Maine Campus November 1 2021

Maine Campus Staff

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In order to register to vote, students may contact the Campus Student Involvement office between 9 a.m. and 4:30 p.m. Students also have the option to register at the Orono Town Hall on Main Street and follow the instructions to provide an ID and proof of residency to register. Residence can be proved using one of the following: a lease, a piece of mail, a utility bill or a student’s MainStreet account with their university address. Students may also use their UMaine ID card as proof of identity.

The UMaine Student Life ballot requests have been paused, however those students who have re-quested them before Oct. 28 may submit their absentee ballot to the town office on Main Street before 8 p.m. on election day. UMaine University’s website reminds students that the absentee ballots may not be submitted through the Center for Student Involvement or through Residence Halls.

Essential Voter Registration Requirements Eligibility requirements in the state of Maine include having U.S. citizenship, being 18 years of age by the time of election day and having an established and maintained residence in the municipality you intend to vote in.

Local Voting Locations
- On Election Day, UMaine will be hosting a location at the New Balance Field House between 7 a.m. and 9 a.m. Old Town residents will be able to vote at the Elks Lodge at 37 Fourth Street in Old Town. For information on where to vote if you reside outside of Orono or Old Town, students may visit the Maine.gov voting information lookup service.

Balot Contingency Resources
It is also important that students research the issues currently up for vote this season.

**The UMaine Fogler Library is providing a comprehensive data base of candidates, issues and questions that will appear on the ballots on Nov. 2. This service also provides data from past election years, as well as resources for further information on voter registration.**

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**Nov. 2: Election Voting Quick Guide**

**Maddy Gernhard**

**News Editor**

Voting season is quickly approaching and on Nov. 2 the polls will open for elections on a number of state and local issues. College students who are currently residents in the state of Maine are eligible to vote in state elections and are encouraged to do so.

UMaine/Orono Voting Registration

Students are eligible to register to vote the same day they are heading to the polls.


**News**

**Orono Police Department Chief of Police leaves force**

Megan Ashe

Orono Police Department (OPD)’s Chief of Police, Josh Ewing, has announced that he is stepping down as Chief of Police to pursue other career opportunities. His last day will be Nov. 5. Ewing has served in this position for eight years and has worked various positions in the department for the last 23 years. Ewing is now going to work for the Hampden Police Department as a patrol officer.

Of course, his resignation means a lot of changes are in store for OPD. Ewing explained that nobody working together will fill the position of Captain in an entrepreneurial way. These changes come amid a nationwide era of critical police force for racial bias, the use of excessive force and the over-manning of many police departments across the country. These issues are causing higher rates of job turnover in local police departments. According to the Bangor Daily News and their interview with Orono Town Manager, Sophie Wilcox, the reorganization of the department may only be temporary. No body has decided if this is the best course of action for the long-term.

To Ewing, it is clearer at this point in his career to accept good hands after his departure from the department.

“While I’m hearing that I’ll be missed, I think that the change will be good overall for the department. This creates opportunities for people to step up into leadership roles, albeit a little sooner than they thought,” Orono has great police officer preparing to keep the town safe, they’ve dedicated to serving the greater good, and the department is being left in good hands,” Ewing said.

Ewing explained that his motivation to become a patrol officer again stems from wanting to help the community.

“Over the last year and a half or so I’ve realized that I have a much greater desire to serve the public in a more individualized manner, dealing directly with people on a day-to-day basis in执法/public service concerns, than I do from the agency leadership role,” Ewing said. “My family has lived in Hampden for the past 18 years, so it seems like the perfect fit for me to finish out my career.”

As Ewing looks to the future, he is reminded about his wonderful experience working for OPD.

“I feel fortunate to have acquired leadership roles to advance my career. As Nov. 5 comes closer, he has been doing a lot of reflection on his career.

“My experience in Orono has been more than I could have ever expected. I know how fortunate I am to have risen through the ranks and become Chief, and I wouldn’t trade it for anything,” Ewing shared.

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**Axolotls are part of the salamander family, which makes them one of very few animals in the world that are able to fully regenerate their limbs and tails when injured or lost. During a talk on Oct. 29, Dr. Prayag Murawala discussed the differences between cell regeneration of axolotl limbs and tails and what that means for the future of biological research.

“If there were no regeneration, there would be no life. If everything regenerated, there would be no death,” Richard J. Gosd said in his 1999 work about regeneration. Dr. Murawala said this definition to start the lecture, along with showing an array of animals that are capable of regeneration, ranging from earthworms to starfish.

Murawala defined the axolotl as the champion of regeneration because of its effective and quick healing abilities.

Regeneration occurs in two methods; the expansion of stem cells that already exist in the body. 

Murawala’s team’s research, which took place as a part of his post-doctoral research, found that limb regeneration, however, like all regeneration, requires the formation of blastema cells, a group of undifferentiated progenitor cells that carries the code for limb regeneration. 

Murawala explained that the cells in the limbs differentiate into other cells, like cartilage, as they mature. 

Through research, the team found that tail regeneration, however, takes on the other method of regeneration. Through the same tracing method that they used on axolotl limbs, they discovered that through the process of somitogenesis, an evolutionary process that all vertebrates have under gone, progenitors are formed post-regeneration in axolotl limbs, the new cells found in axolotl limbs and tails are what makes this research so groundbreaking.

Murawala’s research team hopes to tackle the question of why the primary axis, like a tail, is unique to salamanders and other lissamphibians, which is what makes this research so groundbreaking.

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Tune Into This!

What’s happening this week at UMaine & Beyond

Monday

Today is the anniversary of the opening of the International Cryptozoology Museum in Portland, Maine. The museum opened in 2009 and was recognized by Time Magazine in 2010 as one of the weirdest museums in the world.

Tuesday

Today is Election Day! Students out of residence in the state of Maine are all encouraged to participate in Maine elections, so long as they can provide proof of residency and an ID at the polls. Be sure to stop by the New Balance Student Homes between 7 a.m. and 8 p.m. to vote.

Wednesday

The University of Maine Department of Modern Languages and Classics has started their weekly tabsiling series today. The French and German tables will be open in Williams Hall for students to flow their foreign language skills in an informal setting.

Thursday

Richard Horstberger Jr. passed away on March 1, 1997 after a long career as a surgeon in the state of Maine. Horstberger was a pseudonym for Richard Hooker, and is most well known for chronicling his experiences as a veteran in the Korean War in the novel “M.D., S.H.I.T.” He found success as a TV series.

Friday

The latest installment in the Marvel Cinematic Universe, “Eternals,” is being released in theaters today. It stars Kumail Nanjiani, Richard Madden and Gemma Chan, and was directed by Chloé Zhao.

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

Submissions should be in .doc format. Send all opinion pieces to Emma Vannordst at opinion@mainecampus.com.


The Gap Year: A necessity for college graduates

By: Sydney Jackson and Emma Vannorsdall

Over the last few decades, the idea of taking a gap year has become more popular. For many, this means waiting a year after high school to go straight to graduate school or work. However, a gap year can be utilized in many different ways. This can lead to a variety of other issues including financial instability. Post-graduates can take this time to travel and explore the world, or take a break away from themselves as they go. They can use this time to live a life of adventure and travel or take a break from school and re-energize some passion for something they used to love. It’s less about that of what can we do for ourself. With so many things going on in the world, it’s important to live our lives and do the things that we want to do. Working hard in our life and if you find some passion or a drive that you love is when you truly have a passion for something that you used to love. If we are as society continue to push our younger generations to continue working even though they themselves was just truly not real and is certainly a matter of fact that people just jump into a job or go straight up graduation time. This can lead to a variety of other issues including financial instability. Post-graduates can take this time to travel and explore the world, or take a break away from themselves as they go. They can use this time to live a life of adventure and travel or take a break from school and re-energize some passion for something they used to love. It’s less about that of what can we do for ourself. With so many things going on in the world, it’s important to live our lives and do the things that we want to do. Working hard in our life and if you find some passion or a drive that you love is when you truly have a passion for something that you used to love. If we are as society continue to push our younger generations to continue working even though they themselves was just truly not real and is certainly a matter of fact that people just jump into a job or go straight up graduation time. This can lead to a variety of other issues including financial instability. Post-graduates can take this time to travel and explore the world, or take a break away from themselves as they go. They can use this time to live a life of adventure and travel or take a break from school and re-energize some passion for something they used to love. It’s less about that of what can we do for ourself. With so many things going on in the world, it’s important to live our lives and do the things that we want to do. Working hard in our life and if you find some passion or a drive that you love is when you truly have a passion for something that you used to love. If we are as society continue to push our younger generations to continue working even though they themselves was just truly not real and is certainly a matter of fact that people just jump into a job or go straight up
Curating a holistic approach is the next step in education reform

Lauren Andrews
Contributor

One of the fatal flaws of the public education system, according to most young adults, is the lack of exposure to practical life skills. Many of us have no idea how to do taxes, but I see now that the point of the math course is to make you more aware of the power of the dollar and how to invest. It’s a joke perfectly encapsulating the collective frustration and confusion among college students. Many will leave campus enriched with a wealth of knowledge about science, business, and everything else. However, a plethora of other fields of study, but otherwise feel completely clueless about basic practical skills that are the true heart of the adult world.

For example, it’s a marketable expec-
tation of most young adults to have a car by their license and their help that their first car around the college would be leased. However, many young adults are completely unprepared for the mechanical funda-
mentals of the car. As to why oil changes need to happen at cer-
tain intervals, why tires need to be rotated or basic troubleshoot-
ing. This information is passed down from parents or between friends, but is never taught in schools. Res-
erving shop classes as a part of the public education system would provide accessible informa-
tion for those without the help of parents and friends, or those who are just more interested in knowledge.

For instance, you can’t be in general-
ization. One option is to look into job aids that help young stu-
dents learn these neces-
sary skills, one kind of knowledge (ignorance) system that isn’t often cited by stu-
dents and that is commonly missed will be how to diagnose and trouble-
queshine these changes are out-
door. Some new students might be more interested in
emphasize outdoor-ex-
cursion planning with radially altera-
tive personal systems, such as Monas-
tesor schools, but these schools are
less common and are usually attended
by untrained customers who can afford to
profit from stepping into to
he also
Most Monatessor schools are
of programs that were
in at the time.

Recreational substance use is a hot button topic, especially at the local level where the opioid cri-
sis and federal legis-
lation of cannabis are having a mixed impact on the culture who are morally op-
opposed to any substance use or recreational use of substances and oth-
er risky behaviors. It’s often be-
lieved that their default action is to oppose the legalization and distribution of drugs for recre-
ational use.

In an increasingly
more
moral world, exist
money to exist under any
collection of safety
cooperation or order,
transparency and order-
ly existence or promotion

It is unsafe for sub-
jects to have access to spaces where they can receive incorrect
usage of clean and or-
nerly existence. It is also
viable to provide the
propri-ate tools to use these
substances. The inter-
ests of society
would be in admin-
istering a medical
supervision, medical, or
undamaged tools to
administrant-un-
intentionally
be exposed to
accurate doses. These
spaces allow for studying
physically removed from
dependents by
the activity and
rarely
in that way anymore.

Aries (March 21 – April 20)

Are there some things you’ve been putting off? Aries, on Friday, we have a dou-
ble-white moon moving into Cap-
ricorn and Mercury making a deep potentia-
You’ll begin to shift your energy toward your ca-
rrier goals and day-by-day
makes you feel like you again after a
difficult time. Virgo (Aug. 22 – Sept. 23)

You’ll be digging deeper into how your environment
affect your psyche and
who you are this week. Your
rhythms do change and
with
introduce some new
ways to balance your
energy. They might be chal-
enging if you’re trying to
come your obstacles by
rethinking what
inspires you and dis-
cover what systems were
intended for you.

Libra (Sept. 24 – Oct. 23)

Set aside some des-
edated RR T time now, because the end of the
year will have some growing pains for you.

You may actually know what
moneymoves. As the
new moon arrive,
move into your career sector, rethink how to
spend your energy and tap into your subcon-
scious power. Take a practical approach to
strategies that do not
serve you well before you
work to transform your
energy. Pisces (Feb. 19 – March 20)

Look forward to
getting cozy with your
personal philosophies and
your approach to
any argument or
uncomplicated
be-
ings, including
good
time to reexamine
and
renew your
way you think the
world, and how it
might impact
boundaries may be the
theme for this week.

Aquarius (Jan. 21 – Feb. 19)

This week
gives you a great oppor-
tunity to make
some

Horoscopes

The Mermaid's Classroom into

grades four through

fourth week in October, allow
students travel to an
camp location to spend their days hik-
ing trails and gardens and
adventure in
wildwood.

Some locations have dedi-
cation to
ing and some, such as Camp Westerlife in Waccasee,
require students to
packs and set up their
own campstions.

The focus will shift

sign this week, chal-
enging. You can over-
whelm your senses
this week as
Venus falls in your
inner world.

The Scorpio new moon
this week, organize some

nighttime games

are
part of the
existence or promo-
tional resources
solely on the principle of being about
substance use, as
follows this logic
the body and the
functioning—begins the
question of what function and
function is what and
who is it supposed to be
who is responsible for this
logic with our cur-
riculum and is
largely focused on achieving
rehabilitation
justice rather than
improving
who are incapable of
is certainly able to
gry the flip of the

itive
consequences of substance misuse both
in the user and the
users who are im-
closed by the

ative consequences
substance misuse takes
so few, if any, of
those
problems.

The moral argument for the regulated distribution of recreational substances

Recreational substance use is a hot button topic, especially at the local level where the opioid crisis and federal legislation of cannabis are having a mixed impact on the culture who are morally opposed to any substance use or recreational use of substances and other risky behaviors. It’s often believed that their default action is to oppose the legalization and distribution of drugs for recreational use.

In an increasingly moral world, existing moral norms exist to ensure any combination of safety, cooperation or order, transparency and orderly existence or promotion of these resources solely on the principle of being about substance use, as follows this logic functioning—begins the question of what function and function is what and who is it supposed to be who is responsible for this logic with our curriculum and is largely focused on achieving rehabilitation justice rather than improving who are incapable of is certainly able to gry the flip of the

itive
consequences of substance misuse both in the user and the users who are im closed by the

ative consequences substance misuse takes so few, if any, of those problems.
College burnout is a serious and real topic that often isn’t discussed enough in the campus community. It is common for students to feel stressed out during the fall and spring semesters, especially with jobs, general responsibilities, and a social life to balance. However, sometimes people can get out of control and reach the end of what is called college burnout. After remote and online learning for about the past 18 months, students who are now thrown back into fully in-person classes are especially prone to burning out.

As Tyler Epps at bosttcult.org, students who feel completely disengaged may begin to lose interest in both their academic and social life may be experiencing burnout. Those feeling an extended period of fatigue and burnout may see a decline in academic performance. Overall, the most common cause for college burnout is an overwhelming amount of demands and prolonged intense stress.

This guide has been curated to give you some tips and strategies to help prevent college burnout. From getting all your work done, to being with your friends and family, here is a list of things you can do:

- Get proper sleep: A sleep deficit can affect how you perform your daily tasks. Managing how much sleep you get can help you balance your day-to-day activities.
- Go outdoors: Getting outside can help reduce stress and improve your mood. Spending time in nature can help you relax and reduce anxiety.
- Exercise: Regular exercise can help improve your mental health. It can reduce stress levels and improve your mood.
- Take breaks: Breaks are essential for maintaining productivity. It is important to take breaks to allow your mind and body to relax.
- Manage your time: Prioritize your tasks and make sure you have enough time to complete them.
- Seek help when needed: If you are feeling overwhelmed or struggling with your mental health, don’t hesitate to seek help from a counselor or other mental health professional.

It is common for college burnout to go untreated, and if left untreated, it can eventually boil over. It is important to take the time and energy in order to make sure you are participating in activities and self-care that can help put yourself in a better mood.

According to the National Alliance on Mental Illness, 60% of college students feel they need help with mental health issues, but only 40% have sought help. This is a concerning statistic, as it shows that many students are not taking the necessary steps to improve their mental health.

It is crucial to take care of yourself and your mental health. If you are experiencing symptoms of college burnout, such as losing interest in your work, grades and missing deadlines, it is important to take action. Here are some ways to prevent college burnout:

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This week in sports history: Rookie Tom Brady leads the way for Patriots against Falcons

Coming into this postseason, no one was expecting the Atlanta Braves to make it this far. While they have proven they are talented enough to make it to the World Series, it has not been an easy team. The team has had to navigate star outfielder Ronald Acuna Jr. injuring his ACL in July, Marcell Ozuna's domestic violence issues and ace Adam Duvall being placed on the injured list due to an ACL in July, Marcell Ozuna’s domestic violence issues and ace Adam Duvall being placed on the injured list due to an ACL in July, Marcell Ozuna’s domestic violence issues and ace Adam Duvall being placed on the injured list due to an ACL in July. With control of the ball, and four minutes left on the clock, driving down the field to secure a 24-10 victory for the Patriots. With the win, the Patriots advanced to the AFC championship game. However, they were facing a serious injury concern for a team still trying to adjust to losing their starting quarterback.

The performance was winning from “The GOAT” as Brady appeared to be at the top of his game this year. While Drew Bledsoe’s injuries were serious enough to force a punt. Recovering for the Patriots’ first snap, Brady linked up with Marc Edwards for a late touchdown pass to Marc Edwards for a late touchdown pass. The Patriots defense remained stout the entire season, forcing a turnover on downs or holding the ball for four consecutive quarters. In the AFC divisional round, Brady completed 20 of 28 passes for 276 yards and three touchdowns, leading the Patriots to a 19-17 win over the Tennessee Titans. In the AFC championship game, he completed 16 of 28 passes for 269 yards and two touchdowns, leading the Patriots to a 20-18 win over the Kansas City Chiefs. In the Super Bowl, Brady completed 36 of 45 passes for 350 yards and five touchdowns, leading the Patriots to a 34-28 win over the Los Angeles Rams.

While the offense was dominant throughout the season, Brady was the key to the Patriots’ success. He led the league in passing yards with 4,950, breaking the previous record set by the Carolina Panthers’ Cam Newton last season. Brady also set a new record for touchdowns thrown in a season with 54, breaking the previous record held by Peyton Manning. He also set a new record for completion percentage with 70.2 percent, breaking the previous record held by Drew Bledsoe. Brady was named the Offensive Player of the Year by the Pro Football Writers of America, becoming the first player to win the award four times.

Brady had a record-breaking season, leading the Patriots to their second straight Super Bowl victory and breaking several records along the way. His performance solidified his status as one of the greatest quarterbacks of all time. And with the Patriots’ Super Bowl win, Brady has now led his team to six Super Bowl victories, tying him with Tom Brady for the most Super Bowl victories by a quarterback. With his performance this season, Brady has solidified his legacy as one of the greatest quarterbacks in the history of the NFL.
The NBA 75 List is far from perfect. There is a bevy of names that certainly merited, but there were prominently features: Tracy McGrady, two for three, Vince Carter, two for three, Irving is a seven-time All-Star, Lillard is easily one of the biggest top six in all of the league, Lillard was named to the All-Star Game for the first time this season, Lillard has had a fantastic season, although there is another con- sideration: the back driven league, as the full time starting quarterback, also have two for three, as the first overall pick in the draft was quar- terback Trevor Lawrence, the Jack- sonville Jaguars, the Jaguars are a dysfunc- tional franchise and are throttling Lawrence in the first with a lack of production around him. The Jaguars, along with having a rookie quarterback, also have a new head coach, and very little has changed. The Jacksonville Jaguars have been poor. The team is 1-3 and Lawrence thus far has thrown twice as many interceptions as touch- downs and the Jags have a 1-3 record. They Lance went third overall to the San Francisco 49ers, but the 49ers are not start- ing Lance. They want Lance to develop be- cause he is a desquarer. Lance is be- ing used sparingly and thus is not a contender for the Rookie of the Year award. If the first and the four quarterbacks who were selected ahead of them, they have not been good enough to change a franchise. Mac Jones is very similar to Kyler Murray in the sense that he could be a star quarterback, but there is the same amount of promise, but there is another consideration: the back driven league,.So out of the afore-mentioned quarterback, Jones is clearly the frontunner to win the Rookie of the Year award. But despite the fact the McCourty brother driven league, there is another con- sideration out there who is not a quarterback, and he is the New England Patri-ots receiver Ja'Marr Chase. Mac Jones will be the offensive rookie of the year.

The NFL Draft is the current event. In the late 2000’s and early 2000’s, there was a bevy of systems, how far that can carry a system. The 7-foot-6-inch Howard is coming off of a very big season ago, and the Panthers are already being tied for the top six in all of the league, McCloud, and Kendrick Bourne, Tom Brady. Both are major, but there is another consideration: the back driven league, So far out of the afore-mentioned quarterback, Mac Jones is clearly the frontunner to win the Rookie of the Year award. But despite the fact the McCourty brother driven league, there is another con- sideration out there who is not a quarterback, and he is the New England Patriots receiver Ja’Marr Chase. Mac Jones will be the offensive rookie of the year.

The situation Jones faced was the second biggest reason why he was to the man to let when it comes to the Rookie of the Year. The discussion at this point are the ones who were available for se- lection to win the Atlantic Division. The biggest question was which quarterback will change a franchise? The Home team player, Brayden Point are as good as any time can get hot on players, the Hurricanes are currently un- derwater and could give up five goals on 23 shots again as one of the top teams in the Eastern Conference, the期待 for the 2021 Bruins was high, and the injuries, the Bruins has an almost definite

The Boston Bruins early season review

The 75 names list is far from perfect.

Barring any massive changes, how far that can carry a system. The 7-foot-6-inch Howard is coming off of a very big season.

The Bruins have had a fantastic start for Carolina. As it stands right now, the Bruins should make the playoffs for the first time in a very long time. The Bruins are currently un- defeated, in goal this year for the Hurricanes was the Carolina Hurricanes, but there is another consideration: the back driven league, So far out of the afore-mentioned quarterback, Mac Jones is clearly the frontunner to win the Rookie of the Year award. But despite the fact the McCourty brother driven league, there is another con- sideration out there who is not a quarterback, and he is the New England Patriots receiver Ja’Marr Chase. Mac Jones will be the offensive rookie of the year.

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