

the  
fp

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# “BUSINESSES IN BED TOGETHER”

Sodexo and Starbucks, a match made in capitalist heaven

*Letter from the Editor | p 3*


Sodexo serves up mixed  
reviews on college campuses

*Johnna Ossie | p 4*

Starbucks has ties to  
university dining services

*Krysteana Scribner | p 5*





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**Cover Design:** Orkhan Nadirli / Design Director

# LETTER FROM THE EDITOR

**Krysteana Scribner**  
*Editor-in-chief*

Sodexo and Starbucks: two separate entities that have found a way to profit from one another. Unfortunately, their partnership has led to gaining the trust and affection of many universities across the U.S. and Europe. While some people may know nothing about Sodexo, we feel it is important to educate the students about just what Sodexo means for USM, and how Starbucks plays a part in their collaboration. The installation cost, according to USM's chief business officer, Buster Neel, was supposedly \$20,000 to \$25,000 after all. They are, as I see it, "businesses in bed with one another."

When President Cummings announced in a Monday Missive email that a Starbucks would soon be coming to the Glickman library, I thought long and hard about just why this decision was made. After all, USM didn't have enough money to pay for faculty during the layoffs of 2014, so why the sudden investment in big-name for-profit organizations? Of all the products they could provide, why offer expensive Starbucks lattes to broke college kids?

My first thought was to commuter students, but I also took into consideration just how popular the products were amongst young adults and teenagers. It seemed like the perfect plan from the capitalists perspective: reel in more money by having Sodexo, our current food provider, bring in brand-name coffee from a world-renowned chain organization. USM would have the ability to profit in ways they hadn't been able to before. Even more, it's almost impossible to pass up the idea of hot coffee, especially if you're going into the library to push out a final exam paper and need an extra boost in your day.

When asked how USM feels about the complicated controversies surrounding Starbucks coffee and Sodexo foods, administration simply replied, "The committee went about this in a way that worked best for the students and the needs they have." The Free Press has conducted several interviews across campus with students, asking their perspective on Starbucks, and every single person said that the costs are too high and the options are limited.

There have been nine boycotts in the

# Sodexo and Starbucks

*Businesses in bed together, a match made in capitalist heaven*

U.S. against Sodexo, all of which were at universities. Many of these protests are targeting controversies within Sodexo, such as its low-paid employees, former investments in private prison businesses and its lack of local food options. As explained in our piece on Sodexo on Page 4, the company was forced to suspend distribution of all frozen beef products due to horse DNA being discovered in various meats. While Sodexo no longer invests in American prisons, it still "continues to manage over 100 private prisons abroad," as Johnna writes in her story.

Starbucks cannot escape the controversies either. A quick Google search of the company reveals a long list of problematic incidents: European tax avoidance, labor disputes and most relevant, its marketing strategies that make it more prominent in metropolitan areas (exactly what Portland is on its way to becoming).

Beyond the controversies, it may seem like there are a lot of things to like about Sodexo. At USM, for instance,

has everyone's "Favorite creations and snacks." When I noted the site said to "ask about specials," I walked over to Glickman to see what my options were.

I found a short metal coffee container, the one you'd see at a gas station, and noticed a cinnamon roll behind the counter. When I asked about specials, I was told that what I was looking at was all that was available. I was also warned that the coffee was probably warm, rather than hot, because of how late it was in the afternoon, and that the pastry had been out in the open all day. But I didn't care, I was hungry to see how this would satisfy "my needs" as a student. It was nothing special, and tasted just as I expected: terribly unsatisfying.

What bothers me most here is not the fact that the products weren't up-to-par nor that I was disappointed by the lack of options for me as a student. I'm disappointed that USM has chosen to partner with a food organization in the name of financial benefits and gains. While Sodexo has a respectable name in the corporate world, it doesn't hide the fact that

**"Why offer expensive Starbucks lattes to broke college kids? It seemed like the perfect plan from the capitalists perspective; reel in more money by having Sodexo bring in a chain coffee shop"**

Sodexo staff have helped the Boys and Girls Club and brought local options to the menu. Yet, many students don't even like Sodexo's options or the Starbucks in Glickman, regardless of what the surveys with positive reviews are telling administration at USM. In an article by Julie Pike from November 2016, four students interviewed complained of high costs and lack of options, particularly for vegetarians. In an article by Dionne Smith about Starbucks from this March, students responded by saying "the coffee was lukewarm," "the options are limited," and that the installation "didn't even feel like a real coffee shop."

The problems are simple, yet easy to miss if you don't particularly care about the way USM caters to student needs. The vendor location isn't a fully licensed Starbucks, but rather a product of Sodexo which offers some Starbucks products to students. The USM website boasts that the convenient location

USM is more committed to profit than to developing relationships with local companies and giving back financially to the community that supports the university.

If the argument is that Coffee By Design was a worn-out option, then some other local coffee shop could have used the space. Instead, the university pushed out other bids and went with the one that offered the most cash, regardless of the political controversies. This can't be denied. Yes, we understand that money makes the capitalist world go round, but local is important. Isn't that what Portland is all about? Don't brand name our university, make it unique, allow it to reflect the local culture around us, not the corporate world of greed.

# Sodexo serves up mixed reviews on college campuses

*The corporation's wholesome image at USM differs from its actions elsewhere*

**Johnna Ossie**  
News Editor

In 2016, the University of Maine System gave its five-year dining services contract to French multinational corporation Sodexo. According to Buster Neel, interim chief business officer at USM, Sodexo was the best decision financially for the university.

General Manager Tadd Sloane oversees all of the Sodexo operations at USM and at UMaine Augusta. Sloane explained some of the corporation's goals on campus, which have been to bring in more local foods and be involved in local community hunger initiatives.

At USM Sodexo has worked with the local Boys and Girls Club and the Husky Hunger Initiative. They have also promised to bring more Maine produce to campus dining. So far throughout the Maine campuses Sodexo has purchased over 17 percent of its produce locally. Sodexo employs 117 employees across the Portland, Gorham and Lewiston-Auburn campuses.

Though Sodexo at USM is working to maintain community involvement, the business is not without its share of corporate controversy. In 2005, the company paid out 80 million dol-

lars at Pomona College, the company dropped its CCA shares but continues to manage over 100 private prisons abroad.

These are located in countries including Belgium, Chile, France, Italy, the Netherlands and Spain. The company also manages prisons and immigrant detention centers throughout the United Kingdom.

One of the company's prisons is HMP Northumberland, Britain's seventh largest jail. The prison was recently the target of BBC undercover journalism which reported that within the prison, drug sales, security breaches and weaponry were commonplace, and that there was a general sense of "chaos."

**"Our focus is... how do we serve our students best, that's the whole key and clearly Sodexo presented the best proposal."**

- Buster Neel  
Interim chief business officer at USM

At Scripps College in Southern California, students have started a campaign, "Drop Sodexo," demanding their school drop the caterer. Leah Shorb, a member of the group and first-year student at Scripps, provided a statement from the Drop Sodexo campaign.

"Students have been actively organizing...to pressure the Scripps administration to terminate the facilities and dining services contracts with the corporation.

Sodexo is one of the largest corporations in the world that services institutions such as prisons, schools and universities, assisted-living facilities, hospitals, government agencies, military bases, and others," the group wrote. "It is infamous for its host of civil rights abuses, exploitative labor policies, neoliberalism, anti-unionism, substandard food quality, violations of food safety, environmental destruction, racial discrimination, major class-action lawsuits, ownership of over 100 private prisons abroad, and much more."

The group has organized a boycott and continues to work to get Sodexo dropped as the school's food provider.

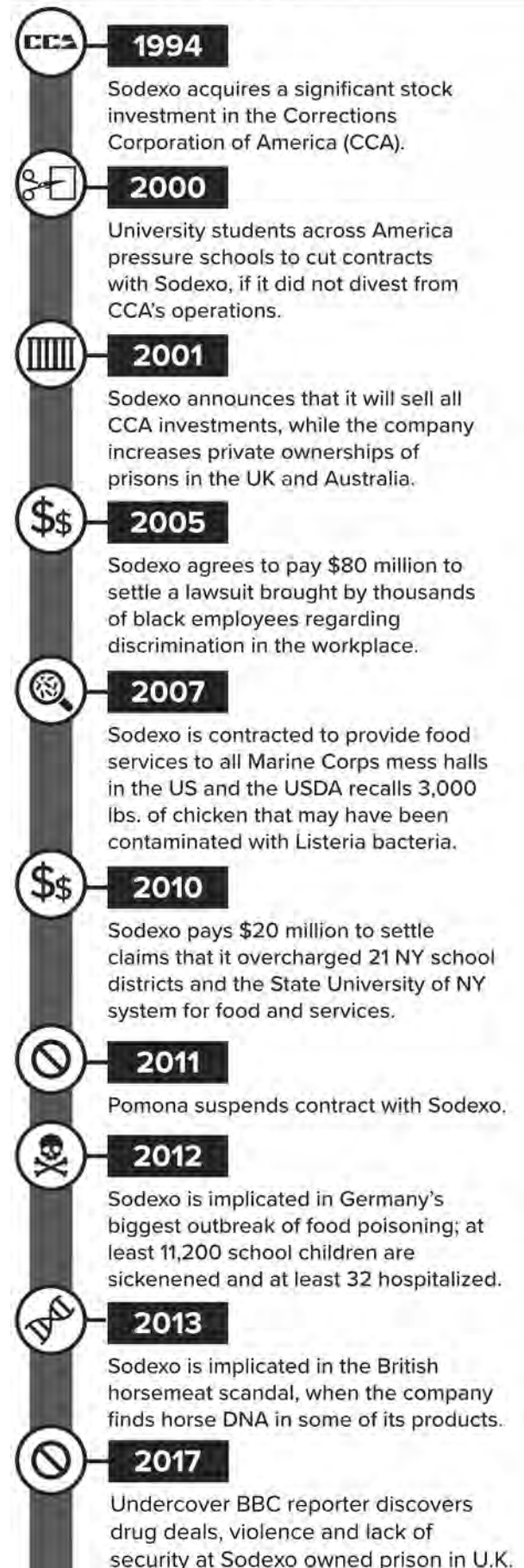
"Our focus is...how do we serve our students best, that's the whole key and clearly Sodexo presented the best proposal," said Neel. When asked for USM's stance on Sodexo's controversies, Neel said the university does not have a position. **FP**

lars in a racial discrimination lawsuit filed by thousands of the company's Black employees. The employees claimed that they did not receive promotions because of racial discrimination and that a segregated work environment was being fostered.

In 2003, the company was forced to suspend distribution of all frozen beef products due to horse DNA being discovered in various meats.

According to a 2016 article from Medium, until 2001, Sodexo owned a large amount of stock in the Corrections Corporation of America (CCA), a corporation that owns over half of all private prisons in the United States. After pressure from stu-

## A TIMELINE OF SODEXO CONTROVERSIES



Sources: The Student Life, Claremont Colleges, BBC

**What are your thoughts on USM's choice to have Sodexo on campus?  
Do you have any opinions or perspectives to offer on the recent Starbucks installation?  
Send us comments for publication at [editor@usmfreepress](mailto:editor@usmfreepress)**



# Starbucks in Glickman has ties to university dining services

*Initial installation cost of \$20,000 is from a one-million-dollar contract between USM and Sodexo*

Krysteana Scribner  
Editor-in-chief

While a Starbucks in the Glickman Library may seem like an exciting new addition to campus, the service fails to provide a full assortment of options. Sodexo, USM's food provider, was chosen because they presented the best offer and the highest capital amongst competition. Many of the statements by USM officials about the Starbucks' success differ greatly from the perspectives of students on campus.

Sodexo, which has business ties with Starbucks, made the suggestion of bringing a Starbucks coffee shop to Glickman. According to Buster Neel, the decision was made after hearing strong student, faculty and staff interest.

The Starbucks in the library is not a full-service location, and offers only coffee and snacks. The initial installation cost, according to Neel, was around \$20,000–\$25,000. The contract started on July 1, 2016, and will continue through June 30, 2021. It is renewable for five additional one year terms by USM.

According to an article by the Free Press

published in March, "The money is pulled from a one-million-dollar contract between USM and Sodexo," so in the first two years of the contract, there is this much money available for "university renovations through Sodexo."

Neel explained that changes will come to the Starbucks in the summer, after the university begins running water lines to the Starbucks location in order to meet health department requirements for speciality drinks. He said that during this time, various quotes on pricing for Starbucks installations will come in.

"[Sodexo] can have a Starbucks operation or we can just serve Starbucks coffee instead. It's much more expensive to have a full fledge Starbucks," said Neel. "By the fall semester, students, faculty and staff will be able to get a lot more than they're getting now."

The current plan is to see what summer brings. Otherwise, future goals aim to completely redo the whole first floor of the Glickman Library so that the Starbucks location will be closer to the entrance and exit doors.

"One of the things I know that the director of the library wants to do is get students in



Krysteana Scribner / Editor-in-chief

*Located in the Glickman library, a Sodexo employee works behind the snacks and drinks offered by the Starbucks shop. While not in full service, USM assures it will offer more products in the fall of 2017, as the current location isn't a fully stocked Starbucks option.*

the building," said Neel, speaking for David Nutty. "The long-term goal is to have a strong gathering place for individual and group study, as well as a charging station. But that takes money, and that takes time."

All six institutions in the UMaine system now have a contract with Sodexo. Neel explained that this was a system-level decision to go out and re-bid. He noted that three bids came in back: Sodexo, Aramark and local individuals in the state.

which is offered in the Woodbury Campus Center, the Luther Bonney Snack Station and on the Gorham campus.

"Currently, we have eight or nine locations serving Coffee By Design..." he said. "We hear that students are looking for some variety." He confirmed that Sodexo offered Starbucks as a potential business to come to campus.

Since the initial excitement of the Starbucks installation, students interviewed by the Free Press have expressed a huge disinterest in and dissatisfaction with the new addition to Glick-

**"Currently we have eight or nine locations serving Coffee by Design... we hear students are looking for some variety."**

- Tadd Sloane

General manager of Sodexo operations at USM and UMaine Augusta

"After looking at all the financial components, the service component and so forth, the collective wisdom of the system showed that Sodexo provided the best offer," said Neel. "These local individuals couldn't come up with the capital or a price point that was competitive. A lot of what we're trying to do is not only provide better service but keep the costs down too."

According to Tadd Sloane, general manager of Sodexo operations at USM and UMaine Augusta, product fatigue was a big reason for not choosing Coffee By Design for the library, one of USM's current local coffee options,

man. Senior history major Jessica Vogel stated that while it is nice to have decent coffee available, calling it a Starbucks at all is not the right label when considering how little it offers.

"I think if you're gonna have a contract [between Sodexo and USM] that costs so much, there are a lot of local shops that have great products," she said. "If students could form partnerships with those kind of companies, it's much more beneficial."

Neel explained that after establishing rates and working with Sodexo to provide students

See **COFFEE** on page 6

## MOLDED BY THE FLOW

A COLLABORATIVE CREATION OF THEATRE, MUSIC, AND VISUAL ART WITH INTERNATIONALLY-ACCLAIMED ARTISTS PAUL DRESHER, RINDE ECKERT, AND USM STUDENTS, FACULTY, AND STAFF.

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**UNIVERSITY OF SOUTHERN MAINE**

From **COFFEE** on page 5

what they need, USM gets as close to “breaking even” as possible. He explained that USM spends 3 million on meal plans through Sodexo, and that USM turns around and charges students for these meal plans. He also stated that Sodexo has catering, which USM gets a sales commission on. This extra income, he said, is “for the most part” put back into the dining operation.

“I think we don’t necessarily try to make this a profit operation for us, obviously Sodexo has to make a profit, but our main concern is to try to offer products to the student at a reasonable price,” he said. “The surveys that have come out so far have a pretty high rating of satisfac-

**“A lot of people like their coffee but as students it is hard for us to afford.”**

- Samia Ali  
Sophomore social work major

tion. At this point the students are, overall pleased with us.”

Sophomore social work major Samia Ali disagrees with Neel’s statements, saying that the costs of items in the Starbucks are too expensive, so she has never purchased any product at this location.

“The costs could be a lot cheaper than they are now,” said Ali. “It shouldn’t cost so much. A lot of people like their coffee but as students it is hard for us to afford.”

In March of this year, senior psychology major Brent Shabnore told the Free Press that he thinks the Starbucks addition makes a lot of sense for the university. He explained his liking for its convenient location, noting that you “can’t have a library without a coffee [shop] at the bottom of it,” saying that it’s “basic economics.”

When addressed with several Sodexo controversies, which include allegations of providing low-paying wages,

owning private prisons and finding horse meat DNA in food, Neel stated that the decision was made without “getting into the political side of things.” He continued by explaining the importance of satisfying students.

“I think the committee went about this with what’s best for our students, providing the needs that we have. We haven’t had any comments on controversy at this point,” he said. “It’s never gonna be perfect, there is no such thing as that.”

*Some information in this article was collected by Johnna Ossie, News Editor of the Free Press.*

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## In Brief...



### LOCAL

**Wearing defiance – but not on her sleeves – Portland 6th-grader protests dress code as sexist**

PORTLAND PRESS HERALD- When Molly Neuner got dressed Wednesday, the King Middle School sixth-grader decided to put on a tank top – and a message. The tank top was a deliberate violation of the school’s dress code, and the message – written in inch-high letters down her arm – was #iamnotadis- traction.

Her actions were a response to being reprimanded by a teacher in front of other students this week for wearing a racerback-style purple tank top, breaking a dress code that Molly thinks is sexist, applied unfairly

to girls, and silly given how common tank tops are among adults and children.

On Wednesday, Principal Caitlin LeClair met with Molly’s parents and announced that the school will review the dress code at the end of the school year with an eye to considering students’ objections.

“We plan to take this feedback and use it as an opportunity to have some students’ and parents’ input,” LeClair said. The current policy will remain in place for the rest of the year.

Molly, who will be part of the review panel, came home Wednesday with a bounce in her step, peeling off her jacket in the rainy weather to reveal her hashtag message. About 20 other girls in her class also deliberately broke the dress code in solidarity.

“It was so cool to see everyone doing it,” Molly said.

### National

**Sheila Abdus-Salaam, Judge on New York’s Top Court, Is Found Dead in Hudson River**

NEW YORK TIMES- Sheila Abdus-Salaam, an

associate judge on New York State’s highest court and the first African-American woman to serve on that bench, was found dead on Wednesday in the Hudson River, the authorities said.

Officers with the New York Police Department’s Harbor Unit responded about 1:45 p.m. to a report of a person floating by the shore near West 132nd Street in Upper Manhattan. Judge Abdus-Salaam, 65, was taken to a pier on the Hudson River and was pronounced dead by paramedics shortly after 2 p.m.

The police were investigating how she ended up in the river, and it was not clear how long Judge Abdus-Salaam, who lived nearby in Harlem, had been missing. There were no signs of trauma on her body, the police said. She was fully clothed.

A law enforcement official said investigators had found no signs of criminality. Her husband identified her body.

### International

**‘Serious Failings’ By Russia In Deadly Beslan School Siege, European Court Says**

NPR WORLD NEWS-

Russia failed to prevent a 2004 attack on a school and then overreacted by using grenades, tanks and flamethrowers to end a three-day siege that killed more than 330 people, the European Court of Human Rights says, ruling in a case brought by victims of the attack and their families.

The court is ordering Russia to pay the plaintiffs nearly 3 million euros (\$3.1 million). Russia’s Justice Ministry says it will appeal the ruling. Under the European court’s protocols, any party to the case has three months to appeal to the Grand Chamber of the Court.

In the September 2004 attack on a school in Beslan, North Ossetia, heavily armed terrorists held more than 1,000 people prisoner. Most of the hostages were children. The standoff ended in a flurry of explosions, gunfire and a roof collapse.

More than 180 children died in the incident, and more than 750 people were hurt. The European court ruled in a case brought by 409 Russian nationals who accused the Russian government of a string of failures in its response to the attack.

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## Police Beat

*Selections from the USM Department of Public Safety police log Jan. 21 to Feb. 3*

01/21/2017

**There is a light and it sometimes goes out**

Motor vehicle stop, 34 Bedford St., Portland. Warning for operating without headlights.

01/23/2017

**Typical, really**

Suspicious Activity, Luther Bonney Hall. Male individual acting suspiciously near the exit doors of the computer lab. Officer checked the area. The subject had moved along.

01/25/2017

**One way or another**

Motor vehicle stop, 67 Campus Ave. Warning given for operating the wrong way on a one way.

01/27/2017

**Sensing a trend here...**

Motor vehicle stop, Campus Ave. Warning for stop sign violation.

02/03/2017

**It takes two**

Motor Vehicle crash, G13A parking lot. Two vehicle accident.

**For sale, one pair of stolen gym shoes, slightly used**

Theft complaint, Sullivan Gym. Report of a theft from the men’s locker room at Sullivan Gym. Under investigation.

**To be fair, that building is stressful.**

Disruptive person, Law Building. Report of a person upset and causing a scene. The subject left on their own.

Have any insider news tips?  
editor@usmfreepress.org



# Arts & Culture

USM Drag show: Shangela comes to town / 8  
Personal Shopper, not worth the cost to watch / 9



**Dionne Smith**  
Free Press Staff

During World War I, participating countries produced a large output of propaganda. America used propaganda to encourage people to do their part in the war, insinuating that they weren't seen as true American citizens otherwise. Even though it has been a little over a century since the war, there is propaganda still around.

On March 30, the Osher Map Library held the opening reception of a World War I exhibit curated by Cartographic Outreach Coordinator Renee Keul. This exhibit displays many different war maps and propaganda posters from countries that participated in World War I. Keul explained that, based off of what the library had available, they wanted to display items that Americans would have seen that were made by America, or the allies. The exhibit shows the powerful effect of propaganda and how it affected America.

During WWI, propaganda was influential. It was made to encourage citizens to show support for the troops fighting overseas in Europe. At the time, posters were made to promote a political point in the hope of swaying the American people with a misleading perception about the war. Some posters promoted the purchase of Liberty Bonds, while others asked Americans to enlist their canine companions for the cause. Propaganda was also crafted in such a way as to

evoke strong emotions. For example, one evocative poster showed a burning, broken, flame-ridden Statue of Liberty with a burning New York City in the background, while another poster encouraged immigrants to fight for their newfound freedom.

Before America joined the war, there were constant updates about the positions of the participating countries' armies, at that time the British, Germans, French and Belgian armies. One way of keeping up with the war was with a map that came with flags representing each country. The flags were cut out and placed on the map to show each country's position.

Keul believes that the reason the map was set up to be constantly changed was because it too was a form of propaganda. She states that the way America closely followed the war was almost as if they knew that America would end up involved in the war.

"[With] any sort of of persuasive art, the goal is really to use the emotion illustrated and drain it off into action," Keul said. "In this case, the goal is to inspire the viewer to buy Liberty Bonds. In other posters, the goal was to get them to enlist."

Keul believes that effective propaganda takes into account what the viewers would tolerate, instead of question, and does not use something that would cause people to question the propaganda. At the time, the term Hun, which was a derogatory term for Germans, was used frequently

because a large amount of people accepted it, just as they also accepted the characterization of a Hun as a dark-skinned, bloody-fingered man wielding a bloody bayonet.

"We have an oversaturation of propaganda, no matter what political views you have," said David Neikirk, the Digital Imaging Coordinator for the Osher Map Library. Neikirk donated a large number of World War I propaganda posters that are on display in the exhibit. These posters were acquired by his great uncle Robert Neikirk during the war.

Neikirk believes that there is still a strong presence of propaganda in our current society linking to politics. He believes it's almost impossible to avoid it. He stated that political propaganda today is being used to split the country, unlike in World War I where it was being used to unite the community against a common enemy.

"It's the unfortunate 'us-against-them' type of mentality," Neikirk said.

In our current political climate, there is a large amount of propaganda pushed out from both parties trying to discredit the other party and persuade people to choose a side by using stereotypes, much like how in WWI, America pushed to gain support for the war by stereotyping and vilifying the Germans, and inducing fear and hatred towards them.

"I think that the underlying technique of propaganda would still exist and would still be effective," Keul said.



Matthew Craig / Arts & Culture Editor

Posters and maps from the first world war hang in the Osher Map Library's gallery

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# Performers take to the stage at annual drag show

**Julie Pike**  
Free Press Staff

The USM Center of Sexualities and Gender Diversity (CSGD) held its 17th Annual Royal Majesty Drag Competition and Show on Saturday, April 8. The event was the largest campus and community drag show in northern New England. The CSGD had help from other campus organizations, including the Queer Straight Alliance, Campus Activities, the Gorham Campus Activities Board, as well as Campus Life and the Dean of Students Office.

The event took place at the Holiday Inn By the Bay in Portland and drew a large crowd of students, faculty and staff and community members. One of the highlights of the show was the special guest host,

Shangela, who has appeared on various shows, such as RuPaul's Drag Race, Dance Moms and Glee. She entertained the audience with several musical and dance acts, as well with her jokes.

After Shangela began the show with one of her own songs "Werqin' Girl," 12 other performers took the stage successively, performing songs and their own dance routines. Last year's first and third place winners from the USM Royal Majesty competition, Patti Cake and Simon Sèys, came back to perform this year as well.

The judges ultimately named Jizzabella DoBoys as the first place winner. DoBoys had a memorable performance, in which she brought a man in the audience up to the stage with her and used him as a sort

of prop while performing her act

To end the night, Shangela had one more performance to give. She emerged on stage looking almost identical to Beyonce. Her performance was a various mix of popular Beyonce songs, from her early singing career to her newest album. Shangela showed off her dancing skills as she moved all around the room and channeled her inner Beyonce. Fans in the crowd were stunned, as it felt as if the singer were really there.

The drag show was held as a fundraiser for the CSGD, and with an almost entirely filled ballroom at the Holiday Inn By the Bay, it was likely another successful year for the USM Royal Majesty Drag Show.

FP



Lauren Kennedy / Contributor

Drag queen Shangela poses for a photo during the Royal Majesty Drag Show. A TV personality and comedian, Shangela visited USM's show for the first time last week.



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# MOVIE TALK | SHOULD I SEE OR SKIP? LET'S TALK ABOUT IT.

## Personal shopper not worth the purchase

**Aaron Halls and John Rocker**  
Free Press Staff

Personal Shopper is directed by Olivier Assayas. It follows Maureen (Kristen Stewart), a young woman who's been living in Paris since her twin brother's death, who works as a personal shopper for a rich and busy celebrity figure. When not working, Maureen frantically searches for a sign from her dead brother. After she witnesses a series of strange occurrences, she decides to find out who is behind them.

### What Did We Like?

**A:** The main element this movie had that worked for me is Kristen Stewart's performance as Maureen Cartwright. Here she employs a lot of subtle non-verbal dramatic touches that make her presence on the screen magnetic. Because of this, her character is compelling to watch, even when the other elements of the film are not successful. As audience members we really get a sense of the grief Maureen feels after she loses her brother and of her intense desire to find a sign from him from beyond the grave. Director Olivier Assayas also executes a couple of tense and suspenseful sequences in the film that make use of excellent sound design and cinematography.

**J:** I agree with Aaron. Stewart is with-

out a doubt the best part of this film. It's difficult to maintain such good consistency, especially since she's pretty much in every scene. There's no diverting to a subplot.

### What Did We Dislike?

**A:** While watching this film, a lot of the time I thought to myself, "What's the overall intention of the piece?" Sometimes it feels like a character study focusing on the the day-to-day life of Maureen, and other times it feels like a tense psychological thriller. The movie seems to lack a sense of structure and focus, and because of this there are a lot of boring scenes that meander.

**J:** I'm not sure if I would even call the film tense, with the exception of the first sequence. There is a portion of the film where Maureen is being texted by a stranger. It might be her dead brother, or it might be someone different. We don't know. The problem with this scene is that it kills any tension it tries to build. It's just texting. Is the content of the conversation odd? Sure, but the fact that this conversation felt so distant and that it was something made to be personal just completely killed the film for me.

### Who Do We Think This Is For?

**A:** I think if you're a fan of excellent acting performances and/or Kristen

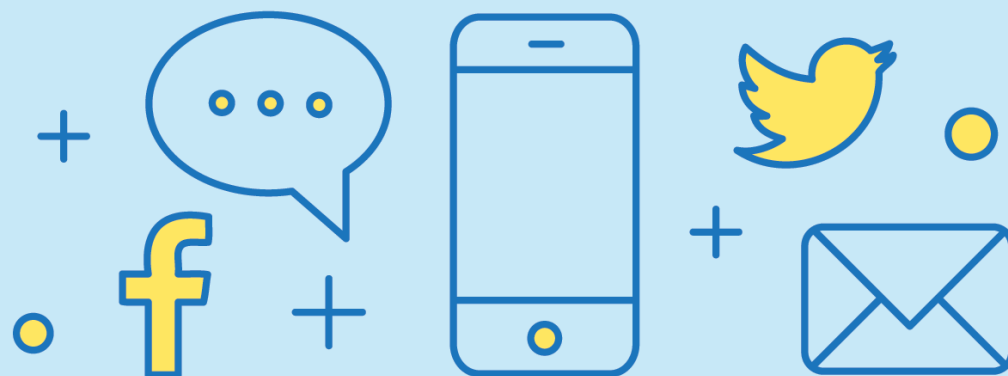


*Les Filmes Du Losange*

Stewart, you'll get some enjoyment from Personal Shopper and should give it a shot despite its negatives. She definitely was the movie's saving grace for me.

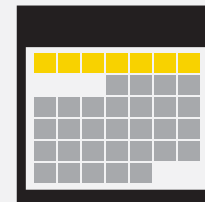
**J:** There's not many people I would recommend this to. If you want a good performance, you'll get that, but that alone isn't enough to save a film that feels relatively empty.

**J: Avoid it**  
**A: Avoid it**



**We want to know your feedback**

Send your opinions & comments to:  
[editor@usmfreepress.org](mailto:editor@usmfreepress.org)



## A&C Listings

### Monday, April 17

Bridget Kearney ( of Lake Street Dive )  
One Longfellow Square  
Doors: 7:00 Starts: 8:00

### Tuesday, April 18

The Jayhawks  
Port City Music Hall  
504 Congress St.  
Doors: 7:00 Starts: 8:00

I know you are reading this  
Space Gallery  
538 Congress St.  
Doors: 6:30 Starts: 7:00

### Wednesday, April 19

Kishi Bashi  
Port City Music Hall  
504 Congress St.  
Doors: 7:00 Starts: 8:00

### Thursday, April 20

Wolf Eyes  
Space Gallery  
538 Congress St.  
Doors: 8:00 Starts: 8:30

Mighty Mystic  
Port City Music Hall  
504 Congress St.  
Doors: 8:00 Starts: 9:00

### Friday, April 21

Pidgeons Playing Ping Pong  
Port City Music Hall  
504 Congress St.  
Doors: 8:00 Starts: 9:00

### Saturday, April 22

Sam Outlaw  
Portland House of Music and Events  
25 Temple Street  
Doors: 7:00 Starts: 8:00

Want to submit an event?  
[arts@usmfreepress.org](mailto:arts@usmfreepress.org)



# Perspectives



## Sustainability and ME

### Eliminating damage caused by food waste

*Students need to be more involved*

Asia DiBenedetti  
Contributor

There is a lot of talk these days about food security, but what exactly does that mean? Food insecurity is the state of being without reliable access to a sufficient quantity of affordable, nutritious food. It's a major concern, not only throughout the world and the United States, but specifically in Maine and across college campuses, including USM. Feeding America, a national organization dedicated to feeding the hungry through a network of food banks, maintains that 42.2 million Americans lived in food insecure households in 2015. In the state of Maine, the food insecurity rate in 2015 was measured at 15.8 percent, which is higher than the national average of 13.7 percent.

A study done by the National Student Campaign Against Hunger & Homelessness found that in over 30 colleges and universities across United States, 48 percent of students reported themselves as being food insecure. If you think you may be food insecure, or know of someone who might be, know that the USM is taking action around this issue through the newly formed Food Security Coalition (FSC).

The FSC is a group of students and staff representing various organizations and departments across campus, including The Husky Hunger Initiative, Sodexo Dining Services, Campus Life, the Office of Sustainability, the USM Community Garden, Food Studies and the Student Government Association. Other organizations, including the ROCC, Advising and Health and Wellness, have also been consulted. Together, we want to reduce food insecurity and food waste on campus through education, empowerment and promotion of campus resources. The ultimate goal is to make USM a university where no one is hungry and no food goes to waste.

In the spring of 2016, a group called the

Husky Hunger Initiative formed a food pantry on campus, currently located in The Well at Woodbury. There are a few shelves of non-perishable foods available here to students in need. Anyone can make donations to the pantry at The Well or in blue donation boxes in other buildings on campus. The Husky Hunger Initiative also holds a free, weekly Wellness Breakfast every Wednesday morning from 8 a.m. to 11 a.m. in Woodbury and offers free day-old bread picked up once a week from Standard Baking downtown.

The FSC is also in the process of getting a refrigerator so that excess food from the dining hall as well as extra fresh produce from the community garden can be offered to students in addition to non-perishable items. The fresh produce and prepared foods will not only help alleviate food insecurity but also decrease the amount of food waste on campus.

According to the USDA and the EPA, the United States wastes roughly 40 percent of all food produced, which equates to about 133 billion pounds, or \$161 billion in food waste. This food waste is incredibly harmful to the environment, making up 20 percent of landfill weight and producing methane, a greenhouse gas that is 21 times more powerful than carbon dioxide.

Fortunately, USM currently composts food that is left over from the dining halls with Garbage to Garden instead of throwing it away, but if it can feed hungry people instead, that is the best outcome.

By redistributing food to those in need, we can eliminate the environmental damage caused by food waste, as well as better the health and well-being of the USM community. But we need your help! We need more student involvement. If you are interested in food insecurity or food waste on campus and would like to get involved in the FSC, please contact emily.eschner@maine.edu for more information.

FP

## Advising Advice

### Resources on the advising website

Janis Albright  
Advisor

Not sure where to find a graduation planner? Need general information about online courses? Not sure how and when you can drop a class? There is no need to look any further than the advising website.

The advising website has resources that focus on academic advising, major and early career investigation, developing your community and so much more. There are four main sections: Advising and Course Selection, Major and Degree Planning, the Advising Process and Resources.

**Advising and Course Selection:** This section and its included "how to" guides will help you get the most out of your advising experience.

"My students say that reviewing their core requirements and reading how to prep for their appointments makes conversations with their advisors more meaningful for them, because they can then ask more in-depth questions," said Daniel Barton, one of USM's professional advisors.

**Major and Degree Planning:** Choosing your major and completing your degree can be challenging. According to Chelsea Donohue, a health science major who holds a Work Study job in the advising office: "I get lots of questions while working for advising and they are answered clearly in the 'Declaring my Major' part of this section. Now I can di-

rect students to the advising website because I know that here they will find the answers they need."

**The Advising Process:** Advising is a partnership of learning and exploration between you and your professional and faculty advisors, as explained in this portion of the website.

"Advisors appreciate students who are passionate about learning, and willing to take challenging courses. You are in college to learn new ideas and find out who you are and who you want to become," said Helen Gorgas Goulding, coordinator for Advising for the Gorham campus. "Sometimes obstacles or bumps in the road make learning even more challenging. This is where your advisor comes in! We help you work through obstacles, get back on track, and stay on track toward success. Meet with your advisors early and often to get the most out of college."

**Resources to Help:** In this section there are many gems that can assist you as you begin and continue your college experience. Examples include guides, need to know information, and academic support ideas. Joe Ferrian, a senior at USM, said, "I have bookmarked the GPA calculator. I use it to keep track of my science GPA for the nursing program."

The next time you are looking for an academic tip, a "how to" guide or information, please start at USM's advising website or call us at (207) 780-4040.

FP

## Our Opinion

### Focus on the Free Press journalists

Editorial Board  
Free Press Staff

Journalism is important to how we understand our world. Through the lens of social media, our perceptions of reality can become skewed, as our Facebook feeds begin to craft their content toward our interests, values and beliefs, particularly when it comes to news.

Here at the Free Press, we've known how important it is to teach and learn the art of journalism, and only recently has USM shown a true, strong interest in journalism as well. For years, the administration has shown a distaste for the student newspaper. If you look in the Free Press archives, dating back

to the 1960s, you'll see just how often the administration faltered and learn of its frustrations about how the Free Press reported on its mistakes. These reporters, after all, were holding the administration accountable. That's the terrifying, beautiful reality of publishing stories: We're here to tell the story as it is, to uncover the truths that lie behind the public relations blanket that is the representation of our university.

If you Google "University of Southern Maine Journalism," you have to scroll six links before you find information about the Free Press. The other links lead you to in-

See **FREE PRESS** on page 11



From **FREE PRESS** on page 10

formation on media and communications classes, where you'll learn that, only recently, USM added a bachelor's degree in media studies with a concentration in journalism.

Alumni of USM, who worked at the Free Press have expressed confusion regarding why it took so long for their university to add such an important and valuable skillset to their class options.

Furthermore, many of us currently working at the Free Press are too far along in our degrees to even change to that major, so, when we graduate from USM with hopes to become journalists, we must flaunt our English degrees and communications certificates, even though USM has begun to cater to the demand for journalism courses.

The issue is that USM has only shown interest in the paper since the sudden interest in journalism came to be. Our politically tense atmosphere and societies love-hate relationship with media both deterred students and also had them running at the chance to be part of such a fascinating career.

USM administration has become aware that by adding journalism as a degree path, the university can potentially attract more students and, as a result, secure more money.

They don't necessarily care about the journalists here, but rather the profit they can make off those pursuing a degree with

a journalism concentration. Otherwise, the university would have promoted our student organization and the career of journalism long ago. After all, the paper has been around for 40 years.

If USM really wants to continue pushing for more students, it must help the Free Press now more than ever. It must not play a direct and authoritative role, but it could promote the paper more, and allow the paper's staff to have direct access to media and communications equipment in the same way those who major in media and communications can.

USM should also consider offering a helping hand to the students who work at its student paper. This means providing more resources for Free Press staff, helping with potential internships, and most importantly, reevaluating how much money comes our way.

Our budget is tight. The Free Press often breaks close to even from the accumulation of advertisement income versus the high cost of printing.

If you want to close the political divide and further encourage students to hone their communication skills at USM, teach them the ways of a journalist, and promote the Free Press as a career-building extracurricular and work harder to ensure we are seen.

FP

## Deaf Discussions

# Being Deaf is not a disability

## *This label comes from the hearing majority*

**Mary Ellen Aldrich**  
Community Editor

In a recent conversation, someone tried to argue that being Deaf is a disability. I found this to be rather frustrating.

I've been learning American Sign Language (ASL) and studying Deaf culture for the past five years. Because of this, I often forget that what seems like common sense to me is not quite so to everyone else. Before taking that into account, though, I had launched into a verbal case against this person's claim and what resulted was more of a disorganized mess of half-thoughts than an explanation. If I had taken a few minutes to set aside the feeling of indignation, it could have been a beneficial and educational conversation.

When most hearing people think of being Deaf, they tend to think of the loss and the "can't" rather than the gain. However, being Deaf is more about the "can" and the gaining of culture and community. When "deaf" is spelled with a lowercase "d," it refers to the audiological condition of not hearing. When "Deaf" is spelled with a capital "D," it refers to the people and culture that are the Deaf community.

As a hearing person, I cannot speak for the Deaf community. However, I can share what I have learned and observed. Part of what I've learned in my years of studying ASL and Deaf culture, as well as interacting with the Deaf community, is that being Deaf is in no way a disability. It is not the loss of hearing (although for some who identify as a person who is deaf, rather than Deaf, things can be different) that defines their identity; rather what they gain from being part of the Deaf community makes up a part of their identity. These gains include ASL, history, poems, stories, fables and mythology, cultural norms and more.

In America, as well as in much of Canada, the official language of the Deaf community is ASL. ASL has a syntax, grammar and morphology of its own and is a real language, despite some misconceptions that continue today. From my perspective, ASL is perhaps the most treasured piece of Deaf gain.

So where does the label "disabled" fit into such an amazing culture and community? My belief is that because Deaf culture is so rich, there is no room for that label.

The "disabled" label comes from the limitations and barriers that are put in place by the hearing majority. If a hearing person who didn't know any ASL were placed into the Deaf community, that hearing person

would need accommodations in order to navigate the language barriers and cultural differences. The same would go for a person who spoke only English if they were to be dropped off in a community which spoke only German. These individuals would not be considered disabled. It's baffling to see hearing people label members of the Deaf community as being disabled for reasons no different than the above examples.

The Deaf community is a visually oriented community, just as the hearing community is auditorily oriented. In the Deaf community there are TTYs (devices allowing phone conversations to be typed back and forth rather than spoken) and videophones. There are alarms and doorbells that have flashing lights and alarm clocks that vibrate. In the hearing community there are voice phones, ringers and doorbells and alarm clocks with sound. These are merely different ways of living. Neither is superior to the other.

Carol Padden and Tom Humphries, two Deaf authors, wrote:

"[Being Deaf] is not simply a camaraderie with others who have a similar physical condition, but is, like many other cultures in the traditional sense of the term, historically created and actively transmitted across generations."

Being Deaf is not a disability. Neither is being hearing. Both have challenges and benefits. The status of one being disabled is dependent upon the limitations and oppressions enforced by the other. The oppressed then have a choice to either rise up and fight, or sit back and let it happen. From what I've learned, the Deaf community has no intentions of sitting back and allowing anything to just happen. They've come a long way in trying to make the world see them as a community and culture rather than as disabled, and they will continue to stand up for Deaf culture as long as the need is there.

Next time you think of Deaf people as being disabled, try changing tracks for a moment. Perhaps you are signing-disabled, signing-impaired or hard-of-signing. Ask yourself, how well would you fare in the Deaf community without knowing ASL if no accommodations were allowed? My bet is, you would be at a great disadvantage.

*Mary Ellen Aldrich is a hearing student majoring in linguistics with a concentration in ASL/English interpretation and a minor in Deaf studies.*

FP

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## Staff Musings

## Woodbury is due for an upgrade

Dionne Smith  
Staff Writer

Woodbury is due for an upgrade. The Portland Campus is the main campus for commuter students, yet despite this it lacks options for food. The store in Luther Bonney is perfect for its size and location. Woodbury is larger and offers more than ready-made food, but it could still use an upgrade.

The dining hall in Woodbury leaves much to be desired. At first, it seems like they have a wide variety of food, varying from ready-made selections to a fresh meal that's different every day. After a few months, though, I found myself eating the same three things and wishing for a bigger selection of food.

At other big campuses, there is usually an option for foods of different kinds such as omelets, chinese food and so on. But here, for the most part, all the food is either something fried, pizza or just a normal wrap or sandwich. In addition, there are few people who go for a burrito, and even fewer who ask for the meal of the day.

There is a large variety of students on campus, and the food options should represent that variety. I've heard people talk about how they don't like the food, or there just aren't any options for them. There are instances where I loathe having no other option but going to Woodbury for food. Once I'm on campus, I'm stuck here for an average of six hours. I don't have a car, and I don't have enough time to walk anywhere between my classes without being late.

There needs to be consideration for

changing the layout in Woodbury to accommodate a wider variety of food, and work towards more of a buffet style dining hall that offers different styles of food. With the money from the Sodexo contract, I imagine that there could be some funds to at least start putting toward a Woodbury upgrade that would benefit all students.

If there was an upgrade, it could drive more students to want to eat on campus rather than go somewhere else, and it could bring in more money for the university. It could even boost the morale of the students, and save them time and money. If the options at Woodbury were to appeal to more students, the students would save more on gas from traveling back and forth when they want food, which costs much more than buying food out of Woodbury.

Food is a big part of everyone's life, and good food is important. I know that I personally have marked certain colleges off my list because when I visited, the food was lackluster. An improved Woodbury could bring a lot of positive feedback, and it would be possible to gain more commuter students if we could ensure them high quality food every day.

This is a pilot article on an upcoming new perspectives column that will focus on everything USM. It will include ideas for upgrades on campus, new possible clubs, sharing my opinion on events that happen, and more! If you enjoyed this, or didn't, please let me know! Send me an email at [dionne.smith@maine.edu](mailto:dionne.smith@maine.edu) and tell me how you felt about this article, and if there should be a column about this topic. Thank you!

FP

## Let's Talk About It

Body shaming starts young  
*It doesn't have to be that way*

Johnna Ossie  
News Editor

This morning I saw an article from the Portland Press Herald about a student at King Middle School (KMS). She and her classmates broke the school's dress code on purpose after "a teacher asked Molly and another girl to stand up and measure their clothes [in front of other students]. Molly was told to lay her fingers across her shirt strap to make sure it was at least two fingers wide, and the other girl had to put her arms straight down to gauge whether her shorts were above her fingertip length." According to the Press Herald, the student said, "[The teacher] made us feel really uncomfortable."

I went to King Middle School almost fifteen

skin meant something that I had never even thought about before.

I learned then, at eleven years old, that my body was unacceptable. It was distracting. It was a threat to boys' ability to learn. It needed to be covered, tucked away and concealed. I still remember the hot shame of those moments, when my teachers asked me to stand to measure the width of my tank top straps or the length of my shorts. I remember how unfair it felt and how powerless it made me feel. I had no language then to explain the ways it made me feel, but I felt it deep inside myself and it lasted for years and years.

Summer is coming and I've been thinking about bodies. About the ways that I learned to think that my body was never good enough, and how I learned my worth was inherently tied to whether or not men were attracted to

““Summer is coming and I've been thinking about bodies. About the ways that I learned to think that my body was never good enough... It took me years of struggling with an eating disorder... to get to a point where I felt comfortable with myself and even that comfort takes daily work.”

years ago. I still remember moments where I was publicly reprimanded by teachers because my clothing was a "distraction to boys." I was eleven years old when I attended KMS. I was flat-chested and lanky and still wore high waisted jeans (a fashion trend that was not yet back in style). But it shouldn't matter what my body looked like, really. I write that because it was important at the time in my confusion and misunderstanding of what adults were telling me. I write that because it was also when I became aware of what my body looked like and of the fact that it seemed to matter to everyone around me. It mattered to the adult teachers, to the principal, to strangers on the street, to the boys in my classrooms.

What I think is important to remember is that I was a child, as were the other girls in my school, regardless of what their bodies looked like. When I entered sixth grade I still played with dolls. I still played make-believe and games of MASH with my best friend in her bedroom after school, to decide if I would marry Leonardo DiCaprio or not and if I would drive a van or a sports car. But I was being told by the adults around me that my bare shoulders were too distracting to not be covered in public. My body was sexual. My body did not really belong to me; my bare

my body. I've been thinking about the ways I learned my body was inappropriate, distracting and hypersexual.

It took me years of struggling with an eating disorder, learning about the ways we are taught to hate our bodies, working every day to unlearn those things to get to a point where I can feel comfortable with myself, and even that comfort takes daily work. This isn't to say that King Middle School's dress code was the reason for my struggle. Rather, I remember it as the first time I learned what the expectations were of me as a woman - a girl - in the world I lived in. Those expectations were reinforced for me as I grew up by everything around me: television, movies, magazines, teachers, my family, my peers, strangers on the street. My body never, ever felt like it truly belonged to me.

I might just be sappy, but I teared up when I saw that King Middle School student on the cover of the Press Herald, staring straight into the camera in her tank top, in her defiance. I wished I had known about feminism and sexism when I was young, and known that there were adults who would stand behind me, who would protect my right stay young, to remind me that my body is mine and only mine to control.

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Crossword

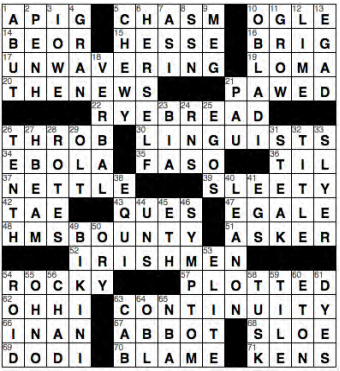
Across

- 1. Desktop image
- 5. Severe cut
- 9. \_\_\_ Howe
- 14. Braxton of "Un-Break My Heart"
- 15. Ark. neighbor
- 16. Genie containers
- 17. It's indivisible in the Pledge of Allegiance
- 19. Barnaby Jones portrayer Buddy
- 20. Ruling period
- 21. Cul-\_\_\_ (dead-end street)
- 23. Nonvenomous snake
- 25. Performed better than Michael Phelps, say
- 30. Crude but effective
- 33. Indie music genre
- 35. Fast-food restaurants founded by Colonel Sanders
- 36. Eight-member group
- 37. Mount where Moses saw the Promised Land
- 39. Omega's opposite
- 42. Informal assent
- 43. Yaren's atoll
- 45. Norway's capital
- 47. Certain baseball players (abbr.)
- 48. Carelessness
- 52. Low, cushioned seat
- 53. Pub serving
- 54. \_\_\_ out (declined)
- 57. Golf score of two under par
- 61. Fox comedy series
- 65. Complaint-hearing officials
- 67. Kepler's patron Tycho
- 68. \_\_\_ and void
- 69. "\_\_\_ of Eden"
- 70. Ecclesiastical assembly
- 71. Part of "My home is your home," in Spain
- 72. Console on which to play Super Mario World

Down

- 1. "Take \_\_\_ leave it!"
- 2. Waffle or sugar
- 3. "Tell me \_\_\_ haven't heard!"
- 4. Port city in eastern China
- 5. Understood, as a punch line
- 6. "I feel like \_\_\_ again!"
- 7. Fruit like a plum
- 8. "MMMBop" brother group
- 9. Enemy of Spider-Man
- 10. Chemist's milieu
- 11. Sends a quick msg
- 12. Human cousin
- 13. Taxpayer ID
- 18. Actress Aimee
- 22. IRS review (abbr.)
- 24. Kodak alternative
- 26. Cabinet dept. head
- 27. Diluted
- 28. Turn \_\_\_ ear to
- 29. Old wives tales
- 30. Hale and hardy
- 31. Gastric acid, in short
- 32. In \_\_\_ (stuck)
- 33. Film scorer Morricone
- 34. Intended
- 38. Cookie with a creamy middle
- 40. Philosopher Chu \_\_\_
- 41. Edison's middle name
- 44. Dry-eyed
- 46. Lubricated
- 49. Gullible person
- 50. Utter slowly and seriously
- 51. Makes fun of
- 55. Six-foot avians
- 56. Certain hits (abbr.)
- 58. FBI agt.
- 59. \_\_\_ majeste (high treason)
- 60. Foes of Saruman in "The Two Towers"
- 61. Storage capacity measurements (abbr.)
- 62. Mission finisher?
- 63. Newsman Rather
- 64. Yet, to Yeats
- 66. Inuit tool

The solution to last issue's crossword



Word Search

Theme: Easter

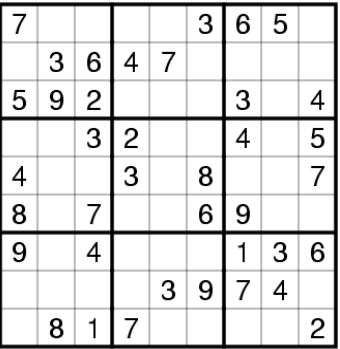


- basket
- brunch
- bunny
- chocolate
- decorate
- ducks
- dye
- Easter
- eggs
- flowers
- green
- hop
- jelly beans
- lamb
- marshmallows
- peeps
- purple
- Sunday
- yellow

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 x 3 box contains each of the numbers from 1 to 9 exactly once.



Cryptogram

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

AEUR T IMJOU THHQUH T KTMMJUO  
RTKU, VXQBO LXQ VTBB GETG EUM TBGTM  
UCX?

And here is your hint: G = T



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# USM Community Page

## The meaning of recovery and hope *How the USM community navigates healing*

Mary Ellen Aldrich  
Community Editor

‘Recovery’ is a word with meanings and interpretations as diverse as those who use it. Regardless of these differences, it is a word which, according to members of the Recovery Oriented Campus Center (ROCC), holds similarities to “hope,” “healing” and “improving.”

The ROCC, located on the USM Portland campus, focuses on recovery of all types and provides a much-needed center of community and support for those in recovery. An important part of their recovery is connection.

“It’s a natural human desire to connect with people,” said Ash Havlin, a senior psychology and sociology major. “But when you suffer from a traumatic childhood or PTSD, your relationships with other people and your relationship with yourself [fracture]. I think because of that PTSD, you hide from relationships. You hide from the thing that hurt you. For me, my recovery is about reconnecting.”

Andrew Kiezulas, a senior chemistry major, is in long-term recovery. The need for community and connection is something that has played a large part in Kiezulas’ recovery.

“For me,” Kiezulas said, “recovery means my mother has her son back.”

“Sobriety and recovery are not synonymous,” he continued. “My recovery started long before I found abstinence and sobriety. It’s keeping people engaged and finding ways to increase the sustainability of recovery and community.”

Often when discussing recovery, people will use words such as “addict” or “drug abuser.” According to members of ROCC, these terms take away from the humanity of the individual in recovery and are stigmatizing. Terms to use instead are: substance use disorder (SUDs), drug use or misuse and “a person in recovery.”

Micaela Manganello, a senior nursing student, said that treating people in recovery as people first is important.

“Just treat them like a person,” Manganello said, “they’re not what they’re going through.”

For Katie Tomer, a junior health sci-



Troy R. Bennett / BDN

Andrew Kiezulas, a chemistry major in longterm recovery from addiction, stands on the University of Southern Maine’s Portland campus on Tuesday before heading to a student recovery group meeting. In August, USM launched an on-campus recovery center, the first of its kind in Maine.

ence major, it’s important to value each person’s humanity.

“Everybody struggles,” Tomer said, “and everybody has a hard time. It shows up in different ways for people but at the end of the day, everyone is human.”

There is a line from a Johann Hari book which members of the ROCC often quote:

“The opposite of addiction is not sobriety. The opposite of addiction is connection.”

While members of the ROCC dislike the term “addiction,” this quote holds meaning for them.

“Being in recovery,” Havlin said, “means more than just abstinence to me. It means that I reach out instead of isolate. It means that I can feel things instead of avoid things and I listen to myself instead of ignoring myself.”

Trauma and mental health disorders come with pain. Without the support and help necessary for recovery, it can result in things like SUDs and other unhealthy coping skills. These can become tools to mask that pain.

“I want anyone who feels that kind of pain,” Havlin said, “to know that other people have felt that too, and that you can be in recovery. You don’t have to do it alone. And you can’t do it alone, and what a gift it is that we can’t do it alone.

We need connection.”

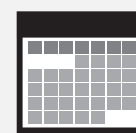
Recovery is a process and a journey. And sometimes along the way there are slips or recurrences. But that doesn’t negate all of the work that has gone into someone’s recovery. It simply means they’re human.

“For me,” Havlin said, “it’s really important to continue to identify in recovery through slips and recurrences because that’s been part of my process, [and] it’s a part of many people’s process. If you continue to identify as in recovery through a recurrence, there’s more likelihood of obtaining abstinence. And that’s been important for me throughout this process.”

Being in recovery is about moving forward, and Kiezulas focuses on the positives of being in recovery in order to continue forward.

“[In recovery] you’re a survivor,” Kiezulas said. “You did it, you made it, it’s a story of hope and that’s what [the ROCC] is trying to promote now. This is something to be celebrated.”

Recovery is connection, hope, opportunity and healing. It isn’t something to be done alone. Recovery is something that both requires and builds strength. And sometimes that strength comes from a group of people sharing encouragement, support and connection. **FP**



## Community Events

### Monday, April 17

Silhouette project  
USM Lewiston-Auburn campus  
51 Westminster St. Lewiston, ME 04240  
Starts: noon. / Ends 1:30 p.m.

### Tuesday, April 18

President’s forum on diversity and inclusion  
USM Portland campus  
Glickman library, seventh floor  
Starts: 11 a.m. / Ends: 12:30 p.m.

### Wednesday, April 19

Hoop dance hangouts  
USM Portland campus  
Sullivan Gym, multipurpose room  
Starts: 8:30 p.m. / Ends: 9:30 p.m.

### Thursday, April 20

Screening: Napoleon Dynamite  
USM Gorham campus  
Brooks Student Center  
Starts: 9 p.m. / Ends: 10:45 p.m.

### Friday, April 21

#Sayitanyway  
USM Gorham campus  
The Well, Brooks student center  
Starts: 12:30 p.m. / Ends 2:30 p.m.

### Saturday, April 22

New England SENCER  
USM Portland campus  
Abromson Community Education center  
Starts: 9 a.m. / Ends: 4 p.m.

### Sunday, April 23

2017 Great Maine bike swap  
USM Portland campus  
Sullivan Gym  
Starts: 10 a.m. / Ends: 1 p.m.

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



# Sports

## Tuesday

### Men's Tennis

vs. Salem State  
3:00 p.m.

## Tuesday

### Baseball

vs. UMass Boston  
3:00 p.m.

## Tuesday

### Softball

vs. Plymouth State  
3:30 p.m.

## Tuesday

### Women's Lacrosse

vs. Plymouth State  
4:00 p.m.

## Wednesday

### Men's Lacrosse

vs. Salem State  
4:00 p.m.

# Men's lacrosse falls to Curry College 15-11

**Erin Brown**  
Sports Editor

Wednesday afternoon, USM faced off against Curry College for a non-conference match up. Curry College Colonels defeated the Huskies with a score of 15-11. The Huskies stayed competitive until the very end and had goals from seven different players on the team. Junior Nate DelGiudice (Oakland, ME/ Messalonskee), senior Jeff Urmston (Bellingham, MA/ Bellingham), and freshmen Ryan Marsh (Wells, ME/ Wells) and Tristan Dundas (Abbotsford, BC) all scored two goals a piece.

The Colonels started the scoring early in the first quarter with a goal from Wade Prajer (Southbury, CT), but the Huskies were quick to come back with three consecutive goals. The first came from Marsh at 8:54, the second from senior Keegan Smith (West Gardiner, ME/ Gardiner Area) at 5:32 and the third from DelGiudice at 4:52. Curry fired back to bring the score within one with a goal from Tom Cashin (Boxford, MA). Assisted by DelGiudice, the Huskies' Urmston made it 4-2 for the Huskies with 3:18 to play in the first quarter. The Colonels made it 4-4 to end the first quarter with two unanswered goals from Cashin and Matt Serra (Haverhill, MA).

The two teams went back and forth throughout the second quarter, scoring three goals apiece. Curry drew first blood again with a goal from Jake Stebbins (Colchester, VT). But Marsh evened the score with an



Carly Coombs / Free Press Staff

*Huskies play next Wednesday April 19 for a conference matchup against Salem State.*

assist from DelGiudice. Serra made it 6-5 with 10:04 to play. Going almost ten minutes without a goal, Dundas scored his first with an assist from Smith. The last goal of the quarter for the Colonels came from Devin Newell (Medford, MA). Finally, with thirteen seconds left to play, junior defenseman Sam Hornblower (Portland, ME/ Deering) tied the game for the Huskies 7-7 going into halftime.

In the second half the Colonels went on to outscore the Huskies 8-4. Dundas opened up the third quarter scoring his second goal of the afternoon with assistance from Hornblower. Zach White (Milford, CT) scored two consecutive goals within 16 seconds, putting Curry on top 9-8. The Huskies' Jake Schoenberg (Topsham, ME/ Mt. Ararat) tied it up yet again for USM with 11:29 left to

play for the Huskies, but Curry went on to score three goals to close out the third quarter, two from Cashin and White, who both picked up a hat trick with their unassisted goals, and one from Jack McMenomey (West Linn, OR).

Curry went into the fourth quarter with a 12-9 lead and continued to roll, scoring two goals right out of the gate from Andrew DeLeary (Wakefield, MA) and Dominick Marcella (Hull, MA). Down 14-9, DelGiudice capitalized on the Huskies having a man advantage and made it 14-10 with his final goal of the afternoon. Curry's DeLeary fired one right back for the Colonel's final nail in the coffin, making it 15-10. The Huskies' Urmston scored the final goal of the afternoon in hopes to rally, but the Huskies fell short at 15-11.

Junior goaltender Zack Bessette (Readfield, ME /Maranacook) started in goal for the Huskies. Bessette had a save percentage of 61.1 after saving 22 out of 36 shots the Colonels sent towards his net. Freshman Alex Leblanc (Westbrook, ME/ Westbrook) relieved Bessette in the net, allowing one goal for the Huskies in the final thirty seconds of play. Curry's goaltender Shane O'Brien (East Falmouth, MA) saved 8 of the 19 shots fired off by the Huskies.

With this game in the books, the Huskies' record stands at 4-6. The Huskies will return home to play at Hannaford Field against Salem State College on Wednesday, April 19 at 4 p.m.

FP

# YoGlow207 to hit USM this May

**Erin Brown**  
Sports Editor

In the class BUS 316 Sport Event Management, students are challenged with the task of putting on an event from scratch. Led by Heidi Parker and Joanne Williams, both sports management professors, students are broken up into different departments to make the class run smoothly. The departments include sales and sponsorship, marketing, operations and website and registration.

Each department carries out important tasks in order to bring the event to life.

In years past, for instance, you might recognize the event Into the Mud Challenge, a fun mud run obstacle course through the woods of

Gorham. After five years of this event, Parker and Williams decided to switch up the event.

The two pitched the idea of black light yoga. The class picked it up and ran with it, which is how YoGlow207 was created. The black light yoga event is a glow-in-the-dark party led by local yoga instructor Stephanie Harmon, from Portland's Hustle and Flow studio.

This student-run event will be held in Gorham at the Hill Gymnasium on Saturday, May 6. The event costs \$35 per person or \$30 per person for a group of four. Registration prices include a t-shirt, bracelets, water, light snacks and glow-in-the-dark paint. Proceeds from the event go towards scholarships for future sports management students.

FP



Photo courtesy of USM Athletics Website

The Warren G. Hill Gymnasium in Gorham, the location where YoGlow207 will take place.





**We're looking for  
writers in our News,  
Arts & Culture,  
Perspectives, Community  
and Sports sections!**

If you're interested, please email  
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the  
fp

