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Students rest in child's pose during Forcillo's yoga class
SARAH DUPONT/COURTESY PHOTO

Meet the Bates Yoga Kula Instructors

Christina Perrone, Editor-in-Chief

Whether you are an athlete or non-athlete, chances are likely that you'll find yourself in downward dog in a yoga class at one point in your time as a student at Bates. For years, yoga has been one of the most common ways for Batesies to fulfill the Physical Education requirement for graduation. As Bates is planning to forgo requiring the credit for future classes, I find it important to highlight the value these services on campus can have 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 these popular classes.

According to the club's @batesyogakula Instagram page, "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 what connects all of the Bates instructors together is their commitment to creating community. To become an instructor is no easy task, as the average amount of hours required for a certificate

motivates yoga instructors to teach at Bates, I first spoke to Katia Ryan '23. According to Ryan, she first became interested in yoga after her grandma became a certified yoga teacher at the age of

sive this summer. It was really, such an amazing experience and yeah, I took a gap year as well, so I really got to practice yoga and that's really when I realized I wanted to bring yoga with me when I went to college."

For Ryan, one of the things that draws her to yoga is the feeling she gets after completing class: "I really like how I feel after yoga class, so that's why I wanted to become a teacher—to instill that feeling of like—I don't know—whether it be releasing something or finding a little bit of peace throughout someone's day, that's something that I really want to create here," shared Ryan. She continued, saying, "So I think that's why when we get to do this class for a club, I'm doing it solely because I want to. I'm doing it really for the people that I know truly appreciate it."

YOGA
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**"I'm doing it really for the people that I know truly appreciate it."
—Katia Ryan '23**

falls around the 200 hours over a span of 3 to 5 months. To put this into perspective, after receiving a pilot permit, it takes 250 hours of flight time to be ranked as a Commercial Pilot in the US.

To learn more about what

70 at the same center where Ryan would later complete her training. Ryan received her certificate to teach at the Kripalu Center in Stockbridge, Massachusetts: "I did the 200 hours of training at Kripalu at the one month inten-

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, misinformed, and misrepresented its subject matter. By assuming to constitute a single perspective, the title "Bates Perspective" already initiates a power hierarchy. This framework should be examined by critical thinking that seeks further explanation on issues such as: is the Bates perspective an institutional, authoritative, and inclusive consensus? Whom does the Bates perspective represent, and who has the power to forge it? Whose perspective is it really?

Born and raised in China, I feel excluded and misrepresented in this discourse. Four years ago, I applied to Bates with faith in its mission statement, "we engage the transformative power of our differences." This resonated with me as I hoped to contribute to the Bates community with my perspective through my lived experience. However, I

discovered this statement might not apply to my identity as a non-white, international student who has to constantly struggle with invisibility, bias, and discrimination.

According to "Perspective," the Bates perspective on Hong Kong is Western-centric, interventionist, and colonialist. It is facilitated via the selection bias that acknowledges the voices of three Bates interviewees: a British student, a Canadian student, and an American professor. Indeed, the two students have lived in Hong Kong, and the professor teaches about China.

However, if such conditions legitimize their candidacy in constituting the Bates perspective, then how about the 30-plus Chinese students, many of whom also have lived in Hong Kong, and the Chinese professors that teach about China at Bates? How would they feel about being represented by a Western-centric narrative?

HONG KONG
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Athletic Facilities See Significant Summer Updates

Jackson Elkins, Assistant Sports Editor

This summer, numerous athletic facilities finally received much-needed upgrades, updates, or complete replacement. While many other facets of Bates such as student living and academic buildings have seen upgrades or new infrastructure, athletics has lagged a bit behind.

However, Athletic Director Jason Fein and Senior Associate Director of Athletics Celine 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 Center, which is still currently under construction while the court 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.

However, the 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 almost no space for injury rehabilitation. As a result, athletes were forced into the gym hallway, which is obviously not a sustainable situation.

On the new upgrades to sports medicine, Celine Cunningham confirmed that of all the projects undertaken this summer, this was the most 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."

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The Harward Center Presents: Public Works in Progress

Fiona Cohen, Contributing Writer

On Sept. 26, the Harward Center presented their second presentation of a series on community-engaged summer work done by Bates students. It featured the work of six students who shared their experiences.

Emma Block '22 presented on her internship at the Lewiston District Court. Some of her assignments included looking at data regarding Family Treatment Drug Court programs and working for the Volunteer Lawyers Program.

Block discussed the importance of programs like Volunteer Lawyers Project, a program that provides free legal aid to those in need.

“The day I did it was on Fridays, which was for protection from abuse or protection from harassment cases,” she explained. “Volunteer Lawyers project represents the defendants and Cumberland Legal Aid—which is another free legal aid service—represents the plaintiffs.”

Block noted how she was able to gain insight on the Lewis-

ton community by working at the court.

“I think it’s really good to spend a summer here, because we are living here for four years,” she said. “It’s really valuable to have a better sense of what the people in this town are like and what kind of problems they have.”

Block does not know if she will continue on to law school, but she believes that her experience affirmed her interest in the legal field.

Next, Nina Moskowitz '20, discussed her summer at the Trinity Jubilee Center in Lewiston. The center provides aid to the Lewiston/Auburn area by providing meals, shelter, medical services, and more. The shelter offers one of the most extensive refugee and immigration integration programs in Androscoggin County.

“Some of the services that I assisted particularly with were job applications, resumes, writing cover letters, and then also assisting with the immigration process,” she said. “If someone wanted to check up on the status of their asylum I

would call immigration services with them as well as help them apply for work permits.”

Moskowitz, a politics major, described how working at the center informed her of the difficulties associated with the immigration process.

“I see the [lack of accessibility] of the system,” she noted. “I really feel motivated, at this time, to create systematic change within the immigration system and policy.”

Moskowitz mentioned how working for the center has been formative in that she has discovered her love for the non-profit industry.

Valerie Bravo '21 then spoke about running the summer program at Hillview Family Development in Lewiston. Hillview, a public housing development, serves families living below the poverty line. During the academic year, it provides homework help and school supplies to students. During the summer, they coordinate educational programs. This year’s program focused on STEM.

“We decided to focus on STEM mainly because the field of STEM is usually very exclusive to people of color,” she said. “Most of the students that we were working with this summer were students that came from families that were Somali refugees.”

Students built bridges, explored food science, and more. One of the goals of the program was to inspire students to be the best versions of themselves while learning.

“I would have wanted a mentor or somebody to do activities with me, just someone to tell me I could do these things that other people said I couldn’t,” Bravo said. “That was one of the biggest take-aways for me.”

She described how the program forced her to be openminded to the unique perspectives of every student. Bravo noted that while she was not sure if teaching was in her future, she enjoyed her experience.

Last, Kirstin Koepnick '21 and Hermione Zhou '21 presented on their work at Auburn Conservation Clinic. Both worked with the

Agricultural and Resource Protection District to design a survey on landowner preferences regarding protected agricultural zones. Zhou noted the controversy that often surrounds these types of surveys.

“It’s really important information for us to situate ourselves in the community and be aware of our positions and biases,” she said. “There is nothing objective about this research, and we acknowledge that, but we also have confidence in the scientific method.”

Koepnick was charged with examining the financial repercussions of any proposed changes. The major categories that she studied were in residential developments, zoning alternatives, and landscape conservations.

Both found the research exciting and informative, noting that these types of studies are ongoing.

The Harward Center will present the third and final installment of this series on Oct. 23. Bates students, staff and faculty, and local community members are invited to attend.

Seroy Presents Research on Phenotypic Plasticity in Changing Ocean

Elizabeth LaCroix, Contributing Writer

On Sept. 27, Sasha Seroy spoke in front of a mixed crowd of both students and professionals in her seminar on “Phenotypic Plasticity in a Changing Ocean: Integrating Effects from Organisms to Populations.” Seroy is a PhD candidate at the University of Washington and part of a research team at Friday Harbor Labs where she explores the effects of climate change on marine species.

Her research specifically focuses on the phenotypic plasticity of marine organisms. This describes the ability of an organism to translate its genes into different physical characteristics based on different environmental conditions.

This can include changes due to competition between both members of its own species and other species, as well as an increased temperature and pH in ocean water.

Seroy’s interest in phenotypic plasticity and marine invertebrates was sparked while doing undergraduate research at Stone Brook University.

“I got hooked on the idea and continued to study it in other animal groups in graduate school,” she explained.

During the seminar, she presented her research on the aquatic invertebrate, bryozoan, which is a filter feeder that can be found in colonies on both the coast of Washington and in the state of Maine.

The organism is comprised of genetically identical animals that colonize, called zooids, and use their leftover energy to re-

produce after they have run out of room to grow. The zooids also possess a particular trait for when they are under stress in their environment that allows them to produce spines.

For this reason, Seroy and

corporate modernized computer models that allow her to look at variables that cannot be measured in the field.

During the seminar, she compared results from an experiment done in the field using a picture of

growth occurred at the largest amount at a moderately acidic environment with a 7.6 pH.

In addition, the cost of defense was generally preserved when the ones that grew in the presence of predators had a rela-

tive lower growth rate. Using the results from the zooids and colonies, at the population level, we see the cost of defense is definitely affected by both the zooid and colony-level processes.

She explained that the results are interesting “because it lets us think about when certain trade-offs are more extreme and less extreme at different pHs, and we still see that a moderately low pH, 7.6, comes out on top as having the biggest positive de-

fense regardless of the population density.”

Outside of conducting her research, Seroy has also found a way to communicate her findings to the general public by creating comic strips. Her interest in this form of science communication stemmed from an assignment in graduate school where she had to introduce groups of invertebrates in a creative way. You can now find her comics on interviews-withinvertebrates.com or her twitter page @IWlcomics.

“In my experience comics have been a great way to communicate science because the barrier for entry is low. It is a friendly visual format that is accessible and engaging,” Seroy said. Throughout the week leading up to her seminar, Seroy worked with Bates students on their trip to the Maine coast as part of the introductory level biology class, Bio 195: Marine Biology in a Changing Ocean.

Her advice for the aspiring biologists here at Bates is to make connections with professors and value the importance of mentorship. She said without the “encouragement and networking provided by my awesome undergraduate advisor, I would not be where I am today.”



Seroy's research looks at the changes in marine invertebrates due to climate change. VANESSA PAOLELLA/THE BATES STUDENT

her research team can use the colony size of zooids as a proxy for fitness, and the presence of spines to sense whether the colony is under stress.

“My research has focused on how these prostheses on these different levels of organization are affected by ocean acidification,” Seroy explained during the seminar.

Her experiments not only have current implications to climate change, but they also in-

fluently lower growth rate. Using the results from the zooids and colonies, at the population level, we see the cost of defense is definitely affected by both the zooid and colony-level processes.

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Lizanecz's Plans for his Presidency

Ellie Wolfe, Contributing Writer

Ryan Lizanecz '20 wasn't planning on running for Student Body President. Although he has represented the class of 2020 for three years, he didn't necessarily see himself in the chief position.

"[Running] was a very last-minute thing," he said. "To be completely honest, during my time on student government I found that the system wasn't functioning properly. So I wanted to change that."

Lizanecz, originally from Portland, Maine, wants to increase the legitimacy of the Bates Student Government system in the eyes of the students, restructure the college's constitution, and increase the pull that the organization has with the administration.

"As a senior, I thought it gave me a chance to get involved and change [things] for the next generation of Bates students," he explained.

Lizanecz chose Bates because of the community. Though he looked at other NESCAC schools, he felt like the people at Bates were the nicest and most welcoming. He also got a good financial aid package, making it less expensive for him to attend Bates than the University of Maine.

Throughout his time as a class representative, Lizanecz has worked on providing meals for students who have calculated family contributions of \$10,000 or less over breaks and getting local businesses discounts for Bates students. He also worked on parking reform and building a better relationship between security and creating the Bates Security Council.

Lizanecz worked closely with President Spencer while on the President's Advisory Council, an experience he remembers fondly.

President Spencer, who spoke to *The Bates Student* in a phone interview, thinks Lizanecz is a great fit for student government.

"I respect Ryan a great deal and have very much enjoyed working with him over the past few years," she said. "I very much look forward to working closely with him and the student government during the upcoming year."

Outside of student government, Lizanecz is the Vice President of the Deansmen, works in the Purposeful Work office as an assistant, and occasionally works at WRBC, the student radio station.

Lizanecz acknowledged how much time his role in Student Government has taken up.

"Being President takes up a lot of time," he said. "Any form of working on student council is a big time commitment. So, if you want to get involved, you have to get into it for the right reasons and not as a resume builder."

The most important part of being a part of student government, according to Lizanecz, is to stay up to date on what's going on in the community.

"Be an active member of the community," he said. "Stay up to date on Bates news and talk to your professors, students, and staff about what is happening around you."

Working on student government is not easy, and Lizanecz said that if someone wants to be involved in government, they should "be aware that everything involves compromises. Not everything that you want to get done actually gets done."

Lizanecz, who is majoring in Politics with a minor in Music, is cherishing the remaining time he has at Bates.

"Honestly, the people here are what makes Bates a special place," he said. "If you took the people out then Bates wouldn't be what it is. That's what I'm going to miss the most: the connections that I have with my friends and the community here."

23 and Who?: Roth Explores DNA and Identity

Max Devon, Contributing Writer
Madeline Polkinghorn, Managing News Editor

On Thursday, Sept. 26, Dr. Wendy Roth of the University of Pennsylvania spoke in Pettengill Hall's Keck 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 influence racial and ethnic identity? Such a question arose out of the newfound ubiquity of genetic ancestry tests, which have experienced an exponential growth in popularity. There exists at least 74 direct-to-consumer genetic ancestry companies.

Roth posits a number of explanations for the rise in consumer genetic testing's popularity: its presence in television and movies, its political usefulness (Elizabeth Warren, for instance, used genetic testing as a means of responding to critiques of her claiming a Native American racial identity), and its implications for higher education and citizenship requirements. Roth explained that these tests can be used to "qualify for affirmative action measures, [and] apply for Israeli citizenship." Governments too could find utility in ancestry technology: in 2018, the U.K. government required some refugees and asylum seekers to undergo DNA testing as a means of verifying their origins.

Despite these potential uses, genetic ancestry testing possesses significant limits, particularly with regard to identifying and defining racial and cultural identity. "Genetic ancestry tests," Roth said, "cannot be used to determine race, as any information about your racial ethnicity is always interpreted by the society around you." This

belief is a stark departure from another school of thought, genetic determinism, in which Roth notes that individuals argue that "genes alone determine race." The tests

they did not like. In general, white respondents expressed a desire to be more racially distinctive, while black respondents expressed less desire to adopt new racial identi-



Dr. Roth addresses the crowd.
JAMES MACDONALD/THE BATES STUDENT

are also limited in their ability to actually provide accurate information about ancestral backgrounds—Roth notes that "The tests give a probability [of your ancestry], not an actual percentage." What's more, even the science behind these probabilities is not perfectly sound. "The DNA comparison samples for populations are based on who they perceive 'represents' that population... It's not based on objective criteria."

Roth led a study that conducted interviews with 100 American genetic ancestry test takers as a means of interrogating her initial question on the relationship between genetic ancestry tests and contemporary social understandings of race. The respondents, who came from various ethnic backgrounds, were found to have cherry-picked certain aspects of their test results that could be seen as complementary, and their beliefs in the legitimacy of the test results diminished when they received a result

ties. Minorities, then, appeared to have a firmer and more robust understanding of their own ethnic identity. "A sense of belonging," Roth asserted, "comes from a less common identity... from a minority group."

Roth's ultimate understanding of genetic ancestry testing, then, was a critical one, which seemed to argue that DNA test results had the ability to provide white people with the ability to take on different ethnic identities without experiencing the hardships associated with them. "Genetic ancestry tests... [reinforce] the racial privilege [that white people] already have... they can claim the identity of their minor genealogical ancestries without experiencing the societal consequences that come along with that." The future of modern understandings of ethnic identity, then, may lie—at least in part—in the corporate sector, with nothing more than a swab of our cheek cells or a lock of our hair.

Kiese Laymon Brings Humor to Reckon with Racial Past in Liberal Arts Institutions

Isaac Williams, Contributing Writer

At 7:30 on Thursday, Sept. 26, students, faculty, and many others shuffled into Memorial Commons for an evening discussion of social justice with author and Mississippi native Kiese Laymon. Laymon's talk garnered interest across campus after various FYS students praised his writing from their class as witty, introspective, and eye-opening. Some students came to learn even more about his inspiring story, while others were merely intrigued by positive endorsements bubbling around campus.

Laymon read a personal passage from his critically acclaimed memoir *Heavy: An American Memoir*, followed by an open floor Q&A period for students to ask him questions about racial identity pertaining to life on a college campus. The evening concluded with audience members getting the chance to have their books signed and have intimate, one-on-one exchanges with Laymon.

For the first hour, audience members appeared to be engaged as Laymon recited a section of his book detailing his struggles while working as an adjunct professor at Vassar College. Laymon discussed how difficult it was to see how Middle-Eastern people were treated immediately after the September 11 attacks. He also spoke of a drug dealing problem that he discovered one of his thesis students, Cole, was involved in.

Laymon's experience with

this white student solidified his understanding of the unfortunate truth of the extent to which white privilege could prevail. No matter how many immoral things Cole did, his opportunities would continue to abound.

Laymon concluded that no matter how progressively he educated students like Cole, the fact that he was even teaching them at all was ultimately strengthening the white power imbalance. This proved to be a great source of distress for Laymon because he was truly passionate about teaching, but no matter what he did, he felt like he was furthering the power of the individuals that made communities like his remain oppressed.

Laymon's narrative seemed to resonate with many individuals in the crowd. White audience members appeared to reflect on how their circumstances could be used for good, while members of marginalized communities appeared to be deeply moved by Laymon's story.

Alex Togneri-Jones '23 reflected on Laymon's experience. "I was really surprised by how candid he was about his inner struggles while he was a professor," he said. Oftentimes, individuals are used to attending a professor's class and completing the work; one isn't used to engaging in discussion about the turmoils that the professors face.

As the talk moved into the



Kiese Laymon shares a personal chapter from his book *Heavy*.
JAMES MACDONALD/COURTESY PHOTO

Q&A portion, thought-provoking dialogue took place between Laymon and various students. One student asked the question of what can the administration of a college do to not be active in upholding white supremacy. Laymon responded that if a college values their education, their trustees need to value it as well. If the trustees aren't en-

gaged with the diversity that the college ostensibly promotes "it's a bullshit-ass hustle." This response from Laymon garnered a wave of snaps from the audience members as it appeared to resonate deeply.

As the night came to a close, audience members appeared to leave satisfied. While the topics explored were not easy for some in-

dividuals, Laymon got a portion of the Bates community to begin discussing important issues that don't appear at surface level.



Food for Thought: Notes on the New Commons Menu

Mary Richardson, Staff Writer

Content Warning: Eating disorders discussed

When one searches for the Bates Commons Menu online, a new website greets their eyes in comparison with years past. This new website is equipped with nutritional information ranging from the sodium content of buttermilk ranch dressing to the caloric value of the cookie-dough ice cream that we all adore on Sunday Sundae. Dining, Conferences and Campus Events (DCCE) has worked extremely hard for the last two years in providing Bates's students with this knowledge. But how helpful or harmful is this site for the Bates community?

As someone who is recovering from an eating disorder and has an ever fluctuating relationship with Commons, I was both delighted and dismayed by the email that all Bates students received in mid-August announcing the completion of the NetNutrition site. Assistant Vice

President of the DCCE Christine Schwartz wrote in her email about how the site aims to "provide easily accessible nutritional and allergen information...as well as enhanced support for those with eating concerns and food questions." Schwartz also noted how "individual nutrition counseling" is being offered this year via a registered dietician and offered contact information for those seeking one-on-one guidance. I sincerely believe that the website itself is well-intentioned and that Schwartz was right to note that counseling available at Bates. However, it is necessary to recognize that body image and eating disorders are very real issues in our present digital age of YouTube, VSCO girls, and social-media influencers and that this site has the potential to cause harm. In this article, I wish to delve into the nitty-gritty of how the NetNutrition site can

be educational and empowering for us if we use it in a positive way, while recognizing that we need to be cautious of its ability to toxically influence our eating choices.

First, let's break it down and look at some of the positives of the new site. 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 an eating-disorder, or those who simply wish to cultivate a healthier diet and want to know more about what the food in Commons contains. Lily Harding '23 spoke to this point when she said that she "sometimes uses the nutritional information to see how much iron or calcium an item has" and how the site is "helpful to me because I really have to pay attention to make sure I get enough of those nutrients." Considering solely the

site, it seems to be an informative rebooted version of the Commons menu, intended to help Bates's student body.

Now, let us consider the negative effects that the site could have on its audience. The NetNutrition site documents very specific nutritional facts, down to the macro and micronutrient content, ingredients, calories, and more. Having these numbers and statistics available provides an opportunity for people to count calories and track their food intake, which could encourage the development of an unhealthy relationship with food or even an eating disorder. Maddie Feldmeier '22 thoughtfully said, "Things like this are always controversial. There are different implications for every individual." Feldmeier has been open about her past struggles with an eating disorder and added, for those with a past or present struggle with eating,

how resources such as the new Commons menu have "the tendency to be challenging." She concluded by saying, "This is not true for everyone...having the information available but not having it as part of the menu would be a really helpful compromise."

Overall, I believe that the NetNutrition site is a fantastic tool that the DCCE worked very hard to make and we should appreciate the time and effort that went into its creation. I also believe that if abused, the new online menu has the capacity to steer some students down an unhealthy path with food. That being said, as students of Bates and diners of Commons we have the power to encourage ourselves, our friends, and our teammates to use the site in a way that manifests a positive dining experience for everyone at Bates. Here's to cultivating that culture!

My Razor, My Choice

Julia Raboy, Contributing Writer

Some of my fondest memories from sleep away camp were the bi-weekly shaving parties my friends and I threw. We filled a bucket with water, brought razors and shaving cream outside to the bunk's concrete porch, and blasted "Call Me Maybe" as we shaved the nonexistent hair off our legs.

These parties began when I was eleven and still very much prepubescent. But shaving made us feel grown up and mature, like we had unlocked the window to womanhood. It was very much a rite of passage, a milestone that I didn't question, and an activity I perceived as non optional.

I took my new razor home from camp and used it as my wand of womanly sophistication, allotting time during every playdate to teach my friends the proper way to shave. This was, of course, before I became a nihilist and realized that removing all visible body hair was a sadistic form of cultural and patriarchal oppression.

It wasn't until coming to Bates that I realized not all women get rid of their body hair. A substantial amount of my friends here grow out their leg hair or armpit hair with pride, and I am often asked to validate the fuzziness of their appendages.

I originally felt liberated by the apparent disregard for cultural beauty standards, but it didn't take long for me to notice the catch: no matter what a female-identifying person chooses to do with her body hair, she will be judged.

From an overt perspective, the increase in women at Bates and elsewhere choosing to leave their body hair intact is a form of feminist liberation. Yet, it fails to take root if we as women continue to put each other down based on what an individual decides to do with their body hair, whether that be leaving it, getting rid of it, or

somewhere in between.

This past week at Professor Rebecca Herzig's talk on body hair in conjunction with FemCo, my friend sitting next to me took stock of everyone in attendance's legs, noting the presence, or lack thereof, of hair. She turned to me and remarked, "Wow, I think everyone here shaves their legs."

My instinct was to apologize, as in the moment I felt that my decision to shave was being framed as an assault on feminism. In fact, this wasn't the first time the status of my body hair was used by others in questioning my identity as a feminist.

Soon after I declared a GSS major, my mom asked me one evening at the dinner table "so, when are you going to stop shaving?" I realized that the lack of hair on my body was being manipulated by others' judgment to convey a message and that this was simply out of my control.

What anyone decides to do with their body hair should not be subject to public discernment. The removal of body hair on female identifying people is a cultural phenomenon that cannot be easily unwritten. It is perfectly valid for someone who identifies as a feminist to feel power in expressing their femininity through the removal of their body hair, and the same goes for the decision to let it grow.

The toxic cycle of judgment, however, undercuts any goal one has in moving towards a more equitable and less sexist society. It perpetuates the idea that women's bodies aren't inherently our own and validates the notion that the appearance of a woman's bodies is entirely for public consumption. Real liberation comes when, and only when, the status of one's body hair can be posed to the world without fear of judgement.

Impeachment: A Moral and Political Imperative

Alexander Togneri-Jones, Contributing Writer

The President of the United States must be impeached. This is not something I say lightly; impeachment is perhaps Congress' most significant and carefully considered power, implemented only twice in the nation's history. 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 this country and the democratic ideals it claims to uphold.

Over the past week, many people, including nearly the entirety of the Democratic caucus in the House, have come to hold this position. However, as a CBS poll released on September 29 revealed, 22 percent of Americans

the 2020 primary election, Joe Biden, on charges that have been debunked by numerous major news outlets. After the phone call, \$250 million in military aid to Ukraine was withheld by the Trump Administration, which was only released Sept. 12 after the press began to ask questions.

This phone call, the contents of which were revealed in an edited transcript released by the White House on Sept. 24, reveals a shocking series of abuses of the President. The first part is impeachable on its own. The President used his formidable foreign policy powers to request that a foreign government pursue a baseless investigation of a political opponent. This is deep violation of democratic norms of fairness

to vote to convict, which would require 20 Republicans and every Democrat to vote in favor), impeachment should benefit Democratic chances of defeating Trump in the 2020 election to be considered worthwhile.

Luckily for Democrats, the political case for impeachment is similarly strong. The aforementioned Sept. 29 CBS poll shows that a majority of Americans, 55 percent, support the House's impeachment inquiry. A further 46 percent would support impeachment if a vote were held today, compared to 43 percent who disapprove. These numbers, which have risen significantly since the beginning of the Ukraine scandal, have the potential to rise even further as public understanding

Even a generous reading reveals a disturbing quid pro quo: America's security and the safety of an allied country were put at risk to further Trump's political interests

believe it is "too soon to say" whether the president deserves to be impeached. If you're a member of this group, perhaps an anxious Democrat or a concerned Republican, this op-ed is for you.

The ethical case for impeachment is clear. The series of events is as follows: on July 25, 2019, Donald Trump had a phone call with newly elected Ukrainian president Volodymyr Zelensky. During that call, Trump reminded Zelensky that the United States has been "very, very good to Ukraine" while scolding the country for not upholding reciprocity between the two countries. Then, when Zelensky bought up the prospect of military aid from the US, Trump requested a "favor" from Zelensky. The favor, you may wonder? An investigation into Democratic frontrunner in

and a threat to the legitimacy of our elections. Furthermore, even a generous reading of Trump's actions during and after the phone call reveals a disturbing quid pro quo in which America's national security interests and the safety of an allied country were put at risk for the purpose of furthering Trump's political interests. This is conduct more becoming of a mob boss than a president, and makes a clear case that Donald Trump can no longer be trusted with the powers of the presidency.

I understand that for many Democrats, however, the ethical case is not enough. Since the impeachment process is unlikely to actually result in the removal of the president (while impeachment only requires a simple majority of the House, the actual process of removal requires 67 senators

of the scandal deepens. The impeachment process gives Democrats the opportunity to do this educational work, by holding hearings and keeping the story in the news for an extended period of time. While it's too early to call impeachment a definitive political winner, it's clearly not as risky as many perceive it to be.

Given the facts at hand, it is clear that impeaching the president is a moral imperative. He has violated democratic norms and put the national security of our nation and others at risk in the pursuit of petty political gain. Readers should make their voices heard and contact their representatives, whether at Bates or at home, to make it clear that impeachment is necessary.

HONG KONG
CONTINUED FROM PAGE 1

A risk for “Perspective” in introducing a Chinese perspective is that it prevents the article from promoting its pro-democracy, separatist agenda.

“Perspective” endorses the protests as its interviewees are “avid supporters of the movement,” and the British interviewee asserts a Western-centric view. “I am not really fazed by protests... I think it’s something that Americans don’t do enough.”

“Perspective” downplays the destruction caused by the protests via the two Bates students who suggest “the protests have had little effect on daily life.” The early protests over the Extradition Bill were indeed legal and peaceful but escalated violently with signs of terrorism leveraging chaos and vandalism. The protesters damaged key infrastructures like highways, subways, and the airport—so much so that the Chief Executive of Hong Kong Carrie Lam said that protests have harmed the economy more than the 2008 financial crisis. A Hong

Kong government press release quantifies such impacts: the city’s hotel occupancy rate dropped 5 percent, and retail sales dropped 13 percent between July and the same month last year.

In August, protests at the airport grounded flights for two days, during which a mainland citizen suspected of being a police officer, and a Chinese journalist, were both attacked and abused by the protesters for hours. Within two days, over 580 flights were canceled after protesters occupied the terminal, incurring losses of more than \$76 million USD in the aviation industry. Meanwhile, the Hong Kong International Airport revealed a year-over-year drop of 12.4 percent (851,000) in monthly travelers—its biggest decline in a decade.

Such a crisis may generate greater externalities for the predominantly service-based economy of Hong Kong. The Four Key Industries in Hong Kong, including finance, tourism, trade, and professional services,

have been fundamental to Hong Kong’s economic growth. The contribution of the Four Key Industries to Hong Kong’s GDP was 57.1 percent in 2017 while the contribution to total employment was only 46.6 percent. As tourism took a hit, offices vandalized, and professional services disturbed, Hong Kong’s image as an Asian business hub has been challenged. One can argue Hong Kong is especially dependent on mainland China to alleviate the employment vacuum for many young people who cannot squeeze into the saturated service industries nor compete for basic jobs.

That is simply one perspective built on facts. In comparison, the “Perspective” advocates a colonialist, interventionist opinion in reference to a visiting professor of history at Bates. “There’s not necessarily the need of Hong Kong to rejoin China, quite the opposite,” the professor said. “It’s been 150 years of success story that’s happened, precisely because they were not a part of

the other story...what made Hong Kong so successful through the Pacific world, exactly none of that happened on the mainland.”

First, let’s take a look at the history of Hong Kong. In the late 18th century, the British began illegally smuggling opium to China. By 1833, the opium trafficked into China had resulted in 10-12 million addicts. In 1839, China seized the opium supply in Canton, a city near Hong Kong. A year later, the British government declared the Opium War to demand reparations for the losses of the British illegal traders and to guarantee security for smugglers.

The war was concluded with an unequal treaty that forced China to cede Hong Kong to Britain, thus the beginning of British colonization in Hong Kong for 156 years. The British monarch could appoint the Governor of Hong Kong as the representative of the Crown in the colony, wielding executive power in both legislation and government for white people. For decades, the revenue from the

opium trade was a main source of government funds, in addition to Hong Kong being the gateway for British trading in China. Despite large businesses operated by the expats, Chinese laborers provided most of the manpower in building and sustaining the infrastructure for this port city. In 1997, Britain agreed to return Hong Kong to China with the condition that, again, forced China to maintain a “high degree of autonomy” in Hong Kong for 50 years, until 2047.

Now, we can better comprehend what this Bates history professor implies when he says “150 years of success story:” a prime model of colonization that legalizes and profits from drugs that gives rise to its economic prosperity, rejects democracy, oppresses and exploits its colonized subjects, and celebrates white supremacy. And now, you might ask, whose perspective is this Bates perspective?

Privilege vs Power Tobacco Free vs. Tobacco Freedom: Present and Future Smoking Policy at Bates

Kyle Larry, Managing Forum Editor

One of the main takeaways I gathered from the Kiese Laymon speech on Sept. 26 was this idea of “luck,” and how White people assume that the only reason a Black person could be successful is by “luck.” In their minds, it would be absurd for a Black person to attain success by means of an earnest work ethic and determination, so it has to be some unexplainable, supernatural power to help them.

Laymon unpacked this idea when he told the crowd how his white colleagues often cited “luck” as his reason for being at Vassar instead of his intelligence. But who could blame them, right? Any reasonable person would deduce that failure is guaranteed within a system that was methodically constructed against them.

If you haven’t heard the terms white supremacy, systematic oppression, or the prison-industrial complex (and I really want to point out that it would be concerning if you haven’t), let me be the first to give you a brief lesson on their intersections: these constructs are all in place to uphold and protect the cis-gendered, heterosexual, white male narrative that has negatively shaped American history.

Laymon gave an example of this narrative when he talked about Cole in his memoir *Heavy*. Cole is “a slim, wealthy, Jewish white boy from Connecticut.” Cole not only struggled with addiction, but was a dealer himself and sold anything from weed to cocaine.

Yet, if you were to look at Cole, he was having the time of his life writing his thesis at a top-tier liberal arts school, destined to become the “president of an American institution that he chooses.” Meanwhile, people of color spend their lives in prisons for the same crimes (or in some cases, less offensive crimes.)

However, this brings up a good idea. What gives white

people this ability to commit the same crimes or even worse crimes than people of color, and still get little 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 really mean “white 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 how they have the opportunity to get a better education. But these concepts aren’t privileges, they’re forms of power.

It’s not a privilege to not go to prison when you’ve committed a crime. Prisons were made to house people who didn’t fit into the white narrative in America and reinforce the idea that those people have no power. It’s not a privilege to get a “good education,” especially because the “better schools” with more resources are strategically placed in white neighborhoods.

These are power structures that white people have the ability to change to benefit them. When it came to Cole and drugs, he will most likely get looked at as misunderstood, while a person of color would get labeled by social media as a “thug.” Two people in the same scenario getting completely different, life-altering outcomes is a result of a system that’s made to harm people of color.

The reason why I’m pressing this issue is because when we say “privilege,” we’re making it seem as if it was a happy coincidence, like it was a privilege to get a car on your eighteenth birthday. These systematic oppressions are power structures created to ensure the stability of white dominance in America, and it’s something we have to acknowledge as a country if we ever want true change.

Sam Poulos, Contributing Writer

Bates students and faculty are reviewing and working diligently to amend the smoking policy. Currently on the Bates College website, the smoking policy is defined as striving “to maintain the well-being of the campus community while considering the needs of individuals who smoke.”

People cannot smoke cigarettes, vape, or chew tobacco within fifty feet of a Bates building, and the college will aid in helping students overcome nicotine addictions through school initiatives such as:

- Informational programs to support a smoke-free lifestyle
- Employee access to available services through the college’s health insurance program
- Health information and cessation assistance for students through Health Services

Bates also includes at the end of its smoking policy page a small paragraph describing general conduct concerning the issue. It reads, “It is important to remember that we are friends, co-workers, acquaintances, hosts, and guests, and we need to treat each other with respect.”

This policy seems holistic and inclusive, but what may a future, stricter, policy look like? We can look at Colby’s smoking policy as an example of what this

new “tobacco free” policy may look like.

On their smoking policy page, Colby states: “In the interests of reducing harm from tobacco use and secondhand smoke, providing an environment that encourages persons to be tobacco-free, reducing long-term health-care costs, and promoting a campus culture of wellness, Colby College has established a tobacco-free policy.”

Their policy outlines that no one can use Tobacco products while on Colby campus. This strategy has been adopted by hundreds of schools across the country, and Bates may soon join their ranks.

Kathy Morin, an RN at the Bates Health Center was kind enough to answer some of my questions on Bates’ future policy. She confirmed that meetings had been held to discuss the issue and making Bates tobacco free, but that the school was committed to allowing the students to foster any change.

Kathy told me she agreed with this strategy, considering a policy put forward by the students to be the only viable solution. It’s the students who are smoking cigarettes, and it’s the students who are at risk of second-hand smoking; it only makes sense the student body should control itself in this matter. So, it’s up to us to draw the line on smoking, but where exactly

should that line be?

To get an important, yet under-heard, perspective I asked a Bates student who smokes cigarettes about their thoughts on the matter. “It’s unfair,” they said, “smoking is stigmatized but drinking isn’t, when both are bad for you. It’s just because not as many people smoke. If Bates got rid of drinking, no one would go here.”

They told me they considered the current policy a fair balance between the well beings of the majority and minority. Moreover, they said a stricter smoking policy would marginalize those members of the Bates community who do smoke—forcing them to do so on the outskirts of campus.

The issue of tobacco free vs. tobacco freedom is complicated and nuanced. In asking ourselves what the smoking policy should be, we ask what priorities as students and members of a community we hold highest. Is it the freedom of choosing for ourselves whether to smoke or not, or a general commitment to healthy living that we must protect?

While the change may be one that may take place over the years, how we as a school discuss and eventually answer this question will define ourselves and our values.

▲ Back to Bates weekend

Alcohol is free...for your parents

▼ Fall Concert performer announced

We already forgot their name

▲ House Dems all back impeachment

Like, it won’t work tho

▼ The Page pooper strikes again

Someone steps in it every time



Stop Throwing the South under the Bus

Roy Matthews, Assistant Forum Editor

I completely understand. Many people, faculty and students have no 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 hyperbole being pushed inside a classroom here at Bates that I wish to address. Some readers will look at the title of this article, smirk, and be on their merry way. But for those of you that have made it this far, 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 lay the blame for today’s polarization on a society and a way of life that died a long time ago.

Think of the first caricature that forms in your brain when I say the word “Southerner.” Many of you see what you’ve learned in history class: a white mob standing 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 painted. Let me be clear, Professor Stark can teach anything she wants in her class, it is after all her job to do so. I will also state that college is where you come to hear ideas that you might find repulsive and to sharpen your own minds as citizens.

Nevertheless, do take issue with this article entitled, “The Reasonable Rebels: Conserva-

tives say we’ve abandoned reason and sivilty. The Old South used the same language to defend slavery.” Written by Eve Fairbanks, a resident of the D.C. suburb of Manassas, Va. and for the past 10 years a resident of South Africa, this article seeks to draw an ethereal line between the rhetoric of conservatives such as Dave Rubin, Christina Hoff Summers, and Jonathon Haidt with pro-slavery racists like Senator John C. Calhoun. Not only do I find this narrative personally offensive, but Fairbanks article is little more than an extended hyperbole and hysteria about our political climate. It offers no solutions to solve the this polarization, instead choosing to contribute to it.

Fairbanks’ article is largely based off of two key assertions, both of which are factually false. She begins by labeling the argument for less government in cities, localities, and in individuals’ lives as “Antebellum Reasoning” designed in the South to combat abolitionist calls to outlaw slavery. Never mind the fact that this anti-federal 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 brewers angry at federal taxes on whiskey rioted in Western Pennsylvania. The anti-government, “Don’t Tread on Me” narrative is one of the major narratives pushed by the colonies during the

American Revolution and many far right groups today. It was not “invented” by the slaveholding South.

Using this mischaracterization of American history, Fairbanks asserts that Abraham Lincoln “feared standing for freedom, reason, and civility” because Southern slaveholders would characterize them as “hardliners who sought to curtail freedom” 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 1820, The Compromise of 1850, and the failed Crittenden Compromise of 1860, authored by an ancestor of mine. The failure is not because of “Antebellum Reasoning” or the “Southern Martyr Complex,” but it falls upon abolitionist Senators such as Daniel Webster, Charles Sumner, and Stephen Douglas.

Indeed, historical fact shows that Douglas undermined the Compromise of 1820 due to kickbacks he received from railroad companies building through the Kansas-Nebraska territory. Corruption and greed within the abolitionist factions undermined their own end goal. Secondly, to compare the U.S. and Britain abolishment of slavery is ridiculous. Even after the abolishment of slavery in Britain, the chil-

dren and underclass remained in a state of slavery in factories for decades. I won’t even mention what the British did to the Irish, as these two examples are clearly a form of institutional slavery. Karl Marx published his Communist Manifesto about the suffering of workers in England in London.

I will address the author directly, even if it is highly unlikely she will pay this article any attention. I would point out that if a person of color wrote this piece comparing the speech of conservatives today to antebellum slaveholders, the POC would state that all speech, Democrat or Republican, is that of the White Oppressor. I would advise the author to go speak with the Native Americans out west who were slaughtered by former Civil War generals like Ulysses Grant and Phil Sheridan and put into concentration camps (apologies, reservations). Ask them whether they think that today’s conservative sound like slaveholders. But according to this author, slandering every conservative southerner is fine, because of course they have to all be racist.

In this polarizing and caustic political climate we live in today, many Bates students regardless of their political beliefs, avoid talking politics because they don’t want to be lumped into the always changing categories of left and right. To equate the worst of one side of the political spectrum to everyone that falls on that side

of the political spectrum is neither helpful nor needed at a time when political animosity is at an all-time high. All this article does is continue to encourage self-censorship due to the fear that your views will be lumped together with the extremists on whatever side of the political spectrum you fall on.

I will say to everyone at Bates, even to my friends on the left here that have plenty of animosity towards me, that you are worth so much more than any caricature of your race, where you come from, or your life experience. Your diversity is what empowers not only this campus, but this country and no one can devalue your identity or existence unless you let them. So, I say to people that equate today’s right wing with the slaveholding Southerners of my state’s past, you don’t really know anything about the South today.

Using the Antebellum South as a liberal whipping boy to attack conservatives today is lazy, false, and ignorant. I would suggest that Professor Stark spend less time pushing factually incorrect articles in her class and more time getting to know the students right in front of her. The only reason I became aware of this article in her class is because several Bates students came to me in the first place.

I reached out to Professor Stark over email to sit down with her, but I received no reply.

STUDENTS DEMAND ACTION

WHO ARE WE?

Bates Students Demand Action is a student run chapter affiliated through Everytown for Gun Safety, a national research and nonprofit organization combating gun violence in America. We work with the greater Moms Demand Action group here in Maine, and connect with Students Demand chapters all over the country. For more information and ways to get involved , email jraboy@bates.edu and smackin@bates.edu

STARTLING STATISTICS

Maine has some of the weakest gun control regulations in the nation.

Maine does **not**:

- require background checks for the transfer of firearms between unlicensed parties
- require a state license of dealers or purchasers of firearms
- ban the transfer or possession of assault weapons, 50 caliber rifles or large capacity ammunition magazines
- require owners to register their firearms
- cap the number of firearms that can be purchased at a time
- require a permit to carry a concealed handgun
- give local governments the power to regulate firearms

- In the United States, **100 people are killed every day** from gun violence. In the state of **Maine**, someone is killed with a gun **every 3 days**.

- Domestic abusers and felons **do not** have to undergo a background check before purchasing guns.

- The suicide rate in Maine is **30% above the national average** for people age 20 to 24 according to the most recent data from the Maine CDC. **Suicides through firearms account for over 50%** of suicide deaths in Maine.

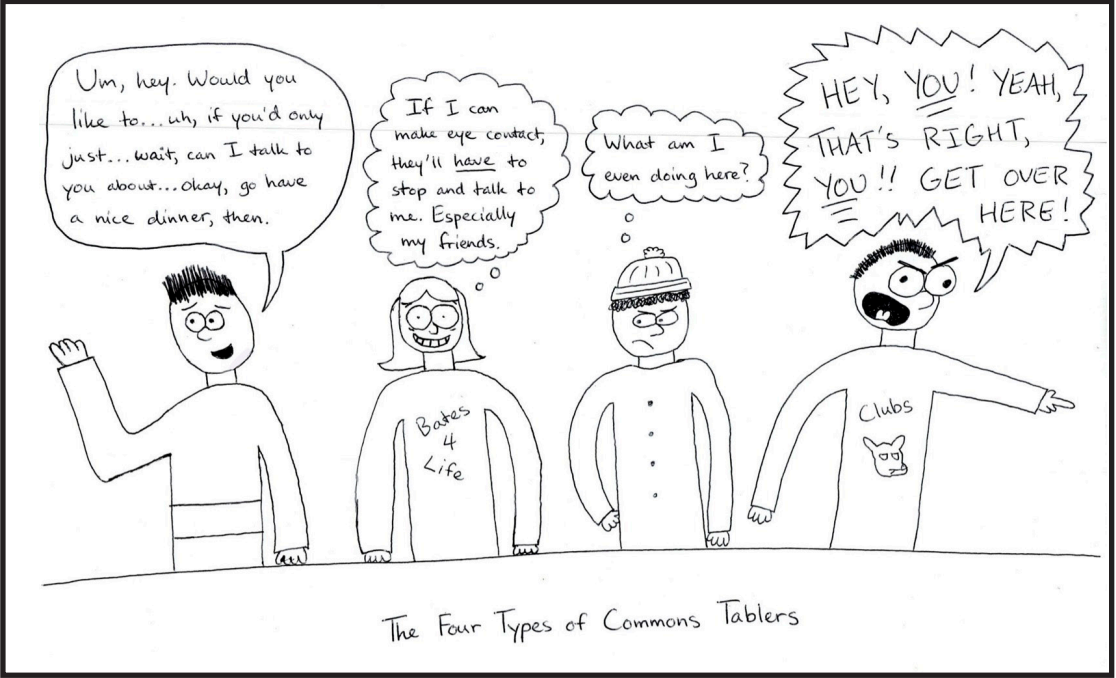


Comic Corner



Mary Richardson, Staff Cartoonist

Jack McLarnon, Staff Cartoonist



Student Spotlight: Shae Gwydir '20

Jack McLarnan, Staff Writer



Gwydir performing in the Spring Dance Concert
PHYLLIS GRABER-JENSEN/BATES COLLEGE

This week *The Bates Student* talks with senior Elisabeth “Shae” Gwydir about her college experiences with dance and theater.

TBS: How did you decide to participate in performance arts at Bates? Did you want to do this coming into college, or did you get into it once you were here?

Shae Gwydir (SG): Well, I definitely knew I wanted to dance in college. I had grown up dancing, ever since I was two years old. Right at the start of my college search, I was looking for a school with a strong dance program, and Bates had a whole department! What really made up my mind about pursuing dance at Bates was a conversation I had with Carol Dilley at an open house I attended as a prospective student... it was so cool that a professor would take time out of her busy day to talk to me, since I wasn't even sure I was coming yet. So, I always knew I wanted to study and perform dance at Bates.

However, I had not intended to be a part of theater here, even though I enjoyed it as a kid. Luckily, a friend invited me to work on the choreography for *Little Shop of Horrors* when I was a sophomore. I had a great time. After that, I became best friends with

so many theater students and active with the Robinson Players... Theater people have become my rock, and I couldn't imagine Bates without them.

TBS: How do the arts fit into your daily life at Bates?

SG: For starters, I'm a dance major. So every semester I've been a part of at least one studio dance class, whether that's modern, improv, or ballet. Then I have to fulfill other dance requirements, but the classes are so fun I would have checked them out even if I didn't have to for my major.

This semester, I'm spending even more time with dance, since I'm doing my thesis. It's a year-long, so right now I'm working on performance research with guest artists, spending at least 15 quality hours with them every week. They all have so much to share, and I'm always learning from them. Next semester, I'll produce my own 20-minute-long dance for the Spring Dance Concert. In the end, I hope to have my own answer for the big question: “What is performance?”

Theater is also a big part of my life. I've been the webmaster and historian for the Robinson Players for two years now. Also,

depending on when shows are running, I'm part of strike crew or set up. That can take a lot of time! Once I was up till one in the morning preparing the stage for the next day. But it's more than just time...my social life has a lot of theater people in it, including my roommates this year.

I do dance outside of class, too. I'm the executive director of the Dance Club on campus. Right now we haven't done much, but once the Back to Bates Dance Concert is done [happening October 5 and 6, 2019], the club will be back up and going full swing.

TBS: As a senior, what has been your favorite dance class so far?

SG: Early Modern Dance History with Carol Dilley. It wasn't my first “academic dance class”, but it provided a very strong foundation for my interest in modern dance. In high school, I didn't have the opportunity to study dance as a field of scholarship and exploration, so this class brought a nice perspective for me. It showed that I could make a career out of dance, which was a very validating and supportive experience for my passion in this subject.

TBS: Which performance has meant the most to you during

your Bates career?

SG: With each and every performance I have learned something, from every dance, theater show, and guest artist. But if I had to pick one, it would be *Little Shop of Horrors*, because if I hadn't done that, I wouldn't have been able to go on and do other wonderful productions like *Seussical* and *Camp Rock*. I also got to meet so many great people.

Last year's Spring Dance Concert was so great, too, though. I got to be part of three different performances, and each was such a totally different experience. I loved helping others with their theses and learning from the variety of styles and methods. I worked with so many inspiring role models here.

TBS: What is the most challenging part of being a performer? On the other hand, what do you find the most rewarding?

SG: Balancing time commitments is the hardest. You have to put your full energy and intention into every single performance and process. Not only for the choreographer and professor, but for the audience and fellow participants as well. It can be exhausting.

Now, the best part is the sense of community. I am so fortunate to have fellow intellectual academics that can talk with for hours on end about theory and dance-making, or I can boogie with them in the studio, or just relax together. Seeing them grow as artists and performers...I really don't think it gets better than that. They've become my best friends, all thanks to doing dance and theater.

TBS: How do you plan to pursue dance and theater after your senior year?

SG: I don't know what specifically I'm going to do after Bates, but I do know that dance and performance will remain a significant part of my life. I'd love to do more with dance, but I don't know exactly what that “more” is yet. Still, at least I know that a profound appreciation of the performance arts will be with me for the rest of my life, no matter what the circumstances may be.

A Walk Around the Olin Arts Center

Annie Blakslee, Assistant Arts Editor

Art, in any form, is a great way to release your mind from the stress of negative energies and the to-do lists that tend to pile up and consume our weeks here at Bates. The Olin Arts Center offers a peaceful, quiet, and grounding experience and a wide variety of paintings, sculptures, and other art pieces to learn about and admire. Currently, there are two main exhibitions: DeWitt Hardy: Master of Watercolor, and Uncovered: Selected works from the collection. I went for a walk around the museum, and was awed by how captivating these pieces can be.

In full disclosure, I am by no means an art critic or an art student. I simply enjoy looking and learning from those who are incredibly talented – like the artists whose art is currently displayed in Olin. I also appreciate the process, hard work, and creative eye that it takes to make pieces of art that have the ability to express so much.

The exhibit upstairs features entrance doors labeled, “Uncovered”, and includes contemporary art. The collection is diverse in media and artists, and includes some of the museum's permanent collection as well as

other pieces.

The exhibit that really captivated my attention was DeWitt Hardy: Master of Watercolor. His pieces were intricately detailed. As the exhibit said, “the watercolor medium is probably the most difficult form of graphic art to master.” Hardy was an accomplished artist in other mediums, but he excelled at watercolors. Many of his paintings located in the downstairs of the museum, are of scenes outside; very “Maine.” He painted the woods, camping scenes, flowers, rustic cabins, and quintessential Maine homes. While walking around, I

was fascinated by the extreme attention to detail. Some of the final products showed signs of the process; pencil lines that were not erased and two pieces that were started, and not yet finished before he passed away in 2017.

Water coloring is one of those art forms that we learn in our elementary school classes. A skill that we can all enjoy, but one that takes incredible attention to detail to master. The Hardy exhibit is awe-inspiring and refreshing to walk around.

Art is a wonderful way to de-stress and take a break from all the work that we put into our

classes, sports, clubs, and other commitments here at Bates. The Olin Arts Museum offers just that. It serves as an educational opportunity through visual media and an opportunity to enjoy the impressive talents of others. I would highly recommend a walk through the peaceful, talent-filled rooms if you find yourself needing a break.

Combating the Bates Plague

Bates Entrepreneurs: Beans Neckies

Pippin Evarts, Managing Arts & Leisure Editor

It is that time of year again! Everyone has returned to campus, the weather is beginning to get colder, and the dance floor of 80s is essentially a petri dish. Each year in September and the beginning of October the annual Bates Plague rears its ugly head. Coughs, fevers, sore throats and runny noses fill classrooms and Commons alike leaving you to wonder *how do I keep myself safe?* And honestly the answer is, you can't. I remember learning this freshman year when I saw a boy violently coughing on the quad in the morning and then exercising some strong PDA at the Lick It dance that evening. Sick people will always be around you, and although that won't change, there are some preventative measures you can take.

1. Zinc

Taking a Zinc vitamin every day is a great way to boost your immune system. Every time I start feeling sick I take one Zinc tablet after a meal. They are easy to acquire via Amazon or the local Walmart and are relatively inexpensive, between four and five dollars for a bottle of about 30 pills or so.

2. Wash your hands more than you think you should

Yes, you may not be the (un)lucky companion of the boy I saw at Lick It freshman year but you still touch things every day that are also touched by those who may be coming down with some-

thing. Wash your hands often, be conscious before you put them in your mouth or touching your face. Hand sanitizer is great in a pinch but there is nothing better for maintaining a healthy body than hot water and soap.

3. Work out

Get the blood flowing and the muscles moving! Working out is a great way to sweat toxins out of your body. Be sure to add in some cardio, allowing your body to open your lungs and ward off potential respiratory infections!

4. Eat Broccoli

Ransom, yes I am aware but broccoli is high in Vitamin C and contains antioxidants that help to boost your immune system. Often seen steamed in the Bates College Commons Bobcat Bar, broccoli should not be slept on. Add a little salt and pepper and your immune system will thank you!

In conclusion, as we begin the month of October, being conscious of your immune system and general health is important. Maine is known for getting very cold very quickly, so alongside these quirky suggestions for staying afloat during plague season, be sure to do the tried and true basics first. Getting enough sleep, eating well, drinking enough water and exercising general cleanliness are incredibly important parts of maintaining a healthy life. There is nothing worse than

having to take a test or write a paper when you aren't feeling well, I hope some of these tips help other bobcats survive the infamous Bates Plague.



“Yes, And” Meets “No, But”:

Intimacy Choreography in Theater and Dance

Olivia Dimond, Contributing Writer

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 knows everyone, especially in major hubs like Los Angeles, New York, and Chicago. The mindset has arisen that putting one toe out of line, even to expose sexual harassment, can place your entire career in jeopardy.

One of the cardinal rules of improvisation is that you never say no when asked 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 when they are uncomfortable. For example, a character may be comfortable in such a situation, but a character's words and actions do not represent the actor. There are horrible stories about actors and actresses being asked to do scenes that make them uncomfortable, whether it be nude shots, wearing tight or revealing clothing, et cetera. In an age where directors and producers hold the power, especially over young, vulnerable actors, admitting discomfort or even fear can feel impossible.

Fights on stage or on the screen are carefully planned and coordinated for the safety of all those involved. Acting unions often require the presence of fight choreographers for productions involving fights or abuse situations of any kind. Their job is to work with the actors to form safe 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 around for the entire run and rehearsal process of a production, so the stage manager, who will be, is left in charge. For example, if anyone deviates from the choreography, a risk to others involved, the stage manager handles the reprimand. Now, intimacy directors and choreographers are starting to do the same with scenes of romantic intimacy. Their job is to protect 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 write down exactly how the moments are supposed to play out, and if deviations occur, the stage manager handles it, just like they would in a fight situation.

Sexual harassment and abuse in the industry is not new. The idea of the casting couch finds its way into almost every pop culture piece that looks into the entertainment industry. We see child stars magically fall in love with their managers or agents, the people helping them find and get jobs, on their eighteenth birthday. For years, this ugly side of the industry has been acknowledged within, but largely hidden from the outside world. People have suffered in silence over conditions and abuse. But not anymore.

Last weekend, Artemis Preeshl '84 returned to Bates to teach an intimacy direction workshop to anyone interested, mostly aimed at artists. In the workshop, we worked on exercises that involved asking for consent and

incorporating physicality into it. One such exercise involved partnering up. One partner would touch everywhere on their body that, in this context, their partner was allowed to touch. Everywhere else was fenced off. Then, the partners would take hands, and the first partner would guide the second over everywhere they just touched. Fences were allowed to shift. It is one thing to imagine your partner touching the top of your foot, for instance, and then actually feeling them do it, and decide no, not anymore. But also, the other partner had the right to say, “Hey, I don't feel comfortable touching your stomach, so I'm going to add a fence there.”

The idea of intimacy workshops is to become comfortable with the idea of setting boundaries for yourself and being able to say no. But she also made it clear that consent is conditional, and just because something was okay yesterday doesn't mean it's okay today. She compared consent in intimacy choreography to the idea of an actor or dancer coming into rehearsal with a recent injury, such as a sprained ankle. Blocking and choreography would be adjusted to acknowledge that injury and what is now comfortable. Why can't the same be true with moments of intimacy?

For more information, visit notinourhouse.org.

Kathleen Smith, Contributing Writer

When I was a sophomore in high school I started my very own small business. Going to high school in the sierras of California made for cold mornings, snowy days, and thus a need for warm things around my neck and necks of others. This is where the idea started. A “neckie”! A fleece circular scarf is essentially what that is. These “neckies” are generally made out of pieces of fleece, so they are super cozy. My name is Kathleen, but all of my friends call me Bean and thus I decided to brand my neckies: “Bean's Neckies”. When it comes to sewing, you sew everything inside out, so it makes it super difficult to conceptualize the finished product of a neckie. With the help of my mom, a very crafty woman, we finally made a product: a perfect, warm, cozy, Bean's neckie.

Growing up as a ski racer and being a part of the ski racing community created many opportunities for me to launch my own small business. I was always traveling to ski races where hundreds of ski racers with cold necks would buy my neckies! During high school, this was a great hobby for me. I made money, got to be creative, and learn about the ins and outs of being a young entrepreneur.

What did I learn all those years? I learned a ton about sewing and how to use a sewing machine. I spent many nights frustrated at my kitchen table messing with tangled string and unfinished neckies. However, I began to learn that this was all part of the process. I slowly got more efficient with the sewing machine, wasted less fabric, and made more neckies. As I

began to sell more neckies, I also decided I needed to market my product to a bigger audience. As a young person on social media I decided that Instagram would be a perfect platform to post fun pictures of my products and people in beautiful places wearing my colorful bean's neckies. This opened up my product to a whole new realm of people. The order process was simple. All people had to do was direct message my bean's neckies instagram account (@beans_neckies) with their order, their address, and say how they would pay (usually venmo, or a check in the mail). People would then send me pictures of either themselves or their friends/family wearing my neckies and they would be featured on the account. This was a cycle that continued into my senior year of high school and I really loved creating products and piecing together fabrics that I had picked out. Bean's Neckies fostered a love for creativity that has stayed with me throughout my college years. At Bates, I have taken countless studio classes and jump at every opportunity to create things with my hands. This year as a senior living off campus, I have gone off the meal plan and enjoy creating meals and definitely consider it an art form.

You may wonder why I keep using the past tense while talking about my neckie company. Ever since I came to college and no longer have a sewing machine in my dorm room it has been hard to keep up and produce as many neckies as I did in high school. However, I still do make neckies for my friends and family upon special request!



KATHLEEN SMITH/COURTESY PHOTO



KATHLEEN SMITH/COURTESY PHOTO



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Hard Work Pays Off: New Emphasis on Student Workers in Athletics

Cameron Carlson, Managing Sports Editor

On-campus jobs are some of the best ways to get 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 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, to 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 that 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 adds to the community feeling – it’s nice to run over to the sideline 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 baseball captain Nolan Collins ’20 said, “When you see how many students get involved in the athletic department in ways 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 at 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 sense that athletes would support other teams - they are simply just 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



Zoe Gallate '22 and Quinn Troy '22 pose for a picture at halftime of the home soccer game against Bowdoin where they worked as ball runners
VANESSA PAOLELLA/THE BATES STUDENT

would be available year-round and not just when they are out of season. This gives people 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. “Athletics are an area where people quite literally get to do that.”

While there may be some people who are catching the pass-

es and taking the shots, there will always be others setting up cones, refilling water bottles, and watching film who have the same end goal. In the classroom it’s hard for everyone to work together towards the same end but between the lines everyone is searching for a NESCAC championship.

Spotlight: Jillian Richardson ’23

Julia Bisson, Contributing Writer

Jillian Richardson, a freshman at Bates from Auburn Maine, placed eighth overall and first for the Bates Cross Country team at the Bates Invitational at Pineland on September 14th, against Middlebury and Tufts.

Prior to Bates, Richardson ran for Edward Little in high school, placing 15th at New-Englands, and earning All-New England honors. She started running cross country during her freshman year of high school, making this just her fifth year running cross country.

When asked about her team experience, Richardson says that she “never really had a full girls team in high school, so it’s really nice that there is a complete team here.”

She also appreciated that cross country coaches Jennifer Hartshorn and Arthur Feeley “see us as individuals, and that we all have different abilities and different strengths,” because in cross country, “when you’re racing, you race for the team, and also individually,” Richardson says.

A big thing that she also admires about the team is that fact that “If you’re dedicated, you can join, we aren’t super competitive with each other. There is a lot more thinking about the team in college...before it was more individual.”

Her first college race on September 14th was at Bates’ home course, Pineland, in New Gloucester. It was a new course for Richardson, but she says it

was one that she liked to race on.

The team began with a routine 10 minutes before the race, which is something they do at every meet. They stretch, do a couple of striders, and go right to the starting line. They also have a team cheer that’s helps get everyone excited before the race begins.

The Pinelands 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 miles 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 freshman on their cross country team, and Richardson is excited to race with them throughout this year, and her college career. She also has her sights on a junior from Colby, who won the state 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 5th.



Jillian Richardson '23 has been one of the strongest runners on the team so far in this season.
TOM LEONARD/COURTESY PHOTO



Women’s Soccer Coach Vari Brings Decade of Experience to Bates

Quinn Troy, Staff Writer

“It’s been a whirlwind”, said Women’s Soccer Head Coach Joe Vari, describing his transition from The University of Puget Sound in Tacoma, Washington to Bates College.

“You have to learn faces, names, players...when you go to away games, you don’t even know where the locker rooms are.”

Although Vari is getting used to the new sights and sounds of Bates, this certainly isn’t his first rodeo. Beginning his head coaching career ten years ago, Vari came to Bates with a 114-57-22 record across all competitions, coaching at Rhodes College in addition to The University of Puget Sound.

Vari is using that experience to help the Bobcats move past their 1-5-1 start to the season.

“We try to approach [the season] with a telescope and a microscope. We know its not going to get any easier for us with the conference coming around, but our group has really been turning the corner.”

Leading up to the 2019 season, Vari made the decision to field a team that featured a record-high number of players: 26. The decision was made to maximize talent pool and to hedge against injury or an unexpected loss of player.

“In a Division III school, there’s no telling what can happen. There’s no scholarship, that paper that’s keeping them on the roster.”

The strategy has paid off for

Vari. Numerous walk-ons, such as Lauren Berube ’22 have gotten significant playing time this year.

Throughout the season, Vari has instilled a culture of diligence and maximum effort. In soccer, that quality is absolutely essential and was put 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 leave anything out there”, he told his team. Their effort was rewarded in the securing of their first point in four games.

Although Vari 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.

“You just get beat up”, Vari chuckles, “in previous conferences that I’ve coached in, there were games where you could just show up and expect to win. There aren’t any games like that in the NESCAC.”

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

Vari is looking to get the Bobcats on the right track with vital NESCAC competitions coming up including Tufts, Middlebury, Connecticut College, and Wesleyan.



Coach Vari analyzes his team during their game against Tufts on September 28
JAMES MACDONALD/THE BATES STUDENT

First Years Guide Tennis to Hot Start

Ellie Boyle, Staff Writer

As the fall 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 are no exception, and this year both teams have already achieved something by bringing in six men and six women to the team after only bringing three women and no men last year.

Tennis is one of the unique sports at Bates that can be considered a year-round sport. Tournaments are usually played in the fall to get everyone in the NESCAC playing again, winter is for training trips to sunnier areas 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 championship.

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

First-years Nick Forester ’23 and Cameron Kania ’23 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 set.

When asked about how the season and tournaments have been going so far 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



Haley Washington ’21 is one of the many Bobcats who is off to a strong start to the year
VANESSA PAOLELLA/THE BATES STUDENT

great atmosphere and I have really enjoyed it so far and am looking forward to playing more.”

The first years on the women’s side have also excited captain Suzie Elfman ’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!”

The women’s opening tournament, the Wallach Doubles Invitational was 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 Elfman 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 were 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 blasted during warm ups and cheers of “Let’s go Cats” 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 cheering and watching teammates compete,” said Hayley Neighmond ’22.

The women had several wins in the first round of doubles including partners Anna Rozin ’22 and Haley Washington ’21, who also competed this past weekend at the ITA New England Championships.

The men also played this tournament where Leo Kupferman ’23, another first year on the men’s team, was able to advance in his respective single. Kupferman and Kania also defeated opponents from Colby in the first round of doubles play at the tournament as well.

On the women’s side Bates seniors Isabelle Rovinski ’20 and Lauren Hernandez ’20 had

doubles victory at championships, but lost in their next round.

Though it is still early in the season for these teams, it can already be seen that the first years have added a much needed energy to a team that was mostly made up of upperclassmen. It will be interesting to see how these athletes perform in the later fall season, but also further down the road in the coming spring when they get to NESCAC play.

Bates Wins College Cup at Dempsey Challenge, Raises \$21,916

Vanessa Paolella, Managing Editor

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 charge, 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, on Sept. 28, students took part in either a 5k or 10k race around the L-A area, starting and finishing at the Simard-Payne Park in downtown Lewiston. Cycling races were held on the second day of the event.

Overall, more than \$1.2 million dollars were raised for the Dempsey Center over the weekend.

Five Bates athletic teams participated in the event, raising a combined \$21,416. Women’s Rowing raised the most at \$9,758, followed by the Women’s Lacrosse team at \$7,400.

Network Administrator

Bruce Hall also participated, raising \$500.

Sydney Paul ‘22, the leader 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 links to family and friends.

“We loved participating with the other Bates teams,” Paul said. “The competition between the Maine colleges really fueled our fundraising. I definitely want 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.

“It was my first time since being at Bates that we won the event,” MacMullen said. “We got



Bates athletes crowd around Patrick Dempsey (center) for a photo.
CURTIS JOHNSON/COURTESY PHOTO

to take pictures and speak with Patrick Dempsey. It was really great to have this happen in my last year at Bates, and as a leader 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 teammates powered through the 5k race together.

“The most significant part for me was definitely before the race where every participant came together in solidarity for those affected by cancer,” Snow said. “It was a very powerful mo-

ment 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 College team raised \$6,475.

FACILITIES CONTINUED FROM PAGE 1



The turf in Underhill has athletes very excited about their new practice space
JEFFREY GAO/THE BATES STUDENT

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.

Cunningham expressed this same gratitude, also noting that the athletic department was able to accomplish all of their upgrades scheduled for the sum-

mer due to both the school and the donors.

While there are no new projects on the schedule for now for the athletic department, Cunningham 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 the Bates College website and check out the “Campus Construction Update” series written by Doug Hubley, a News Writer for Bates Communications.

YOGA CONTINUED FROM PAGE 1

“I was a competitive soccer player and my body hurt all the time, plus I was very high strung and stressed all the time,” said Chamberlain. During her first year of high school, Chamberlain joined a newly opened yoga studio: “I started going to class weekly and slowly incorporated it into my every day routine which continues today.”

One of the most rewarding things Chamberlain has found after teaching a year at Bates is the “the realization people have of their own capabilities, both mentally and physically.” She concluded, saying “All you need for yoga is your body. There is absolutely no boundaries and the mantra I go by is that yoga is for every body.”

Next, I had the chance to speak with Rachel Forcillo ‘18 about her experience teaching yoga at Bates. Forcillo began yoga at a young age, practicing with her aunt whenever she would visit. Later, when Forcillo was attending middle school, a yoga studio opened up above

her neighborhood Trader Joes, prompting Forcillo and her mother to sign up for classes.

For Forcillo, yoga means “yolking” or “union.” “That’s sort of the union of your body and your mind and your whole being. And so there are eight limbs of yoga, and one is “asana” which is the poses, like the physical postures, and one is “prana” which is breath, and then there are six whole other limbs of yoga...So when people say ‘Oh I’m so bad at yoga.’ I’m like ‘What do you mean by that?’ And they’re like ‘Well I’m just not flexible.’ I’m like “That is only one eighth of the practice.”

Forcillo’s advice for those interested in attending yoga classes is simple: “I would just encourage people to try it out and know that you don’t have to be athletic or flexible to come. Even if you were just to lay on your mat and breathe for an hour—I say this a lot, but it’s so true—just being still without your phone, without any outside distractions—just you on your mat, anything that you do

is just going to be so good. It’s not about achieving any certain pose, it’s just about committing your time and focus to whatever comes up for you while you’re on the mat. And I think that carries out so well into your life.”

Lastly, I spoke to Hannah Baskfield ‘20 on how yoga has helped her in her life as a student at Bates:

“For me [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 oftentimes I’m worried about getting everything done, but my own practice allows me to stay focused on the moment, and I think I’m able to observe my own thoughts, rather than being completely swept away with them.”

For those interested in attending yoga, classes are Monday, Wednesday, and Thursday at 7:00am to 8:00am and Tuesday, Wednesday, and Friday from 4:30pm to 5:30pm.



Baskfield ‘22 does headstand after class
CHRISTINA PERRONE/THE BATES STUDENT