

The University of Maine

DigitalCommons@UMaine

Maine Campus Archives

University of Maine Publications

Fall 11-1-2021

Maine Campus November 1 2021

Maine Campus Staff

Follow this and additional works at: <https://digitalcommons.library.umaine.edu/mainecampus>

Repository Citation

Staff, Maine Campus, "Maine Campus November 1 2021" (2021). *Maine Campus Archives*. 5349.
<https://digitalcommons.library.umaine.edu/mainecampus/5349>

This Other is brought to you for free and open access by DigitalCommons@UMaine. It has been accepted for inclusion in Maine Campus Archives by an authorized administrator of DigitalCommons@UMaine. For more information, please contact um.library.technical.services@maine.edu.



News

Orono Police Department Chief of Police leaves force

A2 Opinion

Pursuit of perfection: addressing eating disorders and body dysmorphia in college

A4

Culture

Five tips for preventing college burn-out during our second half of the semester

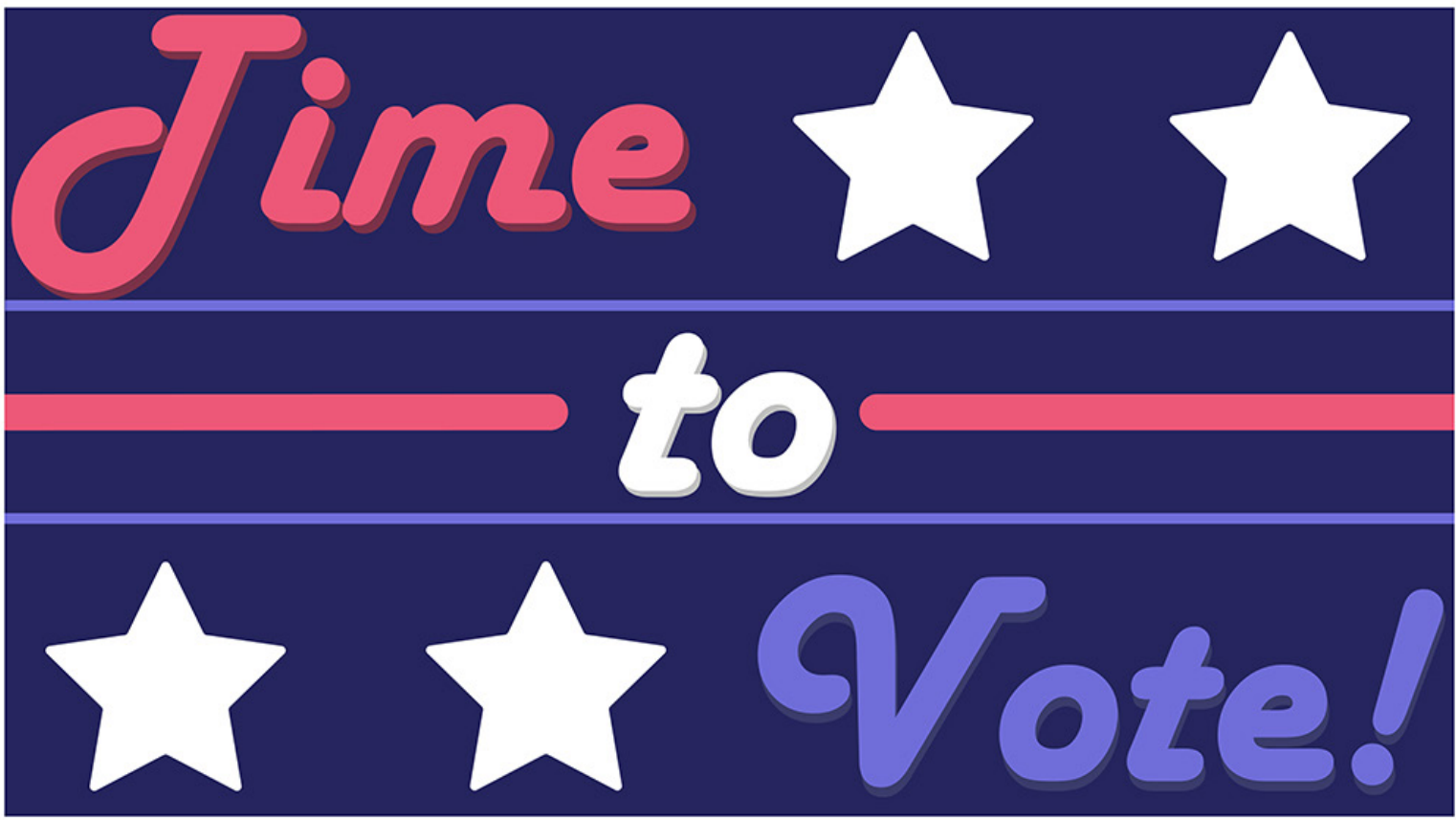
A6

Sports

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

A7

Nov. 2 Election: Student Voting Quick Guide



Graphic by David Jakacky.

Maddy Gernhard
News Editor

Voting season is quickly approaching; 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.

In order to register to vote, students may visit the Center for Student Involvement between 8 a.m. and 4:30 p.m. Students also have the option to register at the Orono Town Hall on Main Street and only need to provide an ID and proof of residency to register. Residency can be proved using one of the following: a lease, a piece of mail, a utility bill or a student's MaineStreet account with their Maine address. Students may also use their UMa-

ine ID card as proof of identity.

Absentee Ballot Requests

The town of Orono also has absentee ballot request options available. The deadline for requesting an absentee ballot has passed, however those students who have requested them before Oct. 28 may submit their absentee ballot to the town office on Main Street before 8 p.m. on election day. UMaine UVote'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 to vote at the New Balance Field House between 7 a.m. and 8 p.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.

Ballot Content Resources

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

The UMaine Fogler Library is providing a comprehensive database 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.

Chancellor Malloy holds town hall meeting

Samantha Sudol
Contributor

On Oct. 26, Chancellor Dannel Malloy and his team presented alongside the University of Maine System and UMaine leadership members on academic collaborations, budget development, strategic planning and accreditation.

"We are so grateful to this university and to all of our universities for the great work that's been done in managing the pandemic," Malloy said. "We are doing extraordinary work with the fewest number of cases on campus that we have seen in quite a while, so I just want to say thank you to everyone for responding, particularly I'm very proud of our students in the background, and the vaccination rate that we were able to achieve, quite frankly exceeding our initial goal but not necessarily our expectations of the people who make

up our student body."

Unmistakably, the ongoing global pandemic has played a major role in the upkeep of the UMaine System across all campuses. Ryan Low, the vice chancellor for administration and finance discussed the financial impact of COVID-19. Between COVID-19 tests, Personal Protective Equipment (PPE) and quarantine costs, the total state fund rested at \$14,929,462.

"I think you can see here the support that we received from our state and federal partners was substantial and that's the point I like to emphasize every time I talk about COVID[-19] and the impact, I always like to make sure I at least pause and acknowledge that incredible support that we got from our federal government and our two senators for sure, as well as Governor Mills and the legislature," Low said.

Earlier in the meet-

ing Robert Placido, vice chancellor of academic affairs, talked about academic collaboration and partnerships, as well as UMS enrollments.

"We wanted to talk about collaboration... [For] some institutions it's important for them to see that [enrollment] because they've had as much as 30% declines in some areas. So when they want to ask me, 'Why collaborate?' I would point to, because there is a real problem. If we can do it by having stand alone programs, if we can do it by collaborating on programs, all the better," Placido said. "If I could ponder a little bit for [The University of Maine System] is that you all have been leaders for decades in partnership and collaboration."

From marine science to engineering, many faculty members have already been connecting and working with other individuals in their field. Placi-

do went on to discuss how the other side of partnerships has been the administration and he deliberated on how these members have been leaders across the state. Besides having statewide roles in research, Placido also emphasized how members such as Robert Dana, vice president for student life and inclusive excellence and dean of students, has been a mentor to the other Student Life Leaders around the state.

"Student success and retention is one of the four major areas of the Alford gift and with that gift and the student success and retention, we have three major areas or initiatives that we're looking at. Research Learning Experiences, Pathways to Careers and Gateways to Success," John Volin said, UMaine provost.

In the latter half of the meeting, Joanne Yestranski, vice president of finance, dis-

cussed revenues and expenses as well as strategic investments for growth. Examples of these strategic investments include additional faculty and leadership for growth in engineering, business, computer science and other areas; incentive-based reallocation of indirect cost recovery to expand research programs; diversity, equity and inclusion incentives, including financial aid; strategic software efficiency solutions for academic affairs and research operations and other strategic initiative and growth opportunities, including student retention efforts.

There has also been renewed efforts in the master plan for 2022, as the Information Technology and Space Committee will be appointed to help manage unprecedented capital growth and space considerations. Additionally, the completion of the Ferland

Engineering, Education and Design Center will open in fall 2022 and bring in more engineers to UMaine through the UMS TRANSFORMS projects in Engineering, Computing and Information Science, Graduate and Professional Center and Athletics. There will also be a research expansion, UMaine Energy center, deferred maintenance and space reduction, public/private partnership potential and renovation and renewal of residence halls.

James Thelen, the vice chancellor in strategic initiatives and chief legal officer, ended the meeting in the discussion of the historical context of UMaine. He emphasized how working better can help serve the state of Maine and drive our own in alignment with the general framework and strategic plan.



The Maine Campus



@TheMaineCampus



@TheMaineCampus



@TheMaineCampus



Scan me!

News

Orono Police Department Chief of Police leaves force



Photo by Percy Ulsamer.

Megan Ashe Contributor

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 22 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 ex-

plained that nobody is going to fill his role, but the town will create some new positions to help fill the void in leadership.

"There is now a Deputy Chief of Police, Dan Merrill, who was the Captain. He's been with the department since 2008 and has been the Captain since 2017. Orono will also have a Public Safety Director to oversee both Police and Fire in the areas of budget, long-term planning and personnel development. The Fire Chief, Geoff Low, will be assigned this position, and I believe this all goes into effect on Nov. 5," Ewing said.

With Merrill and Low working together, they will fill the position of Chief in an unconventional way. These changes come amidst a nationwide era of critiquing police for racial bias, the use of excessive force and the overfunding 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 Wilson, the reorganization of the department may only be temporary. Nobody has decided if this is the best course

of action for the long-term.

To Ewing, it is clear that Orono will be in 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 officers working to keep the town safe, they're 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 day-to-day law enforcement/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 re-

minded about his wonderful experience working for OPD. He feels fortunate to have acquired leadership roles to advance his 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.

'Limb vs. Tail' lecture articulates variations of axolotl regeneration during research development

Kathryn Luck Contributor

Axolotls are a 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. Goss said in his 1969

work about regeneration. Dr. Murawala used this definition to start the lecture, along with showing the wide 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 acting abilities.

Regeneration occurs in two methods; the expansion of stem cells that already existed in the body part being regenerated and the dedifferentiation of a cell intended for another use into a cell intended for regeneration. In axolotls, the re-

generation method depends on which part of the body you are looking at: on the primary body axis, like a tail, or on the secondary body axis, like limbs.

Murawala's team's research, which took place as a part of his post doctoral research, found that limb regeneration, like all regeneration in axolotls, requires the formation of blastema cells, a group of undifferentiated progenitors that carries the code for limb regeneration. Through a series of experiments and tracings, they were able to discover that uninjured limbs had no pre-existing blastema cells, mean-

ing that the cells in the limbs differentiate to form those blastema. They also discovered that fibroblasts, a cell specialized in creating structural frames, are progenitors that create cells of multiple lineages.

The research team found that tail regeneration, however, takes on the other method of regeneration. Through the same tracing methods they used on axolotl limbs, they discovered that through the process of somitogenesis, an evolutionary process that all vertebrates have undergone, progenitors are formed from preexisting stem cells. They

then differentiate into the lineages needed to regenerate a fully functioning tail.

The main differences between the two regenerative processes are the methods and the amount of heterogeneity of the cells post regeneration. In axolotl limbs, the new connective tissue cells formed post-regeneration homogenize a lot more than those post-regeneration in tails, and it takes a good amount of time for those connective tissue cells to be fully heterogeneous again, if ever.

In humans, we are rarely able to fully regenerate lost append-

ages, like fingers and toes, let alone limbs. Being able to regenerate something on the primary body axis, like a tail, is unique to salamanders and other lizards, which is what makes this research so groundbreaking.

Murawala's research team hopes to tackle the question of how different the cells found in axolotl limbs and tails really are in further research. For more information about Murawala's team and where his research has taken him, you can visit <https://calendar.umaine.edu/event/community-engagement-to-enhance-research-in-maine-2/>.

Weekly Updates

This Week in Student Government

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

Avery Norman
Contributor

On Tuesday, Oct. 26, the General Student Senate held their weekly meeting in the Bangor Room of the Memorial Union where they discussed upcoming events that clubs and committees had prepared for Halloween weekend.

With Halloween only a few days after the meeting, the senate chose to participate by ditching their formal attire and wore Halloween costumes this week.

“Shout out to everyone who dressed up, you guys look great,” Vice President for Student Leadership of GSS, Alyssa Ciasullo, said.

Due to the absence of President Zachary Wyles, Vice President Elizabeth Davis held his position on the executive board. Senator Delorge served in her place as the pro tempore, the temporary presiding officer of the meeting.

The meeting opened with a representative of the Pokémon Club seeking final recognition from the senate.

The Vice President of the Pokémon Club, Amanda Dodge, spoke on behalf of the club.

“We want to bring together everyone who wants to do anything and all things Pokémon, and support them and teach

them new things about Pokémon,” Dodge said.

According to Dodge, the club currently has 100 members. They partake in activities such as Pokémon Go and are branching out into other Nintendo activities.

Their final recognition was approved by the senate and the Pokémon Club is now recognized as an official university club.

During the executive reports of Tuesday’s meeting, Vice President Davis gave updates on textbook requirements for the student body. She met with the faculty senate academic affairs committee chair in which they discussed guidelines for texts that professors require.

“The current policy is that if professors want to assign texts... they have to appear before a panel of colleagues, who then determine if the text is necessary,” Davis said.

According to Davis, there is an avenue for students to report abuse of this policy if they feel that professors are requiring unnecessary texts that are not being utilized in the class.

“The committee chair suggested that our role in this be spreading awareness/promoting the avenue for students to report abuse of this policy, which when brainstorming we had thought about putting



something up in the bookstore or maybe on Instagram,” Davis said.

Frank Kelly, the vice president for financial affairs of GSS, revealed during his executive report that the University of Maine Sophomore Eagles requested funding for their haunted trails event as hosted in the Union this weekend.

This is one of many events that was hosted this upcoming weekend for Halloween.

The Board of Commuter and Non-Traditional Students hosted a pumpkin painting contest on Friday from 12:00 - 2:00 p.m. in the commuter lounge, according to the head of the representative board Samuel Ransley.

The Honors College Student Advisory Board also hosted a pumpkin painting event this weekend.

“This Friday we have our pumpkin painting and our pajama party events which we are really excited to do for Halloween,” Dominique DiSpirito said, the head of the Honors College Student Advisory Board.

The board is also looking for people to sign up for the It’s Personal campaign.

“If you’re not familiar with the It’s Personal campaign, it’s a competition where you bring in personal care products for the Black Bear Exchange,” DiSpirito said.

According to DiSpirito, 19 teams were signed up for the campaign last year, and there are currently two teams signed up for this year’s campaign. The deadline to sign up was Friday, Oct. 29.

A representative from the Alpine Race Team was also present during the meeting. The team

was seeking \$4,000 for their upcoming race season.

“We compete against eight schools all over Maine and every weekend from when we get from winter break we head to the mountains and start competing,” President of the Alpine Race Team, Tyler Reinke, said. “The team usually makes regionals and for nationals we send a couple people.”

According to Reinke, the club typically has around 16-20 people, and during the club fair this year they received 60 signatures from interested students.

“We are having our first meeting this Thursday just to get some information out to see who wants to join. We will have our second meeting a few weeks after that and then we will get our final number,” Reinke said.

Their request for funding was approved by the senate.

There was also an act to allocate funds to Wilde Stein for their annual budget.

Kelly spoke on behalf of Wilde Stein.

“Wilde Stein is the Queer Straight Alliance on campus, they are one of our rep boards and we always fund their annual budgets,” Kelly said. “Everything pretty much falls

into our financial policies and is less than they have requested in the past so there’s precedent to fund more than this.”

After a majority vote the motion was passed to allocate \$2,150 to Wilde Stein.

The meeting concluded with nominations for the Student Organizations Committee.

“This is a really important committee that the student government needs to properly function,” Senator Delorge said.

In the previous senate meeting, Senator McConville was elected to this position but according to Vice President Davis, Senator McConville was unable to accept the position due to scheduling conflicts.

Further nominations and elections will take place during next week’s meeting.

Toward the final minutes of the meeting, Kelly highlighted that the UMaine Rugby team has made playoffs and are the number one seed in their division. He encourages students to come to their first-round playoff game Sunday at noon on Lengall Field.

Tune Into This!

What’s happening this week at UMaine & Beyond

Monday	Tuesday	Wednesday	Thursday	Friday
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 2014 as “one of the weirdest museums in the world.”	Today is Election Day! Students currently residing in the state of Maine are allowed 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 Field House between 7 a.m. and 8 p.m. to vote.	The University of Maine Department of Modern Languages and Classics has started their weekly tabling series again. The French and German tables will be open in Williams Hall for students to flex their foreign language skills in an informal setting.	Hiester Richard Hornberger Jr. passed away on this day in 1997 after a long career as a writer and surgeon in the state of Maine. Hornberger wrote under the pseudonym Richard Hooker, and is most well known for chronicling his experiences as a veteran in the Korean War in the novel “M.A.S.H.,” which later found success as a TV series.	The latest installment in the Marvel franchise, “The Eternals,” is being released in theaters today. “The Eternals” follows the fight of ancient immortal beings who have been tasked with protecting Earth. It stars Kumail Nanjiani, Richard Madden and Gemma Chan and was directed by Chloe Zhao.



Editorial and Production

Editor in Chief *Rebekah Sands*
eic@mainecampus.com
News Editor *Maddy Gernhard*
news@mainecampus.com
Sports Editor *Patrick Silvia*
sports@mainecampus.com
Opinion Editor *Emma Vannorsdall*
opinion@mainecampus.com

Culture Editor *Meaghan Bellavance*
culture@mainecampus.com
Photo Editor *David Jakacky*
photo@mainecampus.com
Production Manager *Delaney Burns*
production@mainecampus.com
Head Copy Editor *Olivia Johnson*
copyeditor@mainecampus.com

Business and Advertising

Business Manager *Bhavana Scalia-Bruce*
business@mainecampus.com - 581.1223
Marketing Director *Logan Swift*
marketing@mainecampus.com - 581.1270

Love us? Hate us?
Write us.

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

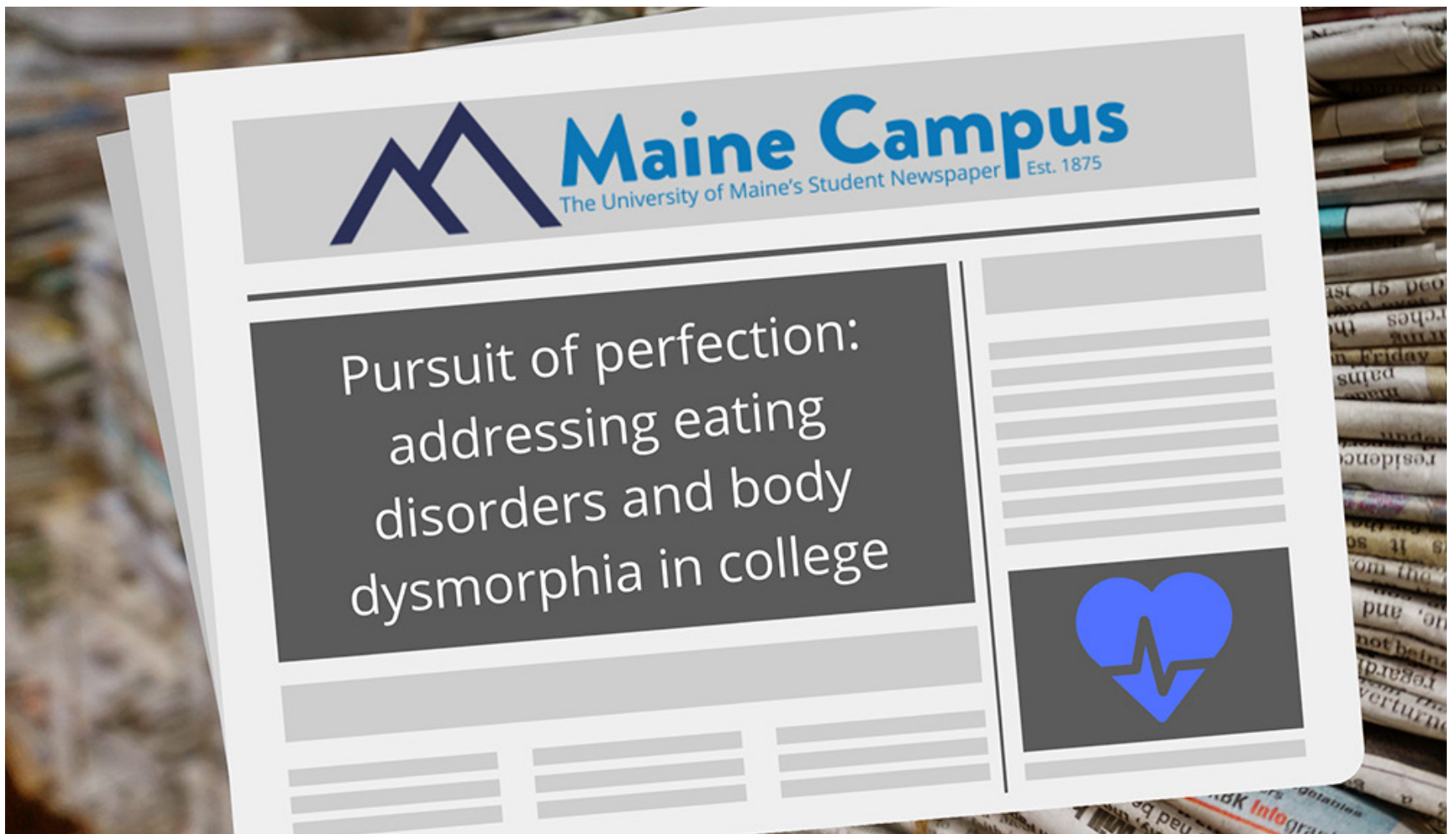
Submissions should be in .doc format.

Send all opinion pieces to Emma Vannorsdall at
opinion@mainecampus.com.

The attitudes and views expressed in the Opinion section are those of their authors only and do not necessarily represent the views of The Maine Campus or its staff.

Opinion

Pursuit of perfection: addressing eating disorders and body dysmorphia in college



Emma Vannorsdall
Opinion Editor

“Skinny legend.” “What’s the workout plan?” “I’m not eating today.” These harmful comments that flood social media posts highlight a dangerous culture of thinness obsession among young adults. Tik Tok, Snapchat and Instagram, platforms peers use to express themselves and share content, possess a dark and concerning side, one that promotes unrealistic beauty standards and amplifies weight and body image disorders.

These apps are commonly used by college students to socialize, but they often reflect the eating disorders, diet culture and overall body image problems that many college students struggle with. “Eating

disorders typically begin between 18 and 21 years of age. Between 10 and 20% of women and 4 to 10% of men in college suffer from an eating disorder, and rates are on the rise,” reports the Child Mind Institute. These disorders are only exacerbated by social media.

Moving to college is a stressful and uncertain transition period. On their own and introduced to a new set of social pressures, many students succumb to unhealthy eating practices and lowered self esteems. In order to cope with the academic and social demands of college, students often control their eating and exercise habits in a way that can eventually manifest into eating and body image disorders. Even worse, those struggling are often praised for the physical changes that

evolve from these behaviors. Not eating is normalized, and working out obsessively is commended.

The constant desire to be thin isn’t the only beauty ideal that plagues college campuses. It’s less apparent—hiding under the guise of healthy living lies a pervasive toxic gym culture. Students struggle with body dysmorphia that often arises from workout obsession. Slamming caffeine-filled pre-workout and pushing constantly for “gains,” the pursuit of attaining a perfect body can quickly evolve into a harmful obsession. Working out and eating healthy is important, but it’s often over glorified to the point where it’s simply masking concerning eating and body image disorders.

A less commonly

known eating disorder that often develops from toxic gym culture is orthorexia nervosa. “Orthorexia is an unhealthy focus on eating in a healthy way. Eating nutritious food is good, but if you have orthorexia, you obsess about it to a degree that can damage your overall well-being,” WebMD defines. Since it’s hard to distinguish between these disorders and “healthy living,” there’s often little emotional and physical support offered to those battling them.

It is important to clarify that being thin or fit is not the problem or by any means unattractive or unnatural. Bodies come in infinite shapes and sizes, and no particular one is more beautiful or inherently healthy than the other. The issue is glamorizing one particular beauty stan-

dard and the unhealthy means that are needed to achieve it.

The prevalence of negative body image and eating disorders in college needs to be addressed so that those affected can seek the help they need. Additionally, we need to stop contributing to the harmful narrative that any one particular body ideal equates to self worth or beauty. Part of this stems from changing the way we communicate about body image as a whole.

An easy way to start is by never commenting on someone’s body. Ever. If you find yourself wanting to tell someone “Wow, you’re so skinny!” reevaluate why you are saying this and what message you could possibly be sending to the recipient. You never know what stage of a body

image journey someone is in. The common saying goes, if someone can’t change what you’re commenting on in a few minutes, don’t comment on it at all. Compliment someone’s style or their makeup, not their weight.

Additionally, check in on your friends. Offer support to those around you and educate yourself on the different eating and body image disorders. Avoid commenting on anyone’s weight, eating or exercise habits and if you find someone physically critiquing you it’s okay to say, “Please don’t comment on my body.” Change only comes when we challenge this harmful rhetoric and strive for an inclusive, body positive college atmosphere.

The Gap Year: A necessity for college graduates

Sydney Jackson
Contributor

As we pass the halfway mark of our fall semester, many fourth-year students are beginning to look ahead to one of the biggest days of their lives—graduation day; a day filled with joy, celebration and, for some, relief that they made it through four difficult years of higher education.

However, once this day is over reality will set in and life as a “true adult” begins. That is a terrifying thought for many graduates, as many are 22 but feel like they have to navigate the world with the wisdom of a boomer. There is so much so-

cietal pressure to immediately jump into the workforce right after graduation or go straight to graduate school that many graduates don’t stop to take some time for themselves.

Over the last few decades, the idea of taking a gap year has risen in popularity and is now seen as an opportunity to explore and find yourself after graduating. This time in your life challenges the previous notion that time not working is a waste of time. As Generation Z gets older, combined with the onset of the COVID-19 pandemic, gap years have become more popular and more necessary.

A gap year can be utilized in a number of different ways. Post-graduates can take this time to travel and explore the world, learning about themselves as they go. They can use this time to live at home and spend time with family while also saving money for their future endeavors. They can even just take some time to figure out what it is they are truly passionate about.

This idea of constantly working and always having to have things figured out is just simply not realistic and is certainly not sustainable. Many people just jump into a job or go straight to graduate school despite not feeling ready.

This can lead to a variety of other issues including financial instability, mental health struggles and burn out.

The last 19 months of the pandemic have been brutal for students to navigate. A break following graduation is one of the best things we can do for ourselves. 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. Work and graduate school will always be there, but taking care of yourself comes first.

Now is the time to make mistakes, explore, find yourself, learn, travel and simply do the things you want and need to do

to make yourself happy. Now is the time to take a break from the societal norms of higher education and the workaholic mindset.

A break is not a bad thing, but in our society it has been deemed so. It’s seen as lazy rather than something that can re-energize someone or reignite their passion for something they used to love. If we as a society continue to push our younger generations to continually work themselves without proper rest, there will be a generation-wide burn out.

If you know someone who is about to graduate, send some encouraging words their way as they rapidly approach the end

of their college experience. Tell them it’s okay to take a break and find themselves before they commit to a job or career. It’s okay to go against what society expects of them. If you are about to graduate from college, know that it’s okay to take time for yourself. This transition period is scary, but it can teach you a lot about yourself.

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. “I don’t know how to do taxes, but I sure do know that the mitochondria is the powerhouse of the cell” goes the classic joke perfectly encapsulating the collective frustration and confusion among college students. Many will leave campus enriched with a deep knowledge about science, business, fine arts and numerous 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 tacit societal expectation of most young adults to get their driver’s license and their first car around the age they’ll be in college. However, many young car owners don’t know the mechanical fundamentals of cars, such as why oil changes need to happen at certain intervals, why tires need to be rotated or basic troubleshooting. This information is passed down from parents or between friends, but is never taught in schools. Resurrecting shop classes as a critical component of the public education system would provide accessible information for those without mechanically inclined parents and friends,

or those who are just more curious about mechanical knowledge in general.

In addition to classes that help young students learn these necessary skills, one field of knowledge ignored by school systems and not often cited by students advocating for these changes is outdoor education. Some small, private schools emphasize outdoor-focused learning paired with radically alternative educational systems, such as Montessori schools, but these schools are not well known and are usually only accessible to parents who can afford to send their children to private schools.

One Montessori school in Massachusetts incorporates a

program called Nature’s Classroom into their curriculum for grades four through eight. For a whole week in October, all students travel to a new camp location and spend their days hiking, playing leadership games and adventuring throughout the local woodlands. Some locations have dedicated cabins for sleeping and some, such as Camp Chewonki in Wiscasset, require students to hike in their packs and set up their own campsites.

Amidst the games and adventures, the students learn critical outdoor skills, including building shelters, plant identification and cooking outside with limited resources. Nighttime games are

also part of the experience, which help students gain confidence navigating at night, and become less afraid of the dark and typical woodland sounds.

Programs like these would be a valuable asset to mainstream education, since otherwise most kids and young adults won’t get the chance to develop a toolbox of outdoor skills. In an increasingly modernized world, especially in suburbs and cities, it’s easy to lose sight of the wilderness’ prevalence in daily life. If the local power grid goes offline for an extended period of time, something as simple as properly building and maintaining a fire can provide a means for cooking and warmth. Even losing

your direction on a day trip hike could require using navigation and survival skills to find help.

Not only are these skills useful for outdoor adventuring and even daily life, but they can also bolster confidence and resourcefulness in other abilities completely unrelated to the outdoors. Having the knowledge base to know how to build a shelter, fire, purify water, etc. from limited resources develops kids’ adaptivity and problem-solving skills, which is an invaluable tool for navigating the adult world inside the safety of four walls.

The moral argument for the regulated distribution of recreational substances

Alexander Cross
Contributor

Recreational substance use is a hot button issue in a time where the opioid crisis and federal legalization of cannabis have sparked national conversation. Those who are morally opposed to the misuse or recreational use of substances and other drugs often believe that their default stance must then be to oppose the legalization and regulated distribution of drugs for recreational use.

Generally, morals exist to ensure any combination of safety, cooperation or order, contentment or welfare and transparency or knowledge. If these things are agreeable, there is an argument

to be made from that moral perspective which is in favor of such measures.

It is unsafe for substance users to not have access to spaces where they can receive medically-supervised usage of clean and properly-dosed substances. It is also vital that they have the proper tools to use these substances. The safest way for substances to be administered is under direct medical supervision, with access to clean and undamaged tools to administer untainted substances that are able to be measured in accurate doses. These spaces allow for substances to be physically removed from dependents by professionals so that those untrained in how

to handle a person experiencing side effects of substance use won’t have to guess what to do.

The reliance of substance users on the black market and unregulated providers to source their substances is uncooperative and disorderly from a moral perspective, and it creates more instances of drug-related crime. Removing the demand for these providers would positively contribute toward a cooperative and orderly environment.

In regard to preserving contentment and welfare, limiting someone’s ability to dictate their own habits—by forcing someone off of a substance they misuse, for example—does not make some-

one content. Users who are forced to stop using a substance also don’t fare well in future encounters that provide the opportunity to relapse.

Abstinence-only education on substance use does not equip people with the knowledge to make informed decisions about avoiding the misuse of substances and does not engage well with the practice of transparency. Promoting sound information regarding substance use allows both potential and active substance users to make informed decisions about their use, or can provide non-users with informed reasons to persist in their abstinence

These statements are fully able to coexist alongside the belief

that substance misuse is immoral. In fact, when put together, it becomes clear that the criminalization of recreational substance use doesn’t align with the purposes of morality. In the interest of everyone who is negatively affected by drug use, we should encourage informed consent to the use of—or abstinence from—substances, provide ways for substance users to experience safe administration, provide resources to help users make their own decision about their use of substances, legalize substance use while providing regulated sourcing for substances, and criminalize sources that subvert that regulation instead.

Being against the existence or promo-

tion of these resources solely on the principle of being against substance misuse—after following this logic to its natural conclusions—begs the question of what function does morality serve and who it is supposed to benefit. If we use this logic with our current penal system that is largely focused on achieving retributive justice rather than rehabilitation, who are we truly helping? One is certainly able to grasp the litany of negative consequences of substance misuse both on the user and those whose lives are impacted by the user, and still agree that criminalizing substance use solves very few, if any, of those problems.

Horoscopes

Rebekah Sands
Editor in Chief

Aries (March 21 – April 20)

Are there some things you’ve been putting off, Aries? On Friday, we have a double-whammy with Venus moving into Capricorn and Mercury moving into Scorpio. You’ll begin to shift your practical, paced energy toward your career goals and dig your heels into what you put into motion the day before.

Taurus (April 21 – May 20)

Your definition of yourself within your relationships will become more authentic this week as the new moon and Mercury combine in Scorpio. Commit to putting energy into your personal growth and expansion to foster an aware, holistically incorporated

version of you.

Gemini (May 21 – June 22)

This week, take a new look at your sense of service to others. How do you light up a room? Dial it up to the max this week and step into your own.

Cancer (June 23 – July 21)

It’s all happening in your area of creativity and romance this week, Cancer. Lean into your intuitive side as you confront new territory head-on. Use this week’s Capricorn motivation to carefully cultivate relationships into those that allow you to become your most authentic self.

Leo (July 22 – Aug. 23)

Regardless of Noodle the Pug having bones at any point this week, organize some

major time for reflection and self-care. The focus will shift to your home life and what makes you feel grounded, so pinpoint what makes you feel like you again after a long week.

Virgo (Aug. 24 – Sept. 23)

You’ll begin to dig deeper into how you communicate with yourself, your environment and those around you this week. What rituals and beliefs do you hold the closest? They might be challenged. You can overcome your obstacles by reflecting on what inspires you and discover what systems must change.

Libra (Sept. 24 – Oct. 23)

Do you actually know what motivates you? This week you may learn about why you’re doing what

you’re doing and express that clearly to others. You’ll be able to harness a steady energy stemming from your roots to take charge.

Scorpio (Oct. 24 – Nov. 22)

It’s all about you this week, Scorpio. Both Mercury and a new moon fall into your sign this week, challenging an awakening within your more vulnerable and subconscious areas of communication and sense of self. Know your self-worth as you uncover the grittier aspects of your psyche.

Sagittarius (Nov. 23 – Dec. 21)

Set aside some designated R&R time now, because the end of the week will have some growing pains for you. The Scorpio new moon is giving you opportunities to look deep into

your subconscious within your area of endings and undoings. You may experience a dramatic awakening to your own needs, pushing some chapters of your life to come to an end. Not all is lost, though. Persist with a steady rhythm and use the Capricorn Venus energy to develop a new routine to support your growth.

Capricorn (Dec. 22 – Jan. 20)

The end of this week will be a wonderful time to develop your goals in order to support your desires and authentic self. Lean into your power as Venus falls in your sign, revitalizing your energy to become the best version of you.

Aquarius (Jan. 21 – Feb.19)

This week gives you a great opportunity to make some

money moves. As the new moon and Venus move into your career sector, rethink how to spend your energy and tap into your subconscious power. Take a practical approach to strategies that did not serve you well before as you work to transform your energy.

Pisces (Feb. 20 – March 20)

Look forward to getting cozy with your personal philosophies and your approach to others. Do you have any ungrounded beliefs? Now would be a good time to reassess and reevaluate why you think the way you do, and how it might affect others. Setting boundaries may be the theme for this week.

Culture

Five tips for preventing college burnout during our second half of the semester



Photo via bestcolleges.com.

Meaghan Bellavance
Culture Editor

College burnout is a serious and real topic that often isn't discussed enough in the campus community. It is common for students to regularly feel stressed out during the school semesters, especially with jobs, general responsibilities and a social life to balance. However, sometimes this stress can get out of control and reach the point of what is called college burnout. After remote and online learning for about the past 19 months, students who are now thrown back into fully in-person classes are especially prone to burning out.

According to Tyler Epps at bestcolleges.com, students who feel completely disengaged from both their academic and social life may be experiencing burnout. Those

feeling an extended period of fatigue and apathy due to burnout may see a decline in their 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 occurring. With just a few weeks left in the semester, now is the perfect time to take control of your stress and do your best to manage it in order to help you thrive in your academics, work and social life!

Be aware of the symptoms: Knowing the symptoms of college burnout and how to look for them is crucial. If college burnout goes untreated, it can be detrimental to your mental health and may

even lead to depression. Keep a lookout for symptoms such as losing interest in your social life, suffering grades and missing deadlines, a lack of motivation in activities you normally enjoy and feeling lonely or irritable. If you are unsure about whether or not you are experiencing these symptoms, there are always resources on campus to help you figure it out. Reach out to a professor or even to the counselors at the Cutler Health Center. There are countless people who care and are always there to help at the University of Maine! Friends are a good resource as well, as they see you day in and day out and can detect a change in your behavior.

Get proper sleep: A well-rested mind can allow you to properly function and thrive. Being overtired will only add to your stress

and fatigue. Making sure you receive at least eight hours of sleep a night is crucial to prevent college burnout from happening. According to aasm.org, college students with poor sleep schedules negatively affect their academic performance, resulting in poor grades and a lower GPA. Keep this in mind and remember to set your alarm clocks accordingly. Create a sleep schedule to avoid unnecessary late nights!

Take care of your body and mind: Taking care of your body and mind is just as important as getting proper sleep. Eating healthy and making sure you get exercise is the key to staying both physically and mentally healthy. Not only will this allow for a healthy lifestyle, but taking care of yourself allows for less stress when it comes to making sure

your body is okay and well. This eliminates one more thing to stress about in your life, and of course, is overall beneficial to your health.

Allow yourself to take breaks: With a heavy workload from classes, jobs and a social life, don't be afraid to take breaks every now and then. When you're taking breaks you should never feel guilty. Breaks are essential to your mental health. Our brains are powerful organs, but they need rest too! Sit back, relax for a half hour or more and then come back to your responsibilities. Your academic studies are important, but make sure to remember that so are you and your mental health.

Go outdoors: Weather permitting, you should often take breaks outside! Go on hikes with your friends, walk around campus

or simply reflect on a bench or at a picnic table. It is always good to get fresh air and embrace the outdoors. According to bestcolleges.com, there have been studies that have shown spending time outdoors can reduce psychological stress. Take time to soothe your mind outside and prevent college burnout from happening to you.

There are many resources at UMaine to support you. For help or information on how to treat or avoid college burnout, reach out to the Counseling Center at umaine.edu/counseling. To stay successful and on top of your studies, look into the Tutor Program at umaine.edu/tutor-program.

National Holidays: Nov. 1 through Nov. 5

Meaghan Bellavance
Culture Editor

Monday: National Author's Day

As we settle into November, colder weather approaches and hot cocoa, crackling fireplaces and cozy knit blankets are back in season. The best way to get into the cozy spirit is to curl up with your favorite books on a crisp and chilly day. Today is the perfect day to do this, as it's National Author's Day! Pick up a novel by your favorite author and appreciate their talent to deliver encapsulating stories. Share your favorite author with friends and family in-person or on social media. Nov. 1 is also World Vegan Day, National Cook For Your Pets Day and National Cinnamon Day.

Tuesday: Day of the Dead

Nov. 2 is the Day of the Dead, also known as Día de los Muertos.

According to nationaltoday.com, this is a traditional Mexican holiday celebrating loved ones who have passed away by decorating their altars with their favorite foods, drinks and photos. On this day, it is believed that the souls of departed loved ones return from the dead to visit their living family members. Sugar skulls, sombreros and face painting are staples of this holiday. It is important to remember the origins of this tradition and the culture it belongs to. When celebrating, make sure to be respectful and show appreciation to Mexican culture and the history of this holiday. Nov. 2 is also National Deviled Egg Day and Election Day.

Wednesday: National Stress Awareness Day

With the second half of the semester in full gear and finals quickly approaching, National

Stress Awareness Day today is the perfect opportunity to step back, collect yourself and take a long, deep breath. Stress can easily be ignored, and if it is pushed to the back burner of your mind, it can eventually boil over. It is important to take the time and energy in order to make sure you participate in activities and self-care that can help put your anxiety at ease. Semester burnout is real, but there are ways to help it! Have a spa night, decompress with friends and family or even pick a night to do absolutely nothing. Whatever soothes your senses, do that, because mental health is crucial to staying sane and successful. Nov. 3 is also National Sandwich Day and National Homemaker Day.

Thursday: National Candy Day

Today is National Candy Day! This holiday couldn't come



Photo via rd.com.

at a better time, as many are still left with heaps of candy after a successful night of trick-or-treating. Take time today to eat some candy and share some with family and friends. If you're feeling creative, you can even fill little baggies with candy and share them with your classmates and professors. Whatever you decide, today is all about enjoying candy! If your sweet tooth is overloaded from Halloween this past weekend, fruit is always a great option too, also known as nature's candy. Nov. 4 is also International Stout Day

and Use Your Common Sense Day.

Friday: National Jersey Friday

Nov. 5 is National Jersey Friday! Show your Black Bear pride with your favorite University of Maine jersey today, or support your favorite NFL, MLB, NBA or NHL team. Whether it's for the Boston Bruins, Boston Red Sox or even the New England Patriots, every team is welcome. Dress up with your friends and family and spread the joy that sports games bring to their fans each season. With UMaine's home

football game coming up on Nov. 6, now is also the perfect time to get into the Black Bear spirit. Flaunt your blue apparel from the bookstore and support the college of our hearts, always! Nov. 5 is also National Redhead Day, American Football Day and Fountain Pen Day.

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

Sports

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



Graphic by David Jakacky.

Michael Corrado
Contributor

20 years ago this Thursday on Nov. 4, 2001, a rookie named Tom Brady clocked in the first truly elite performance of his career in a 24-10 victory over the Atlanta Falcons. In the week prior, Brady had choked away a fourth-quarter lead after he threw four picks in the final frame against the Broncos that led to a 31-20 loss. He had been able to complete 162 straight passes without an interception, an NFL record at the time before the erroneous throws.

Heading to the Georgia Dome both stood in somewhat similar positions, sitting at 3-3 and 3-4 respectively. Brady was set to start in place of the injured Drew Bledsoe, who had been knocked out of the lineup as a result of a

nasty collision against the New York Jets' Mo Lewis a few weeks earlier.

Early on in the showing, Brady looked composed and calm until an Antowain Smith fumble set up Falcons quarterback Chris Chandler to find former Patriot Shawn Jefferson in the endzone for an early score. The Patriots responded by driving down the field with minimal flak before Brady lofted an arcing pass to the side of the endzone where Kevin Faulk snatched the ball from over a defender and knotted the game up at seven.

Chandler and the Falcons trotted the offense back out, but the possession was not long-lived. An errant throw over the middle of the field gave way for an easy Otis Smith interception subsequently setting up an easy field goal for Adam Vinatieri, giving

New England a three point lead.

Brady came back out with just under two minutes to go in the half, and did what he's come to be known for: a late touchdown drive. He linked up with his favorite targets on consecutive deep passes, Troy Brown and David Patten, before a 15-yard pass to Marc Edwards extended the Patriots' lead to 10 heading into the halftime break.

With the second half underway, the defense came alive with Willie McGinest sacking Chandler on a clutch third down stop to force a punt. Recovering from the fumble earlier, Smith returned to his rumbling self and churned out a nearly 30-yard rush to set the Patriots up in great field position as the quarter neared its close.

Easily the most impressive play of the day

came with a little over 40 seconds to go in the third, when a deep pass intended for David Patten glanced off of a member of the Falcons secondary before bounding to Brown. Mirroring the "Immaculate Reception," where the Pittsburgh Steelers defeated the Oakland Raiders in the 1972 AFC divisional round, Brown was clean through to the endzone for an easy six points.

An injury to Chandler forced the Falcons to trot out then-rookie quarterback Michael Vick for one of his first appearances in his NFL career after being drafted out of Virginia Tech. Unfortunately for Vick, his very first snap of the contest saw him flushed out of the pocket before he was swarmed by the Patriots defensive line and sacked.

Vick started to hit his stride with the fourth underway, find-

ing Brian Finneran on a crossing route, before the wideout was stopped about twenty yards from the endzone. The Patriots defense remained stout and halted any Falcons advance, forcing a field goal. Getting the ball again, Vick showcased the speed that he would come to be known for, dodging New England's tackles en route to a near 40-yard rush.

Again the rushing ability of Vick was on display, earning another first down after stiff-arming a Patriot defender. Bill Belichick and his side made sure the Falcons were not able to get out of the backfield as easily this time, blitzing the line and putting Vick on his back emphatically. The following fourth down, the Patriots blitzed again and forced an inaccurate heave from Vick.

With control of the

ball, and four minutes to go, Brady burned the clock, driving down the field to ensure a 24-10 victory for the Patriots. With the win, Tom Brady's 250 yards and three touchdowns were paramount in securing a positive result for a team still trying to adjust to losing their starting quarterback.

The performance from "The GOAT" as we now know him genuinely stirred quarterback controversy in New England for the first time in his young career. With news that Drew Bledsoe's injuries were serious enough to have him taken to the hospital immediately after the hit that knocked him from the game, Brady's tenure had been mentally extended for the near future by a majority of Patriots nation.

The Braves and Astros go head-to-head in the fall classic

Leela Stockley
Editor in Chief

Coming into this postseason, no one was expecting the Atlanta Braves to make it this far. While they have proved they are talented enough to make it to the World Series, it has not been an easy feat. The team has had to navigate star outfielder Ronald Acuna Jr. tearing his ACL in July, Marcell Ozuna's domestic violence issues and ace Mike Soroka tearing his achilles back in June.

The Astros were one of the heavy favorites to make the World Series coming into the playoffs. They made it to the World Series after beating the Chicago White Sox in four games and the Boston Red Sox in six games.

Game one of the World Series was dominated early by the Braves as they scored three runs in the first two innings against starter Framber Valdez.

The Braves started the game off with a bang when designated hitter Jorge Soler hit a solo home run on the third pitch of the night. This was also the very first leadoff homerun in game one of the World Series in history.

Later on in the inning, Ozzie Albies was able to get on base and then was able to steal second, which set up a double by third baseman Austin Riley to send Albies home.

In the third inning, the Braves got two more runs when mid-season acquisition Adam Duvall hit a homerun. The Braves

ended the first three innings leading 5-0. They would ride this hot start to a 6-2 victory and take an early 1-0 series lead.

Even after the Astros' disappointing game one, they were able to flip the script on the Braves in game two, winning 7-2 thanks to five runs scored in the first two innings.

The Astros were led offensively by star second baseman Jose Altuve who went 2-5 batting, scoring on both hits.

After a sacrifice fly ball from Alex Bregman that scored in the first, Kyle Tucker was able to score on a Jose Siri single in the second. Siri and Yori Gurriel were both able to score thanks to a fielding error by Eddie Rosario. Designated

hitter Jordan Alvarez was able to score in the sixth on a Gurriel ground ball and Altuve scored in the seventh to put the game away.

Jose Urquidy had an excellent game pitching, giving up just two runs. Max Fried, the Braves starting pitcher, had a terrible second inning giving up four runs. He has struggled the entire postseason, giving up 17 runs in total. The bullpen kept the Astros to just two runs, but the damage was already done.

The Braves were not able to do much offensively as they were held to just two runs, both from catcher Travis d'Arnaud. He scored on a homerun in the second and was hit in on a single from Freddie Freeman in the fifth.

Unlike game one

and two, game three was not a high scoring game at all, as the Braves controlled the game and won 2-0.

While the offense for both teams did not dominate like in the last few games, the Braves offense was able to do just enough to win game three. The Braves scored their first run in the sixth inning on a double from Riley that brought Rosario in. During the eighth inning, d'Arnaud was able to hit a solo homerun, ensuring the victory.

Ian Anderson had an excellent pitching performance throwing a no hitter over five innings pitched. In this game, he also became the first rookie pitcher to ever win a World Series game in Braves history. Afterwards, he was replaced and the

bullpen kept up the pace, only giving up two hits the rest of the night.

Astros starter Luis Garcia had an okay night, only giving up the run in the third to Rosario. Reliever Kendall Graveman gave up the other run on a homerun in the eighth inning.

So far, this World Series has been exciting, with a lot of great performances. As of right now, I am favoring the Braves to win it if their bullpen can keep up what they have been doing. My biggest concern for them is losing starter Charlie Morton for an unknown amount of time due to injury, but if he comes back healthy, I think the Braves hold the advantage and will win their first World Series since 1995.

Mac Jones will be the offensive rookie of the year

Patrick Silvia
Sports Editor

In April, all eyes were on the NFL Draft as five highly touted quarterback prospects were available for selection. The least dynamic prospect of the five in most people's eyes was Mac Jones. Jones is not the most athletic, he doesn't have the strongest arm and he only started one full season at the collegiate level.

Jones was dominant in his one season as the full time starter at Alabama and his play led them to an undefeated season and a National Championship. His performance was good enough to finish third in Heisman voting. Despite this, Jones was the last of the five highly touted quarterback prospects selected, falling to fifteenth overall when the New England Patriots selected him.

Jones is very similar in play style to former Patriots quarterback Tom Brady. Both are pocket passers and they rely on their brain more than their athleticism. Bill Belichick is used to coaching with this style of quarterback, so the fit was perfect for Jones. The Patriots also decided to splash some cash this offseason, acquiring tight ends Jonnu Smith and Hunter Henry, as well as wide receivers Nelson Agholor and Kendrick Bourne to help the offense.

The situation Jones fell into is probably the biggest reason why he is the man to bet on when it comes to the Rookie of the Year award. Quarterbacks typically are the ones who win awards like this and the other four rookie quarterbacks from the draft were selected into situations that are more difficult to thrive in than the

one Jones is in.

The first overall pick in the draft was quarterback Trevor Lawrence by the Jacksonville Jaguars. The Jaguars are a dysfunctional franchise and are throwing Lawrence into the fire with a lack of system around him. The Jaguars, along with having a rookie quarterback, also have a new head coach, and so far the results in Jacksonville have been poor. The team is 1-5 and Lawrence thus far has thrown more interceptions than touchdowns.

The second overall pick, Zach Wilson, was also drafted into a tough situation. The New York Jets, like the Jaguars, are also playing a rookie quarterback with a new head coach. Both of these teams were terrible last year and one player does not change a franchise overnight. Wilson has

thrown twice as many interceptions as touchdowns and the Jets have a 1-5 record.

Trey Lance went third overall to the San Francisco 49ers, but the 49ers are not starting Lance. They want Lance to develop behind Jimmy Garoppolo who is a decent quarterback. Lance is being used sparingly and thus is not a contender for the Rookie of the Year award.

The last of the four quarterbacks who were selected ahead of Jones was Justin Fields. At the beginning of the year, Fields was not starting for the Chicago Bears, who selected him tenth overall, but things have changed and the rookie is getting his shot. So far the results have been mixed, and while being able to display moments of promise, he has not been good on the stat sheets. He only has one game with

over 200 yards passing and has thrown just two touchdowns while throwing six interceptions.

Mac Jones is the only rookie quarterback who has started a majority of his teams' games and has more touchdowns than interceptions. Jones leads rookie quarterbacks in yards per game and touchdowns, while also being tied for the least amount of interceptions. Jones also has the Patriots at a 3-4 record, the best among rookie quarterbacks who have started every game.

So out of the aforementioned quarterbacks, Jones is clearly the frontrunner to win the Rookie of the Year award. But despite the NFL being a quarterback driven league, there is another contender out there who is not a quarterback. Bengals rookie wide receiver Ja'Marr Chase

has had a fantastic season so far. He currently sits top five in the league in receiving yards and touchdowns.

However, due to the NFL being a quarterback league I believe Mac Jones will overtake Chase for the award come season's end. Jones will only get more comfortable and improve at the NFL level every week, and the Patriots should improve on their record with some of their tougher games already behind them. Chase should finish fairly high in the key receiving stats, but I believe the voters will see Jones lead the Patriots to a winning record and they will award him over Chase for the accomplishment of turning around a franchise's outlook.

The NBA 75 List is far from perfect

Michael Corrado
Contributor

A little over a week ago, the NBA and a panel of voters ranging from front office staff to current players decided upon and released a list of the league's 75 greatest players in honor of the organization's 75th anniversary. Icons such as LeBron James, Michael Jordan, Wilt Chamberlain, Magic Johnson and Larry Bird were prominently featured, but there were certainly some notable omissions with some names seeming out of place.

There is a bevy of names that certainly should be listed, with none more notable and

relevant than Kyrie Irving. However, the ball handler extraordinaire did not crack the 75, while his Western Conference rival Damian Lillard was named to the team. Irving is an NBA champion who played a critical role in the Cavaliers' 2016 championship run, serving as LeBron's wingman. Lillard has yet to ever reach the NBA Finals. In addition, Irving is a seven time all-star and was the 2014 All-Star Game's MVP.

Tracy McGrady and Vince Carter, two former Raptors teammates, were also omitted from the 75 list, though they have both put up numbers better than most on the

list. McGrady led the league in scoring two years in a row from 2002-2004, dominating the league with his sweet stroke and finesse for the Orlando Magic. His 13 points in 33 seconds to secure a crucial win in a near-championship season for the Rockets against the Spurs is easily one of the most iconic moments in league history.

Carter's high-flying acrobatics and emphatic dunks outright saved the NBA Dunk competition with his performance in the 2000 edition of the All-Star Game's festivities. He was named the rookie of the year with the Raptors after being selected by the Gold-

en State Warriors fifth overall in the 1998 NBA draft. Carter made it to eight all-star games in his 24-year pro tenure, while managing to rank in the top 10 in scoring for a majority of the first half of his career.

One of the more glaring forgotten names on the list was Alex English, the Denver Nuggets legend and scoring champion of the 1980's, and the league leader in scoring in the 82-83 season. English also made it to eight all-star games and was crucial to the Nuggets success in the era.

The play of a guy like Dwight Howard in the late 2000's and early 2010's is certainly one that could

have made the list. Howard led the Magic to a 2009 NBA Finals berth after defeating the Boston Celtics, before eventually falling to Kobe Bryant and the Los Angeles Lakers. Dwight led the league in rebounding for five of the six years between 2007 and 2013 and also led the league in blocks two times in that same span. His three defensive player of the year awards are tied with Rudy Gobert for the most among active players and are a phenomenal accomplishment.

Yao Ming's decision to come to the NBA and enter the draft was instrumental in growing the NBA globally, and if his influence cultur-

ally wasn't enough, his play certainly backed it up. The 7-foot-6-inch big man was a key cog in the Rockets system for the eight years he spent in the NBA. Ming averaged over two blocks a game multiple times. Yao made it to the all-star game in every season he played, an accomplishment that only Paul Arizin, Bob Pettit and Jerry West can claim. These stats alone should have been a suitable case for the legendary center.

While the list as a whole remembers some of the best, there's certainly a chunk of greatness that's been left out as well.

Boston Bruins early season review

Dalton Bartlett
Contributor

After six games the Boston Bruins are 3-3. They have picked up wins against the Stars, Sabres and Sharks, while they have lost to the Flyers, Hurricanes and Panthers.

Brad Marchand currently leads the Bruins with four goals and is tied for a team high in assists along with Patrice Bergeron and David Pastrnak, all with three assists each.

So far this season, former University of Maine goalie Jeremy Swayman has not had a good start to the season. He started the season playing well against the Stars, giving up only one goal, but he struggled against the Flyers and gave up five goals on just 24 shots against him. His last game on Thursday against Carolina was more of the

same as he gave up two goals on 23 shots.

After the game versus Philadelphia, Linus Ullmrik replaced Swayman for the next three games, which led to mixed results. As it stands right now, it looks like they're going to be splitting the duties, so we will see if one of them becomes the clear cut top goalie.

After winning back-to-back Stanley Cups, the Tampa Bay Lightning are looking to continue their dominance. Their star players, Steven Stamkos, Nikita Kucherov, Andrei Vasilevski and Brayden Point are as dangerous as ever. They are a handful for opposing teams to deal with and will be a tough obstacle for the Bruins to overcome.

Even though the Toronto Maple Leafs have not had good playoff success, they still pose a threat to



Graphic by David Jakacky.

the Bruins any night they play them. With debatably the strongest top six in all of the NHL, all stars such as John Tavares, Auston Matthews, Mitch Marner and William Nylander. The Maple Leafs will be in contention to win the Atlantic come year's end.

Coming off of a very

successful season last year, the Carolina Hurricanes are emerging as a big threat for the Bruins. Led by Sebastian Aho and Andrei Svechnikov, the Hurricanes are currently undefeated. In goal this year for the Hurricanes is former Maple Leafs netminder Frederik Andersen, who has had a

great start for Carolina.

As it stands right now, the Bruins should make the playoffs once again as one of the top seeds in the Atlantic Division. The biggest question for the Bruins now is how the young players will hold up. Barring any massive injuries, the Bruins have an almost definite

playoff seat, but some of the younger players' lack of experience could hurt them. Time will tell, but there's one thing in hockey that will always stay the same; any team at any time can get hot and you never know how far that can carry a team.