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THE FREE PRESS
92 BEDFORD STREET,
PORTLAND, MAINE 04101
(207) 780-4084
www.usmfreepress.org

EDITORIAL

EDITOR-IN-CHIEF Sarah Tewksbury
MANAGING EDITOR Johnna Ossie
NEWS EDITOR Cara DeRose
ARTS & CULTURE EDITOR Mary Ellen Aldrich
COMMUNITY EDITOR Dionne Smith
SPORTS EDITOR River Plouffe Vogel

STAFF WRITERS Julie Pike, John Rocker, Aaron Halls, William Hahn, Deliah Schreiber, Jordan Castaldo, Daniel Kilgallon, Erin Brown, Matthew Craig, Krysteana Scribner

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Bradford Spurr
Director of Photography

LETTER FROM THE EDITOR

Sarah Tewksbury
Editor-in-Chief

In our world today, the importance and the role of the media cannot be understated. With accusations flying around that news organizations can be discredited by a media consumer slapping a generic term to them (fake news), it is crucial that integrity is maintained.

In all aspects of life, I do my utmost to maintain my morals and values—one of which is the notion of integrity. For me, being just and true is an absolute priority when dealing with others, but when I am alone and there is not another set of eyes to hold me accountable—what then? When no one is watching, I have to remind myself to uphold the very high standards I set.

When I first joined *the Free Press* in September 2016 as a staff writer, I thought I would be working to accomplish one goal: to tell the truth to the world. If I had known then what I know now, about the immense role a newspaper plays in a society, I would have joined the paper years ago. The goals at *the Free Press* are so important and go far beyond simply honest reporting. As a university newspaper, it is our job to question authority, share special events with the community and to highlight success and failures on campus. The overarching goal is to make the university a better place by inspiring change and sharing information important to the public.

So where does integrity fit into all of this? It is the very cornerstone of what is done over at 92 Bedford Street. Without integrity, *the Free Press* would not be able to exist in our current political moment. We would be questioned out of existence. Our credibility relies on the entire staff and the newspaper, as an institution, going about our work in the most fair and honest way. This means as a staff, we have to hold ourselves accountable and to a higher standard than the average person that shares articles online.

So here I am, a brand new editor-in-chief at a student run newspaper with high moral principles and big ideas. It is now my job to make certain

Ready or not, here I come...



Dionne Smith / Community Editor

that honest reporting protects the truth and serves the community well. Today, sitting in the office, surrounded by bright, enthusiastic staff members, this task seems daunting.

There's Johnna, sitting on the couch with her expressive face looking earnestly at her work. There's Dionne at the table, concentrating so intensely on perfecting his article. Cara is editing work like a true professional. In the other room there's Mary Ellen, artistically and resourcefully laying out the Arts & Culture section. Orkhan is creating something brilliant and beautiful. River is procrastinating but still making everyone smile and laugh.

This unique group can achieve such high goals and share the truth with USM. Looking around at this wonderful group of individuals that has been assembled to work on the paper together for the next year, I'm filled with excitement but also a degree of nervousness. It is my job to make sure that these beautiful people are telling the truth and that all members of the community trust them. They cannot be failed.

If you know anything about me, you know that I'll go to great lengths to ensure that the right thing, even if it is not the popular thing, is done.

The students who work for the paper are my people and I will stop at nothing to support them completely. They will be treated with respect and they will treat the individuals they interact with in the utmost respectful manner. My mission and vision are to ensure that my staff upholds the principles of integrity and that trust is readily and willingly given to them and *the Free Press* as an institution. The former editor, Krysteana Scribner, has set the bar exceedingly high. We will not be stooping lower than the very minimum standard she has set. We will look to raise it higher. So look out USM, because *the Free Press* is about to rise to the occasion.

If anyone has any interest in joining *the Free Press* team, sharing a story with us or just saying hello, please do not hesitate to contact me!

Contact: sarah@usmfreepress.org
(207) 780-4084 x1

Sarah Tewksbury

Meet Cara DeRose!



Krysteana Scribner / Staff Writer

“Almost two years (and a few hundred corrections) later, I am moving beyond the obvious strictures and less-obvious joys of copy editing to (wo)man the news section.”

Hi, my name's Cara DeRose. You've probably seen my name in the paper, next to 'Chief Copy Editor,' but not my face. Now that I've graduated to news editor at *the Free Press*, you get to see my young, pointy-chinned mug, which Krysteana Scribner, our former editor-in-chief, hastily photographed on a Wednesday afternoon. I think she did an impeccable job.

Back in January 2016, I enrolled at USM as a sophomore. I attended an inordinately priced private college in New Jersey for one year prior, but after I realized that I didn't care to be around those who see Maine as a state where affluent families summer and the woes that come with permanent residency somehow evaporate in the July heat, I decided to return home. At that college, I

had copy edited for the student newspaper. I figured, since I took pleasure in catching errors, I should do the same here.

Almost two years (and a few hundred corrections) later, I am moving beyond the obvious strictures and less-obvious joys of copy editing to (wo)man the news section. News reporting, in my mind, is as much about restraint as it is about an eagerness to discern truth from fabrication. Objectivity must be privileged over subjectivity. Although interpretation is tempting, good news articles omit interpretation and relay events as they happened. As news editor, I look forward to curating content and mentoring next year's writers in a way that helps *the Free Press* produce articles that represent the sort of journalistic excellence which is critical in an age where stories are so easily distorted.

When I'm not at *the Free Press*, I enjoy watching old films, reading books about cranky old women and guzzling Diet Coke. When I'm working at *the Free Press*, I often admire the photos of a young Paul Newman I have taped to the wall above my desk. I also guzzle Diet Coke.

Come and join our motley crew. If you have an interest in news writing, feel free to contact me at cara@usmfreepress.org

FP

Students have options for accessing textbooks

Online ordering and library reserve offer other ways to get class material

Sarah Tewksbury
Editor-in-chief

The average USM student's bill for textbooks, if they are bought through the bookstore, can reach exorbitant costs. According to the USM bookstore's website, if a student were to take 15 credits worth of core classes over the summer, they could spend as much as \$300 on books.

Due to the high cost of textbooks over the duration of a student's college career, Student Body President Humza Khan initiated a Textbook on Reserve Program. In the library, textbooks for 100- and 200-level courses can be found. The books can be used, at no cost, for up to four hours within the library. Taking advantage of this program will save students a significant amount of time and hassle.

If the books cannot be found on reserve through Glickman Library, another library within the URSUS catalog likely has the book. If this is the case, it can be requested, shipped to the Portland or Gorham library and then taken home for the duration of the course, so long as the student remembers to renew it. This entire process can be com-

pleted online through the Glickman Library web page.

At the end of the semester, the USM bookstore holds textbook buyback periods. During these times, students can bring their books and student ID cards to the bookstore to try to sell back their books. Not all books are bought back, even if they were sold to a student by the bookstore. The percentage of money that USM students receive from textbook buyback period is minimal.

There are ways around purchasing textbooks directly from the bookstore. Physical copies of a textbook may be available through Amazon for low prices. With an Amazon Prime account, books can be delivered within days at low or no shipping costs.

Online textbook provider sites, like Chegg, charge a monthly fee to access an entire library of textbooks. Students can access the text content online through sites like this, and can also access study materials and practice problems. Renting textbooks from the bookstore or Amazon is also an option. The most important aspect of renting is to remember that the books have been borrowed and cannot be damaged.

FP



Photo courtesy of USM Free Press



Photo courtesy of USM Image Bank

President Cummings announced in late August 2016 that big changes would be coming to USM. Now, these plans are processing through their final stages. Some changes to campus may include the addition of dorms, a new parking garage and the closure of Bedford Street.

Master plan for campus changes continues

Cummings announces further progress in campus renovations

Krysteana Scribner
Staff Writer

In his presidential breakfast speech at the end of August 2016, President Glenn Cummings discussed the changes that are planned to take place over the course of the next next few years. These changes, which include adding dorm rooms to the Portland campus and blocking vehicle access to Bedford Street, are aimed at providing students with a stronger sense of community connection.

More recently, President Cummings has announced further details about the future of USM's campus, which include adding \$189 million in renovations, particularly to the Portland campus location. According to a Portland Press Herald article published in April of this year, \$15 million will be put toward athletic facility upgrades and \$15 million toward scholarships for full-time students in financial need. The article also stated that \$30 million will be put toward "a new student center, a five-story dorm, a boutique hotel and perhaps a food studies culinary institute."

Eighty million dollars, of the overall \$189 million, was approved by the UMaine System to fund a performing arts center in April.

In an episode of "The USM Update" for May 2017, Cummings sat down with President and CEO of the USM Foundation George N. Campbell Jr., who stated at the be-

ginning of the interview that the university is "in the very beginning of a very exciting piece of USM history."

"Provost Uzzi will lead it, in conjunction with the developer. They will lead a 12 member steering committee, made up faculty and students and the public, to work with Harri-man associates on the grander design to understand what is needed within our existing facilities and what facilities are still needed," stated Campbell, after President Cummings asked him to explain to viewers just how the process will pan out from here.

Under the plan, the Woodbury Campus Center will be demolished and the parking lot located in that area will also be removed. In its place, the university would like to have a grass quad, while the new dorms will be in an "L" shape and the student center would be located where the community garden currently resides.

These extra dorms on the Portland campus could provide up to 500 beds, so students can find convenience in knowing they are located not only on the campus where they have the most classes, but that they are within walking distance of downtown Portland.

With the elimination of the parking lot, President Cummings added that the parking garage will have to be expanded in order to accommodate the extra traffic that would be coming in and out on a regular basis. Along with that, the university plans to implement

a project where Bedford Street will be completely closed to the public. This initiative aims to keep traffic within the university available to only those affiliated with USM.

With Bedford Street closed off, President Cummings explained that the traffic patterns will need to change around USM as well, but there is still a lot of planning and collaboration that has to happen in order to further the project.

He suggested that the university is also still looking at ways people can come up Brighton Avenue and continue to Deering Avenue. This plan could eliminate the six-way intersection near the Law Building and make way for a roundabout, which could create an easier flow for traffic.

"We want Forest Avenue to have multiple entry points, and it's possible that the street could stop at the uphill end near Abromson and from there, we could create more green space for students to enjoy," Cummings said, "but what we have to ask ourselves now, before any detailed planning, is what is the best way to get traffic into the parking garage?"

With the closing of Bedford Street, Cummings said there are no specific plans to tear down the white buildings that are located along the strip. However, if that was something that needed to occur, USM would make the choice to do so.

"We would like to see those white house's be rented out or leased to non-profits, where

students could do internships and have the opportunity to connect with community partners right here on campus," Cummings said. "If we did so, we would move all the student groups to the student center. These are all just ideas."

Currently, the hope is to offer this dorm option on the Portland campus to upperclassmen, graduate students and law students, so the space will not be readily available for just any student who is interested in them. Students would need to have 60 credits or more in order to apply for the housing.

Cummings briefly mentioned that the university has been exploring its options regarding where to place a graduate center in the future. He stated that there is no question about it: This kind of addition would be a great thing for the university. The significant funders of the project, though, are still deliberating over where it would be placed and whether or not they want to fund it.

Until then, the university will continue to strive for changes to the campus that would make students feel more welcome and, in turn, increase the popularity of USM over the years.

This article, which was originally published in August of 2016, was updated for the purposes of summer print publication to reflect newer changes and updates to the campus renovation plans.

Food Security Coalition hopes to meet campus need

Groups on campus partner with Sodexo to address food insecurity

Johnna Ossie
Managing Editor

A new group on campus, the USM Food Security Coalition (FSC), hopes to address food insecurity on USM's campuses. The group, comprised of students, faculty and staff as well as Sodexo representatives, formed in the fall 2016. The FSC was created in an attempt to gather separate groups on campus doing work surrounding food issues in one place. Their mission is to "coordinate and support the various entities at USM in their efforts to reduce Food Insecurity and Food Waste through education, empowerment, and the promotion of campus resources."

"We were talking with Sodexo about ways that we could partner, and we were trying to figure out how many different bodies there are on campus that are doing similar food-related work. What we wanted was this place where [we] could all convene to have conversations to make sure there wasn't overlap between all these different parties," said Mary-Elizabeth Simms, a graduate research assistant at USM and a member of the FSC.

According to Simms, the group's partnership with Sodexo will help address food waste on campus.

"[Sodexo has] a lot of great programs at the corporate level to increase awareness about food waste, and kind of promote waste diversion," Simms said. "They have also been

involved in talks to divert some of the food that they have in the kitchens from the waste system."

One of the group's first actions will be to place a refrigerator in the Woodbury campus center that will contain foods such as eggs, milk and dairy products for students to access free of charge. The food in the refrigerator is planned to be supplied by the Sodexo kitchen.

Along with the refrigerator in the campus center, the FSC hopes to reduce stigma surrounding food insecurity. According to Simms, there are many misconceptions about why a person may be experiencing food insecurity, such as that a person is simply not working hard enough.

"We're going to promote it as, 'If you're in need go ahead and take this food because you're helping us out.' We're trying to destigmatize being food insecure because people have a lot of negative connotations with that designation," said Simms of the refrigerator project.

Sodexo as a multinational corporation has drawn international criticism for the corporation underpaying employees to the point that they needed to access food insecurity programs. USM community members who work with Sodexo seem to have a better opinion of the company than other campus communities.

"It definitely seems better than Aramark," said Stephanie Broido, a USM senior and co-



Photo courtesy of USM Image Bank

ordinator of the campus community garden. "Aramark wasn't receptive to us opening the greenhouse in Gorham, they didn't want to work in the community garden at all, and the people from Aramark never. We could never

really find a time to meet with them about anything. Just that Sodexo has...opened up the space and wants to have these conversations, I think has been a really good place to start."

FP

Escape the concrete jungle, explore outdoors

Julie Pike
Staff Writer

Portland is much more than busy Congress Street and the Old Port, it's a city that boasts dozens of parks and is only a ferry ride away from Casco Bay's many islands. Venture outside the city limits this summer and experience all of the natural beauty that the Portland area has to offer in these five places.

Mackworth Island - Falmouth

No ferry ride needed for this island in Falmouth, which is connected to the mainland by a man-made bridge. Mackworth Island is only a 10 minute drive from campus and is free to visit and park.

Here you'll find a 1.25 mile long trail that winds around the outer edge of the island, ideal for walking, running or biking. The terrain is mostly flat and makes



Julie Pike / Staff Writer

Sight-seers explore the rocks at Fort Williams State Park in Cape Elizabeth.

for an easy hike, just watch out for occasional roots along the paths. Along your hike you'll find hundreds of fairy houses scattered all over the island, created by students from the School for the Deaf, which is located on the island. (Be careful not to disrupt the fairies who moved in!)

The entire walk offers wide views of the Casco Bay shore and surrounding islands, as well as the island's own beach. You'll find the beach right at the beginning of your walk, although it may be small it's a great option for those who hate crowded beaches.

Mackworth Island was the residence of a former governor, Percival Baxter. He left his mark on the land in the form of his very own pet cemetery, where he buried his many dogs and horses he kept throughout his life.

See **ESCAPE** on page 7

From **ESCAPE** on page 6

East End Beach and Eastern Promenade Trail - Portland

If you're looking to get the beach experience without having to leave the city, East End Beach is the place for you, the only public beach in Portland. It's located along the Eastern Promenade Trail, just a 10 minute drive from campus. Admission to and parking at the beach are both free. Along its rocky side, this beach is a perfect place to hunt for sea glass. Spend a couple hours looking for those perfectly smooth pieces of glass and you'll end up with a whole bag full of them.

If you feel like being more active, the Eastern Promenade Trail is over two miles of paved trails that follow along an old railroad track. The trails are perfect for walking, running, biking or even roller blading. During your walk, you'll have a great view of the beach and Casco Bay. Feel free to take a dip in the refreshing ocean water, but be careful: even in the warm months the water can be cold. For water activities that don't involve getting wet, visit Portland Paddle, which is conveniently located right next to the beach. to rent kayaks or stand-up paddleboards.

East End Beach is also a popular place for locals to bring their dogs, either to play fetch in the sand or take a nice walk along the trail. You could easily spend a day on the Eastern Promenade and at East End Beach. The trail has plenty of benches and picnic tables for public use. Bring a picnic and enjoy the scenery, the fresh air, and watch the hundreds of sailboats glide through the harbor. It'll be hard to believe you're still in the city.

Peaks Island - Casco Bay

For a day-long adventure on the great coast of Maine, visit Peaks Island in Casco Bay, which is only a 30 minute ferry ride from the Maine State Pier. A round-trip ticket to the island costs seven dollars and can be purchased from Casco Bay Lines. Today, Peaks Island is home to residential neighborhoods, sandy beaches, walking and biking trails, a variety of shops and restaurants and historical military sites.

Peaks Island is the most populous island in Casco Bay, and is often referred to as the Coney Island of Maine, minus the large amusement park. The island is a popular summer spot for tourists looking to spend some time on the coast of Maine, but it also offers plenty of activities for those visiting for just a day. Prepare to do lots of walking along the island, or bring your bike for a faster way to get around and explore. At Brad's Bike Rental & Repair, located on Peaks Island, you can rent a bike for a hassle-free way to get around the island.

There's lots to explore on Peaks Island. There's a wide range of beaches along the

outer edge of the island. At the southwest tip of the island is a small sandy beach, good for lounging in the sand or taking a swim in the ocean. Centennial Beach is where you can find a good collection of sea glass to search for, and it's also a great place to watch the sunset over the ocean.

Since Peaks Island has become a big tourist spot, there's plenty of restaurants and snack bars to choose from when you get hungry. You'll also find many ice cream shops here to beat the summer heat. The list could go on for ages when describing things to do on Peaks Island. To truly get to know the island, take the ferry ride there to discover for yourself.

Fort Williams Park/ Portland Head Light Cape Elizabeth

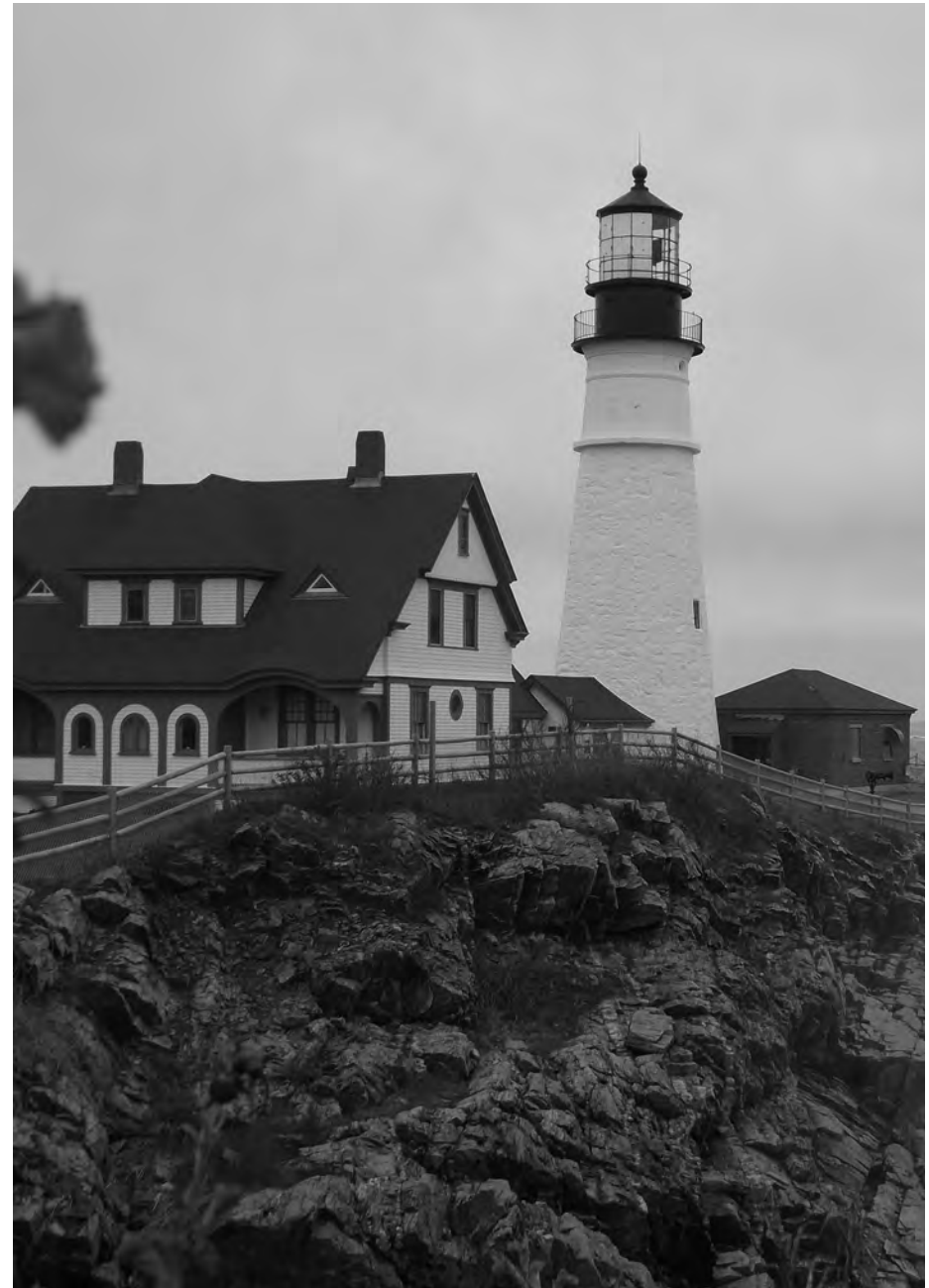
For history lovers, Fort Williams Park in Cape Elizabeth is definitely worth a visit and is only a 15 minute drive from campus. The park spans over 90 acres, which consist of green fields, rocky coasts and numerous historical sites. It's home to a mostly demolished United States Army post, Fort Williams, which was in use during World War I and World War II. What remains of the fort today is open for visitors to explore. Although some of the fort's walls are covered in graffiti, some buildings remain untouched. Within the park you'll also find Goddard Mansion, which was built in 1853 for Colonel John Goddard, who fought in the American Civil War. The exterior walls of the mansion are in still intact, although the roof and interior are gone for the most part. Still, it is an impressive structure to see.

A big part of Fort Williams Park is the famous Portland Head Light, built in 1791, which is the oldest lighthouse in the state of Maine. The lighthouse itself is still in use, and the lighthouse keeper's house was turned into a maritime museum. Admission to the museum is only two dollars.

Within the 90 acres of the park are four paved trails for pedestrians, none of which are over a mile long. There's the Goddard Loop, Pond Loop, Old Battery Loop and the Cliff Walk Loop. Explore all four of the trails and you'll get a look into all of the scenic areas of the park, from Goddard Mansion to Portland Headlight. There's plenty of recreational activities at Fort Williams, such as walking or running the trails along the park, tossing a frisbee around the open grass fields or getting a basketball or tennis game started in the park's athletic fields.

Crescent Beach State Park/ Two Lights Cape Elizabeth

Crescent Beach State Park is the longest drive from the Portland campus, at 20 minutes away, but it's the perfect spot for a



Julie Pike / Staff Writer

Portland Headlight, built in 1791, is the oldest light house in Maine. The lighthouse resides within Fort Williams Park in Cape Elizabeth and is still in use today.

peaceful beach experience in the summer. The state park was named after the mile-long, crescent-shaped beach that is the main of the park. Here you can swim in the ocean, sunbathe atop the warm, soft sand or take a stroll along the shoreline. An added bonus is the snack bar along the beach that's open during the summer, which can fulfill your ice cream needs while you spend a day at the beach. If you're not a fan of spending hours in the sun, there's wooded trails that are perfect for observing the beautiful nature along the coast. Since it is a state park, there is a small fee for admission: six dollars for Maine residents and eight dollars for non- residents.

Only a five minute drive from Crescent Beach is Two Lights State Park, which features the first twin lighthouses on the

coast of Maine. Although this state park encompasses 41 acres of land, most of it resides along the rocky coast, but it offers unbeatable views of Casco Bay and the Atlantic Ocean. If you make the trip to Two Lights, an essential part of the experience is a visit to the Lobster Shack, located a short walk from the lighthouses. This restaurant is best known for their lobster and fried seafood, but they also offer a variety of sandwiches and salads. It's also a popular tourist spot during warm weather in Maine, so come prepared for a wait. To avoid the long lines it's best to go between meal times, between the lunch and dinner rush. Right next to the Lobster Shack is the Candle Shack gift shop that sells shells, sea glass and handmade jewelry.

A price for student success

Understanding mandatory school fees

Cara DeRose
News Editor

While tuitions rise nationally and loans are an academic onus countless students carry, mandatory fees can seem like an additional burden. Yet from the perspective of USM officials, the services these mandatory fees fund, and which students regularly utilize, should not be overlooked.

“The bottom line is, really, how do [we] generate enough revenue to provide for [students] all the things [they] need to be successful,” said Buster Neel, interim chief business officer at USM. “That’s what it comes down to.”

As any student knows, paying for college is more than just paying for tuition. At USM, students pay various mandatory fees whose purposes aren’t always clear, the most notable being the Unified Fee, the Transportation Fee and the Student Activity Fee.

The University of Maine System (UMS) board of trustees votes on how much each fee will cost students, taking into account the amount of money each UMS campus needs to operate. According to Nancy Griffin, USM’s vice president for enrollment management and student affairs, what each fee costs differs from one institution to the next.

The Unified Fee, which supports educational services like USM’s libraries, Blackboard course pages and students’ UMS e-mail addresses, as well as the university’s student and fitness centers, was 28 dollars per credit hour for undergraduates during the 2016–2017 academic year.

“Up until 2003, we had several special fees,” Neel said. “[They included] everything from technology to recreation to this thing called ‘matriculation.’ All of the schools did that. So the board decided to combine them, and chose to call it Unified Fee.”

Besides the Unified Fee, depending on the number of credits a student took, the Transportation Fee ranged from 55 to 110 dollars, and the Student Activity Fee ranged from 19 to 55 dollars, for the same academic year.

The Student Activity Fee funds student clubs and organizations, such as WMPG, on campus. As described in Section 704.1 of the University of Maine Policies and Procedures Manual, the student government is responsible for distributing money acquired from the fee. Student clubs and organization can submit requests, which the student government will then vet, for a portion of these funds.

When students pay the Transportation Fee, the money goes towards parking lot maintenance, the shuttle bus and other transportation-related projects. Transportation Fee funds, for instance, will support USM’s new transportation contract with Portland METRO.

“I hear from students [about why they pay the Transportation Fee] all the time,” Griffin said. “I’m a commuter. I have my own car. All my classes are online. Why am I paying this fee?” This fee allows us to provide [transportation] services and to provide better transportation services, such as our plan to switch from a contract with the current busing service to one with the METRO.”

Other states have considered making mandatory fees optional. A provision to a \$3.2 billion higher education budget bill proposed in the Minnesota state legislature in April would make fees the state’s public colleges and universities charge optional. This provision would, in turn, impose a penalty on schools that continued to charge fees, with state funding, prorated to the amount in fees charged, jeopardized if schools don’t abide by it. Students who attend Minnesota’s public colleges and universities have come out in opposition to the proposal.

“We all want education to be affordable. But when other costs keep rising, something has got to give at some point,” Neel said. “If we, all of a sudden, had a huge increase in state funding, we would probably look into trying to lower tuition. But [students] want [their] courses to be available. [They] also want to have the support [they] need to be successful. We try to balance everything as best we can.”

FP

Credit Hours	Student Activity Fee	Transportation Fee
0.5 - 5.9	\$19.00	\$55.00
6.0 - 11.9	\$37.00	\$83.00
12.0 or more	\$55.00	\$110.00
Law Students	-	\$50.00* 6 or more credit hours
Lewiston-Auburn College	-	\$1.50/credit hour
Bath-Brunswick Center	-	\$1.50/credit hour
Saco-Sanford Center	-	\$1.50/credit hour

Unified Fee: \$28.00/credit hour for all locations

Orkhan Nadirli / Design Director



Police Beat

Selections from the
USM Department of
Public Safety police log
Feb. 23 to Mar. 10

02/23/2017

Professor looking for late work

Suspicious Person, Woodbury Campus Center. Report of a person walking around bothering students. Subject left on his own.

03/04/2017

Just hire someone?

Assist other agency, Gorham PD. Gorham PD is requesting assistance for an Officer on a traffic stop. Assistance given.

Capture the flag game interrupted

Noise complaint, Upton Hastings Hall. Report of a large group of people running around inside. Officer removed four non residents from the building.

03/05/2017

Escape from Upton Hastings

Security Alarm, Upton Hastings Hall. Caller advises that a fire exit door alarm is sounding.

03/06/2017

Morning classes are hard

Medical Emergency, Woodbury campus center. Person on the Shuttle bus possibly passed out. Person was fine, no transport.

03/09/2017

Need to decorate my dorm

Theft, Luther Bonney Hall. Report of missing artwork from the first floor of Luther Bonney Hall. Under inv.

03/10/2017

Is there free food in here? Oh, sorry.

Disturbance, Upton Hastings Hall. Caller advises that a meeting was being disrupted by two people. resolved, report taken.

Police Beats are edited for grammar and style

Arts & Culture

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Portland eats: New, cool, cheap or fancy

Mary Ellen Aldrich / Arts and Culture Editor

Being new to a place, or maybe just not being the type to explore even familiar places, can leave a person with an important question that begs an answer: Where to get some grub. There are several little hideouts, nooks and lesser-known places to grab some food in Portland. Here's a brief rundown of a few places worth checking out:

#6 Clocktower Cafe

389 Congress St, Portland, ME 04101

Because this place is hidden beneath the city hall on Congress street, many are unaware of its existence. For a college student, this place can be a lifesaver. About six dollars gets a sandwich and a drink. There are several options for sandwiches, salads and other foods. They recently revamped their menu with healthier and lighter options and provide nutritional information and calorie counts on the food offered.



#5 Aurora Provisions

64 Pine Street, Portland, ME 04101

If starting the day with a cappuccino or local coffee and a scone sounds good, this place is perfect. They offer baked goods, dining, prepared foods for on-the-go and fine wines and drinks. There's plenty of seating and some big windows perfect for the people-watching types.

#1 Ohno Cafe

87 Brackett St, Portland, ME 04102

This small cafe can be found in the Westend if one knows where to look. They serve various kinds of sandwiches for lunch and dinner as well as having breakfast options that are served all day. If there isn't something on the menu that looks exactly perfect, there's the option to "make your own" with different options for breads, meats, and cheeses. The drink selection includes MaineRoot soda and many other beverages as well as a growing selection of beer and wine.

#2 City Deli

One City Center, Portland, Maine 04101

With its reasonably priced sandwiches, soups, wraps and other foods, City Deli is a good place to stop in for a bite to eat or get catering for events and parties. Located in Downtown Portland at One City Center, it's a convenient place to stop for lunch while out shopping or strolling through town.

#4 Sisters Gourmet Deli

15 Monument Square, Portland, ME 04101

This is a fairly new place and has some even newer offerings on the summer menu. The food is high quality and fresh, definitely proving to be gourmet. They cater events and parties as well as offering eat-in and carry-out. They have a variety of sandwiches including breakfast sandwiches and gluten free options.

#3 Golden Lotus

511 Congress St, Portland, ME 04101

A good Chinese place is sometimes hard to find, the Golden Lotus is a good place to satisfy that Chinese food craving. Offering eat-in or take-out, the Golden Lotus menu has variety and quality that is sometimes difficult to find in the same place. There's plenty of seating and it's a nice, clean and enjoyable atmosphere for lunch or dinner.



Photos by Bradford Spurr / Director of Photography
Graphic by Orkhan Nadirli / Design Director

TOP 5

student organizations and clubs to join on campus

Krysteana Scribner
Staff Writer

Summertime: A few months to reflect on how, as students, we will continue to push ourselves in the direction of our dreams. You may be thinking that the road to achievement and success starts with good grades, and you're not completely wrong. One way to continue pursuing your passions would be to join a student organization or club on campus, one that fits your interests and needs as an undergraduate trying to find your niche on campus.

Not only will you meet exceptionally intriguing people, but you'll build a resume; employers love when potential employees. Here is what I believe to be the top five clubs and student organizations one should explore during their time at USM.

1. Critical Thinking / Mindfulness: YesPlus Club and Candid Conversations

It can be difficult to know whose opinions are valid and important. While USM does offer student organizations such as the USM Socialists and Young Americans for Freedom, consider joining these student organizations/activities that force you to reflect on diverse opinions and perspectives. YesPlus Club, while new to campus, has a simple mission statement that aims to "foster the daily practice of human values - a sense of connectedness and respect for all people and the natural environment, and attitude of non-violence, and an ethic of social service." In this club, you can learn new ways to de-stress and gain a stronger awareness of how your communication skills may impact interactions with others.

If you're interested in the aspect of discussion, attend USM's Candid Conversation panels, described as "a series of ongoing moderated forums that provide space for USM affiliates to discuss controversial issues in a constructive manner." While it's not a student organization or club, what better way to learn about the social issues in the world today than to sit down with other people and learn their varying perspectives? It's a space for learning, not judgement. For more information on YesPlus: katie.tomer@maine.edu

For more information on Candid Conversations: muna.adan@maine.edu

2. Fitness and Outdoor Exploration: Outdoor Adventure Board / Capoeira Club

If you're looking to escape into nature this fall, whether for the peaceful beauty, the adrenaline pumping activities or the simple desire to get away for awhile, the Outdoor Adventure Board is a great way to get your nature fix for a cheap price. This group, funded by USM, simply encourages people to get outside. There are various trip options, most of which will not be announced until the beginning of fall, but it includes adventures such as hiking, kayaking, skiing, horseback riding, exploring Canada, dog sledding and so much more!

If you're looking for a fitness regime that's a bit more specific to your schedule, USM now offers a Capoeira (Cap-o-way-ruh) Club. While it's quite unheard of in Maine, it's a great way to get fit and have fun doing so. According to their Facebook, it is a Brazilian martial art that combines dance, acrobatics and music. If the idea of participating in a form of martial art feels daunting to you, don't be afraid! The club welcomes beginners, and the first Monday of every month is dedicated to students who are new to it. The classes, which take place in the Sullivan Gym, are free for USM students who present their IDs.

For more information about the Outdoor Adventure Board: oab.usm@maine.edu or 228-8432 - For more information about Capoeira Club: shane@compassproject.org or visit their Facebook

3. Clubs for a Cause: Environmental Science and Policy Student Group

Looking to make a positive change in this often-depressing world we live in? Then look into joining the Environmental Science and Policy Student Group (ESPSG). Their mission statement is to, "promote environmental awareness, activism, and enjoyment through participation in community service, education and outdoor activities." You get to enjoy the great outdoors; but at no cost other than some of your time. They work on advancing sustainable efforts at USM, such as reducing waste, including new forms of efficient energy use and they maintain the community garden. Their meetings are typically monthly, but change depending on the needs of the

group/local community. For more information on the ESPS: espstudentgroup@gmail.com

4. Media, Online and Print Exploration: The Free Press Student Newspaper / WMPG Radio

That's right, we're plugging our own student organization. It's not because of biased intentions, but simply because applying your interests is so easy to do at both *the Free Press* and WMPG. You can write about anything you want, work hours that fit your schedule and dabble in other forms of content creation too, like photography, graphic design, advertising and more. WMPG is great too: You can learn audio production programs, organize records or even start your own radio show! These two student organizations are all about taking your interests and putting them into a platform you can share with your local community. You don't have to have any prior experience either.

These student organizations are a place for you to build on your current skills and learn something new. Working at these student organizations can take you a long way, and will help you get into internship programs in journalism and radio production. Simply walk into their offices on 92 Bedford Street and say hello.

For more information about *the Free Press*: sarah@usmfreepress.org - For more information about WMPG: programdirector@wmpg.org

5. Start your own club! The future is yours for the taking

Sometimes, it looks even better on a resume to have built your own club and to be the leader of your own initiative. Simply look at the list of student organizations by searching it on the USM website. If you don't see your idea for an organization or club in action, fill out the form provided on the site. Once you get the approval, the world is yours for the taking! You'll have the chance to apply leadership skills, teach and learn from other students, and make new friends along the way. Explore your interests, find amazing people along the way and impress your future employers too. So, when will you take the leap of faith? Be bold, take the initiative and don't be afraid of success.

FP



Photo courtesy of Outdoor Adventure Board USM Facebook Page

If you're looking to escape into nature this fall, the Outdoor Adventure Board is a great way to get your nature fix for a cheap price. This group, funded by USM simply encourages people to get outside, for being active with friends provides both physical and mental benefits.

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

Our most anticipated movies for the summer months



Photo courtesy of Marvel Studios

John Rocker Staff Writer
Aaron Halls Staff Writer

Hello everybody! Instead of doing a traditional top five, we will each choose three films that we're looking forward to watch this summer. This will be our last article, as we are both graduating. We just wanted to say thank you for reading our reviews and we hope you've enjoyed them as much as we had writing them. Have a fantastic summer and take care. We hope you enjoy some of these film as much as we will!

John's Pick: The Big Sick (June 23)

A romantic comedy starring Kumail Nanjiani, and based on his relationship with writer Emily V. Gordon. This film was heavily praised at Sundance, and after seeing the trailer, I'm excited to see it. It looks like a good blend of comedy and heart.

Aaron's Pick: OKJA (June 28)

Bong Joon-ho who directed 2013's smart and stylish sci-fi film *Snowpiercer* is finally releasing another film through Netflix which I can't wait to see. The film centers around a girl trying to save a giant animal from a mys-



Photos courtesy of FilmNation Ent.

terious organization.

John's Pick: Dunkirk (July 21)

Christopher Nolan's latest film about the evacuation of the British army from the city of Dunkirk in 1940. Just the name Nolan alone will bring me to the theater, but I'm interested to see how he will deal with a war film.

Aaron's Pick: Spider-Man: Homecoming (July 7)

First introduced in *Captain America: Civil War* Tom Holland's energetic portrayal of Spider-Man made him a fan favorite for many. Focusing on the character's high school life and including fellow MCU hero Iron-Man should make this a relatable yet exciting time at the theater.

John's Pick: War for the Planet of the Apes (July 14)

Matt Reeve's *Dawn of the Planet of the Apes* truly surprised me back in 2014. The way the story twisted kept me invested throughout the entire film. This sequel seems to ramp up the action, and I hope it delivers.

Aaron's Pick: Wind River (Aug. 4)

Actors Elizabeth Olsen and Jeremy Renner already have shown great chemistry in the *Avengers* films as *Scarlet Witch* and *Hawkeye* respectively. In this film they'll be paired with the writer of last year's fantastic *Hell or High Water* in a film about two agents investigating a murder. With so much talent involved it has all the right ingredients to be something special.

FP

Highly anticipated summer Anime films to look forward to

A witch, a disk jockey and a spin-off

Mary Ellen Aldrich
Arts & Culture Editor

Anime is often thought of as only television series and manga. However, there are many feature length films out there in the anime genre. For those looking for a new anime film, there are several coming out this summer.

Studio Ponoc is putting out its first feature length film in July 2017, *Meari to Majo no Hana*, or in English, *Mary and the Witch's Flower*. This film is based on the book *The Little Broomstick* by Mary Stewart. The film is about a girl who happens across a mysterious flower and for one night is granted the powers of a witch.

Kimi no Koe wo Todoketai (I Want to Deliver Your Voice), is set to come out in August, though the exact date has not been released. The film is about a highschool girl who believes her grandmother's tales of spirits that live within words. One day the girl, Nagisa Yukiai, wanders into an abandoned radio station and, on a whim, decides to try and DJ. Her broadcast reaches an unexpected audience.

August 26 will bring a film adaption of a Hiroshi Hiroyama manga series. The film, *Fate/Kaleid Liner Prisma Illya: Oath Under the Snow*, is a spin off of the anime series, *Fate/Kaleid Liner Prisma Illya*. Not much about the film's plot has been released, but enough has been shown to spark the interest of anime watchers.

FP



Photo courtesy of Silver Link

Are you interested in writing film or music reviews? Email editor@usmfreepress.org

The Free Press taught me about myself

Matthew Craig
Staff Writer

During my time as the Arts & Culture Editor, it's been real. It's been fun. It hasn't been real fun, though. College is a time for experimentation. When I sat down with my academic advisor last spring and asked him what I could do to further my Economics career, he was mostly at a loss but told me to go work for *the Free Press*. I took his advice and shortly thereafter I was attending events and interviewing people.

I was fortunate enough to find myself in a position to work as an editor after the semester finished. Until I began working in the fall, I really had no idea what an editor does. I also had no confidence that I could come up with ideas for stories to write, that seemed like an arcane talent. With the help of Krysteana and Professor Waldrep (sometimes with more of it than I wanted), I found a rhythm that worked for me and I was happy with what we were reporting in Arts.

After fumbling around in inDesign

for a while and with a lot of help from Hannah, our previous Design Director, I no longer found myself sweating bullets during production day with three assignments due the following evening. I also bought myself a DSLR camera in the process and I can take a decent photo.

Working at *the Free Press* has been an invaluable learning experience for me, and taught me more than any class I've ever taken. I was compensated for learning. I would definitely recommend working for an entity like the *Free Press* to any student. It's not quite like the real world, but at least in my case the pressure to succeed taught me so many things that I would otherwise not know. It also offers the opportunity to work with and get to know a passionate, diverse and supportive group of people. I'll never forget the jokes and camaraderie of production days.

The final, and most important thing that *the Free Press* brought me is my girlfriend, who I met while reporting on a play. By the time this is published we will have celebrated our first anniversary. I'm now choosing to pursue a



Photo courtesy of Facebook

career path that's incompatible with an editor job and Mary Ellen, our former Community Editor, is taking over. I'm excited to see what she brings to the section.

FP

The same great place, a new job title

Mary Ellen Aldrich
Arts & Culture Editor

The Free Press has been putting up with me, Mary Ellen, since the fall of 2016 when I started out as a writer. I was moved to Community editor after two or so weeks and I held that position until I was moved to Arts and Culture (A&C) editor starting this summer. I'm double majoring in psychology and linguistics with a concentration in ASL/English interpretation and a minor in Deaf studies.

I enjoy learning about new cultures and beliefs, including Irish culture and heritage (I'm an Irishman myself), Deaf culture and many others. Generally I just love learning. I enjoy exploring nature and spending time in the outdoors. I also have an aversion to wearing shoes and will almost always be barefoot (except for the rare occasions that I have to pretend that I'm a professional adult).

Art in all forms is something I find fascinating and I enjoy exploring its meaning as well as sharing my findings. Classical music is my top favorite music genre with Tchaikovsky and Beethoven at the top of my "most favorite composers" list. Art is often



Mary Ellen Aldrich / Arts & Culture Editor

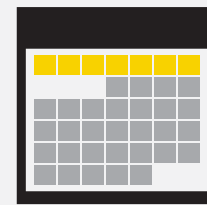
Mary Ellen enjoys exploring nature in her spare time.

an essential component of culture and a valuable means of communicating emotion. Learning about a culture's art can provide a glimpse into the culture itself and give a level of understanding about the people who make up that culture.

I'm looking forward to another year

at *the Free Press* and I'm hoping to have the privilege of working with some new writers as well as those who have stayed on. If you're interested in writing for A&C you can shoot me an email at maryellen@usmfreepress.org

FP



A&C Listings

Tuesday, May 31

Riverdance
Merrill Auditorium
20 Myrtle Street
Starts: 7:30 p.m. / Ends 9:30 p.m.

Thursday, June 15

Portland Jazz Orchestra
One Longfellow Square
181 State Street, Portland, ME
Starts: 8 p.m.

Thursday, July 6

John Davidson
One Longfellow Square
181 State Street, Portland, ME
Starts: 8 p.m.

Sunday, July 23

The Stray Birds
One Longfellow Square
181 State Street, Portland, ME
Starts: 8 p.m.

Monday, August 14

Paint Party
Barn Cage
5 Cold Storage Road, Port Clyde ME
Starts: 5:30 p.m. / Ends: 8:30 p.m.

Sunday, August 27

Irish Session ft. the Milliners
Bull Feeny's
374 Fore Street, Portland ME
Starts: 12 p.m. / Ends: 3 p.m.

Want to submit an event?
arts@usmfreepress.org

Perspectives

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Activities Overview



Photo courtesy of Alex Carrier

Student activities at USM

Alex Carrier*Coordinator of Student Activities*

Welcome to USM! As a new husky, I'm here to help you get acclimated to life as a student while encouraging you to get involved outside of the classroom. Allow me to introduce myself: I'm Alex Carrier, Coordinator of Student Activities. My office is based in the Woodbury Campus Center and I focus on programming, overseeing student organization operations, and managing one of your most helpful resources, the USM app!

If you haven't already, head to usm.maine.edu/app and hit download! This FREE app has a plethora of helpful resources, including a daily schedule of events on all campuses, hours of operation for dining locations, information about student organizations, and the daily bus schedule of the Portland-Gorham shuttle.

When you arrive in August, I hope you'll join me for the many Week Of Welcome (WOW) activities that we have planned for both the Portland and Gorham campuses. These include Husky Fest, which is an involvement fair featuring many student organizations and campus offices that are here to

get you connected to the best resources for supporting your success here at USM. Week Of Welcome is just one of many Campus Traditions, others include Homecoming Week-end, Spring Fling, and Senior Week - for graduating students!

Curious about how to get involved? Reach out to schedule an Involvement Coaching session! These 30-minute, one-on-one conversations allow us to learn about you, your interests, and your career goals, so that we can provide you with personalized recommendations of different student organizations or involvement opportunities that will be the right fit for you. To schedule an Involvement Coaching session, please visit usm.maine.edu/activities/coaching.

Finally, I am always looking for students who are eager to support the many programs and activities that we coordinate throughout the semester. If you have Work-Study funding and would be interested in working with me, please shoot me an email! I can be reached at alexandrea.carrier@maine.edu or 780-5624. I am so excited that you're joining the USM family, and I can't wait to have you participate in the campus community through involvement.

FP

Advising Advice

Advising is a partnership

Janis Albright*Academic Advisor*

Advising wishes all students a great summer experience at USM! Whether you are new or returning for classes, taking a few moments to review how Advising works is critical to your academic success.

As you may know, Advising is a partnership between you, your Faculty Advisor (if you are in a major), and your Professional Advisor. Try to be proactive. Set appointment times to meet and get to know your advisors, share your interests with them so they can help you accomplish your goals, explore or review majors and minors, develop a graduation plan, and ask for help, when you need it.

Your Advisors' names will be listed on MaineStreet, on the right side of your Student Center. Click "detail" to see their email addresses. (During summer, some Faculty Advisors may be away, but you can always call academic departments to ask questions.)

Your Professional Advisor is your primary advisor until you reach your junior year. This person works with you to begin to create your academic map to graduation, approves your semester course schedules, connects you to people and resources on campus, and helps you navigate USM's policies.

Your Faculty Advisors is a professor in your department and your primary advisor from junior to graduation. This person works closely with you to finish your academic map to graduation. Faculty Advisors are experts in the field so ask them about hands-on experiences like internships, or possible job settings to explore. Please reach out to them. What if you are "Undecided" and not in a major yet? You can still meet with a Faculty Advisor in a department that you are considering as part of your major exploration.

One way to maximize the benefits of this partnership is to create a way to organize the information and ideas gained throughout advising conversations. You may discover something exciting from one of your meetings that you will need a year later. We suggest that you develop an electronic "Advising" folder, or keep a handwritten notebook, so that you can apply all those great tips, when you need them.

By developing an academic relationship with your Advisors, you will be supported and have a much more enjoyable experience at USM. You will also gain additional knowledge, insights, and options that you may not have thought of alone, to reach your academic and life-time goals.

FP

Welcome

Meet the new managing editor

Johnna Ossie*Managing Editor*

Hey, my name is Johnna, I'm the former News Editor and now the new and shiny Managing Editor for *the Free Press*! What does a managing editor do, you ask? Good question! I'm here to help you join our student paper, figure out what you want to write about, help you get the hang of newspaper writing and connect you with a section editor! Or we can talk at length about Gilmore Girls, 30 Rock, feminist theory or our general irritations and feelings. When I'm not holed up in *the Free Press* office writing, doing homework or crying, I like to tend to my plants, hang out in the woods, read, ride my bicycle and spend time wishing I had a pet dog. I'm a Social Work and Women and Gender studies major and down to help you find your place at *the*

Free Press.

You can contact me at johnna@usmfree-press.org or stop by our office to say hi.

FP



Photo courtesy of Johnna Ossie

Letter from the President

This is truly a great time to be at USM

Glenn Cummings

President of the University of Southern Maine

On behalf of USM, I welcome you to the University of Everyone! You have made a great choice to join the USM community of outstanding faculty, caring staff and our incredible and diverse student body.

Indeed, nothing makes me prouder than our rich mix of students. USM is a place where no matter your background, age or experience, I guarantee you'll see fellow students just like you. And we work hard to ensure that everyone feels welcome and supported.

And that is why we call USM the University of Everyone.

You'll greatly benefit, too, from living and learning in such a diverse surrounding community located in one of the most dynamic and desirable locations in the entire country.

Because USM is situated in the economic and cultural heart of Maine, we are able to offer our students a unique and extraordinary learning environment inside and outside the classroom. Our strong community partnerships provide invaluable internships and other learning opportunities with businesses of every size, local governments,

hospitals, human service agencies, the tourist industry, non-profits, theater and music venues and professional sports teams.

No other university within the state of Maine or even northern New England can match these authentic hands-on learning opportunities.

I cannot urge you strongly enough to take advantage of the unique opportunities that USM's community and workplace partnerships offer you. You'll gain tremendous experience in your field of interest. You'll be truly engaged in the community. You'll be strengthening the health of our economy and the people who live here. When you graduate, the real-world experience you gain here will give you a leg up in launching your career or pursuing graduate study.

This is truly a great time to be at USM. We're making new investments in our programs and facilities, our partnerships with the community are expanding, the number of new students enrolling here has been growing and our diversity is getting richer.

I look forward to meeting you, and no doubt you'll see me on all three of our campuses. Please stop me to tell me how you're doing and what else we can be doing to support you during your time here. Again welcome!

FP



Photo courtesy of Glenn Cummings

Monday Missives from G: On a personal note...

Johnna Ossie *Managing Editor*
Sarah Tewksbury *Editor-in-chief*

Each week, President Cummings enters all our of inboxes in a campus wide prose poem/stream of consciousness titled the Monday Missive (unless it's a Tuesday Tardy). In the *Free Press* office, we are quite fond of the Monday Missive. Here, we have compiled some of the most special personal notes from "g" for your reading pleasure.

9/7/16

I, myself, spent the holiday relaxing; hence this missive is a bit late this week. My apologies.

9/19/16

Over the past couple weeks, I have been reading Colson Whitehead's recent book, *The Underground Railroad*. The gruesome, even horrendous, conditions under southern pre-Civil War slavery make this a painful read from a human compassion point of view. That said, the historic truthfulness of the story line and the skillfully crafted narrative make the novel well worth reading.

9/26/16

As the cool clear days of late September emerge, it suddenly feels like a different epoch from our warm and (usually) less demanding summer. And, certainly, as

the first papers and exams of the semester encroach, we feel a new energy and the weight of our responsibilities. I must confess, too, that this time of year - more than any other - reminds me of the passage of years (and perhaps my own growing older). Tinged with the beauty of clear blue skies, cooler temperatures and burning red and yellow of the heightened foliage, fall sometimes touches the impermanence of things, the constant cycle of passing and rebirth.

10/24/16

Hope the middle of our semester is treating you well. Speaking of 'treating' I hope your Halloween this weekend is fun and enjoyable (or at least full of tasty candy). Perhaps the most scary thing you will experience this week is reflecting on the state of our country as displayed by our elections. Have faith: we are approaching Election Day.

May you have a non-scary week full of connections and learning.

11/20/16

On a personal note, let me express my gratitude for being part of this great university. I wake every morning honored to have this opportunity to serve the impressive students, staff and faculty of our school - and our great state. Thank you deeply.

11/28/16

On a personal note, my two years as a federal bureaucrat were avenged this Sunday after spending over three hours on federal financial aid forms (FAFSA and CSS) for my daughter who is now applying to colleges. I possess a renewed admiration for our many students, and their parents, who complete them annually. And a deep apology for all the forms that went out under my name when I worked in the U.S. Department of Education.

12/12/16

May your week be full of brilliant papers and exams - and your holidays be very joyous.

1/29/17

On a personal note, I just finished reading Sebastian Junger's *Tribe*. Junger, who was embedded in several U.S. Army platoons in both Afghanistan and Iraq, makes an impressive counter to our assumptions about our veterans who return home with mental and physical health issues. He deconstructs the frayed fibers of American society to reveal a society ill-equipped to heal emotional wounds - or to replicate the tight bonds and purposefulness of a platoon's mission. Contrasting us to Israel or the 17th century Iroquois Nation, he argues our isolated and disintegrated social culture fails to meet

the deeper needs of our returning men and women who offer their lives to preserve our democracy. Interesting read.

4/18/17

On a personal note, I spent the Passover-Easter weekend in California, celebrating my father-in-law's 90th birthday. Remarkable for his outstanding mental acuity and physical health (my wife describes him as a virtual 'twenty year old with bad knees'), he works out each morning with a trainer and reads more books and articles in a week than I do in a month. When we unsuccessfully tried to 'surprise' him with a family birthday gathering, he remarked that 'me being 90 is surprise enough'! We should all be so blessed with such health (and humor).

4/25/17

Forgive the Monday Missive turning into the Tuesday Tardy as I must confess the brilliance of the Sunday warmth and sunlight dissolved whatever discipline I usually exhibit. I took a run, read the New York Times in the sun of the back porch and fell asleep for an embarrassingly long nap.

May your week be free of intense anxiety and full of great learning and connections.

G

g

FP

Farewell Letter

Goodbye *Free Press*

Erin Brown
Outgoing Sports Editor

While covering Division III athletics is not the most glamorous job by a long shot, it has been a great ride this past year working as Sports Editor at *the Free Press*. I've met some incredible people and heard some incredible stories, on and off the playing fields. (And I've had ample chances to use corny sports phrases more often than anyone should). Not only have I met some of the funniest people at USM in the office of *the Free Press* alone, the stories I've heard about the athletes, past and present, at this school reach beyond the scoreboards. (Cue corny sports phrase.)

This past fall I was able to watch the Student Athlete Advisory Committee in action hosting unified sports every Sunday night with Special Olympics Maine. During the celebration of 50 years of women's athletics at USM, I had the chance to learn about Paula Hodgdon, her role in bringing women's athletics to USM and the success she has brought to the university during her time coaching multiple sports. I spoke to USM's first wrestling National Champion, Dan Del Gallo, days before he won the title and became the most winningest wrestler in USM history. A record he took from his coach, Mike Morin. I met with baseball head coach Ed Flaherty to speak about the baseball stadium being named in his honor just days later and heard stories about his thirty plus seasons as coach.

Those are just a few stories out of the dozens I learned over the past year that I would never have had the chance to hear if I hadn't had the opportunity to take this position. Though, I'll miss it, some days less than others, I'm thankful that after applying for the paper four times (hehehe) they finally got back to me and hired me on. I'll miss the free pizza and the company of my fellow editors and all of their writers. But now I guess I should find a job.

FP



Photo courtesy of Erin Brown

USM Libraries

David J. Nutty
Director of USM Libraries

Welcome to the USM Libraries. Yes, we have more than one! There's a library on each of USM's three campuses in Portland, Gorham, and Lewiston-Auburn. Your access to our combined resources and services is the same no matter where you decide to study or do your research. Bookmark our website now: usm.maine.edu/library.

The most important step? Bring your student ID card into the library so we can activate it immediately! Then start exploring our print and online materials, on campus or off.

Looking for books or ebooks? Our online catalog (URSUS) will give you access to more than 1.5 million books. You can even request that a book be sent from another campus for you - just use the number on your student ID card. From URSUS, you can also connect to the MaineCat statewide catalog and request books.

You will find many of your 100 and 200 level textbooks on reserve for your use in the library. Many required readings are available on e-reserve. Visit our Digital Commons to locate research and other materials authored by USM students, faculty, and staff. You also have access to ebooks online. If you are looking for a 'novel' diversion, try CloudLibrary to download an audio or ebook. Check out

thousands of DVDs and streaming videos too.

Looking for an article? We have over 220 databases that you can access easily both on campus and off-campus with a login. We created Research and Course Guides that point you to the best databases for your topic. And if you're really stumped, you can email, text, or chat with us online at Ask-A-Librarian!

Our rapid interlibrary loan service is amazing! If you need an article that isn't readily available, create an account at ILLiad. Most often your request is filled in hours, not days.

Each campus library offers a variety of great spaces to study, research, or do collaborative work. We offer group study rooms that you can reserve in advance, individual cubicles, comfy chairs, and big tables. What's your preference? Each campus library also provides printers and scanners, software, and a computer lab with help is available.

Portland and Gorham offer free tutoring and research assistance in their Learning Commons; Lewiston's is provided collaboratively by the library and the Writing Center. Book a tutor or request a consult with a librarian - we're committed to help you every step of the way!

"Google can bring you back 100,000 answers, a librarian can bring you back the right one." Neil Gaiman

FP



Welcome message from USM Public Safety

Kevin J. Conger
USM Chief of Police

I would like to take the opportunity to welcome summer program students, incoming students in the fall, faculty and staff to USM. USM police are fully trained, state certified officers. Our offices are located in the Sullivan Gym on the Portland campus and 28 Husky Drive on the Gorham campus. Please feel free to visit our website at www.usm.maine.edu/police.

Sign up for the USM ALERT, an emergency notification system that is used to notify members of the campus community in the event of an emergency on campus (such as safety related incidents). Once you have registered you will receive a text message on your cell phone alerting you to the emergency and directing you to the USM website or Emergency Phone line recording for updated and more thorough information upon availability. To sign up for this service, simply go to: <http://www.usm.maine.edu/usmalert>.

You will be directed on how to complete the online registration and then will receive a confirmation e-mail and/or text message. If you have difficulty completing your registration please contact USM Public Safety at 780-5211. USM Public Safety would also like to remind you to not leave valuables unattended, and to secure them whenever possible. Please call us at 780-5211 to report a crime or notify us about your safety, security and parking concerns.



Photo courtesy of Andy Molloy, Kennebec Journal

Student and faculty and staff parking permits are available at Public Safety in the Sullivan Gym, on the Gorham campus and in the Parking office located in the Parking Garage in Portland. Students only may obtain one at the campus card office on each campus as well.

For any emergency at Lewiston Auburn College (LAC) Dial 9-911 from any campus phone to reach the Lewiston/Auburn 911 center. If you have questions, concerns, complaints, reports, or suggestions about parking, you can reach us via the "contact us" link on the website or call us at 780-4718. For any questions or concerns, please email usmparking@usm.maine.edu for more information. Have a safe and pleasant summer.

FP

Osher Map Library



Photo courtesy of Osher Map Library

Osher Library offers students a world of information

Welcome to USM, from the staff here at the Osher Map Library and Smith Center for Cartographic Education (OML). You may have seen our facility when you toured USM, but if not, OML is located on the first floor of the Glickman Family Library Arcade, at the Bedford Street end. We have over a million items in our collections; our oldest map is a 1475 map of Palestine. If you stop by, you can see that, or any of our other maps, globes, atlases, early (and modern) travel books, or other items. If you need a map for a research project, we should have exactly what you are looking for. If you don't know what you need, we can help you find it. We also have a large reference collection, with books on cartography, geography, history, art, printmaking and geology.

If you need a work-study job, we employ a number of students in our reference room

and our digital imaging lab. Our student employees learn how to be a docent, and how to serve both circulating and non-circulating collections. They may also learn about basic conservation, rare materials handling, preparing digital images for the web and exhibition preparation.

We have a number of different spaces in our facility. The Bernard and Barbro Osher Gallery hosts a series of exhibitions of early maps from OML's collections, and travelling exhibitions from other institutions. The Arthur M. Ryan Reference Room is OML's heart, where visitors can access rare, reference, and digital resources. It also features two display cases for OML's substantial collection of early globes and a seminar room. There is also the Cohen Education Center which is OML's multi-purpose instructional space.

FP

Osher Map Library Hours of Operation

Tuesdays	10 am to 4 pm
Wednesdays	10 am to 4 pm
Thursdays	10 am to 2 pm
Fridays	10 am to 4 pm
Saturdays	10 am to 2 pm
	(or by appointment)

visit us online at oshermaps.org

Special Collections

Special Collections at Glickman Library

Interested in working with or using rare and unique objects while attending USM?

Special Collections, which includes the Jean Byers Sampson Center for Diversity in Maine, is located on the 6th floor of Portland's Glickman Family Library. Special Collections has manuscripts, printed items and objects dating from 1499 to 2017, including an 1860 sign for a runaway slave, letters by a USM student from the 1890s, a photograph album of African American tourists in 1940s Maine, a Yiddish version of Uncle Tom's Cabin, and a 1983 Gay Monopoly set. Our materials span His-

tory, English, Political Science, LGBTQ+, African American, Jewish, Book Arts, Art, Photography, Propaganda, and Games just to name just a few!

The collections are open to all students and faculty for research, class presentations and assignments. Special Collections hires work-study students, graduate assistants and hosts students pursuing internships. We are also building a digital treasure trove of images from our collections.

Check out our website and digital commons at usm.maine.edu/specialcollections

FP

Student Body President

A letter from Humza Khan

Humza Khan

USM Student Body President

Dear Friends, My name is Muhammad "Humza" Khan and I am serving as your Student Body President. We, at the Student Government Association, would like to welcome you to the University of Southern Maine.

As your Student Body President, it is my job to represent you and help solve student concerns. We have worked on major initiatives over the previous year such as Textbooks on Reserve, which is a program to put all textbooks needed for coursework at USM on reserve in USM Libraries. We have also worked on eliminating the cost of academic supplies by partnering with the University Surplus Store and having supplies such as notebooks, pens, pencils, and other supplies available to students for free. We feel strongly that facilities at USM need to be improved significantly and worked on bringing in completely new furniture in the Multicultural Center. I would like to thank Student Senators, Cabinet Members, and other members of our administration who diligently to help complete these initiatives. We will continue to take on bigger and better projects to help resolve student concerns.

The Student Government Association has done this work because we believe that USM is our home and that we have a responsibility to lead this University in the right direction. The University of Southern Maine is now your home too. We have a collective responsibility to help make this University a better place for future students as others have done in the past. I would like to ask you to join me in this noble cause and help improve this University.

Student Body Vice President PDG Muhammadiriza, Chair of the Student Senate Muna Adan, Vice Chair of the Student Senate, Rudolph Da



Photo courtesy of Humza Khan

Rocha, and I would like to welcome you to USM. We look forward to helping resolve student concerns.

The main purpose of our role on campus is to advocate and solve student issues. For us to do that we will need to hear from you. We will need to hear your concerns or comments about our facilities and services so that we can work with the administration to improve them.

There are many ways you can make your voice be heard. You can reach out to us directly through social media or email, attend a Student Senate meeting, or set up a time to meet with me personally. I would like to emphasize the point that we want to hear from you and will work to resolve small or large concerns to the best of our ability. You can also make your voice be heard by joining the Student Senate and becoming a Student Senator.

Thank you for join the University of Southern Maine and becoming a Husky.

Contact: muhammad.khan@maine.edu
207-766-1890

FP

Your guide to Portland and Gorham campus locations

PORTLAND CAMPUS



GORHAM CAMPUS



Hannah Lyon / Design Assistant

The two most common campus locations can be intimidating, which means you can get lost more than once trying to find your destination. Here is a simple guide to help you find your way.

1 THE FREE PRESS

Our office is one of the small white buildings located next to the parking garage. We share our building with WMPG radio station downstairs. There is always someone in the office whether its our business manager Lucille or one of the staff members, so come in and say hello!

2 PAYSON SMITH HALL

Payson Smith is the building almost directly across the lawn from Luther Bonney. It's home to USM counseling services and a variety of classrooms. The temperature is always too hot or cold in these classrooms, according to our staff, so be prepared to under or overdress.

3 LUTHER BONNEY HALL

Luther Bonney is home to all your USM needs. They host a small snack shop, a computer lab, advising assistance and much more. It's a great building located right across from the Free Press office! However, beware of the elevator if you can - students found themselves stuck in the elevator more than once last semester, including one of our staff members.

4 WOODBURY CAMPUS CENTER

Woodbury is where you can grab a bite to eat, stand outside to catch the bus to Gorham, or go to the bookstore and buy that last minute book that you couldn't find on Amazon. Beware the costs, though - at both at the bookstore and the cafeteria.

5 GLICKMAN LIBRARY

If the Luther Bonney computer lab is full, there's always enough computers at the Glickman library. You can also reserve a group room which is perfect to work on group projects. Trust me, you will have plenty of homework and projects to do this semester!

6 UPPERCLASS HALL

Upperclass hall is home to, well, upperclass. All apartments and suites have a private bath, (yes you read that right!) It's very luxurious and expensive.

7 COSTELLO SPORTS COMPLEX

Take advantage of the free activities and cheaply priced athletic classes Costello has to offer. Ever wanted to try a Yoga class? A spinning class? How about just run around the track between classes? Being a student at USM means you have an accessible gym at your fingertips for no extra cost.

8 BROOKS STUDENT CENTER

This area of USM's Gorham Campus is home to a recreational hub of activities that periodically occur throughout the semester. Grab some food and relax here. Brooks Student Center is also home to the another campus bookstore, where you can exchange your texts and buy new ones every semester.

9 BAILEY HALL

This building is home to a variety of classrooms, a small snack shop and a computer lab that has comfortable chairs and plenty of seating space. Better yet, if you're trying to study but need a quiet place to go, head on up to the second floor of the computer lab. You'll find that isolation on the Gorham Campus during finals week becomes a grateful safe haven.

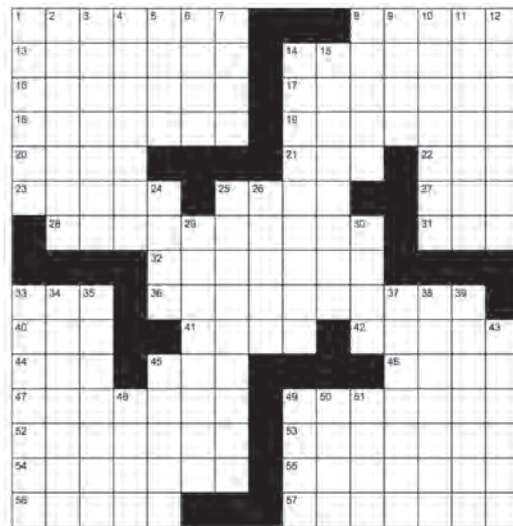
10 CORTHELL HALL

Corthell Hall, built in 1878, was the first building to ever be built on campus. It's halls have seen performances from some of the best local musicals, plays and musical performances in New England. With the architecture of the building still in it's original gothic-style form, you won't miss this building upon your arrival to the Gorham campus!

Crossword

Across

1. Provisional
8. Pester
13. Credulity
14. Lunchtime, typically
16. Diana's Greek counterpart
17. Shipment to a steel mill
18. Light wind
19. Nonforward pass
20. Not any
21. Numerical ending
22. Wind dir.
23. Releases
25. "... 'til death ____ part"
27. "... drink, and be merry"
28. Indiana Jones or Rambo
31. Certain aircraft
32. Hamlet's love
33. G.I. mailing address
36. On a _____ basis
40. French wall
41. Cape Canaveral org.
42. Seattle cager, for short
44. Past prime
45. Poetic contraction
46. Ninth Hebrew letter
47. Aristocratic
49. "Rocky and Bullwinkle" baddie
52. Queens, for example
53. Pitt's ex
54. "CSI" event
55. Slack
56. Feed, as a fire
57. Declares



Down

1. "... ____-horse open sleigh"
2. Drug induced doze
3. Best Picture of 1997
4. Rupert of "An Ideal Husband"
5. Scale notes after do
6. "Get ____ writing!"
7. Table land
8. Canine
9. Kin of -ess
10. Bedecked
11. Beer from upstate New York
12. Shoe features
14. Lower Egypt
15. "Messiah," notably
24. "The Da Vinci Code" priory
25. Insalubrious
26. Outbuildings
29. Job seeker's list
30. Acorns, eventually
33. Single-celled organisms
34. Depart
35. In ____ (for the purpose of)
37. Hospital-food quality
38. Brigadier general decoration
39. Lacking
43. Intonations
45. Brownish-gray
48. Gunk
49. "Peter Pan" dog
50. Yucatán years
51. Small songbirds

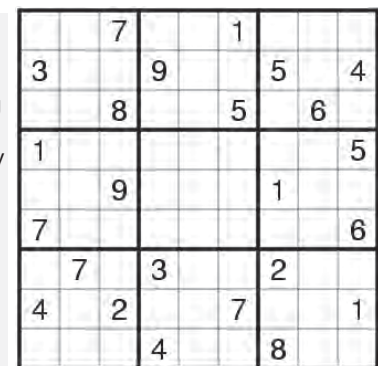
The solution to last issue's crossword



Sudoku

Level of difficulty: Medium

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



Word Search

Theme: Computers

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



copy
command
database
delete
file
font
graphic
icon
hardware
Internet
keyboard
memory
modem
network
output
paste
printer
save
scanner
software
text

Cryptogram

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

UG ZDX QHBC CD PMKHY RDLKTUHB, ND
ZDX PCXNZ ZDXV WOKWL-RDDY?

And here is your hint: L = H



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USM Community Page

Cold scoop on a summer day

Dionne Smith
Community Editor

Finals are over and summer is here! The weather is going to be heating up between now and August, and it's important that people stay hydrated, and have plenty of ice cream! In the Gorham and Portland area, there are plenty of local owned ice cream shops that offer large variations of flavorful ice cream, gelato, and frozen yogurt.

Willard Scoops is a small ice cream shop that is famous for its salt caramel ice cream. It's located in South Portland, is a few minutes away from Willard beach, and all of the ice cream is prepared in shop. Willard Scoops offers a variety of ice cream flavors. Along with all of the traditional ice cream flavors like vanilla, chocolate, and strawberry, there's also cookies & cream, peppermint, peanut butter, their famous salt caramel, and more! The flavors are always changing throughout the summer. Willard Scoops also takes part in Willard Fest, an annual block party in Willard Square.

Gelato is a style of ice cream that uses milk instead of cream, which allows the flavors to be stronger, and a creamy texture. Gelato Fiasco located in Old Port has received a lot of positive publicity since it's opening in 2007 and offers a wide variety of flavorful gelato which is all expertly prepared by their team in Brunswick. The Portland location serves up to 30 different flavors daily, and the different flavors can be combined.

Beal's Old Fashioned Ice Cream has



Bradford Spurr / Photography Director
Beal's Ice Cream

been offering different flavors of ice cream since 1988. Beal's has multiple locations, two in Portland, one in Gorham, and one in Scarborough. Each Beal's offers a wide variety of flavors ranging from plain vanilla to orange pineapple, all of the ice cream created with the Beal's Ice Cream mix formula. Along with traditional ice cream cones, they offer frozen yogurt, sorbet, ice cream pie, ice cream pizza, and ice cream cake.

iSpoon is a self serve frozen yogurt shop that offers frozen yogurt, gelato, and smoothies located in Gorham. There is a creative range of frozen yogurt to choose from such as birthday cake, spiced apple pie, old fashioned peanut butter, and the flavors are always chang-

ing. Along with the different flavors, there is an option to add fresh cut fruits, nuts, candy, and sprinkles, allowing customers to freely create an ideal satisfactory snack.

Smiling Hill Farm is a well known local dairy product distributor. Along with milk and cheese, they sell a variety of ice cream to many different stores and supermarkets in Maine. They also have an ice cream shop located on their farm in Westbrook. All of the ice cream that is served is made on fresh on the farm. They are constantly offering large variations of different flavored ice cream ranging from french vanilla to grapenut.

FP

From new writer to new community editor



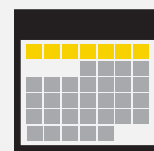
Dionne Smith
Community Editor

Hi! I'm Dionne Smith and I will be the community editor for this year. I've been an arts and culture writer for *the Free Press* for a year. I have also written for community, have my own column in perspectives and have written for the news section in the past. I'm very excited to move up to a higher position and become more involved in the paper and to improve upon my writing skills.

I like the community section because it can be focused on many things on campus, give smaller organizations a voice and hold an area of interesting stories, such as People of USM.

I will strive to do my best as the editor and I hope to make community even stronger than it is now. If you have any wish to speak with me more, or if you have any interest in joining *the Free Press* team, please don't hesitate to email me at dionne.smith@usmfreepress.org.

FP



Community Events

Thursday, May 25

Neko Neko Board Game Potluck
Weekend Anime
Westbrook
Starts: 2 p.m. / Ends: 5 p.m.

Saturday, June 8

Sea State Lecture: Greater Portland Prepares for Sea Level Rise
Gulf of Maine Research Institute
Starts: 7 p.m. / Ends: 8 p.m.

Friday, June 16

3rd Annual LGBTQ+ Health Conference: Trauma and Resiliency
USM Portland Campus
Starts: 8 a.m. / Ends: 4 p.m.

Saturday, July 8

Willard Fest 2017
Willard Square
South Portland
Starts: 3 p.m. / Ends: 6 p.m.

Saturday, July 8

Scout Night with Portland Sea Dogs
Hadlock Field
Starts: 6 p.m. / Ends: 9 p.m.

Wednesday, July 19-22

9th Maine Dead Timberfest
Steep Falls
Starts: 9 a.m. / End: 5 p.m.

Friday, August 25-26

Life Happens Outside Festival
Thompson's Point
Starts: 6 p.m. / Ends: 11 p.m.

Want us to include your event?
dionne.smith@usmfreepress.org

Sports

Monday

Adult Lap Swim

Reich Comm.
Center
5:00 p.m.

Tuesday

Open Swim

Kiwans Pool
1:30-4:30 p.m.

Wednesday

Fresh Air Yoga

Payson Park
6:00 p.m.

Thursday

Water Aerobics

Reich Comm.
Center
8:00 p.m.

Friday

Pick-up Basketball

Sullivan Gym
11:30 a.m.

Fenway Park greets summer like an old friend

River Plouffe Vogel
Sports Editor

Summer is finally upon us, though with finals ending only yesterday most of us are still walking in a daze, unable to believe the school year has finally come to a close. For New Englander's, summer comes with especially sweet memories. We deal with months of cold and dark winter, sometimes the end never seems in sight. One day it's in the 70s and sunny, only to be 40 and cold the next. However there is one place where summer is in full swing, where regardless of the weather, the time of day or any other factor you could imagine, the nostalgia of warm sunny days and long warm nights can't be escaped.

This place of course is Fenway Park, located in the heart of Boston and home New England's beloved Red Sox. Regardless of whether you grew up a fan of baseball, or even sports for that matter, there is something indescribable about the atmosphere of a Red Sox game.

Fenway was built in 1912 and has since become a symbol of baseball, Boston and America's favorite past time. The sights and sounds, though replicated in ballparks across the country, are still uniquely their own. Even on the cloudiest and rainiest of days Fenway draws a large and exciting crowd.



Photo courtesy of ESPN
Fenway Park

Among them, the young watcher sitting wide eyed at their first game, senses overwhelmed, speechless at the sight of over 35,000 fans shouting in unison. Or the veterans, the season ticket holders who have turned the bleachers and grandstands into a

second home. To top it all off Boston's fan's are some of the most loving and devoted, yet also ruthless and critical. Worshiping the ground their players walk on one minute, cheering like a proud mother watching their first child's t-ball game, or screaming obscenities at the very players they gave praise only moments before. Yet win or lose, the fans never stop coming.

The all too familiar shouts of vendors selling overpriced goods, the beer and peanut shell littered stands, the sometimes cramped seating, do little to sway the eager fans from taking their eyes off the game. Once through the gates, one enters a different world, where the only rules are to forget about work and responsibility, where the 7th inning stretch means singing at the top of your lungs, arms around the person next to you, whether a best friend or complete stranger.

For true baseball fans it's a mecca, and for the novice viewer, it's an experience they won't soon forget. Even as baseball is slowly struggling to compete with the increasing popularity of basketball or football, Fenway Park and the loyal fan base there is only growing. So remember, no matter how old, how young, no matter how much you know or don't know about the game, it's always summer at Fenway.

FP

Meet the new sports editor

River Plouffe Vogel
Sports Editor

Hello! My name is River Plouffe Vogel and I will be serving as the sports editor of *the Free Press* for the 2017-2018 academic year. I grew up in Blue Hill, a small coastal town several hours from Portland. I attended George Stevens Academy and graduated in 2012. USM has become a second home to me so getting involved was just second nature.

I'm currently going into my senior year as a social work major with a minor in political science. In my spare time I enjoy being outside, near the ocean, with my friends or hanging out with my dog, Dory. I started school at USM in 2013, where I was part of the USM men's track team.

Living in Gorham and participating in one of our many wonderful sports programs instilled a passion and excitement about college sports in me. Our athletes have been so successful across the board and continue to play a respected and vital role in the greater USM community.

The Free Press has given me so many great opportunities to meet new people, expand connections, on and off campus and to feel like a part of something bigger than myself. I think it's really important to take advantage of every possibility presented. For any first year students reading this, it's never too early to start getting involved and it will add so much meaning to your time at the university. For any returning students, it's never too late to pick up something new, even with a busy schedule. Trying to find time to apply yourself more at school and in the USM community can only add value to your education experience here at USM.

I'm eager to continue *the Free Press* coverage of sports both within USM and of course the sports world at large. If anyone has any interest in writing or reporting about anything from sporting events to sports culture, please feel free to contact me. We are always looking for new and creative ways to bring any and all news to the USM community. Go Huskies!



Sarah Tewksbury / Editor-in-chief
River Plouffe Vogel

FP