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## The Free Press Vol. 49, Issue No. 18, 04-02-2018

Julie Pike  
*University of Southern Maine*

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THE FREE PRESS  
APRIL 2, 2018  
VOL. 49 ISSUE NO. 18



# Identity and culture within the **LGBTQ+** community

By Mary Ellen Aldrich | Pg. 9



# WMPG

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**Cover Photo:** Lauren Kennedy / Director of Photography

## Letter from The Editor

**Julie Pike**  
*Editor-in-Chief*

When you first open a newspaper, what are your eyes drawn to first?

During a panel at our recent Journalism Workshop event, one of the topics that came up was the question of whether news outlets focus too much on negative stories. Most often the most eye-catching stories are going to be the ones that are shocking to an audience, such as a fire, a crime or a car accident. Sometimes it seems like these are the only stories that are reported on, the ones about depressing or terrible events. News outlets are simply doing their job by reporting the news. However, it's been found that people are more drawn to negative stories than they are to positive ones.

In 2014, BBC reported about a study done at McGill University in Canada. Researchers asked participants to come in for a test of eye tracking. They observed how the participants' eyes moved, and where they moved to, while they browsed a news website. They were asked to actually read some of the articles, but that it didn't matter which ones they chose to read. They found that a majority of participants chose stories with a negative tone, with topics such as corruption, setbacks or hypocrisy. Yet during a questionnaire at the end of the study, when asked participants responded that they preferred reading about good news and thought that the media was too focused on negative stories.

This study provided evidence of what psychologists call "negativ-

# Positive and negative news: finding a balance



Lauren Kennedy / Director of Photography

Panel members from left to right, Maynard Charron, founder of the Gorham Times, Nick Schroeder, editor-in-chief of the Portland Phoenix, John Swinconeck, executive editor of the Times Record and Bob Lowell from the American Journal.

ity bias." This means that topics of a more negative nature have a greater effect on a person's psychological state. The study emphasized that people respond quicker to negative words. The researchers also brought up another idea that a majority of people have a positive attitude, so seeing negative headlines in a newspaper are surprising to them, therefore they are drawn to read it.

In light of this, I think it's important for news outlets to also feature stories with a positive message. I think readers would enjoy a good balance of breaking news along with some

uplifting articles to leave them in a better mood. With this in mind, I created a staple news feature that starts this week called "Sunny Side Up." In each issue going forward our readers can read about a positive or inspiring story.

This addition, however, will not take away from our duty as reporters to share breaking news with our community at USM. I simply want our readers to have something that will cheer them up at the beginning of their week. This piece may cover a story about USM, the state of Maine, our country or even worldwide news, anything that will leave readers feeling hopeful. Amidst the barrage of news we see every day reporting on abuse, sex crimes, murders and so on, we need to hear about some good in the world.

*Julie Pike*

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# Safezone Project identifies support for LGBTQ+

## *These stickers can be found on doors around all campuses*

Sarah O'Connor  
Staff Writer

The Safe Zone stickers on office doors, desk spaces or dorm rooms do not only suggest support to the LGBTQ+ community but it shows that the people behind these doors have been educated through the Safe Zone orientation program. Last week, volunteers underwent a 1.5 to 2 hour orientation to be introduced to the aspects and experiences of individuals from the LGBTQ+ community.

**“The Safe Zone Project was created back in the 90s to further educate people, when students didn’t know who would be supportive of them... It was a different time. It created a movement of support and made a less judgemental environment.”**

- Sarah Holmes  
Assistant Dean of Students and  
Deputy Title IX Coordinator

According to their website, the mission of the Safe Zone Project “is to visibly identify and support those members of the University community who are safe and supportive contacts for lesbian, gay, bisexual, transgender, questioning and queer students, staff and faculty.”

USM’s Center for Sexualities and Gender Diversity oversees the Safe Zone Project. They work to ensure a positive, safe and support environment for individuals of all sexual orientations and gender identities and members of the LGBTQ+ community.

Sarah Holmes, Assistant Dean of Students and Deputy Title IX Director, works with the Safe Zone project. When she was a student at USM, she took part in founding the project.

“The Safe Zone Project was created back in the 90s to further educate people, when students didn’t know who would be supportive of them,” Holmes said. “It was a different time. It created a movement of support and made a less judgemental environment.”

The Safe Zone Project has had the same mission and has had a reputation for being supportive over the past 20 years, but the orientation to educate students and faculty is evolving over time, according to Hol-

mes.

“The language we use in the training is constantly changing,” Holmes said. “The words that are used today are definitely different than in the 90s. Some people did it five, 10, 15 years ago, but now they want to do it again because of the new words and terminologies.”

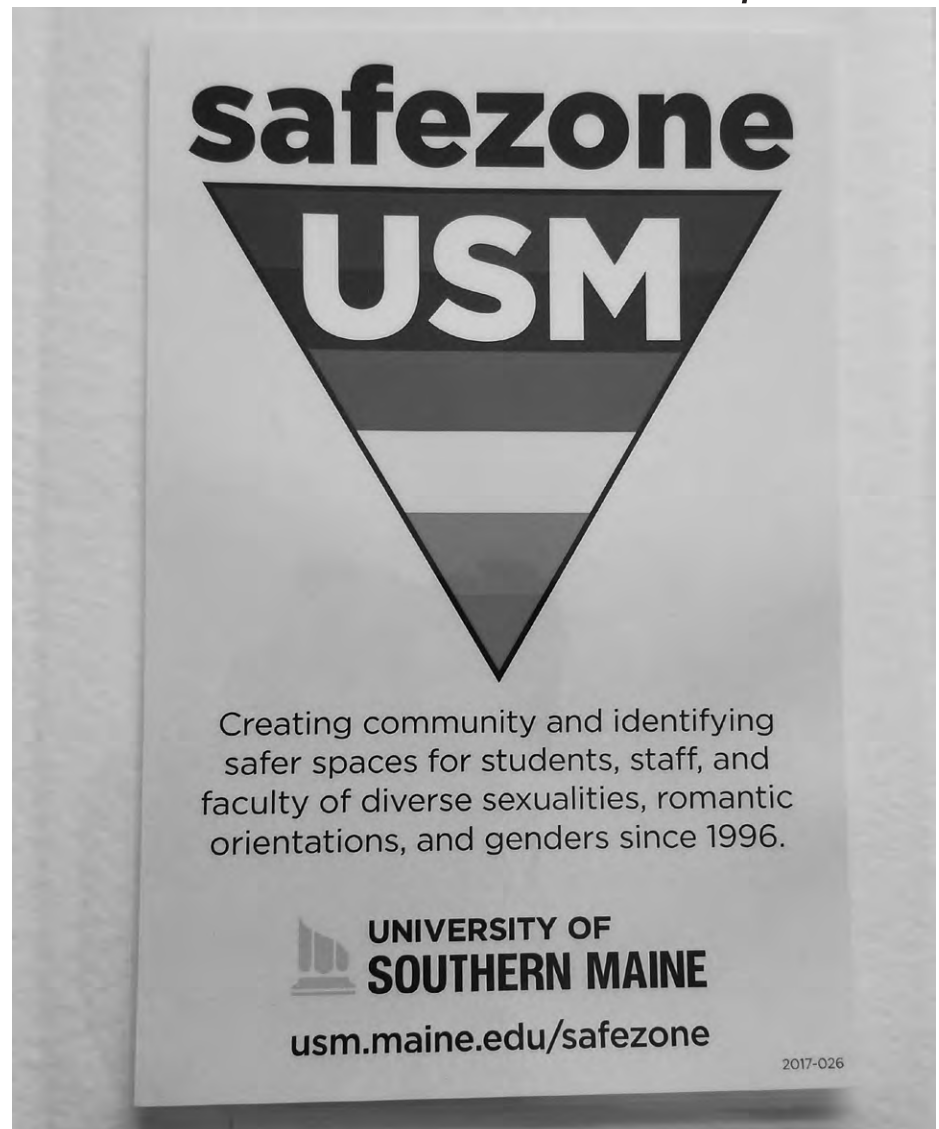
Holmes explains that the training the volunteers undergoes focuses on basic concepts of gender identity and gender expression. There is education on the difference between gender and sex “because there is

a difference there,” Holmes said. The training urges individuals to even reflect on their own selves.

“It creates an ally action plan which can consist of less judgement, challenging anti-gay jokes, wrong language, and knowing to ask about someone’s pronouns,” Holmes said.

The movement that the Safe Zone Project promotes and continues is far from over. As Holmes says, “There is still judgement out there and still pockets of biases.”

By attending a Safe Zone Project orientation, not only will the university be marked by the Safe Zone stickers, but the LGBTQ+ community will have the support they need by allies seeking education about their identities and experiences. Project training is ongoing throughout the school year. The next session is on Thursday, April 5 from 11 a.m. to 12:30 p.m. on the Portland Campus in 327 Luther Bonney Hall. For those who are interested in getting involved, you can reach Sarah Holmes at 207-780-5767, or by emailing sarah.e.holmes1@maine.edu.



Julie Pike / Editor-in-chief

*This safezone sticker or poster are placed on office doors around all USM campuses, telling students and staff that they are entering a space that supports equality for all.*

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# Trump's budget proposal includes cuts to TRIO

*Various services for students could potentially be eliminated*

**Emily Adams**  
Staff Writer

Colleges across the country face catastrophe from the possible ramifications of President Trump's proposed budget cuts. On February 12, 2018, President Trump's administration released the 2019 Fiscal Year's Budget to Congress, which can be found on the Council for Opportunity in Education (COE) website. Part of the proposed budget is an overall cut of \$7.1 billion in funding to the Department of Education. Furthermore, President Trump made a proposal to consolidate TRIO and GEAR UP into a \$550 million state formula grant program to support evidence based post secondary preparation programs.

According to the U.S. Department of Education, the federal TRIO programs (TRIO) are federal outreach and student services designed to identify and provide services for individuals from disadvantaged backgrounds and those with disabilities.

Congress decided to pass legislation to raise federal spending for two years. The Fiscal Year of 2019's budget has a section dealing with funding for TRIO and its affiliated services. President Trump proposes that the only programs TRIO be funded for are TRIO Talent Search and Upward Bound programs. Other programs that are currently being funded will lose their funding.

provides six-year grants to states and partnerships to provide services at high-poverty middle and high schools. GEAR UP funds are also used to provide college scholarships to low-income students.

The TRIO program at USM includes SSS, Upward Bound, Veterans Upward Bound (VUB) and the Bridge Program. Currently 140 students on the three campuses combined utilize assistance offered through the SSS program. It is 92 percent federally funded with a budget of \$220,000 awarded annually. VUB serves 125 low income, first generation veter-



Samantha Comeau / Staff Photographer

*The TRIO office at USM located on the Portland campus at 102 Bedford St. TRIO offers four programs at USM including Student Support Services, Upward Bound, Veterans Upward Bound and the USM Bridge Program. With President Trump's budget proposal for 2019, these services could potentially be cut.*

**“Part of the proposed budget is an overall cut of \$7.1 billion in funding to the Department of Education.”**

In fact, the budget proposes a cut in all funding for Student Support Services (SSS), McNair Post Baccalaureate and Educational Opportunity Centers programs across the country. McNair Post Baccalaureate programs are opportunities to help prepare participants for doctoral studies through involvement in research and other scholarly activities, as stated on the Department of Education's website. Furthermore, it proposes a switch to a single state formula, which would reduce the federal role in administrative competitive education programs. This would give the States significantly more authority to prioritize support for grantees.

In the proposed budget there are also no funds available for GEAR UP. According to the Department of Education, GEAR UP

ans per year. VUB “Provides assessment and enhancement of basic skill through counseling, mentoring, tutoring and academic instruction in the core subject areas,” as stated on USM's TRIO website.

In fact, college bound veterans receive year-round support, academic tutoring, VUB advising, preparation for entrance exams, information about financial aid programs, help with financial aid and many other aspects through this program.

“At USM, we have nearly 350 student veterans - the highest number of any college or university in Maine - and we've made it our mission to help them achieve and excel in their academic goals,” stated USM President Glenn Cummings.

The TRIO Upward Bound program at USM assists high school students with

graduating from college within six years of enrolling. According to USM's TRIO website, Upward Bound serves 64 high school students from Bonny Eagle, Massabesic, and Sacopec Valley High Schools, as well as 63 students from Biddeford and Sanford High Schools.

The final program that USM offers through TRIO is the Bridge Program. This is a summer program that “Included opportunities to become familiar with USM's campuses and resources, increases your Math and English skills, and make new friends who can share your college experience,” as stated on USM's TRIO website.

The Bridge Program provides ongoing college coaching and academic support. Through this program, individuals have the chance to earn a \$250 stipend upon completion of as well as earning two USM college credits.

President Trump's agenda threatens all the progress and assistance USM's TRIO program has made with students and their futures. Laurie Davis, the Executive Director of USM's TRIO program has other concerns regarding Trump's agenda, and she has stated that there are some other issues which TRIO programs are watching very

closely. Issues such as TRIO being a competitive grant program, which will change with President Trump's new proposal.

Trump's agenda effects not only at USM's programs but the TRIO and GEAR UP programs across the state and nation. Currently, TRIO and GEAR UP serve over 16,500 students and participants across the state in 29 different projects. There is over \$11 million a year allocated in funds for these programs. Every single University of Maine school, community colleges and Thomas college have a SSS program available to them. President Trump's proposed cuts will cause this opportunity to become nonexistent to the individuals who need the assistance SSS offers.

Davis shared information about how close knit the Upward Bound and TRIO programs are across the state of Maine. All the heads of the departments from across the state get together at least once a year to talk about their progress and any new developments with the programs. This annual meeting was held last month on March 5. Davis stated that they believe in being a part of the bigger picture and the community that is Upward Bound.

# USM provides seniors with a low cost education

## *Through the Osher Lifelong Learning Institute in Wishcamper*

Liz Trudel  
Staff Writer

For inquisitive individuals ages 50 plus with a passion for the joy of learning, there is a close-knit community of 2,000 plus like-minded senior learners who are students of the Osher Lifelong Learning Institute (OLLI) at USM. The OLLI is located in the Wishcamper building on the Portland campus at 34 Bedford Street.

The OLLI at USM is one of 17 Senior Colleges throughout Maine and participates in the Maine Senior College, a network which contains approximately 6,500 members from across the state. Several counties in Maine have colleges that support this non-profit program including Androscoggin, Aroostook, Cumberland, Franklin, Hancock, Kennebec, Lincoln and Knox, Oxford, Waldo, York, Washington and Penobscot.

To take part in the institute there are no entrance requirements, grades or tests. Student experience and love of learning are what count. The program is a self-sustaining, self-governing organization supported through an annual membership fee of \$25. The membership fee covers the fiscal year July 1 to June 30. The yearly membership allows students to participate in all OLLI at USM courses and special interest groups at OLLI.

With a membership also comes an abundance of perks. Students receive an OLLI-designated USM ID card, the ability to add Husky Bucks to the ID card for tax free use at any of the USM dining facilities and vending machines on campus. They

also get access to the USM library, the computer store, wireless Internet, and access to the USM bookstore. Members can attend the Maine Senior College Network statewide conference, receive support for disabilities, and have access to assistive listening equipment available through the OLLI office. Last, but not least, they get USM student discounts on sporting events, theater and music performances, dining and selected local services.

Courses are offered in the fall and spring terms for eight weeks, and in the winter and summer terms for six weeks. The classes meet for two hours, once a week. Course subjects are extensive, from music and art, to history and science.

One example of a class held this spring is titled, "Domestic Policy: Is American Democracy in a Death Spiral? Any Grounds for Optimism?" taught by Professor Bob Goettel. The course explores the topics of, "American lack of trust in government and other institutions, extreme political polarization, congressional inability to address key issues and govern, weakened political parties, and a presidency like no other in our lifetime," stated Goettel.

Another course held on Wednesdays from 12:45 pm to 2:45 p.m. this semester is "Gospel Music Comes Alive!" Terry Foster teaches this course. It explores songs, spirituals, and hymns from the Gospel.

On Thursdays from 12:45 to 2:45 p.m., Jack Lynch and Jennifer Frick co-teach the course "Line Dancing: A cross-cultural perspective." It is a dance class that combines the teachings of a multitude of cultures. In the class, students learn traditional

American Country/Western, Greek Circle dances, Brazilian samba, Tango, Rumba, Spanish cha-cha, and the sham jazz line dance from Harlem. The class welcomes all skill levels, and no prior dance experience is necessary.

Offered on Fridays, is Art Studio taught by Dona Sherburne. This class is a two-hour block of time from 9:30 to 11:30 a.m. where like-minded individuals can come together to work at their own pace on their artwork in a relaxed environment while collaborating, encouraging, and sharing ideas with fellow artists.

Just like any traditional college, the OLLI offers "special interest groups" for individuals to express their interests and mingle with like-minded peers. Some existing special interest groups include; wine tasting club, ski club, science reading club, photography club, outdoor/walking club, OLLI singers, history book club, book club, bridge club and the arts and crafts club.

To further enhance student-educational opportunities, the OLLI goes on three to four local excursions throughout the year to local points of interest. These take place generally in Maine, New Hampshire or Massachusetts. They also go on one international trip a year, often in November.

The OLLI international trip for 2018 is a Viking river cruise of the Danube River, on November 10 through 18. The journey will begin in Nuremberg, Germany, and travel down the Danube through Austria to Budapest, Hungary, stopping at six ports along the way. There will be an included tour at each port, with free time to explore

in most ports. Viking enhances the cruise by offering "Culture Curriculum," which brings local history to life with lectures on history and art, tasting of vintage wines, restaurant menus inspired by local cuisine, informative port talks and performances. They also have an onboard library, with a carefully curated collection of educational and inspirational books.

OLLI at USM operates on five core values; joy of learning, community, accessibility, excellence, and volunteerism. states, "We believe that continuing to grow and to learn new things is a deeply fulfilling lifelong priority. We recognize the importance of interaction with other members to have knowledge and experiences, to expand our perspectives, and to make new friends in an atmosphere of inclusiveness, respect, and openness. We strive to make classes, workshops, seminars, and activities affordable and accessible to all members. We strive for excellence by committing our intelligence, creativity, and energy to achieving quality in our curriculum, faculty, facilities, operations, and relationships within our community. We recognize the crucial importance of volunteers to the success of our programs. These core values support our vision, shape our culture, and reflect what we value."

For more information about joining OLLI at USM, please call 780-4406 or 1-800-800-4876, email [olliatism@maine.edu](mailto:olliatism@maine.edu), or visit [usm.maine.edu/olli](http://usm.maine.edu/olli).

FP

# Outdoor spots around campus to soak up some sun

## *Catching some rays in between classes can benefit your well-being*

Ben Theriault  
Staff Writer

As spring slowly arrives to campus this year, students are starting to be able to find themselves comfortably outside again. The need for students to go outdoors is important—In 2015, Stanford University found that nature is a potential remedy for mental illness. A 90 minute walk in the woods can improve mood, memory function and symptoms of anxiety.

This effect is not only restricted to for-

ests; any green space (an area of grass and trees used for recreation in an otherwise urban environment) can potentially be enough to produce positive mental health effects, given that the area is well-maintained and healthy. Whether one is hiking in the woods or sitting on a soccer field there could be potential benefits.

Luckily for USM students there is a fair amount of lush area around campus. The USM woods in Gorham are a wonderful resource that should be explored by students, which includes walking paths. The hills by Robie-Andrews or the picnic tables by Up-

ton-Hastings are great places to get outside of the dormitories and get work done.

For those on the Portland campus, they utilize the picnic tables on the lawn between Luther Bonny and Payson-Smith. Also in Portland, Deering Oaks Park is just a 15 minute walk from campus and the entire Eastern Promenade waterfront nearby is gorgeous. Portland is also surrounded by plenty of beaches, either to take a stroll along the shore or to lay out in the sun. One of the many options to choose from includes Kettle Cove Beach in Cape Elizabeth, just a short drive from the Portland campus.

Getting outside in the spring is especially important for those that find themselves depressed throughout the winter. The American Psychiatric Association estimates that between 1 and 10 percent of all Americans feel more depressed during the winter. For some, these feelings can be incredibly severe.

A form of depression known as Seasonal Affective Disorder (SAD) impacts over 10 million Americans every year, or nearly 5 percent of the U.S population. The disorder

See **OUTDOOR** on page 7





Julie Pike / Editor-in-chief

The lawn between Luther Bonney and Payson-Smith includes several picnic tables for students to get the chance to sit outside between classes.



Lauren Kennedy / Director of Photography

As the weather gets warmer, flowers will begin to bloom all around campus and in the community, brightening the day of not just bees but people as well.

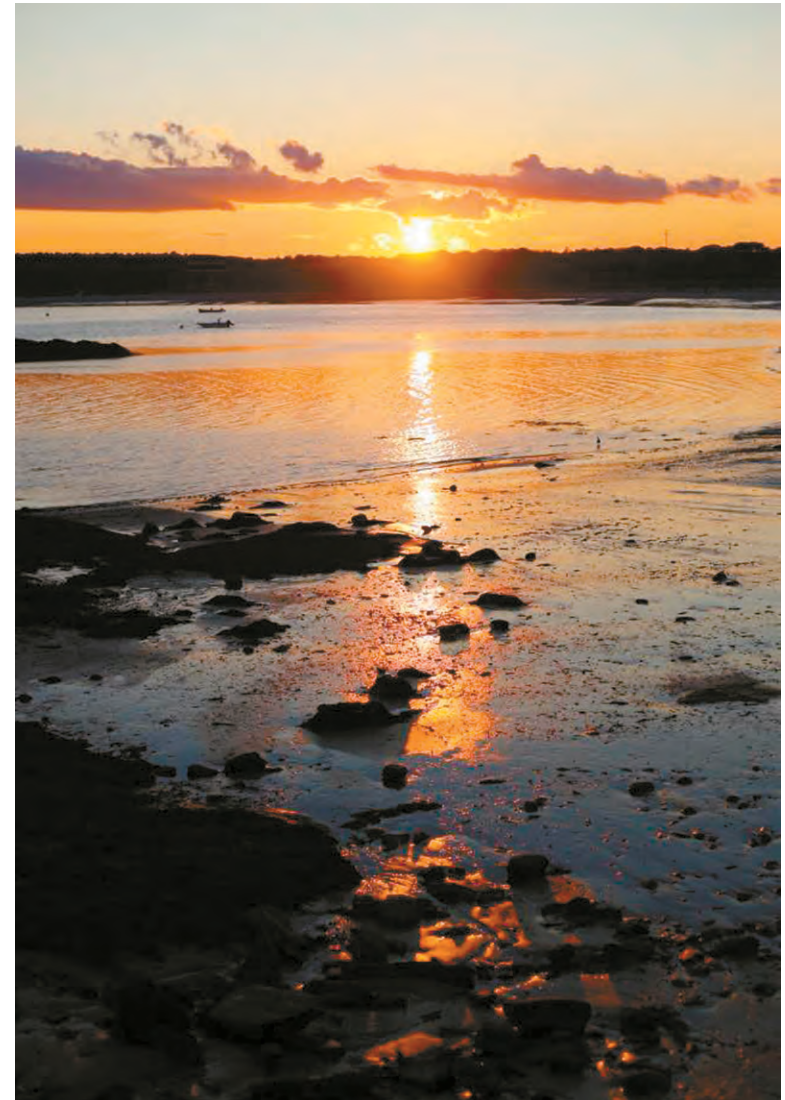
From **OUTDOOR** on page 6

is more common in women, who account for four-fifths of all diagnoses. Unfortunately for Mainers, those farther away from the equator are at a heightened risk for developing SAD.

SAD is a depressive disorder associated with changing seasons. Commonly referred to as the “winter blues,” SAD is diagnosable after a person feels intense feelings of: depression, anxiety, mood fluctua-

tions, issues with sleep, irritability and changes in sexuality for two consecutive winters. Unfortunately, SAD is often difficult to differentiate between other forms of depression. Specific symptoms that set it apart from other forms of depression are: craving for carbohydrates, increased appetite, excessive sleepiness and weight gain.

There are a couple hypotheses for the cause of SAD. The levels of serotonin—a natural neuro-chemical associated with



Lauren Kennedy / Director of Photography

Sunset on Kettle Cove Beach in Cape Elizabeth, one of the many beaches in the Portland area and just a short drive from campus. Students can visit here to get some much needed time in the sun.

mood, appetite and sleep regulation—in certain individuals may be directly correlated to the shorter days and lack of sunlight and therefore decrease during the winter.

Melatonin—a hormone that regulates sleep and wakefulness—is also influenced by the lack of light. The hormone is released in greater amounts in darkness, which is responsible for chronic fatigue in victims of SAD. Fluctuating melatonin levels can potentially disturb an individual’s biological clock. These changes often do not properly correspond with external clocks and thus negatively affects their lives.

Although there is no cure for SAD, certain proactive choices can be made to help alleviate the symptoms. There has yet to be solid scientific evidence, but psychiatrists have found that light therapy (extended ex-

posure to brightly lit boxes) has assisted 85 percent of those diagnosed. SAD is treated in conventional ways as well; for some therapy and/or medication is the best way to handle it.

Getting help managing SAD symptoms is important: approximately 20 percent of people with a depressive disorder also struggle with substance use. Addiction and depression can potentially escalate together. Often as depression worsens, reliance on substances increases, which then cycles back to strengthening the depression.

If you or someone you know struggles with SAD or any other type of mental illness, do not hesitate to seek help. Seek nature, but also pair this with professional medical advice.

Many resources are available on campus; the Portland counseling office can be reached at 207-780-4050, the Gorham office can be at 207-780-5411, and the National Suicide Prevention Lifeline is available 24/7 at 1-800-273-8255.



# Meet the newly elected Student Body President

## *Katelyn Seavy brings her advocacy work to USM*

**Julie Pike**  
Editor-in-chief

In a close vote, so close in fact that a recount was called, Katelyn Seavey emerged as the newly elected Student Body President for USM. Seavy ran against Shaman Kirkland, the Vice Chair of the Student Senate.

Seavey transferred to USM last year from York County Community College. She started out as a biochemistry major but has since switched to psychology, and is set to graduate next year in the spring.

At York County Community College she was on the Student Senate and was the President of Phi Theta Kappa, their honors society. When she first came to USM after transferring, Seavey stated that she was overwhelmed at first, due to the major differences between the two schools, mostly in size.

A year later, after getting situated at USM, she decided to run for Student Body President.

After hearing about the elections through an email sent out to students, Seavey contacted Chase Hewitt, the former Student Body President to meet with him and find out more about the position. After this she realized she only had one more day until the deadline to get the 25 signatures required to run.

Due to the small amount of time Seavey had to get everything submitted to run, she did not end up choosing a vice president beforehand. However, she was told she would have until May 4 to choose who she would like to work with. Trevor Hustus, the current

At-Large Student Senator, has offered to take up the position.

In regards to her inspiration for running, Seavey wants to create a more organized student government, as well as bring initiatives of her own.

"I feel right now that it's [the student senate] very disorganized. When I went to run for presidency, it was very much them running with their heads cut off," Seavey stated. "They didn't know the answers to some basic questions that I asked them. Hopefully I can bring more organization to that to be able to get some initiatives going."

She is trying to bring a national program to USM called The Campus Kitchen Project, a community service initiative to combat hunger in the community. She hopes to partner with Sodexo so they can give away any food that would've been otherwise wasted, to be made into meals for food insecure families.

Seavey noted that the Student Senate have not had many initiatives lately, aside from trying to get free printing for students. She hopes to continue some of the current projects at hand, including printing and expanding the textbooks on reserve.

"We are already paying enough as college students it would be nice to rent some things from the library, to have that as a resource," Seavey said. Seavy also mentioned wanting to get more composting bins around campus to get more students involved.

One of the first issues that Seavey hopes to combat is better organization. She stated that she plans on going through all of the by-

laws, getting them up to date and making sure that everyone is aware of what they need to be doing. Seavey stated that in total only about 80 students out of the approximately 6,000 enrolled participated in the vote for president.

"It's issues like this that I think lead the Student Senate to be so disorganized because people don't actually know who they are voting for."

The Student Senate recently approved the budget of \$1500 to buy monogrammed jackets for each Senator. Those who were in support of this stated that they were hoping it would help make Senators more known to students.

"I feel like that is an expense that is not needed," Seavey stated. "We're not gonna be wasting money like that in the future. The whole point of student government is to represent students and to do things for the students."



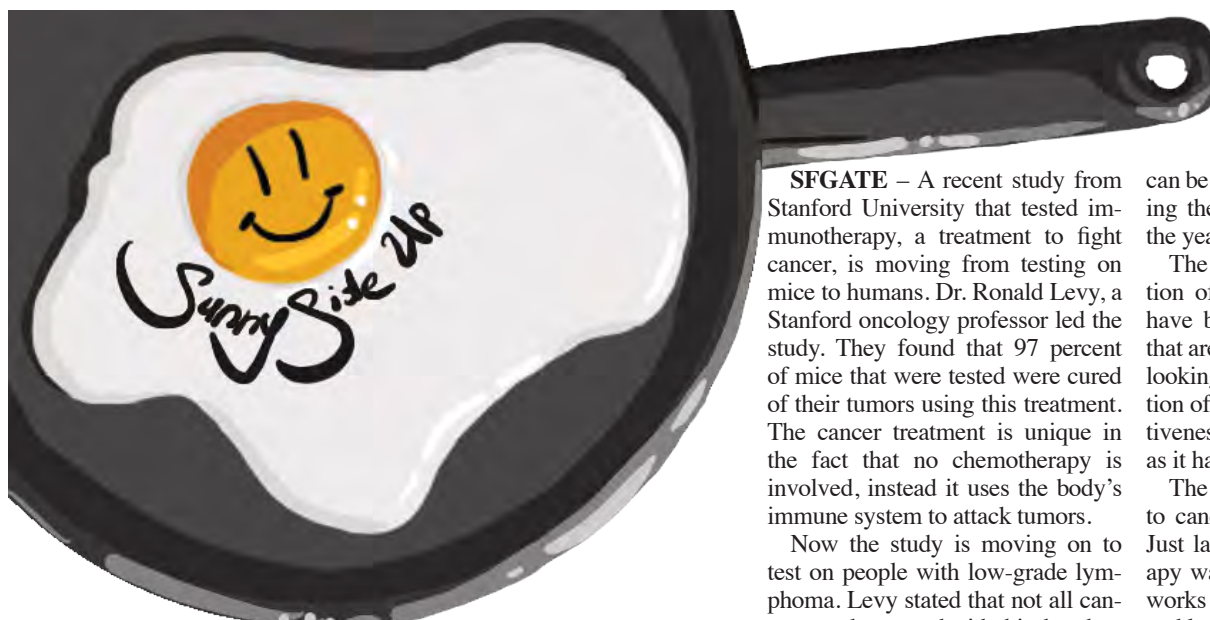
Julie Pike / Editor-in-chief

*Katelyn Seavey, a psychology major, transferred to USM from York County Community College.*

To begin the year, the main thing that Seavey wants her fellow students to know is that she is going to work hard to meet the needs of the student body.

"I actually do care and will try my best to hear the critiques of students and I hopefully will find a solution that is possible," said Seavey.

FP



A weekly uplifting and positive story to start your week off right.

**SFGATE** – A recent study from Stanford University that tested immunotherapy, a treatment to fight cancer, is moving from testing on mice to humans. Dr. Ronald Levy, a Stanford oncology professor led the study. They found that 97 percent of mice that were tested were cured of their tumors using this treatment. The cancer treatment is unique in the fact that no chemotherapy is involved, instead it uses the body's immune system to attack tumors.

Now the study is moving on to test on people with low-grade lymphoma. Levy stated that not all cancers can be treated with this, but they will be looking to find which ones

can be. Levy's team will be conducting the tests throughout the rest of the year, with 35 test subjects.

The exact treatment is a combination of two different drugs, which have been proven safe for people, that are given as injections. They are looking to test the specific combination of these drugs to see if its effectiveness will work on people as well as it has for mice.

The immunotherapy approach to cancer is a relatively new field. Just last year one type of cell therapy was approved by the FDA that works for some types of leukemia and lymphoma, called CAR-T. With this treatment a patient's immune

cells were removed, genetically engineered, and then reintroduced into the body in attempt to attack the tumor cells. While this treatment is labor extensive and costly, it increases the survival rates for those types of cancer from 10-15 percent to 60 percent.

Levy and his team's findings were published at the end of January of this year in Science Translational Medicine. "We have a huge problem in cancer and we will never be satisfied until we find solutions for everyone," Levy said.

FP



# Arts & Culture

## The complexity and value of LGBTQ+ identity

*Exploration, understanding and growth of identity amid students*

**Mary Ellen Aldrich**  
Arts & Culture Editor

When presented with the word 'identity' nearly everyone will think of something different. The definition of 'identity' according to the English Oxford dictionary is, "the fact of being who or what a person or thing is." Identity, however, can go deeper than that and is frequently more complex than a single sentence can explain.

For Nate, a non-matriculated ASL/English interpretation USM commuter student, there are several facets to his identity. Some portions of his identity include, adopted, gay and androgynous, just to name a few. Nate, with an identity and presentation of androgyny that fluctuates, goes by he/him and they/them pronouns. But there is far more to who Nate is than those few portions.

"[Identity] is something that has the potential to never stop changing and evolving," said Nate. "It depends on the individual, it's a very subjective experience."

For May Hohman, a freshman psychology

and sociology major, identity is "how you feel, it's hard to put into words," May said. "There are a lot of definitions in terms of the LGBT community, but for me it's how I feel."

College is often a place where people can explore who they are and figure out where they stand, not only with the world, but with themselves. College presents individuals with situations, people and ideas that will challenge their identity or beliefs. Figuring out how to navigate that while not losing their own sense of self is part of that challenge. Stigma, discrimination and lack of acceptance are another side of those challenges. Within the larger USM community though, there are communities, clubs and other support for LGBTQ+ students.

"There are so many queer people at USM," May said. "The community is pretty big. It's good to talk to them and hear how they feel and what they think and to then think about myself and how I feel."

Even though he didn't have the terminology to talk about it at the time, when Nate was eight-years-old he knew that he was gay.



Orkhan Nadrili / Chief Design Officer  
Mary Ellen Aldrich / Arts & Culture Editor

*Photo illustration of May with the colors of her pride flag, the Transgender flag.*



Orkhan Nadrili / Chief Design Officer  
Mary Ellen Aldrich / Arts & Culture Editor

*Photo illustration of Nate with the colors of his pride flags, the Gay pride flag (left) and the Androgynous pride flag (right).*

"I didn't have the vocabulary for it, but I just knew that I thought 'that person is pretty, I like him.'" Nate also knew at the time that he liked heels, and still does. "There's something very empowering to me about wearing heels," said Nate. "Maybe," Nate added jokingly, "it's the fact that if I wear platform heels I'm a good eight inches taller than the average person."

Often times people confuse identity, expression, presentation and sexual orientation. Identity is more like the root of who someone knows they are, it is internal. Expression and presentation are how that person chooses to dress, act or accessorize. It can be seen by others and may or may not fit what most people would expect that person's identity to align with. Sexual orientation is who a person is attracted to or who a person loves. Each of those things run on a spectrum, and for some maybe it's more of a scattering. It varies from person to person, it might change or vary and shouldn't be assumed, but simply respected.

Sarah Holmes, the Assistant Dean of Students and Deputy Title IX Coordinator, frequently does work related to the LGBTQ+ community, often in the forms of education,

advocacy and support. Whether it be educating people on LGBTQ+ matters, helping students learn about their own identities, providing support and encouragement, or advocating for things such as a gender-neutral bathroom in the Woodbury Campus Center, Holmes is always working for the well-being of students.

"My job as a staff member," said Holmes, "has been to do what I can do to empower people more...regardless of where they are in their process."

While attending Hampshire College from 2012 to 2016, Nate participated in a theatrical project that analyzed the relationship between the Wolf and Little Red Riding Hood, from the popular children's story. The project looked at ten different versions of the story including the original, and in each version the relationship was different. The version that Nate helped with was the 'marriage' relationship.

FP

Read the rest online:  
[usmfreepress.org](http://usmfreepress.org)



# Miss Portland Diner: a landmark of Portland

*Breakfast, lunch and dinner in a retro cable car near Bayside*

**Nora Ibrahim**  
Staff Writer

Although Portland may not be a large and a modern city, it has the best landmarks in the state. Miss Portland Diner, located at 140 Marginal Way, is a recognizable landmark that is known for its vibrant blue bus-like cart with a golden logo, as well as its breakfast and lunch menu.

The location of the diner is very close to the downtown area which makes it close to the major tourist attractions of the city including the old port, the art district, and the waterfront district. Most these sites are within walkable distance.

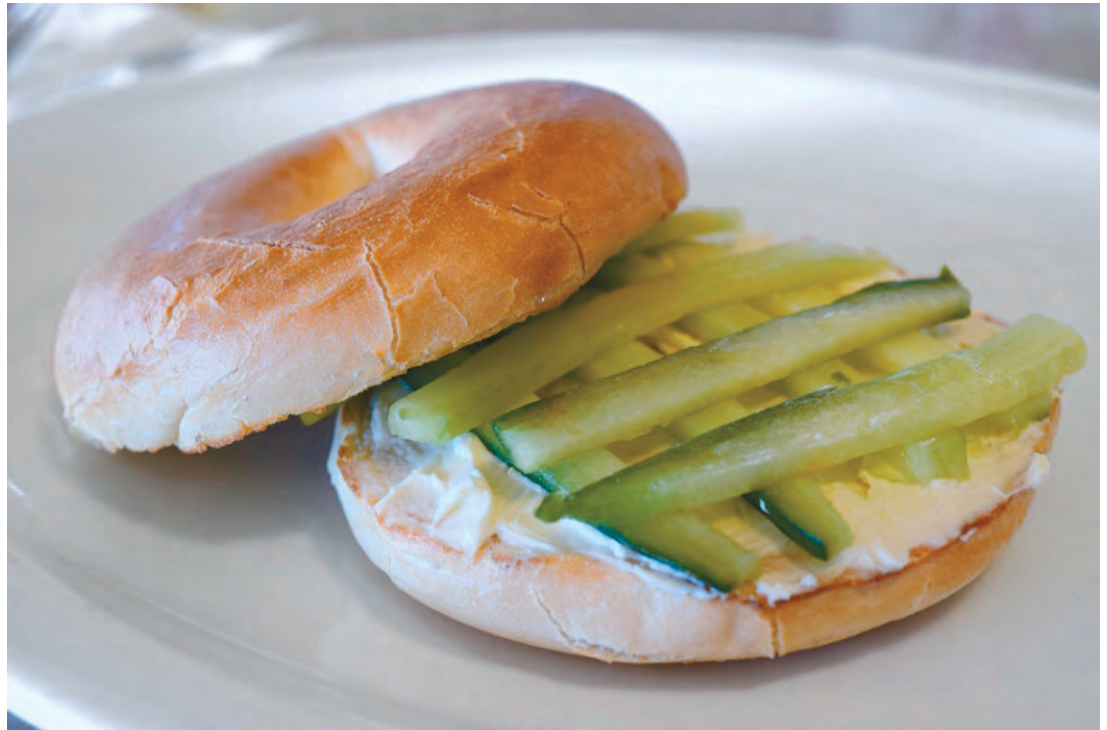
The interior of the diner is quite traditional with checkered tiles, blue-green cushioned chairs, and vintage diner booths. It is important to note that in traditional American diners, the color of the seats and the walls are often selected by complementary colors; here, the seats were blue-green, and so the walls were red-orange.

The atmosphere of the diner is very friendly and gregarious. There is a sense of community through the interaction between the waitresses and the guests as well as the touch of Maine that is found within the ingredients (since most of them are locally made).

Around nine in the morning; despite it

being a weekday, the diner was quite busy with customers walking in and waitresses sprinting to attend the guests. As the guest heads toward the front desk, they are given the option to take a seat wherever they preferred. If they selected the cart to sit in, the guest would then walk up few stairs to their right to find a retro-themed space, with the vintage diner booths on the right, and bar stools on the left beside the marble counter. The ceiling of the cart is reflective metal that enhances the natural light, and the white blinds cast dramatic strips against the tables. There is so much energy that is heard by the sounds of clicking plates and the chatter of guests.

Upon taking a seat, the guest will be given a menu, mini “specials” wooden board, and utensils. When inspecting the menu, the customer will find a large variety of breakfast and lunch dishes. Lunch is not served until 11 am. Their menu has a



Nora Ibrahim / Staff Writer

*One of the various options for breakfast at Miss Portland Diner, a bagel with cream cheese and cucumber.*



Nora Ibrahim / Staff Writer

*Miss Portland Diner combines the typical diner look with friendly service and a large menu.*

large variety of different kinds of omelets and scrambled eggs; furthermore, they serve fruit and cereal, soups and salads, sandwiches, wraps, burgers, comfort foods, and of course, desserts. As for the guest, they may prepare the order in advance and a custom made order may be made with toasted bagels with cream cheese, slices of cucumber, slices of tomatoes, and a sprinkle of olive oil, accompanied by a cup of water. In about ten to twelve minutes, the order will be ready. The guest will be presented with a small blue bowl with two medium sized scoops of cream cheese (it will be very similar to mozzarella in appearance), a small plate of strips of cucumber slices, three pieces of tomato, olive oil container, as well as a bagel on a separate plate. This order was totaled to five dollars and sixty-six cents.

Miriam Webber, a part-time waitress, and a hairstylist from Portland stated that the diner’s signature dishes are the corn beef hash, sausage gravy biscuit and the famous large pancake topped with locally made maple syrup from Hilltop Boilers. She has been working at this diner for six months. Webber said she enjoys working here, and

its fast paced routine, “it is busiest during the weekends in the morning from 8 to 9 a.m.” She said her favorite dish from this diner is the French toast.

Two customers, Barbara Ballard and Gin Ballard, from Chebeague Island, said they have visited the diner several times; Gin said, “I have been coming here since it was on the other side of the road.” Gin continued by stating that she prefers the original cart than the new part of the diner. Barbara added, “I come back here because I love the food, it’s clean, nostalgic, friendly, and affordable.”

The customer service in this diner is fantastic, the waitresses frequently ask the guests if they are in need of anything. Miss Portland Diner accepts all form of payment (cash, credit, debit) except for Discover cards. Despite all that there is, the diner is a little crowded in terms of the small details that impact the overall view of the space. Also, if there were neon lights in the initial part of the diner, it would elevate the decor further and add a very nice pop of color.



# Passover: an overlooked spring holiday

*Understanding the history and traditions of the eight day long celebration*

**Kate Rogers**  
Staff Writer

Late March and early April are often overshadowed by how large Easter festivities have become in modern American culture, but there are certain people celebrating a very different holiday during this time; the Jewish are celebrating Passover. Celebrated in memory of the Jews' exodus from slavery in Egypt, Passover is often celebrated with traditional meals and prayers. This year, Passover began on March 30th and lasts until April 7th.

The story of the first Passover can be found in the book of Exodus. The Jewish people, or "Children of Israel," had been slaves to the Egyptian people for roughly 200 years. God sent ten different plagues to Egypt to convince the Pharaoh to release the people, the last of which was the death of every Egyptian first born child. Using Moses as a messenger, God instructed the Jewish people to mark their doorposts with the blood of an unblemished lamb which would be a sign to the spirit of God to pass over those houses and keep the first born children safe. Obviously this "passing over" is where the name of the holiday originated.

Ariel Bernstein is the director of Southern Maine Hillel, a branch of an international Jewish campus organization that covers the four universities in Southern Maine. According to Bernstein, Passover has a much larger meaning than simply celebrating one historical event. It is "A time for all Jews to reflect on what it means to be free," she said. "Passover is also a call of action for all Jews to remind us to keep working until all people are free."

The most important and beloved tradition

of Passover is called the Seder. The meal is traditionally supposed to happen after the evening service on the second day of Passover. Every part of this meal has a meaning behind it: from the way people are supposed to sit, to the food being

food and set up a certain way. "Maror" is a bitter herb to represent the bitterness of slavery-- people often use horseradish. "Zeroa" is a roasted lamb shank to represent the lamb that was sacrificed and the sacrifice that the Israelites offered to God after escaping

for the bread to leaven", Matzah has no leaveners (yeast or other ingredients that cause the bread to rise) in it and is flat. It's tradition to try not to eat any leaveners throughout the Passover week.

Bernstein estimates that there are around 50 Jewish students in the USM community if not more. The Hillel organization is having a Seder meal at USM on Monday night-- this is the third and not second day of Passover, but they hope to include more people by having it on a weekday. "All of Hillel's activities are open to anyone who'd like to learn, celebrate respectfully and engage respectfully," said Bernstein.

There are differing opinions on people outside of Judaism wanting to participate in Jewish holidays, but Bernstein said that, in her opinion, if people come wanting to learn they are welcome. Learning about other cultures and religions is great, and so is being open to the traditions of your peers. "It's helpful when people self initiate learning about what they are going to participate in," Bernstein said. This is one way to be respectful about participating: there are unlimited learning resources on the internet and reading up on and trying to understand the tradition beforehand is great. "Minorities are put in the position where it's their job to educate everyone," Bernstein said. Instead of putting people on the spot, it's easy to go find the story for oneself, and then ask thoughtful and clarifying questions later.

Bernstein suggested a few specific resources for learning about Passover and other Jewish traditions. Hillel.org has a lot of educational material and information on the organization itself. Chabad.org is a Jewish organization focused on outreach and has very comprehensive information on the religion, its history and much more. For more information about Hillel's Southern Maine branch, there is a University of Maine Hillel public facebook page.

Graphic by Orkhan Nadirli /  
Chief Design Officer



eaten, to the order

everything is eaten. "[The word] Seder means order, because we follow a specific order of eating and drinking," said Bernstein. All the steps of the meal tell the Exodus story through their meaning.

The centerpiece of the Seder is the Seder plate, which is filled with representational

Egypt. These are just a few shallowly explained examples of some things put on the Seder plate. All of the items have very deep and complex meanings. While it is not on the Seder plate, Matzah bread is also an important element of Passover celebration. Said to represent how the Israelites left Egypt quickly, or 'without leaving time



# MOVIE TALK

## The film that gave way to modern drag

**Emily Norman**  
Staff Writer

With USM's 18th Annual Drag show just behind us, I found it fitting to rewatch and review one of my all-time favorite documentaries, *Paris is Burning*. This 1990 film directed by Jennie Livingston chronicles the lives of the community of people involved in drag balls in New York City in the late 1980s. It was *Paris is Burning* that first propelled drag culture into modern consciousness, and without it, we most likely wouldn't even have had drag shows come to USM, let alone shows like RuPaul's Drag Race on television. And, even if we did somehow end up with RuPaul's Drag Race on TV, we wouldn't have half of the jokes and references if it wasn't for *Paris is Burning*.

The documentary features many fixtures of the drag scene at the time, such as Pepper LaBeija, Dorian Corey, Angie Xtravaganza and Willi Ninja, all of whom are the "mothers" of their houses. If you're not familiar, these houses are groups of drag queens, trans women, and others who come together to perform at balls together, as well as often becoming their own family units. We see these folks as well as other members of their houses prep for and perform in balls, while telling us their often upsetting backstories and how they came to find each other.

One of the most memorable people from the film is Venus Xtravaganza, who has been immortalized for her shady reads (i.e. "You're just



Photo courtesy of O Cinema

an overgrown orangutan!") which have been quoted endlessly by modern queens. Venus is a young transgender woman who has been taken under the wing of Angie Xtravaganza and quickly started to rise in the ranks of the drag balls. We see her as a bubbly, fun-loving girl who loves the glitz and glamor the scene has to offer, as well as someone who dreams of a relatively traditional future with a loving husband, children and a white picket fence.

However, when Livingston comes back after a short period of time to catch up with her documentary subjects before ending the film, we find out that Venus never got a chance at the future she desired. In the follow up interview with her "mother" Angie, we learn that Venus was later found

murdered in a hotel room in the city, and it is implied that her death was linked to her being a sex worker. Sadly, her murderer still hasn't been found to this day.

Unfortunately, Venus' story is shared by all to many transgender women throughout history. The inclusion of her death is a devastating reminder of the dangerous reality faced by transgender women of the time and today as well.

Of course, there is much more to the film than Venus' story. Livingston provides the audience with plenty of interesting people who come from all different kinds of backgrounds, yet were united through the drag balls. We get to hear fascinating stories of their lives, all while being able to examine the huge role that race, class and gender

have in this specific subculture. For many people, this first film was and is their first exposure to drag culture, and it breaks down many stereotypes. It humanizes the people in it, and perhaps for some, it was or is the first time they could connect with someone who was gay or transgender.

In today's increasingly heated political climate with issues of sex, gender, race and class always somehow involved in political issues, it's nice to take a look back at a documentary like *Paris is Burning* to show us how similar we really are. At the end of the day, we all have dreams and hopes for the future and we all hope to find a place to belong. If there's one overarching reason to watch this film, it's that it's a great example of people pulling together to create something bigger than themselves, despite all the hardships they've faced and all the differences they may have.

If we're getting into more niche reasons to watch the movie, I'll say you should definitely watch it if you're a fan of such things as RuPaul's Drag Race or even a casual attendee of the recent drag show for USM. This film will give you a much deeper understanding of the subculture and how it has evolved over time, and you'll definitely enjoy all of the throwback glamor and fashion and danceable tunes as well. You can view *Paris is Burning* on Netflix.



## A&C Listings

### Monday, April 2

Paintings in Oil: A Group Exhibition of Visual Arts  
Richard Boyd Art Gallery  
15 Epps Street  
Starts: 10:00 a.m. / Ends: 5:00 p.m.

### Tuesday, April 3

One Voice: A Stonecoast Open Mic  
22 Monument Square, Top Floor  
Starts: 6:30 p.m. / Ends: 9:00 p.m.

### Wednesday, April 4

No No Boy Multimedia Concert  
USM Gorham Campus  
Lower Brooks  
Starts: 9:00 p.m.

### Thursday, April 5

Outside Mullingar (Play)  
Studio Space at Portland Stage  
25A Forest Ave  
Starts: 7:30 p.m. / Ends: 9:00 p.m.

### Friday, April 6

Geel – An Interactive One-Woman Show by Rene Johnson  
Bright Star Dance  
108 High Street, Floor 3  
Starts: 8:00 p.m. / Ends: 10:00 p.m.

### Saturday, April 7

Choral Masterwork: Requiem For My Mother by Conductor Nicolas Alberto Dosman  
Merrill Auditorium  
20 Myrtle Street  
Starts: 7:30 p.m.

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



# Perspectives



## March For Our Lives: a photo story

By Lauren Kennedy, Director of Photography







## Understanding substance use and recovery

### *Knowing the signs of a substance use disorder*

**Anna Gardner**

Collegiate Recovery Program  
Coordinator/Clinical Counselor

Substance use disorder (SUD) is the problematic use of substances. This disorder exists on a spectrum from mild to severe, and includes physiological and psychological dependence. While the physiological dependence on a substance often has very observable symptoms, psychological dependence may be less readily apparent.

Causes of substance use disorder are many and varied, but often involve a genetic component. Frequent and excessive use of a substance also increases the likelihood of developing a SUD. While only a licensed practitioner can diagnose SUD, a diagnosis is not necessary to reduce risk, or enter recovery. Some signs of a substance use disorder include:

- Problems at school or work including attendance issues
- Engaging in risky behaviors while using substances (i.e. driving, having unsafe sex)
- Increased frequency and amount of use
- Behaving in secretive or suspicious ways
- Changes in appetite, sleep, or sudden weight change
- Sudden change in personality, or mood swings
- Changes in socialization (i.e. spending less time with friends/ family, or excessive time with certain friends or at parties/ bars)
- Legal issues related to substance use
- Increased need for money or other financial problems
- The continued use of substances even though it causes relationship problems

What is recovery? The Substance Abuse and Mental Health Services Administration (SAMHSA) has a working definition of recovery, "A process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their

full potential." Recovery can look different for everyone, but some basics commonalities exist.

Improvement in health and wellness will often correspond with a reduction of risky/unhealthy activities. This may reflect decreased use of substances, abstinence from a substance, harm reduction around use, and/ or replacement treatments. Recovery is not just about the "absence of," but about the "addition of" and includes increased healthy activities, support, connection, and a journey of mental and physical healing and wellness.

SAMHSA outlines eight dimensions of wellness: emotional, environmental, financial, intellectual, occupational, physical, social, and spiritual. When seeking recovery, and while in recovery, it is imperative to have support. Support can include clinical treatment, community or peer support groups, family and friends, faith based organizations, and recovery centers. There are also online communities, resources, and even apps that can be helpful. There are many pathways to recovery and support groups include 12-step groups, All Recovery, SMART Recovery, Queer Recovery, Mindfulness Groups and others.

Colleges and universities across the country have established Collegiate Recovery Programs (CRPs) or Collegiate Recovery Centers (CRCs), as a comprehensive form of support services to meet the needs of college students in recovery. USM's CRC is the Recovery Oriented Campus Center (ROCC). For USM students in recovery or seeking recovery, the ROCC is a place for peer support and activities that encourage recovery. ROCC peers may have experienced their own struggles with substance use or mental health or they may be allies to those in recovery. ROCC programming includes peer led support groups, trainings, and social events. The ROCC is located on the Portland Campus on the top floor of Sullivan. Counseling to address substance use is also available through University Counseling Services in Portland and Gorham.

FP

### Our Opinion

## You can play

### *More equality in the sporting community*

**Maverick Lynes**  
Staff Writer

As an athlete, I have experienced first hand how sports can have a positive influence on someone's life. The camaraderie I have experienced within the various teams I've been on have been a significant influence in my life. I have built long lasting friendships and have made amazing memories that are indescribable and impossible to put into words.

I was never naive about my abilities and I never saw being a professional athlete as anything more than a dream. However, my parents always ensured me that sports were not about that. Sports are so much more than "making it to the show" or getting a full-ride to a division one school. I was encouraged to see sports as a way to learn how to be a part of a team and learn valuable life skills while being active and healthy, and I saw them as all of those things. As I continued to play sports I realized that they were so much more than just having fun. Playing a sport has helped boost my self-esteem and most importantly it started to be an outlet for stress relief. I am sure many athletes will agree that when they are playing the sport they love, every stressor in your life seemingly goes away.

However, sports are far from perfect and there is one thing that plagues a lot of major sports; the inclusion of everyone, specifically the LGBTQ+ community. Many of the LGBTQ+ community feel excluded from the world of team sports and in 2018, that is unacceptable.

Sports have a unique way of bringing people together and forming strong bonds that stay with them for their entire lives. Everyone should feel accepted by the various sports and given that opportunity to experience the impact of being on a team can have in their life. It is a problem, that acceptance continues to be an issue in today's society.

It is within male team sports that acceptance of openly gay athletes seems to be an issue. From an article on OutSports.com, it revealed interesting statistics from the last three summer Olympics (2008, 2012, 2016). The article states, "Throughout the last three Summer Olympics, 6 to 65 percent of the out gay women competing belonged to a team sport. On the men's side,

none of the openly gay athletes were on a team sport," the article defines a team sport as competing alongside one or more teammates.

There is a stigma surrounding male team sports that are prohibiting current athletes from coming out and others from joining. The sporting community has not proved itself yet, the realization that there is still derogatory language present in the games shows how team sports still have a ways to go. As a hockey player, I still hear such language being used by my opponents and I am overwhelmed by shame that even my sport that I love has a long way to go.

On a more positive note, I have also noticed pro teams going to great lengths to promote the, "You Can Play" initiative. Many National Hockey League (NHL) teams have started participating in, "pride night" in which the players warm up in pride-themed uniforms and also use rainbow tape, all to promote equality within the sport. While such events are certainly a step in the right direction, I believe more of the major sports (MLB, NBA, NFL, NHL, MLS) need to be participating in similar promotions which would allow more athletes to feel more comfortable in their environment.

"YouCanPlay.Org" is one of many organizations that is helping make strides in the world of teams sports. Their mission statement explains, "You Can Play works to ensure the safety and inclusion of all in sports - including LGBTQ+ athletes, coaches and fans." Their statement goes on to say, "You Can Play seeks to challenge the culture of locker rooms and spectator areas by focusing only on an athlete's skills, work ethic and competitive spirit." This organization not only challenges the sporting community to be more accepting but also to make spectators less primitive and to only focus on the athlete's ability to excel in the sport.

It is up to the sporting community to promote equality, I believe it is a stigma that needs to be changed internally. More straight athletes need to show their support and ensure that team sports begin to become more inclusive. While we have made enormous strides as a society over time, there is still room for growth.

FP



Our Opinion

# Young generations are disconnected from the news

*Too much focus on social media instead of real world events*

**Charlie Wheeler**  
Staff Writer

As a college student, I find it difficult to keep up with the news. My parents are no longer around to play Fox News or NBC all day, and my dad isn't here to tell me about what's going on in my hometown each morning as I get ready. It would be easy to set up news alerts on my phone or just google CNN every so often. Although realistically, that doesn't really fit into my day most of the time. And so I fall behind on what's happening in this country.

Unfortunately, I learned about the Parkland school shooting off of tumblr, which is not a news site. It's a blog site, which has a reputation for being the "hipster" side of the internet. Needless to say, that was not the best way to learn about such a tragic event. And that's not a jab against tumblr; I use the website for many things, and it does have an area for social justice. The point is that I would have liked to learn about the incident from someone with a little more tact than a teenager posting an ill-informed rant about gun control.

I think teens, especially those in college,

just have a hard time staying connected. Netflix and Hulu negate the need for a cable connection in college. Apps like Itunes, Spotify, and Youtube replace listening to the radio in the car, and even newspapers have gone out of style in today's youth. Not to say that teens never pick up a paper, but not many actually get one daily.

It seems so odd to think about that kind of disconnect. My generation, the millennials, is more involved with technology than the ones before it. A lot of news outlets also have huge online presences. I try to at least check the New York Times every once and a while, but that is not enough.

Social media gets a bad reputation when it's put in association with youth. We're too attached to our phones, we're obsessed with selfies, we have screen separation anxiety, the list goes on and on. But honestly, social media is the most consistent source of information for teens. Even with all Tumblr's faults, it still manages to inform teens about different social issues.

Snapchat in particular gets a lot of criticism. Adults in the older generations are wary and untrusting of the truth behind the disappearing messages. They find it hard to believe that anything sent through the

internet could truly disappear. Snapchat's pandering towards teen narcissism also seems to attract criticism. An app geared towards selfies seems a bit superfluous. But it gives people a quick and easy way to communicate, without that much effort. The concept of streaks encourages kids to stay in contact with each other daily, even if just for a few fleeting seconds.

To be honest, I don't use social media that much. I go on snapchat maybe three or four times a day, most of the time just to ask my group chat about homework, and once to maintain my one and only streak. I honestly cannot remember the last time I went on Facebook to do anything besides find baby pictures of myself or my mom's page. I haven't opened Instagram in weeks, maybe months. Tumblr, however, I am on quite frequently. I post my poetry, my rants, and I reblog everything from art to bad memes, to surprisingly well-written fanfiction and rants about Trump.

I know of quite a few people who do the same thing. But it's not all bad. A lot of my friends I actually met through Tumblr, and only know them on that site. I think that's another thing that's relatively new with the more recent generations: online

friends. We meet people through the internet, and sometimes we know someone for years without ever meeting them in real life. Other times, we specifically use the internet to hook up with people, through apps like Tinder and Grindr. And while that might not always be the safest thing to do, it works out for the most part.

In an effort to stay connected, however, we often distance ourselves. We text one friend while hanging out with another, we go on snapchat while on dates, we instagram our days off. How many times have you instinctively pulled out your phone mid conversation? We miss out on the real life aspect of our friendships.

But this isn't some lecture to tell you to get off your phones. I simply want to encourage us to get on our phones for the right things. Instead of checking Snapchat for the fourth time on the same bus ride, try checking out your news app, or googling your chosen news outlet to see what's being said that day. Even if you just skim the headlines, you're already doing better. The more informed you are, the better.

FP



## Sustainability and ME

# Spring into sustainability

*How you can help the environment as the weather gets warmer*

**Chelsea Malacara**  
Sustainability Education & Outreach Coordinatio

Upon the new year, most people decide that it is time to start fresh whether that means eating healthier, exercising more, or

making a major change. Living in Maine, I find that the turn of the new year, which brings cold and snowy weather, does not inspire the motivation to start fresh. Instead, my new year starts when Spring decides to blossom from the thawing ground. With the arrival of slightly warmer weather last week, I feel my new year has finally begun!

At the beginning of the semester, myself and USM Eco-Reps pledged to live more sustainably by changing one of our behaviors this spring. My pledge was to use alternative forms of transportation to get to work on days I am in my Portland office. All of our Eco-Reps have done a phenomenal job at fulfilling their pledge to live a more sustainable life. Unfortunately, the same cannot be said for myself and being the supervisor of the Eco-Rep program, I admittedly am a little embarrassed. The weather, time management, or having to take or pick-up my son from daycare were the excuses I had each week for why I had to use my car every time I took the 1.5-mile commute to the Portland campus.

Finally, this past week something clicked and one sunny, 45-degree afternoon was the motivation I needed to take that first step (literally) towards reducing my carbon footprint using alternative transportation. I drove home, parked the car, and walked to get my son from daycare which is about a 2-mile round-trip commute. Since that fateful Tuesday, I have either ridden my bike to work when I am in Portland or driven home from Gorham, parked the car, and biked to get my son. Not only do I feel good about

finally acting on what I pledged to do but I feel physically stronger, sit in traffic less, and have more time than if I drove.

This Spring, I'd like to challenge you to make your own sustainability pledge-to commit to an action that not only helps our environment but may help you save money, increase your physical activity, or give you more time to do the things you love! To get you started, I have a few ideas on how you can "Spring into Sustainability."

- Ditch single-use beverage containers and try to remember to bring a reusable water bottle or coffee mug everywhere you go. All USM dining options give a reduced coffee price if you bring your own mug!
- Hop on your bike, put on your walking shoes, or run to do your errands.
- Reuse old food jars for beverages, shopping in the bulk section at the store, or for holding pens and pencils.

Do you want more sustainable lifestyle tips or just want to learn more about sustainability at USM? Visit <https://usm.maine.edu/sustainability>

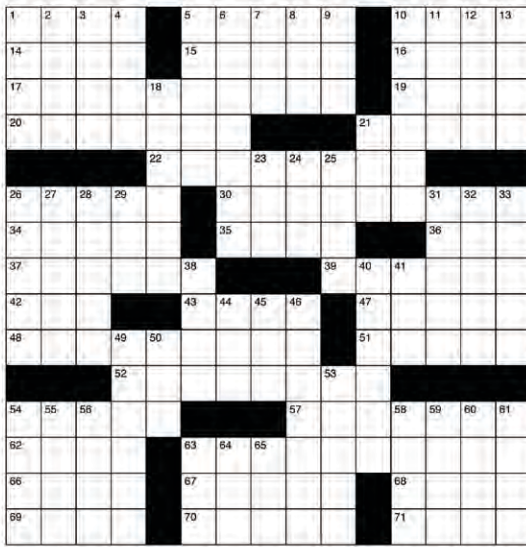
FP



**Crossword**

**Across**

1. Xanadu river
5. "Boy, am \_\_\_ to see you!"
10. Actor Haing S.
14. Hall of an island near Tahiti
15. Group of connected rooms
16. Singer about Alice
17. Apple dessert
19. Zlich
20. Excuses
21. Flowed out slowly
22. Veal dish
26. Between the sheets
30. 'All My Children' character
34. Alpine region of Austria and Italy (var.)
35. Bygone theaters
36. Dot follower
37. Alpine dwelling
39. Get to the bottom of
42. Witchlike character
43. Samedí, on Dimanche
47. Crazy in the head
48. Baseball star with a 19-year career
51. Impurity
52. Outspoken pessimist
54. Check the sum of
57. Indian deity
62. Car with four linked rings
63. Ensures
66. "The Sopranos" actor Robert
67. "I'll send \_\_\_ to the world..." (Police)
68. Cosmopolitan competitor
69. Agent Scully
70. Draw out
71. Catchall abbr.



**Down**

1. Shortened version, for short
2. Folk tales, for example
3. Malay sailing boat
4. Hems' partners
5. Numbers on a dust jacket
6. One who chooses answers at random
7. Ablaze
8. Source of some bars
9. "L.A. Law" star Susan
10. Film Eskimo
11. City SSW of Vienna
12. Merrie \_\_\_ England
13. Pike
18. Pasta bit
21. Andean vegetable
23. "Mork and Mindy" planet
24. Life story, for short
25. Bay Area campus, for short
26. Needing a scratch
27. Chinese "Hello"
28. Fort in North Carolina
29. Tolkien character
31. Sneeze sound
32. Break times
33. TV honors
38. \_\_\_ Might Be Giants
40. Buzz of note
41. Rocky hilltop
44. Tax grp.
45. Period of note
46. McDonald's big cheese
49. Gandhi of India
50. Harmful
53. Destroy
54. Foray
55. Will Varner's daughter-in-law, in "The Long, Hot Summer"
56. Arabian gulf
58. Parfait glass feature
59. Prefix with port
60. "Little House on the Prairie" character \_\_\_ Oleson
61. Mixed-up case?
63. Go, in Glasgow
64. German conjunction
65. Sun Devils sch.

**Cryptogram**

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

SJ JOK YBMYLE, JOK ZBUG JSAKM'E EOUD YULZP CK YSZZKP JOK ASGK KRKGJ.

And here is your hint:  
E = S

**The solution to last issue's crossword**



**Sudoku**

Level of difficulty: Easy

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

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

**Word Search**

Theme: The Good Doctor

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



- Aaron
- Alex
- Allegra
- Audrey
- Blake
- Carly
- Claire
- Elle
- Jared
- Jessica
- Kenny
- Lea
- Marcus
- Matt
- Morgan
- Neil
- Shaun
- Steve



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# USM Community Page

## Colin Aponte wins Maine State Spelling Bee *Off to Washington, D.C. for National Spelling Championship*

Jam Lewis  
Contributor

It was sabado gigante for the top spellers in the 2018 Maine State Spelling Bee held at USM Abromson Educational Center, Saturday March 24. Emerging as first place winner was Colin Aponte, a 13-year old Mainer attending Downeast Homeschool Cooperative in Hancock County. Aponte won when he correctly spelled the word “crescendo.”

Aponte and the other 13 contestants spent the better half of their Saturday dredging through 133 vocabulary words provided by Scripps National Spelling Bee. The National Spelling Bee is scheduled May 27 through June 1 according to their website, spelling-bee.com. As a first-time state champion, Aponte earned a trip to Washington, D.C. to compete for the world title in hopes of becoming king bee.

Despite his new status as champion, Aponte is not your average bee student. For one, he fashionably dressed and was quite humble. When asked how it feels to be champ he casually stated “I feel good. I’m glad I won.” His attitude contradicts the average teen who knows they are championship material. Aponte has been in this position several times. He stated he studied words from the Scripps lists, a dictionary and “stuff my mom gives me” to prepare for the championship.



Photo courtesy of Ben McKenna, Portland Press Herald

Colin Aponte, a 13-year-old from Hancock County, the winner of the 2018 Maine State Spelling Bee held at USM. Aponte now moves on to compete in Washington, D.C. for the national title.

“I feel good. I’m glad I won.”

- Colin Aponte  
2018 Maine State Spelling Bee winner

He admits his younger sister Rebecca, who recently celebrated her 11 birthday, is his closest competition. She said, “I’ve been watching Colin and my older brother since I was five years old.” She is referring to older brother Brandon Aponte who previously earned the 2013 Scripps National Spelling Bee title. Aponte and his sister were neck to neck in the county eliminations, but Colin won first place when his sister misspelled the word sustenance.

Spelling bee contestants run the risk of mispronouncing words depending upon the first pronunciation in the dictionary. The official pronouncer of the words for the past nine years in Maine has been Jeannine Uzzi, USM Provost and a former school teacher of Latin. Uzzi said, “Sometimes the pronunciation that I have, as the standard pronunciation and the preferred is not the one that we’re all familiar with.” She further clarified, “‘Preferred’ depends on where your geographical region is,” especially with Mainers where the ‘r’ is often dropped. She believes the first pronunciation is the culprit that often determines the outcome of the contest. ‘Sashimi’ can sound like ‘sah-shoeme’ and unfortunately easily misspelled as

‘sashami.’

The Aponte children are homeschooled in Blue Hill by their mom, Louise Aponte. Mr. Aponte, who goes by Juan, says he “hands all the credit of his children’s success to his wife.” Louise and Juan are incredible Christian parents who blessed their children with a full life engaging them in meaningful family time, swimming, and music. In addition to his growing lexicon, Colin is a prize-winning violinist and a long-time member of the Bangor Symphony Orchestra. Louise has posted evidence of Aponte’s accomplishments and talent on YouTube. A child’s commitment to an instrument provides an insight into their very being.

The Scripps National Spelling Bee has a

special place in American culture for many reasons. Since its inception from 1925, the only time the competition was withheld happened in 1943, 1944 and 1945. Those were the devastating years of World War II. One could argue the National Spelling Bee is the next big thing to follow March Madness, one of the most exciting televised competitions. ESPN has broadcasted the National Spelling Bee for the past 20 years. The winner gets a trip to New York to appear as a guest on LIVE with Kelly, plus \$40,000 and a trophy. The winner’s school also receives a U.S. savings bond worth \$2,500 and a full reference library from Merriam-Webster Inc., along with smaller prizes of historical significance.



# Using social media to get involved

## Facebook provides connections to local groups

**Julie Pike**  
Editor-in-chief

Who knew that getting involved in your community could be as easy as checking your Facebook page. Nowadays you can find almost any group you can imagine, most often right in your local area. If you're looking for ideas of stuff to do outside of USM, here are just a few options of ones in our community. All can be found through a simple search on Facebook.

### Portland Queer Exchange

With over 2,000 current members, Portland Queer Exchange exists as a comfortable space for Portland Queers to exchange goods and services. Need a ride to Vermont? Post on here to find out if any others are heading the same way as you.

### Munjoy Hill Neighborhood Organization

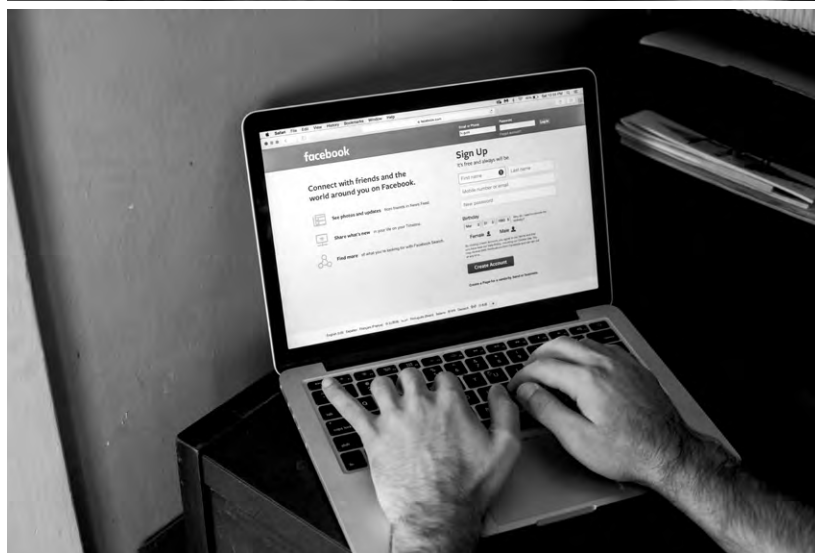
This group was started to bring together residents of Munjoy Hill. It's mission statement taken from their Facebook, is that it "provides leadership and voice for its members, and all Munjoy Hill residents, on matters that build community and affect quality of life on Munjoy Hill." This group has been around for close to 40 years, and not only advocates for their neighborhood but the community of Portland as well. You can visit their physical location, the Hill House, on 92 Congress St., or check out their Facebook page to get involved.

### Portland Maine Parks, Recreation & Facilities Department:

This may just remind you of the NBC show, Parks and Recreation, but the Portland chapter posts on Facebook about events they sponsor around the city, such as The Yellow Tulip Project, which is a Hope Day celebration. Join them in Lincoln Park on May 6, to join the project and help end the stigma around mental illness.

### Portland Trails

For those who are looking for volunteer work that can also get them outside, check out Portland Trails to see how you can get involved in their community service. They're hosting an upcoming April Volunteer Trail Work Day on April 21 at the Fore River Sanctuary. You can help them out by cleaning up the various networks of trails that run through Portland.



Lauren Kennedy / Director of Photography

Whether you access Facebook through your phone or on the computer, a multitude of groups to join in the local area are just a few seconds away.

### Bicycle Coalition of Maine

If you love to bike and want to support bicycle and pedestrian advocacy in Maine, this group is for you. They work to educate the public about safety of cyclists and pedestrians, as well as group rides and bike swaps in the area. Coming up this summer on June 10 they are hosting a Maine Women's Ride, beginning at L.L. Bean in Freeport.

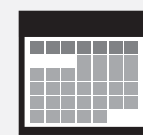
### Pride Portland

Pride Portland is a huge community run completely by volunteers to bring people together to celebrate the achievements of the LGBTQ+ movement, as well as raise awareness. You may already be familiar with the Port-

land Pride Parade that they host, but their events don't stop there. They also host community forums and educational events that are open to the public.

### Portland Downtown

This organization is entirely non-profit and works to build a clean and safe city, while also supporting the economy. They offer a variety of events and services including the tree lighting in Monument Square, Old Port Festival, as well as Downtown Worker Appreciation Day, which is coming up on May 3. Check out their Facebook page for more events happening around the city.



## Community Events

### Monday, April 2

MIO April Open Mic  
Local Sprouts  
649 Congress St.  
Portland  
Starts: 7 p.m. / Ends 9 p.m.

### Tuesday, April 3

Pub Trivia  
School Street Pub and Grill  
29 B School St.  
Gorham  
Starts: 8 p.m. / Ends 10 p.m.

### Wednesday, April 4

USM Master Plan: Gorham  
Evening Community Forum  
USM Gorham Campus  
Bailey Hall Room 10  
Starts: 6:30 p.m. / Ends: 8 p.m.

### Thursday, April 5

Haunted by Hitler: The Fight Against  
Facism in the United States  
USM Portland Camous  
Osher Map Library  
Starts: 5 p.m.

### Friday, April 6

Gorham Big Band Ballroom Bash  
USM Gorham Campus  
Hill Gym  
Starts: 6 p.m. / Ends: 10 p.m.

### Saturday, April 7

Implicit Bias Training Workshop  
for Human Rights Defenders  
USM Portland Campus  
Whiscamper Center  
Starts: 9 a.m. / 12 p.m.

### Sunday, April 8

2018 Holistic Wellness Event  
Portland's Ocean Gateway  
14 Ocean Gateway Pier  
Portland  
Starts: 9:30 a.m. / Ends 3 p.m.

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



# Sports

## Monday

### Women's Lacrosse

@ Husson University  
4:00 p.m.

## Tuesday

### Softball

vs. Husson University  
3:00 p.m.

## Wednesday

### Baseball

vs. Bowdoin College  
4:00 p.m.

## Wednesday

### Women's Lacrosse

vs. Salem State  
4:30 p.m.

## Thursday

### Men's Tennis

@ Thomas College  
4:00 p.m.

## Athletes of the week

**Cooper-John Trapp**  
Staff Writer

USM softball produced back-to-back Little East Conference Rookie and Player of the Week for the weeks ending on March 18 and 25, respectively. Coming on the heels of the team's annual spring training trip to Florida, Hannah Kenney, an undeclared freshman with a nursing major intention from Oxford Hills, ME, won Rookie of the Week, and Erin Martin, a sophomore Health Science major with a Business minor from Biddeford, ME, won Player of the Week. Each contributed greatly to their team record.

Kenney lead the team with a .440 batting average and two home runs in 11 out of 12 games in the Huskies Florida debut. Martin carried a .444 batting average over 12 games so far this season with seven RBIs in the last two games played in the Sunshine State.

Kenney's teammates praise her leadership among the girls, and the intensity she brings to practice. "She pushes us to be better every day," said KT Favaloro, a freshman softball player. Kenney is proud of the recognition but doesn't let it get to her. If anything, she says, "It makes me want to

work even harder."

Both have played the sport since they were young children, and each were drawn to USM because of the strength of the softball program, sense of camaraderie within the team and head coach Sarah Jamo.

Before Jamo came on board in the summer of 2012, Martin said that USM softball was a losing program. "She turned it around," Martin added, who is eager to contribute to the team this season after sitting out most of last year due to a broken jaw she suffered from a stray pitch.

Kenney had a moment of revelation this year that encapsulates her approach to the team. Frustrated to be paired to a new player with much less experience in practice one day, the Rookie of the Week remembered a quote from her old coach— "I'm not the best me unless I can help someone else be the best they can be."

Martin agrees with her teammate, and shares her own goal— "to leave this team, and community, better than I found it."

The softball team opens their home turf this coming week, with games on on Tuesday, April 3 against Husson at 3 and 5 p.m., and on Thursday, April 5 against Salem State at 3:30 and 5:30 p.m.

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Cooper-John Trapp / Staff Writer

USM softball players Hannah Kenney, sophomore, and Erin Martin, freshman, hope to continue their outstanding play.



## The madness of NCAA

**River Plouffe Vogel**  
Sports Editor

Sports fans everywhere are captivated by the magic of March Madness. The tournament embodies everything Americans love about college sports; the clash of titans like Duke and Kansas, upset wins, underdogs making incredible cinderella runs deep into tournament play and watching professional prospects on the biggest stage of their lives.

It's raw, it's emotional, it's captivating.

Many of these players are just 18 years old and already they are being watched by millions world wide. Their entire seasons and perhaps their entire college athletic careers come down to one game, creating an intensity that makes it impossible for viewers to look away. These players are pushed mentally and physically until they can't stand from exhaustion, and they give everything they have for their teams, their coaches, and their schools. But most will see little in return.

CBS paid 19.6 billion for the TV rights to March Madness in 2011 through the year 2032. It's estimated over 10 billion dollars worth of bets were placed on the tournament in 2017. Experts estimate that over 6 billion dollars in corporate losses occur during the tournament weeks due to distracted workers. So whether people are winning or losing, the collective play of these young individuals generates huge amounts of money.

"Amateurism" and "student athlete" are titles used to protect the interests of organizations like the National College Athletic Association, that reaps huge profits, while giving the players very little in return. "Amateurism is the whole point," Taylor Branch, a reporter for The Atlantic remarks. "Paid athletes would destroy the integrity and appeal of college sports," he added.

"Big-time college sports are fully commercialized. Billions of dollars flow through them each year. The NCAA makes money, and en-

ables universities and corporations to make money, from the unpaid labor of young athletes," Branch continued.

Duke Coach Mike Krzyzewski makes nine million a year, while the president of Duke and the governor of North Carolina make a combined 1.4 million a year. Schools are increasingly investing money in athletics, and often it comes for a private source. Nike chairman Phil Knight gave 69 million to build Oregon's 145,000-square-foot Hatfield-Dowlin Complex that is dedicated solely to the football team. This money is not invested in the students, but is used as a means to entice new recruits and sculpt players into money making machines.

The average Division I men's basketball scholarship is worth 130,000, and that's if they do the full four years, which is rare. For a long time players could be drafted right out of high school into the NBA, like LeBron James, who has joined other NBA stars to voice their distaste for the NCAA process. Currently players must attend one year of college before declaring for the draft, so that players can mature and experience college. On the flip side, the mandate guarantees that college programs will profit off their play for at least a year.

Scholarships are just a minor expense when compared to the amount of revenue from ticket sales, concession sales, merchandise, licensing fees, and other sources. If a player is famous enough, the university will profit off his play for decades to come.

Colonialism is a fitting metaphor for the current system in place.

"College sports, as overseen by the NCAA, is a system imposed by well-meaning paternalists and rationalized with hoary sentiments about caring for the well-being of the colonized. But it is, nonetheless, unjust. The NCAA, in its zealous defense of bogus principles, sometimes destroys the dreams of innocent young athletes," Branch asserts.

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# DESIGN WON'T SAVE THE WORLD

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