There weren't any machines and the coffee was lukewarm," said an anonymous student. There are students who have skipped out on purchasing anything because nothing special was offered.

"It didn't seem like a real coffee shop. It seemed like the same as the Coffee By Design except less options and the coffee is still bad," Mariah Ross, a 20-year-old biology and communications major. "I think if they didn't half-ass it, the Starbucks would have been a nice change."

However, not all students see the Starbucks as a disappointment. There are some students who think the Starbucks is a great addition..

Sacha Kiesman, a freshman political science major, said that while she does believe that Coffee By Design supports the local economy more, the coffee quality does not surpass the quality of the coffee at the Starbucks.

"It's nice to have coffee in the library so you don't have to go to Woodbury first," she added.

Brent Shabnore, a senior majoring in psychology, loves the Starbucks. He believes it is in a convenient spot.

"You can't have a library without a coffee [shop] at the bottom of it. It's basic economics, he said.

Not everyone will agree about the Starbucks. Some see it as wonderful, others see it as a waste. Regardless, the Starbucks will see an upgrade this summer, which may resolve some of the issues student have.

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@USMFreePress

Community Events

Monday, March 6

Young People in Recovery Meeting
USM Portland Campus
The Recovery Oriented Campus Center
Starts: 5:45 p.m. / Ends 7:00 p.m.

Tuesday, March 7

Wellness Breakfast
USM Portland Campus
Woodbury Campus Center
Starts: 9:00 a.m. / Ends: 11:00 a.m.

Wednesday, March 8

Woodbury Community Builder
USM Portland Campus
Woodbury Campus Center
Starts: 11:00 a.m. / Ends: 1:00 p.m.

Thursday, March 9

Peer Photography
USM Portland campus
The Recovery Oriented Campus Center
Starts: 2:00 p.m. / Ends: 3:00 p.m.

Friday, March 10

Humans Vs Zombies
USM Gorham Campus
Costello Gym
Starts: 6:00 p.m. / Ends: 8:00 p.m.

Saturday, March 11

Spring Student Leadership Summit
USM Portland Campus
Wishcamper
Starts: 8:00 a.m. / Ends: 5:00 p.m.

Sunday, March 12

Bookbinding and the Pursuit
of Human Touch
USM Portland Campus
Glickman Family Library 7th Floor
Starts: 8:00 a.m. / Ends: 5:00 p.m.

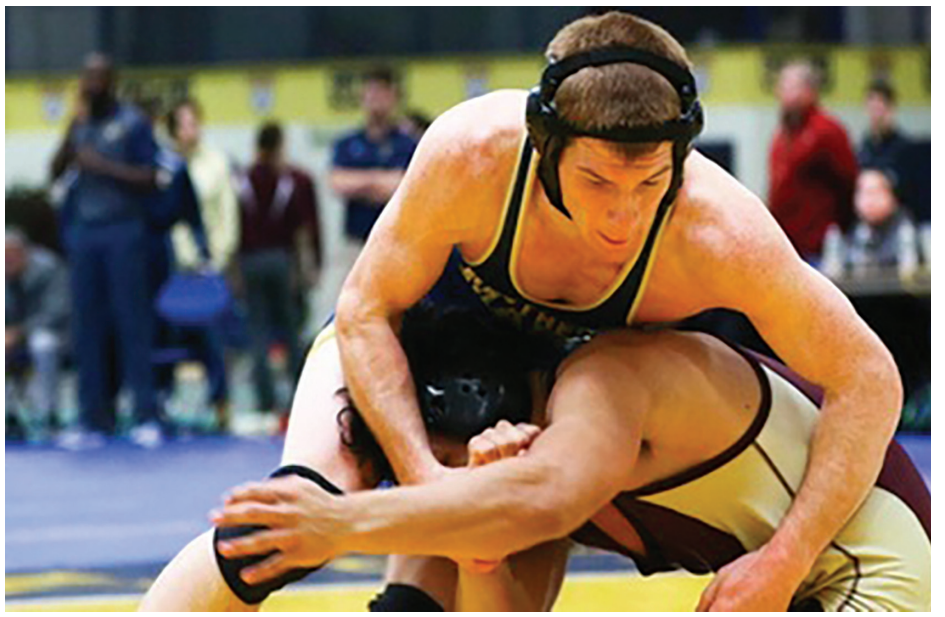
Want us to include your event?
maryellen@usmfreepress.org

Sports

Monday	Thursday	Friday	Saturday	Saturday
Men's Lacrosse	**Women's Lacrosse**	**Wrestling National Championship**	**Women's Lacrosse**	**Baseball**
vs. Maine Maritime 3:00 p.m.	@ UNE 4:00 p.m.	@ La Crosse, Wisconsin	vs. Husson 12:00 p.m.	@ MIT 12:00 p.m.

Del Gallo heads to third consecutive National Championship

Senior looks to break USM's record for most wins in La Crosse, Wisconsin



Photos courtesy of USM Athletics

Del Gallo is only the second USM wrestler to appear in three consecutive NCAA Division III National Championships. Del Gallo will head to Wisconsin ranked #4 in the 149 pound weight class by intermatwrestle.com.

Erin Brown
Sports Editor

For the third consecutive time in his wrestling career at the University of Southern Maine, senior Daniel Del Gallo, of Gardiner, Maine, will be heading off to the NCAA Division III National Championship. The senior has dominated the 149-pound weight class in the 2016-2017 regular season. He finished second at the NCAA Division III Northeast Regional Championship and went 41-1 through the season.

Del Gallo is no stranger to success on the mat, and especially not wrestling in championship matches. This is his third trip to nationals in the four years he has attended USM. Along with the three nationals appearances, he has captained the team the past two years, finished in the top three at the Northeast Regional Championship the past three years, and is currently ranked fourth for his weight class on intermatwrestle.com.

Before his career at USM, Del Gallo says he began wrestling in preschool and it was a family sport. He's the second youngest of five boys, all who have been successful on the mat through high school and college. His younger brother Peter Del Gallo, a freshman, also wrestles for the Huskies and placed fourth in the NCAA Division III Northeast Regional Competition Championship, just missing the qualification for nationals by one place.

He was also a Maine Class B State Champion his sophomore, junior and senior year of high school, with impressive records all three years: 56-1 his senior year, 52-1 his junior year, and 43-4 as a sophomore. "The past success has helped. I came into college knowing I'd do well. The past success has helped me through this season to hold myself to a higher standard," Del Gallo said.

> "This whole season, I've focused on taking it one week at a time. I'm not only thinking about nationals, but building up to it and focusing more on the process, not the results."
>
> - Daniel Del Gallo
> Senior philosophy and sociology major

While his third consecutive qualification to the National Championship is exciting, Del Gallo said, "This whole season I've focused on taking it one week at a time. I'm not only thinking about nationals, but building up to it and focusing more on the process, not the results."

Though he is still taking his season one week at a time, practices have been more intense for Dan in preparation for his competition. "Since I'm the only one still competing, they're very much focused on me during practices. We're focusing on stuff I need to work on," Del Gallo said, "different techniques my coaches want me to work on and just the level of intensity for me is a lot. So the coaches are looking at me making sure I'm doing stuff right."

For any athlete and at any competition, mindset is vital. For his final collegiate matches Dan plans to go in with the confidence he has had all season long. This weekend he won't worry about becoming All-American or a national champion, he will worry about one match at time. He says, "if I wrestle well, it will happen. That's one of the things we've been focusing on all year, going out at scoring points and wrestling aggressive and then the wins are going to come. Not focusing on winning, but focusing on wrestling well."

Del Gallo is only the second USM wrestler to attend three consecutive national championships, the first being current head coach Mike Morin, who qualified in 2008, 2009, and 2010. Morin and Del Gallo are currently tied for the school record of most wins at 133. Del Gallo made it clear that he was intent on beating Morin for that record.

This year the Division III National Championship will be held in La Crosse, Wisconsin on March 10 and 11. Dan, his family and coaches head out Wednesday for the competition. The competition is broken up into two days. The first day includes two preliminary rounds then the championship quarterfinal. Getting to day two automatically makes a wrestler All-American and includes the semi-finals and final match.

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