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## **The Bates Student - volume 150 number 05 - November 20, 2019**

Bates College

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# the Bates Student

est. 1873

All varsity teams on campus participated in 90-minute mental health workshops at the beginning of the year.  
**CHRISTINA PERRONE/THE BATES STUDENT**

## It's an Illness not a Weakness: Mental Health and Athletes

Ellie Boyle, Staff Writer

Left untreated mental illnesses can lead to the ending of sports careers and even the end of life. According to a 2015 NCAA study, 30% of athletes self-reported experiencing some form of mental illness. And yet, athletes like Kelly Catlin, a silver-medalist in cycling at the 2016 Olympics, are still found dead in their student-housing with notes describing unimaginable anguish.

Mary Cain, a former professional runner with the Nike Oregon Project, recently released a video detailing her battle with the female athlete triad, a disorder stemming from menstrual dysfunction, low energy availability and decreased bone density. Cain relates how her coach, Alberto Salazar, believed that she needed to be skinny in order to win, accusing Nike of furthering her eating disorder and resulting issues.

In order to get Cain to her "goal" weight of 114 lbs, Salazar gave her birth control pills, which is illegal in the sport. This training caused Cain's body to become abnormally fragile, eventually breaking five bones while

running for Nike. Cain stopped running competitively in 2016 and only recently has returned to the sport.

In October, Harvard hockey player Derek Schaedig told his story of mental illness in *The Crimson*. Before attending Harvard, Schaedig said he had never "gotten below a B+" in his life. However, after receiving a 56 and a 78 on consecutive tests, he soon realized that everyone at his school was talented in ways that he was not. While he was focusing on the sport he loved, others were more focused on their respective areas. This culture of giving everything you have in everything you do made him feel like he was failing. Months later, Schaedig reached a breaking point when his brain was constantly filled with suicidal thoughts. It was at this point that he finally reached out for help and began his road to recovery.

For Bates Athletes, the added stress of competing both in the classroom and on their respective playing fields can take a toll, similar to what Schaedig describes.

This year Bates has addressed the stresses of athletes lives by creating a "committee of coaches and staff meeting regularly to develop a larger-scale mental health promotion initiative for student-athletes," the Office of Residence Life and Health Education wrote.

"As part of this initiative, all 31 varsity teams have completed a 90-minute workshop starting formal conversations about mental health," it continued. "After participating in the workshops, all sports teams attended a keynote address highlighting specific strategies for student-athletes."

Mary Richardson '22 of the Track and Cross Country teams is an advocate for the discussion of mental health among athletes at Bates, specifically eating disorders.

In high school, Richardson saw firsthand how her peers struggled with body image in order to be more competitive. She even admitted to feeling those same negative feelings about her body, but becoming a leader and advocate has helped her.

Richardson also represents

another difficult part of being an athlete—injury. Richardson last year sustained an injury that put her out for almost her entire freshman year. And though she still felt connected to her team, it wasn't the same.

"I was in the athletic training room every day," Richardson said. "I would see [my team] running and feel left out."

In response to what needs to be done to help athletes with mental health issues, Richardson explained "that people work themselves to a breaking point and this huge mental breakdown. More of a conversation about preparation, as opposed to reaching a breaking point [is needed]."

Mary talking about waiting until a breakdown occurs spoke personally to me. I was diagnosed with major depressive disorder last fall while I was going through a severe breakdown. There was lots of discussion of me leaving Bates in order to go home and get better.

### MENTAL HEALTH CONTINUED ON PAGE 10

## Bobcat339: Bates Molecule Could Treat Cancer

Andrew Kennedy's laboratory discovers promising new biological molecule

Margy Schueler, Staff Writer

Built in 1965, Dana Chemistry Hall is one of the older buildings on the Bates College campus. Don't let the aged exterior deceive you, though: the students and professors working inside Dana are producing cutting edge ideas and scientific creations. One recent exemplar of this pioneering work was the 2017 synthesis of the Bobcat339 molecule. Named for our school mascot and the page of a student researcher's notebook which detailed its creation, Bobcat339 has potential to control the functions of genes related to cancer and long-term memory.

The molecule was developed in the lab of Andrew Kennedy, Assistant Professor of Chemistry and Biochemistry. In early 2019 the article, "Cytosine-Based TET Enzyme Inhibitors" was published, which provided an outline of the chemical structure of the molecule and its possible implications for treating diseases. In addition to Kennedy, several Bates students, who have since graduated, co-authored the paper: Emma Jarczyk '17, Joseph Alp '18, Kelly Wassarman '18, Haoyu Sun '19, Nathanael Kuzio '19, Michael Bennett '19, and Gabriella Chua '18 who was the lead author. Martin Kruse, Assistant Professor of Biology and Neuroscience, also contributed to the publication.

Bates College currently has a provisional patent on the molecule which protects the college's intellectual rights for a year, before hopefully a full patent with a longer life will be granted. The idea that a single molecule could have implications in treating such seemingly illnesses such as cancer and long-term memory disorders is remarkable and simultaneously difficult to wrap one's mind around. Kennedy will tell you, though, that the idea isn't so far-fetched. "I think to someone from the outside," Kennedy explained, "Or looking on it from the first time to see the idea that somehow a single thing or biochemical pathway could be important in things like cancer and memory is weird. But, at a basic biochemical level, they are very much related."

In order to explain the molecule's function, it is important to understand a few biochemical processes taking place in the body. Kennedy, whose lab primarily studies memory and how the three-dimensional structure of genes is affected by learning, set up the background for understanding how Bobcat339 works. He explains that the brain is made of molecules and atoms and "that means your thoughts and your emotions, your memories, these things that we think of as abstract, are made manifested

by molecules." In order for your memories to be encoded into long term memory, it is necessary for your genes to be used and organized differently. An important process required for long term memory to occur is a biochemical reaction called DNA methylation.

DNA methylation is a reaction that occurs on DNA. Although it does not change the genetic code or your genome, it does change whether that part of the DNA is readable or not. Kennedy provided a helpful metaphor: "You can think of it as redacting something: the language is still there underneath the redaction but you can't read it." He continues, "that needs to happen in certain genes for more memory to be encoded into the long term. If you block it, you block long term memory."

Working with this principle of DNA methylation, the students in Kennedy's lab had the idea to design a molecule that could affect DNA methylation, which in turn has an effect on the properties of the cell. To accomplish this, they structured the molecule three dimensionally using computational methods, and then they synthesized them in the lab. "What we are doing now is seeing if Bobcat339 can affect memory in animals," said Kennedy.

So, to answer the question of how the Bobcat339 molecule can

also have implications in treating cancer, you have to think about how all cellular process are affected by the changing structure of the genome, and how the genome is read. As Kennedy put it, "It turns out DNA methylation is really important for cancer cells becoming more malignant, changing the aggressiveness of cancer. Whereas changing how genes are read is necessary for long term memory. Most of the people who have contacted me, other researchers, asking to use the compound have been in the field of oncology, because they are interested in how this thing effects cancer malignancy."

There is a long process ahead before the molecule could potentially be approved by the FDA. The publication at the beginning of the year established the chemical structure of the molecule, but there is still a large amount of research and testing that needs to take place.

That being said, Kennedy is impressed by the Bates researchers and how quickly the project progressed: "The students who worked on this were absolutely amazing, they were incredible. It is really really unusual to have

### BOBCAT339 CONTINUED ON PAGE 2

## This Issue

### VACCINATIONS PAGE III

Vaccination is critically important in a tight-knit community like Bates



### FOOD WASTE PAGE V

Bates produced 32,741 lb food waste in just October. What's up with that?

### WHITEWASHING CHAI PAGE IV

Originating from South Asia, Bates Chai is not true Chai, Brown '23 argues



### BERNIE SANDERS

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It's not just "Bernie Bros" backing Sanders, Zent '21 writes

### INDIGENOUS PHOTO PAGE VII

Vollrath '21 investigates an indigenous photo at Bates lacking description



### END OF SEMESTER MUSIC PLAYLIST PAGE XIII

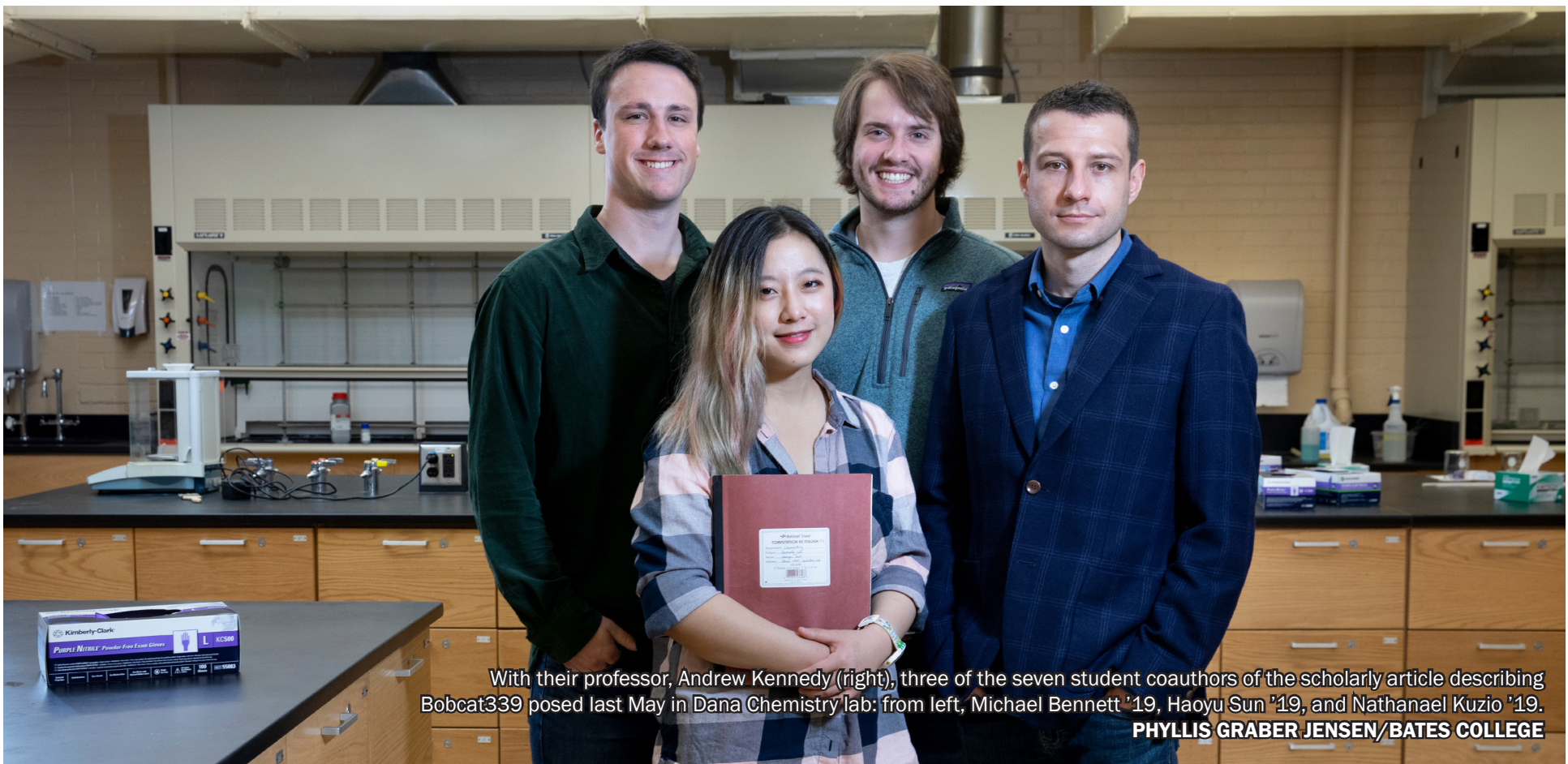
Follow Perrone's '20 chart to find ew listening material.

### MENS BASKETBALL PAGE XI

Bates first-years add talent and height to Men's Basketball







With their professor, Andrew Kennedy (right), three of the seven student coauthors of the scholarly article describing Bobcat339 posed last May in Dana Chemistry lab: from left, Michael Bennett '19, Haoyu Sun '19, and Nathanael Kuzio '19.  
**PHYLLIS GRABER JENSEN/BATES COLLEGE**

**BOBCAT339**  
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ers and how quickly the project progressed: “The students who worked on this were absolutely amazing, they were incredible. It is really really unusual to have a project work at any institution this quickly. The idea that it

would happen at a small college that has an emphasis on educating the whole person, and on research is really cool. I think it’s also surprising to some people in the research field.”

# Africans in Academia: A Faculty Discussion

Madeline Polkinghorn, Managing News Editor

On Friday, Nov. 15 the Bates African Club produced a roundtable discussion entitled “Africans in Academia”, which hosted Professors Patrick Otim and Abraham Asfaw as speakers. The professors discussed their journeys into the academy as East African scholars.

Otim, who is an Assistant Professor at Bates and has taught at the college for several years now, had a non-linear trajectory to entering academia. Born in Northern Uganda, Otim originally had plans to pursue law, but was accepted into the prestigious Makerere University in Kampala for history, instead – a subject which was not taken seriously compared to other classically pre-professional tracks like law or medicine.

“In Uganda,” Otim remarks, “[history] is what they would call a ‘flat course’. It’s not a serious course, you know? It’s not a serious course in the sense that it’s not a professional course... So I was just going to have a degree, and that degree is probably meaningless. And so what do you do

with that?”

At Makerere, however, Otim excelled as a student, and began his own column for the national newspaper, gaining the attention of the publication’s editor. “He called me to his office, and I did not even have the transport money to go to his office once I got his letter. So he sent me the money to go to his office. So I went to his office and he said: ‘I like your writing. Are you really writing these things?’”

With only months left until graduation, Otim was offered a position as a war correspondent in his home village in Northern Uganda. After covering the Lord’s Resistance Army insurgency in Northern Uganda for a year, he worked for a refugee organization aiding victims of war. He then received an invitation for the interview at the University of Notre Dame to pursue a master’s degree in Peace Studies. He “reluctantly” enrolled, doubting his prospects in academia.

When his advisor at the university asked if he was pursuing a PhD, he was befuddled by

the question; having known few PhD’s during his upbringing. “So she said: ‘You should consider doing a PhD.’ Being a Ugandan, you know, you always have to respect authority. As a young man coming from Uganda I’m like, I’m going to apply [for a PhD] not to offend this woman.”

At the University of Wisconsin, Madison, Otim tracked the histories of pre-colonial intellectuals in Northern Uganda. He was offered a position at Bates before completing his dissertation.

Asfaw, who hails from Ethiopia, is a visiting Assistant Professor of Economics at Bates. His venture into academia, like Otim’s, was also an unorthodox one. Now a scholar of healthcare economics, Asfaw had failed the ninth grade. After this setback, Asfaw took his academics seriously, and soared in mathematics.

“I went to university, I did well... Sometime after that, I worked for a bank. I worked at a bank for about six months, and then another job came... They paid more, so I switched there.” Asfaw received his bachelor’s

from the University of Gondar, and his master’s degree at Addis Ababa University, where he also served as a lecturer. Receiving encouragement from friends and family to continue his academic career, Asfaw moved to Dekalb, Illinois, to receive his doctorate in economics at Northern Illinois University. “My experience was great. I did very well in many ways. You know, passing the exams, writing the papers. That’s why I managed to be a postdoctoral fellow at Tulane University.”

For Asfaw, both Bates and Maine itself were especially uncharted territory.

“I had never heard of a state called Maine,” he laughed. “I was in [the United States] for almost seven years, and I really didn’t know about Maine... I told my dad, I got a job... He asked me: ‘Where is Maine?’ I told him, it’s somewhere near to Boston. He knows Boston, so he said, ‘ok, ok.’”

Both professors, while enormously satisfied with their experiences at Bates, touched

on certain difficulties regarding their migration to the U.S. more broadly.

“I do know my accent is different,” said Otim. “And there are places I go to in the U.S., where I know I will have problems. Or if I am on the phone with the insurance company, that’s a problem.”

Asfaw spoke to the struggles of raising a family in a culture different than the one in which he was brought up. “I have my own family here. That’s actually the toughest part. I have two children, and one of them is going to school. Finding [friends] is very difficult... In Ethiopia, I wouldn’t even have to arrange that for him”

The most valuable aspect of working at Bates, argued Otim, were the ways in which it enabled him to impact others. “It’s put me in the position to help other people... I feel that’s the most fulfilling part of the job. Being able to see somebody struggle, and be able to help that person. My daily struggle, I shouldn’t have to see another student having that struggle. It was hard.”

# German Department Observes St. Martin’s Day

Isaac Williams, Staff Writer?

After Halloween concludes and we move into November, it seems like American culture immediately plunges into the extravagant and over-the-top Christmas bonanza (even before Thanksgiving, my goodness). People living in the States may not be aware but there is actually a wonderful European holiday, also ending in “-mas”, that can shift our attention away from the premature Christmas celebrations in early November: Martinmas, or St. Martin’s Day!

This holiday falls on the eleventh of November, the Funeral date of St Martin of Tours and is celebrated in Germany and a few other European countries. The tradition in Germany involves large bonfires, consumption of a St. Martin’s goose, and lanterns made by the children.

The Bates German department celebrated St. Martin’s Day a few days after the eleventh of

November on frigid Friday. The purpose of this event was to engage local children with this wonderful holiday by partaking in the lantern making process, letting their creative juices flow. Professors Jakub Kazecki and Raluca Cernahoschi organized this event with the help of the department’s teaching assistant Alexandra Efstathiades who organized a baking session to concoct traditional German pastries called Weckmänner.

The crafting station consisted of a wide range of lantern colors, festive papers, cotton balls, speckles and much more. The youngster I assisted designed his first lantern to look like an evil spider and then performed an aesthetic makeover on the second by covering it head to toe in cotton balls.

When the lanterns were complete, we all sang the customary song “Laterne, Laterne” with musical assistance from two German students, featuring the violin and the guitar. Since it was quite chilly on the Bates campus, a procession did not occur. Instead, the kids were able to take their lanterns into dark room to see their

work shine in the “night” sky.

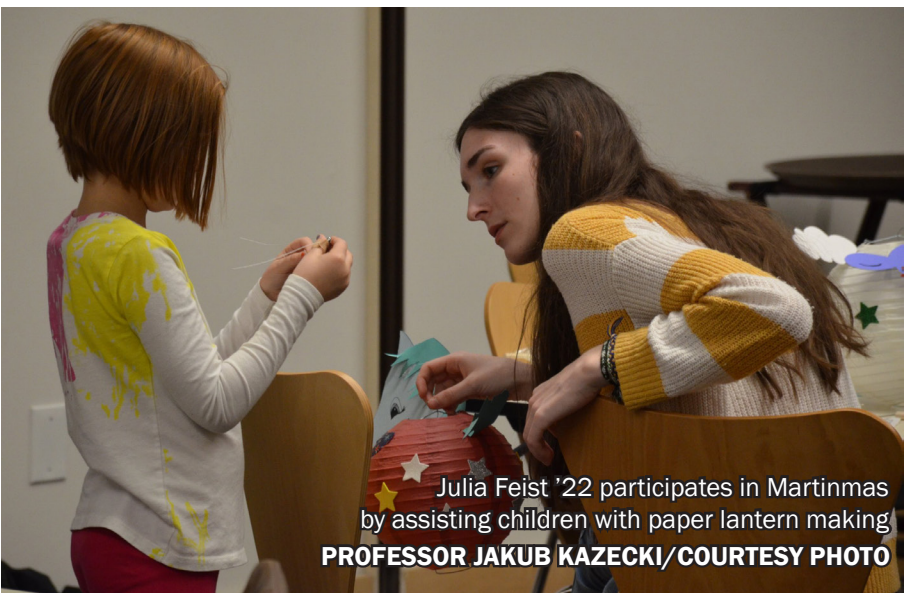
There was another component of the festivities that didn’t involve St. Martin’s Day traditions but was still quite exciting. The German professors had set up an array of translated German children’s books for us students to read to the kids. Granted, this is not a tradition of Martinmas but combining friendly college kids with youngsters is a great opportunity to demonstrate the joy of reading.

Additionally, the selected books had wonderful illustrations. My compatriot and I explored a book called Armstrong by Torben Kuhlmann where a mouse was determined to prove that the moon is made of stone and not cheese like all the other mice believe. It was a light read with brilliant illustrations including a brief history on space exploration history. Having a that pair, a

college student and a child, can make reading seem less like your parents are forcing you to do it, and instead a fun thing that two friends can learn from.

Overall, I thought the event was quite enjoyable. Hands on activities are great ways for young people to expand their cultural horizon because it gives them something to do. If they went to a lecture or a presentation, boredom would ensue and the kids would walk away with

no new knowledge. While our Friday activity doesn’t provide an in depth discussion about the cultural practices surrounding St. Martin’s Day, at least these youngsters may happen to hear about the holiday again and go “Oh wait, that’s the holiday where we make lanterns.” If they are capable of merely that, a good deed has been done because our youth are exploring and interacting with different parts of the world.



Julia Feist '22 participates in Martinmas by assisting children with paper lantern making!  
**PROFESSOR JAKUB KAZECKI/COURTESY PHOTO**



# “Problematic Faves” Talk Balances Morality and Hollywood

Claire Kissane, Contributing Writer

Recent developments in popular culture have forced us to reckon with the moral failures of once beloved figures such as Woody Allen, Kevin Spacey, and Bill Cosby. On Thursday, Nov. 14, Bates hosted a talk with Erich Hatala Matthes, Associate Professor of Philosophy at Wellesley College to discuss the intersections of popular culture and ethics in a turbulent moral landscape.

The event was an opportunity to hear Professor Matthes’s views on how we should think and feel in response to immoral acts committed by popular artists, and to hear about the book that he is developing about this topic. The event attracted such a large crowd of Bates students, professors, and community members that it had to change rooms.

Matthes began the event by asking, “Do immoral artists make worse art?” He then gave a general overview of the structure of his book, with his thesis being “an artist’s moral flaws can render their work aesthetically worse; but this is unusual.” He explained three different kinds of moral criticism of art: moral criticism of a person (the artist), moral criticism of an artwork, and aesthetic criticism of an artwork.

Then, Matthes went on to explain two different types of criticism for art that can be used to assess the moral flaws of artists. “So what I want to think about is, is it something about the work that we’re responding to... is there some aesthetic flaw generated in the work by the immoral

act of the artist that makes it the case that we turn away in disgust. We’re responding to something that’s gone wrong.”

Matthes finds problems with applying both of these arguments and criticisms to artists and their immoral behaviors, but explains to us that the relevance of the immoral works of the artists need to be established case-by-case. “In other words,” Matthes says, “the artist’s moral flaws matter to the aesthetic success of their work only when they influence or alter its meaning.”

“The life of the artists and the acts of the artists influence the way we view an artwork,” Matthes claimed. “It raises the stakes as well. There may be movies or songs that present a morally problematic situation as acceptable. But, it’s a fiction and we can explore possibilities in fiction. When the thing that’s being reflected is real life, it seems like it’s trying to marshal the audience to accept an artist’s immoral actions.”

During the question and answer portion of his talk, students and professors alike posed numerous evocative questions. However, when asked about *The Cosby Show*, Matthes admitted that he still did not know how to feel about it. This only further emphasized the relevance and difficulty of contemplating this topic.

Matthes hopes that his book, potentially titled, *Problematic Faves*, will be published in 2021.

# Bates Vaccinates

Katherine Merisotis, Contributing Writer



Zerby Lecturer Michael Twitty spoke to students in the OIE.  
PHYLLIS GRABER JENSEN/BATES COLLEGE

As every seasoned Batesie knows, with winter months follows the inevitable Bates “plague”. Bates College is especially vulnerable to the spread of disease due to its high community engagement and the overall design of a college campus. The influenza disease is a viral infection that spreads easily, attacking the ear, nose, and throat. According to Biology Professor and evolution expert, Donald Dearborn, the flu shot can be a matter of life and death.

“Getting a flu shot is super important, for three reasons,” Dearborn stressed. “It reduces the likelihood that you will get the flu, it reduces the severity or duration of symptoms if you do get the flu, and at the population level it protects those vulnerable people whose health status prevents them from getting vaccinated. This last point is really crucial. If enough people get vaccinated for a disease, we achieve what’s called herd immunity, where the small number of unvaccinated people, [such as] young babies, or people with severe allergies to vaccine components, are protected, because a sick person is likely to encounter only vaccinated people and thus the disease can’t spread.”

The flu is a difficult disease

to cure when an individual contracts the disease because there is no medicine that treats the disease itself. Treatment of the flu involves rest and relaxation for the disease to take its course, something many college student cannot afford.

So far, there have been roughly 500 students who have gotten their flu shot administered by health services. Information on the services provided by Health Services can be attested by Abby Alfred, Manager of Outreach and Support Services at Bates.

While Alfred did not have immediate access to outbreak data from the previous year, influenza among the student population was significant. “We had quite a few [students come to health center for influenza]. Most were students who had not been vaccinated. Some had been.”

It is possible, then, to contract influenza while still being vaccinated, but as Dearborn explained, the likelihood of getting the disease is significantly reduced, as is the intensity of the symptoms.

Alfred also stressed the specific importance of inoculation for college students. “Everyone lives in really tight quarters, so disease spreads really easily. We know that the flu shot is both ef-

fective in preventing the flu and reducing symptoms in those who do get sick... When students get sick, it is really debilitating for a while. You can be out for several days, [it] impacts your academics, your athletics if you’re involved. It just creates a huge challenge for individuals.”

The vaccinations are provided by Bates Health Services free of charge. To receive a vaccine, students must bring their insurance information, required already for entrance into the school. This allows all students to receive a vaccination and prevent the spread of the flu on campus.

Although it is a busy time of year for college students, this does not dismiss one’s civic responsibility to stop the future spreading of disease. However, Bates College, specifically Health Services has created an easy and effective way to vaccinate the majority of students by orchestrating clinics that occur in Commons. Students are able to quickly get vaccinated then eat their dinner in ten minutes or less.

If you missed the first clinic there is another clinic on Nov. 21, 2019, in upstairs Commons 221-222 from 4-7 pm.

# Penobscot Nation Ambassador Speaks to Bates

Ellie Wolfe, Staff Writer

On Wednesday, Nov. 13, in the basement of Pettengill Hall, members of the Bates community gathered to hear a talk from Mauiian Dana, the Penobscot Nation Ambassador.

While it was not the first time Dana has visited Bates, (she previously spoke at a decolonizing workshop at the College last year) her talk was well attended. The ambassador focused her time on what it was like to be an indigenous person in Maine, and her own tribe’s relationship to the state and the federal government.

The Penobscot tribe is prominent in Maine, and Dana was recently appointed the official ambassador of the group. Previously, she worked as the Human Resources Director for the Penobscot Indian National Enterprises and worked in the Penobscot Nation Cultural & Historic Preservation Department.

Anthropology professor

Kristen Barnett introduced Dana and pointed to the importance of Bates’ relationship with Native Americans.

“Bates has historically had a complicated relationship with native communities,” she said. “[We are] beginning to pay acute attention to the amount of work we need to do. Proper acknowledgement will come as a result of institutionalized efforts.”

Two of the projects Dana has undertaken as ambassador included removing anti-indigenous mascots from Maine and doing away with the state’s “Hunt for the Indian” holiday event. Although it was difficult, she was able to work with the local and state governments, including meeting with Governor Janet Mills to ban those things.

When she met with Mills, she was pleased with her opinions on issues surrounding indigenous people.

“She agreed that Indian mascots have no place in Maine,” Dana said. “She agreed that celebrating Columbus Day had no place in Maine. Governor Mills is very pro-Maine.”

Dana also pointed to the importance of sitting with someone who you disagree with and talking things out.

“Decolonization is a big concept, but it’s simple,” she said. “It starts with conversations. The conversations we had because of the mascot stuff it is what drives decolonization.”

It’s about “broadening horizons,” she added. “That’s where we see shifts in policy.”

Her fight to ban Indian mascots from Maine schools was an uphill battle, where certain school committees were especially aggressive.

“If we are telling you it hurts to be a mascot, you don’t tell us it doesn’t,” she explained. Al-

though it took some time, she successfully banned Indian mascots.

Dana often has to reckon with non-indigenous people not understanding the struggles that Native Americans face.

“When you are used to being privileged, equality can feel like oppression,” she said.

One thing that her work has also focused on is trying to keep sovereignty within her tribe. It is difficult, as there are a lot of different laws and acts that each say specific and complicated things.

“Indigenous people have rights, tribal sovereignty is a real thing, let’s work together,” she said. “We will not back down.”

Tribal sovereignty highlights the complicated and sometimes tumultuous relationship between indigenous tribes and the state and federal government.

“As far as sovereignty, in Maine especially, it’s the concept

that the federal government owes us a whole lot that’s never going to go away based on theft of land, resources, people, culture, that sort of thing,” she said. “Genocide isn’t five hundred years ago. Throughout the decades, the government was removing Indian children from their homes and sending them to boarding schools. That’s genocide. These environment takeovers – that’s genocide. It hasn’t stopped. There’s not an end date. We paid for it in blood.”

Dana added that it was “almost offensive how much the federal government hasn’t followed up on Native American issues.”

Despite the setbacks, long nights, and hard fights, Dana is still fighting for basic rights for the Penobscot Nation and all indigenous people.

## The Bates Student

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## About Us

The Bates Student is a biweekly student-operated newspaper produced for the betterment and knowledge of the Bates and Lewiston/Auburn community.

Views expressed in Letters to the Editor, Columns, and Features in the Forum section are the opinions of the writers and may or may not reflect the opinions of the staff. Letters to the Editor must be received by 6 p.m. on Sunday for Wednesday’s publication. Letters should be under 500 words. Please email them to the Managing Forum Editor at klarry@bates.edu. The Student reserves the right not to print any article and to edit for clarity and length.





# A Brief History Lesson: Stop Whitewashing Chai

Skye Brown, Staff Writer

Located on Frye Street in Ross House lies the unspoken treasure of Bates: Le Ronj. The Ronj, established in 1997, is a student-run coffeehouse dedicated to satisfying the caffeine needs of Bates' students, faculty, and any wandering stranger. You can expect to be greeted by the Ronjistas (the student baristas), the warmth of the lights, and student artwork on the walls after you walk in.

The Ronj serves coffee addicts, tea lovers, health nuts, and those with a sweet tooth alike. You can order anything from coffee to tea to smoothies to hot apple cider. But, it seems that most people who walk in orders the chai. Chai, which is comprised of a mixed spices substance with milk frothed together and finished with cinnamon on top of the foam, is one of the most beloved beverages. This drink can give you more energy by adding a shot of espresso, yet besides the hype for the tea, there is much backlash.

Aside from the growing popularity of chai, there has been much criticism of the authenticity of the drink. Students who hail from South Asia, the origin of Chai, remark about it being "watered down" or "appropriated" by the majority of white students. These students claim that the chai offered at any social, club, or Bates sponsored functions is "misrepresenting chai."

Talking to a few of the stu-

dents, the first thing they told me that frustrated them was the name. They claim that people often refer to the drink as "chai tea" instead of "chai"—they explained that this is redundant since chai means "tea" in Hindi, so basically, students are saying "tea tea."

Another dilemma is the way chai is produced at Bates. Chai is made through a mixture of spices: cinnamon, ginger, cloves, cardamom, and pepper. These spices vary from region to region. Chai sprung up in Southeast Asian cultures and spread to other various parts of the world, such as Africa, where it is particularly popular in Somali culture. One student in particular mentioned that chai offered at Bates, through a liquid or powdered substance then mixed with milk, has very little in common with traditional chai.

Numerous students have noted how chai is popularized by Western culture, especially on campus. One student remarked that "it's not yours, it's not authentic," further explaining how students Americanize and whiten this tea.

"It's like the same thing with yoga, it originated in Northern India but this practice was taken and then Americanized—they even do the namaste with their hands," a first-year student said. Students of color are annoyed by the way chai is cherished by the students at Bates; a first-year said that chai "is part of our lives" and



they do not appreciate the way it is appropriated.

Questioning them further, I asked about how people should re-approach their perspective on

chai. Their responses were not about making the students stop drinking chai but to use the correct term, know that the chai served at Bates is not real chai,

and to learn more about the rich history of chai that has seeped into American culture.

# We're Here, We're Queer

Kyle Larry, Managing Forum Editor

After years of individuals discriminating against me for identifying as queer, it felt refreshing to hear that in college I would finally be surrounded by individuals who will understand and accept me for who I am. Sadly, after coming to Bates College, I realized that was far from the truth.

Instead of being embraced with words of affirmation, I was met with disgusted faces and annoying remarks. For a school that prides itself on diversity and inclusion and for students who consider themselves to be "social justice warriors," I constantly see queerness being criticized in both academic and social settings.

When it comes to academics, I always find that most of the departments here at Bates manage to incorporate race and gender into their courses—which is a great thing. However, what I don't see is queerness also being held to that same standard.

In my opinion, the only time you really delve deep into the queer identity is if you take course within or cross-listed with the Gender and Sexuality Department. And those courses are occupied by predominantly white women.

So, my question is: where are the men? How come so many men consider themselves to be

allies, yet refuse to take those courses, so that they can understand the experience of a queer individual?

And outside of that question: why as an institution don't we put pressure on students to take courses that explore identity, so that students can go outside of their comfort zone and learn about issues that their peers face on a daily basis? Or why, as an institution, don't we celebrate holidays that pertain to the queer and trans identities?

I know what you're thinking: people can support queer students without having to get involved? But that's part of the problem! You cannot call yourself an ally without doing any of the work it takes to be an ally.

In order to be a true ally, you have to actively go out and visibly show your support. You have to correct people whenever you find something they say is considered a microaggression. You have to dismantle your own perceived notions about sexuality and fluidity. Because if you don't, you are still reinforcing the problems that relate to the heteronormative society that we live in today.

The problem is queer people are not visible. Queer couples are not celebrated in the same way heterosexual couples are. Queer individuals are still violently targeted.

These are issues that need to be reiterated to everyone who considers themselves to be "for

the cause" in an educational setting. And this way, student can use that education and apply it to their own lives because it's too been many times that I've heard Bates students use homophobic rhetoric against me or another queer person.

Throughout my time at Bates, I've been judged for listening to "twerking music" because it's deemed as "too feminine." Or I been accused for having a crush on a guy just because I said "hi" or gave him a compliment, as if saying "I like your shirt" is equal to "I'm sexually attracted to you."

I am always surprised to see students who considering themselves to be open-minded, so polarized when talking about how a female-identifying person should act verse a male-identifying person. And whenever a person acts outside of those socially constructed behaviors, someone has to "remind them" of the role they have to play, like how students have done with me.

Students have tried to remind me that I have to "maintain my manhood" by trying to stop me from dancing and showing affection. But, I am very comfortable in my sexuality and you should be too.

We as a community need to stop trying to silence those who are different and make them question who they are. We should instead embrace them and show them their importance.

# Problematic Faves

Pico Banerjee, Contributing Writer

On Thursday Nov. 14, Professor Erich Hatala Matthes from Wellesley College gave a talk at Bates regarding how people should react and interpret art created by morally questionable artists. Matthes is a professor of ethics, politics, and the aesthetics of cultural heritage, art, and the environment and is currently writing a book called *Problematic Faves: When Good Artists do Bad Things*. In this talk, he discussed one of the book's main topics: "Do immoral artists make worse art?"

A popular subject within modern aesthetics explores whether or not one could assign moral value to works of art. On the surface level, this might not make much sense—however, art by definition is a created work, made by someone who is capable of thought. Therefore one could argue that although art does not contain any innate moral character, the creator of that work is worthy of moral judgment.

With the rise of the #MeToo movement and increasing scandals against celebrities, exploring the relationship between aesthetics and ethics has become increasingly pertinent. Matthes' talk operates on the premise that because the artwork is created by moral subjects, it makes sense to examine the relationship between the artist's character and the aesthetic quality of their work.

That stance seems to be sufficiently nuanced to remain applicable in an increasingly morally ambiguous world. Matthes makes it clear that individuals like Bill Cosby and Woody Allen are bad people, but he goes on to argue that their work as artists has been hugely influential and worthy of aesthetic evaluation.

Due to the recent sexual assault allegations brought against

him, Allen's films, particularly *Manhattan* (1979), are coming under increased scrutiny to see whether or not his immoral actions diminish the quality of his work. Yet, thousands of people love most of Allen's filmography and arguably even more people enjoyed *The Cosby Show*. Does that imply that the fans of art created and starring immoral artists are committing moral "crimes?" Matthes doesn't explicitly answer that question, but he concludes that film and other artistic media generally retain their aesthetic value, even if the artist has committed moral transgressions.

I wish Matthes had expanded on how one should react to intentionally morally transgressive artwork. Specifically, how should we judge the aesthetic merit of art and literature explicitly made to offend our moral sentiments when it's created by morally questionable people like Le Marquis de Sade, Charles Baudelaire, and Georges Bataille? All of those authors are known for their flippancy and disregard of moral norms, none more infamously than de Sade, however, the art they made has been highly influential on intellectual history. One cannot defend the amorality postulated in Sade's *The 120 Days of Sodom* or its vivid depiction in Bataille's *Story of the Eye with a Straight Face*, but does that imply that those texts are devoid of value? I and many modern philosophers would beg to differ. Furthermore, is it, in fact, possible to claim that because the authors of those texts were moral transgressors themselves, they elevated the aesthetic quality of their works? I sincerely hope that Matthes addresses what he thinks about the value of morally transgressive artwork when he finishes his book—I look forward to reading it.



# Pete Intrigues Exhausted Voters

Roy Mathews, Assistant Forum Editor

With the 2020 Elections right around the corner, the Democratic primary is heating up. Lesser known candidates like Tim Ryan and Seth Moulton have dropped out, while other candidates like Kamala Harris focus their resources on Iowa to keep their campaigns afloat.

We've seen everything from Medicare For All to mandatory gun buyback programs to "Biden Bashing" at every corner. What I haven't seen and what some Bates Democrats I interviewed expressed to me as a huge point of concern was the elephant in the room: a candidate that can beat Donald Trump.

Bates student Austin Dumont '21 sat down with me to discuss the presidential race and dispel misconceptions with some refreshing straight talk that reminded me that voters like Austin will be the ones that decide who our next president is.

Austin told me he began to pay attention to the 2020 election as soon as Trump emerged victorious in 2016. The focus for Austin was getting someone "new, unique, and can appeal to the most amount of people," in other words someone with the widespread appeal of Joe Biden that's not the baggage heavy vice president.

Austin told me he is currently all in on South Bend Mayor Pete Buttigieg. His youthful age

(37), veteran background, and his professional demeanor stuck out to Austin, who expressed that "demeanor and virtues matter more than experience" for him.

"The President of the United States should be someone that kids can look up to; the President should be a role where character ultimately matters in the end," Austin remarked to me when I asked if experience or character takes precedent for a candidate.

A veteran Rhodes Scholar with an open understanding of PTSD and its effect on soldiers, Austin remarked that Buttigieg's ability relate to scores of people is what made him so appealing.

"He's somebody that, even if you disagreed with him, the U.S. can be proud of him as a leader," Austin stated. I turned to the subject that most bothers today's progressives—electability—with Austin as well as a few Bates Democrats.

Media pundits have expressed two concerns over Mayor Pete Buttigieg's electability. The first, even though this is hardly an issue for our generation, is his sexuality; the other is his cross racial appeal.

According to a Gallup Poll conducted this year 64-67% of Americans are in favor of same sex marriage with an almost equal number approving of same sex relationships. However, House Majority Whip Jim Clyburn (D-

SC) responded to a question on CNN if Mayor Buttigieg being gay was an issue for older, black voters with "yes it is an issue, but I will say its a generational issue."

His polling in my home state of South Carolina is still in the low single digits, but many supporters, including Austin think that it will be a non-issue among younger voters. Representative Clyburn did add that, "the issue is not what it used to be for many folks" and alluded to family members who have been an important part of Mayor Buttigieg's campaign in the Palmetto State.

In a state where over two-thirds of the Democratic primary voters are black, Austin says he hopes that as Biden's support wanes, Pete will become the alternative for black voters.

Mayor Buttigieg has also struggled to win over minority voters more broadly. Both Joe Biden (33%) and Elizabeth Warren (16%) have seen a steady increase in support among black voters in South Carolina according to The Hill. Mayor Buttigieg and Senator Harris both come in at 7% in the South Carolina Primary according to RealClearPolitics.

Despite Biden's comments on segregationists and Warren's "race faking," Mayor Buttigieg's demotion of South Bend's first black police chief caused con-

troversy because he allegedly recorded subordinates phone calls. This attracted criticism from black residents who speculated that the calls captured officers making racist comments.

Mayor Buttigieg's citing the Federal Wiretap Act as justification for not releasing the tapes, which only added fuel to the fire. This frustrated many black residents of South Bend and that showed when Mayor Buttigieg's vote share among South Bend's black voters plunged by 20% in between elections.

While his actions do not reek of racism, they do make some black voters question his ability to listen to their concerns. However, if Mayor Pete can win Iowa, do well in New Hampshire, and make a strong showing in South Carolina, he may just be able to prove that he's the one for the Democratic Party.

Getting back to Bates and to Austin, I questioned him on whether he thought the primary goal of Democrats should be going into the 2020 election.

"It's about beating Trump," Austin replied, even as I noted more revolutionary ideas like Medicare for All, free college, and the Green New Deal. "Being pragmatic, measured, and open to options doesn't mean he's not a progressive,"

For example, he is supportive of Mayor Pete's "Medicare

For All Who Want It" plan, adding that "we don't need to force people to adopt Medicare if they don't want to."

I spoke to two more Democrats on this issue of being appealing versus being revolutionary and found some agreement. One anonymous, black, and female Bates student told me, "all that matters is beating Trump, if you want to burn the system down than you'll see more Trumps run."

Another Bates student, whose parents immigrated from Latin America, was more direct: "get Trump out, we can argue with each other about healthcare and other crap when we kick him out."

Personally, these were strange takes for me to hear. Often the loudest in the room are the ones most people take their political cues from. However, after Austin was gracious enough to sit down with an unpopular conservative, I can assert that maybe the "Silent Majority" isn't confined to just the right wing of American politics.

If Mayor Buttigieg can make it through these Democratic Party quagmires, he might just be the New Hope for the Democrats in 2020.

## Food Waste: Thirty-two thousand, seven hundred and forty-one pounds of it

Diego Zent, Contributing Writer

We produced 32,741 pounds of food waste that was converted into pig food in October. What a staggering number, right? Nonetheless, more waste needs to be examined.

There is also the consideration of materials that are composted (food, tea bags and stirrers,) recycled (paper, plastics, tin, glass, and cardboard) and, finally, unconverted trash going to the landfill. Therefore, 32,741 pounds of food waste is only a fraction of the total waste generated to produce meals in Commons.

Overall, statistics from last October vs. this October reveal that the amount of waste generated in Commons and the amount diverted from the landfill are

prrelatively static. However, we experienced an increase in the amount of food waste produced—up over 5,000 pounds from October 2018. What does that say about our eating habits at Bates?

A positive that arises out of this situation is percentages of waste diverted from the landfill remain static. So, if the outcome is ultimately positive, then what's the big deal? Some food waste is unavoidable. There will always be inedible apple cores and vegetable peelings that prevents a zero-waste figure for food. Despite this, the question remains: shouldn't we do better?

Worldwide, food waste is becoming a serious environmental and economic issue that needs

to be addressed now. What that means for Bates students is we need to start acknowledging our various forms of privilege.

Having the opportunity to attend an institution where we are provided with a steady supply of meals is a privilege. Acknowledge that, and do not run away from it. Do not try to ignore your lousy habits by consistently grabbing a full plate of food, consuming barely one-third of your meal and then using excuses like time constraints or "I didn't like it." It's within your power to plan arrivals or alternate meal plans or to take a sample of something to see if you like it before loading your plate.

Last week, Bates CHEWS hosted No-Waste November,

which was designed to inform the student body about food waste in Commons. During this event, we talked about the little actions people can take that will result in a meaningful reduction of food waste in Commons, like mindfully choosing your portions and holding your plate closer to pans when serving yourself. (Consider that when food from counters was collected and weighed for just one day it totaled 27 pounds. Multiply that by all of the service days in Commons and you'll see that this small action saves hundreds of pounds.) These acts are within the power of the individual student, who has the autonomy to decide how they dine.

Moreover, on the same day, Sustainable Bates offered a cook-

ing class with Commons' Executive Chef Owen Keene to teach strategies about reducing food waste. He explained how to break down a whole chicken, how to reuse vegetable scraps for a nutritional and tasty stock, and the multiple ways Commons reuses food, among other things.

Moving forward, we need to be consciously aware of how much waste we are producing and how we can play a part in reducing food waste through our everyday decisions. This pattern of producing unnecessary food waste is detrimental to our future, and it is up to us to change this system - one forkful at a time.

## Stop Discrediting Bernie Sanders' Minority Supporters

Diego Zent, Contributing Writer

Ever since the 2016 Democratic primary election cycle that mainly involved Hillary Clinton and Bernie Sanders, there has been an unsettling narrative perpetrated by Sanders' political adversaries within the Democratic Party. This narrative has generalized Sanders' supporters and characterized many of them as overly demanding and unapologetically aggressive.

This led to the emergence of the pejorative term "Bernie Bro," which described a group of upper middle-class, young, white progressive men, who aggressively campaign online for their candidate while harboring sexist and racist sentiments.

Clinton campaign officials adopted the portrayal of Sanders supporters as a monolithic group

consisting of angry, bigoted internet dwellers, describing "Bernie Bros" as "nasty and vitriolic."

This became the prevailing narrative among many Clinton voters who disregarded Sanders supporters as hateful trolls. Sanders immediately denounced any of his supposed sexist supporters, but he was accused of cultivating these behaviors to his supporters because of his unwillingness to compromise on many issues like healthcare.

Ostensibly, this encouraged his base to become belligerent, aggressive, and unwilling to engage with moderates due to Sanders supporters being unable to reconcile any of their differences.

The "Bernie Bro" stereotype quickly became a tactic to delegitimize all Clinton detractors

by associating them with being sexist. This was an attempt to distract away from Clinton's political record, corruption allegations, and her campaign's funding. Much of the media also questioned the diversity of Bernie's base. The Washington Post infamously attacked him in 2016 for his "problem with black voters," claiming that many Sanders supporters downplayed the role that racism had in social and economic injustices.

The media went on to run stories with headlines such as, "Bernie Sanders doesn't know how to talk about black people," despite the fact that he participated in the civil rights movement, has been a longtime proponent for the advocacy of marginalized individuals, and has nearly

flawless ratings based on voting records from the NAACP and the ACLU.

Recent polls have shown that Sanders has the most diverse group of supporters and the least amount of white supporters in the democratic primary race at only 49 percent.

But, the smear tactics employed by the media and Bernie's adversaries in 2016 persist today as he runs his 2020 campaign. The Washington Post has continued to vehemently attack Bernie, the candidate that criticized Jeff Bezos for not having to pay anything in Federal taxes and his failure to properly compensate his employees.

Just like in 2016, Bernie is the only candidate committed to having a grassroots campaign and

stand against corporate greed. It is the current political, corporate, and media establishment that has the greatest incentive to make the public believe that Bernie Sanders is racist and sexist.

Not only has this narrative been a concerted effort to fight against socialist policies, but it has also diminished Bernie's minority voters. It seems that many Bates students-and people in general have fallen for the "Bernie Bro" narrative, discrediting the multitude of marginalized people that have embraced his policies.



# It's Not All Bad!

But some of it is.



Brice Vine and Manwolves >> Waka Flocka  
If only people could chill out and stop knocking everyone to the ground.



Thanksgiving break is finally here.  
Listening to our crazy relatives at dinner is just as traditional as the turkey.



It's...Fall? Winter? Spring?  
Sometimes we wish Mother Nature would just pick one.



Lots of students on crutches.  
Why don't we have heated sidewalks by now?

# Comic Corner

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

Email as JPEG image to [Batesstudent@bates.edu](mailto:Batesstudent@bates.edu)



Jack McLarnon, Staff Cartoonist





The entrance to German's art work. Her sculptures are made with objects found around her  
**MAC GAITHER/THE BATES STUDENT**

# Why Does This Indigenous Photograph in Commons Not Have a Plaque?

Vanessa Paoletta, Managing Editor

The next time you're looking for a place to study and all the PGill lounges are full (and you've inevitably made uncomfortable eye contact with the person studying in each one), consider heading to the cozy Whelan Balcony Overlook in Commons (above the Fireplace Lounge). As you enter, you may notice a striking photograph hanging across from the doors depicting what appears to be an indigenous man paddling a birch bark canoe towards Katahdin. What is also notable about this photograph, however, is that it lacks any sort of written description or plaque.

In an effort to find out more about this photograph, I Google searched "Bates photograph Indigenous man canoe" (I'm convinced efficient googling word choice is one of our generation's greatest skills). My search revealed that the photograph was part of the 2008 Bates Museum exhibit entitled "Wildness within, Wildness without: Exploring Maine's Thoreau-Wabanaki Trail." The Bates website provides a summary of the exhibit. This summary and its depiction of Maine's Indigenous peoples raised even more questions for me.

According to the summary, the 2008 exhibit was a celebration of the Thoreau-Wabanaki Trail, a connection of historical Wabanaki canoe paddling and portaging routes that spans from Bangor to just north of Baxter State Park, going up the Penobscot River and through the woods and waters of central and northern Maine.

The Wabanaki peoples are the original inhabitants of most of present-day northern New England and parts of Eastern Canada and include the Penobscot, Passamaquoddy, Micmac, Maliseet and Abenaki Tribes. Henry David Thoreau, a conservationist writer, at one point in time traveled the route with two Penobscot guides and then wrote about it. The trail that exists today was a collaborative effort between Penobscots and conservationists.

If you're wondering how Thoreau's name ended up tagged onto a historic indigenous trail routes, I am too.

The summary then goes on to describe Wabanaki history. It reads, "Changes to the land and rivers caused the Indigenous people to adapt to a different lifestyle, reducing their dependence on canoe travel. Even in the midst

of great change and adaptation, the Wabanaki spiritual connection to the land and their canoeing culture still exist today." These two sentences alone manage to absolve any responsibility of colonizers or anyone at Bates from the mistreatment and displacement of Maine's indigenous peoples. Changes in the land and rivers didn't cause Indigenous culture to change, European violence, diseases and genocide did. The Wabanaki's experience wasn't "change and adaptation," it was racism and displacement.

At the bottom of the exhibit summary on the Bates website, an artist bio explains that, "Photographer Bridget Besaw's current focus is creating imagery for use as an advocacy tool for environmental protection." While the rest of the exhibit consisted of pictures of white hikers, swimmers and climbers enjoying the outdoors, the photograph of the Wabanaki man seemed out of place. Why is an image of a faceless indigenous person in the outdoors being used for an environmental campaign?

It seems to me an all too familiar stereotype—indigeneity as a symbol for pristine wilderness. We as a society equate native

peoples as being "one" with the outdoors and do not think much past that, forgetting that many of these preserved "wild spaces" are their original homelands that have been stolen.

When society stereotypes indigenous peoples as being a part of the land, rather than living on it, it delegitimizes their claims to their native lands. Delegitimizing native land claims erases the land's history of violent dispossession and allows white people including myself to think the land is theirs to preserve. It is crucial that we as a society and we as a college think more critically about how we use the imagery of Indigenous peoples, beginning with this photograph in Commons.

Overall, I believe that the indigenous history of the land that we Bates students call home needs to be a bigger part of our school's dialogue and teachings.

My hope is for there to be a plaque next to this photograph in Commons describing three things: firstly, that the man in the canoe is a Penobscot Indian, so as to give identity and context to the man in the photograph. Secondly, that the Wabanakis are the original inhabitants of the land Bates

is on, so as to hopefully start a conversation about our land's history and our school's current relationship with local indigenous communities. Lastly, I feel it is important to inform viewers of the Thoreau-Wabanaki Trail so as to give them the tools to look further into it at their own interest and decide for themselves whether the trail is something they want to engage with.

Indigenous peoples aren't just picturesque wall hangings that can be used for aesthetics. Rather than perpetuating this stereotype with the photograph in Commons, Bates has the ability to use it to start an important, difficult conversation about our relationship with indigeneity.

Check back in the coming months to see if a plaque has been put up!

Find the Bates Museum Summary here: <https://www.bates.edu/museum/exhibitions/y2008/wildness/>

Find more information on the Thoreau-Wabanaki Trail here: <https://www.thoreauwabanakitrail.org/overview.html>

# Bates Entrepreneur Spotlight: Olivia Cuneo

Annie Blakslee, Assistant Forum Editor

Bates College is filled to the brim with unique individuals who are excited to share their creative minds with the community. This week I talked to first-year Olivia Cuneo about her small hat business that has historically kept the skiing community of Vermont warm and protected on the cold New England winter days.

Cuneo grew up in Vermont, and attended ski academies that helped her find success in Nordic Skiing. Being a part of a ski program is an incredible opportunity, especially as the snow begins to fall, and coaches bring their teams along as they chase the courses that have been blanketed with the most snow. One of these snow-chasing adventures is how

she began her business.

During her junior year in high school, she attended a ski camp. She explains that there were two houses for her team: one house where the coach enforced no rules, the athletes were allowed to eat junk food and watch TV whenever they were not training, and one house where the coach enforced a strict 1-hour of screen time a day, no sugar, and no movies. Cuneo was in the "strict" house. "If we wanted something to do, our coach essentially forced us to crochet." And this ski trip thus marks the beginning of Burr Head.

Cuneo figured out that she was "actually pretty good" at crocheting hats. After that ski camp,

she decided to make some for her family as holiday gifts, and eventually figured that she could make a profit off of her craft.

One of her coaches also had a hat company which sold warm winter hats for \$25. To introduce a little competition to the niche market, Cuneo decided to start the price of her hats at \$20 to those who asked, and began to get more demand for her cozy, warm product. As the hats became more popular, people asked for fur pompoms, different patterns, and unique colors. At one point, the demand for fur pompoms was so high that she had to order them special from Europe.

Through her Instagram page (@burr\_head), run by her room-

mate at the time, people could DM their order. The order included specific requests, where they chose color, pattern, and a pompom. Cuneo had four hat patterns that she was confident in, and was happy to create hats of any color.

Her well-crafted hats were sent away in a well-designed package to people across the world, including her biggest order that shipped to Austria! Her junior and senior years at high school where incredibly successful for her company. Cuneo tells me the best part about selling her hats is seeing them on people who she does not know. She loves to see her hats keeping the ski-moms warm on the slopes or the side of the Nordic course as

they cheer on their athletes.

"I don't really like crocheting, so I frantically finish a hat and get excited about adding the small details at the end." The final parts to her product include a pompom and a small wooden tag sewn onto the side that has the name "Burr Head" engraved. Cuneo tells me that she wants to share her hats with the Bates community and start to crochet again.

As the Maine winters kick up the cold a notch, she is excited about keeping our campus warm!



# Moisturizing in Maine, a Friend to Friend Study

Pippin Evarts, Managing Arts & Leisure Editor



Last week I was sitting at a table in Commons eating breakfast when a friend walked over with really big news: he had just learned that there was a difference between face and body moisturizer. Learning about face lotion for the first time can be an eye-opening event. A whole new avenue of cosmetics has now been opened to you, exposing numerous possibilities for skincare routines of the future. The cosmetic industry boasts of more facial creams than I can list, but this article will be focusing on Bates students' favorites. With winter being right around the corner, this article is quite timely with it's publication. The cold weather of Maine is not only brisk and scary, but incredibly drying to your skin. I took to the Bates College campus to find out what everyone's favorite face lotion was to help our Bates Student readers be better prepared for this year's wintry dryness!

As for deeply moisturizing facial lotions, I spoke with girls across campus to hear what their go-to's were. Although many brands were brought to my attention, the most common were Drunk Elephant and CeraVe.

1. Before writing this article I had used

Drunk Elephant on a handful of occasions, but I had never used any of their moisturizers. After asking my friend Claire, who uses their Lala Retro Whipped Moisturizer with Ceramides, I have been increasingly intrigued. Of the many girls I asked, Drunk Elephant seemed to be the fan favorite due to it's quickness to dry and ability to transform skin from cracking to supple in just one application. Although on the pricier end of things, Drunk Elephant harbours reviews of being a product that lasts and is worth the extra splurge.

2. In a close second to Drunk Elephant was CeraVe, a cleanser found at most drug stores. CeraVe is an oil-free moisturizer that is hypoallergenic and non-irritating, but what people seem to like best about CeraVe is it's light formula and ability to be applied multiple times throughout the day without filling your pores. Similar brands are Olay Complete Lotion Moisturizer and Cetaphil Daily Face Moisturizer.

Everyone knows that winter not only brings frigid temps here in Maine but also a lack of sunlight. I hadn't even thought of writing about tinted moisturizer until one friend told me that she valued her tinted moisturizer over all other parts of her skin care regiment.

1. While talking to friends on the quad, one friend swore by the GLAMGLOW Glowstarter Mega Illumin-

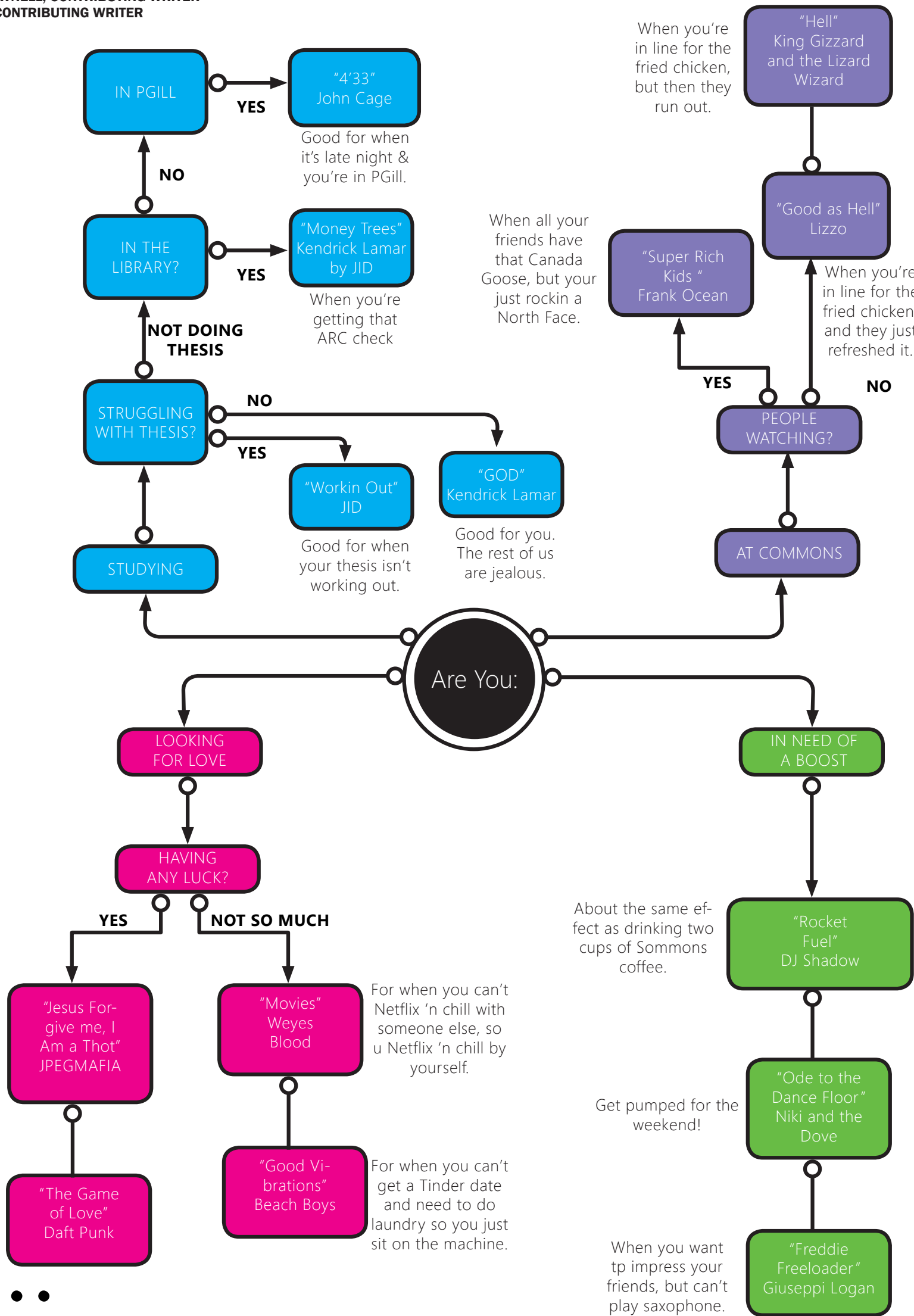
ating Moisturizer. It comes in a lot of different shades, my friend added, and it helps the skin on her face have a little bit more of a glow in the winter.

2. In the same vein of products, Glossier has just come out with a new product: Futuredew. This product is an oil serum hybrid that is used to make your skin look "dewy, glowing and cared-for". Like the GLAMGLOW, it illuminates your skin but unlike the GLAMGLOW it does not have a pigment to it.

3. A third option that also seemed to be used commonly around Bates is the Laura Mercier tinted moisturizer. Coming in a variety of shades, this moisturizer aids in creating a subtle glow for any skin type or shade.

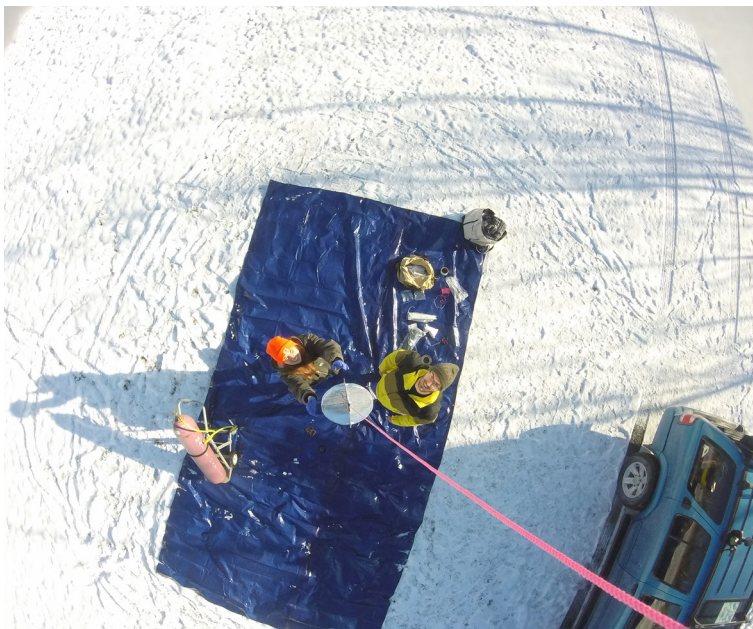
In conclusion, it was incredibly interesting learning about what Bates College puts on their skin in the winter. After speaking with friends across campus, I feel as though I too have a new understanding of facial lotion. In these wintry months ahead, I urge everyone to find a moisturizer that works best for their skin and perhaps use this information from your fellow Batesies to help with your search process.

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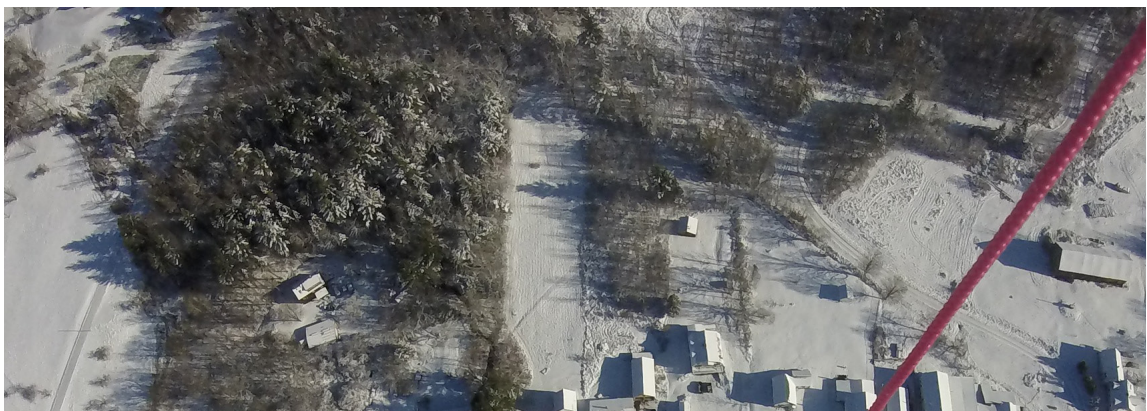




# FEATURES



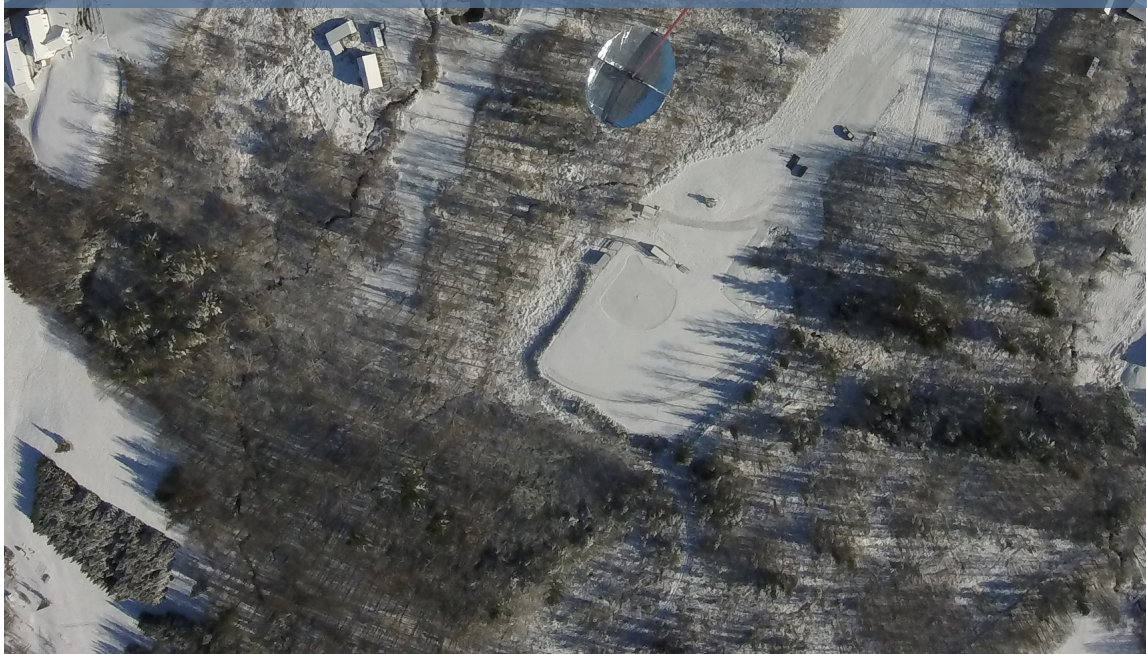
The High Altitude Balloon club was founded several years ago with a former student and Professor Raj Saha, a lecturer in Environmental Geophysics. The mission of the club, as written on the Bates Student Club Directory, is to work together to send High Altitude Balloons to the edge of space. Maddie Hollowell '20, along with two other seniors and a junior, now heads the club.



According to Hollowell, club President, her favourite part of the club is being part of something bigger than herself. She shares, “when you work with a team to create something that gets launched high into the atmosphere of the earth, it makes me gain perspective about my issues and how small everything really is.”

## LOOK: BALLOON CLUB’S FIRST FLIGHT

Layout and text by Georgina Scoville, Assistant News Editor  
Photos courtesy of Morgan Baxter



Morgan Baxter '20, a member of the club, explains, “There is not a huge amount of technical knowledge required to understand what happens.” Essentially, the device consists of a balloon – which contains objects such as a GPS and a GoPro – attached to a parachute. Eventually the balloon pops, making the parachute inflate so that it comes down softly and lands in someone’s backyard or farm.



Frequently cited is the genuine passion of the club members, and their drive to work together to create something special. Hollowell adds that, “working with a group of people that are all excited about what they are doing isn’t a super common thing in college.”





MENTAL HEALTH  
CONTINUED FROM PAGE 1

I was scared to tell my friends what went on in my head. It’s scary to think that you’re not in control of your own body, especially as an athlete who knows her body so well. That there’s another voice deep inside telling you all negative things too horrible to mention in an article. However, when I began telling my story, my friends began sharing their own struggles with mental health. It made me feel normal for once, knowing that my issues weren’t only my issues. They are everybody’s at some point in their life.

I have been a swimmer

for the last 13 years of my life, but this fall I chose to leave the sport I loved to focus on myself and my own wellbeing. Swimming was a part of my identity for so long and any athlete would probably say their sport defines them too. At first I told myself that if I quit I was weak because I couldn’t handle the stress and pressure anymore. Yet, my therapist, who has saved me time and time again, told me during one of our sessions: “Ellie I think we both know you can handle it, the question is what would make you happier?”

Happiness—something

that I hadn’t thought of in a long time. I was so focused on getting better that I forgot to remember what made me happy in life. And sadly, swimming competitively wasn’t one of those things anymore—at least for now.

Admitting you have a mental illness is not admitting defeat, but rather the first step to taking back who you are and who you want to be. For me, it was probably the most difficult thing I have ever had to do in my life. Asking for help was something I only did with homework problems. But, the fact that I am still here at Bates shows how hard I’ve

worked to get better, and I am proud to say that.

A common theme that presents itself when athletes begin to experience the effects of mental illness comes when they begin to fail. Catlin believed silver wasn’t good enough, she believed that she’d lose a race if she didn’t make weight, and Schaedig believed that he wasn’t as high-performing like his peers. Everyone experiences these feelings, but with athletes, I believe it affects us more because it’s expected that we take care of it. Another study done by the NCAA from 2003-2012 reported that suicide

represented 7.3% of the 477 deaths of NCAA athletes.

Remember that there are always people wanting to help you. Remember that it’s okay to take breaks. Remember that self-care and self-love isn’t selfish. And if anyone reading this has been diagnosed with a mental illness always remember it’s an illness NOT a weakness.

To make an appointment with CAPS please call 207-786-6200. If you would like to help add to the conversation of mental health on campus email [healthed@bates.edu](mailto:healthed@bates.edu)



Nordic Ski Coach Becky Woods helps run mental health awareness sessions for teams on campus  
MAC GAITHER/THE BATES STUDENT



MAC GAITHER/THE BATES STUDENT

# Men’s Club Hockey at Bates: The Best of Both Worlds

Jackson Elkins, Assistant Sports Editor

Nowadays, there are countless options for hockey players coming out of high school looking to play in college. Whether it be playing a year or two of junior hockey in order to prepare for college hockey or going straight into NCAA competition, many high school hockey players looking to continue playing can be seemingly overwhelmed with options.

However, a third—and unfairly under recognized option—is club hockey. Offered at many schools from coast to coast, club hockey presents an excellent opportunity to hockey players who don’t necessarily want the massive time commitment that NCAA hockey requires, while also providing a competitive platform for players to continue to enjoy the game.

Bates Men’s Club Hockey is no different. In speaking with one of the team’s first-years, Alex Ross, he had nothing but positives to say about his time with the team so far.

“My experience has been very good with club hockey, we’ve had three games so far and are 1-2. We just won our first home game in Underhill in two years which is awesome! It’s been so much fun with a great group of guys and I can’t wait for the rest of the year.”

That win came against St. Joes, with the two losses coming from games against Dartmouth and Colby-Sawyer.

The team competes in ACHA Division III; here, schools like Michigan State, Auburn, Columbia, Northwestern, and many others have teams which compete at this level.

Like many college players, Ross knew from a young age that he wanted to play college hockey.

“I’ve played hockey since I was 6 years old,” Ross said. “I’ve always loved hockey and knew I wanted to play when I got here regardless of what level of competition it was.”

As mentioned, the universal best aspect of club hockey is the ability to play without the strict time commitments and often extremely challenging circumstances that are often associated with NCAA hockey. That’s not

to say those playing Bates Club Hockey have hours of free time on their hands.

“I love the fact that club hockey is taken seriously and not so seriously at the same time,” Ross said. “It’s such an amazing experience because all of us care about winning but it’s also a relaxed feeling in the locker room and during practice.”

While the level of talent in club hockey can vary, this Bates team is absolutely worth the watch. Ross made sure to point out that this team is “talent-wise one of the best club teams Bates has had in a long time,” meaning that Underhill is going to be rocking this winter.

College hockey in New England is on par with college

football and basketball at big state universities, so be sure to get over to Underhill Arena to watch the Bobcats dominate out on the ice this winter.

The women’s club hockey team is also off to a solid start thus far, sitting at 3-3 with some big wins over MIT and Stonehill. Their season is just picking up, so make sure to go out and support them as well!



The men’s club hockey team takes on UNE in a 2013 matchup  
SARAH DUPONT/THE BATES STUDENT





# Men's Basketball Season Preview

Cameron Carlson, Managing Sports Editor

Now that the first snow-fall has come and gone, winter sports are officially under way and that means it's time for basketball season. Practices have been taking place for several weeks now, and the first week of games is finally upon us.

The men's basketball team has seen success in recent years, but they struggled last season. This year, they're looking to get back to their winnings ways.

Senior guard Tom Coyne echoed this sentiment, "So far our team is very confident and we believe that we can have a special year," he said. "Last year didn't go as well as we hoped, but we have used that as motivation and have really worked hard in the offseason."

The good news is that the Bobcats return a good portion of their lineup from last season and have a system in place that is suited to their strengths.

"We have a lot of talented guards who can all shoot and create [opportunities] for others," Coyne added. "You can expect to see a team that plays very hard and spaces the floor on offense so we can let our playmakers create."

Over the last three years, guard play has been a point of emphasis—particularly after the loss of the Delpeche twins, which removed Bates' built-in advantage in the post.

This year's junior and senior classes consist only of guards, and talented first year Stephon Baxter will greatly add to the depth that they already have.

Having a plethora of guards has its advantages and disadvantages, but Head Coach Jon Furbush knew that it was time to start bringing in some big men to fill the void that existed, especially now that their best post player from last season, Nick Lynch, has graduated.

Three of the four first years on the 2019-2020 squad are over 6'6", and they'll look to make an impact right away.

"Omar Sarr and Cam Riley are two big men who have proven they belong. Cam is 6'9" with soft touch and a ton of potential, while Omar is 6'8", super athletic and only getting better," commented Coyne.

These two will be joined by forward Jacob Iwowo '23, who stands at about 6'7". "Jacob plays on the soccer team so he joined us late, but he has really hit the ground running and has been playing well in practice," Coyne said.

Big men are at a premium in the NESCAC and all around Division III, so adding some much-needed height will have a quick and significant impact on the program going into the season. The only other big man on the roster is sophomore Kenny Aruwa-

joye, who developed greatly over the course of last season, but certainly can't be expected to do it all on his own.

The Bobcats begin the season with 11 non-conference games in preparation for their 10-game NESCAC schedule, which starts the second week of January. The

non-conference schedule includes a two-game trip over the holiday break to Miami, where they'll take on perennial powerhouse Scranton University and St. Joe's College (CT) who is led by former great UConn coach Jim Calhoun.

They'll jump right into the thick of things in January

when they open conference play with Wesleyan, Amherst, and Hamilton, who have been three of the league's top teams over the past few years.

The season officially kicks off on Nov. 20 when the Bobcats host Husson University right here on campus in Alumni Gym.



## Historic Freshman Class Expands Women's Tennis

Ellie Wolfe, Staff Writer

Anchored by seasoned returners and energized by the largest freshman class in the program's history, the Women's Tennis team is shaping up to hit the court running this spring. The team, which had a 7-10 record last year, has new fire in the form of six new freshman players, who, according to Head Coach Paul Gastonguay, make up the largest group of first-years the team has ever seen.

Gastonguay, who has been coaching for 18 years, is especially excited about the first-years.

"This group is very athletic and competitive," he said. "[They] share the same qualities our returners have—they love training and finding a way to get better."

The head coach's words reflect the freshmen class' thinking—all of the players mentioned their desire to improve over the course of this year.

Grace Kennedy '23 has played tennis since she was young. "My dad played growing up and in college," she explained. "My favorite part about playing at Bates is the team. Everyone supports each other on and off the court and makes it focused but [still] fun."

Laura Littlefield, another first-year, shared similar sentiments. "I hope to improve my doubles game and become closer with my teammates," she said. "I enjoy being part of a team and having my teammates to rely on."

Littlefield started playing tennis in the seventh grade af-

ter her parents signed her up for tennis camp. Like Kennedy, her dad playing tennis was a big influence on her choice to play the sport.

Teammate Abby Zerbey '23 also started playing because of her parent, although unlike her teammates, her tennis career began when she was just four years old.

"I started to play because my mom also played and I used to go and watch all of her matches," she said. "I wanted to give it a try as well."

Zerbey's goal for this year is to start in some of the upcoming season matches. She enjoys being on the team because of the competitive play.

"I love the competition," she said. "At my old school, I wasn't really chal-

lenged on my team but here I get to compete and learn new things every day in practice."

Similarly to Abby, Victoria Scott '21 loves the high-level play at Bates.

"My favorite part about playing tennis at Bates is the intensity and love for the game that is shared by everyone the team," Scott said.

Scott added that during her freshman season, she's hoping to "improve [her] own game and contribute to the overall success of the team."

She started playing when she was six years old and quickly became invested in the sport.

"When I was younger, I wanted to try every sport I could," she said. "I ended up loving tennis and just stuck with it."

One sentiment shared by all of the players was their respect for the upperclassmen on the team. The role that the experienced players have is key, according to Coach Gastonguay.

"Our veteran players are very good role models," he said. "They were instrumental in building our inclusive culture which attracted this first-year class to Bates in the first place. I am so grateful to have such a special group of captains that really care about everyone on the team."

Gastonguay added that the upperclassmen have already taught the first-years how to manage their schedules as well.

"They have modeled how to control the things they can control in their daily lives which allows them to be successful on and off the court," he said. "Our upperclassmen have already infused the first

years with their passion to be the best they can be and the hard work and dedication that it takes to get there."

The recruiting process, which the upperclassmen help with, is instrumental to finding players that are not only talented but also fit the Bates community.

Gastonguay recruits at various showcases and tournaments throughout the summer, as well as coaching at college exposure camps.

"Attitude and work ethic [are] everything in college tennis and I am able to work with some amazing athletes," he said. "I want to coach athletes who are open to new ideas and not afraid to fail. Those are the athletes that become elite competitors in our program."

Gastonguay is looking forward to the spring season and is hoping for continued success within the program.

"We had a strong start to the year because of our inspirational leaders and the influx of a talented first year class," he said. "It is a blast coaching this team and I can't wait for the spring—I know everyone will continue to work hard and be ready!"

The women's team kicks off the spring season with their annual training trip to Florida, where they open with a game against the University of Tampa on Feb. 18, followed by Rollins College on Feb. 20.





## New Coach, New Courts, New Season: Bates Squash crushes Vassar, leaves with split results at Bowdoin

Vanessa Paoletta, Managing Editor

The Men's and Women's Squash teams opened the 2019-20 season this past week with mixed results; the women won against both Bowdoin (7-2) and Vassar (9-0), however the men lost a tight game at Bowdoin (5-4), dropping their previously held 29-game winning streak against the Polar Bears. The next day, the men's team came back strong to wreck Vassar 9-0.

These first games follow a challenging preseason for the Squash program. Pat Cosquer '97, the Head Squash Coach for 11 years, left this spring for a coaching position at Hobart and William Smith Colleges, leaving Bates Athletics to search for a replacement. Additionally, renovations at the Bates squash facility this fall limited the Bobcats' ability to practice during the preseason.

On Nov. 15, Bates traveled to Bowdoin for their season-opening game. In this game, the men's team suffered five losses at the first, fourth, fifth, eighth and ninth positions. Jesper Phillips '22 and Garon Rothenberg '20 won the No. 2 and 3 positions with four games each. First-years Jairaj Singh and Sultan Hashmi both won their first matches as Bobcats in the No. 6 and 7 positions, winning three games each.

Omar Attia '21, last year's No. 3 player during the NESCAC Championships, will be absent from the team until returning from abroad at the end of the year.

The women's result was more favorable with seven women winning their matches to solidly beat Bowdoin.

All of the winning Bobcats ended their matches in three games, finishing the Polar Bears off with little fanfare. Team captain Luca Polgar '20 and Katie

Manternach '21 won in the No. 1 and 2 positions; first-years Erika Parker, Victoria Haghighi, Cordelia Dotson and Lucy Moseley began their Bates careers with wins at the No. 5, 6, 7, and 9 positions. Natalie Bachman also earned a point in the No. 8 spot.

The next day, Nov. 16, both teams played at home, dominating Vassar 9-0. Fifty-four games of squash were played, and fifty-four games of squash were won by Bates, breaking in the new courts with style.

Yet, getting to the start of season was not as easy as it has been in the past. Numerous hurdles stood in the way of the team this season, changing the dynamic of their preseason practices.

As Athletics conducted the search for a new coach, Head Tennis Coach Paul Gastonguay took the lead, directing the Squash team until just last week.

"Honestly, it was great having Coach Gastonguay," Bonnell said. "This isn't the first time he's acted as interim squash coach...he knows how to coach a team; he's not an expert in squash but that didn't make a big difference for us."

"He helped us with mental stuff, with administrative things," Polgar added. "If we needed anything he was there, if we needed advice he was there. Having him was a huge help for the team."

Although Bates Athletics named Reinhold Hergeth, a native of South Africa and a 2013 graduate of Trinity College, as the successive Head Squash Coach on Sept. 30th, he was unable to officially take up the post until Nov. 13, when his new visa was approved.

While at Trinity, Hergeth helped the Bantams win three national titles. After graduation,



Ella Lungstrum first win as a first-year  
THEOPHIL SYSLO/BATES COLLEGE

tion, Hergeth began coaching as the lead professional and later the head professional at Chelsea Piers in Stamford Conn.

And if changing coaches isn't enough, the Squash teams also had to find alternate courts to practice on during preseason. This fall, Bates Athletics renovated the six off-campus squash courts, pouring new cement, replacing the old wood floor and redoing the walls, completing much needed work, but also rendering the courts inaccessible.

"The floors were kind of springy in weird ways," Men's captain Graham Bonnell '20 said. "Some of the floor boards would have different amounts of give than other floor boards so they went in and poured fresh concrete into the courts and then put completely new wood floors in and replaced the walls."

"We basically have a full set of new courts," women's team captain Luca Polgar '20 added.

Because the Bobcats were unable to use their home courts during preseason, the team traveled to Bowdoin two to three times a week, spending significantly more time on the road than previous seasons.

In past years, the Squash teams would hit the courts three to four times a week with some running and lifting added in. However due to the construction, the Squash teams focused on their physical fitness more than they have in previous years. The men's team traveled three times a week to Bowdoin and the women twice, leaving at 6:30 and returning around 9:30 for an hour of court time.

Just after the start of the season, the renovations were

completed and the Squash teams were able to resume practice at Bates' home courts.

This year, the Men's and Women's Squash teams are aiming to make the NESCAC finals and compete in the B-flight at nationals, the section in which the nationally No. 9-16 teams compete against each other. Both teams have historically sat on the edge of the B and C-flights; last year the women won first in the C-flight and the men finished 21st in the nation. Additionally, Polgar named the Sportsmanship Award as a "set goal" for the team.

The Squash teams will travel on Dec. 7 to take on both Wesleyan and Trinity. Following this, Bates will spend the 2019-20 season playing primarily in their home courts. Stay tuned for information regarding fan buses this January from athletics!

## The Sports Week in Photos



Senior Matt Golden was named to the 2019 CoSIDA Academic All-District team.  
SAMUEL MIRONKO/BATES COLLEGE



Both the men's and women's cross country teams placed in the top five at NCAA Regionals over the weekend. This earned them each an invitation to the NCAA Championships this weekend in Louisville, KY.  
JAY BURNS/BATES COLLEGE



Sophomore Meghan Graff earned a spot on the All-Tournament team as the women's basketball opened up their season with two games at Plattsburgh State.  
THEOPHIL SYSLO/BATES COLLEGE