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Cover Graphic: Orkhan Nadirli / Design Director

LETTER FROM THE EDITOR

Sarah Tewksbury
Editor-in-Chief

In the last month the Free Press has received requests for information to be removed from published online content. In both cases, USM alumni directly contacted me, the editor of this paper, to see if I would be willing to respond to their appeals.

The first inquiry came from a former graduate student at USM who had been interviewed for an article where the headline read, "Use your condom sense." In 2001 the Free Press did an in depth news story on using condoms during sexual interactions for the prevention of sexually transmitted diseases and infections and pregnancy and how this applies to USM students. In the article, the individual is quoted about their personal sexual relationship with their partner, as well as their opinion about choosing whether or not to use a condom.

The second request came from a Free Press alum, requesting that a link be removed from the bottom of an article. The link was attached to an article about his current wife and takes internet traffickers to a Wordpress site that his wife currently uses as her personal blog. In 2010, the webpage held nude modeling photos that are no longer accessible. However, the subject matter of the article where the link is posted implies that readers will find nude photos if they click on the link. These are two very different appeals made for distinctively different reasons, yet the sentiment of my indecisive struggle over the requests is the same. An age old question about ethics has been awakened and unfortunately, the decision of what to do is not cut and dry. Here are two individuals who participated in their community at their academic safe haven.

The Free Press will stand by its predecessors

One agreed to an interview for an article, while the other worked for the Free Press. They chose to be participants in the USM community through the newspaper.

Sixteen and seven years have passed, respectively, since the condom sense and nude modeling articles were published. The words and actions still stand of those

lished. They embraced their decision and I vow to respect that.

A weakness for human compassion infiltrates my existence. It has permeated my thoughts through deliberation over whether or not to edit the articles. I feel for the person who said "it's sometimes tempting not to use a condom especially when a woman doesn't say anything"

and who no longer wants that on the internet. I understand their position, in wanting to edit the content. However, my job as a journalist and as an editor is to uphold a standard and set a precedent. I have, too many times, led my staff with my heart rather than my brain. In this moment I choose logic and to set the precedent that an editor will not backtrack and will not change the content of those from the past.

I have seen people try to erase their online footprint. It is difficult and often impossible to completely clear away an online trail. A person's paths through the interwebs and whether or not they want to hide that is their own choice. Participation in a student newspaper is as equally voluntary as the way someone chooses to spend their time on the internet. The Free Press is a platform for students to learn and experience, yet it is still a real entity with high standards and ethical boundaries. Should I choose to edit the pieces the way I was asked, I would be jeopardizing the integrity of USM's student newspaper.

Sarah Tewksbury



The Free Press will stand behind the decisions of editors from the past and will not undo their hard work

individuals.

My stance on the issue is this. I will not alter the articles. The individuals who consciously decided to engage in discourse did so willingly. They were legal adults in a learning environment who voiced opinions and gave consent to have their information published. The choice to revoke their words is unfortunately not theirs. The editors of the Free Press from years ago, once literally sat where I am sitting and decided to go forward with the content that was pub-



Luther Bonney Computer Lab
Katelyn Rice / Staff Photographer

End of net neutrality could be near

Federal Communications Commission proposes policy changes

Sarah O'Connor
Staff Writer

The Federal Communications Commission (FCC) could be changing the way the internet is regulated on Dec. 14. The FCC plans to dismantle the net neutrality regulations on internet providers.

According to Grace Donnelly, author of the article “How Eliminating Net Neutrality Will Change Your Experience on the Internet,” FCC Chief Ajit Pai plans to rescind the open internet rules that were in place before the Obama-era policy. Pai was appointed by President Donald Trump in January.

The internet without net neutrality means that large internet companies could favor their business interests, according to Donnelly. Service could be divided into fast and slow lanes depending on an individual’s internet provider and its own interests. Content providers could choose not to pay a fee, which would result in service providers making their content slow. Additionally, individuals might have to pay separately for different packages, like ones for social media, gaming and others. It could cost more money depending on the individual and their needs.

Pai wrote on Twitter Nov. 14, “Today, I’m proposing to repeal the heavy-handed Internet regulations imposed by the Obama

Administration and to return to the light-touch framework under which the Internet developed and thrived before 2015.”

In the “Statement of Acting FTC Chairman Maureen K. Ohlhausen on Restoring Internet Freedom and Returning FTC Competition and Consumer Protections to Broadband Subscribers,” Ohlhausen said, “I am pleased to see progress on this important matter. The FTC has long applied its competition and consumer protection expertise to network neutrality issues.”

Steven Salzgren in “When The FCC Kills Net Neutrality, Here’s What Your Internet Could Look Like,” said that the “vote isn’t in doubt.” He notes that, with Pai in charge, “the anti-neutrality votes have a 3-2 edge.”

According to Zacks’ Equity Research, which wrote “FCC’s Net Neutrality Rules: Who Benefits the Most,” the biggest argument for eliminating net neutrality is that less regulation would result in more investment and more competition between internet service providers. Pai even noted that it could benefit consumers and increase the number of Americans with internet access.

The pitfalls of the breakdown of net neutrality have resonated with the people and companies more than the potential benefits of ending net neutrality. Forbes’ Steven Salzgren refers to the idea as a “nightmare,” saying that “virtually everyone hates this idea except the cable companies

themselves.”

Brittany Morin, a student at USM, said, “The process supports monopolies.”

Colby Willis, a media studies senior who is well versed in net neutrality issues, does not support the end of net neutrality.

“I believe that the infrastructure of the United States internet providers isn’t high enough quality to provide this service,” Willis said. “I think this will certainly lead to websites having to pay raised prices, as well as an increased control of the internet by internet service providers. This will end up with the customer suffering, as prices might have to rise, advertising on websites might have to raise to pay for service they have already, and internet startups will have a greater barrier for entry.”

According to Jacob Kastrenakes, author of “Reddit, Twitter, and 200 others say ending net neutrality could ruin Cyber Monday,” about 200 businesses and trade organizations have signed a letter to speak against the FCC to reconsider their plan to end net neutrality. The big tech and web companies include Airbnb, Automattic, Etsy, Foursquare, GitHub, Pinterest, Reddit, Shutterstock, Tumblr, Twitter and others.

The letter says, “An internet without net neutrality protections would be the opposite of the open market, with a few powerful cable and phone companies picking

winners and losers instead of consumers.” It notes that the end of net neutrality could ruin economic growth for smaller companies, and force bigger companies like Netflix to pay more for people to use their services.

Willis said, “I can only see the gutting of net neutrality as a negative that will negatively impact everyone but the internet service providers who will profit by taking fistfuls of money from everyone else.”

John Oliver broke down net neutrality on Last Week Tonight in 2014 and again last May. He celebrated the openness of the internet saying, “The internet is the repository of all human knowledge -- and goats singing Taylor Swift.”

According to Donnelly, other countries like Portugal, Argentina, Belgium, Brazil, Canada, and more have no net neutrality rules and internet packages are available. According to Los Angeles Times reporter Michael Hiltzik, author of “Portugal’s internet shows us a world without net neutrality, and it’s ugly,” Portugal’s warnings of the dismantling of net neutrality shows a grim reality. National regulators open loopholes that permit “zero-rating” where internet service providers exclude services from data caps, preventing Portuguese users from certain content.

New direction for USM Young Americans for Freedom

Group forms an agenda and high aspirations for their future

Maverick Lynes
Staff Writer

Nov. 28, 2017, USM's Young Americans for Freedom (YAF) group had a meeting on campus. Attended by six group members, they discussed the new direction they are looking to take, guided by new personnel. Ben Bussiere, YAF's former leader and USM alumni has decided to step aside from the organization for a while and give the group more freedom to move in the new direction they are headed.

Despite YAF being labelled as defunct, they still took the time to meet as a group this past Tuesday. Defunct groups are not recognized by the university, which makes them unable to advertise their group on campus and reserve rooms in any building. However, they can still meet simply as individuals coming together to discuss their interests and ideals.

Paige Pandora, the group's treasurer and the person leading this meeting, said the group is, "Looking for anyone and welcomes everyone." Even students who do not share the same values or identify as anti-conservative are welcome. Pandora wants YAF to be more accessible, unlike

the group's previous president who did not share the same view.

One of the group's goal is to increase their social media presence, which remains difficult as the group is technically defunct and unable to promote their organization on campus.

Tuesday's meeting also addressed questions surrounding the new free speech policy that has been applied to groups on campus. The new policy's statement of purpose, as explained by the school, is to "ensure safety while protecting the First Amendment rights of those who wish to participate in events hosted at USM" as well as to "create procedures for engagement of outside speakers to ensure that institutional endorsement is not improperly attributed, and that facilities are used in a manner consistent with otherwise applicable institutional policy and campus safety."

YAF believes that this new policy stems from the speaker their group brought to campus last year, who was viewed by some students and community members as controversial. The event required a higher amount of security than the average speaker, and because of that the school tried to charge YAF with that security fee. However, YAF was not required to pay the cost

because the university could not charge one specific group with the entire fee.

Alex Shaffer, a veteran group member commented on the potential of the group receiving the fee saying, "it's not that security fees are unconstitutional if they are equally applied to every single group."

After this occurrence, the question remained; what classifies a speaker as a security threat?

The new free speech policy gives the school the ability to reject a student group's request to bring a speaker to campus if they so choose. YAF is worried that this rule will potentially exclude speakers they wish to bring on campus from participating.

Even though YAF is concerned about biases against their group, they also acknowledge the problem this will pose for many other student groups on campus besides their own.

While the club may not be officially recognized by the school just yet, Pandora still has aspirations for this club and the new direction she sees it moving in.

Pandora said, "YAF in a new founded group that wants to educate fellow students with conservative views as well as have open discussions with other groups of students."

Students from last year may not have a positive view on YAF; however, they are determined to change the preconceived notion that students may have into something positive. YAF is looking to distance themselves from the plagued past of a radically conservative president and move closer to a better relationship with all students, even if they have differing political views.

All members seemed to agree that the history of this group will not define their future. They are not a radical, unaccepting group that people may view them as. In actuality, they are open to any and all students.

Their abilities may be limited because of their defunct label. However, next semester they are determined to be a more prevalent student group on campus. With the end of the first semester approaching and winter break on the horizon, YAF will not be waiting long until they can resolve their defunct label and be a recognized student group once again. YAF is ready to move in their new direction with new members and new leadership, their optimism is something to be ambitious about.

FP

Senate funded Trevor Project at USM has high hopes

Ben Theriault
Staff Writer

In the United States about 43,000 people take their own lives every year. This makes suicide the tenth leading cause of death and the second leading cause amongst people aged 15 to 24. Within the LGBTQ community the occurrence of suicidal ideation and action is statistically exponentially higher than it is among other groups.

According to the American Association of Suicidology, gay and lesbian youth are three times more likely to experience suicidal thoughts than straight youth; bisexual youth are five times more likely. In the past year approximately 29.4 percent of LGB youth attempted suicide in contrast to 6.4 percent of straight youth. Additionally, 40 percent of the transgender community has attempted suicide, with 92 percent of those attempts occurring before the age of 25.

This year the Student Senate voted to fundraise for the Trevor Project, a non-profit organization created to support LGBTQ youth. The idea was brought forth by senior, Aaron Pierce, who is leading the event.

Although they have not yet decided what the fundraiser will entail, the student senate are pleased with their first steps. Pierce expressed much excitement about the partnership stating that as a gay nonbinary individual, the Trevor Project bears heightened importance to them.

Aaron said that the Senate selected this group to stress that the Student Senate cares about current problems amongst students and values the Trevor Project's educational potential. They reasoned that if the students and Senate can better understand issues pertaining to the LGBTQ community, they can better help students.

In an attempt to counteract rising suicide rates, the Trevor Project was created by artists, Peggy Rajske and Randy Stone, and financed by James Lecesne. The project originally started in 1994 as a short film called Trevor, directed by Rajske and written by Lecesne. The film garnered critical praise and in 1995 tied for an Oscar for Best Short Subject.

The film is set in 1981 and follows the plight of 13-year-old Trevor as he learns to See **TREVOR** on page 6



Photo courtesy of Wikimedia Commons

Groups across the United States organize to promote awareness of the Trevor Project's mission and goals.

High school students seek a head start at USM

Acquiring credit before matriculation helps students

Jess Pike
Staff Writer

Students at the University of Southern Maine may have noticed the presence of high school students in their classrooms this semester. High school students have begun taking college level classes and earning credits before graduation in order to jumpstart their college careers, which offers them unique exposure to university culture before becoming full-fledged college students.

The program for enrolling in college-level classes at USM is called the Early Study Aspirations Program (ESAP), and eligible students include any public school or home-schooled residents of Maine that have not yet reached the age of 20 before the start of the school year, as well as students not taking high school courses but who are enrolled in a GED or comparable adult education program. This does not include any students who have already received a diploma and graduated from a postsecondary course.

The program offers students the ability to earn college credits, the possibility of reduced tuition when applying, and early integration into the campus lifestyle.

Helen Gorgas-Goulding, a student advisor at USM, says that the ESAP is a “great option for high school stu-

dents and a good recruitment tool,” as well as having been proven to help increase students’ grades. Taking college classes can also let students participate in on-campus events and activities that could otherwise be inaccessible.

The program does cost money, but fee waivers can be provided to students when deemed necessary. The program fees differ based on the amount of credits taken, but it is usually around \$250 per credit, which is approximately \$750 for a three-credit class. There are also some mandatory fees for applying which cannot be covered by fee waivers. Depending on the number of credits a student takes, these include the Unified Fee, the Student Activities Fee, the Transportation and Parking Fee and the Student Health Fee.

According to the Maine Education Policy Research Institute (MEPRI), about 60 percent of high school graduates go to college. Some high school students are already enrolled in USM, taking courses that vary, from English to women and gender studies to astronomy. There are certain requirements that have to be met in order to apply for these courses, such as high SAT scores, the recommendation of a high school guidance counselor and a B average or higher in their high school courses. Exceptions can be made, but only in certain cases.

In order to apply, a student needs

to complete the ESAP application, request a copy of their transcript from their high school and have a copy of either SAT, PSAT, ACT or Accuplacer scores sent to USM. The SAT scores needed in order to apply for math or science courses have to be an SAT MATH score of 570 or above, a PSAT MATH score of 55 or above or an ACT MATH score of 22 or above.

There is also a Dual Enrollment Program (DEP) taught by approved high school teachers in college subjects. Students can stay in their high school environment while still adjusting to college courses, while earning college credits concurrently.

USM offers a “Bridge Year” dual enrollment, which can include internships, summer academies, campus visits, job shadowing and up to 30 college credits during the junior and senior year of high school. This program can also give access to the university’s library and support services, such as the writing center and tutors.

There are plenty of options for high school students to take the initiative and enroll in classes at USM. The DEP is a way for students to do that without leaving their comfort zone, and the ESAP is for students looking to try something new. Either way, both are useful tools to help high schoolers prepare academically and emotionally for their college adventure.



Police Beat

*Selections from the
USM Department of
Public Safety police log
Nov. 01 to Nov. 26*

11/01/2017

It helps us...enjoy the art?

Drug Violation, 17-387-OF Reported at 1947 hours, occurred same, Art Gallery (G), Closed

11/11/2017

It's all fun and games until you do something really dangerous

OUI Liquor, 17-25-AR, Reported @ 0342, occurred same, G-20 Parking Lot, Closed, CI by arrest.

11/18/2017

You took the last piece of cake!

Disturbance, 17-418-OF, Reported @ 1839, occurred same, Brooks Student Center, minor dispute. Resolved, Closed.

11/22/2017

Let me see that bong

Drug Violation, Paraphernalia, 17-425-OF, Reported @ 1119, Occurred same. Robia Andrews Hall, Closed, Conduct referral.

11/26/2017

No books for you

Criminal Trespass, 17-430-OF, Reported @ 1448, Occurred same, Glickman Library, Subj. removed. Closed

Police Beats are edited for grammar and style

From **TREVOR** on page 5

cope with his developing sexuality and infatuation with his best friend, Pinky. The viewer is given insight into Trevor’s growing suicidal thoughts as he navigates a world that is less than sympathetic to his struggles. His only solace is in musical theater and singer Diana Ross. After suspicions about him arise, Trevor’s friends abandon him. During this time he becomes increasingly distant from his family, subjects himself to shock therapy and makes a suicide plan.

The film ends with Trevor making an unsuccessful attempt on his own life. Through the compassion of an understanding young nursing assistant, Trevor regains hope. After returning home Trevor recognizes that many parts of his life will not be easy, but it seems that he has embraced his newly solidified identity and is ready to accept himself.

After creating this film Rajski, Stone and Lecesne realized that for children like Trevor, there were no mental health resources readily available. To fill this void, the trio decided to create the Trevor Project. The website serves as a tool for outreach and information for LGBTQ youth and those in their lives.

The Trevor Project provides a variety of resources for an array of identities and subject matter. The group’s main service is a support center that can be called, messaged or texted 24/7 via a number that is always prominently displayed at the top of all of its web pages. Paired with these lifelines is a blog called Trevor Space, which is a safe place for struggling LGBTQ to build an online community. One can create an account and participate in frequently updated blog discussions.

On the group’s website there are specialized resources for individuals

on the LGBTQ spectrum, with additional categories addressing those affected by homelessness, HIV, mental illness and self harm. Within these specific groups, the Trevor Project provides detailed information, advice and answers to common questions. In addition to providing information about the LGBTQ community, the Trevor Project provides information about preventing suicide and being alert to potential signs. This information includes signals to look for, risk factors and how to report a situation.

Thanks to the hundreds of volunteers and dedicated employees at the Trevor Project, queer youth have unprecedented resources available. Pierce and the Trevor Project share the same sentiment: one suicide is too many. These resources can be found on their website, or at 1-866-488-7386.

FP

FP

Arts & Culture

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Movie Talk: Justice League / 9



Central Provisions' raw beef salad with sriracha and cilantro is a great choice for a good, spicy meal on a budget

Sam Margolin / Staff Writer

From Southern comfort food to daring dishes

Some good places to dine for a date, with friends, or bored and on a budget

Sam Margolin
Staff Writer

Since the early 2000s, Maine has rapidly become one of the country's best cities for eating. The laid back New England vibe combined with low population and close food sources makes the perfect atmosphere for developing food culture. The restaurant scene in Southern Maine especially has had people buzzing about Maine's potential for culinary greatness. According to resterant.org, Maine has about 62,700 food-service jobs, roughly ten percent of the employment in the state. So the more than 3,000 places to eat in Maine not only stimulate our "Vacationland" economy but also supports an internal employment rate that depends on this growing industry. Young job hopefuls will always have a place in the kitchen as long as there are enough kitchens to be staffed.

Traveling through the Southern Maine area, food lovers will discover a wide variety of food choices. Maine has French and English roots with great seafood as a foundation for our eateries, but we now have booming West African, Middle Eastern and American fusion cuisines that are present all over Portland. This diversity, combined with some creative American culinary talent, has pushed the Portland area into global recognition. The

inspirational chefs, owners and cooks of this area are developing a style that translates into a landscape of delicious potential and endless possibility.

The areas of Gorham, Westbrook, Portland and South Portland boast one of the largest populations of restaurants per capita in the country. Wading through the seemingly endless list of possible eateries might require a little guidance.

For breakfast and brunch, several diners and restaurants get the job done with a touch of the south. For example, The Blue Pig Diner, located at 29 School St. in Gorham, is a casual breakfast and lunch spot serving BBQ and breakfast fare such as Smoked Sausage Scrambles and giant stacks of blueberry pancakes. With USM's campus close by, it's a favorite of students and faculty with takeout and outdoor seating.

OhNo's Café, located in Portland West End, has the hands down best breakfast sandwiches in the State. With items like the Spam, cheddar & egg with Dijon mustard on bialy sandwich and the town favorite of Maple glazed prosciutto, Tabasco, Vermont cheddar & egg, OhNo's contrast between high-end and low-end ingredients makes for a one-of-a-kind breakfast experience

Hot Suppa!, located on 703 Congress St. offers an eclectic Dixie-land menu including amazing southern classics like scratch-made

biscuits and gravy and fried green tomato eggs benedict.

Dale Thompson, a resident of New Gloucester and an avid foodie and cook applauds Hot Suppa! for bringing a southern food tradition to Portland.

"Beyond breakfast they have a very fun southern inspired menu. Shrimp and grits, cornmeal crusted catfish and chicken & waffles. All around amazing restaurant with the best spicy bloody mary in town! Hands down," Thompson said.

Opened in 2004 by two brothers from Portland, this quirky soul-food spot resides in a beautiful restored Victorian built in 1860. For happy hour, Hot Suppa! hosts an amazing \$1 oyster deal that puts the good life within anyone's reach.

One of the most exciting parts of Maine's food scene is the emergence of dining variety. "Chefs and restaurant owners know that Maine has so much more potential than just good fresh seafood," Thompson said. With variety comes education, and with education comes potential.

For lunch and dinner, Southern Maine boasts some of the freshest seafood and local meats around—and you don't have to purchase \$50 plates at Fore Street Grill in order to have a five-star culinary experience.

One of the most acclaimed and esteemed new restaurants, Central Provisions, located

414 Fore St. in Portland allows for "ballin on a budget" with their tapas style menu and hyper-local atmosphere. Yes, they do have pricey items like whole suckling pig or seared foie gras with roasted grapes for \$26, but they also have amazing menu options for under ten bucks! Bone marrow toast with fontina cheese and horseradish cream sauce or their daring spicy raw-beef salad with sriracha and cilantro are both inexpensive options that pack a gourmet punch. Central Provisions owner and chef, Chris Gould includes with his bold menu a decor of handmade wooden tables, chairs, doors and stools from local Maine woodworkers and blacksmiths.

Sometimes the Old Port or Congress Street can be crowded with out-of-staters looking for bragging rights. While Sonny's, The Rooms, and Vignola have their place in Southern Maine's culinary landscape, some restaurateurs are trying to appeal to the hometown eater.

For example, South Portland's newest bbq/beer collaboration, Elsmere BBQ and Wood Grill, located at 448 Cottage Rd., provides a spot for families and communities to get together over some truly great food. Two friends, Adam Powers and Jeremy Rush, own Elsmere. They have created a menu of authentic central Texas-style BBQ combined

See **FOOD** on page 8

Christmas Calendar: what's up for break

Kate Rogers
Staff Writer

#MECAmade Showcase

December 6 - 23, 10 p.m. - 5 p.m. Mon-Thurs, 10 - 7 Fri, 11 - 5 Sat.
522 Congress St, Portland

#MECAmade is a temporary shop at the Maine College of Art. The shop features work from almost twenty students, and merchandise from MECA founded design company Might and Main. The shop will be open from 10 a.m. - 5 p.m. on Saturday Dec. 23 for last minute shoppers. This is a great opportunity to not only get original gifts, but to support young artists as well.

Season of Light at the Southworth Planetarium

1 p.m., 3 p.m. or 7 p.m., most days in December.

Right next to the science building on USM's Portland campus

This full dome show explores the astronomy-based history of the holidays, from the origins of the solstice festivals to the Star of Bethlehem. Visit the planetarium's website at usm.maine.edu/planet or call 207-780-4249 for the full schedule.

Boat Parade of Lights

December 16, 4:30 p.m.
Casco Bay, Portland

Tickets for the cruise itself are sold out, but watching these lovely decorated boats cruise by from the shore is free and still a wonderful show. According to the Casco Bay Lines website, some of the best places to watch from are the Maine State Pier, the East Promenade and Bug State Park.

9th Annual Picnic Holiday Sale

Sunday, December 10, 11 a.m. - 6 p.m.
Brick South Building at Thompson's Point in Portland

This craft fair will feature handmade indie goodies, cool old stuff and food from local businesses. Admission is free, and a yeti is going to be there to take pictures with you. The yeti from Rudolph, specifically. This is bound to be a great shopping opportunity and an entertaining outing.

The Victorian Nutcracker

Friday, Dec. 22, 7:30 p.m. and Saturday, Dec. 23, 2:30 and 7:30 p.m.

Merrill Auditorium, Portland

This special version of The Nutcracker is set in Victorian era Portland and the sets and costumes are made with the Victoria mansion

in mind. It's performed by the Portland Ballet as well as some young dancers from the area. Ticket prices range from 23\$-58\$ and tickets can be purchased at the door or at boxoffice. porttix.com.

Disney on Ice - The Frozen Edition

December 21 - 24, 7:00 p.m. - 9:00 p.m.
Cross Insurance Arena, Portland

Mickey and Minnie host a live rendition of Disney's Frozen performed by talented figure skaters. This event is great for the kids, but who are we kidding--adults also want to sing loudly along to Let It Go sometimes. Plus, Kristoff does flips. Ticket prices start at 15\$ and can be bought at disneyonice.com/frozen.

Holiday Singalong

Thursday, December 14, 12:15 p.m.

First Parish Church, 425 Congress Street, Portland

As part of the Portland Conservatory of Music's Noonday Concert Series, ChoralArt will be having a free and public Holiday Singalong. ChoralArt will be performing numerous Holiday themed events this season all over Portland. This one is notable because you can enjoy the talented choir for no cost, and you can participate in singing your favorite Christmas carols. More information

about the choir can be found at choralart.org.

Portland Trails Holiday Dash 5K

Sunday, December 10, 11 a.m. - 1:30 p.m.
Eastern Promenade, Portland

Hosted by Portland Trails and the Ri Ra Irish pub, this 5k comes with a new winter hat, brunch and a beer. You can run or walk as long as you're over 21, and the race is on rain or shine. Tickets are 35\$ and all proceeds support the upkeep of Portland's trails. More information can be found at facebook.com/portlandtrails.

Vintage Bazaar New England Holiday Edition

December 16, 10 a.m. - 6 p.m. and December 17th, 10 a.m. - 4 p.m.

Thompson's Point in Portland.

With 85 different tables selling vintage stuff, food and handmade goodies, this bazaar is going to be massive and colorful. Vintage Bazaar New England has been praised for being one of the best vintage markets in the country--good enough that beyond the normal 10\$ admission, they are selling early bird tickets. For 5\$ more you can get in an hour early Saturday morning and get first chance at finding a treasure.

FP

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Aloha: FREE QUESO W/PURCH

From **FOOD** on page 7

with unique beer pairings by Banded Horn Brewing. Elsmere's claim to fame is really their meat. Powers and Rush use only the best meat they can find with pork from a farmers' collaborative in Canada that adheres to strict antibiotic and food standards. Their chicken comes from Bell and Evans, a producer that prides itself on humane practices and clean butchering standards. Elsmere also uses grains from Mainly Grains located in South Portland and even local corn tortillas from Tortilleria Pachanga in Portland. Powers said he wanted to create a place that was different from Portland's waterfront eateries. He wanted his place to be a cornerstone of the community with a simple, consistent and relaxed food atmosphere.

"I grew up on street food so I think peasant food is the best in the world. I have a minimalistic approach that allows the ingredients to speak for themselves," Powers said.

Powers, who grew up in Maine but spent a lot of time in Southeast Asia, brought his love of street food to Portland with menu items such as out-of-this-world ribs and brisket along with sausage produced locally by Fresh Approach.

Elsmere hosts Non-Profit Nights where they allow groups such as the Center for Grieving Children or Ride For a Cure to use the space to spread information and to raise money for good causes. Every Tuesday and Wednesday Elsmere becomes something

more than a restaurant; it becomes part of the community. To not only serve patrons but also create a better place for them to live is an amazing accomplishment for a business. Powers doesn't just want to make money; his motivations are much more human-centered. He wants a place that "reminds you of home" when you enter.

Other eating options like food trucks and pop-up kitchens might become the way of the future. With event venues such as Thompson's Point hosting food trucks at almost every concert and gathering, the mobile food movement might be the next culinary powerhouse on the horizon. Young chefs such as Matthew Fogg, a graduate of SMCC's culinary program, are looking to Portland as the next creative ground zero for food truck culture.

"Food has the ability to bring people of all different walks of life together. Maine has so much untapped potential for food carts and trucks as well as many different restaurants. Maine is a great place to start a food businesses. If you can bring something unique to your area, you are bound to succeed," Fogg said.

With so much to choose from and so much to take in, Southern Maine will only grow into a larger and more interesting culinary geography. Maine's unique ability to adapt and evolve lends itself to a culinary revolution that will define our state as a most attractive destination.

FP

MOVIE TALK

Justice League, the finest yet

Daniel Kiilgallon
Staff Writer

Over five years ago, Marvel Studios released *The Avengers*, the culmination of a collection of solo movies leading up to the first team superhero film of its kind. Ever since, audiences have received an absolute onslaught of comic book movies including well over twenty major titles from franchises like the Marvel Cinematic Universe, DC Extended Universe (DCEU), and the *X-Men* series. In many ways, superhero films have become less of a major event and more routine, with a new title hitting theaters at least every couple of months. While I have personally enjoyed each movie in the DCEU thus far, the franchise has struggled from a financial and critical standpoint that clearly hasn't been able to match the success of its competition.

This film underwent some major production challenges, highlighted by the departure of director Zack Snyder following the tragic death of his daughter. Shortly after, Josh Whedon (*The Avengers*) was hired to write and direct a number of additional scenes in a reshoot, bringing the production budget up to a staggering estimation of \$300 million. Furthermore, during the post-production process, Warner Brother's CEO Kevin Tsujihara "made clear he wanted *Justice League* to be under two hours," according to a report by the Wall Street Journal. Personally, I think that the blend of Snyder's and Whedon's visions actually

ended up working well in crafting a more lighthearted movie, but the two hour limit really bothered me. That simply isn't enough time to tell a story of this magnitude that features and introduces so many major characters.

Justice League at last brings together DC's famous superteam featuring Batman, Wonder Woman, The Flash, Aquaman, and Cyborg. Early on in the movie, Batman reunites with Wonder Woman to assemble the Justice League. They decide to quickly recruit the other previously listed members once a threat to Earth emerges in the form of alien "Parademons." The army is led by an immortal, hammer-wielding commander named Steppenwolf, who has returned to Earth with the goal of conquering the planet by collecting three powerful "Motherboxes"; it is now up to the Justice League to stop him.

Steppenwolf had a very cliché scheme and wasn't psychologically menacing by any means in this movie. However, I really don't think that this hurt the film very much as a complex villain isn't exactly necessary for the purpose of the story. Steppenwolf at least posed a viable threat and there were certainly times when I felt like our heroes were actually in danger.

While Justice League's antagonist may be average at best, the depictions of the heroes were far from that. I can honestly say that each and every character on the team was portrayed excellently by the perfectly casted ensemble group.



Photo courtesy of DC Entertainment

Gal Gadot follows up her performance from this year's Wonder Woman with an equally impressive take on the character that forces her to assimilate into the modern world and take on more of a leadership role. On top of that, I would add that Affleck and Mamoa each bring a necessary combination of physicality and humor to their characters of Batman and Aquaman, respectively. Meanwhile, Ezra Miller and Ray Fisher provide natural charisma playing the younger heroes of Flash and Cyborg who are trying to figure out their own powers. Overall, Justice League absolutely proved that this iconic team could be portrayed successfully and display natural camaraderie on the big screen.

While the studio-

mandated 2 hour runtime clearly hurt the pacing and character development of this movie, I still had a blast watching Justice League and finally seeing these heroes come together in the DCEU's best film to date. I really think that this universe has nailed down these intriguing characters, but I just wish they were granted the proper time for complete backstories and more bonding moments with one another. I hope that these glaring issues can be patched up in a proper director's cut of the film, as was the case with 2016's *Batman v Superman*. Nevertheless, I think that with Justice League, DC has laid the groundwork for plenty more fun movies in the years to come.

FP



A&C Listings

Monday, December 4

Melissa Ehteridge: Merry Christmas, Baby
State Theatre
609 Congress St.
Doors: 7:00 p.m. / Show: 8:00 p.m.

Tuesday, December 5

Americans Underground: Secret City of WWI
USM Portland Campus
Cohen Center, Glickman Library
Starts: 6:00 p.m.

Wednesday, December 6

Elfternoon Lunchtime Shopping
41 Participating Locations
Downtown Portland
Starts: 12:00 p.m. / Ends: 2:00 p.m.

Thursday, December 7

Theatre Showcase
USM Gorham Campus
Mainstage, Russell Hall
Starts: 7:00 p.m.

Friday, December 8

Magic of Christmas
Merrill Auditorium
20 Myrtle St.
Starts: 7:30 p.m. / Ends: 9:30 p.m.

Saturday, December 9

Tate House Celebrates a Musical Christmas
Tate House Museum
1267 Westbrook St.
Starts: 12:00 p.m. / Ends: 4:00 p.m.

What caught your eyes and ears this week? Let us know! arts@usmfreepress.org

Want to submit an event?
arts@usmfreepress.org

Perspectives

Let's Talk About It / 11
Crosswords and Puzzle Page / 13

Week at Winchester

A Farewell to Winchester

Julie Pike
Staff Writer

I am nearing the end of my semester abroad. Ninety days, eight countries, and almost no money left in my bank account. As lucky as I have been to be able to travel this extensively, I'm more than happy to come home.

There's less than three weeks left to go till I will finally be back in the states. In my last days here my time will consist of writing essays, going to Christmas markets, and enjoying the time I have left with the friends I've made here.

Up until this point I've been busy traveling to new countries and across England, with barely any breaks in between. Now the closer I get to being home, the more homesick I'm starting to feel. I long for a home cooked meal, to sleep in my own bed, and just to be with my family and friends. I figured these three months were going to go by fast, but it's these last couple weeks that seem to go by at a snail's pace.

However much I do long to go home, I know I'm going to miss Winchester once I'm gone. The town itself is the quintessential English town, with its cobblestone streets lined with shops, cafes, and restaurants. I love

having everything I need within walking distance. Although going into town this time of year means facing the brutal cold weather.

Cold weather aside, Winchester is the best place to be for those who love the holiday season. A huge Christmas tree sits in the middle of town, all of the streets are lined with festive lights, and then there's the Christmas market. Right by the cathedral are dozens of stalls selling a variety of gifts such as homemade scarves, candles, ornaments, as well as hot food and beverages like pastries and mulled wine. I've become addicted to mulled wine, it's like Christmas in a cup. I'm contemplating bringing home a jug of it when I leave.

Walking into the Christmas market you're engulfed with the smell of cinnamon, apples, and cranberry, all of the smells that make you think of Christmas. Strolling through the different stalls with a cup of hot chocolate in hand makes being out in the cold worth it. They've also got an ice rink set up in the middle of the market, although I don't have the guts to go skating.

Looking back at this past semester, I've realized how this experience has helped me become more independent. I've never been this far away from home for this long before. Being away at school for the semester takes a



Julie Pike / Staff Writer

European Christmas markets attract crowds from all over world to experience holiday cheer.

new meaning when you have to cross the Atlantic ocean to get there.

When I was feeling sick I couldn't go home, when I was missing my family there was nothing I could do. You're left on your own. It's a tough lesson to learn, but in the long run it will only be beneficial. Now I know what to expect when I move away from home.

This experience has also showed me what's it like to be immersed in a different culture. Although England isn't drastically different from the U.S., it's still a new place. The way people talk, the food they eat, the stores, restaurants, and transportation were all unfamiliar.

See **WINCHESTER** on page 11

Letter to the Editor

World Aids Day is a day of remembrance and healing

Andrew Volkers
Contributor

December 1 is World AIDS Day. World AIDS Day is a day of remembering, mourning, learning, and educating about those who live with or have been lost to HIV/AIDS. The history of HIV/AIDS is morbid and gut wrenching. Back in 1982, when AIDS was just coming out of the shadows, it was referred to as GRID, Gay Related Immune Deficiency. A few months later it was recognized as Acquired Immune Deficiency Syndrome (AIDS). By the time Reagan addressed the issue, over thirty thousand deaths had occurred in the United States alone.

AIDS is a global crisis. Satisfactory education on HIV/AIDS is scarce, due to

privileged individuals seeing it as a issue strictly of marginalized groups and "third world" countries. In a global statistics report, The Joint United Nations Programme on HIV/AIDS found that 36.7 million people are living with HIV, 30% don't know their status. 35 million have died of AIDS since it emerged in the 1980s.

Frannie Peabody Center, a Maine non-profit organization devoted to HIV/AIDS prevention services and direct services for at-risk groups, hosted a candlelit vigil in Congress Square Park in honor of this year's World AIDS Day. I sat in the cold among Christmas lights and the commotion of the First Friday Art Walk. A man named Kent got on the microphone to tell his story of how AIDS had impacted his life. He lost his first partner during the height of the epidemic and four of his best friends in that

time as well. He then spoke about a partner he was with for seven years, Alan. Alan left for a trip to Las Vegas in 2015; he was planning to help campaign for a senator in Nevada. As Alan was en route to Las Vegas, Kent began receiving frantic texts asking where the nearest HIV clinic was in Las Vegas. It came to Kent's attention that Alan had not been taking his HIV medication. His health deteriorated rapidly; by the time Kent made it to Las Vegas, Alan was already in a coma. Kent and Alan had fought for the LGBTQ+ community and fought for marriage equality. Alan had wanted to get married to Kent in Aroostook county, but Kent had refused to have a wedding in Aroostook county. Now facing regret, Kent slipped a ring onto Alan's finger as he laid comatose in a hospital dying, and six hours later, Alan was dead.

World AIDS Day deserves far more attention than it gets, the story Kent tells is not uncommon. I participated in the Querying the Past: LGBTQ Maine Oral History Project in which members of the queer community were interviewed. The stories told by individuals who went through the AIDS epidemic are tragic. All of the stories recall painful memories of loved ones dying. Some expressed a fear that their stories, their lives, their histories will be lost over time.

As I stood crying in the crowd, everything was a blur except for the friends next to me and Kent. World AIDS Day isn't just about spreading awareness, more importantly, it is a day to remember the 35 million lives lost worldwide.

From **WINCHESTER** on page 10

iar to me. It didn't take me long to adapt to the new culture, but I do miss the shops and food at home that I'm used to.

At this point in the semester I'm beginning to question whether or not I got everything out of this experience that I could. I got to travel a lot, and I wouldn't take those experiences back, but I worry that I spent too much time traveling and not enough time getting involved at school. My friend Julianna who goes to school in Virginia, joined the rugby team, volleyball team, and a church group. She's busy almost every night of the week but she's met lots of new people and took advantage of what the school offers.

As great as it is to be able to attend school in a new country, I knew wanted to see more of Europe while I was over here. This was a once in a lifetime opportunity for me. I wouldn't have been able to join any club or group because I wouldn't be able to commit.

Overall though I'm happy with what I've gotten from my semester abroad. I made friends from all over the U.S. and other European countries. I visited eight different coun-

tries in a 90 day span. I've climbed the eiffel tower, saw the Swiss Alps, and threw a coin in the Trevi fountain. Not to mention all of the food I've had, from the beer in Germany, pasta in Italy, and pastries in France, it's like I'm Santa fattening up for the holidays.

Since it was Thanksgiving last week, it got me thinking about how thankful I am to have gotten this opportunity. For the holiday two other friends and I cooked a traditional Thanksgiving meal for a group of 20. We showed people from England what our holiday is like, stuffing yourself full of food, enjoying good company, and reflecting on what you are thankful for. I'm thankful for my family and friends who have supported me and helped make this experience a reality.

For any fellow students at USM who are contemplating a semester abroad, I would say without hesitation that it is worth it. Take this advantage to travel and get out of your comfort zone, you won't have this opportunity later in life. Go and stop in at the International Programs office and find out what they have to offer. I promise you will not regret it.

FP



Ray Pitcher / Graphic Designer

LET'S TALK ABOUT IT



I've been struggling with personal problems lately and people say that I should go talk to a counselor. However, I don't really think they help. Do you think talking with a stranger could really help? What suggestions do you have?

Johnna Ossie
Managing Editor

I do think talking with a stranger can really help. I have always said, and strongly believe, that everyone should be in therapy. Even therapists are in therapy.

When I was a teenager my parents sent me to therapy. I'm not exaggerating when I say I spent the entire one hour session sitting across from this poor, unsuspecting woman with tears streaming down my face refusing to speak. I would glare at her for 60 minutes and cry and leave and my parents would pay her \$50. That was my first brief, unsuccessful attempt at therapy.

When I was 22 I decided to give therapy another go, and this time it was different. My therapist most definitely saved my life at a time when I felt like I was falling apart. She heard me. She saw me. She was like a port in the storm. Sometimes we didn't talk about anything but my school work. Sometimes I sat there and sobbed. Sometimes I laughed until I cried.

Your friends can help you and your family can help you but there is something very different about having a therapist or counselor. They aren't directly involved in your life. They can see things from a perspective that is removed enough to have clear vision. They're trained to deal with an expanse of issues and you don't have to worry that you're going to make them uncomfortable or nervous when you sit down and tell them all the scary, lonely, deep down thoughts you've been too scared

to tell.

The world we live in tells us that we have to do everything alone. That we need to pull ourselves up, get to work, pay our rent, go to class, do what needs to be done. That if we are struggling we are somehow deficient, somehow lacking in some innate quality that it seems like everyone else has. But a secret I've learned is that every single person I have met has those same dark, secret places that they go to and are too scared to talk about. And keeping them secret and silent makes them get stronger and bigger and scarier.

This is a stretch but I was watching Stranger Things (spoiler?) this week and one of the characters had a monster living inside him. Another character said that in order to get the demon to leave, they had to make the host uninhabitable. I was walking to school this morning thinking about your question, and thinking about the demon that lives inside me. The one that tells me I'm not good enough, that I'm not loveable, that I'll never amount to anything, that I'll always get left behind. How can I make myself an uninhabitable host for that demon? Part of it starts with understanding that I can't do it alone, and that I don't have to. And you don't have to either.

Find a therapist. Find one you really like. Find one on campus or off. If you hate it, you can sit there and glare at them for 60 minutes in silence. If you love them, you could take the first step to making your body uninhabitable for the demon that tells you not to get the help and support you deserve when you need it.

FP

Looking for advice?

Submit your inquiry to Johnna Ossie today!
johnna@usmfreepress.org

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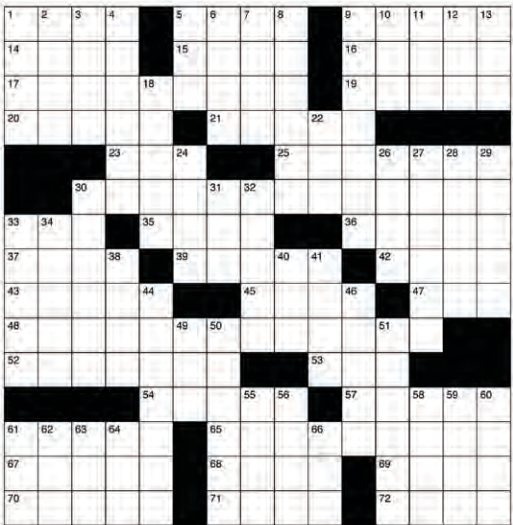
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Crossword

Across

- 1. Honda models
- 5. Dept. heads
- 9. Wallops
- 14. Dog command
- 15. Gator kin
- 16. Yoke part
- 17. Unpleasant result
- 19. ___ salts (foot-soaking stuff)
- 20. Two-element electron tube
- 21. Kitty cries
- 23. Yak
- 25. "Tie a yellow ribbon 'round the ole ___"
- 30. Ginger Spice of the Spice Girls
- 33. A/C measurement
- 35. Actor/comedian Jay
- 36. Storage battery acronym
- 37. Relax on the sofa
- 39. "___ Zulu"
- 42. Where to see Warhol in London
- 43. World book
- 45. Written promises
- 47. For every
- 48. Sets up anew
- 52. Roadside restaurant sign
- 53. Sn, in chemistry
- 54. Oscar contender
- 57. Fly off the handle
- 61. Paula ___ (singer)
- 65. Nabisco cookies
- 67. Soggy
- 68. Contemplative utterance
- 69. Airplane part, briefly
- 70. "Ship of Fools" artist
- 71. Yes votes
- 72. Ancient capital of Phoenicia



Down

- 1. Landlocked country of Africa
- 2. Mortgage again, briefly
- 3. Nix
- 4. Percy ___ (soul singer)
- 5. Palindrome for 1900
- 6. Unit of fat
- 7. Memorization
- 8. Instruct
- 9. Soft leather
- 10. Date on a milk carton (abbr.)
- 11. "60 Minutes" network
- 12. Christina Aguilera's "Koochie ___"
- 13. Personals abbr.
- 18. Give more weapons to
- 22. ___-Mart Stores, Inc.
- 24. They may be tell-all
- 26. Doofus
- 27. News summaries
- 28. Raise spirits
- 29. Church figure
- 30. Esophagus
- 31. 1968 loser to RMN
- 32. Thin as ___
- 33. Be loud, as a radio
- 34. "The Tiger Who Came ___" (1968 children's book)
- 38. Flog
- 40. Carp variety
- 41. Czech Rep. neighbor
- 44. Furtiveness
- 46. Acts skittish
- 49. Semicircle
- 50. "You ___!" ("Of course!")
- 51. Mesmerized
- 55. "Jeepers!"
- 56. Coleridge work
- 58. "Driving Miss Daisy" playwright Alfred
- 59. Needy
- 60. Variety
- 61. Diplomatic off.
- 62. Frightening shout
- 63. Belittle, slangily
- 64. The Trojans of the N.C.A.A.
- 66. Evenings

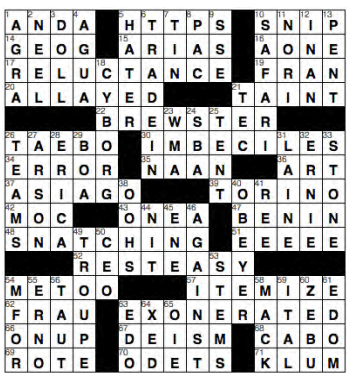
Cryptogram

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

F WLF SK USMDFQE G UXDV RU VQKLFGR PX
LSGCCJLFQE USL WUGW MFTS FC QV PSK
VT QSJLVCSC.

And here is your hint:
E = G

The solution to last issue's crossword



Word Search

Theme: Obscure Muppets

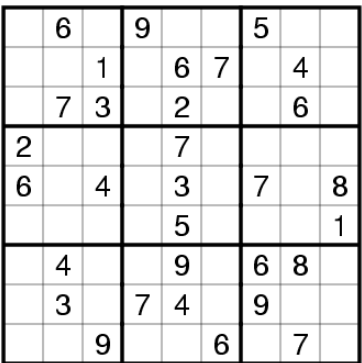


- Bean Bunny
- Beau
- Big Mean Carl
- Bobo
- Camilla
- Crazy Harry
- Droop
- Hilda
- Lew Zealand
- Mildred
- Pepe
- Sweetums
- Thog
- Timmy
- Uncle Deadly
- Wanda
- Wayne
- Yolanda

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



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USM Community Page



People of USM Rikki Miller

James Fagan
Photographer

Professor Rikki Miller is a psychology professor here at USM who started teaching in 2016. Miller has been working at USM for a year and a half, and this is her third semester teaching here. Miller was happy to have been granted another one-year contract to work at USM. When her first one-year contract was reaching its end she decided that she was going to do everything in here to stay as long as possible. "I'm here for the long haul if possible," Miller said.

Miller went to the University of Edinboro in Pennsylvania for her undergraduate degree. She went to the University of New Hampshire for post-graduate study. Miller has her master's degree in psychology and education, and her Ph.D. in psychology. For some time she thought a clinical path may be the path she wanted to take for her career, but eventually she realized that education would be a much better fit for her.

Miller feels that it is her job to know her students, and she wants them to be successful no matter where their path may take them. She feels that some students may not be ready for college, but that is okay. However, she does wish that colleges did a better job of recognizing that a student may not be ready for college, rather than just taking the student's money. She feels like not everybody learns the same way, and that is part of the reason many students have trouble



Dionne Smith / Community Editor

Rikki Miller lecturing her class PSY 101, constantly engaging with the students during class.

with classes, not because the classes are "too hard," but because the students might just not learn the way a particular professor teaches.

Miller stated that, while it

been hard for him to do so," Miller said.

When Miller started graduate school she was having a hard time, and for a while she wanted to move back home, but her son said

"He's always been an advocate, even when it's been hard for him to do so."

- Rikki Miller
Lecturer of Psychology

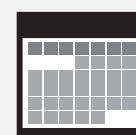
may seem cheesy, her son is her hero due to how her son is always able to maintain perspective. She feels her son has always been able to make her look at situations from a different view point. Miller said that her son has been able to keep her from giving up when times are rough. "He's always been an advocate, even when it's

that they had already been in this new place for long enough that it would be unfair to be uprooted again. While that was a sort of tough love, she feels that it is that sort of level headedness that she really looks up to in her son.

If Miller could give her students any piece of advice, she says that she would

tell them to be critical consumers of information. She thinks they shouldn't take things as they present themselves, as everyone has motives, so when people are giving them information, it is generally motivated by their perspective, so the information will be presented in a way that favors those who are giving the information. Students should do their best to understand all information provided to them. She feels that if a student learns to properly evaluate information then they can make a difference. Miller believes that students should learn to develop opinions, not convictions, because as soon as something becomes a conviction, then students close themselves off to too many thoughts and viewpoints.

FP



Community Events

Monday, December 4

Students of Color Pizza Party
USM Gorham campus
Brooks Student Center
Starts: 5 p.m. / Ends: 7 p.m.

Tuesday, December 5

Christmas Downtown Portland
REMAX Shoreline
88 Middle Street
Starts: 5 p.m. / Ends: 7 p.m.

Wednesday, December 6

Mug Decorating
USM Gorham campus
Brooks Student Center
Starts: 8 p.m. / Ends: 10 p.m.

Thursday, December 7

13th Annual Holiday Open House
Sona Messages & Wellness
6 Cottage Rd, South Portland
Starts: 5:30 p.m. / Ends: 7 p.m.

Friday, December 8

Game Night
USM Portland campus
The ROCC
Starts: 5 p.m. / Ends: 8 p.m.

Saturday, December 9

Holiday Craft Fair & Bake Sale
FBC Westbrook
Main St, Westbrook
Starts: 10 a.m. / Ends: 4 p.m.

Sunday, December 10

Holiday Brunch
The Thirsty Pig
37 Exchange St.
Starts: 11:00 a.m. / End: 3 p.m.

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

Sports

Tuesday

Men's Basketball

@ UMaine
Farmington
7:00 p.m.

Tuesday

Men's Hockey

vs. Bowdoin
College
7:00 p.m.

Saturday

Women's Basketball

@ Keene State
1:00 p.m.

Saturday

Wrestling

vs. Rhode
Island College &
Plymouth State

Sunday

Women's Hockey

vs. Bowdoin
College
5:00 p.m.

Stay active over the winter months

River Plouffe Vogel
Sports Editor

Winter is coming! The sun sets at four, jackets have become necessary, and the battle for getting out from under the covers in the morning has grown even more fierce. Living in Maine takes a certain level of mental fortitude, but luckily there are plenty of ways to escape the cold and dark of winter. It's rare to have all of nature's wonders in your backyard but thankfully, Maine offers the ocean, forests, rivers, lakes and of course there are some pretty fantastic mountains too. During the summer it seems easy to find ways to get outside, soak in some rays and give our bodies some much needed energy and fresh air. Winter doesn't have to mean giving up that outdoor time, and in fact, many Mainers relish the new outdoor experiences that come with cold weather and snow. From building snow figures, sledding down the biggest hills in town, ice skating and of course skiing and snowboarding, there are plenty of options to get outside and stay active.

For the skiing and snowboarding enthusiast amongst us, having Sugar Loaf, Sunday River, Loon and Shawnee Peak

all between an three hours or less away from the USM campuses is a blessing. They might not be the biggest, but Sugarloaf and Sunday River are household names, regardless of the state you're in. Mountains like Loon and Shawnee Peak offer an equally fun experience and are often less expensive. In particular, Shawnee does specials on Mondays and is only 45 minutes away from Gorham/Portland. Potentially the biggest barrier to enjoying winter sports is prices. The gear is expensive and a year pass can be almost \$100 depending on where you go.

However, James Newkirk, a college representative for Sunday River Resort, would like to offer The New England Pass valid at Sunday River, Sugarloaf, and Loon Mountain to all students. Since it's so early in the season, they are currently selling college passes to students taking nine credit hours or more at an exclusive rate of \$359 for a gold pass and \$199 for a silver pass, which is a small fraction of the normal price. Feel free to contact Newkirk at james.newkirk@maine.edu with any questions. Simply go online at <http://www.newengland-pass.com> to purchase the pass directly. For a Shawnee Peak Season Pass email

usm.sullivancomplex@maine.edu, or check out the Shawnee Peak website. All College Students with nine or more credits are invited to take advantage of this offer! Ski every day, night, holiday and weekend at Shawnee Peak. Students must bring proof of current enrollment and credits when they get their picture taken and pick up the pass. Acceptable forms of documentation include: Class schedule with credits listed, with your name and date of enrollment (Fall 2016 and/or Winter/Spring 2017). The views from on top of these mountains are stunning. The atmosphere is contagious and it's a skill that has room to constantly improve and build upon. It's also hard to find a similar experience of bombing down the face of a mountain. For those who want the thrill of going fast, but a little less danger, the greater Portland area has awesome ice skating. Thompson's point in particular has a great view, craft beer and good food all in the same place. So don't lose hope, winter is coming and with it comes a whole new realm of adventures and opportunities to explore the state, meet new people and challenge yourself physically, or just keep active.

FP

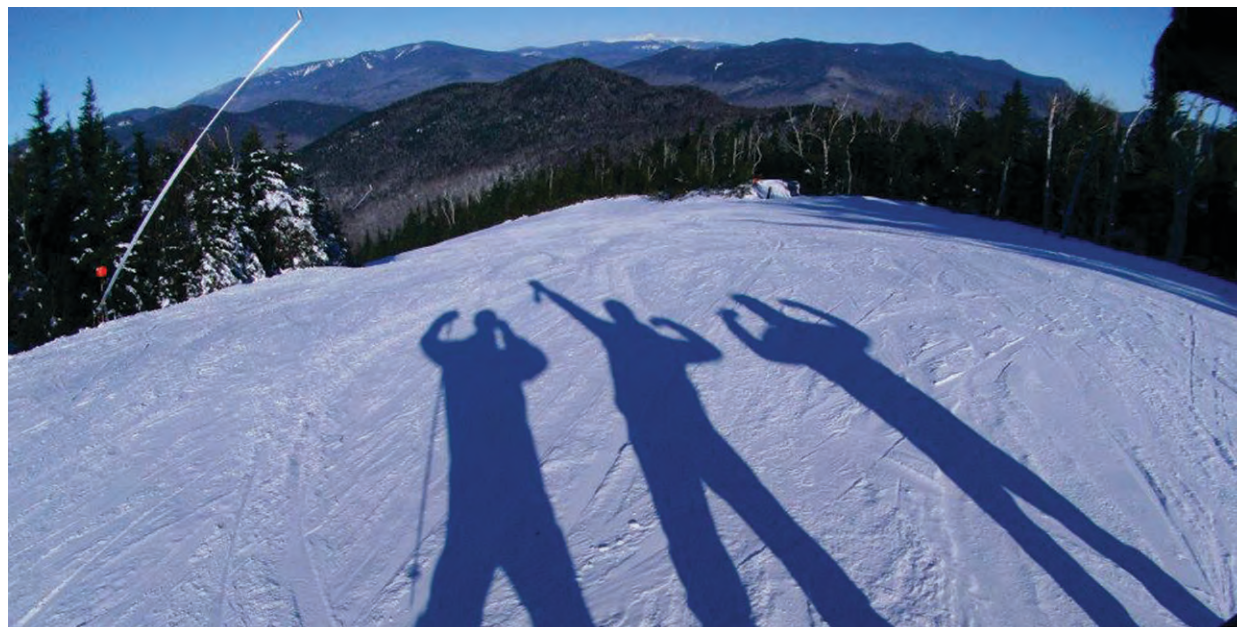


Photo courtesy of Will Perotti

Former USM students Daniel Webb, Jamie Ruginski and Will Perotti at Loon Mountain



Photo courtesy of Liz Trudel

Liz Trudel
Staff Writer

Transitioning from high school and adapting to freshman year of college isn't easy. One must learn to be independent, adjust to life on campus, learn to advocate for his or her education, juggle excessive amounts of homework, eat a balanced diet, get enough sleep and somehow maintain a social life. To achieve success both inside and outside of the classroom, collegiate-level athletes must have passion, dedication and endurance.

Brandon Cousino is a first-year student-athlete at USM. He participates in the wrestling program, where he competes in the 197-weight class. Brandon started his wrestling journey in the fourth grade at the age of nine when a friend suggested that he joined the school team. Ever since, he has been committed to the sport and has never looked back. Cousino is from North Ferrisburgh, Vermont. He attended Vergennes Union High School. During his high school career, he wrestled for the Commodores, where he holds a two-time, back-to-back state champion title with a total of 177 wins. So far this season, Brandon has competed at Roger Williams University, placing 6th overall, and at Springfield College, achieving 5th overall. Cousino's goal for his freshman year is to qualify for the NCAA Division Three National Championship meet. He said that his role-model and inspiration is Robert Hamlin, a multiple-time Division One National Finalist from Vermont. Cousino said that his number one support system is his family. Growing up, his parents have persistently told him, "Always have good sportsmanship and always strive to do your personal best." Brandon holds high hopes that he'll rise through the athletic ranks at USM and create a name for himself in the wrestling world.

FP

THIRSTY THURSDAY

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\$4 MAGNERS
20oz Drafts



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