there were people from Spain, Ger-
France, some were from Egypt,
other people. People were from
Latin. “On the first day, I was not
land” by T.S. Eliot, which is ripe
ite modern works, “The Waste
heavily informed one of his favor
dealt with how the Latin language
His talk “Making Latin Modern?”
ably a Classical and Medieval Studies
in Latin while living in Falconieri
pated in a full-immersion program
comfort zone. Students in the past
that the project the student under-
explore something they are pas
the summer.
working on projects funded by the
Deng ’19 discuss their experiences
hanna Hayes ’19 and Shangwei
Reflect on Experiences
Phillips Fellowship Students
have. Latin itself is not really easily
connected to our present culture...
and there will always be a realistic
struggle between me plunging into
an ideal world and airlifting Latin
connected to our present culture...
...there were so many
many and also many Americans.
As he hummed, “All I could repl
language into a contemp
an ideal world and airlifting Latin
and there will always be a realistic
connection between us.
and it’s a fascinating experience.”
In a sense, he experienced what it
excursions that are still in Latin,
came more and more a part of the
slowly, I played along and be
conversation between fluent people. I
could sort of tell if a word meant
hear’ and I’d be
were: “When I was writing the pro
still stood what the ramifications
modern language.
would be like if Latin were still a
In a sense, he experienced what it
was ‘Ita, ita, ita.’” Ita is a word for
As he humored, “All I could reply
many and also many Americans.”
how it took shape.
feeling confident in our story and
theater. I arrived and left rehearsals
managing experiences prepared me
for people who might not
storytelling moments. We
fall break, we continued to chip
801.0x1584.0
At a school like Bates, Islam is seen and is smarrer and even threatening. – Nahida Moradi ’22

Searching for a Home in Lewiston

Maine communities. Some of the problems and pose solutions for housing concerns in Maine. According to Sheats, in order to solve housing predicaments. It’s going to take a system-wide efforts that deal with affordable housing. Students can also be on the forefront of solving housing problems. Following Sheats. Many of these factors are identified as especially relevant for low-income Mainers – says, “Landlords are very vulnerable to discriminations and sexual harassment. Some of them have even been stopped from receiving housing assistance. But it isn’t perfect. The waiting list is very long, and once someone reaches the point where they can pay 90% of the income, their assistance is taken away. “Just a few months at that level, our renter is in default, and we evict them, and we lose their security deposit.”

"At a school like Bates, Islam is seen and is smarrer and even threatening." – Nahida Moradi ’22

The Bates Student (BS): What is Bates Habla Español? What are its objectives?

Daniele Guerin (DG): Bates Habla Español is a public group and it is available for all the Bates students who want to learn, improve or practice Spanish. It is a service learning, community and language encounter. Students must be ready to face those changes and take advantage of them. We must also know that these formal and arduous academic classes will belong to the 20th century. Now it is the time to think about the informal ways of learning and teaching a language outside the walls of a classroom.

BS: How will this project help Bates student learn Spanish?

DG: There are many articles, books, videos, and other sources that I would like to share with my students, but time is never enough and it flows when you are having fun, so this group is the opportunity for students to go deeper with Spanish and practice, because the more you practice the more fast you become.

BS: What kind of content will be shared in the group?

DG: Well, everybody has to work on his own projects and submit them. By the way, they have to be done at their own pace. We are that many different kinds of content, such as videos about poems, stories, and books. There will be pictures with facts about Spanish language, Hispanic cultures, music, movie, etc. Everything in Spanish.

Interested students can access the group by going to Bates Habla Español, or following this link: https://facebook.com/groups/BatesHabl espanol/

Lewisohn’s diverse population is right at the city’s vibrant and dynamic community. Many of them are local residents, though, struggle to find affordable and stable housing.

On Oct. 21, the Harvard Center’s “Theory into Practice” series will have public and more education these prominent women on the forefront of solving housing issues in Lewiston and beyond. The panel discussion was titled, “Housing Matters: Challenges to Ending Housing Discrimination.” The lecture highlighted this problem, but the ways that Bates is working to solve it.

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Bates Habla Español Facebook Group Engages Students Digitally

Madelina Pookhraj, Assistant News Editor

The Bates Student runs a regular column called “Right Direction” covering language teaching initiatives, high- profile guest speakers, and much more – offering insights into their cultural background and lives.

A few weeks ago, I spoke to Dan- iel Guerin, the Spanish teaching assistant who handles Bates Habla Español. Guerin is a French, Spanish and German speaker. Bates Habla Español is a public group and it is available for all the Bates students who want to learn, improve or practice Spanish. It is a service learning, community and language encounter. Students must be ready to face those changes and take advantage of them. We must also know that these formal and arduous academic classes will belong to the 20th century. Now it is the time to think about the informal ways of learning and teaching a language outside the walls of a classroom.

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Audience asks questions about students expectations going into the Phillips program.

CHRISTINA PERRONE/THE BATES STUDENT

Bates Student Government: Nov. Update

Emily Basa, Contributing Writer

At the Student Government meeting on Oct. 24, we shared some exciting news regarding a new project, an upcoming dining meeting, and the party we have planned for December. After long discussion of bringing a printer to the Free Press room, one was installed in the Free Press Room on November 1st.

Additionally, Student Government has planned a dining meeting for the Wednesday, Nov. 7th at 7:30pm in the Benjamin Marsden Center. All are welcome to come ask questions or give feedback regarding Commons and the Den.

Lastly, we will be organizing an ugly sweater party on Dec. 7th! All are welcome, and we will have more updates for everyone in the next few weeks.

We also discussed the Dance Marathon, which members of Student Government will be tabling for on Thursday, Nov. 8th. You can register by following this link: https://sewer.dancemarathon.eventbrite.co

In addition to our discussion of these advances, we also focused on how we can improve the connections between student organizations and Student Government.

We are expanding the roles of representatives to include greater connections with clubs. Since this meeting occurred, each representative has been chosen at least by five clubs that they will work with through the year in order to ensure that Student Government is doing everything we can to support them in achieving their goals.

We are looking forward to building these connections and working with more students in the future.

Cover Image: Commons Healthy Eating & Wellness Society

social media icons

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NEWS
How to Eject a Fascist in Simple Steps

Ariel Abelson, Contributing Writer

Last Sunday, Brazil held elections, and Jair Bolsonaro for President. Bolsonaro has made a name for himself in Brazil by his hate speech, xenophobia, sexism, and his well-seasoned sexual assaulter anti-communist stance. He is a left-wing career politician. From this perspective, the political right in Brazil is a fascist play in which nothing goes as planned. Even five years ago, I didn’t imagine I would be writing about the fugacity of democracy in my own country. In 1964, Brazil was burned around only a few basic things. I feel like I had stood there before me and would go on long after my death. Today, I feel clearly that Brazil is a young democracy, only 53 years old. The military dictatorship of 1964-1985 left in the recent past. And yet, Brazil should be president who spares dictatorial rotton. I keep waiting. What has happened. How is this possible?

The Power of Religion in American Government

Kyle Larr, Assistant Editorial Director

Even though American politics are not separated from the church, it would be wise to think that religion isn’t still embattled in American politics. Considering the most prominent number of people that simultaneously tolerate a political party and a religious practice, as well as the issue being brought up, it is no surprise that some of the most violent attacks have been aimed at religious minorities. However, I don’t think the problem is religion itself. I think the problem is which religions have been traditionally mainstreamed to attack disenfranchised groups, and those are the religious gtoupings. We should be ersten for every religion which are predominantly associated with which political party, and how important those religions are to the groups. The Pew Research Center published the 2018 survey of Republicans and Democrats and showed that majority of196 and 38% percent of Evangelical Protestants are Republicans, the two largest religious groups are those to the Republicans. The Pew Research Center published the 2018 survey of Republicans and Democrats and showed that majority of196 and 38% percent of Evangelical Protestants are Republicans, the two largest religious groups are those to the Republicans. The Pew Research Center published the 2018 survey of Republicans and Democrats and showed that majority of196 and 38% percent of Evangelical Protestants are Republicans, the two largest religious groups are those to the Republicans. The Pew Research Center published the 2018 survey of Republicans and Democrats and showed that majority of196 and 38% percent of Evangelical Protestants are Republicans, the two largest religious groups are those to the Republicans.
The Self Destruction Of American Politics

Aliza Rabii, Staff Writer

Is the United States broken? More specifically, is the nation’s collective intelligence to the point of no return? This question, the result of a nationwide investigation conducted by the Bostonian Society, is a crucial question given that the nation has been divided by politics and ideology for years. This division has produced a politically-motivated culture that has left the country at the point of no return. This trend of hate has shown how political ideology can be used as a tool to stir up people’s identities and then exploit those people. The Vietnam War and the dot-com bubble are just two examples of this trend. The Boston Globe has shown how political ideology can be used as a tool to stir up people’s identities and then exploit those people. The Vietnam War and the dot-com bubble are just two examples of this trend.

One of the trends that have been identified as a contributor to the division of American politics is the political polarization that has been occurring in the United States. This polarization has resulted in a political culture that is characterized by a lack of compromise and a willingness to engage in political rhetoric that is designed to divide people. This trend has been exacerbated by the rise of social media, which has allowed politicians and political figures to reach a wider audience and to engage in discussions that are designed to divide people.

One of the consequences of this trend is that it has made it more difficult for politicians and political figures to find common ground and to work together on issues that are important to the country. This has resulted in a political culture that is characterized by a lack of compromise and a willingness to engage in political rhetoric that is designed to divide people. This trend has been exacerbated by the rise of social media, which has allowed politicians and political figures to reach a wider audience and to engage in discussions that are designed to divide people.

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**Question on the Quad**

How did the art installment in front of Commons impact your thoughts on waste?

**Angela Eustache ’20**

“Seeing that made me question what was it doing here. I think the message is very clear: we have so much waste, as a school we do build up a lot, and I think there’s a lot that can be done.”

**Rosie Crawford ’22**

“I think that it has been eye-opening just to see the amount that they have put there, just thinking about the ocean and the animals, I just think that it has been eye-opening to see all this plastic and it is important for people to be educated on how long it lasts after you throw it away.”

**Olivia LaMarche ’20**

“Typically when we throw something out, we just throw it in a bin and then someone else deals with it, and we never see it again. So actually seeing the waste out on the quad and seeing it every day I think is impactful, and hopefully impactful for other people as well.”

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**Sustainable Beanie**

Sustainable Beanie is BACK! The Official Sustainable Q & A for ALL!

Sustainable Beanie is a sustainability advocate you can turn to at all times! If you’re worried about recycling, have ideas about addressing food waste, or concerns about your role in promoting sustainability on campus, Sustainable Beanie is a great resource to turn to. Whatever your sustainable inquiries may be, Beanie is ready to address them all! Simply write to her by filling out the Google Form found at Bates Today (Starting 11.6.2018).

Any question is valid, appreciated, and will stay anonymous, so don’t hesitate to ask!

Every week, a Q&A will be posted by The Bates Student biweekly publications with complete anonymity!

In honor of the EcoRep Beanie O’Shea who answered all the incoming questions under Abigail’s name in the year of 2017–2018, we changed our sustainability advocate’s name to Sustainable Beanie.

But you can find all the past Q&As by Sustainable Abigail @ http://www.bates.edu/sustainability/curriculum/sustainable-abigail/

**Submit your comics to be considered for our Comic Corner feature!**

Email as JPEG image to srothman@bates.edu

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**Cartoon Corner**

Submit your comics to be considered for our Comic Corner feature!

Email as JPEG image to srothman@bates.edu

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**FORUM**
The Student Deep Dive: Westwood, LA

SEE PAGE VIII
Although I now indulge in an abundance of face masks per week, adhering to a regimented (or even planned) skin care routine is still relatively new for me. For the last seven years, I’ve mainly used the same two products on my skin: CeraVe hydrating facial cleanser and CeraVe facial moisturizing lotion. Both were recommended to me by my dermatologist and are affordable, affordable products. I’ve since swapped out the lotion for a rotating cycle of multiple products, but the cleanser, which I will lovingly refer to as Old Faithful, is still with me.

It was a slow burn to change my routine. My sophomore year at Bates, I added in an eye cream. My junior year, I began toning daily and masking frequently. After I returned home for the summer, my skin care routine became no-holds-barred: I had unlimited access to all of the Sephora’s and department stores in a 10-mile radius of my local area. My skin care routine quickly became a multifaceted outlet for my self-care.

After a joyous and fortuitous trial and error period, I’ve narrowed it down to a small sum of products that work for me. Nowadays, I still get the skin care rodeos started with Old Faithful. After lathering the cleanser into my skin, I pad a light layer of white with water. I no longer use a washcloth to scrub off any sort of face wash because I’ve learned doing so is too harsh for my skin. From there, each successive step is seasonally dependent.

In the summer months, I tone or exfoliate my face using Pixi products. The Pixi Glow Tonic (available at Target) sloughs away dead skin and, in my experience, leaves a natural-looking glow. I also highly recommend Pixi’s Glow Peel Pads: they’re an efficient and low maintenance way to chemically exfoliate your skin and, like Pixi’s toner, encourage a glow. Next, I use Neutrogena’s Hydro Boost MultiVitamin Booster, followed by their Hydro Boost Water Gel with SPF 15 (both available at drugstores).

When I’m feeling particularly existential with regards to the life experience of my skin, I wear Shiseido’s Ultimate Sun Protection WetForce SPF 50+, carried by Sephora, Ulta, and most department stores. I encourage both myself and anyone reading this to wear sunscreen each and every day. Doing so is paramount to you and your skin’s longevity.

I finish off the whole summer-skin-care-dubbing with Ole Henriksen’s Banana Bright Eye Créme, which I picked up at Sephora this past summer. It’s definitely on the pricey side, but I personally feel it’s worth the investment. I see an immediate difference in the skin underneath my eyes; it moisturizes and combats the dark circles that have inevitably signed a lifelong lease above my cheeks.

In the winter, I use Old Faithful and put my Pixi products away for safekeeping. Because I find toning and over-exfoliating dries out my skin, I avoid doing so when my skin begins to be ambushed by Maine temperatures and dryness. After cleansing, I usually douse my face with Bio Oil Malurine Sinecut Oil. This product is also available at drugstores and is, as advertised, multilayer. I use it on my face as a moisturizer and all over the rest of my body, particularly for stretch marks and scars. I do so because I love the skin I’m in, and those marks deserve love, too.

If I’m extra dry, I use Neutrogena’s Hydro-Boost Hydrating Overnight Gel Mask. It works wonders by morning, but it’s very goopy. Only for this mask will I fillulate the removal powers of a washcloth. Finally, I would be remiss if I didn’t mention that I use Clairol’s Double Force SPF 20. Both are incredibly moisturizing and quite luxurious. Because I received the set as a gift, I apply them sparingly. I highly recommend both, but acknowledge that they are out of most people’s (and my own) price range.

My skin care routine is a way for me to focus on myself each and every day. Regardless of what my day has in store for me, I take time to pamper myself before doing anything else. And no matter what has transpired, I’m able to wash away my day, physically and metaphorically, before going to bed. Amidst all the cleansing, moisturizing, and dark-circle-cure likeness, I am able to slow down, breathe, and relax.

While dining, I successfully identified a man who was *not* Bradley Cooper, but did look very much like him. After dinner, swing over to Saffron & Rose for a dreamy meal of rigatoni bolognese. Beloved choices include white rose and vors. I’ve spent visiting friends in this up-scale college town and in Westwood. When visiting friends at Santa Monica and West Holly wood. When visiting friends at Santa Monica and West Hollywood, Westwood far exceeded my expectations...and introduced me to In-N-Out. Westwood far exceeded my expectations...and introduced me to In-N-Out.
When I heard that Julien Baker, Phoebe Bridgers, and Lucy Dacus were making an album together, my initial reaction was one of skepticism. Despite the fact that they are all brilliant artists in their own right, I was curious as to how well their styles would all work as a group. After all, three styles each artist brings to the table and features some of the three musicians on the project. Boygenius doesn’t exist without fail, “tech” is a week in which you spend more hours in your other commitments seem to be more of a hindrance to voting, especially when your right to vote is an amazing experience that should not be curtailed by any circumstance. It’s a chance to not just voice your opinion, but make your voice count. Every vote matters, and every voice counts. Encouraging your right to vote is an experiment that should not be curtailed by any circumstance.

### Boygenius’ Self-Titled Debut Flourishes

**Chore Schmidt, Contributing Writer**

Given their active presence on campus, you wouldn’t know that the Bates College Planned Parenthood Generation Action club was ever there. From the beginning of the semes- ter and on, students have quietly canvassed in the heart of town to educate the community about their efforts to organize and provide rides to and from the polls. As a young person who has canvassed on weekends in the past, I see how transportation could be a hindrance to voting, especially when your right to vote is an amazing experience that should not be curtailed by any circumstance.

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Men's Cross Country Dominates NESCAC Championships

Sarah Westerman, Editor-in-Chief

The New England Small College Athletic Conference (NESCAC) is noteworthy one of the most competitive Division III conference in the country. Several schools such as Amherst, Williams, and Tufts are often nationally ranked. Therefore, when Bates’ cross country team finished fourth out of 11 schools at the Championship meet at Franklin Park in Boston on Oct. 27, it should be recognized as a tremendous accomplishment.

Before the Championship meet, the team competed against several nationally ranked NESCAC schools at the Connecticut College Invitational on Oct. 13. Here, the team had a tough start, raced through muddy course conditions, and finished in 16th place out of a field of 27 teams, while Amherst, Williams, Middlebury, and Tufts finished in the top four. Regardless of the conditions, the men knew they could have competed with a smarter race strategy and returned to Bates eager to come back strong at the conference championships.

“Our team has been focusing our training between the two meets and learned from their mistakes as they ran their best efforts of the season at the Championship meet. Not only did they individually rank nationally ranked teams, Conn. College, Tufts, and Bowdoin, they also demonstrated great conditions and surpassed their No. 8 ranking in the conference. “The team did a fantastic job at the NESCAC meet,” Coach Fresh said. “This time around we went out very well and established our position in the first mile of the race to battle with the other top teams. From there, most of our team was able to really execute our race plan and the results were great. With the brutal weather conditions, it just made the whole thing more fun. They had to challenge themselves with not only the competition, but the conditions as well.”

2016 NESCAC Rookie of the Year James Jones ’20 led the team with his eighth-place finish, earning Second Team All-NESCAC honors. Henry Colt ’19, Justin Levine ’20, Nico Johnson ’19, and Mark Fussio ’19 finished 17th, 19th, 32nd, and 35th respectively. Tucker Barber ’21 and Henry Raff ’22 were the team's two disposers, finishing 41st and 43rd. The fact that Jones was able to complete the top 7 finished in the top 50 speaks volumes to the impressive talent and depth of this team.

“The team had a really strong performance and were able to build off each other’s drive to succeed and we hardened through whatever better than most,” Jones said.

“For our team to do well, we need each individual to perform as well as possible,” Coach Fresh said. “Our top runners did a fantastic job of running where they were supposed to, and we had some really good guys like Fussio, Barber, and Raff really step up.”

The team’s next target is the Division III New England Regional Championships, which is set to take place at Bowdoin College on Nov. 10. Regionals is the focus of the season every year and the Bobcats are expected to continue the success they were able to accomplish at NESCACs.

I hope that I am reminding everyone else around me that I love and appreciate them because there’s no way I would be who I am today without the support of my friends, teammates, teachers, and even friends’ parents!” Wilhelm said. "I’ve really felt valued and appreciated throughout this whole process, and I hope that I am reminding everyone else around me that I love and appreciate them because there’s no way I would be who I am today without the support of my friends, teammates, teachers, and even friends’ parents!” Wilhelm commented after the ceremony. Bates is a very special place in that it allows students to pursue multiple interests and have a great experience of learning. Among them, Wilhelm ’18 is a great example of someone that has had her own unique experience, diving into all aspects of campus life.
Bates Re-visions Sports Medicine

Vanessa Paolella, Managing Sports Editor

Hannah Palacios, Assistant Sports Editor

As the days and nights start to dip below freezing, and the first snowflakes of the season start to come down, it feels like winter is fast approaching. Winter signals the start of hockey season.

Since both the men’s and women’s hockey teams lost significant talent with the previous graduating class, the success of both teams was a question at the forefront of everyone’s minds at the start of the 2018-19 season. On top of it all, the Underhill Ice Arena is out of commission with a broken freezer for what looks like the rest of the calendar year.

That said, there is still hope. First, the purview of the new Assistant A.D. for Facilities and Club Sports, Scott Lehmann, the Bobcats were able to secure practice times at two local rinks. Yet, because the teams each have shorter practice slots, as well as vastly different practice times than previous years.

The men’s squad has now adapted to practice times. This change in pace will likely affect practice efficiency and team morale. However, the team has indeed chosen to face these challenges head on.

“We chose, as a program, to be here right now. We currently face as a challenge that we can collectively overcome. Therefore, we are united,” Edwards Morrow ’19 said. “In truth, there is no solution to fixing the arena right now, but there is a solution to the way we deal with the current administration and our mental attitude. We hope to bring positive energy and work hard to prove to Bates we deserve greater visibility in terms of our accomplishments and contributions.”

Some of these goals include skill-line tuning, namely working towards every player fulfilling their job on their own line. Yet the team is also focusing on some goals off the ice, such as generating a strong team dynamic, bringing in a positive attitude to every practice and game, and exhibiting a competitive spirit.

Beyond pure logistical challenges, the men’s ice hockey team still face some questions after the departure of the Class of ’18, among the six graduating seniors who were top two goal scorers. Luckily, the incoming Class of ’22 is full of up-and-coming stars. Luckily, the incoming Class of ’22 is full of up-and-coming stars. Luckily, the incoming Class of ’22 is full of up-and-coming stars. Luckily, the incoming Class of ’22 is full of up-and-coming stars.

“New talent for this year makes our team unusually young,” Morrow said. “The demonstration demonstrated by the freshmen will provide the team with the experience we need to do well in the season.” They will undoubtedly be a major factor of the success we are searching for.

“The adjustment to playing college hockey has been a lot of hard work,” Adam Slocom ’22 said. “But I am excited for our upcoming games this Thursday and Friday to really showcase all the effort every member of the team has been bringing to practice.”

The women’s team has encountered some of the same challenges in team skill. A core group of players, both on and off the ice, with the departure of Class of 18. Particularly the defense—Hannah Bifinger ’19—has been key on the defensive end, had this year’s squad slightly different.”

However, Madison Fox ’19 has stepped in to fill her shoes and has done so brilliantly. In a tough 3-2 overtime loss against Massachusetts Institute of Technology (MIT) on Saturday, Fox was integral in keeping the score margin low. Like the men’s team, the incoming first-year cohort also seems to be the key to success this season. Four of the 11 starters were first-years, with Cecelia Gicn ’22 gaining the assist on the game-tying goal during the game.

An additional challenge the women’s team has faced this year is that the rest of the conference league has been training for several weeks. The added delay with a shorter practice season left only two opportunities for the new squad to practice together before their first game. Looking forward, the team hopes that this new talent, coupled with a stronger practice schedule, can aid in building a strong team dynamic and help the starting lineup get into a more consistent rhythm.
Liza Folsom ‘22 of women’s rowing discusses her experience on the water

Sophie Rockland, Staff Writer

Elizabeth “Liza” Folsom ‘21 is a geology major and Spanish minor from Carlsbad, CA. She is a member of the women’s rowing team at Bates and was the coxswain for the team that won the Division III National Championship last year. The Bates Student had the opportunity to speak with Liza about her experience as a member of the Bates rowing team. This article has been edited for grammar and clarity.

The Bates Student (BS): Can you provide some details about your background?

Liza Folsom (LF): I rowed for a small team in San Francisco. I started off rowing when my mom suggested I try doing a sport in high school. I ended up loving it, so I joined Pacific Rowing Club in my freshman year of high school and absolutely fell in love with the sport and my team.

BS: Could you describe your experience with sports in the past?

LF: I did rowing all through high school. I started off as a rower my freshman year then switched to coxing women my sophomore year. Junior and senior year I was a coxswain on the men’s team. Before high school, I had played soccer and swam and liked it, but not as much as I like rowing now.

BS: How did you decide to become a coxswain?

LF: I wanted to be a coxswain after rowing for a year because I always found myself sitting in the boat thinking of things my coxswain at the time could be saying differently and I wanted to try and see if I could do it. While I loved rowing, I felt like coxing was a role that I could fit into better and something that I would enjoy even more.

BS: What is your role during practices?

LF: One of the first things I do at practice, along with the five other coxswains on our team, is get told the workout and what we’re doing that day by our coach before we get on the water. Then we gather everyone in our boats together and carry the boat down to the water and then meet our coach and the other boats out in the river. Usually we’ll start off with drills and then move into pieces. Depending on the day of the week or what season we’re in, we’ll do one-minute pieces, 20-minute pieces, 1000 meter pieces, etc. During pieces, it’s my job to make sure the boat is going straight and to say whatever I need to in order to make my rowers pull as hard as possible while still rowing well.

BS: What is it like to be a part of the rowing team at Bates?

LF: Rowing at Bates is hands down the best decision I’ve ever made. The team environment is really fun, everyone works really hard, and we all do a really good job of pushing each other to be as fast as we possibly can, and make sure they’re rowing well together and best. A big part of coxing is knowing what your rowers want to hear and communicating with them so you can say the things that will make them pull the hardest and row the best.

BS: What is your role during practices?

LF: During the Head of the Charles Regatta on Oct. 21 where I coxed the women’s eight, got 5th which was the best Bates has ever done at that race and was a really exciting way to start the season. It was different this year though, because we came down the course first, so we did not have any other teams to base our speed off of because fall races are done by time rather than looking at boats side by side. We didn’t know we won until we got back to the dock and Mitch, one of our assistant coaches, told us, so it was never waning at first but so exciting in the end. It’s a really fun race course because there are thousands of people along the shore yelling at you and on top of that, there are some pretty big turns so it’s a fun challenge for a coxswain to steer through.

Field Hockey (6-9, 2-8 NESCAC)

Oct. 24: Colby, L 1-0

Football (1-8, 0-8 NESCAC)

Oct. 27: Colby, L 21-6

Nov. 3: Bowdoin, L 31-14

Men’s Soccer (7-8, 3-7 NESCAC)

Oct. 24: Colby, L 2-1

Men’s Cross Country

Oct. 27: NESCAC Championships, 4th/11

Women’s Cross Country

Oct. 27: NESCAC Championships, 5th/11

The Bates Student

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