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New Golf Simulator Draws Praise and Ire

Vanessa Paolella, Managing Sports Editor

Merrill Gymnasium is home to a variety of facilities enjoyed by both the Bates community and the public. Recently, the athletic department has moved forward with the construction of a golf simulator in one of the two courts on the second floor, often used for racquetball and squash.

Previously, the golf team has not had a training space at Bates and regularly travels off campus for practices. This new training space will give them the flexibility to practice on campus without consideration for the weather or time of day.

However, while this simulator will surely be beneficial to the golf team, some students resent the athletic department for repurposing the court without consulting the student body. These students have criticized the department for converting a public space available to the Bates community into a private training area intended for a select few.

This new equipment allows golf to be played on a digitally simulated golf course indoors. It is composed of a large screen, net and a variety of projectors and sensors which aim to provide an immersive experience. Additionally, there is a mat which simulates a fairway surface. The simulator was funded by a donor which wished for the golf teams to have on-campus training spaces.

As this is a highly technical and expensive piece of equipment which requires instruction to use, it is unlikely that people outside of the golf team will be permitted to use it once the construction is complete.

Scott Lehmann, the Assistant Athletic Director for Facilities and Club Sports, maintains that the repurposing of the court is the best solution to satisfy all parties. He explained that there is no other space on campus which meets the dimensions and security requirements for the simulator.

"There is minimal space on campus for a piece of equipment such as this," Lehmann wrote in a statement. "The simulator needs to be secured due to the high tech equipment; it was designed to fit in a space like a racquetball court due to its dimensions, and it needs a certain amount of floor space for the special matting put down."

"The conversion of underused racquetball courts has been a common solution for athletics and recreation programs looking to maximize the use of existing space, re-purpose less utilized spaces, and modernize program offerings," he continued.

Nick Glicos, the men's golf instructor and co-owner/director of Golf at Marindale Country Club seconds Lehmann and adds that the simuator "allows for players to make swings and gather specific information that affects ball flight."

"The simulator will give players information such as swing speed, ball speed, angle of attack, launch angle, show swing path, and more," Glicos explained. "It's a very valuable tool."

Despite this, some students are concerned about the conversion of the space for varsity use and the lack of transparency from the athletic department throughout the process. Jason Lu '20 and Gordon Platt '19 have been two of the most outspoken students in regards to these concerns.

Their main problem with this project is due to the privatization of the space and the lack of transparency about the project from the start.

"The sign says 'Closed Indefinitely for Painting and Maintenance," Platt said. "This does not at all mean or suggest [that they are repurposing] this for varsity athletes."

While there will continue to be one court open for public use, Lu asserts that the demand for space will be too high to be satisfied by a single court, especially due to the recent increased interest due to squash and racquetball physical education (PE) classes taught last fall. In his experience, most students aim to use the courts during similar times, between four and eight p.m. Walking over to Merrill with friends and finding that there is no space for them, he said, is disappointing

appointing.

Additionally, the racquetball PE courses taught last fall will no longer be able to be offered due to a decrease in space.

"It's pretty crazy because it is such a flexible and multi-use space—racquetball, squash, spikeball, lacrosse, and just a general stretch and warm-up room used by PE classes—down to a strictly varsity space," Platt said.

Platt also maintained that varsity athletes are asked about their opinions and usage of athletic spaces in the form of an end of season survey, while the rest of the student body goes largely unconsulted.

"I don't really feel represented by the athletic department," he said. "It feels like students have to squeeze in the cracks of varsity teams [to use] these spaces."

"I cannot stress this enough," Lu said. "I think finding a home for the virtual golf simulator is a priority. We should allow all of varsity athletes the ability to practice in the off-season. What I also want to emphasize is that finding these locations should not be the overall net detriment to the surrounding community. Students should not have to fight each other for court time."



Longest Shutdown in History

All for nothing?

Nick Morgoshia, Asistant Forum Editor

When I was settling upon my article topic on a late Thursday night, the most protracted partial government shutdown in US history appeared nowhere near resolution. Besides racking up at least \$6 billion in cost to the economy, the 35-day showdown between President Trump and the Democrat-controlled House had resulted in sleepless nights across single-parent households worried about making rent payment, young professionals facing a new stumbling block to building their credit score, and chronically ill patients thinking twice about refilling a prescription. Luckily, the uncertainty for over 800,000 federal workers and their families came to an end on January 25, after Trump agreed to sign a stopgap bill to reopen the government and allow negotiations to continue. Yet, even as the lives of affected Americans start to fall back to normal, the future of DREAMers, Temporary Protected Status (TPS) recipients, H1B visa holders, and aspiring immigrants remains just as unpredictable.

If there was one silver lining in the whole shutdown debacle, it is that millions of Americans awoke to the following somber realization: our immigration system is convoluted, inefficient, and dangerously unprepared for the 21st century. Politicians across the aisle are all too happy to engage in pious grandstanding and name calling on immigration-related matters. In reality, however,

Democrats and Republicans share copyright ownership for the current

mess. Over the years, Republicans have railed against America's family-based immigration model and called for a more meritocratic approach. But actions speak louder than words: every time push comes to shove, the GOP shows itself unable or unwilling to tame the recalcitrant House Freedom Caucus. When the 'Gang of Eight' immigration bill — a bipartisan piece of legislation that would abolish the nonsensical visa lottery, put undocumented workers on a path to citizenship, and usher in a merit-based immigration system — passed the Senate in 2013, the Freedom Caucus refused to even consider it because they would not stand for a vote on socalled "amnesty."

Democrats, on the other hand, have repeatedly made clear that they would much rather stick to the status quo. The current system, which generally does not account for professional qualifications in selecting immigrants and makes one eligible for social security benefits the day a Green Card arrives in the mail, serves as a reliable source of Democratic support by bringing fresh voters to the New Deal Coalition.

SHUTDOWN, CONTINUED PAGE IV



How Gender, Race, and Geography Play a Role in Sentencing

Christina Perrone, Managing News Editor

On Monday Jan. 21, Chad Posick, a Criminal Justice and Criminology professor at Georgia Southern University held a lecture as part of the MLK Day events program called, "At the Intersection of Race, Gender and Geography: Criminal Justice Sentencing in the United States."

Posick is situated in Statesboro, Georgia— a small, rural town outside of Savannah. Most of his research involves reaching out to rural communities to attempt to understand issues they face around poverty, unemployment, drug use, and sentencing.

"Today, I'll be talking about prison incarceration," Posick began. "Hopefully, what this will do is to get us a better understanding of sentencing overall in the United States, and maybe how we can go into these areas and try other types of strategies to one: reduce the prison population, and two: make sure those who receive any kind of punishment get the rehabilitation services that they need to move forward and not be plagued by a criminal record."

Part of his research looking at jurisdictions around the United States is identifying disparities and biases in the Criminal Justice System. "What disparity on its own basically means is that there is a difference. There's a disparity in the height of basketball players compared to college students, right? Does that mean that it's a bad thing or a good thing? No, it's just a disparity," said Posick. "However if we think of bias, 'is there a bias between groups of individuals?' Well this is a difference that is due to some sort of preferential treatment or favoritism towards one group or one person over another. So disparity is sort of a neutral term where bias is a negative term."

While a lot of research is being conducted on how race and gender influence sentencing, there is a lack of data collected on how geography works into the equation. Many of the issues that people living in rural areas face are different from those living in urban areas. According to Posick rural areas "tend to have a focus on natural goods and biodiversity, and mostly what you see that the norm context is is contact with nature and open spaces" while "urban areas tend to be more focused on health, academics, engineering, working in factories, and the context is more contact with people. So there's a little bit more individualism and isolation out in rural areas and a little bit more egalitarianism and working-witheach-other in urban areas."

In the middle of the lecture, Posick showed a video of Natalie Collier, president and founder of the Lighthouse Black Girls Projects, deliver a speech called "Blurred Focus: The State of Black Women in the Rural South" - if you'd like to check it out, it's on Youtube. During her speech, she highlighted how most of the numbers and statistics reporting disparities in the criminal justice system are conducted in urban areas, ignoring disparities in rural areas. Her speech gave voice to the experience of black women living in the rural south where there is little to no industry and limited access to homeless shelters and health-

What Posick's research attempts to do is provide a rural data set on the disparities in sentencing that should be added to the wider picture of the injustices of the criminal justice system. "What we're starting to do is to look at state court processing data. So this comes from statistics that were gathered from 1990 to 1998," he

explained. "What's good about this data is that it includes felony arrests as well as incarcerations of almost 130,000 individuals across 59 counties in the United States. So we can understand a little bit about characteristics of those counties as well as those individuals in those counties to examine incarceration and admissions into prison."

His research has shown that regardless of race, ethnicity or gender, those in rural areas are more likely to be incarcerated for the same crimes as their urban counterparts. An interesting prospect in his research shows that the more diverse a county is the less disparity there is in the way that people are sentenced.

This leads into possible things that can be carried out to reduce discrimination in the justice system. In his talk, Posick focused on sentencing commissions—groups that try to understand issues and implement strategies to reduce bias in sentencing.

'We have to make sure we're getting enough data from rural, suburban, and urban areas-all three of those to really understand this issue. And we need to analyze those data," Posick said. "So these commissions can be responsible for providing the funding and organizing the analysis of data so we have a well-rounded database on all the information that we can get on individuals and the communities they come from and then make sure to identify any disparities for any group-so it can be race, ethnicity, gender—but also narrowing it down by sexual identity, veteran status, all of those groups that we think may or may not be treated differently by the criminal justice system."

Maintaining Our Wild Tongues

Margy Schueler, Staff Writer





Each year, the observance of the Martin Luther King holiday honors the life of an instrumental figure of the civil rights movement. It also acts as a day to celebrate our shared diversity and spread awareness of contemporary social issues. The theme of Bates' 2019 MLK observance was, "Lifting Every Voice: Intersectionality and Activism." The title of one workshop under this theme was "How to Maintain Our Wild Tongues: Language Diversity and Language Rights in Policy and Practice," and was derived from an essay by Gloria E. Anzaldúa's called, "How to Tame a Wild Tongue," in her provocative work Borderlands/La Frontera: The New Mestiza.

Faculty and students involved in the Bates Writing Center and Academic Resource Commons ran the workshop. In her introduction, Assistant Director of Writing at Bates Stephanie Wade said, "In my work I've noticed a big gap between what the research and what the policies say about language diversity." The other facilitators echoed Wade's observations and aimed to fill in the gap by creating greater awareness of language diversity starting with the Bates students and community members assembled at the workshop.

Sophomore Sarah Raphael '21 began the morning by delivering a presentation on the roots of American English. Raphael discussed how geographic barriers allowed different dialects of Germanic English to evolve in Europe, and the effect the slave trade had on influencing the English language in the United States.

"It's not a coincidence that we speak differently than [other] areas. We have ancestors from different parts of the world and they have influenced how we speak and how we accept the languages that we speak," noted Raphael. Some surprising statistics were also shared, including: before colonization, there were more than 300 indigenous languages spoken by Native Americans, and over 70 million Americans speak a language other than English at home today.

The loss of language diversity directly coincided with the arrival of white settlers in North America. Stephanie Wade reported that missionaries and colonizers "[connected] the practice of taking a land with taking the language and culture of the local people." Many people have and still choose to ignore the influence of other languages and dialects on English, when according to Wade, "The English language at its core is a language that's composed of many different dialects."

One of these dialects that makes up the English language is African American Vernacular English (AAVE), formerly known as Ebonics. In an "MTV Decoded" video shown at the workshop, the show's host Franchesca Ramsey explains the origins and stigmatization of AAVE in the episode, "Why Do People Say 'AX' Instead of 'ASK?"

According to Ramsey, AAVE finds its origins from slavery and communication between slaves who did not share the same language. Today, AAVE is commonly associated with lower and middle class black populations. Despite popular belief, AAVE isn't "just misspeaking," but rather has an alternative grammar system. Language stigma is derived from racism and classism which is fortified by mainstream media and academics.

Code switching is a practice that in the past has been championed by schools and used by members of society who speak languages or dialects different from Standard American English (SAE). Code switching is the idea that a person moves between two different languages or dialects based on their audience or the context of a situation. Although code switching can seem to honor diversity and legitimacy of different types of English dialects and languages, at its core it promotes a hierarchy of language.

For instance, a student may use AAVE in a social situation, but be expected to use SAE for a school presentation. Additionally, self-esteem issues have the opportunity to manifest.

Code meshing as a counter to code switching is the practice of moving between one or more languages or dialects in the same sentence or situation. Code meshing does not require the compartmentalizing of languages, and reduces the perpetuation of racism through language stigma. Wade sums up research regarding language diversity: "Literacy experts have come to the conclusion that home languages and dialects are inherently as valuable as the conventional English that is typically taught in school."

The workshop concluded with the creation of a collective action tree. Participants of the workshop defined their values regarding language rights and proposed actions to generate their desired outcomes. At Bates we ought to be committed to the encouragement of the use of multiple dialects and languages, but members of the workshop see places in the community where the commitment can be strengthened. If you want to get involved in promoting language diversity in the Bates community or elsewhere, get in touch with the Bates Writing Center.

Dive into February with a New Year's Check-in

Ayden Eickhoff, Staff Writer

As January comes to a close, it's a good time to check in with your New Year's Resolution. How is it working? Has it been a beneficial addition to your life? Whether or not they notice it, most people have tossed their resolutions to the side by the end of January. However, depending on your goal, this may be the best thing that could have happened. After a few weeks of large and indulgent holiday meals, many people choose to start the new year with a new clean-eating resolution. A recent poll by Insider magazine asked participants about their resolutions and found that around 40% had goals that were related to healthier eating or dieting. Of those 40%, half of the diets mentioned involved calorie restriction and low-carb diets.

The Commons Healthy Eating and Wellness Society (CHEWS) theme of the month is Jump-Start January—named as such partially because many people believe that this new diet will "jump-start" their year; healthier eating will lead

to other healthy choices in life, or possibly counteract previous unhealthy choices. While the staff of CHEWS certainly does acknowledge balanced meals may improve physical indicators of health, it may not target some of the root causes of "unhealthy" decisions.

The idea of trying to eat healthier is not bad in and of itself, but it can become dangerous when dieting is equated with health. For example, low carb diets may involve cutting out food items that may be high in carbs but are also high in nutrients-foods like fruits, vegetables, beans, and whole grains. Low carb diets may also negatively affect athletic performance and lead to short-term weight loss rather than any significant weight and lifestyle changes. Calorie restrictive diets come with similar pitfalls.

Calorie counting can lead to an obsessive and unhealthy focus on the number of calories one eats, rather than the quality of said cal-

orie. Insider Magazine provides

a great example when comparing pretzels and almonds; while pretzels have fewer calories, almonds have more protein, fiber, and healthier fats. Any diet will come with some positives as well as potential negatives.

Nevertheless, regardless of the advertised merits of any diet it is important to understand what the short-term and long-term effects of that diet will be on your health.



Generation Action, Elections, and Printing: A Student Government Update

Emily Bass, Contributing Writer

At the Student Government meeting on Jan. 16, Budget and Clubs Board (BCB) and Generation Action met with the Student Government to discuss why Generation Action was not approved as a club. Because Generation Action was not granted club status, they could not book rooms on campus, table in Commons, or receive funding. When this happens and a club appeals, Student Government takes a vote and has the last say in the decision. BCB originally denied Generation Action this status as a result of their connection to Planned Parenthood. The constitution states that clubs cannot be affiliated with an organization outside of the college, as clubs must have local autonomy and therefore be able to regulate themselves without direction from an outside organization. BCB was concerned that Generation Action was too connected to Planned Parenthood, and BCB did not want to make the decision of robbing Generation Action of this affiliation with Planned Parenthood. BCB cited work at other schools, like Bowdoin, where there are clubs that advocate for reproductive rights but have no affiliation with Planned Parenthood. BCB also feared that, were they to make Generation Action a club, other outside organizations could try to make a club on our campus, potentially including hate groups.

Generation Action wants to become a club so that they can host more events on campus, and they are the only group on campus having these open conversations about reproductive justice. The organization does not receive any funding from Planned Parenthood, and any money they raise will not go to Planned Parenthood. One of the goals of Generation Action is to provide vending machines around campus with Plan B and similar health services so that

students could have access to them on the weekends. They hope to mobilize students to work with the health center to make Plan B and STD testing free resources for students. Student Government took a unanimous vote to grant Generation Action club status on campus. Additionally on 1/16, Student Government discussed the election system currently in place, since annual re-election may not allow students to learn the skills that make Student Government at Bates effective. We are hoping to develop restructural plans for this throughout the rest of the year.

At our meeting on Jan. 23, we discussed the continuous issues surrounding on-campus parking. Some suggestions included not allowing first-years to bring their cars and adding a warning system to the ticket process. If we were to prohibit first-years from having cars, we would need to expand the shuttle system around Lewiston to ensure that students can get where they need to go. We also discussed student concerns related to the gym hours at Bates, and many representatives argued that a 5:30am opening time would benefit students rather than the current 6am time in place. Representatives in Student Government plan to meet with the necessary faculty to discuss the plausibility of this change. We appointed two additional representatives to the Library and Information Services Committee, and discussed the difficulty students have had finding working printers this year. In order to address that issue, we talked about the prospect of being able to look online to see which printers were currently working. Overall, we hope to be engaged in the conversations to improve the printing

{Pause}: Cookies, Art, and Zero Expectation

Georgina Scoville, Staff Writer

Students are frequently told to prioritize "self-care" practices such as meditation, reading, or signing up for yoga classes instead of aimlessly scrolling through social media. More often than not, these activities feel time-consuming, particularly when already faced with homework, exams, and club meetings. Devoting a half-hour on a Wednesday night to secular meditation may seem particularly impossible, though for many students, {Pause} provides a simple escape from the intensity of college life.

Every Wednesday night at 9pm, attendees arrive at Gomes Chapel and are greeted with hot chai, a plate of cookies, and candlelit pews. After a brief introduction and the bang of a gong, students

sit in silence, interrupted only by short spurts of music, poetry,

dance, or other forms of art. One of the program coordinators, junior Lila Patinkin '20, appreciates {Pause} for its lack of expectation. A common issue for college students is feeling a constant pressure to find a place, a group, and an activity. She referred to the event as "a really wonderful break from that, and a time where you can re-center and think on something that you wouldn't give yourself a half-hour to think about otherwise." For Patinkin, {Pause} provides a space to forget about the social pressures of college and take time for her own thoughts.

Sophomore Abigail Kany '21 also mentioned enjoying the lack of expectation put on {Pause} at-

tendees. She particularly likes the fact that unlike most activities on campus, students do not have to interact with anybody while at the event. "Everybody goes into this space and you can sit next to people or far away, and it's one of the only times during the week at college that nothing is expected of you," Kany describes.

{Pause} has a similar calming effect on the other program coordinator, junior EB Hall '20. She struggled with adjusting to Bates as an underclassman, and the event has not only given her something to be passionate about, but has also provided her with a space to focus on her own growth. "It has allowed me to be more centred and actually enjoy myself in college," Hall described, attesting to the powerful

ability of {Pause} to create an approachable meditative atmosphere for students.

What is special about {Pause} is that although its aspirations are similar to more classic meditation styles, it does not force students to dwell in silence. Threaded through the event are small snippets of art, which serve a dual purpose of breaking up the quiet and sparking guided thoughts in students. Although this past week's theme was MLK day, other themes are more abstract, such as "crows" during the first week back.

Kany began attending last year, after hearing about the event from her Bates tour guide. She appreciates the prompts, although she admitted that her mind frequently wanders and moves to things that

she had been thinking about during the day. "That's what I like; I can think about things that I don't really have time to process during the day, and I'm given an excuse to sit there and think about that one thing." Similar to the program coordinators, Kany appreciates {Pause} because it allows students to take time to reflect.

Although devoting time on a Wednesday night may seem infeasible, and {Pause} is "kind of a weird concept when you talk about it out loud," as confessed by Kany, the event is special in its ability to balance reflective silence with artistic entertainment. Looking for a way to quell the demands of endless people encouraging you to attempt "self-care"? Try giving {Pause} a shot.

#MeToo Means Who?

Sophie Mackin, Staff Writer



This Martin Luther King Jr. Day, in keeping with the theme of intersectional activism, Bates students explored the issue of sexual violence against marginalized groups and the ways in which we can support women as well as LGBTQ people whose stories have been ignored. So many people showed up for the "#MeToo means Who?" panel that the faculty had to find a larger space on campus in order to fit everyone. Once settled in the new room, Professor Melinda Plastas, Professor Emily Kane, Professor Carolina González Valencia, and Professor Leslie Hill, as well as Gender and Sexuality Studies major Paula Espinosa Alarcon '19, led an interactive discussion, pushing the audience to reevaluate the power structures that enable sexual misconduct in this country and around the world.

The panelists began by asking the audience about their expectations for the talk and if there were any particular topics they wanted to tackle. Several people expressed interest in addressing the #MeToo movement outside the scope of Bates and other institutions of higher education, emphasizing events such as the Women's Marches as well as issues of inclusivity. Professor Hill echoed these goals, saying, "There has yet to be a broad conversation about the #MeToo movement on Bates' campus. And it is important especially to talk about it in a framework of intersectional feminism."

Professor Hill then opened up the presentation by asking, "What are the structural, ideological, material, cultural, and social conditions that make people vulnerable to sexual assault and violence?"

Professor Plastas was the first to present on some of the historical conditions that have contributed to vulnerability. Specifically, she wanted to draw attention to the role that black women have played in speaking out against instances of sexual violence throughout history.

Professor Hill described the ways in which their stories have served as the centerpieces in efforts of organized activism. From the era of slavery to Rosa Parks' activism during the Civil Rights Movement to the Free Joan Little Campaign in 1974 to the recent #SayHerName movement and Tarana Burke's promotion of #MeToo, black women have been passionate activists and fought adamantly to end the culture of sexual violence throughout a variety of social and political environments.

Gender and Sexuality Studies major Alarcon then continued to speak about the power of social protest and pointed to the #NiUnaMenos (NotOneLess) movement that took place in 2015 in Argentina. The murder of 14-year-old Chiara Perez, who had been pregnant and was found buried in her boyfriend's yard, sparked mass mobilization and soon an international movement through social media.

The hashtag became a platform for advocating gender equality issues like the legality of abortion, workers' rights, and transgender rights. Alarcon argued that this campaign was a great example of intersectional activism due to its inclusion of transgender and non-binary voices as well the strategies it provided for other similar movements in other parts of South America.

Professors González Valencia and Kane then brought the discussion back to the United States and the ways in which cultures of unequal power are perpetuated by workplace norms here. Professor González Valencia, the proud daughter of a domestic worker, explained that Title VII laws have neglected to protect domestic

workers since they only regulate employers that have more than fifteen workers. For example, domestic workers have no HR department to go to for help with language barriers, family issues, or reports of sexual assault. They are isolated in their work and struggle to mobilize for change without an organized community to lean on. Though nonprofits and advocacy groups have been springing up in the past three years, there is still so much more to be done to improve

their rights. We need to remember to stand up for those who are not in the spotlight and foster a sense of solidarity whenever possible. Professor Kane cited the Alianza Nacional de Campesinas, the National Farmworkers Women's Alliance, as a great example of a group whose moral courage was a step toward building a network for change. In the wake of all the accounts about Harvey Weinstein, the Alianza Nacional de Campesinas wrote to the women in Hollywood who were sharing their stories to assure them that they were believed and had similarly been suffering in silence for a long time. Their letter, titled "Dear Sisters," was incredibly courageous, as they were undoubtedly risking their present and future job positions in writing it.

To wrap up, Professor Hill asked the audience to expand on our considerations of vulnerability and examine the power imbalances that exist in the spaces we inhabit. "Work can't only take place in the context of organizations, nonprofits, and institutions. We need to talk about what we can do to help those who are vulnerable get their voices heard." Professor Hill said.



Kyle Larry, Assistant Editor

Nicholas Morgoshia, Assistant Editor

MLK Day 2019: A Quick Review

Kyle Larry, Assistant Forum Editor

Just last week, Bates College celebrated the legacy of one of history's most iconic freedom fighters, Martin Luther King Jr., by giving students a platform to discuss issues involving race, gender, sexuality, socioeconomic status, and so much more. For three days I, along with most of the campus community, participated in events that not only reflected on issues marginalized groups dealt with in the past, but also examined how those systems were transformed into laws that restrict and take away people's rights. More importantly, we also discussed solutions to dismantle these systems of oppression.

One workshop in particular had students imagine a society without prison systems. This workshop emphasized how the original idea for prisons was to protect citizens from dangerous people." However, due to American culture being whitewashed, we have a very narrow lens for who we see as "dangerous." Since Black people in the U.S. have been branded with negative stereotypes

such as being inhumane or "ghetto" through media and laws, the automatic assumption is that there is always some criminal activity going on in the Black community. Thus, no one questions the mass incarceration of Black people. Not to mention how, because disability is seen as taboo in American culture, people with mental illnesses are thrown into jail instead of receiving the help that they deserve because no one wants to assist them. In short, the workshop highlighted how the prison system is a place to put people who aren't deemed as socially acceptable. Instead of protecting citizens, we as a society are using prisons to take away the rights of so many innocent individuals. Students then found several alternatives that focused more on rehabilitating those who need it and not just because they don't fit the status quo.

Now, you can't talk about MLK Day without talking about Sankofa. Sankofa has always been an amazing addition to MLK Day because it highlights the talent in the people of color community, as well as the companionship they can find in one another. You get to see different styles of dance and hear people singing their hearts out to their favorite celebrities. I think that in a world that is serious most of the time, it's nice to take a step back and realize the beauty in life. People of color are so much more than their skin tone, or gender, or sexuality. They are also dancers, singers, artists, poets, and orators. They have the ability to reach their goals just like their white counterparts, which is what MLK really wanted to make people see. MLK not only spoke about equity when it came to resources, but also about people bonding over common passions and loving one another for the talent they had to

Overall, MLK Day gave me and many others the opportunity to sit back and realize that we as a society still need to grow. We have overcome so much, but it's still not enough because people are still being oppressed. But we have the power to change that.

SHUTDOWN

CONTINUED FROM PAGE I

Then there is a burgeoning notion in the most liberal of circles that immigrating to the States is a right, not a privilege. Lady Liberty should welcome anyone and everyone, the argument goes, even if doing so clashes with security and economic interests of American citizens. No wonder the majority of Democrats have been oblivious to the idea of transitioning to a points system that would prioritize individuals with English skills, higher education, and employment prospects — the idea championed at different times by senators as ideologically diverse as Tom Cotton, Jeff Flake, and Chuck Schumer.

Trump did not get funding for the border wall. Democrats failed to secure protections for DACA recipients. Was the shutdown all for nothing? It does not have to be. Now that everyone has been reminded of the scope of chaos even a partial shutdown is capable of wreaking, it is time to put our partisanship aside and come together.

Republicans should work to remedy the metastasis of populism and nativism across the highest echelons of their party. Democrats. who are increasingly adamant about adopting Canadian-style singlepayer healthcare, German-inspired free tuition at public colleges, and

New Zealand's maternity leave standards, would benefit from learning a lesson or two from those countries' merit-based immigration systems.

When President Reagan was asked why he agreed to a 5 percent tax cut when he had originally proposed cutting taxes by twice as much, he responded: "Half a loaf is better than none." February 15, the new deadline to strike a deal, offers nowhere enough time to overhaul our 60-yearold immigration system with a comprehensive reform package. However, there is room for small progress. Perhaps we could extend DACA for a few years, replace the Green Card lottery with a scheme that prioritizes immigrants already in the US, and expedite the issuance of H1B visas and employmentbased permanent resident permits, all while exploring more profound changes that promise to bring our immigration system in line with the 21st century standards. Trump is no Ronald Reagan. Pelosi is no Tip O'Neill. But the "half-a-loaf" strategy remains the best and only

The Mainstream Media Madness

Michael Morgan, Contributing Writer

The mainstream media in recent times has been described as out of touch, biased, and a factory for producing fake news. In this tumultuous era of politics, these labels fracture the sanctity of the "Fourth Branch of Government," whose duty is indispensable. The media is supposed to be the watcher on the wall, observing, reporting and holding those in power to account. The question to be answered is whether the media is fulfilling its mandate or whether it has been corrupted and is being used as a tool for those who foster division and discord. From a Millennial's point of view, the media seems to mistake neutrality for journalism, which results in it being out of touch and indirectly advancing harmful ideas.

In the halls of the great media giants, especially those who claim to be nonpartisan, there is a misconception that neutrality is objectivity. Let us look at the recent government shutdown, but through the lens of the pre-Trump years. Back then, CNN, MSNBC, and others would either portion more blame to the Democrats for a shutdown or use their favorite term "both sides." This is a type of

defense mechanism to shield them from the wrath of conservative outlets such as Rush Limbaugh, Fox News, and the corrosive Breitbart News. For whatever reason, the actual journalists feel compelled to cower in some cases to the loud, mob mentality of the far right outlets because God-forbid if they were ever called biased or liberal. This was seen in a comical display after the second presidential debate back in 2012 when Barack Obama clearly won his bout with Mitt Romney. A CNN poll clearly showed Obama winning the debate by 7 percentage points, however, the fact that CNN's Wolf Blitzer twisted his tongue when describing Obama as having a "slight, slight edge" is unbelievable. He then went on to say that once you look overall, it is "pretty much of a draw." In political circles, a 7-point lead is substantial and in this particular case, when so many other polls confirmed a win, one wonders why CNN sought to

They do it so that they are not labeled as liberal, because, for some reason, they care so much about what the extremes have to say.

Oddly enough, they did the same thing during the 2016 Presidential election cycle and were still unfairly labeled fake, liberal, and "lamestream" news by conservatives. He-who-must-not-be-named stripped the mainstream media, minus his extremist friends at Fox News, of the air of trustworthiness and objectivity. The disease to please has largely died with the ascension of the new president, as the mainstream media quickly realized that their duty and call to action has never been stronger. At the moment, they are one of the most important institutions in our society as we are on the precipice of slipping into a world where

> craziness is the order of the day. attention to detail and a noticeably more vibrant urge to call it as it is, they still remain out of touch. The mainstream media has declined in popularity, as new media, powered by strong and outspoken online voices have taken root in the ear of an entire generation. Online sources such as The Young Turks, The David Pakman Show, and social media platforms in general, have filled a gap due to their accessibility and authenticity. The status quo is shaking in its boots as these vocal alternatives cut through corporate bias and establishment control. One of the reasons Hillary Clinton was defeated was because her opponent was able to get millions of views worth of free media coverage.

> Ultimately, that fever and excitement is the same force that allowed Bernie Sanders to almost close a 60 point gap between him and Hillary Clinton, and it is the same force that pushed Alexandria Ocasio-Cortez to the forefront of the Democratic Party. People crave authenticity, and whether you are boasting about sexual prowess, or calling for health care to be a right, it cuts through the mainstream media's groupthink syndrome.

Acceptance, Not Tolerance

Chris Hassan, Managing Forum Editor

"Political polarization" often used as shorthand for the worsening state of politics in the United States. It's simply assumed to be negative in connotation and in real life. Well, it isn't. Politics is not a race towards bipartisanship; it is about survival and justice, and there are many instances where there is no middle-ground solution. In some matters, it is life or death, freedom or oppression, dignity or dehumanization, and people should be polarized against those who would marginalize them.

This is the state of our politics in 2019, and it is a fact we must live with. We should be polarized about locking Latinx children in cages, starving Yemen, and ruining our last hopes of mitigating climate change. These are not issues with which we can tolerate compromise; they can only go one way or the other.

Of course, polarization is much easier started than finished. Like it or not, we have to live together in the same country with large groups of people who enthusiastically support despicable policies. For some of people—as in those with much less privilege than me—this is an obvious reality. I have not faced any severe discrimination in my life, and far be it from me to claim any struggle that is not my own. Nonetheless, this dilemma has been weighing on me for years: how to live with entire states and populations who seem so diametrically opposed to justice?

The easy answer is anger and resentment, and both reactions are justifiable for many people. The labor of changing this country for the better should not and cannot be placed on the most vulnerable groups of people. Privileged people, like myself, thus need to start actually doing our part. That is where anger and resentment, in my opinion, are not optimum strategies. It is with this privilege that I must lift the voices of marginalized people and confront people within my own communities.

The question still remains as to what I do with such monstrous odds in a time of polarization. Realistically speaking, I can't get anything done by picking fights with tens of millions of Trump supporters. With this dilemma, I have come up with a sort of guiding philosophy: acceptance that lacks

I can only accept that I live in a country so diametrically opposed to what I can consider being justice, and that polarizes me. But polarization is not synonymous with animosity. The result of being diametrically opposed to the President and his surrogates is not antagonism, but activism. When I say I won't tolerate Trump supporters, that does not mean I will refuse to try to persuade them to my side. Quite the opposite—we need working-class solidarity and the support of people from across the country if we want Medicare for All, affordable college, and green energy solutions.

But it also means that I won't act as if I can look past their support for the Republican Party and its destructive ideologies. I can accept that they have different political views than me, but I cannot tolerate these differences and will actively work to change them. As an activist, I must work constantly and not compromise on matters that affect the existential and physical safety of marginalized people and the planet

Once again, the burden of this admittedly broad call to action falls upon those of us who don't have to actively fear for their safety when interacting with polarized parties. And sometimes, some groups cannot be persuaded and won't be willing to join progressive causes, and those groups need to be defeated. We cannot let a lukewarm principle like "compromise" get in the way of real justice—we have to



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Identity and Belonging in College Unapologetically, Unconvincing Appropriation

Teresa Chico, Contributing Writer

"Congratulations! On behalf of the President, Faculty, and Board of trustees of Bates College, we are pleased to offer you admission to the Bates Class of 2022." For many students, opening the email or letter admitting them to college grants them permission to finally take a breath, and promises a successful future at a place they get to call home for the next four years. However, just because a student gets into college does not necessarily mean they will feel at home there. Along with college comes a new set of responsibilities on the shoulders of these students; there is the intensity of the classes, the obligation of sports and clubs, the 3 hours' worth of work for every hour of class, the pressures of having a social life, the fear of branching too far out of your comfort zone, and the struggle to prioritize mental health and self-care. With all of this to think about, college becomes a vexing game of time management.

In the midst of this juggling act, some students are thrown a few more pins while tackling the internal conflicts that arise with the role of identity. Even at a place like Bates, where people are actively trying to make the college an inclusive and aware space, some people still face the difficulties with feeling like they don't fit in.

A lot of the time, when college students are questioning whether or not different aspects of their identity fit in, they tend to wonder if college is even the place for them. In my own experience as a firstgeneration college student, there are a lot of times when college seems like a time to prove myself to those around me. Getting into college is a huge accomplishment for anyone, but for first-generation college students, it is more than just a personal achievement. Rather, it is a milestone for everyone in the family. While it is an honor to be the source of pride for your family, being the first person in your family to receive higher education can come with some obstacles. The most prominent obstacle is that first-generation students cannot benefit from their parents' collegegoing experience. Sometimes I find myself questioning whether or not I'm good enough to attend a place like Bates. It can be hard to know who to turn to, but luckily at Bates, I have found many resources to rely on to guide me through these upcoming years.

Many other students can relate to the struggles of identity and belonging at Bates. The feeling of fear and uncertainty is one that can be applied to everyone in college. Whether you are unsure of who you are and who you will turn out to be in the next few years, or are feeling unsure about the next steps in your life as you commit to a major and graduate, there will always be people around you who feel the same way. Despite the complexities that come with identity and "fitting in," everyone here at Bates College is here for a reason. Sometimes you have to think back to the moment that you opened up that acceptance letter and remind yourself that ever since you were accepted into college, you have had every right to be here and to be successful.

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Social MovementsTM

William Hibbitts, Staff Writer

As men, there is no question that we need to be talking about toxic masculinity, confronting its harmful influence within ourselves, and striving to be better to those around us. These conversations both with others and within ourselves are necessary, but difficult, as we are compelled to reflect on past actions that have hurt others. Men who refuse to have these dialogues may get defensive and angry when the topic is brought up. This refusal may explain why so many men commercial condemning toxic masculinity and urging men to hold each other accountable for their actions. In response, many have pointed out that the commercial brings up valid critiques of behavior that oftentimes is socially acceptable.

However, the debate around the Gillette commercial has sidelined discussion around a concerning topic: the Gillette commercial was, ultimately, an advertisement. Even though the advertisement's impact on sales cannot be gauged vet, the controversy surrounding it has made the word "Gillette" more commonplace in everyday discussion. Search interest in Gillette reached an all-time high

after the video's release. Some may say that the intent of the message was not primarily to generate sales, but if this were true, then why not release it on behalf of Gillette's parent company, Proctor and Gamble, instead? That name has much less brand recognition than that of Gillette. Use of a recognizable brand name and a modified version of Gillette's slogan: "Is this 'the best a man can get" exposes Gillette's financial motives in creating the commercial.

I can already hear the counterhave lashed out at Gillette's recent argument as I write: "So what if Gillette had a financial incentive? They are being socially responsible by supporting the #MeToo movement!" Although I could respond by saying that it's unethical to profit off of social movements, there are still serious issues of power and influence that bubble beneath the surface. We need to ask who is and who should be controlling the conversation surrounding not just toxic masculinity, but social movements in general. It should be people who are fighting against sexual violence, people who are fighting for a \$15 an hour wage, people who are fighting against racism in the workplace. It shouldn't be corporate elites deliberating in a Boston boardroom. If we allow

corporations and elites to control the discussion around social movements, we allow them to steal the movements' soul, to co-opt the movements themselves. If this should occur, movements will be unable to attain their goals because corporations are directly linked to capitalism and the power structures of patriarchy and white supremacy.

If social movements will only be harmed by commercialization, how do we confront and defeat toxic masculinity? Unlike what the Gillette commercial would have you believe, the solution is not individualism. Although this fact does not give us men a carte blanche to ignore our behavior, we must realize that the true solution is to confront the tangible institutions and the elites that perpetuate this economic system and its oppressive power structures. That means we must stand up to Bates for its homogenous admissions practices, to the police when they refuse to investigate sexual violence, and to Gillette for profiting off a movement that was started by and for women of color, 12 years ago.



Muskan Verma, Contributing Writer other cultures once they've had this

I didn't understand cultural appropriation until I found myself staring at it directly in the eye. The first few times I probably just ignored it, or maybe I didn't even recognize it for the fear of being the creepy brown girl, sticking her nose in other people's business. I let it go because I don't have the privilege to claim other people's business as my own and judge it, unapologetically.

I have heard arguments on the other side too, don't get me wrong. I fully entertained them because I felt like I was obliged to be the bigger person, even if that meant letting other people walk all over me, as they plundered, looted, occupied, and enslaved what was not their business. There exists an argument that pulls at a "reverse appropriation" of Western culture by the rest of the world. It doesn't convince me though, because I am well aware of imperialism, colonialism, and the Western-centric worldview that basically paved the path for this "reverse cultural appropriation" that became synonymous with modernity and development. I am unapologetically unconvinced because it has been pushed down our throats historically, in the name of being respected and noticed in a world that is obsessed with the idea of this version of modern development.

The reality of cultural appropriation hurts because there are sections of society that can afford to do/wear culturally associated things without ever going through the struggles experienced by the people from these cultures. We are supposed to "fit in" so we can prove that we are non-threatening as people and as cultures, while the people with whom we are supposed to be assimilating unabashedly dress "exotic" at our expense. If people were ready to acknowledge and learn from the history that affects the power dynamics around the display of a cultural "trend," then they would be free to appreciate learning experience.

Even when not being subject to explicit bias for our differences, fear has taken root inside our hearts. This insecurity and lack of confidence for just being ourselves is not our fault—it was etched upon us, and onto our very existence. This insecurity looks like the forgotten pieces of colorful clothing that lie in the back of my closet. It looks like the uncertain woman I see in the mirror who, just before she walks out the door, turns around and changes into something less conspicuous. It sounds like "wellmeaning" compliments that refer to my culture as "costume." It is the many questions I would getif there was a special reason, some occasion, an event that I decided to put on "fancy" clothes? Clothes that grew up in and around, but now rarely wear. It feels like the anxiety that comes with the attention I get-good or bad-makes me not want to stand out, but I wonder if I will have to burn the very back of my closet in hopes of that?

Now, in all honesty, I am a lot more privileged than a lot of my fellow people of color, either living away from their cultures or having had modernity creep up on them. I am a little more racially ambiguous, aware, in a more accepting environment and at a point where it's getting easier to be unapologetic for being me; and yet this anxiety hasn't left my side.

I don't want to be called an angry-snowflake who is making an issue out of a non-issue. Working on bigger, more serious issues and speaking about this somewhat invisible but pinching experience are not mutually exclusive-and I don't want to be told what is "more important" for me to focus on. I don't want to be called "exotic" I am not a different species, something rare, or for a show display—there are too many of us and we want to take our identities

Military Service Knows No Gender

Julia Raboy, Contributing Writer

From the Kavanaugh scandal to the growing appreciation movement for Justice Ruth Bader Ginsburg, to the court's most recent ruling in favor of the transgender military ban, there is never a dull moment in the nation's highest court. On Tuesday, Jan. 22nd, the Supreme Court agreed with a 5-4 majority to enforce the ban against transgender people in the military while the order returns to the 9th Circuit courts for further speculation.

The ban dubbed the "Mattis Plan" after former Defense Secretary Jim Mattis, includes a series of detailed restrictions that dictate who can serve in the US military on the basis of their gender identity, claiming gender identity affects one's ability to serve effectively and productively. The Pentagon released a statement claiming they will continue to operate under the Defense Department's 2016 policy enacted by the Obama administration, which for active military participation regardless of gender and sexuality. The implementation of the Mattis Plan, however, serves as a major blow to US inclusion policies and activists who have been working toward making the United States a more accepting nation.

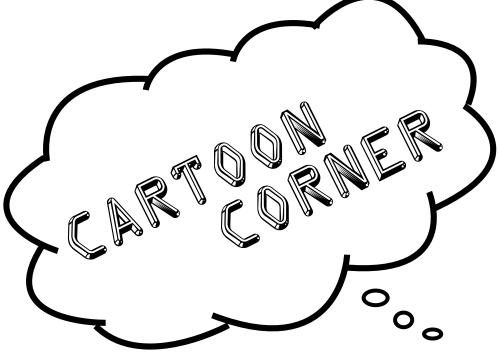
It is mind-boggling that government officials, or anyone for that matter, can make an unsupported judgment someone's ability to serve their country based on how they identify and express their gender. It is essentially the same as ostracizing left-handed people and claiming they are "possessed by the devil," solely based on a part of their identity they have no control

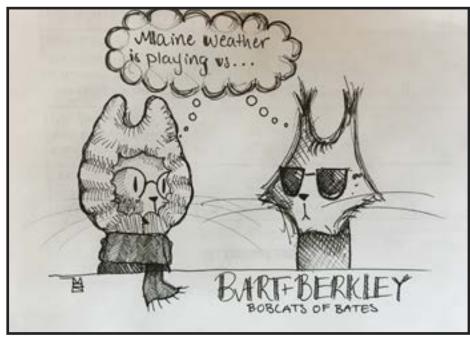
over. This idea used to be deemed acceptable and is now viewed as archaic and vulgar. The general population has come to realize that dexterity is simply the result of our

neurobiology. And despite common misconception - and, at times misinformation - gender identity is not a choice and is as much ingrained in who we are from the day we were born as the hand with which we write. Just as some great soldiers have been left-handed, plenty of transgender people have served in the United States military with valor and efficiency, proving to be vital members of war and defense effort.

It brings me deep sadness that institutionalized hatred is still commonplace in the United States, and that I no longer find myself surprised to learn about the passage of yet another exclusionary policy. I know change and progress take time, but events of the past few years leave me pessimistic for the future. For the entirety of Trump's administration, the president has dedicated his time to undoing Obama's policies of inclusion, and has essentially made a game out of doing everything possible to upset the "liberal democrats" he speaks about with such distaste. Trump's presidency represents an era of exclusion, and it will take great effort to reverse such hateful policies. My hope for the future is that it will become self-evident that no one's worth, validity or ability to contribute their talents to benefit our world is in any way diminished by their gender, sexuality, race, religion, or any other aspect of their identity.







Mary Richardson, Contributing Cartoonist

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

Email as JPEG image to srothman@bates.edu



Jack McLarnon, Staff Cartoonist

Question on the Quad

Vanessa Paolella, Managing Sports Editor

What do you think is the ideal 90's attire to wear for this upcoming dance?



J'von Ortiz-Cedeno '22

"I would say probably one of those sweat suits, like one of those really obnoxiously colored sweat suits that you see in workout videos."



Emma Christman '22

"Overalls, specifically coveralls, and a jean jacket. I think separately-but oh maybe at the same time."



Thaddeus Gunther '21

"I have a Nordic race suit from the 90's, so I might put that on. It's green and blue and stripy. I might do that, some skinny jeans and an old tweed coat."



Pippin Evarts, Assistant Arts Editor



After only one twelvehour-long rehearsal in various locales in Pettigrew Hall, twenty five cast members, a nine person tech crew, two costume designers, a choreographer, musical director, and director put on an original musical on Saturday night. The "24 Hour Musical" included 10 musical numbers in total, with 3 fully choreographed large ensemble numbers. Performers learned and memorized choreography and lyrics day-of and utilized scripts when necessary. Costume designers Sara Hollenberg '19 and Drew Murdock '21 pulled, pieced together, and created costumes throughout the day on Saturday.

Director Ali Greene '20, choreographer Shae Gwydir '20, and musical director Izzy Eichenbaum '21 held auditions at 4pm on Friday afternoon. At 9pm, their hand within the confines of a dir, and Eichenbaum said that the experience." The director said that

Greene, Gwydir, and Eichenbaum announced that the cast would be performing a musical written they'd written. Around 11pm on Friday night, they dismissed the cast and crew to get some rest. Rehearsals began at 9am Saturday morning and showtime was a mere 12 hours later.

Greene explained that the Robinson Players were inspired by Brandeis University's annual 24 Hour Musical, an event organized by the Brandeis community to create an all-inclusive bonding experience in which incoming firstyears are introduced to theatre at the school. Bates' Robinson Players make a similar effort each September through the club's annual One Acts festival, which allows firstyears who are interested in getting involved with Bates theatre to try

short play.

The Rob Players wanted to inaugurate an all-inclusive event at the start of the winter semester as well, and thus the 24 Hour Musical was born. All students who auditioned were cast, and tech director Rebecca Berger '19 invited all additional students interested in doing lighting, sound, and props for the show to get involved regardless of experience. Greene clarified that the show is Bates' only no-cut production and explained that one of her main goals was to "find a way to get [each actor] to speak onstage.

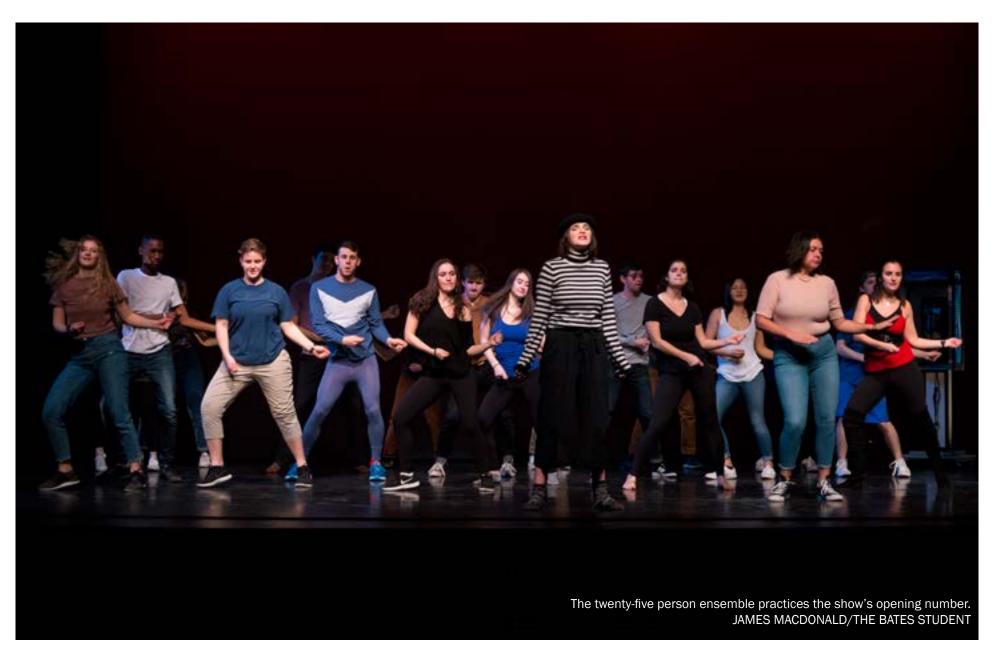
Cast member Claire Sullivan '19 remarked that experiencing the entire production process of a musical in 12 hours "just goes to show how much work really goes into a show." Greene, Gwypressure of an uber rapid production process is all part of the fun. Because it was so quick, "[the group] got comfortable enough to act like fools around each other, were able to roll with the punches, make mistakes, and 'own it," said Gwydir. Eichenbaum echoed that sentiment and said that the "experience was all about getting out of your comfort zone, trying something new, and having fun."

"Actors are conditioned to try and make things as perfect as possible," said cast member Emma Gomez-Rivas '19. "We all understood that this project wasn't necessarily about producing a perfect show," said Gwydir. To that point, Greene stated that "there's something really important about learning to fail onstage... you will fail and it will be the best learning

with the help of such a supportive audience, she and the cast released their inhibitions and put on a unique and genuinely entertaining show.

As for next year, Greene, Gwydir, and Eichenbaum hope that the 24 Hour Musical becomes an annual Rob Players tradition. "It was so special, and I really want more people to have an opportunity to be a part of something like this," said Gwydir. Greene loved the experience of "putting on a funny show that's well-intended."

All three also expressed that they were impressed by the level of commitment from the cast and crew. "Their patience and optimistic attitudes throughout the whole process made the day so special," said Gwydir.





Skin Care Routine of the Week: Less is More

Madeline Clark, Contributing Writer



Too many hours of my adolescence were spent pouring over the videos of prominent YouTube beauty gurus. I routinely absorbed their gospel, blowing my meager allowance on overpriced makeup and skincare products. All the women in my family were born with naturally glowing skin. I put my faith in the potentiality that the right combination of name brands would make my skin look that way, too.

I remember being painfully insecure in my early high school days, wearing scarves multiple times a week as a shield. Any woman that I saw - real or advertised - would be a marker of comparison for my own face; the reality of airbrush and Facetune never consoled the critic in my head as I scrubbed my face red with products containing salicylic acid and sulfates. It seemed that the more I put on, the worse it got.

These days my routine is far simpler. I've noticed, like many people, that during times of high stress and PMS, my skin will do what it wants regardless of my attempts to control it. However, by maintaining a gentler and more hands-off approach over the last few years, I've seen marked improvement in the texture, dewiness, and sensitivity of my skin.

In high school, I failed to recognize how getting four hours of sleep a night would do some damage. Now, I am a loyal-

ist to the idea of beauty sleep, and I swear by the fact that a good night's rest improves the brightness and smoothness of my face. In addition, drinking plenty of water or tea has the positive byproduct of improving your complexion. And though I don't do it often enough, making sure to wash any makeup brushes you are using once every few weeks or so ensures that you are not adding excess oil and bacteria into your skin. The frequency of my breakouts decreased dramatically simply by abiding by a more health-conscious lifestyle.

In terms of products, I wash my face with the CeraVe foaming facial cleanser in the morning and at night. This face wash was recommended to me by my dermatologist; my skin responded extremely positively when I substituted this gentle cleanser in place of harsher, beaded exfoliants.

Thanks to this skincare column, I've recently added facial oils into my routine. Though I was dubious at first, these oils really have made my skin softer and glowier—and, though I feared it, they have not made my skin more oily. In the morning, I apply a few drops of the Dr. Hauschka Clarifying Day Oil. After letting it sit, I follow up with the CeraVe Daily Moisturizing Lotion on my face and neck. At night, I repeat that routine except I apply a few drops of Rosehip Seed Oil. I used to have a bad habit of popping blemishes on my face before they were ready; no matter how satisfying it was in the moment, the resulting

scarring and swelling was never worth it. Rosehip Seed Oil reduces scarring, and I've noticed that it also calms down any redness and sensitivity I may be experiencing.

I also apply e.l.f's Illuminating Eye Cream in the morning and at night to reduce under-eye puffiness, prevent against wrinkles, and wake me up. Other than these few steps, I occasionally play around with drugstore face masks—if anyone has any recommendations, I'd love for you to send them my way!

The bottom line is that my confidence increases on days I feel good about my skin. Over the last few years, opting for fewer products with fewer ingredients has worked wonders for me, while also saving my wallet. Of course, I am no professional, and I do still experience bouts of breakouts. For those days, I highly recommend the Clinique Airbrush Concealer in whatever your shade may be. Although it is a bit more expensive than a drugstore product, I cannot leave the house without it.

Finally, while I, like many people, strive for perfect skin, it is equally important to remember that the language we use to speak about our skin—"blemishes," "bad skin," etc.—all work to stigmatize the extremely normal and common experience of acne. Remember that the notion of "perfect skin" is an abstract and unfounded concept created to profit off your insecurity. No matter what your skin looks like, find a routine that makes you feel confident!

24-HOUR MUSICAL CONTINUED FROM PAGE VII







Students Collaborate and Celebrate in SANG AI Asia

How to Break Free from the Resolution Rut

Sukanya Shukla, Contributing Writer

Every year, the student-run cultural evening Sangai Asia is organized by the club of the same name to celebrate Asian cultures and the students who represent them on Bates' campus. The event's title is fitting: the word Sangai is a combination of two Hindi words SANG and AI and translates to coming together to promote solidarity. This year's performance took place on Jan. 25.

The show was a great success. The night was full of vibrant performances put together by extremely talented individuals. The success of the show can be largely attributed to the teamwork of performers and organizers. Each year without fail, new performers contribute to the show and surprise the audience with their outstanding work. On Friday, the Bates Gamelan team opened the show, followed by the Bates Otaku dance team. The show also included Bates Taiko club, 2Beats and the Bollywood dance team, all of which performed beautifully choreographed pieces.

Mark Su '22, Wanyi Lu '19 and Yichun Liu '21 played "Laputa" by Joe Hisaishi, and Ursula Rall '20 performed a Japanese folk song called "Kojo no Tsuki" on cello with Mathieu Moutou '22 on violin. Additionally, the audience was treated to two solo dance performances: MinAh Kim '20 danced on a K-Pop song called "solo" by Jennie from Blackpink and Chelsea Anglin '19 sang the song "Xiao Xing Yun."

Importantly, Sangai Asia is completely student-run. From back stage crew and publicists for the show to the choreographers of each performance, students are not only responsible for putting together a successful show, but also for a smooth production pro-

cess. Students get involved with the show on a volunteer basis; being a part of the show on any level means putting in a lot of dedication and hard work. This allows the Sanagi Asia platform to be a positive space to build community through shared passions and interests.

I choreographed the Bollywood dance pieces with two other choreographers on the dance team, Kayleigh McLean '19 and Anjali Thomke '19 and doing so was an extremely fulfilling process. It was a delight to share this experience with so many other people who not only showed interest and enthusiasm in being a part of the Bollywood performance, but also made sure they gave the performance their all.

Events such as Sangai Asia are extremely important for the Bates community. Bates has been working towards creating a more diverse community on campus. However, there is a lot of work that still needs to be done. Promoting student-organized cultural events is an important step towards greater diversity in campus culture and programming. People of color on campus from cultures across the globe need to feel recognized and appreciated for what they contribute to Bates.

Within a community that tries to take active initiatives towards inclusivity and diversity, it is very important to validate the presence of cultural minorities by providing them with opportunities such as Sangai Asia. That being said, I cannot speak for the entire POC community on campus. When I get to share my Indian culture through Bollywood dances with other students on campus, I feel more welcomed and acknowledged for my cultural differences from the majority at Bates.

Patrick Reilly, Contributing Writer

We're a month into the second semester and already the snowy weather and freezing temperatures seem to be taking their toll. As the weather outside gets bleaker, is your outlook for the New Year following suit? It's hard, especially in these winter months, to keep up with New Year's Resolutions, but you're not alone. According to surveys, about 80 percent of the US population gives up on their resolutions by February. So, if you have already done so or are afraid that you might call it quits on your resolution, I have some tips on how to revise your goal into one that is successful.

1. Make sure your resolution is actually "your" resolution.

It's important to be aware of yourself especially when the goal is to change or alter something in your own life. Make sure that the goal you've set out for yourself is not just something you want to achieve, but also something you want to do. You shouldn't set a goal because you "think" it's what other people would do or want you to do. If your heart isn't in it and it's not something enjoyable to you than you're more likely to giv on it the first time you slip. Know yourself and know what you're motivated to do. If your resolution is to be healthier, find things that fulfill not only that resolution but also your own personal desires. Maybe you're a big foodie: look into Commons creations or recipes you can make that are more nutritious or vegan/vegetarian.

2. Don't stress. Reassess.

It may feel impossible to de-stress at Bates sometimes, but it's important to not beat yourself up if you fall off the wagon. If and when that happens, take time to reassess your plan instead of focusing on how your goal might seem impossible. Focus on things that might have made you revert to your old ways in the first place and see if you can work through them. For example, maybe your goal was to wake up earlier, but you've found yourself constantly snoozing your phone alarm. Buy an alarm clock instead, or place your phone across your room so you physically have to get out of bed. Make plans with friends to eat breakfast in Commons before class. Be patient; change doesn't happen immediately. According to studies, it takes about 3 months for something to become a routine. It's understandable if you have a couple of messups here and there!

3. Avoid the usual pitfalls. Be "SMART."

Around 35% of people who gave up on their resolutions report having set unrealistic goals, 33% report not keeping track of their progress, and 23% report forgetting about them. Make sure your resolution is "SMART" or Specific, Measurable, Attainable, Realistic, and Timely. Choose a resolution that you can keep track of and can be achieved within a year. Make sure it's something that you remember, too. Write it down on a piece of paper and tape it to

your mirror or keep it in your wallet. Use direct "I" statements when talking about your resolution: instead of "I want to meditate more," say "I want to meditate daily," even if it's not 100 percent true.

4. Break it up.

It's been proven that long term goals and resolutions are more likely to be achieved when they are made into short-term, easier goals that supplement a larger, harder goal. If your goal is "be more creative," devote a month or two to a specific activity. Set your goal to be "practice drawing every week for a month" and then next month, try painting or photography. By shortening the time of the goal into multiple smaller goals, it will make you feel like you have achieved more, and you will feel more rewarded as you progress.

5. Stay positive.

Lastly, stay positive about your goal. If you find that dragging yourself to the gym is negatively influencing your day, maybe it's a good idea to throw in the towel. Studies show that those who make New Year's resolution are over ten times more likely to follow through with them than those who try to make changes any other times in the year. You've totally got

Skosh's Multi-Genre "Shaking the Ghost" Defies Convention

Pippin Evarts, Assistant Arts & Leisure Editor

If you are looking for a fun, local, Phish-meets-Dave-Matthews-Band group, then look no further! Meet the band Skosh. Skosh is based in Lewiston/Auburn and has amassed quite a following from Bates students and in the greater Portland and coast areas. So, I jumped at the opportunity to listen to an up-and-coming local band and review their new album "Shaking the Ghost."

Skosh is a four piece, funk/ classic rock/blues band from Buckfield, Maine, a mere half hour away from Bates. The members of the band are: Jedidiah Allen on drums and vocals, Elijah Allen on bass and percussions, Jay Larkin on vocals and guitar, and Peter Richard on the saxophone. Together, they work to create smooth, well-executed performances in the Portland area. The band's Facebook page boasts a large 5,000 followers and likes since their start in March 2008, and they state their interests as "playing live music wherever, whenever, for people who like to party!" This, my friends, is an interest many college students can stand behind.

Skosh's music is what I consider to be a mix of rock, funk and

country. They brought together a multitude of instruments, and I felt like I was listening to Phish's crunchy, younger brother. My personal favorites from the album are "Angels in the Bathtub" and "Cleopatra Stardust." "Angels in the Bathtub" is a lighthearted, sunny song about love and life. It's easy to dance to, comforting like a cozy sweater, and reminds me a lot of Dave Matthews Band. In fact, the main vocalist in the song does sound a lot like Dave Matthews! What's not to love?

"Cleopatra Stardust" is a little more upbeat with a windowsdown-in-the-car vibe. A fast beat paired with a fun jazz lineup creates a song that just makes you smile. I listened to it the other morning before heading to class and I had a pep in my step all the way there.

Overall, Shaking the Ghost is a funky folk album with hints of jazz. No two songs are the same, and there's a nice mix of upbeat, lighthearted to low, relaxed songs. Songs like "Untitled" have stronger hints of upbeat jazz than others, but in general the album is different than any music I have heard in a while.

Skosh surprised me with how

much I enjoyed listening to them! I was excited to hear a local band because I had been looking for a band that I could see perform live nearby. Skosh did not disappoint! I am looking forward to future releases from them. The band is refreshing and lighthearted; their music is quirky and you can tell the performers are incredibly talented. I would highly recommend listening to "Shaking the Ghost" on Spotify or attending their upcoming performance, "Who's Bad?" a Michael Jackson cover show in Portland on April 5.



Big Trio of Wins this Weekend for Women's Squash

So Kim, Staff Writer

The no. 19 nationally ranked Bates Women's Squash team has had a roller coaster of a season so far with five losses and five wins. This weekend, Jan. 25-26, was a big one for the Bobcats as they played against Tufts (L 6-3), William Smith (W 7-2), Mount Holyoke (W 8-1) and Amherst (W 5-4). This will be the last set of games before the NESCAC tournament begins on Feb. 8

On Friday Jan. 25, the Bobcats went up against no. 17 nationally ranked Tufts, earning wins at the no. 1, 2 and 5 spots, but ultimately losing 6-3. Luca Polgar '20 from Budapest, Hungary, secured a 3-2 win at the no. 1 spot. She dropped her first game 6-11 and 8-11 in game four, but fought her way through winning her second game 11-7, third game 13-11, and fifth game 11-4.

Kristyna Alexova '19 from Boskvice, Czech Republic, picked up a great 3-0 win at the no. 2 spot with scores of 11-8, 13-11, and 11-3. Finally, Maeve O'Brien '21 earned a 3-2 win at the no. 5 spot winning the first and third match 11-4 and 11-7.

On Saturday Jan. 26, the Bobcats played no. 24 nationally ranked William Smith with wins from the no. 2-8 spots. Vicky Arjoon '19 from Georgetown, Guyana won 3-0 at no. 2 with scores of 11-7, 12-10, and 11-1.

At no. 3, Katie Manternach '21 from Brooklyn, NY also secured a 3-0 win with scores of 11-9, 11-9, and 11-8. O'Brien earned another win (3-0) for the weekend at no. 4 with scores of 11-0, 11-4, and 11-2.

Natasha Jones '22, a first year from Roslindale, Mass. also cruised through a 3-0 win at the no. 5 spot with scores of 11-1, 11-4, and 11-2. Another first year Natalie Bachman '22 from New Canaan, Conn. took down her opponent 3-0 at the no. 6 spot with scores of 11-5,

11-3, and 11-3.

Molly Brooks '19 from Charlottesville, Va. also earned a great 3-0 win at the no. 7 spot with scores of 11-4, 11-1, and 11-3. Finally Katie Bull '19 from Sudbury, Mass. also obtained a 3-0 triumph with scores of 14-12, 11-3, and 11-3.

On Sunday Jan. 27, the Bobcats played no. 17 nationally ranked Amherst. This was their last game before entering the NESCAC tournament. This game decided whether they would be seeded in the C flight like last season, or if they would move up to the B flight.

For these Bobcats, that positivity came through as they narrowly defeated Amherst 5-4. Polgar led the way at the no. 1 spot with a 3-0 win with scores of 11-5, 11-5, and 11-7. Alexova also defeated her opponent 3-0 at the no. 2 spot with scores of 11-9, 11-9, and 11-4. O'Brien with another win this weekend beat her opponent 3-1 at the no. 5 spot

(8-11, 11-3, 11-9, and 11-7).

Jones earned another hard fought win for this weekend, playing 5 games at the no. 5 position (11-3, 5-11, 11-6, 6-11, and 11-7). Finally, Brooks also played another great match, defeating her opponent 3-1 at the no. 8 position with scores of 5-11, 11-8, 11-9, and 11-6.

Three words that Tiffany Cervantes '21 used to describe the team "driven, supportive, and adaptable.

"I think the team has been doing well in being adaptable to changes that have either hurt the ladder or our ranking in general," she said. "Nevertheless, I think we do a good job of staying positive and moving forward."

She continued to explain that the dynamic of the team feels very homey, yet very competitive, which contributes to why the Williams and Middlebury games, played on Jan 12 and 13, stood out for her.

"The weekend we played Williams and Middlebury

was probably the toughest losses we've experienced thus far," Cervantes said. "We went in with a positive and determined mentality but unfortunately didn't get the results we wanted. This is to say, the moments after these matches stood out to me the most because everyone on the team was there for one another."

This focus on teamwork helped propel O'Brien to NESCAC Women's Squash Player of the Week. She has now won 15 straight matches dating back to last season, doing a terrific job out of the no. 5 spot.

The Bates Women's Squash team finished their regular season with an 8-6 overall. They will be back in action on Feb. 8 in the NES-CAC Championship hosted by Trinity College.



The Bates Student

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No Underhill? New Coach? No Problem.

Men's hockey overcomes adversity and looks to end 2019 with triumph

Sarah Rothmann, Editor-in-Chief

The men's hockey team has seen two critical road bumps at the start of the 2018-19 season. One, Underhill Arena, the team's home rink and site for tremendous school attendance and support has been under construction with a broken freezer since the beginning of the fall semester. Two, Michael O'Brien, the men's head coach during the 2017-18 season, who brought tremendous enthusiasm and spirit to the organization, is no longer with the team. The team is now coached by Josh Choiniere with assistant coach Aaron Rand. Both have already added noticeable energy to the team. However, this is still a notable change to the team's dynamic from last year.

Regardless of these team changes, the Bobcats showed impressive resilience and patiently readjusted their schedule so that they can effectively practice, compete, and ultimately work toward a victorious conclusion to what has been a wild year. Edward, "Ned," Moreland '19, the team's president and captain, took the time to speak with The Bates Student about the team's chemistry and success during this season thus far.

The Bates Student (BS): How has the season been so far (especially with Underhill out of the picture!)?

Ned Moreland (NM): This is an interesting question. Depending on who you speak with, the answers will vary. I will do my best to include what I believe to be a culmination of how our team feels.

Obviously, a non-operational Underhill is not ideal. But, as we learned this season, life never goes the way you plan or want. Not having Underhill transforms the meaning of hockey for many of our players. Hockey at Bates College with Underhill is a convenience. Right now, it is a privilege. The absence

of Underhill on campus has forced us to adapt. For our program, that means waking up for a 6:30am practice traditionally every morning Tuesday to Friday. We still play games on the weekends at either the Colisee or Norway Savings Arena in Auburn, Maine. I am proud of the way our team has dealt with the cards we were dealt. I am excited for the future of the program because this season is the pinnacle of adversity in the program's history.

BS: What have the teams been working on in practice?

NM: In practice, we work with what we have. The four-days a week 6:30-7:30am practice slot has certain play-

ers making it consistently, and others who struggle. Mainly, we are developing skills for our underclassmen. We are focused on our underclassmen because a large majority of our team are first-year students.

BS: What are your immediate goals for games this season?

NM: One goal is to finish the season winning. Our program has been tested beyond what anyone could have imagined this year. On the surface, so many things have gone wrong, but what has defined our success is the way we have overcome every challenge. If we can finish the season on a positive note, whatever that note

might be, our team will feel accomplished. This week we take on Central Maine Community College at 8:30pm at Norway Savings Arena. Earning a "W" will be crucial. We are just coming off a 2-0 weekend.

BS: Any fun anecdotes?

NM: After practicing, walking out of the rink that overlooks the Auburn Mall and the surrounding buildings is a serene experience. Often, we enter the rink before the sun pops over the horizon, and when we emerge from the rink the day is just starting. Walking from the rink to our vehicles through the cold, snow, fog, piercing sunshine, is always an incredible feeling. That is my favorite reoccurring anecdote from our season.

BS: Final thoughts?

NM: Honestly, if I was forced to write up a list of things that could have gone wrong this season, many of those boxes would be checked. But I think for our program when we finish we will reflect on our season with a sense of accomplishment. As a team, we have a better understanding of the privilege of sports and how lucky we are to have the drive to continue our season given the situation.



Who Knew Bates Skiing Was a Family Business?

Cameron Carlson, Assistant Sports Editor

Bates Nordic Skiing captain Kaelyn Woods '20 has led the women's team in every race dating back to the start of the 2018 season, including the start of 2019. She is on a terrific run, slowly writing her way into the Bates skiing record books. After every race Woods is able to celebrate her success with her teammates and coaches. Lots of athletes will call their parents or talk to them in person afterwards if they were able to attend, but for Kaelyn it's even earlier. As soon as the race ends, she gets to walk over and speak with her head coach about how the event went and how the team is doing. Her head coach is also her mother, Becky Woods, a graduate of Bates in the Class of 1989.

Becky and Kaelyn are in the unique position of having a mother-daughter relationship while also having a coach-player relationship. Lots of parents will coach their kids in various sports at a young age, but the collegiate level is a very different story. For Kaelyn, the fact that it is at the collegiate level makes it easier to differentiate between relationships.

"I think it's really easy to separate her roles as my mom and coach. At Bates she's my coach, at home she's my mom," Woods said. "I try really hard to keep it that way, and I think we have a relationship that allows for this to happen really easily," she added. Being able to live on her own makes it easier to separate the two atmospheres entirely.

The nice thing about having her mom as her coach at a point as late in her athletic career as college has been a great experience for Kaelyn, because she has always been involved in Kaelyn's skiing life to some degree.

"I have had other coaches over the course of my career, but no matter what, my mom has always been a coach to me. All my coaches have had different coaching styles from each other and my mom is just another one of them," she stated.

Of course different coaches have different styles, but Becky has always had an influence on Kaelyn's life and ski career. It could even be nice that after always having a coach at home and a coach at school, now there is only one that has a voice in her ear. And that voice is one that has known her and seen her for her entire career.

It is definitely a tricky situation that the Woods duo is in, but the results certainly speak for themselves. In her sophomore year, Kaelyn finished 23rd out of 40 com-

petitors in the women's 15K freestyle race at the NCAA National Collegiate Skiing Championships, which was the program's best NCAA championship race since 2012. She is off to an excellent start in the 2019 season and is also in her first year

as team captain, sharing the honors with senior Samantha Pierce. There's no doubt that this can be a hard situation to find success in, but Kaelyn and Becky are making the most of it, exceeding expectations in the process.





SPORTS

Cameron Carlson, Assistant Editor

Athlete Spotlight: Anna Barrow '22

Eleanor Boyle, Contributing Writer

Before going to bed, most Bates students probably are not thinking about waking up before six the next morning to brave freezing temperatures, rain, or even snow in order to work out for an hour and half knowing that they'll have to go back and do it for two more hours later that same day. For members of the Bates Swim and Dive team however, this has been a reality since November.

After winning the Maine State meet for the fourth year in a row, competing against Division I Dartmouth for the first time in program history and continuing to have swimmers racing season and even lifetime-best times each meet, the training is paying off. None of this is more true than for first-year Anna Barrow'22.

After swimming multiple lifetime-bests in the season opener at Wesleyan last fall, the walk-on swimmer was already accomplishing goals she had set for herself before the season began. Yet, when she was a sophomore in high school her future in the sport became uncertain.

"I had a pretty major injury [tear in shoulder] that took me out of [swimming] for a year, then I was in recovery all of my junior year." When she couldn't swim for those two years, she dedicated her extra time to helping others in her community as a student ambassador for her school, running the Volunteers of America club, and even volunteering weekly at her local hospital. Her love for community engagement

is what brought her here to Bates in the first place. She said that "when [she] came here everyone was inviting . . . it was really special dynamic."

The "special dynamic" is also present on the team which is unique in the fact that swimming is such an individualized sport. Anna agreed with this statement, saying that "there's such a big individual aspect to it . . .but also you have to work as a team . . . you can't do it by yourself."

The women's team record makes Anna's statement ring true. Some of the women's team wins this season have come down to few races where not only did first place matter, but also second and third. Anna reflected back to her senior year of high school when she was allowed to return to the sport and said, "I fell in love with it all over again, and I was 100 percent sure I was doing this in college."

However, since many college teams had already finished recruiting for the class of 2022, she would have to be a walk-on; that was no issue in Head Coach Peter Casares's mind. When Anna sat down with him at the very beginning of the season, she told him that she felt that she had a lot more potential than she had shown previously. She was right. Besides swimming lifetime-bests from the start of the season, her line up of events is also arguably one of the hardest combinations in the sport: 200 individual medley, 400 individual medley, and the 200 butterfly.

The individual medleys in particular show Anna's skill since they involve swimming all four strokes. Even more extraordinary is that she'll swim all three of th ose events at the NESCAC championship meet.

"I just didn't really think this was how the season was going to go, but I'm super excited!" Anna's open-mindedness about her swimming is exactly what makes her unique and fun to coach, according to Coah Casares.

"It's exciting [to work with her] . . .so many times swimmers anticipate their results and their abilities, and that's to be expected based on hundreds of swims and practices. Her growth mindset coupled with her talent for hard work has already made an impact on her team. It's a terribly unique combination at the college level-and yet shows us all just how powerful it can be. She simply wants to 'see how things go' first and foremost."

Anna's story of dedication and resilience, in order to continue doing the sport she loved, proves that there is truly more to swimming than just staring at a black "T" at the bottom of the pool for hours. It's the camaraderie, the cheering, the bus rides, the meals spent together. It's the million little things that push these athletes to get out of bed and walk out into cold, knowing what awaits them for the day.

The Bates Swim and Dive team next competes Feb. 2 in Worcester, Mass. for the Worcester Polytechnic Institute Invitational. After that, both teams tackle the NESCAC Championships held at Wesleyan (Feb. 14-17) and Middlebury (Feb. 21-24) for the women and men's team respectively.

Sports Update Jan. 17- Jan. 29

Women's Basketball (9-10, 1-6 NESCAC)

Jan. 17: Me.-Farmington, W 95-43

Jan. 19: Tufts, L 72-51

Jan. 21: Colby-Sawyer, W 66-50

Jan. 25: Wesleyan (Conn.), L 67-42

Jan. 26: Conn. College, L 73-52

Jan. 29: Regis (Mass.), W 61-31

Men's Basketball (6-13, 3-4 NESCAC)

Jan. 19: Tufts, W 76-65

Jan. 25: Wesleyan (Conn.), L 85-75

Jan 26: Conn. College, W 76-59

Women's Swimming and Diving

Jan. 18: Bowdoin, L 171-125

Jan. 19: Colby, W 158-135

Men's Swimming and Diving

Jan. 18: Bowdoin, L 184-116

Jan. 19: Colby, L 173-127

Women's Squash (8-6)

Jan. 17: Colby, W 9-0

Jan. 18: Conn. College, W 9-0

Jan. 25: Tufts, L 6-3

Jan. 26: William Smith, W 7-2

Jan. 27: Amherst, W 5-4

Men's Squash (8-6)

Jan. 17: Colby, W 7-2

Jan. 18: Conn. College, W 9-0

Jan. 25: Tufts, W 8-1

Jan. 26: Hobart, W 7-2

Jan. 27: Amherst, W 7-2

Women's Nordic Skiing

Jan. 18-19: UNH Carnival, 7th/12

Men's Nordic Skiing

Jan. 18-19: UNH Carnival, 10th/11

Chummy Broomhall Cup 3rd/3

Women's Alpine Skiing

Jan. 18-19: UNH Carnival, 5th/13

Chummy Broomhall Cup, 3rd/3

Men's Alpine Skiing

Jan. 18-19: UNH Carnival, 8th/13



