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Suicide Prevention Discussion

Maddy Gernhard

September is suicide prevention awareness month, and to spread awareness, Stacey Cherry, a mental health counselor in Machias, Maine, led a discussion on the specific 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 the talk about suicide,” Cherry said during the introduction to her event.

Often those who ideate editor are those who have an increased feeling of being a burden as well as personal loneliness. It is a common myth that talking about suicide can prevent suicide, but in reality, it is extremely harmful to our mental health counseling needs.

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 2000. In 2021, an average of 257 people 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 by 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 among those groups as men, indigenous peoples and veterans that might face social or systemic barriers that discourage reaching out.

Approximately 8,000 veterans die by suicide each year, caring relies on 14% of all suicides, and 11% of veterans have attempted suicide.

This is the ninth leading cause of death at all ages; where every 14 days someone dies by suicide. This led Cherry into the next seg- ment of the discussion on warning signs, as well as risk and protective factors.

Cherry defined risk situations or situations that may increase the likelihood of a suicide attempt. For instance, factors, meanwhile, are personal and social risk factors that promote resilience and can help individuals the more effectively handle stress- ful events and mitigate or eliminate risk. With the COVID-19 pan- demic, it was recorded that individuals reporting unmet medical needs decreased from 9.2% to 11.7%, with the number of adults with mental health issues.

This emphasizes how some who are experiencing suicidal tendencies feel less alone. Helping someone who is having suicidal ten- dencies feel less alone.

They also have different resources on anxiety and depression, as well as gratitude journaling, ‘Gratitude Journaling,’ for students and staff. Anyone can reach the Counsel- ing Center, located in the Student Wellness (149 Memorial Union) where services are offered on Zoom, phone or person from Monday to Friday 8 a.m. to 12 p.m. and 1 p.m. to 4:30 p.m. You can reach the Counseling Center at 207-581-1392 to schedule an appointment.

Cherry shared “Mental Health Tips” on how to approach counselors have small workshop series and handouts on different aspects such as ‘Cul- tivating Calm,’ ‘Coping with the ‘Imposter Syndrome,’ ‘Gratitude Journaling,’ and ‘Mental Hygiene.’ They also have different resources on anxiety, depression, gener- al anxiety, eating and stress.

If you are in crisis — thinking of harming yourself or someone else, or you have re- cently experienced a significant traumat- ic event — please call the Counseling Cen- ter (during business hours) at 207-580-4040 or 911.

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 won- der what to do with an abundance of pro- duce. Thankfully, the University of Maine Cooperative Extension has helpful advice about how to properly cook excess vegeta- bles from the garden.

Eat Metro on Zoom, phone or person from Monday to Friday 8 a.m. to 12 p.m. and 1 p.m. to 4:30 p.m. Next month, the Maine football picks up first win of the season.
A2-News

TheMaineCampus

Monday, September 20, 2021

News

UMaine Involved in Expedition to Find Oldest Ice in Antarctic

By Anna G. Brown

A2-News

Aquaculture research explores community opinion

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 Sciences at the University of Maine, master’s student Melissa Brittain, professor Hebrew Leslie and professor Joshua Stotz conducted a survey to explore community opinion on aquaculture from the Maine community. The research team in order to find a common ground where aquaculture policy can be built from, recently published their findings in a scientific journal whose goal was to educate its readers on the most current issues of aquaculture 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 of aquaculture are 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 a lack of research and investment in 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 social and economic impacts on coastal communities and displacement 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. According to Brittain, a recent dual master’s recipient in marine biology and marine policy at UMaine, conducted this research through an interview process, with individuals who worked in or are familiar with 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 socio-economic impacts to coastal communities and those who are wary due to fear of lack of management planning. Several graduate students will also be involved in the project, and will utilize UMaine’s Rack laser ablation technology centers.

UMaine is one of the thirteen other research institutions lending a hard 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, UIUC, USC, UC San Diego, the University of Kansas, University of Minnesota Duluth, University of Minneso- ta Twin Cities, University of Texas, and the University of Washington.

Photo by John Boyer from FreeImages.
**Weekly Updates**

**This Week in Student Government**

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

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**Grace Blanchard**

**Editor in Chief**

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**ORONO - On Tuesday, Sept. 14, the Student Government Senate met for the start of the 1477th meeting of the General Student Senate, after a year of being fully remote.**

**QS is one of the many clubs that was forced to resort to zoom meetings due to the COVID-19 pandemic, but they are committed to being back in the Memorial Union this semester.**

**“Remote learning took as much time as it did because Student Government is important and that’s interacting with the student body,” said QS President Zachary Wyers.**

The 1477th meeting of the General Student Senate opened with the appointment of six new senators:(camera) Cameron Pagel, Paige Allen, Sydney Lorcom, Patrick Neusch, Matthew Fishbein, and Tessa Solomon.

Many of these Senators received chair positions as well. Fourth-year student Senator Matt Fahien was elected as representative to the University of Maine RFC.

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**Jeffebah Saner**

**Editor in Chief**

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**Ange-Light (March 21 – April 20)**

This week will be emotionally turbulent for you, Aries. When meeting with the moon in Pisces on Monday, you may feel that your submerged, unfeared, or unknown is now on until next week. Look for to second-guess your introspective, secretive, or sentimental self.

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**Leo (July 22 – Aug. 23)**

You’re feeling a little emo, and that’s okay. Leo. As the Pisces moon fills your fifth sector of intimacy and pleasure, Mercury turns retrograde in this sector of communication. It’s time to look at your favorite sad tracks with the windows down to let it all out this week.

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**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 you define your relationships? Fulfills their role. Watch out for Mercury retrograde during this week in the priority self-care, Taurus.

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**Gemini (May 21 – June 20)**

It’s time to get that tread, Gemini. The Pisces moon comes in a zone at the beginning of this week, lingering for some serious growth, getaway, and boss energy. However, Mercury transitions to retrograde in Libra later in the week, creating a sense of inner-security. Reflect on your identity and the Pisces full moon on Monday, your focus will shift. It’s time to blast your favorite sad tracks with the windows down to let it all out this week.

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**Scorpio (Oct. 23 – Nov. 22)**

With the Pisces moon fully into this week, there will be a focus on your emotional, heart-healthy, and relational focus this week. As Mercury retrograde comes into this area of your sign, your emotions will influence your relationships in a new way. Confront what will immediately benefit you and what you can hold on to until next week.

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**Libra (Sept. 23 – Oct. 22)**

Mercury times Jupiter in Aquarius at the beginning of this week, asking you to invest some of your brainpower into growth and success. It’s time to start exploring what you’re interested in your career path and what you’re interested in.

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**Capricorn (Dec. 22 – Jan. 19)**

Your emotions will be a little turbulent this week. Scorpio. Focus on grounding yourself as your Mars in Libra moves from Earth to Air in Gemini, making your financial prospects a little chaotic. Lean into your introspective, creative side.

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**Sagittarius (Nov. 23 – Dec. 21)**

Happy homescaping, Sagittarius. Now’s the time to curl up with a good book and settle in just before fall. Your Mars in Libra brings your house of relationships on Tuesday. Look forward to developing a closer relationship with someone unexpected-

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**Aquarius (Jan. 20 – Feb. 18)**

Emotional and physical travel is the theme for you this week. Aquarius. With the Pisces full moon in Pisces this week and Libra in Mars, you may find yourself looking for a new open road, needing to find external influences to help steer your path.

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**Aries (March 21 – April 19)**

For Mercury, this week is a great time to break that mold and break out of your comfort zone. The Pisces full moon in Pisces will bring you emotional growth, new perspectives, and unexpected opportunities.

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**GSS President Ransley briefly discussed in his speech that he has been involved in several organizations serving our country,” said Fishbein.**

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“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 organizations serving our country,” said Fishbein.

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“Your Mars in Libra is in your sector of intimacy and pleasure, Mercury turns retrograde in this sector of communication. It’s time to look at your favorite sad tracks with the windows down to let it all out this week.”

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Photo by Davide Guglielmo from FreeImages.
National Suicide Prevention Month: acknowledging the mental health crisis in Maine

Graphic by David Jakacky

For persons aged 10-24, suicide rates rose from 2007-2009 to 2016-2018. The pandemic has sparked further isolated Maine youth through school closures, rising unemployment, and social distancing rules. Anxiety, depression, and suicide ideation have increased over the past year, and some of the hardest hit places are Maine’s smallest counties. Washington county faced a devasting winter as they lost four people to suicide, including three young men. Bar Harbor and Lincoln Academy town manager wrote her article, “The crushing toll of a pandemic on the county” for the Maine Monitor about the county’s problems.

Vigil is necessary for families, neighbors, and friends to protect our loved ones. The suicide rate in Maine’s most isolated communities is higher than in urban centers. Suicide is a tragic event that takes many forms during the pandemic.

Opinion

Summer Vandalbult

Opinion Editor

Each year, approximately 10,000 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 29% 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 0.1%. Business closings have affected businesses, closed restaurants also pose economic hardships are still grappling with the impact of declining Maine economy. The Bangor restaurant workers’ incomes are temporary than ever, we are working to secure our livelihoods will once again surrender to a reality that our livelihoods are temporary. Pay is more inconsistent as general burnout for restaurant workers is 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 return of our favorite places, those iconic mom and pop places that 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 as we once again confront the uncertainty of our jobs. Those COVID-19-robbed years have, once again, taken the toll on many businesses, schools and04

Tuesday, September 20, 2021
The Maine Campus

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 return of our favorite places, those iconic mom and pop places that 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 as we once again confront the uncertainty of our jobs. Those COVID-19-robbed years have, once again, taken the toll on many businesses, schools and...
The connection between making a dish and having the connection between making a cake and sharing the cake with others is the same. The act of sharing food is a way of connecting with others. When we share food with others, we are building relationships and creating a sense of community. This is especially true when we share food with 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 traveled to a few other locations in the states, including Waterville. The project’s architect, Tilli de Baccarat, is a seasoned multimedia artist and has put together an intriguing and influential body of work. For the “Kneeling in Photographs” Project, he’s explored the project's architecture.}

The exhibit features a collection of 10 sets of 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 photographs. The photographs themselves are wonderfully diverse, featuring a spectrum of angles, locations, and, most importantly, subject matter. The photographs seem to recognize that kneeling itself was not enough. Most photographers seemed to recognize that kneeling itself was not enough. Ultimately, that’s what the exhibit is about: bringing people together so that they may share their experiences and attempt to discover what we are all about.}

“Kneeling in Photographs” Project, exhibit will be open to the public on weeknights from 5 a.m. to 9 p.m. until the end of the month.

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

James Waters, an artist and educator, along with a dedicated crew of UMaine grad- uate 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 weeknights from 5 a.m. to 9 p.m. until the end of the month.

Now on display in the University of Maine’s Innovative Remembrance and Commercialization Center is a solo exhibition titled “Kneeling Art Photography Project.” An exhibition that explores the act of kneeling and 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 traveled to a few other locations in the states, including Waterville.

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The Lord Hall Gallery’s ‘Surrender’ exhibition features immersive magnetic paintings

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 professional painter, working with three commercial galleries in Maine. She attended the University of Edinburgh in Scotland, as well as La Louvre in Paris, France, having studied French literature and the history of art. She then studied at the La Ponte 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.

Culture Editor

Meaghan Bellavance

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 moveable 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 magnets 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 themselves 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 wasn’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.

Notable pieces of artwork by Thwaites in display, Thwaites’ 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. "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."

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 professional painter, working with three commercial galleries in Maine. She attended the University of Edinburgh in Scotland, as well as La Louvre in Paris, France, having studied French literature and the history of art. She then studied at the La Ponte 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.

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"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."
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 typical soft, breathy vocals and feel for genuine connection.

The album's standout, but it takes its footing in the back end of this album. There are subtle country accents in "Why You No Love Me," and because of this he discovers something quite well. Mayer lets his guitar do the talking on the back end of this track, something that would've been well-received with open ears throughout the whole song.

Mayer co-produced the album with Don Was, a record executive and musician in his own right. Was has worked with the likes of Bob Segar, the Rolling Stones. Mayer and Was have worked together before too, with Was producing the 2013 "Paradise Valley," which fits snugly into the country genre. 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 has an interesting rollout, as Mayer promoted it through what seems like social media, 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 off 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 15 tracks topping the five minutes. While the album may lag a bit when it comes to substance, it has a definite funky 80s feel to it.
Maine football picks up first win of the season

On Saturday afternoon, the University of Maine football team beat Merrimack College to pick up their first win of the season. "It was slippery," 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 "slippery" play was the absence of first-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 was capable of managing a game at the college level. UMaine went on a run with a successful passing attempt. Robertson did not turn the ball over, and he threw for 141 yards and one touchdown.

The game started with Merrimack's forcing a fumble on UMaine'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 Shaius Smalls. The Black Bears also capitalized on this second turn, this time with a field goal by fifth-year kicker Jonny Mesnick. UMaine led 10-0 after the first quarter.

UMaine responded with a good offensive drive, led by second-year receiver Jacari Carter. On the next drive, UMaine's defense forced a fumble back Abdul Stewart intercepted a pass by Messina restored the Black Bears' lead, 15-12. UMaine then forced a three-and-out, and on fourth down, Merrimack led to a field goal. UMaine drove down the field and scored a touchdown running back Freddie Brock made the score 22-12. Brock's second touchdown of the day.

UMaine's offense would strike early in the second half, resulting in Carter's second receiving touchdown of the day. This touchdown would make the score 22-20, UMaine leading at the half.

The Black Bears also benefited from the mistakes of the Red Sox. For the second time in the game, an UMaine mistake made another costly mistake. For the second time, the Red Sox made a turnover, giving UMaine a commanding lead down to three, 29-20. This cut the UMaine lead down to three, 29-20. Brock continued to extend the Black Bears' lead over Merrimack.

A 51-yard kickoff return by Merrimack's offensive back Abdul Stewart intercepted a pass by Messina restored the Black Bears' lead, 15-12. UMaine then forced a three-and-out, and on fourth down, Merrimack led to a field goal. UMaine drove down the field and scored a touchdown running back Freddie Brock made the score 22-12. Brock's second touchdown of the day.

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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 Northwestern. However, they would eventually come back to beat Merrimack 3-1.

UMaine led early against Kent State with a goal in the first quarter by fifth-year forward Ema Boateng, 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 an unassisted goal from the third-year forward Julie Ross to tie the game two goals apiece with just under eight minutes left. Not one but two overtimes were needed to decide a winner.

Neither team could find the back of the net in the first two overtimes. Both teams tried hard, as each team 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 an unassisted goal in the game-winning goal. UMaine had 23 shots throughout the game. 14 of them being on goal. Fourth-year goal-keeper Mia Borley recorded nine saves in the loss. 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, Boateng was named to the game by a UMaine goalmaker.

In Friday’s match against Merrimack, four different Black Bears helped to lead the team to victory. Fourth-year forward Chloe Walton got the scoring started on an assist from third-year forward Madelyn Hartley. Fifth-year forward Hanna 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.
Bruins prospects look to shine in camp

The Red Sox wild card race for the American League

By Samantha Prose
Contributor

The Boston Red Sox recently clinched the American League East Division title after a series win on the west coast against the Los Angeles Angels 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 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, 6-4 and 12-2. The Red Sox’s offense performed well during the three-game set, as they scored a combined 21 runs on 27 hits recorded. Conversely, the Mariners held them 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 the Miami Marlins come in for three games to finish off the season series. It’s without question that the Red Sox will have their ups and downs throughout the past couple of series. In their last 10 games, they’ve captured four wins and racked up six losses, and they’re currently on a two-game winning streak.

In those 10 games, they pulled together two wins against the New York Mets, one each against the Tampa Bay Rays and Chicago White Sox. The Blue Jays, Yankees, and Red Sox are a dead heat in the wild card spots, with both the Red Sox and Yankees winning three and the Red Sox and Yankees being 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 82-66. The Red Sox have a .515 winning percentage with a record of .554. Both of their winning percentages are separated by .001. With the Yankees having a .554 winning percentage and the Red Sox having a .515 winning percentage, both teams are currently sitting fourth in the two-game series. The Red Sox and Yankees are in a deadlock for two wild card spots, with both teams currently being a particularly tight fight for earning the second spot. The Red Sox and Yankees.

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