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The University of Maine was recently recognized amongst the top engineering and nursing programs in the country



Photo by David Jakacky.

Samantha Sudol Contributor

The U.S. News and World Report recently released their 2022 College Rankings, which recognizes top performing university programs. The University of Maine was awarded multiple recognitions: National Universities - universities that offer different undergraduate majors, master's, and doctoral programs, as well as performing research; Top Performers on Social Mobility - universities that enroll and graduate large groups of disadvantaged students who are awarded with Pell Grants and Top Public Schools.

UMaine was ranked in the U.S. News & World Report's Best Undergraduate Computer Science Programs (#154), Best Undergraduate Business Programs (#166) and Best Undergraduate Engineering Programs (#147). UMaine has been widely acclaimed

for their engineering degree program, and this recognition only further acknowledges the world-class professors and research conducted at the institution.

In 2022, UMaine and its regional campus, the University of Maine at Machias, will be among the best in the country. UMaine prides itself on having nearly 100 academic programs for students to choose from, as well as various minors and academic programs with nearly 110,000 alumni worldwide.

"It's certainly well deserved," says Sean Tyrell, a fourth-year civil engineering student at UMaine. "Many of the engineering professors are some of the brightest and most experienced professionals in the surrounding area. To see them as well as the school, who is currently investing a large sum of money into a new engineering building, receive that recognition makes

me proud to know that I've been educated to a high degree and that many students after I leave will be educated to an even higher one."

With 11 ABET accredited engineering and engineering technology degree programs, UMaine's College of Engineering has been innovating engineering excellence since 1865. By preparing students for the workforce, the College of Engineering contributes to economic development in Maine and elsewhere.

"Maine is one of the only states in the country that continues to train and educate land surveyors. It serves the industry significantly in training land surveyors because many universities do not. This is important because there are a dwindling number of land surveyors due to the education requirements that many universities no longer provide," says Paul Tyrell, NCEES treasurer and former

vice president and the current vice president of STV inc.

Alongside the College of Engineering, the UMaine School of Nursing has also been widely acclaimed. The U.S. News published a ranking of more than 690 schools that offered Bachelor's of Science in Nursing degree programs for the first time. Here, UMaine's School of Nursing was ranked #76 in the Best Undergraduate Nursing Programs.

"As a nursing student at UMaine I am proud that the nursing program is being nationally recognized. The program is notably selective and I feel proud when telling my family and friends that I am a part of it," says Brenna Milliken, a third-year nursing major. "I think one of the best parts is our class. With it being so selective, our nursing class is like a little family and we are all very supportive of one another. We are given

clinical experience and lab experience pretty early on in our second year of school. All in all it is something I am proud to be a part of and I feel as though we wholeheartedly earned recognition nationally. Through all the hard work it is nice to be recognized for our program and efforts."

UMaine's nursing program was established in 1939, and was also the first baccalaureate program for nurses in Maine, before the nursing program became a School of Nursing in 1958.

"UMaine School of Nursing faculty, staff and students are committed to evidence-based, compassionate and inclusive care of patients, families and communities," says Kelley Strout, the director and professor of the UMaine School of Nursing to the Bangor Daily News. "Our students engage in active, didactic classroom learning with accompanied 740 hours

of experiential learning in direct-patient care. We are honored that our team's commitment to excellence is demonstrated in the national Baccalaureate of Science in nursing program rankings."

Over the years, UMaine has also been recognized nationally for various achievements. Besides being one of the nation's top 50 ranked green colleges by The Princeton Review, it was also classified as a High Research Activity Institution by the Carnegie Foundation in 2015. The institution has also been featured in multiple 2021 national guides to best colleges, including The Princeton Review and Fiske Guide to Colleges. Ranked among the top public universities for research by the National Science Foundation, the University of Maine is amongst the top third of public institutions in research.

UMaine hosts BioBlitz event

Maddy Gernhard News Editor

The University of Maine's school of biology and ecology graduate organization hosted a BioBlitz event on campus over the weekend of Sept. 18 and 19 on the University Mall that lasted 48 hours.

Participants in the BioBlitz event were tasked with cataloguing all of the organisms they encountered around the 660 acres of UMaine's campus over the course of the weekend. In order to catalogue their findings, participants used

the iNaturalist phone app.

The iNaturalist app is a joint initiative between National Geographic and the California Academy of Sciences. It is used as a means of recording and cataloguing the various species of plants and animals in a given area. Anyone can download and use the app, and the data collected is reviewed and used by naturalists and data repositories.

Around 70 people took part in the event, the first of its kind held at the university.

This group included researchers, students

and locals from the Orono community with an interest in naturalism. Participants arrived at the University Mall at 8:30 a.m. on Sept 18, and were encouraged to collect data until 4:30 p.m. the following day.

BioBlitzes are also referred to as biological censuses, and involve recording any sightings of plants, animals, fungi and other creatures around a given location. Typically these events are held to collect data on the area, while also fostering the relationship between the natural world and those who

call it home.

"We are just trying to figure out what's here and that's going to help us going forward because we know we have things like brown tail on campus. But we don't really know how bad it is and we can track it throughout the coming years if we continue doing BioBlitz every year," Madeleine Landrum, a Ph.D. student of paleoecology at UMaine, told Fox WVII.

The hope is that in the future, after the event has been held over the course of a few years, patterns in the data will begin to

emerge. With the data that's been collected, naturalists and researchers from the university will be able to track and better understand the environment around UMaine better.

"Through this BioBlitz, we are seeing all of the living things we can find on campus and it does change through time as different factors change. So we can look at the history of our state and also modern systems," Landrum said.

As for the locals with an interest in naturalism, the goal was more centered around a general appreciation

of wildlife in urban areas.

"We're hoping also to show people that there's a lot of biodiversity and species in urban areas as well, not just in the wilderness or national parks. But even when you're walking around campus you can find hundreds of species," Vendy Hazukova, a graduate student at the university, told WABI 5 News.

The UMaine graduate school of biology and ecology hopes that this event will be the beginning of a new annual tradition.



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News

UMaine hosts “Digging up Buried Treasure” talk on sustainability



Photo by Percy Ulsamer.

Kathryn Luck Contributor

Sustainability is becoming more of a necessity as global climate change rears its head, and members of the Department of Anthropology at the University of Maine, Associate Professor Cindy Isenhour and post-doctoral researcher Brie Berry, discussed how they think one solution lies with reuse at a lecture titled, “Digging for Buried Treasure: Hidden Gems in Maine’s Reuse Markets,” on Sept. 20.

Reuse is defined by the repeated use of an object as signified through a change of ownership. This is different from recycling, which breaks the component down and uses labor and energy to create something new.

The research team, which is composed of Isenhour, Berry, four graduate students and 11 undergraduate students, among others, have been working for five years, hoping to explore not only the environmental aspects of reuse, but also the social and economic benefits and costs to increased policy surrounding reuse programs. They found that reuse has less economic costs associated with it and estimated that strong reuse programs could bring waste down by 25%. Reuse can increase resilience against climate change, while also building social capital and overall trust in our communities.

After a brief introduction and land acknowledgement from Linda Silka, a senior fellow of the George

J. Mitchell Center, the lecture began with Isenhour exploring the difficulties they faced in measuring the economic and social impact of reuse. Reuse’s economic output is measured through productivist logics, the idea that organizational growth is reliant on measurable productivity, but this discounts the costs associated with distributive labor and the cost of the object itself.

When looking at reuse at the national level, Isenhour estimated that the total revenue in used merchandise stores alone is almost \$17 billion. Because of the productivist logics and the lack of data surrounding reuse on the personal sector, like Facebook Marketplace or just sharing used goods between friends and family, this

is a low estimate and the researchers believe that the potential economic gain could be even higher.

There were also some trends that appeared when looking at the national level: rural states were more likely to participate in extensive reuse programs as well as women with young children, those with higher levels of education and communities with higher unemployment rates and industrial diversification. The belief going into this study was that economically depressed communities would utilize reuse programs more than wealthier ones, but the research team was surprised to find that income and economic outcome had no real significant impact on the levels of reuse in various communities.

Berry then took over to discuss state level analysis as well as community studies. The study found that \$726 million was a conservative estimate of the cost benefit of reuse programs in the state of Maine, though most of that number comes from formal businesses. However, they found the most benefit was in the form of community growth and engagement.

That isn’t to say that communities don’t face some struggles when it comes to reuse programs. While the study showed, through interviews, that reuse programs build trust and connection in communities, the problem lies with the lack of young people involved. The majority of reuse businesses are volunteer based, and the study shows that most

of those volunteers are people aged 50 to 80. The work is hard, often having to lift and sort through heavy objects for hours, and older people are having a difficult time doing it. Without adequate policy support and community engagement, these volunteer groups will soon cease to exist. The research team thinks the future of reuse, and the many benefits it brings to our economy, community growth and environmental resilience, lies with younger generations going out and getting involved.

If you would like to know more about this study, please visit the teams website at <https://umaine.edu/reuse/>.

UMaine Counseling Center holds seminar on aiding students in distress

Megan Ashe Contributor

On Friday, Sept. 24 at 1 p.m., Dr. Frank Wang and Dr. Dixie Turner held a workshop called “Working With Students in Distress,” which focused on how members of the University of Maine community can better serve students who are struggling with their mental health.

“Distress is a state of suffering. It can feel or look like confusion, loneliness, isolation, [being] overwhelmed [or] anxiety,” defined Turner at the start of the workshop.

Turner continued to explain that students in college can face a multitude of stressors they may not have experienced before college. Most are far away from home and have never left home for an extended period of time before. Students also are struggling to

fit in socially and make friends. On top of that, some students have never experienced the level of academic rigor that college demands. All of these things combined can cause a student stress and negatively impact their mental health.

According to Wang, the best thing people can do for someone in distress is to listen to them. He explained the difference between sympathy and empathy. Sometimes sympathy can be more dismissive than empathy. When someone empathizes, they imagine themselves in the shoes of the person with the problem.

One way to help people who may be having a difficult time is to use the RAPID model to combat situations. RAPID is an acronym that stands for rapport, assessment, prioritization, intervention and disposition.

Wang explained that this model can be used by anyone, not just mental health clinicians, to offer support to people in need. “The RAPID model is a compassionate and supportive presence designed to mitigate acute distress and assess the need of continued mental health care,” said Wang.

He further explained that this is not a replacement for therapy and that this model includes aspects that promote personal and community resilience.

When thinking about how to establish rapport with someone in distress, it is important to listen to their problems. Wang and Turner modeled a mock conversation, where Turner said she had anxiety and said she was feeling down. Wang used reflective listening skills to validate her feelings and asked clarifying ques-

tions so he could fully empathize with and understand Turner.

Wang and Turner made a point to say that people’s cultural experiences can impact how they express their emotions. They share that it’s never okay to ostracize people or place blame on their culture. People should be aware of their biases and work toward having empathy for everyone.

The assessment phase entailed looking at the basic psychological and physical needs of those in distress. It’s important to notice changes in others and see if they are experiencing dysfunction or distress. Dysfunction is more serious and could require immediate attention. It can look like chest pain, suicidal thoughts, violence toward oneself or others, panic attacks or emotional numbness. Distress re-

quires less immediate attention but can look like fear, sadness and trouble concentrating.

If someone is a threat to themselves or others mental health, professionals or a comparable resource should get involved as soon as possible.

The prioritization step is all about which needs should receive help first. Physical needs and safety come first, then affection and acceptance towards the person. Next, the person can receive help with self-esteem and self-actualization. It’s important to ask questions to prioritize needs and assess what stress and trauma the person has been exposed to.

The point of intervention is to find the appropriate resources that can help students in distress. UMaine has its own police department, and if anyone is in distress they can call

207-581-4040. Other resources like the Counseling Center and Cutler Health Center can be contacted for students in emotional or physical distress.

The last part of the RAPID model is disposition. This step is about how the student, and the person they reached out to for help, will move forward. After referring students to a resource, a staff member could check in with the student to show they care about the student’s well-being. It is important not to pry with the student in distress. It is also important to practice self care and take care of oneself after helping people in distress.

Please reach out to any campus resources if a situation requires them.

UMaine hosts “Improving Water Quality” discussion

Kathryn Luck
Contributor

In the past decade, water quality and pollution control has become a hot topic with ecologists and policy makers alike. On Sept. 22, a lecture that is part of the Libby Lecture Series at the University of Maine and sponsored by the College of Natural Sciences, Forestry and Agriculture and the College of Liberal Arts and Sciences, took place at the Buchanan Alumni House. Dr. Cathy Kling discussed the results from an ongoing study exploring the social and economic impacts of improving water quality nationwide, in the hopes of educating future policy makers.

Kling, the faculty director at the Atkinson Center and a professor at Cornell University, began her discussion by giving an overview of the EPA National Aquatic Resource Survey, which gives a snapshot of the water quality of all bodies of water over the span of five year periods. The results showed that in all states, most of these bodies of water are suffering from large amounts of nutrient pollution, specifically nitrogen and phosphorus. Kling explained that the two outcomes of this pollution that she feels are the most pressing are harmful algal blooms and the Dead Zone.

Algal blooms are caused when natural-

ly occurring algae in bodies of water are fed an abundant amount of nutrients, causing rapid growth that can affect not only the ecosystem, but also our ability to use that water for drinking, fishing, or recreation. The Dead Zone is a section of the Gulf of Mexico, spanning about 5,800 square miles, that is annually occurring and ever growing. This area has a low concentration of dissolved oxygen, caused by runoff from sediments containing high levels of nutrients from rivers in the Midwest, and is uninhabitable for all animals. Kling explained that both of these results of nutrient pollution are unintentional, but dangerous conse-

quences of The Clean Water Act of 1972.

The Clean Water Act, while minimizing a large portion of the water pollution in the United States by managing certain areas of production, doesn't affect agriculture at all, which is the largest producer of the nutrients that are affecting our waters today. According to the 2017 Agriculture Census, 44% of the United States is agricultural land, and Kling believes that these lands are the main cause of nutrient pollution in the nation today.

Kling discussed a potential cost of this pollution, which is how our drinking water will be affected, leading to costs of cleaning pub-

lic water and the residual health problems among those who unknowingly drink polluted water from private wells. Recreation will decrease, as things like fishing, boating, swimming, and wild-life viewing are less likely to occur in polluted water, meaning recreational income and quality of life will go down as well. Even local amenity value will decrease, as property values near a polluted lake are much lower than those near clean water.

Kling hopes that her team's study can help point out these areas of potential economic and social loss, as well as educate policy makers on the benefits of improving them and

specifically who would benefit from those improvements, as low income communities are less likely to benefit as much as wealthier individuals. The goal is to give an overview of the ecological and economic benefits and the environmental justice aspects as well, in order to allow for future policy makers to ensure that any further developments can benefit all members of the United States.

For more information on this ongoing study, contact Dr. Cathy Kling at ckling@cornell.edu, and for more information on the Libby Lecture Series, you can visit www.umaine.edu/libbylecture.

This Week in Student Government:

The General Student Senate discusses COVID-19 updates and Family and Friends Weekend.

Grace Blanchard
Contributor

On Tuesday, Sept. 21, the General Student Senate held their 1,478th meeting as they began to discuss planning for important on-campus events and COVID-19 updates.

“Good evening everybody, I hope that your fourth week is going well so far,” said GSS President Zachary Wyles. “We’ve got some higher-end details to take care of and that’s all that I’ll say for now.”

These higher-end details Wyles mentions were not disclosed to the public during the meeting, but an important topic of discussion was the message from the Student Government Advisor Laurie Sidelko, concerning the announcement of COVID-19 updates.

“A message is either going out today or tomorrow for anyone who is not in compliance with vaccines,” said Sidelko.

According to Sidelko, you have to be one of three things on campus right now: fully vaccinated, with an uploaded vaccine card; exempt, either medically or with a religious exemption, while still continuing to receive testing weekly or you have to be able to provide

proof that you are completely remote and will not be coming to campus at all.

“On Oct. 1, if you are not one of those three things, you’re gonna have a hold put on your account and that hold is going to keep you from registering. On Oct. 15, if you’re not one of those three things, then you will be disenrolled from classes and you will not receive a refund in order to become a student again,” said Sidelko.

The council also discussed how this would impact the Family and Friends Weekend on campus.

“Right now we have 3,200 people registered to come,” said Sidelko. The Family and Friends Weekend is a yearly tradition that the university has in which they hold events throughout the entire weekend and bring hundreds of families on campus. The event begins Friday, Sept. 24, and lasts until Sunday.

There were some concerns raised by the Senate over the vaccination requirements for this weekend.

“This weekend with Friends and Family Weekend, is there any sort of verification or checking on vaccine status of



the 3,200 people that are coming to campus,” asked Frank Kelly, the GSS vice president of financial affairs.

Sidelko confirmed that there is currently no form of vaccine verification in place for the events this weekend, but masks are required for all attendees.

The council's standing committees are in the process of kicking off their semester plans. Senator Camryn Hammill gave updates on her progress as chair of the Political Activism Committee.

“Last week I round-tabled with the president of the New Maine Democrats and we set our agenda for this semester, next semester and the year as a whole. This semester we will be working on a ‘Know your Rights’ student voting rights

handout,” said Hammill.

Voter registration day is next Tuesday, Sept. 28, and students must re-register if they have changed their address since the previous election.

“You can only pre-register to vote 15 days before election day,” said Sidelko.

There were also updates from special committees. Representative Sam Ransley, the chair of the Student Mental Health Committee, gave updates on their recent tasks. One of those plans includes promoting the app Silver Cloud, which is an anonymous, interactive platform meant to help people manage feelings of depression or stress.

“It could be really helpful to students on

campus,” said Ransley.

Ransley also noted that the committee plans to promote the “warm line,” which he says is a hotline number available for non-crisis communication.

There were three clubs seeking funding from the council as well during Tuesday's meeting.

The Interfraternity Council requested \$1,720 in funds for their annual budget. The Interfraternity Council is the governing body of fraternities on campus and is seeking funding for advertising, supplies and money toward Greek Week. Greek Week is a week-long celebration for the fraternities and sororities existing on campus. Their funding was approved after a period of debate.

Senator Tessa Shanteler spoke on behalf of The Caribbean and Latinx Student Alliance (CALSA), which received \$2,520 in funds. They requested funding for La Fiesta. This event is part of the Hispanic Heritage Month, which lasts from Sept. 15 to Oct. 15. “La Fiesta is going to happen this Friday from 11:30 a.m. to 1:30 p.m. in the MLK plaza,” said Shanteler.

A representative from Alpha Phi was also present. Kaley Kyle, president

of Alpha Phi, stated that the club is seeking \$1,250 for their first philanthropy event. Saturday, Sept. 25, Alpha Phi is hosting the Move Your Phi't 5k run and they are seeking funds for facilities.

“We will be using the chapter's funding to cover the cost of the timing company, snacks and water, but we are requesting funds for facilities including barricades to the roads, signs around campus instructing participants where to go, trash cans and tables and to cover the cost of student tickets,” said Kyle. They are preparing for a maximum number of 150 students running.

After approving the funding for each club, the General Student Senate dismissed the public members attending the meeting as they moved on to their private executive session.

Tune Into This!

What's happening this week at UMaine & Beyond

Monday	Tuesday	Wednesday	Thursday	Friday
Today is U.S. Revolutionary Samuel Adams's birthday. Adams was a participant in the Boston Tea Party, and one of the nation's founding fathers.	On this day in 1987, “Star Trek the Next Generation” debuted on television. The show starred actor Patrick Stewart as Captain Jean-Luc Picard, and followed the voyages of the starship Enterprise 21 years after the release of the original “Star Trek” series.	Maine artist Winslow Homer died on this day in 1910 at his residence and art studio in Proust's Neck. Homer's work was largely inspired by the Maine Coast, and much of his watercolor work was based on the shorelines he lived near.	On this day in 1918, it was announced that the Androscoggin County Fair would be shut down due to concerns about the rapidly spreading Influenza virus. This shut down came on the heels of several weeks of postponements and cancellations for several other of the Portland area's public events.	The University of Maine Center for Student Involvement is hosting a DIY Spa Night at 9 p.m. in the North Pod of the Memorial Union. Be sure to go to decompress a little as exams start to ramp up!

Opinion

UMaine needs rape kits: Improving sexual assault resources on campus

Emma Vannorsdall
Opinion Editor

1 in 4 undergraduate women are sexually assaulted in college. While perpetrators rarely serve prison time, victims are left with emotional and physical trauma. Only 20% of women aged 18-24 report sexual assault to law enforcement. As highlighted by the Association for American Universities, many women do not report cases because they do not think it's serious enough, they feel ashamed or they think they can take care of it on their own. The unfortunate reality is that there is not a sufficient support system for sexual assault victims, and we need to streamline the process for helping victims seek immediate medical help on college campuses.

The University of Maine website provides some helpful

information on their page "What to do if you have been sexually assaulted." It emphasizes that "in the immediate aftermath of a sexual assault, the most important thing is for the victim to get to a safe place." After this, "when a feeling of safety has been achieved, it is vital for the victim to receive medical attention, and strongly recommended for the victim to receive a forensic examination." The site points out critical steps victims should take to preserve evidence such as not bathing, not changing clothes, not using the restroom and leaving the crime scene untouched.

The university could stand to increase campus resources for sexual assault victims. Students are advised to go to the hospitals in Bangor and wait in the ER for medical assistance. In the aftermath of sexual assault,

many victims are discouraged by long ER wait times, which can interfere with the time sensitive process of evidence collection.

Sexual assault is often enabled through the use of date rape drugs, alcohol being the most common. Other common drugs include flunitrazepam (Rohypnol), Gamma-hydroxybutyric acid (GHB), gamma-butyrolactone (GBL) and Ketamine. These are powerful substances that can cause victims to become confused, lose muscle control, slur speech or pass out, facilitating a perpetrator in sexual assault. GHB, for example, takes effect as soon as ten minutes after ingestion and can impair the victim for up to seven hours.

Many of these drugs metabolize quickly within the body and only last a few hours after uptake. This

leaves a very narrow time frame for victims to get tested. Drug tests are a first step in providing victims with clarity, as well as in recording critical evidence for prosecuting perpetrators should victims choose to do so.

A rape kit or Sexual Assault Evidence Kit (SAEK) carries instructions, materials, containers and envelopes for collecting samples during a sexual assault evaluation. There are no rape kits available at the Cutler Health Center on campus. There are trained medical professionals capable of performing forensic medical exams, such as nurses and physician assistants, but the service is not offered by the university. Additionally, there is no campus service to transport students to nearby hospitals to access essential resources not provided on-campus.

UMaine is not the only school to lack appropriate resources for sexual assault victims. Only four of the top 100 U.S. colleges provide sexual assault exams at their student health centers. Just because few universities actually offer these resources doesn't mean they aren't capable of doing so.

In California, Assembly member Cristina Garcia is introducing a bill requiring all University of California and California State University campuses to ensure access to free rape kit services within ten miles of campus or at their own U.C. health centers. The University of British Columbia faced backlash for its poor sexual assault response. Since then, it has initiated services providing rape kits on campus. As reported by Vice news, "The kits will now be available at UBC's hospital

from 8 a.m. to 10 p.m., seven days a week." UMaine should follow suit in providing free test kits on campus to expedite the process and encourage victims to seek medical attention.

Ultimately, what matters most is protecting the physical and emotional health of victims after an incredibly traumatizing experience. There should be accessible services to provide victims the support, medical care and attention they need after sexual assault. There are currently no rape kits available on campus, no free transportation to hospitals and few resources for students regarding what steps to take directly after a sexual assault. Creating a system that enables, not discourages, women in the process of seeking justice will help make this a safer community.

Horoscopes

Rebekah Sands
Editor in Chief

Aries (March 21 – April 20)

Mercury retrograde stations direct on Monday, creating an opportunity to reflect upon where you stand in your relationships this week, Aries. What are some things you need to get off your chest? Now's the time to change and reform.

Taurus (April 21 – May 20)

Do you feel like stale bread? Take a look at your daily routine this week as Mercury retrogrades in your area of well-being. Give yourself some extra time for self-care, but try and get to the root of what's giving you grief and implement

change.

Gemini (May 21 – June 20)

Keeping with the theme of last week, use this Mercury retrograde to double down on your finances and career goals. Cultivate confidence by assessing your strengths and weaknesses this week and lean into building up areas that previously escaped your attention.

Cancer (June 23 – July 21)

Mercury retrograde is centered around your domestic family and home zone this week. If you're into this kind of thing, now would be the time to sage your apartment and get rid of lingering sour energies. How

can you reinvent your comfort zone?

Leo (July 22 – Aug. 23)

Prepare to work extra hard to express your thoughts this week, Leo. Mercury retrogrades in your area of communication, so you may have a hard time communicating accurately. Take a step back and figure out where your motivations lie.

Virgo (Aug. 24 – Sept. 23)

Sit on your cash this week, Virgo. Mercury retrogrades in your financial area throughout the week, meaning that you should keep a tight grip on what you'll be spending. Do you have a rogue subscription draining

a couple bucks from your checking account? Take care of it.

Libra (Sept. 24 – Oct. 23)

You're in the hot seat! Mercury retrogrades in your sign for the next couple weeks, meaning you'll be doing some serious evolving within your sense of self. Take a breather and recharge through the growing pains.

Scorpio (Oct. 24 – Nov. 22)

Just in time for spooky season: what skeletons are lurking in your closet, Scorpio? With Mercury retrograde in your unconscious sector, use the next couple weeks to delve into what motivations are ruling your

life. What are you running from?

Sagittarius (Nov. 23 – Dec. 21)

Mercury retrogrades in your social sector this week, and you might find yourself surrounded by people you haven't heard from in a while. Take the time to determine who makes you better.

Capricorn (Dec. 22 – Jan. 20)

Impostor syndrome doesn't look good on you. Mercury retrogrades in your career zone over the next couple of weeks, meaning you might start to second-guess your worth in the workplace. Give yourself some room to grow and remember, you can kick a**.

Aquarius (Jan. 21 – Feb. 19)

Mercury retrogrades in your house of expansion this week, Aquarius. This may reflect in your ability to commit to an idea, philosophy or travel plans. Don't try to rush into anything this week, but plant seeds to make some philosophical (or literal) moves by the end of October.

Pisces (Feb. 20 – March 20)

Not to be dramatic, but something's got to die. Mercury retrogrades in your sector of growth and rebirth, meaning this is the ultimate time to let things go. Be disappointed in what doesn't work out for you this week, but take it as a sign to move on.



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Culture

Maine Midden Minder Project moves forward with renewed funding

Photo via umaine.edu/middenminders.

Aidan Leavitt Contributor

The University of Maine's Midden Minder program, which has recently secured more funding, is garnering public support through talks along the seacoast. These shell midden deposits are studied by the university to discover information about the history of Maine's coast. The project is headed by geoarchaeologist Dr. Alice Kelley of the school of earth sciences, and Dr. Bonnie Newsom, an Indigenous archaeologist and professor of anthropology.

The project has taken an interdisciplinary approach, engaging many different departments on campus to help with the effort, including Professor Kristin Schild of the Climate Change Institute, the advanced computing group, the new media department and several others. The research project has put forth a citizen science initiative to involve community members in shell midden documentation.

Shell middens are prevalent all along Maine's coast and are identified by a large deposit of mollusk shells at the water's edge. They are of Indigenous creation and date anywhere from five thousand years ago up until the European contact period. Some artifacts of European origin have even

been discovered mixed amongst the shells, suggesting trade, cohabitation or reuse.

Many theories have been speculated surrounding their purpose. At one point in time, they were naively thought to be Indigenous trash heaps. This interpretation led to much wanton destruction of middens by arrowhead hunters throughout the twentieth century.

Nowadays, there are a few working theories, but ultimately the more data that is gathered the better the middens can be understood.

"They likely played various roles in Wabanaki society and we are just beginning to explore how they fit into people's lives," said Newsom. "Our understanding of the social role of the shell heaps themselves is in its infancy here in Maine.."

Middens also play a critical role in reconstructing environments and animals of the past. Newsom suggests that they preserve materials that aren't preserved in other non-shell sites like bone from food, discard or plant remains.

"Features like fire hearths are sometimes encountered in shell heaps which are data rich as the charcoal can be radiocarbon dated," said Newsom.

Included in some middens are items related to Wabanaki material culture such as

ceramics, bone, stone tools and beads. All this information helps bring into view a clearer picture of the past.

The project was initiated back in 2016 by Kelley with the help of Newsom, whose first work in the field was with shell middens with her husband Joseph Kelley, a coastal geologist. They had heard of the middens through Dr. David Sanger, professor emeritus, whose archaeological findings laid the groundwork for the project and saw the need for documentation before it was too late.

The middens face unique challenges due to their positioning along the coast, as coastal erosion and development have destroyed many. With over 2,000 middens in Maine, and so few professional geologists in the state, tackling the immense undertaking of documenting all of them would've been nearly impossible. Kelley and the team needed a different approach.

"It's all about getting eyes on the ground recording data that might be useful for the future, because we can't get it back," said Kelley. "We realized we can't look at them from a strictly academic level, so we'll move forward with a community science project."

By asking local communities to be midden minders, they've managed to cover much more ground, and with

a good framework for collection, achieve accurate data at the same time.

"We've been focusing on communities and conservation groups because local people all know where these things are, we're not hiding it from them," said Kelley. "They tend to feel a sense of ownership and protection."

One of the problems that plagues potential midden minders in the quest for accurate measurements and documentation is access. In Maine, cultural resources such as the middens are not protected by law, which, while unfortunate for the archaeological record, puts landowners in a good position.

In order to document a midden, you have to fill out a couple forms: a form to submit to the landowner asking for their permission to access the midden and another to be sent to the UMaine team. According to Kelley, the team is committed to guiding people through the process of documenting a midden individually.

There is no excavation that needs to be done, and landowners can still do what they want with the land. This tends to be a common misconception.

"Many think having an archaeological site on your property will somehow mean you'll lose access to your land but this isn't the case in Maine," said

Kelley. "We're not asking to take the artifact, we're simply asking people to share that information so that it is not lost forever."

As for what's next, the project continues to explore new avenues for documentation. Schild has been helping the group in the realm of geomatics, recently employing the use of drones to conduct 3D imaging of middens, which can be georeferenced and then overlaid with an updated 3D image of the same site to show erosion.

All the new developments in equipment technology certainly have the team excited, but perhaps what they are most passionate about is being able to give the data back to the Indigenous and academic communities.

Newsom, who is an Indigenous archaeologist, has a personal connection to the sites.

"I view shell heaps as gifts from our ancestors," said Newsom. "For Indigenous peoples, most of our history is encapsulated in subsurface spaces so for me, this is history that I can learn from and that can help me to understand my ancestral past. Indigenous historic properties are often marginalized socially. For me, working to change that is very satisfying."

Newsom has been developing a series of webinars for Wabanaki communities to help

educate them on the cultural significance of the middens, as well as the threats posed to them in hopes of eliciting feedback that can guide or be incorporated into future research.

With the backing of state archaeologist Dr. Arthur Spiess, and a new round of grant proposals being processed, the Midden Minder Project staff is optimistic about the future. Hopefully with more funding and time, the program will continue to grow. The staff has been hard at work doing outreach and getting the word out, and the results have reflected it.

At the last community forum in Surry, the turnout was higher than anticipated.

"I think people are becoming more open minded," said Kelley. "They're recognizing that Indigenous history is part of our history."

The Midden Minders will hold a talk at the annual basket weavers fair at the Hudson Museum in December.

If you know anyone who has a shell midden on their property and would be open to having it documented, contact middenminders@umaine.edu.

For more information on the Midden Minder Project, visit umaine.edu/middenminders.

Photo via umaine.edu/middenminders.

Reviews

Seasonal coffee and tea must-haves to try this fall



Photo via quenchessentials.com.

Emily Stockman
Contributor

Fall boasts delicious seasonal foods and drinks. There are all things apple, including caramel apples, apple pies, crisps, donuts and ciders. There's Halloween candy as well as the delicious comfort food of Thanksgiving. Of course, there is also everything pumpkin, including pumpkin pies, pastries, seeds as well as the notorious pumpkin spice latte.

As the weather gets colder and the leaves start to turn, fall is officially here! Starbucks

announced they are bringing back their pumpkin spice lattes. However, this isn't the only fall-themed drink added to the Starbucks menu or the menus of other coffee shops near the University of Maine.

For those ready to try something new or familiar, or if you just need a caffeine boost for early morning classes or a busy schedule, there is no shortage of fall-themed coffees, teas and beverages to try near UMaine.

Pumpkin Iced Chai

The pumpkin iced chai at Aroma Joe's is

perfect for fans of all things pumpkin spice. This tea is a twist on the classic pumpkin spice latte, but made with chai instead of coffee. This is the perfect drink for getting into the Halloween spirit, carving pumpkins or decorating for Halloween.

Apple Crisp Macchiato

This fall, Starbucks has introduced the apple crisp macchiato which can be ordered iced or hot, and has a caramelized spiced apple drizzle. This would be the perfect drink for apple picking,

and it would pair great with any buttery fall pastry.

Apple Cranberry Refresher

Refreshers at Dunkin' are popular iced drinks made with green tea, and have a variety of fruity flavors to choose from. These drinks are perfect for hot summer days, and even those lingering hot days in the fall. For fans of these drinks who want to get into the fall spirit, or for those who want to get into the fall spirit without ordering coffee, Dunkin' this year has introduced an apple

cranberry refresher. You can also order an apple cranberry coconut refresher, using coconut milk as a substitute for green tea. These would also be the perfect way to cool down on a warm fall afternoon.

Maine Maple Latte

For those who think of maple trees in the fall, both for the beautiful colors their leaves turn and for how they produce delicious maple syrup, the new Aroma Joe's Maine maple latte is the perfect thing to try. Available for only a limited time, this would be a great

drink to try this fall before it disappears!

It is amazing how large of a variety there is of teas and coffees for the fall, and how they range in temperature, flavor and brand. Seasonal drinks are a great way to get into the spirit of a season, and this is especially the case for fall. There is Halloween, Thanksgiving and all of the events surrounding these holidays that are so fun to get excited for! So sip away, and get into the fall spirit!

Lil Nas X 'gives birth' to new album 'MONTERO'

Meaghan Bellavance
Culture Editor

5/5 Stars

Lil Nas X, also known as Montero Lamar Hill, is known for not only his catchy songs but also for his advocacy of the LGBTQ+ community through his music. On Sept. 17, he released his new debut studio album "MONTERO." It features 15 songs, each ranging from two to four minutes long for a total run time of 41 minutes and 17 seconds. On "MONTERO" Hill proudly shows his identity as a black and gay artist, defining his confidence and self-worth in the industry with his first collection of work.

"MONTERO" is a pop-rap album and features many popular artists, including Megan Thee Stallion, Jack Harlow, Miley Cyrus, Doja Cat and Elton John.

Since Hill is an open member of the LGBTQ+ community, "MONTERO" was an opportunity for him to show his true colors and take pride in who

he is.

Before the new album was released, Hill took to TikTok to grow his platform of followers and supporters. With genius marketing, he has brought himself up to over 24.2 million followers and 803.6 million likes in total. He has pulled stunts such as making fans believe he was going to court, as well as pretending to be pregnant.

His one-off YouTube show, "The Montero Show," also put Hill into the spotlight as one of many anticipated promotional schemes for his album's release. The show mimics a retro comedy show with an interviewee and interviewer. Hill plays every character, and he counts down each of his favorite top 10 music videos with jokes added in the mix. At the end of the show, he 'goes into labor' and 'gives birth' to "MONTERO."

His 'baby registry' for "MONTERO" raised money for LGBTQ+ and human rights non-profit organizations. Each of the 15 tracks had their own non-profit group to donate di-

rectly to. Some of the groups included The Bail Project, Compassionate Atlanta, Central Alabama Alliance Resource and Advocacy Center, Cade Foundation and Happy Hippie.

Notable songs on the album include "THATS WHAT I WANT," "SCOOP," "SUN GOES DOWN" and "AM I DREAM-

ING."

Hill, 22, is from Lithia Springs, Georgia. Before becoming a famous artist, he attended the University of West Georgia. At 20, his single "Old Town Road," which featured Billy Ray Cyrus, went viral. However, he made sure that he was not going to be a one-hit-wonder.

Hill has won many

awards for his success in music, including the Grammy Award for Best Pop Duo/Group for "Old Town Road" with Cyrus and the MTV Video Music Award for Video of the Year for "Montero (Call Me By Your Name)."

Having come this far in both professional and personal growth, Hill is only going to become more of an inspi-

ration to listeners and fans. Especially if he keeps up his legendary marketing tactics on his TikTok, Instagram and YouTube. To learn more about his new album, visit welcometomontero.com.



Photo via standard.co.uk.

Sports

UMaine men's basketball season preview



Graphic by David Jakacky.

Michael Corrado Contributor

As the NCAA basketball season nears its start, the University of Maine Black Bears are ready to get back on the court. Following a season that was cut short by the COVID-19 pandemic, the hope is that the team can improve from the 2-7 record they concluded the year with. After deciding to prematurely end the season, the squad will be looking to make up for lost time.

Head Coach Richard Barron and his staff have been working around the clock in order to prepare the team for the year,

and with a full slate of games ahead of them, there's a lot to be excited about. Fifth-year captain, Stephane Ingo, will look to improve on an already electric 10.6 points and 8.6 rebounds, while swatting a little over two and a half shots per game, as he begins what will be his first full-length season in the starting five.

The leading scorer for the Black Bears last season, third-year point guard LeChaun DuHart, is returning to the program in what will be his second year at UMaine. His 11 points per game were complemented by an impressive 38.5% clip from downtown, to go

along with nearly 40% shooting from the field. DuHart was active on the defensive side of the ball as well, nabbing two steals in three of the team's nine total games in 2020-21.

Adefolarin Adetogun, an explosive second-year guard out of Regina, Saskatchewan will look to find more minutes this season after managing to lead the Black Bears in assists last year. "Fofu" as many call him, was a standout at the Edge School, leading his team in Calgary to a Canadian National Championship while putting up a line of 21.8/10.3/3.9 and 2.5 steals in the regular season.

Third-year forwards Ata Turgut and Veljko Radakovic both led the team in 3-point percentages last year, with 44.4% and 50% marks respectively. However, Turgut is the only member of the duo to be returning this season. With a pure stroke from behind the three-point line, the sharpshooter could be due for an increase in minutes as a chance to maintain his fantastic shooting numbers.

This year's newest members will also look to make their marks in their first season with the Black Bears. Most notably, fifth-year seven-foot-one-inch big man Chris Efreteui will look to lock down the

paint, adding such size that hasn't been seen in the Memorial Gym in over 10 years. His play at South Plains College in Texas saw him lead the team to consecutive 28-win seasons while headmanning the charge to the 2018 JUCO national title. He most recently featured at Louisiana Monroe University, starting 24 games last season.

First-year point guard Byron Ireland from Baltimore, Maryland is aiming to earn his spot as he embarks on his first campaign with the men's team. Spending his fourth year of high school at St. Frances Academy of Maryland, Ireland dazzled and proved

he's ready for the next level.

Another guard, second-year Vukasin Masic, completed his transfer from Hofstra University, and the Serbian looks to showcase his skillset in Orono. Rounding out the group, first-year power forward Kristians Feiberbergs of Latvia arrives in Maine following a stint in the Czech Republic that saw him score 19.5 points a game, a welcome addition to a unit trying to constantly improve.

The Black Bears will kick-off their 2021-22 season with a matchup in Blacksburg, Virginia as they travel to take on Virginia Tech on Nov. 9.

Stephane Ingo men's basketball player profile

Michael Corrado Contributor

Following up on a breakout 2020-21 season that saw the Canadian product put up a near double-double on top of 2.6 blocks a game, fourth-year forward Stephane Ingo is ready to cement his place as one of the University of Maine basketball greats this year. From Mississauga, Ontario, the six-foot-nine-inch power forward was able to dominate the paint down low, while commanding his defenders to stick to him as he showcased his range at a multitude of points the past few seasons.

Coming out of Gould Academy in Bethel, Maine, Ingo was considered a top prospect, with the stats to back it up. Averaging a double-double with three blocks a contest, paired with 50% shooting from the field, defenders struggled to halt such an

imposing force.

Ingo was redshirted as a first-year, training with the team and honing his skills before being added to the rotation in his second year with the program. In his first full season with the team, Ingo started in 13 of the team's 30 games, putting up 4.5 points, 5.3 rebounds and just over a block a game while shooting 40% from the field.

Ingo's high-flying putback dunks and blocks made him a star attraction as he fought his way into the starting lineup, pacing the big men around him in blocks, rebounds and steals. Ingo ended the season with a statline of 3 points, 14 rebounds, an assist, 3 steals and a block in the team's final game against the University of Vermont, showcasing his athleticism.

The rising star was able to grab at least 10 blocks in each of the team's final five matchups to conclude

the year, swatting nine shots over that same timeframe. The forward finished the year ranked third in the conference in blocks with a staggering 40.

After proving himself the prior year, Ingo started all nine of the Black Bears' games in a COVID-19-shortened season, while subsequently being named team captain. Though he shot nearly twice as much, shooting numbers across every category improved when compared to the previous season, further proving his versatility. One of the more notable leaps seemed to be the development of a consistent three ball, where he was able to jump .063% from the 2019-20 campaign and shoot 30% from deep in 20-21.

On the defensive side of the ball, Ingo was able to rip seven steals to go along with 23 blocks on the year. Academically, Ingo was an America East

All-Academic selection, complementing a 3.663 GPA last year, while double majoring in Management and Finance.

Q&A with Stephane Ingo:

Q: What does being named the captain mean to you?

A: It's an honor to be chosen to lead a group of guys and personally, it helps me raise my level of play knowing that they look to me for leadership especially in those tough moments. It means a lot knowing that your peers have that kind of respect for you and it's my job to be the best teammate every day. As a senior, I'm the most experienced and my goal every day is to push everyone and transfer everything I've learned over the years.

Q: What are you most looking to improve on compared to last season?

A: I'm looking to improve on my consistency and effort. I had

up and down games and I'm really looking forward to bringing that same energy to every game and providing a spark in areas when I'm not scoring. I'm also looking to improve my overall percentages in my offensive categories.

Q: What's been your favorite memory so far with this team?

A: My favorite memory was our trip to Hawaii at the end of 2019. That trip brought us a lot closer as a team and it didn't hurt to be out of the cold and on the beach.

Q: What game are you most looking forward to this season?

A: I'm most looking forward to our season-opener against Virginia Tech. It's been two years since we've played in front of fans and we're all eager to get out there and compete against a top-tier opponent.

Q: What would you say is your biggest strength on the court?

A: My biggest strength is my defensive versatility. I feel like I can switch onto every position and impact the game without scoring with blocks, steals, and communicating on defense.

Q: What's one message you have for Black Bears fans heading into this season?

A: We're going to play hard and we'll be a lot of fun to watch so make sure you come out and support us this season!

Fun Facts about Steph:

Q: Favorite food?

A: Lasagna.

Q: Favorite hobby?

A: Watching TV or going on walks.

Q: Favorite NBA team?

A: The Toronto Raptors.

Q: Donda or Certified Lover Boy?

A: CLB for sure.

Q: Sport you'd play if not basketball?

A: Volleyball.

A new season ahead for UMaine men's ice hockey



Photo by Olivia Schanck.

Samantha Proia Contributor

After a shortened season filled with postponed games, the University of Maine men's hockey team is returning to normal. The anticipation of having a normal schedule and a packed Alfond Arena filled with students and Black Bear fans is making for an exciting 2021-2022 season.

Jack Quinlivan, a fifth-year forward and the captain of the team, returns alongside fellow forwards Emil Westerlund and Keenan Suthers, all are using their fifth-year

of eligibility. Cameron Spicer is the only defenseman who is returning from last year as a fifth-year.

Two transfer students will join the team for the upcoming season: Defenseman Dominic Dockery, a fifth-year transfer student from Merrimack College and Matthew Fawcett, a third-year forward from Quinnipiac University. Dockery played 108 games and tallied 19 points for Merrimack, while Fawcett scored nine points for Quinnipiac over 34 games.

Three first-years

white for the Black Bears this season as well. Defenseman Tim Gould is from Moncton, New Brunswick and his previous team was the Amherst Ramblers of the MJHL. Forward Nolan Renwick comes from Mileston, Saskatchewan and played in the USHL, competing with the Omaha Lancers. Defenseman David Breazeale, a Jenison, Michigan native, previously played for the Shreveport Mudbugs in the NAHL.

The Black Bears' preseason exhibition home game against the University of Prince

Edward Island that was scheduled for Oct. 2 has been cancelled; the team now is traveling to Phillips Exeter Academy in New Hampshire to take on Quinnipiac University in a closed exhibition game. The first two games of the season will be away at the University of Nebraska at Omaha on Oct. 7 and 8. The team returns to the Alfond for the first two home games of the season against Sacred Heart University on Oct. 22 and 23rd.

Other non-conference games include contests against Union College on Dec. 10

and 11, Penn State on New Years Eve and New Years Day and the University of Alaska Fairbanks on Jan. 7 and 8. The team travels to UMass Amherst to play the defending national champions for two games on Feb. 11 and 12. The Alfond will host the border battle between UMaine and UNH on Feb. 18 and 19.

The Black Bears will face Boston University for the last two home games of the season on March 4 and 5, before a quick turnaround for the opening round of the Hockey East Tournament. The

first round of the tournament will take place on March 12, followed by a six and seven day break between the semi-final and championship games to round out the tournament.

As for the NCAA Frozen Four, the regional sites are scattered between New York, Pennsylvania, Colorado and Massachusetts. Boston is the designated location for the Frozen Four and the dates for those games are April 7 and 9.

UMaine Alumni Gustav Nyquist gets inducted into the UMaine Sports Hall of Fame

Dalton Bartlett Contributor

Gustav Nyquist is one of the most talented hockey players that has attended the University of Maine. Nyquist played three seasons for the Black Bears and totaled 144 points in 113 games. On Sept. 17, he was inducted into the University of Maine Sports Hall of Fame.

Nyquist was born on Sept. 1, 1989 in Halmstad, Sweden. He started his hockey career playing for his local youth team

Limhamn Hockey. Later on, he joined the Malmö Redhawks, where he played on their teams for 16, 18 and 20-year-olds. Nyquist was drafted into the NHL by the Detroit Red Wings in the fourth round of the 2008 NHL Entry Draft before attending UMaine.

After graduating from high school, Nyquist enrolled at UMaine to play hockey. He quickly made an impact upon arriving, leading the team in scoring as a first-year student. He was named to the Hockey East All Rook-

ie team, named Rookie of the Week on Nov. 3, 2008 and Rookie of the Month in December 2008.

By his second year at UMaine, Nyquist had become one of the best players in the entire country. He was named a first team All-American in 2010, and was included on the Hockey News first team, All-American First Team and Inside College Hockey All-America First Team. That season Nyquist finished as runner-up for the Hobey Baker award, which is award-

ed to the best collegiate hockey player in the country.

Before the 2010-2011 season, Nyquist was named an assistant captain of the hockey team. He was also named Hockey East player of the month. When the season ended, he finished No. 17 in points scored by a UMaine hockey player.

Nyquist was both a great hockey player and a great scholar. He was named a Maine Scholar-Athlete Rising Star his first year and was also named to the

Hockey East Academic Honor Roll. Throughout his time at UMaine, he was also nominated for the Dean Smith award as one of the best scholar-athletes.

After three seasons at UMaine, Nyquist went pro and spent the next six seasons with the Detroit Red Wings and their AHL affiliate the Grand Rapids Griffins. During his time in the AHL he helped the Griffins win the 2013 Calder Cup. After being called up to the Red Wings, he had a team-leading 28 goals, along with 20 assists,

in 57 games. He also had a six-game goal streak, the longest by a Red Wings player since 2010.

He was traded to the San Jose Sharks in 2019, and then in 2020 signed a four year contract worth \$22 million with the Columbus Blue Jackets as a free agent. He would miss all of the 2020-2021 seasons due to a labral tear in his left shoulder, but he is set to have a big impact on the Columbus Blue Jackets this upcoming season as a second liner.

Read more at mainecampus.com!

A14. Sports

Is Swayman Boston's number one goaltender?



Photo from MEC Archive.

Patrick Silvia
Sports Editor

Former University of Maine goaltender Jeremy Swayman decided to forgo his senior year at UMaine and join the Boston Bruins in 2020, and ever since his stock has been rising rapidly. Now entering his second professional season in the NHL, he has a real shot to be the number one goaltender in Boston.

S w a y m a n would not make his professional debut until February of 2021 last season. After almost 11 months removed from playing a competitive game due to the COVID-19 pandemic, Swayman showed no signs of rust and was the stud we remembered him as

at the AHL level.

With the Providence Bruins of the AHL, Swayman boasted save percentages and goals against averages that ranked in the top five amongst qualified goalies at the time. Swayman was expected to be in the minor leagues for the entirety of his first professional season, but injuries and stellar play from Swayman opened a door for him to come up to the NHL.

S w a y m a n made his NHL debut on April 6, 2021 in Philadelphia against the Flyers. In his debut, Swayman saved 40 shots en route to a Bruins 2-1 victory, showcasing himself as a real talent. During his time with the Bruins, Swayman played

10 games and was the primary backup for the majority of their playoff appearances over two rounds. In those 10 regular season games, Swayman put up a .945 save percentage and 1.50 goals against average. Both figures would be league bests had they been over the course of a full season.

The rise of Jeremy Swayman as a true NHL talent has given the Bruins confidence to move on from backup goaltender Jaroslav Halak. Halak was good during his three year tenure, but the 36-year-old's contract was up and it made sense for the Bruins to go with the younger option who has more potential.

A surprise circumstance also arose

to give Swayman the opportunity to take the number one spot in Boston. Bruins longtime goalie Tuukka Rask suffered a hip injury which required surgery, keeping him out of action until at least January of 2022.

This meant that going into free agency this offseason, Jeremy Swayman was the clear number one goalie in most people's minds until Rask returns from his injury. The Bruins then surprised many by signing goaltender Linus Ullmark for four years at five million dollars per year.

Last year with the Buffalo Sabres, Ullmark put up a respectable .917 save percentage, despite playing behind one

of the worst defenses in the league. The 28-year-old has played 112 career NHL games and has been good on a bad team, something that is very difficult to do as a goalie.

The experience of Ullmark and the contract that he signed makes it clear that the Bruins will give him the opportunity to be the number one goalie over Swayman. This makes a ton of sense and is not necessarily a bad thing for Swayman.

Swayman is only 22 and has only played 10 career NHL games. The lack of experience and age suggest that he may not quite be ready to be a true number one, and the Bruins were smart to sign Ullmark so they wouldn't

put all their eggs in one basket.

As the backup, Swayman will get NHL experience without having the full weight of expectations that the Bruins fan base has for their goaltending. If Rask returns to being fully healthy, Swayman may even spend time back in the AHL to accrue more experience.

Although we want to see Swayman be a true number one goalie in the NHL, it seems as though he is not going to be that this year. With good development from Swayman, in due time he can be a full time starter at the NHL level.

The New England Patriots are an interesting team this year

Dalton Bartlett
Contributor

After making a lot of big moves in the offseason, the Patriots seem to be in the winning mindset now. Bringing in players such as Jonnu Smith, Hunter Henry, Nelson Agholor, Jalen Mills and fan favorite Kyle Van Noy should help them become a very competitive team. Right before the season, the Patriots made the surprising decision to cut veteran quarterback Cam Newton—last year's starter—in favor of rookie Mac Jones.

Jones did not play much during his time at Alabama, where he was a backup to two current NFL quarterbacks, Tua Tagovailoa and Jalen Hurts. When he finally got his chance to shine in the starting role, Jones made up for it by being the best quarterback in the nation, ending up as the fourth place finisher for the Heisman trophy.

In his first two games of the season for the Patriots, Jones has looked very solid for a rookie. While he has not been very flashy, he has been the most consistent rook-

ie quarterback and he has not thrown a single interception. He has been exactly what the Patriots needed, a game manager. While he may never be Tom Brady, he can get the job done and he can help lead the New England Patriots back to the playoffs.

The Patriots' running backs so far this season have been average. Damien Harris has been a solid number one, but we have not seen much out of James White or Rhamondre Stevenson yet. So we will see how good the depth actually is if they are called

on.

Currently, the wide receivers and tight ends on the team have not been producing much, as James White is the leading receiver. Former first round draft pick N'Keal Harry has been injured, but he did not look very good in preseason. The free agents the Patriots brought in also have not produced, but this could also be due to the adjustment period of working with a rookie quarterback.

The offensive line is definitely going to be a work in progress for the Patriots. With Trent Brown out for a period

of time, we could see them struggle against good defenses like the Buccaneers in a few weeks.

The defense has continued their recent dominance by holding both the Dolphins and Jets to under 20 points in the first two weeks. Josh Uche leads the team in sacks with three while Ja'Whuan Bentley leads the team in tackles with 13. J.C. Jackson leads the team in interceptions with two. They will be tested in their next two games against the Saints and the Buccaneers, where Tom Brady will make his

return to Gillette Stadium to face his former team.

Nick Folk so far has been one of the best kickers in the NFL this season. He has not missed a kick so far this year, and over the last few years he has had a career revival with the New England Patriots by becoming a very consistent kicker. Punter Jake Bailey has also played well.

So far this season, the Patriots have done admirably, but with talented opponents in the next few weeks, we will see just how good they really are.

