The University of Maine

DigitalCommons@UMaine

Maine Campus Archives

University of Maine Publications

Spring 2-10-2020

Maine Campus February 10 2020

Maine Campus Staff

Follow this and additional works at: https://digitalcommons.library.umaine.edu/mainecampus

Repository Citation

Staff, Maine Campus, "Maine Campus February 10 2020" (2020). *Maine Campus Archives*. 5333. https://digitalcommons.library.umaine.edu/mainecampus/5333

This Other is brought to you for free and open access by DigitalCommons@UMaine. It has been accepted for inclusion in Maine Campus Archives by an authorized administrator of DigitalCommons@UMaine. For more information, please contact um.library.technical.services@maine.edu.

News A2 Sports

EMDC discusses rural economic development opportunities in Maine Black Bears extend win streak to five with victory over Huskies

B1 Culture

Mainely Succulents Turns Orono

Green Amidst the Winter Snow

A11 Opinion

The inside view: the issue with ResLife's \$2 an hour payment plan

A6

UMaine student to try luck at Wildwater Canoeing World Championships

Leela Stockley **News Editor**

After years of training, first-year student Kell Fremouw earned a spot at the 2020 Wildwater Canoeing World Championships, which will be held in the Nantahala National Forest in North Carolina from April 26-30.

The Wildwater Championships an opportunity for canoe-racing enthusiasts from all over the world to gather and compete whitewater canoe courses to battle for the opportunity to be crowned world champion. The event is hosted by the International Canoe Federation, a league of canoeists from all over the world who come together to educate people about whitewater canoeing and kayaking, as well as host canoeing events around the world for all

Fremouw has been paddling since he was in high school; after switching from track and field during his first year of high school, Fremouw found that paddling was a way to stay active. He joined his high school's paddling team and fell in love support group for othwith the sport.

"Part of the reason I like it is because I can just go out for a slow paddle and see all of the beauty of wilderness. [There is] a lot to see on the Maine waterways and I love being able to see it," Fremouw said. "It is a lot like being on a rollercoaster, and it is difficult, challenging and exhilarating."

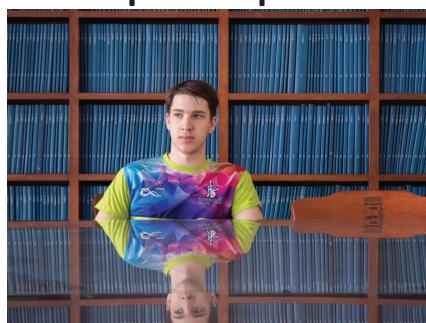
Throughout high school, Fremouw became a competitive paddler and qualified for the World Championships in the junior category.

"I had fun...but this vear I switched to a new boat," Fremouw said. "Instead of being in a kayak, I'm competing in a [single-person] canoe. It handles differently ... There are skills for handling a canoe, and the competition is harder. I'm really looking to do the best I can, and see where I can place. It's [a] learning opportuni-

Fremouw said that he has enjoyed the challenges that have come with competitive paddling, although the community of paddlers often competes against form a tight-knit ers in the community.

"I feel a lot of support from the regulars, that is, the people I see a lot at races and at community events," Fremouw noted. "I've made a lot of friends during the hours it takes to set up. I have a lot of friends of different age groups."

Fremouw paddles regularly with the Orono Paddlers, a local organization that is open to all members of the community. Currently, the Orono Paddlers are working to fundraise in order to build a boat shelter in Brownie Park in downtown Old Town. The boat shelter would be able to hold boats that would assist the Orono Paddlers when running their summer camps for children ages 8-12. The summer programs offer the opportunity for children to learn safe water etiquette while providing opportunities for the children to gain useful wilderness skills. The boat shelter will also house 10-person war canoes, which are used when the Orono Paddlers host community events. open-paddle These open-paddle events invite communi-



Kell Fremouw, a first-year Engineering Physics student, has qualified for the 2020 International Canoe Federation Wildwater Canoeing World Championship and World Cup.

Photo by Antyna Gould.

ty members to try their hand at paddling, and competition friendly races in the war-canoes attract community members of all skill

However, Fremouw noted that the Paddlers have had a hard time with membership recently, and hopes that by raising the funds to build this boat shelter more people will have access to paddling opportunities.

"The boat shelter will be useful. It will help promote safety, as [we] have to carry the boats across the main road to the water. This was dangerous with younger children around. It also allows us to store the war canoes, which will provide opportunities for the community to participate in the Thursday night war-canoe races," Fremouw said.

Fremouw noted that he would not be in the position that he is now if not for his high-school paddling coach, Jeff

"I am so grateful for [the support] from Jeff Owen, the support from the community and I'm happy that [we will] be able to continue this opportunity for other community members."

To donate to the boat shelter fundraiser, visit https://oronopaddlers.org/join. For those interested in joining the Orono Paddlers, email orono.paddlers@gmail. com.

State of the University address delivered by President Ferrini-Mundy

Maria Maxsimic

Contributor

On Feb. 4, President Joan Ferrini-Mundy delivered the State of the University address to a crowd of community members, faculty and alumni. Dr. Eric Wilmot, a professor in mathematics and statistics, introduced the University of Maine Orono and

Machias' president. During the address, Ferrini-Mundy touched upon a number of different successes that the two campuses had celebrated in the past year. Additionally, she described the challenges that the universities are expected to face this coming year and what the plans are to address

the foreseen problems. Ferrini-Mundy knowledged the beginning of Black History Month, which is celebrated during the month of February. Feb. 26 will mark the 150th anniversary of the 15th which Amendment. gave African-American men the right to vote.

The president shared that on Feb. 1, Washington Monthly released an honor roll of national colleges that show a high dedication to voter mobilization, and noted that UMaine had made the honor roll. She believes that this is largely due to the UVote initiative on UMaine Orono's campus, which encourages students to participate in voting.

The president also reported that a large goal across both campuses is to define inclu-

sive excellence. "Through the Office of Student Life and Vice President for Student Life and Dean of Students Dr. Robert Dana's assistance, as well as the Center for Diversity and Inclusion, the Rainbow Resource Center, the Intersectional Feminist Resource Center and the Multicultural Student Center, the university is working to support students while bringing the critically important realities of inclusive excellence to our community," Ferrini-Mundy noted.

Ferrini-Mundy also reported that Dana's title would officially be expanded to reflect this goal and his position would be referred to as the "Vice President for Student Life and Inclusive Excellence" moving forward.

Maine's leadership strives to make sure that the values of diversity, equity and inclusion are being upheld through all the actions of the universities.

The president reported that she felt as though the greatest collective accomplishment of the last academic year was the completion of the Strategic Vision and Values Initiative, which is the universities' new strategic plan to create more connections with students, faculty and businesses across Maine. The three strategic values for the plan are fostering learner success, discovering and innovating, and growing and advancing partnerships. The universities will conduct their actions to practice

these values.

Ferrini-Mundv also shared that she is pleased to assure everyone that the University of Maine and the Orono campus is strona.

"That is because we model convergence, we value connections and we demonstrate commitment," Ferrini-Mundy noted.

She then stated that. this fall. UMaine's Orono and Machias campuses welcomed 10,089 undergrads and 2,131 graduate students that hailed from 50 states and 79 nations, 66% of these students were

from Maine. The challenges that the universities should expect to see will relate to the universities' goal of fostering learner success. Ferrini-Mundy shared that student credit hours and retention rates are decreasing. UMaine Orono's average retention rate from students' first to second-year over the past three years is 76%,

while UMaine Machias' is 56%. The president stated that she and the faculty feel as though they need to act convergently for the future of the university and to enable more students to have the chance to succeed here

However, she also shared that the number of first-year applicants for both campuses have increased a combined total of 4%

The Student Success Initiative was launched this past fall to increase retention rates. This initiative changes the monetary threshold that blocks students from registering for classes. In the past, students with an unpaid balance of \$100 or more couldn't register for classes. Now, that limit is being raised to \$1,000. Additionally, the "Make the Grade" initiative has been implemented for first-year students that failed a course during their first semester in the fall of 2019. Approximately 70 students are taking advantage of this oppor-

Another success for the university has been UMaine's MBA that was just ranked as a "Top 50 Online Program" by U.S. News and World Report rankings.

UMaine's research has seen great success in the past year.

"Our research expenditures ... rose by 6% to [\$137 million]," Ferrini-Mundy shared.

UMaine is embarking on the process of receiving an R1 designation in the coming years, which recognizes the amount of doctoral research that is being done at an institution. Currently, UMaine is considered to be an R2 university.

Ferrini-Mundy concluded the address by congratulating everyone on the hard work in the past year and urged people to continue to strive for work that demonstrates the quality of the institution.

Tuesday High: 38° Low: 25° Wednesday High: 37° Low: 27°

Thursday High: 36° Low: 11°

Friday High: 14° Low: -2° Saturday

Sunday

Opinion - A6

Diversions - A8

Reviews - A11

High: 19° Low: 12°

High: 34° Low: 22°

News

EMDC discusses rural economic development opportunities in Maine



CEO of Eastern Maine Development Corporation speaks at the Mitchell Center Monday, Feb. 3 about developing rural economies.

Photo by Antyna Gould.

Bhavana Scalia-Bruce Contributor

On Monday, Feb. 3, the University of Maine hosted guest lecturers Lee Umphrey, Vicki Rusbult and Will Harper from the Eastern Maine Development Corporation (EMDC). The lecture worked in collaboration with the Senator George J. Mitchell Center for Sustainability Solu-

The lecture, titled "Shifting Dynamics of Rural Economic Development in Maine," focused on how EMDC has changed its model, which significantly expands what services they offer.

Umphrey has been the president and CEO of EMDC since 2018. Before working with EMDC, he gained ex-

perience in private financial management. Rusbult works as the director of community initiatives for EMDC and has been with them since 2010. Harper works as a planner for EMDC and joined the staff while pursuing his master's degree in policy, planning and management at the University of Southern Maine.

Umphrey, Rusbult and Harper explained the mission of EMDC, concentrating on the new model of the economic opportunity response team. The primary focus of EMDC is supporting Maine businesses and local communities.

"The [whole] goal of our organization is to try to bring folks together and create a program of success for everybody," Umphrey

Following Umphrey, Rusbult explained how their model upgraded by becoming proactive, instead of reactive, in their approach to supporting communities. They now work with small businesses and communities and provide services that will allow each community to make developmental progress.

Harper spoke about his work at EMDC and how the organization emphasizes a focus on climate resilience. He explained the ways that EMDC works with locals to educate them further on strategies in their given area regarding climate change.

"We're really trying to find sustainability for communities right now," Harper stated. When reflecting on Harper's statements, Rusbult further emphasized the significance of EMDC's work with climate resilience.

"Climate resilience needs to be looked at hand-in-hand with economic development," Rusbult noted.

A major improvement to EMDC's new economic increasing its staff members' knowledge surrounding economgardening. In 2019, became the only organization in the state of Maine that offers economic gardening training. The idea behind central economic gardening increase overdevelopment Maine, particularly in areas that tend to be more rural. According to EMDC, the pros of economic gardening are that it accelerates job creation, is cost-effective and creates community loyalty.

As a part of their expansion across Maine, Rusbult explained how EMDC works closely with the UMaine Senator George J. Mitchell Center for Sustainability and Husson University. They work in collaboration to build relationships with students and community members in order to ensure that they are building productive and informative relationships with diverse stakeholders to address community concerns and issues.

Rusbult used the city of Eastport, Maine as an example of a local place that has seen growth and development on behalf of

EMDC. They have increased tourism which brings more people to the area and creates revenue for locals by reinvigorating the city and investing in community interests.

Another one of the many opportunities that EMDC has to offer, which are open to the public, are conferences that work to educate community members about local concerns and a variety of ways to address these concerns. EMDC works hard to foster relationships and build connections with community members throughout the state in hopes to further develop the state of Maine.

To find out more about EMDC, visit https://www.emdc.org/.

Trump acquitted of counts of abuse of power and obstruction of Congress

Leela Stockley

News Editor

After two weeks of impeachment proceedings, on Wednesday, Feb. 5, the U.S. Senate voted to acquit President Donald Trump on both counts in his impeachment trial. Trump had been impeached on two counts: abuse of power and obstruction of Congress. Forty-eight senators supported a verdict of guilty on Article I, abuse of power, with 52 voting not guilty. Forty-seven senators supported a verdict of guilty on Article II, obstruction of Congress, with 53 voting not guilty. In order to convict Trump on either Article I or Article II.

the Senate would have

had to have reached 67 votes in favor of finding Trump guilty on each count in order to remove him from office.

After a divisive two-

week process, votes for and against Trump's removal from office adhered relatively closely to party lines. However, Sen. Mitt Romney, a Republican from Utah, voted in favor of convicting and removing Trump on Article I. Romney went to acknowledge that he felt compelled by the oath he swore in Trump's case to act on his conviction that the president's actions were grievously wrong and expects to be denounced by the party in the fallout of the pro-

ceedings. Romney is

the first senator to vote

against his party during an impeachment proceeding.

In a statement to NBC, Stephanie Grisham, the press secretary of the White House, noted that the outcome marks "full vindication and exoneration" for Trump.

"This entire effort by the Democrats was aimed at overturning the results of the 2016 election and interfering with the 2020 election," Grisham said, after referring to Romney as a failed Republican presidential candidate.

In an op-ed penned to the Washington Post after the proceedings, the seven Democratic House impeachment managers defended the necessity for the

impeachment proceedings. Reps. Adam Schiff of California, Jerrold Nadler of New York, Zoe Lofgren of California, Hakeem Jeffries of New York, Val Demings of Florida, Sylvia Garcia of Texas and Jason Crow of Colorado were nominated as the Democratic House managers during the impeachment trial of President Trump.

"Over the past two weeks, we have argued the impeachment case against President Trump, presenting overwhelming evidence that he solicited foreign interference to cheat in the next election and jeopardized our national security by withholding hundreds of millions of

dollars in security as-

sistance to pressure Ukraine to do his political bidding. When the president got caught and his scheme was exposed, he tried to cover it up and obstruct Congress's investigation in an unprecedented fashion. As the trial progressed, a growing number of Republican senators acknowledged that the House had serious

that the House had proved the president's serious misconduct," the representatives wrote. "Republican leadership in the Senate had the power to conceal the president's full misconduct during the trial by disallowing witnesses and documents, but they cannot keep the full, ugly truth of the president's con-

duct, and that of all the

president's men, from the American people. Not for long."

The op-ed references the vote from the previous week's proceedings, in which Republicans voted down the motion to introduce key witnesses, such as former national security advisor John Bolton. The Senate had voted on Friday, Jan. 31, on whether to invite witnesses and corredocuments sponding with 51 Republicans voting against ducing witnesses. Two senators, Sens. Romney and Susan Collins of Maine, crossed the aisle and voted in favor of allowing witnesses. However, Sen. Collins

See **Trump** on **A3**

Spring Career Fair focuses on local businesses

Leela Stockley **News Editor**

Wednesday, On Feb. 7, the University of Maine hosted its annual Career Fair, offering an opportunity for students of all backgrounds and disciplines the opportunity to connect with employers from the New England region.

The Career Fair offers opportunities for undergraduate and graduate students to talk to potential employers, network with others in their field of study and have conversations about necessary skills for their future jobs.

This year, the Career Fair hosted many Maine-based businesses with the hopes of attracting college students and graduates to work at local businesses. Many of the vendors acknowledged that a lot of the businesses in Maine are losing employees because of Maine's aging population, and they are working hard to create new programs and incentives to entice students to work in the state of

Many of the locally-based vendors have close relationships with the institutions under the University of Maine System, such as Community Care, non-profit which serves homeless and at-risk families in the Bangor area.

Dawn Freeman, a from Comrecruiter munity Care. noted that the close relationship between UMaine and the organization has really helped the organization find student interns. Currently, Community Care has four student interns who come from the social work program at UMaine. Freeman also noted that Community Care oversees the Shaw House, the Bangor-area homeless youth shelter, and noted how the interns have helped the homeless youth at Shaw House

"It has been really positive for the youth to see students that are close to their own age seeing successes," Freeman said. "It is so helpful for them to have peers that are willing to act as role models and support systems."

She also noted that through the relationship between Community Care and UMaine, she has been able to more feedback from students and graduates who would potentially seek to work at Community

"Through the feedback, we are able to constantly improve and see more interest in supporting what we do." Freeman said.

Michael Johnson, a representative of Fedcap Maine, said that the Career Fair is an encouraging opportunity for communication between potential employees and employers. Fedcap Maine is a branch of the Manhattan-based Fedcap Rehabilitation Services, which works to ensure that people that come from disadvantaged backgrounds have the resources to get off of federal assistance programs as soon as possible. Johnson is an alum of UMaine, and has had four children attend UMaine and go on to get master's degrees. He noted that it has been great to have such a close relationship with the university because he has been able to engage with students year after

"It is great to see the students now ... they are more engaged, they know what they want and they are more [prepared] and more ready to get the jobs they want," Johnson said. "[Sometimes] at job fairs, you see students who come in and don't really know much about the organization

year at the Career Fair.

they talk to. Because of the work that UMaine does to promote the Career Fair, and [because] the university works to maintain those relationships, more students come in prepared and dressed right for the job. They can look us up online and come in with the right questions."

Skylar Wright, a second-year civil engineering student, noted that he liked the number of vendors that were based in Maine. "I'm looking to stay

in Maine once I graduate," Wright noted. "It's great when the [vendors] are super friendly and proactive about what they want and letting people know that they are Maine-based. It is really cool to see many companies so face-to-face wanting interaction with students."

UMaine is dedicated to helping students get career experience, and Crissane Blackie of the UMaine Career

Center noted that the university has seen approximately 1000 students attend the fair in the past.

"We are excited to help students explore employment opportunities in Maine and beyond. According to the 'Life After UMaine Survey,' in 2017, 74.3% of in-state students were employed in Maine and 18.6% of out-of-state students were employed Maine," Blackie said. "We can support Maine employers by helping them meet and identify talented students that will make an impact on Maine's economy."

To find out more about future career fairs, or to connect with employment opportunities at UMaine or with local businesses, contact the Career Center located on the third floor of the Memorial Union, or email them at umainecareercenter@maine.edu.

UMaine students fight for a \$15 student minimum wage

Bhavana Scalia-Bruce

Contributor

the University of Maine, the current minimum wage is \$12 per hour for student employees. However, students are taking the matter into their own hands, advocating for an increase in the minimum wage up to \$15 per hour. This campaign is known as the "Fight for \$15" campaign and is an attempt to urge the UMaine administration to raise the wages of student workers.

Michael Redante, a graduate student at UMaine, has worked for the university since May of 2019 and created the "Fight for \$15" campaign and currently serves as the chair. He campaigns around campus by talking to students and educating them, explaining why they deserve more than the current \$12 per hour.

"If wages went up with inflation since the 1960s, the minimum wage would actually be \$24," Redante said. "[During campaigning] I

talk about how over the past 30 years, the state of Maine has cut the university's budget almost every year, leading to annual tuition increases, program cuts and, of course, depressed student wages."

A major part of Redante's campaign is involving students and ensuring that their voices are heard by those who

can affect the change. "Every year there are 3,200 hourly-paid UMaine student workers who run the cafeterias, work in the library, conduct change, but \$15 ver-

research in labs and much more," Redante said. "The University of Maine cannot function without us, yet we are paid as little as legally possible."

Mary Healy, a thirdyear marketing student, believes in and advocates for the 'Fight for \$15' campaign. Healy holds two on-campus

"I feel as though all students work enough and deserve the extra \$3. It does not sound like a huge sus \$12 would benefit students in all their expenses, as well as open the door to earn more savings," Healy said. "There's no denying that being in college is expensive."

Redante says the \$3 increase can help take the stress off from the requirements of everyday life, which can seem even more stressful when there is not enough money to go

"At the current rate of \$12 [per hour] we have to pay rent, utilities, groceries, gas and clothes ... plus manage homework, extracurriculars and everything else that makes us students," Redante noted. "There is a lot of stress in that."

Students and community members looking to get involved with the "Fight for \$15" campaign can join meetings on Thursdays in the FFA room in the Memorial Union at 5:30 p.m or can reach out to Redante at michael.redante@maine. edu.

UMaine receives patent to aid in early detection of breast cancer

Leela Stockley **News Editor**

The University of Maine has received a patent that could help in the early detection of breast cancer. The inventors of the technology are Andre Khalil, an associate professor of chemical and biomedical engineering, and Kendra Ann Batchelder, a former UMaine graduate student. Much of the funding for the project came from the Maine Cancer Foundation.

The invention is a method of screening that analyzes different regions of breast tissues on a mammography image in order to determine if there are characteristics that could point to the development of breast cancer. Normally, mammograms, which

are currently the leading screening technique to detect early stages of breast cancer, screen for information based on other mammography results. The new technology takes mammogram screening another step further by introducing an algorithm come. that can use biophysi-

to malignant tumor onset and growth. "The computational technique we have developed provides a clearer picture of the tumor microenvironment, which we believe is key to better understanding the way breast cancer develops and progressare carrying out across

cal data to analyze and

identify physical mark-

ers that may be linked

es," Khalil said.

Khalil hopes that in the long-term, this technology will allow medical providers access to tools that will provide a much more comprehensive understanding of each patient's individual tissue health, allowing for a much more efficient diagnosis out-

"Breast cancer is the second-most-common cancer among American women, and this technology has the potential to revolutionize the screening and treatment process," Jake Ward, the UMaine vice president for innovation and economic development, said. "It is emblematic of the work **UMaine** researchers

disciplines that can advance understanding and solve real-world problems."

Khalil is involved in an ongoing project that aims to answer whether tumors cause regions of disrupted growth in tissue or if the disrupted regions are just the right environment for tumors to grow. He has shared his research with international researchers and physicians and is working to find a satisfactory answer in order to bring even more valuable information to physicians and health care providers.

"Right now, radiology is based on reactive medicine," Khalil noted. "[Meaning], let's do a screening, let's wait for something to pop

up and then once we see a tumor, calcification clusters or masses, then we react to it. I envision in the next few years where we are going to move from reactive medicine to predictive medicine."

Early detection of breast cancer is a crustep in ensuring patient's quality and length of life. Data from the Maine Division of Public Health Systems indicates that patients who are able to detect breast cancer at early stages, when tissue abnormalities are detected, have a 98% chance of living for at least five more years. When compared to those who are diagnosed when the cancer it has had an opportunity to spread to the rest of the body, those with early detection and diagnosis have a 72% chance of living more than five years after the diagnoses than those with late detection and diagnosis. Technology like what has been under development at UMaine has the potential to increase patients' life spans by offering preemptive detection.

"If successful, we could move away from current reactive treatment status quo and toward a clinical strategy based on predictive medicine that empowers both patients and clinicians," Khalil stated.

Trump from A2

did not step across the aisle during the vote for conviction or acquittal.

In a statement to the press, Collins stated that she felt as though Trump would learn from

his trial, but later rescinded the quote, saying that "her belief that President Trump had learned a lesson from impeachment" may not be correct.

"That may be aspirational," Collins later

She also defended

her vote in favor of acquittal, saying that she felt she had done her

"I think it's important to understand that when you're in an impeachment trial, you consider the evidence that is before you," Collins noted. "You don't try to

make predictions. You consider the evidence that's before you. In this case, the evidence did not meet the high bar that's established by the Constitution for immediate removal of the president from office. So that was the basis for my decision."

Following the impeachment proceedings, Trump fired three witnesses. Lt. Col. Alexander Vindman, a key witness, was ousted on Friday afternoon, followed by his twin brother Lt. Col. Yevgeny Vindman some 15 minutes later. Trump also

is at a later stage, after

dismissed Gordon Sondaland, who had acted as the U.S. ambassador to the European Union. Democrats and Republicans have noted that these firings seem indicative of retaliatory action, and have voiced disapproval.

This Week in Student Government

Weekly recap of decisions made by the UMaine Student Government General Student Senate

Leela Stockley **News Editor**

On Feb. 4, the General Student Senate approved the Jan. 28 minutes.

General Good and Welfare:

President Bentley Simpson discussed the Robert's Rules item of the week. The senate reviewed procedure on the motion to call a vote.

New Senators, Officer Appointments, Resignations:

Representative to the Graduate Student Senate Sarah Brindisi announced her resignation from the post.

Aidan Andrews was appointed as a senator. Tiffany Curro was considered for the position of senator, but was absent and was not appointed at this time. Adam Giniger was appointed as a senator.

Club Maintenance:

The Intramural Sports Council was announced as inactive.

Kappa Kappa Psi, an honorary service organization, was announced as inactive.

Representatives from the UMaine Film Society argued for the instatement of their group and were granted preliminary recognition.

Representatives from the Student Alumni Ambassadors argued for the instatement of their group and were granted preliminary recognition.

A representative from the Black Bear Beekeepers argued for the instatement of their group and was granted preliminary

Anna Zmitowski approached the senate with an argument for the instatement of a new college Republican group, under the name of the "UMaine College Republicans." The group was granted preliminary recognition.

Charlie Honkonen, the president of the group formerly known as the UMaine College Republicans, sought the instatement of a group under the name of the "UMaine Constitutional Republicans" on the basis that the former group had been recognized by the Maine College Republican Federation. The group was granted preliminary recognition.

Executive Reports:

President Simpson thanked UMaine Dining for their catering services. In addition, Simpson discussed upcoming on-campus events including Earth Day and the Spring Fling.

After this, Simpson turned his focus onto official student business. This included topics like the new Fair Election Practices Commission position, a role which Simpson emphasized. Simpson also discussed Fresh Check Day and an upcoming Student Senate event.

Vice President Chase Flaherty discussed multiple pressing and urgent matters, including a cancelled meeting with Vice President for Student Life and Dean of Students Robert Dana, and upcoming Student Senate events.

Financial Affairs



O'Donoghue discussed budgets for clubs including Engineers Without Borders, the Fishing Club and Alpha Omicron Nu. O'Donoghue also reminded the group of the upcoming budget meeting.

Vice President of Student Organizations Taylor Cray noted that there would be no student organizations meeting this week. Cray also discussed a conversation she would be having in the future about youth retention at the Blaine

Vice President of Student Entertainment Logan Armando discussed multiple pressing issues. This included the executive session about the reinstatement of the UMaine

Republicans, the upcoming UMaine Concert and the local fire department's needs and wants for the concert. Much of Armando's speech was focused on issues and "legal liabilities" related to the concert. Armando also noted that he would allocate \$800 toward the Winter Carnival.

Advisor to Student Government Lauri Sidelko started off by apologizing for missing last week's meeting. Sidelko discussed events like Winter Carnival and the board of trustees meeting. Sidelko mentioned that the University of Southern Maine received an increase of funds for a new residence hall and career center. Sidelko discussed the opportunity for the student government to "do something similar" and "leave a legacy." Sidelko also discussed a tour around Maine high schools.

Lawyer to Student Government Sean O'Mara discussed his court cases from the past week. O'Mara discussed how he dismissed a criminal case against a student who "was a first time offender."

Periodic Reports:

Director of Communications Owen Vadala discussed student government elections and advertised them.

Representative Board Reports:

Honors College Student Advisory Board Rep. Dominique Dispirito discussed recruitment, and increasing participation. She noted just how important student involvement was, and future events, like the Maine Day

Commuter Non-Traditional Students Rep. lan Johnson discussed his group's new e-mail list.

Interfraternity Council Rep. Andrew Arsenault discussed Spring Rush and other Interfraternity

The Panhellenic Council Rep. Allison Swede discussed Spring Rush events, and encouraged girls to "Go Greek."

Sustainability and Environment Action Division Rep. Dalton Bouchless, discussed his group's work on Lisa Savage's campaign and a meeting he had with Campus Activities Coordinator Ben Evans to plan Earth

Community Association Reports:

Wilde Stein Queer-Straight Alliance Rep. MJ Smith discussed the upcoming drag show, Lavender Prom and encouraged students to engage with Wilde Stein as Pride Week approaches.

International Students Association Rep. Hannah Holbrook discussed the upcoming coffee hour and International Dance

Consent Agenda

A motion to allocate \$200 to the Engineers Without Borders for an office budget was introduced. This motion was

A motion to allocate \$1,297.98 to the Fishing Club for group ice fishing trips was introduced. This motion was passed.

A motion to allocate \$100 to Kappa Omicron Nu was introduced. motion was passed.

New Business:

An Act to allocate \$1,297.10 to the Maine Animal Club for the use of a hotel for 16 people to compete in an annual science competition and livestock quiz-bowl, as well as to present new topics in animal science at the University of New Hampshire on Feb. 14-15 was passed.

An Act to appoint Sens. Harrison Ransley and Emmeline Willey as the two senator positions on the President's Cabinet was passed.

An Act to nominate Sen. Tessa Shanteler to the Student Representative for the Board of Trustees was introduced, but the vote was postponed until the next Senate meeting.

An act to modify the Standing Rules of the General Student Senate, including a modification to a subsection to create a position of representative to the Provost Council, as well as a modification to a subsection which would change the title of representative of the University of Maine Army ROTC to the representative of the University of Maine ROTC was passed.

Nominations and Elec-

Sens. Shanteler, Anthony Fabirzio, Trawick, Gabriela Reyes, Camryn Hammill, Cody Embelton, Sarah Brindisi and Harrison Ransley were nominated for the Student Organizations Committee.

The senate went into executive session, the final roll was called and the meeting was adjourned.

Opinion section continued... Letter to the Editor

Contributor

To the Editor:

The group formerly known as the UMaine College Republicans deserves to be ousted.

The former UMaine College Republicans (UMCR) got what it deserved: it is no longer recognized by the University of Maine Student Government (UMSG). The UMCR's conduct over the last several months has

been more intended at childishly offending people instead of contributing a venue for political dis-

An earlier offense was around Indigenous People's Day 2019. The group, which regularly used its Facebook page to warrant hostility through idiotic memes, posted an especially offensive post. The post argued that the holiday should still be called Columbus Day, which is fine. The offensive part was the group's rationale: they reasoned that Columbus, an explorer guilty of genocide and slavery, had saved these "savages" from cannibalism and barbarism. Yes, some Indigenous people had engaged in human sacrifices, cannibalism, etc. However, one wrong (genocide and slavery) does not "cancel out" another wrong. Instead of mentioning how European imperialism dislocated and killed countless Native Americans who had their own cultures, the former UMCR pivoted by alluding to a racist "white savior" myth.

One of the more recent offenses was booking a speaker who had ties to a Holocaust denier. The Young Americans for Liberty (YAL) refused to allow this speaker to present. It is beyond ignorant to welcome a speaker like this. History repeats itself because of people who ignore history. This action

was beyond a slap in the face to Jewish and other

Additionally, the former UMCR idolizes President Trump. The president is not even a true conservative. He has changed parties numerous times, his protectionist tariffs run contrary to neoliberalism, his outlandish spending does not equal fiscal responsibility and his disdain for climate change run contrary to Nixon and Roosevelt's

environmental concern. Trump is a constitutional threat due to his frequent executive orders and his attempt to repeal the 14th Amendment.

The former UMCR had it coming. As a conservative myself, they give Republicans a bad name. It is good that they are no longer recognized by the

Student employees are not poorly treated and do not deserve \$15 per hour

Gabriel Karam

Contributor

Most University of Maine students recall how last November, about 50 students protested in the Memorial Union to have Samantha Warren, the University of Maine System's community relations director, removed. This was part of a movement of outrage after Warren convened with state legislators to limit student

workers' rights. A November Maine Campus article by Leela Stockley identifies how these student workers put forth a list of demands which included Warren's resignation, the creation of chancellor office hours, increased staffing of student employerd among others. The Beacon notes how students were simultaneously petitioning for a the minimum wage on campus to be raised to \$15 per hour, and for working conditions to be improved. It is both disappointing that Warren worked against student rights, and commendable that students participated in democracy for a noble cause. However, student workers are frankly not worth \$15 per hour, and campus working conditions are not as dire as some students claim.

Firstly, UMaine student employees do not deserve more than the minimum wage. In the 2016 ballot question, Mainers voted to increase the state minimum wage by \$1 each year until 2020, after which it will be adjusted according to inflation. The Maine DOL reports that the current minimum wage is \$12 per hour, with the minimum wage at the time of protest being \$11 per hour. This decision drastically increase the minimum wage is a

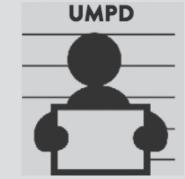
problem in itself, as the Foundation for Economic Education details how doing so would create inflation, job loss, automation, price increases, businesses closing or moving out of state, more pressure on small business owners and other challenges. But this is a separate issue.

UMaine students' labor is not worth \$3 more than the state minimum wade. CareerExplorer reports that the median wage for Maine firefighters is around \$16.45 per hour, ZipRecruiter estimates that Maine police officers average \$21.46 per hour, and the National Education Association estimates that starting teachers average \$19.39 per hour. If UMaine students were paid minimally \$15 per hour, they would be making comparable wages to these and other

See **\$15** on **A6**

Police Beat

The best from UMaine's finest



Leela Stockley **News Editor**

Due to inclement conditions, officers from the Oro-

no Police Department (OPD) and the University of Maine Police Department (UMPD) were unavailable for comment. For inquiries into ongoing investigations, contact OPD at 207-866-4000 or UMPD at 207-581-4040.

Briefs

Quick news from around the country

News Editor

Feb. 3

Results from the Iowa Caucuses, the first leg of the race towards the democratic presidential nominee, spread chaos on Monday night as the reporting methods for over 1,500 precincts in Iowa failed. Iowa's Democratic Party had hoped to introduce an app that would streamline the reporting of ballots, but the app continued to crash. Suspicions of hacking

have been discussed. and the Iowa Democratic chair has called for an independent investigation into what happened. Currently, the AP has declared that they are unable to declare a winner, but data from 99% of the precincts indicates that Gov. Pete Buttigieg and Sen. Bernie Sanders are polling close together, with Buttigleg bringing in an estimated 26.2% of the vote and Sanders finishing close behind with 26.1% of the vote.

Feb. 4



On Tuesday, President Donald J. Trump delivered the third State of the Union address since his election to office in 2016. In the address, Trump applauded the celebration of the 75-year anniversary of the Allied liberation of Europe in World War II, as well as the 50-year anniversary of the moon landing. Trump also spoke on the economic growth of America, claiming that the U.S. is in the midst of an economic boom with increasing wages and the lowest

rate of unemployment in over half a century. However, Trump also spoke on America's export of natural gas and oil, noting that for the first time in 65 years, the U.S. has become a net exporter of energy. There were no acknowledgments of environmental developments or motions to move towards cleaner sustainable energy. After the address, House Speaker Nancy Pelosi was shown on camera ripping a copy of Trump's speech up. In a statement, Pelosi stated that she "tore up a manifesto of mistruths."

Feb. 6

After two weeks of testimonials from witnesses, the trial of Harvey Weinstein has pro-

ceeded to the defense segment of the case. So far, six women have taken to the stand to accuse Weinstein of rape or sexual assault, each recounting visceral key moments from their interactions with Weinstein. His defense is expected to focus heavily on the fact that the women who testified did not immediately report the incident to law enforcement or seek reparations. In testimony, a witness said that Weinstein allegedly told her that "this is what all actresses do, to make it."

Feb. 7

Militarized police have arrested people involved in the Wet'suwet'en territory protest against the construction of a natural gas pipeline just north of British Columbia. The pipeline is part of Canada's attempt to transport more natural gas resources across the country but has been met at every move by protesters who want the project to avoid indigenous lands and territories. Wet'suwet'en chiefs have pledged to only use peaceful protest as their way of opposing the pipeline, but on Thursday morning, Royal Candian Mounted police arrested at least six people who were guarding a roadblock constructed to prevent the construction of the Coastal



The World This Week



GasLink Pipeline.

Thirty Colby College students have been quarantined on suspicion of carrying the Coronavirus after spending their winter break in China. Currently, none of the students have shown any symptoms of the virus, but they are being monitored while they stay at a hotel in Waterville. Colby College released a statement saying that they are closely monitoring the emotional and physical well-being of the students, and noted that they are in close communication with family members and community members in order to address the situation properly.

Feb. 9

Students at Old Town High School will be participating in a collaborative research class to assist scientists in the pursuit of climate change understanding. The class collects data on snow depth, soil temperature, snow water levels and cycling of soil nutrients to help show how Maine's environment is responding to ecological changes caused by global climate changes. The students are working in a partnership with the University of New Hampshire scientists with funds from the National Science Foundation.

Feb. 9

In the past week, members of the Maine Congress voted on measures to improve environmental practices in Maine, a measure to support a pilot program that will allow veterans to have access to therapy dogs and the Taxpayers Right-To-Know Act, which will disclose the cost and performance of government spending programs. All of these measures were passed.

This week at UMaine...

What's happening this week at UMaine

Monday

Winter Carnival: Snow Sculpture Contest

10:00 am - 12:00 pm University Mall

Carnival: Winter Fresh Check Day 11:00 am - 2:00 pm Atrium, Memorial Union

Tuesday

Winter Carnival: Blood Drive/Clothing Swap

11:00 am - 5:00 pm Collins Center for the Arts

> SpiritualiTEA 5:30 pm - 6:30 pm The Wilson Center

Wednesday

Winter Carnival: Winter Olympics and **Bonfire**

3:00 pm - 5:00 pm University Mall

Thursday

Active Minds Meet-

4:30 pm - 5:30 pm Lown Room

Friday

Men's Ice Hockey vs University of Connecticut

7:00 pm - 9:00 pm Alfond Arena

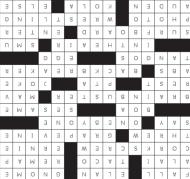
Saturday

2020 International Dance Festival 2:00 pm - 4:30 pm & 7:00 pm - 9:30 pm Collins Center for the Arts

Want to see your club or organization's event represented here? Send the info to eic@mainecampus.com

Diversions Answer Key

Puzzles, comics and more on A8

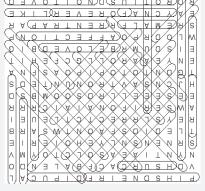


Crossword

Я		S	A	Я	S		S	а	3	Н	S	1	8	3	1	6	9	2	6
3		A	٦	0	К		Ν	3	а	Π	A	_	0	C	-	U		0	
٦	Τ	S	3	Я	Μ		0	Т	0	Н	d	L	9	2	3	8	\forall	7	2
Ν	∃		O	Я	A	0	8	Ⅎ	Я	n	S	^	_	_	,	^	-		-
	Я	I	A	3	Н	1	Ν	I				О	V	7	_	9	C	⊦	ζ
Э	9	3				S	0	9	N	A	Τ	ħ	7.	6	Ω	1	3	9	П
A	3	В	8	К	Э	A	8		S	8	A	V	0	0	_	_	0	_	'
C			A	Τ	d			Τ	S	3	Я	9	L	9	Þ	7	ŀ	3	6
	Я	3	Τ	S	n	8	N	I	A	Я	8	0	0			_	0	_	-
S	3	S				Α	0	8				8	3	ŀ	9	ב	О	V	(
3	Ν	0	У	g	3	Ν	0		У	A	S	3	6	7	2	ŀ	8	G	t
٨	3	d	A	В	Ð		Μ	3	Я	Н	Τ		_			_	_	_	
Я	∃		Μ	3	В	Э	S	К	В	0	Э	2	9	Þ	6	3	9	8	1
∃	Я		0	Э	A	Τ		I	A	٦	A	9	1	0	С	+	1	6	C
Ν	9		Ν	A	٦	3		٦	٦	Α	4	9	-	0	1	V	_	O	(

9 9 6 8 3 9 6 8 2 L 9 3 2

Word Search Sudoku



Opinion

Monday, February 10, 2020

Editorial: The line between corporate allyship and marketing shouldn't be crossed

Liz Theriault
Opinion Editor

In the world of allyship for marginalized groups and marketing for companies in America's cutthroat capitalist economy, where does allyship end and unproductive marketing begin? We are all familiar with the yearly advertising clock: a dedication to new resolutions through the first part of the year that transforms to a focus on plastering American flags all over products for the Fourth of July and finally ending on Christmas decorations and commercials that emerge before Halloween even passes. But movements such as Black History Month and Pride Month have been added to the calendar in the past few decades, opening the door for many companies to exploit people of color and LBGTQ peoples for monetary gain.

In February of 1969, a group known as Black United Students at Kent State University was the first to propose Black History Month as an opportunity to celebrate Black culture and the influence of the black and brown community on American history. Since 1976, each U.S. president has officially designated February as Black History Month, shaping it into a well-known and culturally critical month.

With this awareness comes companies and organizations who organize campaigns centered around Black History Month. In some cases, ef-

forts are made to support black and brown children in school, provide funding to programs and organizations such as the National Association for the Advancement of Colored People or positively raise awareness of influential black and brown individuals throughout history. However, capitalistic tendencies of many organizations often result in exploitation of the month's true purposes in an attempt to gain profit.

One recent example involves Barnes and Noble's "Diverse Editions" History Month Black campaign. Barnes and Noble announced at the start of February that they would be releasing limited-edition copies of classic novels with reimagined covers featuring protagonists of color. This campaign immediately faced backlash, as many pointed out that the classic novels were primarily written by white authors about presumably white experiences. In fact, out of the 12 novels chosen to be featured, only one text, the Count of Monte Cristo, was written by a black author, Alexandre Dumas.

Black authors expressing their disdain for the campaign took to Twitter and described Barnes and Noble's efforts as "literary blackface" and an attempt to profit off of Black History Month. Since the outrage, Barnes and Noble have pulled the campaign and apologized.

But the bookstore is not the only company that has faced backlash for campaigns that attempt to position themselves as allies for marginalized groups. In recent years, Disney has released multiple films that caused viewers to accuse Disney of "queerbaiting." Most recently is the latest Star War installment "The Rise of Skywalker," of which director J.J. Abrams advertised as having LGBTQ representation during the press tour before the release. Yet many fans were disappointed when the representation **Abrams** promised was limited to only one scene that captured two female Resistance fighters briefly sharing a kiss amongst a crowd. The representation promised was so short that it was even easily removed by Disney for the version of the film they re-

Before "The Rise of Skywalker," other Disney films such as the live-action "Beauty and the Beast," and "Avengers: Endgame" were also promised to have LGBTQ representation. And they do, as long as representation includes singular scenes where characters are either briefly dancing or referencing a date with an individual of the same sex. Yet before each of these films, Disney employees and directors all made a point to promise representation to the LGBTQ community, only

leased in Singapore.

to provide snapshots.

But many companies who don't produce movies or other forms of entertainment still find ways to profit off of the LGBTQ community. June was

first officially designated as Pride Month by a U.S. president in 1999, but was celebrated many years prior with pride parades and events. Today, June marks the time that companies and organizations throw themselves into rainbow capitalism, also known as slapping a rainbow on a product to sell under the veil of inclusivity and allyship.

The foundational idea behind Pride Month includes a rebellious acceptance of identity paired with honoring those who lost their lives for being who they are. On June 28 of 1969, a group of plainclothes police officers raided Stonewall Inn of New York City, a wellknown hub for the LGBTQ community, and arrested countless individuals. This event set off six days of "unrest, protest, and righteous rage," according to Da'Shaun Harrison in his op-ed submission to Black Entertainment Televisions website.

In the 50s and 60s, members of the LGBTQ community faced an extremely anti-gay legal system and cultures that threatened their lives and ability to exist in society. It was normal for police to raid gay bars, but Stonewall escalated tensions Key individuals from that include night Stormé Delarverie, Marsha P. Johnson, Slyvia Rivera, and Martin Boyce who are credited with standing up against the police officers and are remembered as symbols marking the start of the U.S.'s path to LGBTQ rights.

But while companies such as Nike Walmart and Jack Daniels may condone gay marriage, they still invest in private prisons, enforce slave labor and ignore the higher rate at which LGBTQ individuals suffer from substance abuse. The rainbows they paint themselves and their products with are only campaign strategies to incentivize profits while inaccurately advertising to the LGBTQ community that they are allies.

However, there is merit in even the most surface level of symbolic gestures that should be noted. An individual walking down the street, flipping through television channels or engaging in other products who sees themselves as validated through rainbow colors and "love is love" campaigns is a positive step for our country. Only two decades ago, companies were pulling their ads from the "Ellen" episode where she came out as gay. Today, clothing lines such as American Eagle, Calvin Klein, Under Armour, Gap, J. Crew, Reebok. Dr. Martens and more all have pride collections. Tech companies such as Amazon, Google and Apple have pride-centered products and commercials. These contributions to society and the representation they provide are important. But it must also be noted where the profits from these campaigns go.

The LGBTQ community did not riot on the streets for companies to sell "love is love" t-shirts

or rainbow colored Apple Watch bands. They rioted for their right to exist equally as who they are. A company may hang up a rainbow flag in hopes that the queer community will spend their money there, but companies need to do more to be considered actual allies

For marginalized groups, Black History Month and Pride Month serve as more than just a time to be proud of who they are or to remember important individuals through history. It is still a time of protest and to demand equality in society.

Companies need to be held to a higher standard of allyship. Profits from pride-focused campaigns should be donated to LGBTQ organizations like the Trevor Project or ensure efforts in hiring and supporting LGBTQ employees instead of only hanging up a rainbow flag. Campaigns like Barnes and Noble's should encourage and highlight black and brown individuals telling their stories through their perspectives, and not just place black and brown protagonists on a few book covers.

In the meantime, if a child or individual sees themselves and their identity represented in a commercial or product and decides it is worth it to live another day as who they are, these advertisements can still serve as a source of good. But they could do so much more.

\$15 from **A4**

public servants. UMaine students should not have

a minimum wage higher than the state minimum wage because they do not perform work that would necessitate such Considering how student wages are not only derived from the tuition money of all students, but also from the tax dollars of Maine citizens, student employees are fortunate to even have employment. Students should not expect to have all living expenses paid for by a college job generously

provided by their university. Minimum wage jobs are just not designed to pay for all living expenses. The expectation is that as an individual gains greater

credentials and experience, they will be promots

Read the rest at maincampus.com



The Maine Campus is an independent student publication. It is completely produced by undergraduate students of the University of Maine. Student subscriptions are provided for free through the communications fee.

The Maine Campus is printed at the Alliance Press in Brunswick, Maine. Our offices are located at 131 Memorial Union. Contact us by e-mail at info@mainecampus.com or by phone at 207.581.1273.

All content herein © 1875 - 2018 The Maine Campus, unless otherwise noted.

All rights reserved.

Editorial and Production

Editor in Chief Olivia Shipsey eic@mainecampus.com
News Editor Leela Stockley news@mainecampus.com
Sports Editor Zach LaBonne sports@mainecampus.com
Opinion Editor Liz Theriault opinion@mainecampus.com

Culture Editor Sierra Semmel
culture@mainecampus.com
Photo Editor Antyna Gould
photo@mainecampus.com
Production Manager Michaela
Arsenault
production@mainecampus.com
Head Copy Editor Maddy Jackson
copyeditor@mainecampus.com

Business and Advertising

Business Manager Chloe Hepburn business@mainecampus.com - 581.1223 Marketing Director Mia Kaufman marketing@mainecampus.com - 581.1270

For rate sheets and other advertising information, visit mainecampus.com.

Love us? Hate us? Write us.

Letters to the editor should be 300 words, concise and clearly written. If applicable, include your academic year. Send all submissions to Liz Theriault at opinion@mainecampus.com.

Submissions may be edited for length, clarity and style. Anonymous letters will not be published.

Opinion pieces should be roughly 650 words and clearly written. Include your name, year and major.

Submissions should be in .doc format.

Send all opinion pieces to Liz Theriault.

The attitudes and views expressed in the Opinion section are those of their authors only and do not necessarily represent the views of The Maine Campus or its staff.

The inside view: the issue with ResLife's \$2 an hour payment plan

Owen Baertlein Contributor

One of the main incentives for most resident assistants (RAs) to take the position is the pay. Unfortunately, the University of Maine is somewhat behind the times when it comes to their payment plans. Other schools have moved ahead of UMaine with the compensation offered to their RAs, improving what they receive in exchange for an extremely challenging, and

The University of Vermont and the University of New Hampshire both offer the same compensation to their RAs as UMaine, but as you move further south, the benefits of being an RA get better and better. Similar to UMaine, Providence College offers staff members a bi-week-

at times unrewarding, job.

ly paycheck totaling the same cost as their room and board fees. Though the payment is roughly equal to that at UMaine, if students already have scholarships covering their housing costs, a paycheck is extra cash in their pocket.

At the University of Rhode Island, RAs are offered free room and board plus a stipend equal to the cost of their meal plan. The University of Connecticut pays housing for RAs as well as a \$4,100 stipend paid out bimonth-

For comparison, the compensation for each UMaine RA is paid room and board provided by the university, with lead RAs receiving an extra \$1000 per year paid out in monthly installments of about \$125 each. Assuming the average RA

pays out-of-state tuition, the highest tuition cost at UMaine, and works 20 hours a week, the pay per hour comes out to around \$23 per hour, given the Unlimited Flex Plan and single room costs, plus days off. The Department of Residence Life claims the job only takes up 20 hours a week but, as students who have had experience as an RA will tell you, the job often takes up far more time. In fact, many would tell you that it requires them to be on-duty 24 hours a day, seven days a week, minus the four days a month they can take off, so the 24-hour workday for RAs isn't even really a point of contention.

If you're an RA and there's a knock on your door at three in the morning, you're required to open it. If you're in the

bathroom at nine in the morning brushing your teeth and someone bursts in and vomits in the stall behind you, you're responsible for handling the situation. If you have to call the UMaine Police Department at midnight because someone's neighbors are being too loud, that's more paperwork for you. In fact, the Department of ResLife has even asked RAs to keep an eye out for policy violations, some as simple as smoking, that are happening anywhere on campus, especially outside of the RAs' assigned building. With all that, the pay per hour drops to about \$2.73, an absurdly low number for an absurdly overworked student em-

RAs have been called back to campus from dates, told they couldn't attend family gatherings because of ResLife events and had nights off retracted with little to no notice. Granted, it's an important job, arguably one of the most important on campus, but denying an employee the right to separate their work and personal life is absurd. It's illogical and unreasonable to argue that a job that requires you to live where you work could ever possibly only demand 20 hours a week and come with the compensation of a part-time job.

All in all, given the amount of work each resident or community assistant puts into their residents, floors and communities, it certainly seems that RAs deserve better pay than \$2.73 per hour, a pay rate lower than any federal minimum wage ever set. Of

course, UMaine has to make some kind of profit, and demanding a \$4,000 stipend might be a little absurd. But even Rhode Island College, a school with a thousand fewer students than UMaine, can afford to pay their RAs an extra \$100 per semester on top of room and board.

When all is said and done, the Department of Residence Life asks too much and gives too little. From nights spent on the floor in the New Balance Recreation Center with only a half-hour warning to spending two weeks in a training session that doesn't cover the bare essentials, the Department of Residence Life owes its RAs a lot more than a few bucks an hour.

Practicing mental hygiene helps ensure success in college

Ellen Moon Contributor

Mind over matter is a concept in the mental health realm that essentially means using one's own personal willpower to overcome physical problems. As the semester begins, many of us are facing physical obstacles that are mentally draining. Practicing good mental hygiene is one way to strengthen our ability to power through this semester with flying colors.

Practicing good mental hygiene may seem difficult at times. However, with 41.6% of college students struggling with anxiety and 36.4% struggling with depression, it is

an essential part of staying healthy. According to mentalhealth.gov, mental health includes our emotional, psychological, and social well-being. It affects how we think, feel and act, both on a personal level and a societal level. Research done by university students Daniel Eisenberg, Ezra Golberstein and Justin B. Hunt states that university students with depression correlate with students receiving low GPAs and dropping out. Studies also show that those characteristics are also high in those who test positive for anxiety as well as depression.

Mental hygiene is defined as the science of maintaining mental health disorders and/or preventing the development of a mental health disorder, as defined by the Medical Dictionary. As college students, we have busy schedules, but there are simple steps that can lead to a healthy and stable

Eat healthy. It is a common misconception that eating healthy means eating only greens, no sugar and only drinking water. This is not true; it is about balance! Treating your body to the right things is essential. If we are physically healthy, it is more likely that our minds will be healthy. A few foods to try are fish, dark chocolate, coconut and tea. These foods have been

shown to help lower certain symptoms or feelings related to mental health

As college students, we often struggle to get eight hours of sleep, especially when trying to balance classes, work, social life and other responsibilities we often have. Sleep is crucial to your brain health. If you are not rested physically, then there is a high chance your mental health will not be to its full working capacity.

Next, cutting out or reducing your level of alcohol intake helps immensely. Alcohol is a depressant, therefore, if you are already depressed, alcohol will worsen your symptoms over time often

clouding your decisions.

Exercise releases endorphins in our brain which is why after exercising we feel refreshed, positive and energized. As students, the New Balance Recreation Center is accessible through the student activity fee, and even the smallest amount of exercise can decrease the lonely, exhausting feeling mental health issues can leave us with.

Last but not least, asking for help is an option that is always available to us. Whether it is on campus or within your social group, resources are here to help us feel comfortable and healthy, no matter what the situation may be. Surrounding yourself

with people who are supportive and understanding of your struggles can be impeccable to your recovery.

With these few skills, oftentimes you have the willpower to maintain your own mental health hygiene and brighten your college experience.

If you are feeling suicidal there are a number of resources available to you. For emergencies please call 911. You can also contact the suicide hotline at: 1-800-273-8255 or the CRISIS Text Line by texting "START" to 741-741. There are also on-campus resources available to you including the Counseling Center at 207-581-1392.

Kobe and grief, according to the Internet.

Nate Poole

Contributor

Only two weeks have passed since a helicopter crash took the lives of Kobe Bryant, his 13-year-old daughter and seven others. In that time, the response has been nothing if not typical.

Every social media account had something to say, a picture to post or a breaking story to retweet. This might be appropriate if everyone were able to mourn respectfully for the lives lost in such a tragedy, including that of a complex and unimaginably famous human being such as Bryant, but grief does not fit into Twitter's 280 character limit.

Even among NBA players, Bryant enjoyed a level of notoriety only familiar to fellow household names like Michael Jordan and Lebron James. Bryant was a childhood hero to many, but his career did not proceed without controversy. In 2003, a 19-year-old desk clerk accused the athlete of raping her during his stay at the hotel she worked at. Bryant, who was 24 years old and married, admitted to sleeping with the woman but insisted that the sex was consensual. The charges against Bryant were dropped when the woman refused to testify and eventually a settlement was made with Bryant outside of court.

Now, 17 years after the fact, the allegations against Bryant have found new life in the commentaries of those who hesitate to wholeheartedly celebrate his life or mourn his death. This reluctance has been voiced by a number of different sources in a number of different ways: a high school principal in Washington was placed on administrative leave for describing Bryant's death as "karma;" "CBS This Morning" co-host Gayle King faced backlash for asking WNBA star Lisa Leslie what she thought of the allegations in a small part of a much longer interview; and Abigail Disney (yes, that Disney) tweeted last Wednesday: "The man was a rapist, deal with it."

deal with it."

All of these individuals have faced intense criticism on social media for bringing up events that many perceive to be resolved to shamelessly attack the NBA legend. With that said, these reactions

pale in comparison to

posts made by comedian Ari Shaffir who tweeted upon hearing of the crash that "Kobe Bryant died 23 years too late today." He then congratulated the pilot of the helicopter on not refueling the engine and finished with, "I hate the Lakers. What a great day!" Shaffir's tweet, which resulted in him receiving death threats and being dropped from his talent agency, represents a significant portion of the responses to Bryant's death. Some people expressed sadness, others got mad and another group decided to troll everyone else.

The power and illusion of social media is that it is far removed from reality. When the dominant means of communicating emotion is emojis, it cheapens any real attempt at conveying the sort of devastation that the death of a loved one can bring about. Some take advantage of this emotional separation to address emotional situations with humor that would generally be considered tasteless in the form of memes or transgressive posts like Shaffir's. Others may seek

out silver linings by em-

ploying expressions about

being at peace or angels in heaven, which, as The Atlantic writer Claire Wilmot asserts, can come off as "isolating and offensive" for those who were legitimately close to the

individual.

Social media is certainly not all bad when it comes to times of difficulty or grief and many expressions can be effective in displaying sym-

pathy and solidarity with those affected by the death of a loved one. On the other hand, such public reactions can seem at once opportunistic, performative and ultimately disingenuous attempts at displaying emotion that isn't felt. Kobe Bryant was immensely successful, influential and active in supporting important causes later in his too-short life.

There is so much in the way that he lived his life that is worth admiring but to deify him would be doing a disservice to those that truly knew him as a human being, flaws and all. No one tweet will immortalize Bryant's legacy or the grief that resulted from its early ending; it's better to let loss be felt than cheapen it with an emoji.

Thumbs

Up

Down

Shakria's Performance (56%)

Post Malone Commercial (57%)

Netflix (80%)

Dunkin' (57%)

Fall Semester (69%)

JLO's Performance (44%)

Tom Brady Commercial (43%)

Hulu (20%)

Aroma Joe's (43%)

Spring Semester (31%)



Opinion continued on A4

Jiversions

Crossword

onlinecrosswords.net. Answer key located on A5 16. Update boundaries

Across

- 1. Football season
- 5. Flair
- 9. Diminutive dwarf 14. Jai
- 15. Crunchy munchie
- 17. Rotini's shape or
 - move in 62-Across

- 19. Bert's buddy 20. Purposely lost
- 21. Rumor mill or finish-
- ing move in 62-Across 23. Right to speak
- 24. In single file 26. Vamp's wrap, per-
- haps
- 27. Street for 19-Across
- 31. Challenging puzzle or move in 62-Across 37. Dallas cager, briefly
- 38. Word with bed or head
- 39. School org.
- 40. It may be practical
- 41. Exercise target
- 42. Final straw or move in 62-Across
- 46. Passionate dances 48. Word with nest or rotten
- 49. On everyone's mind
- 53. Dallas school, briefly 56. Wave rider or move in 62- Across
- 59. Inviting sign
- 61. It's created in a snap 62. "Move" sport of 17,
- 21, 31, 42 and 56-Across

64. Poet W.H.

Down

2. Hilo hello

4. Similar

6. Grande

7. Biting

12. Chief

- 65. Coke nut
- 66. Alternative word 67. Storage structures
- 68. Latin Amer. ladies 69. Try for a part

1. Sgt. Friday's focus

3. Frizzy-haired Stooge

5. List-shortening abbr.

8. Adamant denial

10. Butterflies

18. Pass out

22. Model

25. Seize

9. Less experienced

11. Present opener?

13. Pointless weapon?

26. Boring accessory

30. Word before after?

31. Bart Simpson, for

DNEIRFDIPU

28. One way to run

29. Model partner

- 36. Bar bill 40. Binge

33. Org.

42. Chocolaty treats

35. Corp. shares

43. Concerning

32. Musical McEntire

34. Bars on a Mars bar?

- 44. Portuguese king
- 45. White wading bird
- 47. Loaded with talent
- 50. Aggressively peddles
- 51. Bobble or overthrow
- 52. Journalist ___ Rogers
- St. Johns
- 53. Entrance barrier
- 54. High IQ group
- 55. Exhorted
- 56. Healthy resorts
- 57. No, informally 58. Took a train
- 60. Ariz. Diamondback or
- N.Y. Met
- 63. Palindromic airline

Word Search: Valentine's Day

ADMIRER ADORE AFFECTION ATTRACTION BEAU BELOVED BOYFRIEND CANDLES CANDY CHOCOLATES COUPLE CRUSH DARLING

DEAR DEVOTION FANCY **FEBRUARY** FI AME **FLOWERS** FONDNESS FOREVER FRIENDSHIP GIFT GIRLFRIEND **JEWELRY**

LOVEBIRDS LOVERS PARTNER PROPOSAL RELATIONSHIP RESTAURANT ROMANCE ROSES SENTIMENT SUITOR SWEETHEART

puzzles.ca. Answer key located on A5

Horoscopes

By Antyna Gould

Aries (March 21 -April 20)

You have been working hard to reach your goals. Take time to step back, detox and feel your spirit before continuing. A stronger you makes for better results. Mercury in Pisces enters retrograde Sunday, Feb. 16 in your privacy sector. Look inward and see that every part of you is getting the attention it needs to thrive. On the same day, Mars enters Capricorn. Persistent Mars will give you the energy to keep pushing to improve yourself. This energy coupled with a Jupiter-Neptune transit will create a lasting sense of purpose.

Taurus (April 21 -May 21)

The start of a Jupiter-Neptune transit will inspire you to explore things outside of your comfort zone through the help of your exceptional support system. Keep the exploration going when Mars enters Capricorn on Sunday, Feb. 16. This action will give you the boost in energy you need. When Mercury enters retrograde on the same day, use this energy to find a channel to express what you have had trouble saying in the past. While a retrograde can cause delays, make sure to keep a positive mindset.

Gemini (May 22 -June 21)

While starting something new is always fun and exciting, it is best to stick with projects already in progress. On Sunday, Feb. 16 when Mercury enters retrograde be on the lookout for any delays or mixups. However, this does not have to bring work to a halt. Use this

time to look towards your

responsibilities current because the energy from Mars entering Capricorn on the same day will help you sort everything out. There is always room for improvement by learning better management.

Cancer (May 22 -**June 21)**

While Mercury going into retrograde on Sunday, Feb.16 can be the cause of accidents, take a moment to slow down and breathe before continuing the uphill fight. Look at the decisions of your past - perhaps all they need is a little perspective. Make changes to plans so they are the most advantageous for you. At the same time, a period of great opportunities will arise in your partnership sector when Mars enters Capricorn on the same day. While the sudden burst of energy can create clashes with your partner, the resolutions will be long-lasting.

Leo (July 23 - August

Mars enters Capricorn in your health and work sector on Sunday, Feb. 16. Channel the energy to create better routines for your mental health. These choices will help develop your sense of purpose. Take time to look to the past when Mercury enters retrograde on the same day. Reflection on the past will help bring clarity to the present. A slower pace will help you to review and revise the issues you have been avoiding. Virgo (August 22 -

Create magic in your relationships when Mars enters Capricorn in your romantic and creative sector on Sunday, Feb.

same dav can cause some setbacks. have

- October 23)

daily routine as the Jupiter-Neptune begins this week. Get to the bottom of lingering problems with your family when Mars enters Capricorn on Sunday, Feb. 16. Putting more energy into your home life will help bring about better situations. The hardest decisions often have the biggest impact. Look to your support system for help as Mercury goes into retrograde on Sunday, Feb.16 in your work and health sector.

the incredible support system around you to help keep it together when Mercury retrograde on Sunday, Feb. 16. Don't forget to show your appreciation of the support these people give, and even better, be sure to return the favor when the time comes. On the same day, Mars will enter Capricorn within your communication sector, creating a desire to explore and learn through other people. Push yourself a little harder in your career to make advances. Use your creative abilities to

begins.

September 23)

16. While Mercury entering retrograde on the

the energy and courage to persevere. If you want the issue to resolve, find the courage to work it out. Don't be afraid to move outside your comfort zone and be creative when it comes to a partnership. Libra (September 24

Pay attention to your transit

Scorpio (October 24 - November 22)

Take advantage of enters help with a project as the Jupiter-Neptune transit

Sagittarius (Novem-

As the start of a Ju-

ber 23 - December 22)

ber 23 - January 20)

strong sense of purpose.

RCACFBA EASOLC S N L ΥE Н 0 D S F TWS A O NREC С R Τ AWS Ε ONA Α С LRDSO Ε 0 С S V Τ RONUN Τ Ε 0 TOP 0 R 0 G С В Ε F D R Ρ 0 Α F E C RRENTL F C N AFOREVERL RDROTIUSDNOITOVED

Sudoku

Each row, column and 3x3 square must have numbers 1 - 9 in any order, but each digit can only appear once. There is only one correct answer.

Difficulty level: Medium



puzzles.ca. Answer key located on A5

piter-Neptune transit energizes your practical side, view everything with a critical eye. Don't forget your dream and challenge yourself to be imaginative. A lot happens on Sunday, Feb. 16 for you. First, Mars enters Capricorn in your resource sector - you need to take action to improve it. These improvements will heal to create a strong sense of security. Next, Mercury goes into retrograde which can cause delays. Use this pace to slow down and breath before continuing to grow.

Capricorn (Decem-

As Jupiter begins to move into harmony with Neptune, feed your uplifting spirits and watch them transform into a

Since Mercury is entering

retrograde on Sunday, Feb. 16 can cause misunderstandings, look over your current projects and see if they are being done correctly. Don't let the past cloud your judgement, better endeavors await in the future. On the same day Mars enters, your sign will light a fire within you. Take initiative on personal matters and get stuff done.

Aquarius (January 21 - February 19)

Keep the focus on your comfort levels. Sunday, Feb. 16 will be a busy day with two major events coinciding. First, Mercury goes into retrograde. Look into the past for the answer to your current situation and if that means having to change your mind on a decision, then so be it. Next, Mars will en-

ter Capricorn. Turn your

attention to overlooked issues and make them a priority; dealing with these issues will cause an emotional transforma-Pisces (February 20 -

March 20) With the beginning

of the Jupiter-Neptune transit this week, take time to enjoy your social life while giving all you've got in the projects you're currently working on. However, avoid speaking on projects prematurely when Mercury enters retrograde on Sunday, Feb. 16. On the same day when Mars enters Capricorn, you will receive exciting insights for your social life. This could mean an old interest will reawaken and new connections may form.