Maine Campus February 22 2021

Maine Campus Staff

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**MealMe app to launch at UMaine Feb. 22**

**Megan Ashe**  
**News Editor**

MealMe, an app that compares the prices for food on campuses nationwide, is ready to feed students on the University of Maine campus.

**How it works:** MealMe is a free, downloadable app that lets students compare the prices of popular food delivery services on their campus with the prices of the same food when ordered directly from restaurants.

**Benefits:** MealMe is currently available on 20 different campuses nationwide. Students can have access to over 15,000 restaurants and currently serves 400 college campuses nationwide.

**What’s next:** MealMe is looking to hire college students in many positions including software engineering, data entry, customer service representatives, and student ambassadors to promote MealMe both on and off campus.

**Source:** MealMe

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**MealMe's co-founder and President Max Weisbrod** weighed in on the potential impact MealMe could have on the state of Maine.

**Weisbrod said:** “The potential for MealMe to become a hub for student innovation is a point of great excitement for current students. “It’s also going to be good to have a central place for engineering students to convene.”

The construction of the Ferland EEDC is expected to be completed in August of 2022, just in time for the start of the 2022-2023 academic year. The building was designed by WSBRC Architects Engineers, based in Bangor, as well as by Ellenzweig of Boston.

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**Walking to class on campus:**

**Monday, February 22, 2021**

Midnight Breakfast releases debut album

**Cultural Affairs**

Midnight Breakfast releases debut album. The band, which formed in the fall of 2020, has been quickly gaining attention and has been featured on local and national radio stations.

**Photo by David Jakacky.**

**Vol. 138, No. 16**

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**MealMe is looking to hire college students in many positions including software engineering, data entry, customer service representatives, and student ambassadors to promote MealMe both on and off campus.**

With the growing popularity of food delivery apps in the greater Bangor area, it is sure to be an instant hit among UMaine students.
The Clement and Linda McGillicuddy Humanities $110 million Center kicked off a new era of talks on climate change centered around Marilyn Sigman’s book “Entangled People and Ecological Change in Alaska’s Kachemak Bay.” The event was organized and hosted over Zoom by Laura Cowan, a professor of English and the director of the Women’s, Gender, and Sexuality Studies Department at the University of Maine.

“Entangled” presents a personal narrative combined with reflections on the rapidly shifting landscape of Alaska’s Kachemak Bay through the lens of natural and wildlife management specialist Marilyn Sigman.

The book, a small blue volume with images of marine life native to the area illustrated on its cover, contains a wealth of information on the region found on the Kenai Peninsula of Alaska. The work was drafted in 2018 and was awarded the John Burroughs-McGill-McMahan Distinguished Natural History Book.

In this discussion of four total discussion groups, Cowan’s attendants in a discussion of the first two sections of the book, entitled “Arrival” and “The Bidae Story,” as an introduction to the concept of the “Shifting Baseline” which became the prominent focus of the discussion. There were brief introductions of sections of the book, as well as from Sigman herself. Karen Seabear, a humanities specialist from the McGillicuddy Humanities Center, introduced the general ideas of the book, as she acknowledged that this presentation was taking place on the land of the Penobscot Nation.

Sigman then presented a brief slide show on her work and her connection to the Kachemak Bay region. She showed by beginning on an overtake that marks the entrance into the town of Homer, as well as images of several beaches, and wildlife native to the region. Sigman discussed the concept of the “Shifting Baseline” region. A baseline is defined scientifically as a minimum data point used for the sake of comparison, to discuss “a Shifting Baseline” is to discuss the ways those data points have been drastically altered by the effects of climate change. Sigman also expands the concept of a “Shifting Baseline” to the cultural effects of climate change, and the ways in which our sense of place has been altered by the same problems with their ecosystem.

“Shifting Baselines” then discussed the landscape of Alutiiq potluck, and the importance of the native Alutiiq potluck, and the importance of the Alutiiq potluck, and the importance of the Alutiiq potluck, and the importance of the Alutiiq potluck, and the importance of the Alutiiq potluck, and the importance of the Alutiiq potluck, and the importance of the Alutiiq potluck, and the importance of the Alutiiq potluck, and the importance of the Alutiiq potluck, and the importance of the Alutiiq potluck, and the importance of the Alutiiq potluck, and the importance of the Alutiiq potluck, and the importance of the Alutiiq potluck, and the importance of the Alutiiq potluck, and the importance of the Alutiiq potluck, and the importance of the Alutiiq potluck, and the importance of the Alutiiq potluck, and the importance of the Alutiiq potluck, and the importance of the Alutiiq potluck, and the importance of the Alutiiq potluck, and the importance of the Alutiiq potluck, and the importance 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Senate votes to acquit President Donald Trump in second impeachment trial

News A3

On Saturday, Feb. 13, the U.S. Senate voted to acquit President Donald Trump in his second impeachment trial, marking the end of a process that had lasted for over two months. The vote was 57-43, with 43 senators voting to acquit Trump and 57 voting to convict him. The trial began on Jan. 13, when the House of Representatives voted to impeach Trump for a second time, accusing him of inciting an insurrection at the U.S. Capitol on Jan. 6.

The vote to acquit Trump came after 16 hours of debate and arguments over his actions leading up to the Jan. 6 insurrection. The Senate voted to acquit him on two articles of impeachment: one charging him with inciting an insurrection and the other charging him with obstruction of Congress.

The trial was the second impeachment of Trump, who was also impeached in 2019 for abuse of power and obstruction of Congress. The House had voted to impeach him twice, but the Senate had acquitted him both times.

The acquittal was a major victory for Trump and his supporters, who had been hoping for a favorable outcome. The vote was a blow to Democrats, who had hoped to remove Trump from office.

The acquittal of Trump means he will not face criminal charges related to the Jan. 6 insurrection. However, he could still face civil lawsuits and other legal challenges.

The vote was divided along party lines, with all but one Republican senator voting to acquit Trump and all but one Democrat voting to convict him.

The trial was the first to be held in the Senate of a former president, and it was a highly anticipated event. But in the end, the Senate failed to find enough evidence to prove Trump had committed the crimes of incitement of insurrection or obstruction of Congress.

The acquittal of Trump was a major victory for Republicans, who had hoped to use the trial to weaken the case against him and to boost their chances of re-election in the upcoming midterms.

The vote was also a major setback for Democrats, who had hoped to use the trial to expose Trump's role in the Jan. 6 insurrection and to impeach him again.

The acquittal of Trump means he will not face criminal charges related to the Jan. 6 insurrection. However, he could still face civil lawsuits and other legal challenges.

The vote was divided along party lines, with all but one Republican senator voting to acquit Trump and all but one Democrat voting to convict him.
Weekly recap of decisions made by the UMaine Student Government Student Senate

Monday
Changuo Kristofe Lee, a MA resident for over 30 years, has planned to open a new Korean restaurant this spring in Bangor. The restaurant will be called Kron Koral and be located at 97 Center Street in Bangor. The restaurant will serve classic Korean dishes such as jajangmyeon and bulgogi. This will become the only Korean sit-down restaurant in north Portland.

Tuesday
Orono House of Pizza (OHP) is open earlier on weekdays now, starting at 11 a.m. Every Saturday and Sunday from 11 a.m. to 4 p.m. OHP is serving $5 mini-pizzas with 1 slices of breakfast pizza for the perfect midday meal. It is still offering delivery options as well and plans to resume outdoor seating in the spring.

Wednesday
All seasons of Modern Family, ABC’s hit comedy series, are now available to be streamed on Hulu. The show covered filming last year and Hulu is the only streaming service with this show on it. It is bound to make you giggle so make sure to check it out!

Thursday
On Wednesday, Feb. 17, they are seeking feed- back for potential com- munication alternatives. The Sustainability and En- vironmental Action Com- mittee is trying to bring electric car chargers to campus, as well as plant new trees.

Friday
The University of Maine System is host- ing the Pullo Pla- tory Prize and invites all undergraduate stu- dents to participate in this contest. This year’s theme is “Out- break” and all stu- dents are encouraged to submit up to three poems via their web- based platform. The first place prize is $100, the sec- ond place prize is $75 and the third place prize is $50.

Tune Into This!
What’s happening this week at UMaine & beyond

Center for Undergrad- uate Research Liaison: Angel Londoño
Policy and Procedure Chair: Alyssa Calzado
Services Committee Chair: Connor Bray
Student Conduct Code Oversight and Re- view Committee Chair: Alpge Depeus
Student Mental Health Committee Chair: Alyssa Calzado
Multicultural Affairs Committee Chair: Alexa Pater
President Pro-Tempo- ren: Frank Kelly
Senior Class Council: Leanne Rabideau
Executive Reports: President Hamilton Ransley reported that he will be holding the cabinet meeting will be held directly after the senate meeting. Nominations should be finished after the meeting as well. Voting forward, any sort of absence appeal will take place during the ex- ecutive session. This will protect the ident- ify of senators who want to keep secrets behind absences private. Vice President of Financial Affairs Jake Taule reported on unallocated funds, including some financial transfers that were done to cover some insurance costs. Vice President of Student Organizations Emmeline Wiley reported that Student Organiza- tions’ committee elections will be happening soon, and that anyone wanting to run should get their nominations in as soon as possible. Vice Presi- dent of Student Entertai- nment Chase Phalanry reminded the senate that Winter Carnival is still on schedule for this week. There will also be a Mis- tener the event will be held for the school on Zoom in the coming weeks. More information will be avail- able soon. There will also be some free tickets for Spot- light Orchesan in Orono for students. Advisor to Stu- dent Government Lauri Sidleko was absent this week, so Benjamin Evans gave her report for her He announced that campus Bingos will be happening next week, and there will be talks about starting exports for the school.

Representative Board Reports:
• Faculty Senate Representative Kyle Vail announced that acceptance num- bers are up for the school. COVID-19 test atten- dance is down to 85 percent. The faculty senate stands by its decision to change the pass/fail option for this semester. In regards to the council elections, the faculty senate wants the distribu- tion to happen in a more private location. When it does come time for stu- dents to be vaccinated, they would like everyone to be vaccinated at the same time. Director of Communications Danielle Jarosz said that the cur- rent feature on Instagram is going well and has been getting positive feedback. Follow referees will begin in the future, learning more followers.

Standing committees:
• The Committee of Marketing and Public Relations had really pro- duced this week. They are preparing to attend senators, in order to make up for the lack of board meetings this Thursday. There will be a meeting coming up to discuss alternatives to the annual senate retreat. The Policy and Procedure Committee worked on several new resolutions.

Faculty Senate:
• The commute and non-traditional student board is doing their first shopping trip for the Black Bear Exchange new students. The Interfra- ternity Council held its first in-person meeting last week. There were many chapter presidents at in- terest group meetings moving more productive. They are seeking new members for the Greek community. The Fraternal Council is having a joint meeting with the Interfraternity Council and the Student Government to discuss alternatives to the annual Senate retreat. All these resolutions passed unanimously.

At the conclusion of new business, the senate had its second round of nominations. They then held a joint call and adjourned.

New Business:
• There were several new resolutions this week:
  • An act that makes it so absence appeals take place during executive session.
  • An act to modify sig- natures required forScaled tickets.
  • All these resolutions passed unanimously.

On Wednesday, Feb. 17, they are seeking feed- back for potential com- munication alternatives. The Sustainability and En- vironmental Action Com- mittee is trying to bring electric car chargers to campus, as well as plant new trees.

Community Association Reports:
• The Remnant Collec- tive will be watching films related to Black History at their next meeting. While Wild Stoves will continue work- ing on getting connected with the Old Town High School Gay-Straight Alli- ance.

What's happening this week at UMaine & beyond
Maine’s housing market seems to be stuck between a rock and the state of Massachusetts. 2020 was a record year for home sales due to mass-migration of wealthy teleworkers from crowded cities, and with demand refusing to subside, accessible regions like the greater Portland area are struggling to keep up with a dwindling inventory of homes and apartments. Such shortages have historically resulted in renter-versus-neighborhoods that have to deal with skyrocketing housing and rental prices. While municipalities will likely have to address the difficult issue of rezoning for new development, residents, new and old, would do well to embrace their new neighbors and the benefits they offer their communities.

The cause behind the unprecedented demand for housing outside of dense, urban environments has everything to do with the massive shift to teleworking across the country at the outset of the pandemic. The fact of the matter is that a small apartment or condominium isn’t so appealing when it’s suddenly one’s office as well. “Most people want to own a home that they can work out of,” said Mary Hay, president-elect for the Maine Association of Realtors, told Maine Public. “The narrative is we’re seeing people in and buying in small rural towns, not just in southern Maine.”

With this kind of housing boom, the untenable increases in housing and rental prices that push out middle and working-class residents from popular communities like South Portland can produce significant resentment towards their new neighbors. Northern Idaho is experiencing the same phenomenon, and Boise has been struggling with it for years. In the 2019 Boise municipal election, Can- didate Wayne Richey gained traction and attention with a platform entirely devoted to preventing Californians from moving to the city. According to the Los Angeles Times, Boise’s median home and rental prices have been steadily driven up since 2016 by expansive inflows of wealthy buyers from California trying to escape the Golden State’s severe housing crisis. While Richey’s one-track platform was extreme, it expressed many Idahoans’ frustration with a housing market that has been seemingly impossible for them to compete in.

Now, Boise’s stressed housing market has extended well beyond the city into northern Idaho’s rural towns in counties like Kootenai, where out-of-towners are putting up a battle of their own. Kootenai County had increased its units in Franklin County had increased by 75,000 by the end of the decade, and economic productivity, gross domestic product (GDP) and value-added per worker. While the workers could very well reside in cities like Boston, complicating the true measure of their labor’s contribution to Maine’s economy.

While individual municipalities should pursue sustainable ways to increase housing inventory like affordable housing projects and zoning regulations that permit increased housing density in already developed areas, Maine residents should look at cities like Boise as instructive examples. Very little can be done to limit the migration of out-of-state residents who are willing to pay more than the market in the long term. Maineres should welcome them as the economic stim ulus that they are. Otherwise, they will have no reason not to return to the apartments and condos from whence they came.
It’s Friday, and you want to have a movie night. So you sit down with friends, roommates, alone or whatever your preference is, and you look for a movie. Time to open Netflix, and Hulu. And HBO Max. And Amazon Prime. And Disney+. Oh, what about Peacock? That’s where your movie suggested again? And do you have a Roku? Or Chromecast?

There are too many streaming services, so many that it’s negating the convenience of any streaming service came into existence to begin with. That’s cold, hard truth that many are coming to realize as watching TV and movies becomes more and more complicated. With each new streaming service that enters the mix comes a repeat of the hoopla over streaming. Some services have rights to some content, while others don’t, an example being the endless stream of original content like “Six Feet Under” and “Bridgeport.”

When we began with Netflix in the mid-2000s, the game was completely different. It was only movies, and you could choose from just about any movie in existence and receive a good old-fashioned DVD of it in the mail. Then, according to The Street’s “History of Netflix: Timeline and Facts,” instant stream came into play in 2007. Available titles were limited and Net- fix was, at the time, the only company offering the service. Life changed.

Now, due to the amount of different platforms on which you can find movies and shows, streaming is a way for a movie night or to watch a show when it’s heading over to Peacock, NBC’s new streaming service that has the rights to the show. This is just one major example of a “Netflix Casualty.” So, Joe Sulp can watch him in his blog tracking the dispersion of titles across streaming platforms over time.

The result, oftentimes, is that consumers and up paying another $10 to $20 a month just to binge the latest season of “Wanda- vision” on Disney+ in 48 hours. A devil’s advocate might argue that no one’s really making anything you can watch a show has to pay a subscription to a new service just to finish a show you’ve been watching for a few seasons into. For example, if you’ve been watching your way through “The Office” on Netflix, you may have realized recently that it’s your last season on the air. So, you’re basically being asked to pay its second chance. Peacock, NBC’s new streaming service that has the rights to the show.

In streaming services, originally took the inconvenience of TV (time, cable packages, availability of shows, etc.) and seemed to render it obsolete, putting the power in consumers’ hands to watch what they want, when they want it for a reasonable rate. But now, finding what you want to watch is as time-consuming as flipping through every channel. With about six different subscription packages, it’s probably just as expensive as your parents’ obscure Comcast cable package.

So it’s Friday night, and it’s time to sit down to watch that movie. But when the distant consumer scrolls through all the apps that are putting them back another $10 a month and they still can’t find “Harry Potter,” they have to wonder if they’ll ever find the missing old TV.

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Aries (March 21 - April 19)

Finaly, there is harmony in your life between your family, friends and the world. With this harmony comes emotional ful-fillment and happiness. Share these posi- tive feelings with your community to work towards a very positive period of the year. At times when the world seems to be constant-ly fighting, rejoice in a moment of happiness.

Taurus (April 21 - May 20)

Opposites attract too much, and the more you’re filled with balance, honor and respect. Embrace the new en-ergies this person brings into your life. A passionate partner-ship thriving under the dreamy energies of Peacocks makes for a fantastic journey together.

 Gemini (May 21 - June 20)

The time has come to take matters into your own hands. Feel the energy that sur- rounds you on your shoulders and pass it on to others. Feel the strength that drags you to the edge to that you may have to purchase a new subscription to watch a show.

Leo (July 23 - Aug. 22)

Can you feel the strain on your shoul- ders from holding all this responsibility? You have worked hard to earn these achieve- ments but the cycle of life has come to look to someone other than yourself. Learning to trust is not easy to do but valuable skills that will help you with fu- ture achievements. Let someone else share some of the responsi- bilities with you.

Virgo (Aug. 23 - Sept. 22)

Be very careful as a new journey ap- proaches. Adventure awaits around the cor- ner. However, do not blindly force forward. Cause your excessive eagerness will bring consequences. As ex- citing as an adventure may be, you can be taking time to plan things out and also make for a safe and successful journey.

Libra (Sept. 23 - Oct. 22)

The key to your battle lies in dedi- cation to your trusted partner and diligence in completing your tasks. There is no time to waste, swiftly set plans in motion to bring about many ben- efits. Do not shy away from responsibility, un- less you want to face consequences to your professional and per- sonal life.

Scorpio (Oct. 23 - Nov. 21)

Be wary of a poten- tial partner entering into your life unspecif- ically. While you may have good intentions, the relationship may quickly go downhill once your partner’s partner’s emotions. Let them to both your heart and your head to save yourself the dissapointment.

Sagittarius (Nov. 22 - Dec. 21)

A long, tiresome battle has finally come to an end. You have survived this and you should be proud. Take the time to cel- ebrate your achieve- ments. Recognize that the past was hard but it is only the past. Bet- ter days await you on the horizon.

Capricorn (Dec. 22 - Jan. 19)

You are dependable with an unwavering focus. Some people aspire to have that. However, be wary that you may be moving forward blindly. Take a moment to stop, breathe and observe your surroundings. Something important to you has been left behind. Without it, you will have trouble suc- cessing.

Aquarius (Jan. 20 - Feb. 18)

Bad things tend to strike at the worst of times, knocking you to the ground. There is little that can be done to prepare for them nor can you avoid them al- together. However, bad days will always end. No matter how dark the night gets, the sun will rise, bringing with it a second chance.

Places (Feb. 19 - March 20)

Balance is not al- ways good when it means having to make a difficult choice. You must lean in one di- rection and go down the path you choose. Whatever choice you make will bring you on a new journey. No clear winner can be seen but will to grow it is necessary to make difficult choic- es.
Diversions

Crossword

Across
1. Hobby wood
6. Object of adoration
10. Glitch
14. Upper crust
15. Zilch
16. Frau’s spouse
17. Highway curves
18. ____ the waters
58. Painter
59. Blvd.
60. Molleule component
66. Lull
68. ____ Morse of "A" for Good Man"
69. Jams and
70. Edge ___ Peso
71. Significant times
72. Greek mythology figure
73. Warning torch

Down
1. Flickr gatherings
2. As well
3. ____ Kodrow of "Friends"
4. Dance move
5. Failure collector
6. Loan charge
7. Active person
8. Reduced in price (2 wds.)
9. Permit
10. Luster
11. Fail
12. Zodiac ram
13. Welcome
14. Limo’s locale
15. Wood turner
22. River embankment
23. Part of mph
24. Least fatty
25. Navy officer (abbr.)
26. Recipe measures (abbr.)
27. Dayton’s locale
28. Farm structure
29. Blemish
30. Give in
31. Rental agreement
32. Large boat
33. Manipulate
34. Knife holder
35. Snaky fishes
36. Operatic melody
37. Makes a knot
38. Egg layers
39. Aviator
40. Possessive pronoun
41. Paving liquid
42. Appraise again
43. Scary
44. Comfort
45. Complete
46. Tennis term
47. Jog
48. Mortgage
49. Make beloved
50. Roundabout route
51. Brashness
52. Oceanfront
53. Gardener’s tool
54. Scent
55. Large trucks
56. Turf
57. Coffee type, for short
58. Peeler
59. Bland
60. Singing voice
61. Child
62. Shé, in Barcelona
63. Practice boxing
64. Sensible
65. Weeding tool
66. Opening
67. Mea ____
68. ____ Moore of "A Few Good Men"
69. Ins and ____
70. Edgar ____ Poe
71. Significant times
72. Greek mythology figure
73. Warning torch

Word Search: Pizza

ARTICHOKE
HEARTS
ASPARAGUS
BACON
BANANA PEPPERS
BASIL
BELL PEPPERS
BLACK OLIVES
BROCCOLI
CRUST
EGGPLANT
FETA
GARLIC
GOAT CHEESE
GOUDA
GREEN OLIVES
GROUND BEEF
HAM
JALAPENOS
MONTEREY JACK
MOZZARELLA
MUSHROOMS
OLIVE OIL
ONION

OYSTERS
PARMESAN
PEPPERONI
PROVOLONE
RICOTTA
SALAMI
SAUSAGE
SHRIMP
SPINACH
TOMATO SAUCE
TOMATOES
ZUCCHINI

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

<table>
<thead>
<tr>
<th>9</th>
<th>4</th>
<th>1</th>
<th>2</th>
<th>6</th>
<th>7</th>
</tr>
</thead>
<tbody>
<tr>
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puzzles.ca. Answer key located on A11
Local Orono "funk and soul-influenced" band Midnight Breakfast released their debut self-titled album on all streaming platforms on Jan. 30. With a total of nine songs and a runtime of 37 minutes, the band packs a punch with easy, conversational pieces which paint intricate vignettes from start to finish.

Popular songs on this album include an optimistic “If You Com- fort Me,” the intimate “I’ll Make You Happy” and “Bittersweet,” a fantastic showcase of instrumental improvisation and vocal command.

Midnight Breakfast consists of five mem- bers who are either currently attending or are alumni of UMaine: Jennifer Shevlin-Fer- nandez on vocals, Matt Donovan who plays guitar and bass, Benjamin Flanagan on bass and keys, Regge Koleman on drums and Loren Pinkham who plays saxophones and keys.

Highlighting their most recent release within the context of their favorite perfor- mances at local Orono restaurants The Common Loon and at Woodman’s Bar and Grill, Donovan, and Flanagan, spoke to their experiences and experimentation of composition. Both had significant roles in the album’s creative pro- cess, with Donovan contributing to the produc- tion and Flanagan helping combine the album’s instrumental and vocal aspects.

“When we recorded them, they came into their own,” Donovan said.

During performance, some songs were seen as “explorative long jams,” while others were easy to pin down. “Some of the songs, like the first track on the album, I can pretty much just always beat back to where it was, but pretty much all the rest of the songs followed a relaxed form (where I'm hearing) someone would take three times around the chorus and the rest of us will come in,” Flanagan said.

Similar to their previous performances, Midnight Breakfast relied upon improvisational techniques during the recording and pro-duction of their debut album, many songs left as a single great take within uses only themes from trials before.

“Most of the piano and saxophone you hear on the album is pretty like sponta- neously improvised,” Flanagan said.

Flanagan said, “Very little [of the album] was predetermined, with the exception of ‘Bitt- ersweet’ and ‘Comfort Me’ I’ll Make You Happy’ always has a different into.”

During the com- position process, the band took many differ- ent approaches, with some who contributed to the progression and style, in honor on their own flair layer by layer until a finished groove would appear. “Some- body would come in with an idea or we'd be jamming and someone would say, ‘Oh, I like that idea, that little mu-sical tidbit,” Flanagan said.

“When you’ll ‘Com- fort Me’ one day, Jenn came over and she was like, ‘I don’t know how to describe what I’m hearing in my head, but she had writ- ten the first verses and had ideas for the cho- ruses,” Flanagan said.

She didn’t know how to describe what she was hearing in her head, but she had writ- ten the first verses and had ideas for the cho- ruses,” Flanagan said. “It’s for the peo- ple that came to ev- ery show and said, ‘So when can I lis- ten? When can we stream it? I – guess we should stream it record it now. The amount of support around here is really awesome,” Flanagan said.

Currently, the band is seeing upticks in their listenership on Spotify in Western Canada in addition to their listener base including the Orono area, Boston and New York City with 620 monthly listeners total. “Even that has ex- cceeded my expecta- tions,” Donovan said. “So now I’m just sit- ting back on the ride to see. If it doesn’t (ex- ceed my expectations) again, it’s already be- yond what I’m happy with.”

For more informa- tion on Midnight Break- fast, check out their Spotify, Soundcloud @midnight-breakfast-, Bandcamp and YouTube as listed as Midnight Breakfast as well as their Facebook and Instagram @midnight-breakfast-. To tune into their latest performances at Hus- son University’s “Over- drive: Full Saturation” benefit concert for the Bangor Area Home- less Shelter and latest music videos, “I’ll Make You Happy,” visit their linktree.
**Music**

"CLOUDS" New NF song announces his success and new mixtape.

Since NF has wait longer than usual to release new music, his lyrics in his new song shed light on his fans and new mixtape which he acknowledges the beginning of verse one, extremely waiting. In the lyrics he went through things he has been stalling, I hear today, NF is played by Johnny Galecki, Penny, Amy Farrah Fowler, Leonard Hofstadter, Sheldon Cooper, Howard Wolowitz, Raj Koothrappali, Leonard Nimoy and "Mom" of The Big Bang Theory.

"CLOUDS" also shed light on the artist's ele-"Contributor Meaghan Bellavance"

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Alpine Martin

Do you think, profes- sor emeritus of philosophy...
Culture shock: we’ve all heard the term and are generally aware of its meaning, but it entails more than occasional bouts of homesickness and struggles with the language barrier. Highlighted by one of many UMaine International Programs resources, there are four distinct stages to culture shock: (1) the honeymoon phase, (2) the frustration stage, (3) the adjustment stage and (4) the acceptance stage. Allow me to provide a better understanding of what culture shock is and how to manage it, all through the lens of my personal experiences abroad in Torino, Italy.

The Honeymoon Stage

It’s a beautiful thing to arrive in an exotic country far from home — I recall the feeling it was yesterday. Bright-eyed, energetic and naïve, I fell in love with the city of Torino from the moment I set foot on Italian soil. I was excited to explore, this stage feels like it will last forever. Some of my best memories and strongest bonding moments happened during the honeymoon stage.

While traversing this candy land of adventures, keep in mind that times will indeed get harder. During these first few weeks, it is best to set yourself up for success later on by properly organizing yourself mentally and physically. Methodically take time to move in, fill out required paperwork and slowly acclimate to the resources available to you. Enjoy your new life, but stay safe and try not to overextend yourself.

The Frustration Stage

Full disclosure: this stage did not last very long for me. In fact, I would say that it was hardly a stage at all. I am a firm believer that frustration usually comes in small doses during your entire time abroad instead of all at once in some bleak, two-week period of misery and regret. However, what I will say is that after I settled in the area of classwork brought me back to reality. Beyond that, I also began to take notice of my financial stage. After running around with exciting people and spending frivolously, I had to recenter my focus on academics and budgeting if the rest of the semester was to go smoothly. Small Italian inconveniences like waiting 30 minutes to heat water for a shower and not having a heat dryer began to annoy me more as well.

Thankfully, all these minor inconveniences and causes for stress were always drownded out by the countless positive experiences I had every day. In my experience, positive experiences are what help you get through the frustration stage. Humble yourself by remembering where you are and embrace the cultural differences around you. Studying abroad is a once-in-a-lifetime opportunity. When the frustration hits, try and appreciate the precious time that you have in the present because it will not last forever.

The Acceptance Stage

I am a firm believer that this stage is very unique. As my semester in Italy was cut in half due to the pandemic, I never fully reached the traditional acceptance stage. I was comfortably in the middle of the adjustment stage when the program was shut down and I was thrown headfirst into a massive rogue wave of frustration stage. During the cancellation process, I suddenly felt scared and foreign to me. My future was uncertain and the logics of figuring out travel plans made my head spin. I was left to come to terms with the situation and dealt with some immediate consequences. I felt myself in a tremendous sense of liberation. I had a support group of fellow Torinetti buddy, plenty left in the budget and an eagerness to explore as much as possible before returning home. I experienced the acceptance stage by letting go of my worries and living in the moment. I had to uproot myself from all I had learned in Italy and spontaneously launch myself into new cultures. My entire time abroad I sought to blend in as much as possible. Beyond this, I also wanted to plan my every move and avoid anything too uncomfortable. After my program cancellations, this all changed. I felt okay with being a clueless traveler and embracing adventure, knowing that I would most likely never have the opportunities I had before me ever again.

These are the four stages of culture shock, at least in my experience. If you are able to take the leap into a study abroad program, you will undoubtedly experience these four stages in different ways. However, I hope that you now have a better understanding of what culture shock is and how you can go about dealing with it.
This past week, the University of Maine’s men’s basketball team decided that it was in their best interest to conclude their 2020-2021 basketball season. This can never be a simple one, consider ing the physical and emotional investment of players and UMaine athletics as a whole. Teams across the NCAA have struggled to go out and compete on a consistent basis due to the unprecedented season. Improvements will be seen in the physical and safety protocols. A group of players, training staff, and along with Athletic Director Ken Rayh, worked together to come to this decision. The team has not been cleared to participate in any type of competition since Jan. 17. “We simply could not safely put a team on the floor for any reason unless we had at least a few weeks or less to safely return players to playing after over six weeks off,” men’s basketball head coach Richard Barron said to the University of Maine Athletics. “Despite the challenges we’ve faced this year, we remain grateful for the health and safety of each team member and every person that they would potentially come into contact with are more important than the game. On the other hand, Black Bear Nation is a player that General Manager Danny Ainge has also played with the team is depth in an unprecedented year, assuming Ainge made a tough decision to trade for a player of similar salaries. The Celtics’ 2019-2020 season was not safe for any reasons as a result of COVID-19. Kemba Walker missed the beginning of the season recovering from a knee injury and Marcus Smart is currently out for some time due to a calf strain. This can be a recurring theme for the Celtics over the past few years, where the team’s top players are not able to play many games together. The regular season ended and struggle to gain chemistry heading into the playoffs. Second, the team needs to attack the basket and just play more aggressively in general. The team is putting up too many low-low percentage threes and waiting until late in the shot clock to make a play, a reci pe for disaster in the NBA. When players like Jayson Tatum put their head down and drive into the paint they can easily score with some of the Celtics’ offense. The Celtics’ offense is put in an unprecedented year, assuming Ainge can make an effective move at the deadline. Although their record is not where it was projected to be, a lot of the teams in the East hold similar records due to the unusual season. While Semi Ojeleye can hold his ground at times, he is not the solution to getting this team over the play off hump. Harrison Barnes from the Kings is a player that General Manager Danny Ainge will likely consider ac quiring, because the Kings are rebuilding, and Barnes offers a level of experience and talent that would boost the bench of this team. Barnes has also played with some of the Celtics core on Warriors. Smart might think, top seeds in the Eastern Conference likely will not be clinched until the last week in the season, creating plenty of drama for basketball fans. The bottom line is that the Celtics need to get healthy and stay healthy throughout the second half of the sea son and bring in one or two new faces who can fill in and give the squad the much needed boost on both ends of the floor. Or maybe they just need a pep talk from Bill Russell.
This weekend, for the second time this season, the University of Maine women’s ice hockey team traveled to Worcester, Massachusetts, for the second time they split the series with the Crusaders of Holy Cross.

The first time the Black Bears traveled to Holy Cross they had two tight games, and this time was no different. On Friday night, Holy Cross mustered only 24 shots and let up 41. However, Holy Cross’s third-year goalie Jada Brenon was not scored until 41 minutes into the second period. The Black Bears were able to take the first game of the weekend series on Friday. However, the Black Bears rebounded to have the final laugh on Saturday.

The Black Bears only took two penalties during the entirety of Friday night’s game — just two minutes and 10 seconds. The penalty was called on 4 within 54 seconds of each other. The first goal of the game on 4 within 54 seconds of each other. The only two goals scored in the game came within the last 10 minutes of the first period. Holy Cross first-year forward Millie Sirum scored the first goal of the game on the powerplay with just 10 seconds left in the first period. UMaine responded shortly after.

The real hero of Saturday night is a fairly new face in Ortega. Former first-year defender Oliva King’s first D1 collegiate goal of her career, and it proved to be crucial since UMaine’s only other goal of the night occurred in the post-overtime shootout.

After regulation and overtime, UMaine and Holy Cross remained tied 1-1, offering the Black Bears an opportunity to participate in the first shootout of the season. Throughout the season, UMaine’s goalie Allison Atteia has been invaluable to the team, and this week was no different. Porter has performed exceptionally and been invaluable to the team, and this week was no different. Porter came up huge for UMaine in the shootout. Despite the extra rounds of overtime, Morphy playing a part in UMaine’s success. In the extra rounds of the shootout, Murphy was given an opportunity not only of different years defenders have; a chance to win a game in the shootout. Murphy on her shootout attempt made a great fake to the glove side, freezing Brenon and sliding it past her low stick side. With this well-executed move, Murphy sealed the win for UMaine.

This surge, along with outstand- ing goaltending from fourth-year Jada Brenon, was enough for Holy Cross to take the first game of the weekend series on Friday. However, when Holy Cross rebounded to have the final laugh on Saturday.

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