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THE FREE PRESS
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WELCOME WEEK ISSUE

Inside:

A Warm Welcome from our New President pg. 4

**Exciting New Things Sodexo Brings To The Table
pg.9**

**A Look Into What It's Like Working At The Free
Press pg.13**

Photo courtesy of Camilo Henao and Kiwibot

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Letter from The Editor

A Summer to Remember

Kelly Ledsworth
Editor-in-Chief

If you had asked where I would be a year ago I would not say writing this letter. That being said, I wouldn't change anything about it. Being a senior at usm, well super senior in the art ed program has made me come to appreciate quite a few things. Being a student is hard, I don't think enough people give credit where it is due, you are working your butt off to get a degree. Life has a way of just happening and can get in the way of what you had originally planned but this idea of how long college should take is all made up, take the time you need in order to learn and progress at your own pace.

I have been working at the free press for just over two years as the Design Director and have loved it. Getting to make art from home is a total dream job. In addition to making art I have the fun job of putting the entire paper together and yes I do actually enjoy it because it's digital design work. In

these two years the cohort of staff became good friends and I looked forward to seeing them on production day. Almost everyone graduated last year except me and three other staff members, so when push came to shove, we needed an Editor-in-Chief.



Kelly Ledsworth/ *Beautiful Bun*
A digital artwork of a dressed up rabbit

That's how my summer started with all these new things I had to learn and train for, on top of trying to learn a new design software and all the other adventures my summer brought. I also was a long term sub for my middle school mentor

teacher Megan. It was so different from the torcher of being watched constantly in student teaching because I was the teacher. I came up with lessons, taught sixth through eighth graders, and made connections with other teachers, I can confidently start and finish using a Kiln. The best part about being such an open, caring, pink haired, queer teacher is those in need came and asked for help. I got to advocate for students and I know I made an impact because when Megan came back and was so proud of what I had accomplished in about 6 weeks.

My summer continues with helping with an art summer camp for two weeks with students age eight to fourteen. Which brought some challenges and advantages like working with clay and firing it all in 24 hours, lots of risk but more reward than anything else. I then periodically sold at art markets throughout Maine and produced so much art. My summer continues with getting a job as an official Artist-in-Residence at the Portland

Public Library. So for five weeks I had the pleasure of making art, painting chalk paint murals, and collaborating with the teen intern. One of my favorite parts of the job was getting to teach a cyanotype workshop at their Peaks Island branch.

It has definitely been the best summer I've had in my adult life. I wouldn't have gotten here without my partner Riley, my sister Annie and many of my other friends, Brin, Kia, and Nat, to name a few. Now with my summer coming to a close I feel very fortunate to be here.

Finally to bring this letter this year's cohort of students, especially those doing student teaching, take lots of pictures to document, and please advocate for what you need because when I was in it I put my mental health first to survive, you cannot help others if you don't help yourself first. While It might be frowned upon, it's better than the alternative. **FP**

Kelly Ledsworth



Free Press

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A Warm Welcome from Our New President

Dear Husky Nation,

Welcome to the new academic year! The start of the fall semester is absolutely one of my most favorite times. I love the excitement that comes with meeting new people, starting new classes, and embarking on new experiences. It is a time of hope as we anticipate all that is ahead of us. I have a special interest in how we engage as active and productive members of our communities, and I believe newspapers like *Free Press* are vital tools for us as we work to understand the world around us and consider different perspectives on issues that are of importance. I am so pleased to know you are reading this paper, and I encourage you to become involved with it!

I am looking forward to getting to know you in the days and weeks ahead. I am so pleased to serve as your new president, and I hope you will introduce yourself to me when you see me on campus or at events. I am living on the Gorham campus in the President's House, so you may see me walking across campus with my husband Michael and our new yellow lab puppy Elbow. I have offices in Gorham and Portland, and if you need to meet with me in person, you may do so at the location that is most convenient for you. Requests for meetings may be sent to usm.president@maine.edu.

Please be sure to get involved in campus life and challenge yourself to step outside your comfort zone. There are so many opportunities for you to engage with clubs, organizations, research experiences, internships, and other experiences that will both extend and deepen your learning experiences. Reach out to meet new people and take an active role in creating a USM community that is inclusive, vibrant, and diverse. And please know that our faculty and staff are here because of you and our service promise to be "Student Focused Every Day."

I wish you all the best as the new year gets underway! Please enjoy the early days of the semester and embrace the joy and wonder of the new things you will learn.

Warm regards,



President Edmondson



Photos courtesy of President Edmondson

Welcome from Health and Counseling services

Welcome new and returning USM students, staff and faculty! We hope you had a healthy and safe summer and are ready to launch into another season of learning. With that in mind, we wanted to make you all aware of what Health & Counseling Services, an integrated program that promotes wellness for both mind and body, has to offer our students. Here are some common questions students ask us:

Health Services

Where is health services, how do I pay, and when are they open?

- The health center is located at 156 Upton Hall in Gorham (with Counseling), and is open to students for routine health visits. Our Portland Health Center site in Sullivan gym is open three days a week, Tuesdays, Wednesdays and Fridays. Gorham UHCS is Open daily Monday through Friday. Phone: 207-780-5411. Fax: 207-780-4911. For after-hours emergencies, dial 911. For more information, including our hours, go to www.usm.maine.edu/uhcs
- Health bills most insurance companies. Lab, imaging and ancillary testing are billed separately by the outside provider. Uninsured students can access a sliding fee scale and will not be denied services.

Who are the staff at health services and what services do they provide?

- Our staff is comprised of nurse practitioners, a physician consultant, administrative support team members, and interns

Comprehensive primary care services including but not limited to:

- Acute care (sick visits)
- Physical exams & sports physicals
- Chronic illness management
- Contraceptive services
- STI & HIV testing
- Immunizations / Flu Shots
- Medications
- Lab services
- Travel consultations
- Self-care guidance/advice
- Referrals to community resources

Where are the counseling offices located?

- 105 Payson Smith in Portland
- 156 Upton Hall in Gorham

- LAC location TBA

What hours are the counseling offices open?

We are open from 8am to 4:30pm Monday, Wednesday, Thursday, and Friday and 12pm to 4:30pm on Tuesday during the Fall and Spring Semesters. We offer limited services during academic breaks. Emergency consultation is offered after hours, If you need to have an in-depth conversation with a counselor after hours you can call the local HELP line at either 774-HELP or 1-888-568-1112.

Is counseling confidential?

Yes. Counseling is confidential with the exceptions that follow: if there is indication of harm to self or other; if there is indication of abuse to a child or an incapacitated elder; or if the court subpoenas the record

Can I be seen for telemental health counseling if I live somewhere else in Maine?

Yes we can serve all USM students living in Maine but are unable to service people living outside of Maine.

How do I make an appointment?

Call 780-4050 and our administrative staff will schedule you with a counselor as soon as there is an appointment available

How long will I have to wait for an appointment?

Appointments will be scheduled as soon as there is an opening. At our busy times students may have to wait for up to three weeks for an initial appointment. If there is an emergency, our associates will see to it that an appointment is scheduled that same day


Who will my counselor be?

The staff of the Counseling Center is comprised of a diverse group of professionals, including licensed psychologists, licensed clinical counselors, licensed alcohol and drug counselors, a multicultural counselor, and graduate interns. Together they embody a great deal of experience with a multitude of issues. You will be scheduled with the first person who has an available appointment unless you request to see someone of a certain gender, a person of color, a specific staff person, or an intern.

What Services do you offer?

The Counseling Center offers comprehensive psychological services to the students of the University of Southern Maine. In addition to direct services to the student population, the Counseling Center acts as a resource for the entire USM community. Counseling services are available on the Portland and Gorham campuses, Monday through Friday, as well as LAC on certain days of the week, when classes are in session.

The following is a description of our services and initiatives you can find on our website:

- Clinical Counseling
- Teletherapy
- Psychiatry Services
- Crisis Services & Intervention
- Grief/Loss Support
- Groups & Psychoeducational Workshops
- Consultation
- Substance Misuse Prevention & Education
- Outreach
- Clinical Training Center
- Diversity Statement 

Read this article online:
usmfreepress.org

USM Counseling Services invites you to join us for Minding Your Mind

A conversation hosted by guest speaker Wes about discovering hope and building resilience during times of struggle.

Wes will speak on his own mental health challenges and his journey to self-acceptance in hopes to inspire others to feel less ashamed of their own mental health challenges and find a way to validate themselves. This guided conversation will help University of Southern Maine students gain a deeper understanding of themselves and those around them, breaking the stigma that surrounds conversations around mental health. The guided Q&A provides a safe space to share one's own thoughts on what has been hard or helpful in their experiences.



Minding Your Mind is a FREE event
September 7, 2022 at 7:00 PM in the Lower
Brooks.

Our Student Body President Welcomes Students



Photo courtesy of Brianna Demaso

Bri celebrating her birthday as an orientation leader

When I came to the University of Southern Maine, I was not ready to go to college. I was not ready to leave the small town I had lived in my entire life and I was definitely not ready to leave everything that I knew. I remember moving into the third floor of Woodward Hall the day after my 18th birthday. Two of the biggest events in a young adult's life, turning 18 and moving out, were too much to handle in such a small span of time. At Freshman Orientation Welcome '19,

I remember the heart sinking moment of turning to my parents and realizing that I had to say goodbye to them for the first time. It felt horrible, however it gave me strength and independence. I was lucky enough to meet one of my dearest friends at Orientation, Julia; she was so kind and generous to me, for that is something I will always cherish. Throughout my first year, I dated an extremely tall, funny, and opinionated lad named Michael, went to Old Orchard Beach for slushies with Julia a lot, took the best class with Dr. Michael Hillard, and got sent home in March via the COVID-19 pandemic. Oddly enough, I was definitely ready to go back to school in the fall and become more involved. I became an Orientation Leader and I saw that Hannah Qiu, USM Student Body President 2020-2021, was hiring a Director of Public Relations in her cabinet. Guess what? I got the position! My job was to be an outlet for students by communicating our events and university news through social media channels.

“I remember moving into the third floor of Woodward Hall the day after my 18th birthday. Two of the biggest events in a young adult's life, turning 18 and moving out, were too much to handle in such a small span of time.”

- Brianna Demaso

It was the catalyst for the opportunities I had leading up to this year. I become a Lead Orientation Leader, Student Body Vice President, At-Large Student Senator, Student Ambassador, Chair of USM's Public Relations Committee, Editor of the SGA Newsletter, Primary Undergraduate Representative: USM Presidential Search Committee, USM Collegiate Leadership Competition Team Member, and 2022-2023 Student Body President. I am thrilled to continue my work advocating for students alongside your 2022-2023 Student Body President's Office: Justice R. Michaud, Student Body Vice President; Julia Dahlgren, Director of Sustainability (yes, Julia from Orientation); Fatuma Noor, Director of DEIA; Atti-

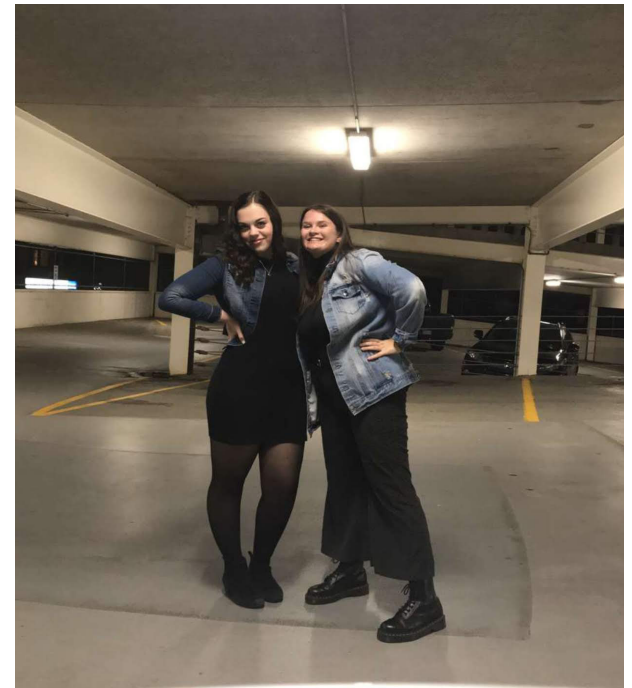


Photo courtesy of Brianna Demaso

Bri and her best friend Julia freshman year

cus/Alice R. Watson, Director of LGBTQIA+ Advocacy. The University of Southern Maine truly has so much to offer, you simply have to open your eyes to opportunity. What other higher education institutions can say they have a humongous map library, three campus locations, and PINGO? Not too many! This is going to be an exciting year for USM as we navigate our way out of a worldwide pandemic, welcome our new leader: President Jackie Edmonson, as well as see our Career and Student Success Center and residence halls go up on the Portland campus. So many wonderful changes are happening in our community. If I can give you one piece of advice, measure your time here at the University of Southern Maine not in length, but in growth, adventure, and curiosity. If you need anything from me or my team, our door is always open in Abromson 217 or by email: brianna.demaso@maine.edu. Welcome home, Huskies! **FP**



Photo courtesy of Brianna Demaso

Students and Stake Holders at USM Career and Student Success Center Signing Ceremony



Photo courtesy of Brianna Demaso

Freshman Year Bri move in picture

The Dean of Students Shares Excelent Advice for Students

Rodney Mondor
Dean of Students

Dear Huskies,

Welcome to the University of Southern Maine! Whether you are a new or continuing student, you are an essential part of our campus community.

As Dean of Students, it is my honor to serve all students in our community and focus my energy on creating a healthy, safe, and inclusive campus where you can maximize your potential while pursuing your educational goals and dreams. I would be remiss if I did not take this moment to share my thoughts on how to be successful as a student. So, here are a few talking points: Dean Mondor's Tips to Success.

Ask Questions

Don't be afraid to ask a question. Whether you are in class or around campus, never think you have a stupid question. We are a place of learning, and you learn by asking questions. So raise your hand and ask your question.

Ask for Help

No one got to where they are today in life without someone helping them. Remember, we are here because of you, but if you don't ask, we can't help. USM is a community. A community that supports each other. So don't wait till the last minute, step up and ask for help.

Get Involved

Trust me when I say, a key to student success is involvement. Having something that connects you to USM, will make all the difference. Whether you join a student organization, run for student senate, participate in an academic club or attend one of our many campus activities or sporting events, that experience will make all the difference.

Try Something New

College is all about the power of learning. As a student, I challenge you to step out of your comfort zone once in a while. Maybe it is going to a speaker on a topic you know little about or joining an intramural team. We can't grow without challenging our current state, so get out there and try something new!

Take Care of You

There is only one of you, and you are important to us. You are part of our community, and we care about your health and well-being. Make sure that you don't put yourself into unsafe situations. Make a plan and tell a friend. Also, make sure you stay healthy by eating right and getting enough sleep. Lack of sleep is top on the list of reasons why students do not succeed as well as they should in school. Remember that there are 15 weekends in a semester, but only one midterm for your class. Use your time wisely.

Community Matters

Finally, remember that we are all part of the USM Community – a university of everyone. So, be respectful and try to embrace the differences of others. The college experience is about preparing you to be a global citizen. Living and learning in a community "of everyone" can provide you the opportunity to not only learn about yourself but realize that differences are part of what makes a community stronger. Plus, you may have more in common with others than you think.

Finally, I would like to share that we have a new tool available for you to navigate through the many resources and services available on campus. **NAVIGATE USM** is our new exciting app that you can download and get connected. You can easily view your course schedule, see campus events and receive feedback from your faculty. All you have to do is check out the Student Services menu in your My Campus portal for the NAVIGATE USM link.

I wish you all the best this coming year and look forward to seeing you on campus. If you see me, please do not hesitate to come up to me and say hello and introduce yourself. My goal is to help you find your future through the joy and power of learning at USM. **FP**

Welcome from USM Libraries

Zach Newell
Dean of Libraries & Learning

On behalf of all staff in Libraries and Learning, welcome to the new academic year! My name is Zach Newell. I am the new dean of Libraries and Learning. With all of the movement over the past year, we are positioned to re-engage as we more fully exit the strict protocols of the pandemic. We are positioned to celebrate new initiatives that focus on student success. We will continue to celebrate the rich diversity our campus affords through its dynamic student body and committed faculty and staff. If the last year is any indication, I am certain the year ahead is full of promise, innovation and collaboration.

We continue to put an emphasis on support of our students. We will be participating in orientation, offering events throughout the week of August 22. This will provide us the chance to meet with students, but also to showcase all that the Libraries can do to assist students in their work at USM. We will be offering an orien-

tation for our Promise Scholars on August 23, 9:30am-11:30am at the Library on the Gorham Campus; orientation for Veteran's Services on August 23, 10:00am-11:00am on the Portland campus. We will also be offering informational orientation sessions for our First-Year students visiting campus on August 22, 3:00pm-4:00pm on the Gorham campus at the lower Brooks, again on August 23 on the Lewiston Auburn Campus, 3:00pm-4:00pm and August 23, 3:00pm-4:00pm on the Portland Campus,

"We are excited to showcase our amazing resources to students and to reinforce the role of Libraries and Learning in supporting our students."

- Zach Newell
Dean of Libraries & Learning

2nd Floor of Abromson.

The Libraries will also be present at Husky Fest on September 7, 11:00am-3:00pm where we will be offering a variety of orientation activities throughout the day. Husky Fest is one of our largest events. We are excited to showcase our amazing resources to students and to reinforce the role of Libraries and Learning in supporting our students. Please stop by and visit our incredible team!

In other areas of Libraries and Learning we have made significant inroads into better understanding who are students are and how they use the library. We are not just transforming the ways students research and learn, but the way we engage with students through a variety of services and spaces. We are committed to becoming more student-focused. We encourage students to ask their professors whether their course materials (textbooks, other readings, etc) have been placed on course reserve, and if so to visit the circulation desk in the library where we offer these materials available for students to check

out. If course professors have put materials on reserve online, e-reserves are also available with the click of a button in students' online course space in Brightspace. We recognize the increasing cost of course materials and we are doing all that we can to minimize the financial burden on our students.

To build even further on our commitment to support our students' academic needs, we offer an "Ask the Librarian" feature <https://libanswers.usm.maine.edu/> that allows students to connect with staff at the Libraries for quick help and feedback. This service is available at all hours and through a variety of channels.

Most important of all, we want students to know that we are here for you. We are invested in your success – offering study spaces, programs, research help, meeting spaces, books/e-books, music, movies and more. We look forward to the energy of the new year, and to get to know you, to help you, and to work closely with you in the weeks and months ahead. Best wishes for success in the new academic year! **FP**

Advising is Always Here To Help You Reach Your Goals

Lynsey Thibeault
Associate Director of Advising

Dear New & Returning USM Students- Welcome!! I can't tell you how excited I am that YOU are a part of the USM community. Each and every student plays an important role here and we wouldn't be the same without you! **Thank you** for being here. My name is Lynsey Thibeault and I'm an Academic Advisor here at USM. My Advising colleagues and I LOVE working with students- truly. We're a dedicated team and we love helping students meet their goals, problem solve, or just connect over a great conversation.

I'll admit I am a summer person and it's always a little hard to say goodbye to summer, but I guess fall isn't that bad. Apple picking (cider donuts), pumpkin spice lattes, sweater weather, and corn mazes are satisfactory replacements for the beach if I have to. Fall also brings with it that back-to-school vibe... fresh school supplies and the sweet sounds of trapper keepers unvelcroing echo across campus. I'm pretty sure trapper keepers are back or am I dating myself?

The fall semester brings a fresh start. Maybe you graduated from high school in June? Maybe you transferred from another school? Maybe you're here after raising your children and are ready to complete your

degree. Or maybe you are simply moving on to your next year here at USM. Whatever your unique situation, I have some tips for you. What kind of advisor would I be without tips!?

Tip #1: Self Compassion

In the words of beloved songstress Whitney Houston (RIP), "Learning to love yourself, it is the greatest love of all." It has taken me some time to figure this out- but I've realized- when I'm kinder to myself, I'm able to show up more fully for others. While wonderful, being in college can also be challenging- academically- and in other ways too. When you face these challenges, remind yourself that you belong here and are capable. Do things that remind you of who you are at your core. This might be listening to music that you truly love, connecting with friends who make you laugh, being in nature, or just taking a quick break from all of your responsibilities to breathe in your surroundings. You are here. You are worthy. You got this!

Tip #2: Find Your People

This might be the most important tip for today. I'll let you in on a little secret that all of us who work with students know... the more you feel connected to USM, the more likely you are to stay, do well, and graduate. And how can you feel connected? Why through relationships with other people of course! There are so many ways to get connected on campus. For some who are extroverted, this may come naturally (I'm jealous). For others (including me), you might have to step out of your comfort zone just a bit to meet people. Lucky for you- there are lots of ways to "find your people" (or person). Student Engagement & Leadership is an amazing place to start. Other opportunities include finding a job on campus, connecting with a faculty member on interesting

research they may be doing, or setting up a meeting with your advisor. We are humans and we need to feel connected to other humans- your people or person will be an important part of your experience here!

Tip #3: Get the Support You Need

I swear college is great! But I also swear there will be some hard parts. And I never want you to feel like you have to go through the hard parts alone... never... ever! Let's normalize people leaning on their support system to get through college! That's why we have so many people and offices on campus dedicated to helping you in good times and in hard times. As an Advisor, I connect students with lots of these people. So if you're not sure where to start, you can always contact Advising! Or, if you prefer to reach out on your own, you can absolutely do that too. The places we connect students with most often are...

Mental Health Counseling @ Health & Counseling Services

- Tutoring
- Disability Services Center
- Student Financial Services

And there are a TON more! There aren't many issues in Advising that surprise us (or that we haven't run into ourselves). Don't ever hesitate to get the support that you need and deserve!

Ok, if you're still reading this, you deserve a gold star (ok you deserve one regardless). I hope your fall semester is a smashing success! Remember to be kind to yourself, find your people, and lean on those who are ready and eager to help you!

Sincerely,
Lynsey Thibeault
& the Advising Team! **FP**



Photo courtesy of USM Advising

Advisors during a professional development day this summer where we explored the Portland Freedom Trail

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Exciting New Things Sodexo Brings To The Table

Tadd Stone
Area General Manager

USM Dining Services is excited to welcome students back to campus for the 2022 – 2023 Academic Year. We can't wait to show you what we have been working on in our programs. While you have been away, or if you are just joining us (welcome to a great community), we have been busy creating destinations to enhance your everyday dining experiences. Our team is excited to welcome you back into our operations and continue our reputation of great customer service. Things may look a little different than in the past, but we are fully embracing the new way of interacting with our guests.

We continue to live our commitments to purchasing local foods wherever possible, though the current markets are making it challenging to get all of the products that we hope to have available to you. That being said, we are constantly looking for additional local partners to help meet the needs of our business as some of our other partners struggle on a national level with labor, distribution and product shortages. We are excited that, despite all of the challenges in the world over the last couple of years, we were able to beat our goal of hitting 25% local products. This year we will continue to advance that goal by moving our target to 26% of all of our purchases coming from within 150 miles of the schools in the University of Maine System. Make sure you stop in and support your local community!

Your campus dining plan is the most versatile and convenient way to dine on campus. It can be used at all of our retail and residential locations. For your convenience, we have created an encompassing list of all locations below so that you can plan your dining experience. Find out more about dining plans, hours of operations, catering, events and more on our website: <https://usm.sodexomyway.com>. All dining venues open up on Monday, August 29th for normal hours. Prior to that time, Brooks Dining Hall, Luther Bonney Café and the Husky Hideaway will be operating at reduced hours. Stop by the units themselves or reach out with questions about these hours.

Gorham Campus

Brooks Dining Hall (Monday – Friday 7:00am – 7:30pm; Saturday – Sunday 8:30am – 6:30pm) [Accepts: Meals, Meal Plan Dollars, Husky Bucks, Cash and Credit Cards]

Your main dining hall on campus that serves all you care to eat local dining options including a grill, hearth stone pizza oven, full salad bar and deli, vegan station, Mongolian grill, dessert, Simple Servings Allergen Free home cooking and so much more!

Husky Hideaway Snack Bar and Spirit Store (Monday – Thursday 8:00am – Midnight; Friday 8:00am – 11:00pm; Saturday – Sunday 1:00pm – 11:00pm) [Accepts: Meal Exchange (after Brooks closes for those who missed dinner), Meal Plan Dollars, Husky Bucks, Cash and Credit Cards]

A student favorite! This location features Portland Pie, Grilled Favorites, Simply to Go Snacks, Prepackaged Groceries, Clothing and Spirit Store items and more!

Bailey Café (Monday – Thursday 7:30am – 3:30pm; Friday 7:30am – 1:00pm) [Accepts: Meal Plan Dollars, Husky Bucks, Cash and Credit Cards]

Stop by and grab a morning pastry, breakfast sandwich, coffee or prepackaged item on the go from this location. New this year, we have added an espresso machine to make handcrafted beverages that runs all day long for folks looking for a delicious beverage on the go.

Portland Campus

(Meal Exchanges are like meals but are a defined package that includes an Entrée, Side and Beverage)

Luther Bonney Café (Monday – Thursday 7:30am – 7:00pm; Friday 7:30am – 4:00pm) [Accepts: Meal Exchange, Meal Plan Dollars, Husky Bucks, Cash and Credit Cards]

While you are in Luther Bonney Hall, stop by and grab a prepackaged snack, salad, sandwich, hot or cold beverage and many hot prepackaged entrée options for those on the go.

Glickman Starbucks (Monday – Thursday 8:00am – 3:30pm; Friday 8:00am – 1:30pm) [Accepts: Meal Exchange, Meal Plan Dollars, Husky Bucks, Cash and Credit Cards]

Need a pick me up? We have handcrafted We Proudly Brew Starbucks beverages, pastries, salads, sandwiches and hot prepackaged entrée options for those on the go. Trying to avoid lines? Check us out!

Payson Smith Bento Sushi (Monday – Thursday 11:00am – 3:00pm; Friday 11:00am – 2:00pm) [Accepts: Meal Plan Dollars, Husky Bucks, Cash and Credit Cards]

We are very excited to be introducing this new partnership with Bento Sushi! Bento Sushi is a well respected partner in the sushi field and will offer a sushi bar, ramen bowls and a noodle bar. Stop in and try this delicious offering!

Hungry Huskies Food Truck (Monday – Thursday 11:00am – 5:00pm; Friday 11:00am – 2:00pm) [Accepts: Meal Exchange, Meal Plan Dollars, Husky Bucks and Credit Card]

We are excited about the new items we can offer to you on the Food Truck. Every day will have special meals as well as our everyday grill menu. We will be featuring the Food Truck more prevalently at events on campus this year as well.

Law Café (Monday – Friday 7:30am – 2:00pm) [Accepts: Meal Exchange, Meal Plan Dollars, Husky Bucks, Cash and Credit Cards]

A campus favorite. Swing over and grab a cup of coffee, hot soup, breakfast sandwich, salad, prepackaged snack and more.

Lewiston Campus

LAC Café (Monday – Friday 8:30am – 1:00pm) [Accepts: Meal Exchange, Meal Plan Dollars, Husky Bucks, Cash and Credit Cards]

Stop by the café to get made to order favorites! Looking for an omelet? Hungry for a grilled cheese? You can get it all while visiting our LAC Café right in the center of the LAC Campus Building.

Online

USM Dining is rolling out the new Everyday App, which will replace the Bite App. Everyday works exactly like Bite, but with more functionality including sorting your allergens, Kiwibot delivery and more. Peruse the menu, place your order ahead of time and pay so that your food is available for pickup on your time line. All of the locations above are available for orders through the Everyday App. Available in both the IOS and Android App Stores.

Delivery

New this year, we are partnering with the Kiwibot Delivery Service! Kiwibot is a small autonomous robot that allows you to place orders through the Everyday App and have them delivered to the front door of your building on campus. We will have 5 robots on the Portland Campus and 10 robots on the Gorham Campus. These little guys are great at what they do and have adorable little faces to express gratitude, love and the occasional frustration when they get pushed off their intended path. We are very excited about the opportunities to use these robots around campus and will be featuring them during Move In Weekend, Opening Week and Homecoming. Additionally, students will be able to design the marketing that goes on them for special events like Halloween or Earth Day.

We look forward to seeing you in our operations this year and can't wait for you to try out the new options available. We are constantly looking for ways to connect with our guest and will be offering new innovative solutions as we move through the semester! From all of us at USM Dining Services, have a great year! **FP**



Kelly Ledsworth / Editor-in-Chief

Welcome from Student Affairs

Damian Medina
Vice Provost for Student Affairs

Dear Huskies,
 We are delighted to welcome you as part of the University of Southern Maine and excite by the full return of students to campus, creating a vibrant campus life experience. Whether you are beginning or returning to continue your holistic, educational and leadership journey with us, we look forward to exploring, learning and growing together because at USM, we are “Student Focused Every Day!”

I hope your summer was fun and productive and you get off to a great start to your semester and classes. If you are new to the University of Southern Maine, we want you to feel at home as part of the Husky family. I certainly want you to get the most out of what USM has to offer and encourage everyone (that means YOU!) to get involved on campus. It all starts with Orientation and Weeks of Welcome, but the fun never stops as we have plenty of events in the fall including Homecoming and Family Weekend plus plenty of major athletic and other events all year round. We have an array of clubs and organizations, SGA and Student Senate, intramurals and club sports for you to get involved with or got to one of their events. If you want to find something to do or have fun, make sure to go and attend one of the many events put on by SEAL, your Resident Assistants (if on campus), Gorham Campus Activities Board (CAB), or show your spirit as a HUSKY at our Athletic Events! And don’t forget you are in the social, economic, and financial region of Maine... If you are a foodie or want to enjoy a fun break after studying hard, the Greater Portland and Gorham areas have plenty to offer! So make sure to make the

most out of your USM Husky experience!

Get excited because the University of Southern Maine is only going to get better... as we are undergoing major construction which finishes up soon to open up for next fall... A new Career and Student Success Center and the Portland Commons Residence hall! This will transform the Portland Campus and offer more housing options for our upperclass and graduate students! We also know being a college student can be challenging, but you are not alone. The university offers many services to help you get through it from assistance from your academic advisors or tutoring, to seeing a health or counseling professional to name a few! You also have some of the top scholars as your faculty and are ready to help you get through your classes successful. We are here to help you make the most of your USM experience and make it the most positive and meaningful!

I enjoy hearing your opinions and suggestions as to how we can make your educational experience the best. As an avid email reader, I welcome notes at damian.medina@maine.edu. I may not always reply immediately, but will get back to you in a few days at the latest

Finally, we have faculty and staff who are second to none when it comes to helping you, our students succeed. Why you ask... because we truly live up to our service promise of being “Student Focused Every Day.” When you see one of the people who help make your USM experience special, please take a moment and say, “Thank you.”

Have a great semester – and as always – Go Huskies!

Damian Medina
 Vice Provost for Student Affairs **FP**



Photo courtesy of USM Student Affairs

are
**We are looking to for
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Are you an English major?
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 The Free Press is looking for students to edit our stories for grammar, punctuation and style.

If you're interested, email editor@usmfreepress.org.

Sullivan Sports Complex Invites You to Visit

Alexis Wyman
Sullivan Gym Staff

The Sullivan Complex Staff would like to wish a warm welcome to our new and returning USM students! We invite you to tour our facility and check out our newly renovated fitness areas. Over the summer, both the Fitness Center and the Body Shop have received a facelift with fresh paint, upgraded flooring and modern state-of-the-art Matrix equipment. Each area includes cardio and weight machines with free weights and stretching areas.

In addition to these fitness areas, the Sullivan Recreation and Fitness Complex hosts open basketball and community events on our three basketball courts. Our multipurpose room can be used for yoga, dance, kickboxing and more! For those interested, we also have a spin studio on the third floor.

Showers and saunas are free to use in each locker room and we offer additional amenities such as locker rentals and towel/laundry service. Be sure to stop by our booth at Job-a-palooza (Gorham, 8/28) and Husky Fest (Portland, 9/7) to enter our raffle for free

services or guest passes to bring a friend.

During the Fall 2022 term, we will offer online yoga (free to all) and Power Hour, a circuit training course that is appropriate for all fitness levels. Power Hour is free for students and offered at a discounted rate for Staff/Faculty and members of the gym. This Fall, we will also offer a women's-only in-person Power Hour on Thursdays. If students are interested in bringing immediate family, we have discounted rates for 3, 6, and 12 month memberships. All others may pay a \$7 day pass fee to use the facility.

If you are looking for employment on campus, the Sullivan Gym is hiring work-study students for the Fall semester. Student employees work in either our information center greeting and signing in guests, or in our fitness areas, cleaning and monitoring the area for safety. We provide all necessary training and no experience is required. We offer flexible scheduling and a positive work environment. If you are interested in applying, find us on the Job Board or pick up an application in our lobby.

From all of us here at the Sullivan Gym, welcome (and welcome back!) to USM! **FP**



Photo courtesy of Michael Kmack, USM Public Affairs, Aug 2022

Welcome From Veteran Services

Lorrie Spaulding
Director of Veterans Services

HUSKY VETERANS PRESENTS

POW/MIA CHAIR OF HONOR UNVEILING CEREMONY

Friday, September 16, 2:00
Gorham Campus, Hill Gym

In partnership with

Rolling Thunder • USM Athletics
USM Osher School of Music • USM ROTC
USM Veterans Services

For more information brendariveralopez@maine.edu

Veterans Services welcomes our new students to USM! And to our military affiliated students we want you to know that we are here to help in any way that we can.

USM is a small school, and that means that you have the opportunity to create relationships that will last throughout your time at USM and on to your valued status as an alum. We are glad that you have chosen to earn your degree at our university and we look forward to supporting you in whatever way we can as you pursue your education.

College isn't easy. You earn your degree. It's a lot of hard work, and at times that work may seem meaningless, and even like time wasted. It's not. Every class that you take is another brick in the wall that you will eventually hang your diploma on. The sense of accomplishment you will have when you complete your degree will be one that you will carry with you always. Even if the degree you earn has nothing to do with the career you choose.

College is hard. Community make it easier. Find your people! There are over 100 different clubs and organizations at USM, check out something that interests you. These groups often have amazing activities that are at no cost to you. What a great way to try something new.

Use your professors. They are here to teach you. Ask questions. Speak up if you don't understand something. Chances are that if you don't understand, someone else in the class doesn't either. Be brave and ask. You professors are subject matter experts, they

love what they are teaching, engage with them.

College isn't easy. College is hard. Yup, but it's also an adventure. You are going to be exposed to thoughts and ideas that are going to push your buttons and piss you off, others will excite and inflame your imagination. You are here to be challenged and exposed to new things, you are literally paying for it. Having a spirited dialogue about an idea is an amazing experience. To really explore what you

believe, and why, and to learn what someone else believes and why is transformative. Have an open heart and an open mind, and that is not easy. Keep the idea or issue at the center of the debate. That is your focus, not converting someone to your belief.

Veterans Services administers GI Bill® benefits for roughly 400 students. We evaluate Joint Services Transcripts to award credit earned through military training and education. We have lounges on all three campuses, 104 Bailey Hall (G), 189 Lewiston, and 218/220 Sullivan (P), please stop by and say hello.

Our offices are 233/235 Luther Bonney Hall and we look forward to seeing you.

We are proud to have partnered with our student veteran group for a POW/MIA Chair of Honor unveiling ceremony on the Gorham campus on Friday, September 16th. We hope that you are able to attend.

From all of us in Veterans Services, welcome to our university! **FP**

Career & Employment Hub Helps You Reach Your Destination

I love a good hike. I love studying a map and plotting a course, even if it's just for a short trip. I enjoy waking up early (always with coffee, even better if someone else makes it) and starting out with a sense of the unknown. I enjoy some of the little surprises along the way (aww is that a cute baby bear?!), and not some of the other surprises (oh, momma bear does not look happy to see me). Sometimes, just sometimes, I like that feeling of exhaustion towards the end with a feeling of accomplishment.

Our academic journeys can be a lot like going for a hike. Journeys are remarkable things. Often, we begin with the end in mind. We have a vision for what our destination is long before we set out, and those destinations are often as varied as we are. They are personal yet built upon relationships. They are unique yet modeled after those that we admire. They are carefully planned yet malleable and adaptable. As we embark upon a journey, we may be excited or reluctant, nervous or elated; the start of a journey brings about these emotions because of the unknown potential. We hold close the vision of our destination, but we know for certain that the journey will be unpredictable. The journey often changes us. Journeys can be so involved, in fact, that focusing on one step at a time is all we can do (if you have ever tried hiking in the winter in Maine, you will know exactly what I mean). Sometimes, we change our plans during the journey, perhaps because of the people we meet, what we learn along the way, or just a gut feeling. Other times that original vision is realized exactly as we imagined it. Funnily enough, both of these tend to surprise us equally.

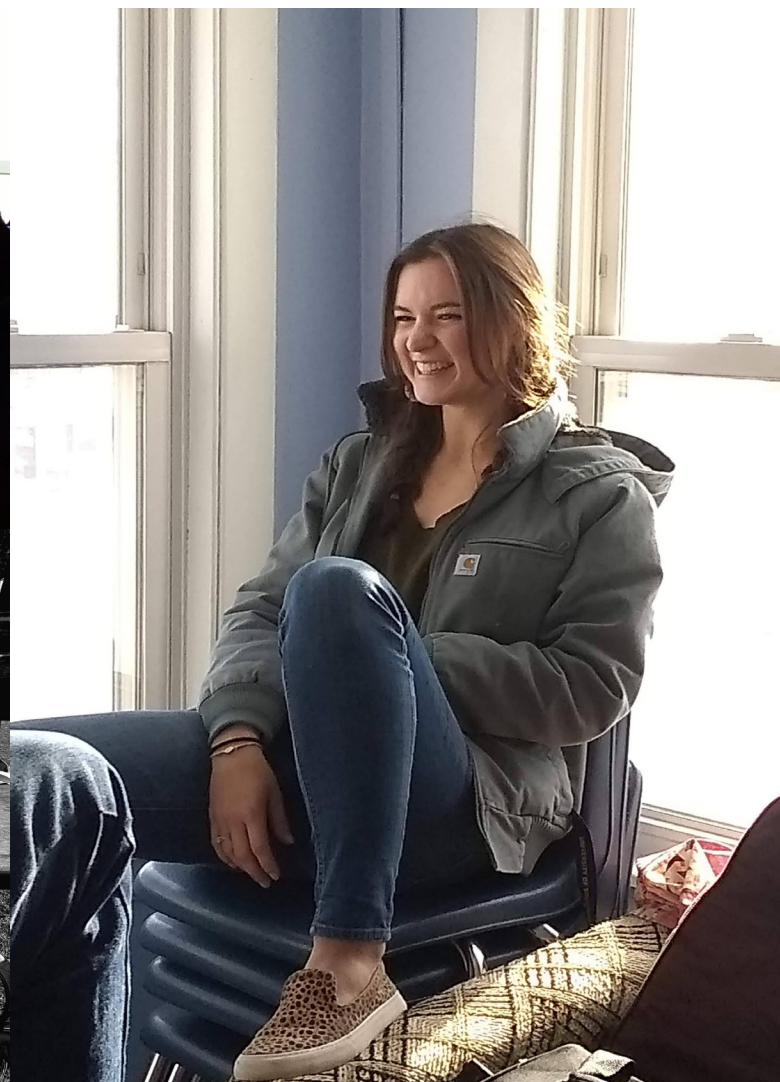
As you begin your fall semester at the University of Southern Maine, whether you're returning or brand new to the community, you are embarking on a journey. Know that, throughout your journey, our team here at the Career & Employment Hub is along for the ride with you. Our passion is helping you reach your destination, whatever that may be, through all the twists and turns and decisions big and small. Let us help you explore that unknown potential along your journey. We can't wait to meet you.

Sincerely,

Andy Osheroff, Director, Career & Employment Hub



A Look Into What It's Like Working At The Free Press



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Photos courtesy of Lucille

A Hearty Welcome From WMPG

Jim Rand
WMPG Station Manager



Photo courtesy of WMPG Staff

A hearty welcome to all USM students from your friends at WMPG, USM's radio station. For those new to USM, WMPG is located on the Portland campus at 92 Bedford Street on the corner of the street that leads into the parking garage. WMPG broadcasts 24/7 and you can listen via 90.9 FM, streams on WMPG.org or download and listen via the WMPG App. On our website you will have quick access to our live stream, program archives, podcasts and the latest news. WMPG is led by a professional staff of three managers: Station Manager, Jim Rand; Program Director, Jessica Lockhart; and Development Director, Annella Linton. Over 200 volunteers, USM students and alumni help with operations.

Do you want to be a DJ, create podcasts, engineer a show or do anything related to audio? Come see us! For DJ-ing, we offer a short and simple training, then boom! You are on-air! We have audio production facilities for

you to use plus access to editing software so you can produce and broadcast your podcasts. Do you have Work Study funds available as part of your financial aid package? Come work with us at WMPG -- we have a range of interesting positions open at the station. Are you looking for an internship opportunity? Get in touch! Whether you are studying Media Studies, Business, Computers Science, English, really any major fits into what we do here at WMPG. WMPG has a vast music library which also offers students the chance to interact with the promotional side of the music industry. Our library has over 100,000 releases made up of old vinyl LPs and CDs plus a digital library that is continuously growing. Help us update our

“Do you want to be a DJ, create podcasts, engineer a show or do anything related to audio? Come see us!”

- Jim Rand
WMPG Station Manager

digital library with music from record companies and musicians.

Each year, WMPG trains many people to make radio, with the goal of preserving the public's access to the public airwaves. WMPG strives to include wildly varied sounds, ideas, music, cultures, languages and discussion of the communities we serve. WMPG's radio broadcast reaches over 300,000 people in Southern Maine and into New Hampshire, plus around the world via the on-line stream

and our app. If you are interested in participating here call (207) 780-4424, send an email to stationmanager@wmpg.org or just walk through the door at 92 Bedford Street and say hello! We can give you a tour of the station and get you started on your way to being a DJ at WMPG or finding your second home while you attend USM for the next few years. If you can't be involved directly with us, participate by listening to WMPG, your station at USM. We have music shows covering all genres, public affairs talk shows, talk shows with various subjects and we air independent news from Democracy Now! each day. **FP**



Photo courtesy of WMPG Staff



Photo courtesy of WMPG Staff



Photo courtesy of WMPG Staff

WMPG

RADIO FROM THE UNIVERSITY OF SOUTHERN MAINE **90.9** FM

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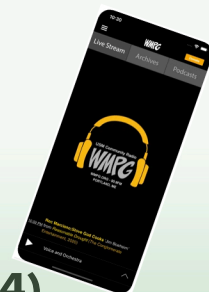
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