Meet the Bates Yoga Kula Instructors

Whose Perspective?: A Critique of The Bates Student Reporting

Jin Wei, Contributing Writer

The article “Bates Perspective on Hong Kong” (which I will refer to as “Perspective”), featured in the last issue of The Bates Student, raises critical concerns about objectivity and integrity through biased rhetoric which overgeneralized, misrepresented, and who has the power to forge it? An inclusive consensus? Whom does an institutional, authoritative, and non-white, international student legitimacy their candidacy in such a Western-centric structure, athletics has lagged a point in your time as a student at Bates. For years, yoga has been one of the most popular activities at Bates for students of all abilities. For this week’s issue, I decided to interview the current Yoga Kula instructors in order to learn more about the people who run those popular classes. According to the club’s Instagram post, “Kula” means “community” in Sanskrit. The Bates Yoga Kula aims to foster a community of self-growth through promoting the practice of yoga. Originally, yoga was taught one-on-one between a student and a teacher. In writing this article, I have found that, however, if such conditions legitimacy in constituting the Bates perspective, then how about the Myan Chinese students, many of whom also have lived in Hong Kong, and the Chinese professors that teach about China? How would they feel about being represented by a Western-centric narrative?

ATHLETIC FACILITIES

This summer, numerous athletic facilities finally received much-needed upgrades, updates, or complete replacements. While many other facets of Bates such as student living and academic buildings have seen upgrades or new infrastructures, athletics has lagged a bit behind. However, Athletic Director Jason Frantzen and Associate Director of Athletics Coline Cunningham were proactive this past summer in revamping Bates’ athletic facilities.

To kick things off, the athletic department installed a new turf field in Underhill Arena in order to have a proper indoor space for sports like lacrosse and soccer. Speaking of soccer, the Russell Street soccer field had new natural grass installed. Additionally, numerous renovations were completed, including the Alumni Gym lobby and the Bates Squash Courts, which is still currently under construction while the courts walls are being repaired. On top of these, Davis Fitness Center got new functional equipment, as well as turf and a new sound system, which all teams who lift in Davis will surely appreciate.

This year’s most notable upgrade to note was the renovation of the sports medicine facilities in Merrill and the repurposing of the racquetball court to become the new Sports Medicine Clinic.

Last year the training room was far too small, with only a few tables for the trainers to work with student-athletes on, as well as no space for many rehabilitation. As a result, athletes were forced into the gym hallways, which is obviously not a sustainable situation.

On the new upgrades to sports medicine, Coline Cunningham confirmed that all of the projects undertaken this summer, this is none other than important. “The existing facilities were not adequate for the 600+ student-athletes and staff. This project doubled the size of the available space, allowed us to get new rehab and therapy equipment, provide sufficient work space and treatment space, and now allows the sports medicine staff to evaluate and treat many more student-athletes.”
On Sept. 27, Sasha Seroy spoke in front of a crowd of both students and professionals in the Ware Center. Seroy presented her research on phenotypic plasticity in the invertebrate, bryozoan, which is a key organism in graduate school. "My research has focused on the colony level," Seroy said. "On the colony level, we can produce after they have run out of room to grow. The zooids also possess a particular trait for when they are stressful, which translates into different environmental conditions. On the colony level, we can produce as many zooids as we want them to produce space for."

For this reason, Seroy said she would like to use this organism as a system to study the effects of stress. Seroy then showed the audience a comic strip and compared it to the computer-generated version of the two images. The two images tell the biology of the colony in a creative way. "In the first image, the colonies grew faster than the second image," Seroy explained. "This has implications for us to situate ourselves in the scientific method."

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Seroy Presents Research on Phenotypic Plasticity in Changing Ocean

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23 and Who?: Roth Explores DNA and Identity

Max Denver, Contributing Writer
Martha Filipovich, Managing News Editor

On Thursday, Sept. 26, Dr. Wendy Roth of the University of Pennsylvania spoke in Pennington Hall’s Kairos Classroom to members of the Bates community. Sponsored by the Sociology, Psychology, and Biology departments, the talk focused on the mass proliferation of genetic ancestry tests and their social impact.

Roth aimed to investigate a timely and fascinating question: How do genetic ancestry tests resonate with individuals for whom they were not intended? Through discussion of how genetic ancestry tests resonate with individuals, Roth hoped to open up a dialogue about how the tests are used to determine one’s ancestry, how they are marketed, and their broader implications. The talk was both informative and engaging, with audience members making thoughtful contributions to the conversation throughout.

Roth began by contextualizing the history of genetic ancestry testing, including the rise of the industry and the various stakeholders involved. She then moved on to discussing the limitations of such tests, including the fact that they cannot provide an accurate determination of one’s ancestry. Roth emphasized the importance of understanding the limitations of these tests and the need for critical thinking when interpreting the results.

Roth also touched on the implications of these tests for individuals of all racial backgrounds. She discussed the potential for these tests to reinforce existing power structures and to reinforce ideas about race and identity. She also discussed the potential for these tests to be used to invalidate the experiences of individuals of mixed ancestry.

Roth concluded by encouraging audience members to approach genetic ancestry testing with a critical lens and to be aware of the limitations of these tests. She urged audience members to be mindful of the ways in which these tests are marketed and used, and to be critical of the ways in which they are interpreted.

Overall, Roth’s talk was informative and engaging, and it left audience members with much to think about. The talk was a valuable contribution to the conversation about genetic ancestry testing and its implications for the ways in which we understand ourselves and each other.
When one searches for the Bates Common Menu online, a new website greets their eyes. This new website is equipped with a list of nutritious meals ranging from the sodium content of each meal to the calorie count of the delicious meal that we all adore on Sunday Singer. Dining, Conferences and Campus Events (DCCe) has worked extremely hard for the last two years to provide Bates’s students with a healthy and nutritious menu. What is even more notable is the amount of time and effort that went into creating that menu. It is my belief that this new menu is an improvement for us all.

I really have to pay attention to my diet and want to know more about the nutritional information and how the food questions. Schwartz also noted how “individual nutrition counseling” is being offered this year. First and foremost, I believe that the addition of this nutritional information will prove to be extremely beneficial for those managing diabetes, allergies, those who are recovering from a eating-disorder, or those who simply wish to cultivate a healthier lifestyle. But over the latest revelations about Donald Trump’s July 25 phone call with the president of Ukraine, it has become clear that impeachment is not only a good idea, but necessary for the future of the country and the democracy we pretend to cherish.

I understand that for many Americans, the situation is not as clear cut. Much like me, they are uncomfortable in the conviction that the President may have committed impeachable actions, as the country has been split on the situation. Luckily for Democrats, the President used his formidable powers of the presidency to protect himself. He transparently explained an investigation of a political rival.

The President of the United States must be impeached. This is not a significant decision, but a considered, measured, and informed one. But after the latest revelations about Donald Trump’s July 25 phone call with the president of Ukraine, it has become clear that impeachment is not only a good idea, but necessary for the future of the country and the democracy we pretend to cherish. In this essay, I will discuss the reasons why I believe impeachment is necessary.

Given the facts at hand, it is clear that the President has indeed committed impeachable actions. The call reveals a disturbing quid pro quo: America’s security and the safety of our elections. Furthermore, even without a Democratic win in the 2020 general election, the political case for impeachment is strong.

The following points are the reasons why I believe impeachment is necessary:

1. The President may have committed impeachment on its own. The President is impeachable on its own. The President is impeachable on its own. The President is impeachable on its own.

2. The President used his formidable powers of the presidency to protect himself. He transparently explained an investigation of a political rival.

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One of the main takeaways I garnered from the Kenyon Lecture speech on Sept. 28 was this idea of “luck,” and how White people assume that the success of a person could be attributed to “luck.” In their minds, it would be absurd for a Black person to attain success without the means of an empty work ethic and determination, and so it is with this, we have to explain, systemic racism is present in every facet of our society.

Lampesty explicates this idea when he told the crowd how his white colleagues often cited “luck” as the reason for their success, not their own intelligence instead of Black people. Who could blame them, right? Any race-related jokes would depict that failure is inherent within a system that was methodically constructed against them.

If you haven’t heard the term white supremacy, systematic oppression, and patronizing the minority culture (complex) and really want to point out that it would be confusing if you haven’t, let me be the first to give you a brief lesson on their importance and how it’s all in place to uphold and protect the supremacy, everything a white male narrative has that has historically shaped American history.

Lampesty gave an example of this when he cited the Colby in his master’s history Colle in a manner of speaking. Colby is a land-grant institution from Connecticut not only strapped with addiction, but was a dealer himself and sold anything from opium to cigarettes to tobacco.

Yet, if you were to look at Colby, he was having the time of his life. The land-grant liberal arts school, destined to become the “president of an American institution that he chose.” Meanwhile, people of color spend their live in prisons for the same crimes (or in some cases, none at all).

However, this brings up a question: How do people this ability to commit crimes that are more violent than people of color, and still get it easy to no punishment?

Some people will say it’s privilege, but I want to argue that it’s power. I believe that when we say “white privilege” we are speaking about power.

When we talk about white privilege, we use it to explain how white people like Cole go to prison for lesser sentences than people of color or have the opportunity to get a better job than people of color aren’t privy to, they’re forms of power.

It’s not a privilege to not go to prison when you’ve committed a crime. People walk away from prison houses who didn’t fit into the white narrative in America and reinforce the idea that those from the background are not a privilege to get a “good job” and the “better schools” with more resources are strategically placed in White neighborhoods.

These are power structures that white people have the ability to change them. When white people have the ability to change them, we will most likely get looked at as unimportant, while a person of color would get labaled by social media as a “thug.” Two people “in the same system” getting completely different, life-altering outcomes is a result of a system that makes harm to people of color.

The reason why I’m pressing this issue here is because we say that the system is broken, but as it was a happy coincidence, like it was a privilege to get to a car on your eighteenth birthday. These systemic oppressions are power structures created to ensure the status quo of the white dominance in America, and it’s something we have to acknowledge as a country so that we can move forward in the right direction.

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Stop Throwing the South Under the Bus

Roy Matthias, Assistant Forum Editor

I completely understand. Many Bates students and faculty have a love for the right in American politics today. After all, I will be the first to tell you that we deserve whatever is coming in 2020. However, there’s been a troubling hypocrisy being pushed inside a classroom here at Bates that I wish to address. Some read- ers will note the title of this ar- ticle, smirk, and be on their merry way. But for those of you that allow me to make this flt, allow me to explain why throwing the South under the bus just because you don’t like the right is a lazy and simplistic way to try and blame today’s polarisation on a so- ciosity and a top way of life that died a long time ago.

Think of the first caricature that forms in your brain when I say the Southman? Many of you will see what you’ve learned in history class: a white meath stand- ing around the body of a lynched black man. A generation ago that is what Southerners were. That is the picture that a recent article examined in Professor Stark’s Moral Philosophy class. Let me be clear, Professor Stark can teach anything she wants in her class, but is her job to be here? To equate the worst of human nature and a region’s past to the actions of the present moment? As a liberal, Professor Stark says she is the one who forces the narrative. This past year, she has refused to give me the chance to talk to her, but I received no reply. As a Bates student, I have no choice but to respond to this article.

Reasonable Rebels: Conservative

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Using this caricature–one of slavery’s history, FairbanksJabbix. Facts about Abraham Lincoln’s “Smiling state for freedom, nation, and civilization” because Southern abolitionists would characterize them as “hardliners who sought to cut civilization” and “this is the reason slavery was not abolished through the political system like in Britain.”

These two statements are not historical facts. There were multiple attempts to halt the spread of slavery and eliminate it: The Compromise of 1840, The Compromise of 1850, and the failed Compromise of 1846, authored by an ancient of mine. Never mind the fact that this “Abolitionist Reckoning” or the “Southern Mercy Complex” but if it falls upon abolitionists Senators such as Daniel Webster, Charles Sumner, and Stephen Douglas. Indeed, historical fact shows that Douglas undermined the Compromise of 1850 due to lack of support from a few Southern senators. Abraham Lincoln’s “Smiling state for freedom, nation, and civilization” because Southern abolitionists would characterize them as “hardliners who sought to cut civilization” and “this is the reason slavery was not abolished through the political system like in Britain.”

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Moreover, do take issue with this article, “The Reasonable Rebels: Conservatives say we’ve an abandonment of reason and civility.” Written by Eric Fairbanks, a resident of the D.C. suburb of Manassas, VA, and for the past 10 years an resident of South Amer- ica, this article seeks to draw an oft-mentioned line between the rhetoric of conservatives such as Dave Rubenstein, Chris Christie, H. Sheaffer, and Jonathan Haidt with pro- slavery racists like Senator John C. Calhoun. Not only do I find this narrative offensive, but Fairbanks article ranks little more than an extended hyperbole and hysteria about our political climate. It offers no solutions to solve this polarization, in- stead choosing to contribute to it. A Fairbanks’ article is largely devoid of two key narratives, both of which are factually true. She begins by labeling the argu- ment for less government in citi- zens, localities, and individuals’ lives as “Abolitionism Reckoning” designed in the South to combat abolitionist calls to outlaw slavery. Never mind the fact that this anti-fed government reasoning had existed since the United States’ founding and has been used as justification for any anti- government action including the Whiskey Rebellion of 1791, when farmers angry at federal taxes on whiskey raised in western Penn- sylvania. The anti-government, or “Don’t Tread on Me” narrative is one of the major narratives pushed by the colonies during the American Revolution and many for right groups today. It was not “invented” by the slaveholding South.

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Moreover, do take issue with this article, “The Reasonable Rebels: Conservatives say we’ve an abandonment of reason and civility.” Written by Eric Fairbanks, a resident of the D.C. suburb of Manassas, VA, and for the past 10 years an resident of South Amer- ica, this article seeks to draw an oft-mentioned line between the rhetoric of conservatives such as Dave Rubenstein, Chris Christie, H. Sheaffer, and Jonathan Haidt with pro- slavery racists like Senator John C. Calhoun. Not only do I find this narrative offensive, but Fairbanks article ranks little more than an extended hyperbole and hysteria about our political climate. It offers no solutions to solve this polarization, in- stead choosing to contribute to it. A Fairbanks’ article is largely devoid of two key narratives, both of which are factually true. She begins by labeling the argu- ment for less government in citi- zens, localities, and individuals’ lives as “Abolitionism Reckoning” designed in the South to combat abolitionist calls to outlaw slavery. Never mind the fact that this anti-fed government reasoning had existed since the United States’ founding and has been used as justification for any anti- government action including the Whiskey Rebellion of 1791, when farmers angry at federal taxes on whiskey raised in western Penn- sylvania. The anti-government, or “Don’t Tread on Me” narrative is one of the major narratives pushed by the colonies during the American Revolution and many for right groups today. It was not “invented” by the slaveholding South.
Student Spotlight: Shae Gwydir ‘20

Jack McLellan, Staff Writer

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ative eye that it takes to make pieces of art that can be so expres-
sive and moving. The exhibit mingles these pieces from various periods and art forms.

The exhibit opens with two oil paintings labeled "Uncovered," and includes con-
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The exhibit that really captivated my attention was De- Wint Hardy: Master of Water- colors. The piece is a stunning im-
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But for the audience and fellow art students, the show is a great way to get into the spirit of the fall season and appreciate the beauty of nature. It is also a great way to learn about the history of art and the different techniques used by different artists. Overall, I would highly recommend checking out the exhibit if you have the chance. Shae Gwydir performing in the Spring Dance Concert.

A Walk Around the Olin Arts Center

Jack McLellan, Assistant Arts Editor

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It is not a coincidence that the #MeToo movement gained traction in the wake of the 2017 Harvey Weinstein scandal, or that many of the scandals have centered around prominent figures in the entertainment industry. Film, TV, and theater operate differently from the traditional job market. Everyone works together, especially in major roles like the Los Angeles News and Chrono- cogs. The mindset has changed: putting one’s face out, even to expose sexual harassment, can plant the entire career in jeopardy.

One of the cardinal rules of impersonation is that the more you say to me when I ask a question. You always say, “Yes, and—” because that keeps the scene moving. Generations of actors have been raised on the idea of not being able to say no, even to the uncomfortable. For example, a character might be comforted in such a situation, but a character’s words and actions do not represent the actor. There are terrible things to say or act out that make them uncomfortable, whether it be made up or worn on stage. In an environment where directors and performers are typically very young, vulnerable, actors subconsciously understand that even fear can feel right.

Feeling safe on the stage is screen are carefully planned and coordinated for the safety of all those involved. Acting unions of course require the presence of fight choreographers for precautions involving fights or abuse situations of any kind. Their job is to work with the actors to form choreography that prevents any one from getting hurt, and it is treated like dance choreography rather than movement blocking. In professional theater, the fight choreographer will not be involved for the entire run and rehearsal process of a production, so the stage manager, who will be, is in charge. For example, if anyone deviates from the choreography or risks to others involved, the stage manager has the right to stop the scene. Now, intimacy directors and choreographers are starting to do the same with scenes of romantic intimacy. Their job is to protect the actors on a more psychological level. In intimacy choreography, actors are given the agency to set clear boundaries for their comfort levels. Both the actors and stage manager are encouraged to talk about what is comfortable: how the moments are supposed to be played out, and if deviations occur, the stage manager handles it, just like they are in a fight situation.

KATHLEEN SMITH, CONTRIBUTING WOMEN

Growing up as a skier and being part of the ski rac- ing community created many op- portunities for me to launch my own small business. I was al- ready moving to ski races when hundreds of skiers raced with cold weather clothing. During high school, this was a great hobby for me. I made mon- ey by getting to create, and learn about the in and outs of being a young entrepreneur.

What did I learn all those years? I learned a lot about sewing and how to make a sewing machine. Many things that I have been frustrated at my kitchen table messing with tangled string and unraveling fabric. However, I had learned to change everything into a very difficult to conceptualize. That’s why my idea is that something inside out, so it makes sense to everything inside out, sofas make sense. When it comes to sewing, you sew everything inside out, so it makes it super difficult to conceptualize. That’s why my idea is that something inside out, so it makes sense to everything inside out, sofas make sense. When it comes to sewing, you sew everything inside out, so it makes
STUDY IN ENGLISH AT TEL AVIV UNIVERSITY

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Jillian Richardson, a freshman at Bates from Auburn, Maine, placed eighth overall and was one of the strongest runners on the team so far in this season. She has run on this course against Middlebury and Tufts earlier. They also have practices on this course, but this was her first time racing on it in an official meet. The Pine Tree course is very hilly. The first mile is a lot of downhill, whereas the last mile is all uphill. To race this course well, Richardson says, “you need to be consistent with timing, and have your heels all be around the same.”

She has run on this course before, competing in a “Wave race” hosted by Bates a week earlier. They also have practices on this course, but this was her first time racing on it in an official meet.

Richardson says she is currently working on knowing who’s around you in your team, pacing, racing smart, and having your last mile be really strong. She continues to say that pacing is something she didn’t focus on as much in high school, but it continually proves to be a good strategy at the collegiate level. The most important thing she does during her race is “trying to stay in a good position that sets me up for success.” Both Middlebury and Tufts have some excellent freshwomen on their cross country team, and Richardson trained with them throughout this year, and her college career. She had her sights on a junior from Colby, who won the race last year, as a possible competitor for this season.

Richardson and the rest of the cross country team are excited to represent Bates at the Maine State Meet on Colby’s home course in Waterville on October 15th.

Jillian Richardson ‘23

Spotlight: Jillian Richardson ‘23

On-campus jobs are some of the ways to be involved in the community at Bates, while also making a quick buck on the side. In fact, Bates is well known for being very generous with their financial aid giving – about half of the student body receives financial aid from the school.

With that in mind, the student body clearly has a vested interest in student employment to give back to the school and contribute their portion of the financial aid package.

Recently, this student employment interest has manifested itself in the athletic department. This year, the school is emphasizing its increased desire to employ students in the athletic department.

These jobs range from things such as working in the lobby of Merrill or Underhill to serving as a student assistant for one of the many teams on campus, working with the athletic training department to help ensure the athletes are properly taken care of on a day-to-day basis.

This increased effort to attract students to these jobs is a win from all sides – the athletic department gets the help they need, the students receive compensation, and the teams themselves gain support and investment.

It adds to the community of the school when teams feel that they’re being supported by each other.

Most teams on campus have a team from another season that they are partnered with to work games as ball runners, PA announcers, etc. which also add to the community feeling – it’s nice to run over to the student during a soccer game and have your friend on the lacrosse team toss you the ball for the throw in. When asked about his thoughts on student workers in the athletic department, senior headball captain Nolan Collins ‘20 said, “When you see how many students get involved in the athletic department it varies other than playing on a team it really makes you feel like people want to be there.”

This was a sentiment that Collins was sure to hammer home, “People are happy and excited to be all Bates. I know I would always want to go to a school that people are passionate about.”

Given that nearly half of the students at Bates play on a sports team, it’s easy to see. It makes a sense that athletics would support student workers and simply get paying it forward. I go to your game, you come to mine.

They have also discussed advertising the sports medicine jobs to students who do not play on a sports team at Bates so that they would be available year-round and not just when they are out of season. This gives a chance to get involved in athletics who might not otherwise get to.

School spirit and a sense of community this strong are attractive to prospective students, as well. “People want to come to a place where everyone feels like they’re striving towards the same ultimate goal,” added senior football captain Jon Lindgren ‘20. “Athletes are an area where people quite literally get to do that.”

While there may be some people who are catching the pass and taking the shots, there will always be others setting up cones, refilling water bottles, and watching films who have the same end goal. In the classroom it’s hard for everyone to work together that has the same end goal.

For everyone to be there. People are happy and excited to be there.”

With that in mind, the student body clearly has a vested interest in student employment to give back to the school and contribute their portion of the financial aid package.
Ellie Boyle, Staff Writer

As the full sports season gets under way, many Bates teams have already played several games—even though classes have only been in session for three weeks.

Bates Men’s and Women’s tennis teams are no exception. This year, both teams have already achieved something by bringing in six men and six women to the team after bringing three women and no men over.

Tennis is one of the unique sports at Bates that can be considered a year-round sport. Tournaments are usually held at the end of the fall to get everyone in the NESCAC playing again, with the focus being on training trips to summer camps and keeping in shape, and finally spring is when individual matches with schools occur to help determine which schools will go to the NESCAC conference championships.

The first years on the men’s side have already proven their capability as seen in the men’s opening tournament, the Mid-Atlantic Invitational, which was held three weekends ago.

First-years Nick Forester ’23 and Cameron Kana ’21 both advanced to the quarterfinals of their respective singles. Their achievement is also an improvement from last year, where no men were able to advance to the quarterfinals in their singles play.

The men’s team was asked about how the season and tournaments have been going so far, and Forester responded with:

“Tennis has been a lot of fun, as well as a lot of work so far, and I have really enjoyed it... It’s awesome to be able to play and represent the school and team with all of your teammates cheering you on. It is a great atmosphere and I have really enjoyed it so far and I am looking forward to playing more.”

The first years on the women’s side have also excited captain Elinna Kania ’20, “We have a lot of depth on our team this year and a lot of extremely skilled players so I am excited to watch everyone bring it to the next level!”

On the women’s opening tournament, the Wallach Doubles Invitational, held two weekends ago and hosted teams such as Colby and Bowdoin who both only brought in two first-year women. Since, Wallach is the first tournament Bates women play in the fall season Elinna said that:

“The most important part about the Wallach tournament is having good energy on court. With so many teams coming to compete it’s a really exciting weekend! My hopes for the weekend was to come out with intensity and have fun with my teammates on the court.”

On the warm, sunny Saturday when the tournament was held, it was clear that the women were enjoying their time together as music blared during warm ups and cheers of “Let’s go Cuba” could be heard as matches were played.

“These early tournaments are especially important for first-year students as they adjust to the transition from high school to college tennis. It also helps with team bonding as a lot of first years can be shy so the tournaments gives lots of opportunities for cheating and watching teammates compete,” said Hayley Neighmond ’22.

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“Throughout the season, Van has instilled a culture of diligence and maximum effort. In soccer, that quality is absolutely essential and was on display during last week’s battle against University of Southern Maine that saw the Bobcats fight for 110 minutes to earn a 2-2 draw.

“Don’t have anything out there”, he told his team. Their effort was rewarded in the securing of their first point in four games. Although Van brings the ten years of experience to the table, the NESCAC is a conference that can test even the most battle-hardened coaches in the country. “Just you get beat up”, Van chuckles, “In previous conferences that I’ve coached in, there were games when you could just show up and expect to win. There aren’t any games like that in the NESCAC.”

Despite being from Youngstown, Ohio, Van is quickly becoming enamored with Bates’ culture. His favorite spot on campus is a set of benches outside the quad between Ladd and the Den, and he frequents Common—always making sure to get a salad base before adding some protein on top (sometimes in the form of chicken nuggets).

Van is looking to get the Bobcats on the right track with Bates’ quality is absolutely essential for NESCAC competition coming up including Tufts, Middlebury, Connecticut College, and Wesleyan.
Sixty-nine Bates athletes and one staff member raised a combined $21,916 for the 2019 Dempsey Challenge, winning the College Cup.

The Dempsey Challenge is an annual fundraising event that supports the Dempsey Center. Founded by Lewiston-native Patrick Dempsey, this organization assists cancer patients and their families at no cost, providing wellness, counseling, and family services.

Students created a team and invited friends to join them in their fundraising efforts. The minimum fundraising target was set at $150 per person.

Then, in Sept. 20, students took part in either a 5k or 10k race around the LC-A area, starting and finishing at the Davis-Payne Park in downtown Lewiston. Cycling races were held on the second day of the event.

Overall, more than $2.1 million dollars were raised for the Dempsey Center over the weekend.

Five Bates athletic teams participated in the event, raising a combined $2,416. Women’s Rowing raised the most at $9,758, followed by the Women’s Lacrosse team at $7,490.

Network Administrator Bruce Briel also participated, raising $604.

Sydney Paul ’22, the head of the Women’s Rowing Dempsey Challenge team, raised the most individually at $3,815. She has participated in this event since high school and is excited to have gotten her teammates involved. To raise money, she wrote letters and sent fundraising lists to families and friends.

“We love participating with the other Bates teams,” Paul said. “The competition between the Blaine college really fueled our fundraising. I definitely wanted to make the Dempsey Challenge an event the rowing team participates in every year.

The most difficult part of this operation, she said, was getting people to sign up. The minimum fundraising goal is high, but it became easier for people to manage once they talked about fundraising strategies.

The Women’s Lacrosse team has a long history of participating in this event, starting in 2010. Senior Avery MacMullen captained the 2019 team and has participated in the event each of her years at Bates.

“My first time,” MacMullen said, “we got to take pictures and speak with Patrick Dempsey. It was really great to have this happen in my last year at Bates, and I am excited for the team.

Casey Snow ’20 led the Women’s Track and Field team. Despite being sprinters whose races are usually measured in seconds, she and two other team- mates powered through the 10k race together.

“The most significant part for me was definitely before the race when every participant came together in solidarity for those affected by cancer,” Snow said. “It was a very powerful moment and set the tone for how important this day is for so many people, friends, and families.”

Bowdoin and Colby also participated, each with one team. The Colby Men’s Lacrosse team raised $12,850 and the Bowdoin Men’s team raised $6,475.

The new Sports Medicine Clinic adds significantly more space to the overall sports medicine facilities, as well as additional equipment and technology that makes the entire experience better for student-athletes.

Having used the facilities myself, they really are a massive improvement from the situation last year, which one could argue even discouraged student-athletes from going to see the trainers due to lack of accessibility and inadequate space.

While it’s important to enjoy and utilize the new facilities and upgrades, it is also important to recognize that these would not have been possible without the generosity of the school and the donors who contributed to make everything possible.

Cuningham expressed this sentiment, saying that the athletic department was able to accomplish all of their upgrades scheduled for the summer due to both the school and the donors.

While there are no new projects on the schedule for now for the athletic department, Cuningham added, “We expect to identify additional projects that will improve and modernize the existing facilities and programs that support the wellness and recreation opportunities of the campus community. We receive valuable feedback from our varsity and club teams that helps inform this planning.”

To read more on the process behind renovating these facilities, go to the Bates College website and check out the “Campus Construction Update” series written by Dough Howley, a News Writer for Bates Communications.

YOGA CONTINUED FROM PAGE 1

“Yoga is not about getting everything done, but my own practice allows me to stay focused on the moment, and I think it’s helpful to observe my own thoughts, rather than being completely swept away with them.”

For those interested in attending yoga classes, days are Monday, Wednesday, and Thursday at 7:10am to 8:10am and Tuesday, Wednesday, and Friday from 4:30pm to 5:30pm.

“Yoga is something I do to make sure that I’m not always stuck in my own head, not always worried about what needs to be done in the future which I think is something that really is difficult at Bates. I think that sometimes I’m worried about getting everything done, even my own practice allows me to stay focused on the moment, and I think it’s helpful to observe my own thoughts, rather than being completely swept away with them.”

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