
Free Press, The, 1971-

Student Newspapers

9-17-2012

The Free Press Vol 44 Issue 2, 09-17-2012

Kirsten Sylvain
University of Southern Maine

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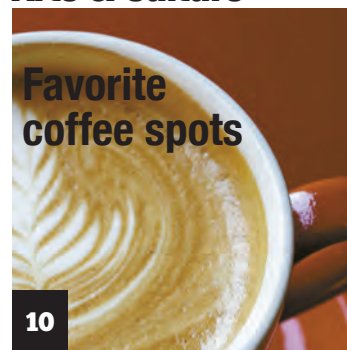
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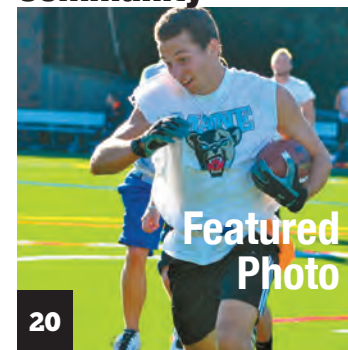
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the free press

University of Southern Maine Student Newspaper

Vol. 44,
Issue No.2
Sep. 17, 2012

usmfreepress.org

Happy Birthday Occupy: Activists Go From Zuccotti Park to #S17NYC

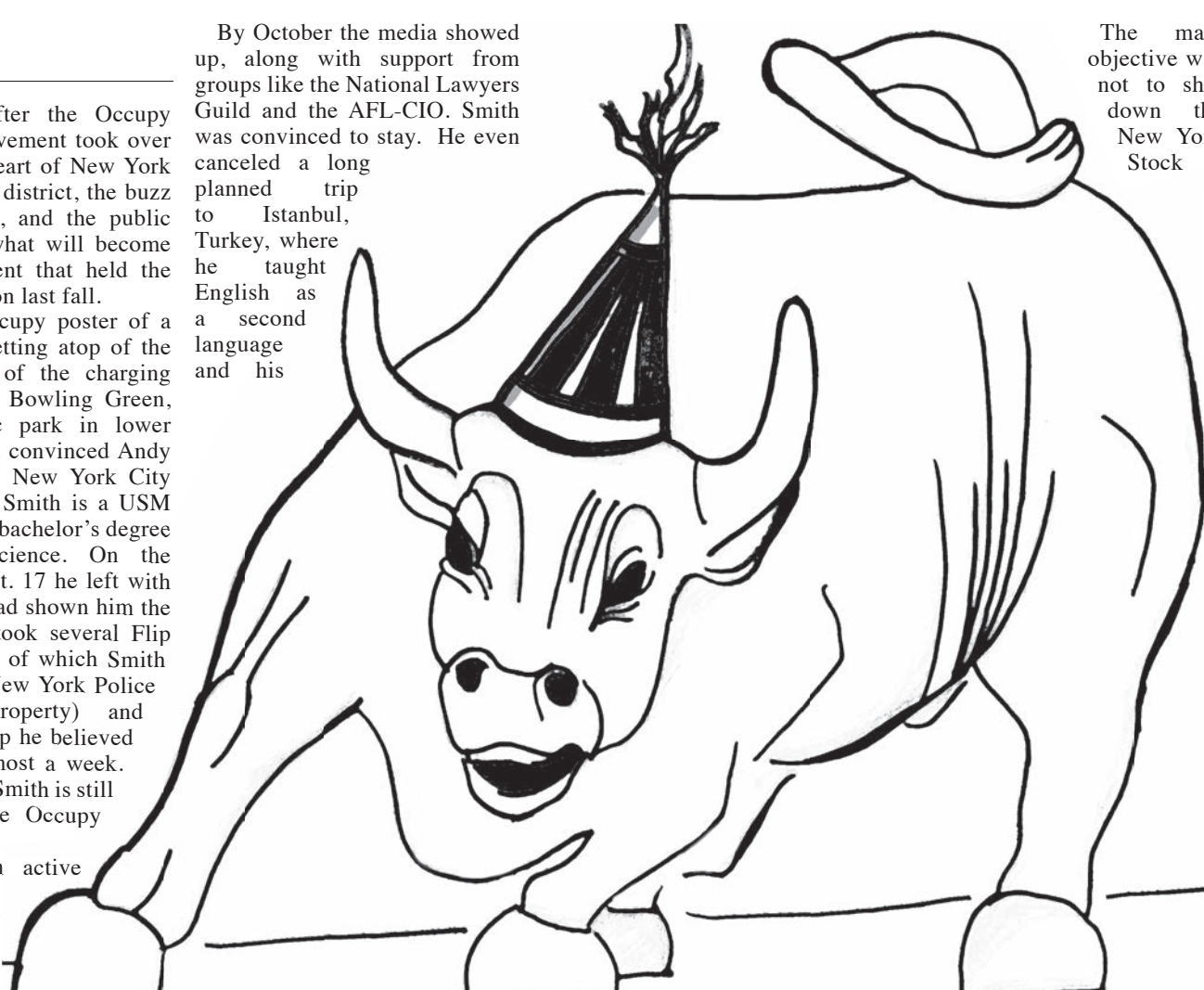
Brian Saxton
News Editor

One year after the Occupy Wall Street movement took over a park in the heart of New York City's financial district, the buzz has died down, and the public is wondering what will become of the movement that held the nation's attention last fall.

It was an occupy poster of a ballerina pirouetting atop of the famous statue of the charging bull located in Bowling Green, a small public park in lower Manhattan, that convinced Andy Smith to go to New York City one year ago. Smith is a USM alumnus with a bachelor's degree in political science. On the morning of Sept. 17 he left with a friend, who had shown him the poster. They took several Flip camcorders (all of which Smith says are now New York Police Department property) and packed for a trip he believed would last at most a week. One year later, Smith is still involved in the Occupy Movement.

"I had been active politically in Portland after graduation, but it was nothing that important or memorable," Smith said. At a time when many college students are having a hard time finding employment in their field, Smith has found a niche.

By October the media showed up, along with support from groups like the National Lawyers Guild and the AFL-CIO. Smith was convinced to stay. He even canceled a long planned trip to Istanbul, Turkey, where he taught English as a second language and his



The main objective was not to shut down the New York Stock

Illustration of the Charging Bull Statue located in lower Manhattan

Kirsten Sylvain/Editor-in-Chief

girlfriend was waiting for him.

"[Occupy] Wall Street serves as a very simple way to talk about capitalism," Smith said.

Exchange, but to "create a sense of siege," as author David

Graeber put it in his 2005 book, *On the Phrenology of Puppets*. The traders and investors, although physically unharmed, must walk through the protest in the park everyday.

On Sept. 17, 2011 the movement began in earnest when protesters set up shop in Zuccotti Park, a small square of concrete in New York City's Financial District. On Nov. 14, 2011 New York City police raided the Occupy Wall Street Camp at Zuccotti Park, the original and most visible of what had become a nationwide movement. They physically removed protesters, including Smith, and their tents using riot gear in a move New York City Mayor Mike Bloomberg described as necessary to protect the health and well-being of the first-responders on the scene.

"New York City is the city where you can come and express yourself. What was happening in Zuccotti Park was not that," the mayor said in a public statement released after the eviction.

And what happens to the movement now that the park is gone?

"I think people do very much relate Zuccotti Park, or Liberty Square, as it is known to protestors, to the movement, and see the existence of Liberty Square as the symbol of the movement existing or being alive. So that's definitely really problematic and hard," Smith said.

Over the course of a few months, public perception of the Occupy movement had slowly grown more negative, and public interest has gradually declined.

"We didn't have the structures ready to understand or work with

See Wall Street on page 3

Students and Faculty debate smoking ban

Kirsten Chapman
News Assistant

In January USM will begin taking the initial steps in making it's campuses Tobacco-free. There will be much debate on campus in the few short months that tobacco users can freely smoke, dip or chew on campus property.

A poll taken back in 2010 by the USM Tobacco Policy Committee showed that a majority of students,

faculty and staff members favor the ban, because it will eliminate hazardous exposure to secondhand smoke and tobacco products on campus. President Theo Kalikow says that it's about the concern for the public's health, referring to the dangerous effects of secondhand tobacco usage.

USM's Bob Caswell, executive director of public affairs, says that it's not about making people quit but about eliminating the usage on campus.

Since as early as 2002, USM has been working towards a healthier working and living environment on campus. From then on, more than 770 colleges and universities have added a smoke free policy. From the University of Maine system, Orono and Farmington have already added a ban. In January of 2013, USM and the university of Maine Augusta will adopt the policy. Suzanne Roy, health promotion manager says that within the year of 2013, the remaining three

campuses are planning to add the policy.

"USM has assumed responsibility to its students, faculty and staff, to provide a safe and healthy environment to live, learn and work. Research continues to show that tobacco use in general, in addition to the effects of secondhand smoke, constitutes a significant health hazard. Tobacco-free policies remove needless exposure to preventable tobacco related illness." Roy said.

Questions remain about how the policy will be enforced? "The University's role is to provide education, resources and support reminders, for successful implementation of the tobacco-free policy." Roy says. Officials were vague when responding to questions about enforcement of the policy.

In a statement Roy said repeat offenders will be subject to disciplinary procedures that will be used as necessary and appropriate for the violations. Any students with any questions about

See Tobacco on Page 2

Enrollment is up at USM



Students outside Upton-Hastings Hall

Justicia Barreiros / Free Press Staff

James Sheldon
Contributor

Enrollment at USM is up this year by 22 percent. Last year, enrollment declined for both continuing and newly admitted students, including transfers.

In an interview with Susan Campbell, chief student success officer and Beth Higgins, executive director for student success said that a keen marketing campaign, reduced costs of on-campus living and a new strategy from the Office of Student Success reversed this trend.

“First and foremost we want to make USM more affordable,” Campbell said, “as a result we are becoming more competitive.”

Last spring, the university appropriated an extra \$94,000 in housing grants for that semester, as well as an extra \$1 million in financial aid for this school year.

Much of that financial aid available to new students comes in the form of merit-based scholarships. These scholarships are awarded on such criteria as standardized test scores and grade point averages.

“We’ve also been pushing priority registration,” Higgins said. “We put out notices, email and if there’s no contact or action from the student, we call.” Campbell continued, “If students don’t register by the priority deadline, they may lose the opportunity to take courses in proper sequence, so it helps them graduate in a timely manner.”

They believe the responsibilities of college should not lie solely on the shoulders of students, instead there should be a partnership between the student and the university. Rather than simply provide academic opportunity, they work to foster a learning community.

“We want our students to use USM to discover what they want to know, do and value,” Campbell said. “We want life at USM to expand, so that everyone is more curious,” Higgins added.

Higgins continued, “we want the student in the driver’s seat, not bouncing around in the back.”

On-campus residency has grown as well. Gorham residence halls host nearly a hundred more students than they did at this time last year, according to Jason Arey, associate director of residential

life. On-campus residency numbers surpassed USM’s target by over 70 students.

“The decrease in room rates and increase in activities are wonderful reasons to live on campus, not only for new students, but also for those considering moving back,” Arey said.

Because of this all room rates have declined, but not uniformly. Upperclass hall apartments are roughly \$500 cheaper each semester, singles are \$100 less and most doubles are \$200 less.

Official enrollment numbers will not be available until mid-October, but right now USM is meeting its goals for enrollment and credit hours for the 2012-2013 academic year.

“Our enrollment numbers reflect our commitment to the success of our students,” Campbell said.

First-year student applications are down to 3,913 from 4,109, a 5 percent change. Transfer applications are up to 2,037 from 1,900, a seven 7 change.

First-year student enrollment is up to 890 from 710, and transfer enrollment is up to 961 from 784, both changes of 25 percent.

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Tobacco ban to be implemented starting January

Tobacco from page 1

the enforcement can contact the Office of Community Standards. Employees can contact the Department of Human Resources.

The current smoking policy allows smoking only in the designated areas, but that policy is seen as a failure. “Most campuses find that banning tobacco is much more effective...designated areas are much harder to keep track of.” Caswell said. People continue to smoke outside designated areas, regardless of signs posted clearly stating the areas.

On a walk around campus groups of people can be seen hanging out and smoking. So will the ban affect the community of USM?

Roy doesn’t think so. “The majority of the campus community won’t have to alter habits when the campus goes tobacco-free.” In the colleges that have already enacted a ban on tobacco, reports show that it has been easier to observe than a tobacco policy that allows smoking only in designated areas.

The Surgeon General’s Report from 2012 stated that tobacco usage among 18-25 year olds is the highest, where 9 out of 10 smokers started smoking by the time they turned 18. The report went on to say that 70% of smokers in this age group have tried to stop tobacco usage. “A tobacco-free campus policy provides an environment that is conducive and supportive of tobacco cessation,” says Roy. In the state of Maine, less than 19% of adults use tobacco products.

The report also stated that tobacco-free policies have been

proven to decrease the current smoking rates among students and decrease the amount of cigarettes consumed by those who will continue to smoke. They can also make a positive influence on the perceptions of peer smoking and change social norms around tobacco use while increasing favorable

“The focus of the tobacco-free policy is on tobacco user. The choice to use or not use is left to the individual.”

-Suzanne Roy
Health Promotion Manager

attitudes towards the regulation of tobacco.

Roy added, “The focus of the tobacco-free policy is on tobacco and not the tobacco user. The choice to use or not use tobacco products is left up to each individual. The Tobacco-free policy is being adopted to remove exposure to, and use of tobacco products on all USM campus grounds.”

Comments or concerns about the ban? Let us know what you think.

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Melissa Smith / Staff photographer

Students are still smoking on both Portland and Gorham campuses despite the fact that a ban will go into place in January of this year.

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From Wall Street

the [media] attention,” Smith said.

The negative press surrounding the occupations peaked in late October and early November. Reports began to surface of rampant crime and drug use within the camps. The parks also began to attract homeless populations.

“We’re a bunch of radical organizers,” Smith said. “We weren’t very good social workers. It was very difficult for us to deal with these kinds of normal societal issues like homelessness, racism, sexism. All these really deep and difficult issues that started to really show up a lot in the park.”

In Chicago a group of anarchists known as the NATO 3 were arrested for allegedly planning to firebomb President Obama’s Campaign headquarters. The prosecution’s case was based on the testimony of two undercover agents. Regardless of the actual prevalence of undercover agents, the paranoia brought on by the idea of infiltrators was enough to cause problems in the camps. Smith believes much of the violence was indeed caused

by agitators, mentally unstable persons and undercover officers brought to the park to cause issues.

Just a few days after the Zuccotti Park eviction, Occupy Maine’s Lincoln Park encampment was having issues of its own. On November 19, 2011 two incidents occurred within twelve hours of each other, one involving an assault with a hammer, which marked the beginning of the end for occupation of Lincoln Park. Though the encampments lasted into early February, they were unable to shake the negative press or the public perception of the encampment as a makeshift homeless shelter.

Today Occupy Maine limps on. Despite having nearly 7,000 followers on Facebook, only about a dozen people attended a general assembly supper at Portland’s Pelotin Labs on Congress St. Wednesday night. The group is managed by Rob Korobkim, a well-spoken computer programmer. He is optimistic about future group activities, including those planned for the September 17th anniversary. The day’s actions are known as #S17NYC. They have been in the planning

stages for months and include a human wall at the NYSE and random intersection occupations. However when asked about the future, the occupiers were often cynical.

Korobkim and Smith both stressed the idea of Occupy, not

“It showed that there was something different in the political process than just voting”

-Prof. Michael Hillard
Economics

as a message, but as a discussion. A discussion that will have to be loud to be heard over the roar of the November elections.

“I don’t think we’ll know until after September 17th,” Smith said.

There are also questions about whether or not the movement will affect the outcome of the 2012 election. There have been some indications that the Occupy

discussion is changing the face of Washington politics. Questions of income inequality and campaign finance have had an impact on President Obama’s ability to raise funds from Wall Street. In a May 2012 New York Times article, Nicholas Confessore described the sentiments of some of Obama’s top donors.

“They felt unfairly demonized for being wealthy. They felt scapegoated for the recession. It was a few weeks into the Occupy Wall Street movement, with mass protests against the 1 percent springing up all around the country, and they blamed the president and his party for the public’s nasty mood.”

In January 2008 the president had raised more than \$7 million from the securities and investment industry, four years later he has raised only \$2.4 million.

“It plays out interestingly in that any action against Wall Street now has the tendency to seem pro Obama,” says Smith. But it will remain to be seen if the protesters, who often worry that lending legitimacy to Washington politics will erode their message, will come out in force to vote in November elections.

“Occupy succeeded and continues to succeed in changing national discussions on social and political issues, by raising questions that haven’t been asked in a long time” USM economics professor Michael Hillard explained. “Namely, does the system serve the people,” he asked.

“It showed that there was something different in the political process than just voting.”

As for where Occupy is now, and where it is going, Smith says, “There is an argument that things are still getting worse, but I would also say that there is no doubt in my mind that there is a global movement going on right now for social and economic justice. Despite the fact that Occupy Wall Street isn’t the strongest thing in the world right now, we’re seeing intense revolutions all over the world. It just might not come in the form people think.”

brian@usmfreepress.org
[@SaxtonSaxton](https://twitter.com/SaxtonSaxton)

For a perspective on this issue see page 17

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Recent graduate battles cancer

Kirsten Sylvain
Editor-in-Chief

A couple of months after Matt Nelson graduated from USM, doctors found a tumor the size of an orange in his chest.

He graduated with bachelor's degree in marketing and a minor in holistic health in December 2010. His plans were simple: enter the workforce as soon as possible.

But his plans were soon interrupted in a way that he never expected. Nelson was a healthy 23-year-old at the time, hiking in the Maine woods and going to the beach with friends.

In February 2011, that changed. In early March, Matt began to lose weight. He had no appetite, and his voice became hoarse. At first he

without a CAT scan.

That night Nelson had that CAT scan. After the test, Nelson recalls having a strange feeling, an intense intuition that something was really wrong.

"I remember feeling that I was being warned the night before by God. I just feel like maybe God was preparing me for the news," Nelson recalled.

"We prayed together, and the next day the doctor's office called me over the phone and asked me to come in. They said: we don't know what you've been told so far, but you have a tumor in your chest, and it might be cancer."

Later he received the news that he did in fact have cancer. Nelson has stage one lymphoma, a type of blood cancer that affects the white blood cells (lymphocytes) and usually manifests in a tumor made up of lymphoid cells. Doctors warned him that treatment was urgent, as the tumor in his chest, though at an early stage, was growing quickly.

Nelson remained calm, feeling that he had received a warning the previous night. He took the news with grace and peace, with a feeling that everything would be okay. Of course, Nelson admits, he has good days and bad days.

"Anything can happen. I'm 24 and I never would have expected this to happen, but you never expect you could die tomorrow. It reminds me of how important it is to live a life that you enjoy and try to be the best person that you can be and help people."

When asked what he is looking forward to, Nelson replied that he hopes to return to normalcy soon. Like many battling cancer, Nelson has lost his hair and a lot of his strength. He drive himself around anymore. Because of his weakened immune system, he wears a mask in public to protect him from airborne illness, and the antibiotics that he takes to boost his immunity make him sensitive to sunlight.

"There are days when I need to be taken care of, when I'm tired

and I stand up and am really dizzy and might fall down. I feel like unless you go through things like this you always take certain things for granted."

And certainly, Nelson isn't taking anything for granted these days.

"I just find no value in allowing yourself to get wrapped up in depression. It's going to bring other people around me down. I try to be thankful and focus on the good."

Nelson has taken the lemons that he's been given, and he has made some delicious lemonade. He smiled over an interview on Skype this week and said that he gives his nurses hugs when he sees them.

"I love helping people, talking to people, because if I can be some type of inspiration, just to see people smile, it really brings me a lot of joy."

He has a remarkable ability to take a negative situation and view it with a positive outlook, Nelson sees his circumstances as a learning experience.

"I feel like cancer has been almost like a tool for me to really take a deep hard look at myself and really learn from it. I think a lot of people try to be desperate for control. I was forced to let go of not having control, allowing Him to make something bad into something good."

Since his diagnosis, his goals and aspirations have changed and his outlook on life has become an inspiration for many people that he meets.

"Through this experience, I have a lot of time to think, part of me was just gong to go the workforce, having to put my life on pause, it's kind of giving me a fresh start, so



Chelsea Ellis / Former Design Director

Matt Nelson in a photo taken before he started treatment.

"I never would have expected this to happen, but you never expect you could die tomorrow. It reminds me of how important it is to live a life that you enjoy."

-Matt Nelson

suspected that he might be experiencing some serious allergies, and his doctors put him on two rounds of antibiotics, allergy medications and an anti-inflammatory cough suppressant. He had night sweats, and his symptoms were persistent and growing stronger. Eight weeks after he started experiencing symptoms, he went to an ear, nose and throat doctor, and at that visit, the doctor conducted a test in which found that one side of Nelson's vocal chords were paralyzed. The doctor warned that it could be something affecting the nerve, but he couldn't be positive

to speak."

Now Nelson would like to go back to school and get his master's degree in marriage and family counseling.

Nelson is scheduled to receive five rounds of chemo. His last is scheduled for October 6th. He now lives with his grand parents in Virginia where he is receiving treatments at the Sidney Kimmel Comprehensive Cancer Care Center at Johns Hopkins.

And treatment at a world-class facility is certainly not inexpensive. He explained that because of his condition, he has had to quit job, and all of his savings are gone. His parents have been paying for his treatments with their credit cards. Nelson is fortunate in that the Affordable Care Act has allowed him to remain under his par-

ents' health insurance for another year, but even still, his bills are adding up.

Heather Ciccarelli, American cancer society patient navigator at Maine Medical Cancer Institute, explained how she has seen lack of financial resources adversely affect patients and their families.

"More and more of the share of the cost is being passed on to the patients. They're experiencing higher and higher co-pays and premiums. In the four years that I've been here, there have been fewer resources for patients. -The economy has struggled so have patient assistant programs that were available."

Ciccarelli explained that she has worked with patients who have been in bankruptcy or in foreclosure.

In a report released by Avalere Health LLC in March of this year, out of 127 patients who received chemotherapy, the average cost that they paid for treatment over a 5 month period (which is roughly how long Nelson is expected to receive treatment) was \$40,677. Of course, the price of treatment varies based upon the treatment facility and the seriousness of the condition.

There is a Facebook page connected to a fundraiser for Matt Nelson at www.facebook.com/afundraiserformattnelson. On it you can donate funds towards Nelson's treatment via Paypal, and a series of Portland fundraising events planned to happen within the next few weeks will likely also be posted on that page. Check it out for more information.

Nelson has also pledged that he will give any excess funds to the Susan G. Komen Breast Cancer Fund and the Leukemia and Lymphoma Society.

Featured Photo of the week:



What does your future hold? Graduation?

Alex Greenlee / Multimedia Editor

BREAKING NEWS!

The Free Press is still looking to fill a few positions.

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SEPTEMBER 21



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ONLY SON
OCTOBER 8



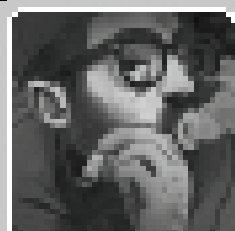
SLIGHTLY STOOPID
OCTOBER 18



MIKE SNOW
SAT OCTOBER 20



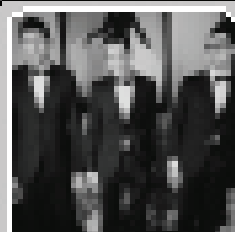
GRAND CARLILE
CITIZEN TRAPPER
OCTOBER 24



PAPER DIAMOND
MORRIS, OF THE TREES
SAT OCTOBER 27



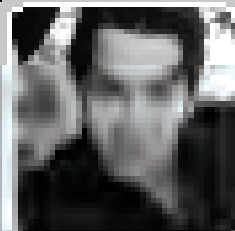
CITIZEN COPE
OCTOBER 29



FUN.
Compass Consciousness presents:
A benefit for Mainers United For Marriage
OCTOBER 31



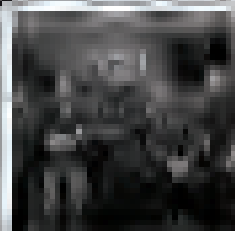
PRETTY LIGHTS
KEYS N KRATES, ELIOT LIPP
NOVEMBER 1



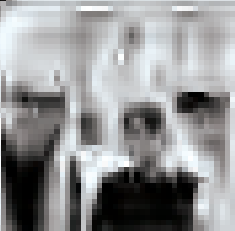
G. LOVE & SPECIAL SAUCE
NOVEMBER 10



UMPHREY'S MCGEE
THE BRIGHT LIGHT SOCIAL HOUR
NOVEMBER 3




TAKING BACK SUNDAY
BAYSIDE, THE MEXZINGERS
NOVEMBER 18



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DECEMBER 6



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Ben Harper (SOLD OUT)	1/06		

Get tickets online at www.statetheatreportland.com, in person at the Cumberland County Civic Center Box Office and charge by phone at 800-745-3000. Tickets available at the State Theatre Box Office on night of show one hour before doors.

In Brief..



USM Student Community Service—worth \$6.2 million.

In the school year of 2011-2012, more than 1,800 students logged a record breaking number of 71,780 volunteer community service hours. 298,802 more hours were logged by students doing unpaid internships with local companies or “service learning” courses that combine community service with classroom instruction.

All in all, nearly 5,000 students provided more than \$6.2 million worth in service to businesses and non-profits. The total number of hours logged was more than 370,000 hours.

A formula developed by the Independent Sector, a nationwide coalition of nonprofits, foundations and corporate giving programs was used to calculate the figure.

New Director of Engineering and Architecture

As of December 31, 2012 the current Director of Engineering and Architecture, Dana Gray will be retiring. Adam Thibodeau, will be stepping into the position.

Thibodeau has managed many projects at both Gorham and Portland, has experience from all sides of the construction process, and has worked in a represented all stakeholders (designers, contractors, and owners).

Trace: Photographs by USM alum, Luc Demers

Starting September 13, 2012 and running until December 21, on the fifth floor of Glickman Family Library will be photographs by USM Alumni Luc Demers.

Conversation with the artist will be Thursday, October 11, 2012 from 2:00 p.m. to 3:30 p.m. in 423/424 Glickman Library.

Southern Maine Area Resource Team (SMART)

Reading Matters to Maine Fund of the Maine Community Foundation has provided a grant for SMART to startup funding to create a Learning Lab based at USM. The Lab will provide tutoring after school, at little to no cost, for K-8 students. It will run for two hours every school day afternoon.

Poet Rising

Rhythmic Cypher is a weekly open mic show, with musical accompaniment. For more than two years, it has been a place for poets, musicians, storytellers, freestylers and the occasional traveling circus to share their work every Sunday. On Sunday, September 23, Rhythmic Cypher will become a bohemian rhapsody show at Dobra Tea, located at 151 Middle Street in Portland. The event is free, but a suggested \$5.00 donation is asked, to pay featured artist for their work. The show will start at 5:30 p.m. with an opening reception. For more information visit: facebook.com/RhythmicCypher

College fair

The University of Southern Maine's Office of Undergraduate Admission and the New England Association for College Admission

Counseling hosting a College fair on Sunday September 23. The free event is scheduled from 1-3pm at the Costello Sports Complex on the Gorham Campus. More than 250 College are expected to be in attendance. For anyone seeking more information, contact USM Undergraduate Admission at 207-780-5670 or email usmadm@usm.maine.edu.

New book confronting homelessness by USM faculty

David Wagner, a professor of Social work and Sociology along with co-author Jennifer Barton Gilman recently published a book titled “Confronting Homelessness: Poverty, Politics, and the Failure of Social Policy.” Wagner, an advocate for Homeless persons attempts to explain some of the causes of homelessness and explains how many people can fall through the cracks. This is Wagner's eighth book.

USM instructor in the news

Kate Kaminski, Communication and Media Studies instructor, was profiled as one of Maine's innovators in Maine Women magazine. In October, Ms. Kaminski will be the keynote speaker at the 2nd Annual LGBT film festival at The Grand Auditorium in Ellsworth, Maine. More information at www.grandonline.org

ROTC road march

The University of Southern Maine ROTC program embarked on a road march around Back Bay trail on 14 September 2012.



Police Beat

Selections from the USM Department of Public Safety police log Sep 10 to Sep 16

Selections from the Department of Public Safety police log September 04, 2012 to September 10, 2012

Tuesday, September 04, 2012

Must have been real angry with the parking

11:55 a.m. –Entry gate to a campus parking office was damaged

Thursday, September 06, 2012

Free Ride

1:01 p.m. –A car was towed for having unpaid parking fines from the G17 parking lot

Maybe it was human?

5:34 p.m. –A report of the odor of gas in Bailey Hall. When the officer arrived, nothing was found.

Friday, September 07, 2012

Smokestack lightning

12:31 a.m. –a caller alerted police to smell of marijuana in Dickey Wood. Nothing was found.

Disorderly Residents

12:44 a.m. –Resident Life staff were dealing with disorderly individuals, the situation was resolved by the time the officer arrived.

More disorderly conduct

10:53 a.m. –Caller expressed concern about the behavior of a student. The officer spoke to the caller and everything was worked out.

Suspicious Note

11:41 a.m. –a resident in Upton Hastings received a letter on the whiteboard on the door to their room that made them feel uncomfortable. The message was not threatening in any way. The incident is still under investigation.

Watch out for those coffee pots, they'll get ya every time

2:54 p.m. –caller was injured by a coffee pot. They refused medical attention.

Saturday September 08, 2012

Wet Ride

10:07 p.m. –report of people drinking alcohol in a vehicle

Joy Ride

10:17 p.m. –golf cart being operated on campus by someone who is believed to not have been an employee. Officer was unable to locate the vehicle.

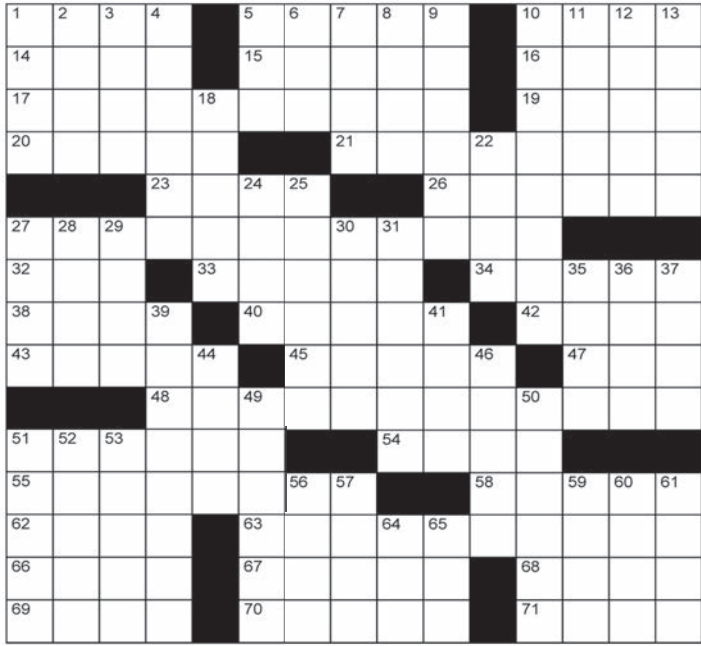
Police logs are edited for grammar and style. They can be found at usm.maine.edu/police/campus-crime-log.

**See a typo anywhere?
Lend us a hand with your sleuthing
skills and come copy-edit for us.**

**For more info e-mail:
editor@usmfreepress.org**

Crossword

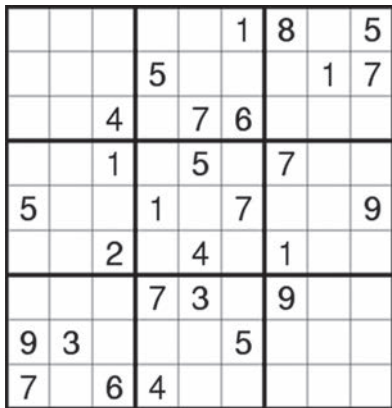
Across
1. Pool-table surface
5. Composer Stravinsky and others
10. "... we forget": Kipling
14. "The Sopranos" actress Falco
15. Cut into tiny bits
16. Cookie Barz brand
17. 1970 #1 hit for Three Dog Night
19. Pop choice
20. ___ bagatelle
21. Sitcom segments
23. "... Well That..."
26. D-backs div.
27. Kids' baseball organization
32. Keats's "Bards of Passion and of Mirth," e.g.
33. Conned
34. Like some fashion
38. "... your chin up!"
40. Internet locales
42. Gunfight command
43. "The time ___!"
45. Sobbed
47. "Tip-Toe Thru the Tulips With Me" instrument
48. Cause of an out
51. "My ___ Amour" (1969 Wonder tune)
54. Thank-you-___ (bump in a road)
55. Hivers' forerunners
58. Appalachian Trail's northern terminus
62. ___-carotene
63. Co-creator of 'South Park'
66. Fifth and Mad., e.g.
67. Befuddled
68. Skinny swimmers
69. Helpless
70. Trotsky and Jaworski
71. Chronicle



Down
1. U.S. disaster relief org.
2. Dutch city with a cheese market
3. Key fruit
4. Afflict
5. "Here's what I think," in e-mail
6. Hodges or McDougald
7. Wave, to a Frenchman
8. Mounties: Abbr.
9. Synonym for believing, perhaps
10. Plant that is poisonous to livestock
11. Rub off
12. Graf rival
13. B.L.T. base
18. Snitches (on)
22. Affront
24. Gives permission
25. Floodgate
27. Evildoing Norse god
28. One day in March
29. Person under 20
30. ___nous
31. Scorn for seniors
35. Island in the Carolines
36. Fall tool
37. Hes outstanding bills
39. Slow-cooked entree
41. ___ high standard
44. Bit of spontaneity
46. Trial goings-on, maybe
49. Tuxedo, often
50. Turkish hostelry
51. Junta
52. Spanish omelet item
53. Major conclusions
56. French pseudonym of a Russian-born designer
57. Brain, in Barcelona
59. Popular furniture store
60. Little ___, Dickens girl
61. Celt
64. Liking
65. Sound systems, for short

Sudoku

A sudoku puzzle consists of a 9 x 9-square grid subdivided into nine 3 x 3 boxes. Some of the squares contain numbers. The object is to fill in the remaining squares so that every row, every column, and every 3 x 3 box contains each of the numbers from 1 to 9 exactly once.



Cryptogram

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

V OEDZQG VC FVL-
LEPEB RGQ FPRNQZ
ZSGVDH ISGGVLRDQB.
RCYQG RPP, YIQN'GQ
IVHI OVDZB.

And here is your hint:

G = R

XYD IYDVJ OSMZOLB
KCMK KCB VDSNB-
GAMEFP EYDVJ AYFOL-
ZVX NB FLYIL MP KG-
BBKYKMBGPG.

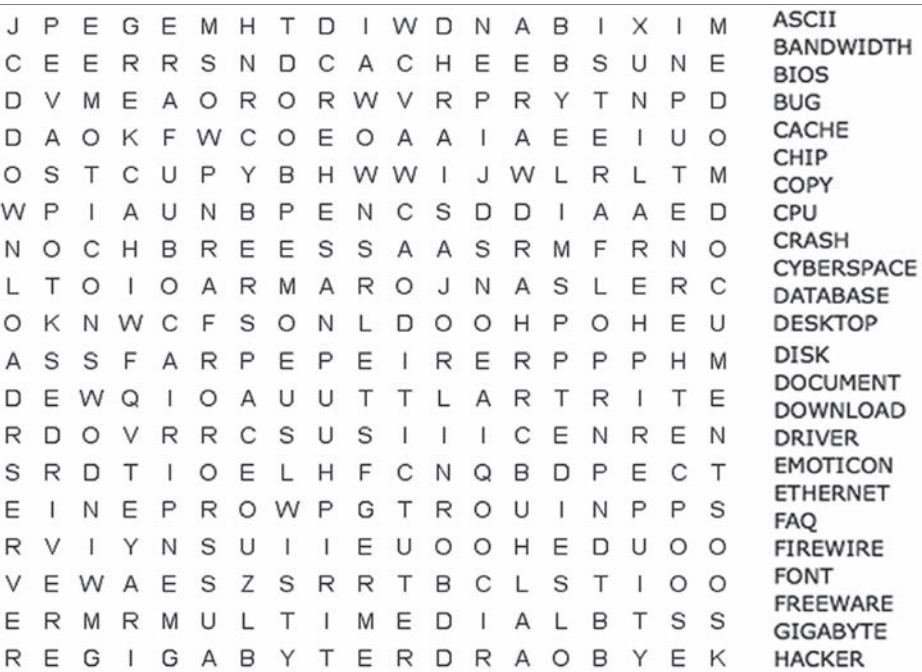
And here is your hint:

S = M

Word Search

Theme:
Computer Jargon

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



The solution to last issue's crossword



Advertisement for The GOLD Company, featuring Joel Gold, CFP®, Ph.D., a USM Finance Professor since 1973. The ad lists services like retirement planning and investment management, and provides a website and phone number.



Weekly Horoscope

Rating scale:
★★★★★ great
★★★★ good
★★★ average
★★ alright
★ difficult

Aries
March 21-April 19
Investigative instincts are strong today. Play CLUE, read Sherlock Holmes, explore the attic, do research, archeology in the yard.

Taurus
April 20-May 20
Both work and home demand attention today. You find yourself giving support and assistance to other people's ideas.

Gemini
May 21-June 20
You may choose to get your thrills through gambling or speculating today. Don't go overboard taking chances.

Cancer
June 21-July 22
You're "up" today with more faith, optimism and confidence. You take direct action to advance truth, religion, education, or values.

Leo
July 23-August 22
Catch up on financial matters. Do your banking; pay the bills; check the investments, etc. Plan ahead.

Virgo
August 23-September 22
A friend shares your favorite TV show for mutual pleasure. Relax and enjoy together.

Libra
September 23-October 22
Excessive demands create problems. Don't give up on your dreams, but appreciate what you do have while working to make it better.

Scorpio
October 23-November 21
Be careful in mixing work and friendship. Keep a clear separation between what is personal and what is professional.

Sagittarius
November 22-December 21
A "too good to be true" offer comes your way. Don't believe it!

Capricorn
December 22-January 19
If you focus on flaws in your relationship, you'll be disappointed. If you take a practical step to improve, you'll solidify your connection.

Aquarius
January 20-February 18
You want to do things your way today. Take as much control, power and authority over your working environment as is feasible.

Pisces
February 19-March 20
Resist the urge to nag someone close to you about weight, spending, or alcohol. You're most effective setting a good example.

Arts & Culture

Coffee / 10

A&C Recommends / 11

Style / 12

The poets are rising in Portland

Sam Hill

Arts & Culture Editor

A lot of people avoid poetry like the Bubonic plague, thinking it's only a past time for troubled teens and English-majors. But, believe it or not, you can write and read poetry too! A local community of poetry enthusiasts are reaching out to reconnect people with words and their creative spirits.

The Poet Rising Project seeks to spread the love of creativity through poetry, music and performance art. Whether it is written by pens on paper, or spoken aloud and shown through body language and facial expression, any art that comes from the heart is welcomed with open arms in this community. Through a combination of comprehensive workshops hosted throughout the area and a weekly "avant-garde" open-mic performance known as Rhythmic Cypher, the group has been bringing poetry into the lives of locals for over two years.

"Our goal is to create an open, safe space for any kind of artist to showcase their creativity," says Tina Smith, co-founder of The Poet Rising Project and local spoken word poet. "We want to incorporate all of these different artistic

experiences. earned the title of Individual Slam Champion for Portland and has competed in several local, regional and national slam competitions. She was recently published by Moon Pie Press, a Maine-based, independent publishing company, in an anthology, "Passion and Pride: Poets supporting Equality" with various New England Poet Laureates. Her passion is to help people find and develop their own voices and creatively process life's

"This area is so loving. I have a family here in Portland now"

-Crystal Farrington
Second-year English-major and spoken word poet

experiences.

Rhythmic Cypher features local spoken word poets accompanied by local musicians. The musicians often improvise behind the spoken word, creating a one-of-a-kind performance every time. The event usually features a well-know poet, whether local or traveling, who performs his or her own 30 minute set in addition to the open mic. Upcoming featured poets include Portland Poet Laureate, Bruce Spang, and National Poetry Slam finalist, John Survivor Blake.

Poetry slams are held monthly, pitting poets against each other in several timed-rounds of readings to be judged by a non-biased audience member. Themed slams are also held occasionally. The most frequent is the more limited Haiku Slam and the NERD Slam, which includes the geekiest poetry ever imagined. There is a performance every Sunday, and a full schedule of events can be found online on the official Poet Rising Project page. Anyone is welcome to come watch and participate.

Finding a regular venue for the poetry readings has been a task



Alex Greenlee/ Multimedia Editor

Spoken word poet, Stuart Carruthers, performs an original piece in front of his fellow artists. Rhythmic Cypher is open to the public and new poets are always welcome.

"Rhythmic Cypher is my poetry home. We're creating a stronger poetry community in Portland"

-Kayla Wheeler
Co-host of Rhythmic Cypher and published poet

mediums into one collaborative event in the community."

Smith, also known as TLOVE, has been a member of the 2009 and 2012 Portland Slam Team,

for The Poet Rising Project as of late. Rhythmic Cypher originally touched down at Slainte Wine Bar & Lounge on Preble Street and was hosted there until this past August.

"We wanted to find a venue that was more accessible for our under-aged crowd," says Smith.

After bouncing around various venues for the past several months, they have found a new home at Dobra Tea, a tea house located at 151 Middle St. in Portland's Old Port. The group's nomadic state this summer has actually helped increase attendance at all performances, regardless of the venue. Picking up a collection of new followers recently, creative minds come from all over to get involved, following the Cypher wherever it may go, as curious new attendees become regular fans. The number of attendees isn't through the roof, but attendance has been rising steadily and Smith is hopeful for the future.

"[Rhythmic Cypher] is my poetry home," says Rhythmic Cypher co-host and published poet, Kayla Wheeler. "We're creating a stronger poetry community in Portland."

The audience is a diverse one. The performances draw artists of all ages and backgrounds out of the woodwork and onto the stage, from high school students just learning the craft to experienced veterans who have been looking for a group to share their work with.

The creative atmosphere of Portland seems to be the best setting for the group.

"This area is so loving," says sophomore Crystal Farrington, an English major at the University of Southern Maine and regular spoken

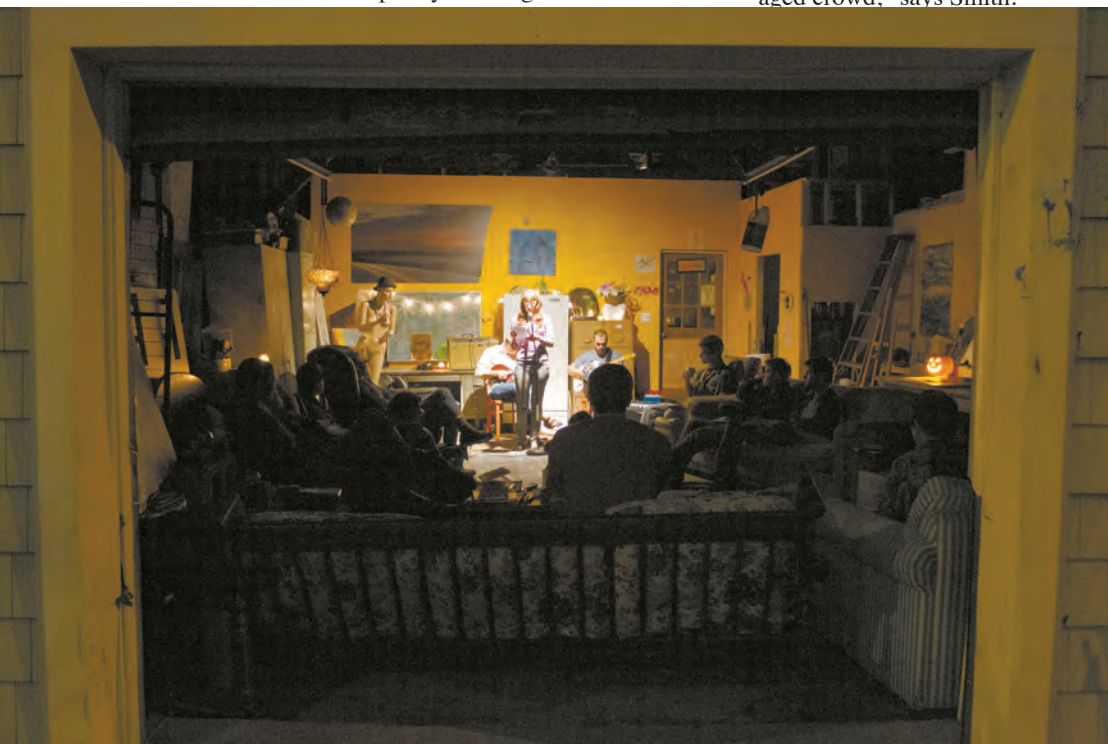
word performer. "I have a family here in Portland now. Everyone is so wonderful and loving to me."

Farrington has been a featured performer at Rhythmic Cypher. She also participates in Slam Free or Die in Manchester, N.H. and her regular reading, Port Veritas, right here in Portland[where in portland?].

"I can't miss a weekly reading," says Farrington.

As poets continue to take the stage and speak their minds, the scene is starting to grow. Poetry readings offer artists a way to express themselves openly in a relaxed, comfortable environment. These local readings also serve as a jumping off point for those wishing to make a career out of poetry, helping to offer opportunities to compete on a regional and national level, and even tour in some cases. Portland may be a serious location in the poetry world in years to come.

"The buzz around poetry has been growing here for a while," says Smith. "We're all very excited for the future."



Alex Greenlee/ Multimedia Editor

On Sunday, local artists gathered at the Dreamship Community Studio to share their poetry and music. From now on, Rhythmic Cypher will find its home at Dobra Tea.

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Brewing positivity

Brittney Cacace
Contributor



Casey Ledoux /h Free Press Staff

A cup of coffee at Mornings in Paris.

The city of Portland is home to a collection of coffee shops, from your run-of-the-mill national coffee powerhouses such as Dunkin' Donuts and Starbucks, to independently owned shops that make your caffeine experience a little bit more personal.

It's morning. You have just woken up from a long night studying, writing essays, finishing math problems and catching up with Facebook (don't deny it). The time before your first class is dwindling down [implies slowly ending, probably want something like ticking away or something more "dire"] and you need something to get you out of this sleepy slump. Many of us will go for that coffee pot or perhaps stop in at a local cafe to get that energizing miracle elixir - coffee. A report from the 2012 National Coffee Drinking report from the National Coffee Association revealed that over 75 percent of adults in the U.S. drink

coffee and 58 percent of those drink it on a daily basis.

Despite all the supposed negative effects of caffeine, it is hard to deny that the many people depend on coffee and find it to be an invaluable resource and sometimes an indulgence.

"Every morning going to campus, I always made sure to stop for a cup of coffee on the way because honestly - without it I felt like I was just trudging along in the morning," says Southern Maine Community College senior, Amanda Melanson.

She isn't the only one who thinks coffee is a godsend. According to professorhouse.com, a website specializing in housing collected data from research and personal experiences on a variety of subjects, studies have shown that coffee is the second most popular drink in the country only second behind water.

"Sometimes I'd brew it at night to keep me awake. It's soothing to taste if done properly," said Spa Tech Career Training student Kristen Melanson. Professorhouse.com also writes that many women say that coffee is relaxing, while men claim it gives them that extra energy boost to help complete the [what?]. After a long day of classes with nothing to look forward to but a long night of homework, who wouldn't need a kick of energy or a quick, hot cup of relaxation?

"Like Mary Poppins: some sugar will help the sourness of some mornings go down," said Maine

College of Art student Allegra Shortill. "Coffee gives you a reason to walk into cafes with friends, meander over the flavors and sweets to pair with your coffee and have a sophisticated conversation."

When so many local cafes give you a spot to sit down, it's easy to take advantage of it as a nice place to do work and talk with friends.

Down the little cobblestone street of Exchange Street is an excellent coffee shop, Mornings in Paris. This little nook in the Old Port is run by a genuine Parisian coffee connoisseur, Isabelle Julien. She has brought a unique coffee experience to Portland, not just through her interesting house specialties, but the antique French art and furniture that accent the brick walls of the shop. It's dimly lit for a sense of mystery and romance, while soothing instrumentals, ranging from classical

Paris fare to jazz, makes it a cozy spot.

"The shop is styled after French cafes, so it's really a special place to see in Maine. You just don't see venues like this all over," said Mornings in Paris' chief roaster, Nick Pellenz. "The owner [Julien] makes a lot of fancy, homemade desserts. It's a specialty."

Mornings in Paris hand roasts its coffee in small batches, 15 to 20 pounds at a time. They buy their coffee beans in bulk from various distributors, bringing in products from all over the world. Pellenz has been roasting coffee for over five years, and even works on creating his own one-of-kind blends. He tastes everything he roasts and is constantly looking for ways to improve the various roasting routines

to bring out the flavor characteristics. Having the coffee made on-site benefits everyone. The customer is treated to a fresh, unique blend every time they order, and Pellenz gets immediate feedback on all of his experiments.

A favorite feature of the cafe is a small space that opens up from the brick wall in the back of the venue. People occasionally fill it with notes and letters, offering an interesting experience while you enjoy your purchase.

For students, coffee is more than a drink. It's a positive lift, an energy boost, a relaxer, a social medium and more. While you can think about the amount of caffeine in it,

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- 1 Local Sprouts
649 Congress St
- 2 Coffee By Design
620 Congress St
- 3 Speckled as
567 Congress St
- 4 Right Time Cafe LLC
477 Congress St
- 5 Arabica Coffee House
2 Free Street
- 6 Bard Coffee
185 Middle St
- 7 Mornings in Paris
13 Exchange St



Illustration by Wanwen Li and Sokvonnay chhouk

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In Heavy Rotation

What caught the eyes and ears of our staff this week.

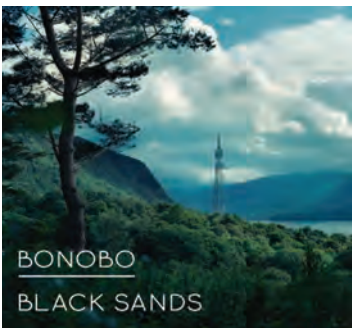


Greedhead Music

Big Baby Gandhi / No 1 2 Look Up 2

Baby goes hard on this mix tape, bringing his insistent, unorthodox flow to off-kilter beats. Laced with dense references, inside jokes, and unexpected, raw, emotional power. The Greedhead affiliate lives up the hype and delivers a unique experience, leaving me laughing every time.

**-Sam Hill
Arts & Culture Editor**



Ninja Tune

Bonobo/ Black Sands

Described by Pandora as, "pre-tension free, post-party intellectual chillout" tunes. They incorporate incredible acoustic samples with bass, and cerebral flow. I love the elements of jazz, too. 100% amazing.

**-Sam Haiden
Contributor**



DGC

Nirvana/ In Utero

I love the Chunky rhythm sections and that cranked up to ten guitar that Nirvana perfected on this album. The tracks Very Ape and Francis Farmer are great examples of this.

**-Brian Saxton
News Editor**

Local Review

Jaw Gems hypnotize



Self-Released

**Sam Haiden
Contributor**

Jaw Gem's new album, *Take a Sip of my Wish*, is a shoegazing, hazy hip-hop dream. The ensemble's first album, produced by Barry Fresca, is a compilation of recordings by a band that typically loves to just jam out. A Portland standby for some time now, gaining a cult following in the local restaurant and bar scene with their weekly Tuesday night gigs at restaurant Local 188 on Congress Street, they gave us musicality for the summer and will carry us melodically into the fall.

The band, with Tyler Quist on guitar, synth and keys, Andrew Scherzer on bass, DJ Moore on drums, and Ahmad Hassan Muhammad

with an ever-jazzier Wurlitzer electric piano, the group bumps out danceable beats and hypnotic leads that you cannot help but nod your head to. If you haven't seen them live then you're seriously missing out. The album could be best described as a jazz, hip hop fusion, with a twist of psychedelic synthesizers and a highly rhythmic backbone.

Moore's loose beats don't lose any of their live impact on the album, expressive and smacking of R&B, reminiscent of Q-Tip and The Roots. Their nebulous, smooth jam with a variety of synths is sprinkled over Moore's jagged beats. It sounds pensive, but the

up-beat jazz melodies played by the extremely talented Muhammad almost make it easy-listening that

will have you smiling all night.

The new album, composed of six songs, is an excellent tribute to the live improvisational nature of this group. In "Sun Fight," a flagship song on the album, we are slowly introduced to the head-nodding and tight beats, accompanied by a moving bass line. Then we

are glazed over by the sweeping, effected voice of a vocoder operated by Quist. This becomes even more washed over by the thick, deep and rich synthesizer sounds. The ever present hip-hop background of the drum set keeps our feet moving, and every element of mellifluous R&B hooks carry us away in this beacon of live jazz infusion hip-hop.

Sequentially we hear "Baleen," another outrageously groovy song, but in complete contrast to "Sun Fight." The song begins with a dancing melody of crunchy synthesizers, eventually given its backbone by a synchronized series of rhythmic drops by Scherzer and Moore. We step away from our hip-hop roots for an adventurous trip. Eventually the song explodes into a bouncing bass heavy synth, laden and very layered with sound, almost becoming reminiscent of the beats achieved by a studio for a dub-step dance scene, but all played in live recordings, and ending in a coda which returns us to our hip-hop, danceable beats.

All said, Jaw Gems' first recorded effort is truly a pinnacle of achievement in the Portland area music scene. The group we have known and loved for so long in the local scene is now available for your enjoyment at home; and if you care to enjoy them in your home, you can download their whole first album for whatever price you see fit on their Bandcamp page.

arts@usmfreepress.org
[@savorsolidsound](https://twitter.com/savorsolidsound)

National Review

Avetts continue to build



Universal Republic

**Sam Hill
Arts and Culture Editor**

Some were quick to mark Seth and Scott Avett's 2009 major-label debut of *I and Love and You* as the first step on a road to selling out and losing their originality. Known for their rough edges, the bluegrass duo traded their broken banjo picking and unpolished vocals for a more refined sound with production by Rick Rubin, resulting in a more mainstream, soft rock-influenced album. The Avett Brothers chose to stick with Rubin for their seventh studio album, *The Carpenter*. Despite losing the natural sound that their fan base has come to know them for, they still manage to create something beautiful with such depth that can only be found on one of their records. Growing up is hard to do, but the Avett Brothers seem to be accepting change and moving at their own pace.

Most tracks on the album follow the fundamental formula for an Avett Brothers experience, singing dark confessions over the easygoing guitar and frenzied picking of the banjo. "A Father's First Winter" is the most lyrically impressive track on the album, juxtaposing the joyous relationship between father and daughter with the anxiety of new fatherhood. Scott sings to his own daughter, chanting, "The real-est thing I ever felt/ Was the blood on the floor and the love in your yell/ I was a child before the day that I met Eleanor." Jump to the next addition to the classic collec-

tion of songs about pretty girls, which have been on the majority of their releases, with "Pretty Girl From Michigan," and have an entirely different experience with a more driving drum track, heavy guitar work and a typical uplifting piano melody by Seth. The songs always contain heartfelt, biting lyrics, but the duo always manages to control your mood with the delivery.

The Avett Brothers seem to have developed a problem with repeating themselves though, spouting the chorus to "February Seven" and "Down With The Shine" over and over again until they're drilled into your head. While these are solid tracks, it just feels like there wasn't enough to them. Listen to the first minute and let them go. The cliché chorus of the title track sounds forced, singing, "Well, we're all in this together," making it seem like this track was written to get played on iTunes rather than flow with the rest of the album.

Track for track, *The Carpenter*, is an impressive album and an improvement on their first album under Rick Rubin's eye. The Avett Brothers chose to take a few steps backwards, cut down on the polish and create something more similar to the works of their *The Second Gleam* days. This album is easily the most well-balanced, as the brothers play with a lot of different tempos and moods throughout, without making one overpowering decision on genre. The Avett Brothers may be stepping into the spotlight, but don't worry. There will always be more banjo licks and boot-stomps than you can handle.

shill@usmfreepress.org
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Arts & Culture Recommends: Comedy 911

**Sam Hill
Arts & Culture Editor**

It has been said that laughter is the best medicine. A well-timed joke is bound to lift your spirits for a moment, regardless of your situation. This is why Lucid Stage Company has called in some of the best doctors available to help treat the citizens of Portland. But these doctors don't have medical degrees from an Ivy League school - they were at the top of their graduating [I'd take this out] class in comedy.

Andrew Laflamme, Stephen Cloutier, Dennis Fogg and head-

liner Johnny Ater are busy preparing a gut-busting night of (stand-up) comedy to benefit the Multiple Sclerosis Society. The event aims to raise a substantial amount of money for the society, as well as raise awareness and inform.

"It's really great to see a group of people who want to help a good cause," said Liz McMahon, Lucid Stage Company director. "All these performers are drop-dead hilarious, good people and really dedicated to this. It's bound to be a lot of fun."

The doctors will be in on Sunday, September 23 prescribing chuckles, giggles and glee

to anyone in attendance. But be careful, side-effects may include falling out of your seat laughing, snorting, knee-slapping and uncontrollable smiling. Please tell your doctor if you are angry, depressed, easily offended or take life too seriously during your appointment and special advanced care will be provided.

Lucid Stage will be closing as of September 30, so this will be one of the last chances to catch a show there.

"The overhead in this location was too costly for a small, non-profit arts center," wrote McMahon in a letter to fans on the Lucid Stage Company web site. "Thank

you to all who have come to our shows and events, and especially those who volunteered time. Our success will be measured by how many people were inspired by a performance they saw or a person they met here."

The show will take place at Lucid Stage, 29 Baxter Boulevard. Tickets can be purchased through their web site or at the door.

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Style at USM

Caitlin Sackville

Intern



Caitlin Sackville/ Internship

Rachel Gates, sophomore French language major, poses outside the Abromson Community Education Center and on the Alumni Skywalk. Her outfit consists of: suede wedge boots (Nine West, \$79), black wool tights (H&M, \$14.95), a jewel-toned floral dress (vintage, \$10), an oversized wrap sweater (Kohl's, \$9.99) Avorio calfskin shoulder bag (vintage, \$150).

Must-Have Items For Fall

Wool Tights - A cold weather essential for those who get tired of wearing jeans everyday, wool tights allow you to repurpose those cute summer dresses you just can't bear to put away for the season. Classic black and heather gray are great basic colors while navy blue, hunter green and crimson tights can add a pop of color and dimension to an otherwise bland fall wardrobe.

Boots - For men and women alike, boots are essential for survival on campus during a Maine winter. But let's be practical here; Uggs do not qualify as fashionable or functional footwear. This season, invest in a quality pair boots, whether tall or short, heel or no heel, and keep them weatherproof using a water repellent spray (I recommend Meltonian Waterproof Spray, \$4.99 on Amazon.com). Boots are an essential item in any fall wardrobe and will keep your feet dry and looking good while you trudge across campus during a nor'easter.

Oversized sweaters - The appearance of sweaters on campus is always a sure sign that fall has arrived. This season stock up on oversized turtlenecks, chunky cable knits and thigh-length cardigans that can be belted or tied around the middle. For men, layering a basic sweater over a colorful button-down shirt is both functional and fashionable. Choose solid colors for versatility and patterns when you want to make more of a statement

Jewel Tones - The bright acid colors of summer have begun to fade, to be replaced with the rich jewel tones of fall. With names like emerald, garnet, amethyst and citrine, jewels tones certainly live up to their namesake. Try peppering a basic black outfit with one or two jewel-toned pieces of the same shade, or mix and match multiple colors. If that is too much, let your accessories do the talking with clutch bags, scarves and belts in rich tones.

A Clean Face - Makeup this season has a visible gothic influence, featuring colors such as grape, burgundy, charcoal and chocolate. September's arrival means it's time to retire the bronzer and self-tanners, and go for a more natural, clean skin tone. For the face, focus on one feature using bolder, richer tones. Use a lip exfoliating scrub (Fresh Sugar Lip Treatment \$22.50, Sephora.com) and sheer gloss under cranberry and wine-colored lipstick to prevent chapping and flaking. For eyes, go for a softer charcoal or coffee-colored shadow and a slightly darker liner, as opposed to a traditional black smoky eye. Remember, the sun still shines even after the snow begins to fall, so please don't forget your SPF!



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A&C Listings

Tuesday, September 18th

Dr. Dog / Delta Spirit / Spencer Albee
State Theatre
608 Congress St.
Doors: 7:00 pm / Show: 8:00 pm

The Congress St. Sheiks
Empire Dine and Dance
575 Congress St.
Doors: 9:00 pm / Show: 9:00 pm

Thursday, September 20th

Joy Kills Sorrow
One Longfellow Square
181 State St.
Doors: 8:00 pm / Show: 8:00 pm

Stars / Diamond Rings
Port City Music Hall
504 Congress St.
Doors: 7:00 pm / Show: 8:00 pm

Julia Holter / Hundred Waters
SPACE Gallery
538 Congress St.
Doors: 8:00 pm / Show: 8:30 pm

A Band Beyond Description
The Big Easy
55 Market St.
Doors: 9:00 pm / Show: 9:30 pm

Friday, September 21st

Tango/Milonga Del Este with DJ Adira
Mayo Street Arts
10 Mayo St.
Doors: 8:00 pm / Show: 8:30 pm

Julian Lage
One Longfellow Square
181 State St.
Doors: 8:00 pm / Show: 8:00 pm

Sly-Chi
The Big Easy
55 Market St.
Doors: 9:00 pm / Show: 9:30 pm

Saturday, September 22nd

Buxton
SPACE Gallery
538 Congress St.
Doors: 8:00 pm / Show: 8:30 pm

Holy Boys Danger Club / Murcielago /
The Class Machine
Empire Dine and Dance
575 Congress St.
Doors: 9:00 pm / Show: 9:00 pm

Beyond Reason / The Old Salt Band
One Longfellow Square
181 State St.
Doors: 7:00 pm / Show: 7:00 pm

The Kenya Hall Band / Zach Jones
The Big Easy
55 Market St.
Doors: 7:00 pm / Show: 8:00 pm



Local Top 5:

Music Venues

Sam Haiden
Contributer

1.) The State Theater

This was an incredibly tough decision. It is, of course, a tight race between the State and Port City, especially considering that the State only plays until 11 most nights, where Port City then picks up the after-party. However, because of their reasonable prices on beer, gorgeous and antique venue space, and astronomical lineup this season, it is undeniable that the State is currently on top of the game. Here's why; Ben Harper, Regina Spektor, Pretty Lights, Bassnectar, Slightly Stoopid, Miike Snow, G. Love & The Special Sauce, Moe., Umphrey's McGee... and the list goes on and on. With so many national acts, it's hard to ignore this venue. The State Theater is the core of Portland's arts district and the city's music scene. *608 Congress St.*

2.) Port City Music Hall

A close second is the ever-popular Port City Music Hall. Catering more to the 21+ crowd, Port City generally garners what could often be described as a really fun party. The venue is generally laid back, with an excellent environment, lacking in tension of any kind. The bartenders are friendly, the light shows and production are always on point, and (when there isn't a second band), the downstairs always provides a comfortable chill-out space, complete with hard cider. Also with a huge lineup this season, including Orchard Lounge, Eoto, Mimosa, Trampled by Turtles, and Dopapod. *504 Congress St.*

3.) Asylum

This multi-level bar regularly finds itself as the home to an incredibly eclectic variety of shows and events. All the way from Country to Electro-House to Goth/Industrial, Asylum truly has it all. It has been famed, however, by hipsters and the main stream alike for it's absolutely impeccable drink specials. A regular event frequented by patrons is the Electro-House night, every Saturday in The Basement, the dark and dancy nightclub floor. With three-dollar rails and two-dollar Rolling Rock tall boys, pretty much a guaranteed good time. *121 Center St.*

4.) Empire Dine and Dance

An intimate setting, but still large enough to gather a decent sized crowd. This is the place to go if you are trying to experience the local rock, punk, and independent music scene. Welcoming local acts as well as some more obscure and potentially unappreciated national acts, this is an excellent place to grab a brew and hear some tunes. Upcoming acts include; Sounduo, Cyborg Trio, The Milk Carton Kids, Jacob Augustine. *575 Congress.*

5.) The SPACE Gallery

Last, but not least. Funded largely by the Andy Warhol Foundation for the Arts, this avant-garde art gallery and music venue is a hip, ever evocative and creative space. It provides a home for a number of cycling art displays, workshops, and concerts. Some upcoming events include; Julia Holter with Hundred Waters, An Evening with Buxton, Havana Club, Other Lives with Indians and a Multimedia Collaboration with Next Atlantis. *538 Congress Street*

Want to submit an event?
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Perspectives

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Steroids & superstars: exemplar athletes a dying breed



Andrew Henry
Perspectives Editor

Great athletes are an inspiration, and it's part of the human experience to idolize them. Average Joes outnumber the professional athletes million(s) to one. Considering this fact, it's only natural that we would look up to someone who can do things that we could never do.

I was a 3-season athlete in high school, and there were plenty of athletes whom I looked up to. However, there was always one who inspired me more than the rest. Until recently, that athlete was Lance Armstrong.

Ever since my junior year of high school, when my father won his battle against prostate cancer and I started getting serious about high school sports, I've held Lance in the highest regard for his strength and ability to overcome

any obstacle. But since he was stripped of his seven consecutive Tour De France championships titles, my feelings toward Armstrong and other athletes accused or found guilty of doping have become mixed.

Substances like steroids are relatively easy to take and can put an athlete ahead of the competition.

The accusations against Armstrong seem to hold more weight than accusations against other athletes in the sporting community. In June of this year, he was charged with doping and trafficking of drugs by the U.S. Anti-Doping Agency (USADA), based on his blood samples from 2009 and 2010. Armstrong overcame such animosity in his personal life to achieve astounding success, and his accomplishments are magnified because of the cancer he beat prior to his seven consecutive championship wins. Since then he has started the Lance Armstrong Foundation (LAF), a non-profit organization that provides support for people who have been affected by cancer. In light of the controversy facing Armstrong, it's a blessing that his cycling career doesn't directly

affect the LAF. Equally important as how it affects his career is how it affects his followers. Armstrong has the unique dual responsibility of being an athletic icon and a patron of charity. As such, he affects a wider audience of people.

Reactions to his scandal are varied, to say the least. I think that there's a good chance he did dope, but no hard evidence exists to convince me absolutely that he did. To many others the accusation and refusal from Armstrong to fight against it are proof enough, prompting many to swiftly remove their LAF bracelets. The lifetime ban from the sport of cycling given to him by the USADA is a severe blow to all things Armstrong and a message to any would-be dopers who might follow.

But when it's boiled down, the big picture illustrates that this is the latest in a series of doping allegations and testimonies years in the making, stretching across almost all of the most popular professional sports. While Lance is certainly the most high profile, there have been other significant dopers in far more popular sports. I distinctly remember accusations against Roger Clemens, considered one of the greatest baseball pitchers of all time, that took him to court. His records may still stand, but with a record like Clemens', the accusation is all it took for his reputation to suffer irreparable damage.

Another factor that distorts the image of athletes is how trustworthy the athlete in question is considered to be. Take two modern athletes, Clay Matthews and Brian Cushing of the Green Bay Packers and Houston Texans. Both played football at the University of Southern California, both were picked in the first round of the 2009 NFL draft and both have been accused of using banned performance-enhancing substances. Cushing was actually caught doping and suffered a four-game suspension in the 2010 season, whereas Matthews has been accused but never proven guilty. Matthews' steadfastly denies ever using them, and, frankly, I believe him. He is the third generation in an NFL family, and his uncle Bruce Matthews is considered one of the best offensive linemen in the history of the NFL. With a legacy like that, and no evidence to support otherwise, I can believe that Matthews stays away from steroids.

The problem lies with the actual personalities of the players, and how little we actually know about them. We don't actually know how trustworthy the players are, or what their reputation is among other players. The only people who really know the truth are the ones closest to him. So for now we just have to take his word for it, a phrase that can be applied to many other athletes who deny accusations of doping.

Honestly, I can understand the allure of doping for professional athletics. Substances like steroids



Lance Armstrong was recently implicated in a doping scandal.

are relatively easy to take and can put an athlete ahead of the competition. An injection here and there and voila, the player is better than they were—minimal effort, maximum gain. When an athlete plays better, they get more attention from the sports media, better contracts, better sponsorships and more money. While not commendable, it's understandable that athletes would dope.

It seems that only the most flawless athletes are the ones that are considered iconic and idol-worthy, a fact elevated by how little we care about the rest of the athletes. It seems that there are fewer and fewer role model athletes playing today, a breed of sports hero which is quickly fading out due to things like steroids, infidelity, and trouble with the law. Recent role models that come to mind include Ray Allen, Steve Nash, and (as much as it pains me to say this as a Red Sox fan) Derek Jeter. Allen has sheer determination and work ethic, Steve Nash is an all-around good person and excellent teammate, and Derek Jeter has been a solid player and humanitarian for years.

When we pick an athlete to idolize we become attached to them in one way or another, and when that athlete has a fall from grace, the consequences are amplified on a personal level.

We put so much pressure on them, whether it's intentional or not, and yet we're shocked when they aren't perfect. An article by Newsweek columnist Raina Kelley describes "Why we should stop worshipping athletes - unless they're on the field," and part of me agrees with her. It would just be easier to cut the cord and admire them for what they accomplish in the sporting world. More of me wants to believe that there are still great athletes with integrity and a sense of responsibility that will keep them away from doping and other nefarious activities. Athletes will probably never stop doping, and Lance will never stop getting on a bike even if it's not in competition. But I'm not so sure how long I'll keep wearing my Livestrong bracelet.

ahenry@usmfreepress.org
@USMFreePress

"Dope" books

• José Canseco, professional baseball player, published the 2005 book *Juiced*, a first-hand account of steroids in baseball. The book implicated several other prominent players, such as Mark McGwire, Alex Rodriguez, and Jason Giambi.

• Kirk Radomski's book, *Bases Loaded* details his life as a New York Mets' clubhouse employee, his function in providing players with steroids, and his central role in the Mitchell Report, Sen. George Mitchell's investigation on steroids in baseball.



José Canseco, whose 2005 book on steroids shocked the baseball community.

Education at forefront in 2012 presidential election

Spencer McBreairy
Guest Contributor

When J.F. Kennedy made his historic “Ask not” speech, he made no mention of education. During President Barack Obama’s 2008 campaign, he made it a cornerstone of his platform. Change we can believe in, he said. Since education is clearly an issue that affects us all, it would only make sense to focus on that topic.

So what exactly is at stake in this presidential election? In order to address that question, one must turn to both candidates and their websites. For someone wanting to get a clear view of each party’s respective stance, it seems like a good source of information. What can be found? Pretty much what is expected.

Let’s start with the challenger. Governor Mitt Romney states that “testing our kids, excellent curriculum, superb teachers, and school choice” are the answers to saving American schools. I look at that, and a few questions come to mind. Mitt, if you’re all about saving our schools, why are you promoting school choice or “voucher” systems? This always gets testy: if a parent wants to send his or her child to a private, religious school, should the taxpayers really foot the bill for that? The GOP has talked a lot about such a system, and it raises some concerns.

Now, states have the flexibility to act locally and decide more adequately what works for their districts.

Charter schools is one topic that the GOP and I almost see eye-to-eye on. I went to a public school. Granted, my public school was the only one serving 9 different towns, so it was made to be fairly adequate. It offered several advanced placement courses, classes at the local university and plenty of honors choices. But it is not difficult to find others who had it much less fortunate.

Over the summer, I was fortunate enough to work with a girl

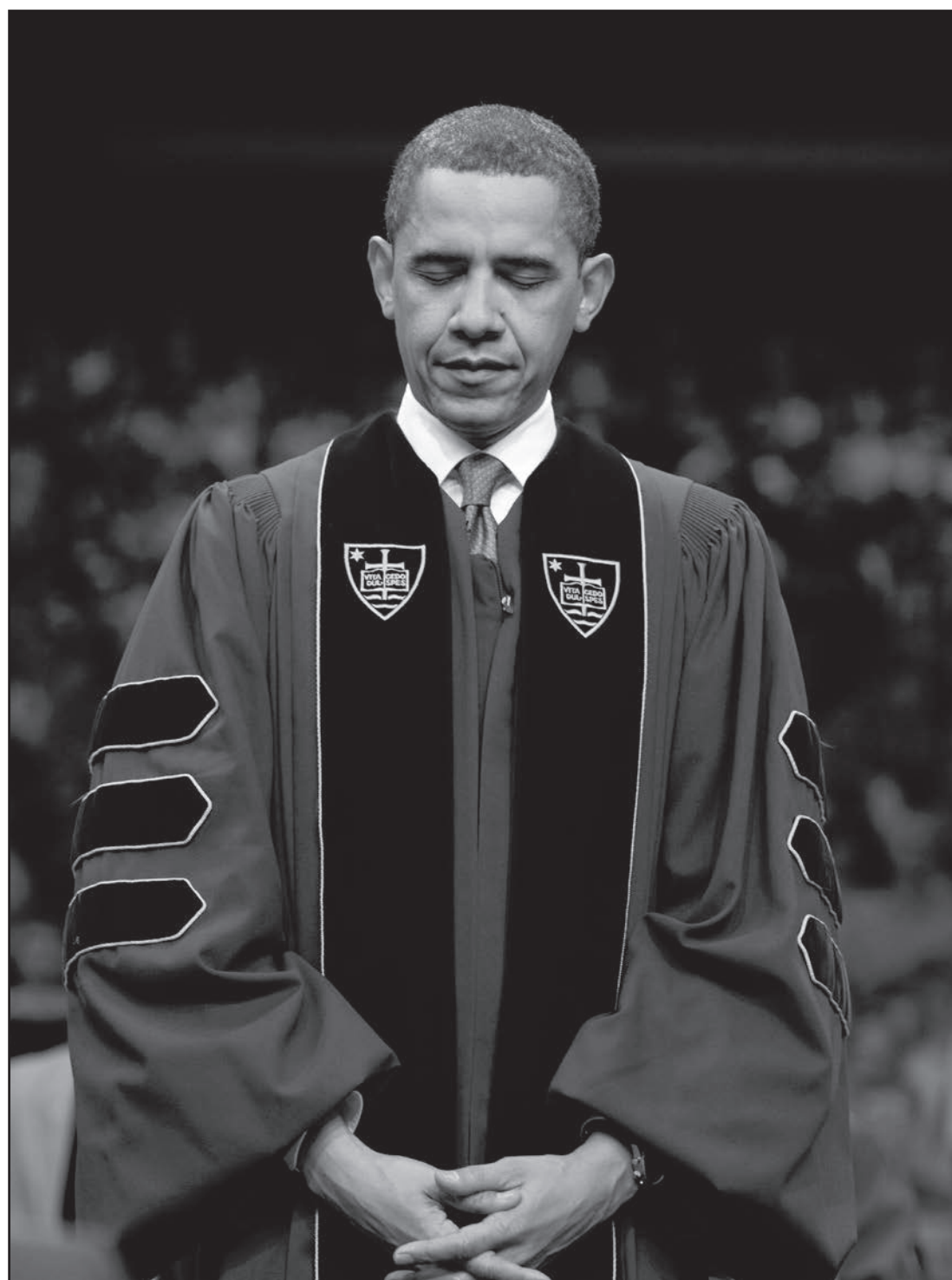
originally from the Los Angeles area. Now studying abroad in Botswana and attending Bowdoin College in Brunswick, she talked about her unhappy high school experience. Growing up where she did, abject poverty and crime were a constant variable. In Aroostook County, I was shaded from that life. So for me, the idea of public tax dollars paying for me to go to another school seemed exciting but, relatively, unnecessary. When I look at cases like my friend’s, I think that, perhaps, it would not be the worst idea.

In cities like Washington, DC, the public school systems are in shambles. One prominent example in the news this week is the teacher strike in Chicago. With over half a million students out of the classroom while their teachers strike, the issue of public education is thrown into the spotlight once more. So what’s the real issue?

To paraphrase a quote from Martin Sheen’s presidential character on the television show *The West Wing*, our public schools should be palaces and our teachers should make six-figure salaries. But as Sheen points out in the same line of dialogue, public education is a work in progress. I’m not sure what the magical answer is in all reality, there might not be one. But I think it’s time we stop looking for a “quick fix” in the form of charter schools or vouchers. While there are benefits to alternative forms of education, they shouldn’t be the catch-all. Schools like the Maine School of Science and Mathematics in Limestone, consistently ranked one of the best in the entire country, should exist.

Let’s focus some energy on schools for science and math. Let’s focus some energy on schools for politics and government. Let’s even focus some energy on schools for art and music, subjects that often play second fiddle in school curriculum. But we cannot expect that magically, one day, these schools will “fix” the American educational system.

Briefly, I also want to touch upon Mitt’s mention of “testing” our kids. Under the Bush administration, the No Child Left Behind Act (NCLB) penalized schools for low test scores. When I was 11 years old and this bill became reality, I remember think-



President Barack Obama, following a commencement address he gave at Notre Dame University in 2009.

ing one simple thing: wouldn’t it make more sense to give poorly-performing schools the money necessary to hire better teachers, expand their curriculum, and raise their own test scores? Of course, the 11 year old me probably said it in fewer words. But still, the theme remains the same.

Under Obama, NCLB was reformed. Now states have the flexibility to act locally and decide more adequately what works for their districts. This provided relief

to several districts, including my own which had several elementary schools with low scores. So let’s allow administrators in K-12 districts to focus on educating and not on how to raise their scores the fastest. The president has rewarded schools for doing better with his Race to the Top program, but has not necessarily sought to consequence those who do not.

There are other questions more relevant to us that are just as important. Of those reading this, who attended a community college at some point? Who has ever benefited from a Pell Grant? Who relies heavily on loans to help afford college?

If you’re like me, you answered “Yes, me!” to at least one or two of these. I’m always fine saying “Uncle Obama pays for my college education” because I know that education is an investment. If Mitt Romney felt the same way Obama does, I’d say the same thing. Education should not be a partisan issue, but it has become one. Under Obama’s watch, a new bill was signed into law which ensures no more than ten percent of your income can be collected for loan payment. And if, after twenty years, your debt is not paid back, it is forgiven. Teachers, nurses, and members of the armed forces, for example, get their debts forgiven in ten years.

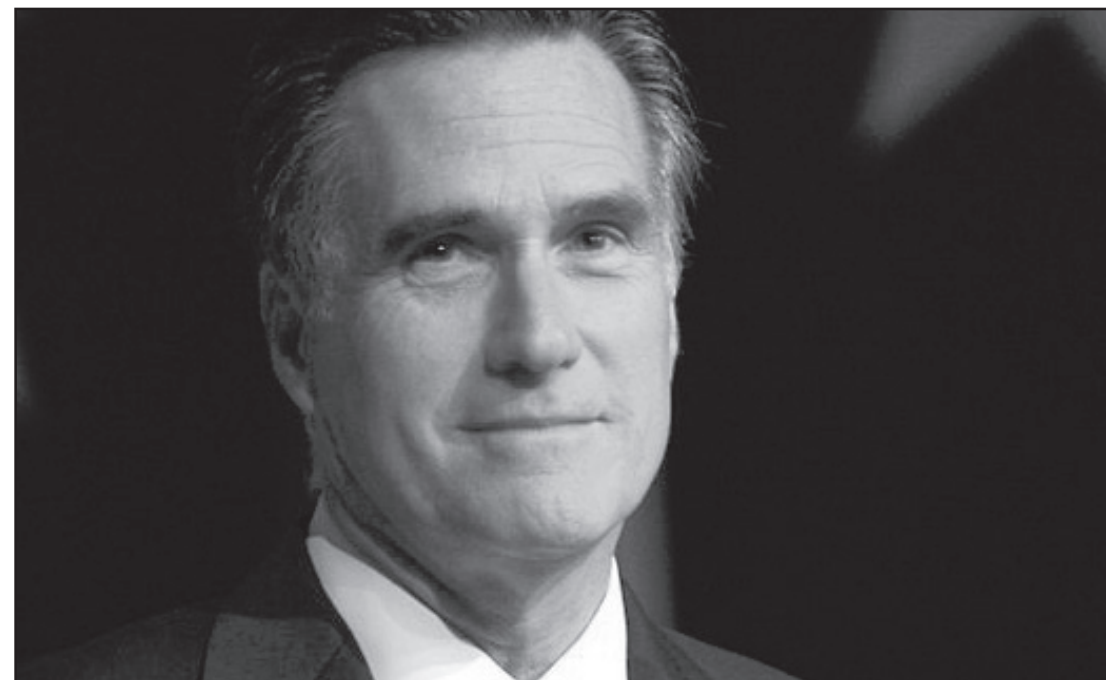
While that law currently affects

only new borrowers from 2014 onward, an attempt is being made so that you and I can receive the same benefits. I hope to pay my loans off in the next 240 months, but if for some reason I cannot, the potential help is greatly appreciated.

In this election, the choice of candidates could not be more different. Obama believes in working to fix our system and help students afford college. Romney believes in finding the next best thing and hoping you can write a check for college. The dark reality is that with college costs on the rise, and the GOP attempting to raise our loan rates and decrease loan forgiveness opportunities, things could get much more difficult for college students.

This issue directly affects nearly everyone reading this paper. If you get passionate about nothing else this November, get passionate about your education. Stand up for what is relevant in your life right now. Over five years at USM, I’m going to end up being close to \$60k in debt. Hopefully you’re better off, but many are worse off than me. I’m not intentionally trying to sway anyone’s vote, but if you care about education, I feel like the choice is clear.

Spencer McBreairy is a political science major and creative writing minor in his senior year.



Candidate Mitt Romney looks toward the crowd during a 2011 press conference.

the free press

92 BEDFORD STREET, PORTLAND, MAINE 04101
(207) 780-4084 • editor@usmfreepress.org

EDITOR-IN-CHIEF

Kirsten Sylvain

NEWS EDITOR

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ARTS & CULTURE EDITOR

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The 2012 election status: "Liar, Liar!" So What?"

Mick Ramos
Guest Contributor

Being a philosophy major in college can do a lot of things to enrich the way that you see and hear things on the news. For me, it has only gotten better in a presidential election year. It can make watching debates function as logic homework and turn finding informal fallacies on the entertaining Bill O'Reilly show into a drinking game.

"Straw men" have been common, and they are usually hidden as best as possible in order to not sound ridiculous. Rather than trying to mask the exaggerations, contradictions and lies, the Republican hopefuls for 2012 have made it obvious that they simply do not care anymore. Proof can be found in both candidate Mitt and running-mate Paul's campaign speeches at the Republican National Convention. For example, Ezra Klein writes in an Aug. 30 article for the Washington Post that "You simply can't say the President hasn't released a deficit reduction plan," a statement verified by the following link he posts to the official White House debt reduction document.

During the first few months of the year, the Romney campaign had a clear idea of how to handle the campaign: keep the focus on the economy. When other issues come up, have a clear strategy for dealing with them: acknowledge, give some kind of restrained com-

ment, subtly belittle the opponent and then, if possible, end by saying we need to remain focused on the economy. Everything would be fine, in theory, as long as Romney's campaign message stayed on, "It's the economy, stupid."

But a combination of factors have tarnished the Romney campaign, including the virtually non-existent poll bump from the Republican National Convention, the continued gaffes surrounding his seeming inability to keep his story straight on his past positions, failing to appear as someone who can sincerely understand the problems that are plaguing middle America, and whatever Paul Ryan happens to say on any given day. These things have forced the Romney campaign to make some of the most risky moves of any election I've ever seen.

It's clear that neither Mitt Romney nor Paul Ryan can attack Obama on many of his policy decisions that would make him vulnerable enough to suffer the defeat they were hoping for. With increasingly shrinking support for their fledgling efforts the Romney/Ryan campaign has resorted to attacking a version of Obama that does not exist.

The Romney campaign's response to criticisms regarding their recent campaign ad on the president's welfare reform, released by Romney in August, showcases the kind of nonchalant nature by which the lies being propagated, are being

written off as revealing a "version of the truth."

Romney is quickly being cornered. As a result of realizing that he cannot effectively fight with the reality of the situation that he is a truly unpopular challenger, Romney has resorted to the tactic of lying as much as it takes for falsehoods to stick as truths.

What's the most frightening thing to me? To a degree, it's working.

So far, nothing has made me more terrified of the outcome of this election than the disregard for the obvious and fact-checked lies that are coming from the Romney-Ryan campaign.

What is the worst thing about this casual dismissal of fact and truth?

If no one, media or citizen, cares about the truth based in reality, then no one has can be defended against accusation. All statements are then rendered equal. The only thing that decides acceptability of a proposition becomes the charisma or swagger that the statements are swung with.

This fault applies to both parties. Obama has certainly laid his own brand of exaggeration in response to Romney.

Truth and reality need to be more important than getting the leg up on your opponent in the polls for a day.

Mick Ramos graduated from UMaine last year with a bachelor's degree in philosophy.

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Where, oh where, has Occupy gone?



Kit Kelchner
Free Press Staff

radical transformation activism brings the individual. In the case of Occupy, collective identification as the 99% galvanized a new vanguard comprised of, perhaps, the widest swathe of American politics of any movement. It's new form of expression emphasized a unified division. The 99% would never be resolved, never happily accept that half of the nation's wealth was controlled by just one percent of its people. It is the "irreducible incompatible gap between Capital and the people," she asserted.

But where did Occupy go? The ideas people most identify with the movement — autonomy, horizontality and leaderlessness — have, in Dean's view, contributed to both conflicts and disillusionment, preventing a wider awakening in the country. When asked if the leaderlessness has hurt the movement, Dean gave a straightforward, one-word answer: "Yes."

USM Professor of Philosophy Jason Read, also an Occupy activist, talked about this challenge at this week's philosophy symposium.

"It's always about both separating and creating."

Read explained that when tactics do not work well and adversity is experienced, they have to continue to work through the difficulties, finding new ways to impact the political scene.

The movement is in the midst of such reassessment. Problems with police infiltration and informants hinder the group. An in-built mistrust of collectivity within the group has to constantly be overcome as well. Some tactics, promising at first, have to be reconceived. One example Dean noted was the non-local mobile protest movement, which has not produced sustained local activism. It simply lacked the community roots to keep it going.

Dean believes the movement is at its very beginning stages, and it has a much longer trajectory than pundits are predicting: "10 years or more." She pointed out, the movement may incorporate other aspects of leftist political reform such as student debt, corporate personhood and alternative banking.

When asked about this regrouping, Read summed it up: "People haven't gone away. The issues haven't gone away. If anything, it's worse."

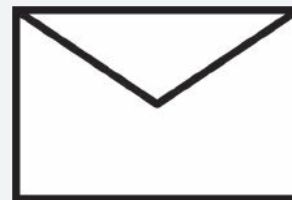
For me, Occupy 2.0 is on the way.

Kit Kelchner is a philosophy and health sciences major in his Senior year.



Alex Greenlee, Multimedia Editor

Students involved in Occupy USM gather around a miniature tent, which symbolizes their movement.



Letters & Comments

A letter from the editor

The headline "flaming in the closet" was recently brought to my attention in a letter from a concerned reader. It was published in the Police Beat section in the paper from Monday the 10th, commenting on the fire set at Upton-Hastings Hall. It was ill-thought-out in our attempts at humor and should not have been published. We sincerely apologize for any offense that it may have caused.

Sincerely,

Kirsten Sylvain
Editor-in-Chief



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Sports

Tuesday

Women's
Volleyball
vs. Unity
7:00 p.m.

Field Hockey
vs. Bowdoin
4:00 p.m.

Thursday

Women's Tennis
vs. Thomas
4:00 p.m.

Saturday

Women's
Soccer
vs. Keene St.
1:00 p.m.

Golf
vs. Maine State
Tournament
12:00 p.m.

The Uncertainty of Dietary Supplements: Are they safe and effective?



Anna Chiu
Sports Editor

use of supplements continue to increase.

There are thousands of herbal and plant based dietary supplements for nearly any physical and mental health problem, such as cinnamon for glucose control or green tea pills for weight loss. Many consumers have concerns about contamination due to lack of oversight, and they question whether the U.S. Food and Drug Administration is safely regulating supplement companies.

According to the Journal of the American Board of Family Practice, dietary supplements are defined as "vitamins and minerals, herbal products, tissue extracts, proteins and amino acids and other products" that are purchased for the purpose of improving health. They are non-drug and non-hormone based and can be taken daily.

The pros and cons of taking supplements have been studied, but more research needs to address the long-term safety and actual effectiveness of dietary supplements when there is so much ambivalence on this topic. Recently, news stations like ABC

and USA Today reported that supplements do not protect against chronic diseases and could actually be harmful for older women. The study, published in the Archives of Internal Medicine in 2011, indicates that most supplements have no effect on women's health, with some supplements actually causing harm.

Since the supplement business has skyrocketed in recent years, the FDA now requires all manufacturers to test their products for contaminants. Scientists are still uncertain about the long term effects supplements might have on the body, but for the most part, supplement products appear to be safe. Despite limited research, supplement users are willing to take a gamble on these issues in hopes of maintaining and improving their health and well being.

Another concern involved in supplement use is whether or not users have consulted with their doctors first, and the question also arises of whether physicians have background knowledge on dietary supplements. Would they understand and know about pos-

sible chemical interactions with medication or other supplements? In a 2007 study published in the Archives of Internal Medicine, 335 physicians were surveyed on their understanding of the regulation of dietary supplements. The average score of their knowledge was only 59%.

Because of the Dietary Supplement Health and Education Act, herbs and other supplements don't require approval from the Food and Drug Administration before being sold. There are currently no regulations to ensure product quality, so there could be thousands of different combinations of dietary supplements that doctors are unfamiliar with.

What's certain is that vitamins and minerals in real food are structurally and chemically different from any supplement formula. Vitamins in real food are never isolated. They work together with our systems and the naturally occurring vitamins in our bodies to maximize absorption. It is better to eat your vegetables than to take a daily multi-vitamin.

In defense of supplements, many users have raved about the benefits. They provide consumers added nutrition that they normally wouldn't have access to. For example, a student who can't afford to eat the recommended three servings of fatty fish per week can take fish oil caps to get their omega-3s.

Not to mention the fact that, no matter what your health issue, there is a supplement for it. According to Business Insights, which reports in-depth trends, products and competitors, supplements are a \$20 billion dollar industry in the U.S.

Marketing strategies target and convince the population that they need to improve their health, even if they're already healthy. Whether you decide to try a supplement or not, it is important to read labels and make sure that the brand you choose is high quality. It would be wise to consult with your doctor before starting any supplement, especially if you're already taking medications.

achiu@usmfreepress.org
@theannachiu

Top 6 Most Commonly Used Supplements in the U.S.

Fish Oil/ Omega 3's

For high blood pressure, high cholesterol, weight loss, depression

Precautions:

- Generally safe, may have traces of contaminants like Mercury.
- Side effects include belching, bad breath, heartburn, nausea and nosebleeds.
- Not recommended to be taken with any contraceptive drugs, medications for high blood pressure or weight loss pills.

Overview: Ideally, your Omega-6/3 should be in balance to help prevent inflammation. If you consume vegetable oils (soybean, corn, peanut, etc.), grain-fed animal fat or artificial butter, then taking omega-3's will keep your 1:1 ratio in balance.

Alternative Sources: Any fatty fish, walnuts, flax seeds

The 'Multi-Vitamin'

For people with a poor diet or have a nutrient deficiency

Precautions:

- Depends on the brand but most are generally safe.
- Excess amounts of a certain vitamin or mineral may cause dangerous side effects.
- Side effects may include nausea, constipation and diarrhea.

Overview: If you are generally healthy and want to boost your nutrient profile, then a multivitamin could be beneficial. It is best to consult your doctor to avoid overdose risk

Alternative Sources: A clean and varied diet full of colorful vegetables

Green Tea (Extract) Pills

For weight loss, mental alertness, diabetes, antioxidant source

Precautions:

- Safe for short-term use.
- If you are pregnant, anemic, diabetic, or have heart conditions, anxiety disorders or high blood pressure, green tea might make conditions worse.

Overview: Green tea pills are very popular as a weight-loss aid but they should not be relied on for long-term weight loss. Too much green tea can be toxic.

Alternate Sources: teas such as black or chai

Probiotics

For bloating, digestion problems, constipation, high cholesterol and improved immune system

Precautions:

- Side effects may include bloating and gas
- Any antibiotic or immunosuppressant drug will have an interaction with probiotics. Antibiotics kills bacteria, including the good ones in probiotics

Overview: Probiotics are made up of live bacteria and yeast that work with the body to prevent infections. They generally live in our digestive system, where they break down food and fight off 'unfriendly' bacteria that might cause illness.

Alternative Sources: Fermented foods like kimchi or green yogurt

CoQ10

For antioxidant booster, heart disease and other heart problems

Precautions:

- Safe but not for children.
- Most people can tolerate CoQ10 but some mild side effects include upset stomach, loss of appetite and nausea
- Medications for high blood pressure and blood clotting should not be taken with CoQ1.

Overview: CoQ10 is an antioxidant found throughout the body and is used to strengthen the immune system. It also has a job of producing ATP in cells so it may have a role in improving exercise performance

Alternate Sources: Small amounts in meats and seafood.

Whey (Protein) Powder

For muscle enhancement, protein deficient or meal replacement

Precautions:

- Not recommended for anyone lactose intolerant since it has traces of dairy

Overview: Whey protein is made up of the essential amino acids known to increase muscular hypertrophy and protein synthesis. The lactose in whey might be a problem for some individuals. Whey protein should not replace a meal because of potential deficiencies from a true meal that involves various nutrients.

Alternate Sources: Quality meats, nuts, or dairy products



Quick Hits: The Huskies' week in review



Justicia Barreiros / Free Press Staff

Freshman Kevin Diegnan passes the ball while Bowdoin defender Michael Gale attempts a block. The Huskies were unable to capture the win, losing 0-8 on Monday afternoon.

Anna Chiu
Sports Editor

Men's Soccer Huskies Lose Second Straight Match

The men's team were unable to defeat Bowdoin on Monday afternoon, losing 0-8 and bringing their record down to 1-4 this season.

Freshman Chad O'Brien started as goalie for the Huskies and made five saves. With just 18 minutes left to play, freshman Corey Mulherin step in and made an additional three saves.

Women's Soccer Huskies Drop Record To 1-4

The women's team suffered a tough loss against the University of New England, losing 1-3 during a non-conference match Tuesday evening.

Sophomore Kelly Burrell made the only goal for the Huskies, while goalkeeper Marisa Temple made six saves.

Field Hockey Huskies Win Second Game in a Row

The women's team improved their record to 4-1 after defeating University of Maine at Farmington on Wednesday afternoon.

Scoring for the Huskies were junior Stephanie Lomasney, junior Ariel Kaplan, senior Rachel Trafton and sophomore Peyton Dostie. Junior goal-

keeper Kayla Kennedy made six saves for the women's team while junior Rebecca Pratt made an assist to help the team.

Volleyball USM Captures 3-0 Win again UMaine Farmington

The women's team won their second straight win against the University of Maine Farmington, beating them 25-11, 25-14, 29-27.

Freshman Demi Ruder had nine digs, seven aces and two assist for the Huskies while junior Madalyn Terry had five kills, two aces and six digs. Freshman defense Bridget Burns had eight assists, four aces and five digs meanwhile junior Annie Mitchell added six digs, three aces and two kills for the team. Freshman blocker Kelsey Abramson had six kills to finish the win.

Women's Tennis Huskies Face Tough Loss Against Emmanuel

The women's team suffered a 0-9 loss against Emmanuel College on Thursday in a non-conference match at the Gorham High School Tennis Courts.

Playing singles for the Huskies were Emily Boutin, Courtney Aldrich, Molly Morrill, Monique Giroux, Christine Savage and Alex Lewis.

The Huskies record drops to 3-2, ending their two-match winning streak.

Men's Cross Country USM Finishes in Third Place

The men's team captured a third place finish with Junior Julian Gazzelloni leading the way.

Gazzelloni finished the new 5,000-meter course in 15 minutes and 54.8 seconds, placing third overall. Senior Seth Neuts placed eighth overall and was the second runner to cross the finish line for USM.

The Huskies will run at Gordon College for the Pop Crowell Invitational on September 29.

Women's Cross Country Huskies Place Fifth Among Thirteen Teams

Senior Molly Carl led the Huskies, finishing the 4,000 meter course in the time of 4 minutes and 36 seconds. Carl placed ninth overall, giving the Huskies a total of 121 points.

Finishing second for the Huskies was freshman Hannah Damron. Damron finished 29th overall with the time of 15 minutes and 22 minutes.

The women's team will compete at the Paul Short Invitational on September 28th and the Colby Invitational on September 29th.

achiu@usmfreepress.org
@USMFreePress

Scoreboard

September 10

Men's Soccer	
USM	0
Bowdoin	8

September 11

Women's Soccer	
USM	1
UNE	3

September 12

Women's Volleyball	
USM	3
Me.- Farmington	0

Field Hockey

USM	4
Me.- Farmington	2

September 13

Women's Tennis	
USM	0
Emmanuel	9

September 15

Women's Volleyball	
USM	1
Mass.- Dartmouth	3

USM	0
Worcester St.	3

Field Hockey

USM	3
Bridgewater St.	8

Women's Soccer

USM	0
Western Conn. St.	5

Women's Tennis

USM	9
Western Conn. St.	0

Men's Soccer

USM	0
Western Conn. St.	1

Like Writing?
Love Sports?

We are looking for
Sports Writers!

Email
achiu@usmfreepress.org
if interested.



Upcoming

September 18

Women's Volleyball
Unity
@ USM

Field Hockey
Bowdoin
@ USM

Women's Tennis
Mass.- Boston
@ USM

Men's Soccer
USM
@ Thomas

September 19

Women's Soccer
Salem St.
@ USM

September 20

Women's Volleyball
USM
@ Mass.- Boston

Field Hockey
USM
@ Saint Joseph's

Women's Tennis
Thomas
@ USM

September 22

Women's Volleyball
Western Conn. St.
@ USM

Lyndon St.
@ USM

Field Hockey
USM
@ Keene St.

Women's Soccer
Keene St.
@ USM

Women's Tennis
Salem St.
@ USM

Men's Soccer
USM
@ Keene St.

USM COMMUNITY PAGE



Featured Event: Theater department hosts open house



Scale model for the set of "Blood Brothers," directed by Wil Kilroy in 2006.

Kirsten Sylvain
Editor-in-Chief

If you've ever had any interest in being up on the stage, you might have a chance to check it out behind the scenes and get involved.

This Thursday at Russell Hall in

Gorham the theater department will second annual open house. The event, scheduled to begin at 5:30 p.m., is an opportunity for community members and students discover what goes on behind the curtains of a theater production.

At the event, visitors can learn about the intricacies of costume and set design, stage make-up, lighting and

more. There will also be an opportunity for visitors to check out a live rehearsal of an up-coming performance. After the open house, students will have a chance to mingle with directors, singers and actors and grab something to eat.

"Discovering the magic behind live theatre is fascinating: makeup art, costume design, lighting design, rehearsals, scenic design. Some students might be interested to take classes or come to shows, join the SPA student performing artists or get work study jobs in the theatre," said coordinator of the event and USM Theatre Community Outreach Liaison, Emmanuelle Chaulet.

The event offers a unique opportunity for community members and students to see how the USM theater dept operates. The event is free for everyone. It is scheduled for this Thursday from 5:30-7:30 p.m. on the Gorham campus.

kirsten@usmfreepress.org
 @kirstensylvain



Featured Photo:

Flag football in Gorham



Justicia Barreiros/ Free Press Staff

Students play flag football every Sunday on Gorham's Hannaford turf from four to seven p.m. Left, Chris Mosley. Right, Michael Lucas.



Campus Events

Monday, 9/17

Portland Events Board
(PEB) Weekly Meeting
September 17, 2012
1:00 PM - 2:00 PM
Conference Room, Woodbury
Campus Center, Portland

Monday Mechanics: Bicycle
Skills Workshop
5:00 PM - 7:00 PM
Amphitheater, Woodbury Campus
Center, Portland Campus

Tuesday, 9/18

Informational Session
9:00 AM - 11:00 AM
Room 133 Wishcamper
Center, Portland Campus

Modular Origami – Supporting
the Teaching of Mathematics from
Geometry to Graduate Level Courses
2:30 PM - 3:30 PM
300 Payson Smith Hall

The Navigators- Nav Nite
7:30 PM - 9:00 PM

Hastings Formal Lounge, Gorham

Wednesday, 9/19

Veterans Welcome Resource Fair and BBQ
12:00 PM - 4:00 PM
Outside of the Woodbury Campus
Center, Portland Campus

AXiD's Pretty Chick Picnic Rush
8:30 PM - 10:00 PM

Brooks Student Center-PDR/FDR-Gorham

Thursday, 9/20

Veterans Support Group
9:00 AM - 10:30 AM
2nd Floor Conference Room- Sullivan
Recreation and Fitness Complex-Portland

AXiD's Xi Tea Party of Xi Year
September 20, 2012
6:00 PM - 8:30 PM

Brooks Student Center-PDR/FDR Gorham

Civil Discourse on Same Sex marriage: How do people of faith talk together when we disagree?

7:00 PM - 9:00 PM
Talbot Auditorium, Luther
Bonney Hall, Portland

Nichiren Shu Buddhist
Sacramental Ceremony
7:00 PM - 8:30 PM
Office of Religious & Spiritual Life, 23
Brighton Avenue, Portland campus

Friday, 9/21

USM Pride Day
September 21, 2012
8:00 AM - 8:00 PM

Throughout Campus-Portland, Gorham, LA

Saturday, 9/22

Saco River Canoe and Camping
Trip with (S.M.O.R.) Southern
Maine Outdoor Recreation
6:00 AM - 6:00 PM

Sunday, 9/23

RUSTY ROCKET'S LAST BLAST!
3:00 PM - 4:00 PM
Southworth Planetarium