

DEAR CMJ 102

FROM THE MAINE CAMPUS

DROP A DILEMMA
COLUMNISTS GIVE A SOLUTION

&

THE DEPARTMENT OF COMMUNICATION
AND JOURNALISM'S CMJ 102 CLASS

Dear Advice on my mans,
In CMJ 102, we learn that all interpersonal communication (communication between people) starts with inTRApersonal communication, or self-talk. So, we recommend that you first get clear with yourself about what you want in this relationship and what you want to talk about with him. If you really like this guy and want a dating relationship, then be direct about that instead of joking around or hinting at your concerns or what you really want to talk about. If you find that you're both aligned in what you want in the relationship, that's great. If you find that you're not aligned, then you would need to decide if you are willing to compromise on what you first decided in the self-talk you started with: I want X. He wants Y. This is/isn't still worth it to me. Communicate accordingly. But at least you'll have more clarity, which it sounds like you don't have yet. So we recommend honest self-talk and a great relationship with yourself first, followed by honest, clear communication with him.

CMJ 102

Horoscopes 9/22-9/28

Aries: March 21 to April 19

The Ram. Ruled by Mars

Hello, Aries! Aries, how are you doing? How many projects, ideas, or vacations are you dreaming up? That's your skill Aries, and don't let anyone stop you from creating a dream. If your community or surrounding friends and family are not supportive of your goals, please reevaluate your community and begin your search for individuals who support you. I say this often, but Aries, you are the beginning of the zodiac wheel. You, out of all the zodiac signs, have the skill of birthing a new creation even if others don't understand. Stay strong in who you are, we need your creative and energetic ability to begin an idea. Once you create the idea, pass it off to a Taurus (or Virgo or Capricorn) to help you ground your idea in reality.

Taurus: April 20 to May 20

The Bull. Ruled by Venus

Hi Taurus! This week is your week to treat yourself! Stop what you're doing right now, and go get yourself a piece of cake. Eat it for breakfast, eat it with your hands, do whatever, but allow yourself to receive joy in a way that supports you and no one else. Self care. This is important because the zodiac sign Taurus is ruled by Venus, who loves luxury. Taurus is also ruled by the Bull, who can get angry pretty quick when provoked. Taurus doesn't do well with change, and this week may hold unexpected news for yourself or those around you. Prepare to stay calm by calling in the soft part of you. If you have cake in your mouth, you can't be upset, right?

Gemini: May 21 to June 20

The Twins. Ruled by Mercury

My sweet, Gemini! Hello darling, have you ever seen the constellation Gemini in the sky? Gemini sits high in the sky with stars, Pollux and Castor. Gemini is lucky in the sense that you have the ability of looking at life through two or more different lenses. This week, if you feel stuck, try looking at life with multiple viewpoints. This may help you feel unstuck. Trust that there are different ways to get to the same destination. You won't miss out on anything that is meant for you. This may be a great week to talk or write out your thoughts.

Cancer: June 21 to July 21

The Crab. Ruled by The Moon

Hi! Oh Cancer, sweet little crabby and big hearted Cancer. This week I encourage you to practice positive self talk and "I AM" statements. Cancer is ruled by the crab, who may either use its shell as a self defense mechanism or be without its shell and feel too vulnerable. This week, try using a balance of both. "I AM safe;" "I AM good;" "I AM trying my best;"

Leo: July 23 to Aug. 22

The Lion. Ruled by The Sun

Hello, Leo, my friend! Leo, you are often the life of the party. How do you function when there is no party? Leo, remember that you can be a party all on your own and live life in a way that feels bright to you, even if right now you have no one to experience life with. It may be better to live life alone, rather than with people who are dimming your light. You are the sun Leo, you give life to people, but please don't forget to give life to yourself, first.

Virgo: Aug. 23 to Sept. 22

The Maiden. Ruled by Mercury

Oh Virgo, whew! This week has a lot going on for you, as well as last week too. Virgo, you are needed, and please don't forget that! However, you are ruled by Mercury which may make your mind very busy with thoughts and ideas on how to fix things. Be mindful to use this as a gift and not a detriment. You may have to walk away from something that you're not able to fix at the moment. This does not mean you have failed, but rather it is not time. Allow the door to close on something, so you can open up a new door.

Dear CMJ 102,
There is this really cute guy and we talk and get lunch just about everyday. We always have a great time and he has been staying over at my dorm about 3 times a week. We aren't dating but I honestly couldn't say enough good things about him. **However he is also a commuter student and i'm worried he's just using me as a place to stay when he has to work late.** I've jokingly brought it up before and he's always just laughed me off. But like I said he's so handsome and I really do like him a lot. What should I do? Should I talk to him or just keep enjoying what we have going right now? Thank you for any advice!

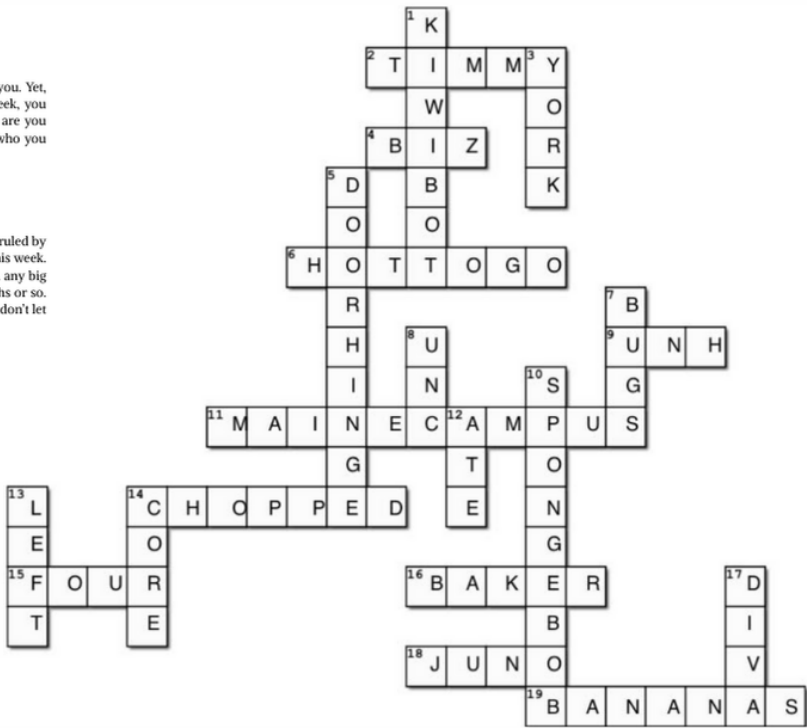
Advice on my mans

SCAN THIS LINK TO
SEND IN QUESTIONS!



SCAN THIS FOR
OUR INSTAGRAM!

CROSSWORD KEY



Created using the Crossword Maker on TheTeachersCorner.net

The Maine Campus

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No. 1

Concern over accessibility at UMaine goes deeper than student call for SAS improvement

BY SOFIA LANGLOIS

In Summer 2024, history student Lincoln Tiner, a disabled veteran, was in the Memorial Union when the fire alarm rang. He recalled that every door closed and locked, leaving only the stairs as a possible exit.

“Now whenever I pass by a fire alarm, I think about when that happened and how i'd essentially be left for dead if that were a real emergency situation,”

said Tiner, who is a cane and ambulatory-wheelchair user. Luckily for Tiner, with difficulty, he was able to get down using his cane. Students like him who require assistance in such situations may not have been able to exit the building, especially from a higher floor. When told to refer to the “fire plan,” Tiner found there was no suitable escape option for disabled people.

SAS is a department that specializes in providing accommodations for University of Maine students with physical and mental disabilities. A welcome email from SAS Director Erica Tweedie was received by hundreds of students on Aug. 27. Instead of BCC-ing their email addresses, which include full first and last names, the sender mistakenly CCed everyone. As a result, the students were able to see every other person who received the email from SAS and who likely receive accommodations associated with a disability.

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University of Maine back Louisa Plaehn during a Northeastern offensive push. Friday Sept. 19, 2025. Orono, Maine. PHOTO BY OWEN BULMER

Field Hockey loses at Home against Northeastern 2-1

BY MADIE MACAULAY

On Friday, Sept 19, the University of Maine field hockey team suffered a tough 2-1 overtime loss to Northeastern University on Friday at home. The Black Bears entered the matchup coming off of a victory against the University of New Haven; but despite controlling large stretches of play, they were unable to get the win.

Maine started the game maintaining possession in the opening minutes and earning early penalty corners. The Black Bears currently lead America East in penalty corners, averaging nine per game, and they looked to continue that trend. Third-year back Eloise Penty once again served as the primary inserter on corners, setting up multiple chances. CONTINUES PAGE 5



People in Bhaktapur gathered to light candles in a peaceful vigil, honoring the memory of those who lost their lives during the Gen Z anti-corruption protests in Nepal. PHOTO COURTESY OF AMIT MACHAMASI / For The Maine Campus.

Parking at capacity? UMaine students at odds with Parking Services

Parking has always been a bone of contention between students and staff at the University of Maine, but this semester, if public sentiment is to be believed, the situation has come to a head.

“Skip class, there is no parking today!”

read the title of the viral-on-campus post by content creator Barstool Black Bears, posted to Instagram on Sept. 4, followed by a video of a car circling a packed parking lot with at least six others parallel-parked on the grass margin. Other Instagram posts made by many students at the beginning of the year showed rows of parked cars, all of them with tickets clearly visible. CONTINUES PAGE 6

Nepalese Student Association sheds light on political protests and restructuring in Nepal

BY ELORA GRISWOLD

When the government of Nepal banned over two dozen social media platforms on Sept. 4, Nepali international students at University of Maine (and across the nation) suddenly found themselves cut off from family during one of the most turbulent moments in their country's recent history. Now, after youth-led protests that left over 70 dead and pushed top officials like former Prime Minister K.P. Sharma Oli to resign, members of the UMaine's Nepalese Student Association (NSA) say the 'Gen Z protests' are about far more than a social media ban. Rather, they connect directly to deep-seated issues in Nepal, including political corruption and nepotism. CONTINUES PAGE 3

BY ELORA GRISWOLD



9/8:

At 10 a.m., a criminal mischief report was filed from Fogler Library after a student reported graffiti in the men's restroom that read "send pictures of your boobs" to a number that the University of Maine Police Department (UMPD) determined is not real. The complaint has been marked closed and there are no suspects.

Around 2 p.m., a property theft was reported through the Black Bear Safe app after a student said that a laptop was missing from their bag in Oxford Hall. UMPD responded to the outreach, but still has not received a response from the student who reported the item missing. Until UMPD receives a response, the case is marked closed.

At 9 p.m., an alcohol offense was responded to at Somerset Hall after two students were reported for carrying open beverages in the hall. Since the students were under 21, a report was completed and they were referred to student conduct.

9/9:

At noon, a vehicle crash causing personal injury was reported on Sebago Road after a pedestrian was struck while crossing. The pedestrian was transported to the hospital with non-life-threatening injuries. UMPD responded to the scene.

9/10:

Around 11 a.m., a property theft was reported from Fogler Library after a student reported their AirPods case missing. UMPD responded and helped the student use 'Find My iPhone' to track the headphones, which showed them pinging within the Jenness Hall parking lot. UMPD searched the lot with the student, but they were unable to locate the AirPods.

At 2 p.m., a suspicious complaint came in from Corbett Hall after a student told officers they found a plastic bag full of Tylenol in the building. UMPD responded and took possession of the bag.

At 6 p.m., a suspicious complaint was reported from the J. Franklin Witter Teaching & Research Center after a student caller said there was a "suspicious male" walking the trail nearby. He was stopped by the Old Town Police Department, who identified him and determined he was just walking. The case is marked closed.

At 9 p.m., a property theft was called in after a student shared their bike was missing from the rack outside York Hall. UMPD responded and learned the student had not used a lock to secure their bike. Officers were unable to locate the bike or any suspects, so the case is marked closed.

9/11:

At 6 a.m., a criminal mischief report was filed from Cumberland Hall after a student reported that an exit sign within the building was damaged. While responding officers were unable to locate the student that caused the damage, they did come upon two underaged and intoxicated students in the hallway. UMPD confiscated the beverages and the students were submitted to conduct.

At 1 p.m., a property damage crash was filed from the parking lot of Estabrooke Hall after a vehicle that was attempting to park rode up against the curb and grazed their car bumper. UMPD responded to the scene.

9/12:

Around 11 p.m., an alcohol offense was responded to at Somerset Hall after a group of people were reported drinking in the hallways. Responding officers made contact with the group and determined that three were not students while being of legal drinking age, and one was an underaged student. The student was referred to conduct and the three non-students were told to leave campus.

9/13:

At 8 p.m., a trespass complaint was called in from the Memorial Gym parking lot after a male was spotted drinking alcohol and urinating in the parking lot. Responding officers determined the man is not a student and then escorted him off campus.

At 9 p.m., a vehicle was stopped on Rangley Road after officers noticed erratic driving. UMPD determined the driver was a student and had alcohol in the vehicle, but the driver was not inebriated. The alcohol was confiscated and poured out. The student was referred to conduct.

At 9 p.m., a disorderly conduct complaint was filed from the Penobscot Hall parking lot after a student reported observing three males actively trying to rip parking signs out of the ground. UMPD made contact with the men and determined that they were not students. They were then escorted from campus.



At 11 p.m., a suspicious complaint was called in from Hilltop Dining Hall after a student reported four or five males drinking in the bed of a truck outside the building. UMPD responded to the scene, but by the time officers arrived the truck was gone. No suspects have been found.

9/14:

At 10 a.m., a traffic offense was reported from the Androscoggin parking lot after a non-student who was pulled over was found to be driving with a suspended license. The individual was issued a summons, requiring them to appear in court at a later date.

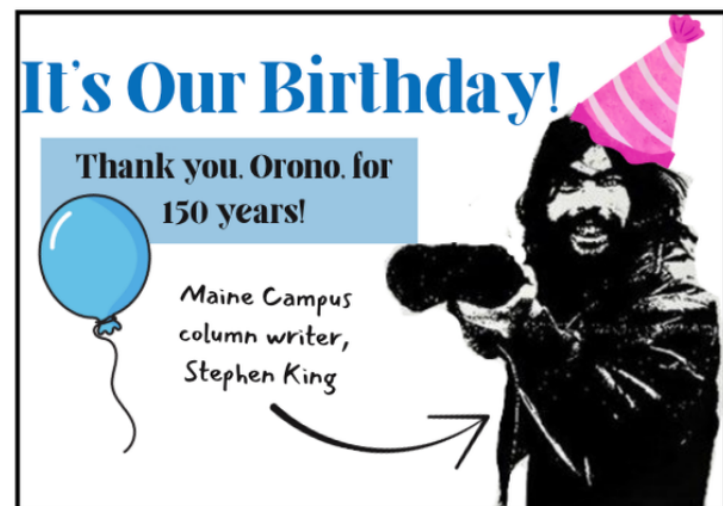
Around 1 p.m., a threatening speech complaint was filed after a student emailed officers screenshots of Yik Yak posts "mocking the death" of late political commentator Charlie Kirk. UMPD said they have received "almost daily" similar emails in the days since the shooting, but respond by informing students that because no direct threat was made to someone on campus, no action will be taken because the posts are protected speech.



Room 144, Memorial Union
Hours: Mon to Fri | 11 AM - 5 PM

We're a digital maker space that provides equipment for students to start learning:

- 3D Printing
- Soldering
- Sewing
- Music Production
- And more!



Let's ask our grandparents about leftovers

BY KATHRYN BUSKO

Every year, food loss and waste cause more greenhouse gases to be released into the atmosphere than all the world's airplanes combined. Food waste adds up. In the United States, over a third of all available food goes uneaten, according to the USDA. That's like purchasing a carton of eggs and then throwing four of them in the trash as soon as you get home. In the U.S., over half of 18 to 29-year-olds see climate change as a major threat. At the same time, young adults tend to waste more food than older generations. Over 60% of consumer food waste is avoidable, and yet we're heating the planet with our habits.

It might be surprising that throwing food in the trash has an environmental impact, because we think of food as decomposing naturally. But landfills are not natural. The lack of oxygen means that as food breaks down in landfills, it releases methane gas.

Methane is 28 times worse than carbon dioxide in terms of trapping heat in the atmosphere. That's bad enough, but it's not the only way that food waste is hurting the planet.

Consider a hypothetical orange at the grocery store. That orange was probably grown in California, Florida or Texas. The orange tree needed land, water and nutrients to grow. After the orange was harvested, it had to be transported here, probably in a refrigerated truck. Let's say you buy this orange, and when you get home, you refrigerate it. It ends up in the back of the fridge when you put your other groceries in there, and you forget about it. When you find it a while later, it's a little too soft, so you throw it away. A garbage truck picks it up. Sound familiar? One orange won't have a big impact, but nearly a quarter of trash in landfills is food waste. And even if it doesn't end up in a landfill, if it is converted to biogas, incinerated or even composted, all the carbon emissions that were used to grow, harvest and transport that orange are wasted.



Artistic depiction of overflowing trashcan with banana peel.
ILLUSTRATION BY TABITHA DEAN

So why is this happening? A 2021 Australian study identified a few key reasons why Gen Z may be wasting so much food. For one, impulse purchases – buying things without a plan on how to use them. We may also store food incorrectly, forget that we have it or throw it away unnecessarily. Best-by, sell-by and use-by labels indicate freshness, not the absolute last day something is edible. To determine that, we have to trust our senses.

We also lack cooking skills as a generation, including not knowing how to creatively use leftovers. So ask your older relatives how they reduced food waste. Maybe you will discover something interesting, like I did. When my dad was a kid, his family used to eat "the concoction" every Saturday morning. It was all the leftovers from the week – chicken, crumbled burgers, vegetables, rice or whatever else was on hand – sauteed and mixed with eggs.

CARTOON & CROSSWORD CLUSTER



COMIC BY KATIE FLETCHER



COMIC BY TABITHA DEAN

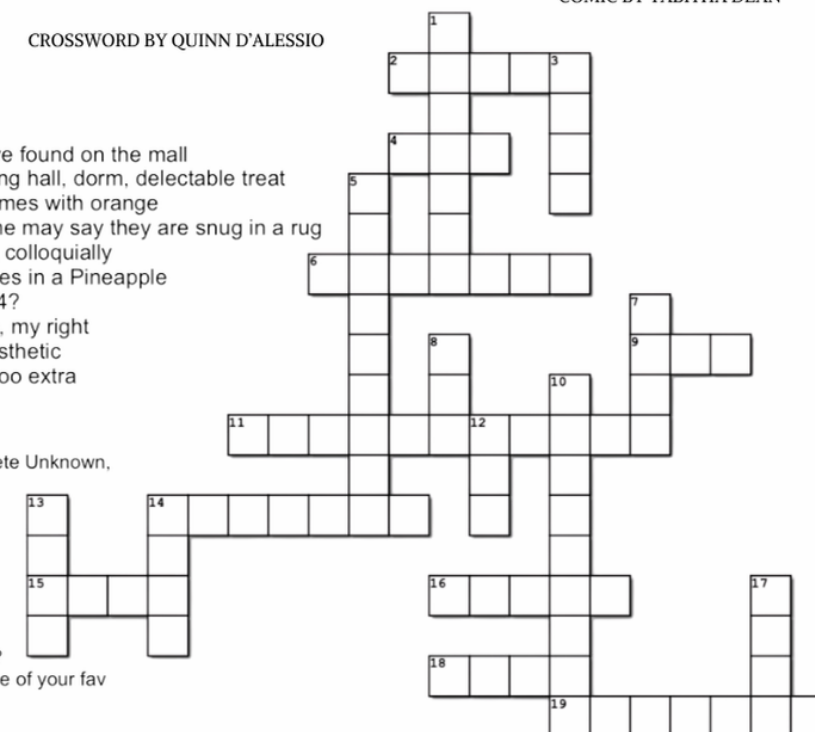
CROSSWORD BY QUINN D'ALESSIO

Down

1. grave found on the mall
3. Dining hall, dorm, delectable treat
5. Rhymes with orange
7. Some may say they are snug in a rug
8. Old, colloquially
10. Lives in a Pineapple
12. 4+4?
13. No, my right
14. Aesthetic
17. Sooo extra

Across

2. Played Bob Dylan in A Complete Unknown, informally
4. Easy major, for short
6. You can take me...
9. Worst university ever
11. 150 years of this
14. Ugly, colloquially
15. The youngest person ever?
16. The short one, of three
18. Have you ever tried this one?
19. Monkey's go-to, and the name of your fav bear



Created using the Crossword Maker on TheTeachersCorner.net

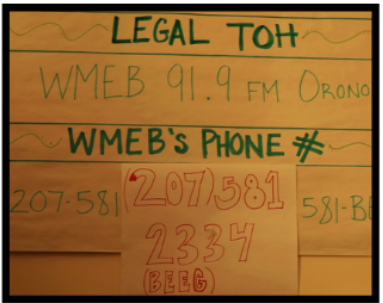
The Vibe Check with WMEB: DJ Benji Kuebler

BY BENJAMIN LOCKETT

WMEB 91.9 FM has been a campus staple since 1964 and has continued to deliver to the very best of local and non-local underground musical talent and student-born entertainment. But, who are these people behind the voices that we love so much? This week and in weeks to come, we will sit down with WMEB DJs and check their vibe to see what really makes their show pop. This week, the Maine Campus got the opportunity to speak with one of the many voices of WMEB, Benji Kuebler, who runs his movie-critic show “Cinemascape.” He was kind enough to allow us an exclusive look at how he creates his show. Kuebler’s show is a cinema critique program, along with a unique blend of independent music designed to complement each weekly film. Kuebler puts his personality at the forefront of his program. His personality is defined by opinion, and that opinion is what his listeners show up to hear. “I usually match my tone to whatever the movie’s tone was,” said Kuebler. And match he does.

Kuebler’s film this week was Mark Anthony Green’s 2025 horror musical thriller, ‘Opus,’ a film the Cinemascapes DJ said, “It’s just... it wasn’t good.” Though Kuebler’s show is primarily focused on film critiques, he often feels that his music selections are at odds with the Northeast. “Being from Texas, I bring a lot of these country roots a lot of the time,” said Kuebler. “I add a lot more songs that aren’t necessarily what I think a New England person would watch and associate with a movie.” His music, while occasionally risqué, features a diverse blend of American and European independent artists, which, depending on the film, adds to his often hammy and over-the-top film commentary. Kuebler has been a film enthusiast since his youth in Dallas, Texas. His mother would take him to the movies with his brother

“She kind of raised me to like movies,” he said. “Her and my brother both listen (to the show). And so that’s very much a way, since they live so far away, for us to keep talking about them.” Kuebler is now a fifth-year senior at the University of Maine and has been at the radio station for two years. He has described his time with the station as being very positive. He highlights the sense of community that comes with working at the station. “I’ve made a lot of friends here, and it’s really great to be in a spot where our common interest is music, but not in a certain genre, but just in the love of the form,” he said. Kuebler described it as being a very accepting and open space, where DJs have the freedom to express themselves in the way that they see fit. “I think definitely since getting here, I’ve seen an explosion in everyone’s taste, a lot of new people come in with new ideas,” he said. “It’s really cool.” Catch Benji Kuebler every Tuesday from 5 to 7 p.m. on WMEB 91.9 FM, available on your radio and mobile devices. Be sure to tune in!



WMEB Station in Memoial Union, Orono, ME. PHOTOS BY OBIE CASPERSON

Continued from Cover

Natalie Sites, a fourth-year biology student, expressed a desire to share her experiences with the long arm of parking enforcement. Her complaints about the time she swiftly received a ticket when commuting to work as a student employee last summer, when parking is almost never scarce anywhere, led to her overarching gripe with Parking Services.

“I had to show up on campus at 5:30 a.m. for my job, and I parked in the blue because I didn’t even realize we were going to enforce parking over the summer. So I come back at the end of the day and I have a ticket... and it’s just like, you’re gonna ticket me \$50 which is basically what I just made working for you guys. So that was super duper frustrating.”

said Sites. When certain color lots are filled to the brim, necessity becomes the motivation for improper parking. Natalie mentioned hearing of people having to circle the campus for a long time in order to find a Black parking spot, and resorting to parking on grass when none could be found. When they were predictably ticketed, and had their appeals denied, they found Parking Services’ justifications less than satisfactory.

Parking at capacity? UMaine students at odds with Parking Services

BY BENJAMIN MCBRIDE

Jessica Cassell, a resident of the Campus Family Housing, told us of the university’s plan to convert reserved Family Housing spots into Red student spots, a plan she expressed her intent to oppose at the Sept. 15 Board of Trustees Meeting. In pursuit of both answers and alternate perspectives, William Bieberstein offered to speak on the issue. As the Associate Executive Director for Auxiliary Enterprises, he oversees the whole Parking Services organization, and is in the loop regarding the root cause of problems as well as future solutions. According to Bieberstein, construction projects are one factor affecting parking capacity, but steps are being taken to mitigate the direct and indirect effects of this. “The university has been so fortunate to have a lot of great construction projects going on, and of course, with that come a lot of contractors and changes of spaces, including parking spaces, and so that long-term gain is creating a lot of short-term pain for for especially our commuters over near the Alfond arena and the Alfond stadium,” said Bieberstein.

Although there are plans for new lots, they haven’t been finalized, and completion dates are all still up in the air. Adding parking requires approval from the town, state and Board of Trustees in addition to the university’s green light and funding. The exception to this is the soon-to-open extra parking built with the new soccer complex, which replaces parking spaces permanently lost to the Alfond Ice Arena reconstruction. The Associate Director disagreed with assertions that parking enforcement was overzealous, insisting that the student worker-run force was mainly focused on safety rather than revenue generation, allowed to use discretion, and encouraged to issue warnings rather than tickets for non-serious violations in the first few weeks. Although there are numerous proposals for short-term parking solutions, perhaps the most impactful change would be for Parking Services to ensure that their full-time and student employee officers are indeed seeing things in perspective at times of extreme parking crunch and always practicing what is apparently preached as official organizational policy. Finally, it should also be noted that capacity woes are always worse at the beginning of the school year; now three weeks in, the newspaper welcomes student feedback as to whether the struggle for parking improves or remains as frustrating.

Continued from Cover

Nepalese Student Association sheds light on political protests and restructuring in Nepal

BY ELORA GRISWOLD

Others mentioned that frustration extends to the traditional media landscape in Nepal, exemplified by events on Sept. 9, when protesters set fire to the offices of the privately owned Kantipur Media Group — which owns the Kathmandu Post, one of the major news outlets in the nation.

“Outlets like The Kathmandu Post can play an important role in amplifying protesters’ voices, but many youths believe coverage has focused too narrowly — portraying the movement as just a ‘Gen Z reaction’ to the social media ban instead of addressing the deeper grievances about corruption, inequality and misuse of power. This mismatch created frustration, and in some cases, anger spilled over into targeting media offices.”

said Rai. Regardless of the numerous reasons for the protests, the result is the same — Nepal’s political system has been forced into a period of transition. The resignation of former Prime Minister K.P. Sharma Oli followed by the Sept. 14 election of former Chief Justice Sushila Karki to lead the nation’s new interim government until March elections marks a turning point that will test whether public demands for accountability are finally met. Some NSA members, including Shrestha, cited excitement over what Karki’s election represents symbolically as the first woman elected to the position of prime minister. “Sushila Karki becoming the first woman Prime Minister of Nepal is a historic moment for the country. Her appointment marks a powerful shift toward greater inclusion and representation,” said Shrestha.



On the second day of the Gen Z protests against corruption, demonstrators set fire to the Parliament Building in Kathmandu. The previous day of protests had already claimed 19 lives. PHOTO COURTESY OF AMIT MACHAMASI / For The Maine Campus.

Looking toward the future, NSA members shared that the formation of the interim government can only be the first step, as graduate student and vice president of the NSA Sarala Dhakal explained. “This interim government will work on restoring rights, calming the streets and preparing for fair elections. But just changing the leader is not enough,” said Dhakal. “Youth should also have more opportunities to participate in decision – making...[and] there is still some fear in youth that old, corrupted leaders might play some games in future.” Other members pointed to a need for stronger structural changes, including graduate student and NSA member Sandesh Thapa. “The current parliament should dissolve at all levels and the interim government should work on having the prime minister elected by the people,” said Thapa. Others like Acharya suggested that lasting change must come from within Nepal’s existing political system rather than through continual reinvention. “I don’t think Nepal needs an entirely new constitution, given the immense effort that went into drafting the current one. However, meaningful amendments are needed, especially since constitutional reform is one of the strongest demands of the protesters. As for political parties, I don’t believe creating yet another new party is the answer —we already have hundreds,” said Acharya. “If young people, especially those who have been at the forefront of these protests, are given space to lead alongside experienced but accountable figures, that would mark a real turning point for Nepal’s governance.” NSA members also reflected on how the UMaine community can play a role in supporting students from Nepal during this time. “I think as international students and as a community, the best way we can help is by communicating with each other and sharing our problems openly. One good conversation can heal so many things,” said Dhakal. Acharya added that accurate information is one of the most valuable forms of support. “At this stage, the most important role we can play is to ensure that only authentic and accurate information is shared. Staying engaged, remaining united and raising positive awareness within our communities can be a meaningful contribution,” said Acharya.

To read unedited article, vist our website. www.mainecampus.com

Continued from Cover

Student concerns over campus accessibility brought to light after SAS email mishap

BY SOFIA LANGLOIS

Interim Dean of Students Andrea Gifford, in a follow-up email, asked everyone to delete the original message, indicating that the information should have been kept private.

Third-year psychology student Ella Frick feels that this mistake is symbolic of a larger issue within the department and beyond it. She expressed that SAS needs to be more protective of the vulnerable population they serve. While this breach of student privacy was clearly an error, Frick worries that the university would not have her back in the event of political challenges against those with disabilities.

To Tiner, the administration worries more about saving face than taking accountability. He claims that the response was only offered as a result of the press, namely News Center Maine and Bangor Daily News, catching wind of the error. He theorized that without it being reported on, the administration would have never addressed the privacy breach. Gifford noted in her response that UMaine emails are generally considered public record, and that SAS provides other services.

Students questioning SAS practices is not new. The department relocated two years ago to its current spot on campus that some deem inaccessible. From the heart of campus, SAS can only be accessed by traveling on an incline. Those with physical disabilities may struggle to reach the building.

Tiner recalls that there was previously a van service for students with disabilities to get around, but it was discontinued. He considers SAS transportation necessary assistance that the university should have continued to provide, especially considering the harsh weather conditions in Maine.

Tiner is most discontent over the fact that students with disabilities were not involved in any administrative conversations about moving to the outskirts of campus. He claims that the relocation process was lengthy but also silent.

Frick shared a similar opinion, stating that SAS needs to be moved to a better location. The two students expressed that funding would be better allocated toward necessary UMaine services, particularly housing, food and accessibility organizations.

“Look at the ways that we're investing in this campus and geographically, how we're pushing everything else off to the side to make way for that, including [pushing off] students with disabilities,” said Tiner.

Inside the Memorial Union, every bathroom door in the building requires force to open. There are no buttons for those with physical disabilities, despite the door's weight. To access the restrooms and all other spaces without open entryways, students may need to elicit help from others. Some of the food offered in the Bears Den is difficult or impossible to reach from a wheelchair.

For Frick, the accessibility feature most in need of upgrades is the elevators, particularly in dormitories. There have been several instances of elevators breaking down with students inside.

“Every time I go into an elevator, it feels like I'm never gonna get out of this elevator again,” said Frick.

The process of receiving SAS services is through the Accommodate forum. Students who submit proof of their disability and outline the necessary accommodations will receive help. SAS also provides a list of what services they can offer. However, problems can arise after SAS passes accommodations on to instructors.

“The biggest issue I've had is that some professors do not read the letters. It should be between SAS and the professors to have this conversation. Legally, it's not an obligation of the students,” said Tiner.

Frick feels that those with learning disabilities, like ADHD, are often not able to reach their highest potential due to some teachers who refuse to accommodate their academic needs.

Lily Bailey is a third-year community leadership and philosophy student with physical disabilities at St. Joseph's College of Maine. She formed an advocacy group two years ago called Disability Awareness Club. Their efforts have sparked several changes at the Catholic college run by Sisters of Mercy.

Before committing to St. Joseph's, Bailey took a tour of UMaine. She shared that the tour group continued on without her several times because she needed to find different routes to avoid physical barriers. For Bailey, this deterred her from “even considering” coming to UMaine.

“The problem with accessibility at UMaine is not that they lack the structural accessibility, just that they lack the attitude to want to change it,”

said Bailey.

Julia Endicott, the communications director at Disability Rights Maine, shared that the Americans with Disabilities Act and the Maine Human Rights Act were monumental in forming ADA regulations, which generally apply to universities.

“We provide direct client advocacy and legal representation for people in Maine who have a disability and are experiencing some sort of rights violation because of a disability, so that very much could mean not receiving appropriate accommodations in college,” said Endicott.

Stevens Hall, Orono, ME, Friday, Sep. 19, 2025.

PHOTO BY NOAH FURTIS



Artistic rendition of UMaine building on hill with chains covering door labeled “Entrance,” and a wooden sign that reads “Student Accessibility Services.” ILLUSTRATION BY TABITHA DEAN

When a student with disabilities finds themselves being denied access to the same spaces as non-disabled students, there are steps to remedy the situation, as described by Endicott. The first would be talking to someone who can either resolve the issue themselves or help initiate the process. If this does not lead to a solution, a formal letter to the institution in question that outlines how needs are not being met is in order. The final and most extensive step would be to file a Maine human rights complaint, leading to formal litigation.

“Some issues are really quick and easy and inexpensive to resolve. Others are not. So, there's a lot of variety in the timeline of what that can look like,” said Endicott.

Tiner wants students to be involved in decisions that impact the disabled community at UMaine. This could come in the form of a questionnaire for people to directly report their concerns to SAS, or a formal position that involves regular communication with administrators on the issues most impacting students with disabilities.

Frick asks that the school organize more social events geared toward students with disabilities. The programming could help create a sense of connectedness.

“A lot of disabled students feel alienated from their peers for a lot of reasons. If we had more social events, it would help them learn that there are people like them,” said Frick.

The university has the option to hire a consultant who is trained in ADA rules. This architectural expert could outline the specific areas that need to be updated.

UMaine President Joan Ferrini-Mundy was not available for an interview with the Maine Campus regarding SAS. She instead provided a comment, part of which reads as follows: “We continue to invest in new resources and services that help remove barriers and create an inclusive learning environment.”

Continued from Cover

Field Hockey loses at Home against Northeastern 2-1

BY MADIE MACAULAY

The Huskies, however, gained momentum midway through the first quarter. Despite several quality looks, Northeastern could not break through, as Maine's fifth-year goalie Rosarie Mrazova came up with back-to-back saves, including one in the final 90 seconds of the quarter. The opening quarter ended locked at 0-0. The second quarter proved pivotal. Just minutes in, Mrazova made a sliding save that resulted in a collision with a Huskies forward. After video review, officials awarded Northeastern a penalty stroke, a decision that Maine challenged unsuccessfully. Northeastern's second-year defense, Camille Armaganian, scored off the penalty to give the Huskies a 1-0 lead.

Maine responded with urgency. The Black Bears generated several offensive pushes before finally breaking through late in the half. With just over four minutes remaining, fourth-year midfielder Olivia Geniti found the back of the net to tie the game 1-1 and swing momentum back toward Maine. Penty nearly set up another goal off a penalty corner before the halftime horn, but the Huskies' defense held firm, sending the teams into the break tied.

The third quarter played out much like the first two, with Maine controlling possession. A potential penalty corner opportunity for the Black Bears was reversed after another video review, frustrating the home crowd. Maine still earned multiple corners in the frame but could not capitalize, and the score remained level heading into the fourth.

UMaine Men's Ice Hockey strive to defend the Hockey East Title

BY AMANDA CLAUZEL

The University of Maine Men's Ice Hockey team is only 21 days away from their home opener against Holy Cross to kick off the 2025-26 season.

Ben Barr looks to lead his team to another Hockey East championship for his fifth season as head coach, but is also looking to finish first in the regular season, something that has not been done since 1988. Since Barr's first season in 2021-22, the Blackbears have slowly climbed up the leaderboard each year, ending with a record of 13-5-6 in-conference play, earning second place behind Boston College in the 2024-25 season. Shortly after, they achieved a Hockey East Championship with a 5-2 victory over UConn. This win and their #4 national ranking gave them a ticket to the NCAA tournament where their season quickly ended after a 5-1 loss to Penn State.

Third-year defensemen Frank Djurasevic will be a key player this season for the Black Bears. With a career-high of seven goals and 21 assists, he was one of only 10 players nationally to have at least 45 shots blocked and over 25 points. He hopes to defend the Hock East title with the much younger roster.

“We got a lot of new and young players but all of them are coming in with skill and the ability to hold on to pucks and enter the zone with possession,

said Djurasevic.

The Black Bears picked up 12 first-year players and only one transfer, Max Scott, who was a captain at Brown as a second-year.

His brother Harrison Scott led the team in points last season and is now signed with the Dallas Stars NHL team. Max Scott will look to fill in his shoes and be a big piece as a center after losing key players such as Nolan Renwick, Captain Lynden Breen and Ross Mitton. Coach Barr has also recruited the first-year keeper, Mathis Rousseau, from the Quebec league and was team Canada's goalie in the world juniors last year. He will be a great addition to push returning goalie and Second Team All-American Albin Boija.

Returning for another season is fourth-year alternate captain Thomas Freel who had a career high of 11 goals in the 2024-25 season and was a force in the attack. Third-year forward Josh Nadeau is also back on the ice as one of the skillful playmakers.

Early in the final quarter, Northeastern's first-year midfielder Hannah Simon was issued a green card, giving Maine a two-minute advantage. The Black Bears pressed hard during the power play, firing off shots on goal and drawing another penalty corner.

The Huskies challenged the call, but after review, officials upheld the decision. Even with the added opportunities, Northeastern's defense matched the Black Bears' momentum, blocking shots and clearing the ball. Regulation ended tied 1-1, sending the game into sudden victory overtime.

Overtime brought heartbreak for the Black Bears. Northeastern earned back-to-back penalty corners in quick succession. Forward fourth-year Anna-Kate Domingue scored her first goal of the season, sealing the 2-1 win for the Huskies and silencing the Maine crowd.

Despite the loss, Maine showcased strong goalkeeping and persistent offensive pressure. With improved finishing on penalty corners, the Black Bears will look to turn possession into goals as they continue their season.

The Black Bears, now 3-4 on the season, will hit the road for a five-game stretch, beginning at Monmouth University in New Jersey. The trip also includes key conference matchups that could shape Maine's standing in America East.



Northeastern midfielder Alex Mega at game Sept. 19 2025 at the University of Maine. PHOTO BY OWEN BULMER

As usual, the Black Bears face a tough schedule in the highly competitive Hockey East conference where every team is always improving. Maine was picked to finish fourth in the Hockey East pre-season poll behind UConn, Providence, and Boston University. Their first in-conference game will be at the infamous Alfond Arena on October 31 against the challenging Boston University.

One thing to anticipate is the grand opening of the fully renovated Shawn Walsh Hockey Center. The transformative \$320 million commitment from the Harold Alfond foundation is a project that has been in the works for over a year to improve the hockey facilities and make them world-class. With state-of-the-art sports medicine, new strength and conditioning spaces, modern locker rooms and film rooms, the upgrades will add on to the already legendary building. The fan experience will also be enhanced during the game to add on to the vibrant atmosphere.

“It's been great and has given us an edge to be able to train harder, recover faster at the rink with the resources and technology at hand,” said Djurasevic. “It's a big step for us to show the position the team's been moving in the past few years of building up since Coach Barr has been here.”

The young and talented roster look to defend their title as Hockey East Champions in the upcoming 2025-26 season with the preparation and hard work they have done in the off-season.