

Dear CMJ 102

DROP A DILEMMA
COLUMNISTS GIVE A SOLUTION

FROM THE MAINE CAMPUS
&
THE DEPARTMENT OF COMMUNICATION
AND JOURNALISM'S CMJ 102 CLASS

SCAN THIS LINK TO
SEND IN QUESTIONS!



Dear CMJ 102,
I have been in a relationship with two people for two years. I know it's wrong, but I love both of them and I have tried to pick, but honestly can't. It has gone completely smoothly so far. For context, I am a commuter student from an awkwardly far distance, boyfriend #1 lives in Castine, and boyfriend #2 is an out-of-state student who lives on campus. So they have never met or been in the same setting. But, I am graduating in the Spring, and both of them will be at the ceremony. I don't know how to go forward without screwing up everything.

-Two Boyfriends

Two Boyfriends,

We encourage honest, clear communication in all interpersonal relationships. For additional perspectives on your particular question, we welcome a response in partnership with fellow student and instructor colleagues in PHI 100, an introduction to Contemporary Moral Problems: This is a classic example of a moral dilemma, a situation where there are two options and it's not apparent which one should be pursued. From your concern about the boyfriends discovering the situation at commencement, we infer that they do not know you are in a relationship with another person as well.

You also make the strong value judgment that this is "wrong." Sometimes it can be helpful to determine next steps by exploring why we think what we're currently doing isn't right. In philosophy, we talk about two common approaches to making ethical decisions. One of them is called deontology (from the Greek for "duty") and emphasizes the morality of our actions, regardless of the consequences. For Immanuel Kant (1724-1804), one of the great deontologists, using other people merely as a means to our own ends is always wrong.

The other approach, known as consequentialism, emphasizes, as you might expect, the consequences of our actions (philosophers are not very clever when it comes to naming things). For a consequentialist like Jeremy Bentham (1748-1832), we should do whatever will result in the most overall happiness. On this view, you might try to estimate the enjoyment of continuing the relationships and the potential pain of discovery and see which is greater. Unfortunately, there is no magical solution to the dilemma you face. However, numerous concepts, principles, and theories in philosophy can help anyone navigate their own path. We learn how to do this in the Philosophy Department course, PHI 100 Contemporary Moral Problems (offered every semester).

Horoscopes: 10/20 - 10/26

BY JESSICA A WOLFE

Aries: March 21 to April 19

The Ram. Ruled by Mars

Hi Aries! Okay, here's the deal. As the first sign of the zodiac wheel, you are known to act fast or should I dare say: impulsively. This week it may be a grand opportunity to practice thinking before acting impulsively. For the collective zodiac wheel, we all may be triggered this week as Pluto, the Sun, Scorpio and Jupiter are all dancing together asking us to look at our wounds so we can heal. If a trigger pops up, use your skill to heal. Call on support.

Taurus: April 20 to May 20

The Bull. Ruled by Venus

Hi Taurus! Each zodiac sign has low vibration characteristics and high vibration characteristics. This week, it is encouraged to focus on staying above the drama. If drama pops up in your life, how can you observe it without participating in it? If you have to participate in it, try to use this opportunity as a life lesson and learn from it. Astrology has a belief that our triggers may be our best life lessons that may turn into a mastery to help others.

Gemini: May 21 to June 20

The Twins. Ruled by Mercury

Hi! This week you are encouraged to write down a pro and cons list. Geminis often make fast decisions and then quickly change their mind, sometimes only within hours. To avoid the 'I changed my mind' conversation with someone, take time this week to create a pros and cons list. It will be better all around to take time making a decision over having to communicate you've changed your mind. Be brave and put yourself first!

Cancer: June 21 to July 21

The Crab. Ruled by The Moon

Hello friend! We have a New Moon on Tuesday Oct. 21. Although the new moon will be in the Libra constellation, you may feel moon aspects deeply, as the moon is the ruler of Cancer. New Moons are a time to plant a seed of intention for yourself. The Libra constellation asks us to reflect on our relationships. This week is a good opportunity for you to reflect on your relationships and how they nurture you or drain you. Time to make changes if they drain you!

Leo: July 23 to Aug 22

The Lion. Ruled by The Sun

Hi Leo! Rawr! In Tarot, the Strength card represents the Leo constellation. Did you know that? You are so strong, Leo. The strength you cultivate should give you more life, not drain your energy. Strength can be sitting quietly and observing. Strength is not only a physical quality. This week it is encouraged to reflect on what strength looks like for you.

Weekly Theme: Cultivating bravery within, even when old wounds reappear. This week it is encouraged to put yourself first and keep your attention on the new version of yourself which you are creating in tiny steps.

Virgo: Aug. 23 to Sept. 22

The Maiden. Ruled by Mercury

Hi Virgo! This week you are encouraged to nitpick your mental capacity and your mental health. In general, Virgo's are great at micro managing one's life. This may be annoying for others, however, this is why people come to you for help. Instead of nitpicking others this week, it is encouraged to look at how you handle triggering experiences. Are you using your skill of seeing detail in a way that harms you or helps you?

Libra: Sept. 23 to Oct. 22

The Scales. Ruled by Venus

Libra, you are the ruler of balance. Specifically in relationships. People have relationships with everything, not only other people. What is your relationship with food, tv and substances? Tuesday Oct. 21, there is a new moon in Libra. This new moon is asking us to observe our relationships in life and examine how they support us or not. Now is the time to clean up our relationships in life.

Scorpio: Oct. 23 to Nov. 21

The Scorpion. Ruled by Pluto and Mars

Oh Scorpio! The sun enters the constellation of Scorpio on Thursday Oct 23. Yay! On this day the Moon is also in the sign of Scorpio, giving us a big start of Scorpio season! You are the psychic and almost nothing can get past you. You're able to pick up on all energies, good and bad. This week pay attention to any triggers that pop up in your life. Due to being so open to energy, you may want to start and get rid of relationships that tear you down. What is bringing your energy down in life? Time to let it go. Happy Scorpio season, sweet friend!

Sagittarius: Nov. 22 to Dec. 21

The Centaur. Ruled by Jupiter

Hi Sag! On a scale of 1-10, 10 being happy about the future, one being unhappy about the future, where do you stand? As the Centaur, you hold a bow and arrow that connects to the future. Please do not allow yourself to live a life that does not look forward to things! If you are not looking forward to anything, it is time to change this.

Capricorn: Dec. 22 to Jan. 19

The Sea Goat. Ruled by Saturn

Hi Capricorn. Cap can have a bad reputation and this is mostly due to Saturn being your ruler. Saturn is "the boss" in the zodiac wheel. Saturn is the one double checking the work and rewarding if done correctly or having us redo something if done incorrectly. This energy is not as fun as Gemini, which rules play. However, if there was no structure in life play would not be possible. Both play and structure are important. This week, it is encouraged to observe your balance between play and structure. Is it equal? What goals are you working on?

Aquarius: Jan. 20 to Feb. 18

The Water Bearer. Ruled by Uranus and Saturn

Aquarius, you rule over humanity and it is you who will lead a revolution. If you break down the word revolution you get revolve. In astrology revolution and revolve is connected to evolution and evolving. The Oxford Languages define revolve as something that goes around an orbit. In astrology, this looks like the cycle of life and Aquarius is the act of revolving and evolving. I'm sure you can feel that times are changing as we go through the cycle of life, season after season, day after day, and slowly evolving through change. This is important to recognize because astrology believes we have free will to choose how we evolve. Aquarius, what little steps are you taking day-by-day to evolve into the individual you want to be? This week is a great week to look at your life and how it is helping you achieve your goals for yourself and goals for humanity as a whole.

Pisces: Feb. 19 to March 20

The Two Fish. Ruled by Neptune

Pisces, I need you to sit down for this week's horoscopes. Are you seated? Okay, this may get confusing but try and follow me. Pisces is the last sign of the zodiac wheel. Neptune rules Pisces. Transiting Neptune goes retrograde back into Pisces for the final time until 2026. For you, this means something you are trying to end may come back into your life. Unfortunately whatever you are trying to end may not actually end until 2026. However, this is a positive aspect because it will be the last time in your lifetime you deal with closing something out in your life. Use this for good and end on a high note. This week make a list of what you want to end in your life so you stay on track. It could be triggering to revisit something you've thought was over. Knowing this, how can you stay positive when something triggers you?

The Maine Campus

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Bangor warming shelter crisis impacts UMaine students

BY ABIGAIL BEAUCAIRE

As temperatures in Maine drop and the winter season approaches, many unhoused residents in the Greater Bangor area are left wondering where they will sleep through increasingly cold nights. The Brick Church and Bangor Area Homeless Shelter will not open this winter due to a clerical error during the annual Maine Housing grant application process, in which the \$2.3 million in grants usually distributed to warming shelters across the state was not received by either of these organizations.

This leaves just The Mansion Church open, as they successfully received a \$60,000 grant from Maine Housing for their warming shelter.

[CONTINUES PAGE 3](#)

'The Life of a Showgirl': Excellent or Uninspiring?

BY SOFIA LANGLOIS

The anticipation for Taylor Swift's 12th album posed a major question among listeners: Can she do it with an unbroken heart? Can an artist most known for her songs about tumultuous relationships still appease listeners now that she found Mr. Right?

The Life of a Showgirl album was announced shortly after Swift's engagement to NFL tight end Travis Kelce. The teasers alone seemed creative and I was curious to hear what she had to share about the entertainment industry. "The Lucky One," which Swift released back in 2012, did a fantastic job of explaining how stardom has its shortcomings. I am here to offer an honest review of every song on The Life of a Showgirl, as someone who is neither a die-hard Swiftie nor a Taylor hater.

[CONTINUES PAGE 5](#)



Tease performs at Wells Center on Wednesday, Oct. 8, 2025. Franklin Libby (Left), Cole Bruton (Center), and Riley Auxier (Right) are seen playing to a crowd of about 25 people. PHOTO BY OWEN BULMER

Tease performs at Wells Central

BY AIDEN LIVINGI

Having a band play in Wells is atypical for the Bangor-area music scene. What is normally in basements, at parties or even in the woods, was brought to a maintained, university building which, as stated, is not built for music.

“Maybe people would want to dance in the dark”

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Photo Story: Break the ICE Rally

BY ALEX MELENDEZ



Wednesday, Oct. 8, 2025, Students for a Democratic Society met on the steps of Fogler Library display concern and frustration with how the United State Immigration and customs enforcement has been executing their work. PHOTO BY ALEX MELENDEZ

I tried the planetary diet for three days at York Dining Hall

BY KATHRYN BUSKO

OPINION: If we all modified our eating habits, we could cut agricultural greenhouse gas emissions by 15%, avoid 15 million preventable deaths a year and provide a healthy diet to the entire global population, now and in the future. It's relatively simple, too.

The key principles are to consume a variety of whole grains, fruits and vegetables, legumes and nuts, while limiting meat, dairy products, added sugars and salt. The key word is "limiting" rather than "eliminating." The planetary diet is designed to be adaptable to culture, health conditions and dietary preferences. That means it has to be flexible.

But of course, we are all constrained by what the supply chain makes available, whether in grocery stores or the dining hall. So, how realistic is it to eat a planetary diet at York Dining? I gave it a try.

To the skeptics, I say it is possible. York provides vegan and vegetarian options, so there are ways to consume key nutrients while limiting meat and dairy. I was pleasantly surprised by the number of fruit and vegetable options. For whole grains, there was always quinoa in the salad bar. While bland on its own, it was great mixed with soups, stews and sauces.

After trying this for a few days, I can say that some of the meals were great, while some were not. But by far the most challenging part was choosing non-meat protein options.

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YikYak Beat

BY QUINN D'ALESSIO

10/05:

"We should all bring a rake to the mall and make a giant leaf pile to jump in," said one user. This was a big hit with over 200 upvotes. However, the top comment was suspicious of the poster's intentions: "UMaine lawn care services employee propaganda." It's always good to question the man.

One post was simply a picture of an egg with "crack me twin" typed over. No caption, just straight crackin' it.

10/06:

With 351 upvotes, "Just remember when you're stressed about an upcoming exam that somewhere in a dirty house with beer boxes as wallpaper is a business major stressing about a budget spreadsheet." There was a lot of major-specific hate this week. Note that none of these opinions are endorsed by the Maine Campus.

10/07:

Residents know there are two seasons in Maine: winter and construction. And it was nearly impossible to keep track of all the posts about the construction on campus. A notable one said, "I LOVE hearing construction while I'm trying to study for my midterms. So happy this constitution is happening RIGHT NOW instead of the 3 MONTHS OF SUMMER WHERE THERE WAS BARELY ANYONE HERE." The capitalization and typos really convey the sheer frustration with the situation.

On the topic of complaints, another post that hit home was "My nose just got assaulted by an engineering students breathe." The only comment on the post read "breath*." I'm glad to see students are keeping each other accountable on spelling and grammar.

10/08:

An anonymous user asked "Any other chronic overheaters suffering rn." The post was met with over 80 upvotes and comment by touchmytitos that really pinned the tail on the donkey: "Are you also in a constant cycle of going outside getting sweaty but also being cold and then walking into a building immediately getting smacked in the face with head and then start sweating more but now your sweat is cold but your somehow really f*cking hot?" I felt this one in my soul.

Another user said "Crying in center stacks rn and hear another person crying in here with me. I got you, baddie we are in this together." It's nice to know you're not alone.

"Fuck my ex but most importantly of all fuck Israel," said touchmytitos. One user replied "Based." Not only another significant contribution to YikYak by touchmytitos, but a very comprehensive representation of Gen Z culture.

"Just gave a mouse a cookie. Mf better not ask for anything".

POLICE BEAT BACK NEXT WEEK!

Comments included "Rookie mistake bro" and "Do NOT give him milk". Great pieces of advice to keep in mind when you find yourself in such a situation.

An anonymous user posted "Skipping class in college is like trying an addictive drug for the first time. help." If you can't relate to this you're probably lying. This is highlighted by a comment that read "Grow up" with exactly -2 upvotes.

Another said "The lion does not concern himself with alcohol poisoning." One comment expressed concern, asking "Dos the lion know it is Wednesday?" The other was more hopeful, asking "Would the lion share?" YikYak really represents the duality of college students.

10/14:

If you're a car guy I would recommend you stop reading here. For everyone else; "When men rev their engines it's called 'gay cruising' and it's how they signal to other men they want to have sex with them." 127 upvotes is really underwhelming for such a masterpiece.

If you're into hopecore this one is for you; "guys (gender neutral), complimenting is in and being petty is out. You like someone's shoes, outfit, vibe SAY SO. You think about laughing as someone, STFU." This one is endorsed by the Maine Campus.

10/15:

"I live downvoting fascists". 202 upvotes. The very next post had a photo of a comfy chair and small side table in a dorm shower. The caption read "I love the feng shui." One comment said "Minecraft setup." This one was the sleeper post of the week.

If that wasn't enough for you, the next post said "two needs rn 1. McChicken 2. some to crack with a McChicken in my hand." The only comment read "ME." Some people seem to have forgotten the art of modesty.

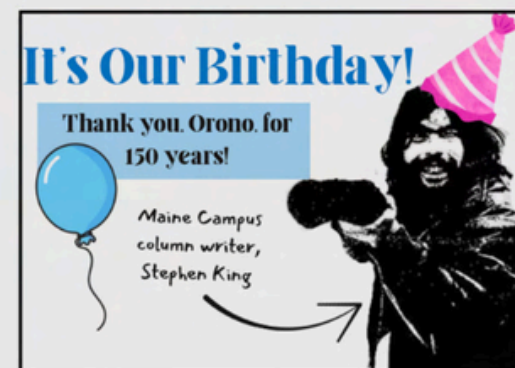
As some may know, hair holds memories. In light of this fact, one user posted "Hair holds memories so I shaved the bush." The only comment was one of panic; "It'll grow back right? RIGHT???"

10/16:

"This whole college thing is really getting in the way of my Minecraft time..." said one user. "My Roblox time [sad face] [broken heart emoji]." It's rough out here.



COMIC BY KATIE FLETCHER



COMIC BY TABITHA DEAN



COMIC BY KATIE FLETCHER

Campus Crossword

BY QUINN D'ALESSIO

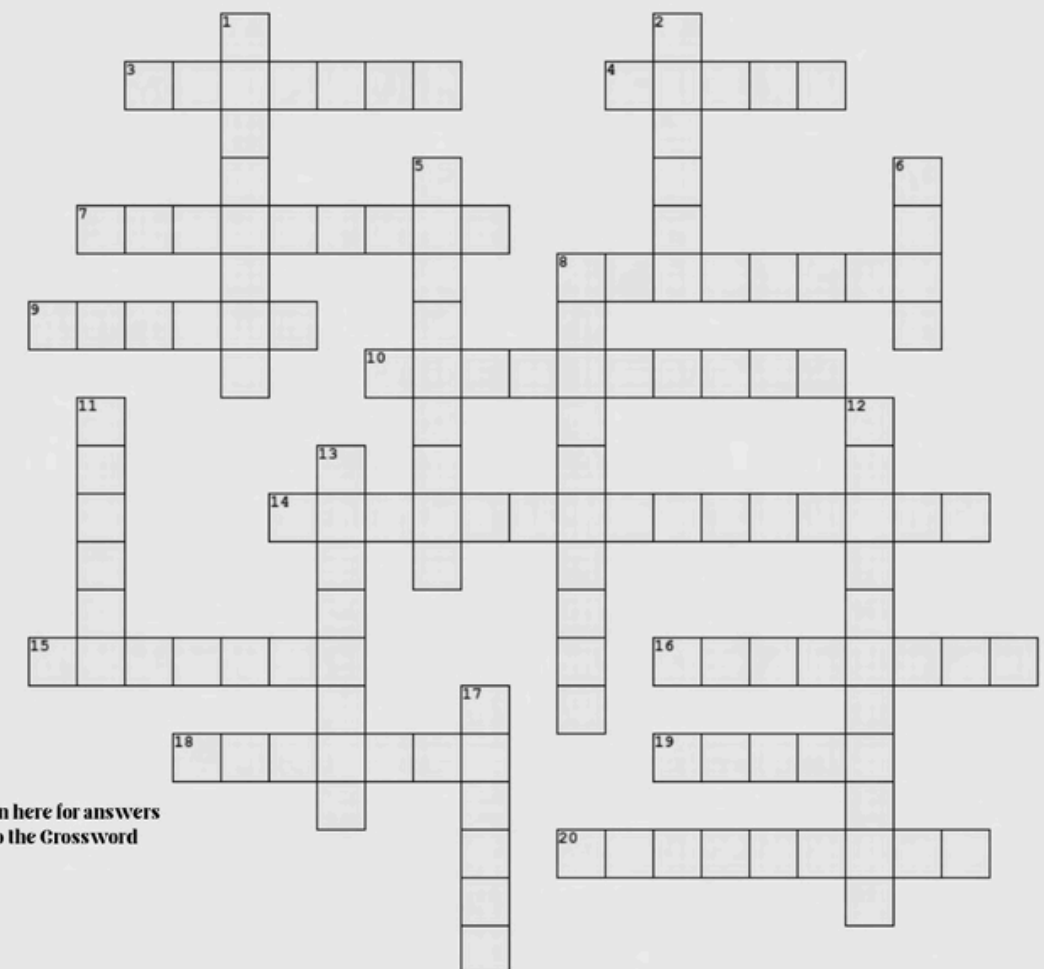
STICK EDITION

Across

- White's lawyer, with a spinoff
- They put yeast in _____
- Animal featured in mobile game "Where's my Water"
- A stick that's straight buggin'
- Hindu festival of lights
- New sidewalk, inspired by Pythagoras
- Artist with new album 'From the Pyre'
- Waiters and models have this in comm
- The dumbass who thought he discovered
- Oyster farmer running against Collins
- Stick it to the man
- 9+10?

Down

- Cold and sticky, on a stick
- Artist featured in new concert film titled 'The Land'
- Gay gothic romance, also in Spongebob
- Makes good music but has limited knowledge of cameras, according to West
- Always on that damn phone
- Where Malcolm is found
- Roasted and sticky, on a stick
- Getting drunk from the back of your truck
- Long and sticky, on a bigger stick



Scan here for answers to the Crossword

Created using the Crossword Maker on TheTeachersCorner.net

THE UNIVERSITY OF MAINE
Department of Political Science

PIZZA AND THE POLLS!

Have questions about what's on the ballot for the 2025 Election on November 4th?

Join UMaine UVote and UMaine Student Government for pizza, drinks and ballot breakdowns

U-VOTE

Thursday, October 23rd from 6:30-7:30 p.m.
The Bangor Room in the Memorial Union



SCAN THIS FOR OUR INSTAGRAM!

We're Underground...
Literally!



I tried the planetary diet at York Dining Hall.

BY KATHRYN BUSKO

CONTINUED FROM COVER

I don't know about you, but I don't think I've ever been in a kitchen that has Dimethylpolysiloxane. High consumption of ultraprocessed foods is associated with heart disease, cancer, depression and obesity. In short, they aren't good for us.

While these non-meat alternatives are still usually better for the planet than meat, the planetary diet recommends a different protein source — legumes like beans, lentils, peas and chickpeas. York usually has at least one of these, but they rarely look appetizing, unless they are mixed into another dish.

Realistically, if the planetary diet is going to be widely consumed, it can't be a sacrifice in flavor. The Lancet study, which proposes this diet, specifically states that the planetary diet should be more “available, affordable, convenient, aspirational, appealing, and delicious” than the unhealthy options. If it's too painful to follow, then very few will eat this way.



ILLUSTRATION
BY TILIA BARATTA

York and Hilltop should invest in making the planetary diet a delicious choice. The vegetables, in particular, can be very hit or miss, often overseasoned or tasteless. The french fries, burgers and chicken nuggets may not be healthy, but they are reliably tasty. Imagine how much better it would be for us and the planet if we could say the same about whole-grain, legume, and vegetable-based meals at the dining halls.

York and Hilltop could also do more to make the environmentally-friendly choice convenient — I conducted a scavenger hunt in all corners of the dining hall because I was motivated to try this. Not everyone is, and certainly not every day.

If the main courses always contained vegetables, fruits, legumes and whole grains, then both motivated and unmotivated students might make healthier choices. The best way to encourage students to make the environmentally responsible choice is to make it the easiest choice.

This is an exciting opportunity. Not only do the dining halls serve thousands of people every day, but they're also exposing students to new foods that they might then learn how to make for themselves. The dining halls could introduce many people to an environmentally friendly way of eating. They should focus more attention on minimally processed, local, delicious, plant-forward meals.

And students, if we want to eat this way, should change our daily dining habits, even if it requires some creativity. More importantly, let's make our voices heard whenever the dining halls ask for feedback. This is the diet of a healthy, sustainable future for us and the planet — let's start now.



ILLUSTRATION
BY AMIYAH DONALDSON

Campus facilities should not only be for D1 athletes

BY JORDAN THOMPSON



OPINION: During our time at the University of Maine, we interact with a variety of campus facilities. We live in the dorms, study in the library and eat in the dining halls. There are also facilities utilized by various groups on campus. Club Sports, in particular, have high needs for communal spaces, ranging from fields for practice to pools for swim meets. However, they are not given priority when it comes to accessing these places.

Club athletes are often overlooked in favor of Division 1 (D1) sports teams and people from outside our community, which is unfair.

As UMaine students, we should all have equal access to campus facilities. It's unreasonable for outside groups to be able to pay money for priority and for our university to prioritize their needs over its own students. Our sports teams should not be kicked off the field to accommodate other universities' teams for practice, such as Husson University. Sports clubs should be granted the same access to campus facilities as D1 teams.

UMaine's Club Swim have to pay to host a home meet, to staff the event with lifeguards and to rent the blocks that the team uses to dive into the pool. They have to spend \$5,000 throughout the semester just to swim and host one meet for the year.

“We weren't being charged lifeguard fees until we had bumped up a tier in our funding status and gained more money as a club. If these fees were truly necessary for the club to cover, we would have been charged regardless of our funding level, not only after we received an increase,” said Skye Van Beek, Club Swim's President.

A majority of the funding the club allocates is spent on these fees.

“The club has also experienced times where we have had to change our meetings last minute because of facilities giving the pool to the D1 teams,” said Van Beek.

Club Swim is not the only team that has faced this issue. I have heard similar stories about other club teams being unable to use on campus facilities for practice because of D1 teams or external groups such as the YMCA,

which have been able to reserve the facilities and receive priority over our club sports teams. Those who don't even pay to go to school here are being favored over campus groups whose members pay to reserve the facilities on top of their tuition.

UMaine doesn't seem to genuinely care about its students in club sports. They are the ones who should be given priority on this campus because they pay large amounts of money just to be here. If a university isn't operating in the best interests of its students, it shouldn't be operating at all. Club Sport athletes should be given equal access and priority to campus facilities.

Scan the QR code to register.



FERMENTATION FRIDAY

Food and Media Lab
UMaine Hitchner Hall Kitchen, room 160
Friday, noon to 2 pm.

October 24 - All Hallowed Bagels & Spooky Spreads
November 7 - Cozy Drinks & Cookies

Bangor warming shelter crisis impacts UMaine students

BY ABIGAIL BEAUCAIRE

Following news of reduced warming center availability, locals and residents have expressed concern over the lack of beds that will be open this cold season.

In a recent article from News Center Maine, it is clear that those who rely on the now closed shelters find this loss is incredibly devastating. The article reports that The Brick Church's decision “stems from a \$70,000 grant request to Maine Housing that was not accepted.”

For those like Ray Hamilton that were written about, this may mean facing cold nights with nowhere to turn for many Mainers.

“There were some nights in the winter where I thought I was going to die out there,” Hamilton said in the article. This is just how one of many Bangor residents facing housing insecurity feel about the impacts of a warming center shortage.

Terry Dinkins, pastor at The Mansion Church, offered his thoughts on what this winter will look like with the place of worship being the only shelter open.

Photo story: Break the ICE Rally

BY ALEX MELENDEZ

October 8th 2025 the University of Maine hosted a rally against ICE raids, and everything ICE on the UMaine campus.

Speakers here at this rally spoke with passion and a sense of urgency, demanding change in front of the Fogler library.

“I can only point the way, but we must go together, once we go together we will find solidarity, and the people will be united and we will never be defeated.” Said speaker Asher Reisman (Left).



Speakers here at this rally spoke with passion and a sense of urgency, Junior Gabriel Veilleux (Right) has been a strong activist on campus, participating in rallies for not only ICE, but for Palestine as well.

“We can make a change, but we have to make a change together”

Although the campus was pelted by the rain and students huddled inside, the protestors did not cancel their event. Signs held high, marker ink bleeding down the sides and voices breaking through the downpour, the messages of the rally were sustained.



One sign read, “Immigrant students deserve to feel safe at school. Demand sanctuary status now.” The organization that hosted the event, the UMaine Orono Students for a Democratic Society, (SDS) wrote in their Instagram post,



“Dare to Struggle, Dare to win!”

This Past Week in Athletics

BY ALEX RICHARD

While the campus slowed down for Fall Break, sports were just ramping up. In this past week in sports, there were painful hits and exalting wins. Notably, our choice hockey team started off with a disappointing loss, trudging into the new season, while field hockey declared two victories. Our bittersweet athletics has one consistency-- it will be an entertaining year.

The University of Maine women's soccer team had two big games this past week. On Sunday, Oct. 12, the University of Vermont Catamounts traveled to Maine for an important America East conference matchup. Both teams were held scoreless through the first 50 minutes until third-year forward Madelin Gardner delivered a strike from outside the box, putting the Catamounts up 1-0. Maine continued to put the pressure on Vermont and their goalie, but were unable to tie the game before the buzzer sounded. The Black Bears then made the trip down to Massachusetts on Oct. 16 to face the University of Massachusetts Lowell.

After trailing at halftime, third-year defender Grace Johnson scored her first career goal with a beautiful deep shot to the corner of the goal to even the score 1-1. UMass Lowell retook the lead, but shortly after third-year midfielder Victoria Dungey headed the ball off a free kick to fourth-year forward Jordane Pinette to once again tie the game. Neither team were able to score another, ending the game with a final score of 2-2.

UMaine men's hockey, ranked #7 nationally, played a much anticipated double header against #10 ranked Quinnipiac. On Friday, Oct. 17, despite capturing an early 4-1 lead with goals by fourth-year forward Owen Fowler, first-year forward Miguel Marques, first-year forward Will Gerrior and fourth-year forward Thomas Freel, Quinnipiac scored three times in the final eight minutes to force overtime.

Fantasy Football

BY BEN GROSSMAN

Overachievers:

Emeka Egbuka: It feels like every week Egbuka beats his projected fantasy point totals. This week, however, the Buccaneers rookie blew his predictions out of the water. Egbuka was expected to score 14.92 points this week and more than doubled that bar. His seven receptions went for 163 yards and a touchdown. These stats earned Egbuka 31.3 fantasy points, making him the highest scoring wide receiver in fantasy football this week.

Rico Dowdle: The Carolina Panthers halfback stepped up this week with starter Chuba Hubbard out with a calf injury. Dowdle rushed the ball 23 times for 203 yards and brought in three catches for another 28 yards. Dowdle's impressive week scored him 32.4 fantasy points, making him the highest scoring player of the week.

AJ Barner: Barner is an unsung hero on a loaded Seattle Seahawks offense. With scoring threats of Jaxon Smith-Njigba, Cooper Kupp and Kenneth Walker, Barner is not often the star of the show.

ILLUSTRATION
BY TILIA BARATTA

This week proved this not to be the case though, as Barner had seven receptions for 50 yards and two touchdowns. This earned Barner 24.3 fantasy points this week, making him the highest scoring tight end in the league. With Barner only being predicted 5.2 points heading into this week, he scored over 460% higher than expected, making Barner the title of largest overachiever of the week.

Kai Fairbairn: For the first time this year, a kicker has been placed in the overachievers list. After missing field goals in each of the last two weeks, Fairbairn needed to show up this week, which he certainly did. The Texans kicker had lots of opportunities this week with Houston scoring five touchdowns and getting into field goal range another three times. Fairbairn was a perfect 8/8 on kicks this week (including two field goals from 50+ yards), earning him 18 fantasy points.

First-year defenders Lulu Rucinski and Sade Sandilands scored for Maine. On Saturday, Oct. 18, Colgate jumped to an early lead with a goal by fourth-year forward Alexis Petford just 27 seconds into the game. Third-year forward Raegan Wurm scored an unassisted goal midway through the second period to tie the game up. Less than a minute later, first-year forward Isabelle Michaud flipped the puck over the diving goalie to put Maine up 2-1. The Black Bear defense stood tall, securing the upset over one of the best teams in the country. Second-year goalie Kiia Lahtinen was phenomenal over the two game stint, making a total of 75 saves on 80 shots.

It was a big week for field hockey, as Maine emerged with two victories. On Friday, Oct. 17, the Black Bears defeated the Bryant Bulldogs 6-1 to earn their first America East victory of the season. After trailing after the first quarter, Maine scored six unanswered goals. Fourth-year forward Taylor

Katsube led the way with two goals, with second-year forward Emily Chisholm, first-year back Nicole Kowalewski, third-year back Eloise Penty and fourth-year midfielder Zoe Furber each tacking on a goal.

Senior Day for the field hockey team was held on Saturday, Oct. 18. Graduate goalie Rozárie Mrázová, one of the six players being celebrated, had an incredible game, notching her first shutout of the season. Five different players scored for Maine, clinching the weekend sweep with a 5-0 win.

Underachievers:

Quentin Johnston: The Chargers third year wide receiver seems to have finally broken out after struggling in his first two seasons. This past week, however, Johnston seems to have reverted into his former self. Quentin had four receptions for 40 yards and lost a fumble. This means Johnston only scored 6.9 fantasy points this week, performing well below his expected 13.74. He looks to bounce back next week in Miami against a poor Dolphins secondary.

Jameson Williams: The Lions wide receiver is struggling to find the ball this season and this week was no different. Williams had one run for a singular yard and a reception for nine yards. This means Williams only scored two points, dropping below his predicted score for the third consecutive week. The fourth year receiver has talent — he exploded for 108 yards and a score in his week two matchup against the Bears but has not been able to replicate that magic.

James Cook: The Buffalo Bills halfback has been an absolute stud this year, scoring more than 20 fantasy points in every game heading into Sunday night's matchup with the Patriots. Cook ran the ball 15 times for 49 yards and did not get in the endzone, meaning Cook only scored 4.9 points, way below his season average of 22.8 points prior to this week. Cook was predicted to score 18.47 fantasy points and didn't even score 5, making him the underachiever of the week.



TEASE concert in Wells Central in Spring 2025. Guitarist Zach Smith adjusts sound before launching into an unforgettable night. PHOTO BY OBIE CASPERSON

Tease performs at Wells Central

BY AIDEN LIVIGNI

CONTINUED FROM COVER

Wells Central Pub is booming with music over the speakers floating around and between dozens of people gathered in the small space with many leaning over countertops or towards one another. Some are waiting in line for dinner before the show. The band members congregate at the bar, leaning into one another, smiling.

If you did not know any better, it would be hard to pick them out from the rest of the crowd; just some people here to have a good night. Their instruments are already set up in the ground-level stage area, waiting to be played. Next to them, the familiar employees of Central Pub are saying hi to their musician friends. The band members start warming up and, immediately, their sound fills the room. Heads turn for the quick starting and stopping of their sound tests.

'The Life of a Showgirl': Excellent or Uninspiring?

BY SOFIA LANGLOIS

CONTINUED FROM COVER

The Fate of Ophelia: 7/10

A strong start, mainly due to the satisfying beat and interesting lyrics. As much as I loved this song as the opener, it misled me to think that every subsequent song would also be a hit. Still, "The Fate of Ophelia" in itself was great. I appreciated the reference to Ophelia in "Hamlet" as a metaphor for modern struggles in love. As much as I see this becoming incredibly popular over time, I had to knock off a few points for some lame lyrics, particularly "Pledge allegiance to your hands, your team, your vibes." What?

Elizabeth Taylor: 4/10

I honestly don't have much to say about this one. It was difficult to absorb the lyrics because the melody wasn't great. The chorus reminded me of her Reputation album. Regardless, the message was not relatable to the average person. I do appreciate that the song explicitly surrounds an old Hollywood showgirl. The concept was cool but I think she should have seized the opportunity to make it more interesting through storytelling, like with "Dorothea" in 2020.

Opalite: 8/10

Fantastic, fun, cute. I think "Opalite" is my favorite because it suits her style so well.

I listened to the whole album at once and this one in particular had a great energy to it. My only criticism is Swift's use of the term "onyx night." I am all for niche references, but artists like Phoebe Bridgers use them more artfully. It just felt out of place. The best part of the song is around minute three when the harmonies build up before falling back into the chorus.

Father Figure: 5/10

An interesting take on the 1987 George Michaels hit. I like the message and tune behind it. The song was meaningful, clear and fitting for the album. That said, I wasn't amazed. It's one of those songs I wouldn't skip if it came on naturally, but I also wouldn't go out of my way to hear it.

The Life of a Showgirl: 8/10

Perfectly theatrical. I wasn't sure how Swift and Sabrina Carpenter would sound together. Their voices are completely different so harmony seemed difficult to achieve. I ended up liking them together. This song is the perfect conclusion to the album. It feels full circle and makes sense as the title track. We get to see the Life of a Showgirl from the perspective of both performers. The wrap up was cool with Swift and Carpenter wishing the audience a good night just as they would in concert.

My final thought is just that we should let it grow on us. I appreciate all of these songs a little more with every listen, besides the two that I immediately skip.

For full review check our website

Finally, they begin in earnest. A somewhat quiet intro, before a soft voice cuts through, then a 'woosh' as all of the instruments pick up. Heads and shoulders start bobbing, all eyes are fixed and attention is captivated.

Cole Bruton, Riley Auxier, Franklin Libby and Zach Smith make up the local band Tease. They are self-described as 'LOUD' in their Instagram bio. Similar to a lot of the music on campus, they play in and around the University of Maine area almost exclusively and have a special kind of relationship with the students and the groups who host them off-campus. After the first song is finished, there is a rainfall of applause from the audience and a vague noise of thanks from the lead singer.

"I came with my friend Lilly, excited to see this band that we have liked a lot for a few semesters," said Corinne Francesca Adissi. She and her friend had been dancing together near the band during the first part of the show and clearly came to have a good time.

"They are talented," Lilly said. "They're just fun to watch perform." Indeed, her opinion seemed to be the popular one as people began to gather around the performance even in a space not really made for music.

We were surprised to see people sitting stoically and even what looked to be a professor with airpods in-ear making assignments for a class,

Adissi said, a little upset. Despite the fact that the two described themselves as only knowing "a little about the music scene," their assumption was not far off. Having a band play in Wells is atypical for the Bangor-area music scene. What is normally in basements, at parties or even in the woods, was brought to a maintained, university building which, as stated, is not built for music. "It looked like people were paralyzed in their seats," Adissi commented. Even though, at many Tease performances, Adissi and Lilly are the average listener: engaged and up close, moving to the music. As the band started up again Lilly remarked on what the university might do differently.

"Maybe people would want to dance in the dark," Lilly pondered. It brings up an interesting question: while the university is reaching out and getting involved with the local music scene, is there something being lost with their involvement?

After the midway break ended, Adissi and Lilly made their way back to the front of the show. An entire row of body-shakers and head-movers had now amassed in front of the band. The space being what it is, the dancers did what they could to have a good time.

And this seemed to be a metaphor for the entire show: it brought what a lot of people see as gate kept out into the open, somewhere anyone could attend, but it also lost the secret, private aspect. Tease did an amazing job and played as good as they do at any other show. Even in the small brightly-lit room, the band members looked as if they were just practicing in their garage together, without any eyes on them.