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Suicide Prevention Discussion



Graphic by David Jakacky.

Maddy Gernhard News Editor

September is suicide prevention awareness month, and to spread awareness Stacey Cherry, a mental health counselor in Machias, Maine, led a discussion on the basic attitudes and beliefs about suicide, risk factors, warning signs and simple interventions and approaches to intervene with someone who may be contemplating suicide.

"Preventing suicide starts with our comfort in acknowledging talking about suicide," Cherry said during the introduction to her event.

Often those who ideate suicide are those who have an increased feeling of being a burden as well as perceived loneliness. It is a common myth that talking about suicide could lead to suicidal tendencies; not only is this false, it is ex-

tremely harmful to our community.

The Centers for Disease Control and Prevention (CDC) states that the rate of suicide in Maine and the entire United States has been rising since 2006. In Maine, an average of 257 citizens die by suicide each year. Out of all northeastern states, Maine has the highest rate of suicide and is 20% above the national rate; a Mainer is nine times more likely to die by suicide than from homicide.

Mental health awareness and the destigmatization of mental health issues are vital in order to encourage others to receive the help they need, especially groups such as men indigenous peoples and veterans that might face social or systemic barriers that discourage reaching out for support.

Approximately 6,000 veterans die

by suicide each year, which accounts for 14% of all suicides annually. Overall, suicide is the ninth leading cause of death at all ages, where every 1.4 days someone dies by suicide. This led Cherry into the next segment of the discussion on warning signs, as well as risk and protective factors.

Cherry defined risk factors as, "stressful events or situations that may increase the likelihood of a suicide attempt." Protective factors, meanwhile, are personal and social resources that promote resiliency and can help the individual more effectively handle stressful events and mitigate or eliminate risk. With the COVID-19 pandemic, it was recorded that individuals reporting unmet mental health care needs increased from 9.2% to 11.7%, while the number of adults with recent symptoms of

an anxiety or depressive disorder increased from 36.4% to 41.5%, according to the CDC.

This shows how it is even more important now to spread awareness and tell people that they are not alone.

"Preventing suicide will require help from everyone, not just mental health professionals. Anyone can help save a life," Cherry said on the notion of open communication about suicide.

Showing up and being fully present can help someone who is having suicidal tendencies feel less alone. This emphasizes how important it is for everyone to notice and be aware of each other, this means listening for direct or indirect statements, expressions of helplessness, and looking for changes in attitudes and behaviors. Showing you care can provide the individual with enough hope to lead them to utilize

different resources and seek support.

There are many different resources for students on campus such as the Counseling Center, located in the Cutler Health Center, which is across from Gannett Hall. The Counseling Center services are offered on Zoom, phone or in-person from Monday through Friday 8 a.m. to 12p.m. and 1p.m. to 4:30 p.m.. You can reach the Counseling Center at 207-581-1392 to schedule an appointment.

The Counseling Center also offers "Mental Health Tips" on their website. Here, counselors have small workshop series and handouts on different aspects such as 'Cultivating Calm,' 'Mindfulness,' 'Procrastination', 'Compassion,' 'Impostor Syndrome,' 'Gratitude Journaling' and 'Sleep Hygiene.' They also have different resources on anx-

xiety, depression, gender and sexual identity, eating and stress.

Outside of the counseling center, The Mind Spa (120 Memorial Union) is open Mondays to Fridays from 12 p.m. to 4:00 p.m. This resource is a part of Student Wellness (149 Memorial Union) where trained staff offer trainings and programs for students and staff on a variety of mental health topics such as suicide prevention, self care and healthy communication.

If you are in crisis – thinking of harming yourself or someone else, or you have recently experienced a significant traumatic event – please call the Counseling Center (during business hours), UMPD (207-581-4040) or 911.

UMaine Cooperative Extension teaches pressure canning

Megan Ashe Editor in Chief

With fall approaching quickly, there is a lot of last minute farm and garden work to be done in Maine. As the summer winds down, many crops are ready to be harvested and some may wonder what to do with an abundance of produce. Thankfully, the University of Maine Cooperative Extension has helpful advice about how to pressure cook excess vegetables from the garden.

Lisa Fishman began the webinar with a quick introduction of the UMaine Cooperative Extension and read

an affirmative action and equal opportunity employer statement. She then posed the following poll question: "Which of the following requires processing in a pressure canner?" Participants could select an answer of jams, tomatoes, green beans or applesauce. Fishman explained that green beans are the correct answer because they are a low acid food. Low acid foods must be canned under pressure because they carry c. bot, a bacteria that can lead to serious or fatal food poisoning if not eradicated at a high temperature.

"The pressure can-

ner is a little bit different than the water bath canner," Fishman said. "The combination of steam and pressure [in pressure canning] allows it to hit 240-260 degrees Fahrenheit." Because water bath canning relies on boiling water and not the buildup of steam, the water bath canning method can only heat food to 212 degrees Fahrenheit.

The presentation then turned to Kate McCarty, who demonstrated how to make homemade tomato sauce with a pressure canner. She reviewed the parts of the canner and used a 16 quart stovetop pressure can-

ner in this presentation. She pointed out specific safety mechanisms like a rack which sits at the bottom of the pot to prevent glass breaking and the locking lid that ensures users don't open the pot while the contents are under pressure. There is also a gasket which seals the pot closed and keeps the steam inside. It's important to check the gasket prior to each use to ensure it's not melted from overuse and that it will still create a seal.

McCarty went on to share her spaghetti sauce recipe which uses thirty pounds of tomatoes processed through a food mill,

one cup of onions, a clove of garlic, one cup of celery, salt, dried spices, sugar and vegetable oil. For different flavors, peppers or mushrooms can be substituted for the one cup of celery.

McCarty used tongs to handle clean jars so she could fill them with the sauce.

"My spaghetti sauce gets paddled into the jar and we are going to leave 1 inch of headspace ... when you are pressure canning your headspace is one inch usually," says McCarty.

Headspace is the amount of room between the sauce and the rim of the jar. Hav-

ing some space ensures the jar won't be overpressurized. McCarty finished making the sauce and turned the conversation back over to Fishman.

Fishman shared more information about canning and left space for questions and answers.

Next month, the UMaine Cooperative Extension will be hosting a class on fermenting vegetables. This class will be available from noon to 12:45 p.m. on Oct. 12.

News

UMaine Involved in Expedition to Find Oldest Ice in Antarctic



Photo by John Boyer from Freemages.

Maddy Gernhard
News Editor

The University of Maine was recently announced as one of the key research institutions involved in an Oregon State University project to discover the oldest ice in the Antarctic. The project has been funded with \$25 million by the Science and Technology Center and will span over five years of research.

Understanding the makeup of the Antarctic is crucial in understanding how the world's climate has changed. Currently, the oldest ice which has been drilled in the Antarctic is over 800,000 years old.

One of the lead researchers involved in the project, Ed Brook,

is a leading paleoclimatologist at Oregon State University's college of earth, ocean and atmospheric sciences. He spoke on the importance of the research he is involved with at the Center for Oldest Ice Exploration.

"What we're after is to see how the Earth behaves when it is warmer than it has been in the last one million years," Brook told COLDEX, one of the new science and technology centers announced by the National Science Foundation.

Brook revealed that he hopes to find ice over 1.5 million years old during the expedition. "This ice and the ancient air trapped in it will offer an unprecedented record of how

greenhouse gases and climate are linked in warmer climates and will help to advance our understanding of what controls the long term rhythms of earth's climate system," Brook said.

One of the long term goals of the project is to find ice over three million years old. Ice that old is most likely to be located underneath Antarctica's mountains.

Oregon State University has had a growing polar sciences program, making it the ideal institution to lead research in the Antarctic. The university also has a marine and geology repository, which is home to one of the nation's largest repositories of oceanic sediment and samples of

ice from the Antarctic.

The program will also be making use of new and innovative technologies in the field of polar ice research. One example of this technology is the "ice diver," which is currently in development. The "ice diver," according to Oregon State University's press release, will be used to melt through layers of Antarctic ice and collect data on each layer as it progresses further through the earth's surface. According to Brook, the ice layers reflect the dustiness of the atmosphere, where more dust means colder temperatures. The data collected by the "ice diver" will be instrumental in understanding the climate

cycles which the earth has undergone over the past 1.5 million years.

Two of the researchers involved in the expedition are Paul Mayewksi, the director of the UMaine Climate Change Institute, and Associate Professor Andrei Kurbatov.

"This Antarctic site is already well known for one of the largest collections of Antarctic meteorites, and one of the oldest greenhouse gas measurements from trapped air bubbles," Kurbatov told UMaine News. "We hope that the COLDEX team will continue U.S. leadership in research on Earth's oldest ice, and recover the longest continuous ice core paleoclimate record."

Several graduate students will also be involved in the project, and will utilize UMaine's Keck laser ablation system.

UMaine is one of the thirteen other research institutions lending a hand to the five year COLDEX research program. The other institutions involved in the project include Amherst College, Brown University, Dartmouth College, Princeton University, University of California Berkeley, UC Irvine, UC San Diego, the University of Kansas, University of Minnesota Duluth, University of Minnesota Twin Cities, University of Texas, and the University of Washington.

Aquaculture research explores community opinion

Maddy Gernhard
News Editor

Aquaculture, despite being a growing and environmentally conscious industry, has had mixed community support in the state of Maine over the past few years. Members of the School of Marine Science at the University of Maine, master's student Melissa Britsch, professor Heather Leslie and professor Joshua Stoll, conducted a social study to survey these diverse opinions from the Maine community. The research team, in order to find a common ground where aquaculture policy can be built from, recently pub-

lished their findings in Marine Policy, a scientific journal whose main goal is to educate its readers on the most recent developments in marine policy, ranging from the international to regional level.

Aquaculture is the process of propagating and then harvesting different native fish species in an effort to revitalize their habitats and populations, and it has had a long history on the coasts of Maine. The benefits range from having more economic promise than commercial fishing to bolstering biological potential.

This isn't to say that there aren't cons to this risky venture,

and many individuals, specifically in coastal Maine communities, are wary of it. In recent years, there has been widespread opposition to some aquaculture projects, but the research team discovered that overall support for aquaculture is, surprisingly, in the majority. While most people support the idea, many still have some fears, specifically when it comes to socioeconomic impacts on coastal communities and displacement of commercial fishermen, whose livelihood is tied to the Maine coast.

All of these concerns are valid, and the results of this study,

which is only one of a relatively few social surveys that has been done on the public opinion on aquaculture will be instrumental in the planning and implementation of marine policy in Maine in the years to come.

Britsch, a recent dual master's recipient in marine biology and marine policy at Maine, conducted this research through an interview process, with individuals who have worked in or are familiar with Maine's aquaculture industry. The subjects were asked to rank statements, taken from published views about aquaculture, by how much they either agreed or disagreed.

Britsch, as a part of her graduate research, wanted to look into aquaculture specifically because of the sustainability aspect, and while the findings didn't necessarily find a complete common ground between the opinions of the community, it did find places where there was room to grow.

The findings from these interviews placed the subjects into four distinct groups: full supporters, who think there are no cons to the implementation of aquaculture fisheries in Maine; those who are supporters of the economic benefits, but are worried about environmental impacts

like waste pollution; those who are slow to support because of the potential socioeconomic impacts to coastal communities and those who are wary due to fears surrounding lack of space for both commercial fishermen and these new aquaculture fisheries. These diverse views surrounding this policy will be used in the future to make sure that, not only the community's fears are met and managed, but also the environmental ones as well.

Weekly Updates

This Week in Student Government

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

Grace Blanchard
Contributor

ORONO - On Tuesday, Sept. 15, the University of Maine's General Student Senate met for the start of the 2021 fall semester after a year of being fully remote.

GSS is one of the many clubs that was forced to resort to zoom meetings throughout the COVID-19 pandemic, but they are excited to be back in the Memorial Union this semester.

"Remote learning took so much away from what makes Student Government important, and that's interacting with the student body," said GSS President Zachary Wyles.

The 1477th meeting of the General Student Senate opened with the appointment of six new senators: Matthew Fishbein, Paige Allen, Sydney Lorom, Patrick Neusch, Meredith Mitchell and Tessa Solomon.

Many of these Senators received chair positions as well. Fourth-year student Senator Matt Fishbein was elected as

representative to the University of Maine ROTC.

"Serving as the representative for the ROTC would be a major honor, I have considered the army and the ROTC program as a great step for Americans serving our country," said Fishbein.

Senator Tessa Solomon was elected as the Student Legal Services Liaison. Solomon is a third-year political science student and was among the list of newly appointed senators Tuesday night.

President Wyles clarified that exhibition members are also allowed to receive nominations for chair positions, which was important for Representative Samuel Ransley as he seemed very passionate about his nomination for chair of the Student Mental Health Committee.

"Mental health activism is extremely important to me," said Ransley, a fourth-year political science student at UMaine. Ransley briefly discussed in his speech that he has been involved in several research projects tied to mental health.



"It would be an honor if you elected me to this position, perhaps the most important thing that I could do," said Representative Ransley. He was voted as the chair of the Student Mental Health Committee over Senator Hogg.

It was also a big night for many campus clubs that came to the meeting in hopes of receiving funding for the semester.

Representatives from the Mountain Bike Club asked for \$2,100. "Mountain biking is often a solitary activity, so our aim is to break that mold and bring everybody together to not only learn the trails,

but learn from each other," said Peter Rheil, their club speaker.

Frank Kelly, GSS Vice President of Financial Affairs, also spoke on this matter. "Mountain Biking Club is a really cool organization. The students who are in it spend a lot of their own money, especially on the equipment. Mountain bikes, if you're not aware, cost thousands of dollars and are pretty specific in terms of their size and function, so these are really passionate students who are looking for support," said Kelly.

Their goal was to receive funding for group rides and their attendance

in the Eastern Collegiate Cycling Conference. After a brief period of debate, their funding was approved.

The women's ice hockey team was also looking to receive funding. Their speaker, Kyla Gallup highlighted that hockey is a very expensive sport and they asked for \$4000, which is the maximum amount of funding that the senate can provide recreational sports clubs.

Their speaker highlighted that the goal of the women's ice hockey team is to get lots of girls interested in playing since female ice hockey players from the central Maine area often don't get a lot of opportunities to play. Their funding was approved.

Clubs including the equestrian team, Fly Fishing Club, and the International Student Association (ISA) were also present during Tuesday night's meeting.

President Wyles seemed very happy with how the meeting went. He touched upon some of the goals of the senate

this year.

"My Vice President, Elizabeth Davis, and I are working on quite a few things this year. On top of ensuring a smooth transition to in-person learning, our initiatives include the advancement of mental health services on campus and making the academic experience as convenient as it can be for the students," said Wyles.

President Wyles also noted that it is not too late for people to join GSS. "We still haven't hit our senator cap, and for gathering just a few signatures from their peers any student can represent UMaine undergrad students and vote on our resolutions," said Wyles.

The General Student Senate holds their public meetings on Tuesdays at 6 p.m. and are located in the Bangor room of the Memorial Union.

Horoscopes 9.19 to 9.25

Rebekah Sands
Editor in Chief

Aries (March 21 - April 20)

This week will be emotionally turbulent for you, Aries. Beginning with the moon in Pisces on Monday, you may feel trapped, overwhelmed even, but the moon will transition into Aries on Tuesday, giving you a sense of relief. Until the end of the week, you might feel on-edge as Mercury turns retrograde in your area of relationships.

Taurus (April 21 - May 20)

As the week begins with Monday's full moon in Pisces, you may feel the need to assess your emotional structure with those you love. How do your relationships fulfill or detract from you? Watch out for Mercury retrograde later in the week and prioritize self-care, Taurus.

Gemini (May 21 - June 22)

It's time to get that bread, Gemini. The Pisces full moon spotlights your career zone at the beginning of this week, allowing for some serious gaslight, gatekeep girl boss energy. However, Mercury transitions to retrograde in Libra later in the week, creating a sense of inse-

curity. Reflect on your strengths as you begin to second-guess yourself.

Cancer (June 23 - July 21)

You might be feeling a little sentimental this week, Cancer. Connect with your emotional roots as the Pisces moon passes through Monday and as the Sun moves into Libra, your domestic sector, later in the week. Keep things flowing as Mercury in retrograde attempts to confuse your intuitive side.

Leo (July 22 - Aug. 23)

You're feeling a little emo, and that's okay, Leo. As the Pisces moon falls into your sector of intimacy and desires, Mercury turns retrograde in your sector of communication. It's time to blast your favorite sad tracks with the windows down to let it all out this week.

Virgo (Aug. 24 - Sept. 23)

With the Pisces full moon on Monday, your focus this week will be on your relationships at the beginning of the week. As Mercury retrogrades in Libra later on, your focus will shift to money and building secure internal and external supports. Contemplate what will immediately benefit you and what you can hold



Photo by Davide Guglielmo from Freemages.

off on until next week.

Libra (Sept. 24 - Oct. 23)

Mercury trines Jupiter in Aquarius at the beginning of this week, asking you to invest some of your brainpower to see growth and success. Is there something you've wanted to accomplish you haven't committed to yet? Now is the time to plant the seeds. When Mercury turns retrograde, approach your fixation with a new perspective.

Scorpio (Oct. 24 - Nov. 22)

Your emotions will be a little turbulent this week, Scorpio. Focus on grounding yourself as your Mars in Libra trines your North Node in Gemini, making your financial prospects a little chaotic. Lean into your introspective, secretive side.

Sagittarius (Nov. 23 - Dec. 21)

Happy homecoming, Sagittarius. Now's the time to curl up with a good book and settle in just before fall. Your Mars in Libra trines Gemini in your house of relationships on Tuesday. Look forward to developing a

closer relationship with someone unexpectedly this week.

Capricorn (Dec. 22 - Jan. 20)

The full moon in Pisces is in your communication sector this week, Capricorn. Now's the time to invest your time in your creative projects. What inspires you? Make your dreams physical this week by putting in some hard work.

Aquarius (Jan. 21 - Feb. 19)

Emotional and physical travel is the theme for you this

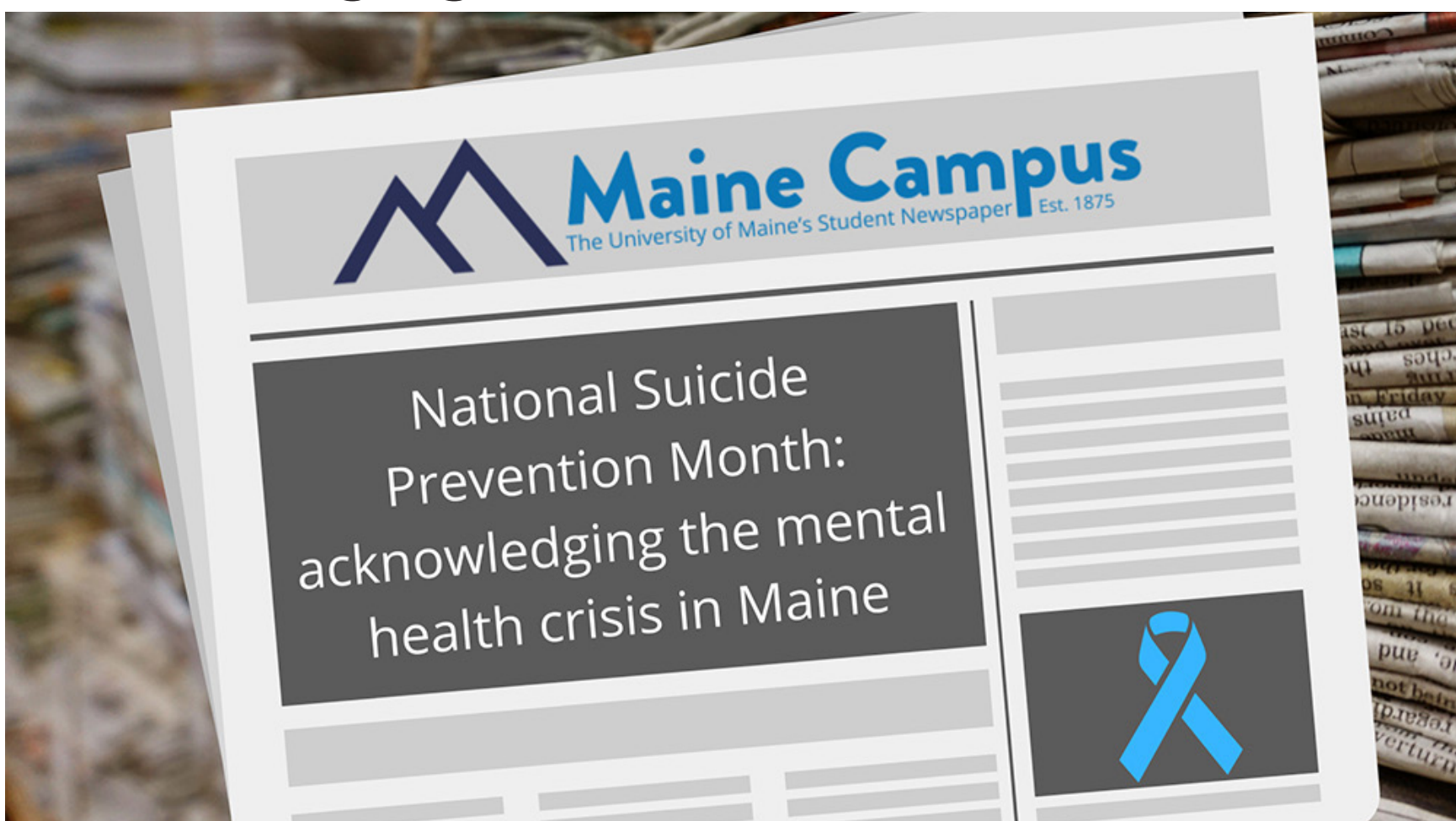
week, Aquarius. With the full moon in Pisces this week and Libra in Mars, you may find yourself having to navigate an open road, needing to find external influences to help steer your path.

Pisces (Feb. 20 - March 20)

It's time for a reset with the full moon in your sign on Monday, Pisces. Connect to your dreamlike, intuitive nature this week and reassess during the shadow period. Use this time to clean your house and mind.

Opinion

National Suicide Prevention Month: acknowledging the mental health crisis in Maine



Graphic by David Jakacky.

Emma Vanorsdall
Opinion Editor

Each year, approximately 47,500 people die by suicide in the United States. It is the tenth leading cause of death in the US and the second leading cause for those aged 10-34. Maine falls 20% above the national average and has the highest suicide rate in New England. On average, approximately 227 people in Maine die by suicide each year. These statistics alone are concerning, but the implications of the COVID-19 pandemic threaten to further exacerbate the mental health crisis in our state.

Maine's unemployment rate reached its lowest at 2.6% in April of 2019. A year later, at the peak of lockdown, it climbed to 9.1%. It has since declined to 4.8% but still rests at nearly double the amount from two years prior. These statistics have concerning implications, both eco-

nomically and socially. Businesses struggled to remain open during the pandemic and now face the challenge of recruiting a post COVID workforce. The service industry impacts Maine heavily, and these financial problems create additional mental health stresses for families across Maine and potentially threaten funding available for mental health resources.

While the pandemic hardships are slowly subsiding, we're still grappling with their repercussions. Rising unemployment, lockdown restrictions, reduction in tourism, business closures, remote education and overall uncertainty were some of the problems faced by many during the pandemic. On top of Maine's already high suicide rate, these conditions project a worrisome future for the overall mental health of our state. A particular group suffering especially is Maine's youth.

For persons aged 10-24, suicide rates rose 56% from 2007-2009 to 2016-2018. The pandemic lockdowns further isolated Maine youth through school closures, rising unemployment, and social distancing rules.

Anxiety, depression, and suicidal ideation have increased over the past year, and some of the hardest hit places are Maine's small, rural counties. Washington county faced a devastating winter as they lost four people to suicide, including three young men. Barbara A. Walsh wrote her article, "The crushing toll of a pandemic in Maine's 'forgotten country'" for the Maine Monitor about the recent deaths.

"The suicides rattled one of Maine's most impoverished counties, where the pandemic has crippled businesses, closed schools and spiked anxiety, depression and despair," Walsh wrote.

Remote education, suspended school activities, social distancing and overall disruption have led to a generation susceptible to anxiety and depression. Even as the lockdown restrictions ease, adolescents remain robbed of significant years, milestones, and education.

Suicide devastates communities, leaving lasting scars on those affected. Unfortunately, most mental health concerns aren't acknowledged in the preventable stages. Depression and anxiety are commonly stigmatized, and often those affected are afraid to reach out and struggle silently. Checking in on your friends, educating others on resources available, encouraging constructive conversations about mental health and partaking in community events are effective ways you can help combat the mental health crisis in Maine.

A major resource provided by the state

is the Maine Crisis Hotline. They provide 24/7 access to professionally trained crisis workers and can be contacted by calling their number: 1-888-568-112. The National Suicide Prevention Lifeline provides similar services and can be reached at 1-800-273-TALK (8255). There is also an online service available for chatting with a crisis counselor on the site: www.suicidepreventionlifeline.org/gethelp/lifelinechat.aspx.

These are essential emergency resources that can save lives. Save these on your phone, and educate yourself on ways you can help should you or someone you know enter a crisis situation.

The American Foundation for Suicide Prevention offers resources and communities for those affected by suicide. They host annual Out of the Darkness community walks throughout the US. On October 2nd, they will be hosting a walk

in Bangor with a goal of raising \$15,000 for their suicide prevention program. These events also help families process the traumatic loss of loved ones, educate community members on resources and policies, as well as help to end the stigma surrounding mental health.

Looking forward, we must acknowledge the mental health crisis in our state and advocate for a preventative stance through policies, programs and education. We must work to identify those at risk of suicide and offer the necessary resources to help them recover. Mental health is just as real as physical health, and the threat it poses to our state should be taken seriously. Together we can strive to be a state that prioritizes mental health and fights to reduce the rising suicide rates.

Understaffed and underappreciated: restaurant owners need your patience

Leah Savage
Contributor

We all know that restaurants have taken a hit over the past two years. We see the "We're Hiring!" signs plastered all over our Maine towns, the Facebook posts begging customers for the simple gift of patience and I'm sure we have all come across the heartbreaking news that one of our hometown favorites, those iconic mom and pops that we thought would never die, have done just that, and closed

their doors for good. In nearly every sense, what is happening within the Maine service industry is a tragedy.

As someone who has been working within this industry throughout the past two years, I can tell you that even from within, the outlook is bleak. Pay is more inconsistent than ever, we are understaffed and fear that our livelihoods will once again surrender to the uncertainty of the COVID-19 pandemic. All the while, Maine restaurants are

handling an influx of frustration and impatience from guests.

Subsequently, it is no wonder why more and more restaurant workers are deciding to leave the industry for good. Eli Rosenberg from the Washington Post reports that nationally, there are 1.7% fewer service industry jobs filled than there were prior to the pandemic. It is important to note preexisting labor standards within the restaurant industry; Rosenberg points to a history of sexual harassment, verbal ha-

rassment, inconsistent hours and little, if any, benefits. For some, the hardships brought on by the pandemic can be considered a final straw for many in the industry. Maine's labor commissioner, Laura Fortman, also cites lack of childcare, affordable housing and transportation as well as general burnout for restaurant labor shortages.

This stark decline in the restaurant workforce and the prospect of declining Maine restaurants also poses a threat to Maine's

economy. The Bangor Daily News estimates that the hospitality industry in Maine generates some \$7 billion annual revenue; meanwhile, an economic profile on Maine from IBISWorld demonstrates that accommodation and food service industries have taken the largest hit from COVID-19 economic exposure. Thus, the current situation negatively affects both restaurant workers' income and the state's economy.

Local restaurants curate a community—

one where people can come together and support their own. So go do just that. Support your local hospitality centers. Grab that drink with a friend whenever you can. Order takeout when you're feeling lazy, and most importantly, be kind to those that are serving you when you do. As the famous saying goes, "don't bite the hand that feeds you."

Culture

The 'Kneeling Art Photography Project:' a powerful show of solidarity



Photo by Olivia Schanck.

Aidan Leavitt Contributor

Now on display in the University of Maine's Innovative Media Research and Commercialization Center (IMRC) is the "Kneeling Art Photography Project," an evocative exhibit documenting people from all over the globe and all walks of life in the ongoing collective struggle to bring about meaningful societal change. The project, which was kicked off this past May in Portland, Maine, has travelled to a few other locations in the state, including Waterville.

The project's architect, Titi de Baccarat, is a seasoned multimedia artist and has put together an intriguing and influential body of work. For the "Kneeling Art Photography Project," he's explored

the connection between the symbolic nature of taking a knee in relation to the death of George Floyd that occurred in May of 2020, and what that means to people from all over Maine.

The exhibit features a collection of 10 sets of ten photographs, each paired with an excerpt from the subject's statement on the significance of kneeling. To tackle this immense undertaking, Baccarat engaged with 10 photographers, all from Maine and each with a unique perspective that really manifests itself in their photography.

The photographs themselves are wonderfully diverse, featuring a spectrum of angles, locations and, most importantly, subjects. The photographers have captured a wide range of people

including UMaine's Jill Pelto, an artist whose works have graced the cover of Time magazine, as well as immigrants, business owners, activists and service and frontline health care workers.

Some of the photographs are staged and feature stunning backgrounds, while others are more spur of the moment pieces. All are accompanied by a quote from the subject, giving them the space to express their frustrations, hopes, injustices faced and opinions on kneeling. The fight for equality and the struggle for greater community based action seemed to be common themes.

Most photographers seemed to recognize that kneeling itself was not enough.

"An ally with the courage of their implied convictions goes

further," said Phil Savage, the subject of a photograph captured by photographer Rose Barboza. "Only then can that symbol reach its potential."

The project was a unique opportunity for photographers, too, as they were able to convey their own ideas and support for the wider movement through their work. Photographer Tim Greenway had his own view on how he perceives the movement this project touched upon.

"It's about respect and equal rights for everyone in America," said Greenway. "To show support for the movement to end racial inequality has built community through creating the photographs, the exhibit openings and the dialogue and actions inspired from the project."

Greenway also stressed the importance of empathy, respect, awareness and hopes that others will take their actions to help promote equality.

Dr. Susan Smith, director of the intermedia program at UMaine, echoed a similar sentiment that Greenway did.

"I'm hoping that by looking at these images people will soften-up on each other, and discover what we all have in common," said Smith. "Both people like me and unlike me, uniting against a common issue."

Ultimately, that's what the exhibit is about; bringing people together so that they may share their experiences and attempt to bring about change.

"I hope this exhibit will inspire people to share their stories and be heard, because we

as a campus support all voices, and want people to feel free to share their stories," said Smith.

The exhibit includes filtered, multicolored lights and use of a projector and screen utilizing the area to great effect.

James Winters, an artist and educator, along with a dedicated crew of UMaine graduate students set up the space prior to the big opening on Sept. 7. The opening night was quite an affair, drawing a crowd, while photographers and speakers discussed the works. There was even an accompanying violin concert.

The "Kneeling Art Photography Project" exhibit will be open to the public on weekdays from 9 a.m. to 4 p.m. until the end of the month.

National Holidays: Sept. 20 through Sept. 24

Meaghan Bellavance Culture Editor

Monday: National Pepperoni Pizza Day

Pepperoni pizza is a famous dish in many U.S. households, making National Pepperoni Pizza Day a great day to order a slice. Pizza in general has always been known for bringing people together. Family and friends can grab a slice at a get together and it is usually a fan favorite. One fun fact is that pepperoni pizza is a purely American dish, even though pizza itself originates from Italy. Take today to gather those you care about and share a slice of cheesy, delicious pepperoni pizza! Sept. 20 is also National Fried Rice Day, National Queso Day

and National String Cheese Day.

Tuesday: National Chai Day

Sept. 21 celebrates chai tea, a tasteful and healthy drink that is enjoyed by people globally. According to nationaltoday.com, chai is a sweet Indian tea drink that is generally made with spices such as cardamom, nutmeg, cinnamon and pepper. Chai tea can be dated back to around 5,000 years ago, where it was made for medicinal purposes as well as a special drink for royalty. So sit back and relax today with a cup of chai in your hand, because you deserve to feel like royalty. Sept. 21 is also International Day of Peace, Miniature Golf Day, Na-

tional IT Professionals Day and National Pecan Cookie Day.

Wednesday: Fall Equinox

Summer has finally come to an end. Don't fret, though, because with the arrival of fall there are plenty of fun-filled activities to enjoy! According to nationaltoday.com, the fall equinox, in astronomical terms, occurs when the sun crosses the celestial equator heading south. To celebrate this event, make sure you visit a pumpkin patch, complete a corn maze, drink apple cider and eat apple cider donuts, carve a pumpkin and get your Halloween costume prepared. Fall has so much to offer when it comes to activ-

ities to do with friends and family. The winter solstice will creep up before you know it, so take today to plan out your spectacular fall agenda! Sept. 22 is also American Business Women's Day, Dear Diary Day and National Ice Cream Cone Day.

Thursday: Inner-gize Day

Today is all about stepping back and rejuvenating your mind and body. As we plunge further into the semester, responsibilities can quickly become overwhelming. From work to classes to maintaining a social life, Inner-gize Day gives you the perfect excuse to treat yourself. Do what you love and what makes you feel at peace. Take

a stroll through the woods, dive into your coloring book or even take a well-deserved nap. Every now and then, we all need a little breather. Deciding to take that breather, however, shouldn't cause you guilt, as it is vital to maintaining a healthy mindset and lifestyle! Sept. 23 is also International Day of Sign Languages, National Dogs in Politics Day, Celebrate Bisexuality Day and National Checkers Day.

Friday: National Cherries Jubilee Day

You're probably thinking: what in the world is cherries jubilee? Cherries jubilee is a sweet dessert dish made from both cherries and a liqueur. According to national-

today.com, the liqueur used can either be brandy or Kirschwasser. Many also opt to serve ice cream with it! This yummy dish dates back to the age of Queen Victoria, having been served for the first time at one of her jubilee celebrations. Celebrate on Friday by making this unique dessert for all your loved ones, or even just for yourself! Sept. 24 is also German Sandwich Day, National Punctuation Day and World Bollywood Day.

All holidays were found on nationaltoday.com. Be sure to keep up to date with our regularly featured holidays featured both on our Instagram @themainecampus and website.

Lord Hall Gallery's 'Surrender' exhibition features immersive magnetic paintings



Photo by Olivia Schanck.

Meaghan Bellavance
Culture Editor

The Lord Hall Gallery at the University of Maine is now featuring a new exhibition, "Surrender," from Sept. 10 to Nov. 5. The artist on display, Christina Thwaites, provides gallery viewers with a variety of paintings and mixed media to enjoy, including an intriguing new type of artwork: immersive magnetic pieces.

Out of all her artwork on display, Thwaites'

favorites are the mixed media on panels with magnetic pieces attached to them. These pieces allow viewers to physically move around the magnetic pieces to anywhere that they wish.

"I have spent six years working on these and developing this concept," Thwaites said. "To my knowledge, nobody is working in this way and it has been very challenging to make this work but very rewarding to see it finally in

a finished state and being enjoyed by the public."

Notable pieces of work that include the immersive magnetic pieces are titled "The Angel with a mask," "If You're happy and You Know it," "Keep Walking and Remember to smile" and "Pink Dancers." Examples of the moveable magnetic shapes include designs of feet, birds and even a duck. Many of the paintings that did not include magnetics were primarily done

with acrylic paint.

The UMaine website notes that Thwaites' pieces of artwork began with photocopies and historic photographs in an attempt to "get inside" the subject.

Thwaites hopes that visitors of the gallery will come to appreciate the idea and uniqueness of her immersive artwork by actively participating in the narratives.

"I hope that viewers are engaged by what they see and ask them-

selves questions," Thwaites said. "I hope they come away from 'playing' with the magnetic pieces having enjoyed being part of the creative process."

When it comes to inspiration, Thwaites tends to lean on her primary influences in her life at the time she is working on pieces, making for a unique artistic style, as it will always be in motion, changing and growing.

"I am very 'context dependent,' so a lot depends on what is

happening at that time in my life and around me," Thwaites said.

Luckily, with the advent of the pandemic, there weren't many obstacles faced when trying to make this exhibition possible.

The entire "Surrender" gallery was postponed for a year, as Thwaites was home with her children when the COVID-19 outbreak began.



Photo by Olivia Schanck.

"My kids were home at the beginning of the pandemic, so doing any serious work was near to impossible," Thwaites said. "When they went back to school, life was pretty much back to normal for me. I work alone in my studio so no social distancing is necessary."

In the studio, like most artists, Thwaites works continuously until her artwork is just right. It is essential to make sure her pieces manifest the correct and proper message, feeling and overall experience to viewers.

"I want my work to be accessible to a wide audience, but it is not always easy to

get the balance right," Thwaites said. "I don't want it to be too banal or whimsical, nor do I want it to be too intellectual or challenging. I try to get a balance between poetry, tension and ambiguity – both in subject matter and stylistically."

Though she is not a student at UMaine, Thwaites is a profes-

sional painter, working with three commercial galleries in Maine. She attended the University of Edinburgh in Scotland, as well as Le Louvre in Paris, France, having studied French literature and the history of art. She then studied at the La Porta Blu Art School in Rome, Italy.

Currently, Thwaites

lives in Orono with her two kids. She moved there from Australia six years ago.

For more information and updates on Thwaites and her artwork, visit www.christinathwaites.net.

The "Surrender" exhibit is open to the public from 9 a.m. to 4 p.m. Monday through Friday until Nov. 5. The

Lord Hall Gallery is handicapped accessible, and is free to the public to view. To keep up to date on new and upcoming exhibitions, visit umaine.edu/art/lord-hall-gallery-page.

Review: John Mayer's 'Sob Rock' is sensible, but not satisfying



Photo via theringer.com.

Aidan Leavitt
Contributor

3.5/5 Stars

John Mayer released his eighth studio album "Sob Rock" on July 16. On this melancholy-fueled field trip in time to 80s rock and roll, Mayer pushes back against his public image as a bit of a playboy, expressing his loneliness and need for genuine connection.

The album opens with the laidback synth-laden rock track "Last Train Home." The song is reminiscent of a Toto deep cut, and for good reason, as Mayer brought in former Toto members Lenny Castro and Gregg Phillinganes on the drums and keyboard. Mayer's typically soft, breathy vocals glide over some unsurprisingly smooth guitar

work with a tone that brings to mind many a Mark Knopfler Dire Straits cut.

The third track, "New Light," sports a catchy melody with some contemporary production behind it. This doesn't come as much of a surprise as legendary hip-hop producer No I.D., who is well respected in the rap community for his slew of Kanye and Jay-Z hits, helped write it. His influence is tangible, and the song sounds like something Daft Punk or Pharrell Williams might craft up in the studio. This track may be the album's standout, but it was released well before July and feels just a touch out of place from the other songs in the album.

A few tracks later is "Wild Blue," a much better representa-

tion of the album as a whole. The song makes use of some funky guitar syncopation and bass work to create a smooth groove. In this song, Mayer laments over losing a lover, and because of this he discovers something about himself.

The album's definitive dud is the aptly titled "Why You No Love Me." The song has a well-written melody but little else, as it's short on lyrics and big on repetition.

The album finds its footing in the back half, with tracks like the soft pop-rock "Til the Right One Comes," which evokes Van Morrison's 1995 hit "Days Like This."

The album bows out with the sentimental "All I Want Is to Be With You," a heartfelt plea to a lost lover. Mayer lets his gui-

tar do the talking on the back end of this track, something that would've been welcomed with open ears throughout the whole album.

Mayer co-produced the album with Don Was, a record executive, prolific rock and roll producer and musician in his own right. Was has worked with the likes of Bob Seger, Glenn Frey and The Rolling Stones. Mayer and Was have worked together before too, with Was producing the 2013 "Paradise Valley," which fits snugly into the country category. There are subtle country influences on this album as well. Mayer taps well-respected country vocalist Maren Morris for the aforementioned "Last Train Home" and "Why You No Love Me," as well as "Shot in the Dark."

The album had an interesting rollout, as Mayer promoted it through what seems to be his personal TikTok account. It's hard to imagine he had the idea himself of hopping on the predominantly Gen Z social media platform, but he has no doubt utilized it to great effect.

With a mix of comedy and musical performance, Mayer is able to elicit laughs and rack up the views on TikTok, numbering in the tens of millions over the past six months. Other recording artists are likely to follow suit when promoting new releases, as this method seems to have effectively gotten the word out.

Mayer has plans to tour, and will be performing the new material off "Sob Rock" in early 2022. As it

stands, he is currently finishing up a stint with Dead & Company, which will carry him through the end of October.

"Sob Rock" is a solid album, and one would be hard pressed to say anything awful about it. There isn't anything special that sets it apart from other albums outside of Mayer's work, though.

If you're looking for a quick listen, the album totals around 40 minutes, with none of the 10 tracks topping five minutes. While the album may lag a bit when it comes to substance, it has a definitive groovy 80s feel that Mayer's personal style compliments quite well.

Breakfast, lunch and dinner: an Orono 'quick bite' guide



Photo via maineencyclopedia.com.

Abigail Martin
Contributor

Whether someone is visiting on business or vacation, is a student or local resident, it's always handy to know where to find a quick bite to eat in Orono, Maine -- especially one that is quick and easy on the wallet. For those with dietary restrictions, there is no shortage of restaurants that cater to those who are vegan, vegetarian and dairy and gluten free.

Subway

This restaurant has two locations in Orono. Both locations offer

takeout and delivery options for customers. The location on Stillwater Avenue is open Monday through Saturday from 9 a.m. to 9 p.m. and Sunday from 10 a.m. to 9 p.m. The Main Street location is open Monday through Saturday from 9 a.m. to 8 p.m. and open on Sunday from 10 a.m. to 7 p.m. Given the menu incorporates a 'build your own' style type of meal, this chain restaurant can easily accommodate those who are vegan, vegetarian and dairy or gluten free.

Tacorita

This authentic Mexican restaurant is at the

corner of Main Street and Mill Street. It is open for delivery everyday except for Sunday, unless one orders through the DoorDash app. The restaurant takes delivery orders from 11 a.m. to 7 p.m. during all other days of the week. Tacorita is open every day of the week from 11:30 a.m. to 9 p.m. The restaurant is also currently open for dine-in. Tacorita has select menu items that can accommodate dietary restrictions.

Nest

The Nest is open seven days a week from 8 a.m. to 4 p.m.

Delivery is available through the DoorDash app. Take note, though, that Nest has limited indoor cafe seating, so ordering online or to-go is recommended. The restaurant is committed to providing sustainable cafe beverages, in addition to health conscious breakfast and lunch menu options. Nest is known for their cozy atmosphere and friendly staff members.

The Family Dog

The Family Dog is located on Main Street in Orono. The restaurant offers dine-in, takeout and delivery. For those who choose to dine-in,

the restaurant offers outdoor seating and is a pet-friendly environment. Their open hours are from 11 a.m. to 10 p.m. Monday through Friday, from 9 a.m. to 10 p.m. on Saturday and from 9 a.m. to 9 p.m. on Sunday. The Family Dog offers both impossible and veggie burgers as a menu item for those adhering to a vegetarian or vegan diet. The menu has a "build your own" style as an option, so it can be dairy-free as well.

Harvest Moon Deli

Harvest Moon Deli, located on Mill Street in Orono, is open from

10 a.m. until 8 p.m. every day of the week. The restaurant offers dine-in, takeout and delivery options. The restaurant chain also offers vegetarian sandwiches and vegetarian salads. Additionally, "BYO," or build your own, is an option on the menu, which means the restaurant accommodates other restrictive diets as well.

This Orono 'Quick Bite' guide is a testament to the excellent variety of cheap, quick and delicious food options that the small town of Orono has to offer.

Sports

Maine football picks up first win of the season



Photo by Olivia Schanck.

Patrick Silvia Sports Editor

On Saturday afternoon, the University of Maine football team beat Merrimack College to pick up their first win of the season. "It was sloppy," said UMaine Head Coach Nick Charlton in the postgame press conference. Nevertheless, a win is a win, and Coach Charlton stressed the importance of getting the first win. "We felt like we just needed to get one," he said.

One possible reason for UMaine's "sloppy" play was the absence of third-year quarterback Joe Fagnano, who suffered a right ankle sprain against James Madison University last week. He will miss the next few games. Second-year quarterback Derek Robertson stepped up for his first career start at the collegiate level.

Robertson showed that he was capable of managing a game at the college level. UMaine went with a run-heavy approach, with

36 rushing attempts compared to only 23 passing attempts. Robertson did not turn the ball over, and he threw for 141 yards and one touchdown.

The game started out with UMaine's defense forcing a fumble on Merrimack's first drive. Second-year linebacker Xavier Nurse jarred the ball loose at midfield, and UMaine recovered the ball. Robertson then led the UMaine offense into the red zone. Fourth-year running back Elijah Barnwell finished the drive off by punching in a 2-yard touchdown run.

Merrimack then fumbled again on their second drive, this time forced by UMaine second-year defensive back Shakur Smalls. The Black Bears also capitalized on this turnover, this time with a field goal by fifth-year kicker Jonny Messina. UMaine led 10-0 after the first quarter.

Merrimack responded with a good offensive drive, led by second-year receiver Jacari Carter. On the

day, Carter totaled a game high 18 receptions, four of which came on this drive. First-year running back Victor Dawson then scored for Merrimack on a 1-yard rush to make the score 10-6.

Merrimack failed to take momentum, though, as UMaine fourth-year defensive back Rich Carr blocked the extra point attempt which first-year defensive back Kolubah Pewee Jr. returned 75 yards for a 2-point conversion. This made the score 12-6 in favor of UMaine.

Merrimack remained in the fight despite these mistakes and forced UMaine to punt on the following drive. A good punt return by Merrimack resulted in their drive starting in UMaine territory. Carter would get his first touchdown reception to give Merrimack their only lead of the day, 13-12, around the halfway point of the second quarter.

A 51-yard kickoff return by fourth-year receiver Devin Young set up UMaine for a drive

that would stall out, but a second field goal by Messina restored the Black Bears' lead, 15-12. UMaine then forced a three-and-out, and a bad punt by Merrimack led to a good field position. UMaine drove down the field and second-year running back Freddie Brock made two back-to-back positive plays, the second a short run resulting in a touchdown to give UMaine a commanding 22-12 lead.

Merrimack quickly struck back with a 54-yard kickoff return that set up a 5-play drive, resulting in Carter's second receiving touchdown of the day. This touchdown would make the score 22-20, UMaine leading at the half.

UMaine's offense would strike early in the second half. Robertson would find an uncovered Brock down field for a 59-yard touchdown pass to put UMaine up 29-20, Brock's second touchdown of the day.

On the next drive, first-year UMaine de-

fensive back Abdul Stewart intercepted fifth-year Merrimack quarterback Westin Elliott in the red zone, returning the ball 27-yards.

After a UMaine punt, Merrimack marched down the field and scored a touchdown to cap off a drive that started from their own 29. This cut the UMaine lead down to three, but Merrimack would make another costly mistake. For the second time in the game, Carr blocked an extra point. "All week in practice we really emphasized, like that, we go hard enough we can block a field goal," said Carr. This time Carr returned the blocked kick himself for another UMaine 2-point conversion, extending the Black Bears' lead to five.

Merrimack – down by five late in the fourth quarter with time dwindling – had to get a touchdown to win. Starting from their own 26, Merrimack drove the ball into UMaine's red zone. Despite Merrimack being first and

goal from the nine yard line, the black bear defense stopped them on four consecutive plays to give possession back to UMaine. "We executed when it mattered," Coach Charlton said in the postgame press conference.

Two first downs sealed the victory for UMaine, with the final score 31-26. "At the end of the day you can't make those types of mistakes and win on the road against a good program," said Dan Curran, Merrimack's head coach. UMaine definitely benefited from the mistakes Merrimack made on routine plays.

A win is a win, but UMaine knows that there is room for improvement going forward. UMaine's next game will be on the road next Saturday at Northern Illinois University. Their next home game will be on Oct. 9 against Elon University.

The Red Sox wild card race for the American League

Samantha Proia Contributor

The Boston Red Sox finished a series win on the west coast against Kyle Seager and the Seattle Mariners on Wednesday. Now, the Red Sox are in a three-way tie with the Toronto Blue Jays and the New York Yankees for the two American League (AL) wild card spots.

The Red Sox fell victim to the Mariners in

the first game, but ultimately took the series by winning the last two games back to back with scores of 8-4 and 9-4. The Red Sox's offense performed well during the three-game set, as they scored a combined 21 runs on 27 hits recorded. Comparatively, the Mariners were held to 13 runs and 24 hits.

Now, the Red Sox have an off day before they return to Fenway Park for a series with

the Baltimore Orioles. After the Orioles, the New York Mets come in for two games, and then the New York Yankees come in for three games to finish off the season series.

It's without question that the Red Sox have had their ups and downs over the past couple of series. In their last 10 games, they've captured four wins and racked up six losses, and are currently on a two-

game winning streak. In those 10 games, they pulled together two wins against the Cleveland Indians, and one each against the Tampa Bay Rays and Chicago White Sox.

The Blue Jays, Yankees and Red Sox are in a deadlock for the top two wild card spots, where both the Red Sox and Yankees are in a particularly tight fight for earning the second spot. The Red Sox and Yankees

records are split by a hair. The Red Sox currently sit at 83-65, while the Yankees are barely ahead on winning percentage with a record of 82-64.

Both of their winning percentages are separated by .001. The Yankees have a .561 winning percentage and the Red Sox have a .562 winning percentage. The Mariners are currently sitting four games back of the Red Sox for a wild card

spot and the Oakland Athletics are two and a half games back of the third spot in the wild card race. The rest of the American League is out of reach in the wild card race.

With just over three weeks left in the regular season, these teams will be fighting for each win, hoping that the other teams fall apart and drop out of the race.

UMaine field hockey bounces back from two straight losses to beat the Merrimack Warriors



Photo by Percy Ulsamer.

Samantha Proia Contributor

The University of Maine women's field hockey team returned home to Orono for a tilt with the Warriors of Merrimack College on Sept. 17. The team's last two games were against No. 23 ranked Kent State University and No. 5 ranked Northwestern University. The Black Bears lost both games with scores of 4-3 against Kent State and 5-0 against Northwestern. However, they would eventually come back to beat Merrimack 5-1.

UMaine led early against Kent State with a goal in the first quar-

ter by fifth-year forward Brooke Sulinski, which was assisted by second-year forward Tereza Holubcova. Neither team scored in the second quarter. Kent State scored two quick goals in the third quarter to take a 2-1 lead, but fourth-year forward Sydney Meader scored an unassisted goal to tie the game. Kent State answered shortly after with a goal to go up 3-2. Sulinski scored on an assist from third-year forward Julia Ross to tie the game at three goals apiece with just under eight minutes left.

Not one but two overtimes were needed to decide a winner.

Neither team could find the net in the first overtime. Both teams tried mightily, as UMaine had six shots, and Kent State had eight shots in the first overtime. In the second overtime, UMaine was held to no shots while Kent State had two, one being the game-winning goal. UMaine had 23 shots throughout the game, 14 of them being on goal. Fourth-year goalie Mia Borley recorded nine saves in the loss to Kent State.

The second game against Northwestern was a completely different story. UMaine was held to only three shots all game, and only two were on goal.

Despite the 5-0 loss, Borley recorded 16 saves a record for the most saves in a single game by a UMaine goalie.

In Friday's match against Merrimack, four different Black Bears scored to help aid the team to victory. Fourth-year forward Chloe Walton got the scoring started on an assist from third-year forward Madysyn Hartley. Fifth-year forward Hana Davis scored the second goal of the period unassisted. Just as the team was about to lead with two goals going into the second period, Merrimack found the back of the net to make it a 2-1

game.

No goals were scored in the second quarter. One goal was scored in the third quarter, scored by Holubcova and it was assisted by Walton. Sulinski scored one of the two goals in the fourth quarter, and her goal was assisted by forward Hartley. Walton scored her second goal of the game in the fourth quarter and her goal was assisted by Hartley as well. The final score ended 5-1, with the Black Bears being victorious.

Hartley is the first player to notch three assists in a game since Casey Crowley did it against Holy Cross in

2018. Walton made a statement with two goals and one assist in Friday's victory. Borley stood tall in net, only conceding one goal on three shots. Third-year goalie Mallory Drayner came in for relief of Borley with six minutes left in the game and recorded two saves.

UMaine's next three games will all be in Orono. They will take on Northeastern University later this weekend. Next weekend, Monmouth University and Stanford will be in town to take on the Black Bears.

Revolution remains atop league standings, poised to win Supporter's Shield

Mike Corrado Contributor

After an emphatic victory over NYCFC last week, the New England Revolution safely cemented themselves 14 points ahead of second place Nashville SC in Major League Soccer's Eastern Conference, and nine points ahead of Sporting KC, the next closest team league-wide.

Their record of 17-4-4 serves as a testament to the dedication Bruce Arena's men have had towards capturing the club's first MLS Cup. This sudden run of incredible success has been a product of arguably the most talented squad in the history of the club.

The club is led by the current leader in the MVP race, Carles Gil. The Spaniard, in spite of missing time recovering from a sports hernia surgery, has put up a league-leading 16 assists. In addition, the captain sits top of the league in key passes with 79, 16 more than the next closest player. Before the injury he was on track to break the record of 26 set by Carlos Valderrama in 2000.

Alongside Gil, the Revolution attack is rounded out by Gustavo "La Pantera" Bou, an Argentine forward with a cannon for a leg, and Adam Buksa, the lanky target man from Poland. The three lead a Revolution attack that ranks first in

goals scored, and goal differential. On the right wing, 2021 Gold Cup Best Youth Player Tajon Buchanan has been tearing up defenders and goalkeepers alike, all the while earning himself a \$7 million transfer to Club Brugge at the end of the season.

On the left, the spot has been occupied by Icelandic international Arnor Traustason for a majority of the year, but an inability to produce has opened the door for the five-foot-six Ema Boateng to step up. In only seven appearances this season, Boateng has been able to find the net twice, most recently in the team's previous match against NYCFC.

The midfield gener-

ally features two defensive midfielders, with one of them guaranteed to be Matt Polster. Though he's only found the back of the net twice this season, his impact has been palpable as the key cog moving the ball upfield, complementing Gil just in front of him.

Wilfrid Kaptoun and Tommy McNamara have both played DM at various stages this season, with veteran Scott Caldwell seeing limited action. Brazilian-born Maciel, a Revolution II product, filled in the role early on in the year, but has seen minimal action as the year carried on.

At left-back, third-year SuperDraft pick DeJuan Jones has

had a breakout season, scoring twice and dishing out five assists to compliment some stellar defensive play comparative to previous years.

In the middle, long-time stalwart Andrew Farrell and U.S. Men's National team member and second-year SuperDraft pick Henry Kessler both have proven they can handle even the league's deadliest attacks. Backing up the two central defenders has been cult hero Jon Bell, a Revolution II product that spurred the #AnnounceJonBell movement prior to the 2021 season getting underway.

On the right side, the ever-consistent Brandon Bye has been

locked in, slotting home the first goal of the season for the club and coming into his own in his third season with the team.

In goal, Matt Turner has had a coming out party this season, backstopping the USMNT to a thrilling Gold Cup victory. In addition, Turner was named the best goalkeeper in the tournament, and subsequently was named to the MLS All-Star Team.

Bruce Arena's leadership, combined with the cohesiveness of this group, frame what looks to be a very special season in New England.

Bruins prospects look to shine in camp

Mike Corrado
Contributor

As the NHL pre-season nears its start, the 31 teams across the league are inviting their young prospects to training camp.

In Boston, Don Sweeney and company have been faced with replacing various key cogs in the lineup following the departure of David Krejci and the losses of Zdeno Chara and Torey Krug within the past two seasons. While the pandemic gave players such as Jack Ahcan, Anton Blidh, and Oskar Steen opportunities to play in meaningful games, a majority of the talent

seen last year has not looked ready to take the next step forward.

Training camp this year will serve as a serious opportunity for some players to prove they deserve a chance with the Bruins, with all three of the 2015 first round draft-picks on the hot seat.

While he has spent a majority of his time in Providence, Zach Senyshyn has only scored once in his 14 big league appearances. His lack of size, paired with his sub-standard puck skills have negated the speed that made him an attractive selection out of Sault Saint Marie of the OHL.

Jake DeBrusk has been able to show flashes of the player that earned a nearly four-million dollar extension after the Bruins fell to the Blues in the 2019 Stanley Cup Finals, but he looked completely lost at stages during the 2021 season. DeBrusk failed to surpass 15 goals in a season for the first time in his career, only managing five goals in 41 regular season games, before being relegated to a healthy scratch as the year carried on. The 24-year-old was able to seemingly find his stride in the playoffs, finding the back of the net twice in 10 appear-

ances.

Jakub Zboril's experience has been the most confusing of the three, as the defenseman has tiptoed the line between being a stellar AHL talent and an average NHL player. In his first full season this past year, Zboril was able to see 42 games of action. The chances of the Czech native getting increased ice-time this year is unlikely.

Going a bit younger, the Bruins will look to showcase the talents of former University of Maine standout Jeremy Swayman as he looks to earn the job as the starting goalie, following his rise

to stardom in Tuukka Rask's absence last year. Swayman put up a record of seven wins and three losses in 10 regular season appearances, ending the year with a 1.50 GAA and a .945 save percentage. While the team signed Buffalo Sabres goaltender Linus Ullmark to a deal as well, both will split time while Rask recovers from surgery for a torn labrum in his hip.

In this year's draft, the team opted to take Swedish forward Fabian Lysell with their first selection, building up their reinforcements on the wing, an area of need in recent years. Lysell spent the previ-

ous season competing above his age division, managing still to score twice for Lulea HF of the SHL. While Lysell most likely won't see consistent action this season, it will be interesting to see how a player billed as one of the best skaters in the draft class develops in Bruce Cassidy's system.

The Bruins will begin their preseason campaign on Sunday, Sept. 26 as they travel to Washington D.C. to take on Alex Ovechkin and the Washington Capitals.

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Contributor

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

Letters to the editor should be 300 words, concise and clearly written. If applicable, include your academic year. Send all submissions to Nate Poole 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 Nate Poole.

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.